

PAGE-2
The Advanced Surgical Techniques of Sushruta: India's First Surgeon

PAGE-3
Excess Use of Social Media on Mental Health

PAGE-5
The Illusion of Instant Gratification: A Call for Long-Term Growth and Stability



India Secures ICC Champions Trophy 2025 with Thrilling Victory Over New Zealand

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Alarming Impact of Social Media on Financial Markets

Anjali Singh
New Delhi: The securities and exchange board of India (SEBI) is seeking expanded power to combat unauthorized financial advice proliferating on social media platforms such as WhatsApp and Telegram. SEBI took initiatives to protect investors from misleading information and enhancing the regulator's ability to investigate market violations. Research has identified several red flags in social media group communication, including unsolicited messages and offers, promises of guaranteed profits, pressure and urgency, emotional manipulation, requests for personal and financial



information, and suspicious links and apps. **How to identify and protect yourself from stock market scams** How can you identify these trading or share market frauds in various social media platforms such as WhatsApp, Facebook, Instagram, Telegram, etc., if somebody approaches you tomorrow? **ET Wealth Online spoke to various experts to find out how to spot stock market frauds** **► Never share passwords or OTP with anyone** **Common Types of Social Media Stock Scams** **Pump and Dump Schemes** In pump-and-dump scams, scammers artificially inflate the price of a stock by spreading false information about its potential, often promising huge returns. Once the stock price rises due to increased buying, scammers quickly sell off their shares, leaving other investors with devalued assets. This type of scam is common on forums and chat groups where excitement around "hot" stocks can quickly spread. **Imposter Profiles and Fake Experts** Imposter profiles use the names and photos of real financial experts or create convincing identities to attract followers. They often post fraudulent recommendations, convincing investors to trust their advice. Many scammers leverage direct messages to push their investment tips, making their advice seem personal and genuine to gain trust. **Continued on Page 2...**

An 88-year-old CA lost Rs 1.97 crore in a stock market scam: How was he duped?
An 88-year-old retired chartered accountant from Vasana, Ahmedabad, reportedly lost Rs 1.97 crore in an alleged stock trading cyber fraud, according to the police. In an FIR filed with the Ahmedabad cybercrime branch, Madhukant Patel explained how the scam unfolded: It started in the first week of February when he received a message on WhatsApp from an unknown number. The sender identified himself as Sunil Singhania, and claimed to be working with a stock market expert named Karanveer Dhillon. Singhania invited him to be a part of a WhatsApp group named "Stock Vanguard 150" where Singhania and Dhillon started sharing various stock market investment tips and tricks. There were several other participants in the group. By engaging the victim in seemingly credible discussions, they gained his trust. Eventually, they convinced him to invest, leading to a total loss of 1.97 crore.

AI ki Duniya
• Siya Pandey

AI is rapidly evolving and has significant potential impacts on various aspects of life, including education and home management. For students, AI is poised to revolutionize education by providing highly personalized learning experiences, enhancing tutoring, and assisting with research and content creation. For housewives, AI will enhance smart home management and automation, making household management more efficient and convenient. AI-powered systems can learn routines, anticipate needs, and automate tasks, such as adjusting lighting, temperature, and appliances. AI-powered home security systems will become more sophisticated, providing advanced features such as facial recognition, anomaly detection, and real-time alerts. AI-powered virtual assistants will become more integrated into daily life, providing personalized assistance with tasks such as scheduling appointments and managing finances. In 2025, key AI trends include generative AI advancements, multimodal AI, AI in cybersecurity, AI-driven robotics, and AI in automotive. Key takeaways include the development of more sophisticated generative AI models, the increasing integration of AI into cybersecurity, the expansion of AI-driven robotics, and the continued advancement of AI within the automotive industry. Unexpected breakthroughs in AI include Torque Clustering, enabling a man who is paralyzed to control a robotic arm through a device that relays signals from his brain to a computer, and a groundbreaking study showing machine learning can decode emotions in seven ungulate species.

The Power of Gratitude: How Regular Practice Improves Well-Being



Arya Kumari
New Delhi: Gratitude possesses a transformative power that can positively impact our lives. It encourages us to be thankful and appreciative of the good around us. Often, we tend to focus on challenges, complaints, or setbacks in our daily lives, overlooking the positive aspects, people, and experiences that contribute to our

Effective Ways to Practice Gratitude
► Thank yourself first
► Prayer or Meditation
► Appreciate little things
► Gratitude letters or journals
► Say thank you to your parents
► Genuinely thank a friend or person who care about you.
well-being. While it may not always be easy to acknowledge what we have, cultivating gratitude can significantly boost our self-esteem and overall perspective. However, in creating new results appreciating where you are now is the first step. Gratitude is not just about saying "thank you". It's a powerful practice that can significantly improve emotional, mental and physical well-being. Since Vedic times gratitude and selflessness has been in practice in our culture. Let me take an example of guru Dronacharya and Ekalavya, that guru shishya bond, in which Ekalavya gifted his right-hand thumb regardless of oneself to his guru as a guru Dakshina demonstrating his respect, devotion and grateful nature towards his guru. Another example of Rishi Dadhichi, his story represents the

The science of gratitude
► Study found that people who refined gratitude written practice such as note down "three good things" in a day, these people are more fit in a way like better in managing stress, negative emotions such as shame or guilt as compared to ordinary one.
► Another study from the journal of spirituality in clinical practice found that increased gratitude led to improve the patient's well-being those suffering from heart failure.
Gratitude as a self-care and healing
► Regular practice of gratitude promotes self-care as it makes us more selfless, humbler, kinder and more generous
► It reduces anxiety, depression, stress and reminds us of our enhanced resilience.
The transformative power of attitude
► Gratitude is a kind of lens through which we see the world from self-centeredness to fostering connections to people that make people life worth living.
► Gratitude reframes our complaining mind to appreciating.

symbol of selfless gratitude he sacrificed all his bones as a weapon to defeat demon Vritrasura, sacrificing one's life to others is a highest form of expressing gratitude.

Guest Editor of This Issue
From the Editor's desk
Vikas Principal
Gyan Niketan International School, Greater Noida

Transforming Education: Key Features of the New Education Policy (NEP) 2024
The New Education Policy (NEP) 2024 brings important changes to the education system in India aiming to make learning better for students. One key feature is the introduction of a flexible curriculum that allows students to choose subjects based on their interests and abilities, promoting a more personalized learning experience. The policy also emphasizes the importance of holistic development by encouraging skills like critical thinking, creativity, and problem-solving, rather than just rote memorization. To support teachers, the NEP focuses on providing better training and resources, ensuring they are well-prepared to guide students effectively. Another significant aspect is the integration of technology in classrooms, which helps students engage with learning in new and exciting ways. The policy also aims to make education accessible for all, with special measures to support children from disadvantaged backgrounds, ensuring that every child has the opportunity to learn and grow. Finally, the NEP promotes multilingual education, encouraging students to learn in their mother tongue while also mastering other languages, which helps them connect with their culture and the world. This shift ensures that students are assessed on their understanding and practical application of knowledge rather than their ability to memorize facts. The policy also introduces experiential learning, where students gain hands-on experience through projects, internships, and real-world applications. In higher education, the NEP aims to make universities more interdisciplinary, offering students the flexibility to explore multiple fields of study. It also promotes vocational training, ensuring that students are equipped with the necessary skills for employment. The establishment of a Higher Education Commission will help regulate and improve the quality of higher education institutions. **Continued on Page 2...**

सीएसआर के दुरुपयोग की संभावना कम: राकेश मित्तल

सौनल सतसंगी
सेवा इंटरनेशनल के कोषाध्यक्ष राकेश मित्तल भारत में सीएसआर फंड के दुरुपयोग पर चिंता व्यक्त करते हैं। उनका यह भी मानना है कि अन्य दान की तुलना में सीएसआर में दुरुपयोग की संभावना कम है, क्योंकि इस पर कड़े नियम लागू होते हैं। हालांकि वह यह भी मानते हैं कि वर्तमान सीएसआर अधिनियम में सुधार की आवश्यकता है। इसके अलावा, मित्तल अमेरिकी राष्ट्रपति डोनाल्ड ट्रंप की नीतियों के भारतीय अर्थव्यवस्था पर प्रभाव को लेकर भी अपने विचार साझा करते हैं।

सीएसआर एक कानूनी अनिवार्यता होने के साथ-साथ सामाजिक जिम्मेदारी भी है, फिर भी इसका दुरुपयोग होता है। इस दुरुपयोग को कैसे रोका जा सकता है ?
मेरी जानकारी के अनुसार, अन्य दानों की तुलना में सीएसआर का दुरुपयोग कम होता है क्योंकि यह सख्त नियमन के तहत आता है। कॉर्पोरेट मामलों का मंत्रालय इसकी निगरानी करता है, और अंत में उपयोग प्रमाणपत्र जमा करना अनिवार्य होता है, जिसे चार्टर्ड अकाउंटेंट से प्रमाणित करवाना पड़ता है। सीएसआर फंड प्राप्त करने वाले संगठन और एनजीओ हर खर्च को सावधानीपूर्वक करते हैं, क्योंकि इसकी लगातार निगरानी होती है। सामान्य दान की तुलना में सीएसआर के दुरुपयोग की संभावना काफी कम होती है। **अमेरिका के राष्ट्रपति डोनाल्ड ट्रंप**



को सिटीजनशिप और अन्य नीतियों का भारत की अर्थव्यवस्था पर क्या प्रभाव पड़ेगा ?
मुझे नहीं लगता कि इससे कोई बड़ा असर पड़ेगा क्योंकि भारत दुनिया के सबसे बड़े बाजारों में से एक है। अमेरिका अपनी 'अमेरिका फर्स्ट' नीति अपना सकता है, लेकिन वह भारत को नजरअंदाज नहीं कर सकता। ट्रंप की नीतियों का अर्थव्यवस्था पर शुरूआती असर हो सकता है, लेकिन भारत \$5 ट्रिलियन अर्थव्यवस्था की ओर बढ़ ही रहा है। छोटे-मोटे झटके तो लगते ही रहते हैं। **क्या वर्तमान में सीएसआर**

अधिनियम कारपोरेट और सरकार की अपेक्षाओं पर खरा उतर रहा है या उसमें किसी बदलाव की आवश्यकता है ?
कंपनी अधिनियम 2013 में धारा 135 जोड़ी गई, जिससे सीएसआर को अनिवार्य कर दिया गया। लेकिन भारत में सामाजिक जिम्मेदारी की परंपरा बहुत पुरानी है। ऐसा नहीं है कि 2013 के बाद ही इस पर ध्यान दिया गया। हम हमेशा से समाज को वापस लौटने में विश्वास रखते हैं। सीएसआर हमारे लिए कोई नई अवधारणा नहीं है। सामाजिक जिम्मेदारी भारत की संस्कृति में गहराई से जुड़ी हुई है। 2013 के बाद इसमें कई संशोधन हुए। खासकर जनवरी 2021 में एक बड़ा बदलाव आया। यदि कोई खामियां होती हैं, तो सरकार को सूचित किया जाता है और वह इस पर ध्यान देती है।

The Advanced Surgical Techniques of Sushruta: India's First Surgeon

Arya Kumari

“Theory without practice is like a one-winged bird that is incapable of flight.”
~Sushruta Samhita

New Delhi: Sushruta known as the ‘father of surgery’ was an ancient Indian surgeon and legendary physician who lived in ancient India during the 6th century BC and believed to have been born in Kashi (Varanasi).

His pioneering techniques of surgery with holistic medical treatment contributions to medicine was memoir in the Sushruta Samhita considered an obsolete Indian medical textbook authored by Maharishi Sushruta. (It includes historically unique chapters of 184 with descriptions of 1,120 illnesses and it was written in Sanskrit during the 6th century which describes surgical training, instruments and procedures.

Sushruta has described so many of surgeries thousands of years ago which is based on



the benefit of humanity. He conceived intricate methods for treating various infirmity, restoring physical function, and improving patient quality of life.

At that time surgery was often primal, however Sushruta's highlighted advanced techniques showcased a blend of anatomical knowledge, technical skill and compassionate patient care.

Sushruta is credited with developing many of the earliest techniques such as nasal reconstruction a procedure which is today known as rhinoplasty, for function of nose and restored the shape of nose he used to flap of skin from the forehead. In surgical perfection, instruments have been tools since past 3000 years. In 600 BC the first instruments to be described

Some of Sushruta appreciable advanced surgical techniques that evolve monopoly of modern science

- ▶ Rhinoplasty- (The Art of Reconstructive Surgery)
- ▶ Lithotomy - (Removing Bladder stones)
- ▶ Cataract surgery – (Restoring Vision)
- ▶ Management of Fractures and Dislocations
- ▶ Caesarean Section
- ▶ Hernia Repair
- ▶ Amputation and prosthetics
- ▶ Cosmetic surgery

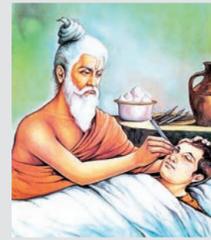
were used by Sushruta and documented in the Sushruta Samhita.

Beyond many functional surgeries, Sushruta used to design a variety of surgical instruments. He described 121 different instruments which crafted from materials like bronze, iron and other metals which is specifically designed for tasks such as tissue manipulation, incisions and suturing.

Here are types of surgical instruments designed by Sushruta which are precursors to modern era

tools.

Sushruta followed by number of disciples were titled as aSushrutras. They were trained by Sushruta for human anatomy by examining or dissecting the dead bodies but before starting their training they took a solemn oath that often compared to Hippocratic oath. Afterwards the completion of training by students based on natural vegetables, animal corpses or skinleather bags or with soft rooting wood once the students proven themselves



Yantras (Blunt Instruments)

- ▶ Tala yantra: a spoon shaped instrument used to remove foreign objects from the ear, nose and sinuses.
- ▶ Swastika yantra: a yantra with a cereal shaped nail at the edges and shaped like a swastika.
- ▶ Shalaka yantras: rod like instruments
- ▶ Samdansa yantra: a yantra used to extract foreign bodies from the muscles, veins, nerves and skin.
- ▶ Nadi yantra: tubular instruments

- ▶ **Kankamukha yantra:** Extract foreign bodies and turned in all directions.
- ▶ Based on reports of ‘The Gentleman’s Magazine’ published in London in October 1794 Indians maintained Sushruta’s surgical practices until the late 18th century.
- ▶ Sushruta also credited as the first to attribute malaria to mosquitoes.
- ▶ Sushruta making an early diagnosis of diabetes.
- ▶ Sushruta links the plague due to rats (mushika)

Shastras (Sharp Instruments)

- ▶ Vetasapatraka (scalpel of different type)
- ▶ Dantasankhu (tooth scaler)
- ▶ Sararimukha (scissors)
- ▶ Mudrika (ring knife)
- ▶ Atimukha (Hawk bill scissors)
- ▶ Karapatra (Bone saw)
- ▶ Ara (Awl)
- ▶ Suci sastra (suturing needle)



then they were eligible to perform their own surgeries.

Sushruta’s advanced techniques and principles not

only influenced the ayurveda medicine but it also emphasizes the modern global evolution of surgical

practices. his outstanding commentary on medical practices ensured his legacy lasting forever

SCI-TECH WORLD

Jiya Chaudhary

Amphibians reemerged after Earth's most devastating mass extinction

University of Bristol (England) discovered that ancient frog ancestors survived the most massive mass extinction. The ancient ancestors of frogs survived by feeding on freshwater prey that escaped terrestrial predators. According to the study, amphibians thrived because of their adaptable eating habits. Their ability to consume a wide range of prey allowed them to survive and persist despite the drastic environmental shifts taking place throughout the Triassic period. This flexibility in their diet gave them an edge, helping them navigate the challenges of a constantly changing world.

Greenland sharks can live for up to 400 years without getting cancer

Greenland sharks are the longest-living animals on Earth, with a lifespan of up to 400 years. They can grow up to 20 feet long and weigh over 1,400 kg. These sharks live alone in the cold, deep waters of the North Atlantic and Arctic Oceans. Studies show that animals that live longer are usually more likely to develop cancer, but Greenland sharks have unique traits that protect them from it. A study found that Greenland sharks have a powerful system for repairing DNA damage. They have extra copies of protective genes called NF-KB, unlike other sharks. This genetic advantage helps lower their risk of developing cancer.

Antarctica's ozone hole is getting smaller and is expected to disappear completely

Scientists are now confident that the Antarctic ozone hole is healing and could fully disappear within the next decade. Since the 1980s, the ozone hole that appears over Antarctica's stratosphere each year has been a symbol of environmental damage. However, new research offers the strongest proof yet that it is steadily shrinking. Thanks to decades of strict regulations under the Montreal Protocol, the ozone layer is on track to fully recover by 2035.

MDP and FDP: Shaping Leaders and Educators for Tomorrow

Bhoomi Bansal

New Delhi: In an era where industries are evolving at an unprecedented pace, continuous learning has become a necessity. Management Development Programs (MDP) and Faculty Development Programs (FDP) play a crucial role in enhancing the skills of professionals and educators, bridging the gap between theoretical knowledge and real-world applications.

MDP: Empowering Industry Leaders

Management Development Programs are designed for corporate professionals, entrepreneurs, and executives to refine their leadership, strategic thinking, and decision-making abilities. These programs, often conducted by premier institutions, focus on areas like business analytics, financial planning, marketing strategies, and organizational behavior.



For instance, leading business schools and training institutes organize MDPs to equip managers with tools to handle dynamic business challenges. With industries adopting AI, digital transformation, and sustainability practices, such programs help professionals stay relevant in an ever-changing business landscape.

FDP: Nurturing Academic Excellence

Faculty Development Programs, on the other hand, cater to educators, researchers, and academic professionals. These programs aim to enhance teaching methodologies,

research skills, and subject expertise. Given the rapid digitalization of education, FDPs now focus on integrating technology into teaching, understanding pedagogical advancements, and fostering critical thinking among students.

Educational institutions conduct FDPs to ensure that faculty members stay updated with emerging trends, whether in media studies, management, or science. Topics like outcome-based education, NEP 2020 guidelines, and interdisciplinary research are gaining prominence in these programs.

Why These Programs

Session on PAK Occupied Kashmir and CPEC /Ominous



Ghaziabad (IMS News Service): Ghaziabad Management Association (GMA) organized “PAK Occupied Kashmir and CPEC

/Ominous”. At AKGIM, Ghaziabad. The session was taken by Ambassador Dinkar Srivastava. Mr. Srivastava explained India's position in POK and events happened since 1947 onwards. The affect of CPEC with China aggression on India. He further stressed on Pakistan debt situation on IMF. The session was concluded by many inquisitive Q&A by the students and other faculty members. 51 students and other faculty members participated.

Matter

Both MDPs and FDPs are essential for professional growth. While MDPs help industry professionals adapt to market shifts, FDPs empower educators to cultivate future-ready students. The intersection of academia and industry through such programs fosters innovation and bridges skill gaps.

With the rise of online learning, institutions are increasingly offering virtual MDPs and FDPs, making them more accessible. The impact of these initiatives extends beyond individual growth—they contribute to a knowledge-driven economy, ensuring that both industry leaders and educators are equipped to shape the future effectively.

By investing in continuous development, professionals and faculty members can not only enhance their expertise but also drive meaningful change in their respective fields.

Annual Budget Conclave - 2025



IMS News Service

Ghaziabad: Ghaziabad Management Association has organized "An Annual Budget Conclave- 2025: Analysis & Highlights of Union Budget 2025, Journey towards Vikshit Bharat" at AKGIM.

The tone of the conclave was set by Dr. TR Pandey and CA Anil Agarwal. The speakers were Mr. Tarrung Kapur, senior Manager, E&Y, Mr. Ramandeep Singh Mody, and CA Pankaj Jain, Partner E&Y. Mr. Tarrung Kapur deliberated on Economics and financial Data explaining deficit, de-growth in Manufacturing sector, India's GDP growth of 6.5% in comparison to

world average of 3.3%, Expenditure, Revenue, Committed expenditure, Increase in interest payment etc. Mr. Ramandeep Singh explained on direct taxes i.e. old and new tax regime and implication of choosing the regime.

CA Pankaj Jain touched upon many new aspects such as Carbon emission's effect on export cost, RoTDEP, MOOWR (Mfg other operation in warehouse operation), Global Capability Centers which will increase employability. The session was followed by many Q&A. It was very successful sessions on Budget. 45 participants joined this budget conclave.

Management Day Celebration



IMS News Service

Ghaziabad: AIMA 69th Founder's day and 19th National Management day was celebrated at IMS Ghaziabad UC campus, Ghaziabad by GMA. The Inaugural address on theme “India tomorrow:



Unlocking industry, innovation, talent” was given by Director, Dr. Arun Kr Singh. Prof. Mayank Pandey of Management Department also expressed his views on the topic. ED-GMA explained why this day is being celebrated as AIMA founder's and

Management Day. ED also spoke on Managing growth and Transformation of Indian Century. A business quiz was also organized where 20 questions were asked on rapid fire round among 46 students. Winners were awarded by GMA.

Continued Page 1...

Alarming Impact of Social Media on Financial.....

Ponzi and Pyramid Schemes

Ponzi and pyramid schemes promise consistent returns from "exclusive opportunities" and typically rely on recruiting more investors to pay existing ones. Social media provides scammers with a large audience, allowing them to promote these schemes under the guise of wealth-building programmes, luxury lifestyles, or private investment opportunities.

Phishing Scams

Phishing scams in the investment world involve messages or ads that look like they're from reputable trading platforms or brokers, prompting users to click on links and enter sensitive information. These scams lead investors to fake login pages, giving scammers access to personal and financial data.

Insider Information Scams

Some scammers claim to have exclusive or “insider” information about an upcoming stock movement. They lure investors with promises of substantial returns based on this information. However, these claims are often entirely fake, and once investors put in their money, the stock value typically crashes, resulting in losses.

The Power of Gratitude: How Regular Practice

Thus, in our Indian culture they all are demonstrated an endless legacy of being thankful through their different form of gratitude.

Scientific research has also shown that regular practicing of gratitude can lead to mortals made more happier, reduced stress and shows stronger relationships. Practice of being thankful a habit can shift individuals focus from what is lacking in their lives to appreciating what already they have. It's

a type of attitude that can create positive change in person's mind, moreover, it provides calmness, stability or subtle persona to individuals that can aid growth and development in individuals' life.

Writing down your emotions and reflections on gratitude—whether toward God or others—can bring joy, happiness, improved sleep, and a better mood. Moreover, it helps release negativity and cleanse your life of toxic experiences, fostering a more positive and fulfilling mindset.

Guest Editor of this

Overall, the NEP 2024 seeks to create an education system that is inclusive, innovative, and aimed at building a brighter future for all children in India. By focusing on flexibility, technology, skill development, and accessibility, it aims to prepare students for the challenges of the future while preserving India's rich cultural and linguistic heritage.

MDP on Harnessing AI and Data Analytics for Strategic Decision-Making

IMS News Service

Ghaziabad: Ghaziabad Management Association organized an online MDP on “Harnessing AI and Data Analytics for Strategic Decision-Making” at AKGIM on 24-25, 27.02.2025. MDP covered Basics of SQL & Data Management, AI-Powered



Business Decision-Making, Competitor Analysis & Market Research using AI and AI's Role in Research & Academics. The trainers were Dr. Sarraf Rajesh Kumar (AI & Analytics

Expert, Malaysia), Klaus Subtil (Senior Expert, IBM, Germany) and Mr. Samiulla N Manik (Digital Business & Analytics Specialist, Oman). 23 participants attended this MDP.

Excess Use of Social Media on Mental Health

Nimishka

New Delhi: In today's world where social media has become an integral part of our life, the constant use and excess exposure to it can create a profound impact on the mental health. Most of the times an idealized version of people's life is portrayed on social media leading to unhealthy comparisons. Rather than real life teens seek for social approval, they are getting addicted to the popularity and validation given by the people they don't even know in real life. But if these expectations like certain number of likes, views or followers are not met then they tend to feel stressed out and have anxiety.

Social media platforms

are designed to be addictive, by using notifications and endless content to keep the users engaged which could lead to continuous checking of social media even if this addiction is harmful for the mental health. The overuse could lead people to neglect essential activities like work, relationships, self-care ultimately leading to stress, burnout and feelings of disconnection from reality. Continuous late-night scrolling has become a common habit among the teens and even among the adults, the blue light that appears from the screen interferes with sleep patterns and a person with lack of sleep could intensify the symptoms of anxiety and depression. While social media helps in connecting with people, if



used in excess then it could make people feel disconnected from the real life, leading to a feeling of loneliness and isolation.

With the increased use of Social media, the cases of cyberbullying are also increasing rapidly which could lead to depression, anxiety and even to suicidal

thoughts. The rapid pace of content consumption on social media makes it difficult to focus for extended periods. This can affect cognitive functioning and productivity, leading to a sense of frustration and mental exhaustion.

To reduce the negative effects of social media on

mental health, it's essential to set boundaries around the usage. Limiting screen time and scheduling offline activities can help to prevent excessive exposure. Using apps that can track social media usage or setting time limits can support healthier habits. Encouraging real-life connections is equally

important. Spending time with friends and family in person fosters meaningful relationships and reduces feelings of isolation. Engaging in hobbies, sports, or volunteer work can also improve mental well-being and boost self-esteem. Also, being mindful of the content consumed is crucial. Following accounts that promote positivity and personal growth can help avoid unhealthy comparisons. It's also helpful to practice self-acceptance and remind oneself that worth is not determined by likes or followers. Taking breaks from social media, seeking professional help if necessary, and encouraging digital detoxes are other effective ways to protect mental health and restore balance.



GD Goenka University Opens Applications for Various UG and PG Program



should apply for the programs by visiting the official website of GD Goenka University.

SNU Introduces Life Science Research Programme

Shiv Nadar University has launched a one-year certificate program in Life Science Research, where the inaugural cohort will have a maximum of 20 students, and the



application process for the program will begin in March 2025. Ananya Mukherjee, Vice-Chancellor of Shiv Nadar University highlighted her delight saying, "We believe in nurturing a culture of deep inquiry and innovation. This program is a step towards enhancing research capabilities in life sciences and strengthening India's contribution to global scientific advancements."

IIM Ahmedabad Launches ITMSBL Programme to Equip IT Professionals for Leadership Roles

In a significant move to empower IT professionals, the Indian Institute of Management Ahmedabad (IIMA) has launched a new management Programme titled Information



Technology Management for Strategic Business Leadership (ITMSBL). The course is tailored to prepare professionals for high-level leadership roles such as Chief Information Officer (CIO) and Chief Technology Officer (CTO), bridging the gap between technology and business strategy, with the registration deadline set for April 29. Interested candidates must submit a registration fee of Rs 2,000 plus GST, while the total fee for the Programme, excluding the application fee, amounts to Rs 4,00,000 plus GST.

Sudoku

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Podcasters' Behavior: The Fine Line Between Confidence and Arrogance

Bhoomi Bansal

New Delhi: In the world of podcasting, where opinions shape narratives and voices become brands, the distinction between confidence and arrogance is often blurred. With platforms like India's Got Latent and other popular podcasts offering creators a space to express themselves, the attitude they bring to the table can significantly impact their credibility and audience engagement.

Confidence Vs. Arrogance: The Thin Divide

Confidence is an essential trait for any podcaster. It reflects a firm belief in one's knowledge and abilities, allowing them to present ideas convincingly. A confident podcaster acknowledges different viewpoints, engages in meaningful discussions, and remains open to feedback. Arrogance, on the other hand, manifests as an overestimation of one's expertise, dismissing opposing opinions and dominating conversations



without regard for listeners or guests.

Podcasting and the Rise of Ego-Driven Content

Shows like India's Got Latent, known for its bold and often controversial takes, highlight this contrast. Some hosts exude confidence, making compelling arguments while

maintaining respect for different perspectives. Others, however, border on arrogance, dismissing guests' opinions or asserting their viewpoints as absolute truths. This shift toward ego-driven content can alienate audiences and lead to a decline in credibility.

For instance, podcasters who frequently interrupt guests, mock differing views, or refuse to acknowledge factual errors often lose their audience's trust. Listeners today seek authenticity and knowledge rather than self-absorbed monologues. The most successful hosts balance their confidence with humility, making their content more engaging and thought-provoking.

Striking the Right Balance

A good podcaster understands that confidence does not mean overshadowing others. Instead, it involves actively listening, respecting diverse perspectives, and maintaining intellectual curiosity. The key lies in approaching discussions with an open mind, acknowledging mistakes, and allowing conversations to flow naturally rather than imposing a rigid viewpoint.

Ultimately, the difference between confidence and arrogance in podcasting comes down to how a host treats their audience and guests. A confident podcaster inspires

CASE-1: Arnab Goswami's Controversial Approach

Arnab Goswami, host of Republic TV's podcast Poochta Hai Bharat, offers a prime example of how confidence can turn into arrogance. Known for his fiery monologues and aggressive tone, Goswami often disregards differing opinions, cutting off guests and dominating discussions. While his approach has garnered a large following, it has also alienated many who feel his style is overly combative and dismissive. His arrogance, especially in handling guests, risks undermining the credibility of his content, creating a divisive atmosphere rather than fostering meaningful discourse.

CASE-2: Kunal Kamra's Bold Commentary

Kunal Kamra, the comedian and podcaster behind Shut Up Ya Kunal, is an example of a host who walks the fine line between confidence and arrogance. His unapologetically bold and satirical commentary often attracts praise for being outspoken and fearless. However, at times, his approach can veer into arrogance, particularly when he disregards the opinions of those he disagrees with. His confrontational style has led to polarized reactions, with some finding his sharp criticism refreshing, while others view it as an ego-driven attack on differing viewpoints. Kamra's case exemplifies how a host's confidence can quickly become off-putting if not balanced with humility and respect for others' perspectives.

engagement and credibility, where audience feedback is immediate, striking the right balance is not just a choice—it's a necessity.

Health and wellness

Arya Kumari

New Delhi: In today's fast paced world, maintaining good health and wellness is very important. Health and wellness are not just about being free from illness, it about nurturing a good lifestyle that would lead to overall wellbeing of an individual. Why is health and wellness so important? Our health is deeply connected to our mind, body, and spirit, impacting our ability to work and thrive. Prioritizing a balanced and healthy lifestyle helps unlock our full potential while keeping us fit and active.

Health and wellness is not just restricted to diet and exercise it goes far beyond that. Research finds that involvement of arts and cultural activity in individuals lives lead to improving of quality of life, increased productivity and removing depression, pain and unnecessary pressure from our lives.

The points that will help you to keep maintaining your health and wellness.

- Meditation Tips**
Meditation helps with body integration, anxiety management, and letting go of distractions. You can practice it through deep breathing or chanting a mantra, focusing on the present moment without any interruptions.
- Latest Nutrition Source Tips**
Eat whole grains, choose unsaturated fats (avocados, peanut, seeds such as pumpkin and sesame, fish which contain omega-3 fats), legumes, improve your intake with variety of colourful fruits and vegetables.
- Quality of Sleep**
Each night aim for 7-8 hours of sleep, try to avoid large meal before bed, minimize your screen time before going to bed, create a comfortable and relaxing environment by opting the dim light, reading and avoiding the noise.

Epidemiological studies shows that insufficient sleep is associated with a higher risk of obesity.

- Fitness**
Fitness has numerous benefits such as regular exercise for manging weight and boosting energy levels and lifting mood or physically fit body.
- Immunity Boosters**
When it comes to boost our immunity, we can choose natural ways to boost our immune systems by incorporating some specific foods rich in vitamins, minerals and antioxidants in our day-to-day life.

Vitamins rich foods	Minerals rich foods	Antioxidant
<ul style="list-style-type: none"> • Carrots • Spinach • Sweet potato • Liver • Lettuce • Banana • Milk 	<ul style="list-style-type: none"> • Broccoli • Asparagus • Cucumber • Sunflower seeds • Chicken thigh • Salmon • Cocoa 	<ul style="list-style-type: none"> • Strawberry • Kiwi • Cherries • Pecans • Beets • zucchini

Hormones of happiness that play crucial role in maintaining our health and wellness

- Dopamine**— Often known as the reward chemical, it boosts motivation, focus, and encourages healthy habits. You can activate it by completing tasks, listening to music, trying new things, and practicing self-care.
- Serotonin**— known for the good moods it helps to stabilize sleep, mood, improved gut health and reduce anxiety and depression activate during doing exercise, meditation practice and be in nature.
- Endorphins**— often called as pain reliever released during laughter, creating art or music, yoga and watching a good movie and hot bath.
- Oxytocin**— known for the love hormone it strengthens relationship, trust, enhances social bonding it activate by hugging loved ones, hanging with friends or family or do something nice to someone and it all contribute to mental wellness.

Knowledge For Students



Solve Quiz No. 125



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.insec@gmail.com

- Palaeoclimatic studies are done by studying
 - a) Tree rings
 - b) Ice cores
 - c) Lacustrine deposits
 - d) All of these
- Dobson unit is used to measure which one of the following?
 - a) Ozone layer thickness
 - b) Pesticide contamination in water
 - c) Aerosol concentration in atmosphere
 - d) All of these
- Which of the following term denotes an error in a Computer Program?
 - a) Bus
 - b) Bug
 - c) Hybernate
 - d) None of these
- Which of the following is a water soluble Vitamin?
 - a) Vitamin-A
 - b) Vitamin-B
 - c) Vitamin-D
 - d) Vitamin-E
- Which one of the following is not a Transmission medium?
 - a) Telephone lines
 - b) Coaxial cable
 - c) Modem
 - d) Microwave system
- Which of the following converts high level language into machine language?
 - a) Compiler
 - b) Interpreter
 - c) Assembler
 - d) None of these
- To which of the following is one byte equivalent to?
 - a) 32 bits
 - b) 16 bits
 - c) 8 bits
 - d) 4 bits
- The first artificial Satellite launched into space was
 - a) Vostok-1
 - b) Sputnik-1
 - c) Pioneer-1
 - d) Suyaz-1
- Which of the following communication relies on radio-signal or infrared signals for transmitting data
 - a) Wireless
 - b) Wired
 - c) Fibre optics
 - d) None of these
- Which of the following statements is true for a Satellite moving round the earth with uniform speed
 - a) Its time period depends on its mass
 - b) Its motion has no acceleration
 - c) Its motion has an acceleration
 - d) Its time period is 24 hours

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-124)Feb, 2025 issue:

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

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



टैरिफ वार का चक्रव्यूह

अमेरिकी राष्ट्रपति डोनाल्ड ट्रंप की टैरिफ नीति के चलते विश्व में टैरिफ वार शुरू हो गया है। मेक्सिको और कनाडा पर 25 प्रतिशत आयात शुल्क लगाने और चीन पर लगे आयात शुल्क को 10 से बढ़ाकर 20 प्रतिशत करने की अमेरिकी राष्ट्रपति डोनाल्ड ट्रंप की नीति लागू हो जाने और इस बीच कनाडा और चीन की ओर से जवाबी टैरिफ लगाने के ऐलान के साथ एक अमेरिकी टैरिफ वॉर के ऐसे चक्रव्यूह में फंस सकता है जिसका खामियाजा उसको खुद भुगतना पड़ सकता है। अमेरिकी उद्योग जगत, आर्थिक विशेषज्ञ, कूटनीति के जानकार और अमेरिकी उपभोक्ता सभी आशंकित और सहमे हुए हैं। अपने तीन बड़े व्यापारिक साझेदार देशों को घुटने टेकने के लिए मजबूर करने के इरादे से लागू की गई ट्रंप की यह नीति पहले से ही बेहद दबाव से गुजर रही अमेरिकी अर्थव्यवस्था के लिए फायदेमंद होने की बजाए कहीं घातक साबित न हो जाए। ट्रंप ने दावा किया कि इस फैसले से अमेरिका को लाखों-करोड़ डॉलर (ट्रिलियंस डॉलर) की कमाई होगी और नौकरियों में भारी वृद्धि होगी। उन्होंने कहा, 'हम ट्रिलियंस डॉलर की कमाई करेंगे और ऐसी नौकरियां पैदा करेंगे जो किसी पहले कभी नहीं देखी गईं। मैंने इसे चीन और अन्य देशों के साथ किया था, और बाइडेन प्रशासन इस पर कुछ भी नहीं कर सका।' अमेरिका में कस्टम्स एंड बॉर्डर प्रोटेक्शन एजेंट्स पूरे देश में 328 बंदरगाहों पर टैरिफ एकत्र करते हैं। अमेरिका में टैरिफ दरें अमेरिका में उत्पादों के हिसाब से टैरिफ दरें अलग-अलग हैं। पैसेंजर कारों पर यह 2.5 प्रतिशत और गोल्फ शूज पर 6 प्रतिशत हैं। उन देशों के लिए टैरिफ दरें कम हो सकती हैं, जिनके साथ अमेरिका का व्यापार समझौता है। कनाडा और मेक्सिको पर 25 प्रतिशत टैक्स लगाए जाने से पहले अमेरिका और इन देशों के बीच ज्यादातर उत्पादों का व्यापार टैरिफ से मुक्त था। इसकी वजह अमेरिका का मेक्सिको और कनाडा के साथ व्यापार समझौता था। अर्थशास्त्री टैरिफ को सही कदम नहीं मानते हैं। अमेरिकी उद्योग जगत, आर्थिक विशेषज्ञ, कूटनीति के जानकार और अमेरिकी उपभोक्ता सभी ट्रंप के छोड़े गए टैरिफ युद्ध से सहमे दिखाई दे रहे हैं। सभी को डर है ट्रंप की यह नीति पहले से ही बेहद दबाव से गुजर रही अमेरिकी अर्थव्यवस्था के लिए फायदेमंद होने की बजाए कहीं घातक साबित न हो जाए। चीन की ओर से भी जवाबी कार्रवाई का ऐलान कर दिया गया। चीन के स्टेट काउंसिल टैरिफ कमीशन की ओर से जारी बयान में कहा गया कि अमेरिका से आयातित चिकन, गेहूँ, मक्का और कपास पर 15 प्रतिशत आयात शुल्क लगाया जाएगा। इसके अलावा जगार, सोयाबीन, सूअर का मांस, गोमांस, जलीय उत्पाद, फल, सब्जियाँ और डेयरी उत्पादों पर 10 प्रतिशत आयात शुल्क भी प्रभावी हो जाएगा। व्यापार नीति के विशेषज्ञों का कहना है कि यदि कनाडा, चीन और मेक्सिको की तरह दूसरे देश भी टैरिफ को लेकर जवाबी कार्रवाई करने लगे तो हो सकता है कि ट्रंप उनपर और अधिक टैरिफ लगा दें इससे पूरी दुनिया में टैरिफ की जंग शुरू हो जाएगी जो सुलझने की बजाए उलझती ही जाएगी। टैरिफ की खबर से अमेरिकी शेयर बाजारों ने जबरदस्त गोता लगाया शुरू कर दिया है। ब्लूमबर्ग की एक रिपोर्ट के अनुसार, फरवरी में कंज्यूमर कॉन्फिडेंस इंडेक्स 7 अंक गिरकर 98 दशमलव 3 पर आ गया जो जो अगस्त 2021 के बाद सबसे बड़ी गिरावट मानी जा रही है। इससे संकेत मिलते हैं कि अमेरिका आर्थिक मंदी की ओर बढ़ सकता है। चीन, कनाडा और मेक्सिको से अमेरिका सबसे ज्यादा फल सब्जियाँ, पोल्टी उत्पाद, कार और कार के कल पुर्जें तथा इलेक्ट्रॉनिक सामान आयात करता है। जाहिर सी बात है कि अगर इनपर 20 से 25 फीसदी आयात शुल्क लगा तो ये सारे सामान अमेरिका में महंगे हो जाएंगे जिसका सीधा असर आम जनता पर पड़ेगा। अमेरिका कनाडा से आयातित बिजली और ईंधन पर निर्भर हैं। कनाडा भी इस बात से वाकिफ है कि उसके तेल और बिजली के बिना अमेरिका का काम नहीं चलने वाला ऐसे में इस बात की प्रबल संभावना है कि वह इसे लेकर ही अमेरिका पर दबाव बनाएगा या फिर इनके निर्यात के लिए दूसरे मुल्कों की ओर रुख करेगा। गत समाह बेरोजगारी भते के लिए आवेदन करने वालों की संख्या में अपेक्षा से अधिक की वृद्धि देखी गई। दूसरी ओर ट्रंप सरकार खर्चों में कटौती के नाम पर हजारों की संख्या में सरकारी कर्मचारियों को नौकरी से निकाल रही है, कई सरकारी विभागों को बंद किया जा रहा है ऐसे में देश में बेरोजगारी के खतरे लगातार बढ़ रहे हैं। निजी क्षेत्र में भी नयी नौकरियों के अवसर दिखाई नहीं दे रहे। इस बीच प्रबल आशंका है कि शुक्रवार को जारी होने वाले रोजगार के आंकड़े देश में रोजगार के अवसरों में ठहराव का संकेत देंगे। ऐसे में टैरिफ वार से अर्थव्यवस्था के लिए खतरे और बढ़ने की आशंका पैदा हो गई है। बिजनेस टाइम्स वारेन बफे ने ट्रंप की टैरिफ नीति को एक तरह का युद्ध करार देते हुए कहा कि आयात शुल्क में बढ़ोतरी से देशों के बीच व्यापार बाधित होता है। शुल्क की वृद्धि हुई कीमत के रूप में आखिर में उपभोक्ताओं को झेलनी पड़ती है। इसलिए यह टैरिफ वार अंतरराष्ट्रीय व्यापार के लिए कतई समझदारी भरा कदम नहीं है। यही नहीं अमेरिका के इस निर्णय से वैश्विक स्तर पर अर्थव्यवस्था पर अत्यंत प्रतिकूल असर पड़ना शुरू हो गया है। अब देखना यह है कि भविष्य में ट्रंप अपनी जिद पर अड़े रहते हैं या विश्व हित में अपनी नीतियों में बदलाव लाते हैं।

भारत में धर्म पर चर्चा जरूरी !



भारत एक बहुधार्मिक देश है, जहाँ लोकतांत्रिक व्यवस्था के तहत सभी धर्मों को समान अधिकार दिए गए हैं। संविधान ने भारत एक धर्मनिरपेक्ष देश है, लेकिन हाल ही में राम मंदिर, ज्ञानवापी, काशी जैसे धार्मिक स्थलों से जुड़े विवादों के बाद यह सवाल उठने लगा है कि क्या भारत एक धर्मनिरपेक्ष देश है। इन विवादों को और गहरा करने का कार्य वक्फ बोर्ड कानून जैसे नियमों ने किया है, जिसके तहत कुछ समुदायों को विशेष अधिकार मिलने के आरोप लगते रहे हैं। ऐसे में यह सवाल उठता है कि क्या भारत जैसे लोकतांत्रिक देश में धर्म पर चर्चा जरूरी है ?



आनंशु द्विवेदी

धर्म और समाज: गहरा संबंध

किसी भी समाज का निर्माण लोगों से होता है और लोगों की संस्कृति और जीवनशैली पर धर्म का गहरा प्रभाव पड़ता है। लेकिन जब धार्मिक विवाद छिड़ते हैं, तो समाज में अशांति फैलने लगती है। दुर्भाग्यवश, ऐसे मुद्दे अक्सर राजनीति का हथियार बन जाते हैं, चाहे वह वोट बैंक की रणनीति हो या सत्ता सुख की लालच। आज मुख्यधारा की मीडिया और सोशल मीडिया पर धर्म केंद्रित चर्चाएँ बढ़ गई हैं। कई कार्यक्रमों में धर्मगुरुओं को बुलाकर बहस करवाई जाती है, लेकिन अक्सर इनका कोई ठोस निष्कर्ष नहीं निकलता। इससे आम जनता में यह धारणा बनने लगती है कि धर्म पर चर्चा सिर्फ समय की बर्बादी है। क्या धर्म पर चर्चा लोकतंत्र के लिए आवश्यक है ? धर्म पर चर्चा तब आवश्यक हो जाती है जब कानून किसी एक धर्म विशेष के पक्ष में झुका हुआ प्रतीत होता है। इतिहास गवाह है कि जब भी समाज के किसी एक वर्ग के साथ अन्याय होता है और इस पर चर्चा नहीं की जाती, तो वह वर्ग कमजोर पड़ने लगता है और कानून पर से विश्वास उठने लगता है। यदि जनता का विश्वास कानूनी और न्यायिक व्यवस्था से उठ जाए, तो यह किसी भी संवैधानिक लोकतंत्र के लिए खतरनाक स्थिति बन सकती है।

यही कारण है कि भारत की धर्मनिरपेक्ष छवि पर उठ रहे सवालों को रोकने के लिए निष्पक्ष और तथ्यात्मक चर्चाएँ आवश्यक हैं। धर्म पर चर्चा तभी सार्थक होगी जब यह किसी धर्म विशेष के विरोध या समर्थन में न होकर संविधान और लोकतांत्रिक मूल्यों की रक्षा के लिए हो। इस चर्चा का उद्देश्य समाज में सौहार्द और न्याय की स्थापना होना चाहिए, न कि समाज को बाँटने का एक माध्यम बनना चाहिए। धर्म पर चर्चा जन कल्याण और स्वस्थ लोकतंत्र के लिए, लेकिन जरूरी है लेकिन आवश्यक है कि यह चर्चा सार्थक निष्कर्ष तक पहुँचे, ताकि भारत अपने अन्य महत्वपूर्ण मुद्दों पर भी ध्यान केंद्रित कर सके।

Crisis Fatigue and Doomscrolling

We've all been there: endlessly scrolling through our phones, getting hit with waves of bad news—wildfires, political chaos, pandemics—and before we know it, it's 3 a.m., and we're emotionally drained.

Welcome to the world of crisis fatigue and doomscrolling.

Crisis fatigue is that overwhelming feeling that comes from the constant onslaught of negative news. It's like your brain's on high alert till it finally checks out. You're mentally exhausted, but instead of taking a break, you keep scrolling, digging deeper into despair. It's a vicious cycle that leaves you feeling helpless and emotionally drained.

What adds to it is doomscrolling. It is the act of compulsively reading negative news online, even when you know it's not doing your mental



Mugdha

health any favors. It's when you constantly refresh your feed, even though you're aware it's making you anxious or upset—like falling into a rabbit hole because of the need to stay informed which only adds to the chaos in your mind.

We're wired to focus on threats, so our brains latch onto every negative headline—climate change, political unrest, economic disaster. Our brains can't distinguish between real danger and news, and with FOMO added in,



it's easy to get sucked into doomscrolling.

It chips away at your mental energy till you start feeling exhausted and ultimately feel disconnected from your own life.

To break the cycle, start by setting limits on how often you check the

news. Replace your scrolling habit with something that grounds you—exercise, hobbies, or time with friends. Curate your feed to include positive stories or ones that offer solutions instead of just the chaos. The world will keep turning, but your well-being is what really matters.

Land of Beauty, Rich Culture & Devine

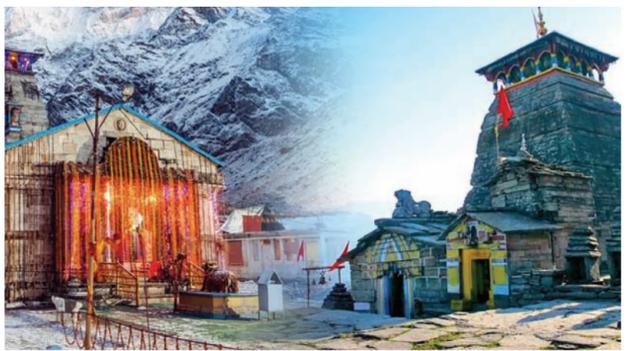
Located in the lap of Himalayas, Uttarakhand is referred to as the Devbhoomi (Land of Gods) because of its holy sites, cultures and rich mythological heritage. It is a north Indian state with a harmonious blend of natural beauty, rich culture and divine essence making it as a tourist attraction and pilgrimage for the people in and around the world.

Geography & Natural Beauty

The state is divided into two main regions Garhwal region & Kumaon region, both the regions have valleys, rivers, snow capped mountain peaks, forests. These regions are home to various iconic peaks like Nanda devi, Trishul, Kamet, Panchachuli, and Satopanth. The sacred rivers Ganga and Yamuna originates from here and flows down to the plains to feed the downstream.

Spiritual Significance

Uttarakhand is the hub of spirituality and spiritual tourism that attracts all the devotees around the world to visit Hinduism's most revered places through Char Dham Yatra and Panch Kedar Yatra. This place is deeply rooted in the Hindu mythological epics like Ramayana and Mahabharata. According to Mahabharata Pandavashave travelled through Uttarakhand on their way to heaven. Various legends also connect



Pallavi Bhardwaj

the state with the deities like Lord Vishnu, Lord Shiva and Goddess Parvati.

Uttarakhand is often associated with liberation from the cycle of life and death (moksha). Pilgrimages, rituals, and meditative practices performed here are believed to help attain spiritual liberation.

Culture & Traditions

The state's vibrant culture is reflected in its festivals, rituals performed by the people, dance forms

, dance dramas like Pandav Nritya, Jagar, cuisine music. Festivals like Nanda devimela, Kumbh Mela, Uttrayanimela, Phol de Maha Kaathig showcases the traditions, culture, music and harmony among people.

The dance dramas like Pandav Nritya which tells the story of the Pandav brothers from the Mahabharata is a blend of storytelling, music and dance. Whereas Jagar which is a spiritual and religious form of offerings to the ancestors also it is way to wake up local deities and gods to seek blessings, healing and protection of the people. Jagars are the main part of the Uttarakhand culture where people connect with the gods.

In conclusion, Uttarakhand's culture is a beautiful synthesis of its historical roots, religious devotion, and the simple, sustainable lifestyle of its

Unknown Facts

- **Skeletons of Roopkund :-** Roopkund Lake located at 5,029 m high is surrounded by mystery due to the discovery of numerous skeletons dating back to the 9th century leading to many theories & guesses about the stories.
- **The Valley of Flowers :-** Situated at an altitude of 3,658 meters, the Valley of Flowers is a remarkable botanical site that features more than 500 distinct species of alpine flora and shrubs. The valley was declared a UNESCO World Heritage Site in 1988 due to its exceptional cultural & physical significance.
- **Highest Shiva Temple:-** The Tungnath temple is the highest Shiva temple in the world. It is believed to be thousand years old and is linked to the Pandavas from Mahabharat.
- **Nainital's Private Rain:-** Nainital experiences rainfall nearly every afternoon due to the presence of a lake.

people. It is a land where tradition and spirituality come together with rhythms of daily life, forming a rich and lively cultural heritage tradition. It is a jewel of India providing a blend of peace, excitement, and spiritual experience.

Boost Your Business Using Social Networking Sites

Business is the practice of earning a livelihood or generating income by producing, purchasing, and selling goods or services. It is also defined as any activity or enterprise undertaken for profit. A business refers to an organization or entity engaged in commercial, industrial, or professional activities. Businesses can operate as either for-profit entities or non-profit organizations. The types of businesses vary, including sole proprietorships, partnerships, and limited liability companies.

There are 4 elements by which a business can grow

- Product
- Money
- Market
- People

Business provides an effective description

It provides basic information about your business



Harshi Goel

- It describes target market
- It provides target audience
- It crafts a problem
- It describes how the business will be profitable
- It describes your industries current and future state

There are some ways to create your own business brand

List your brand values, describe your goals and describe what services you give to your customers. Business revolves around profit and loss. Business is about selling things and offering services to the people for making the money. People



who start the businesses are called entrepreneurs. They come up with an idea, create a plan, and then put it into action. Businesses can range from large companies that manufacture and sell phones or cars to small enterprises, such as an ice cream shop or a bicycle repair service.

We can promote our business through social networking sites. For example, if we have a clothing brand, we need to attract customers. The first step is to create a website to analyze trending clothing styles and understand customer

preferences. Identifying our target audience is crucial, as it helps in setting appropriate pricing. Once we determine our audience, we must focus on understanding the product, market, and consumer needs to ensure successful business growth. We can create and use relevant hashtags to enhance discoverability and reach a wider audience. Engaging with content by responding to queries, running polls, and hosting contests helps foster interaction. To expand our reach and build credibility, we can collaborate with suitable

social media influencers who align with our brand. Last but not least, this serves as a summary of the business plan and the strategies used to promote our business through social networking sites, aiming to convince the reader of the company's potential for success. The business environment plays a crucial role in influencing operations, significantly impacting a company's growth or challenges. Various internal and external factors can contribute to its success or failure.

BOOK NOOK

BOOK – Steal Like an Artist

Abhinav

Steal Like an Artist

Author: Austin Kleon
Rating: 4.5 stars

Austin Kleon's How to Steal Like an Artist is a book for everyone engaged in a creative field or any profession that expects you to be innovative and original. It's a quick read that you can finish in one sitting, but the ideas and advice it offers will stay with you long after you've put it down. It gives you a new perspective to look at the world through the lens of an artist. It will inspire you to grab a notebook and start working immediately.

It's one of Kleon's famous trilogy of books on creativity, it talks about the difficulties of being artistic, like dealing with creative blocks, procrastination, coming up with ideas, and finding inspiration.

A Key Takeaway: "Nothing is original. Everything worth saying has already been said. Your job is to say it again in a different manner—because not everyone heard it the first time, and sometimes, they just need to hear it from you."

Start With Why

Author: Simon Sinek
Rating: 4 stars

"Start with Why" is one of my all-time favorite TED Talks. This book tells us about the purpose of why we do what we do. Whether it be a small mission or a full blown company. It delves deep into more specific examples of how great leaders have changed the face of their companies by focusing on Why.

A Key Takeaway: "People don't buy what you do; they buy why you do it."

Rework

Author: Jason Fried & Heinemeier Hansson
Rating: 4 stars

This book shows an unconventional way to grow your business. It is a story of how Jason Fried & Heinemeier Hansson built 'Basecamp', a multimillion dollar business with only 34 employees, spread all over the globe, with remote connections.

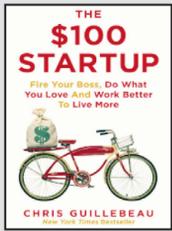
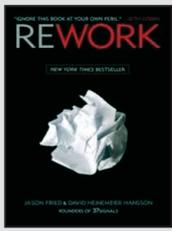
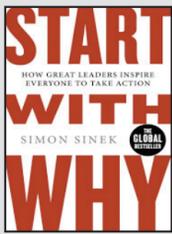
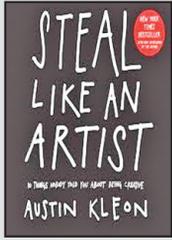
A Key Takeaway: "You don't have to have a large team if you don't want to. You can stay small and still make huge profits."

The 100\$ Startup

Author: Chris Guillebeau
Rating: 3.5 stars

It's a simple book filled with anecdotes of how small business started and what makes any business viable.

A Key Takeaway: "Teach a man to fish and he'll eat for a day is a powerful concept, but it's terrible business advice. Businesses exist because sometimes people just want the fish."



The Illusion of Instant Gratification A Call for Long-Term Growth and Stability

Mugdha Jugran

In recent years, a noticeable rise in hedonistic behaviors has become increasingly evident, particularly among younger generations. The widespread popularity of vapes, which have surpassed traditional cigarettes in their appeal, has created a culture where using these substances—often in secretive settings like the back of a bus or classrooms—has become a symbol of status. Cigarettes, once perceived as a dangerous habit, are now viewed almost as accessories, a mere representation of a rebellious identity.

Similarly, casual intimate relationships, the covert consumption of alcohol, and the neglect of personal development are becoming the norm. All of this is justified under the mantra of "you only live once," a phrase that seeks to validate indulgence in immediate pleasures. However, this pursuit of transient satisfaction seems, at its core, rather petty. It emphasizes living for the "right here, right now," and constantly chasing after the next fleeting pleasure.

Some people even elevate this lifestyle to a near-sacred status, describing it as a form of freedom. In their view, this pursuit of momentary highs represents the very essence of life. But in reality, it is nothing more than a cyclical journey that leaves individuals feeling emptier with each



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repetition. The deeper, more lasting need for purpose and self-improvement is often overshadowed by the temporary rush of indulgence.

People who are unable to consider the long-term consequences of their actions may find themselves trapped in a delusion. While short-term gratification may provide temporary relief or enjoyment, it offers little in terms of personal

growth or meaningful achievement. True liberation and freedom come not from the pursuit of transient pleasures, but from cultivating long-term goals and honing one's decision-making abilities. These are the hallmarks of maturity, for life is a continual process of change. Nothing remains static, and each choice we make carries its own set of consequences.

In contrast to the alluring world

of late-night parties, casual substance use, and seemingly carefree socializing, there is another path—one that focuses on growth, self-discipline, and personal fulfillment. At first glance, it may seem less glamorous, particularly when contrasted with the media's glorification of pleasure-seeking behaviors as "cool" or desirable. However, the reality is that this hedonistic lifestyle is

unsustainable. Sooner or later, individuals must face the demands of the real world, where survival depends on more than just temporary enjoyment.

As humans, one of the key components of lasting happiness is stability. Reflecting on the choices of our ancestors, we can see the value they placed on creating stable foundations, whether through monogamous relationships or building reserves for the future. Stability, in this context, refers to having a support system—a foundation strong enough to allow for the pursuit of meaningful goals.

Hedonistic behaviors may deliver temporary pleasure, but they are just that—temporary. When offered a cigarette or encouraged to engage in risky behavior, choosing to refuse is not a statement of being "uncool." Rather, it is a conscious decision to follow a path that, though it may not yield immediate rewards, will eventually lead to a sense of peace and fulfillment far greater than any transient high could offer.

In the end, true fulfillment comes not from the pursuit of immediate pleasure, but from the creation of something lasting—something that endures.

The choices we make today, especially the difficult ones, shape the futures we will one day live. Choosing growth, stability, and long-term peace may not always be easy, but your future self will undoubtedly thank you for it.

Opportunities Don't Happen, You Create Them: Alumni

Yogita Sharma



Vikas, an accomplished alumnus of our institution, is known for his confidence, passion, and dedication to excellence. Throughout his academic journey, he demonstrated a strong commitment to learning and personal growth, always striving to push his limits.

This feature includes an exclusive interview with Vikas, where he shares his experiences, challenges, and the lessons he learned along the way.

How did your MSc program at IMS Ghaziabad shape your research and analytical skills?

My MSc at IMS Ghaziabad enhanced my research and analytical skills through supportive faculty, practical learning, and an enriching dissertation program.

I explored new concepts, applied knowledge to real-world scenarios, and enjoyed the best time of my life, making it a transformative and memorable journey.

How did the connections you made at IMS Ghaziabad help you in your professional or



VIKAS

personal growth?

The connections I made at IMS Ghaziabad, especially with supportive teachers, played a crucial role in my personal and professional growth.

Their constant guidance and

willingness to help enhanced my knowledge, skills, and confidence. These relationships not only enriched my learning experience but also prepared me for future challenges.

What was some biggest challenges you faced after graduation and how did you overcome them?

After graduation, I faced challenges like research knowledge gaps, adapting to new concepts, and learning handling. Through mentorship continuous learning, and leveraging my strong handling skills.

I am among the students who began learning in IMS for the first time.

How has your Msc degree helped you in your career, and what opportunities did it open up for you?

If taken seriously, an Msc opens many opportunities. Many students don't utilize it well, but it helped me grow, leading to my role as assistant professor at HRIT Ghaziabad

What message would you like to give to your juniors at IMS Ghaziabad?

Study with dedication and listen to your mentors, everything will help you. Facing challenges now will make the future easier. Msc students must master what they learn, as it will benefit them later.

CAREER CANVAS

Mastering Interviews: The Power of a Strong Narrative

Interviews are all about how well you tell your story. While most of us are aware of the common questions asked in interviews, many still struggle to make an impact. It's like knowing the questions for an exam but still failing to clear it. Why does this happen? The biggest reason is a lack of preparation.

Many students assume, "Oh, it's easy, I'll be able to answer," but when the moment arrives, they stumble. Every answer in an interview needs preparation and articulation. To stand out, you need to make your narrative strong—how you present your thoughts and experiences matters just as much as what you say.

How to Strengthen Your Narrative?

- ▶ **Practice Speaking** – Participate in class discussions, answer questions, and speak on different occasions.
- ▶ **Daily Reflection** – At the end of the day, write about what happened, what you liked, and what made the day special.
- ▶ **Revisit Memories** – Think about past experiences, pen them down, or record yourself speaking about them.



Dr. Deepa Goel
Professor & Head Career Development Centre

If you do this consistently over time, your ability to think and articulate will improve. In interviews, you won't struggle to find words or sound unprepared. Your brain will naturally process and express ideas fluently. Success comes when preparation meets opportunity. It is rightly said, "If you fail to plan, you are planning to fail." So start preparing today—make your narrative strong and ace your interviews with confidence!

If you have any query email to head.edc@imsuc.ac.in



Harshi Goel

- **Total Lunar Eclipse:** It is occur on March 14, 2025, a total lunar eclipse will occur, turning the moon a reddish colour. The eclipse will be visible on North America, beginning on 11:56 PM and ending on 4:48 PM.
- **2025 NCAA Men's Basketball Tournament:** It is going to held on March 18, 2025 at various cities across the united states. The iconic basketball college tournament, featuring the top teams from across the USA culminating the final four and championships game in April.
- **St. Patrick's Day:** It is celebrated on March 17, 2025 across worldwide. The celebrations honoring the patron saint of Ireland with, Parades, Festivals, and cultural events taking place globally.
- **Partial Solar Eclipse:** It is going to occur on March 29, 2025 across the parts of Europe, Asia, Africa. A partial solar eclipse, where the moon partially obscures the sun, will be visible in various parts of the world.
- **F1 Australian Grand Prix:** It is going to celebrated on March 23, 2025 at Melbourne, Australia. The third race of the 2025 Formula 1 World Championship will take place in Melbourne, marking a significant part of the racing season.

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WE HAVE NO BRANCH IN NOIDA

News Brief ...

IMSEC Achieved a Prestigious 4 Star Rating



Ghaziabad (IMS News Service): IMS Engineering College, Ghaziabad has once again achieved a prestigious 4/5-star rating in the Institution's Innovation Council (IIC) Annual Performance for the session 2023-24, with an exceptional score of 93.10/100. This follows our 4/5-star rating in the 2022-23 session, showcasing our consistent dedication to fostering innovation and excellence.

Celebration National Voters Day

Ghaziabad (IMS News Service): Department of Information Technology at IMSEC celebrated National Voters Day. On this occasion the department organized Awareness Program on Voting Rights to educate students about the significance of voting in a democratic system. The 2nd year students of different branches of engineering participated in the event.

Dr. S.N. Rajan (Dean Academics) delivered an insightful session on the importance of voting, explaining its role in shaping the nation's future in this event. Dr. Jyoti Guglani (Incharge Mentor Mentee System) spoke about the power of individual votes and how active participation strengthens democracy.

Interactive Session on Universal Human Values



Ghaziabad (IMS News Service): An interactive session on Universal Human Values was organized at IMSEC, the Key Speaker was Dr. N.K. Sharma, Coordinator B.Tech. Ist Year. The program aimed to refine individual behavior, promote living with integrity, peace and harmony

& dissolving stressful life by implementing healthy practices. The primary objective of the session was to provide a platform for faculty members to explore and understand the importance of universal human values in their professional lives. In fact, this is a journey from "React mode" to "Respond mode" for harmony at work place to escalate efficiency, productivity and profitability. Dr. Naveen Kumar Sharma contributed his experiences and enriched the session wholeheartedly. The HoD of B.Tech. Ist year Prof. (Dr.) Jyoti Sinha has praised the organizing team for their success and taking initiatives for life changing endeavors through refinement of the thought processes. The event was well coordinated by Dr. Subhash Mishra.

India Energy Week 2025



Ghaziabad (IMS News Service): Six students of the Computer Science Department from IMS Engineering College, Ghaziabad, attended the 3rd Edition of India Energy Week (IEW) 2025, scheduled from 11th-14th February 2025 at Yashobhoomi, Dwarka, New Delhi, which has been an enriching experience for them.

During the four-day conference, students were engaged in expert-led discussions, gaining insights into the latest advancements in the energy sector, including petroleum, chemical engineering, renewable energy, environmental management, data science, and more. This initiative was set to ignite young minds and equip them with knowledge that aligns with the future of sustainable energy.

MDP on Leadership for Breakthrough Results



Ghaziabad (IMS News Service): The highly anticipated 3-Day Open MDP on 'Leadership for Breakthrough Results' (LBR) has officially commenced at Fairfield by Marriott, Goa, organized by IMS Ghaziabad under the visionary leadership of Director -Dr. Prason Mani Tripathi. With 25+ professionals in attendance, the program focuses on transformational leadership strategies, high-impact decision-making, and breakthrough performance techniques. This initiative reflects IMS Ghaziabad's commitment to empowering professionals with cutting-edge leadership insights in an immersive learning environment. This MDP was for three days- Feb 19-21, 2025.

IMS News Service

Ghaziabad: IMSEC Ghaziabad in collaboration with IMS Ghaziabad and STUGMA-GMA under the aegis of Technology Incubation Foundation-IMSEC (TIF-IMSEC) organized the event 'Innovator's Bazaar'.

The event aims to bring together innovative minds and showcase entrepreneurial projects, providing a platform for students, faculty, and industry professionals to



collaborate, learn, and engage. We believe that this collaboration between IMSEC, IMS Ghaziabad, and STUGMA-GMA will significantly enhance the educational experience and

foster a culture of innovation and entrepreneurship within the academic community.

The event brought together some of the brightest minds in the field



of technology and entrepreneurship to showcase their cutting-edge ideas and innovations.

A panel of esteemed judges, including Mr. Rahul Agrawal, Executive

Director of GMA, evaluated the participants' groundbreaking projects. Mr. Rahul Agrawal shared his experience, stating, "The level of creativity and problem-solving

demonstrated by the participants was truly inspiring. It's exciting to see how young innovators are tackling real-world challenges with such ingenuity.

A seminar on Project-Based Learning

IMS News Service

Ghaziabad: The Department of Electronics and Communication Engineering organized a seminar on "Project-Based Learning for Career Development: Bridging the Gap between Education & Employment" on February 19, 2025. In the seminar, an expert lecture was delivered by Dr. S.S. Inamdar, Director of CGC, India, and Vice President of Vishwaniketan. This seminar was organized for B.Tech, MBA, and MCA students. At the beginning of the seminar, the chief guest was welcomed by Prof. (Dr.) S.N. Rajan (Dean Academic



and HOD-IT) and Prof. (Dr.) Priyanka Bhardwaj (Dean R&D and HOD-ECE). The expert lecture was attended by Dean academic, HOD-ECE, HOD-MBA, HOD-CS and students of all the

departments. The expert lecture discussed about the gaps between education and employment. The seminar was coordinated by Dr. Ajay Kumar (Assistant Professor, ECE).

Honored with the Prestigious Baroda Achievers Award

IMS News Service

Ghaziabad: Three outstanding students from IMS Engineering College, Ghaziabad have been honored with the prestigious Baroda Achievers Award, presented by India's 2nd largest public sector bank. This award recognizes excellence in academics, sports, and all-round achievements. Each recipient was awarded a prize of ₹31,000 for their exceptional performance.

Awardees:
1. **Best in Academics:** Sakshi Shukla (B.Tech - CS)



2. **Best All-Rounder:** Deependra Singh (B.Tech - CSE)

3. **Best in Sports:** Kshitij Singh (B.Tech - BT)

The awards were presented in the presence of Mr. Kamal K. Kudia (Chief Manager) and Mrs. Pooja Choudhary (Manager) from

the bank, Prof. (Dr.) Shailesh Tiwari, Director of IMS Engineering College, along with Dr. Amit Sharma, Dean of Student Welfare (DSW), Dr. Sonali Mathur, HoD - CSE, Dr. Sonia Juneja, HoD - CS and Dr. Ajay Kumar Sharma, HoD - BT.

Faculty Development Program

IMS News Service

Ghaziabad: The Department of Applied Sciences & Humanities at IMSEC in collaboration with "STC- FDP NITTTR Chandigarh" organized an interactive session on FDP in Title "Fuzzy Optimization Techniques: New Trends", via online mode on Dated 17-21 February, 2025 for "Faculty Members" of all departments. The program aimed to provide them the opportunity to enhance their knowledge in the field of



mathematical innovative techniques and would allow the modelling nonlinear and complex systems to execute for processing the measured data using the rules of the Fuzzy Logic Theory. Moreover, institute is being

privileged to designate as a Nodal Centre for NITTR Chandigarh. The program was extremely informational, spread awareness about software applications like LINGO and SPSS. The faculty

members had raised their queries and solutions were bestowed to them instantly. The members cherished and praised the session as they found the same fruitful and beneficial for their academic and research skill development. The HoD of B.Tech. Ist year Prof. (Dr.) Jyoti Sinha has praised the organizing team for their success and taking initiatives for life changing endeavors through refinement of the thought processes. The event was well coordinated by Prof. (Dr.) Anil Kumar.

Session on Modern Trade



Ghaziabad (IMS News Service): At IMS Ghaziabad, alumni never truly leave—they keep coming back to inspire! On February 22nd, the campus welcomed back Vaibhav Nagpal (Batch 2022), a proud Mondelez campus recruit, as he returned to his alma mater to guide and mentor juniors. In an

engaging session, Vaibhav shared valuable insights on Modern Trade, offering students a deeper understanding of industry trends, career pathways, and real-world challenges. His journey from IMS to Mondelez served as an inspiring testament to the power of perseverance and practical learning.

Alumni Sports Meet 2025



Ghaziabad (IMS News Service): IMS Engineering College, Ghaziabad organized the Alumni Sports Meet 2025, a vibrant celebration of sportsmanship and the enduring bond between the institution and its alumni. The event was held on February 8, 2025, under the aegis of the Alumni

Committee, bringing together energy, excitement, and nostalgia.

The sports meet featured a wide range of competitive and recreational games, including chess, table tennis, cricket, badminton, and more. Under the esteemed guidance of Prof. (Dr.) Shailesh Tiwari, Director, IMSEC, the Alumni

Committee successfully coordinated the event. Mr. Uday Singhta, Sports Officer, managed all the sports activities. This event was a fantastic reunion of our cherished alumni. It was a day filled with excitement, nostalgia, and camaraderie. A total of 62 alumni registered for the event, making it a success.

Signing of Memorandum of Understanding

Ghaziabad (IMS News Service): Department of Computer Science and Engineering (CSE), IMS EC has signed a significant Memorandum of Understanding (MoU) with Pinaki IT Consultant Private Limited to enhance the training and placement opportunities for our CSE students. The MoU was signed in the esteemed presence of Prof. (Dr.) Shailesh Tiwari, Director IMSEC, Mr. Dhruv Govil, CEO and founder of Pinaki IT Consultant Private Limited, Prof. (Dr.) Sonali Mathur, HoD-CSE, and Prof. (Dr.) Prabhakar Kumar Shrivastava, HoD-TID. This MoU marks the beginning of a strategic



partnership aimed at fostering collaboration between academia and industry. The agreement aligns with the shared vision of equipping students with practical knowledge, enhancing their employability skills, and preparing them to meet real-world challenges. The collaboration provides a platform for students to gain practical exposure and technical know-how, build networks with industry

professionals and develop employable skills to compete effectively in the job market.

This MoU underscores a step forward in our commitment to delivering quality education enriched with practical experience. The Institution looks forward to a fruitful association that will contribute significantly to the holistic growth of our students and the advancement of industry-academia collaboration.

Session on Research Paper and Patent Publication

IMS News Service

Ghaziabad: At IMSEC, the Department of Computer Science organized a session on "How to Write a Research Paper and Patent Publication". The session aimed to equip final-year students with essential knowledge about

research paper writing and patent filing, crucial for academic and professional growth. The session was conducted by Mrs. Hunny Gaur, an expert in research methodologies and intellectual property rights. The session provided an insightful discussion on structuring research papers, choosing appropriate



journals, and understanding the process of patent filing. Mrs. Hunny Gaur

explained the fundamental components of a research paper, including abstract,

introduction, methodology, results, and conclusion. She also elaborated on the importance of originality, proper citations, and ethical considerations in research. Additionally, she introduced students to the basics of patent publication, covering topics such as patent search, drafting, and submission procedures.

The session concluded with a vote of thanks by Dr. Shalendra Kumar, appreciating Mrs. Hunny Gaur for her valuable insights and the students for their active participation. The session was highly beneficial and encouraged students to engage in quality research and innovation.

News Brief ...

Industrial Visit to HAIER

Ghaziabad (IMS News Service): IMS Ghaziabad (University Courses Campus) organised the Industrial Visit for first-year BBA Batch 2024-27. The students embarked on an insightful industrial visit to the renowned Haier Appliances India Pvt Ltd. Greater Noida. The visit aimed to provide students with practical exposure to the manufacturing process, business operations, and product portfolio of the world's leading consumer appliance company. The session started with a warm welcome by Ms. Aashi Chauhan, Product Advisor, who gave a brief overview of the company's journey, product range, and recent innovations in the home appliances industry. On the plant tour, students were given an insightful look at the production lines of refrigerators, washing machines, and air conditioners. Ms. Chauhan outlined the whole manufacturing process from product assembling, quality inspection, and packaging, highlighting Haier's emphasis on cutting-edge technology, quality control, and eco-friendliness. The trip exposed the students to a holistic sense of the company's dedication to customer delight and operational perfection. The interactive session offered students an opportunity to clear their doubts pertaining to production management, supply chain operations, and technology upgrades. This industrial visit helped to fill the gap between theory and practical applications, enriching students' understanding of the corporate manufacturing world.

Expert Talk on Contemporary Issues in Supply Chain Management



Ghaziabad (IMS News Service): The Aayam Club of IMS Ghaziabad successfully organized an expert talk on 'Contemporary Issues in Supply Chain Management', featuring Dr. Tapas Bhattacharya, Former GM - ONGC, as the keynote speaker.

Students gained valuable insights into supply chain disruptions, emerging technologies, and the evolving logistics operations landscape. The session provided a practical understanding of global supply chain challenges, preparing students to navigate complexities in the field.

Talent, Passion & Entertainment – All in One Place Campus Fabstar



Ghaziabad (IMS News Service): IMS Ghaziabad was buzzing with energy as it hosted Ishq FM's much-anticipated event, Campus Fabstar. This electrifying platform gave students the opportunity to showcase their talent, with over 100+ participants lighting up the stage through singing, dancing, and instrumental performances.

Adding to the excitement, the event was hosted by popular RJs from the NCR region, bringing their signature wit and energy to the campus. The vibrant atmosphere, coupled with the enthusiasm of IMSians, made it an unforgettable experience!

Sensitization Program Organized



IMS News Service

Ghaziabad: The Department of Computer Science at IMS Ghaziabad (University Courses Campus) organized a sensitization program for the First year students batch 2024 - 2027 in the IMSUC

Auditorium. The session began with the welcome of faculty members. The objective of the session was to provide first year students a perfect idea and guidance about all the specializations that IMSUC offers apart from University Syllabus.

The Anchors Ms. Anshika Sharma and Ms. Shivani Sharma from BCA first year invited all resource persons to guide the young technocrats. Each of the resource person provided information on each specialization, how these will be helpful in the

corporate world, career opportunities and many more.

Many students raised multiple queries after each session and all the resource person handled the queries in very professional and satisfactory manner.

The session was a success and everybody enjoyed a lot. It was good experience for the first year students and everybody gained a lot of knowledge shared regarding specialization and were able to choose the right specialization. The session ended with the vote of thanks and a group photograph.

Industrial Visit to UniConverges Technology



IMS News Service

Ghaziabad: The Department of Computer Science at IMSUC, organized an industrial visit to Uniconverges Technology Noida for the students. Industrial visit is considered as one of the tactical methods of teaching. The main aim of industrial visits is to provide exposure to students about the practical working

environment. This industrial visit provided students a good opportunity to gain full awareness about industrial practices. After visiting the company students gained a combined knowledge about both theory and practical. The various areas covered during the visit were Knowledge about various languages, Working environment of a Company, Hands on Session with best Trainers etc.

IMS Shines at MCX North Zone Finale

Ghaziabad (IMS News Service): Ghaziabad:IMS Ghaziabad takes immense pride in its students as IMSIANS reached the finale and secured a top position among the finalists at the prestigious MCX North Zone Finale! The competition tested participants with finance-based riddles and caselets, challenging their analytical and problem-



solving skills. This remarkable achievement highlights the financial acumen, dedication, and

competitive spirit of our students, reinforcing IMS Ghaziabad's commitment to academic and professional

excellence. Event occurred on February 12th, 2025 at Delhi. Kudos to our finalists, our pride, our IMSians!

Innovation Club Organized Innovation Bazaar

Ghaziabad (IMS News Service): The Innovation Club of IMS Ghaziabad successfully organized the 'Innovation Bazaar' on February 1st, 2025, providing a dynamic platform for students to exhibit their entrepreneurial skills. The event featured 20+ stalls, with students presenting a diverse range of products and services, including handicrafts, baked goods, interactive games, and photo-sharing drives. The marketplace buzzed with creativity and business acumen as participants engaged in real-time sales,



marketing, and customer interaction. The event was judged by Mr. Rahul, Head of the Ghaziabad Management Association (GMA), who commended the students for their innovative approaches and business strategies. "Such initiatives are crucial in fostering an entrepreneurial mindset

among students, preparing them for real-world challenges," he remarked.

With enthusiastic participation and a vibrant display of talent, the Innovation Bazaar was a resounding success, reinforcing IMS' commitment to nurturing future business leaders.

Students' Participation in Prakriti Samvaad

Ghaziabad (IMS News Service): Students of IMS Ghaziabad had the distinguished privilege of participating in Prakriti Samvaad 2025, an immersive outreach event organized by the Forum for eco centric development at Talkatora Stadium, New Delhi. This transformative event provided an exceptional opportunity for students to engage in thought-provoking discussions centered on sustainability, ecological preservation, and environmental responsibility. Key



highlights of the event included: Meeting Prof. S. Somnath, Chairman of ISRO – He shared invaluable insights on how satellite technology and Inspirational Session with Himmat Ram Bhambhu, the 'Tree Man of Rajasthan' With a legacy of planting over 740,000 trees, Learning

from Padma Shri Uma Shankar Pandey and Engaging with Shri Govindacharya Ji His discourse on ecological and cultural sustainability highlighted the interconnection between nature and tradition, urging future leaders to adopt eco-centric lifestyles.

IMS Organized Annual Sports Meet- Khelo

Ghaziabad (IMS News Service): "Khelo IMS 2025" was a vibrant sports festival organized by IMS Ghaziabad, aiming to promote physical fitness, teamwork, and sportsmanship among students. The event featured a diverse range of sports and activities, fostering a spirit of healthy competition and camaraderie. The festival commenced with an energetic opening ceremony, featuring a parade by participants



motivational speeches from esteemed faculty members and guest athletes.

Students competed in

various sports, including cricket, football, basketball, badminton, table tennis, and athletics. Each event was

meticulously organized, with participants demonstrating exceptional skill and enthusiasm. The festival concluded with a closing ceremony where winners were honored with medals and certificates, recognizing their dedication and sportsmanship.

"Khelo IMS 2025" provided a platform for athletic excellence and reinforced the importance of a balanced lifestyle, integrating academics with physical well-being.

Blood Donation Camp Organized



Ghaziabad (IMS News Service): IMS Ghaziabad in collaboration with the Rotary Club, organized a successful blood donation camp. The event took place from 10:00 AM to 4:00 PM at the IMS campus. The overwhelming participation

from students, faculty, and staff underscored the institution's commitment to social responsibility and community welfare. Such initiatives not only contribute to societal well-being but also instill a sense of civic duty among participants.

Janta Ki Awaz: A Debate Competition



IMS News Service

Ghaziabad: The Big Ideas Club successfully organized Janta Ki Awaz, an engaging debate competition where participants represented renowned influencers and politicians. The event aimed to explore the impact of digital creators and political leaders on public opinion.

Participants engaged in dynamic debates, defending or opposing topics given on the spot, while a distinguished jury panel posed thought-provoking questions.

The presence of respected faculty Ms. Nidhi Sharma added prestige to the event, motivating participants. The competition witnessed intense arguments, creative

perspectives, and enthusiastic audience engagement. The event concluded with the announcement of winners, recognizing outstanding debating skills. Janta Ki Awaz provided a platform for students to enhance critical thinking, communication, and persuasive abilities, making it a resounding success.

Industrial Visit to UFLEX

IMS News Service

Ghaziabad: BBA students of IMS Ghaziabad University Courses Campus visited UFlex Limited, Noida, as part of their industrial exposure program. UFlex is India's largest flexible packaging and solutions company, known for its innovations in packaging, printing, and manufacturing technologies. The visit aimed to bridge the gap between theoretical knowledge and practical industry applications by providing students with firsthand exposure to business operations, production processes, and market trends in the



packaging industry. **The industrial visit was structured key segments**

Upon arrival, students were greeted by UFlex representatives and given an overview of the company's journey, operations, and key contributions to the packaging industry. The session emphasized UFlex's

global sustainability initiatives, and innovative packaging solutions.

Students were guided through various departments of the facility, including

▶ **Raw Material Processing:** Understanding how



polymers and films are converted into flexible packaging materials. ▶ **Printing and Lamination:** Observing state-of-the-art rotogravure and flexographic printing technologies used for high-quality packaging. ▶ **Quality Control & Testing:** Learning about the stringent quality checks and compliance

measures. ▶ **Research & Development (R&D):** Exploring UFlex's focus on sustainable packaging solutions and its efforts toward environmental conservation. Q&A session was conducted where students engaged with UFlex's Senior HR manager Mr. Rahul Bhatnagar and technical experts.

The Hidden Depths of Edvard Munch's 'The Scream'

Mugdha Jugran

New Delhi: Few paintings in art history have captured the raw intensity of human emotion quite like *The Scream* by Edvard Munch. Created in 1893, this artwork isn't just a visual masterpiece—it's a psychological and existential outcry that resonates deeply with viewers even today. While most people recognize it as a symbol of anxiety or fear, there's much more beneath its swirling sky and distorted figure.



Munch himself described the inspiration that fueled him to create it in a diary entry from 1892. He wrote "I was walking along the road with two friends—then the sun set—the sky suddenly turned blood red. I paused, feeling exhausted, and leaned on the fence—there was blood and tongues of fire above the blue-black fjord and the city—my friends walked on, and I stood there

trembling with anxiety—and I sensed an infinite scream passing through nature." This passage gives us direct insight into the painting's origin: The Scream wasn't just a creative exercise; it was Munch's attempt to capture a real moment of emotional distress. The fact that his friends continued walking while he was frozen in panic highlights a recurring theme in his work—

alienation. The central figure is disconnected from the world around them, emphasizing a loneliness that feels disturbingly familiar. From the sky being painted red as a result of possibly the eruption of Krakatoa in 1883, which caused strikingly colorful sunsets in Europe for years, to the figure who's ghostly, almost skeletal face is expressionless in a way that

makes it universal. Anyone can project their own emotions onto it to the bridge and its diagonal lines painted so to create an atmosphere of tension which also acts as a psychological barrier between the calm, distant figures in the background and the figure in distress, reinforcing the theme of isolation. All of it contributes to how *The Scream* is more than just a painting—it's an icon.

Some have compared *The Scream* to the modern experience of sensory overload or existential dread. In today's world, where stress, anxiety, and alienation are more openly discussed, the painting feels more relevant than ever.

It captures not just a personal moment in Munch's life, but a universal, timeless human experience.

The true depth of it lies in its ability to make viewers feel something intensely personal. Whether it reminds you of a moment of panic, loneliness, or existential reflection, the painting meets you where you are.

Munch once said, "I do not paint what I see, but what I saw." *The Scream* is not just a depiction of a place or a moment—it's a feeling. And that's what makes it one of the most powerful paintings in art history.



Movie Name: CHHAAVA



Release Date: 14 February 2025
Director: Mr. Laxman Utekar
Distributed by: Pen studios in india, Yash raj films internationally
Production: Maddock films
Based on: Life of Sambhaji Maharaj, adaptation of a novel called CHAAVA. By Marathi novelist Sawant Shivaji
Music: A.R Rahman
Box Office Collection: ₹31 crore on its opening day

A mind bending adaptation from a novel won hearts and respect all over the nation marking as the best career performance of actor

Vicky Kaushal (as Sambhaji Maharaj) and Rashmika Mandana's decent performance landed the message precisely. The story was a little fabricated to avoid any misunderstanding but the gore element stood out for me, it was immaculate and this film is an experience which cannot be summarised into words. This film connects with the world and embrace its authenticity. The torture scenes were genuine enough to make audience feel emotions. The casting was done brilliantly and the screenplay was good too. This film was a knowledgeable and a really wholesome experience.

The Evolution of Mandala Art: From Spirituality to Modern Therapy

Sonal Satsangi

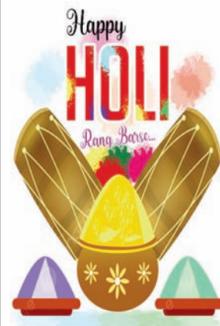
New Delhi: Mandala art is derived from the Sanskrit word for "circle." It brings mindfulness and creativity. They can be simple or complex and may include symbols, colours, and other elements that hold specific meanings. It is more than just an art; it is an expression, therapy, meditation, spirituality, and a symbol of unity, the universe, balance, and harmony. Mandalas have always been a part of spiritualism as they bring abundant creativity and mindfulness, calm our minds, and bring emotional healing.



decor such as wall hangings, paintings, wallpaper, coasters, rangoli, etc.

Mandala Art as an Adult Colouring Book

This has done wonders when it comes to offering a therapeutic and meditative experience. The process of colouring intricate designs promotes mindfulness, similar to meditation, helping individuals focus on the present moment. With rising awareness about mental health, mandala-themed books, apps, and digital printables are making them widely accessible.



EVOLUTION OF MANDALA

Mandala art has gone through a magnificent journey where its origin started in India in the 4th century as a spiritual tool for meditation and religious rituals. Over time, mandalas found their way into Tibetan Buddhism, European architecture, and Native American healing practices. Nowadays, mandalas are seen in therapy, henna,



paintings, architecture, rangolis, education, etc. Mandalas have taken on a digital look as well using computer software and digital tools. Digitally, they

can easily be resized, edited, and modified as per needs; it is used by graphic designers as well for creating wallpapers, backgrounds, and other visual content.

Benefits of Mandala

Improves Motor Skills: Making mandalas helps in enhancing hand-eye coordination.

Emotional Healing: It helps in clearing clutter from the mind, helping us process emotions and

thoughts. **Better Focus:** It works as meditation, which helps in building concentration, mindfulness, and cognitive skills.

Therapeutic Effects: Mandalas are used in art therapy to assist individuals in coping with trauma, depression, and emotional struggles.

Nowadays, mandalas have become a business as well, from adult colouring books to tattoos and digital illustrations. People love to hang mandala-inspired

In conclusion, Mandala art has grown from a spiritual symbol into a popular tool for relaxation, creativity, and therapy. Its beautiful patterns help people feel calm, focused, and emotionally balanced. Today, mandalas are used in many ways, from meditation and home decor to digital designs and adult colouring books. As more people look for ways to reduce stress and improve well-being, mandala art continues to inspire and bring peace to everyday life.

चिड़ियां



आर्या कुमारी

वो रात ही अपनी होती थी
 वो सँद सुहानी लगती थी
 जब भी आता सूरज जगने को
 वो चिड़ियाँ चहकने लगती थी
 दिन चढ़ता बादल ढलते थे
 घनघोर घटा बरसते थे
 स्वाधीनता की सोच से,
 वो फिर से उड़ने लगती थी
 पिंजड़ा

दिन के पहरों ने पकड़ा था
 घर की दीवारों ने जकड़ा था।
 थामें हाथ अपने पंखों का
 वो हर विचारों को भेदती थी।
 हर भेद का उसने तोड़ निकाला
 सपनों का निचोड़ निकाला।
 अतक अपने जीवन का उसने सार बताया
 उस पिंजड़े से उसने खुद को एक दिन
 बाहर पाया।।



इतिहास के कदम

Sanchita Mukherjee

Economic Development of Vedic Period: A step towards change in the history

The economic system of The Vedic period (c. 1500–500 BCE) was deeply rooted in an agrarian and pastoral base, where cattle were considered the primary form of wealth, often used as a medium of exchange and a status symbol in society, as reflected in Vedic hymns that frequently mention cattle as a sign of prosperity. The early Vedic period, dominated by the Rigveda, saw a semi-nomadic lifestyle where agriculture was practiced but not as extensively as cattle rearing, with families owning herds that provided milk, ghee, and other dairy products, which were crucial to both sustenance and religious rituals, while land was not yet individually owned but rather communally utilized by clans or tribal groups known as "jana", which means a group of people.

Barter was the primary mode of exchange, with cattle, grains, and other essential goods forming the basis of trade, but as society advanced in the later Vedic period (post-Rigvedic era, marked by texts like the Yajurveda, Samaveda, and Atharvaveda), agriculture took centre stage with the adoption of iron tools, particularly the iron plough, which led to increased agricultural productivity and the expansion of settled life, fostering the beginning of surplus production and specialization of labour.

The economic roles of people became more structured within the varna system, where Brahmins (priests) engaged in religious and intellectual pursuits, Kshatriyas (warriors and rulers) managed governance and protection, Vaishyas (merchants, artisans, and farmers) contributed to trade and agricultural activities, and Shudras (labourers and service providers) supported the economic framework by performing menial

tasks, ensuring a hierarchical division of labour that influenced economic interactions. As production grew, trade networks expanded both internally and externally, with evidence of trade connections to regions such as Mesopotamia, indicating an early form of long-distance commerce, though coinage had not yet developed; instead, goods like nishkas (gold ornaments), cowry shells, and metal objects were sometimes used as currency in larger transactions.

Markets and fairs became important centres of economic exchange, where artisans, blacksmiths, potters, and weavers engaged in craft production, and the emergence of guild-like structures, called "shrenis" (division of groups) helped regulate trade and maintain quality in goods and services, functioning similarly to later guild systems in ancient India. Land ownership, which was initially communal, began transitioning into hereditary possession, particularly in the later Vedic period, when the king (Raja) played a more prominent role in economic administration by collecting taxes in the form of grains, cattle, or labour services rather than money.

The taxation system, although not formalized in monetary terms, involved tributes and offerings to the king and the Brahmins, sustaining the ruling and priestly classes while also demonstrating an early form of redistributive economics that ensured wealth remained within the upper echelons of society. Agriculture was further developed by irrigation techniques, although largely dependent on monsoon rains, and crops such as barley, wheat, rice, and pulses formed the staple diet, with rice cultivation becoming more significant in the later Vedic period, reflecting a transition towards intensive farming.

Sportify



Shaurya Srivastava

India Secures ICC Champions Trophy 2025 with Thrilling Victory Over New Zealand



India secures the ICC Champions Trophy title for the third time with a thrilling victory over New Zealand. The Blackcaps set a target of 252 runs, which India successfully chased down in the 49th

over at the Dubai International Cricket Stadium. Having previously been joint-winners in 2002 and champions again in 2013, India now claims the prestigious trophy once more in 2025.

Marc Márquez became victorious in the season opener of MotoGP



Marc Márquez opened the 2025 MotoGP season with a decisive win at the Thailand Grand Prix on March 2, racing for the factory Ducati team. Securing pole position, he

finished 1.732 seconds ahead of his brother, Alex Márquez, who races for Gresini Ducati. This victory marks Márquez's first opening race win since 2014 and his third at the Thailand GP, previously winning in 2018 and 2019. The race featured an all-Ducati podium, with teammate Francesco Bagnaia in third. Márquez's performance highlights his comeback from injuries, setting the stage for his quest for a ninth world title in MotoGP.

Steve Smith Bids Farewell to ODI Cricket After Illustrious Career



Australian cricketer Steve Smith has declared his retirement from One Day Internationals (ODIs), thus closing the chapter on an illustrious career in white-ball cricket. Smith's ODI career is a series of achievements, including contributing to Australia's two World

Cup victories. With his brilliant batting and wonderful captaincy, Steve Smith's ODI career had its most damaging effects against India, making him a noteworthy opponent in the subcontinent.

Blockbuster NBA Trade: Luka Dončić Joins Lakers as Anthony Davis Heads to Mavericks!



In the latest of all trade deals in the NBA, the Dallas Mavericks announced the exchange of their superstar guard, Luka Dončić, to the Los Angeles Lakers in return for forward-center, Anthony Davis. The unprecedented midseason swap of

two reigning All-NBA players occurred on February 2, 2025. Also included in the deal were Max Christie with a 2029 first-round pick for the Mavericks alongside Markieff Morris and Maxi Kleber for the Lakers. Critics questioned the trade, with former owner Mark Cuban saying that Dallas needed far more assets, such as unprotected first-round picks, from the deal. Well, the trade is said to have filled ink pads with many debates regarding the franchises involved.