



PAGE-3

The New Masculinity:
Redefining Strength,
Vulnerability and Authenticity

EDIT-PAGE-4

Empowering Awareness:
Understanding, Preventing
and Confronting Cancer

PAGE-5

Jaipur's Divyakriti Singh Makes
History: First Indian Woman in
Equestrian to Receive Arjuna Award



PAGE-8

From Dispute to Devotion:
The Journey of Ram Mandir
Reflects India's Resilience

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The Need to Change the Discourse Around Women's Safety

Kirti Saini

New Delhi: Girls grow up envying their male friends and family members for having too much freedom. The freedom to go out of the house whenever you want to. The freedom to stroll on the road to enjoy the quietness and calm that their city offers. The freedom to enjoy the film without missing the climax and not having to worry about getting home.

Eventually, these girls realize that it's not about having too much freedom. It's just the most natural, mundane amount of freedom that the boys have access to while they don't.

Their access to the most basic things in life – carelessly going on night walks, enjoying a movie, or planning a trip without being scared for their safety – has always been restricted and withheld from women for their 'safety.'

And at every stage of a woman's life, she is reminded of the deep-rooted misogyny of society. She is reminded that no one will be able to guarantee you your freedom but will conveniently blame you for things you have no fault in. It is internalized within them that it's easier to cage yourself rather than ask



for your safety and justice.

IIT-BHU, one of the premier engineering institutes in the country, has been under the scanner since New Year's Eve. Three men from Varanasi, with links to the ruling party, have been arrested by the police for allegedly gang-raping a female student of the college in November last year.

Following the incident, a series of arbitrary rules have been enforced upon the college's female students. In the last two months, the 10 PM curfew for female students of both IIT-BHU and BHU has become even stricter. 'Latecomers' who

were earlier allowed on the pretext of library visits have been restricted. Fresh barricades mean no auto-rickshaws are now permitted inside the campus, forcing students to walk longer distances. Random ID checks have been carried out. Non-student male friends aren't allowed on campus. For women with disabilities, access to amenities has gotten even more problematic.

For the men?

Life goes on as usual, with minor inconveniences. These flimsy and theatrical rules and regulations

masquerade as protectors of women in India's higher education institutions. It is 2024, and there is still a lack of understanding about the violence against autonomy in the country.

Violence against autonomy remains a pervasive yet inadequately recognized form of gender-based violence in India. According to data from the National Family Health Survey (NFHS), only 42% of women without formal education and 45% of those with schooling possess the freedom to travel unaccompanied to places like the market, health center,

Guidelines and efforts to prohibit and redress sexual harassment in educational Institutions

► Establishment of Internal Complaints Committee (ICC)

Higher educational institutions must set up ICCs comprising both internal and external members to handle complaints of sexual harassment promptly and effectively.

► Awareness and Education Programs

Institutions are mandated to conduct regular awareness and education programs to inform students and employees about the UGC Regulations and the mechanisms available for reporting and redressal.

► Accessible Reporting Mechanisms

Implement easily accessible reporting mechanisms such as complaint boxes, notices on bulletin boards, and online portals to encourage victims to come forward and report incidents without fear of reprisal.

► Prohibition of Retaliation

UGC emphasizes the prohibition of retaliation against complainants or witnesses, ensuring a safe environment for reporting incidents without fear of adverse consequences.

► Provisions against False Complaints

Institutions must publicize provisions against false or malicious complaints to prevent misuse of the redressal process while simultaneously maintaining a balance to protect genuine complainants.

► Deterrents for Offenders

The UGC Regulations outline specific deterrents, as per Regulation 10, to be imposed on anyone found guilty of sexual harassment, emphasizing the importance of strict consequences for perpetrators.

or beyond their community.

The India Human Development Survey (IHDS) has highlighted that even women who can venture out independently, particularly to workplaces, are still expected to obtain approval from an authority figure. Both the NFHS and IHDS surveys indicate that women belonging to marginalized groups such as Dalits, OBCs, and Adivasis face higher constraints on

mobility without prior permission as compared to women from more privileged castes.

There is a complete lack of effort for structural changes to prevent violence in colleges. Instead, women are met with protective strategies that further victimize them. It sends a clear message – your perpetrators will roam freely while you will be locked inside your hostel rooms.

There is no explanation as

to why college authorities have been focused on restricting women's movement on campus rather than ensuring a gender-sensitized environment on campus. Why are sexual harassment prevention cells almost inactive or absent in most Indian universities despite a clear directive from the courts? If present, why are they inaccessible to students whenever required? Why do colleges have a complete lack

of information about these cells on their websites? How many complaints are registered here, and what actions have been taken?

Tangible and structural solutions were specified by the Saksham report and POSH Act around 10-15 years ago. In fact, the Saksham report categorically mentions protectionism and directs universities not to indulge in any activities that curtail the freedom of female students. It specifies issues like reliable transformation, access to clean bathrooms, and much more. Yet, it's appalling that universities, even those as learned as IITs, jump on protectionism as their first resort.

The main takeaway from this entire scenario is that women on campuses continue to suffer through multiple issues – from threats, criminal actions, and collectively, in the aftermath of these incidents. And all these stages are connected and lead to a systematic cycle of oppression. This incident, just like several others in the past, reminds us of the urgent need to change the discourse around women's safety and move toward structural changes and gender sensitivity, and definitely not another caging spree.

5-Day OJEE Exam to Begin from May 6



IMS News Service

Bhubaneswar: The Odisha Joint Entrance Examination (OJEE) will be held between May 6 and May 10 this year. Registration for the examination started from Thursday and it will continue till March 15.

OJEE chairman Pravin Kumar Kar said the entrance examination will be conducted through

computer-based test (CBT) mode for all the courses. Outside state candidates are not eligible for admission in government colleges, but they are eligible for admission in private colleges according to Odisha government rule, he added.

The shift-wise complete schedule of the examination will be displayed on the official websites of OJEE.

Information on standard operating procedure (SOP) for the OJEE will be notified later. "The candidates and their parents are advised to keep visiting the above websites for latest updates," said official statement.

OJEE will have online examination centres in all the 30 districts of the state and three places outside Odisha for the convenience of the students appearing for

the entrance examination.

OJEE is conducted every year for the purpose of holding common entrance examinations for admission into undergraduate (UG)/postgraduate (PG) level professional courses including lateral entry to BTech, MTech, MSc Computer Science, MBA, integrated MBA, MCA, MArch, MPlan, MPharm and BPharm in the state.

IIMC Attains Deemed University Status, Empowering Academic Advancements



IMS News Service

NEW DELHI: The Indian Institute of Mass Communication (IIMC), a renowned institution in the field of Journalism and Mass Communication, has recently achieved the prestigious status of a deemed university.

This significant development now empowers IIMC to confer degrees, including doctorates, to its students. The official statement highlighting this transformative change underscores the institute's commitment to advancing its academic offerings and recognizing its standing as a distinguished centre for media education.

According to the statement, the Ministry of Education, on the advice of the University Grants Commission (UGC), declared that IIMC has the status of a deemed university under a distinct

category. "On the advice of the UGC, the Ministry of Education, in exercise of powers conferred under Section 3 of the UGC Act, 1956, hereby declares Indian Institute of Mass Communication (IIMC), New Delhi along with its five regional campuses at Jammu (J-K), Amravati (Maharashtra), Aizawl (Mizoram), Kottayam (Kerala) and Dhenkanal (Odisha) as an Institution deemed to be a University under distinct category," the statement said.

IIMC extended its gratitude to the Ministry of Education for declaring it a deemed-to-be university. "A big thanks to the Ministry of Education for declaring IIMC New Delhi and its five regional centres as a deemed to be university.

IIMC is committed to giving its best to promote education, training, and research in mass communication,"

The Journey of Gaurav Gupta - A Stand-Up Comedian

Naina Sharma

Gaurav Gupta is a highly well-known stand-up comedian and a dentist by profession. He was born in Kaushambi, Ghaziabad, Uttar Pradesh. He rose to fame after competing in the top 12 in the 2017 season of the reality competition The Great Indian Laughter Challenge on Indian television, which was judged by superstar Akshay Kumar.

He is well-known for his stand-up comedy and is a well-known YouTube celebrity with a sizable fan base on several social media sites. He was the chief guest in grand freshers 2023 held at IMS Ghaziabad University Courses Campus. IMS today reporter Naina Sharma had an



opportunity to have an interview of Mr Gaurav Gupta. Some excerpts from his interview:

As a comedian you always try to make everyone laugh, so are you this much funny in your real life too?

My friends say that I am. My nature is such that I find

spice in things. I must have some qualities that's why people said that I should try comedy as a profession. So I try my best not only to be funny on stage but also to be happy off-stage.

In today's time, it is very difficult to make comedy a profession, so how did you

convince your family members for it?

I could not convince them as it is difficult to convince Indian families for stand-up comedy as a career but as soon as the first check came they agreed. Thanks to internet that nowadays standup comedy is growing.

Artist are performing on big scale.

In your videos you mostly talk about some specific communities. Is there any specific reason behind it?

I belong to that specific community itself. I tell my story on stage and people relate it to their own life. Most people look at things from this point of view that yes, this has happened to us as well.

Nowadays parents create pressure on their children for high academics and good career, How should children deal with it? What's your point of view?

Academics is a backbone of anyone's career but if you do have some creative talent or there's something you enjoy to do and it's your passion. You should follow it

parallelly. You should wisely take a decision whether you want to pursue academics further or follow your passion.

To become a good comedian, some specific preparation is required or are these qualities God gifted?

God has given everyone some raw talent. If someone is a singer then his voice has been given fine and if someone is a painter then a magic has been given in his hands so that he can paint well. We comedians have been given good observation skills and may be a certain unique perspective. Raw talent is definitely there but it is in your hands to polish it through practice, exposure and hard work.

TECH Moksha SANSAR

India’s New Research Station in Antarctica

India plans to build a new scientific research station in Antarctica by January 2030. This new research station will replace the 35- year-old Maitri research base. Maitri has outlived its lifespan. The site for the new station has already been identified. The proposed project will improve the quality of Indian scientific research there. The new research station will be able to accommodate about 90 scientists. The Union ministry of Earth Sciences has already granted an approval for a design competition for the new station. Minister of Earth sciences, Kiren Rijiju has said “It is imperative to build a new research station”. One of the main reasons for building a new scientific station is that Maitri, set up in 1988, had a planned life of only 10 years. "Many archaic systems of Maitri are beyond repair as there is a limit to how much you can do," said the director of the NCPOR, Dr Thamban Meloth. "Its systems were designed when the environmental norms were not so strict." The completion of the new research station could take four to five years.

ISRO Planning to Launch One Rocket Every Month in 2024

India made significant achievements in space exploration in 2023. In 2023, the Indian Space Research Organisation (ISRO) executed nine launches. ISRO launched both research-based and commercial satellite missions. Director of Satish Dhawan Space Centre, Shri. A Rajarajan, shared the ISRO's plans for 2024. Shri. A Rajarajan revealed ISRO-SHAR's objective to achieve a remarkable milestone of at least one rocket launch per month. ISRO have a lot of experiments planned for 2024, including several missions, recovery experiments and also sending a nominal flight to see what challenges we might face. They have NASA-ISRO collaboration satellite called NISAR to be launched. Also, ISRO plans to focus on conducting experiments to prepare for the 2025 Gaganyaan mission, which involves sending humans into space. Shri. A Rajarajan said that “it would be the year dedicated mostly to Gaganyaan”. For the preparations for the Gaganyaan mission, there were intricate tests being conducted. Tests like TV-D1 and TV-D2, integrated air drop tests, along with a 'pad-abort' test, are integral components of the comprehensive safety assessments.

Mumbai-Ahmedabad Bullet Train Project to be Completed By August 2026

The government has completed 100% acquisition of land for the high-speed rail project between Ahmedabad and Mumbai. Railway minister, Ashwini Vaishnav announced that 1,389.5 hectares of land have been acquired in Gujarat, Maharashtra, and Dadra and Nagar Haveli. Vaishnav has said the first trial run of the bullet train in Gujarat will start in August 2026. NHRCL (National High Speed Rail Corporation Limited) added that the agency has achieved milestones including the completion of the first 350-metre-long mountain tunnel in Gujarat within 10 months. Also, the building of the first steel bridge, a pass over of 70 metres across National Highway-53 in Surat has been completed. NHRCL is working for India's first 7-km undersea rail tunnel, which is a part of 21 km long tunnel between Bandra Kurla Complex (BKC) and Shilphata in Maharashtra. Also, Construction is also underway for stations in Gujarat's Vapi, Bilimora, Surat, Bharuch, Anand, Vadodara, Ahmedabad, and Sabarmati.

Industry Visit to Shriram Pistons & Rings limited

Ghaziabad (IMS News Service): GMA organized an Industrial visit to Shriram Pistons & Rings limited on January 29, 2024 for the students of final year of Ajay Kumar Garg Engg College, Ghaziabad. 38 students visited the factory. Shriram pistons & Rings Ltd is the largest manufacturer and exporter of Pistons, Rings, & Engine valve in India. The factory has state of art facility depicting foundry and manufacturing of Aluminum, Cast Iron and various other heat treatment processes. Students appreciated the visit and expect such type of regular visits of the industries, who are member of GMA.

Unveiling the Science Behind Superstitions Decoding the Rationality Within Indian Cultural Beliefs

Mugdha Jugran

New Delhi: As the world embarks upon a journey of development and modernization, with big changes in lifestyles, mindsets and the environment, one thing that roots us all to the humble ground are our intrinsic values. These values are passed to us by our parents and has mostly likely been transmitted from one generation to another.

Their beliefs and morals, in a way, heavily influence our way of interpreting the world around us. We get fed a narrative, one that may as well not be backed by solid evidence or facts but still internalized for it being passed from generation to generation. Tales and stories, orally transferred from our ancestors to our guardians to us - repeatedly without the need to be proven as real.

Now, every religious system tends to accumulate superstitions as peripheral beliefs. These are beliefs, half-beliefs or practices that exist without there being a rational explanation for their



validity. Often linked to supernatural causality, superstitions contradict modern science, often addressed to as existing because of lack of awareness or information.

India, with its never ending bouts of religious diversity and cultural vibrance, paired with its ancient history has its own fair share of superstitions, be it lemon-and-chili totems in order to ward off the evil eye, or refraining to cut nails at night to keep away unwanted spirits, people have been blindly and unquestioningly following such practices.

But, could it be possible that some superstitions that we tag as just irrational beliefs, actually have science in their roots?

Here's a list of

“superstitions” that actually have scientific reasoning backing them:

‘Dahi – Cheeni’ for good luck

One of the most common practices, where a mixture of curd and sugar is fed to a person as to bring them good luck before they start something new, like an interview or a project is very common in India. Now this may seem like a simple little ritual but it actually has an explanation. When starting something new, it is only natural for us to feel anxious and curd has cooling properties. So when consumed the cooling curd helps the body relax, additionally, the sugar – containing glucose – helps one feel refreshed and energized. An additional



benefit could be the taste, who doesn't like a little sweet treat!

To never chew Tulsi leaves, only swallow

Reasoned by religious beliefs, goddess Tulsi – a Lakshmi avatar – resides in the leaves of the holy basil, and hence chewing them is considered disrespectful. But this belief is cleverly crafted to condition people to not chew Tulsi leaves as components like iron and mercury in them may damage one's teeth. So save your little white companions, choose a soothing Tulsi tea instead.

Always giving an odd sum of money as a gift

Ever wondered why an extra one rupee is added to the money envelope that is to be given as a gift?

The main reason for that extra bling of a rupee is to make the total sum an odd number, which is indivisible and considered a good omen for the receiver, symbolizing the wish that their happiness may never be “zero” or divisible.

Not to go out during solar eclipses

The myth attached to this belief is that during an eclipse, the sun is consumed by darkness, it disappears, and the sun - being considered a god due to the vitality and life force it emits - disappears. Eclipses are considered an omen for all things evil.

That superstition was probably crafted to keep people from going out and being exposed to harmful UV rays and causing serious

damage to their retinas.

Don't sleep/go near a peepal tree at night

Though always greatly associated with witches and spirits that are said to reside in the tree, the actual reason behind this is pretty interesting. According to some studies, sleeping under Peepal trees can be harmful to humans because they emit a gas called ozone which is known to cause a number of respiratory problems. Additionally, the leaves of Peepal trees contain a resin that can cause allergies and skin irritation.

A part of irrationality or superstitions comes from our blind trust, our willingness to adopt certain ancient practices without doubts or contradiction. Nonetheless a closer look with an open mind may lead us to discover the wit and cleverness behind some ancient practices, that were put in place to make people follow some rules for their own benefit. Indian culture is a great mixture of science and mystical elements, and there still remains many secrets and stories to behold.

GMA Organized CHANKYA

IMS News Service

Ghaziabad: Ghaziabad Management Association (GMA) organized “CHANKYA” at Ajay Kumar Garg institute of Management, Ghaziabad. The session was taken by Sri S. C. Tyagi. The game was conducted by ALL INDIA M A N A G E M E N T A S S O C I A T I O N . Hypothetical case scenario was presented to the participants. They had to take decisions to maximize the



winning criteria. Every round newer development was intimated to them like strike by labor, increase in cost price etc. Case was on a particular industry that had been developed taking into view the real world conditions. The teams

their competitors by appropriately procuring Raw material, pricing their goods and selling in the market to maximize their After Tax Profit. Ten teams from six organizations participated in the game. The event was spread over two days and was played on data divided in five quarters. The team from NTPC Dadri was the winner, team from AKG Institute of Management was the First Runner up and team from International Tabaco Ltd. Was the second runner up.

Workshop on Interviews Preparation



Ghaziabad (IMS News Service): Ghaziabad Management Association (GMA), organized half day workshop on “Preparing for Interviews” at Raj Kumar Garg Institute of Technology, Ghaziabad for final year PG students to understand the kind of knowledge needed for interview, by researching for specific field, industry, organization & job description (JD), to understand the soft and hard skill requirement, to learn to communicate effectively

with interviewers. Students were informed about the interview process, preparation for virtual interview, answering questions using STAR technique and closing the interview. Students were explained through highly interactive methodology, using chart presentations, Mock interviews and assignments. The speaker was Mr. Satish Kumar, International facilitator, Consultant and Trainer. The workshop was attended by 42 students.

Seminar Organized on Opportunities for Engineering MSMEs in Defense Manufacturing & Technology Supply chain



Ghaziabad (IMS News Service): GMA organized a seminar “Opportunities for Engineering MSMEs in Defense Manufacturing & Technology Supply chain” in an association with EEPIC India with support from the Department of Defense Production, Ministry of Defense, Government of India and under the aegis of Ministry

of Commerce and Industry, Government of India. The session was attended by approx. 70 participants. The speakers were Mr. RAGovardhan, Ministry of Defense, Mr. Sunil Kumar DGM, BEL, Dr. Vatsana Gupta, DRDO, Mr. Ashwni Mishra, Ordnance Factory, Muradnagar, Ms. Urmila Rawat, Ministry Of defense.

GMA Organized Cervical Cancer Detection Camp

Ghaziabad (IMS News Service): GMA organized “Cervical Cancer Detection Camp” third in the series of cancer detection camp in association with CARTE, and “Beautiful Tomorrow” Trust on January 25, 2024 at CARTE, Shastri Nagar, Ghaziabad. Dr. Madhu Gupta first explained the

importance of the detection of the disease of Cervical Cancer in females. After their consent, the test was conducted on 9 patients. Dr. Madhu Gupta also gave cervical cancer awareness, a talk to girl students of Carte. GMA is planning to have this camp organized every month to cover large society.



A Session Organized on ‘Elevate Your Impact : The Art of Personal and Professional Branding’



Ghaziabad (IMS News Service): Ghaziabad Management Association (GMA), organized a session on “Elevate your Impact: The Art of Personal and Professional Branding” at ABES Business studies, Ghaziabad for PG students to enhanced Self,

Professional Presence, Networking Skills, Career Advancement, Adaptability, Inspiration.

The speaker was Dr. Vivek Singh Tomar, Area Chair – Marketing & Strategy, IMT CDL. The Session was attended by more than 100 students.

Visit to Micromatic Grinding Technology Ltd

Ghaziabad (IMS News Service): An industrial visit was organized by Ghaziabad Management Association for Executive Members at M/S Micromatic Grinding Technology Ltd (MGTL). The visit was planned to know the best management

practices and technology excellence in the company. MGTL is a leader in Cylindrical Grinding Machine manufacture in India. Mr. Kapil Dhand, Managing Director took all members to tour the industry by himself.



The Web Explorer's Guide



Bhoomi Bansal

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.

DAVV Launches VC Helpline for Seamless Student Support
Where to read: timesofindia.indiatimes.com

In a move towards enhancing student services, Devi Ahilya Vishwavidyalaya (DAVV) has introduced a Vice Chancellor's Helpline (VC Helpline) to address student issues efficiently. The initiative aims to provide a platform for students to seek solutions to various problems without the necessity of physically visiting the university. With 280 affiliated colleges and university teaching departments, DAVV has a significant student population. Many students face the challenge of traveling distances to address their concerns. The newly launched VC Helpline allows students to register their complaints through a dedicated email ID specifically managed under the university's vice chancellor.



Examining Ethics Podcast
Where to listen: Spotify/Apple TV

Whether or not you're a philosophy buff, the Examining Ethics podcast is a great way to get exposed to ethical dilemmas facing our world today, helping you to think outside of the box, become more relevant and prepare to encounter these kinds of discussions while in school and after graduation. Examining Ethics doesn't provide answers to these ethical dilemmas, but instead leaves listeners with tools and ideas from some of the biggest names in moral philosophy and ethics. Academic philosophy and ethics can sometimes be difficult to understand, and the accessible, open-minded content of this podcast bridges the gap between scholars and everyone else.



The New Masculinity: Redefining Strength, Vulnerability and Authenticity

AKSHITA JAIN

NEW DELHI: In the intricate tapestry of societal norms, the concept of masculinity has long been woven with threads of strength, stoicism, and dominance. However, in recent years, this once rigid framework has undergone a profound evolution, challenging traditional notions and embracing a more diverse and inclusive understanding of what it means to be a man in today's society.

Historically, masculinity has often been synonymous with physical prowess and emotional restraint. Men were expected to embody traits of toughness and independence, suppressing vulnerability and eschewing expressions of sensitivity. However, as societal attitudes shift and cultural landscapes evolve, so too does the definition of masculinity.

One of the most notable aspects of this evolution is the growing acceptance and celebration of vulnerability. For generations, men have been conditioned to believe



that showing emotions, particularly vulnerability, is a sign of weakness. However, a cultural shift is underway, encouraging men to embrace and express their emotions authentically. This reclamation of vulnerability not only fosters deeper connections and emotional intimacy in relationships but also promotes mental well-being by dismantling the harmful stigma surrounding male emotions. Furthermore, the portrayal of masculinity in media and popular culture has undergone a significant

transformation. Traditionally, men were depicted as rugged individualists, often portrayed as the stoic hero or the alpha male. However, contemporary media is increasingly showcasing a more diverse and nuanced representation of masculinity. Men are depicted as sensitive, empathetic, and nurturing, challenging stereotypes and offering alternative narratives that reflect the complexity of the male experience.

Moreover, the evolving definition of masculinity is closely intertwined with

changing gender roles and dynamics. As society progresses towards gender equality, traditional roles and expectations are being redefined. Men are increasingly taking on caregiving responsibilities, actively participating in parenting, and nurturing roles traditionally associated with women. This shift not only challenges outdated gender norms but also allows men to explore and embrace aspects of their identity that were once deemed off-limits.

In the realm of relationships



and intimacy, the evolving definition of masculinity is fostering healthier dynamics and communication patterns. Traditional gender roles often imposed rigid expectations on men, prescribing specific behaviours and attitudes in romantic relationships. However, as societal norms shift towards egalitarianism, men are encouraged to engage in open and honest communication, prioritize emotional connection, and share responsibilities with their partners. This shift towards a more balanced and

equitable approach to relationships benefits not only individuals but also strengthens the fabric of society as a whole.

The workplace is another arena where the evolving definition of masculinity is palpable. Historically, corporate culture has often valorised traits associated with traditional masculinity, such as competitiveness, assertiveness, and dominance. However, as organizations strive to foster diverse and inclusive environments, there is a

growing recognition of the value of emotional intelligence, collaboration, and empathy in leadership. Men are increasingly encouraged to embrace qualities traditionally associated with femininity, such as nurturing, communication, and cooperation, leading to more effective and compassionate leadership styles.

Despite these positive strides, challenges persist in dismantling entrenched stereotypes and expectations surrounding masculinity.

Cultural norms and societal pressures continue to exert influence, perpetuating harmful ideals of manhood and masculinity. The pressure to conform to narrow definitions of masculinity can have detrimental effects on men's mental health, leading to issues such as depression, anxiety, and substance abuse. It is imperative that society continues to challenge these norms and create spaces where men feel empowered to embrace their authentic selves without fear of judgment or ridicule. In conclusion, the evolving definition of masculinity reflects a broader cultural shift towards inclusivity, authenticity, and emotional intelligence. Men are breaking free from the constraints of traditional stereotypes, embracing vulnerability, and redefining what it means to be masculine in the 21st century. As society continues to evolve, so too does our understanding of masculinity, paving the way for a more diverse, compassionate, and equitable world where individuals of all genders are free to express their true selves.

Youth Struggling With Mathematics: ASER 2023

Sanjana Mishra

New Delhi: A nation can progress only if its youth is sincere and educated. So most of it depends upon the student. In the last 20 years, discussions around schooling and basic learning in education have led to significant changes in policies and priorities in India.

Recently, the Annual Status of Education Report (ASER 2023: "Beyond Basics") report was conducted in 28 districts across 26 states. It involved 34,745 youth aged between 14-18 years. Focusing on adolescents, the report provides new ideas on how to improve learning outcomes for young people in India and make the most of the country's demographics dividend.

The NGO Pratham's Annual Status of Education



report (ASER) has been recording trends in school enrollment, attendance, and reading and arithmetic abilities among children aged 6-14 years in the rural areas of the country. But the 2023 survey focused on 14- to 18-year-old students in rural India, and focused specifically on their ability to apply reading and mathematical skills to everyday situations. It also

sought to capture their access to digital technology and whether they possess the skills to use it.

The recent survey set out with the overarching objective of generating evidence on diverse aspects of youth development in rural India, that stakeholders across sectors could use to inform policy and practice. They undertook four broad categories to measure-

activity, aspiration, ability and general awareness of the students.

Key findings of the survey

- Children in the age group of 14-18 are doing multiple things. Even though that is not always captured by the education sector or the job market. Around 30% are already working often for their parents.

- About 25% of this age group (14-18) still cannot read a Std II level text fluently in their regional language.

- More than half struggle with division (3-digit by 1-digit) problems. Only 43.3% of 14-18 year-olds are able to do such problems correctly.

- About 57% student can read sentences in English; more than 73% among



them can also tell their meanings.

- Boys do better than girls in both arithmetic and English.
- Of the surveyed children's almost 95% boys and 90% girls could use smartphones.

Performance in digital tasks improved with education level.

Taking all the above factors in consideration the new education policy allows for more flexibility. It creates scope for students to register for other kinds of learning opportunities as well.

Knowledge

For Students

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

1. Teaching machine was constructed by

a) S.L. Pressey

b) W. Allen

c) I.K. Davis

d) B.F. Skinner

2. The ginger is a

a) Bulb

b) Rhizome

c) Tuber

d) Modified root

3. Which of the following colors of light travels slowest in glass?

a) Red

b) Green

c) Violet

d) All travel with the same speed.

4. Which letter is fifth to the right of the eighteenth letter from your right in the English alphabets?

a) M

b) N

c) O

d) P

5. The science of weights and measures is called

a) Metrology

b) Meteorology

c) Mineralogy

d) Morphology

6. For television broadcasting, how much MHz frequency employed normally?

a) 30 - 300 MHz

b) 400 - 500 MHz

c) 500 - 600 MHz

d) 600 - 700 MHz

7. What radioactive element is routinely used in treating hyperthyroidism, and in reducing thyroid activity?

a) Iron-59

b) Gold-198

c) Cobalt-60

d) Iodine-131

8. Superconductivity is a material property associated with

a) Cooling a substance without

b) a phase change

c) Frictionless liquid flow

d) A loss of thermal resistance

9. The ingredient that makes it biodegradable is

a) Vegetable oil

b) Petroleum

c) Cornstarch

d) Leather

10. In which country was a method for making rust-resistant iron discovered in the fifth century B.C.?

a) Sumeria

b) Egypt

c) India

d) Babylon

Participation format

Quiz No.

Name of Student. (also attach your PP size Photo)

Class. Year.

College name.

Mobile number.

Email.

Present Address.

Permanent Address.

Answers (QUIZ-111) January, 2024 issue:

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

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

क्या है OMAD डाइट ?

अमन कुमार मिश्रा

सोशल मीडिया पर आए दिन वजन घटाने को लेकर अलग-अलग प्रकार के डाइट वायरल होती रहती हैं। अभी एक डाइट ज्यादा चर्चा में OMAD (वन मील अट डे) है। इससे दिनभर में एक बार खाना खाया जाता है। अमतौर हम लोग दिन में तीन बार खाना खाते हैं परंतु इस डाइट में उसे घटाकर सिर्फ एक बार खाते हैं। पूरे दिन उसी खाने पर चलते हैं। अगर उसके अलावा दिनभर में भूख लगे तो हम सादा पानी, काली चाय, काली कॉफी या नींबू पानी बिना चीनी के पी सकते हैं। यह देखा गया है कि इस डाइट से वजन घटता है क्योंकि जब आप पूरे दिन में एक बार ही खुराक लेते हैं तो पेट एक हद तक ही भर पाता है क्योंकि पेट की एक क्षमता होती है। इसका मतलब हुआ आप दिनभर का एक तिहाई ही खाना खा रहे हैं। अगर काबोहाइड्रेट्स यानी अनाज एवं वसा (तेल, घी, मक्खन इत्यादि) मिलकर सबसे ज्यादा वजन बढ़ाने की क्षमता रखते हैं। अगर इनका जरूरत से ज्यादा सेवन किया जाए तो वजन आसानी से बढ़ता है। जब इस डाइट की मात्रा एक तिहाई घट जाती है इसलिए वजन गिरता है।

अमतौर पर डॉक्टर इस तरह की डाइट करने से मना करते हैं। हालांकि अभी इस पर बहुत रिसर्च नहीं हुई है पर यह एक तरह की इंटरमिटेंट फास्टिंग ही है। इंटरमिटेंट फास्टिंग में एक समय के अंदर खाया जाता है लेकिन इस डाइट को आप लंबे समय तक नहीं कर सकते हैं क्योंकि जब आप एक बार ही खाते हैं तो बाकी पोषक तत्व जैसे- प्रोटीन, माइक्रो-यूट्रिएंट्स, विटामिंस और मिनरल्स सही मात्रा में नहीं मिल पाते। इसकी वजह से आगे जाकर साइड इफेक्ट होते हैं जैसे- कमजोरी आना, थकान महसूस होना, हड्डियों का कमजोर होना और सुस्ती महसूस होना जैसी दिक्कतों का सामना करना पड़ता है। इसलिए यह डाइट ठीक नहीं है। हमेशा वजन घटाने के लिए एक सही खुराक लें और एक्सरसाइज कम से कम 30 मिनट से 45 मिनट तक करें तो यह सबसे असरदार तरीका है, वजन घटाने एवं सेहतमंद रहने के लिए होता है।

Sudoku

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8		2		5				
7		5	3	9			1	
	1	3	5		8	2		
			3			4	9	
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विश्वविद्यालयों की खबरें

Lucknow University to Teach Ayodhya's Transformation in MBA Course

Lucknow university will teach Ayodhya's transformation in their two years MBA programme from the academic session 2024-25. Students will get the opportunity to study the real time transformation of Ayodhya in terms of management at various functional levels. Alok Kumar Rai, who is also a management faculty at Banaras Hindu University said: "This attempt is a chance for students to witness the transformation and imbibe it through experiential learning. The dreams intended and realized in the making of Ayodhya, not only travels from a glorious past of spirituality, culture, tradition and heritage but also connects to the modern world of global influence, divinity and faith" He said this was an opportunity to develop a better understanding of the process involved in its design and outcome.

AIIMS New Delhi, IIT DRISHTI CPS Foundation Launch SETU-2024

AIIMS New Delhi and IIT DRISHTI CPS Foundation announced the successful launch of SETU-2024, a revolutionary initiative aimed at propelling digital healthcare innovation in India. It was launched under the umbrella of the National Mission on Interdisciplinary Cyber-Physical Systems (NIMCPS), which was launched by Prime Minister Narendra Modi in the year of 2018.

Prof. Bhupesh Kumar Lad, Project Director of DRISHTI CPS Foundation, welcomed dignitaries and participants, emphasizing the pivotal role of innovation and the foundation's efforts in fostering collaboration between academia, startups, and healthcare organizations.

SETU-2024 showcased a diverse range of hardware and software products developed by startups and academic researchers funded and mentored by DRISHTI CPS, including decision support systems, 3D modelling solutions, simulation tools, and digitization platforms.

SETU-2024, a collaborative program, serves as a unique platform for the convergence of AIIMS New Delhi and DRISHTI CPS Foundation, fostering the commercialization of cutting-edge healthcare technologies.

Japanese Course at Goa University

The Goa University has reintroduced its short-term Japanese course Learn Japanese under the School of International and Area Studies again this year. The course will be taught over 28 weeks for 140 hours at GU. Any person who has completed class XII can join this programme. The course will begin from February 1. The students can take Japanese language as a career. The course is also for those who want to develop an understanding of the Japanese culture.

देश में यूसीसी समय की जरूरत !

समान नागरिक सहिता बनाने के मामले में उत्तराखंड सरकार द्वारा जिस तरीके से पहल की है, उससे हम सब के जहन में एक अहम सवाल यह है कि क्या केंद्र की एनडीए सरकार इस पर कानून बनाकर संपूर्ण देश में लागू कर सकती है? उत्तराखंड में भाजपा की सरकार है और जिस तरीके से भाजपा यूसीसी को लागू करने का मुद्दा 1989 से उसकी घोषणा पत्र का हिस्सा रहा है, उससे यह सवाल उठना लाजमी है कि क्या भाजपा लोकसभा चुनाव में बहुमत मिलने के बाद यूसीसी पर कानून बनाकर इसे पूरे देश में लागू करेगी? सवाल यह भी है कि अगर केंद्र सरकार ने देश में अपराधों को रोकने के लिए आईपीसी और सीआरपीसी के कानून बनाए, तलाक के मामले में केंद्र ने कानून बनाया, नकल रोकने के लिए संसद कानून बना रही है तो फिर यूसीसी पर प्रदेश स्तर पर कानून बनाने का क्या औचित्य है? 2024 चुनाव आने से पहले इस मुद्दे ने एक बार फिर जोर पकड़ लिया है। उत्तराखंड मंत्रिमंडल ने 4 फरवरी 2024 को समान नागरिक सहिता (UCC) के मसौदे को मंजूरी दे दी। उत्तराखंड मंत्रिमंडल की मंजूरी मिलने के मुख्यमंत्री पुष्कर धामी ने विधानसभा में इसे पारित कर समान नागरिक सहिता लागू करने वाला देश का पहला राज्य बन जाएगा। उत्तराखंड में इस बिल के पेश होते ही देश में एक ओर तो लोग इसका स्वागत कर रहे हैं तो दूसरी ओर तुट्टीकरण की नीति पर चलने वाले कुछ सियासी दलों ने बवाल मचाना शुरू कर दिया है। यूसी के मामले में सियासी दल मुसलमानों को भड़काने की कोशिश कर रहे हैं कि जैसे यूसीसी मुसलमानों को टार्गेट करने के लिए बनाया जा रहा है, जबकि यह पूरी तरह से भ्रामक तथ्य है। इसका उद्देश्य सभी धर्म और जातियों के नागरिकों में लैंगिक समानता लाने का एक अच्छा प्रयास है। समान नागरिक सहिता पूरे देश के लिए एक कानून सुनिश्चित करेगी, जो सभी धार्मिक और आदिवासी समुदायों पर उनके व्यक्तिगत मामलों जैसे संपत्ति, विवाह, विरासत और गोद लेने आदि में लागू होगा। इसका मतलब यह है कि हिंदू विवाह अधिनियम (1955), हिंदू उत्तराधिकार अधिनियम (1956) और मुस्लिम व्यक्तिगत कानून आंदेन अधिनियम (1937) जैसे धर्म पर आधारित मौजूदा व्यक्तिगत कानून तकनीकी रूप से भंग हो जाएंगे। भारतीय संविधान के अनुच्छेद 44 में उल्लेख है कि 'राज्य भारत के पूरे क्षेत्र में नागरिकों के लिए एक समान नागरिक सहिता को सुरक्षित करने का प्रयास करेगा। वर्तमान में देश में भारतीय संविधान में हर धर्म की स्त्री और पुरुष दोनों को बराबरी से वोट डालने का अधिकार है। सभी के लिए अपराधिक कानून भी समान हैं। लेकिन शादी, तलाक, बच्चे और संपत्ति संबंधी मामलों में महिलाओं के साथ भेदभाव होता है। वर्ष 1985 में शाहबानो मामले पर सुप्रीम कोर्ट के स्पष्ट निर्देशों के बावजूद तत्कालीन सरकार ने इस पर स्पष्ट कानून लाने की जगह तुट्टीकरण की नीति का अनुसरण करते हुए इस फैसले के प्रतिकूल कार्य कर दिया। वास्तविकता तो यह है कि यूसीसी लागू होने के बाद सभी धर्मों की महिलाओं की विवाह की आयु एक हो जाएगी। महिलाओं को पुरुषों के बराबर संपत्ति पर अधिकार मिल सकेगा। महिलाओं के पुनर्विवाह के नियम एक जैसे होंगे। बहुविवाह पर प्रतिबंध लग सकेगा। लिव इन रिलेशनस से पैदा होने वाले बच्चों को कानूनी अधिकारी मिल सकेगा। सबसे बड़ी बात यह है कि अगर यूसीसी का कानून केंद्र सरकार बनाती है तो इससे जनसंख्या विस्फोट पर प्रतिबंध लग सकेगा। सवाल यह है कि अगर यूसीसी इंडोनेशिया, बहरीन, तुर्किए और लेबनान जैसे देशों में लागू हो सकता है तो भारत में क्यों नहीं? ऐसे में तुट्टीकरण की नीति करने वाले सियासी दलों या धर्म के ठेकेदारों की सरकार क्यों परवाह कर रही है? प्रधानमंत्री नरेंद्र मोदी ने समान नागरिक सहिता की पुरजोर वकालत करते रहे हैं। उनका मानना है कि दोहरी व्यवस्था से देश कैसे चलेगा? पीएम मोदी ने हाल ही में एक चुनावी रैली के दौरान कहा था कि भाजपा ने तय किया है कि वह तुष्टिकरण और वोट बैंक की राजनीति के बजाय 'संयुष्टिकरण' के रास्ते पर चलेगी। एक देश में दो विधान, दो निशान और दो प्रधान नहीं चलेगे। यह नारा देते वाले श्याम प्रसाद मुखर्जी अकेले नहीं थे और न ही यह कोई हिंदुत्ववादीयों का कोई एजेंडा है। यह तो शाहबानों जैसी महिलाओं की जरूरत है। तभी तो हमारे संविधान के पितामह डॉ. भीमराव अंबेडकर ने यूसीसी के पक्ष में अपनी राय रखी थी।

Empowering Awareness: Understanding, Preventing and Confronting Cancer

World Cancer Day was first celebrated on February 4, 2000 by the Union for International Cancer Control (UICC) and has been continued ever since. This day is celebrated for spreading awareness about cancer, symptoms to look for, how we can prevent it, and what are the possible ways in which we can help the patients and their families to cope with this situation and improve their well-being. According to the reports of GLOBOCAN which stands for Global Cancer Observatory about 19.3 million cases were reported in the year 2020 alone and it is predicted that by the year 2040, India will touch the mark of 2 million cases which is a 57.5%. So in order to fight cancer and prevent it from happening we should first be aware of what cancer actually is and how it has come to being the second most fatal disease all over the world.

All the cells in our body grow in size, divide into new cells and after a certain time they die. All these processes are highly regulated inside the body by several mechanisms but this is not so in this case of cancer. In cancer the cells become uncontrollable and divide very rapidly than the normal cells (leading to tumor formation) because cellular mechanisms which kept them in control are lost and the cells even refuse to die hence becoming

immortal. They then spread to the entire body and cause serious damage to our organs which if not detected early ultimately leads to death. Tumor is mainly of 3 types-

Benign - which is not dangerous as the cells remain confined in only one place for eg. moles

Pre-malignant - the cells are not yet cancerous but do have the potential

Malignant - it is the most dangerous type of tumor as in this the cells are spread all over the body and wherever they accumulate can start a new tumor. This property is known as metastasis

You will be surprised to know that there are approximately 200 types of cancer affecting people globally amongst which lung, breast cancers are most common in male and female and lymphoid leukaemia is more common among children. Other prominent cancers include colon and rectum, prostate, skin, stomach and oral.

Signs and symptoms

Now that we have understood about cancer we should be aware of the various signs and symptoms that we should look for and not let them get ignored if they are persistent for long period of time.

- Changes in bowel or bladder habits
- Sore that doesn't heal



Dr. Umesh Kumar

- Unusual bleeding or discharge without any cause
- Thickening or lump
- Ingestion or difficulty in swallowing
- Obvious changes in wart or mole
- Persistent cough for days
- Lesions or knots anywhere in the body

If any of these signs are visible then don't hesitate in visiting a doctor because even if isn't cancer then also the problem may get treated at the earliest and you can stay alright

Risk Factors-

There are two types of risk factors which can lead to cancer -

- Modifiable risk factors** - the ones which can be overcome if we start to shift to a healthy mindset and lifestyle. These factors include -
 - Tobacco smoking or chewing
 - Alcohol consumption
 - Obesity
 - Unhealthy diet
 - Reproductive factors
 - Stress
 - Weakening of immune system
- Note - It has been reported that 1 min of anger can suppress our immune system by approximately 5 hours
- Non-modifiable factors** - factors which are out of our control
 - Environmental factors - pollution

- Pesticides
- Radiations
- Occupational exposure
- Genetic factors
- Increasing age
- Race/ethnicity

Prevention-

Understanding the risk factors is one thing but acting smartly and eliminating them by being cautious is the most important thing that needs to come into practice in the present time when cancer is taking numerous lives each year. Almost 10 million deaths were reported in the year 2020 itself. Here's what we can do to prevent any type of cancer onset -

- Healthy eating** - fruits and vegetables should be a part of our daily meals
- Get in shape** - we should keep our weight in control and exercise on a daily and regular basis
- Quit smoking and alcohol consumption**
- Practicing safe sex**
- Getting vaccinated for viruses such as HPV and hepatitis - B & C**
- Avoid toxic chemical exposure**
- Know your family history for any genetic instability or ailment**
- Screening** - we should keep ourselves upto date with screening process available as early detection of the disease can reduce its fatality factor by many times and can also be absolutely cured.

Shrikant Jichkar: A Trailblazer of Knowledge and Achievement

A testament to human potential, showcasing an indomitable spirit who accumulated 20 degrees and left an indelible mark on Indian politics- Avni Agarwal

Do you know who is India's most qualified person? Well, this person has 20 degrees that too from 42 Universities. His name is Shrikant Jichkar. He is officially known as India's most qualified person. Shrikant Jichkar is a name that resonates with brilliance and accomplishment. He was an exceptional individual and has left an indelible mark on Indian society. His relentless pursuit of knowledge and his numerous achievements makes him an inspiration for generations to come. Limca Book of Records lists him as the most qualified person in India.

Born in Aajamgaon near Nagpur on September 14, 1954, Jichkar embarked on a remarkable academic journey that saw him master an unprecedented array of subjects, becoming an icon of knowledge and determination. His first degrees were in medicine (MBBS and MD from Nagpur), following which he pursued Bachelors and Masters of Law (International Law). He also went on to achieve various degrees like Masters of Business Administration, Doctor of Business

Management, Bachelor of Journalism. He is also a Doctor of Literature in Sanskrit. He also has earned Master of Arts degree in public administration, sociology, economics, Sanskrit, history, English literature, philosophy, political science, ancient Indian history, culture & archaeology, and psychology. In addition to his academic pursuits, Shrikant Jichkar also ventured into politics. He served as a member of the Legislative Assembly in Maharashtra and made significant contributions to public service. Jichkar's commitment to the welfare of the people was evident in his efforts to address societal issues and promote positive change. He left for his heavenly abode on June 2, 2004. Shrikant Jichkar's legacy is one of brilliance, achievement, and inspiration. His story serves as a catalyst for encouraging individuals to embrace a lifelong love for learning. The importance of holistic education and the pursuit of knowledge in multiple disciplines are lessons that can be drawn from Jichkar's life.



Avni Agarwal

World Radio Day: Celebrating the Enduring Power and Impact of Radio in a Modern World

World Radio Day is celebrated every year on February 13, to remember the special power of Radio which brings people together and provides vital information. It touches the lives of people across the world. In several countries, radio is the primary medium and source of information. Several measures have been taken to increase the popularity of All India Radio. World Radio Day is a medium to raise radio awareness and make networking stronger among broadcasters. Radio is a century-old but important source of social interaction. Radio has remained a powerful tool since its invention in the 1890s. Thanks to advances in technology, radios continue to have more improved features. As a result, they play a vital role in our daily lives. Almost all households and working places have at least one broadcast receiver. Furthermore, they are also consumed even when people are away from home like while running errands, engaging in outdoor activities, or driving to or from work.

Radio remains the most used medium for mass communication. Compared to television, newspapers, and mobile phones, radio remains on top. According to UNESCO, about 44,000 radio stations broadcast to approximately 5 billion people, representing 70% of the world population. Electronics are part of our life. Nevertheless, spending more time on screen has negative effects. It can cause obesity, sleep problems, depression, anxiety, and chronic back and neck pain. Radios help limit the time on electronics hence improving health.

They are functional; thus, you can get news or play your own playlist. You can listen to it anytime, anywhere. Radio is more affordable compared to other electronic gadgets. The cost of producing them is lower, unlike creating television and other visual content. Further, they consume less power, you only need batteries,



Avni Tyagi

and you're good to go. Radio enhances the capacities of local people to work together to tackle social problems including poverty, and exclusion. This is a medium of expressing, and sharing views, thoughts, ideas, problems. It helps the rural, disadvantaged, and vulnerable sections of the society to engage with the mainstream population. It helps to avail utilities and amenities for various development aspects of our societies like education, health, water, sanitation, protection from natural disasters, and address social issues at the community level. It may also be useful for the development of particular targets such as elderly women, children etc. Radio also provides special attention to the fields of education, sports, spreading of literacy, agriculture, rural development, environmental issues, health, and family welfare as well as science and technology fields. They cater to multiple audience belonging to diverse cultures and languages. They take up social issues such as combating exploitation, inequality and untouchability and have also been said to raise voice against social injustice.

Today over 90% and above households do have radio service. Community radio airing in local languages is in most cases the one and the only way for illiterate citizens to access information about health, education, environmental policies. Radio stations play a critical role in modern society and forms a part of critical communication channels. Radios have emerged stronger as they absorb newer technologies and adapt to the different tastes of the newer generations. Therefore, they have become a medium of choice for people. They allow you to get news that is widely reported across the globe. Further, they have remained the last man standing in case of natural disasters. In addition, radios go where new technologies like electricity and mobile signals can't reach. This makes them the most effective way to deliver information in remote areas.

Indian Artisans: The Master Ji of Timeless Craftsmanship

In high-end clothing, where every stitch represents a story and all details reflect superior artistry, India is an artistic heritage fortress. Cultural diversity is reflected not only in traditional dress but also in the ceremonies of Indian luxury fashion manufacturing. It complements the centuries-old expertise of skilled artisans who breathe life into luxury fashion in India. It is the artisans, who often work in small groups scattered across the country, who are behind all of this exquisite handwork, intricate embroidery, and very detailed embellishment on garments designed by famous designers. The art of embroidery is one of the pillars on which luxury fashion in India stands. Each area has its specific embroidery method, such as the zardozi in Lucknow and the resham work from Kashmir. Sans, using age-old techniques and taking hours to finish the motif that they

painstakingly created with fine threads or sequins, many of them even use beads. It produces a piece that is more than just a fashion statement, but one of timeless beauty. Luxury fashion in India is also

very much inspired by the nation's vibrant handloom heritage. Accomplished weavers, immersed in the industry, create garments that are not only of superb quality but also infused with cultural symbolism. Saris, dupattas and handloom fabrics embody heritage where each piece is a homage to the craftsmanship of the artisan. As the world of fashion is constantly changing, designers are increasingly aware that it is valuable to combine both traditional craftsmanship and contemporary design. Through its use of time-honoured methods in contemporary profiles, these



Sajal Kulshresth

becomes increasingly vital in an evolving marketplace. It is an important approach to preserve and promote traditional artisanal skills not only for the benefit of these artists themselves but also, in relation thereto, to conserve Indian culture. Various programs and organizations are focused on empowering artisans by providing them with a forum to exhibit their talent. Alliances between designers and artisan clusters seek to provide sustainable livelihoods so that the designer ensures that there is just remuneration for them. Not only does this kind of partnership facilitate the safe

designers build garments that talk about the past and touch upon people's present requirements. Although the achievements of Indian craftsmen are

priceless, addressing their challenges



continuation of traditional skills, but it also ensures economic prosperity for artists. Realizing the importance of skill development, several programs have been launched to inculcate traditional crafts among the younger generations. That ensures that the transmitted knowledge and practices from generation to generation are kept intact. By providing young artisans with modern sensibilities, such programs open the door for tradition to be incorporated within luxury fashion designs. Luxury

brands are increasingly becoming more supportive of the handcrafted luxury movement. In doing so, these brands reinforce a further appreciation for the individual stories behind each item and highlight artisanal craftsmanship's human dimension. This creates a market that appreciates the craftsmanship of each item. With the world transitioning towards technological advancements and rapid change, having skilled artisans in Indian luxury fashion becomes all that more important.

It is about finding a compromise between maintaining tradition and novelty, which means the creativity of Indian artisans remains timeless in current times. As the global understanding and acknowledgement of sustainable and handmade products have increased, Indian craftsmanship in this area can become internationally recognized. Luxury brands act as a catalyst in creating awareness of Indian artisans on the international platform and bring about global cultural exchange through fashion. A well-educated consumer base is key to the continuous development of artisanal crafts. Luxury fashion houses and stakeholders can play a role by enlightening the consumers on why having handmade products is good, they should know about what is behind each piece as also supporting traditional artisans has positive outcomes. This consciousness can cause a

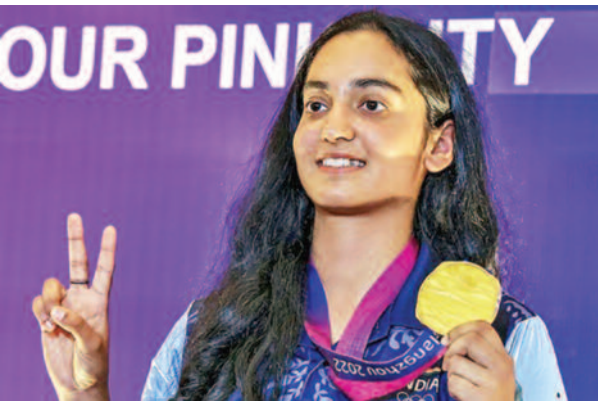
conscious shift to sustainable and handmade luxury. In the modern world with rapid technological progress, digital tools and platforms can improve the performance of artisan clusters while preserving their classic approaches. Artisans can also ensure the continuity of their craft in this interdependent age through accepting innovation. As a final note, the talent of Indian artisans is what powers luxury fashion in the country. With generations to come, their skills help create a rich and irreplaceable dimension in the fashion world. Promoting the skills of artisanal workers not only protects the country's culture but also plays a significant role in sustainability and resilience build-up for India's luxury fashion industry. In modern times, therefore the synergy between tradition and innovation will drive further to ensure that Indian craftsmanship continues its prestige in global luxury fashion.

Jaipur's Divyakriti Singh Makes History: First Indian Woman in Equestrian to Receive Arjuna Award

Moksha

New Delhi: Divyakriti Singh has marked her name in the record of Indian sports history as the first Indian woman to be honoured with the prestigious Arjuna Award in Equestrian sports. The President of India, Draupadi Murmu, presented the Arjuna Award to Divyakriti Singh at a glittering ceremony at the Rashtrapati Bhavan in New Delhi on 9th January 2024.

The honour of receiving Arjuna Award came as a proud moment not only for the 23-year-old Divyakriti but also for her home state, Rajasthan. She stands as the sole representative from the region to receive the Arjuna Award in the current year. In fact, she is the only one from Rajasthan to get the Arjuna Award in the last five years. The last athlete from Rajasthan to get the Arjuna Award was in 2018. She is also the first Indian Woman to win a medal at Asian Games in Equestrian. An elated Divyakriti said: "This is a moment of immense pride for the Equestrian sport and our noble companions, the horses, to receive recognition and reward from our Hon'ble President. It is a humbling experience, and I extend my gratitude to my family and my horses, whose support has been instrumental in helping me



Divyakriti Singh, the first Indian female to receive the Arjuna in the Equestrian sport.

- ▶ Divyakriti was Ranked No. 1 in Asia and No. 14 in the World in the Global Dressage Rankings issued by the International Equestrian Federation in March this year.
- ▶ According to FEI (International Federation for Equestrian Sports), Divyakriti Singh achieved a World ranking of 1418 and Asian ranking of 1 early in 2023.
- ▶ She is also the first Indian Woman to win a medal at Asian Games in Equestrian.
- ▶ She is the only one from Rajasthan to get the Arjuna Award in the last five years.


achieve this remarkable feat." Divyakriti Singh was Ranked No.1 in Asia and No.14 in the World in the Global Dressage Rankings issued by the International Equestrian Federation in March this year. It is to be recalled that in September, Divyakriti was part of the Gold Medal winning Indian Dressage team at the Asian Games in Hangzhou, China. She won an Individual Silver and two bronze medals at the International Dressage Competition in Riyadh, Saudi Arabia with career best scores improving upon her Asian Games scores amongst stiff international competition with riders from across the globe. Divyakriti Singh (born October 22,

1999) is an Indian equestrienne. Divyakriti is the daughter of Vikram Singh Rathore and Alka Tej Singh and has one elder sibling, Digvijay Singh. From her young age, she exhibited a natural talent. Her parents, recognising her potential, encouraged her to pursue her interest in sports. Her journey from local sports clubs to national and international arenas is a testament to her dedication and also the unwavering support she has received from her family. She started to pursue sports and since then she has shattered gender stereotypes, challenging the notion that certain sports were exclusive to boys. Her dedication to equestrian,

despite societal expectations, showcased her resilience and determination. She is a former student of The Palace School, Jaipur and Mayo College Girls School in Ajmer. Divyakriti has been training in Germany for the last three years at the famous Hof Kasselmann dressage yard in Hagen. She has mastered the tricks of the sport after rigorous practice over the years. She won a gold medal in team event in Equestrian Dressage at the 2022 Asian Games held at Hangzhou, China. She has been involved in equestrian sports since the age of 12, and has received numerous individual and team medals at events such as the Junior

National Equestrian Championships and All India IPSC equestrian competitions. Divyakriti Singh achieved a World ranking of 1418 and Asian ranking of 1 early in 2023, according to the International Federation for Equestrian Sports (FEI) dressage world ranking of athletes. She is the first Indian woman to be conferred the Arjuna Award in Equestrian on 9th January 2024 for outstanding performance in Sports and Games 2023 by the Ministry of Youth Affairs & Sports by the Government of India. The numerous achievements of Divyakriti Singh include IPA Junior National Polo Championship 2016, IPA

Junior National Polo Championship Winner 2017, Junior National Equestrian Championship for year 2016-2017 at New Delhi, India JNEC Junior Dressage Individual: Silver Medal; Team: Bronze Medal, Junior National Equestrian Championship 2018-2019 at Kolkata, India - JNEC Young Rider Dressage Team: Gold Medal (Reference: Equestrian Federation of India, Junior National Equestrian Championship 2019-2020 at Bangalore, India - JNEC Young Rider Dressage Team: Silver Medal, At International Dressage Competition CDI, Riyadh, Saudi Arabia, Divyakriti won an Individual Silver in Dressage Prix St. Georges with a score of 70.196. Individual Bronze in Dressage Intermediate 1 with a score of 68.9 and Individual Bronze in Freestyle to Music with a score of 72.575. The awards earned by Divyakriti Singh, Arjuna Award 2023, India Today Woman Summit Award on October 26, 2023 and the Sawai Jaipur Awards 2023, H.H. Maharaja Sawai Padmanabh Award for Young Achiever in the field of Sport. Divyakriti Singh is happy to be the first woman winning this laurel but wishes to have more women part of the sport, achieving big.



नई किताब

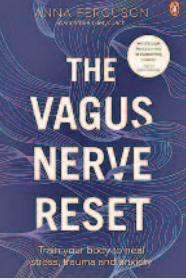
BOOK – The Vagus Nerve Reset

Akshita jain

PUBLICATION DATE: 09 January, 2024
AUTHOR : Anna Ferguson
EXTENT : 272
ISBN : 9780593689905
PUBLISHER : zeitgeist

The Vagus Nerve Reset is a comprehensive guide that delves into the fascinating world of the vagus nerve and its impact on our overall well-being. Anna Ferguson's book provides a clear and accessible exploration of this crucial component of the autonomic nervous system.

The author begins by introducing readers to the concept of the vagus nerve, explaining its role in regulating various bodily functions such as heart rate, digestion, and stress response. The language is accessible to medical professionals and lay readers, making the book suitable for a broad audience. One of the strengths of the book lies in its practical approach. Ferguson not only explains the science behind the vagus nerve but also offers a variety of techniques and exercises to reset and stimulate it. These exercises include breathing techniques, mindfulness practices, and lifestyle adjustments. Readers will appreciate the hands-on approach, as it empowers them to actively engage in improving their well-being. The book also delves into the connection between the vagus nerve and various health conditions, ranging from anxiety and depression to digestive issues. Anna Ferguson provides evidence-based insights, citing relevant studies and research to support the information presented. This adds credibility to the book's claims and enhances its value for readers seeking a deeper understanding of the topic. While the content is informative and well-organized, some readers may find certain sections a bit dense, especially if they are new to the subject. However, the author makes an effort to break down complex concepts into digestible portions, making them more accessible for readers with varying levels of familiarity with neurobiology. In conclusion, "The Vagus Nerve Reset" is a valuable resource for those interested in improving their overall health and well-being through understanding and optimizing the function of the vagus nerve. With a balance of science and practical advice, Ferguson creates a book that educates and empowers readers to take control of their autonomic nervous system for a healthier and more balanced life.



कल्याणकारी योजनाओं से गरीबी रेखा से ऊपर आते लोग

चाहत कुमार

नई दिल्ली। नीति आयोग की एक रिपोर्ट के अनुसार, नौ वर्षों में देश के 25 करोड़ लोग बहुआयामी गरीबी से बाहर निकले हैं। इसमें उत्तर प्रदेश, बिहार, मध्य प्रदेश और राजस्थान के लोग सबसे अधिक शामिल हैं। सरकारी योजनाओं का असर है। जैसा कि पोषण अभियान, एनीमिया मुक्त भारत अभियान और प्रधानमंत्री गरीब कल्याण योजनाएं। इनसे लोगों को स्वास्थ्य सुविधाएं मिलीं और उन्हें

गरीबी से बाहर लाने में मदद हुई। नीति आयोग के मल्टी डाइमेंशनल पावर्टी इन इंडिया (एमपीआइ) के अनुसार, 2013-14 में देश की 29.17% आबादी एमपीआइ के हिसाब से गरीब थी, जो 2022-23 में केवल 11.28% तक घटकर रह गई है। एमपीआइ के हिसाब से 138 करोड़ लोगों की आबादी मानकर अब लगभग 15 करोड़ लोग एमपीआइ मानक से जुड़ी सुविधाओं से वंचित हैं। सरकारी योजनाएं-प्रधानमंत्री

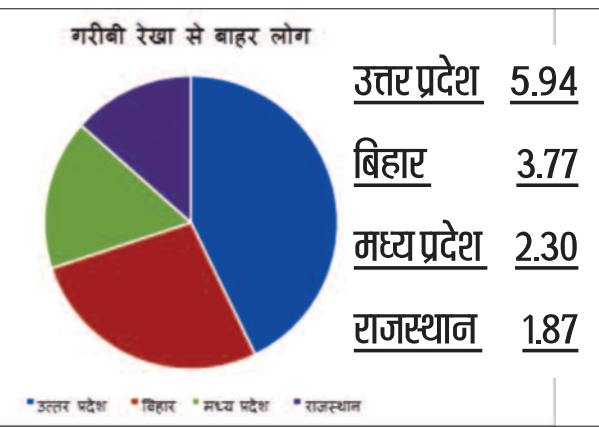
गरीब कल्याण अन्न योजना, उज्ज्वला योजना, सौभाग्य योजना, जल जीवन मिशन, और जन-धन खाते, लोगों को सामाजिक और आर्थिक सुरक्षा प्रदान करने में सक्रिय रूप से योगदान कर रही हैं। ये योजनाएं गरीबी से बाहर निकलने की प्रक्रिया में सहायक हो रही हैं और लोगों को विभिन्न क्षेत्रों में सुविधाएं प्रदान कर रही हैं। इसके अलावा, रिपोर्ट में बताया गया है कि नीति आयोग ने गरीबी मुक्ति के लिए 12 मानकों को शामिल किया है जिनमें पोषक-तत्व, बच्चे की मृत्यु



दर, माताओं के स्वास्थ्य, बच्चों के स्कूल में उपस्थिति, रसोई ईंधन

स्वच्छता, पेयजल, बिजली, आवास संपदा व बैंक खाता शामिल हैं। इन

मानकों के माध्यम से गरीबी की माप ली जाएगी, जो लोगों को समृद्धि की दिशा में मदद करेगी। इस रिपोर्ट में प्रति व्यक्ति आय शामिल नहीं है। नीति आयोग के सीईओ बी वी सुब्रह्मण्यम ने कहा कि गरीबी घटने की दर दहाई अंक में हो गई है। सरकार ने 2030 तक सभी नागरिकों को 12 मानकों को सुविधा देने का लक्ष्य रखा हुआ, ऐसा अनुमान भी है की फल स्वरूप समय से पहले हासिल कर लिया जाएगा। यह समृद्ध भारत की दिशा में कदम बढ़ाएगा।





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WE HAVE NO BRANCH IN NOIDA

It is Important to Decide in Which Field You Want to Grow : Alumni

Nikshipta Raut

We are delighted to feature Saima Bashir who completed her Master's degree in Biotechnology batch 2020-22 from IMS Ghaziabad, University Courses Campus. Having successfully cracked UGC NET, Saima is currently thriving at US based edutech company. Saima is a dedicated subject matter expert in biology within the dynamic landscape of the tech sector. In this interview Saima talks about her work, experiences and her time at IMS Ghaziabad, University Courses Campus

Can you share your experience at IMS and how it influenced your career path?

I have completed my bachelor's from Kanpur University, after completing my bachelor's I had a lot of confusion about which college I should choose because, at that time in 2020, we all were going through a pandemic.

So when I joined IMS, to be honest, my confidence was very low, our first semester was in online



mode. When our offline classes started I was very much interested in all the extracurricular activities, all the teachers were so helpful. With their support I overcame my stage fear by anchoring, giving presentations, because our teachers supported us and encouraged us to participate in every event. With their help today I have cracked UGC NET EXAM on my first attempt, and also got awarded as an institute topper.

What advice do you have for someone entering your field of study?

Biotechnology is a vast field where you can go in research, pharma, and academics.

It is important to decide in which field you want to grow.

If I talk about myself I am very interested in academics and that's why I was preparing for the NET exams from my third semester itself.

Entering the field of



biotechnology requires a strong foundation. Focus on building a solid understanding of molecular biology, genetics, and bioinformatics. Stay updated on emerging technologies, participate in internships or research projects, and network with professionals in the field to gain insights and opportunities. Developing strong communication skills is also crucial for conveying complex scientific concepts effectively.

How did you find the transition from academia to the workforce?

Moving from studying to working can be tough but cool. I am working at Edutech company because I

really like academics. My college helped me learn a lot, and now I use that knowledge to do well in my job. I'm still learning new things and talking to people in my field. It's great that my college has supported me and encouraged me to keep getting better at what I do!

In retrospect, is there anything you wish you had known or done differently during your time at IMS?

As my master's degree was only for 2 years, and I was preparing for the NET exam at the time, I missed out on some events. So if I get a chance to go back to those days I would try to participate in more events, and join some more clubs. Lastly, I want to say that I really miss the canteen! Specially the food!

Could you share insights into your role at the edutech company, detailing how your work aligns with your academic?

I am working at a US based edutech company, I am a dedicated subject matter expert in biology within the dynamic landscape of the tech sector. I hold the prestigious

qualification of UGC NET and bring a wealth of knowledge to my role. With a passion for education, I excel in providing engaging and insightful online live tutoring sessions. As a key contributor to my company, I not only impart knowledge but also play a vital role in crafting and developing course content that enhances the academic journey for students.

My aspiration extends beyond tutoring, I am eager to contribute to the academic sector and continue shaping the future of education. Seeking opportunities in both tech and academia, I aim to leverage my expertise and UGC NET qualification and masters in biotechnology to make a lasting impact on the learning experience. With a commitment to excellence, I am poised to bring innovation and dedication to any role within the educational landscape.

The academic and skill based training at IMS Ghaziabad, University Courses Campus has prepared me to face any professional challenge with determination and focus.

News Brief

Workshop on Maximizing LinkedIn's Potential for Professional Growth



Ghaziabad (IMS News Service): IMS Ghaziabad organized a workshop on Maximizing LinkedIn's potential for professional growth for PGDM students, Batch 2023-25, who had an enriching workshop at Institute of Management Studies (IMS) Ghaziabad - Business School led by the esteemed Dr. Himanshu Talwar. Heartfelt gratitude paid for his invaluable insights and empowering students to revamp their profiles for professional excellence.

IMS Incubation Cell Launches Swastholic



Ghaziabad (IMS News Service): IMS Ghaziabad launches their first incubated product - Swastholic under IMS Incubation Cell. Discovering Swastholic's mission is to blend ancient Indian dietary wisdom with modern nutrition, featuring their unique Black Wheat Flour & Black Rice. A perfect blend of health and taste!

Power Talk on Global Leadership Strategies



Ghaziabad (IMS News Service): "Leadership is not what we think we are; it's what others think we are." IMS Ghaziabad has organized Power Talk on Global Leadership Strategies by Dr. Rama Y. The session unfolded real-world strategies to be a SMART leader and thrive in dynamic environments. Institute of Management Studies (IMS) Ghaziabad - Business School extended immense gratitude to Dr. Rama Y. for her valuable insights.

Incubation Centre Visit Bimtech, Greater Noida



Ghaziabad (IMS News Service): MBA Department at IMSEC organized Incubation centre visit at BIMTECH, Greater Noida for MBA 1st year, Sec B Students to create awareness how the incubation centre work for the betterment of Entrepreneurs and to inculcate innovative, technological and entrepreneurial mind set among the students.

Happiness Club Organized Management Activity- Newspaper Battleship

Ghaziabad (IMS News Service): MBA Happiness Club at IMSEC organized a management activity "NEWSPAPER BATTLESHIP" on the occasion of World Laughter Day on January 10, 2024. Students of MBA



participated enthusiastically and showcased their talents to win the race. World laughter day is a celebration that highlights the significance of laughter in our lives. Keeping in mind all the benefits of "laughing" in order to reduce the stress, students were divided into teams of 4 each along with a newspaper made ring, each team has to cross from a defined path of the activity to win the ring race. All students learned stress management through this activity and this serves as a reminder to incorporate laughter into our daily lives for overall well-being.

Melange 2024-High Octane Annual Inter Institute Cultural Fest



IMS News Service

Ghaziabad: Melange 2024 - the mega Annual Inter Institute Cultural

Fest witnessed enthusiastic participation of more than 600 students from over 55 institutes of

Delhi & NCR in array of competitions. Cash prizes of Rs. 1.5 lakh, mementoes, gift hampers by elite corporate

sponsors and certificates were awarded to the winners. Melange 2024 unfolded with vibrant colors, incredible

performances, and the spirit of celebration. Day 2 at Melange2024 brought a whirlwind of glamour, melodious

tunes, prize-moments, a star-studded celebrity night concert, dance extravaganza, and endless fun .

Industry 4.0 and AI Applications for Innovation Management

IMS News Service

Ghaziabad: MBA Department at IMSEC designed a Value-Added Course on "Industry 4.0 and AI Applications for Innovation Management" for the benefit of 1st year MBA students. The commencement of this 35hour long course started in the month of December 2023 and expected to complete by February 2024. A detailed syllabus has been designed, Course Objectives set and Faculty facilitators



were allocated in this regard. The broad objectives of this course include analysing the framework for industry 4.0 and business models, examining the skill set requirements and talent development for the industry 4.0, applying the artificial

intelligence models for decision making and studying the Machine learning and IoT advancements. Dr. Siby James, Associate Professor, MBA Department is the Course Coordinator of this Value Added Course.

National Youth Day Celebration at IMSEC

IMS News Service

Ghaziabad: On the occasion of National Youth Day, the Honorable Chief Minister of Uttar Pradesh, Shri Yogi Aditya Nath Ji, delivered an inspiring address to the youth. The impactful event took place at the esteemed Dr. A. P. J. Abdul Kalam Technical University (AKTU), with a live broadcast that reached audiences far and wide. Demonstrating unwavering enthusiasm and interest, the



students of IMS Engineering College, Ghaziabad, actively participated in the program, connecting remotely from the campus. We extend our sincere

gratitude to our esteemed Director, Prof. (Dr.) Vikram Bali, for his continuous motivation and support in fostering such enriching events for the students.

Essay Writing Competition on the occasion of International Hindi Diwas

IMS News Service

Ghaziabad: MCA department at IMSEC organized an Essay Writing Competition on the occasion of International Hindi Diwas. The event aimed to create awareness about the Hindi language and its relationship with technology. The topic, 'हिंदी भाषा और तकनीक: एक सम्बन्ध' (Hindi Language and Technology: A Relationship), encouraged



students to explore the intersection of Hindi and technology in their essays. Total 66 students from

MCA first year and second year participate in the competition. The objective was to emphasize the

importance of Hindi language in the technological landscape, fostering a deeper understanding among students.

The event not only celebrated International Hindi Diwas but also served as a platform for students to reflect on the dynamic connection between Hindi language and technology, reinforcing their appreciation for linguistic diversity in the digital age.

A Session Organized on Academic Writing Skills

IMS News Service

Ghaziabad: The Department of Computer Science at IMSEC organised a session on "Academic Writing Skills" for the students of final year Computer Science. The aim of conducting the session was to enhance



their academic writing skills and to motivate them

to publish their innovative ideas through research paper and patent publication.

The session was delivered by Dr. Sonia Juneja, Head - Department of Computer Science. The session was interactive and all the queries of students were resolved.

Expert talk on the theme From Idea to Patent: Elevating your Innovation through Strategic Writing



IMS News Service

Ghaziabad: Dr. Rabab Anjum delivered an Expert talk on the theme "From Idea to Patent: Elevating your Innovation through Strategic Writing". The session was conducted by

Dr. Rabab Anjum, Assistant Professor, and coordinated by Dr. Siddharth Vats, Associate Professor and Additional Head, B i o t e c h n o l o g y Department. Around 42 students participated in this event.

An Event on Innovative Business Idea Presentation

IMS News Service

Ghaziabad: An event on "Innovative business idea presentation in Biotechnology and related areas" was organized by the students of B.Tech. Biotechnology at IMSEC. Dr.



Shomini Parashar conducted the session. The presentation

aimed to ignite new-age business ideas to solve several problems related to environment conservation, health and nutrition, agriculture, and other fields for budding entrepreneurs. Around 45 students participated in this event.

Expert Lecture on Managing Intellectual Property Right (IPR) in Innovation

IMS News Service

Ghaziabad: The Department of Computer Science at IMSEC organized a Lecture for B. Tech CS 2nd year students on "Managing Intellectual Property Right (IPR) in Innovation" by Dr. Monika Nagar, Assistant Professor, Computer Science department. Dr. Raj Kumari, Assistant Professor, CS organized the event to aware students about Intellectual Property Rights (IPR) as critical to



shaping an environment that is conducive to fostering creativity & innovation in the students. With an increasing focus on innovation, cross-border

research and collaboration, it is necessary to learn about intellectual property rights in order to protect innovation among students.

New Year Celebration



IMS News Service

Ghaziabad: Year’s end is neither an end nor a beginning but a journey, with all the wisdom that experiences can instill in us. As they say, the way you spent your very first day in the New Year, is going to be the way you will spend the rest of the year.

The faculty and staff members of the IMS Ghaziabad (University Courses Campus) celebrated New Year for the year 2024

in the college campus on January 1, 2024 filled with great fun and enthusiasm.

The event began at 02:00 PM at the College Lawn. The celebration kick started with a warm welcome addressed by Dr. Arun Kumar Singh (Director, IMS Ghaziabad, University Courses Campus). The highlight of the day was the gift-exchanging activity called the Buddy of the Year 2024, that aimed to uphold the positive relationships that we value and appreciate within

the entire IMS family. The reason for such an activity was to promote efficient teamwork and improving employee morale.

Then there were a few interesting and energizing games which got the crowd into the festive fervor and everyone enjoyed playing together. Some people also showed their excitement for welcoming the New Year by an impromptu singing. The party was very rejuvenating for all the faculty and staff members.

Dance Fitness: Rhythm Revolution

IMS News Service

Ghaziabad: Cultural Club of IMS Ghaziabad (University Courses Campus) in collaboration with Sports Club organized the RHYTHM REVOLUTION, a Dance Fitness session for the faculty and staff members at the campus. The resource person for the event was Mr. Monil Arora, a certified dancer and trainer.

The aim of the workshop was to reduce the stress and increase the mobility of the body so that overall health benefits can be achieved.

In the longer run it helps in increasing the productivity of the employees and make the office environment a happy place to work.

It encouraged the faculty and staff members to adopt a holistic approach towards wellbeing by prioritizing their health whilst



navigating through the challenges of life.

The session created a positive and stress-free environment where the participants can indulge themselves in different physical exercises.

It helped them learn to process, analyze and respond to sensory information through the language and skills unique to dance.

Dhyan: Meditation & Breath Work for Faculty and Staff

IMS News Service

Ghaziabad: On the occasion of Swami Vivekananda Jayanti, celebrated as National Youth Day, the Career Development Centre at IMS Ghaziabad (University Courses Campus) in collaboration with the HR Club, organized a transformative workshop on Meditation and Breathwork titled ‘DHYAN’ - The Journey Within’. The workshop was for faculty and staff. This workshop aimed to nurture a healthy mind, body, and soul.

The session was led by Dr. Deepali Monga, a seasoned Mindfulness Meditation



Coach and Trainer.

During the workshop, Dr. Deepali shared insights into mindfulness, illustrating how meditation is crucial in navigating the challenges of daily life. She delved into the science behind meditation

through a presentation, highlighting the regular practice of this technique by celebrities and successful personalities as an integral part of their lives.

The workshop focused on a simple yet powerful

technique: observing the natural breath, followed by relaxation and various rhythmic breathing exercises. Participants were guided on incorporating these practices into their daily routines to manage worry,

stress, and challenges effectively.

The session received high praise, with participants sharing remarkable experiences and positive feedback. The attendees expressed feelings of relaxation, calmness, and inner peace.

The Club members and Dr. Deepali extended their gratitude to the college Director and Management for such sessions.

The event served as a reminder of the timeless wisdom imparted by Swami Vivekananda and the continued relevance of meditation in fostering well-being.

Lohri Carnival -2024



IMS News Service

Ghaziabad: Music club organized the event "LOHRI CARNIVAL 2024" for faculty and staff members of IMS, Ghaziabad (University Courses Campus).

Lohri is a festival which is full of vibrant traditions, cultural significance, and a joyful spirit. It marks the end of winter and the arrival of longer days. Lohri holds cultural enrichment as it brings communities together, fostering a sense of unity and warmth. The bonfires, traditional dances, singing and shared feasts create a sense of celebration.

The Lohri carnival was started by offering peanuts, sesame seeds, sweets in the bonfire and circling around the bonfire. Later, all faculty and staff members dance to the rhythmic beats of the “Dhol”. The beat of the dhol often plays a central



role in creating a festive and energetic atmosphere. Beyond their academic roles, teachers showcased their musical talents, forming teams that competed in lively and entertaining performances. This not only fostered a sense of camaraderie among the faculty but also added a delightful and participatory element to the traditional festivities. There were five teams each consisting of 10 to 12 faculty and staff members, each team was given a

word on a paper and the faculty members would have to sing two songs related to that word. In the second round, teams were given actors and actresses names and they had to sing two songs of the pair. It was a refreshing way for the academic community to come together, celebrating Lohri with both professionalism and a joyful spirit. Music Club extend sincere gratitude to our director sir Dr. Arun Kumar Singh who created a positive and motivating environment for everyone.

Specialization Sensitization Programme

IMS News Service

Ghaziabad: The Department of Management at IMS Ghaziabad (University Courses Campus) successfully organized a Specialization Sensitization Program tailored for Master’s in International Business (MIB) students. The event aimed to assist students in making informed decisions regarding their domain specialization options: Marketing, Finance, and Human Resource Management.

In the session student got to know about the information regarding the domain in depth. Students



were given clarity that they should not choose a domain only considering the CTC. Students should choose it as per their Interest area. All the panelist discussed about the important facts related to different domains and shared their experiences.

The presentations were

followed by interactive Q&A sessions, in the presence of Dr. Pooja Rastogi (HOD, Management) along with subject experts allowing students to clarify their doubts and gain deeper insights. The engaging discussions facilitated a

better understanding of the practical aspects and challenges associated with each specialization.

Noteworthy was the enthusiastic participation of students, demonstrating their eagerness to explore and choose a specialization aligned with their career

aspirations. The event successfully achieved its objective of providing students with a well-rounded perspective on the available specializations, aiding them in making informed decisions for their academic and professional journey.

The Department of Management extended gratitude to the expert speakers for sharing their valuable knowledge and experiences. The event’s success reflected the commitment of IMS Ghaziabad (University Courses Campus) to equip students with the tools and knowledge necessary for a successful career in international business.

Workshop on LinkedIn Profiling

to cover various aspects of LinkedIn optimization, providing valuable insights and practical tips for creating a compelling online professional presence.

The session commenced with an insightful discussion on the importance of a customized LinkedIn profile URL and the way to customise it. Later, Prof. Manish delved into the importance of good profile picture. He guided participants on selecting the right profile pictures and demonstrated the use of various photo editing tools such as Canva, Adobe

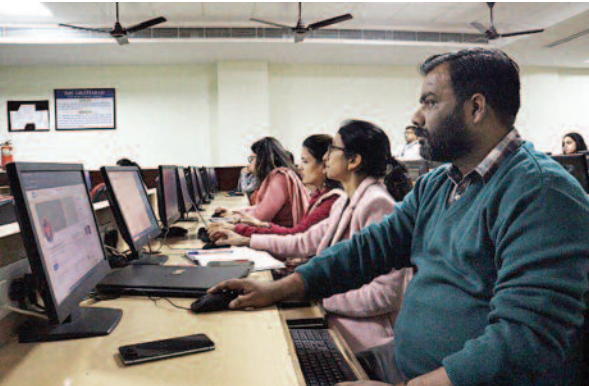
Lightroom, snapseed, and Epik to enhance and refine their images. Additionally, participants were introduced to tools for background removal and replacement, offering a creative touch to their profiles.

An essential aspect of the workshop focused on the inclusion of a pronunciation guide for names on LinkedIn profiles. Mr Manish demonstrated the steps to add this feature, emphasizing the significance of clear and accurate name pronunciation in virtual professional interactions.

LinkedIn headlines were addressed in detail during the workshop, with participants gaining insights into crafting impactful and attention-grabbing headlines. This segment delved into the art of succinctly summarizing professional identities and accomplishments to create a strong first impression of potential connections.

The workshop further explored the functionalities of the Creator mode, shedding light on its applications and benefits for faculty members. Content creation algorithms were

discussed, providing an understanding of how to optimize posts for increased visibility and engagement. Networking strategies took centre stage in the latter part of the workshop. Attendees learned effective methods to establish meaningful connections, fostering a professional network that aligns with their career goals. The workshop ended with faculties expressing their enthusiasm towards similar workshops in future and giving suggestions regarding the same. The workshop proved to be a valuable and enriching



experience for all the attendees. The insights gained and practical tips provided are expected to contribute significantly to the enhancement of their professional online presence. The workshop not only showcased the commitment to continuous learning within the institute

but also fostered a sense of collaboration and knowledge sharing among the faculty. The vote of thanks was proposed by Mr. Monil Arora (Coordinator Marketing and Staff coordinator EWL), thanking Director Sir, all HoDs, faculty & staff members, IT Team & EWL Team.



IMS News Service

Ghaziabad: Under the aegis of IQAC, Earn While Learn (EWL) Department of IMS Ghaziabad (University Courses Campus), organized a workshop on "LinkedIn Profiling" for all the faculty and staff members.

Resource person for the workshop was Mr. Manish Kumar (Assistant Professor, School of Management and Faculty Coordinator of EWL).

The workshop aimed at enhancing the LinkedIn profiles of the members of the institute. The workshop was meticulously designed

From
Dispute to
Devotion:

The Journey of Ram Mandir Reflects India's Resilience

Sanskriti Gauba

New Delhi: With spiritual tourism on the rise, what better time to explore the city of Ayodhya than now! According to travel aggregator MakeMyTrip, a 97% growth has been recorded in searches for spiritual destinations in the past two years. Ayodhya saw a 585% rise in the searches, and figures shot up to 1806% from India since Shri Ram temple's consecration was announced.

This means that Ram Mandir has played a vital role and has given a positive beneficial direction to the economic, cultural and tourism sector of Ayodhya. The temple, which has been in the making for 169 years, is expected to boost tourism, employment, and development in the region, as well as foster social harmony and national pride. Rising majestically on the banks of the holy Sarayu River in Ayodhya, the Ram Mandir represents not just a physical structure but a culmination of faith, resilience, and cultural revival. After centuries of longing and legal complexities, the temple's construction stands as a testament to the enduring power of devotion and the nation's commitment to its heritage. With the consecration of the Ram Mandir, the small ancient town of Ayodhya is set to surpass

Mecca and Vatican City in tourist footfalls.

For generations, Ayodhya, believed to be the birthplace of Lord Rama, resonated with a longing for a grand temple dedicated to the revered deity. The centuries-old feud over the disputed site finally reached a peaceful resolution in 2019, paving the way for the construction of the Ram Mandir. This historic development not only brought closure to a tumultuous chapter but also ignited a wave of joy and spiritual fervor across the nation.

The Ram Temple is the result of decades of hard work on the design, engineering, and craftsmanship, involving thousands of people and hundreds of challenges. Here are some of the highlights of how the temple was made:

- The temple's design was conceived by Chandrakant B Sompura, a renowned temple architect from Gujarat, who belongs to a family of temple builders. He was chosen by the Vishwa Hindu Parishad (VHP) in 1989, and he based his design on the Nagara style of Hindu temples, with some elements of the Dravidian style as well. He later expanded his design to include four more mandaps and a circumambulation path, known as a parkota, to make the temple more grand and spacious.

Unique Characteristics That Enthrall:

- **Panch Ratnas:** Five gilded spires, symbolizing the five Pandava brothers, will adorn the temple, each showcasing intricate designs that rise to a height of 161 feet.
- **Garbh Griha:** The sanctum sanctorum, where the idol of Lord Rama will reside, will be made of black granite, a stone believed to exude positive energy.
- **Mandir Parikrama:** A spacious walkway will encircle the temple complex, allowing devotees to perform the sacred circumambulation ritual.
- **Carved Stories:** The temple walls will be adorned with mesmerizing sculptures and carvings depicting scenes from the Ramayana, narrating the epic saga for generations to come.

- The temple's materials were sourced from various parts of India, reflecting the diversity and unity of the nation. The pink sandstone was mined from the Bansi Paharpur mines in Bharatpur district of Rajasthan, which is known for their quality and durability. The granite was brought from Telangana, which was used to make the plinth of the temple. The marble was procured from Makrana in Rajasthan, which is famous for its use in the Taj Mahal. The woodwork, brassware, and iconography were also obtained from different states, such as Andhra Pradesh, Madhya Pradesh, and Odisha.

- The temple's foundation was the most challenging part of the construction, as the engineers had to deal with loose, alluvial soil mixed with sand, which was

unsuitable for building a strong and stable structure. The engineers consulted with experts from various institutes, such as IITs, NITs, and CBRI, and decided to remove all the sand and fill up the 14-foot-deep trench with roller-compacted concrete, reinforced with stone dust and fly ash. The foundation has been made resilient to earthquakes, as the temple stands in seismic zone 2.

The Ram Mandir's construction has already spurred a cultural revival in Ayodhya. The city is witnessing a renewed interest in its ancient history, spiritual significance, and artistic traditions. Traditional art forms like Ramayana katha (storytelling) and Ramlila (enactments) are experiencing a resurgence, enriching the cultural

landscape. According to reports, approximately 500,000 worshippers visited the Ram temple complex on the first day, following the consecration ceremony. Tourism is also set to witness a substantial upswing with the completion of the Ram Mandir. Millions of devotees are expected to visit Ayodhya, seeking blessings and immersing themselves in the city's spiritual aura. Apart from hotels, there are the massive infrastructure development projects announced by the central and state governments. Under the Ayodhya Master Plan 2031, projects worth ₹85,000 crore will be executed to upgrade the town's infrastructure. The government has already unveiled a new international airport and a revamped railway junction as well. Meanwhile, IndiGo and Air India Express have launched multiple flights connecting major cities with the temple town.

Along with the Ram mandir other noteworthy tourist attractions in Ayodhya are Hanuman Garhi, Nageshwar Nath temple and the exquisite Birla temple Ayodhya also offers culinary treasures and is famous for its street food.

The Ram Mandir project itself has been a driving force for economic growth. The construction has generated thousands of jobs for skilled and unskilled laborers, artisans, and construction workers. This

economic activity has led to infrastructure development, improved transportation links, and the establishment of new hotels and restaurants, catering to the rising tourist influx. According to Abhinandan Lodha, Managing Director of the House of Abhinandan Lodha (HoAL), the company plans to invest ₹1,200 crore in the city. Its projects will be spread over 51 acres, which includes a luxurious 7-star hotel, residential plots, villas and high-rise luxury apartments.

The Ram Mandir transcends its physical presence in Ayodhya. It serves as a powerful symbol of unity and harmony, reminding us of the enduring values of faith, tolerance, and shared cultural heritage. The peaceful resolution of the Ram Janmabhoomi dispute offers a beacon of hope, showcasing the possibility of resolving complex issues through dialogue and mutual respect.

The rising Ram Mandir is a testament to the enduring power of faith. It represents a new dawn for Ayodhya, promising cultural revival, economic prosperity, and a renewed sense of unity for the nation. As its doors open to devotees, the Ram Mandir will not only stand as a magnificent tribute to Lord Rama but also serve as a symbol of hope, reminding us of the enduring power of peace, harmony, and shared cultural heritage.

ताज महोत्सव : कला, संस्कृति और विरासत की प्रस्तुति

सरवन कोरी

वसंत ऋतु फरवरी महीने में खुशियों की लहर लेकर आती है, क्योंकि आगरा शहर कला, शिल्प, संस्कृति, व्यंजन, और नाटक के साथ संगीत का उत्सव मनाता है, जिसे ताज महोत्सव के रूप में जाना जाता है। प्रतिष्ठित ताज महल की पृष्ठभूमि पर स्थापित यह कार्यक्रम, भारत सरकार के पर्यटन मंत्रालय के द्वारा आयोजित किया जाता है। उनके वार्षिक कैलेंडर में एक विशेष स्थान रखता है।

इस वर्ष इस उत्सव का आयोजन 17 से 27 फरवरी तक ताज महल के पूर्वी द्वार के पास शिल्पग्राम में प्रस्तावित है। बहुत ही बेसब्री से इंतजार किए जाने वाला यह त्यौहार भारत और उत्तर प्रदेश के लिए एक जीवंत मंच के रूप में कार्य करता है। यह बेहतरीन भारतीय शिल्प और सांस्कृतिक बारीकियों को प्रदर्शित करता है। कला के उत्सव के



रूप में ताज महोत्सव कला और उसके विभिन्न रूपों में रुचि रखने वाले लोग निश्चित रूप से सांस्कृतिक संध्या से उत्साहित होंगे।

ताज महोत्सव एक केनवास है जहां शास्त्रीय नृत्य और संगीत संध्याएं जादू पैदा करती हैं। देश भर से विभिन्न प्रसिद्ध कलाकार यहां प्रदर्शन करने आते हैं। पंडित हरि प्रसाद चौरसिया, प्रसिद्ध वीणा वादक पंडित विश्व मोहनभट्ट, गजल गायक अनूप जलोटा, जगजीत सिंह, गुलाम अली और हरिहरन, शान, सुनिधि चौहान,

सोनू निगम, उदित नारायण, कुमार शानू, अलका यागनिक, दलेर मेहदी, कैलाश खेर जैसे लोकप्रिय बॉलीवुड गायक, और सुफीगायक जैसे निजामी ब्रदर्स, वडाली ब्रदर्स, हुसैन-मोहम्मद हुसैन, शंकर एहसान लॉय बस कुछ नाम हैं जिन्होंने पिछले वर्षों में यहां प्रदर्शन किया है। इस वर्ष भी ऐसे ही कलाकारों की उपस्थिति से यह महोत्सव जगमगा रहेगा और लगातार 10 दिनों तक कोई भी व्यक्ति जीवन के हर क्षेत्र के विभिन्न लोक और शास्त्रीय कलाकारों के शानदार प्रदर्शन का अनुभव कर

आगतुक			
वर्ष	देशज	विदेशज	कुल
2016	55,47,949	6,94,231	62,42,180
2017	56,04,461	8,57,456	64,61,917
2018	56,75,989	8,83,770	65,59,759
2019	40,47,490	6,57,074	47,04,564
(अक्टूबर 2019 तक)			
2020	11,84,317	2,07,105	13,91,422
2021	29,62,324	19,441	29,81,765

नोट - 15 वर्ष के नीचे की आयु की संख्या शामिल नहीं। इसलिए कुल वास्तविक आगतुकों की संख्या कहीं अधिक हो सकती है।

सकेगा। ताज-महोत्सव हस्तशिल्प की एक विविध श्रृंखला प्रदान करता है, जिसमें लखनऊ की चिकनकारी, वाराणसी कारेशम और जरी का काम, सहारनपुर की लकड़ी की नक्काशी, मोरादाबाद के पीतल के बर्तन, भदोही के हस्तनिर्मित कालीन, खुर्जा की नीली मिट्टी के बर्तन, कश्मीर की शॉल और कालीन, आगरा की संगमरमर की जड़ाई, चमड़े और जरदोजी का काम शामिल है। महोत्सव खरीदारों से लेकर

विक्रेताओं के लिए एक बेहद आवश्यक अवसर प्रदान करता है, जो जहां एक ओर खरीदारों के लिए कड़ाई और जातीय आभूषणों से सजे विभिन्न प्रकार के हस्तशिल्प और वस्त्रों के विकल्प प्रदान करता है।

दूसरी ओर विक्रेताओं एवं शिल्पकारों को अपने शिल्प के विक्रय के लिए एक बेहतरीन मंच प्रदान करता है। कोई भी भारतीय त्यौहार देशी व्यंजनों के आनंद के बिना पूरा नहीं

होता। इसलिए ताज महोत्सव में व्यंजनों पर भी विशेष ध्यान दिया जाता है। शाकाहारी से लेकर मांसाहारी तक विविध प्रकार के व्यंजनों की उपलब्धता से यह त्यौहार सभी की स्वाद सम्बन्धी जरूरतों को पूरा करता है। मुगलाई भोजन से लेकर वाराणसी के शाकाहारी व्यंजन तक, लखनऊ के नॉन-वेज व्यंजन के साथ-साथ दक्षिण-भारतीय व्यंजन, जैसी विशिष्टताओं से यह महोत्सव सुगंधित रहता है। आगतुकों की सुरक्षा को सुनिश्चित करने के लिए, इस महोत्सव में पर्याप्त संख्या में वॉचटावर, पुलिस स्टेशन, पुलिस सहायता बूथ, सीसीटीवी कैमरे, मेटल डिटेक्टर डोर फ्रेम और अग्निशमन उपकरणों की व्यवस्था की गई है। इन सभी विशिष्टताओं के साथ हम कह सकते हैं कि ताज महोत्सव वास्तव में भारत की सर्वश्रेष्ठता को दशाता है और उसकी समृद्ध एवं आसाधारण विरासतों की झलक पेश करता है।



AQUAMAN

Movie Name : AQUAMAN

Release Date: December 22, 2023

Director: James Wan

Box office: \$398.4 million

Distributed by: Warner Bros. Pictures

Aquaman And The Lost Kingdom is produced by



Warner Brothers. It is a sequel of the movie Aquaman (2018). In the movie Director James Wan has meticulously crafted the aquatic realm. Whether it's the awe-inspiring aquatic creatures or the mesmerising world beneath the water's surface, both exude a sense of magnificence. In this film, Wan unveils a breath-taking and remarkable world that will certainly captivate the audience. The cast includes famous artists like Jason Momoa, Amber Heard, Patrick Wilson, Dolph Lundgren, Yahya Abdul-Mateen II, Randall Park etc.

Though Aquaman and The Lost Kingdom struggles to recreate the magic of its predecessor, the highlight in this movie is the chemistry between our two former foes. After failing to defeat Aquaman the first time, Black Manta wields the power of the mythic Black Trident to unleash an ancient and malevolent force. Hoping to end his reign of terror, Aquaman forges an unlikely alliance with his brother, Orm, the former king of Atlantis.

The tone of this film is a delightful blend of silliness and grit, taking audiences on a rollicking fantasy journey that proves to be an engaging cinematic experience. This action packed movie ticks all the boxes of a super-hero movie. However, it is simplistic in its treatment of plot and the emotional beats do not always land effectively. To sum up, Aquaman And The Lost Kingdom is an entertaining movie with outstanding CGI and can be watched to get an enhanced, fantastical and out-worldly experience.

Creative Corner

और क्या दूँ

उधार है लाए सभी
हैं किंतु मेरे हाथ खाली
प्रेम के ही पुष्प फैल रहे मेरी पूजा की थाली
आज चरणों में तुम्हारे
ये समर्पित
और क्या दूँ मैं अकिंचन.....



मुग्धा

रूप है ना राग कोई
शब्द है ना अर्थ ही है
तान है ना लय ना सुर है
गीत मेरा व्यर्थ ही है
हाथ खाली, नयन में बरसात
खज वचिलित
और क्या दूँ मैं अकिंचन.....



चंद की कुछ रश्मियाँ
और नील नभ का एक हिस्सा
साँस एक उन्मुक्त, एक धड़कन, एक अनसुना
किस्सा
नाम धीरे से पुकारा हुआ, रातों जागरी
आँस की बूँदें सुबह की धूप रुक कर तापती
जिन्दगी मेरी तुम्हारे नाम अर्पित
और क्या दूँ मैं अकिंचन.....

कलयुग में राम कौन है ?

कलयुग में राम कौन है ?
वैसे तो, इस प्रश्न का उत्तर ही विराम है
पर फिर भी तुम पूछते हो तो
बताती हूँ मैं, कलयुग में आखिर किसके अंदर
राम है ?
तो सुनो, हर एक आदर्श पुत्र के अंदर राम है
हर एक निष्ठल पति के अंदर राम है
हर एक मर्यादित व्यक्ति के अंदर राम है
हर एक सुंदर हृदय का भाई के अंदर राम है
स्त्रियों की इज्जत करने वाले हर इंसान के अंदर
राम है
राम इष्ट हैं हमारे, तो राम जैसा बनना होगा
सुननी होगी सब की बातें
और मर्यादा में रहना होगा
पिता आज्ञा की आज्ञा को सर्वथा स्वीकारना होगा
माता की बातों कभी ना टालना होगा
रहना होगा, गंभीर तुम्हें
बनना होगा, धर्मावीर तुम्हें
सारे अर्थों को त्याग कर जब, धर्म के रास्ते पर
चलोगे
नैतिकता के सारे मूल्यों को जब तुम अपना लोगे
तब तुम कहीं राम के आदर्शों को मान पाओगे
राम क्या थे, उस वक्त ही तुम जान पाओगे



संजना मिश्रा



मुझसे मेरा देश

मुझे लगता था
कि मेरे देश से मैं हूँ, और मुझसे मेरा देश
मेरे देश की समृद्धि ही मेरी समृद्धि है।
और उसका विकास ही मेरा विकास
मैं हमेशा अपने देश को सीने से लगा कर रखता
इतना कि अक्सर सबक किनारे सोते दिख
जाता।
सच कहूँ तो बहुत ही घुरे दिन काटे
मैंने और मेरे देश ने, साथ-साथ
मुझे उम्मीद थी कि जब दिन पलटेंगे
तो दोनों के ही पलटेंगे
और दोनों साथ में किसी अच्छी जगह बैठ
जश्न मनाएंगे।

पर मैंने देखा मेरे देश को
मुझे एक कोने में छोड़
सरफट आगे भाग जाते हुए।
दूर, बहुत दूर
इतना कि आज वह दूसरे, तीसरे
या शायद पाँचवें पायदान पर है।

आज जब मैं सड़क पर खड़े देखता हूँ
खुद को और अपने देश को
तो पाता हूँ
मुझसे मेरा देश नहीं है।



सरवन कोरी

