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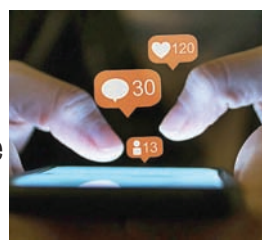
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Mansi Bhardwaj

Girls are not safe! Send them with someone and not alone! Government is not doing anything etc. We all have heard these lines several times. Fine, a girl should not go alone anywhere but what about these cases. Here a woman has been assaulted, murdered in front of public. But no one came forward to help them. So who should be held responsible for these things? How are people becoming so insensitive? They don't care until it involves their own family.

If we talk about these cases, people always expect others to take charge. But why is it not a collective responsibility? Why should we always blame others?

Why is indifference or apathy, the order of the day? According to a survey, the common man fears the police & the legal system.

Police are supposed to protect us. Then what makes us hesitant to approach the cops. People are fearful of the Indian Police system because they feel Police would put them behind bars or harass them. So, they hesitate to help others and do not bother taking the trouble.

I feel that first of all the fear related to cops inherent within the common man, should be addressed and a law should be implemented that punishes people who do not help victims of such heinous crimes.

Do we want a society that reacts or a society that prevents? Which India do you want for your boys & girls? Its high time that we start introspecting and choose to create a more inclusive and humanitarian society. Its the right time to envision a society where girls can feel safe at home and even in the streets. Its important to remember that it all starts with "One" and that one is you.

Society's Blind Eye : A Wake up Call ?

Case Studies

Case 2: 2023 Ujjain Rape Case

On 24 September 2023, a 12 year old girl was raped by an auto driver named Bharat Soni in Madhya Pradesh's Ujjain district. A little child walked around partially clothed and bleeding, for 8 Km door to door. Not only people ignored her but shooed her away. She walked around and sought help for over two hours. Then a Hindu priest spotted the girl at 9:30 a.m. and gave her some clothes. He then called the police. The police came and then took her to the hospital. She is currently admitted in the hospital.

Case 1: Delhi Stabbing Case

An incident which shocked everyone. May 28, 2023 the day when a girl was murdered brutally in front of public. Sahil Khan, was the man behind the murder of a 16-year-old girl in Delhi. He was caught on CCTV as he stabbed the girl, Sakshi, several times in Rohini's Shahabad Dairy area. Sakshi was stabbed over 20 times and bludgeoned to death with a cement slab allegedly by Sahil on May 28. A day later, Sahil was arrested by the police in Uttar Pradesh's Bulandshahr. Sahil and the minor victim were allegedly in a relationship & had an argument a day before the grisly murder. The incident took place in broad daylight in the presence of public but no one helped her.

Case 4: Manipur Burning Case

19 July 2023, a video came forward which has shaken everyone and initiated a discussion on the national platform. This video was published on 19 July but the incident took place on May 4, where two Kuki women were being paraded naked by a mob. In their complaint, the victims said that five members of the village had fled to the forest and were later rescued by the police. But while they were being taken to the police station, they were stopped on the way by a mob and seized from police custody. The woman's father was killed on the spot. All three women were physically forced to remove their clothes and were stripped naked in front of the mob, after which they alleged raped the youngest daughter in front of the mob. Their brother was killed, while trying to help her. What appears to be more shameful is the fact that after 1 and a half month, after the video went viral, only one culprit was arrested.

In an incident where 2 people had been murdered 1 woman raped and 3 had been forced to remove their clothes and paraded on the streets, it is indeed shameful that the culprits went scot free.



Case 3: Attack on Powerful Woman

On March 25, 1989, Jayalalitha was assaulted by DMK members in the Tamil Nadu State Assembly. She was seen leaving the Assembly building looking disheveled, her black saree torn. According to journalist witness Kalyan Arun, it started from a screaming match between Jayalalitha and the DMK CM M Karunanidhi. Jayalalitha got hit by a paperweight and her saree was pulled with a force that left her pallu ragged and torn.

Jayalalitha alleged, "They all concentrated on me and directed blows on my head. Throwing the podium, the bell on the Speaker's table, big pads and bundles of budget papers, books and whatever missiles they could lay their hands on. I felt giddy and almost fainted. When party MLAs tried to escort me out, a DMK Minister caught hold of my saree and pulled it. This resulted in the safety pin on the shoulder giving way and causing bleeding injuries."

UGC Revises Grant Amount for Fellowship Programmes

IMS News Service
New Delhi : University Grants Commission (UGC) has decided to revise the amount of junior research fellowship and senior research fellowship for science, humanities and social sciences with effect from January 1, 2023. This will benefit around 31,000 students.

As per the revised rates, the existing per month fellowship amount for JRF and SRF have been increased from Rs 31,000 and Rs 35,000 to Rs 37,000 and Rs 42,000 respectively. A similar increment has been approved by UGC for junior and senior Savitribai Jyotirao Phule fellowship for single girl child as well.

The Dr DS Kothari Post-Doctoral Fellowship (DSKPDF) amount for the higher postdoctoral fellowship has been increased to Rs 67,000 per month for the entire tenure from the existing Rs 54,000. The post-doctoral fellowship for one year now has been increased to Rs 58,000 per month, Rs 61,000 per month for second year and Rs 67,000 per month for the third year.

For post-doctoral fellowship for women for SC/ ST has also been enhanced.

Delhi State School Games Start, 3.5k Schools Take Part

IMS News Service

NEW DELHI: The Delhi State School Games was started at Chhatrasaal Stadium to nurture emerging sports talent in schools and offer students an opportunity to exhibit their skills.

In all, 3,545 government, government-aided and private recognised schools from 29 zones in 16 districts under the directorate of education participated in

zonal sports competitions that had 32 games in three age categories - under 14, under 17 and under 19.

The winners from 29 zones will take part in the Delhi State School Games, 2023-24.

In addition to this, sports activities are being organised for children with disabilities in nine different disciplines.

Most of the games on the list of 32 - which includes athletics, swimming,



softball, cricket, gymnastics, wrestling and judo - are on the list of international sports events such as the Olympics,

Asian Games and Commonwealth Games, the government said.

The aim of this annual event is to encourage grassroots participation, promote a healthy lifestyle, foster sports culture in schools and identify budding sports talent, the government added.

Education minister Atishi said: "Children are often advised to concentrate solely on studies, rather than

engaging in sports and extracurricular activities. I would like to tell all parents and elders who offer this advice that our children often acquire more knowledge when they actively participate in sports rather than confining themselves to classrooms."

"Being a sportsperson is far from easy and requires an immense amount of dedication and effort," she added.

गिरकर उठना और चलते रहना ही सफलता की कुंजी : अनंत

अवनी त्यागी

अनंत अग्रवाल ख्यातनाम मोटिवेशनल स्पीकर, लेखक और इंटरनेशनल ट्रेनर हैं। उन्होंने आईएमएस गाजियाबाद (यूनिवर्सिटी कोर्सेस कैंपस) में एक कार्यक्रम के दौरान विशिष्ट अतिथि के तौर पर शिरकत की। इस दौरान उनसे विभिन्न मुद्दों पर काफी विस्तार से बातचीत हुई। प्रस्तुत हैं बातचीत के प्रमुख अंश:



भागदौड़ भरी जिंदगी के चलते आजकल युवा एंजाइटी, डिप्रेशन जैसे कई प्रकार के मानसिक रोगों से पीड़ित हैं। इसके बारे में आपका क्या खयाल है?

निस्संदेह, आज की जेनरेशन के युवाओं में एंजाइटी और डिप्रेशन जैसी दिक्कतें आ रही हैं। इसका

प्रमुख कारण मशीन है। आज हमें हर तरह की टेक्नोलॉजी उपलब्ध है और इस तकनीक हमारी मदद भी बहुत कर रही है। लेकिन आज युवा स्मार्ट फोन और टीवी इत्यादि में अपना बहुत अधिक समय जाया कर रहा है। टेक्नोलॉजी एडवांस होने के कारण लोगों ने खुद पर ध्यान देना

छोड़ दिया है। न हम खुद को समझ पा रहे हैं और न ही अपने घर पर किसी से बात कर पा रहे हैं। इसके चलते युवाओं का सोशल दायरा भी कम हो गया है। आप खुद अच्छे ट्रेनर हैं और इस फील्ड में आपको 22 वर्षों का तजुर्बा भी है। आपने इन 22 साल में किन-किन कठिनाइयों

का सामना किया ?

देखिए, जीवन बहुत ही सुंदर है और प्रतिस्पर्द्धा इस जीवन का एक भाग है। बात यह है कि असल जीवन में खुद को स्थापित करना और अपनी पहचान बनाना बहुत महत्वपूर्ण है। अगर यह ठीक है तो बाकी सब ठीक है। आपने तीन किताबें और इतनी

ही ई किताबें लिखी हैं। आपको उन्हें लिखने की प्रेरणा कहाँ से मिली ?

मेरा जीवन बहुत कठिनाई से भरा रहा है। संघर्षपूर्ण जीवन के दौरान मेरे मन में विचार आया कि क्यों न मैं इसे अपने शब्दों में लिखूँ। और इसी विचार के चलते जाने-अजाने में मेरी मोटिवेशनल बुक्स बन गईं। मेरी पहली किताब का नाम अनंत संभावना पड़ गया। मेरी अलग-अलग किताबों में मेरी 26 कहानियाँ हैं।

अपने जीवन को तलाश रहे विद्यार्थियों को क्या सलाह देना चाहेंगे ?

मैं विद्यार्थियों से कहना चाहूँगा कि वे खुली आँखों से सपने देखें। अपना अच्छे से अच्छा कर्म करते रहें, बाकी सब बातें भूल जाएँ। गलतियाँ हर व्यक्ति से होती हैं। गलतियों करें, पर हर बार नई एवं पुरानी गलतियों से सीख लेकर अपने आगे बढ़ते रहें।

Movie Screening Part of Students' Local Tours at Delhi Government Schools



IMS News Service

New Delhi : The Directorate of Education (DoE) has included movie screening as an activity in local tours for students at Delhi government schools.

Schools have been told that the Vidya Samiksha Kendra's auditorium can be utilised for this purpose. Officials of the department will curate the list of movies.

"The directorate of education has been striving constantly to strengthen the qualities of the head and the heart among our students. As an initiative, it has decided to introduce students to the genre of inspirational movies so that our students can watch them and learn desirable lessons of life," said a circular issued by Himanshu

Gupta, director of DoE. BPPandey (officer on special duty, school) will act as the nodal officer to select such movies, documentaries and productions in genres that promote inclusion, integrity of character, entrepreneurship, patriotism, discipline, etc.

The screening of movies will be followed by a brief discussion with students. "The Vidya Samiksha Kendra on Boulevard Road has a beautiful amphitheater with capacity to accommodate 200+ persons. The amphitheater boasts excellent light and sound facilities, with an almost multiplex-size screen. During local tours, students can have a stop to watch an inspirational movie for an hour or two free of cost," added the circular.

Color Psychology and Its Effect on the Human Mind

Avni Agarwal

New Delhi: "Colours, like features, follow the changes of the emotions," the famous quote by Pablo Picasso states how colour can dramatically affect your moods, feelings, and emotions. When one uses the term colour psychology, the question that prompts itself is "What is the connection between color and psychology?" It explores how colors can influence emotional responses. Certain colors have been associated with increased blood pressure, increased metabolism, and eyestrain. Scientists in the field of colour psychology have observed how different



colors have different meanings, connotations, and psychological effects. **Just to give you an insight:** **RED:** Associated with love, passion, and anger, it signifies physical needs. Evident effects are increased respiration rate, metabolism, and blood pressure. **ORANGE:** Marked with

optimism and self-confidence, it radiates warmth and happiness. The sight of orange stimulates the appetite. **YELLOW:** Being the color of hope, yellow uplifts the mood to bring cheerfulness & playfulness. **GREEN:** It means to return to the roots, to the pristine kingdom of inner peace and



tranquility. **BLUE:** the color of trust, serenity, and peace. Research has indicated that its impact on the body is controlled heart rate and metabolism. **PURPLE:** the color of royalty, prompts imagination and spirituality. It allows us to connect with our deeper thoughts.

PINK: Represents a gentle love, can be linked to feminine and masculine, and shallowness and tenderness. Associated with childhood sweetness and innocence. **WHITE:** Makes us think of new beginnings and promotes creativity, inviting reflection, openness, and awakening. **BLACK:** Known

for invoking mystery and fear, intimidates people, and is considered as a symbol of a sophisticated lifestyle. **BROWN:** Known for its seriousness, often associated with stability. It reflects the traits of dependability, reliability, and resilience. The purple and gold packaging of a certain brand of candy bars is a technique to lure the consumer into believing that this is chocolate royalty. Therefore color psychology becomes a secret tool when it comes to interior decorations, art, and marketing. Color perception could be subjective, yet the bottom line is, that color psychology is an interesting part of the complex working system of our brain.

Caught Amidst War: Students and their Future



Mugdha Jugran

New Delhi: War affects not only the parties involved but also the whole world. The countries involved, suffer in many ways. Destruction of infrastructure, loss of life and limbs, trauma and a lot more. Along with the countries involved, the people who have come to these countries for work, travel or studies also face a lot of difficulties. If the war is protracted, international students suffer a great deal, often facing an uncertain future. In recent times, we have witnessed two such scenarios. First, when the war between

Russia and Ukraine broke out and second, more recently, the war between Israel and Hamas. People had to be airlifted from war-torn areas which in itself was a very traumatic experience. International students faced many difficulties during evacuation. However, after reaching home the question that vexed the students the most was the uncertainty in their academic future. Almost 17,000 Indian students were evacuated from Ukraine and approximately 300 from Israel. These students are now looking at a very uncertain future. Though, some of them have

an option to seek admission in an Indian Institution for further studies, others lose their scholarships and sponsors. The fees already deposited in the foreign universities are also wasted. However, the greatest setback they face is the loss of valuable time they had spent in pursuing their respective chosen field of studies. Several Indian medical students were left with no choice after their evacuation from Ukraine and have taken transfers to universities in other countries to continue their studies. Many have gone to Russia, Serbia, Uzbekistan, and other European countries.

Students have taken transfers to other universities through the Academic Mobility Programme. Last year in September, the Ministry of External Affairs and the National Medical Council (NMC) issued a notice that the NMC would accept completion of their remaining courses in other countries (with the approval of the parent university/institution in Ukraine). But not everyone is able to do so. Some face financial problems as scholarships have been lost. Some have been forced to go back and continue studies while some are taking online classes. The evacuation of students from Israel is still going on and they will definitely be facing same issues. Indian Government has no nationwide policy tailored specifically to cater to the needs of these displaced students. Keeping in mind the volatile state the world is in these days, our Government should take some special steps to keep the future of these students safe and bright.

GMA Organizes Blood Donation Camp



IMS News Service

Ghaziabad: Ghaziabad Management Association (GMA) had organized a Blood Donation camp in partnership with IMS Ghaziabad, University Courses Campus & Rotary Club of Sahibabad. The

activity was flagged off with GMA's President donating blood. The camp was quite successful. A total of 332 people had expressed interest in donating blood. After medical screening, 202 blood units were collected in a day.

The Web Explorer's Guide



Kirti Saini

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

1. Philistines & Pharisees

Where to read: Telegraph India Official Website



Why read: In a time when individuals are striving to comprehend the complexities of the Israel-Palestine conflict, an op-ed penned by Mukul

Kesavan offers a deeply nuanced perspective on this protracted issue. While it may not serve as the ideal entry point for those with limited prior knowledge of the conflict, it presents an invaluable resource for students seeking a profound understanding of the broader spectrum.

2. Finshots Daily

Where to listen: Spotify

Why listen: For students who often find themselves grappling with the intricacies of financial news, Finshots Daily stands as an excellent solution. This daily 5-minute podcast offers a concise yet comprehensive breakdown of the most crucial developments in the Indian finance and business world, all presented in a clear and easily digestible format. As a valuable resource, Finshots Daily not only simplifies the often daunting world of finance but also empowers students to stay well-informed about key economic events, enhancing their financial literacy and decision-making skills.



Workshop on Negotiation Skills

IMS News Service

Ghaziabad: GMA had organized a workshop on Negotiation Skills at its newly built GMA Conference Room at Ghaziabad. The speaker was Mr. Satish Kumar, International facilitator, Consultant and Trainer. Twenty-four participants from different industries and institutions attended the workshop. A few key takeaways of the participants from the workshop were: understanding the science & art of successful



negotiation, preparing, planning and conducting successful negotiations.

Creating a personal action plan for implementation at work etc.

The workshop included interesting case studies and group activities.

Smart India Hackathon 2023 Organized



IMS News Service

Ghaziabad: Ghaziabad Management Association (GMA), in partnership with IMS, showcased the Smart India Hackathon 2023 &

Business Plan Competition. This stimulating event became the hub for young minds to parade their creativity, innovation, and problem-solving skills. The competition ushered

in a wave of fresh ideas. From smart vehicles and drones to sustainable energy, smart communication, agriculture, rural development, transportation, etc. students delved deep into various

sectors. The Smart India Hackathon 2023 was not just an event but a testament to the future of innovation and the brilliant minds ready to give shape to it.



TECH SANSAR

Aakanksha Shreya

Google's New Tech Can Turn Any Existing ANC Earbuds into Heart Rate Monitors

Google has published a research paper detailing a new experimental technology that can turn any existing ANC earbuds into cardiac monitors with the help of a software update. The unique method allows Google to equip noise-cancelling buds with the ability to monitor heart rate and heart rate variability without the need for additional health monitoring sensors. The paper is titled "APG: Audioplethysmography for Cardiac Monitoring in Hearables" and describes how the novel innovation works (h/t 9to5Google). Google says APG is an acoustic sensing system that sends a low-intensity ultrasound probing signal using the speakers on ANC earbuds and headphones and receives the echoes via the onboard microphones. The company also built a mathematical model to then analyze and convert the ultrasound echoes into heart rate readings. "We observed that, as the volume of ear canals slightly changes with blood vessel deformations, the heartbeats will modulate these ultrasound echoes," Google writes in the paper's abstract. The tech even works to monitor cardiac activity when music is playing on the earbuds and when the body is in motion while doing activities like running. According to Google, APG is also resilient to factors like skin tone variation, a sub-optimal seal of the ear, and ear canal size. The company also claims that the tech has negligible impact on the battery life of ANC buds. Google conducted an eight-month-long field study with 153 participants to evaluate APG under various conditions. It found that the tech presents a high level of accuracy while reporting heart rate readings (3.21% median error) and heart rate variability readings (2.70% median error). The research team's findings were further reviewed by Google's internal health team, product team, user experience (UX) team, and legal team, so it sounds pretty solid. Google's research team will now focus on testing APG with more rigorous motion activities like hiking, weightlifting, boxing, and HIIT (high-intensity interval training) to improve the performance of the tech. "We envision that APG could enable many other exciting health research as the APG waveform contains lots of nuances beyond just HR and HRV," the research paper noted in its closing thoughts.



Google's AI Can Now Solve Word Problems, You Paste into the Search Bar



Google has introduced new features in both Search and Lens to assist users in visualizing STEM-related concepts and determining the right equations for their problems. Whether you're trying to decipher a complicated physics concept or a perplexing geometry problem, these tools aim to make the process more intuitive. For instance, if you're stuck on a calculus problem, you can now simply type your equation into the Search bar or snap a photo with Lens to receive a step-by-step explanation and solution. This feature is not limited to just equations; it extends to word problems, especially those from high-school physics topics. The integration of Lens, in particular, addresses a unique challenge in geometry. Describing visual problems using words can be cumbersome. For example, if you're given a diagram of a triangle with measurements of two sides and need to find its area, Lens can now interpret both the visual and text components of the problem, offering a comprehensive step-by-step guide on how to solve it. This advancement isn't just about problem-solving. Google has also introduced new interactive 3D models on Search, allowing users to visually explore almost 1,000 topics from biology, chemistry, physics, and astronomy — an example given by the company was a search for the term "mitochondria." This feature can be particularly useful for those who wish to gain a deeper visual understanding of complex STEM concepts. The underlying technology that powers these features can be traced back to Google's efforts in enhancing its AI capabilities.

A notable mention on this front is the integration of PaLM into Bard. Initially, Bard, based on Google's Language Model for Dialogue Application (LaMDA), was more adept at holding conversations than logical reasoning.

However, with the fusion of PaLM into its code base, Bard's capabilities expanded to include arithmetic, code completion, semantic parsing, logical inference, and more. We could be seeing a similar implementation of machine learning here with the new tools in Search and Lens. While AI tools, like the features Google is introducing today with Search and Lens, are becoming increasingly sophisticated, it's essential for users to approach them as supplementary resources, complementing traditional learning and problem-solving methods.

As technology continues to evolve, the line between human and machine capabilities might blur, but the essence of learning and understanding will always remain inherently human.

The Evolution of Work: Redefining our Workspaces

Akshita Jain

NEWDELHI: The past few years have seen a dramatic shift in the way we work. The traditional office, once a staple of professional life, has been replaced, or rather, transformed, by the rise of remote work. This shift, accelerated by the global pandemic, has brought with it a myriad of challenges and benefits, reshaping the work-life balance and redefining our approach to traditional office setups.

Remote work, once seen as a luxury reserved for a select few, has become a widespread phenomenon. It's no longer just for freelancers or digital nomads; it's for professionals in a wide range of industries. Technology, particularly high-speed internet and advanced communication tools, has made it possible for employees to contribute effectively from their homes or other remote locations.

One cannot discuss remote work without acknowledging its undeniable benefits. Flexibility stands out as a key advantage. Employees no longer need to commute, which not only saves time but also reduces the environmental impact of daily travel. This newfound



flexibility allows individuals to better balance their work and personal lives. Parents can be more present for their children, and professionals can pursue hobbies and interests they might have previously neglected. Furthermore, remote work offers access to a broader talent pool. Companies are no longer limited by geographical constraints when hiring. They can tap into global talent, bringing in diverse perspectives and skills that can enhance creativity and innovation. However, the shift to

remote work has not been without its challenges. One of the most significant hurdles is the blurred boundary between work and personal life. Without a physical office to leave behind, many find it difficult to switch off from work, leading to burnout and increased stress levels. This challenge has prompted discussions about the importance of setting boundaries and establishing a dedicated workspace at home. Communication and collaboration can also be trickier in a remote setting. While technology has made

it possible to connect instantly, the absence of face-to-face interactions can sometimes lead to misunderstandings or a sense of isolation among team members. Companies have had to adapt by investing in robust digital communication tools and fostering a strong company culture through virtual means.

The pandemic has prompted a reassessment of the traditional 9-to-5 work model. With remote work, the rigid confines of this model have begun to dissolve. People are finding ways to

Challenges of Remote Work

- **Isolation and Loneliness:** Remote work can lead to isolation and feelings of loneliness, as employees miss out on the social interactions and camaraderie of the office.
- **Difficulty in Setting Boundaries:** It can be challenging to establish clear boundaries between work and personal life when your office is also your home. This often leads to overwork and burnout.
- **Communication Hurdles:** Collaborating with colleagues and superiors becomes more challenging in a remote setting. Miscommunication and delays can occur when relying solely on digital communication tools.
- **Lack of Access to Resources:** Some professions require access to specific tools, equipment, or resources that are only available in a physical office.

structure their workday to better align with their natural rhythms and personal needs. This shift represents a potential long-term change in the way we view work-life balance. Instead of measuring productivity solely by the number of hours spent at a desk, the focus is shifting towards outcomes and performance. This change challenges the traditional notion that more time at the office equates to greater productivity. As remote work becomes more prevalent, there's a growing acknowledgment that results matter more than where or when the work is done. As remote work continues

to gain traction, traditional office spaces are evolving to meet new demands. The office of the future may no longer be a place where employees spend the majority of their time. Instead, it will likely become a hub for collaboration, innovation, and team-building activities. Companies are reimagining office spaces to be more flexible and adaptable. Hot-desking and shared workspaces are becoming the norm, allowing employees to choose their preferred work environment for the day. The physical office will serve as a place for meetings, brainstorming

Benefits of Remote Work

- **Flexibility:** Remote work offers unparalleled flexibility, allowing employees to set their own schedules and better accommodate personal commitments.
- **Improved Work-Life Balance:** For many, remote work has led to an improved work-life balance. Eliminating the daily commute and providing a familiar home environment can reduce stress and increase overall well-being.
- **Access to a Global Talent Pool:** Companies can tap into a global talent pool, not limited by geographical boundaries, which can lead to a more diverse and skilled workforce.
- **Cost Savings:** Employees can save money on commuting, work attire, and meals, while employers can reduce overhead costs associated with office space.

sessions, and building a sense of community among employees.

The rise of remote work has fundamentally transformed the way we approach work and the traditional office setup. It has brought about a profound shift in our work-life balance, giving us the flexibility to prioritize what matters most to us. While it has come with its challenges, including the need to establish boundaries and improve digital communication, the benefits of remote work are hard to ignore. As we move forward, it's essential to continue adapting to this evolving landscape. The future of work is likely to be a

blend of remote and in-person collaboration, with a focus on outcomes rather than hours clocked. The office, once the epicenter of work, will become a space for connection and creativity rather than a place where employees punch in and out. In this new era of work, the boundaries between our personal and professional lives may remain fluid, but the potential for a more balanced and fulfilling work experience has never been greater. It's up to us to seize this opportunity and continue to shape the future of work in a way that benefits both individuals and organizations alike.

DRUG ABUSE: A RISING CONCERN FOR INDIAN YOUTH?

Disha Sharma

New Delhi: As we all know it is important for college students to be aware of the potential risk associated with drug abuse. Substance abuse can have serious consequences on academics, health and overall well-being.

Prevalence of substance abuse is seen in 52.7% students who belong to the age group of 19 to 21 years. The two most frequently misused prescription drugs among college students are 'Stimulants, Pain relievers and Sedatives/Tranquilizers.' Stimulants are of particular concern among college students due to rising rate of misuse. As per the statistics of "Crime in India," Mumbai had reported 3,509 cases or incidence under the NDPS Act in 2020. The cities that followed closely were



Bengaluru (2,766 cases), Indore (998 cases), Delhi and Kochi both having more than 700 cases respectively.

The most commonly used drugs by college students

- **MARIJUANA**
- **COCAINE**
- **MDMA**

In 2013, University Grants Commission (UGC) had issued a circular to all Vice Chancellors regarding strict adherence to the



provisions of the Cigarettes and Other Tobacco Products (Prohibition Of Advertisement And Regulation Of Trade And Commerce, Production, Supply And Distribution) Act, 2003. The UGC circular enjoins

upon all concerned to display boards prominently stating that sale of cigarettes and tobacco products in an area within a radius of 100 yards of the University, is strictly prohibited. It advocates sensitization of

teaching and non-teaching staff of the University and its affiliated Colleges to substance and related abuse.

The government has also started NashaMukt Bharat Abhiyan that intends to reach out to the masses and spread awareness about substance abuse through various Awareness Generation Programmes.

The idea is not to leave the person who is addicted alone. Many policies run by the government and helpline numbers are available to help fight addiction. There is an urgent need to educate the youth about the consequences of drug abuse and channelize them in the right direction. There is also a growing need to understand their condition and provide support and guidance accordingly.



मोक्षा त्यागी

विश्वविद्यालयों की खबरें

इलाहाबाद विश्वविद्यालय-पीएचडी में विषयों व सीटों की संख्या में बढ़ोतरी



इलाहाबाद विश्वविद्यालय विद्वत् परिषद ने फ्रेंच, जर्मन और रशियन सहित पांच विषयों में भी पीएचडी की घोषणा की है। इन्हें जोड़कर अब पीएचडी के विषयों की संख्या 48 हो गई है। विश्वविद्यालय तथा इसके संघटक कॉलेजों में 400 से अधिक नए शिक्षकों की नियुक्तियों के बाद इस बार पीएचडी के लिए सीटों की संख्या में भी बढ़ोतरी होगी। गौरतलब है कि इविए ने फ्रेंच- 2022 का आयोजन 43 विषयों की 735 सीटों पर किया था। माना जा रहा है कि फ्रेंच- 2023 के लिए नवंबर में आवेदन प्रक्रिया शुरू हो जाएगी। एक दो माह में प्रवेश परीक्षा की तिथि भी घोषित की जा सकती है।

आर्टिफिशियल इंटेलिजेंस पाठ्यक्रम की तैयारी

विश्वविद्यालय शैक्षणिक शोध और आधारभूत ढांचे के विकास के साथ नई धारा में आने की दिशा में कार्य कर रहा है। पूर्व का ऑक्सफोर्ड जैसी पदवी प्राप्त इविए ने बीए बीएससी एमए एमएससी योग एवं मेडिटेशन, बीटेक एमटेक इन कंप्यूटर साइंस विद मेजर इन आर्टिफिशियल इंटेलिजेंस और बी डिजाइन एंड एम डिजाइन इन फैशन एंड टेक्नोलॉजी पाठ्यक्रमों के संचालन के लिए इंफ्रास्ट्रक्चर विकास करते हुए इन्हें अगले वर्ष से शुरू करने का निर्णय लिया है। विश्वविद्यालय अगले साल पूरी तरह से नई शिक्षा नीति लागू करेगा।

राजा महेंद्र प्रताप सिंह राज्य विश्वविद्यालय अलीगढ़ का उद्घाटन शीघ्र

राजा महेंद्र प्रताप सिंह राज्य विश्वविद्यालय अलीगढ़ माननीय मुख्यमंत्री जी की प्रार्थनाओं में से एक है। उच्च शिक्षा मंत्री योगेंद्र उपाध्याय जी ने पंडित दीनदयाल उपाध्याय की 107 वीं जयंती के अवसर पर आयोजित कार्यक्रमों में शामिल होकर अलीगढ़ में बताया कि इसी वर्ष इस विश्वविद्यालय का उद्घाटन हो जाएगा तथा विद्यार्थियों के लिए कक्षाएं भी शुरू हो जाएंगी।



Knowledge



Solve Quiz No. 109

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 Comptroller and Auditor General of India is appointed by?

- a) The Prime Minister
- b) The President on the Advice of Prime Minister
- c) The Parliament
- d) The President on the advice of Parliament

2. Which court in India works as a Human Rights Court?

- a) The Commissioner's Court
- b) The District Magistrate Court
- c) The District Session Court
- d) None of the above

3. In which of the following years was India declared Polio-free?

- a) 2010
- b) 2012
- c) 2014
- d) 2016

4. In which of the following positions of Sun, Earth and Moon, does the full lunar eclipse occur?

- a) Conjunction
- b) Opposition
- c) Quadrature
- d) None of the above

5. Which of the following cities the Indian Standard Meridian (82½° East) passes through?

- a) Bengaluru

6. The Gobi desert is located in

- a) Mongolia
- b) Ukraine
- c) Russia
- d) Tazikistan

7. Which of the following is the largest coal field of India?

- a) Raniganj
- b) Jharia
- c) Bokaro
- d) Giridih

8. If the price of a television set is increased by 25%, then by what percentage

the new price be decreased to bring the price back to the original level?

- a) 15%
- b) 20%
- c) 25%
- d) 30%

9. Grave's disease occurs due to

- a) Hypothyroidism
- b) Hyperthyroidism
- c) Hyperadrenalism
- d) Hypoadrenalism

10. The normal pH value of saliva is

- a) 7.30 to 7.45
- b) 1.5 to 3.5
- c) 6.0 to 8.5
- d) 6.0 to 7.4

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-108) October, 2023 issue:

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

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

The Power of Holistic Education



Smriti Kanchan

New Delhi: In the fast-paced and ever-changing modern world, education plays a consequential role in shaping the lives of students. Since ages we have been following the traditional pattern of education which precisely focuses on academic subjects where students are just passive receivers of the facts who will simply restate what has been taught, whereas holistic education is a dynamic concept which takes broader approach, encompassing the physical, emotional, social aspects of a student's life. It includes skill development, behavioral training, physical fitness, emotional stability, and other such abilities which are required for the development of the students. The concept of holistic approach in education began from the ancient times during the Gurukul system. This age-old education system emphasized on the importance of holistic education. Though, now the Gurukul system is no longer the predominant form of education in contemporary India, but it still has left an impact on country's education and philosophies. Here are some of its importance in students' life:

Holistic education instills curiosity and develops better communication skills. It encourages children to make connections in



subject using their links and creative skills. It prepares students for setbacks and tough situations in life. It inculcates resilience among the students. It focuses on the well-being of the students. Holistic education helps in all-round development of students, it helps the students to be more self-aware, happy, and have the capability to think rationally. It helps in building the confidence level of the students. They say an individual's confidence in life affects its general quality of life. Holistic education adds great value to one's confidence level. It improves the academic achievements of a student regardless of background, by catering to learning style and providing a supportive learning environment. Holistic education as we know now goes beyond acquisition of knowledge and rather focuses on developing life skills which stays with students in the long run. The attitude they develop today will help them live their lives with much self-awareness and capabilities to tackle any situations and cope with hindrances that come in their way. Hence, I would like to conclude by saying that holistic education is a powerful approach that recognizes the multifaceted nature of students and prepares them for life. It is more like an investment in their future granting them to lead fulfilling lives and make positive impact in the society.

Sudoku

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तीसरी सबसे बड़ी अर्थव्यवस्था की ओर बढ़े कदम

वर्ष 2014 में वैश्विक जीडीपी के मामले में दसवीं सबसे बड़ी अर्थव्यवस्था रहा भारत अब पांचवी सबसे बड़ी अर्थव्यवस्था बन गया है। भारत कई क्षेत्रों में जबर्दस्त प्रगति का साक्षी रहा है, जिसमें डिजिटलीकरण, अर्थव्यवस्था को औपचारिक बनाना, विनिर्माण के लिए निवेश आकर्षित करने की खातिर बेहतर नीतिगत माहौल और बुनियादी ढांचे पर खर्च में भारी वृद्धि शामिल है। नीतियों की निरंतरता के कारण भारत के सकारात्मक विकास के लिए आधार तैयार किए गए हैं।

वित्त वर्ष-24 की पहली तिमाही में 7.8 फीसदी की वृद्धि के साथ भारत दुनिया की सबसे तेजी से बढ़ती अर्थव्यवस्था है। इस वृद्धि को मजबूत खपत, बुनियादी ढांचे और रियल एस्टेट क्षेत्रों में चल रहे निवेश, सेवा निर्यात में निरंतर वृद्धि, एक संपन्न सेवा क्षेत्र, सकारात्मक उपभोक्ता और व्यावसायिक विकास का समर्थन हासिल है। रिजर्व बैंक के ताजा अनुमानों में वित्त वर्ष-2024 में भारत के लिए 6.5 फीसदी और वित्त वर्ष 2025 में 6.2 फीसदी की वास्तविक जीडीपी वृद्धि का अनुमान लगाया गया है। कई नीतिगत सुधार और समर्थन, सरकार द्वारा विशाल पूंजीगत व्यय पर ध्यान केंद्रित किए जाने, मजबूत कॉरपोरेट एवं बैंक बैलेंस-शीट ने (जिनमें एनपीए पर काबू पा लिया गया है) आने वाले लंबे समय के लिए निरंतर आर्थिक विकास के लिए एक मजबूत आधार तैयार किया है। अब भारत पांचवी सबसे बड़ी अर्थव्यवस्था बन गया है। प्रति व्यक्ति आय के मामले में भी सुधार हुआ है और वर्ष 2014 के 147वें पायदान से ऊपर उठकर अब यह 127वें पायदान पर आ गया है। इस दौरान जीएसटी, आईबीसी, जनधन, आधार, यूपीआई और पीएलआई योजनाएं जैसे ऐतिहासिक सुधार हुए हैं। मुद्रास्फीति पर भी उल्लेखनीय नियंत्रण हुआ है। इसके अलावा, व्यावसायिक सुगमता सूचकांक में भारी उछाल के साथ कारोबारी घागरा में सुधार हुआ है। और अब भारत तीसरी सबसे बड़ी अर्थव्यवस्था बनने के अपने लक्ष्य की ओर तेजी से बढ़ रहा है। बुनियादी ढांचों के विकास में अभूतपूर्व वृद्धि हुई है। भारत ने बड़े पैमाने पर सार्वजनिक बुनियादी ढांचे में अपना निवेश बढ़ाया है। पिछले नौ वर्षों में राजमार्गों में लगभग 60 फीसदी की वृद्धि हुई है और रेलवे के बुनियादी ढांचे में निवेश चार गुना से अधिक बढ़ गया है। बंदरगाहों की क्षमता में 83 फीसदी की वृद्धि हुई है। मेट्रो लाइन की लंबाई साढ़े तीन गुना बढ़ी है, जिससे और अधिक शहर मेट्रो रेल लाइन से जुड़ गए हैं। उड़ान योजना के तहत 73 नए हवाई अड्डों के संचालन का काम हुआ है। वित्तीय समावेशन और डिजिटाइजेशन के मोचे पर भी भारी सफलता मिली है। ऑटोमोबाइल की बिक्री में वृद्धि, बिजली की बढ़ती मांग, ई-वे बिल की मात्रा, पैसेंजर ट्रेफिक में वृद्धि, घरेलू क्षेत्र में बैंक ऋण के प्रवाह में उच्च वृद्धि और ग्रामीण मांग वृद्धि में सुधार बढ़ते उपभोग का संकेत देते हैं। बुनियादी ढांचा और रियल एस्टेट क्षेत्र फल-फूल रहे हैं, जो औद्योगिक उत्पादन सूचकांक में वृद्धि, सीमेंट, स्टील की खपत और बुनियादी ढांचे पर सरकारी खर्च में परिलक्षित होता है। जीडीपी प्रतिशत के रूप में सकल स्थिर पूंजी निर्माण में भी वृद्धि हुई है। हालांकि समग्र अर्थव्यवस्था की तुलना में विनिर्माण क्षेत्र की कम वृद्धि, माल के निर्यात और आयात में संकुचन, और अर्थव्यवस्था में एफडीआई, वेंचर कैपिटल (वीसी) और प्राइवेट इक्विटी (पीई) फंड के निचले स्तर के साथ-साथ कच्चे तेल और थोक बिजली की कीमतों में वृद्धि से कुछ चिंताएं पैदा होती हैं। जीएसटी संग्रह ने अब तक जीडीपी वृद्धि को पीछे छोड़ दिया है। चालू वित्त वर्ष की पहली छमाही में प्रत्यक्ष कर संग्रह मजबूत कॉरपोरेट प्रदर्शन का संकेत है। मजबूत मांग की स्थिति के बीच नए कारोबार में तेज वृद्धि के कारण सितंबर में सेवा क्षेत्र की वृद्धि 13 साल के उच्चतम स्तर पर पहुंच गई, और समग्र व्यापार माहौल में सुधार के कारण नौकरियों की संख्या में वृद्धि जारी रही। जैसे ही त्योहारी सीजन शुरू होगा, खपत में जोरदार वृद्धि की उम्मीद है। घरेलू यात्री वाहन की बिक्री और जीएसटी संग्रह के आंकड़े एक स्वस्थ आर्थिक परिदृश्य का संकेत देते हैं। महामारी के दौरान भारी चुनौतियों का सामना करने के बाद, भारत के रियल एस्टेट क्षेत्र ने मांग में भारी बढ़ोतरी के साथ मजबूत वृद्धि दर्ज की है।

रोजगार, आय और व्यय की संभावनाओं के साथ सामान्य आर्थिक दृष्टिकोण में अगले एक वर्ष में और सुधार होने की उम्मीद है। नवीनतम सर्वेक्षण दौर में भविष्य की अपेक्षाओं का सूचकांक (एफडीआई) भी चार साल के उच्चतम स्तर पर है। भारतीय परिवार भविष्य की कमाई को लेकर अत्यधिक आशावादी बने हुए हैं। कुल मिलाकर, बैंकों और कॉरपोरेट्स की स्वस्थ बैलेंस शीट, आपूर्ति शृंखला सामान्यीकरण, व्यावसायिक आशावाद, मजबूत उपभोक्ता भावना और मजबूत सरकारी पूंजीगत व्यय भारत में मजबूत आर्थिक विकास के लिए अनुकूल हैं।

The Dawn of Travel: India's Tourism Renaissance After Covid-19

India is a land of diverse cultures, breathtaking landscapes, and historical wonders, attracting tourists across the globe. The tourism sector in India has played an essential role in the growth of the country's economy. It is a great employment generator as well as a significant source of Foreign exchange for the country. However after the widespread covid pandemic, the tourism industry hasfaced some extraordinary challenges



Sanskriti Gauba

World Travel and Tourism Council's calculations, in 2021, tourism contributed 13.2 lakh crore (US\$170 billion), or 5.8%, to India's GDP and supported 32.11 million jobs. Currently, the tourism sector in India is a multi-billion industry. However, the development of this sector has been a gradual process that spanned thousands of years. In ancient times, people traveled extensively in search of food, trade, and education. However, their journeys were limited to nearby areas due to various factors such as the lack of proper roads, transportation systems, and knowledge about different places and routes. As tourism evolved into a multifaceted industry the governments of many counties also formulated comprehensive plans to promote tourism. In India, the National Tourism Policy was announced in 1982 and led to evolutionary changes in the tourism sector.

With the growing demand and popularity of travel and tourism, significant attention is now given to providing all the necessary facilities for tourists in India, including transportation, food and beverage, accommodation, and comfort. The Indian tourism industry is expected to continue its rapid growth in the coming years. Fortunately, India's natural beauty, varied geography and culture makes it unique. There are hundreds of places across the country that, due to their charm, attract people



from all over the world. While some of these places have become very commercialized, others are still new and awaits to be explored. Some of these new and exciting places that are attracting people are:

Jawai, Rajasthan- Jawai Leopard Camp is the newest and the coolest addition to leopard finding destinations in India. Luxurious canopies, rustic lights and authentic Rajasthani cuisine ensure that the experience is fantastic as well as exclusive.

Nandan Van Jungle Safari, Naya Raipur- It is believed to be Asia's biggest man-made jungle safari and may soon become a major tourist hub.

Gurez Valley, Kashmir-Surreal landscapes, cool air, breathtaking backdrops, and the sound of gushing river are commonplace in Gurez Valley.

Damro, Arunachal Pradesh- Damro is the base to the longest

hanging bridge (1,000 feet) in Arunachal Pradesh. Definitely a hidden route to heaven, Damro charms with thatched bamboo houses, swaying suspended bridges, and laid-back lifestyle of the locals.

Mawlynnong, Meghalaya- Mawlynnong is one of India's most underrated places. It's known as the "Cleanest Village in Asia" by international organizations.

Mawlynnong is a place of harmony and purity. As the post covid era sees an increased number of tourists both from within the country and abroad, India's tourism industry is thriving. The government's main goal has always been to improve and sustain India's competitiveness as a tourist destination. Compared to other sectors, the tourism industry has the highest potential for creating opportunities for employment and income generation and India is striving to fulfill this potential.

कौशल विकास पर फोकस से नौकरी मिलना तय

बेरोजगारी एक ऐसी शब्द है जो आम लोगों के जुबान पर छाई हुई है। खास कर हमारे युवा वर्ग के जुबान पर और ये दिन पर दिन मुंह पर थपेड़े मारती जा रही है। हाल ही में श्रम बाजार पर एक रिपोर्ट में पाया गया है कि 25 वर्ष से कम उम्र के 42% स्नातक कोविड 19 के बाद बेरोजगार रहे, जबकि वैश्विक आर्थिक मंदी के बाद



वाहत कुमारी

रोजगार सृजन की गति में कमी आई है। बेंगलुरु स्थित अजीम प्रेमजी यूनिवर्सिटी की रिपोर्ट, 'स्टेट ऑफ वर्किंग इंडिया 2023: सोशल आइडेंटिटी एंड लेबर मार्केट आउटकम' में कहा गया है कि उच्च शिक्षा प्राप्त लोगों में भी बेरोजगारी की दर में बड़ा अंतर मौजूद है। हालांकि कोविड के बाद के आंकड़े नीचे बने हुए हैं। इसमें आवधिक श्रम बल सर्वेक्षण (2021-22) के आंकड़ों का हवाला दिया गया, जो राष्ट्रीय सांख्यिकी कार्यालय (एनएसओ) द्वारा किया जाता है।

रिपोर्ट में कहा गया है, '25 साल से कम उम्र के शिक्षित युवाओं के लिए बेरोजगारी दर 40% से घटकर 35 साल और उससे अधिक उम्र के स्नातकों के लिए 5% से भी कम हो गई है।'

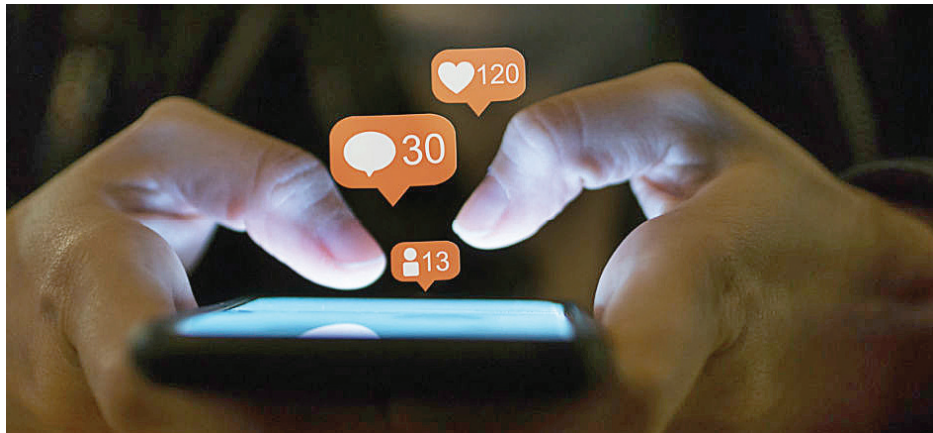
हालांकि ये माना जाता है स्नातकों को नौकरियां मिल जाती हैं, लेकिन क्या वे उनके कौशल और

आकांक्षाओं से मेल खाती हैं। रिपोर्ट की मानें तो ये भी कहा गया है कि भारत की आर्थिक वृद्धि और अच्छी नौकरियों के बीच संबंध कमजोर बना हुआ है। अजीम प्रेमजी यूनिवर्सिटी ने 2019 चुनाव से पहले एक रिपोर्ट की थी जिसमें कहा गया था कि 2016-2018 के दौरान पांच मिलियन नौकरियां चली गईं। हालांकि रिपोर्ट में कोई लिंक स्थापित नहीं किया गया है, लेकिन 500 और 1,000 के बैंक नोटों को बंद करने का सरकार का कदम नवंबर 2019 में आया था।

हाल ही में, अगस्त 2023 के दौरान, केंद्र सरकार ने डिजिटल क्षेत्रों में गतिशीलता फैलाने वाले 1.18 रुपये ट्रिलियन मूल्य के कार्यक्रमों का अनावरण किया, जिससे नौकरियां पैदा होने की उम्मीद है। कहते हैं उम्मीद पर दुनियां कायम है लेकिन कब तक हम बेरोजगारी के थपेड़े खाएंगे। लेकिन हम एक पक्ष पर सवाल नहीं उठा सकते हैं। हमें ये सोचना चाहिए की जिस चीज के लिए हम भाग रहे हैं क्या वो कौशल हमारे अंदर है? क्या हम उसके काबिल हैं? आरोप प्रत्यारोप तो चलते रहेंगे लेकिन हम युवा के लिए अच्छा होगा की हम अपने कौशल, अपने स्किल्स पर ध्यान दें तो नौकरी या बेरोजगारी के शब्द हमारी जिह्वा पर नहीं आएंगे।

The Impact of Social Media is Irreplaceable

Social media is the most trending podium people are using nowadays. It is an interactive technology that facilitate the creation and sharing of content, ideas, interests, and other forms of expression through virtual communities and networks. Most of the people use it to stay in touch with their friends, relatives and closed ones. But, what really has happened that this platform is getting so much hate and blame? Social media leads to tremendous stress, pressure to compare oneself to others, and increases sadness and isolation. According to Etactics- 13% of kids ages 12-17 report depression and 32% report anxiety. 25% of 18 to 25-year-olds report mental illness. According to data from the Centre for Disease Control, the suicide rate among 10- to



24-year-olds was stable from 2000 to 2007; it then increased 57% between 2007 and 2017. Social media started out as a way for people to interact with friends and family but, soon expanded to serve many different purposes. In 2004, MySpace was the first network to reach 1 million monthly active users. According to Global Web Index, 46% of internet users worldwide get their news



Shruti Raj

through social media. That compares to 40% of users who view news on news websites. Gen Z and Millennials were most likely

to view news on social sites versus other generations. In little more than a decade, the impact of social media has gone from being an entertaining extra to a fully integrated part of nearly every aspect of daily life for many. The "attention-grabbing algorithms underlying social media propel authoritarian practices that aim to sow confusion, ignorance, prejudice, and chaos, thereby

facilitating manipulation and undermining accountability," says University of Toronto political science professor Ronald Deibert. The greatest impact of social media is people started living life just to show off rather than really living it. Whatever people see on the big screen they misunderstand it with the day to day life. As a result, they end up being what they are not. But, is this really a fault of the platform? The answer is, undoubtedly, no. People of certain age and mostly teenagers follow those influencers who's draining their intellect and compelling them to indulge in the mob mentality. They just need to lower their screen timing and need to switch to the right choices. The impact of social media is irreplaceable but, it can surely be improvised.

बहुत कम महिलाओं के पास जमीन का मालिकाना हक

महिलाओं की श्रमबल में कम भागीदारी दर का मुद्दा सिर्फ आर्थिक ही नहीं बल्कि सामाजिक दृष्टि से भी चिंता का विषय है। भारतीय ग्रामीण आबादी में 48 प्रतिशत से कुछ अधिक महिलाएं हैं और अगर हम इस महिलाओं की आबादी में से महिला श्रमिक की बात करें तो चौंकाने वाले आंकड़े देखने को मिलते हैं। भारत को दुनिया में सबसे कम महिला श्रम भागीदारी में दर्ज किया गया है, बल्कि यह अफगानिस्तान पाकिस्तान को छोड़ कर अन्य दक्षिण एशियाई देशों की तुलना में भी कम है। लेबर फोर्स पार्टिसिपेशन रेट को जनसंख्या में श्रम बल, जिसमें काम करने वाले या काम की तलाश करने वाले व्यक्तियों का कुल प्रतिशत मापा जाता है। रोजगार पर सांख्यिकी मंत्रालय की ओर से जारी आवधिक श्रमबल सर्वेक्षण रिपोर्ट में कहा गया है कि 2021 से 22 में 15 से 59 वर्ष के महिलाओं की भागीदारी भारत में केवल 35% है। ग्रामीण क्षेत्रों में 39% और शहरी क्षेत्रों में 26% की भागीदारी है। हालांकि 2017 से 2021 तक पुरुषों की तुलना में महिलाओं की भागीदारी में बढ़ोतरी हुई है, खासकर ग्रामीण क्षेत्रों में

यह सुधार देखने को मिला है।

इस बढ़ोतरी के पीछे कारण यह है कि पहले लगभग तीन चौथाई ग्रामीण कामकाजी महिलाएं, कृषि और उससे जुड़े कार्यों में शामिल थीं और बाद में ग्रामीण महिलाओं ने स्वरोजगार से जुड़ना शुरू कर दिया। ग्रामीण महिलाओं के सामने अनेक चुनौतियां हैं, जिसमें सबसे बड़ी चुनौती है वेतन में लिंग के आधार पर होने वाला भेद भाव। रोजाना या कभी-कभी श्रमिकों के रूप में काम करने वाली ग्रामीण महिलाओं को शहरी महिलाओं की तुलना में लिंग के आधार पर वेतन में ज्यादा अंतर का सामना करना पड़ता है।

स्वरोजगार वाली महिलाओं को पुरुषों की तुलना में आधे से भी कम कमाई मिलती है, जो ग्रामीण क्षेत्रों में बढ़ते लिंग आय अंतर की तरफ संकेत करता है। खुद का रोजगार चाहने वालों के लिए ये अंतर 2017 से 2021 तक और भी खराब हो गया। इसके अलावा दूसरी सबसे बड़ी चुनौती है महिलाओं का एक बड़ा हिस्सा



खुशी वार्शर्या

जो कि काम तो करता है लेकिन उसे कोई वेतन नहीं मिलता है। उन्हें अनपेक्षित वर्ग में शामिल कर दिया जाता है लेकिन उनसे पूरा श्रम भी कराया जाता है। यह सब काम करने के बावजूद उन्हें भारत में लेबर फोर्स भी नहीं माना जाता।

ग्रामीण क्षेत्रों में 2021-22 में एक तिहाई महिलाएं बिना वेतन के घरेलू कार्यों में लगी हुई हैं। 2019 में हुए टाइम यूज सर्वे से पता चलता है कि महिलाएं औसतन रोजाना पाँच घंटे से भी ज्यादा घरेलू सेवाओं में और दो घंटे से ज्यादा गांवों में होने वाले कामकाजों में सेवाएं देती हैं, जो कि पुरुषों की तुलना में काफी अधिक है। ये डेटा बताता है कि ग्रामीण महिलाएं भी बाजार और घर के लिए फसल उगाने में रोजाना सात घंटे से ज्यादा का समय बिताती हैं।

तीसरी सबसे बड़ी चुनौती है भूमि के स्वामित्व पर लैंगिक असमानता। कृषि में महिलाओं की महत्वपूर्ण भूमिका के बावजूद कृषि जनगणना ने बताया कि केवल 14.7% महिलाओं के पास भूमि पर



अपना हक है। सीमांत और छोटे श्रेणियों में महिलाओं की हिस्सेदारी केवल 57% है। शुरू की गई, लेकिन 2023 में केवल 15% योजनाओं में पुरुषों की तुलना में महिलाओं को कम लाभ मिला। केन्द्र सरकार द्वारा किसानों को सहायता देने के मकसद से

पीएम किसान सम्मान निधि और पीएम फसल बीमा योजना जैसी कई योजनाएं शुरू की गईं, लेकिन 2023 में केवल 15% महिला किसानों को पीएमएफबीवाई से वित्तीय सहायता मिली और केवल 25% महिला किसानों को पीएम किसान के तहत

वित्तीय लाभ मिला। इन दोनों योजनाओं का लाभ पाने के लिए जमीन का मालिकाना हक होना बहुत जरूरी है। इसलिए कई महिला किसान इससे वंचित रह जाते हैं। ऐसे में ग्रामीण महिलाओं के लिए सरकार को नई तरह की योजनाओं की शुरुआत

करनी चाहिए या फिर पुरानी योजनाओं में ही महिलाओं की भागीदारी को बढ़ाने के लिए काम करना चाहिए। भारत में भरपूर प्रतिभा मौजूद है, जिसके दम पर भारत एक संपन्न और समृद्ध देश बन सकता है। इसके साथ ही ग्रामीण महिलाओं के उत्थान के लिए उनकी शिक्षा को बढ़ाने पर भी जोर देना जरूरी है ताकि लेबर फोर्स में उन्हें भाग लेने के लिए प्रोत्साहित किया जा सके। रिसर्च में पाया गया है कि शिक्षा से लिंग अंतर को 40% तक कम किया जा सकता है। इसके अलावा माइक्रोफाइनेंस ऋणों तक महिलाओं की पहुंच को आसान बना कर महिला श्रमबल की भागीदारी में बढ़ोतरी की जा सकती है, जिससे महिलाएं स्वरोजगार के लिए आगे आ पाएंगी।

भारत को ग्रामीण स्तर पर मजबूत करके ही हम सही मायने में देश को मजबूत कर पाएंगे और इसमें महिलाओं की भागीदारी उतनी ही जरूरी है जितनी पुरुषों की। यह कहना बिल्कुल गलत नहीं होगा कि आज कल की महिला चाहे गाँव की हो या फिर शहर की, उन्हें किसी भी पुरुष से कम आकना गलत होगा। आज महिलाएं भी हर क्षेत्र में आगे हो गयी हैं और अब उन्हें पीछे ढकेलना मुमकिन नहीं है।

Insomnia Can Affect Work Performance

DHANVI GANDHI

New Delhi: Insomnia is very common, almost 1 in 3 adults worldwide have insomnia symptoms, and about 10% of adults meet the criteria for insomnia disorder. Insomnia can occur in children of all ages, from infants to toddlers, preschoolers, school-aged children and adolescents.

The consequences of insomnia are far-reaching, impacting not only an individual's sleep but also their overall well-being. Sleep is essential for maintaining physical health, body function, and emotional stability. Insomnia can lead to daytime fatigue, mood disturbances, cognitive impairments, and even more serious health issues if left unaddressed.

Moreover, insomnia can



affect work performance, interpersonal relationships, and one's overall quality of life. Chronic insomnia can have negative effects on one's health and happiness. There are many effective solutions to establish a consistent sleep schedule, going to bed and waking up at the same time every day to regulate your body's internal clock. Creating a comfortable sleep environment by keeping the bedroom dark, cool, and

quiet, along with investing in a comfortable mattress and pillows, can significantly improve sleep quality. Additionally, limiting the consumption of caffeine, alcohol, and heavy meals close to bedtime, as well as avoiding screens before sleep, can help. Practicing relaxation techniques, such as deep breathing or meditation, can reduce stress and anxiety. Regular physical activity can also promote better sleep, but it's



best to avoid strenuous exercise close to bedtime. Ultimately, consulting a healthcare professional may be necessary if insomnia persists, as they can provide additional guidance and, if needed, medical treatment options.

Insomnia is often misconstrued as solely being a problem with falling asleep. However, this is merely one facet of a more complex disorder. Insomnia can manifest in numerous

ways, such as waking up during the night and being unable to fall back asleep, waking up too early in the morning and feeling unrested, or experiencing non-restorative sleep even after sleeping for the recommended amount of time. Insomnia is a complex sleep disorder with a variety of causes and consequences. Understanding its root causes and effects is crucial for finding effective solutions, whether through

lifestyle adjustments, therapy, or medical intervention. By addressing insomnia, individuals can significantly improve their overall quality of life and well-being. Insomnia is when you aren't sleeping as you should. That can mean you aren't sleeping enough, you aren't sleeping well, you're having trouble falling or staying asleep. For some people, insomnia is a minor inconvenience. For others, insomnia can be a major disruption. The reasons why insomnia happens can vary just as wildly. Your body needs sleep for many reasons (and science is still unlocking an understanding of why sleep is so important to your body). When you don't sleep enough, it can cause sleep deprivation, which is unpleasant and keeps you functioning at your best.



Smriti Kanchan

Fun Facts about Mobile Phones

- ▶ The first smartphone was called SIMON. It came with a touchscreen keyboard and costed around \$1000.
- ▶ The first ever mobile phone was Motorola Dyna TAC 8000x invented in 1983 by Martin Cooper.
- ▶ The first mobile phone call was made on April 3, 1973. It was placed to Dr. Joel S. Engel of Bells Lab.
- ▶ The world's most expensive mobile phone by Apple is worth \$15.3 million.
- ▶ The highest mobile bill was \$201,000.
- ▶ Android operating system are named after desserts.
- ▶ One interesting fact you might not be aware of is "iPhone" didn't belong to Apple. Cisco actually owned the trademark for iPhone when the product unveiled in 2007.
- ▶ The first text message ever sent was delivered by one Neil Papworth. He sent the famous message on the 3rd of December, 1992. The message was "Merry Christmas", which he sent to Richard Jarvis, the director of Vodafone.
- ▶ "Scientists can charge phones using urine" Scientists down in Bristol developed a way of charging phones using urine. Researchers believe that the future of charging could involve using 'smart toilets' to gain and store energy.
- ▶ Mobile phones are dirtier than toilet handles.



नई किताब

BOOK – The Play of Justice
DIVYANSHI MITTAL
AKSHITA JAIN

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Author: Dr. Kaushik Chaudhary

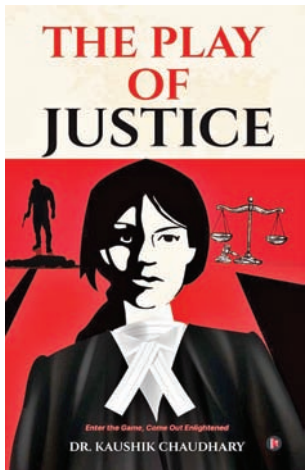
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At the heart of this book lies a profound theme centered around law, order, and justice. Within this framework, the author masterfully intertwines characters, subplots, backstories, and the intricate narrative of vigilantism, which serves as a wellspring of riveting entertainment.

It is the story of Sunita Roy, an idealistic law student and only daughter of a top industrialist, who turns against the system when she sees the killing of her father in front of her eyes. As she fails to get justice in court for her father's death, she uses all her excellence to expose the impotence of the justice system. As Sunita is about to achieve her final goal, an investigation of a brainy CBI officer, Akshara Mathur, turns the table for Sunita. Now, the system traps her in her own game. The ingenious twist and turn in the plot and the engaging narrative of this book is bound to captivate individuals who have a taste for crime, action and romance.

The Play of Justice is a comprehensive entertainer that's practically begging to hit the big screen—whether as a blockbuster movie or a binge-worthy web series. The narrative, with its intoxicating mix of selfless love, innocent college romance, and in-your-face plot twists will keep the readers glued to the pages. The book guarantees to keep its readers enthralled from beginning to end.



ऑनलाइन धोखाधड़ी से सावधान

चाहत

नई दिल्ली। विश्वास, सच्चाई, और भरोसा—ये तीन शब्द हमारे ऑनलाइन जीवन के महत्वपूर्ण हिस्से हैं, लेकिन इन शब्दों का मतलब अक्सर बदलता जा रहा है। भारत में 2023 के पहले पोल में एक अच्छी खबर के बीच, बढ़ती डिजिटलीकरण और इंटरनेट की उपयोग की बढ़ती मात्रा ने ऑनलाइन धोखाधड़ी की वृद्धि हो गई है। विश्वभर के साइबर अपराधी नए और नवाचारी तरीके से विचारशीलता बढ़ा रहे हैं, जिससे यह अधिक चुनौतीपूर्ण हो गया है लोगों के लिए अपने ऑनलाइन सुरक्षा को बनाए रखना।

ऑनलाइन धोखाधड़ी क्यों हो रही है?

ऑनलाइन धोखाधड़ी का मुद्दा अक्सर तकनीकी रूप से महिलाओं के आधार कार्ड की जानकारी को चोरी करने के प्रयास के साथ जुड़ा होता है, लेकिन वास्तविकता में धोखाधड़ी की यह जटिल समस्या है जिसके कई कारण होते हैं।

अनधिकृत प्रयोग

डिजिटल अनधिकृतता एक प्रमुख कारण है, जिसमें लोगों की अनुभवहीनता और अज्ञानता का



उपयोग किया जाता है। धोखाधड़ी करने वाली वेबसाइटों और ऐस द्वारा चलाए जाने वाले धिनोने फर्जी विज्ञापनों के माध्यम से लोगों को आकर्षित किया जाता है, और उनको अपने जाल में फंसाते हैं, और उनसे व्यक्तिगत जानकारी और धन की मांग की जाती है।

तकनीकी दक्षता का अभाव

धोखाधड़ी करने वाले अक्सर लोगों की नैतिकता और अधिकार के लिए खिलवाड़ी खिलाते हैं और विभागीय तकनीकी दक्षता के अभाव का फायदा उठाते हैं। आम लोग अक्सर तकनीकी धोखाधड़ी के बारे में अज्ञान होते हैं और इन धोखाधड़ीवाद के आकर्षक प्रस्तावनाओं के चक्कर में फंस जाते हैं। धोखाधड़ी करने वाले अक्सर

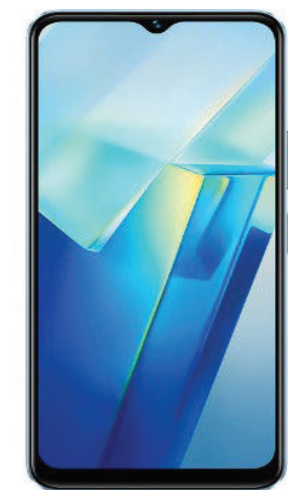
आपको धन, रोजगार, या आकर्षक सौदों की पेशकश करके आपको ध्यान बहकाने का काम करते हैं, जो अनधिकृत और कुप्रयोग होते हैं।

सुरक्षा के अभाव

कई लोग अपने ऑनलाइन सुरक्षा को नजरअंदाज करते हैं और अनुभवहीनता का सामर्थन नहीं करते हैं। वे अद्वितीय पासवर्ड, वायरस स्कैनर, और अद्यतन सॉफ्टवेयर का उपयोग नहीं करते, जिससे उनके डिजिटल जीवन को जोखिम में डाल देते हैं।

डिजिटल धारा का उपयोग

विश्वभर के साइबर अपराधी नए और नवाचारी तरीके से विचारशीलता बढ़ा रहे हैं, जिससे यह अधिक चुनौतीपूर्ण हो गया है। लोगों के लिए



अपने ऑनलाइन सुरक्षा को बनाए रखना। डिजिटल धारा का उपयोग कर लोग अपनी सुरक्षा को बढ़ा सकते हैं, जैसे कि डिजिटल वित्तीय सॉफ्टवेयर, फायरवॉल, और अंधकरण के साथ डॉक्यूमेंटेशन करके।

कैसे धोखाधड़ी से निपटा जा सकता है?

जागरूकता और शिक्षा

धोखाधड़ी से बचने का पहला कदम है जागरूकता और शिक्षा। लोगों को ऑनलाइन धोखाधड़ी के प्रकारों और उनकी पहचान के बारे में जानकारी बनाने की आवश्यकता है।

सरकार, सामाजिक संगठन, और शिक्षा संस्थान इस प्रकार की शिक्षा प्रदान करने के माध्यम से जागरूकता बढ़ा सकते हैं।

सुरक्षित डिजिटल आदतें

लोगों को अपने डिजिटल जीवन को सुरक्षित बनाने के लिए सबसे पहले अपनी सुरक्षित डिजिटल आदतें बनानी चाहिए। इसमें विशिष्ट पासवर्ड का उपयोग करना, साइबर हाइजीन का बदलाव, और अद्यतित सुरक्षा सॉफ्टवेयर का उपयोग शामिल होता है।

धोखाधड़ी के लिए सतर्कता

लोगों को धोखाधड़ी के लक्षणों की पहचान करना और संदेहपूर्ण ऑनलाइन गतिविधियों से बचने के लिए सतर्क रहना चाहिए। धोखाधड़ी करने वाले अक्सर जल्दबाजी, अत्यधिक अदायगी या आवश्यक जानकारी की मांग करते हैं, जिससे लोगों को सतर्क रहना चाहिए।

सरकारी सहायता

सरकारी संगठनों के द्वारा सुरक्षा को बढ़ाने और ऑनलाइन धोखाधड़ी के खिलाफ लड़ाई में लोगों को सहायता प्रदान की जा सकती है। लोग ऑनलाइन धोखाधड़ी के मामले में सरकारी अधिकारियों और सोशल

मीडिया प्लेटफॉर्मों को रिपोर्ट करके और उनकी मदद से इस तरह के आपराधिक गतिविधियों को रोक सकते हैं। सरकार के साथ मिलकर, लोग इस मुद्दे को सामाजिक सुरक्षा और डिजिटल सुरक्षा के प्रति अधिक जागरूक बना सकते हैं।

साझा करना और सजग रहना

ऑनलाइन सुरक्षा के मामले में साझा करना और सजग रहना महत्वपूर्ण है। यदि किसी को धोखाधड़ी का शिकार बनने का संदेह होता है, तो उन्हें तुरंत सरकारी अधिकारियों और साइबर संगठनों को सूचित करना चाहिए। इसके अलावा, लोगों को अपने दोस्तों और परिवार के साथ इस बारे में साझा करना चाहिए ताकि वे भी सतर्क रह सकें।

भारत में ऑनलाइन धोखाधड़ी की वृद्धि एक गंभीर समस्या है, जिसका समाधान सामाजिक जागरूकता, शिक्षा, और सुरक्षा में सुधार के माध्यम से संभव है। लोगों को अपने ऑनलाइन सुरक्षा को सुदृढ़ करने और धोखाधड़ी को निपटाने के लिए साजग रहने का प्रयास करना चाहिए। इसके अलावा सरकार और निजी संगठनों को भी लोगों की सुरक्षा के लिए सकारात्मक कदम उठाने की आवश्यकता है।

Try to Think out of the Box : Alumni

Usha

In this interview Tanishq Tyagi talks about his experience as a student at IMS Ghaziabad, University Courses Campus. Tanishq Tyagi is an alumni of IMS Ghaziabad, University Courses Campus, M.Sc. batch 2021-2023 and at present he is working as executive IPQA with J Mitra & Co. Pvt. Ltd. Tanishq shared his experience about IMS Ghaziabad and talked about extra-curricular activities, rewarding opportunities and priceless moments shared with faculties and friends at IMS Ghaziabad, University Courses Campus. He talked about how all these learning experiences has led to his overall career growth.

Can you tell me about your experience at IMS Ghaziabad?

My experience at IMS Ghaziabad, University Courses Campus was really



very good. It provided great opportunities to me. We had lots of extra-curricular activities which helped me hone my skill sets and increased my confidence. The faculties of IMS Ghaziabad, University Courses Campus are very helpful and guide us for our future. They steer our career in the right direction.

What was your dream when you came to this Institute and what position are you in today?

When I got admission to this college, my dream was to get a stable job which would help me to build my own career path, so that I could also provide opportunities to other people in future. Here today I am working at IPQA, where I am using the skills which I had learnt from the faculties of this college. This college helped



me to step towards my dream. **Can you share any memorable experiences or challenges that you faced during your M.Sc. studies?** There is one memorable experience which holds a very special place in my heart. It was the day of our farewell. Well, it was a very emotional and nostalgic moment but at the same moment it also a great moment where I was taking away the guidance and experience of my faculties

and the shared bond of my peers, as I embarked into my journey of life. The challenge which I faced was to participate in public speaking activities. But with the help and motivation of my HOD and the other faculties, I have overcome that fear as well.

Can you share about the valuable networking opportunities that you had during your M.Sc. program?

Yes, of course! When it comes to networking opportunities and professional experiences like internship/dissertation etc., IMS Ghaziabad, University Courses Campus provided me ample opportunities to work with reputed organizations. In fact it was through the guidance of the faculties that I had accomplished my first fruitful dissertation. This was an impactful turning point in my career and nudged me towards a successful career path.

What advice would you

give to the current M.Sc. students to make the most of their program?

I would advise the current students to gain as much practical knowledge as possible. They should try to think out of the box as per their respective fields.

They should try to have an analytical approach while learning any skills. Reading research articles also often helps find better exposure. Writing their own research papers will also help them in their career path. In fact, IMS Ghaziabad, University Courses Campus provides a holistic approach to education, as they provide numerous platforms to students through various clubs and events organized in the campus, be it in sports or creative events.

I would suggest the current students to proactively participate in all these activities and reap the benefits of a comprehensive education and attain success in life.

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WE HAVE NO BRANCH IN NOIDA

News Brief

Unfolding Industry Trends: Discovering the Tech-Enhanced Future



Ghaziabad (IMS News Service): An Industry Interaction Series was organized by Institute of Management Studies Ghaziabad Business School. Experienced Communication, Branding, and Project Management Professional Mr. Anupam Chauhan, spoke on the topic 'Evolution of Advertising with Technology'. Other eminent speakers in this Industry Interaction Series included Mr Anurag Upadhyay, Digital Transformation Manager, Accenture. He discussed on the topic "Changing Landscape of Organizational Behavior-Role of Digital Transformation and Artificial Intelligence". The Industry Interaction Series was highly engaging and informative. The session provided industry-relevant insights on ever-evolving digital frameworks and the emerging technologies that will shape the future of business.

Vishleshan 2023- National Level

Summer Internship Project Competition



Ghaziabad (IMS News Service): Ghaziabad: Vishleshan 2023, a National Level Summer Internship Project Competition was organized by IMS Ghaziabad. The event witnessed participation from both the Undergraduate (UG) and Postgraduate (PG) categories, who displayed exceptional analytical skills and innovative solutions. This year's competition showcased the incredible talent and dedication of students in the field of Internship Project with participation from 14+ colleges across India. Students presented their Summer Internship Project work both in offline and online mode. The winners grabbed cash prizes of Rs. 5000, Rs. 3000 and Rs. 2000 with trophies and certificates.

International Girl Child Day Celebrated



Ghaziabad (IMS News Service): The Cultural Committee of Applied Sciences & Humanities at IMSEC had the privilege of celebrating 'International Girl Child Day' in the esteemed presence of Director Dr. Vikram Bali.

The celebration centred around the crucial mission of empowering and advocating for girls' rights in all aspects of life, be it education, healthcare, or equal opportunities. The event was aimed at advocating for the rights of girls in education, healthcare, and equal opportunities while addressing the challenges they face on a daily basis and promoting gender equality.

The "International Girl Child Day" celebration was a resounding success. The event provided a platform to raise awareness, discuss challenges, and advocate for the rights of girls. It showcased the collective commitment of the IMSEC community towards gender equality and the empowerment of girls. The event successfully achieved its objectives and left a lasting impact on all attendees, inspiring them to continue their support for girls' rights.

An active participation from students, faculty, and staff, was witnessed with an engaged audience who shared their insights, experiences, and suggestions. This exchange of ideas was essential in spreading awareness and fostering a sense of responsibility towards the cause.

Department of MCA Organized WEBITUDE Web Based IT Quiz Contest

Ghaziabad (IMS News Service): Web Warriors (Web Design club) MCA Department, IMSEC organized WEBITUDE Web Based IT Quiz Contest. The program aimed to connect all the students with the web designing concepts. More than 100 students participated with full enthusiasm and interest. Dr. Kavita Saxena, HOD, MCA Department appreciated the Program Coordinator, Mr. Varun Chaudhary, & the whole team for the successful completion of the event. Winners of the event were Sonali Rawat, MCA 1B and Teesha Singhal, MCA 1B



Thrilling Innovators Activity

Ghaziabad (IMS News Service): A Thrilling Innovators (Innovative Thinkers) Activity was organised by the Department of MCA Web-Warrior's Club, IMSEC. The students formed teams and showcased remarkable strategic thinking and innovative acumen. Ananta and Abhinav secured the 1st prize for their innovative Idea. Ketan and Ankit Jain earned the 2nd prize.

PGDM Annual Convocation 2023 Organized

IMS News Service

Ghaziabad: IMS Ghaziabad organized its grand 32nd Annual Convocation 2023 for PGDM Batch 2021-23 in the august presence of Chief Guest Prof.(Dr.) T.G Sitharam, Chairman AICTE, Guest of Honor, Mr. Abhishek Tiwary, SHRM-SCP, GPHR, VP, HR, Tech Mahindra, & Dr. Prasoon Mani Tripathi, Director IMS Ghaziabad at the institute campus. Distinguished Guests of Eminence conferred 170 PGDM diplomas to enthusiastic post graduate students. During the glittering ceremony, meritorious students were



awarded medals and cash scholarships for academic excellence.

Smart India Hackathon 2023- Business Plan Competition

IMS News Service

Ghaziabad: Exciting times at Institute of Management Studies (IMS) Ghaziabad - Business School as we successfully concluded the Smart India Hackathon 2023 & Business Plan Competition in association with the Ghaziabad Management Association. The event witnessed a plethora of innovative solutions aimed at tackling real-world problems from brilliant young minds.

Tied for the third place were Himanshu Gupta with 'Green Wedding', and Paritosh & Om Rawat with 'Cutlery from Agri Waste'.

In second place, we had Sahil Anand, Mohit



Varshney, Ayush Kr. Tripathi, Kanishk Sharma, and Itisha Manglik for their 'AI-assisted TeleMedicine Kiosk for Rural India'. And the first position was gloriously secured by Anjali Dixit, Chaman Kumar Kaushik, and Vikas Singh Sengar for 'Krishak'. The participants showcased their creativity and problem-solving skills in areas ranging from agriculture and rural development to renewable

energy and smart communication. The winning team now has a golden opportunity to pitch their innovative idea to a network of investors and potential partners. A huge shoutout to our esteemed guests and judges, Mr. Rahul Agarwal, Ind. Consultant (Quality Systems), and Vinay Gupta, Executive Director - GMA, for gracing the event with their presence and insights.

SMARTs Investors Awareness Programme



Ghaziabad (IMS News Service): MBA Department at IMSEC had organized SMARTs Investors Awareness Programme.

The event was organized under the supervision and guidance of Dr. Vikram Bali, Director, IMSEC and Dr. Meenu Baliyan, HOD, Department of MBA, IMSEC. Dr. Birendra Prasad, Managing Director of NLSAS, Delhi NCR, graced

this event as a distinguished resource person. His expertise and insights enriched our understanding of the financial world.

The enthusiastic involvement of the participants in this informative session made the SMARTs Investors Awareness Programme a resounding success! Let's continue to grow and make smart investment choices together!

Interactive Session on Stress Management



IMS News Service

Ghaziabad: The Harmonix Club of the MCA Department, IMSEC organized a seminar on "Stress Management" for the first-year MCA students in the college seminar room. The event aimed to provide valuable insights into coping with stress and maintaining a healthy work-life balance.

Dr. Ajay Kumar Sharma, Professor & Head of the Department of Biotechnology, was invited as the guest speaker.

The event commenced with a warm welcome by Dr. Kavita Saxena, Professor & Head of the MCA Department. She expressed her delight at having Dr. Ajay Kumar Sharma as the speaker and highlighted the importance

Interaction on the Impact of Automation



IMS News Service

Ghaziabad: On October 9, 2023, Institute of Management Studies (IMS) Ghaziabad - Business School hosted an expert session as part of its Industry Interaction Series, focusing on the impact of automation in the financial realm. Mr. Rajat Nagpal, an IT & E-Accounting Trainer at IECS, shared insights gained

from his extensive 10-year experience. He enlightened students on contemporary accounting software like ERP, SAP, Tally Prime, among others. The session, marked by its high interactivity, received positive feedback from students who particularly valued the practical demonstrations of these accounting tools.



at large. The chief coordinator Dr. M.K. Singh stated that it was not the first initiative that IMSEC has taken, but many privileged operations have been executed in recent past to sustain the spirit of determination towards cleanliness revolution and implementation. Dr. Vikram Bali, Director of the renowned institution, while emphasising on the importance of this activity, highlighted that the mission is to cultivate a thought process to contribute towards

the importance of cleanliness within our homes and outside to secure the ecological balance. He emphasised that it is the instinct of IMSians to fuel such kinds of lucrative projects that will trigger the thought process to save our surroundings for our future generations to breathe pure air and survive with a healthy body, mind and soul.

All the faculty members, staff members and students were motivated and wholeheartedly participated in this campaign for making it a grand success.

AAROHAN 2023-The Orientation Program at IMSEC

IMS News Service

Ghaziabad: Under the exemplary leadership of the Director, IMSEC Dr. Vikram Bali, AAROHAN 2023 - The Orientation Programme for MBA and MCA was conducted.

The program started with the ceremonial Lamp Lighting, graced by the presence of esteemed Director, IMSEC, Dr. Vikram Bali, and the heads of departments - Dr. Meenu Baliyan, HOD MBA, and Dr. Kavita Saxena, HOD MCA. Dr. Meenu Baliyan introduced the brilliant faculties of the MBA Department and shared some of the



remarkable achievements of both the faculties and its students. Following this, MCA HOD, Dr. Kavita

Saxena, captivated the audience by introducing her dedicated team of faculty members and showcasing

the department's outstanding accomplishments.

This incredible session also had the privilege of hosting a talk by esteemed Guest Speaker, Dr. Shailja Grover - a Data Scientist and ZED Master Trainer from the Ministry of MSME, Government of India. This was followed by campus visit of students so as to familiarize them with the various advanced facilities of the campus. The Orientation Program was concluded with a Vote of Thanks delivered by Dr. Nitin Mohan.

AAROHAN 2023 indeed provided a memorable start to the journey of the students of MBA and MCA.

MBA Department Organized Amrit Kalash Yatra



Ghaziabad (IMS News Service): MBA Department at IMSEC Organized Amrit Kalash Yatra with full enthusiasm as part of "Meri Maati Mera Desh" Campaign. The program aimed to emotionally connect every student with the idea of creating a great India. Esteemed Director, Dr. Vikram Bali, Head of the Department Dr. Meenu Baliyan, faculty members and students took part in this wonderful ritual. Every

student brought small amount of rice from their houses. The program was started by Director, Dr. Vikram Bali putting rice in a beautifully decorated kalash. Head of the Department, faculty members and students were very enthusiastic in putting rice into the kalash. The yatra began with transferring the kalash from one student to another and taken around the whole college to encourage students.

News Brief

Industrial Visit to Bisleri International Pvt. Ltd.



Ghaziabad (IMS News Service): An industrial visit to Bisleri International Pvt. Ltd., Ghaziabad was organized for the students of BBA program by the School of Management at IMS Ghaziabad, University Courses Campus. These insightful industrial visits are an essential part of the academic curriculum. Being a part of interactive learning, such educational trips provide students a major exposure to real working circumstances and a realistic view of a theoretical idea relevant to their field. The visit to Bisleri proved to be an informative and enriching experience. We had the opportunity to witness first-hand the intricacies of a successful beverage manufacturing company. The visit highlighted Bisleri's extensive distribution network and strong market presence. Their brand is recognized and trusted across the country and not only provided insights into the beverage manufacturing industry but also underscored the importance of quality, sustainability, and innovation in today's competitive market. Students were divided into two groups of 22 members each for briefing on the different areas of the company.

Netquiz - The Networking Challenge



Ghaziabad (IMS News Service): The event began with introduction of Network Club given by the Club's President Mr. Ayush Kumar Singh. He explained what network club was and about the team, about the events that were conducted like bug bounty, cybercrime investigation, website hacking etc. He also explained the process of joining the network club and about the positions available in the network club. After that the quiz began which was the main part of the event. The quiz contained 30 questions, regarding the computer, technology etc. The quizzz.com platform is used to make the quiz interactive and participants are able to check the leaderboard and scores in real time. The event was very interesting and interactive and the students enjoyed a lot.

At last, there was prize distribution, in which Dr. Gagan Varshney, HOD, School of Computer Science and the Club's faculty coordinator Dr. Ashutosh Sharma came for the distribution of prizes and certificates.

Prize Name	Course
1 prize Priyan Sinha	BBA2 year
2 prize Sumit Singh	BCA1 year
3 prize Arpit Verma	BCA1 year

AI & ML Club Organized AI Fusion Challenge



Ghaziabad (IMS News Service): AI & ML club of the School of Information Technology of IMS Ghaziabad, University Courses Campus organized an event called AI FUSION CHALLENGE. The event started by acknowledging all the participants and briefing them about the three levels of event i.e., DEEP DIVE AI, REAL-WORLD AI, AI IQ CHALLENGE.

In the first round all the participants got a brief information about the introduction of AI & ML, the purpose behind it, things to be done and what are the opportunities available under AI & ML Club.

In the second round all the participants were provided with information about recent news, apps, websites and also about Artificial intelligence & Machine learning in the form of presentation. The third round was an AI related Quiz. Winners were selected on the basis of accuracy of their answers. The winners were felicitated with certificate by Prof. Neeru Saxena, Faculty coordinator of AI & ML club on the basis of their marks secured in the quiz.

Guest Lecture - An Insight of GST in India

Ghaziabad (IMS News Service): Regardless of any course, Guest lecturers have multifarious benefits. Students can learn more effectively and form a different perspective on things. One professor cannot provide knowledge and guidance about everything, industry professional and subject matter expert's present varied perspectives. With that thought process, School of Management (BBA) at IMS Ghaziabad, University Courses Campus, organized a guest lecture for finance specialization students of BBA, III year. The guest speaker for the day, CA Anshul Garg, practising Chartered Accountant from G. Anshul & Co., shared his thoughts.

YI Road Safety National Summit 2023

IMS News Service

Ghaziabad: Students of IMS Ghaziabad, University Courses Campus attended the Road Safety National Summit at JW Marriott, Aerocity, Delhi.

The Road Safety National Summit, a pivotal event in the realm of transportation safety, brought together Yi members and government officials and experts to address pressing issues related to road safety. This annual gathering aimed to foster collaboration among government agencies, law enforcement, transportation authorities, and the youth and young population in a



concerted effort to reduce road accidents and fatalities.

At the heart of the summit laid discussions on innovative strategies, policies, and technologies designed to enhance road safety. Topics covered included improving infrastructure, psychology of drivers, traffic perceptions, enhancing driver education and

awareness, implementing stricter regulations, and advancing vehicle safety features. The summit also served as a platform for sharing best practices and success stories from various dignitaries. The summit inculcated a sense of responsibility in youth to work for the betterment of road safety and put consistent efforts in



reducing fatalities on road. Statistics were discussed about how the number has increased in the past few years in terms of road accidents. After having arrived at the venue Dr. Neharika Yadav (Dental Surgeon & Superbike Racer) told her real life story and how she got inclined towards road safety and super bike racing. After an

eye-opening address by Dr. Neharika Yadav, Aalap Patel (Deputy Commissioner of Police) was felicitated by Rohit Puri (Yi Member) and then the audience was briefed about Delhi Police. He also discussed about the calculation of Challans and how it is done in Delhi. By this platform he also proposed an idea of

collaborating with Fastag so that Challans can be deducted from the accounts of rule-breakers automatically. General (Dr.) V. K. Singh mentioned the importance of first-aid techniques and how people should move forward to help without having the doubt of being in unnecessary legal problems. He also stated the importance of being attentive while driving any vehicle and how it is important to follow the rules strictly without burdening the pocket of people of the country. Pavitra Arora (Yi Member) offered the vote of thanks to everyone and took a pledge to work towards Road Safety norms.

INVENT 2K23 - The Value of an Idea Lies in the Using of IT

IMS News Service

Ghaziabad: INVENT-2023, The Annual Inter-Institutional Technical Fest witnessed jam-packed computer-buffoons who competed at the Fest organized by School of Computer Science at IMS, Ghaziabad (University Courses Campus).

Total 350+ participants from Ryan International Institute, Ghaziabad, Xt. Xavier School, Amity University, Greater Noida, Galgotia University Greater Noida, ABES Engineering College, Janki Devi Memorial College (Delhi University), RCCV College Ghaziabad, Delhi World School Greater Noida, Ingrahm Institute Ghaziabad, VLMG College Ghaziabad, IPREM Ghaziabad and many more



were present at the inaugural session. The event was inaugurated with the showering of petals on Goddess Sarsawati.

The guest of honour, Mr. Anant Agarwal, Director, Skill Oxide IT Private Ltd., described the importance of such events and how these events are helpful in improving the technical and innovative skills.

Mr. Agarwal also explained on the importance of self motivation which is always required in any field of life. INVENT-2023 was

specifically intended for students to test their knowledge and skills by participating in various IT events which not only provide academic excellence but also helps in redefining their personality. There were 4 events

In Blind coding participant showcased their knowledge of any of the programming skills to solve the problem given at the spot by keeping their monitors off. IT Rangoli: IT was theme based Rangoli Creation competition based on

innovative ideas on the topic provided at the time of registration.

In IT Quiz the event consist of 2 rounds where knowledge testing was done on the basis of IT related questions. In LAN Gaming participants had to showcase their gaming skills. Team consisted of 4 members from the same institute/college. All the events purely justified the underlying spirit of Invent "Technology is Fun". The trophies and certificates were announced in the Valedictory ceremony.

Meet and Greet Session with Yami Gautam



IMS News Service

Ghaziabad: School of Management at IMS Ghaziabad, University Courses Campus organized grooming session on power dressing & public speaking through celebrity insights. Students got an opportunity to meet Yami Gautam as celebrity speaker. These insightful grooming sessions are an essential part of the academic curriculum. Being a part of interactive learning process, such educational trips and meet and greet sessions provide students with major exposure to real life working

circumstances and a realistic view of the professional arena. Additionally, by exposing students to the inputs and outputs of public figures and celebrity icons is more effective and impactful as they exert considerable influence on young adults. Such grooming sessions help students to gain confidence and enables them to apply their skills and knowledge in the public sphere. A public speaking and grooming lesson based on a celebrity talk and interview helps individuals develop their public speaking skills and become more effective communicators.

Alumni Talk Session Organized

IMS News Service

Ghaziabad: School of Computer Science at IMS, UC Campus, organized the Alumni Talk session.

The event aimed to provide a platform for the alumni to share their experiences and insights on the significance of having strong public speaking abilities, concepts of digital marketing and the importance of AI tools that have been excelling in the market. The keynote speaker was Mr. Rishabh Bhatnagar, an alumnus of BCA Program, who was a part of 2017-2020 batch and is currently working as a real estate specialist at Investors Clinic Infotech Pvt Ltd. He started with his own journey inspiring other young students to never give up even if life gets tough. Mr. Bhatnagar emphasized on the



importance of the skill to expand network among people and have great communication skills. He explained the concepts of digital marketing which included taking up various courses for a better understanding in such field. Mr. Bhatnagar also explained on the significance of time management in order to gain prerequisite skills for a strong foundation in the corporate world. He explained the functioning of interviews and how important it has become

to present ourselves confidently. He also highlighted on how crucial it becomes to take part in clubs such as E-cell at our college which promotes marketing skills and entrepreneurship and learn the real world market tactics. At last the session ended which allowed fellow and enthusiastic students of IMS to have an exposure towards the ongoing market in the country, realize how important it has become to face obstacles.

School of Management Organized Markfest- 2023

IMS News Service

Ghaziabad: MarkFest 2023, the 17th Inter-institutional Marketing Carnival, was an extraordinary celebration of marketing held at the revered IMS Ghaziabad, University Courses Campus.

This event was intricately designed to delve into the dynamic world of marketing, converging students, distinguished faculty, and seasoned industry professionals for a day replete with immersive activities and enlightening dialogues, all orbiting the nucleus of this indispensable facet of the business realm.

The proceedings commenced with an enthralling inaugural address, orchestrated by our eloquent hosts, Unnati



Gupta and Vivaan Shah. Their eloquent discourse set the stage for the day, underscoring the pivotal role of marketing across the breadth of our existence. Marketing was poetically portrayed as not merely the art of selling products but as the transformative force uniting businesses with their audiences, nurturing innovation, fostering competition, and perfecting the art of storytelling.

This magnificent event was graced by the presence of illustrious guests,

bestowing their profound wisdom and vast experience. Mr. Prasun Kumar, Chief Marketing Officer and Business Head, Just Dial, generously shared his wellspring of insights garnered through years in the marketing industry. Dr. Prakash Singh, a revered professor from IIM Lucknow, gifted invaluable perspectives. Mr. Vinayak Kumar Lal, General Manager – Marketing, DS Group, illuminated the audience with the rich tapestry of his journey.

Workshop on Meditation by Art of Living

IMS News Service

Ghaziabad: A Meditation session was conducted by the Art of Living Foundation, at IMS Ghaziabad, University Courses Campus, to raise the awareness about self and introducing students to meditation. The teachers were Ms. Soma Singh & Mr. Sagar Kumar Singh. Dr. Deepali Monga, Head – Career Development Centre and Dr. Rishi Kumar Singh (Program Incharge) School of Biosciences felicitated the guest by presenting a pastoral sapling



to the guest. Session began with the felicitation of the guest.

Trainers spoke about meditation, which is an ancient practice that dates back thousands of years. Despite its age, this practice is

common worldwide because it has benefits for mental health and overall wellbeing. During the program, Mr. Sagar Kumar Singh explained about the importance of two way communication and spoke



about the three tendencies of mind. The first was the benefits for mind being focused and relaxed at the same time, the second tendency was always to accept positive situations and the third and most important tendency was

that mind has direct connection with breath. Ms. Soma Singh elaborated on the 3rd tendency of the mind with the help of meditation. She demonstrated 'Bhastrika Pranayama' and the participants were excited to

see that, with the help of pranayama their body and mind was relaxed.

The trainers explained to the participants that with so many different types of meditation to choose from, it could feel daunting to know which one you're going to like best or which could be the most helpful for you. In the end, Dr. Deepali Monga offered the vote of thanks to the guests. It was a benefitting session for all the attendees. The faculty coordinator for the event was Ms. Swati Tyagi and Ms. Aditi Singh was the master of Ceremony.

Nobel Prize 2023: Stories of Resilience and Triumph



Kirti Saini

New Delhi: In a world where women are severely underrepresented in most fields, this year's Nobel Prize winners' list signals hope. Two notable winners, Claudia Goblin and Nargis Mohammadi, were awarded the Nobel Prize, recognizing their groundbreaking work in economics and peace, respectively.

Claudia Goldin, a professor at Harvard University, is a pioneer in the field of economic history. Her research on women's aspirations, role in the workforce, and the pay gap has shed light on the gross inequality in the labor markets. Nargis Mohammadi, on the other hand, is a jailed Iranian activist who has tirelessly worked for women's rights in her country.

“Claudia Goldin: The Economist Who Made Economics More Inclusive

Claudia Goldin, a professor at Harvard, won the Sveriges Riksbank Prize in Economic Sciences in Memory of Alfred Nobel (popularly called the Nobel Prize for Economics) this

year. That Claudia – whose most critical works lie in the domain of gender-based differences in the labor market – is only the third woman to win this prize since 1969 (and the first to win it solo) is of course ironic.

However, this is not the first time Claudia has broken the glass ceiling. Long before the Nobel in 1989, she was the first woman to work at the Economics Department of Harvard University.

Claudia's work has covered key aspects of women's participation in the labor force, including the gender pay gap, the role of contraceptive pills in women's careers, and the inequity between couples due to unequal sharing of caregiving duties. Over three decades and an expansive body of research, she worked to unravel how gender pay gaps and inequalities in the labor markets have evolved historically.

While Claudia's work has largely been centered on the US, it's much more than that. It's a rigorous, detailed explanation of over 200 years of the social milieu that feeds and thrives on inequalities. She has demonstrated how



social institutions like families, technologies, labor arrangements, and a specific type of increase in white-collar jobs influence women's economic prospects.

Here's a rundown on how Goldin's work sheds light on women's workforce participation:

U-shaped relationship: Goldin's research revealed a U-shaped relationship between women's labor force participation (LFP) and economic development. In countries with low economic development, women are more engaged in unpaid agricultural work. As economies grow, women withdraw from paid work, only to return when women's education and economic development rise further.

Occupational Segregation: Women often work in lower-paying, stereotypically feminine jobs, while men occupy higher-paying positions. This wage disparity intensifies as individuals progress up the occupational ladder, leading to a significant pay gap between men and women.

"Greedy" Jobs: Goldin discussed the concept of

"greedy" jobs, which offer high wage premiums but require long work hours, late-night meetings, and travel. In families with two working parents, only one can afford to work in such demanding positions, while the other often takes on less demanding roles to manage family responsibilities. This leads to a substantial income gap between men and women.

Power of the Pill: Goldin's work with Cecilia Rouse demonstrated that blind auditions for symphony orchestras, where candidates were evaluated behind screens, resulted in greater hiring and advancement of women. Her research with Lawrence Katz showed that oral contraceptives, or "the pill," raised the age of first marriage for women, granting them more control over their careers and the timing of childbirth, highlighting the importance of choice and agency in women's lives.

Impact of Parenthood: Goldin's research, in collaboration with Marianne Bertrand and Lawrence Katz, revealed that the gender pay gap widens after the first



child's birth. Women experience slower wage growth compared to men, even when they have the same education and profession.

Limitations of Marriage: Goldin highlighted that "marriage bars" and societal expectations restricted married women from participating in the labor market, even when labor demand was high.

“Nargis Mohammadi: A hope for women fighting for their rights”

Jailed women's rights activist Nargis Mohammadi was awarded the Nobel Peace Prize for 2023. She is currently serving multiple sentences at Evin prison in Tehran for allegedly spreading false propaganda against the state.

The prize comes at a time when Iran has been on the edge for its treatment of women citizens. The Woman-Life-Freedom protests, which flared after the killing of Mahsa Amini by the Morality police, has endured brutal suppression from Iranian authorities and yet have continued to stand tall.

Nargis joined the struggle

in the 1990s when she was a student. After finishing her education in physics, she began to advocate for women's rights in Iran through newspaper columns. She was first arrested for the criticism of the Iranian government in 1998. Since then, she has been arrested twelve more times, convicted five times, and sentenced in various cases for over 30 years in prison and 154 lashes. A report in The Times says that she hasn't talked to her twins for over a year now. She hasn't held them in her arms or met her family for eight long years. The cost of her activism has been “her whole life, career, family, and freedom.”

While Nargis has won the Nobel Peace Prize for her thirty years of contribution to women's struggles in Iraq and Afghanistan, the award is much more than that. It is an ode to the thousands of women who fought before and with Nargis.

It's an award for all those who have fought against oppressive and theocratic policies of the state and demanded equitable rights for women.



संवाद रूपक से भरी फिल्म : गुठली लड्डू



इस महीने रिलीज हुई फ़िल्म ‘गुठली लड्डू’ जातिवाद जैसे गंभीर विषय पर टिप्पणी करती हुई एक ड्रामा शैली की फ़िल्म है। इसका निर्देशन किया है ईशरत आर. खान ने। मुख्य किरदार के रूप में नजर आते हैं धनय शेट (गुठली), हीत शर्मा (लड्डू), संजय मिश्रा (हरिशंकर), सुब्रत दत्ता (मंगरू), और कल्याणी (रनिया)।

फ़िल्म की कहानी की बात करें तो गुठली एक मुसहर जाति का बच्चा है, जिसे समुद्र गाँव के लोग छोटी जाति का समझते हैं। वह पढ़ने में बहुत तेज है और ख़ुब जिज्ञासु भी। किन्तु पास में ही स्थित सरकारी स्कूल अपनी जर्जर अवस्था के कारण बंद हो चुका है। नजदीक ही दूसरा कोई सरकारी स्कूल नहीं होने के कारण गुठली के पास एक मात्र विकल्प शेष है कि किसी तरह वह पास के प्राइवेट स्कूल में अपना दाखिला करवा सके। और पढ़-लिख कर कुछ बड़ा कर सके। उसके रास्ते में उसकी आर्थिक स्थिति और जातिवादी व्यवस्था सबसे बड़ी अड़चन है। क्या गुठली अपना दाखिला स्कूल में करवा पाएगा? और करवा पाएगा तो कैसे? इसके लिए आपको यह फ़िल्म देखनी होगी।

निर्देशक ईशरत आर. खान इस फ़िल्म के माध्यम से बहुत गंभीर कहानी कहने में सफल होते हैं। एक गाँव के रूप में वो जो डिस्टोपिया दिखाते हैं, शुरुआत में उस पर विश्वास करना मुश्किल होता है।

लगता है ऐसा कहाँ होता है! या पहले होता था यह सब। परन्तु जैसे-जैसे फ़िल्म आगे बढ़ती है, वैसे-वैसे दर्शकों को अपनी बनाई दुनिया में यह फ़िल्म खींचने में सफल होती है।

फ़िल्म ढेर सारे रूपकों और जकस्टायोजिन्स से भरी पड़ी है। जो सीन्स, संवाद, फ़िल्म के टाइटल और यहाँ तक कि किरदारों के नाम में भी देखे जा सकते हैं। अभिनय की बात करें तो बाल कलाकारों के रूप में धनय शेट, और हीत शर्मा का काम औसत है, उनके अभिनय से अधिक प्रभावित उनका बालापन और निर्देशक की सीन-सेटिंग लगती है।

संजय मिश्रा ने हमेशा की तरह ही अच्छा अभिनय किया है। पर मंगरू के किरदार में सुब्रत दत्ता और रनिया के किरदार में कल्याणी, का काम सबसे उल्लेखनीय है। दोनों ही बहुत मुश्किल जान पड़ते किरदारों को जीने में सफल हुए हैं। संवाद रूपकों से भरे हुए हैं, और भाषा पर अच्छा ध्यान दिया गया है। संवाद के गहरापन को समझने के लिए ‘बड़े लोग, बड़े झूठ बोले हय’ जैसे संवाद बहुत मामूली उदाहरण हैं।

। फ़िल्म का निर्देशन अच्छा है, पर कहीं-कहीं बजट की कमी महसूस होती है। 1 घंटे 46 मिनट की अवधि का अच्छे से इस्तेमाल किया गया है, फ़िल्म अपने-आप को किसी भी गैरजरूरी सब-प्लॉट में नहीं फँसाती। अतिरिक्त (व) सर्टिफिकेशन के बावजूद अपने गंभीर विषय के कारण कुछ हद तक विचलित करने वाले लगते हैं। फ़िल्म अपनी कथात्मक प्रक्रिया में अतिशयोक्तियों से परहेज नहीं करती, बल्कि उनका खुल कर इस्तेमाल करती है।

कुल मिलाकर कहा जा सकता है कि गुठली लड्डू एक अच्छी फ़िल्म है, जिसे देखने और दिखाने की आवश्यकता है, और उतनी ही आवश्यकता है ऐसी और फ़िल्में बनाए जाने की।

Creative Corner

WHO LEFT FIRST?



Akshita Jain

I think I'll leave you here, because as they say, someone has to leave first, right? and you did,

So, what if I've held on to the memory of you, longer than you held mine, so, what if, you left first, and didn't look behind twice.

I'm leaving you here, amidst words and phrases mine, just mine, even the ones I wrote for you, will always be first, mine.

It shouldn't really matter. (to you)

So, I'm leaving you here, not that you're following, I'm leaving you here, but you did leave first, right?



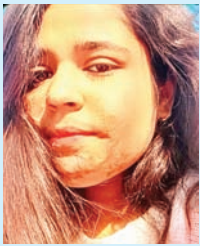
स्वीकृति

दूसरे की सफलता से हमको क्यों जलना होता है? जीत से किसी व्यक्ति की, हमको क्यों डरना होता है? क्यों होती हैं ये रस्मों रिवाजें घर से दूर जाने की? क्यों जाने पर, अपने की यादों का खलना होता है? इन सब सवालों का बस एक जबाब है- स्वीकृति समाज की स्वीकृति, जो बस सफल लोगों को स्वीकार करती है

ऐसा नहीं है कि असफल इंसान को स्वीकार नहीं करती, उन्हें भी करती है पर, एक ऐसी नजर से की जिस नजर से एक स्वभिमानी इंसान का रहना नामुमकिन है और यही समाज, हमें हमेशा सिखाती है की सफल बनो तभी बनोगे उच्च

और बस इसी सफलता और उच्च बनने की होड़ ने हमें आधा मनुष्य और आधा जानवर बना दिया है

जहाँ पर हम, अपने की खुश में दिल से खुश नहीं हो पा रहे हैं जहाँ पर अपने ही यार, मित्र से हर वक्त आगे पढ़ने की और उनसे ज्यादा सफल होने की अंदखी रस लगाये जा रहे हैं



संजना मिश्रा



Body Positivity and Beauty Standards

Radhika

New Delhi: In a world saturated with images of flawless models, Body positivity extends beyond the physical; it's a mindset that encourages individuals to appreciate and cherish their bodies for what they are. Society's traditional beauty ideals have long perpetuated unrealistic standards, leaving many feeling inadequate and pressured to conform. And according to a survey this is most common problem among students.

Instances of students facing depression, harassment, or even resorting to suicide due to body shaming are, regrettably, not uncommon. The pervasive societal emphasis on unrealistic beauty standards can create a



toxic environment, particularly within educational settings where peer pressure is prevalent. Constant scrutiny, negative comments, or bullying related to one's body image can take a severe toll on an Individual's mental health.

In extreme cases, the emotional distress

caused by body shaming has led some students to develop depression, anxiety, and, in tragic situations, contemplate or take their own lives. The pressure to conform to societal expectations, fueled by social media and cultural norms, can exacerbate feelings of inadequacy and isolation.

Educational institutions are becoming increasingly aware of the mental health challenges students face, including those arising from body shaming. Efforts are being made to promote awareness, create safe spaces, and implement anti-bullying initiatives. Encouraging open conversations about body positivity, mental health, and the impact of words on well-being is crucial in fostering a supportive environment.

It's essential for educators, parents, and peers to be vigilant and proactive in addressing instances of body shaming. Creating a culture of empathy, respect, and acceptance can contribute significantly to the mental well-being of students and help prevent the devastating consequences associated with body shaming.

The body positivity movement is a beacon of change in a world often fixated on narrow beauty ideals. By encouraging self-love, embracing diversity, and challenging societal norms, it paves the way for a more inclusive and compassionate future. Beauty is no longer confined to a set standard; it is a celebration of the wonderfully diverse tapestry of human bodies.

Constitution – The Power of Human

Nandini Agarwal

New Delhi: Constitution day also known as 'National law day' is celebrated in India on 26 November every year. On 26 November 1949 the constitution assembly of India adopted the constitution of India and it came into effect on 26 January 1950. The constitution of India is flexible and rigid and the reason behind is that the constitutional amendments can be done easily and requires one third majority in parliament. Initially, the constitution contained 395 articles in 22 parts and eight schedules and now it has increased with 448 article, 25 parts, 12 schedules and 104 amendments. There are many changes that have taken place in constitution. There are many changes which have



taken place in the constitution.

- Part XX – Amendment of the Constitution
- Part XXI – Temporary, Transitional and Special Provisions
- Part XXII – Short Title, Commencement, Authoritative Text in Hindi and Repeals

Schedules added in Indian constitution

- 9th Schedule: It deals with the state acts and regulations of that deal with land reforms and the

abolition of the Zamindari system. It also deals with the acts and regulations of the Parliament dealing with other matters.

- 10th Schedule: It contains provisions relating to disqualification of the members of Parliament and State Legislatures on the ground of defection.

- 11th Schedule: It contains the provisions that specify the powers, authority and responsibilities of

Panchayats.

- 12th Schedule: It deals with the provisions that specify the powers, authority and responsibilities of Municipalities.

The 42nd Amendment Act: amendments to the preamble

The Constitution Act, of 1976, is widely regarded as among the most contentious actions in the history of Indian constitutional revisions, which is a major amendment to the preamble. In this act, attempts were made to curtail the Supreme Court's & High Courts' authority. The citizens' fundamental duties were established.

By this amendment, there were many parts of the Indian constitution that were changed, including the clause itself. Some new sections and

articles were also introduced. The 59 clause of the amendment took away many powers of the Supreme Court. It also made the political system to move towards the parliamentary sovereignty. The 42nd amendment also provided Parliament with the power to amend the Constitution in parts without even judicial review. The power of central government as compared to state governments was now more and it eroded the federal structure of India. The amendment act also modified the India's description and it changed to “sovereign, socialist secular democratic republic” from “sovereign democratic republic”. In addition to it, the words “unity of the nation” also got changed to “unity and integrity.”

Right to Property was removed from the list of Fundamental Rights. Since this Right created a lot of problems in the way of attaining the goal of socialism and equitable distribution of wealth, it was removed from the list of Fundamental Rights in 1978 by the 44th constitutional amendment. However, its deletion does not mean that we do not have the right to acquire, hold and dispose of the property. Citizens are still free to enjoy this right. But now it is just a legal right and not a Fundamental Right.

Articles 358 and 359 were amended, to allow suspension of Fundamental Rights, and suspension of enforcement of any of the rights conferred by the Constitution during an Emergency.