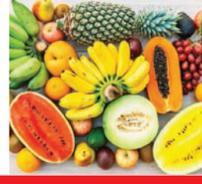




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Plastic Menace: Time for change



Sanskriti Gauba

New Delhi: In the current era, ease of usage frequently influences our decisions, and not many advancements have captured this better than the use of single-use plastic. Plastic is a lightweight, hygienic and resistant material which can be molded in a variety of ways and utilized in a wide range of application. Single-use plastics are referred to as disposable plastics, which are commonly used for plastic packaging. This includes grocery bags, food packaging, bottles, straws, containers, cups, cutlery, etc. Majority of these items are non-degradable and manufactured through informal processes. These materials are light, adaptable, and affordable, spreading across almost every facet of contemporary existence. From shopping bags to water containers, from

Environmental and Economic Factors

The impact of single-use plastic on the environment is a complex one. This carbon-intensive process depends greatly on fossil fuels. Consequently, it leads to significant greenhouse gas emissions and worsens global warming. Plastics do not decompose after being disposed of; instead, they "photodegrade" into smaller particles that stay in the environment for hundreds of years. Looking at the economic significance of the plastic industry and difficulties in the complete ban of the SUP, India started looking into the plastic waste management, consumer awareness, and sustainable development of plastic industry by strengthening the recycling options. Plastic pollution harms ecosystems, impacting fisheries and tourism, both crucial sectors for India's economy. A 2019 WWF report valued the global cost of plastic pollution at \$3.7 trillion, exceeding India's GDP.

drinking straws to packaging for food, single-use plastics are everywhere, yet this ease of use has a major impact on the environment, a cost that is growing harder to overlook. 2 years have passed since the single-use plastic ban came into force but there is some visible impact on the ground. However, India, taking cognizance of the fact that 3.5 million tonnes of plastic were produced during 2020-21, and that its recycling capacity is only half as much, decided to discontinue the manufacture, import,



Efforts to Manage Plastic Waste

The importance of the plastic industry in the economy, with a focus on environmental impact and solutions, stakeholders discussed the need for collaboration across sectors. Government regulations, such as the Plastic Waste Management Rules, aim to tackle plastic pollution. The Indian industry is actively working towards improving plastic circularity and meeting regulatory requirements. The event showcased the growth of India's plastic recycling industry and efforts to manage plastic waste effectively through cooperation. This was discussed in a four-day Global Conclave on Plastic Recycling and Sustainability (GCPRS) organised by industry bodies All India Plastics Manufacturers' Association (AIPMA) and the Chemicals and Petrochemicals Manufacturers' Association (CPMA) at Pragati Maidan in the national capital.

largest producer of single-use plastic materials worldwide. *Continued on Page 2...*

NTA Announces New Exam Dates for Postponed UGC NET, CSIR-UGC NET

IMS News Service

NEW DELHI: The National Testing Agency (NTA) on Friday announced the new dates for the UGC-NET 2024 June session exam. The Joint CSIR UGC NET will take place from July 25 to 27, while the UGC NET June 2024 cycle is set to be held from August 21 to September 4.

The June shift exam was initially conducted on June 18 in two shifts across over 317 cities, with more than 9 lakh candidates participating. However, the exam was cancelled on June 19.



The day after the exam was concluded the ministry of education cancelled the exam, citing concerns that the "integrity" may have been compromised due to an alleged leak reported by the Indian Cybercrime Coordination Centre (I4C) under the ministry of home affairs.

Union education minister Dharmendra Pradhan stated that the question paper was leaked on the darknet and circulated on the Telegram app. Shifting from the previous format, the exam was conducted offline on a single day. However, the rescheduled exam will revert to the earlier pattern of a Computer-Based Test (CBT) spread over a fortnight. These adjustments in examination dates aim to accommodate candidates affected by recent disruptions and ensure the smooth conduct of these crucial entrance tests across India.

CBSE Dismisses Reports of the Board's Inability to Conduct Bi-Annual Board Exams

IMS News Service

NEW DELHI: The Central Board of Secondary Education (CBSE) clarified on Monday that it has not communicated with the Ministry of Education (MoE) about conducting biannual board examinations.

The CBSE has dismissed reports in certain sections of the media, claiming that the CBSE has told the education ministry that conducting board exams for classes 10 and 12 twice a year was not possible under the current academic schedule.

CBSE took to the social media platform X (formerly Twitter) and said that the imputation in the news item as regards CBSE's views on



the matter being raised is denied. CBSE further said that it is incorrect and does not have any basis in any communication made between the ministry and CBSE. Earlier, a few media outlets reported that CBSE has told the Ministry of Education that conducting board exams twice a year for classes 10 and 12 is impossible during a program on the National Curriculum Framework 2023 on June 25 at Vigyan Bhawan in New Delhi. Last year, the National

Curriculum Framework (NCF) suggested that biannual exams provide students with additional chances to perform well and receive high exam scores. In order to lessen the workload and strain on the students, the NCF also recommended that the board exams be held twice a year. Since CBSE schools are present worldwide, it is impossible to conduct CBSE board exams in two shifts in the present system and policies, the board reasoned, as per the media reports.

डॉ. अनिल कुमार निगम
संपूर्ण भारत में आज जल संकट बहुत जबरदस्त तरीके से गहराता जा रहा है। दिल्ली एनसीआर में समस्या और भी अधिक विकट हो गई है। हमारे देश के पूर्व प्रधानमंत्री अटल बिहारी वाजपेई ने एक बार कहा था कि अगर हम नहीं सुधरे तो अगला विश्वयुद्ध जल को लेकर ही होगा। जल संरक्षण पर वरिष्ठ पत्रकार प्रोफेसर अनिल कुमार निगम की बांदा में पदमश्री उमाशंकर पांडे से एक भेटवार्ता के दौरान विस्तार से वार्ता हुई। प्रस्तुत है बातचीत के प्रमुख अंश :



वर्षा की बूंदें जहां गिरे, वहीं रोक दें: उमाशंकर पांडे

खेत पर मेड़ और मेड़ पर पेड़ योजना क्या है? आपने किस तरीके से यह अभियान शुरू किया और वह किस स्थिति में है? जल संरक्षण का मेरा प्रयास पुरखों के जल जोड़ने के जो बेजोड़ तरीके थे, उन्हीं को जागृत करना था। देश में खेत पर मेड़ और मेड़ पर पेड़ एक ऐसी विधि है जिसमें किसी प्रशिक्षण, नवीन ज्ञान अथवा किसी प्रकार के औजार की जरूरत नहीं है। बरसात के पूर्व अपना फावड़ा और डलिया लीजिए। खेत पर जाइए और सुबह मिट्टी अपने खेत की मेड़ पर रख कर अपने घर चले आइए। मिट्टी हमारी मां होती है। इससे मिट्टी और पानी दोनों नालों में बहने की जगह खेत में ही रह जाता है। मेड़बंदी से मेरा आशय यह है कि खेत पर मेड़ बनने के बाद उसके ऊपर पेड़ लगाइए। उस पर बड़े पेड़ों की जरूरत नहीं है, उस पर नींबू, सहजन, अमरुद, तुलसी, अथवा अन्य औषधीय पेड़ लगाए जा सकते हैं। यहां तक की अरहर की दाल लगाने से खेत की मिट्टी बंधी रहती है। यह एक ऐसी विधि है जो हर तीन साल में एक बार करनी पड़ती है। मेरा माना है कि मैं अकेले नदी नहीं बना सकता, तालाब नहीं खोद सकता, बांध नहीं बना सकता और कुआं नहीं बना सकता लेकिन मैं अकेले मेड़बंदी अवश्य कर सकता हूँ। **बुंदेलखंड को बहुत पिछड़ा क्षेत्र माना जाता रहा है। यह भी कहा जाता था कि बांदा में पानी मालगाड़ी से लाया जाता था। आपको कहां से प्रेरणा मिली कि बुंदेलखंड में जल संरक्षण के लिए काम करना चाहिए?** मेरी मां, जो अब इस दुनिया में नहीं हैं, उन्होंने मुझे जल संरक्षण के लिए काम

करने की प्रेरणा दी। मैं जिस जखनी गांव से आता हूँ, वहां 40 वर्ष पहले ना रकूल थे, ना सड़क, ना बिजली, ना पानी और ना आवागमन के साधन थे। सुविधाओं के अभाव में लोग गांव से प्रलायन कर रहे थे। मां बोली, यहां के निवासी प्रलायन कर जा रहे हैं। 198 घरों में ताले लगे हुए हैं। उन्होंने कहा कि अगर कुछ कर सकते हो तो मां से ज्यादा मातृभूमि के लिए करो। मैंने मां से सवाल किया कि मैं यह काम अकेले कैसे कर सकता हूँ। मां ने कहा कि तुम साधना करो और जल को जमाओ, जल ही जगदीश है। **आपने जो बुंदेलखंड में काम किया, उससे क्षेत्र में किस प्रकार का परिवर्तन आया? बिल्कुल सही, "प्रत्यक्ष किम प्रमाणम" अर्थात् प्रत्यक्ष को किसी प्रमाण की जरूरत नहीं होती। बुंदेलखंड में एक समय ऐसा आया कि राजनीतिक कारणों से दिल्ली से बुंदेलखंड पानी मालगाड़ी से भेजा गया। पानी प्रतिदिन मानिकपुर भेजा जाता था और लंबे समय तक यह चलता रहा। मुझे यह बताते हुए खुशी हो रही है कि जब खेत पर मेड़ और मेड़ पर पेड़ अभियान यहां शुरू किया तो समुदायिक प्रयासों से इसमें काफी सफलता मिली। इससे फसल की पैदावार में बढ़ोतरी हुई। इसी के चलते वर्ष 2023 में उत्तर प्रदेश में किसानों से सर्वाधिक गेहूं बांदा मंडल में खरीदा गया, जिससे 75000 मेट्रिक टन गेहूं बुंदेलखंड ने गेहूं बेचकर सरकार को दिया। पहले इस इलाके में बासमती चावल की पैदावार नहीं होती थी। मैं 2003 में 25 किलो बासमती खरीदकर लाया और कुछ लोगों के प्रयास से हमने उसे लगाया और**

परिचय
जल के पहरेदार एवं जलयोद्धा के नाम से ख्यातनाम पदमश्री उमाशंकर पांडे उत्तर प्रदेश के बांदा जिले के जखनी गांव के निवासी हैं। उन्होंने खेत पर मेड़ और मेड़ पर पेड़ के परंपरागत तकनीक से बिना किसी सरकारी सहायता के जल संरक्षण के लिए संपूर्ण बुंदेलखंड में न केवल अलख जगा दी है, बल्कि वहां के वस्तुओं को सुधारने में अहम भूमिका निभाई है। उनके उल्लेखनीय कार्यों के चलते ही उनको भारत सरकार द्वारा पदमश्री सहित अनेक पुरस्कारों से नवाजा जा चुका है और प्रधानमंत्री मन की बात कार्यक्रम में उनके कार्यों की सराहना कर चुके हैं।

बासमती चावल का अच्छा उत्पादन शुरू कर दिया। **देश की राजधानी दिल्ली एवं एनसीआर में जल के साथ-साथ जमीन का भी संकट है, इसलिए गांव का जखनी मॉडल यहां नहीं चल सकता। ऐसे में यहां पर किस तरीके से जल संरक्षण किया जा सकता है?** वर्षा की बूंदें जहां गिरे, हम उनको वहीं पर रोक दें। निसंदेह, गांव में पानी रोकने के लिए हमारे पास जमीन है, शहर में जमीन कम है लेकिन शहर में हम वाटर हार्वैस्टिंग कर सकते हैं। अध्ययन करें तो अगर हमारे पास 1500 वर्ग फीट का प्लॉट है तो 200 मिलीमीटर वर्षा होती है, दो लाख लीटर पानी बरसता है। यदि वाटर हार्वैस्टिंग करते हैं तो दो लाख लीटर पानी बचाया जा सकता है। ऐसा करने से खेत का पानी खेत में, गांव का पानी गांव में, घर का पानी घर में, छत का पानी घर में और कुएं का पानी कुएं में रहेगा। दूसरा पानी का बेटा पेड़ है। एक पेड़ एक दिन में कई किलो कार्बन डाइऑक्साइड को लेता है। सात पेड़ अगर किसी व्यक्ति के घर में लगे हुए हैं, उससे उसका संपूर्ण जीवन सुखमय बन सकता है।

आपने न जल संरक्षण के लिए जो काम किया है, वह आज एक अभियान बन गया है। क्या पानी को बचाने के लिए प्रयास सरकार के सहयोग के बिना भी किया जा सकता है? दिल्ली देश की राजधानी है। सत्ता के सबसे ताकतवर लोग यहां रहते हैं। संसद जो कानून बनाती है, वह पूरे देश में लागू होता है। देश का सुप्रीम कोर्ट भी यहीं स्थिति है। सचिव अदालत का आदेश भी संपूर्ण देश के लिए नज़ीर बन जाता है। इतने महत्वपूर्ण स्थान पर रहने वाले लोगों को गांव होना चाहिए। यहां के प्रत्येक निवासी को पानी को बचाने में यथाशक्ति प्रयास अवश्य करना चाहिए। दैनिक जीवन के पानी को पीने के, नहाने और अन्य दैनिक क्रिया के लिए किफायती तरीके से प्रयोग करें और किचन और बाथरूम के पानी को किस तरीके से रिसाइल कर अधिक से अधिक इस्तेमाल किया जाए, इसके बारे में प्रयास करें। दिल्ली-एनसीआर के व्यक्तियों को पानी की बर्बादी रोकनी पड़ेगी। एक नदी के बराबर जो नाले बह रहे हैं, उनके पानी को रिसाइल करना पड़ेगा। यह जल संरक्षण का जो कार्य है। लेकिन जल संरक्षण का जो कार्य जो



सरकार कर रही है, वह उसे करने दीजिए। पानी को अगर भावी पीढ़ी को भी देना है तो इसके लिए आम लोगों को आगे आना होगा। **आपने जल संरक्षण की शुरूआत जखनी गांव से की, वह एक जल संरक्षण का मॉडल बन गया। आज उसको सरकार भी अपना रही है। क्या इसी तरीके से आपकी अगली कोई योजना है जिसका लाभ संपूर्ण देश को मिल सकता है?** आप बिल्कुल सही कह रहे हैं। मुझे भारत सरकार ने पदम सम्मान दिया। पदमश्री सम्मान मिलने के बाद मुझे देश के अनेक केंद्रीय विश्वविद्यालयों, आईआईटी, आईआईएम सहित अनेक संस्थानों में जाने का सुअवसर मिला। पहले उतर प्रदेश सरकार खेत पर मेड़

और मेड़ पर पेड़ का मॉडल ग्राम पंचायतों के माध्यम से लागू करने के निर्देश दिए। उसके बाद भारत सरकार के जल शक्ति मंत्रालय ने योजना बनाई कि हर गांव जखनी के मॉडल पर बने। प्रधानमंत्री ने पूरे देश के प्रधानों को पत्र लिखा कि खेत पर मेड़बंदी सहित परंपरागत तरीके से पानी को रोकें। सरकार की इस मुहिम के कारण मुझे उत्साह मिला और मेरा उत्साह बढ़ा। आज भी मेरी कोई एनसीओ नहीं है, कोई संस्था नहीं है, कोई कार्यालय नहीं है और कोई ऑफिस नहीं है। मैंने सरकार से एक रुपया अनुदान नहीं लिया है। आज भी मेरे गांव के घर में बिजली, पंखा, टीवी और कूलर नहीं है। फिर भी मैं गांव गांव जाकर इस काम को आगे बढ़ा रहा हूँ। मेरी सरकार से अपील है कि देश में जल शक्ति विद्यापीठ की स्थापना की जाए। जल शक्ति विद्यापीठ के माध्यम से केजी से लेकर तक पीजी तक की कक्षाओं में पानी की पाठशालाएं चलाई जाएं। इससे युवा पीढ़ी को पानी की महत्ता का पहले से ही भान एवं ज्ञान होगा और वह पानी को बचाने को लेकर आजीवन संवेदनशील रहेगा। **सोशल मीडिया में सक्रिय रहने वाली हाईटेक युवा पीढ़ी को आप क्या संदेश देना चाहेंगे?** मैं भारत के 30 करोड़ युवाओं से अपील करना चाहूंगा कि वे पानी को बचाएं, पौधे लगाएं और वे स्वयं जलदत्त बनें, दूसरों को प्रेरित भी करें क्योंकि पानी बनाया नहीं जा सकता, लेकिन बचाया जा सकता है। पेड़ उगाया या बनाया नहीं जा सकता, पर लगाया जा सकता है।

Are You too Healthy to Worry about Heart Disease

Mansi Bharadwaj

New Delhi: Heart attacks have long been considered a common cause of death, traditionally affecting older individuals and those with sedentary lifestyles who neglect their health. However, a perplexing trend has emerged: even young, active individuals who maintain a rigorous exercise routine and prioritize their health are succumbing to heart attacks. This raises an urgent question: why are seemingly healthy, young people experiencing fatal heart attacks? This article delves into the underlying reasons

behind this alarming phenomenon.

When a very fit personal trainer or athlete suffers a heart attack, it is a wake-up call for everyone. What is your reaction when hearing the news of famous faces who took their fitness seriously and succumbed to a heart attack in their forties? The passing of famous people in their forties makes us wonder if exercise is the answer to living longer and staying healthy.

Doctors frequently tell us that regular physical activity is excellent for our health, particularly for preventing major diseases such as cardiovascular disease. But



Recently a 28-year-old patient, named **Abhijeet Kadam**, was diagnosed with a heart attack at the emergency ward of **Wockhardt Hospitals, Mumbai Central**. Before he was brought to the hospital's emergency room, the patient had complained of chest pain radiating to the left hand. "He was under stress for the past 3-4 days which resulted in myocardial infarction," according to **Dr. Ravi Gupta**.

does that mean that if you are fit and active, you do not need to worry about getting heart disease? Exercise is helpful, no one is entirely out of the equation.

The simple answer is that heart disease is no longer solely a disease of unfit and overweight middle-aged individuals; it is now also affecting young, fit, and healthy individuals. Therefore, it is essential to keep an open mind. It is best if your doctor evaluates your health before engaging in heavy exercise.

A hospital in Mumbai has reported that cases of heart attack in its emergency ward have gone up by 15 to 20

percent in the past 2 months. Concerningly, it is majorly affecting the younger generation from the age group of 25 years old.

Dr. Ravi Gupta, Consultant Cardiologist Wockhardt Hospitals, Mumbai Central, cited diabetes, sedentary lifestyle, unhealthy dietary habits, substance abuse, high blood pressure, air pollution, stress, heavy workout, and steroids, as factors contributing to increasing cases of young heart attacks.

According to him, Indians are genetically prone to develop heart attacks, and the adoption of the western lifestyle has further

increased the risk.

Nowadays, stress has emerged as a leading cause of heart attacks among young individuals leading to high blood pressure, insomnia, etc.

Doctors warn individuals (who are unaware of underlying conditions) that moderate to intense physical activity is not always good. Every drug is poison if you take it at the wrong time and dosage; the same goes for exercise.

Specific exercises in an average individual may also increase the risk of abnormalities. It can become fatal at times. Therefore, your healthcare provider

must evaluate you before beginning heavy exercise.

Weight frequently comes up in discussions of disease risk and heart health.

This relation is because it may be a helpful indicator, and people generally associate obesity with increased disease risk. Regular screening tests may be needed to detect problems early so you can receive the appropriate treatment before significant damage to the heart occurs.

Doctors recommend cardiac screening tests once a year or once every two years after age forty in the general population or after age thirty in the high-risk population.



The Web Explorer's Guide

Bhoomi Bansal



A monthly compilation 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.

How AI is shaping the music listening habits of Gen Z
Where to read: www.theconversation.com

In the past, being in a listening rut was something a teenager may not have even noticed.

Exposed to a steady diet of the same songs regularly playing on the radio – and later, on MTV and VH1 – adolescents' musical consumption was dominated by the "Top-40" artists. Their palettes were sculpted by a widely shared, if perhaps narrow, repertoire of musical knowledge.

AI-generated playlists have disrupted this, and the two of us don't see that as necessarily a bad thing. A stunning range of music is available to young people, and no longer do radio DJs, ratings and record companies serve as gatekeepers.

Spotify currently lists thousands of genres and creates more each year so that, as the company explains, they are more "recognisable, representative, and holistic to our listeners and communities."

Like receiving a cherished gift you never knew you wanted, young people can be exposed to great music – with its accompanying cultural traditions – that they would be less likely to have discovered on their own, whether it's Indian pop music, Japanese rock or Afro-juju, a style of Nigerian popular music.

If teens think their AI-influenced playlists are dull, they still have the ability to search for new music. Just because algorithms and AI can suggest songs, it doesn't preclude listeners from researching and discovering music on their own, or sharing playlists with friends and relatives.

Anything that exists, they can find. The store is always open.

TED Talks Daily: Why It's Worth Listening to "People You Disagree With"

Where to listen: Spotify
You know about TED Talks — the conference series on technology, entertainment, and design ("TED") that evolved into a diverse, hugely influential media organisation of



online content, independent events, and even a prize and fellowships. The podcast "TED Talks Daily" distills its incredible repertoire of talks into generally short (about 10 minutes) audio hits. Timely information and inspiring ideas straight from experts — there are worse ways to spend 10 minutes. Start a positive new habit by tuning in every morning, or while you eat lunch. New episodes are released every weekday. Or get started with one of the show's most-downloaded episodes, "Why It's Worth Listening to "People You Disagree With," in which once-student activist, now author Zachary R. Wood, encourages thoughtful engagement with controversial ideas.

34th National Annual Convention Organized

IMS News Service

Ghaziabad: The 34th National annual convention of the Ghaziabad Management Association, which is a flagship event of the association on the theme "Developed India@100-Reflections, Realities and Road Ahead".

Mr. Shiv Shivakumar, Operating Partner, Advent International Pvt. Equity, Former Chairman Pepsico India was the Chief Guest, while Mr. Sudhanshu Mani, Retd. GMICF Chennai, was the Guest of Honour and keynote speaker of the event. There were around 250 delegates at the event. The program began with the lighting of the lamp and prayer in which the Chief Guest, Guest of Honour, President of GMA, Mr. SK Tiwari, Ex. Director-GMA,



Rahul Agrawal along with other officials of the association, were present. In his opening address, President of GMA Mr. SK Tiwari, GM – Godfrey Phillips India Ltd, welcomed all the guests and delegates and explained the convention theme in brief.

In his keynote address, Mr. Sudhanshu Mani emphasized that to do anything anywhere, you need, first and foremost vision, leadership, will, determination, planning, & resources. Create your own,

and Inclusion. India has to lead for Digital everything, UID, UPI, ONDC, a game changer, Soft power and as a global talent provider. Thereafter, the annual souvenir of the association was released by the honorable guests. Mr. Anubhav Gopal, IAS, CDO Ghaziabad, was the chief guest of the valedictory session and expressed his views on Viksit Bharat 2047 and the importance of organizing such programs and events. GMA Directory was also released by honorable guests. The program concluded with prize distribution to award winners and mementos to sponsors of the event. The vote of thanks was given by Mr. Rahul Agrawal, Executive Director, GMA, to all those who made this program a success.

SHODH 2023-24 an Inter Institute Student Paper Presentation Competition



Ghaziabad (IMS News Service): The Department of Management Studies of Raj Kumar Goel Institute of Technology, Ghaziabad in association with Ghaziabad Management Association organised SHODH 2023-24 an Inter Institute Student Paper Presentation Competition on 7th June 2024, chief guest was Dr. Anuradha Chugh, Professor GGSIP University.

She gave important information related to new launches of AI Models and scope of AI for young generation. The event was organized in hybrid mode. A total of 30 teams from PAN India participated in the event. Through this program student understood the importance & usefulness of research. They showed interest in research and were excited to do more research.

GMA Celebrated International Yoga Day



Ghaziabad (IMS News Service): Ghaziabad Management Association celebrated International Yoga Day with YOGA INSTRUCTOR Ms. Yogini Dhani. During the yoga session the yoga instructor also narrated the useful needs of different "ASANAS, precautionary measure and importance of yoga in curing many diseases as well as healthy life for future.

the different "ASANAS" of standing, sitting and lying position under the instructions and supervision of Yoga Instructor Ms. Yogini Dhani. During the yoga session the yoga instructor also narrated the useful needs of different "ASANAS, precautionary measure and importance of yoga in curing many diseases as well as healthy life for future.

FDP on Enhancing Classroom Engagement

Ghaziabad (IMS News Service): The Ghaziabad Management Association organized a full day Faculty Development Program (FDP) at IMT CDL Ghaziabad on "Enhancing Classroom Engagement through AI-Driven Teaching".



Preparation: Harnessing AI for Lesson Planning and content Development. The hands-on workshop for demonstration and practice with AI tools and platforms

that can aid pre-class preparation was conducted by Dr. V S Tomar of IMT CDL. Second session on Education with AI covering Enhancing classroom

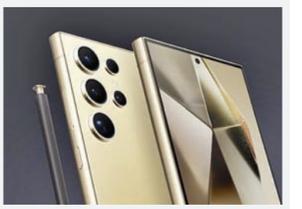
content delivery and student engagement, followed by again with hands – on workshop conducted by Dr. Keerti Jain. The third session on AI-Powered Pre-placement support followed by hands-on workshop, which was conducted by Dr. Ashok Sharma. The program was very well appreciated by all 20 participants.

TECH SANSAR

Moksha

Samsung has revealed the Titanium Yellow Variant of the Galaxy S24 Ultra

Earlier this year, Samsung launched its latest Galaxy S24 series, including the Galaxy S24 Ultra. The Korean smartphone giant has now introduced the Galaxy S24 Ultra in the new Titanium Yellow color option specifically for the Indian market. Previously, the smartphone was offered in Titanium Gray, Titanium Violet, and Titanium Black color choices. The Samsung Galaxy S24 Ultra Titanium Yellow starts at Rs 1,29,999 for the 12GB RAM + 256GB storage model. This smartphone features a 6.8-inch display with a 120Hz refresh rate and anti-reflective coating. It runs on the Snapdragon 8 Gen 3 SoC, paired with 12GB of RAM and up to 1TB of storage. Along with this, Samsung has declared a cashback offer of Rs 6,000 and an additional exchange bonus of Rs 6,000 for customers purchasing the Galaxy S24 Ultra.



Motorola Razr 50 Ultra is all Set to Make its Debut in India

The Lenovo-owned smartphone manufacturer has confirmed the launch of the next clamshell-style foldable phone through a dedicated microsite. Motorola has provided a glimpse of six new artificial intelligence (AI) features that will be supported on the Razr 50 Ultra. This highly anticipated smartphone will come equipped with Qualcomm's Snapdragon 8s Gen 3 chipset, 12GB of RAM, and 256GB of storage. The handset will sport a 3.6-inch cover screen and a 6.9-inch inner display. To keep you going throughout the day, the Razr 50 Ultra will house a powerful 4,000mAh battery. Furthermore, it is rumored to feature a 32-megapixel selfie camera. device will be available for purchase in the country exclusively on Amazon.



Accentum True Wireless Earbuds in the Indian Market

Priced at 12,990, the Sennheiser Accentum is offered in two color variants. Developed in collaboration with Sonova, the Sennheiser Accentum underwent analysis of numerous ear models. The TWS includes four ear tips of varying sizes.



Featuring the company's 7mm dynamic True Response Transducers, the Accentum is engineered to deliver robust bass, natural midrange,

and clear treble. With Hybrid Active Noise Cancellation (ANC), users can minimize unwanted background sounds. The earbuds allow users to switch between normal, ANC, and transparency mode through gestures or the Sennheiser Smart Control app. Customers can purchase the Accentum in Black and White color options from Amazon India, Flipkart, and the official online store of the company.

Continued Page 1...

Plastic Menace: Time for change

Among these, Reliance Industries, which generates 3 million tonnes of single-use plastic waste, is ranked eighth in the production of plastic materials. India is third in the world in terms of producing 5.5 million tonnes of single-use plastic waste and is ninety-fourth in terms of the amount of single-use plastic waste per person, with an average of 4kg per year. This suggests that the SUP ban in India accounts for about 11 percent of the total single-use plastic waste.

On August 12, 2021, a ban on identified single-use plastic items was notified by the Ministry of Environment, Forest and Climate Change (MOEFCC) vide the Plastic Waste Management Amendment Rules, 2021. It came into force on July 1, 2022.

Newspapers claimed that India had banned single-use plastics, the reality however was that India had banned 19 selected single-use plastic items while a lot more were in circulation and continue to be. Incidentally, the August notification was also the first time India defined single-use plastic, as a "plastic item intended to be used once for the same purpose before being disposed of or recycled." This is an oversimplified definition as it does not distinguish between necessary and unnecessary plastics or between recyclable and non-recyclable plastics. Unnecessary and non-recyclable plastics need to be phased out on priority. However, a significant number of nonrecyclable plastics that are problematic— for instance, multi-layered packaging— have been allowed to still circulate based on the rationale that we do not have alternatives for those plastics. India is not the only country grappling with the dilemma of balancing environmental concerns against economic interests. The economic promise of the plastic industry led individuals and governments to overlook future environmental consequences.

The Crucial Role of Financial Literacy for College Students in Today's Complex Economic Environment

Avni Agarwal

New Delhi: Financial literacy plays a pivotal role in the lives of college students, offering them a vital toolkit to navigate the multifaceted challenges of higher education and beyond. In the contemporary economic landscape, possessing a deep understanding of financial concepts is not just beneficial but essential for students to make informed decisions, manage resources effectively, and lay the groundwork for a secure financial future that leads to long-term success and stability.



To kick things off, developing proficiency in financial literacy arms students with the knowledge and skills needed to handle various financial aspects, including budgeting, saving, investing, and debt management. By mastering these fundamental concepts,

students can steer clear of common financial pitfalls, such as overspending, debt accumulation, and financial stress. A solid grasp of financial literacy empowers students to make sound financial choices, set achievable financial goals, and cultivate sustainable

financial habits that will serve them well throughout their lives.

Moreover, financial literacy empowers students to plan for their future endeavours and strive for financial independence. The college years mark a crucial phase of transition and

growth, and possessing a strong foundation in personal finance enables students to make informed decisions regarding their education, career paths, and lifestyle choices. Through effective budgeting, prudent saving strategies, and wise investment decisions,

students can establish a robust financial footing that supports their aspirations and ambitions beyond the confines of their college experience.

By taking ownership of their financial well-being and understanding the implications of their financial decisions, students become more self-reliant and capable of managing their finances responsibly. This sense of financial empowerment not only benefits students during their academic journey but also equips them with the tools needed to thrive in their professional and personal lives as they transition into the workforce.

Additionally, financial literacy contributes to students' overall well-being by alleviating financial stress and promoting financial wellness. Effective money management skills are essential for maintaining mental and emotional health,

as financial worries can often be a significant source of anxiety and pressure for many students. By equipping students with the knowledge and skills to navigate their finances adeptly, financial literacy promotes financial well-being and enables students to focus on their academic pursuits and personal growth with a clear and unburdened mind.

The significance of financial literacy cannot be overstated in the context of college students' lives. By grasping financial concepts, honing practical money management skills, and embracing a sense of financial responsibility, students can forge a solid foundation for a prosperous and fulfilling future. Investing in financial literacy is an investment in oneself, offering enduring benefits that extend far beyond the college years and into a lifetime of financial security.



IIT Madras Launches a New Course on Innovation & Entrepreneurship

IIT Madras: The Indian Institute of Technology Madras has launched a new course on "Innovation & Entrepreneurship" in Collaboration with NPTEL. The aim of this course is to foster innovation across the wide range of disciplines. By applying scientific principles to real-world problems, participants will gain practical experience and will develop effective business plans. Participant from any background are eligible to apply for this course. Also, those in the final year of BE/BTech, ME/MTech, MSc/MA, PhD and equivalent students may apply. The last date to complete registration for IITM Innovation and Entrepreneurship course is July 10, 2024.

RV University Launches Specialised MBA Programmes for AI, Data Science, and Global Finance

RV University has introduced specialized MBA Programmes and are meticulously crafted to align with the evolving demands of various industries. They aim to equip students with advanced knowledge and practical skills necessary to excel in their chosen fields. This initiative reflects RV University's commitment to enhancing MBA education in India by offering innovative, industry-oriented courses. The course is starting from the academic year 2024-25, focusing on three distinct fields: Global Financial Markets, Artificial Intelligence and Data Science, and Regular MBA.

IGNOU launches PG Diploma in Disaster Risk Reduction and Management

The faculty of public administration, School of Social Sciences (SOSS), at Indira Gandhi National Open University (IGNOU), has introduced a Post Graduate Diploma in Disaster Risk Reduction and Management programme. This programme encompasses various facets of disaster risk reduction and management, including an internship component aligned with the National Education Policy (NEP) 2020.

This initiative aims to address the escalating threats posed by natural and human-induced hazards, with the overarching goal of fortifying the nation's resilience and safety. Candidates holding a bachelor's degree are eligible to apply for the programme and admissions are open bi-annually, in July and January, through the official website of IGNOU, ignouadmission.samarth.edu.in.

मोक्षा त्यागी

अभिनव गोपाल गाजियाबाद के मुख्य विकास अधिकारी हैं। वह आईएसएस अधिकारी हैं और कानपुर नगर के संयुक्त मजिस्ट्रेट (उप प्रभागीय मजिस्ट्रेट) का पद भी संभाला चुके हैं। उनसे ग्रेटर नोएडा के गौर सिटी में गौरस सरोवर प्रीमियर में जीएमए के 34वें राष्ट्रीय वार्षिक सम्मेलन के दौरान भेंट हुई। आईएमएस टुडे की संवादाता मोक्षा त्यागी की अभिनव गोपाल से विभिन्न मुद्दों पर विस्तार से बातचीत हुई। प्रस्तुत हैं बातचीत के प्रमुख अंश:

आपने ग्रामीण क्षेत्र के विकास के लिए क्या कार्य किए हैं?

गाजियाबाद का जिस तरह का परिदृश्य ऐसा है उसमें 80 प्रतिशत जनसंख्या शहरी क्षेत्र में रहती है और 20 प्रतिशत जनसंख्या ग्रामीण क्षेत्र में रहती है। ग्रामीण और शहरी क्षेत्र के बीच अंतर काफी कम है। हम कोशिश करते हैं कि जो बहुत बुनियादी सुविधाएं हैं जैसे पीने का पानी, वेस्ट मैनेजमेंट, तालाब की सफाई, गरीबों के लिए समाज सेवा की योजना, राष्ट्रीय खाद्य सुरक्षा अधिनियम के तहत खाद्य सुरक्षा जैसे चीजों को बेहतर रूप से जमीन पर उतार सकें। पंचायत की सुविधा उपलब्ध कराने के लिए क्या करते हैं? पीने की पानी के लिए हमारा जल जीवन

गाजियाबाद के समग्र विकास पर फोकस : सीडीओ

मिशन चल रहा है। गाजियाबाद में भी हमारी अभी तक 142 ग्राम पंचायतें वर्तमान में हैं। इन ग्राम पंचायतों में से 128 जगहों पर ओवरहेड टैंक के माध्यम से पानी पहुंचाया जा रहा है। पानी को भूजल से निकालते हुए सही गुणवत्ता को मॉनिटर करते हुए घर-घर नल के माध्यम से पहुंचाया जा रहा है। 1100 से अधिक ग्राम पंचायतों में यह पानी पहुंच चुका है जिससे कि आदमी को अपने घर से बाहर निकलने की आवश्यकता नहीं पड़ती। उसको कुएं से या तालाब से पानी लेने की आवश्यकता नहीं पड़ती। उसको घर में ही नल के माध्यम से पानी मिलता है।

पिछले कुछ वर्षों में भूजल स्तर में गिरावट ने जल ससाधनों के भविष्य के बारे में चिंता बढ़ा दी है, क्या यह अगले जागरूकता अभियान का बिंदु हो सकता है?

यह पहले से ही हमारे कैमरे के मुख्य बिंदु है। यही हमारे लिए मुख्य फोकस बिंदु है क्योंकि गाजियाबाद पूरा का पूरा रेड जोन में है और एक ब्लॉक सिर्फ अर्ध महत्वपूर्ण जोन में आता है। बाकी तीन रेड जोन में हैं। इसका मतलब है कि वहां पर भूजल बिल्कुल भी उपलब्ध नहीं है या इतनी गहराई पर पहुंच चुका है कि जहां से उसको निकाल पाना संभव नहीं है। अगर आप निकालभी लेंगे तो उसका जो कुल डिस्सोल्व सॉल्ट है, वह 400 से अधिक और कई जगहों पर 1000 से अधिक है। जो पोर्टेबल पानी रहता है, 8200 टीडीएस पर काम करता है। आप कल्पना कर सकते हैं कि पहली बात भूजल



है नहीं और जहां पर भूजल है, वहां इसकी गुणवत्ता इतनी खराब हो चुकी है कि आप उसको पीने नहीं ले सकते हैं। निश्चित रूप से यह एक प्रमुख मुद्दा है। आपने मतदान के बारे में जागरूकता बढ़ाने के लिए बहुत प्रयास किया। इस अभियान के कारण लोकसभा चुनाव में क्या अच्छे परिणाम देखने को मिले? जितनी हमें उम्मीद थी, उससे थोड़ा कम रहा। लेकिन उसके कई कारण हैं। देखिए

अब इसमें हम सिर्फ जागरूकता को लेकर बहुत निश्चित नहीं हो सकते कि मतदान प्रतिशत बढ़ ही जाएगी। उसमें कई अन्य कारण भी होते हैं। मतदान के दौरान एक लंबा सप्ताहांत भी था। लोग छुट्टियों के लिए भी निकल गए थे। उनके वोट से क्या हो सकता है, इसकी जागरूकता शायद कम रह जाती है। इसके अलावा मतदान कम होने के राजनीतिक और सामाजिक सहित अन्य कई कारण हो

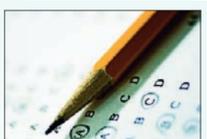
सकते हैं। गाजियाबाद की जनता प्रशासन से किन परिणामों की उम्मीद कर रही है? निश्चित रूप से लोग शहर का सुनियोजित विकास चाहते हैं। शहर की सड़कें अच्छी हों। पीने का पान पर्याप्त हो और स्वच्छ हो। अपशिष्ट प्रबंधन अच्छा हो। ट्रैफिक इश्यूज न रहें जो एक बुनियादी मुद्दा गाजियाबाद में हमेशा रहे हैं। कोशिश लगातार जारी है और काफी सुधार भी हो रहे हैं।

Knowledge



Solve Quiz No. 117

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

- Name of the system that controls every activity that you do?
 - Nervous System
 - Exocrine System
 - Endocrine System
 - Respiratory System
- Spiral Cord originates from which part of the brain?
 - Cerebellum
 - Medulla
 - Pons
 - Cerebrum
- The element whose oxidation state in its every compound is same
 - Carbon
 - Fluorine
 - Hydrogen
 - Oxygen
- What does SSL stand for?
 - Security System Law
 - Security System Layer
 - Secure Socket Layer
 - None of the above
- The speed of a CPU is measured in what?
 - Hertz
 - Megahertz
 - Gigabytes
 - Byte

- Which of the following is a command prompt command for Microsoft Windows?
 - Peg
 - Power
 - Ping
 - Petabyte
- What will you associate the term Social Engineering when it comes to computers?
 - Hacking
 - Malware
 - Worms
 - Trojans
- Which of the following is the first calculating device?
 - Abacus
 - Calculator
 - Turing Machine
 - Pascaline
- Who invented mechanical calculator called Pascaline?
 - Charles Babbage
 - Blaise Pascal
 - Alan Turing
 - Lee De Forest
- How the quality of printer is measured?
 - Alphabet per strike
 - Words per Inch
 - Strike per Inch
 - Dots per Inch

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-116) June, 2024 issue:

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

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

CAREER CANVAS

Boost Your Brain: Integrating Ancient Yoga with Modern Neuroscience for Better Focus and Neuroplasticity

Yoga for the Modern Mind: Boosting Neuroplasticity and Focus

As we celebrated International Day of Yoga worldwide last month, the relevance of yoga in modern life becomes increasingly clear. In an age where distractions are rampant and attention spans are shrinking, integrating ancient yogic practices with contemporary neurophysical research offers promising solutions to enhance focus and mental well-being, especially for students.



Dr. Deepa Goel
Professor & Head
Career Development Centre

Yoga, rooted in Hindu philosophy, encompasses practices like meditation, breath control (pranayama), and physical postures (asanas) aimed at achieving mental and physical harmony. These techniques have long been revered for their ability to cultivate mindfulness and concentration.

Modern neuroscience confirms yoga's benefits, particularly through neuroplasticity, the brain's ability to form new neural connections. Studies show that meditation can increase the thickness of the prefrontal cortex, enhancing attention and executive functions. Yoga and meditation help in improving stress

management and emotional regulation. Additionally, these practices enhance hippocampal function (helps in emotional regulation and learning), boosting memory and learning, and promote neurogenesis, supporting overall brain health.

Practical applications for students include daily mindfulness meditation to develop sustained attention, pranayama for stress reduction, and incorporating asanas in physical education to improve mental clarity. Mindful breaks during school hours can also help reset focus and prevent cognitive fatigue.

This integration of ancient yogic wisdom with scientific validation offers effective tools for enhancing cognitive function, emotional well-being, and academic performance. By embracing these practices, students can achieve better focus and attention, paving the way for a more mindful and attentive generation.

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



Radhika Sharma

- Do you know that the Moon's diameter is about 3,474 km, which is roughly a quarter of Earth's diameter. It is about 384,400 km away from Earth on average.
- Do you know that the leading theory is that the Moon formed from the debris after a Mars-sized body collided with Earth about 4.5 billion years ago.
- Do you know that the surface of the Moon is covered with craters, caused by impacts from meteoroids and comets.
- Do you know that the Moon's gravity is about 1/6th that of Earth's.
- Do you know that the Moon takes approximately 27.3 days to complete one orbit around Earth.
- Do you know that the changing appearance of the Moon from Earth (new moon, crescent, first quarter, gibbous, full moon) is due to its phases.
- Do you know that the Moon is tidally locked with Earth, meaning the same side always faces Earth.
- Do you know that the temperatures on the Moon can range from extremely hot (127°C) during the day to extremely cold (-173°C) at night.
- Do you know that the Moon has a very thin atmosphere called an exosphere which is not breathable.
- Do you know that there is evidence of water ice in permanently shadowed craters at the lunar poles.
- Do you know that the first human-made object to reach the Moon was the Soviet Union's Luna 2 in 1959. The first manned mission was NASA's Apollo 11 in 1969.
- Do you know the Moon experiences quakes, known as moonquakes, which are caused by tidal forces from Earth.
- Do you know a lunar eclipse occurs when Earth passes directly between the Sun and the Moon, casting a shadow on the Moon.
- Do you know that there are ongoing discussions and plans by space agencies to establish a permanent human presence on the Moon.

Sudoku

			3	6		9		
	2						8	
8			1		9			
		3				2		6
6								4
2		4		8		7		
			8		2			7
	3						9	
		2		5	4			

जीवन व भावनाओं से अब और खिलवाड़ नहीं

हाथरस में खुद को ब्रह्मांड का महानायक बनाने वाले सूरजपाल सिंह जाटव के सतसंग के दौरान मही भगदड़ के बाद भीषण मौत के तांडव ने संपूर्ण देश को झकझोर दिया है। सतसंग करने वाले बाबा ने अपना नाम बदल कर भोले बाबा उर्फ हरिनारायण साकार रख लिया था। प्रश्न यहां इस तरह के होने वाले आयोजन में सिर्फ अत्यवस्था का नहीं है। सवाल लोगों की आस्था एवं भावनाओं से खिलवाड़ करने का है। इस हादसे में लगभग सवा सौ लोगों की जानें गई हैं। हादसे के बाद जिस तरीके का मंजर देखने को मिला, वह रोंगटे खड़ा कर देने वाला है। प्रश्न है कि क्या इस भयावह मंजर के लिए सिर्फ आयोजक जिम्मेदार हैं? क्या इतने लोगों की मौतों के पीछे कोई साजिश है? लोग आखिर बिना सोचे समझे खुद को भगवान बनाने वाले इन बाबाओं के पीछे इतने दीवाने क्यों हो जाते हैं? क्या ये बाबा सचमुच मोक्ष पाने का एक मात्र माध्यम हैं? इसके पहले भी कई बार देखा गया कि स्वयं को देवदूत मानने वाले बाबा आशाराम बापू और गुरुमीत राम रहीम जैसे बाबाओं ने लोगों को अपने मायाजाल में फंसाकर किस तरीके से महिलाओं से दुष्कर्म किया और वे हत्या जैसे गंभीर मामलों में फंस चुके हैं। बाबा सूरजपाल के संबंध में भी उत्तर प्रदेश के पूर्व डीजीपी विक्रम सिंह ने कहा है कि उसके खिलाफ दुष्कर्म सहित आधा दर्जन आपराधिक मामले दर्ज हैं। बाबजूद इसके लोग मोक्ष और मुक्ति प्राप्ति के चक्कर में बाबाओं के चक्कर काटते रहते हैं। कई बार यह भी देखा गया है कि लोग अपने घर में माता-पिता और बुजुर्गों की सेवा व देखभाल करने की जगह इन बाबाओं के प्रति अधिक समर्पित दिखाई देते हैं। कहने का आशय यह बिलकुल नहीं है कि लोग संतों और अपने धर्म गुरुओं का सम्मान करना बंद कर दें लेकिन मैं यह अवश्य कहना चाहूंगा कि किसी को भी फॉलो करने के पहले आप असली और नकली बाबाओं की पहचान अवश्य करें। हाथरस में जिस स्थान पर सतसंग होना था, उसके लिए जिला प्रशासन से 80 हजार लोगों के एकत्र होने और तीन घंटे की अवधि के लिए अनुमति ली गई थी। हैरानी की बात यह है कि आयोजन स्थल पर ढाई लाख से अधिक लोग वहां पहुंच गए। जिला प्रशासन ने आयोजकों को अनुमति तो दे दी लेकिन उसने पंडाल में एकत्र होने वाले लोगों के अनुरूप आयोजकों द्वारा किए गए इंतजाम की कोई जांच पड़ताल नहीं की। पंडाल में बैठने, अंग से सुरक्षा के उपकरण, अबुलेंस की तैनाती, श्रद्धालुओं की इंट्री और एक्जिट के अलग-अलग दरवाजे और अन्य सुरक्षा संबंधी उपायों की कोई जांच नहीं की गई। पुलिस और जिला प्रशासन ने सारी व्यवस्था आयोजकों पर ही छोड़ दी। उसने यह भी जहमत नहीं उठाई कि आयोजन की अनुमति देने के पहले वह जरूरी इंतजाम की जांच पड़ताल कर लेता और गड़बड़ी होने पर परमिशन रद्द कर देता। सूरजपाल सिंह जाटव आधुनिक बाबा है। वह पहले पुलिस में सिपाही था लेकिन वह पुलिस से स्वीच्छिन्न स्वामिनिष्ठ लेकर आध्यात्मिक गुरु बन गया। वह अन्य बाबाओं की तरह वस्त्र धारण नहीं करता। वह सफेद सूट पहनता है और रंगीन चश्मा लगाता है। उत्तर प्रदेश के अलावा हरियाणा, राजस्थान सहित कई राज्यों में उसके फॉलोवर्स हैं। इसके अलावा कई राजनेताओं के साथ भी उसके घनिष्ठ संबंध हैं। अब जांच कर रही है। अदालत में मामला चलेगा और कुछ वर्षों बाद कुछ लोगों को सजा भी मिल सकती है। लेकिन ऐसा होने के बाद भी सवा सौ लोगों की जानें वापस नहीं आएंगी और न ही इन लोगों की मौतों के बाद छिन्न भिन्न हुए परिवार दोबारा आबाद हो पाएंगे। उल्लेखनीय है कि हरियाणा में डेरा सच्चा सौदा के गुरुमीत राम रहीम और गुजराम में आशा राम बापू ने किस तरीके से लड़कियों से दुष्कर्म किया और उनकी अदालतों द्वारा सजा भी सुनाई गई। वास्तविकता तो यह है कि वे तथाकथित आध्यात्मिक गुरु भोले-लोगों की भावनाओं और जीवन से खिलवाड़ करते हैं। समाज में इतने अंध भक्त भी मौजूद हैं जो बिना सोचे समझे और जांच पड़ताल के बाबाओं को अपना पथप्रदर्शक और पालनहार बना लेते हैं। मेरा ऐसे लोगों से एक विशेष आग्रह है कि आप इस मामले में सावधान हो जाएं और बहुत विवेकपूर्ण तरीके से निर्णय करें ताकि आप अपने परिवार और स्वयं के परिवार की रक्षा कर सकें।



BAMBOO IS THE NEW COTTON: SHOWDOWN

In the realm of sustainable fashion, bamboo has emerged as a formidable contender to traditional textiles like cotton. Known for its eco-friendly properties and versatile applications, bamboo is rapidly gaining popularity among conscious consumers and forward-thinking fashion brands worldwide.



Sajal Kulshreshtha

Bamboo fibers possess a natural microstructure that enhances ventilation, making fabrics inherently breathable and ideal for sensitive skin or those prone to conditions like eczema. Compared to cotton, bamboo offers 40% more absorbency, efficiently wicking away moisture and sweat to keep the skin dry and cool. This property makes bamboo apparel particularly favored for nightwear, ensuring a comfortable sleep experience.

Moreover, bamboo fabric is incredibly soft, often described as "buttery" and lightweight, providing a luxurious feel that rivals even the finest cotton textiles. Despite its delicate texture, bamboo is surprisingly strong, boasting a high tensile strength that withstands repeated washings without losing its shape or durability.

This longevity not only enhances

the lifespan of garments but also reduces the environmental footprint associated with frequent replacements.

From an environmental standpoint, bamboo outshines cotton in several key areas.

Bamboo is the fastest-growing plant on Earth, capable of rapid regeneration without the need for replanting. Once harvested, bamboo can sprout anew from its roots, making it highly sustainable and reducing the need for extensive land use.

Furthermore, bamboo cultivation requires significantly less water compared to cotton farming, which is notorious for its high water consumption. Bamboo is naturally resistant to pests and fungi, reducing the reliance on pesticides and harmful chemicals that are common in conventional cotton agriculture. Additionally, bamboo forests absorb more carbon dioxide than oxygen, making them effective carbon sinks and contributing to mitigating climate change.

The surge in demand for bamboo clothing is palpable, especially in regions like East and South Asia, where consumers are increasingly embracing sustainable lifestyle

S No	Properties	Bamboo	Cotton
1	Sustainability	Rapid growth regenerates without replanting	Requires intensive water, pesticides, and fertilizers
2	Water Usage	Requires minimal water compared to cotton	High water consumption
3	Pesticides	Naturally pest-resistant, often grown organically	Requires significant pesticide use
4	Soil Health	Improves soil quality, prevents erosion	Depletes soil nutrients
5	Carbon Footprint	Absorbs more CO2, releases more oxygen	Carbon-intensive production
6	Softness	Luxuriously soft and smooth	Soft, but may become rougher over time
7	Breathability	Highly breathable, keeps you cool	Breathable, but may retain moisture
8	Absorbency	Highly absorbent, wicks moisture away	Absorbent, but can feel damp
9	Antimicrobial Properties	Naturally antimicrobial, reduces bacteria growth	Less effective against microbes
10	Durability	Strong and durable fibers	Durable, but may weaken with frequent washing

choices. According to research by Fashion Market Insights (FMI), sales of bamboo apparel have been steadily rising, reflecting a growing preference for eco-friendly fashion alternatives.

Sustainable fashion brands have taken note of bamboo's allure, incorporating it into their collections for its superior qualities and positive environmental impact. Whether in activewear, loungewear, or everyday essentials, bamboo fabrics are being celebrated for their versatility, comfort, and sustainability credentials.

It's important to note that while bamboo fabrics offer significant

environmental advantages, the labeling and marketing of bamboo-derived textiles must adhere to regulations set forth by organizations like the Federal Trade Commission (FTC). Rayon or viscose derived from bamboo should be clearly labeled as such, ensuring transparency in product labeling and consumer awareness.

In conclusion, bamboo is not just a trend but a sustainable revolution in the fashion industry.

Its natural properties, from superior comfort and performance to eco-friendly cultivation practices, position bamboo as a frontrunner in the quest for sustainable textiles.

The Water Crisis in Delhi: A Looming Catastrophe

Delhi, the capital city of India is facing a severe water crisis that threatens the very fabric of the city's existence. The crisis is characterized by inadequate access to clean water, rapid depletion of groundwater resources, and inefficient management of water distribution. The situation is so dire that experts warn that Delhi is on the brink of becoming a "water scarce" city, with devastating consequences for its inhabitants, economy, and environment.



Swati

resources are being depleted at an alarming rate, primarily due to the excessive extraction of water for agricultural and industrial purposes.

The water crisis in Delhi is attributed to several factors.

Firstly, the city's rapid urbanization and population growth have led to an increased demand for water, outstripping the available supply.

Secondly, the inefficient management of water resources, including leakages and unauthorized connections, results in significant losses.

Thirdly, the city's groundwater resources are being depleted at an alarming rate, primarily due to the excessive extraction of water

If not addressed timely, the city may face severe consequences of the water crises, resulting in :

- Increased water scarcity, leading to rationing and shortages.
- Decreased food production, leading to food insecurity.
- Increased migration of people from rural to urban areas, leading to social and economic instability.
- Decreased economic growth and development.
- Increased risk of water-borne diseases and health hazards
- Loss of biodiversity and ecosystem degradation.

Water Level Increased Due to Rain

- The Yamuna water level was recorded at 206.01 meters in Delhi, slightly above the danger mark of 205.33 meters.
- The water level had previously crossed 205.48 meters, causing flooding and waterlogging in several parts of the city.
- The Delhi government has urged people to stay put in relief camps, as the water level is expected to rise due to rains in the catchment areas.

for agricultural and industrial purposes. The water crisis in Delhi has severe consequences for the city's inhabitants, economy, and environment. The inadequate access to clean water forces many residents to rely on contaminated water sources, leading to waterborne diseases and health hazards.

The crisis also affects the city's economy, as industries and businesses face water scarcity, leading to reduced

productivity and economic losses. Furthermore, the depletion of groundwater resources threatens the city's long-term sustainability and environmental stability.

To address the water crisis in Delhi, a multi-faceted approach is necessary. Firstly, the city must prioritize water conservation and efficiency measures, including fixing leakages, promoting water-saving technologies, and enforcing strict regulations on

water usage. Secondly, the city must invest in water harvesting and recharge systems to replenish groundwater resources. Thirdly, alternative sources of water, such as wastewater treatment and recycling, must be explored. Finally, public awareness campaigns and education programs are essential to promote water literacy and encourage responsible water usage practices.

The water crisis in Delhi is a pressing issue that requires immediate attention and action. By understanding the causes, consequences, and solutions to the crisis, we can work towards ensuring a sustainable and water-secure future for the city and its inhabitants. It is essential that we adopt a collaborative and proactive approach to address this crisis, involving government agencies, civil society organizations, and individuals. Only through collective efforts can we mitigate the water crisis in Delhi and ensure a healthy, prosperous, and sustainable city for generations to come.

महिला सशक्तीकरण की प्रतिमूर्ति है मलाला यूसुफजई

पाकिस्तानी महिला मलाला का जीवन कहानी साहस और पराक्रम का प्रतीक है। उन्होंने अपनी शिक्षा के लिए संघर्ष किया और अपने देश में लड़कियों के शिक्षा के अधिकार के लिए जारी रखा। उनकी जीवनी में एक महत्वपूर्ण घटना थी जब उन्होंने 2012 में आतंकवादियों द्वारा हमले में घायल हो गई थीं, लेकिन उन्होंने इस हमले से भी नहीं हार मानी और अपने मकसद को पूरा किया।

मलाला यूसुफजई का एक महत्वपूर्ण दिन 12 जुलाई हर साल मलाला दिवस के रूप में मनाया जाता है। इस दिन को उनके जीवन और उनके काम को समर्पित किया जाता है और इसे लोग उनके साहस और शिक्षा के प्रति उनके प्रतिबद्धता को याद करते हैं।

एक पाकिस्तानी शिक्षा और महिला अधिकारों के प्रचारक हैं। उनका जन्म 12 जुलाई 1997 को लिला लगातार प्रयासरत रहती हैं। उनका योगदान शिक्षा और महिला सशक्तीकरण के क्षेत्र में व्यापक माना जाता है और उन्हें वैश्विक रूप से प्रशंसा की जाती है।

इस प्रकार, मलाला यूसुफजई ने



आदिल

अपनी शिक्षा और साहस के माध्यम से एक प्रेरणा स्रोत बनकर दुनिया भर में लोगों को प्रेरित किया है।

मलाला दिवस की आवश्यकता इसलिए पड़ी क्योंकि यह एक महत्वपूर्ण अवसर है जिसके माध्यम से हम मलाला यूसुफजई जैसी महान प्रेरणा की जीवनी और कार्य को समझ सकते हैं और उनके संघर्षों को समर्पित कर सकते हैं। यह दिन उसे समर्पित किया जाता है ताकि लोग उनके द्वारा शिक्षा और महिला सशक्तीकरण के लिए किए गए संघर्षों को समझ सकें और उनसे प्रेरित हो सकें। मलाला यूसुफजई का जीवन एक प्रेरणा स्रोत है। उनके जीवन ने बहुत से लोगों को उनकी विरासत को आगे बढ़ाने के लिए प्रेरित किया है। उन्होंने अपने जीवन में कई मुश्किलों का सामना किया, लेकिन उन्होंने इन मुश्किलों के बावजूद अपने मकसद को हासिल करने में कभी हार नहीं मानी। उनके संघर्ष और साहस की कहानी से हम सब कुछ सीख सकते हैं, जैसे विवास, समर्पण, और शिक्षा

के महत्व को समझ सकते हैं। यही कारण है कि मलाला दिवस का आयोजन किया जाता है ताकि लोग उनकी प्रेरणा को याद रख सकें, उनके कार्यों को मान सकें, और उनके जैसे अन्य समाजसेवी और शिक्षावादी लोगों के प्रति अपनी प्रेरणा को पुनः जागृत कर सकें।

मलाला यूसुफजई के जीवन और कार्य के बाद कई महत्वपूर्ण बदलाव

महिला सशक्तीकरण: उनकी कड़ी मेहनत और संघर्ष ने महिलाओं के अधिकारों को समझने और मानने में बदलाव लाया है। उनका संघर्ष महिलाओं के सामाजिक और आर्थिक स्थिति में सुधार करने में मदद करता है।

शिक्षा की उपलब्धता: मलाला ने उस समय की आवश्यकताओं पर ध्यान दिया जब उन्होंने अपने देश में लड़कियों के लिए शिक्षा की उपलब्धता को बढ़ाने के लिए संघर्ष किया। उनके प्रेरणादायक कार्य ने शिक्षा के स्तर को उन लोगों तक पहुंचाने में मदद की है जिन्हें इससे पहले इसका अधिकार नहीं था।

ग्लोबल प्रतिस्पर्धा: मलाला की कहानी ने वैश्विक स्तर पर लोगों की सोच में बदलाव लाया है। लोगों को उनकी शौर्यगाथा से प्रेरित किया है। उनकी उपलब्धियों ने उन्हें एक वैश्विक प्रेरणा स्रोत बना दिया है जो लोगों को उनके कार्यों के बारे में जागरूक करता है और उन्हें बदलने के लिए प्रेरित करता है।

Over Population & Under Population a Concern

Every year, on July 11th, World Population Day encourages us to think deeply about the complexities of global population trends. It reminds us of the significant challenges posed by both overpopulation and under population. These issues affect not only how societies function but also put stress on essential resources like food, water, and energy, and affect infrastructure like transportation and healthcare.

The rapid growth of the world's population creates significant tasks and responsibilities. This growth leads to economic and social problems that must be addressed to provide essential resources. One of the biggest issues is drinking water. Currently, 771 million people, or one in nine, lack access to safe drinking water (Water Is the Way, water.org). By 2025, half of the world's population will live in water-scarce areas. In regions like Asia, Latin America, and parts of India, water shortages are worsening. In Africa, where the population is expected to

increase by 3.128 billion, the consequences could be severe.

Overpopulation leads to the excessive consumption of natural resources such as water, land, and energy. The United Nations predicts that global water demand will increase by 55% by 2050, exacerbating shortages. Human activities contribute to deforestation, biodiversity loss, and pollution. According to the Intergovernmental Panel on Climate Change (IPCC), human actions significantly drive climate change, resulting in more frequent and severe weather events.

Rapid population growth in cities contributes to overcrowded living conditions, strains infrastructure, and increases pressure on public services. Nearly a billion people worldwide live in slums, lacking basic amenities like clean water and sanitation (World Bank). In India, overpopulation exacerbates challenges such as water scarcity, poor



Nimishka

air quality, strained infrastructure, and inadequate public transportation.

The primary cause of population growth is an imbalance between births and deaths. The infant mortality rate has decreased globally, with 4.1 million infant deaths in 2017 compared to 8.8 million in 1990 (WHO). Lifespans are increasing, with today's generation likely to live much longer than past ones. Global average life expectancy has more than doubled since 1900 due to advancements in medicine, technology, and hygiene.

The global fertility rate has fallen from 5 children per woman in 1950 to 2.4 today (UN Population Division). Contraceptive use has increased globally from 54% in 1990 to 57.4% in 2015, yet it remains underutilized. An estimated 214 million women in developing countries who want to avoid pregnancy do not use modern

contraceptives (WHO).

Population growth intensifies the pressure on resources, resulting in increased demand for food, water, housing, energy, healthcare, and transportation. This heightened consumption contributes to ecological degradation, conflicts, and a heightened susceptibility to pandemics. With more people, there is a greater likelihood of deforestation, reduced biodiversity, and heightened pollution and emissions, which exacerbate climate change. Unless we implement measures to curb population growth, the additional strain on the planet may cause significant ecological disruptions.

Each population surge affects the planet's health. According to a study by Wynes and Nicholas (2017), having one fewer child could decrease emissions by 58.6 tonnes of CO2 per year in developed countries. Environmental disruption and overpopulation can contribute to violence and political instability. Many recent diseases, including COVID-19, originated in

animals before spreading to humans. Destruction of wildlife habitats increases human interaction with wild animals, heightening the risk of pandemics.

Addressing overpopulation necessitates empowering individuals with knowledge about family planning, increasing women's agency, and dispelling misconceptions about contraception. Educating women and ensuring access to family planning services are crucial steps in managing population growth. Studies by UNESCO demonstrate that girls' education correlates with lower fertility rates.

Furthermore, adopting sustainable practices can mitigate the environmental impact of overpopulation. The United Nations' Sustainable Development Goals (SDGs) provide a comprehensive framework for addressing these challenges, emphasizing initiatives such as clean energy, responsible consumption, and climate action.

World Population Day serves as a reminder of the intricate challenges

presented by population dynamics. By tackling both overpopulation and underpopulation, societies can strive towards a more balanced and sustainable future. It requires collaboration among policymakers, communities, and individuals to safeguard the well-being of current and future generations.

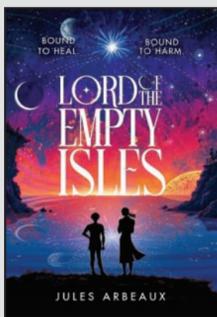
- National Institute of Health (NIH), The world's population will exceed 8.5 billion in 2030, 9.7 billion in 2050, and 11.1 billion by 2100.
- World Population Prospects, global fertility is projected to fall from 2.3 children per woman in 2021 to 2.1 in 2050.
- Population Projection Report 2011-2036, The urban population in the country, which was 31.8 per cent in 2011, is expected to increase to 38.2 per cent by 2036.
- World Population Review, As of June, 2024 India has a population of 1,441,257,792 surpassing the population of china which is 1,425,201,179



नई किताब

BOOK –Lord of the Empty Isles
Mugdha Jugran

TITLE: Lord of the Empty Isles
PUBLICATION DATE: June 6, 2024
AUTHOR: Jules Arbeaux
PAGES EXTENT: 368 pages
ISBN: 1399724983
PUBLISHER: Hodderscape



Set in the Sci-fi genre, "Lord of the Empty Isles" is a book that will absolutely touch your heart, soul and mind.

This debut novel by author Jules Arbeaux is beautifully written, with every word weaving together to form a magnificent tapestry of a world full of magic.

The story revolves around the protagonist, Remy Canta, whose brother died from a death curse, murdered by Remy's once childhood idol—interstellar fugitive Idrian Delaciel. When Remy finally obtains the last ingredient needed to cast his own death curse on Idrian, the curse goes wrong and rebounds on himself, linking their lifespans together. To break this curse, he must infiltrate Idrian's criminal crew and fix it before it's too late. However, in his search for the cure, Remy realizes that there is more to Idrian than just an evil villain, and his quest may potentially lead to certain devastation.

The book is a devastating tale of grief and loss, exploring the love for family and the powerful bonds that connect people, and it delves into the lengths individuals will go to for those they cherish. Amidst undercover infiltrations, interstellar heists, mysterious curses, and a conspiracy reaching to the highest levels of government, the story races against the clock. Despite its thrilling elements, the narrative also deeply touches the heart. Readers should be forewarned and in the right mindset before diving into this emotionally intense journey. Overall, Lords of the Empty Isles is a must read for people who like Sci-fi with tons and tons of emotional rides.

Debunking Myths About Mental Health

Dhanvi Ghandhi

New Delhi: Mental health has become a prominent topic of discussion in recent years, yet misconceptions and myths persist, contributing to stigma and hindering support. In this article, I will delve into and debunk some prevalent myths about mental health.

Myth 1: Mental health problems are a sign of weakness.
A widespread myth suggests that experiencing mental health problems indicates weakness or a lack of willpower. This misconception is far from the truth. Mental health issues can affect anyone, irrespective of their strength, intelligence, or character. Various factors, including genetics, biology, environment, and life experiences, can contribute to the development of mental



health problems.
Myth 2: People with mental health problems are violent and unpredictable.

Another misconception perpetuated by media portrayals is the belief that people with mental health problems are violent and unpredictable. Contrary to this myth, most individuals with mental health issues are not violent. In fact, they are more likely to be victims of violence rather than perpetrators. Such

stereotypes not only stigmatize mental illness but also misrepresent the reality of most people living with these conditions.

Myth 3: Children don't experience mental health problems.

It is a common belief that children are too young to experience mental health problems. However, mental health issues can and do affect children and adolescents. Early intervention and support are crucial for

addressing these issues and preventing them from escalating into more severe problems in adulthood.

Myth 4: Mental health problems are just a phase and will go away on their own.

Some people think that mental health problems are merely a phase that will eventually pass on their own. While some individuals may experience temporary mental health issues due to specific life events or stressors, many mental health conditions require professional treatment and support. Ignoring or neglecting mental health problems can lead to worsening of the symptoms and a decreased quality of life.

Myth 5: People with mental health problems can't work or lead normal lives.

There is a misconception that people with mental health problems are unable to work

or lead normal lives. With the right treatment, support, and accommodations, many people with mental health issues can and do thrive in their careers and personal lives. Recovery is possible, and everyone deserves the opportunity to live a fulfilling and productive life, regardless of their mental health status.

It is crucial to challenge and debunk these myths about mental health to foster a more understanding and compassionate society. By educating ourselves and others about the realities of mental health, we can break down stigma, encourage open conversations, and support those who are struggling. Remember, mental health is just as important as physical health, and everyone deserves access to the care and resources they need to thrive.

The Refreshing Benefits of Summer Fruits

Sonal Satsangi

New Delhi: It seems like there are no more summer lovers left here. Every day feels extremely hot, and just when you think the temperature can't get any higher, it does!

Let me tell you how fruits can be your savior during this time. We know each fruit has its own health benefits, but did you know they can also protect you from hot and humid weather? They are not only beneficial for staying hydrated and healthy but also juicy and delicious.

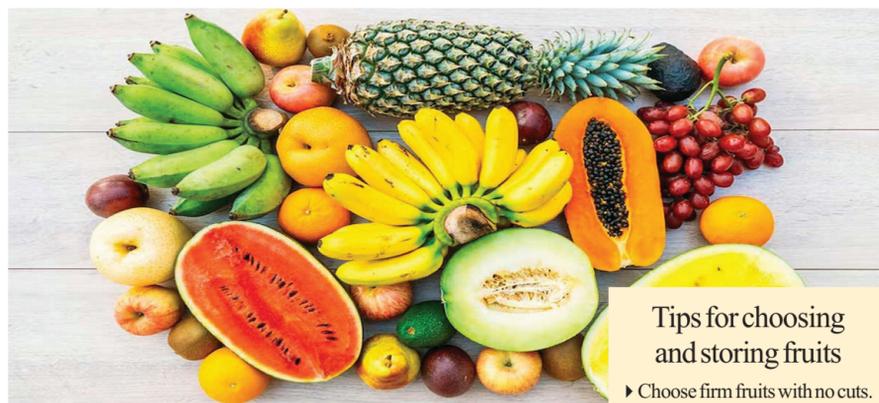
Here's your guide to summer fruits that would be beneficial for you:

Mango- The 'King of all fruits,' are highly rich in vitamins C and A. They provide a quick energy boost for active summer days.

Watermelon: Rich in vitamins A, C, and B6, watermelon helps protect your skin from sun damage. Its high water content keeps you hydrated.

Cucumber (Botanical Fruit): With its high water content and rich nutrient profile, cucumber keeps your body hydrated, maintains adequate blood pressure, soothes skin, and improves digestion.

Guaava: Summer can make digestion sluggish, but guava is high in fiber, which helps prevent the consumption



Tips for choosing and storing fruits

- Choose firm fruits with no cuts.
- Check if the colour is appropriate to its fruit type.
- It should feel heavy and dense for its size.
- It should have a sweet aroma and be fragrant at the base.
- Store fruits in the refrigerator to prevent them from getting spoiled in humid conditions.

of heavy food and keeps the digestive system clean.

Papaya: Rich in vitamins A, C, and folates, papaya aids in weight management, enhances eye health, and eases inflammation in summer. Its nutrient profile boosts immunity, supports digestion, and promotes skin health.

Grapes - As juicy as they are, they contain vitamins C and K and antioxidants that protect us against sun damage and inflammation.

Muskmelon - This aromatic fruit is an old summer favourite. It consists of vitamin C, which helps with cell repair and enhances your skin, and

vitamin A, which boosts immunity and reduces inflammation.

Do you think we will be able to enjoy these fruits for long? If humans are having enough trouble with this season, how easy is it for fruits to survive in this heat? Aren't they going to ripen quickly? Well, yes, they will. So let me help you out. While purchasing, observe key characteristics like texture, weight, color, and smell of the fruit.

While ripe fruit is often at its peak of flavor and nutrition, overly ripe fruit can pose health risks due to spoilage, nutrient loss, and potential fermentation. Selecting and storing

fruits properly ensures you enjoy them at their best.

We've discovered that fruits are more than just juicy and delicious. They can help us cope with this extremely hot and humid weather by keeping us hydrated, refreshed, and healthy throughout the season.

Teachers' Day: The Wisdom Giver

Nishi Sharma

New Delhi: Teachers' Day, celebrated every year on September 5th in India, marks the birth anniversary of Dr. Sarvepalli Radhakrishnan, a renowned scholar and the second President of India.

This day is a tribute to the dedication and contributions of teachers who shape the future of our society. While the essence of teaching remains timeless, the role of teachers has evolved significantly from ancient times to the present. In ancient India, teachers were revered as gurus, embodying wisdom and spiritual guidance. The guru-shishya (teacher-student) tradition was a sacred bond, where students lived with their gurus, imbibing not only academic knowledge but also life lessons and values. The dedication of students was profound, often symbolized by the legendary tale of Ekalavya, who offered his thumb as guru Dakshina (a token of gratitude) to his teacher Dronacharya despite not being formally accepted as his disciple.

1. Dronacharya—Arjun: This jodi from epic Mahabharata is one great example of guru shishya tradition as well. Arjun developed his archery skill under Dronacharya and became world's best archer. 2. Chanakya—Chandragupt Maurya: The most famous guru

of India and world's one of the best kings. In contrast, today's teachers operate within a structured educational system, emphasizing academic excellence, critical thinking, and holistic development. While the spiritual and moral aspects of teaching have evolved, the

core mission of nurturing young minds remains unchanged. Modern educators use technology and innovative teaching methods to engage students, preparing them for the challenges of the contemporary world. Despite these changes, the respect and admiration for teachers endure. Students may no longer offer their

thumbs, but they express gratitude through heartfelt gestures, academic achievements, and lifelong respect. The essence of the guru-shishya bond continues in a different form, with teachers acting as mentors, guiding students towards their goals.

In today's fast-paced world, the role of teachers is more crucial than ever. They are the torchbearers of knowledge, shaping the leaders of tomorrow. While the tools and methods may differ, the dedication, passion, and impact of teachers remain unparalleled.

This Teachers' Day let's celebrate the timeless spirit of educators and their unwavering commitment to fostering a brighter future for all.



Participate and Engage Yourself: Alumni

Disha Tomar

In this interview, Tashi Singh talks about her experience at IMS Ghaziabad, including extracurricular activities, opportunities, emotional moments, and her learning journey for career growth. Tashi Singh is an alumni of IMS Ghaziabad, University Courses Campus, M.Sc. Batch 2022-2024.

Can you tell about your experience in IMS Ghaziabad?

I had an amazing experience, and I am grateful that I started my journey at IMS Ghaziabad. Choosing IMS Ghaziabad was the best decision I've made so far. I'm also thankful to my faculties for their support throughout, helping me develop my personality and shaping me into who I am today.

IMS is a pool of opportunities, but only if you know how to utilize them effectively. I have actively participated in many inter and intra-college events such as Pulse, mega freshers, Genesis, start-up conclave, extempore, article writing, JAM, and more. Additionally, I have hosted and anchored



TASHI SINGH

numerous events on campus. IMS is an institution where the emphases is given on overall development of the student with priority on guest lectures and personality development classes so that graduates can lead the world.

It has been a wonderful experience to be a part of such an amazing institution. My college not only helped me grow academically, but personally as well. I have learned so many skills here.

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

Coming to a new place without knowing anyone and having no contacts in my phone marked the beginning of my journey at IMS. Being introverted, I faced everyday struggles to find my own pace and place, which was one of the biggest challenges for me. The faculty in the Biosciences department were like angels to me. I met the best teachers of my life who supported and helped me in every possible way, guiding me through

professionally. I have refined myself as a human and enhanced my speaking, writing and scientific skills which are a must for a life science student.

I have been blessed with the opportunity to be part of many things and experience holistic growth. My approach towards life and decision-making has been greatly influenced.

I have received awards such as the Best Student Award, Best Poster Presentation, and First Award in Genesis, among others. Being at IMS has been a straightforward and the best decision I made.

Also, I got the opportunity of campus placement and worked as a junior product support manager (JPSM) at J. Mitra Co. Pvt limited.

What advice would you give to current students?

From my personal experience, my first advice to them would be that you are at the best place with the best people.

You are in good hands that can shape your future beautifully. I would advise making the most of the resources available, whether participating in events or engaging in seminars and

conferences. The teachers and mentors at IMS are the biggest asset you are bestowed with; just hold onto their guidance. I would like to make a special mention of our HOD, respected Dr. Surabhi Johari mam, the leading lady of our department.

She exemplifies calmness and serenity, even amidst the hustle and bustle of daily chores, and she micromanages every problem of her students. A big thank you to her and all the faculty members.

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

These students should have good connections with their peers and teachers. Also, they should be engaged in conferences, seminars and workshops for building good connections.

There is a six-month dissertation program in MSc for which I would suggest take up a good place and specifically good research so that you get a better exposure towards research and industries.

I hope this helps and moreover settle for what you want, choose wisely.



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WE HAVE NO BRANCH IN NOIDA

Expert Session on Biomedical Beyond Borders: Guide to a Thriving Career

IMS News Service

Ghaziabad: Arnab Gupta, a Ph.D. student in Engineering Science at Harvard University, USA delivered the session at IMSEC on the vast opportunities in the field of biomedical engineering, the advantages of pursuing higher studies, and the pathways to securing admissions in foreign universities. Mr. Gupta, having a profound background in biomedical engineering, provided a practical demonstration of neural networks, showcasing their application in biomedical research. The session was coordinated by



Dr. Indu Bhatt, Assistant Professor, Biotechnology Department. It concluded with an interactive question and answer segment, where

students had the opportunity to ask questions and seek advice on various topics discussed. Dr. Ajay Kumar Sharma, Head of the



Biotechnology Department, gave a vote of thanks, acknowledging Mr. Gupta's valuable insights. The session by Mr. Arnab Gupta

was a resounding success, leaving students inspired and better informed about their future career prospects in biomedical engineering.

Summer Internship Drive Organized

IMS News Service

Ghaziabad: MBA Department of IMS Engineering College, Ghaziabad organised summer internship drive of "Truevisory Realty Pvt Ltd. This internship drive was channelized for the students of MBA.

The placements team of MBA department welcomed the esteemed panel, Mr. Azad Zia Khan (General Manager), Ms. Riya Singhal (HR Coordinator) and Mr. Deepak Singh (Sales Manager) to the campus and shared gratitude for providing the opportunity to host the recruitment drive of "Truevisory Realty Pvt Ltd "at the campus.



Workshop On Legal Compliance for Startups in the Field of IT



IMS News Service

Ghaziabad: MCA Department at IMS Engineering College, organized a highly informative workshop for MCA 1st year students. More than 70 students participated

in the workshop. The theme of the workshop was "Legal Compliance for Startups in the field of IT". Eminent speaker Dr. Kokila Saxena, Professor, MBA dept. explained the role of creativity, risk handling, innovation and discussed

legal compliance for startups. Dr. Saxena elaborated the importance of Intellectual Property Rights (IPR), including patent filing in safeguarding software, digital content, and innovations. Students actively engaged in the

discussion on Data Protection and privacy, contractual engagements, regulatory compliance, corporate governance norms etc. The event was efficiently conducted by Mr. Vipin Kumar Sharma. The esteemed Director, Prof. (Dr.) Vikram Bali, commended the entire team for the successful execution of the program and praised their efforts in organizing such a valuable workshop for the students. Overall, the workshop was a resounding success, contributing significantly to the knowledge and preparedness of our students in navigating the legal landscape of startups in the IT field.

Green Revolution through Plantation Drive



IMS News Service

Ghaziabad: The Department of Applied Sciences and Humanities at IMS Engineering College, celebrated "World Environment Day", with

great enthusiasm through the initiative "Green Revolution through Plantation Drive." Students from various branches delivered speeches and recited poems to inspire and emphasize the urgent need to protect our



environment for the sake of future generations. The event was inaugurated by the Director, Prof. (Dr.) Vikram Bali, who highlighted the importance of tree planting in preserving biodiversity and controlling the climate.

Dr. Amit Sharma, Dean Student Welfare, Dr. Vineet Aggarwal, Head of the Department (AS&H), and other stakeholders actively participated, demonstrating their commitment to this crucial cause.

Session in the Entrepreneurial Talk Series Visionary Chanakyas



IMS News Service

Ghaziabad: The I2E Club of the MBA Department at IMS Engineering College, Ghaziabad proudly hosted an enlightening session in the "Visionary Chanakyas: An Entrepreneurial Talk Series".

The students were delighted to gain invaluable insights into starting and managing a business. Special thanks to the esteemed guest, Mohd. Faizan, Founder of DECOR Wishes, for

gracing the event with his presence and sharing his expertise. His time and wisdom are deeply appreciated!

Special thanks to Dr. Vikram Bali, Director IMSEC, Ghaziabad, and Dr. Meenu Baliyan, HOD MBA, for their unwavering support and guidance in making the event possible. Heartfelt gratitude paid to Dr. Sapna Kumari, dedicated faculty event Coordinator, for organizing such an enriching learning experience.

Skill Center Visit Organized

IMS News Service

Ghaziabad: Ghaziabad Management Association organized a skill center visit at Ajay Kumar Garg Engineering College. AKGEC has state-of-the-art centers of excellence, established in collaboration with renowned multinational industries. These centers provide unparalleled opportunities for research, development, and industrial consultancy. The centers include: KUKA Industrial Robotics Training Centre, NI Lab VIEW Academy, SIEMENS PLM COE,



Bosch Rexroth Centre of Competence in Automation Technologies, Automation Industry Association (AIA) Center for Integrated Automation, Janatics Industrial Pneumatics,

Fronius Advanced Welding Technology and Research Center, SIEMENS Advanced Manufacturing Centre, FabLab - MIT USA: 3D printing, PCB mfg, Prototyping, ZEISS:

Calibration & Testing center and a Digital Studio. 17 participants including MSME owners visited skill center to see and explore the possibility of using the facilities.

Cervical Cancer Detection Camp

IMS News Service

Ghaziabad: GMA organized "Cervical Cancer Detection Camp" SIXTH in the series of cancer detection camp in association with CARTE, and "Beautiful Tomorrow" Trust on 26th



June 2024 at CARTE, Shastr Nagar, Ghaziabad. Dr. Smita

first explained the importance of detection of this disease of Cervical Cancer in females. After their consent, the test was conducted on patients. GMA is planning to have this camp organized every month to cover large society.

Workshop on Data Analytics

IMS News Service

Ghaziabad: MBA Department successfully conducted a highly informative Data Analytics Workshop for 1st year MBA students. Department had the honour of hosting Mr. Rohit Pahawa, senior data Scientist from Ducat, as the distinguished speaker,



who shared invaluable insights into the world of

data analytics. Special thanks to Dr.



Vikram Bali, Director IMSEC, Ghaziabad, and

Dr. Meenu Baliyan, HOD MBA, for their

unwavering support and guidance in making this event possible. A heartfelt thanks to Dr. Sapna Kumari, dedicated Faculty Event Coordinator, for organizing such an enriching learning experience. Heartfelt gratitude to everyone involved in making this workshop a success.

ADIOS-2024: Farewell Organized

IMS News Service

Ghaziabad: The farewell event, "ADIOS-2K24," organized by the Department of Biosciences at IMS Ghaziabad University Courses Campus, was a grand celebration to bid farewell to the graduate and postgraduate students of Biotechnology & Microbiology. The event aimed to acknowledge their successful completion of the program and wish them luck and success in their future endeavors.

Dr. Arun Kumar Singh, the Director of IMS Ghaziabad (University Courses Campus), conveyed his best wishes to the students for their future endeavors and successful careers. Dr. Surabhi Johari, the Head of Department, and other faculty members congratulated the students on their achievements and extended their best wishes for their new journey ahead.



The guidance and mentorship were recognized as invaluable contributions to the students' academic growth. The event was filled with captivating musical performances, dance, comedian acts and exciting games. A competition was held to award the titles of Star Performer, Mr. and Ms. Farewell. The final-year students were also honored with titles and awards.

Ms. Karuna Minocha and

Mr. Arjun Bhardwaj from the Bachelor of Science - Biotechnology program, Ms. Palak Rastogi and Mr. Shashank Siwal from the Bachelor of Science - Microbiology program, and Ms. Tashi Gautam and Mr. Kunal Singh from the Master of Science program were crowned Ms. and Mr. Farewell, respectively. Ms. Akshita Srivastava and Mr. Akashdeep Saxena received the titles of Mr. & Ms.

Evening of "ADIOS-2K24". Moreover, Mr. Harsh, Mr. Utkarsh and Mr. Kunal were recognized as Student of the Batch 2024 for their outstanding performance in the B.Sc. (H), Microbiology, B.Sc. (H) Biotechnology & M.Sc. Biotechnology courses, respectively. The Star Performer of the day was Ms. Priyanshi Tyagi, and the title of Ms. Charming was bestowed upon Ms. Anshika



Mittal. Mr. Bhanu Pratap Singh (B.Sc. MB) and Ms. Kesar Vani (B.Sc. BT) was awarded with Golden Feet for their involvement in college cultural team throughout their journey. Mr. Daanish Vij, Mr. Lakshay Virmani, Ms. Khushi Aggarwal from B.Sc. (H) Biotechnology along with Ms. Riya Totlani from M.Sc. Biotechnology honored with Academic Excellence Award. Ms.

Ishita Singh (B.Sc. BT) and Ms. Sneha Mittal (B.Sc. MB) receive the Exemplary Work Award for their contributions to the campus throughout their college journey. The Punctuality Award was given to Ms. Sunaina Patel (B.Sc. MB), Mr. Nikunj Prajapati (B.Sc. BT) and Ms. Kamini Mishra (M.Sc. BT). The final-year students expressed their gratitude to the faculty members and

staff of the Department of Biosciences for their continuous support and mentorship. They also requested ongoing guidance even after graduation to ensure a successful career. The event ended with a formal vote of thanks by Prof. Neha Anttal, faculty coordinator of ADIOS 2024. "ADIOS-2024" created an emotional and memorable atmosphere, filled with laughter, tears,

and genuine camaraderie. It served as a platform to recognize the departing individuals or group for their achievements, express gratitude for their contributions, and wish them success in their future endeavors. The memories created during the event will serve as a reminder of the positive impact they made on the community as they embark on new chapters in their lives.

FDP on Outcome Based Education



IMS News Service

Ghaziabad: Department of Computer Science of IMS Ghaziabad, University Courses Campus, organized an enlightening 2 days workshop on "Program Outcomes - Course

Mapping and Attainment". The resource person of the Pre-FDP was Prof. Sunil Kumar Sharma and the event was coordinated by Dr. Nikita Joshi Mishra. This program was a training initiative designed to help

faculty members to enhance their understanding and skills related to creating, measuring, and improving the effectiveness of programs and the course outcomes in higher education. The workshop helped in creating effective

POs and COs that align with the learning objectives and institutional goals. It also helped in developing assessment strategies and methods to measure the attainment of POs and COs and calculations were well addressed.

Analysing and using assessment data to improve course and program effectiveness was explained in detail during the program. It helped faculties in integrating POs and COs into the curriculum development process and ongoing quality assurance processes. The Pre-FDP included training through lectures, case studies, and interactive sessions, which helped faculty members gain a deep understanding of the principles and practices related to POs and COs.

Overall, the faculty development program on POs and COs helped faculty members ensure that their programs and courses were effective and relevant to students' learning needs, as well as meet the quality assurance standards of regulatory bodies and accrediting agencies.

आईएमएस में फैकल्टी डेवलपमेंट के लिए कार्यशाला का आयोजन



आईएमएस न्यूज सर्विस

गाजियाबाद। आईएमएस गाजियाबाद यूनिवर्सिटी कोर्सज कैम्पस, में आई.क्यू.ए.सी द्वारा दो दिवसीय फैकल्टी डेवलपमेंट के लिए कार्यशाला का आयोजन किया गया। जिसका विषय आउटकम बेस्ड एजुकेशन: आइडेंटिफिकेशन ऑफ लर्निंग लेवल एंड मैपिंग रहा। कार्यक्रम का शुभारम्भ मुख्य अतिथि एवं वक्ता श्री अजय भागवत (निदेशक, इंपोइस इंडिया प्राइवेट लिमिटेड) एवं आईएमएस यूनिवर्सिटी कोर्सज कैम्पस, गाजियाबाद के निदेशक डॉ. अरुण कुमार सिंह द्वारा माँ सरस्वती की प्रतिमा के समक्ष दीप प्रज्वलित कर किया गया।

कार्यक्रम का उद्देश्य शिक्षकगणों को कोर्स ऑउटकम, प्रोग्राम्स ऑउटकम को समझना बहुत जरूरी है साथ ही इन्हें मैप किये बिना परिणाम प्राप्त करना चुनौतीपूर्ण हो सकता है। अतिथि द्वारा आउटकम



रहा। उन्होंने कहा कि किसी भी विषय के पाठ्यक्रम का छात्रों पर परिणाम को जानने के लिए कोर्स ऑउटकम, प्रोग्राम्स ऑउटकम को समझना बहुत जरूरी है साथ ही इन्हें मैप किये बिना परिणाम प्राप्त करना चुनौतीपूर्ण हो सकता है। अतिथि द्वारा आउटकम

बेस्ड एजुकेशन को समझते हुए इसकी महत्ता को भी बताया। अतिथि द्वारा शिक्षकगणों के आउटकम बेस्ड एजुकेशन से जुड़े प्रश्नों के जवाब देकर उनकी उलझनों को दूर किया। कार्यशाला का आयोजन नई शिक्षा पद्धति को ध्यान

में रखते हुए किया गया। कार्यशाला के संचालन में डॉ. इन्द्राणी भट्टाचारजी (हेड- आईक्यूएसी) एवं प्रो. सुनील कुमार शर्मा महत्वपूर्ण भूमिका निभायी। कार्यक्रम का समापन उपस्थित लोगों का धन्यवाद कर किया गया।

Open-House Session on Bridging Science and Medicine: Biotechnology as your Career Bridge



IMS News Service

Ghaziabad: The Department of Biotechnology at IMS Ghaziabad, University Courses Campus, organized an online open house session. The session titled "Bridging Science and Medicine: Biotechnology as your Career Bridge" addressed medical aspirants and helped them in understanding how a B. Tech degree in Biotechnology can lead to a rewarding career at the intersection of science and

medicine. Dr. Ajay Kumar Sharma, Head of the Biotechnology Department, Dr. S. N. Rajan, Dean of Academics, and Dr. Shomini Parashar comprised the expert panel. They addressed numerous participant queries, providing insights into the eligibility criteria for admission to the B. Tech Biotechnology program and discussing the scope and domains of placements. The open house was highly interactive and proved beneficial for all involved.

आईएमएस गाजियाबाद यूनिवर्सिटी कोर्सज कैम्पस में अंतरराष्ट्रीय योग दिवस पर कार्यक्रम का आयोजन

आईएमएस न्यूज सर्विस

गाजियाबाद। गाजियाबाद यूनिवर्सिटी कोर्सज कैम्पस में दसवें अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में योग कार्यक्रम का आयोजन किया गया। कार्यक्रम का शुभारम्भ संस्थान के निदेशक डॉ. अरुण कुमार सिंह, डॉ. दीपा गोयल (विभागाध्यक्ष सोडोसी), डॉ. गगन वाष्णीय (विभागाध्यक्ष, कंप्यूटर साइंस) एवं डॉ. पूजा रस्तोगी (विभागाध्यक्ष, प्रबंधन विभाग) द्वारा माँ सरस्वती की प्रतिमा के समक्ष पुष्प अर्पित कर किया गया। ज्ञात हो कि योग दिवस को 21 जून को विश्वभर में मनाया जाता है। इसका मुख्य उद्देश्य मानसिक, शारीरिक और आध्यात्मिक स्वास्थ्य को संतुलित करना है। योग अपने स्वास्थ्य लाभों के लिए विख्यात है। यह एक विश्वस्तरीय आन्दोलन है,

जो मानव समुदाय को स्वस्थ रखने और उनकी शारीरिक, मानसिक और आध्यात्मिक ताकत को बढ़ाने के लिए संबद्ध करने का प्रयास करता है। कार्यक्रम में योग गुरु डॉ. दीपा गोयल द्वारा योगासनों के माध्यम से शरीर के लचीलेपन और सुगठितता को बढ़ाने के तरीके सिखाये गए। अष्टांग योगा के बारे में बताते हुए प्राणायाम के महत्व को विस्तार से समझाया साथ कई योग भी कराए गए। इस साल 10वां अंतरराष्ट्रीय योग दिवस मनाया जा रहा है। इस बार अंतरराष्ट्रीय योग दिवस कि थीम योग फॉर सेल्फ एंड सोसाइटी रखी गई है। कार्यक्रम में संस्थान के शिक्षकगण एवं स्टाफ द्वारा भी बढ़चढ़ कर भाग लिया गया। इस मौके पर संस्थान के निदेशक द्वारा उपस्थित लोगों को योग के मायने एवं महत्व को बताते हुए स्वस्थ शरीर के लिए प्रतिदिन योग करने की सलाह दी।



AI and the Evolution of Creativity

Transforming Art and Music in the Digital Age

Arya Gaur

New Delhi: Artificial Intelligence (AI) has been making significant strides in the world of creativity, particularly in the realms of art and music. AI-generated art and music are becoming increasingly popular, with many artists and musicians incorporating AI technologies into their creative processes.

One of the key reasons for the rise of AI-generated art and music is the advancement of machine learning algorithms. These algorithms are able to analyze massive amounts of data and learn patterns and trends, allowing them to generate art and music that is both unique and creative. This has opened up new possibilities for artists and musicians, allowing them to explore new ideas and push the boundaries of their creativity.

AI-generated art and music are also becoming more accessible to the public, with a number of platforms and

tools now available that allow users to create their own AI-generated works. This has democratized the creative process, allowing individuals from all walks of life to experiment with AI technologies and create their own unique pieces of art and music. While some have raised concerns about the role of AI in the creative process, arguing that it may diminish the role of human creativity, many artists and musicians see AI as a tool to enhance their own creative abilities. AI can be used to generate ideas, inspire new directions, and push the boundaries of what is possible in art and music.

As AI continues to evolve and become more sophisticated, we can expect to see even more groundbreaking and innovative works of art and music generated by AI technologies. The rise of AI-generated art and music is not just a trend, but a reflection of the changing landscape of creativity in the digital age. Artists and musicians are



embracing AI as a powerful tool for creativity, and the results are truly inspiring.

AI's integration into the creative domains began with relatively simple algorithms capable of mimicking styles and generating basic outputs. However, over the past decade, advancements in machine learning,

particularly deep learning and neural networks, have significantly enhanced AI's capabilities. Techniques like Generative Adversarial Networks (GANs) and transformer models have enabled AI to create more complex, nuanced, and high-quality works of art and music.

AI-generated art and music are reshaping the creative process. Artists and musicians now have powerful tools to enhance their work, explore new creative directions, and collaborate with AI systems as creative partners. AI can assist in overcoming creative blocks by providing novel

ideas and variations that might not have been conceived otherwise. This symbiotic relationship between human creativity and machine assistance opens up new realms of artistic expression. Furthermore, AI democratizes creativity by making sophisticated tools accessible to a broader

audience. Aspiring artists and musicians with limited technical skills can leverage AI to produce professional-quality work, leveling the playing field and fostering a more inclusive creative community.

The commercial potential of AI-generated art and music is vast. AI can generate large volumes of content quickly and cost-effectively, which is particularly advantageous for industries like advertising, film, and video games that require a constant supply of fresh, high-quality content. For example, AI-generated background music can be tailored to fit the mood and style of various media productions, reducing the need for expensive licensing fees and time-consuming custom compositions.

Moreover, the ability to personalize art and music experiences for individuals is another promising avenue. AI can analyze user preferences and generate customized content that aligns with their tastes, creating more

engaging and satisfying experience. Despite the exciting possibilities, the rise of AI-generated art and music brings forth several ethical challenges. One major concern is authorship and intellectual property. Determining who owns the rights to AI-generated works is complex, especially when the AI is trained on existing human-created content. This blurs the lines between original creation and derivative works, raising questions about attribution and compensation.

Another significant issue is the potential for AI to displace human artists and musicians. As AI becomes more proficient in generating high-quality content, there is a fear that demand for human creators may diminish, leading to job losses and reduced opportunities for artists. Balancing the benefits of AI with the need to support and sustain human creativity is a delicate task that requires thoughtful consideration and policy interventions.

Reviving Lost Treasure of Nalanda

Moksha

Education plays a pivotal role in national development, and Nalanda University was instrumental in providing such education. Established in the 5th century in present-day Bihar, Nalanda is one of the oldest universities globally. Its history spans over 1400 years, surpassing Oxford University's 900-year history.

The name "Nalanda" is derived from three Sanskrit words: Na+Alam+Da, meaning an unstoppable flow of knowledge. Chinese traveler Hieun Tsang and Itsing documented their visits to Nalanda Mahavihara.

Hieun Tsang, who visited Nalanda in the 7th century, credited Kumaragupta as the first founder of the university. Nalanda was a residential university that housed 10,000 monks and 1510 teachers. Students from various countries such as China, Japan, Korea, Indonesia, Persia, Turkey, and Sri Lanka came to study at Nalanda. The curriculum included subjects like buddhism, astrology, mathematics, philosophy, medicine, and grammar. It is believed that the original upanishad manuscripts were preserved at Nalanda. Prominent figures such as Harshavardhana, Vasubandhu, Padmasambhava, Dharmapala, Nagarjuna, and Hieun Tsang were all alumni of Nalanda. The renowned astronomer and mathematician Aryabhata is said to have been the head of this university.

Nalanda served as a center of knowledge for over 800 years, but its decline began in the 12th century due to invasions. Despite being rebuilt after the first two invasions, the third invasion proved fatal for Nalanda, leading to its downfall.

The initial assault was carried out by the Hunas, led by Mihirkula, between 455-467 AD during Samudragupta's rule. The Hunas, a tribe from Central Asia, entered India through the Khyber Pass. This invasion



Why did the library of Nalanda burn for a whole 3 months?

According to Minhaj Siraj's book Tabaqat-I-Nasiri, it took three months to burn all the books of Nalanda. Because at that period, paper had not been invented. Instead, they used copper plates with birch leaves inside. The presence of copper allowed the fire to sustain for such a long duration.

On June 19, 2024, Nalanda University was revived. Prime Minister Narendra Modi graced the event with his presence, alongside ministers and ambassadors from 17 partner countries. The new campus, sprawling across 455 acres, boasts modern technologies such as Rain Water Harvesting, Solar Power, and Solar Parks

occurred in the 4th to 6th century CE, during the Gupta Empire. The successors of Skandagupta restored Nalanda, constructing even grander buildings and improving its infrastructure.

The second attack on Nalanda happened in the early 7th century, carried out by the Gaudas Rajvansh of Bengal. Following this attack, the Buddhist king Harshavardhana rebuilt Nalanda.

The third and most brutal assault on Nalanda occurred in 1193 AD by the Turks under Bakhtiyar Khilji. It is said that Bakhtiyar Khilji was once severely ill, and despite various treatments, his health did not improve. Someone suggested that he seek treatment from Rahul Sri Bhadra, the head of Nalanda Mahavihara. Bakhtiyar Khilji did not approve of receiving treatment from a

non-Muslim. But as his condition worsened, he finally decided to call upon Rahul Sri Bhadra. Khilji set a condition to Rahul Sri Bhadra that he would not take any of his medicines. Khilji took advantage of this opportunity to oppress Hindus, but Rahul Sri Bhadra claimed that his health would improve.

He handed the Koran to Khilji and advised him to read a few pages every day. Rahul applied medicine to the pages of the Holy Quran, which Khilji came across while reading. Eventually, Khilji's health improved. Feeling jealous and insecure about a non-Muslim possessing knowledge, Khilji decided to destroy the source of that knowledge.

This incident marked the beginning of the destruction of Nalanda. Nalanda library,

known as 'Dharma Kunj', was the largest library in the world at that time. It consisted of three multi-story buildings - Ratnasagar, Ratnodadhi, and Ratnaranjaka - housing a collection of 9 million books. Bakhtiyar Khilji mercilessly massacred the monks and scholars of Nalanda and set fire to the library. According to Minhaj Siraj's book Tabaqat-I-Nasiri, it took three months to burn all the books of Nalanda. Sadly, many original manuscripts were lost forever. Khilji's actions led to the irreversible destruction of a rich tradition. Following the devastation of Nalanda, he also targeted two other universities in Bihar - Vikramshila and Odantapuri. Centuries worth of knowledge was wiped out in an instant.

Although we cannot bring back the lost treasure of Nalanda, the Indian government is making efforts to transform Nalanda Mahavihara into a thriving educational hub. This vision was initially put forth by the late President Dr. APJ Abdul Kalam in 2006. The Nalanda University Act of 2010 was passed in Parliament, with Amartya Sen serving as the chairman of the governing body. Fourteen years later, on June 19, 2024, Prime Minister Narendra Modi unveiled the new campus of Nalanda University in Rajgir, Bihar. The new campus is located near the historic remains of the university.



Creative Corner

Home In The Rubble

Her hands shook
As she picked up the black marker pen,
Her favorite one.



Mugdha Jugran

Her children stood around her,
A shen faced, round eyed,
A little afraid, a little safe because
she was there.

She asked the oldest
"Come here"
And carefully wrote his name on his arm and leg.

She marked them all
Same way,
Crying all the while.

She told them
To hide, when they heard the war planes

Later,
Youngest of the children
Found a hand with black ink-stained finger.
He wished he knew how to write and read
So that he could read the names
Scattered around
In the rubble
That used to be his home.



फायदा

उलझते-उलझते जिंदगी को समझ गई
जमाने से अब समझे जाने का क्या
फायदा?
दर्द बढ़ते-बढ़ते दवा बन गया
अब दर्द बताने का क्या फायदा?
ये जमाने का क्या है?
ऑसुओं की मुस्कान को
हँसी समझ बैठे
समझ ही गए तो
ऑसु दिखाने का क्या फायदा?
जुगनु की रह में
अमावस को ही सो गई
ये टिम-टिम साज सजावट
चौंद निकल आने का क्या फायदा?
बरसों इंतजार रहा कि
कहीं सर रख रोये हम भी



श्रुति राज

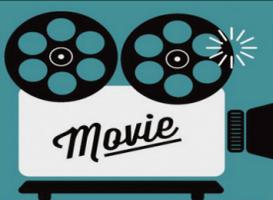
अब ऑसु ही सूख गये
पास बुलाने का क्या फायदा?
सोचा था लिखते-लिखते
एक दिन सब बयां कर दूँगी
स्याही ही खत्म हो गई
अब पन्ने सजाने का क्या फायदा?
हमें भी याद करता है
इस कटोर जमाने में कोई
इसी भ्रम में रूह निकल गई
अब अल्फाज दोहराने का क्या फायदा?

व्या रहता है शहर में

बंद कमरों में, गँव के बच्चों के सपने रहते हैं
कोई अकेला ही आया है शहर,
तो किसी के पहले से ही अपने रहते हैं।
किसी को ख्याब के टूट जाने की कसक रहती है
तो कभी खिलखिला के मुस्कुराने की वजह रहती है।
गँव से शहर में जाना, जैसे खुद के आधे हिस्से से
अलग हो जाना
खाना नहीं भी खायो हो तो, परिवार वालों ये सच न
बताना।
मौ के दुलार को बस फोन पर ही पाना
और अपने दुखों को पापा से छिपाना।
खुद को गँव की गलियों में महसूस करना
किताना कुछ खो जाता है न, शहर की भागदौड़ में
बस होते नहीं, तो हम खुद के पास में
बस सोते नहीं हम, सुकून से रात में।
भोर की वो सुनहरी हवा, अब बदन को नहीं छूती है
गँव जैसी बात, शहर में कहीं ही होती है?



संजना मिश्रा



Arya Gaur

Movie : Munjya

Directed by Aditya Sarpotdar
Written by Niren Bhatt.
Produced by Amar Kaushik and Dinesh Vijan
Starring: Sharvari, Abhay Verma, Mona Singh, and Sathyaraj.
Music by Sachin-Jigar
Release date: 7 June 2024
Language Hindi

Munjya is a 2024 Indian Hindi-language supernatural comedy horror film directed by Aditya Sarpotdar. The movie stars Sharvari, Abhay Verma, Mona Singh, and Sathyaraj. Produced by Amar Kaushik and Dinesh Vijan under Maddock Films, it's the fourth film in the Maddock Supernatural Universe. The story revolves around the legend of Munjya inspired by Indian folk



stories and mythologies. In 1952, a young Brahmin boy named Gotya attempts black magic to marry a girl named Muni. However, things take a dark turn, and Gotya transforms into a malevolent creature named Munjya, haunting a peepal tree.

Decades later, a timid young man named Bittu faces eerie visions related to the same tree. This movie received mixed reviews from critics but emerged as a sleeper hit, grossing over ₹99.55 crore (US\$12 million) worldwide