

आई.एम.एस. टुडे

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## Digital Detox: Finding Balance in a Hyperconnected World



Akshita Jain

**NEW DELHI:** In the era of smartphones, tablets, and constant connectivity, the idea of taking a break from technology might seem like a foreign concept. However, amidst the incessant notifications, endless scrolling, and constant digital distractions, there is a growing movement advocating for a digital detox—a period of time during which individuals consciously disconnect from their digital devices and prioritize offline activities.

In this article, we will delve into the importance of digital detox, its effects on our

physical and mental well-being, and practical tips for incorporating a digital detox into our lives.

The digital age has brought unparalleled convenience and connectivity to our fingertips. With a few taps on our screens, we can access information, communicate with loved ones, and navigate our daily lives with ease. However, this constant connectivity comes at a cost. Studies have shown that excessive screen time can have detrimental effects on our health, including increased stress levels, decreased productivity, and disrupted sleep patterns.

One of the most compelling reasons to embrace a digital detox is its potential to alleviate the negative effects of excessive screen time on our mental health. The constant barrage of notifications, emails, and social media updates can lead to feelings of overwhelming and anxiety. By taking a step back from our digital devices, we create space for mindfulness and reflection, allowing us to reconnect with ourselves and our surroundings.

Moreover, a digital detox can help improve our relationships with others. In today's digital age, it's all too easy to prioritize virtual interactions over face-to-face connections. However, genuine human connection thrives in real-life interactions. By unplugging from technology, we can devote our full attention

to the people around us, fostering deeper and more meaningful relationships.

Furthermore, a digital detox can have profound effects on our physical well-being. Prolonged screen time has been linked to a host of health problems, including eye strain, headaches, and disrupted sleep patterns. By reducing our screen time and engaging in offline activities, such as exercise, reading, or spending time outdoors, we can improve our physical health and overall quality of life.

So, how can we incorporate a digital detox into our lives? It starts with setting boundaries and being intentional about our technology use. Consider designating specific times and places for using digital devices and enforcing limits on screen time. Create "no-phone zones" in certain areas of your home or during specific activities, such as meals or family time. By establishing clear boundaries, you can reclaim control over your digital habits and prioritize offline activities.

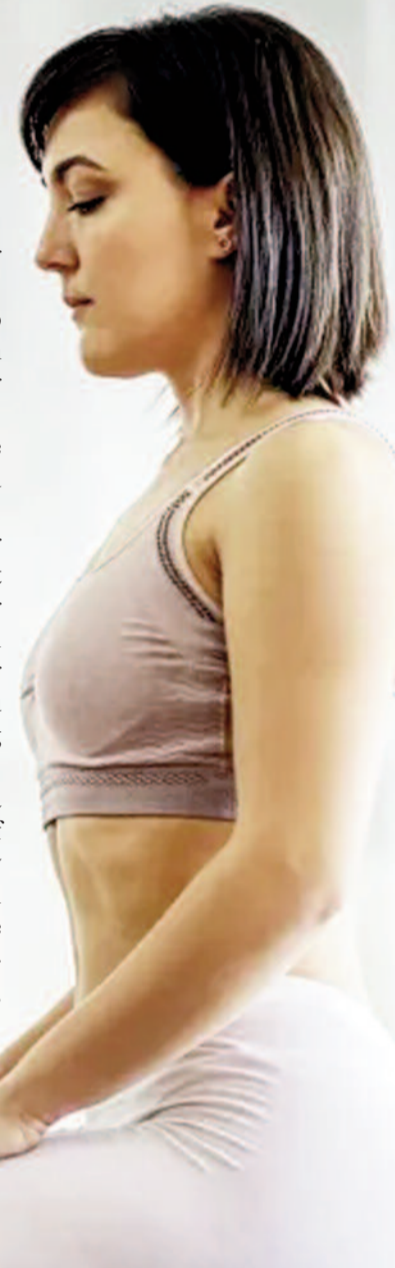
Additionally, practicing mindfulness can be a powerful tool in the digital detox process. Mindfulness involves paying attention to the present moment with openness and curiosity, without judgment. By cultivating mindfulness, we can become more aware of our digital habits and break free from the cycle of mindless scrolling. Try incorporating mindfulness techniques, such as deep breathing or meditation, into your daily routine to help reduce stress and enhance your

overall well-being.

Engaging in offline activities is another essential aspect of the digital detox journey. Take advantage of the opportunity to rediscover the joys of offline pursuits, such as reading a book, pursuing a hobby, or spending quality time with loved ones. Engaging in activities that don't require screens can help recharge your mind and foster genuine connections with others.

Furthermore, consider curating your digital environment to prioritize content that inspires and uplifts you. Unsubscribe from or unfollow any digital subscriptions or social media accounts that don't add value to your life. By decluttering your digital space, you can create a more positive and enriching online experience.

In conclusion, the digital detox is a powerful antidote to the constant barrage of digital distractions in our lives. By consciously disconnecting from our digital devices and prioritizing offline activities, we can improve our mental and physical well-being, foster deeper connections with others, and reclaim control over our digital habits. So, let's embrace the digital detox and embark on a journey to a more mindful, balanced, and fulfilling life.



### NEED FOR DIGITAL DETOX

▶ According to a report by Common Sense Media, teenagers (aged 13-18) in the United States spend an average of about 7 hours and 22 minutes per day on screen media, including smartphones, computers, tablets, and other devices.

▶ In some countries, youth may spend even more time on digital devices. For example, a survey conducted by the China Internet Network Information Center found that Chinese teenagers spend an average of over 8 hours per day online.

▶ A survey conducted by the Tata Consultancy Services (TCS) in 2021 found that Indian youth aged between 18 and 25 spent an average of around 4 to 5 hours per day on digital devices, with usage peaking in the evenings and late nights. A survey conducted by the American Psychological Association found that 65% of Americans agree that periodically taking a digital detox is important for their mental health.

▶ The COVID-19 pandemic has likely increased screen time for many youth due to remote learning, social distancing measures, and limited opportunities for in-person activities.

### INITIATIVES

- ▶ **The National Day of Unplugging:** This initiative, organized by the non-profit organization Reboot, encourages individuals to disconnect from their digital devices for 24 hours. Participants from around the world join in this annual event, taking a break from smartphones, computers, and social media to focus on offline activities, reflection, and human connection.
- ▶ **Silicon Valley Executives:** Several high-profile

executives and entrepreneurs in Silicon Valley have publicly discussed their experiences with digital detoxes. For example, tech executives like Arianna Huffington and Evan Williams have advocated for unplugging from technology to prioritize mental health and well-being. They have shared their personal stories of reducing screen time, implementing digital boundaries, and finding balance in their lives.

- ▶ **Corporate Retreats:** Some companies have incorporated digital detox retreats into their

employee wellness programs. These retreats often take employees to remote locations where digital connectivity is limited or non-existent. Participants engage in team-building activities, outdoor adventures, and mindfulness practices without the distractions of emails, meetings, or social media.

- ▶ **School Programs:** Educators and parents are increasingly recognizing the importance of teaching children and teenagers about healthy technology use. Some schools have implemented digital detox programs or "screen-free" days to

encourage students to disconnect from devices and engage in face-to-face interactions, physical activity, and creative pursuits.

- ▶ **Individual Experiences:** Many individuals have shared their personal journeys of undertaking digital detoxes through blogs, social media posts, and articles. These accounts often highlight the challenges and benefits of disconnecting from technology, such as rediscovering hobbies, spending more time outdoors, and improving mental well-being.

## साहस, सतर्कता और सावधानी हैं क्राइम रिपोर्टिंग के लिए आवश्यक : आलोक वर्मा

प्रती यादव

आलोक वर्मा पत्रकारिता के क्षेत्र में बहुत ही जाने माने नाम हैं। आलोक वर्मा पत्रकारिता में व्यापक अनुभव रखते हैं। उनको पत्रकारिता में 23 साल का अनुभव है। वह जी न्यूज, रिपब्लिक भारत, दैनिक जागरण, समाचार प्लस आदि न्यूज चैनल में क्राइम रिपोर्ट के रूप में अपनी सेवाएं दे चुके हैं। साथ ही वह पत्रकारिता के क्षेत्र में कई पुरस्कारों से सम्मानित किया जा चुका है। आईएमएस (यूनिवर्सिटी कोर्सिंग केन्द्र) में जर्नलिज्म के छात्रों के लिए आयोजित अतिथि व्याख्यान के दौरान उनसे भेंट हुई। इस दौरान उनसे प्रती यादव को विभिन्न मुद्दों पर विस्तार से वार्ता हुई। इस बातचीत के कुछ प्रमुख अंश:

**एक क्राइम रिपोर्ट के तौर पर हमें किन बातों का ध्यान रखना चाहिए?**

मेरा कहना है कि एक क्राइम रिपोर्ट के तौर पर आपको एक ही बात का ध्यान रखना चाहिए कि ऐसी खबरें और ऐसी सूचनाएं दिखाएं जिससे समाज को लाभ हो सके और ऐसी खबरें और ऐसी सूचनाएं न दिखाएं जिससे समाज पर नकारात्मक असर पड़े या फिर लोग उससे प्रभावित हों।

**एक पत्रकार के रूप में हम अपने सोर्स कैसे बनाएं?**

सबसे बढ़िया मौका होता है आपका



सॉर्ट पर जाना चाहे फिर वो कोई भी सॉर्ट हो जैसे मर्डर और बम ब्लास्ट, सॉर्ट पर जब आप जाते हैं और वहाँ के लोगों से बात करते हैं जिनमें पीड़ित, आस पड़ोस के लोग, और पुलिस ऑफिसर्स भी शामिल होते हैं। मुझे ऐसा लगता है और जो मेरा व्यक्तिगत अनुभव है उसके अनुसार केवल आपका व्यवहार ही है जो आपके सोर्स विकसित करता है। इस बात को याद रखिये कि जिनसे आप मिल रहे हैं जरूरी नहीं है कि आप उनसे सिर्फ खबर के लिए ही बातचीत करें। आपको समय समय पर उनसे बात करते रहना चाहिए, हो सके तो व्हाट्सएप और सोशल मीडिया के जरिए उनसे जुड़े रहना चाहिए। साथ ही उनके सुख दुःख में शामिल होना चाहिए। एक बात और है जो मैं कहना चाहूंगा जो मुझे सबसे महत्वपूर्ण लगती है कि, पत्रकारिता में सोर्स बहुत ही महत्वपूर्ण

कड़ी है अतः सदैव अपने सोर्स का ख्याल रखना चाहिए और ये मान लेना चाहिए कि सोर्स का सुख दुःख मेरा सुख दुःख है। इसका मतलब कि मुझे सदैव अपने सोर्स को बचाना होगा सोर्स का बचाव ही मेरा बचाव है। सोर्स पर मैं भरोसा करता हूँ लेकिन भरोसा करने से पहले मैं जांच कर लेता हूँ कि सोर्स भरोसे लायक है या नहीं। ये जांच करने के बाद ही किसी नतीजे पर पहुँचता हूँ। ऐसा ही पत्रकारिता में सभी को करना चाहिए। किसी भी खबर की खुद जांच किये बिना किसी नतीजे पर पहुँचना खतरनाक हो सकता है।

**क्राइम रिपोर्टिंग में आने वाले युवाओं के लिए आपकी क्या सलाह है?**

जैसा कि सभी जानते हैं, क्राइम क्षेत्र बहुत संवेदनशील है। क्राइम से समाज का अधिकतर लोग किसी न किसी

तरिके से जुड़ा होता है। आज के समय में जो भी विद्यार्थी पत्रकारिता का हिस्सा बनना चाहते हैं, खासकर क्राइम में उनके लिए मैं कहना चाहूंगा कि क्राइम रिपोर्टिंग करते समय एक बात का जरूर ध्यान रखना चाहिए कि हमारी आंख, नाक, कान, खुले रहें, इसके दो फायदे हैं। पहला फायदा यह कि आपको सही जानकारी मिलेगी और आप जब सॉर्ट पर जायेंगे और आपको लगता है कि जो भी चीजें आप वहाँ देख रहे हैं वह किसी और को नहीं पता तो ऐसे में वह आपको एक्सक्लूसिव ब्रेकिंग न्यूज हो सकती है।

दूसरा फायदा यह है कि सही सही जानकारी लोगों तक पहुँचेगी। किसी भी जानकारी को जल्दबाजी की होड़ में न डालें, इससे समाज का नुकसान हो सकता है। खासकर जब आप एक्सीडेंट या किसी संवेदनशील क्राइम की रिपोर्टिंग

कर रहे होते हैं। हमें ऐसी जानकारियों से बचना चाहिए जिसकी कोई अधिकृत पुष्टि न हो। आजकल सोशल मीडिया का जमाना है, इसलिए ये कोशिश करनी चाहिए कि सोशल मीडिया के जरिए जो हमारे पास खबर आई है उसको हम एक बार क्रॉस चेक जरूर कर लें।

**क्राइम रिपोर्टिंग में किस प्रकार की चुनौतियों का सामना करना पड़ता है, हम उन्हें कैसे पार कर सकते हैं? चुनौतियों से लड़ने के लिए साहसी कैसे बनें?**

मेरा मानना यह है कि साहसी बनाना नहीं जा सकता, साहसी ईंसान होता है। ये भी तय है कि साहसी होने पर ही आप क्राइम रिपोर्टिंग में जा सकते हैं, नहीं तो आपको क्राइम रिपोर्टिंग करनी शुरू भी कर दी तो दो - चार दिन क्राइम रिपोर्टिंग करीं और उसके बाद आप थक जायेंगे, क्योंकि ये नाशुक्र नौकरी है जैसे पुलिस वालों की होती है। कभी-कभी हो सकता है कि आपको आपके काम का श्रेय न मिले जिससे आपको निराशा हो सकती है। लेकिन आपको ये समझना पड़ेगा कि आप समाज के लिए, दुनिया के लिए, देश के लिए और देश के परिवारों के लिए सबसे बड़ा काम कर रहे हैं। इसलिए साहस आपको सबसे बड़ा हथियार होना चाहिए। साहस, सतर्कता और सावधानी ये तीन शब्द ही क्राइम रिपोर्टिंग का फॉर्मूला है।

## Delhi Budget: Education Retains Numero Uno Rank

IMS News Service

**New Delhi:** Finance Minister Atishi announced that a Business Blasters Senior programme for budding entrepreneurs in govt colleges would be launched and allocated Rs 15 crore as seed money for the scheme. Till now, the entrepreneurship program was being run in govt schools as a component of the Entrepreneurship Mindset Curriculum. Its aim to train students to become employment providers, not job seekers.

"We cannot ignore the fact that our country is going through a job crisis. A 2020 economic report by McKinsey reveals that by 2030, entire India will have a demand for nine crore non-agricultural jobs. However, how will these jobs materialize when the country's youth are queuing up for job entrance tests? Only entrepreneurship can reduce the country's unemployment rate," argued Atishi in her first ever budget address in Delhi Assembly.



The minister said that if even 5% of the 40,000+ business ideas generated in the city schools proved to be successful, Delhi and the country would witness the rise of 2,000 big companies after 10 years. This would help bring down unemployment and eradicate poverty in the country, said Atishi, describing such a situation as the "ideal Ram Rajya".

A mere Rs 150 crore was proposed for the construction of new schools and classrooms. Maintenance of existing classrooms was prioritized, with Rs 45 crore allocated for this. The education sector overall is set to receive the largest allocation of Rs 16,396 crore in Delhi's budget for 2024-25, even if

this is a slight decline from the previous fiscal's outlay for education of Rs 16,575 crore.

"Before the Kejriwal govt came to the helm, the condition of Delhi govt schools was not good. People were forced to go to private schools to study," Atishi, who also holds the education portfolio, claimed. She said former deputy CM Manish Sisodia played a significant role in improving the education scenario in Delhi.

In 2014-15 the budget was 6,554 crore. "Upon coming to power in 2015, we doubled the allocation for education from Rs 6,554 in the 2014-15 budget and consistently demarcated almost a quarter of the budget to education," the minister said.



**TECH** Moksha Tyagi  
**SANSAR**

**Modi Inaugurated IIM, IIT and AIIMS in Jammu**

A historic launch of the youngest Indian Institute of Management (IIM) Jammu and the Indian Institute of Technology (IIT) Jammu by Prime Minister Narendra Modi in the month of February. The PM also inaugurated the all-Indian Institute of Medical Sciences (AIIMS) in Jammu. AIIMS Jammu is established under the scheme "Pradhan Mantri Swasthya Suraksha Yojana". This project has a cost of Rs 160 crore. AIIMS is spread over 227 acres and equipped with 720 beds, a medical college with 125 seats, a nursing college with 60 seats and Ayush Belong with 30 beds. IIT Jammu is equipped with 52 laboratories, 104 faculty offices and 27 lecture halls. IIT, Jammu started its B. Tech program in 2016 with the capacity of 30 students each in computer science and the Indian Engineering. IIM is offering its post-graduation program, Masters of Business Administration (MBA). Two batches of the program have already successfully completed their degree.



**World's Largest single Arc Railway Bridge**

The world's largest single Ark Railway Bridge in the "Paradise on earth", Jammu and Kashmir, the Chenab Bridge. The construction of the bridge is now complete. Chenab Bridge is built in the Reasi district of Jammu and Kashmir. The bridge was built at a cost of Rs 14,000 crore. The interesting fact is, it is even higher than the Eiffel Tower in Paris. The Chenab Bridge was constructed under the "Ek Bharat Shreshtha Bharat" mission. The construction of the bridge comes under the Udhampur-Srinagar-Baramulla Railway Link (USBRL) project. Ashwini Vaishnav, union Minister of Railways of India said "Through this bridge, traffic will be possible by train from Jammu to the Kashmir valley, which will open the way for tourism, industry and development in the region". The Chenab Bridge will prove a major game changer in boosting tourism in Jammu and Kashmir. The bridge is expected to serve for the next 120 years. After the completion of the Udhampur-Srinagar-Baramulla Railway Link (USBRL) project, the Vande Bharat train will pass over this bridge. The structure can deal with high velocity wind, extreme temperatures, earthquakes and hydrological impacts.



**A Rotocopter to Be Sent to Mars**

As an inspiration from Nasa's Ingenuity Quadcopter, the Indian Space Research Organization (ISRO) plans to send a rotocopter to the red planet. Rotocopter is moderately a drone which will help in the transportation of several instruments, including temperature sensor, humidity sensor, pressure sensor, wind speed sensor, electric field sensor, trace species and dust sensor. According to the press, the drone may fly to an extent of 100 meters in the thin atmosphere of Mars. Rotocopter is still in a hypothetical stage, but scientists are planning to construct it before the ambitious Mars lander and rover mission, 2030.



**MDP on Mastering the Art of Professional Interview**



**Ghaziabad (IMS News Service):** Under the GMA Chapter of STUGMA, Ghaziabad Management Association, organized a MDP on "Mastering the Art of Professional Interview" at IMS, Lal Kuan, Ghaziabad for all STUGMA members. The students of PG(Final year) were made to understand the kind of knowledge needed for interview, by researching for specific field, industry, organization & job description (JD), to know the soft and hard skills 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 49 students.

**Academic Pressure: A Leading Cause of Stress Among Students**

Nimishka

**New Delhi:** Academic pressure, characterized by high expectations, intense competition, and a constant drive for academic achievement, can have profound effects on student's mental health. This pressure often stems from a variety of sources, including parents, teachers, peers, societal expectations, and themselves too. Students may experience stress, anxiety, depression, and even burnout as a result of these pressures. This all can lead to a decline in overall wellbeing. It has been confirmed by various studies that academic pressure has a major impact on teenager's physical and mental health. Teachers and parents have higher learning expectations from teenagers with good academic performance, resulting in greater academic pressure. When academic performance does not match expectations, this can create negative emotions, which



will lead to unusual behaviours. Teenagers with poor academic performance are vulnerable to peer pressure in the campus environment, and they are prone to feelings of inferiority, anxiety, and fear in their studies. At the same time, their academic failures also make them vulnerable to peer judgement and rejection. This leads to rebellious psychological issues, showing problematic behaviour such as hyperactivity and aggression and even crimes. This situation is pushed further by educational system of the country where instead of encouraging a child's growth and development, the entire focus remains on performance in the exams. The education system in India is textbooks oriented where the focus remains on systematic long hours of study every day and memorizing repetitively. The elaborated study routines leave little time for recreation and socialisation. On top of that, there is high competition against peers to perform better and outscore others. From school-level to high school life to getting admission to higher institutions, students experience academic stress every step of their way. Undeniably, the constant academic stress weighs

heavily on the mental health of the students. Growing expectations of parents coupled with academic pressure has led to increased stress levels in today's students, leaving them vulnerable to severe depression and suicidal tendencies. India has one of the world's highest youth suicide rates. According to the latest report on Accidental deaths and Suicides in India 2022 released by the National Crime Records Bureau (NCRB) over 13,000 students took their own lives in India in 2022. The report also revealed that failure in examinations was the cause of 1,123 suicide deaths for students below the age of 18 years. Out of this, 578 were girls and 575 were boys. The report also revealed the highest percentage of deaths was seen among secondary level education which amounted to 23.9% of all the suicides in 2022. But what can be done to limit this Academic Pressure? As students spend most of their time in classrooms, teachers can play a useful role in reducing the stress affecting them. Teachers should acknowledge the effort of every student instead of discouraging them, teachers should put in the effort to encourage laughter and humour in the classroom. At times, they can share incidences related to their own childhood with the students to strengthen the bond. Similarly, parents also have a key role in reducing the stress among the students. Parents should always embrace a child's imperfection and mistakes and teach them that failure is part of success. If a child is experiencing fear or anxiety, parents should take the time to talk and address the concerns. In today's world, where a single grade can shape a future, it's crucial to tackle parental expectations and academic stress. We need to come together, and create targeted plans to ease the pressure on our youth.

**MSME Conclave Organized**



**Ghaziabad (IMS News Service):** Ghaziabad Management Association organized A "MSME Conclave: Vibrant MSMEs - Gateway to the Future" at Hotel Fortune, Ghaziabad in partnership of Kotak Mahindra Bank. Mr. Dharmendra Singh, Deputy Executive Director, Shriram Pistons & Rings limited was the chief Guest. Mr. D. S. TOMER, IEDS, Asst Director, Govt. of India, Ministry of MSME, Mr. Amit Agarwal, Senior Vice President, Kotak Mahindra Bank, Mr. Sukhpal Singh, Director- Incentives and Indirect Taxation, Ernst & Young LLP were the speakers. The conclave was inaugurated by lighting the lamps. The necessity and the topic of conclave were explained by the convener C.A. Anil Agarwal, Vice President- GMA. The session was very interactive. Total 53 participants attended and they were benefitted by the interaction and discussion.

**GMA Organized a Family Get Together**



**Ghaziabad (IMS News Service):** Ghaziabad Management Association organized a family get together for its members and their family members at Madhav Garh, Gurgaon, 80 km from Ghaziabad. Total 92 persons went to a day out picnic by two buses. In the morning, tea and cookies were arranged by one of our corporate member, KGAP, which was an assembly point to start the picnic. At Madhavgarh farms, it was full of fun with lots of games like Pottery making & painting, Atta Chaki, Mud Bath, Rajsthani Folk Dance. Rural sports included Camel ride, Tractor ride, Bullock cart ride, Rassa-Kashi {Tug of War}, Carrom, Archery, Air Gun, Gulel. There was a major attraction of Adventure Sports like Rope climbing, Woody wave, Cat walk, Commando Net, Burma Bridge, Rock climbing & Rappelling wall, Zip Line. Members thoroughly enjoyed the sumptuous food starting from breakfast & Lunch with Rajasthani, North Indian and Chinese cuisine.

**Cervical Cancer Detection Camp Organized**



**Ghaziabad (IMS News Service):** GMA organized "Cervical Cancer Detection Camp" FOURTH in series of cancer detection camp in association with CARTE and a NGO "Beautiful Tomorrow" Trust at CARTE, Shastri Nagar, Ghaziabad. Dr. Dinkar and Dr. Smita, first explained the importance of Detection of this disease of Cervical Cancer in females. After their consent, the screening was conducted on 12 patients. GMA is planning to have this camp organized every month to cover large society.

**Eye Camp Organized**



**Ghaziabad (IMS News Service):** An Eye camp was organized by Ghaziabad Management Association at CARTE, Shastri Nagar, Ghaziabad. The camp was organized under the guidance and supervision of Dr. Navin Sharma, an ophthalmologist. The publicity of the camp was done 20 days prior to the camp with the help of social media, banner and distributing the pamphlets. The response was overwhelming from the adjoining area of all poor families.

**A Webinar Organized on Recent Increase in Young Heart Attacks and Sudden Death**

**IMS News Service Ghaziabad:** GMA organized "A Webinar on "Recent increase in young heart attacks and sudden death - Why and how to prevent" by Dr. Asit Khanna, DM cardiologist for everyone interested to take care of their Heart's ticking. The speaker, Dr. Asit Khanna, has accumulated an experience of 15000 angiographies, and 6000 angioplasties, pacemaker devices and other interventions. He explained the myths, importance of managing Diabetes and Cholesterol.

**Industry Visit to Kasuya Ghaziabad Auto Parts**



**Ghaziabad (IMS News Service):** Ghaziabad Management Association organized industry visit to Kasuya Ghaziabad Auto Parts (KGAP) for Students of Ajay Kumar Garg institute of Management. The objective was to make students aware how a typical and precision manufacturing industry works in today's competitive and technological environment of AI/ML. 35 students along with two faculties visited the industry and appreciated the manufacturing process and cleanliness of the industry in spite of process involving lot of lubrication oil and creation of metal chips.

**Visit to CSR Site, Sundesh, Dabur**

**Ghaziabad (IMS News Service):** GMA Primary Health Centre epitomizes synergy in action, amplifying the reach and impact of healthcare interventions, particularly benefiting children and young women in rural areas. Education emerged as another pivotal axis of Sundesh's multifaceted endeavors.

**The Web Explorer's Guide**



**Priyanshu Vats**  
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.  
**Escalating Student Suicides Prompt Presidential Concern**  
**Source: theprint.in**  
Indian President Droupadi Murmu on Thursday expressed her pain on increasing number of student suicides cases in the nation and has mentioned it as a "very serious issue"



She talked about the recent suicide by two NEET aspirants in Rajasthan. "Our country is achieving incredible feats such as landing on the Moon and winning international sports competitions, which is fantastic. However, there's a significant issue we need to address. Recently, there have been reports of students who are feeling so overwhelmed that they've taken their own lives. It's heartbreaking to see young people struggling so much that they feel they have no other option but to end their lives.", she said.  
She also requested parents & teachers to take care of the students and talk to them about their mental health.

**Navigating College: The College Info Geek Podcast**

**Source: Spotify**  
In today's fast-paced world, students seek guidance beyond the classroom. "The College Info Geek Podcast," hosted by Thomas Frank, emerges as a beacon of knowledge. With its engaging format, the podcast offers invaluable insights on productivity, study techniques, career planning, and personal growth. Students find solace in its conversational tone and actionable advice, making it a trusted companion in their academic journey. Whether it's conquering procrastination or honing time management skills, this podcast equips listeners with the tools they need to thrive in college and beyond. Tune in and embark on a journey of growth and self-discovery.



**Industry Visit to Shriram Pistons & Rings Ltd**



**Ghaziabad (IMS News Service):** Under the scope of one of the committee, Manufacturing & SCM, constituted by Ghaziabad Management Association, GMA organized an industry visit on the theme of "Evolution of Industrial Automation over the years" in Shriram Pistons & Rings Ltd. A group of 45 students with two faculty members from Ajay Kumar Garg Institute of management visited the factory. Mr. Pankaj Jain, Chief Quality Officer of SPRL explained the Industrial revolution to the students. The students appreciated the automation done by Shriram Pistons in different manufacturing plants of SPRL. The visit started with snacks and ended by providing lunch to the students.



# Career Prospects in Mass Communication and Journalism

Aadya

**New Delhi :** Mass communication is the study of how mass media links people and other entities to significant parts of the public. It is frequently associated with the publication of newspapers, magazines, and books, as well as radio, television, films, and even the internet because these channels are used to disseminate information, news, and advertisements. The goal of mass communication is to reach a wide, diverse, and anonymous audience. The media and entertainment sector has experienced tremendous growth in recent years. Along with the rise of film production and a multitude of new news channels, the advent of the web has also led to the development of



numerous news and entertainment portals. This course helps students improve their critical thinking skills, problem-solving skill sets, ability to resolve conflicts quickly, group work skills, and public speaking skills.

There are an abundance of career prospects in mass communication and journalism:

**Journalist**

Journalism is the process of making information available to the general population. If you have fantastic command over a language and you are gutsy enough to deliver your thoughts without getting bothered or influenced by



people around you and many other people such as politicians, celebrities, etc. then you can make a career in journalism. You might think that journalists' task is as simple as you see them reporting on TV. But, they have to do this after collecting enough information without caring about the situations of the area from where they deliver a report. War

reporting can be a good example to give you the idea of a journalist's job.

**Editor**

Now when it comes to editing, there are two types of editing that get done in the media sector. The first type of editing is news editing and the second one is video editing. As a news editor, you have to give a proper shape to the newspaper, like which

news will feature in which section, how many words should be given to the news, and many others. Also, you have to create and implement coverage plans to provide comprehensive coverage of a wide range of subjects and news. The second kind of editor is a video editor. A video editor is a technician who does the job of editing a video, whether it's a news

report or film. An editor uses important parts of a video and tries to make it catchy by adding VFX and sound effects to it.

**News writer**

If you are a student who has a flair for writing and you can describe a situation well, then you can try your luck to make a career in news writing. It's a job in which you sit on a comfortable chair in an air-conditioned room and have to write news for print or digital media. Being a news writer, you need to design and edit news for anchors to read, as well as present relevant stories to the public. Thus, to be a great news writer, you should possess a keen passion for writing. Also, you need to keep yourself updated about the current affairs.

**Producer**

The person in charge of discovering and launching a

project is known as a producer. When we say producer, you might take it as a film producer who invests in films. Well, you are right! But with the growth in the digital media sector, there are lots of opportunities for youngsters to work as producers in different news channels. However, when it comes to what a television producer does versus what a movie producer does, the jobs are often extremely similar.

**Event manager**

It's a career in which you need to be active and talkative. You have to manage events working as an event manager. It means that you have to do all the planning required to make an event successful using a limited amount of money.

For example, you might be given a certain amount of budget and could be asked by

**There are many more career options for mass communication graduates. You can try your luck to be a:**

- ▶ Radio Jockey
- ▶ Disc Jockey
- ▶ Fashion Designer
- ▶ Sound Engineer
- ▶ Advertising executives
- ▶ Public relation officer
- ▶ Filmmaker
- ▶ Cinematographer
- ▶ Scriptwriter
- ▶ Art director
- ▶ Video Jockey
- ▶ Social media specialists
- ▶ Graphic designer
- ▶ Photo Journalist

organizers to help them organize this event by getting required artists, decorators, and many other people on board within that budget.

So, you need to give a thought to your managerial and communication skills before entering this field.

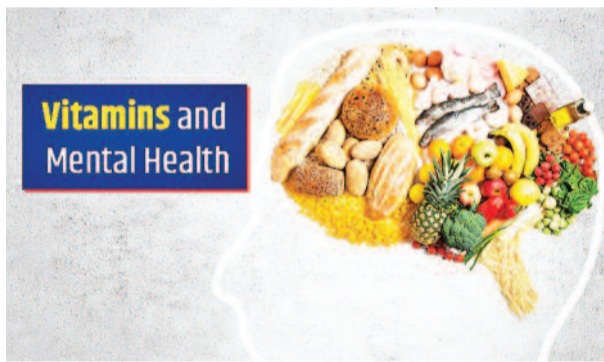
## Debunking Myths: Navigating The Truths and Fallacies of Vitamin Supplements

Smriti Kanchan

**New Delhi:** Vitamins are organic compounds that our bodies use in very small amount, for a variety of metabolic processes.

They are generally classified as fat-soluble (dissolve in fat and tends to accumulate in body like Vitamin A, D, K) and water-soluble (dissolve in water before they can be absorbed by the body like Vitamin C, B12, and Folate). There are many benefits of consuming vitamin supplements as they boost metabolism, and prevents bone disorders, etc., but with the pros comes the cons too. In order to consume supplements in a healthy manner one must be aware of both the myths and facts that are connected to the vitamin supplements.

Knowing the difference between fiction and scientific fact can be a bit challenging in today's world. This article attempts to bust some common myths regarding vitamin



supplements. Before you gulp down any pill, consider these myths about vitamin supplements.

**Myth:** Taking excessive amount of vitamin supplements can make you healthier.

**Fact:** Vitamin supplements can be beneficial only to certain individuals with specific disease or deficiencies. The excess amount of vitamins are excreted.

**Myth:** Taking a multi vitamin can make up for a poor diet.

**Fact:** The fact is scientists are still undecided about whether multivitamins are effective. Food first is always

the first prescription.

**Myth:** You can't overdose on vitamins.

**Fact:** If you take vitamins in excess of your bodily requirements, you can cause severe harm to your body. Like, too much of vitamin A can affect your liver.

**Myth:** Supplements don't interact with medications.

**Fact:** Vitamin K, omega-3s and zinc may have adverse effect if they interact with over the counter medications. You should always consult with your physician in order to avoid any side effects.

**Myth:** Multivitamins boost energy.

**Fact:** No multivitamin is



going to affect or boost your energy level if you don't consume a balanced nutritional diet.

**Myth:** Multivitamins help prevent chronic diseases.

**Fact:** While certain vitamins can play a role in disease prevention, they do not guarantee any immunity against disease like cancer or heart diseases.

**Myth:** Supplements are always natural

**Fact:** This is not true. Infact, the majority of vitamins available in the market today are made artificially. While choosing the supplements it is important to check the product description carefully.

**Myth:** All supplements are similar.

**Fact:** A common misconception is that all vitamins and supplements are created equally. There is

a big difference between the quality and purity of the used ingredients. For example, Vitamin D supplements come as D2 or D3.

**Myth:** Vitamin supplements are approved by government

**Fact:** Supplements do not need to be proven safe and effective by the Food and Drug Administration. The FDA only steps foot in the market when any supplement have negative side effects.

**Myth:** Supplements do what they claim.

**Fact:** During the time when market of supplements is flourishing many companies use false claims in order to promote their supplements. The claim to cure diseases like cancer, Alzheimer's disease.

A list of vitamin supplements are provided below that one can take on a daily basis. They add major benefits to one's health.

**Magnesium:** This helps keep our bones healthy and blood pressure low, best known for reducing fatigue and tiredness.

**Vitamin C:** It plays an important role to protect our cells and keep them healthy, maintaining cartilages and blood vessels.

**Zinc:** It is considered as a key nutrient. It supports our immune system and is responsible for activity of several enzymes that helps in digestion, nerve function and metabolism.

**Calcium:** We all are familiar with the importance of calcium in our bodies to keep our bones and teeth healthy, moreover your heart, muscles and nerves too need calcium to perform well.

So remember that though vitamin supplements are helpful in certain situations they are no magical solutions. Focus on nourishing your body with a well-rounded diet and consult your doctor if you're considering to take supplements.

Knowledge

## Solve Quiz No. 113

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. The equatorial circumference of the Earth is nearly**

a) 31000 Km  
b) 40000 Km  
c) 50000 Km  
d) 64000 Km

**2. Clouds are the result of**

a) Evaporation  
b) Normal temp. lapse rate  
c) Catabatic lapse rate  
d) Condensation

**3. Which of the following is considered a 'hot-spot' of biodiversity in India?**

a) Aravalli Hills  
b) Indo-Gangetic plain  
c) Eastern Ghats  
d) Western Ghats

**4. The sea coast of Tamil Nadu is known as**

a) Circar coast  
b) Konkan coast  
c) Malabar coast  
d) Coromandal coast

**5. First National Park of India is**

a) Nanda Devi National Park  
b) Jim Corbett National Park  
c) Rajaji National Park  
d) Kanha National Park

**6. Which of the following**

**is an extremely fast, small memory between CPU and main memory?**

a) RAM and ROM  
b) Cache memory  
c) Secondary memory  
d) None of the above

**7. Which of the following is not offered as an independent service layer in Cloud Computing?**

a) Hardware as a service  
b) Platform as a service  
c) Software as a service  
d) Infrastructure as a service

**8. NASA's 'Cassini' spacecraft is on mission for which planet?**

a) Jupiter  
b) Mars  
c) Saturn  
d) Venus

**9. The time period of revolution of a geo-stationary satellite is**

a) 12 Hrs  
b) 24 Hrs  
c) 48 Hrs  
d) 6 Hrs

**10. Cellulose and starch both are made up of**

a) (+) - Glucose  
b) (-) + Fructose  
c) (+) - Galactose  
d) Both (a) and (b)

**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-112) February, 2024 issue:**

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

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

## Do You Know?

Bhoomi Bansal

### SOLAR ECLIPSE

- ▶ A solar eclipse occurs when the Moon passes between the Earth and the Sun.
- ▶ There are two main types of solar eclipses: total and partial.
- ▶ In a total solar eclipse, the Moon completely covers the Sun, casting a shadow on Earth.
- ▶ Total solar eclipses create a brief period of darkness during the day, known as totality.
- ▶ The path of totality, where the Sun is completely obscured, is relatively narrow.
- ▶ Outside the path of totality, observers experience a partial solar eclipse.
- ▶ Solar eclipses occur approximately every 18 months on average.
- ▶ The corona, the Sun's outer atmosphere, is visible only during totality.
- ▶ Different locations on Earth may not witness a total solar eclipse for decades.
- ▶ Solar eclipses have inspired myths and legends in various cultures throughout history.
- ▶ The alignment of the Sun, Moon, and Earth during an eclipse is a result of celestial mechanics.
- ▶ Solar eclipses contribute to scientific understanding by revealing details

about the Sun's outer atmosphere.

- ▶ Researchers use eclipses to study solar phenomena like flares and prominences.
- ▶ Proper eye protection, such as solar viewing glasses, is crucial when observing a solar eclipse.
- ▶ Staring directly at the Sun during an eclipse can cause severe eye damage.
- ▶ Indirect viewing methods, like pinhole projectors, provide safe ways to observe the eclipse.
- ▶ The duration of totality during a solar eclipse varies, but it is relatively short.
- ▶ Ancient civilisations often viewed eclipses as omens or signs from the gods.
- ▶ The Moon's orbit is slightly tilted, affecting the frequency and locations of solar eclipses.
- ▶ Solar eclipses offer a rare opportunity for people around the world to witness a captivating astronomical event.

## विश्वविद्यालयों की खबरें

Nandini Agarwal

**Gujarat University Introduces BS Degree in June 2024**

The Gujarat university will introduce a BS [Bachelor in Science] degree for the academic session 2024-2025. The degree's consistency will be with a foreign university. PG can be done in one year after four years of BS course. The freshers can apply for this degree and they will get the degree of Bachelor of Science- BS/BS honours degree. For the graduation degree, the candidate needs to pursue this course for 3 years and honours degree for 4 years. In Gujarat, there are a numerous universities which offer BS degree courses. However, they offer only a few subjects as majors. GU is offering 22 subjects in BS degree and honours course which is the highest number of subjects being offered in the state by a university at present.

**IIT Madras Introduces AI-Based Online English Learning Platform for Students**

Indian Institute Of Technology Madras has introduced artificial intelligence based online English learning platform to enhance communication skills of the student. This platform offers students over 500 hours of learning material, including self-paced guides and multimedia content. IIT Madras states communicating in English is very important in every field whether it be internship, quiz, paper writing, placement etc. The AI-inspired LANQUILL tool is suitable for all levels of learners. It helps students to express ideas clearly in an academic and professional format. And real-time speech analyzer helps improve your accent and pronunciation and also grammar checker to help explore all aspects of your writing, including sentence structure, sentence length, writing style, punctuation, voice, and much more."

**IISER Bhopal Introduces Method for Protein Chemical Tagging, Facilitating Easier Drug Discovery**

Indian Institute of Science Education and Research Bhopal (IISER Bhopal) researchers have developed a method called 'BHOPAL' that allows for the attachment of chemical tags to proteins, a crucial step in drug development. This technique enables the addition of required chemical groups to precise locations on a protein, without compromising the protein's functionality. This technology simplifies attaching chemical agents to proteins, a previously challenging task, and shows promise for disease diagnosis, cellular imaging, drug development, and exploring molecular drug-target interactions. This technology is called 'Baylis Hillman orchestrated Protein Amino-thiol Labelling' (BHOPAL) which efficiently tags chemicals to proteins without compromising their function. Dr. Dimpay Kalia, Assistant Professor, Department of Chemistry, IISER Bhopal, said, "Proteins are cellular entities that play crucial roles in all cellular functions. Protein dysfunction results in major life-threatening diseases such as Alzheimer's disease, Parkinson's disease, etc. Hence, developing effective approaches to study proteins in cells is crucial for developing therapeutic approaches targeting them.

## Sudoku

	7			2			4	6
	6							
2			8				1	
		4		9				
7	1							9
			1	3			8	
	9				2			8
							6	
4	3			8			7	



## मानवता की कीमत पर कमाई

युद्ध हमेशा विनाश लाते रहे हैं। इससे हमेशा मानवता विनाश हुआ है। हर युद्ध अपने पीछे भयावह स्थिति छोड़ जाता है। भारत की भी नीति 'वसुधैव कुटुम्बकम्' की रही है। लेकिन अमेरिका और यूरोपीय संघ की रणनीति यह रही है कि विश्व में युद्ध चलते रहने चाहिए। संभवतः यही कारण है कि रूस-यूक्रेन युद्ध को दो वर्ष से अधिक समय हो चुका है। वहीं हमारा और इस्रायल के बीच युद्ध छिड़े हुए लगभग पांच महीने का समय गुजर चुका है, लेकिन इनका कोई अंत दूर-दूर तक नजर नहीं आ रहा है। रूस-यूक्रेन युद्ध और हमारा-इस्रायल युद्ध मानवता के लिए बर्बादी का सबब हैं जबकि अमेरिका, रूस, ब्रिटेन और कई यूरोपीय देशों के लिए ये कमाई का साधन बन गए हैं। संपूर्ण विश्व में युद्ध चलते रहे, अमेरिका व पश्चिमी देशों के लिए यह फायदे की बात है। तीन वर्ष बीत जाने के बावजूद रूस-यूक्रेन युद्ध शांत नहीं हुआ। इसके अलावा हमारा इसका इस्तेमाल 7 अक्टूबर 2023 को इस्रायल पर हमला किया था। उसके बाद इस्रायल ने हमारा के टिकाने वाली गाजा पट्टी पर ताबड़तोड़ हमले कर एक हिस्से को तो बकायदा कब्जे में ले ली। गरीबों के लिए युद्ध-रूस युद्ध को दो वर्ष से अधिक हो चुके हैं परंतु इस युद्ध को रोकने के लिए तो अमेरिका और न ही रूस गंभीर है। अहमसावाला यह है कि क्या कारण है, जिसके चलते ये देश युद्ध खत्म नहीं करना चाहते? वे इन युद्धों को लंबा क्यों खींचना चाहते हैं? क्या उन्हें इन युद्धों में मारे जाने वाले लोगों और इससे होने वाली क्षति की कोई चिंता नहीं है? इसके पीछे उनकी क्या मंशा है? सर्वविदित है कि रूस यूक्रेन युद्ध में हजारों लोगों की जानें चली गईं और बड़े पैमाने पर विनाश हुआ, फिर भी युद्ध का कोई अंत नहीं दिख रहा है। यह भी उल्लेखनीय है कि इस युद्ध से रूस की सेना की जो अंतरराष्ट्रीय स्तर पर प्रतिष्ठा बनी हुई थी, वह भी प्रभावित हुई है। दो वर्ष के लंबे संघर्ष के बावजूद रूस अब तक यूक्रेन के केवल 17 फीसदी हिस्से पर ही कब्जा कर सका है। इसी तरीके से देखा जाए तो हमारा और इस्रायल के बीच चलने वाला युद्ध भी अंतहीन लग रहा है क्योंकि एक ओर जहां अमेरिका और नाटो देश इस्रायल के साथ खड़े हैं वहीं दूसरी ओर हमारा के समर्थन में कई अरब देश हैं। ऐसे में दोनों पक्षों के बीच हथियारों का प्रयोग एवं प्रदर्शन जमकर हो रहा है। वास्तव में हमने के एक वर्ष के बाद अमेरिका और रूस ने अपने सैन्य हथियारों का परीक्षण एवं प्रदर्शन करने के लिए युद्ध क्षेत्रों का उपयोग किया। ऐसा लगता है, मानो दोनों पक्ष अपने हथियारों की बिक्री और प्रदर्शन करना चाहते हैं। अमेरिका की विदेश नीति पर नजर डाली जाए तो पता चलता है कि हथियार हस्तांतरण और रक्षा व्यापार अमेरिकी विदेश नीति के महत्वपूर्ण हिस्सा रहे हैं। अमेरिका के विदेश विभाग के अनुसार, अमेरिकी सरकार ने 80 अरब डॉलर से अधिक की सैन्य सामग्री की बिक्री के लिए सीधे सौदा किया। यह सौदा वर्ष 2022 से 56 प्रतिशत अधिक है। अमेरिकी की प्रमुख समाचार एजेंसी पॉलिटिको ने दावा किया है कि 'लाइट हाउस चुपचाप दोनों दलों-डेमोक्रेट एवं रिपब्लिकन के सांसदों से आग्रह करता है कि वे घरेलू आर्थिक समृद्धि के लिए अन्य देशों में युद्धों को बढ़ावा दें। दोनों दलों के नेता रूस का प्रतिरोध करने के लिए यूक्रेन को सहायता देने का समर्थन करते रहे हैं, ताकि यह साबित किया जा सके कि ऐसा करना अमेरिका में रोजगार सृजन के लिए अच्छा है। वास्तविकता तो यह है कि अमेरिकी सैन्य औद्योगिक प्रतिष्ठान के समर्थक पूरे सरकार और अर्थ-सरकारी तंत्र में पैट बनाए हुए हैं। लॉबिस्ट राजनेताओं के साथ सावधानी पूर्वक मिलीभगत करते हैं। बड़ी रक्षा कंपनियां थिंक टैंक और अन्य संबद्ध संस्थानों के संरक्षक की भूमिका में होते हैं। यूरोपीय संघ के देश ताबड़ी की कीमत पर अपने देश की अर्थव्यवस्था को संशक्त करने का काम कर रहे हैं। ऐसे में यह सवाल भी उठता है कि विश्व शांति के लिए गठित संयुक्त राष्ट्र संघ क्या कर रहा है? क्या ऐसे ही विनाश होता रहेगा और संयुक्त राष्ट्र संघ भी बाना रहेगा?

## सामाजिक न्याय के प्रतीक चौधरी चरण सिंह

भारत में समय-समय पर ऐसे महापुरुष हुए जिन्होंने इतिहास में अपनी छाप छोड़ी और अपने फैसलों से आम जन को लाभान्वित किया। ऐसे ही एक लोकप्रिय नेता थे चौधरी चरण सिंह। उन्हें किसानों का मसीहा भी कहा गया। चौधरी चरण सिंह सामाजिक न्याय के भी प्रतीक थे।



मोक्षा त्यागी

एक किसान के बेटे होने के तौर पर वह किसानों की समस्याएं बखूबी समझते थे। उन्होंने दलित और समाज में पिछड़े वर्गों को आगे बढ़ाने के लिए कई पहल करी। गृह मंत्री के रूप में उन्होंने मंडल और अल्पसंख्यक आयोग की स्थापना की। 1979 में देश के प्रधानमंत्री के रूप में उन्होंने ग्रामीण विकास बैंक यानी नावाई को स्थापना की। किसान नेता, चौधरी साहब के कार्यकाल के दौरान उनकी सरकार ने एक विधेयक पारित किया। इसमें प्राधान्य था कि अगर कोई चीनी मिल किसानों के पैसे का धुगतान नहीं कर पाती है तो सरकार उस मिल का अधिग्रहण कर सकती है, ताकि किसानों के पैसे उन्हें दिए जा सकें और कोई भी किसान बिना भुगतान के ना रहे।

चौधरी चरण सिंह ने समाज में पिछड़े तबके को समानता का अधिकार दिलाने के लिए कई पहल कीं। किसानों को उनकी भूमि का स्वामित्व मिलाया। चौधरी चरण सिंह का किसान माफ़ी बिल को पारित कराने में अहम योगदान रहा। चौधरी साहब एक ऐतिहासिक फैसला था। कृषि मूल आयोग की स्थापना करना। वर्ष 1957 में नागपुर में हुई कांसि की राष्ट्रीय बैठक में, पंडित जवाहरलाल नेहरू ने सहकारी खेती को बढ़ावा देने का प्रस्ताव रखा। उस समय नेहरू जी के वाह अग्र कोई काट सकता था तो वह थे चौधरी चरण सिंह, चौधरी साहब ने नेहरू जी के प्रस्ताव का विरोध विरोध किया।

चौधरी चरण सिंह का जन्म स्थान: हापुड़

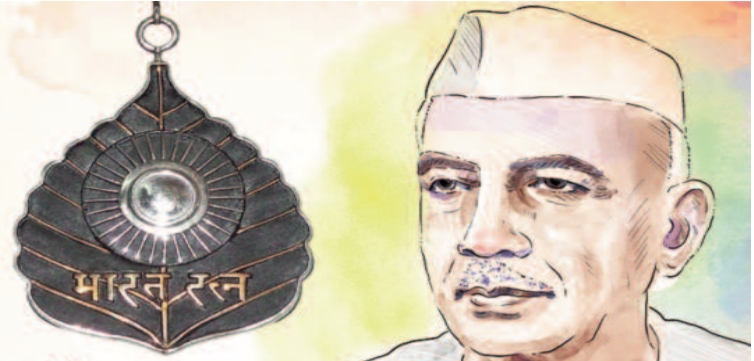
साधारण परिवार में जन्मे चौधरी साहब हापुड़ के नूरपुर गांव के निवासी थे। वह 1929 में जिला पंचायत के सदस्य के रूप में नियुक्त हुए। उन्होंने उत्तर प्रदेश राज्य की कमान 3 अप्रैल, 1967 में मुख्यमंत्री के तौर पर संभाली। 28 जुलाई, 1979 वह

ऐतिहासिक दिन था जब चौधरी चरण सिंह जी ने प्रधानमंत्री के रूप में शपथ ली। प्रधानमंत्री के रूप में उनका कार्यकाल 28 जुलाई, 1979 से 14 जनवरी 1980 तक का रहा। अपने कार्यकाल के दौरान उन्होंने कई ऐतिहासिक और किसानों को लाभान्वित करने वाले फैसले भी लिए। 29 मई, 1987 को नई दिल्ली में उनका स्वर्गवास हुआ।

देशभक्ति

चौधरी चरण सिंह गांधी जी के आदर्शों पर चलते थे, उन्होंने गांधी जी की पहल पर 1930 में दांडी में नमक भी बनाया। एक जागरूक नागरिक और देशभक्त होने के नाते अंग्रेज भारत छोड़ो आंदोलन, 1942 में चौधरी साहब ने अपना पूरा योगदान दिया। अंग्रेज प्रशासन ने मेरठ जिला प्रशासन को आदेश देते हुए चरण सिंह को देखते ही गोली मारने के आदेश दिए थे। प्रधानमंत्री बनने के बाद चौधरी चरण सिंह जी ने कृषि उपज पर अंतरराष्ट्रीय आवाजाही पर लगी रोक को हटाया और ब्रिटिश काल के इस कानून को खत्म किया।

सर्वोच्च नागरिक पुरस्कार: भारत रत्न  
यह पुरस्कार आमजन के लिए असाधारण सेवा करने वाले या उच्चतम स्तर पर प्रदर्शन करने वाले व्यक्तियों को दिया जाता है। भारत रत्न का अर्थ उन व्यक्तियों को सम्मानित करना होता है, जिन्होंने किसी न किसी रूप में राष्ट्र की प्रति में असाधारण योगदान दिया हो। चौधरी चरण सिंह भारत रत्न के सच्चे हकदार हैं। समाज में समानता लाने में चौधरी



चौधरी चरण सिंह  
पूर्व प्रधानमंत्री

मोदी सरकार ने पूर्व प्रधानमंत्री चौधरी चरण सिंह को भारत रत्न देने की घोषणा कर मेरा दिल जीत लिया है। यह देश के लिए एक बड़ा दिन है। यह मेरे लिए एक भावनात्मक क्षण है, यह यादगार है। मैं राष्ट्रपति द्रौपदी मुर्मू, भारत सरकार और विशेष रूप से प्रधानमंत्री नरेन्द्र मोदी को धन्यवाद देना चाहता हूँ। पीएम मोदी ने साबित किया है कि वह देश की भावनाओं को बखूबी समझते हैं। यह एक ऐसा निर्णय है, जो पिछली कोई भी सरकार नहीं ले पाई थी।

-जयन्त चौधरी, चरण सिंह के पौत्र और रातोद अध्यक्ष

साहब का बड़ा योगदान रहा। उन्होंने किसानों के लिए अभूतपूर्व निर्णय लिए, जिससे किसानों कि जीवन शैली में सुधार हुआ।

वह अपने निर्णयों के कारण, लोगों में प्रचलित हुई। उनके ऐतिहासिक निर्णय और आम जनों की जिंदगी बेहतर बनाने की सोच के चलते वह भारत रत्न के सच्चे हकदार हैं। चौधरी चरण सिंह जी ने अपना पूरा जीवन देश और देश के नागरिकों के लिए अर्पित कर दिया।

प्रधानमंत्री नरेन्द्र मोदी ने कहा कि चरण सिंह ने किसानों के अधिकार और उनके कल्याण के लिए अपना पूरा जीवन समर्पित कर दिया था। इस सिलसिले में उन्होंने उनके आपातकाल का डटकर विरोध और लोकतंत्र के लिए उनकी प्रतिबद्धता को

पूरे देश को प्रेरित करने वाला।

भारत के गृह मंत्री, अमित शाह ने पूर्व प्रधानमंत्री, चौधरी चरण सिंह जी को भारत रत्न दिए जाने को देश के करोड़ों किसानों और मेहनतकश लोगों का सम्मान बताया। उन्होंने कहा कि चौधरी साहब ने अपने निर्णयों से साबित किया कि एक किसान का बेटा देश के भरण पोषण को लेकर नीतिगत निर्णय भी ले सकता है। चौधरी चरण सिंह जी ने राजनीति से परे जाकर, सदैव आमजन के हित में फैसले लिए। भारत के इतिहास में अपनी एक स्वर्णिम छाप छोड़ी। चौधरी साहब भारत के नेताओं के लिए एक मार्गदर्शक के रूप में हैं। पीढ़ी दर पीढ़ी उनके योगदान को सराहा जाएगा और हर एक भारतीय के हृदय में वह सदैव बसे रहेंगे।

## Embracing Plant-Based Living: Nourishing Health, Compassion, and Sustainability

In recent years, there has been a significant increase in the number of people adopting plant-based diets. A plant-based diet focuses on consuming food derived from plants, such as fruits, vegetables, whole grains, legumes, nuts, and seeds, while minimizing or eliminating animal products. These foods provide essential nutrients while being rich in fibre and antioxidants. It's a great way to support a healthy lifestyle. There are plenty of plant-based protein sources to choose from. Some examples include beans, lentils, tofu, tempeh, seitan, quinoa, chia seeds, hemp seeds, and nuts.

These options are not only delicious but also packed with nutrients. Also when it comes to plant-based dairy alternatives, there are many options available. You can try almond milk, soy milk, oat milk, coconut milk, or even cashew milk. They are great substitutes for traditional dairy products and can be used in various recipes. There are several reasons why people choose to follow a plant-based diet. Some do it for ethical reasons, as they believe in reducing harm to animals and promoting animal welfare. Others opt for a plant-based diet for environmental reasons, as animal agriculture has a significant impact on greenhouse gas emissions, deforestation, and water usage. Additionally, many people choose plant-based diets for health reasons, as they can provide numerous health benefits, such as reducing the risk of chronic diseases like heart



Vanshika Singhal

disease, diabetes, and certain types of cancer.

The rise of plant-based diets has also led to an increase in the availability and variety of plant-based food options. Restaurants, food companies, and supermarkets are now offering a wider range of plant-based alternatives to traditional animal-based products, including plant-based meats, dairy-free milks, and plant-based protein sources. Adopting a plant-based diet requires careful planning to ensure adequate intake of essential nutrients like protein, iron, calcium, and vitamin B12. Consulting with a registered dietitian or nutritionist can be helpful in creating a balanced and nutritious plant-based meal plan. Overall, the rise of plant-based diets reflects a growing interest in sustainable, compassionate, and healthier food choices. It's an exciting trend that showcases the evolving landscape of our dietary preferences.

Commonly Used in a Plant-based Diet

- Vegetables: Broccoli, carrots, bell peppers, cauliflower, sweet potatoes.
- Fruits: Oranges, bananas, grapes, watermelon, pineapple.
- Nuts and seeds: Almonds, walnuts, chia seeds, flaxseeds, pumpkin seeds.
- Whole grains: Oats, barley, quinoa, whole wheat bread, brown rice.
- Legumes: Chickpeas, black beans, lentils, tofu, tempeh.

## Celebrating Women's Day: The Power of Women Empowerment

New Delhi: International Women's Day, celebrated annually on March 8, serves as a potent reminder of the unwavering journey towards gender equality and womenempowerment across the globe. It's a day to acknowledge the remarkable achievements of women throughout history, to challenge deeply ingrained biases, and to ignite action for a future where women thrive in all spheres of life. Women empowerment lies at the very heart of societal progress. When women have equal access to education, healthcare, economic opportunities, and political representation, they become powerful catalysts for transformation. Empowered women uplift not only themselves but their families, communities, and entire nations.

India, with its rich history has witnessed the rise of countless extraordinary women who have shattered stereotypes and redefined boundaries. Their stories of resilience, innovation, and unwavering determination continue to inspire generations. A few examples of some of the women who empowered and gave their influence to the children are:



Kiran Mazumdar-Shaw

• **Kiran Mazumdar-Shaw:** Apioneer in the field of biotechnology, Kiran Mazumdar-Shaw is the founder and chairperson of Biocon Limited. Her entrepreneurial spirit and relentless pursuit of innovation have made Biocon a global leader in affordable lifesaving

medications, transforming healthcare access for millions.

• **Tessy Thomas:** Known as India's Missle Woman, Tessy Thomas is a distinguished scientist and the former Director General of Aeronautical



Sanskriti Gauba

Systems at the Defence Research and Development Organisation (DRDO). She played a pivotal role in the development of the Agni missile systems, breaking through the glass ceiling in a traditionally male-dominated sector.

• **P.T. Usha:** Often referred to as the Queen of Indian track and field, P.T. Usha is a legendary athlete who overcame humble beginnings to become one of India's most celebrated sporting icons. Her indomitable spirit and exceptional talent continue to inspire young athletes, particularly women, to pursue their dreams.



Mary Kom

• **Mary Kom:** Mary Kom is a six-time World Champion boxer and the only woman boxer to win a medal in each of the first seven World Championships. Facing societal disapproval of boxing for girls, she defied expectations and went on to become a global icon, inspiring countless young girls to pursue their dreams regardless of societal norms.

These are just a few of the countless Indian women who have left an indelible mark on society. Their stories prove that empowering women isn't just a dream but a powerful force with big effects. It's all about making women stronger and seeing the amazing outcomes it brings. However, the quest for gender equality is far from over. Deeply rooted patriarchal structures continue to limit opportunities for women in many parts of the world. To truly empower women, we must address systemic barriers like gender-based violence, wage gaps, and limited access to education and healthcare. By empowering women, we empower ourselves and create a brighter future for everyone.

## Bloggers to Business Moguls: Journey of Inspiring Women

In the dynamic world of fashion and entrepreneurship, the journeys of individuals often reflect the attributes of resilience, ambition, and relentless diligence. Here, we delve into the inspiring stories of remarkable women who have not only conquered the realms of content creation and influencing but have also established thriving businesses, setting new standards of success and empowerment.

Masoom Minawala

Masoom Minawala is one such remarkable woman who juggles diverse roles as a creator, global influencer, entrepreneur, investor and mother. From being an immigrant to a global influencer, her journey is indeed inspiring. Her journey is a true measure of resilience, ambition, and unflinching diligence. Starting as a blogger, Masoom's original flair for fashion and storytelling made her a bright star, attracting a

gigantic following, ensuring her social standing out as a fashion influencer in the digital world. Her keen eye for style and her innate talent for relatability played a major part in her rapid rise to fame and

recognition and made her one of the most influential fashion influencers in today's world.

From content creation to enterprise, Masoom is the founder of Style Fiesta, a fashion and lifestyle brand which perfectly embodies her style and thoughts. She is a true leader who managed to turn Style Fiesta into a successful company, by offering a wide range of chic accessories and clothing for the people in her hometown who are ready for the modern world. Masoom's worth goes beyond her brand since she has also ventured into investment,



Sajal Kulshresth

including startup and search for new brands. Her proactive investments and teaching have steered several startups to success, which has made her a trusted investor known for great intuition.

Aashna Shroff

Aashna Shroff is a concoction of luxury and power. She is an entrepreneur and a resilient and determined woman. She is now a renowned personality in the business and online content creation world. Aashna's success is a proof of her perseverance, hard work and an eye for opportunity. Aashna's esteemed career began as a content creator. She garnered a devoted following faster than ever before with her unique style and lively content. Her strong suit of composing extravagant

encounters and products connected with her target audience which later allowed her to multiply her recognition in the digital world.

Aashna's journey started in the business world when she launched her fashion line. Her style and depth of understanding of the luxury market are what made her build a brand that represented her value and connected with her fans. Thus her business went beyond just retail and beauty products. She extended it to lifestyle products as well.

Aakriti Rana

Aakriti Rana, the name which is associated with exactness, entrepreneurship, and empowerment, has become a source of inspiration in the fields of luxury content creation and entrepreneurship. From rags to riches, from humble beginnings to becoming a global star, her journey is proof that resilience,

determination, and perseverance in all cases will fetch the reward. Aakriti started her journey into content creation as a self-initiated endeavour in which she tried to show her way of looking at fashion, luxury, and travel through her videos. Her strong talent for observation and natural flair for fashion attracted a fan base that allowed her to become one of the vanguards of this industry.

As Aakriti, the travel influencer, roams the world, she photographs stunning moments and posts her stories to her audience. Furthermore, through her travelogues, she acclaimed a lot of fame as her talent to narrate fascinating tales has also acted as a timeless inspiration to the world around her. She has been a businesswoman and became a success in the business because of what she loves.

Sarah Sarosh

Sarah Sarosh, an occupational

therapist, is not only a name; she represents the pillars of resilience, creativity, and an entrepreneurial mind.

With Sarah's talent in content creation, travel influencing and being the driving force of Impulse Coffees, she has successfully created her own space in the aggressive digital media world. Since the grassroots, she has been a content creator, unveiling her unusual POV of travelling and lifestyle. She was doing this through interesting posts and also storytelling that sucked people in easily. Sarah became known as a prominent user in social media networks thanks to a large and loyal following.

It all began with the coffee that she fell in love with, and the desire to make something of her own that led her into the venture of entrepreneurship.

Deeksha Khurrana

Deeksha Khurrana, a beauty

guru, travel connoisseur, and entrepreneur, has built her lane in the digital world. Her startup journey was as a beauty content creator, and she quickly accumulated a loyal fan base in no time. Yet, she had ambitions that went beyond just creation, she was determined to build a brand that connected with her audience as well. Her adorable entrepreneurial dreams made her launch Dee Clothing, a clothing brand that provides a combination of style and comfort. This is proof that she is hardworking and not afraid to dream big.

Wrapping up, the journeys of these eight influential entrepreneurs are a testament to the power of perseverance, passion, and vision in achieving success. Their stories inspire us to pursue our dreams with determination and resilience, knowing that with hard work and dedication, anything is possible.



# Unveiling the Ongoing Crisis and Safety Concerns for Women in India

Khushi Bist

**New Delhi:** In India rape has become the most common criminal activity nowadays. Indian women are constantly in a state of high alert when alone on the streets, at work or in the markets. Due to India's predominantly patriarchal nature, domestic violence is known to be culturally acceptable. Studies reveal that even a majority of working women suffer domestic abuse from their husbands. A non-earning woman's position further exacerbates due to vulnerability and dependence on their male partner as opposed to a woman who contribute financially to the household. Rampant poverty across the country is the main driver for low literacy rates and consequently, disempowerment and abuse among women.



According to the 2023 annual report the National Crime Record Bureau (NCRB) annual report has revealed a 4% increase in crimes against women in India. The Increasing Rape Case in States are Rajasthan (5,399), Uttar Pradesh (3,690), Madhya Pradesh (3,029). The increasing number of rape cases in India daily puts a question on the safety of

women in India. In India, this topic is always on the news because persons are being raped often in India. Delhi once again reported the highest cases of rape among 19 cities which has a population of more than 20 lakh. The girl children and women are not safe in society and even at their own house. In some of the incidents girls are being sexually exploited by their own father and

## The reason behind the increasing rape cases

- ▶ Blaming for indecent clothing
- ▶ Accepting domestic violence
- ▶ Pressuring of rape victims to compromise
- ▶ Lack of public safety

brother. Some of the cases never come to the light as many girls are forced to keep silent. For instance-A 19 year old man after watching a porn clip, raped his own 17 year old sister who was sleeping beside him. Madhumita Pandey was the first who visited to Tihar jail to interview over 122 convicted rapists. Madhumita Pandey tells us the mentality of rapist-

- ▶ Rapist sounded like normal people
- ▶ Rapist had no remorse and blamed the victim
- ▶ Those who have kept sex slaves during the wars

refuse to accept that they had raped

- ▶ They did not realise that they have done rape
- ▶ Rapist often convince themselves of an alternative society

The rapist could simply believe that his sexual needs are more important or that the victim was asking for it or that men's sexual drive is uncontrollable. They don't feel sorry for victim. After the Nirbhaya case the government had made rape a punishable offence, with a prison sentence of minimum 20 years. The government have to bring strong rules for

A 49 year old rapist raped a 5 year old girl. He told in an interview that the 5 year girl provoked him. "Her mother is also of questionable character so I thought I will teach her a lesson" he states. The rapist also felt regret that he had ruined her life. He suggests that now she is no longer a virgin, no one would marry her. He has offered to marry her when he comes out of jail. He is more concerned about her virginity and honour rather than worrying about the pain she must have gone through.

the rape victims. Film industries like Bollywood are also trying to create awareness by making movies on sensitive topics like Section 375.

नई किताब

**BOOK – The Women**

Mugdha

PUBLICATION DATE: February 6, 2024

AUTHOR: Kristin Hannah

PAGES EXTENT: 400 pages

ISBN : 978-1250317964

PUBLISHER: Macmillan

In this book, Kristin Hannah takes us back to the mid-sixties, shortly after JFK was shot in Texas. The country's primary focus is battling communism, and in pursuit of this mission, numerous troops comprising young Americans were sent to Vietnam.

When twenty-year-old Frances "Frankie" McGrath hears these words, it's a revelation. Raised in southern California by her fairly conservative family she had always prided herself in doing the right thing. But in 1965, the world is changing and she, with a brave heart, dares to choose a different future for herself, and when her brother gets drafted to serve in Vietnam, she joins the army nurse corps and follows his path.

Just as inexperienced and new as the men on the Vietnam field, Frankie too gets overwhelmed by all the chaos and destruction. Each day transforms into a gamble for life and death, hope and betrayal, fraying friendships and losses that shatters one to their core.

The book also delves into the notion that women often are under appreciated, their efforts overlooked, or their credit ignored. They serve their country, struggling with tragedies, PTSD, and casualties as well. But there is one crucial difference for them: they are never considered war heroes. Nobody applauds them for the sacrifices they make or awarded any medals.

They don't receive praise for their service, and when they attempt to speak about the psychologically consuming experiences they go through, they are silenced, as they aren't even recognized as veterans. This work is dedicated to the women who served their country, both militarily and civilian women stationed in Vietnam – heroines who need to be remembered, praised, and admired.

# Theater Connects People to their Culture

Arya Gaur

**New Delhi:** Theatre is the branch of performing arts concerned with acting out stories in front of an audience, using a combination of speech, gesture, music, dance, sound, and spectacle. Theatre is a form of performing art where the performers, usually actors or actresses, present the experience of a real or imagined event before a live audience in a specific place, often a stage.



Dramatic art, is an art form primarily concerned with live performances. These performances are meticulously planned to create a coherent and impactful sense of drama. The experience of theatre can engage both the eyes and the ears, as evidenced by the interchangeable term "spectator" (related to viewing) and "audience" (related to hearing)

Theatre connects people to their culture as well as society. It provides a unique platform to the audience to learn more about humanity through emotions, action and the storyline. It's a powerful way to address injustices, share stories, and express creativity. Theatre provides a unique platform for audiences to connect with the

human experience. Each theatrical production tells a story that resonates with viewers, whether through self-discovery, understanding diverse backgrounds, or exploring complex emotions. By witnessing these narratives, people gain insights into their own lives and the world around them

Theatre has changed a lot now a days. In the classical era directors and writer were restricted by societal norms, only men were allowed to work in theatre and they only focused on comedies and tragedies. The rich patrons sat in balconies of the theatres, while the poor stood near the stage. There was no gender equality. But in

modern times directors and screen writers get the freedom to explore various shades of emotions and ideas. They address contemporary issues and embrace diverse structures, styles, and themes. Modern theatres have a profound impact on today's youth, shaping their personal development, skills, and outlook. Let's explore how:

**Confidence and Self-Belief:** Youth theatre participation fosters confidence. Through performing, collaborating, and expressing themselves, young actors build self-assurance. This newfound belief extends beyond the stage into various aspects of life. Emotional Intelligence: Theatre teaches empathy. By

portraying diverse characters and understanding their motivations, youth develop emotional intelligence. Active listening skills and the ability to read people's tone and body language are honed through theatre experiences. Resilience and Coping Skills: The challenges of rehearsals, memorization, and live performances build resilience. Youth learn to respond well to stress and pressure, preparing them for life's ups and downs. Teamwork and Leadership: Collaborating with fellow actors, directors, and crew members enhances teamwork and leadership skills. These abilities are transferable to academic, professional, and social contexts.

## Try to Think Out of The Box : Alumni

Disha Tomar

In this interview, Abhijeet talks about his experience at IMS Ghaziabad University Courses Campus. Here he has talked about his college days and how everything he learnt at campus enabled his career growth. He also offered us a peek into his life. He is currently working as a Personal Banker in HDFC Bank. He is an alumni of IMS Ghaziabad University Courses Campus, BCA Batch.



**most of their program?**  
I would advise them to gain as much as practical knowledge as possible. Try to think out of the box as per the respective fields. Do Focus on Basics of Coding. The Focus should also be on Management as it will help in getting success in career.

**Can you share any memorable experiences or challenges that you faced during studies?**

There is one memorable experience. When I wrote my first research paper and got it published in a journal it was a really memorable experience for me. The trend was started by me in BCA. Another memorable experience was when I had my farewell. It was an emotional moment but there was also a great feeling as I am taking away the great guidance and experience of my faculties, the fond memories of my peer group. With the help of the motivation given by our HOD really helped me overcome this fear.

**Can you share any valuable networking opportunities that you had during your BCA program?**

Yes I had participated in Model United Nations Programme @IMS which helped me in getting to interact with future leaders of country with different thoughts. I also attended some interesting workshops.

**What advice would you give to current BCA students to make the**

## भारतीय भौतिकी के महान वैज्ञानिक : जगदीश चन्द्र बसु

निदा बानो

**नई दिल्ली :** जगदीश चन्द्र बसु एक ऐसा नाम है, जो भारतीय वैज्ञानिक समुदाय में गर्व के साथ याद किया जाता है। उन्होंने अपनी शैली और अनुभव के माध्यम से भारतीय भौतिकी को नए आयामों तक पहुंचाया है। इनका योगदान संपूर्ण जगत के लिए अविस्मरणीय है।



जगदीश चन्द्र बसु का जन्म 30 नवंबर 1858 को मेमनसिंग बंगाल प्रेसीडेंसी, ब्रिटिश भारत (वर्तमान बंगलादेश) में हुआ था। उन्होंने अपनी प्रारंभिक शिक्षा गांव के ही एक विद्यालय से ग्रहण की। विद्यालयी शिक्षा के बाद वे कलकत्ता आ गए और सेंट जेवियर्स महाविद्यालय कलकत्ता से स्नातक की उपाधि प्राप्त की। जगदीश चन्द्र बसु को जीव विज्ञान में बहुत रुचि थी। और 22 वर्ष की आयु में चिकित्सा विज्ञान की पढ़ाई करने के लिए लंदन चले गए। मगर स्वास्थ्य खराब रहने की वजह से इन्हें चिकित्सा (डॉक्टर) बनने का विचार त्याग कैम्ब्रिज के क्राइस्ट महाविद्यालय जाना पड़ा। और वहां भौतिक शास्त्र का अध्ययन किया। वर्ष 1885 में वे स्वदेश लौटे और भौतिकी के सहायक प्राध्यापक के रूप में प्रेसीडेंसी कॉलेज में पढ़ाने लगे।

जगदीश चन्द्र बसु का विज्ञान के क्षेत्र में अविस्मरणीय योगदान रहा है। बसु भारत के प्रसिद्ध वैज्ञानिक थे। वे माइक्रोवेव का उपयोग करके सूचना के वायरलेस ट्रांसमिशन पर अपने काम के लिए जाने जाते हैं। जगदीश चन्द्र बसु एक ऐसे वैज्ञानिक थे जिन्हें भौतिकी, जीव विज्ञान, वनस्पति विज्ञान तथा पुरातत्व का बहुत अच्छा ज्ञान था। आप पहले वैज्ञानिक थे जिन्होंने रेडियो और सूक्ष्म तरंगों की

प्रकाशिकी पर कार्य किया। वनस्पति विज्ञान में उन्होंने कई महत्वपूर्ण खोजें कीं। साथ ही वे भारत के पहले वैज्ञानिक शोधकर्ता थे। बोस भारत के पहले वैज्ञानिक थे जिन्होंने एक अमेरिकन पेटेंट प्राप्त किया। आपको रेडियो विज्ञान का पिता माना जाता है। विज्ञान कथार्थ लिखने में भी आपकी रुचि थी। जगदीश चन्द्र बसु के वैज्ञानिक अविष्कारों में से एक प्रसिद्ध अविष्कार 'क्रास्कोग्रफ' का था जो कि पोषो की वृद्धि को मापने का एक उपकरण है।

जगदीश चन्द्र बसु पहले व्यक्ति थे जिन्होंने 1901 में यह साबित किया कि पौधे किसी भी अन्य जीवन रूप की तरह हैं। इन्होंने साबित किया कि पौधों का एक निश्चित जीवन चक्र, एवं एक प्रजनन प्रत्यागो है। 1917 में जगदीश चन्द्र बसु को एक मुख्य उपाधि 'नाइट' (knight) से नवाजा गया। तथा शीघ्र ही भौतिक तथा जीव विज्ञान के लिए (रॉयल सोसायटी) लंदन के द्वारफेलो चुन लिए गए। जगदीश चन्द्र बसु के योगदान ने वैज्ञानिक समुदाय को एक साथ आने की प्रेरणा दी। और उनके विचार और मेहनत ने भारतीय भौतिकी को विश्व स्तर पर एक नई दिशा दी। जगदीश चन्द्र बसु ने 23 नवंबर 1937 को बंगाल के गिरिडीह नगर में अपनी आखिरी सांस ली।

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**WE HAVE NO BRANCH IN NOIDA**



News Brief

Expert Talk on Global Supply Chain



**Ghaziabad (IMS News Service):** IMS Ghaziabad was grateful for the invaluable insights shared by experts Ms. Pooja Jain on the global supply chain, Mr. Satish Kumar on interview skills, and Mr. Shubham Ahuja on digital and performance marketing careers. The vital session enabled the students to understand the expectations of the interviewers and enhance skills for being successful at interviews.

Director, IMS Ghaziabad graced IAC as Expert Speaker



**Ghaziabad (IMS News Service):** Dr. Prason M. Tripathi, Director, IMS Ghaziabad delivered a dynamic session at the esteemed IAC 2024, facilitating meaningful connections between academia and industry. The event was well-attended by faculty and students of IMS Ghaziabad, further enriching our educational community.

Glittering Inaugural Ceremony of Annual HR Conclave

**Ghaziabad (IMS News Service):** A grand conglomerate of Human Resource stalwarts and thought leaders from various domains of the HR world shared their insights during the luminous 16th Annual HR Conclave on the theme "Emerging Trends in Work, Workplace & World: Challenges & Opportunities" held on February 27, 2024. The Inaugural session was graced by delegates of global repute. The conclave was spread across panel discussion, witnessed expert insights on making the organization more socially inclusive.

Expert Session on Risk & Return Analysis

**Ghaziabad (IMS News Service):** IMS Ghaziabad in association with MCX India organized an enriching session on 'Risk and Return Analysis in the Commodity Market' led by Mr. Saurabh MCX India. The session was full of real world insights into various traded commodities, trading mechanics and stakeholder interactions in this dynamic ecosystem.

IMS Ghaziabad shared heartfelt gratitude to Mr. Saurabh Khanna for his insightful presence.

Finnacle Club's Post-Budget Panel Discussion



**Ghaziabad (IMS News Service):** Intellectually invigorating discussions at IMS Ghaziabad: Finnacle Club's Post-Budget Panel Discussion unfolded enriching insights. From dissecting fiscal policies to unraveling real-world applications, students immersed themselves in profound discussions, elevating their critical thinking capabilities. Kudos to all the panelist students for showcasing exemplary insights and contributing to the academic discourse.

Workshop on Road Safety



**Ghaziabad (IMS News Service):** IMS Ghaziabad, in collaboration with Charansparsh Foundation, triumphantly conducted a Road Safety Workshop named Driving Change: A Road Safety Initiative. Enlightening data and impactful NukadNatak emphasized the critical need for road safety and post-accident first aid. The alarming statistics underscore the importance of making road safety an integral part of our lives. The Institution extended heartfelt gratitude to Charansparsh Foundation for their invaluable contribution.

Techno-Management Fest Aaghaaz -2k24 Organized



IMS News Service

**Ghaziabad:** The 9th edition of the Annual Techno-Management Fest, Aaghaaz 2k24, organized by the MBA and MCA departments of IMS Engineering College, Ghaziabad was a grand success. Graced by our esteemed alumni, Mr. Ratandeep Srivastava,

Director, Software Engineering Systems, Iron Systems and Mr. Haitaish Shrivastav, Founder & CEO, Bag Bugs, alongside other distinguished alumni, the event witnessed exceptional coordination by Dr. Meenu Baliyan, Head of the MBA Department and Dr. Kavita Saxena, Head of



the MCA Department, along with dedicated students. The inauguration by our esteemed Director, Prof. (Dr.) Vikram Bali, infused the gathering with wisdom and motivation.

Engaging activities like Anveshan, business plan presentations and campus exploration added vibrancy to the fest. Prize distribution

was conducted at the end, with prizes awarded to the winners of all the events.

We extend our appreciation to the enthusiastic participation of around 780 students from IMSEC, Ghaziabad and 46 other colleges across Delhi NCR, which significantly contributed to the grand success of the event.

Celebrated the Spirit of Patriotism

**Ghaziabad (IMS News Service):** On the momentous occasion of Republic Day, IMS Engineering College, Ghaziabad, celebrated the spirit of patriotism and unity. The day commenced with the dignified unfurling of the National flag, symbolizing the essence of sovereignty. Our esteemed Director, Prof. (Dr.) Vikram Bali, delivered an insightful address, reflecting on the significance of the day and fostering a sense of national pride. The cultural program resonated with the melodies of patriotic songs and the recitation of stirring poems, capturing the rich tapestry of India's diverse heritage. The festivities reached a



crescendo with a spirited patriotic run, symbolizing the collective stride towards a harmonious and progressive nation. The event at IMS Engineering College was a

testament to the institution's commitment to instilling a profound love for the country among its students and fostering a spirit of unity and responsibility.

Expert Talk on College to Company (CTC) for Better Cost to the Company

**(IMS News Service) Ghaziabad** The Department of Computer Science organized an expert talk on College to Company (CTC) for better Cost to The Company (CTC). Mr. Nitish Joshi, Solutions Architect, delivered the talk about the complete journey from a College to a Company. He also briefed basic responsibilities of an Engineer. He added, how to look around for various problems and their solutions. The importance of project work and the expectations of a Company from freshers.

National Voters' Day Celebration at IMSEC

IMS News Service

**Ghaziabad:** To encourage upcoming young voters to experience their democratic rights in the political process, the Biotechnology Department of IMS Engineering College celebrated the 14th National Voters Day. The students, faculty, and staff members of the college showed their creativity by enthusiastically participating in the Digital collage-making and Slogan-writing competitions. The event was coordinated by Dr. Shomini Parashar, Assistant Professor, Department of Biotechnology. Heads of the



departments, faculty members, staff members and students of different programs along with the Director of IMS Engineering College, Professor (Dr.) Vikram Bali, took part in

voters' pledge. The theme of National Voters Day celebrations for this year is "Nothing like voting, I vote for sure" and it was assured by every IMSECian.

IMS News Service Expert Talk on Robotics- An Introduction



**Ghaziabad (IMS News Service):** The Technical club of MCA Department organized an Expert Talk on "Robotics- An Introduction".

An Eminent speaker Dr. Kavita Saxena, Head, Department of MCA, enlightened students with the latest trends of robotics, encompassing advancements in artificial intelligence and the integration of machine learning algorithms. Real-

world applications were also highlighted, showcasing robotics' impact across industries, from autonomous vehicles in transportation to robotic surgical systems in healthcare.

All faculty members and approx. 65 students of MCA participated with full interests and enthusiasm. Our esteemed Director Prof. (Dr.) Vikram Bali appreciated the whole team for the successful completion of the event.

Alumni Sports Meet 2024 @ IMSEC

IMS News Service

**Ghaziabad:** IMS Engineering College, Ghaziabad, hosted a vibrant Alumni Sports Meet, witnessing over 50 esteemed alumni from various branches and batches engaging in cricket, chess, and badminton tournaments. This year's event marked the active participation of the pioneering batch of 2006, adding nostalgia and camaraderie to the occasion. The atmosphere brimmed with excitement as alumni showcased their skills and bonds, reinforcing the enduring legacy of IMS Engineering College. Our respectable Director, Prof.



(Dr.) Vikram Bali, recognizing the alumni's contributions, awarded medals, reaffirming the college's commitment to lifelong connections and

community engagement. The Alumni Sports Meet 2024 celebrated not just sports but the enduring spirit of camaraderie and excellence. The occasion was also graced by Prof. Prerna Gaur, Director, West Campus, Dr. A.P. Mittal, Dr. Vishal Bhatnagar and Dr. Vijander Singh, Netaji Subas University of Technology, Delhi, adding to the prestige of the event.

Faculty Development Program on Research Methodology and Publication

IMS News Service

**Ghaziabad:** The Department of Mechanical Engineering and Electronics & Communication Engineering at IMS Engineering College, Ghaziabad, diligently organized a one-week Faculty Development Program (FDP) centred on "Research Methodology and Publication." The program was scheduled from 19th to 23rd February, 2024, and was meticulously coordinated by Dr. Suraj Choudhary (Assistant Professor, Mechanical Engineering) and Dr. Ajay Kumar (Assistant Professor,



Electronics & Communication Engineering) under the invaluable guidance of our esteemed Director, Prof. (Dr.) Vikram Bali. Drawing expertise from esteemed institutions, the FDP attracted a commendable turnout of over 150 participants, fostering a conducive environment for scholarly exchange and professional development.

Workshop on Cyber Security

**Ghaziabad (IMS News Service):** The Department of Computer Science and Engineering of IMS Engineering College Ghaziabad conducted a workshop on Cyber Security. In this workshop students from Second Year CSE participated. The workshop was conducted by Mr. Prashant Kumar Sharma (Corporate Trainer) and Mr. Rajinder (Corporate Trainer), Froyo



Technologies. The cybersecurity workshop aimed to educate participants about the importance of cybersecurity

in today's digital landscape and equip them with practical knowledge and tools to enhance their online safety and security.

Master Class on Omni- Channel Retailing

**Ghaziabad (IMS News Service):** Unlocked the secrets to success in the ever-evolving marketing landscape during a transformative Master Class led by Dr. Mohan Lal Agarwalon 'New Frontiers in Marketing, Start-ups, and Innovation' and Workshop



on Omni- Channel Retailing at IMS Ghaziabad. The

expert session helped students delve into the intricacies of real-world problem-solving and recent technologies in retailing. IMS extended heartfelt gratitude to Dr. Mohan Lal Agarwal for his valuable presence and insights shared at this exceptional session.

Drawing and Painting Competition Organized to Celebrate the Shri Ram Space Observatory Utsav



IMS News Service

**Ghaziabad:** The Department of MCA, IMSEC organized a drawing and painting competition as part of the Shri Ram Space Observatory Utsav, coinciding with the Shri Ram Pran Pratishtha Ceremony. The themes for the competition included  
 ▶ Depicting the worship during Shri Ram Pran Pratishtha.  
 ▶ Mother Sita watering



plants.  
 ▶ Shri Ram breaking the divine bow.  
 ▶ Shri Ram, Lakshman, and Mother Sita explore the forest  
 ▶ The construction of the Rama Setu bridge by Shri Hanuman and the Vanara Sena.  
 Over 50 Students from B.Tech, MBA, and MCA enthusiastically participated in the event. This artistic endeavour showcased the creativity and talent of the

participants while celebrating the cultural and religious significance of the occasion. The program ended with planting saplings by all the participants. Program was well-coordinated by Mr. Kapil Kumar Sharma. Our esteemed Director, Prof. (Dr.) Vikram Bali, appreciated the artwork of the students & congratulated the whole team for successful completion of the event.



News Brief

Department of Computer Science Organized Sensitization Program



**Ghaziabad (IMS News Service):** The Department of Computer Science at IMS Ghaziabad (University Courses Campus) organized a sensitization program for the first year students batch 2023-2026 in the IMSUC Auditorium. The session began with the welcome of faculty members. The objective of the

session was to provide first year students a perfect idea and guidance about all the specializations that IMSUC offers apart from University Syllabus. Our Anchors Ms. Ridhi Bathla and Mr. Shantanu from BCA first year invited Head -Department of Computer Science, Dr. Gagan Varshney to address and guide our young technocrats. All resource person then started to give us the knowledge of each specialization, there uses in the cooperative world, career opportunities and many more. All the students raised multiple queries after each session and all the resource person handled the queries in very professional and satisfactory manner. The session was a success and everybody enjoyed a lot. It was good experience for the first year students and everybody gained a lot of knowledge regarding specialization and were able to choose the right specialization.

Guest Lecture on Crime Reporting



**Ghaziabad (IMS News Service):** The Department of Journalism and Mass Communication at IMS Ghaziabad University Courses Campus organized Guest Lecture in Mini Auditorium. The event was held in the presence of the faculty members.

The event began with a small introduction of Mr. Alok Verma, a seasoned journalist with extensive experience in investigative journalism and crime reporting. The lecture aimed to provide students with insights into the nuances of reporting on criminal activities and the ethical considerations involved. Mr. Alok Verma initiated the lecture by defining the essence of crime reporting, highlighting its significance in journalism and its role in shaping public perception and policy decisions. He elaborated on the challenges journalists encounter while reporting on crimes, including access to accurate information, dealing with sensitive subjects, and maintaining ethical standards. Mr. Verma emphasized the importance of ethical reporting, discussing issues such as victim privacy, avoiding sensationalism, and maintaining objectivity amidst intense media competition. Mr. Verma provided examples of how crime reporting can influence public opinion, shape law enforcement strategies, and contribute to social change.

News 18, Media Visit



**Ghaziabad (IMS News Service):** The Department of Journalism and Mass Communication at IMS Ghaziabad, University Courses Campus organized a media visit under the guidance of the head of the department, Prof. (Dr.) Anil Kumar Nigam. More than 40 students with two faculty members, namely Dr. Khurshed Alam and Ms. Punam Kumara, participated in the show "Lapete me Neta Ji," anchored by Mr. Kishore Ajwani. Mr. Gaurav Chauhan, Mr. Sharif Bharti, Mr. Anil Chaube, Mr. Pratap Faujdar, and other poets were the guests of the show. The show was very engaging, and students also got an opportunity to interact with the guests. The complete show was based on the latest Indian political scenario, and all the poets were delivering poems either for or against the two leading parties of the country, the BJP and the Congress. The controversial comments over Nitish Kumar, CM of Bihar, were also made during the show for his love for the CM chair and the 9th party change. The visit served as a source of motivation and aspiration for students, igniting their passion for pursuing careers in media production and related fields. Students were taken on a tour of the studios where the show was filmed, allowing them to observe the set design, lighting setup, and camera equipment. Students observed rehearsals of the show, witnessing the actors and hosts practice their lines, movements, and cues. Students participated in audience interaction segments of the show, where they had the chance to ask questions and engage with the hosts and guests.

Wet lab Championship in collaboration with E cell IIT Hyderabad & MakeIntern

**Ghaziabad (IMS News Service):** Department of Biosciences, IMS Ghaziabad, University Courses Campus organized Wetlab Championship and Certification program in association with Make Intern & E-Cell (IIT Hyderabad) on "Basic and Advanced Molecular Biology Techniques". The intent of the workshop was to introduce the students about the advanced molecular techniques and their applications. Molecular techniques encompass a wide range of laboratory methods and procedures that involve the manipulation and analysis of molecules at the molecular level along with biochemistry, genetics, molecular biology,

Media Visit to Republic Bharat

IMS News Service

**Ghaziabad:** The Department of Journalism and Mass Communication of IMS Ghaziabad University Courses Campus has organised a media visit to Republic Bharat. This visit was for freshmen knowledge about the different aspects included in the conduct of production of a live programme.

Students also learned about the nuances of production and how to deal with pressure while producing the live show. Republic TV program was on the latest interim budget announced by the Finance minister Shrimati Nirmala Sitaraman. The event was hosted by the anchors two anchors; Ms. Suheitra Kukreti and Mr. Suhail. Students of



journalism and mass communication from IMSUC Campus also shared their views on student's expectations from the latest budget in the event. Senior Journalist Shri Ramkripal Singh was also present for the discussion over budget.

During the media visit to Republic TV network, students gained invaluable insights into live program production. They observed the intricate coordination between producers, directors, and technical teams, witnessing the

seamless execution of real-time broadcasts. Engaging with professionals, they learned about script development, camera operations, and the use of cutting-edge technology. The experience offered a firsthand understanding of the fast-paced and dynamic nature of live TV. Students left with a deeper appreciation for the collaborative effort required in delivering impactful and timely news content. The visit not only broadened their knowledge but also inspired



them towards a future in media production. Ultimately, the media visit to Republic TV not only enriched students' academic knowledge but also ignited a passion for media production. The hands-on experience and exposure to industry dynamics contributed significantly to their holistic development, shaping them into informed and inspired individuals ready to navigate the dynamic realm of media production.

The media visit to

Republic TV network yielded multifaceted learning outcomes for students. Firstly, participants gained practical insights into the intricacies of live program production. They observed the real-time collaboration among various departments, comprehending the synergy essential for successful broadcasts. Witnessing professionals in action, students grasped the nuances of script development, camera management, and the use of advanced broadcasting equipment.

Visit to Doordarshan News

**Ghaziabad (IMS News Service):** The Department of Journalism and Mass Communication at IMS, UC Campus organized a media visit to DD News under the guidance of Prof. Dr. Anil Kumar Nigam. More than 35 students of first and second year of journalism with faculty Prof. Punam Kumari went to the visit and participated actively. The program ( ) was presented by anchor Mr. Ashok Srivastava introducing and briefing the audience with the topic "Unnatural alliance between parties" after the briefing was done. The speakers also answered the various questions by the audience related to unnatural alliance, current scenario of parties and workings of the members, consequences of Unnatural/unholy alliance, future of this alliance.

J & MC Department Organized Alumni Talk

IMS News Service

**Ghaziabad:** The Department of Journalism and Mass Communication organized an alumni talk at IMS Ghaziabad University Courses Campus for all BAJMC students. It focused on productive interaction with students and make them more dedicated towards their goals and objectives.

It made the students more acknowledged with their degree and encouraged them to think about the possible future outcomes.

Ms. Isha Tyagi, Chief Sub-Editor - Daily Hunt, began the talk by sharing her personal career journey, highlighting the pivotal moments and



challenges she encountered along the way. From her time as a student at the institution to her current role, she provided a comprehensive overview of her professional trajectory.

Drawing from her extensive experience in the industry, Ms. Tyagi shared valuable insights into the evolving landscape of journalism and mass communication. She

discussed emerging trends, technological advancements, and the importance of adaptability in a rapidly changing media environment. Ms. Tyagi emphasized the significance of continuous learning and skill development in the field. She encouraged students to pursue internships, engage in networking opportunities, and seek mentorship to

enhance their career prospects. The alumni talk by Ms. Isha Tyagi was an enriching and inspiring experience for all BAJMC students. Her valuable insights, practical advice, and motivational anecdotes served to empower students as they navigate their own career paths in journalism and mass communication. The event reinforced the importance of alumni engagement and provided students with a valuable opportunity to learn from the experiences of successful professionals in the field. Heartfelt thanks were extended to Ms. Tyagi for graciously sharing her time and expertise with the students.

68th Foundation Day & 18th National Management Day Celebrated



**Ghaziabad (IMS News Service):** IMS Ghaziabad University Courses Campus, in association with the Ghaziabad Management Association (GMA), organized an event on the occasion of the AIMA 68th Foundation Day and 18th National Management Day. The theme of the event was "The Indian Century: Managing Growth with

Transformation." The guest speaker for the event was Mr. Rahul Agarwal. The event was attended by MIB students and all the faculty members of department of Management. The event started with the Director's words of wisdom, emphasizing on India's rich culture. Mr. Rahul Agarwal gave a brief introduction of AIMA & GMA. He gave five principles for the sustainable growth of India. Mr. Rahul Agarwal felicitates Prof. Komal Kapoor for her valuable contribution as a versatile teacher, design thinking coach, and innovation ambassador.

Peer Enrichment Session on Emotional Intelligence at the Workplace



**Ghaziabad (IMS News Service):** The Career Development Centre at IMS Ghaziabad (University Courses campus) organized a Peer Enrichment session on the topics - Emotional Intelligence at the Workplace.

The resource person, Dr. Deepa Goel began the session by welcoming all the faculty members present for the session. She emphasized that in today's fast-paced and interconnected work

environments, Emotional Intelligence (EI) is a vital skill for success. The session was organized to explore the importance of EI in fostering strong relationships, effective communication, and overall well-being in the workplace. Session aimed to integrate the ancient Indian Philosophy with the dimensions of EI. All the participants gained great insights from the session.

LinkedIn Workshop on From Zero to Hero

IMS News Service

**Ghaziabad:** The Career Pathway Club at IMS Ghaziabad University Courses campus organized a workshop titled "From Zero to Hero: Building a LinkedIn Profile that Gets You Noticed," featuring Manish Kumar as the resource person.

Ms. Swati Tyagi, CPC Coordinator began the workshop by presenting a pastoral sapling to Mr. Kumar. The session emphasized on the benefits of LinkedIn, with a focus on the time value of a strong profile. The major points covered included creating a custom profile with attention



to MEGR (Media, Education, Goals, Recommendations), using Adobe Firefly/Lightroom for a professional photo, and Canva for banner design.

The discussion delved into profile sections, highlighting the importance of a well-crafted headline and incorporating company names in the summary. The session advocated for

creativity in profile construction, mentioning tools like Copy.ai Book and emphasizing Industry 4 Location for increased efficiency. Practical tips were shared, such as utilizing specific time slots for posting, employing different content formats like PDFs and carousels for enhanced reach, and the significance of engagement metrics on

LinkedIn. Notable insights included the revelation that one share yields seven extra views, while one click results in four additional views. The workshop concluded with a call to action, suggesting 10 daily connection requests to industry HR professionals and encouraging participants to establish themselves as industry guides. The event ended with a vote of thanks by CPC Coordinator Ms. Swati Tyagi. Overall, the workshop provided valuable insights into optimizing LinkedIn profiles and leveraging the platform effectively for professional growth.

Guest Lecture on Role of Communication in Navigating Current Business Scenarios

IMS News Service

**Ghaziabad:** In today's dynamic and complex business landscape, effective communication is no longer a mere soft skill, but a critical pillar for navigating successfully.

From managing remote teams and adapting to rapid technological advancements to navigating global crises and fostering innovation, communication plays a central role in every facet of business operations. The Department of Management organized a guest lecture for BBA first year students on the topic "Role of Communication in Navigating Current Business Scenarios". The expert speaker for the event



was Ms. Urvashi Bhatia, Communication Coach/Entrepreneur, Frankfinn Institute. Dr. Isha Bharadwaj, Associate Professor & Program Leader - Department of Management welcomed the guest with a sapling as a token of

gratitude. Having worked in the sector for over 20 years, Ms. Urvashi Bhatia is a personality development and soft skills trainer. She gave presentation on "Role of Communication in Navigating Current

Business Scenarios". She discussed various ways to improve the fluency of the students, how mother tongue influence (MTI) effect the pronunciation and how frequently certain terms are mispronounced. She also advised that speaking

clearly and simply is more important than knowing every word in the dictionary. Becoming an effective communicator in English requires practice, awareness, and the willingness to adapt. By following these strategies, individuals can enhance their communication skills and increase their chances of success in various aspects of life. She also comprehended the importance of correct pronunciation and confidence for an effective presentation. She further explained that with the rise of remote work, communication tools and practices are crucial for fostering collaboration, engagement, and productivity. Building

bridges across physical and cultural distances requires intentional communication strategies that go beyond basic information sharing. Communication fuels creativity and innovation. When teams can openly share ideas, brainstorm collaboratively, and provide constructive feedback, the potential for innovation flourishes. Effective communication fosters a culture of trust and psychological safety, encouraging individuals to contribute their best thinking. Every student actively participated and gained a lot of knowledge that they may use going forward to become great speakers.



पंकज उधास

# संगीत की दुनिया से एक और ध्रुव-तारे को अलविदा



सरवन कोरी

**सं** गीत की दुनिया में अपने गजल गायन से सबको मंत्रमुग्ध कर देने वाले पंकज उधास का जन्म 17मई 1951 को गुजरात के राजकोट में हुआ था। उन्हें बचपन से ही गीत-संगीत का काफी शौक था। घर में माहौल भी ऐसा ही मिला कि संगीत की ओर उनकी दिलचस्पी समय के साथ और भी बढ़तीचली गई। वह बताते हैं कि बचपन में रेडियो पर जब भी मेरे वतन के लोगोंगाना आता, तो वो उसे बड़े गौर से सुनते। इतना कि पूरे 4 अंतरों का गाना उन्होंने जबानी याद कर लिया था, जिसे वो हर समय अपने स्कूल में गाते-गुनगुनाते रहते थे।

एकदिन पंकज को उनकी अध्यापिका ने उन्हें गाते हुए सुन लिया, और वहीं के कार्यक्रम में उन्हें मंच पर गाने के लिए प्रोत्साहित किया। फिर क्या था, उन्होंने गाना सुनाया और समा बाँध दिया। उनकी अध्यापिका इतनी खुश हुई कि उन्हें 51 रुपयों की भेंट दी। उनके बड़े भाई मनहर उधास की भी रुचि गाने में थी, उन्होंने ही पंकज को कार्यक्रमों में गाने के लिए प्रोत्साहित किया, जिसके बाद उन्होंने कभी पीछे मुड़कर नहीं देखा। उन्होंने 1972 में फिल्म कामना से बॉलीवुड में अपनी शुरुआत की। इसके बाद वह कैसेट कंपनी के मालिक मीर चंद्रानी से मिले और उन्हें आहत एल्बम में गाने का अवसर मिला। 'नाम' फिल्म का एक गाना 'चिट्ठी आई है' लोगों की

जहन में बस गया। जिसके बाद पंकज उधास का नाम सबकी जुबान पर चढ़ गया। इस गाने से जुड़ा एक किस्सा बहुत प्रख्यात है। हुआ यह कि जब यह गाना रिकॉर्ड हुआ ही था, उसी समय इस फिल्म के प्रोड्यूसर राजेंद्र कुमार ने अपने दोस्त राज कपूर कोडिनर के लिए घर पर बुलाया था। और उसी दौरान उन्होंने यह गाना लगा दिया। कहते हैं इस गाने को सुनकर राज कपूर की आंखों में आसू नहीं रुक रहे थे। उन्होंने कहा, यह गाना कोई नहीं भूलेगा। और हुआ भी ऐसा ही। यह गाना सदाबहार क्लासिक्स की फेहरिस्त में शामिल हो गया। लेकिन पंकज उधास के बेमिसाल गानों की सूची सिर्फ इस गाने तक सीमित नहीं रही। उन्होंने 'मुकर्रर', 'तरन्नुम' और

'महफिल' जैसे एल्बम में अपनी आवाज दी। और गजल के जगत में उनका जो नाम हुआ, वो किसी से छुपा नहीं है। 'चिट्ठी आई है' की सफलता के बाद उन्होंने हिंदीफिल्मों के लिए गाना शुरू कर दिया। इस क्रम में उन्होंने 'जियें तो जियें कैसे', 'मत कर इतना गुफुर' और 'ना कजरें को धार' जैसे सुपरहिट गाने दिए। इसके अलावा उनके एल्बम से 'आहिस्ता', 'चुपके चुपके' और 'चांदी जैसा रंग' जैसे गानों को देश, विदेश में भी बहुत सुना और सराहा गया। संगीत जगत को दिए अपने योगदान की वजह से उन्हें साल 2006 में पद्मश्री से भी सम्मानित किया गया। लंबे समय से बीमार चल रहे पंकज उधास ने 26 फरवरी, सोमवार की सुबह मुंबई में अपनी

अंतिम साँसें लीं। जिसके साथ ही पूरा देश शोक में डूब गया। प्रधानमंत्री नरेंद्र मोदी ने पंकज उधास के निधन पर शोक व्यक्त करते हुए सोशल मीडिया पर लिखा कि हम पंकज उधास जी के निधन पर शोक व्यक्त करते हैं, जिनकी गायकी कई तरह की भावनाओं को व्यक्त करती थी और जिनकी गजलें सीधे आत्मा को छूती थीं। वो भारतीय संगीत के एक प्रकाश स्तंभ थे, जिनकी धुनें पीढ़ियों से चली आ रही थीं। मुझे पिछले कुछ वर्षों में उनके साथहुई अपनी बातचीत याद हैं। उनके जाने से संगीत जगत में एक खालीपन आ गया है, जिसे कभी नहीं भरा जा सकेगा। उनके परिवार और प्रशंसकों के प्रति हार्दिक संवेदनाएं।



Sachin Sharma



Movie: Article 370  
Director: Aditya Jambhale  
Rating: 8.7/10  
Budget: 6.12Cr  
Available On: Netflix, Amazon Prime  
Cast: Yami Gautam, Arun Govil, Priyamani, Kiran Karmarkar, Rajendra Zutshi, Divya Seth, Raj Arjun IrvatiHarshe.

After Kashmiri Files this movie has touched the heart of people at every turn. Following the instability in Kashmir in 2016, Rajeshwari Swaminathan, a top-secret mission coordinator from the Prime Minister's Office, selects ZooniHaksar, a young local field agent. Their objective is taking action against terrorists and ending the billion-dollar war economy in the valley by abrogating the infamous Article 370, which would have been a difficult task. And that too without a single drop of innocent blood being shed. The movie undoubtedly sheds light on the drama, intrigue, and, most importantly, the true meaning of Article 370 after it was repealed. The complexity of Article 370 and the unstable political climate in Jammu and Kashmir has been effectively explained. A sizable group of local Muslim youths from Kashmir attacked CRPF personnel in their convoys with the intention of freeing a terrorist that the CRPF had captured. They use violence, stone-throwing, and arson to achieve this, even tying the terrorist in front of the CRPF jeep while endangering the lives of all CRPF personnel.

The sight is literally chilling as an escape route is chosen to allow the mob to stop throwing stones and allow all of the CRPF jawans to flee the territory without losing their lives. The encounter with the militants is very real. It seems like they have used live ammunition. The movie starts with Burhan Wani encounter in 2016. He was the poster boy of the Hizul Mujahideen in Kashmir. Movie climax is in 2019 with the abrogation of article 370.

The blood, sweat, and tears that go into maintaining the safety, security, and integrity of this magnificent nation should be known to all Indian citizens. And none of this is done with any desire for wealth, notoriety, or power; it all happens in the background. Learn to value these quiet struggles that are waged 365 days a year to ensure that you and I can enjoy peaceful lives. Excellent performance, a really genuine and spine-tingling message, and breathtaking cinematography. A gripping story that keeps you on the edge of your seat the entire time. It's the background score that gives you chills and goosebumps, especially in the more dramatic moments. Overall, you leave the theatre with a fresh perspective and a greater sense of thankfulness for the staff tirelessly working for our sovereignty.

## First Hindu Temple in Abu Dhabi

Nandini Agarwal

**T**he first Hindu temple built in Abu Dhabi was inaugurated by the Prime Minister Narendra Modi on 14 February, 2024. It took nearly 3 years to build this mandir in UAE. The BAPS Hindu mandir has been built with over 300 high-tech sensors to measure temperature and monitor seismic activities. More than 700 crores were spent in building the mandir. The grand temple is built as per the ancient style of construction. 20,000 tonnes of sandstone pieces were carved in Rajasthan and then were shifted to Abu Dhabi in 700 containers. The temple has 16 deities and a Sri Guru Granth Sahib's idol is also installed in the temple. Over 900 tonnes of steel, 6,000 cubic metres of concrete and 1,500-sq-mt of marble has gone into the temple construction and the ground floor of the temple can accommodate around 750 people. The temple trustees have welcomed people of all faiths to learn more about the Hindu religion, Indian heritage and customs. BAPS will become the best tourist place with cultural richness and spiritual serenity. The dome of the temple has a carving of horses and camels that represent UAE. PM Modi said, the UAE has written a golden chapter in the history of humanity through this Mandir.



## The Power of Sleep



Unveiling Its Impact on Physical and Mental Health

Radhika

**I**n our fast-paced world, where productivity is often prioritized over rest, the importance of sleep is frequently overlooked. Yet, sleep is not merely a period of inactivity; it is a fundamental pillar of overall health and well-being. Research consistently underscores its profound impact on both physical and mental health.

### Physical Health

Quality sleep is crucial for the body to repair, regenerate, and function optimally. During sleep, tissues are repaired, muscles are rebuilt, and growth hormones are released. Adequate sleep enhances immune function,

reducing susceptibility to infections and illnesses. Moreover, sleep plays a vital role in regulating metabolism and weight. Lack of sleep disrupts the balance of hunger hormones, leading to increased appetite and a higher risk of obesity and related conditions like diabetes and heart disease.

### Mental Health

Sleep is intricately linked to mental health, influencing mood, cognition, and emotional resilience. Adequate sleep fosters better concentration, memory retention, and problem-solving abilities. Conversely, sleep deprivation impairs cognitive function, exacerbates stress, and contributes to mood disorders

such as depression and anxiety. Chronic sleep deficiency has also been associated with an increased risk of developing neurodegenerative diseases like Alzheimer's. Sleep is not just about feeling rested; it significantly impacts daily performance across various domains. Whether in academics, athletics, or professional endeavors, sufficient sleep enhances focus, creativity, and decision-making skills. Sleep-deprived individuals often experience decreased productivity, impaired judgment, and may be prone to accidents or errors.

### Strategies for Quality Sleep

Given the significance of

sleep, cultivating healthy sleep habits, known as sleep hygiene, is essential. This includes maintaining a consistent sleep schedule, creating a conducive sleep environment (cool, dark, and quiet), limiting exposure to screens before bedtime, and avoiding stimulants like caffeine and nicotine close to bedtime. Sleep is not a luxury but a biological necessity that profoundly influences our physical and mental well-being. Recognizing its importance and prioritizing quality sleep is crucial for achieving optimal health, performance, and overall quality of life. By embracing the power of sleep, we can unlock our full potential and thrive in all aspects of our lives.

## Creative Corner

### मेरे हिस्से का आकाश

मेरे हिस्से का आकाश  
झांका है खिड़की से  
खटखटाता है मेरे हृदय के कण्ठ  
कहता है।  
आने दो मुझे भीतर  
दम घुटता है जिंदगी का।  
उठने दो उसे  
नन्ही स्वच्छन्द विड़िया की तरह  
सांस भर  
ताजी हवा  
मिलाने दो खून में  
बढ़ाने दो नसों में  
नदी के गीत  
उठाओ दृष्टि  
पर्वत शिखर पर सूर्य की पहली किरण  
कर रही है प्रतीक्षा।  
मैं  
मौन, सुनती हूँ  
आकाश के उन्मुक्त गीत  
और  
तलाशती  
अपना इन्द्रधनुष  
अपने हिस्से में।



मुग्धा



### माँ...

जिन परिन्दों के घोसले में मैं होती हूँ  
वो सुकून से उड़ पाते हैं  
क्यों कि वो जानते हैं की घर पे मैं हूँ  
जो उनकी राह ताक रही हूँ  
उनके लिए जन्म रही हूँ।  
दरना आते तो हम भी हैं घर, रातों में  
थके हारे, बुरे हालातों में  
मैं कहीं दिखती हूँ हमें?  
कहाँ कोई कहता है की, आज हाँय मुह वो कर  
खाना लगा चुका है।  
आजा तेरे बालों में आज तेल लगा दूँ  
आजा तुझे अपनी गोद में मैं सुकून से सुला दूँ  
किसपे अब अपनी गलतियों का इल्जाम लगा दूँ  
कॉलेज जाने में देर हो गयी, तुमने मुझे उड़ाया क्यों  
नहीं?  
किस से अब लड़ूँ मैं?  
क्यों नहीं इस दुनिया में कोई है तुम्हारी तरह  
क्यों नहीं अब खाने में नखरे दिखा सकती  
क्यों नहीं अब रातों में किसी को उठा सकती  
क्या उम्र भर अब ऐसे ही रहना पड़ेगा मुझे  
क्या अब सारे गमों को खुद अकेले ही सहना पड़ेगा  
मुझे?



संजना मिश्रा

