

From Selfies to Swachhta: How India’s Youth are Cleaning up the Nation

Mahi Nehra

New Delhi: Visualise a neighbourhood where there is no trash lining streets, filling up parks and overflowing trash cans in public areas. So, who is creating such a great transformation? No governmental bodies or any corporation, but it is young students and volunteers with a vision to change and a passion in their hearts.

Students of today have become the new cleaning warriors of India. School and college students are ditching their classrooms and have taken the agenda of cleanliness on the streets, making society aware and promoting cleanliness. They aim to instil one simple but essential belief: a clean India starts with one.

This young generation has succeeded in turning cleanliness into



a movement. Cleanup drives during weekends, recycling initiatives within schools, and on-line awareness sessions on social media have gained traction. Using smartphones and their imagination, they are using platforms such as Instagram Reels, YouTube videos and online challenges to both popularise and inspire cleanliness.

The effects are not limited to collecting garbage. The young volunteers are also teach-

ing communities about waste segregation, reducing plastic consumption, and environmental protection. The awareness gained through street plays, poster competitions, rallies and workshops are being converted into action.

Schools and colleges are playing an instrumental part by establishing eco-clubs and student groups where students actively organize plantation and recycling drives, awareness

campaigns, etc. Not only are such activities benefiting the local surroundings but also imparting leadership, teamwork and problem-solving skills among young participants.

Student involvement is also gaining momentum because it has a ripple effect. The moment the students initiate something, their family members, friends and neighbours are most likely to join. This leads to the entire neighbourhood-

India’s Youth Leading the Cleanliness Revolution

- Students and young volunteers across India are leading clean-up drives and spreading awareness about cleanliness and sustainability.
- Platforms like Instagram, YouTube, and online challenges are helping young people inspire millions to adopt cleaner habits.
- Youth are educating communities about waste segregation, reducing plastic use, and protecting the environment.
- Eco-clubs and student groups are organizing plantation drives, recycling campaigns, rallies, and workshops.
- When students take action, families, friends, and neighbours often follow, turning individual efforts into community movements.
- Participation in cleanliness campaigns develops leadership, teamwork, and problem-solving skills among young people.

taking up cleaning and recycling practices.

To achieve a clean India, millions of citizens need to take responsibility for their environment, and it is the youth who are leading the change in the country, making it possible for a cleaner nation, and that is because there is no age too young

to be a hero in your community.

The next time you see students taking part in any clean-up campaign or waste segregation drive, know that they are not just clearing the garbage but also setting the stage for the future of India.

36th National Annual Convention

IMS News Service

Ghaziabad: The Ghaziabad Management Association (GMA) organised its 36th National Annual Convention at Sarovar Premiere, Greater Noida, on the theme “Century of Change: Leadership and Resilience in an Uncertain and Disruptive World Order.” More than 300 delegates from industry, academia and management participated in the convention.

The event began with the inaugural session, where Rajesh Kumar Sinha, Managing Director of John Deere India, was the Chief Guest, and the Guest of Honour was Atul B. Lall, Managing Director of Dixon Technologies.

Delivering the inaugural address, GMA president Dr T.R. Pandey highlighted the association’s initiatives and its contribution to strengthening industry-academia engagement. He said institutions and industries must work together to



prepare for rapid global changes.

Rajesh Kumar Sinha spoke about the continuity of change and stressed that both industry and the education system need greater agility to remain relevant. Atul B. Lall shared his perspective on coping with technological shifts and geopolitical disruptions, drawing from his leadership experience.

The convention also brought together leading academicians. Raj Singh, Vice-Chancellor of Bennett University, and Prof Amit Sareen, Dean Academics, IMT Ghaziabad, who discussed the challenges posed by artificial intelligence and the strategies required

to manage emerging disruptions effectively.

Aditi Sharma of Uno Minda and Shantanu Maheshwari, Vice-President, Reliance Intelligence, cautioned both industry and academia against inertia in adapting to the fast-changing AI-driven environment.

The valedictory session was delivered by noted cardiologist and motivational speaker Dr Mohit Gupta about the importance of positivity, confidence and clarity of thought in leading a healthy and fulfilling life.

The convention concluded with the valedictory address by Rahul Agrawal, Executive Director, GMA.

Colleges Embrace Eco-Friendly Campus Practices



Harshi

New Delhi: Environmental problems such as pollution, global warming, and increasing waste are becoming major concerns worldwide. Colleges can play an important role in promoting eco-friendly practices and creating a sustainable future. A green campus not only protects the environment but also provides a healthier and cleaner atmosphere for students.

Proper waste management is one of the simplest ways to make campuses greener. Separate bins for wet and dry waste, reduced use of plastic, and digital submission of assignments can significantly cut down waste generation. Colleges can also conserve electricity by using LED lights, ener-

gy-efficient equipment, and encouraging students to switch off appliances when not in use. Installing solar panels is another effective step towards sustainability.

Water conservation is equally important. Rain-water harvesting, repairing leaking taps, and promoting responsible water use can help save this precious resource. Planting more trees and maintaining gardens can improve air quality and create a pleasant campus environment.

In addition, colleges should encourage students to use public transport, bicycles, or carpooling. Regular plantation drives, cleanliness campaigns, and environmental awareness programs can inspire students to adopt eco-friendly habits.

Agile Leadership in the Era of Change and Uncertainty

IMS News Service

Ghaziabad: An MDP on “Agile Leadership in the Era of Change and Uncertainty” was organised by the Department of Management Studies, RKGIT, in association with Ghaziabad Management Association at RKGIT, Ghaziabad. The session was conducted by Dr Puneet Mohan, Trainer & Coach and President SEVWA, who shared valuable insights on agile leadership, adaptability, and effective decision-making in dynamic environments. The MDP enabled participants to develop a deeper understanding of agile leadership principles, encouraging them to move beyond rigid routines and embrace a mindset of continuous learning.



Continue Page 1 Grand Inauguration...

Prof. (Dr.) Jaskiran Kaur, Director of the institution, remarked, “The true purpose of education is to empower students to face future challenges with confidence. This studio will provide them with opportunities to enhance their creativity, technical proficiency, and professional excellence. We are confident that students trained here will establish a distinctive identity in the media industry.” While interacting with the students, Chief Guest Saeed Ansari emphasized, “Continuous learning, curiosity, and integrity are the foundations of success in the media industry. Students who have access to such modern facilities possess a golden

opportunity to prepare themselves for the industry. The right use of technology combined with hard work can help them achieve great heights.” During the event, the guests toured the various sections of the studio and appreciated the modern facilities available. They also interacted with the students, shared their professional experiences in the media industry, and encouraged them to continue enhancing their skills.

The institution believes that this High-Tech Media Studio will not only familiarise students with the latest media technologies but will also help them develop expertise in diverse fields such as reporting, anchoring, radio production, podcasting, video production, con-

tent creation, and print media production.

The Science Behind... Yoga also improves sleep quality, which is very important for maintaining good mental health. For students and young people, yoga is especially beneficial. It helps them stay focused, confident, disciplined, and emotionally strong. Practices like pranayama and meditation are very useful in managing exam pressure, social stress, and daily life challenges. In conclusion, yoga is not only a form of physical exercise but also a complete and scientific way to achieve mental wellness. It connects the body, mind, and soul and helps people live a healthier, calmer, and happier life. Regular yoga practice can bring mental peace, emotional balance, and overall

well-being.

Young Minds, Green Ideas...

These businesses not only reduce harm to the environment but also spread awareness about sustainable living. A strong example from India is EcoKaari, a Mumbai-based startup that upcycles plastic waste into handmade fabric and lifestyle products. By transforming discarded plastic bags into fashionable products like handbags and accessories, the company helps reduce plastic pollution while creating employment opportunities for women artisans. Their model combines environmental action with social impact. Another inspiring startup is Bare Necessities from Bengaluru. The company promotes a

zero-waste lifestyle by offering sustainable alternatives to everyday products such as bamboo toothbrushes, reusable kitchen items, natural soaps, and eco-friendly personal care products. It encourages consumers to make environmentally conscious choices in their daily lives. These startups are doing more than selling products—they are changing mindsets. They are inspiring consumers, communities, and even larger businesses to think differently about sustainability.

Eco-friendly lifestyle... Thus, maximise the use of metros, buses, and shared cabs. Save electricity because some resources are limited, and resources regenerate after a very long time.

Nowadays, we do not conserve electricity for the future, so switch off lights and fans whenever they are not needed, and save electricity. Also, utilise solar energy.

The government has also taken steps to create an eco-friendly India, such as:

- The government banned single-use plastic to reduce plastic pollution.
- The government started the Namami Gange project for river protection, which includes cleaning and protecting rivers.
- The government initiated schemes like PM Surya Ghar Yojana to increase public usage of solar energy.
- Additionally, the government launched Swachh Bharat Abhiyan for waste management and promotes recycling.

Prachi Mehra

SCI-TECH WORLD

AI and Beyond: The New Era of Technological Innovation

Prachi

New Delhi : The pace of technological progress is faster than ever, and its impact can be seen across every aspect of human life. Technologies such as artificial intelligence and quantum computing are no longer just tools but global drivers of transformation. As we enter 2026, humans and machines continue to evolve together, giving rise to new forms of technology.

The most significant of these innovations is Artificial Intelligence (AI). Modern AI systems are becoming increasingly autonomous and advanced, enabling them to make decisions and perform tasks with minimal human intervention.

These agentic AI systems are already capable of handling complex tasks, improving productivity, and accelerating scientific discoveries. AI is evolving beyond simple automation and emerging as a powerful problem-solving partner across various industries.

Another major breakthrough is quantum computing. Enabled by advances in developing more stable and powerful quantum chips, quantum computers are gradually becoming more practical. These machines could solve certain complex problems much faster than classical computers, particularly in areas such as drug discovery, cryptography, and climate change modeling. Quantum technology represents the next major revolution in computing.

The third breakthrough lies in the hardware layer. AI-powered chips allow applications to run locally on laptops and PCs instead of relying entirely on cloud-based processing. These advanced chips can improve speed, efficiency, and privacy by reducing the need to transfer data externally. This innovation could redefine personal computing in the coming years.

The technology world is entering a transformative era driven by AI, quantum computing, and intelligent hardware. These innovations are not merely futuristic concepts—they are actively shaping the present and paving the way for a smarter, more connected future.

Future Ready Youth in the AI Era



Tulip Ghosh

New Delhi: Artificial Intelligence (AI) is transforming the world at an unprecedented pace. From healthcare and education to smartphones and online shopping, AI has become an integral part of our daily lives. To be future-ready, today’s youth must learn to work with technology rather than compete against it. AI offers students exciting opportunities to learn faster, solve problems efficiently, and access information instantly through online learning platforms and educational apps. However, technical skills alone are not enough. Human qualities such as creativity, critical thinking, communication, teamwork, and leadership will remain essential, as machines cannot

easily replace them.

The future job market will continue to evolve, with some careers disappearing and new ones emerging. Therefore, young people must develop a habit of lifelong learning and adapt to changing technologies. At the same time, they should understand the ethical use of AI, digital privacy, and data security.

Schools and colleges also play a crucial role by promoting innovation, practical learning, and problem-solving skills. While AI is a powerful tool, it should support human intelligence, not replace it.

The future belongs to those who combine technological knowledge with creativity, responsibility, and strong values.

Women Leading Sustainability Movements: Inspirational Stories of Women

Gurpreet

New Delhi: Women have been a key force in championing sustainability activities in the past few years globally. Their efforts in supporting community development and wellness, tackling environmental issues, have made a tremendous difference and created a much healthier and sustainable future for millions. To make a positive impact, women are showing their strength of character and group responsibility to effect positive change.

Women have been a key force in championing sustainability activities. There is always female participation in close relation to nature and natural resources in the context of families and communities. Several women were made aware of the prob-

lems of the surrounding environment through this link and decided to take prompt action.

Vandana Shiva, an environmental activist from India, is an example of inspiration in the realm of sustainable agriculture and biodiversity, organic farming. Her work has inspired farmers to safeguard native seeds and practice farming in an eco-friendly manner. Her work has helped to make people aware of the value of conserving natural resources.

Another notable name who is an influential figure is Wangari Maathai from Kenya, the founder of the Green Belt Movement. She encourages communities to plant millions of trees to fight deforestation and environmental degradation. Her knowledge conveyed the interdisciplinary con-



sequences of the protection of the environment on the ecosystem and on human life.

In the wellness sector, women are assisting as eco-friendly “healthy consumption” and by healthy living, by doing so. They raise awareness of people about reducing waste, the options for generating less waste and using local and organic products. These not only address the issue of care for the environment, but it also helps people to be healthier.

Women business owners too are in the lead, creating businesses related to sustainability. Many have discovered means to produce a greener product, renewable power and consumption of the trash programs. Their innovations demonstrate that economic growth and improving the environment can go together.

Women contribute in a meaningful way regardless of the many issues, ranging from limited sources of livelihood, etc. In their leadership, they have innovative ideas and solutions to address environmental issues. Studies have shown that a more equitable involvement of women in research can result in better sustainability findings because factors like the requirement for care for the

environment and social welfare are integral to women’s way of life.

In conclusion, whether international or local, women lead the world in the sustainability movement.

By being in their professions and spending a substantial time of their workday communicating on the issue of a good environment, health luncheon, and supporting sustainable entrepreneurship, they’re making a difference in the fields of environmental activism, well-being advocacy and sustainable business owners.

Their stories inspire us to remember that every one of us can make a difference and play our part in ensuring a more sustainable future.

Three-Language Rule for Classes 9 & 10 Under Scrutiny

Jagriti

New Delhi: An application against the compulsory policy introduced by the Central Board of Secondary Education for teaching three languages in Classes 9th and 10th has been filed in the Supreme Court of India. This petition is concerned about whether the new policy will add more confusion among academically-oriented students or not. As per the news reports, the petition states that forcing three languages upon secondary students may be tough for many pupils who are already under a heavy academic burden. Also, according to the petition, the implementation of such a language scheme will put extra pressure on students, teachers, and schools due to a lack of proper preparation for such a policy. This problem brings back



memories of an old controversy related to teaching languages to Indian pupils. According to supporters of the three-language system, learning multiple languages is beneficial for the development of language proficiency skills. Opponents argue that the language scheme may be impractical for the majority of students in different parts of India. The petition has claimed that schools will likely face problems in getting qualified teachers and handling the curriculum. Parents and educationists fear that students who

are sitting for their board exams might face extra academic stress in case of any sudden policy change. On the other hand, there are some people who are of the view that learning a foreign language must not be imposed authoritatively but needs to take place more flexibly in order to make it easier for the students. This issue is now before the Supreme Court. It is hoped that whatever comes from this case will guide future discussions regarding language and education in the country.

Healthy Eating Habits for a Better Life

Anshu Kumari

New Delhi: In today’s fast-paced world, people often prioritise convenience over nutrition. Busy schedules, work pressure, and easy access to processed foods have led many individuals to develop unhealthy eating habits.

Fast food, sugary beverages, and packaged snacks have become common parts of daily diets, often replacing nutritious meals. While these foods may save time, excessive consumption can negatively affect both physical and mental health.

Healthy eating is one of the most important factors in maintaining overall well-being. A balanced and nutritious diet provides the body with essential vitamins, minerals, proteins, carbohydrates, healthy fats, and fibre required for proper growth and functioning. Good nutrition

not only supplies energy for daily activities but also strengthens the immune system, improves concentration, enhances mood, and reduces the risk of chronic diseases.

Research has shown that diets rich in fruits, vegetables, whole grains, and lean proteins can significantly lower the risk of these health conditions. Healthy eating also contributes to better mental health by reducing stress, anxiety, and fatigue while improving cognitive performance and productivity.

30 minutes a day to complement healthy eating habits. Healthy eating is not about following strict diets or completely avoiding your favourite foods. It is about making informed and balanced food choices that nourish the body and mind. Small, consistent changes in daily eating habits can lead to significant long-term health benefits.



Health Tips for Healthy Eating

- ◆ Eat fresh fruits and vegetables daily.
- ◆ Drink enough water to stay hydrated.
- ◆ Avoid junk food and sugary drinks.
- ◆ Eat protein-rich foods like milk, eggs, and pulses.
- ◆ Never skip breakfast.
- ◆ Eat meals on time and avoid overeating.
- ◆ Choose whole grains over refined grains.
- ◆ Limit packaged and processed foods.
- ◆ Include salads, sprouts, and fresh juices in your diet.
- ◆ Reduce tea, coffee, and soft drink intake.
- ◆ Practice portion control for a healthy weight.
- ◆ Exercise regularly.

AI, Youth and Sustainable Innovation

Mugdha

New Delhi: AI technology is revolutionising our lives, and the young generation is creatively employing it to address different social and environmental challenges. Not only are the youth of today learning about technology, but they are employing its capabilities to address sustainability issues in an effective manner. Whether it is healthcare, environmental protection, or education, AI applications are playing a vital role in contributing positively towards social development.

The largest application area of AI lies in environmental protection. According to the UNEP, AI can contribute to lowering the global emissions of greenhouse gases. With their innovative ideas, the youth generation is making a contribution towards environmental protection through different AI applications such as monitoring air pollution, minimising plastic usage, promoting recycling,

and others. AI-based smart farming equipment is helping farmers grow crops without using too much water and fertiliser.

AI technology has changed our lives in many ways, and the young generation is using the technology innovatively for solving various socio-environmental problems. Not only are the younger generations aware of technology, but they are also utilizing its abilities effectively to deal with the challenges faced in terms of sustainability. Be it healthcare, environmental sustainability, or education, AI technologies are proving useful for positively contributing towards socio-economic development.

The biggest use of AI is observed in environmental sustainability. UNEP suggests that AI can help in reducing greenhouse gas emissions around the world. The youth generation is contributing towards environmental sustainability by means of various AI innovations like monitoring

pollution, minimising the use of plastics and encouraging recycling, among others.

The advent of AI technology has brought about many changes in our lives, and the young generation has used this technology in innovative ways to solve social and environmental problems. Apart from being knowledgeable about this technology, the younger generations have been able to use the potentialities of this technology for tackling the issues of sustainability.

AI technology has been applied to many aspects of life. The most important use of AI is seen in the realm of environmental sustainability. As per the suggestions of UNEP, the potential of AI in lowering the greenhouse gas emission rate in different parts of the world has been realised. The younger generation has contributed to environmental sustainability through various innovative applications of AI like monitoring pollution, limiting plastic waste, and promoting



Empowering the Planet: Youth-Led AI Solutions for Environmental and Social Change

- ◆ The younger generation is creatively using AI to solve critical challenges in healthcare, education, and sustainability.
- ◆ According to the UNEP, AI plays a vital role in protecting the environment by helping lower global greenhouse gas emissions.
- ◆ Youth are championing sustainability through AI applications that monitor pollution, minimize plastic waste, and promote recycling.
- ◆ AI-powered farming equipment helps farmers grow crops efficiently while reducing water and fertilizer use.

recycling. With the use of smart farm equipment through AI, the produc-

Knowledge



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

1. Which of the following is not an advantage of Dynamic RAMs
a)High density
b)Low cost
c)High speed
d)No need of memory refresh

2. A memory device in which a bit is stored as a charge across the stray capacitance
a)SRAM
b)EPROM
c)DRAM
d)Bubble memory

3. Which of the following is not green house gas?
a)CO
b)O3
c)CH4
d)H2O vapour

4. Which of the following treatment is used for removal of biological impurities?
a)Sedimentation
b)Boiling
c)Sterilization
d)Distillation

5. Which of the following indicator used in determination of hardness?
a)EBT
b)Phenolphthalein
c)Methyl orange



University News

Anushka

Google and Vignan University Launch Advanced AI Innovation Lab.

Google and Vignan University team up to create an Advanced AI Innovation Lab on campus, boosting AI education. This new facility will offer students training in areas like machine learning and generative AI. It’s aimed at supporting research, industry work, and tech-driven learning. According to university officials, the lab will help students gain real-world skills and be better prepared for jobs in the fast-changing AI field. So, it’s a big boost for both education and career readiness in AI.

IP University Introduces M.Tech Programme in Robotics and Artificial Intelligence.

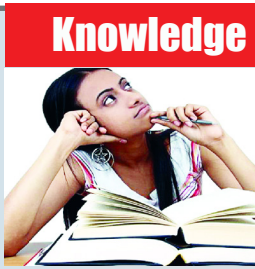
Guru Gobind Singh Indraprastha University kicked off a new M.Tech program in Robotics and Artificial Intelligence for the 2026–27 school year. Students will dive into advanced topics like automation, smart systems, and AI tech. Officials hope this will satisfy the rising need for skilled pros in cutting-edge tech. It should also boost cooperation between the industry and academics, pushing innovation and research forward.

IIT Madras Launches Three New AI Courses on SWAYAM Plus.

The Indian Institute of Technology Madras has rolled out three new AI courses on the SWAYAM Plus platform. They are “AI for Aspiring Engineers,” “AI for Administrators,” and “Prompt Engineering.” These programs aim to make AI education accessible to people from different academic fields. The institute says this initiative will boost the employability of students and professionals by giving them practical knowledge of AI tools, machine learning, and modern tech. It’s all about enhancing digital skills across various sectors.

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Solve Quiz No. 140



10. What does SSL stand for?
a)Security System Law
b)Security System Layers
c)Secure Socket Layer
d)None of the above

Participation Format

Quiz No.....
Name of Student.....
(also attach your PP size Photo)
Class.....Year.....
College ame.....
Mobile umber.....
Email.....
Present Address.....
Permanent Address.....

Answers (QUIZ-139) April, 2026 issue:
1 2 3 4 5 6 7 8 9 10
b c b c b a a b b c
Prepared By: Prof. Pradeep Kumar, Assistant Professor (AS&H)



Youth, Yoga and Sustainability Building a Balanced Future

As the world grapples with climate change, environmental degradation, and rising mental health concerns, the need for sustainable living has never been greater. Interestingly, two powerful forces-Youth and Yoga-can play a transformative role in creating a more sustainable future.

Young people today are not merely inheritors of the planet; they are active agents of change. Across the globe, youth-led movements are advocating for environmental conservation, responsible consumption, and climate action. Their energy, creativity, and willingness to challenge outdated practices make them indispensable partners in the journey towards sustainability.

However, sustainability is not only about protecting natural resources, it is also about nurturing human well-being. This is where yoga becomes highly relevant. Rooted in ancient Indian wisdom, yoga promotes balance, mindfulness, and harmony between the individual and nature. It encourages a lifestyle based on moderation rather than excess, awareness rather than impulsiveness, and responsibility rather than exploitation.

For young people navigating the pressures of modern life, yoga offers much more than physical fitness. It helps develop emotional resilience, mental clarity, and self-discipline-qualities essential for making thoughtful and sustainable choices. A mindful individual is more likely to conserve resources, avoid wasteful habits, and respect the interconnectedness of all living beings.

The principles of yoga align remarkably well with the goals of sustainable development. Concepts such as simplicity, self-restraint, and respect for nature inspire lifestyles that reduce environmental footprints. When youth embrace these values, sustainability moves beyond policy discussions and becomes a way of life.

Educational institutions have a crucial role to play in fostering this connection. By integrating yoga practices and sustainability awareness into campus life, they can prepare students to become responsible citizens who care for both personal well being and planetary health.

The future belongs to the youth, but the quality of that future depends on the choices they make today. By combining the dynamism of youth with the wisdom of yoga, society can cultivate a generation that is physically healthy, mentally strong, socially responsible, and environmentally conscious. Together, youth and yoga can become the foundation of a truly sustainable future.

सोशल मीडिया एक्टिविज्म बनाम ग्राउंड रियलिटी ऑनलाइन समर्थन और वास्तविक बदलाव

मध्य
आज के डिजिटल युग में सोशल मीडिया, लोगों की आवाज उठाने का एक शक्तिशाली माध्यम बन चुका है। इंस्टाग्राम, फेसबुक, और ट्विटर जैसे प्लेटफॉर्म ने सामाजिक मुद्दों पर जागरूकता फैलाने और लोगों को एक-दूसरे से जोड़ने में बड़ी भूमिका निभाई है। महिलाओं की सुरक्षा, पर्यावरण संरक्षण, मानसिक स्वास्थ्य, शिक्षा और सामाजिक न्याय जैसे विषयों पर आज लाखों लोग सोशल मीडिया के माध्यम से अपनी राय व्यक्त करते हैं। लेकिन सवाल यह है कि क्या केवल ऑनलाइन समर्थन से समाज में वास्तविक बदलाव संभव है, या फिर जमीनी स्तर पर काम करना अधिक महत्वपूर्ण है?

पहले के समय में सामाजिक आंदोलन मुख्य रूप से धरना-प्रदर्शन, रैलियाँ, जनसभाएँ, गाँव-गाँव जाकर जागरूकता फैलाने और लोगों से सीधे जुड़ने के माध्यम से चलाए जाते थे। सामाजिक कार्यकर्ता समस्याओं को समझने के लिए लोगों के बीच जाते थे और लंबे समय तक लगातार मेहनत करते थे। इन अभियानों में धैर्य, साहस और समर्पण की आवश्यकता होती थी। भले ही उस समय जानकारी धीरे-धीरे फैलती थी, लेकिन उसका प्रभाव गहरा और स्थायी होता था क्योंकि



भव्या

लोग केवल बात नहीं करते थे, बल्कि बदलाव लाने के लिए वास्तविक प्रयास भी करते थे।

वर्तमान समय में सोशल मीडिया ने एक्टिविज्म को तेज और आसान बना दिया है। एक हैशटैग, वीडियो या पोस्ट कुछ ही घंटों में लाखों लोगों तक पहुँच सकता है। ऑनलाइन अभियान लोगों को जागरूक करने, सहायता जुटाने और किसी मुद्दे को राष्ट्रीय या अंतरराष्ट्रीय स्तर तक पहुँचाने में मदद करते हैं। खासकर युवा पीढ़ी सोशल मीडिया के माध्यम से सामाजिक मुद्दों से अधिक जुड़ाव महसूस करती है। इससे उन लोगों को भी आवाज मिली है जिन्हें पहले पारंपरिक मीडिया में जगह नहीं मिलती थी। हालाँकि, ग्राउंड रियलिटी अक्सर ऑनलाइन दुनिया से अलग होती है।

Abhanshu Dwivedi

New Delhi: Modern life has made shopping easier than ever. With a few clicks, products arrive at our homes within hours. New fashion trends appear every week, while social media constantly promotes the latest products. Buying has become fast, convenient, and often automatic. However, this convenience comes at a cost.

Today’s economy largely follows a “take, make, and waste” model. Resources are taken from nature, turned into products, used for a short time, and then discarded. According to the Circularity Gap Report, only about 7% of materials used globally are recycled or reused. The remaining materials eventually become waste.

As a result, landfills continue to grow. Millions of tonnes of clothing are thrown away every year. Electronic waste is increasing rapidly as people replace devices more often. Microplastics have also spread across oceans, rivers, and food systems.

At the same time, on-

line shopping platforms are designed to encourage spending. Personalized recommendations, flash sales, and limited-time offers create excitement and often lead to impulse purchases. This has helped create a culture of constant consumption.

A Change in Consumer Thinking

Despite this trend, many people are beginning to rethink their choices. Younger generations, especially Gen Z and Millennials, are increasingly concerned about climate change and environmental damage. They want to know where products come from, how they are made, and whether companies act responsibly.

Research from Deloitte shows that environmental concerns remain a major issue for younger consumers. Many prefer brands that share their values and demonstrate transparency. Because of this shift, sustainability is becoming an important factor in purchasing decisions. Studies by NielsenIQ have found that many consumers are willing to pay more for products with sustain-

able packaging or ethical sourcing. At the same time, consumers are becoming less tolerant of misleading claims and often criticize brands accused of greenwashing.

How Businesses Are Adapting

As consumer expectations change, businesses are adapting as well. Companies understand that sustainability is no longer just a public relations strategy. It is becoming a business necessity. Demand for sustainable products continues to rise, and market analysts expect significant growth in this sector over the next decade.

Many large companies have introduced renewable energy goals, waste-reduction programs, and stricter environmental standards for suppliers. Governments are also increasing pressure through regulations that require greater transparency and accountability. In many regions, sustainability is gradually becoming part of standard business practice rather than a special initiative.

Companies Leading the Shift

Some businesses have gone beyond small changes and redesigned their models entirely.



Abhanshu Dwivedi

Patagonia is one of the most well-known examples. The outdoor clothing company encourages customers to repair products and use them longer instead of buying

replacements frequently. Its approach challenges the traditional idea that companies must always encourage more consumption.

Meanwhile, IKEA is attempting to apply circular principles on a global scale. Through furniture buy-back programs and greater use of renewable materials, the company aims to reduce waste across its supply chain. These examples show that sustainability can be pursued by both small and large businesses.

Challenges Still Remain

Although progress is visible, several obstacles remain. The biggest

challenge is affordability. Sustainable materials often cost more to produce, making environmentally friendly products more expensive. For many households, price remains the deciding factor when making purchases.

Another challenge is trust. Independent audits frequently reveal gaps between corporate promises and actual performance. This has created skepticism among consumers who want reliable information before supporting a brand.

Without greater transparency, building consumer confidence will remain difficult.



Can India’s Youth Lead the Global Sustainability Movement?

Gyanvi

New Delhi: Sustainability has become a major global concern as countries face challenges such as climate change, pollution, deforestation, and the depletion of natural resources. Solving these problems requires the active participation of all sections of society, especially young people. India, with one of the largest youth populations in the world, has the potential to play a leading role in the global sustainability movement. The awareness, energy, and innovation of Indian youth can help create a greener

and more sustainable future. India’s youth are becoming increasingly aware of environmental issues through education, social media, and global discussions on climate change. They understand the impact of environmental degradation on human health, economic development, and future generations. This awareness has encouraged many young people to participate in activities that promote environmental protection and sustainable living. Young Indians are actively involved in climate action campaigns and community initiatives. They organize tree-plantation drives,

cleanliness campaigns, recycling programs, and awareness rallies. Students in schools and colleges often participate in environmental



Gyanvi

clubs that promote eco-friendly practices. These activities help spread awareness among communities and encourage people to adopt sustainable habits in their daily

lives. Technology and innovation have also strengthened the role of youth in sustainability. Many young entrepreneurs are developing solutions to environmental problems through start-ups and social enterprises. Innovations in renewable energy, waste management, sustainable agriculture, and eco-friendly products are helping reduce environmental damage while creating economic opportunities. The creativity and technological skills of Indian youth can contribute significantly to achieving sustainable development goals. Social media has become a powerful plat-

form for environmental advocacy. Young people use platforms such as Instagram, YouTube, and X to share information about climate change, conservation, and sustainable lifestyles. Through digital campaigns, they educate people about reducing plastic waste, conserving water, saving energy, and protecting biodiversity. These online efforts have helped create a stronger environmental consciousness among the public. Educational institutions are also contributing to this movement by including environmental studies and sustainability topics in their curriculum.

Workshops, seminars, and awareness programs encourage students to think critically about environmental challenges and possible solutions. Such initiatives help develop responsible citizens who understand the importance of protecting natural resources. Despite their enthusiasm, Indian youth face several challenges. Limited resources, lack of access to environmental education in some areas, and inadequate support for green initiatives can restrict their impact. Furthermore, awareness alone is not enough; practical action and policy support are equally important.

Sustainable Journalism & Media Responsibility

Yashika Agarwal

New Delhi: The foundation of continuous journalism is being formed in the classrooms today, where students of media are being trained as the first line of defence against disinformation in the environment. Universities have a responsibility to equip journalism students with not only traditional reporting skills but also real climate literacy, so they can counter misinformation and inspire the public. Outside the classroom, the journalists’ ‘sentinel’ (watchdog) role also extends – they become advocates for accountability by exposing the dire effects of pollution on local communities and greenwash (greenwashing) in government claims.

why is it so important to encourage this kind of journalism?

►To Break The Cycle Of Doom: When we only tell people about how bad things are they can feel like there is no hope. This can make them feel like they do not want to do anything to help.. If we tell stories that offer solutions, people are more likely to get involved and want to help.

►To Restore Trust: Since 23% of people trust what politicians say about the climate, journalists have a chance to show that they are trustworthy. They can do this by telling the truth and being fair.

►To Save Resources and Lives: If journalists do their job well, they can make the government and companies do what they are supposed to do. The future of journalism that focuses on the environment depends on moving from reporting on disasters to trying to

prevent them.



Yashika Agarwal

We are at a point where the future of the planet depends on what journalists write, photograph and report. The Climate Data and the future of our planet depend on the work of journalists and the kind of journalism they do. If journalism fails to embrace the climate-literate and solution-oriented model, we will not only lose audience attention, but we may also lose the race to save our own world. Power no longer lies only in the story we tell, but in how we tell it.

Public Opinion

The need for effective coverage. Research shows that a big ‘perception gap’ exists. 80-89% of people want their governments to take drastic action on climate, yet most people mistakenly believe they are in the minority – one reason for this is that they are not receiving regular, consistent climate news.

The professional front is also where there is criticism from within. Figures show that the rate of exposure to climate news among adults is declining, with weekly exposure falling from 55% to 47%. Some analysts say viewers are feeling tired of and distancing themselves from ‘apocalyptic’, depressing news.

Voices from the trenches

⇒Michael Simire (environmental journalist): “Expose greenwashing and relate climate issues to local audiences, so that real change can occur,” as well as using creativity and social media to highlight government inaction.

⇒Chris Isiguzo (NUE president): “Journalists should prioritise environmental issues,” and be mindful of how these issues affect human existence.

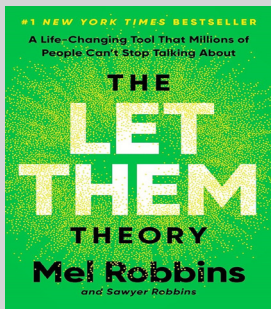
⇒Max Boyko (climate media specialist): “Extreme heat, floods and storms are often reported as isolated events, rather than as part of a longer-term unfolding crisis, which prevents a full understanding of the issue being developed.”



BOOK NOOK

Bhumi Chaudhary

- **Book Nook:** The Let Them Theory
- **Author name:** Mel Robbins
- **Publisher name:** Hay House
- **Published year:** 2024



Mel Robbins explores a simple but powerful idea: stop trying to control other people's opinions, actions, and decisions. Instead, let people be who they are and focus on your own response.

The book explains how much stress comes from seeking approval or trying to manage situations beyond our control. Through practical examples and psychological insights, Robbins shows readers how to build healthier relationships and stronger self-confidence.

The "Let Them" mindset helps people reduce anxiety, improve boundaries, and focus their energy on what they can actually control.

A practical and easy-to-read guide for anyone struggling with people-pleasing, workplace pressure, or relationship stress.

From a reader's perspective, the pacing is steady, with enough twists to maintain interest without overwhelming the narrative. The climax is satisfying and ties together the emotional and mystery elements effectively.

- **Book Name :** Rajal Neeti: Lok Vyavhaar
- **Author:** Rajal
- **Publisher:** Rajal Publications
- **Published Year:** 2025



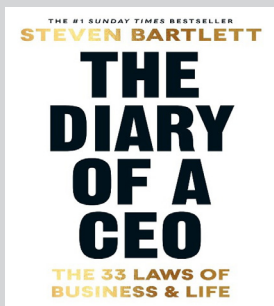
In a world where technical skills often receive more attention than people skills, Rajal Neeti: Lok Vyavhaar focuses on the art of human interaction. The book discusses communication, confidence building, collaboration, and social harmony in a simple and practical manner.

The author explains how everyday behaviour shapes personal and professional relationships. Instead of complex theories, the book offers actionable lessons that readers can apply immediately.

Success depends not only on what we know but also on how we interact with others.

A useful guide for students, young professionals, and anyone looking to improve communication and social behaviour.

- **Book Name :** Gone Girl – The Diary of a CEO
- **Author:** Steven Bartlett
- **Publisher:** Ebury Publishing (Penguin Random House)
- **Published Year:** 2023



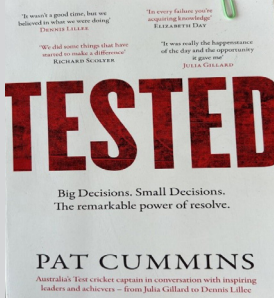
Based on lessons from hundreds of conversations with entrepreneurs, psychologists, athletes, and business leaders, Steven Bartlett examines the principles behind success, influence, and decision-making.

The book combines behavioural science with real-world business experience. Topics include communication, persuasion, leadership, storytelling, and personal growth.

Success is often driven less by talent and more by psychology, habits, communication skills, and consistency.

An engaging read for students, marketers, entrepreneurs, and anyone interested in understanding how people think and make decisions.

- **Book Name :** The Silent Patient – The Remarkable Power of Resolve
- **Author:** Patrick Cummins
- **Indian Recommendation By:** Radhakrishnan Pillai and several leadership educators in India
- **Published Year:** 2025



Although not written by an Indian author, this book has gained attention among Indian management and leadership circles because of its focus on resilience, decision-making, and leadership under pressure.

Through conversations with experts from different fields, the author examines how leaders make difficult decisions and remain calm during uncertainty.

Strong leadership is built through discipline, emotional control, and consistent decision-making.

A valuable read for management students and future leaders.

Anushka Khurana

New Delhi: Climate change is a term used to describe the changes in temperature, rainfall, and other weather conditions over a long period of time. These changes are mainly caused by human activities such as burning fossil fuels, deforestation, and industrial pollution. It is considered one of the biggest problems facing the world today, as it can affect the availability of food, water, and the environment, as well as human health. India's youth are gradually becoming aware of the adverse effects of climate change on their lives. Extreme heat, irregular monsoon seasons and polluted air are becoming everyday situations for millions of students, job seekers and young persons.

The effects of climate change are not only varied but intimate, like how the abnormally high temperatures ("hotter

than India") during summers are making it difficult to concentrate in school and college; how floods destroying habitation, schools and farms in Assam and Bihar or droughts ravaging Maharashtra and Rajasthan are rendering people's homes, schools and farms unusable; how coal emissions and vehicles' exhaust fumes in Delhi and other urban centers are preventing children and youth from playing outside and having to cough every three seconds (and become increasingly breathless); or by how water shortages forcing people into hours long queues for water-bodying, thereby depriving students of their time to study and reducing the number of jobs available for farmers in rural India ultimately impacting Indian youth's quality of life and leaving them anxious about their lives' future.

Youth of today are the



most important because they are the ones who will have to live through the outcomes of the present decisions. If we decide on things like energy, forests, and emissions at this moment, we are basically determining which kind of world the future generations will have in 2050 and after. Though senior citizens might only be concerned about the immediate effects, young people in India will be the ones enduring higher sea levels, more frequent calamities, and diminishing

natural resources all their lives. Climate change is That means a question of fairness between generations, besides being a topic of environmental concern.

Young Indians are not just capable but are also obliged to make the earth a better place. Even minor things like minimising the usage of plastic, shutting down the lights and fans when not in the room, taking a bus or bike for travelling, and conserving water can really

bring about huge changes if done together. Several young people are going to their areas to plant more trees, they are also participating in the drive to clean the environment, and mainly through social media campaigns and school clubs, they are making the largest mass of people aware.

One of the major ways schools and colleges help is by introducing environmental education into their syllabus and setting up eco-clubs among students. Initiatives by the government like Swachh Bharat, Namami Gange, and the Youth4Climate platform at the international level offer avenues for leadership. Besides that, youth groups, together with NGOs, equip youngsters with the necessary skills for sustainability.

Across India and worldwide, young people are leading change. Greta Thunberg has inspired

millions through her school strikes. In India, campaigners like Licy-priya Kangujam have highlighted international climate injustice; student groups in Kerala and Bengaluru have revitalised lakes and pushed for rooftop solar. These represent the tip of the iceberg; young people believe they can shape policy and transform our future.

Ultimately, the contribution of young people is fundamental in the battle against climate change. It is imperative for the youth of India to step forward as responsible citizens, creators, and leaders without any delay. The care of the earth is a shared responsibility that holds together our present deeds with our future dreams. If they decide for sustainability, it is the Indian youth who will create a scarred with nature, rich in health and affluence country for future generations.

Use Every Opportunity to Sharpen the Creativity: Alumni

Vanshika Verma

Pallavi Goel is a proud alumna of IMS Ghaziabad (University Courses Campus), where she pursued her Bachelor of Journalism and Mass Communication (BJMC) from the 2012–2015 batch. During her academic journey, she developed a strong foundation in media, communication, and content creation, which paved the way for a successful career in the digital media industry.

Currently, Pallavi is working with the Nation with NaMo as a Content Creator and Digital Media Manager, contributing to strategic communication, digital campaigns, and impactful content development. In her inter-

view with Vanshika Verma, Pallavi Goel shared valuable insights

How did your time in the Journalism & Mass Communication program at IMS shape your career path after graduation?

My passion for journalism began during my school years, and enrolling in the Journalism & Mass Communication program at IMS was the turning point that shaped my career path. Despite limited facilities at the time, the dedication and guidance of our faculty provided me with a strong foundation in journalistic principles and practices. Their commitment to teaching, even with modest resources, instilled resilience, curiosity, and a deep respect for the pro-

Alumni Corner



fession. The program not only nurtured my skills but also strengthened my determination to pursue journalism as a career — something I remain proud of to this day.

Looking back, what stands out as your most memorable experience during your years at IMS—whether academic, cultural, or personal?

One of my most memorable experiences at IMS was the way the college

became a platform for my overall grooming. It was here that I truly built confidence in myself and developed the ability to communicate effectively in front of large audiences. Every debate, cultural program, and academic event offered valuable lessons that shaped my personality and professional skills. These experiences not only enhanced my communication abilities but also instilled in me the courage to express myself—qualities that continue to benefit me greatly in my career.

How do you think the media landscape has changed since your graduation, and what should today's students be prepared for?

Since my graduation, the media landscape has un-

dergone a profound transformation—shifting from a traditional, centralised broadcast model to a decentralised, digital-first ecosystem. Today, journalism is no longer confined to print or television; it thrives across digital platforms, social media, and AI-driven tools. This evolution demands that aspiring journalists be agile, technologically fluent, and ready to adapt to rapid changes. For current students, the key preparation lies in becoming digitally savvy and AI-friendly, as these skills are now essential to succeed and remain relevant in the modern media industry."

What guidance would you give to current Journalism & Mass Communication stu-

dents to make the most of their time at IMS?

My guidance to current Journalism & Mass Communication students would be to focus on becoming independent content creators. While gaining media experience is important, the future of journalism is increasingly shaped by digital platforms and artificial intelligence. The coming generations—Gen Z and Gen Beta—already possess inbuilt confidence and communication skills, but to truly stand out, students must adapt themselves to today's needs. At IMS, students should use every opportunity to sharpen their creativity, embrace technology,

Minds Without Mirrors – A Single Episode

Some people cannot see themselves clearly. Some see too much. And some stop looking inward altogether—because they begin to believe the reflection is coming from somewhere else.

Self-awareness does not equal morality. It only amplifies what already exists. The uncomfortable truth is this: awareness is not a brake; it is only a light. Edmund Kemper understood himself with terrifying clarity. He knew his impulses, his guilt, and the difference between right and wrong—and still chose to cross it. His mind did not lack a mirror; it lacked integration. Insight did not restrain him. It rehearsed him. Reflection lost its resistance and became part of the cycle. He was not empty. He was crowded. But what happens when the mind stops looking inward entirely? When harmful behaviour appears, most people eventually ask, What is wrong



Saravanana Pandian P
L & D Specialist, Behavioral and Physiological Trainer

with me? Yet some frameworks shift the question to What is wrong around me? That shift changes everything. Fear moves outward. Meaning is assigned to shadows. Silence begins to feel alive. This is where the idea takes form: that darkness does not always come

from within—that sometimes, it enters. Naming fear can feel like relief. Once terror has a story, it feels less like madness and more like meaning. But in that space, the line between perception and belief dissolves. Fear doesn't disappear; it reorganises. This is not about monsters or ghosts. It is about something far more human: the need to give darkness a face—

So we don't have to face ourselves. Not every mirror shows the truth. And not every truth comes from outside.



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

IMS GHAZIABAD
(UNIVERSITY COURSES CAMPUS)
Status of 12(B) by UGC

36 YEARS OF ACADEMIC EXCELLENCE

ACADEMIC AWARD

INSTITUTION'S INNOVATION COUNCIL

NAAC

Ranking

2nd in placements amongst top private institutes in India

4th in Northern India/Delhi NCR

By **Times3School** Survey - 2025

Highest Package - 41.0 LPA

Average Package - 11.5 LPA

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WE HAVE NO BRANCH IN NOIDA

Workshop on RH104 – Getting Started with Linux Fundamentals 9.1

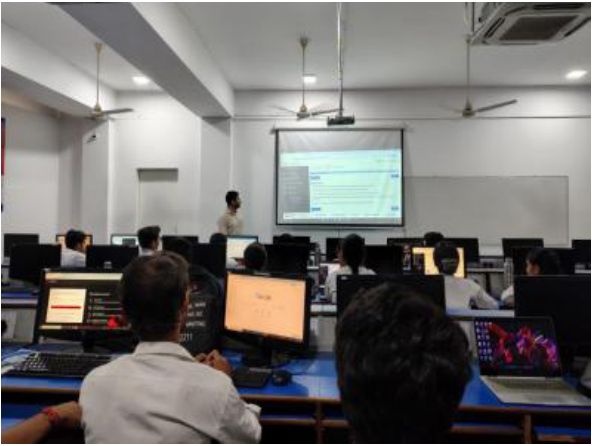
Online Quiz Competition on the Occasion of National Technology Day

IMS News Service

Ghaziabad: MCA pre-final-year students are currently diving deep into the world of open-source! IMSEC is thrilled to announce the commencement of the RH104 – Getting Started with Linux Fundamentals 9.1 workshop, a mandatory milestone in our curriculum designed to bridge the gap between classroom theory and industry standards.

Workshop Highlights:

- Hands-on Mastery:



Students are gaining direct experience with Red Hat Enterprise Linux 9.1, mastering the command line, file systems, and administrative essentials.

- Placement Ready: In today’s tech landscape, Linux proficiency isn’t just a skill—it’s a requirement. This training is a core pillar of our



professional development and placement eligibility program.

- Expert Guidance: Under the mentorship of Mr. Arun Bhardwaj (As-

sistant Professor, MCA), students are navigating real-world scenarios in a high-energy lab environment.

IMS News Service

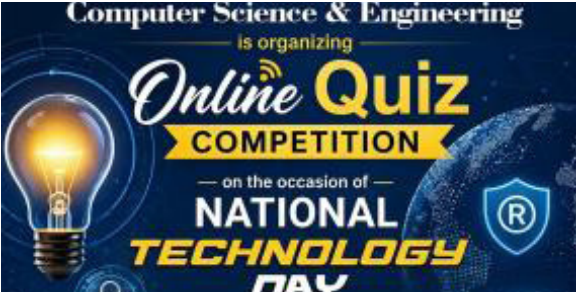
Ghaziabad: The Department of Computer Science & Engineering at IMS Engineering College, Ghaziabad, successfully organised an Online Quiz Competition on the occasion of “National Technology Day” on 11th May 2026 for students of Computer Science and Engineering.

It was witnessed by enthusiastic participation from students who showcased their awareness and understanding of science, innovation, and technological advancements. The event encouraged

students to recognise the importance of technology in national development, inspired creative thinking, and promoted interest in scientific research and innovation for the betterment of society. The event provided a valuable platform for students to test their knowledge, enhance their

awareness, and develop a healthy competitive spirit. The Top 3 performers of the competition were:

- Achal Verma-2401430100014 (II YR ,CSE)
- Ayush Sangal -2301430130024(IIIR ,IT)
- Ayush pathak-2301431530016 (III YR



Mega Campus Placement Drive Organized

IMS News Service

Ghaziabad Solidifying its commitment to providing elite career opportunities for its students, IMS Engineering College (IMSEC), Ghaziabad, proudly organised a comprehensive Campus Placement Drive with Tata Consultancy Services (TCS).The placement drive saw enthusiastic participation from final-year B.Tech and MCA students, all eager to launch their professional careers with one of the world’s leading IT healthcare, consulting, and business solutions organisations. The recruitment process was meticulously structured, encompassing



rigorous technical evaluations, coding assessments, and intensive personal interviews designed to test the students’ analytical skills, core engineering concepts, and adaptability to industry standards. Speaking on the occasion, Director Dr. Anil Kumar Ahlawat congratulated

the placement cell and extended his best wishes to the participating candidates. He emphasised that hosting industry giants like TCS reflects the high calibre of academic training and corporate readiness instilled in IMSECians.

IMS News Service

Ghaziabad: The Department of Biotechnology at IMS Engineering College, in collaboration with the Institution’s Innovation Council (IIC), successfully commenced two hands-on training initiatives for Biotechnology students from 27 May 2026 to 10 June 2026.

The programmes include a Hands-on Training and Skill Development Program on Biotechnology Laboratory Techniques and Instrumentation for B.Tech. Biotechnology 2nd Year

students and a Summer Internship-cum-Skill Development Training Program in Applied Biotechnology for B.Tech. Biotechnology 3rd Year students.

Both initiatives aim to provide practical exposure, laboratory exposure, and industry-relevant skills in emerging areas of biotechnology. The training sessions were inaugurated by Prof. Dr. Anil Kumar Ahlawat, Director of IMS Engineering College, who encouraged students to actively participate in practical learning and enhance their technical

competencies for future research and industry careers.

The programmes cover key areas such as microbiology, biochemistry, biotechnology instrumentation, plant biotechnology, bioprocess engineering, bioinformatics, PCR techniques, fermentation technology, and AI applications in biotechnology.

The Laboratory Techniques and Instrumentation training programme is being coordinated by Dr. Indu Bhatt, Assistant Professor and Innovation Ambassador, Department of Biotechnology. The instructional team includes



Dr. Indu Bhatt, Dr. Arushi Saxena, Dr. Shomini Parashar, and Dr. Vasundhara Shukla.

Innovation Ambassador, Department of Biotechnology.

The instructional panel comprises Dr. Rabab Anjum, Dr. Siddharth Vats, Dr. Swapnil Chaturvedi, and Dr. Vasundhara Shukla.

Plastic-Free Future: Is India Ready?

Harry Garg

New Delhi: The world’s biggest crisis is plastic pollution, and India stands at a very noticeable position in this challenge. The country alone is generating more than 9 million tonnes of plastic waste annually. Is it just an environmental issue or an existential one?

Is India ready for a plastic-free future? If we move towards reality, it might shock you. Official data shows that the waste generation rate of plastic is around 0.12 kg per capita per day, and if we estimate it according to 2019, it has crossed over 17 million metric tonnes of plastic waste generated by India alone and now even exceeds over 4 million.

It’s not only about generating waste; it is also about its management. India creates over 15

million tonnes of plastic waste every year, and only one-fourth of it is recycled. No doubt, the government has taken some bold steps towards it. In August 2021, the government introduced the Plastic Waste Management Amendment Rules, through which over 19 identified single-use plastic items with low utility but high littering potential were targeted.

All along, we know that our existing recycling capability is not sufficient to cover the targets for FY 2027–2028 and beyond. Later, a roadmap was released in December 2023 by Union Ministers and Australian research institutions stating that by 2035, landfill disposal of plastic waste should be reduced by 30%, two-thirds of plastic could be recycled, and single-use plastic could be phased



out completely, which can really improve our soil quality as well.

We have a few alternatives that are eco-friendly, like biodegradable packaging, kraft paper, compostable vegetable bags, plant-based bags, and bottles. The country recycles more than 50–60% of plastic waste, which is higher than many developed nations. Yet, the burden of landfill and contamination issues are some critical bottlenecks.

India’s journey towards

a plastic-free future and the targeted roadmap for 2035 is clear, but it needs urgency, investment, public participation, and attention towards the consequences caused by plastic waste pollution, which is affecting marine life by releasing millions of tonnes of plastic waste into water bodies. Animals such as fish, turtles, seabirds, and mammals often mistake plastic waste for food, which leads to injury, starvation, and death many times.

Microplastic particles,

which form through the breakdown of bigger plastic materials, have now been found in drinking water, food products, soil, and even human blood.

India is witnessing increasing plastic waste generation due to its rapid urbanization, growing population, and increasing consumption of packaged food, which leads major metropolitan cities to generate thousands of tonnes of plastic waste on a daily basis.

India, it’s now or never.

Healthy Body, Healthy Planet



Anjali

New Delhi: You probably think that your body and the planet are two things. The truth is, the planet has a big impact on your body’s health. The planet affects the air you breathe, the food you eat, and the water you drink. So, your body really needs the planet, and the planet needs you too. The World Health Organisation says that 1 billion people around the world are obese. And the Earth is suffering from a lot of pollution. There is a lot of harmful air, and over 400 million tons of plastic waste are produced every year. The World Health Organisation also says that 7 million people die every year because of bad air. This shows that when the planet is sick, you get sick too. Food is a connection between your body’s health and the Earth’s health. Often, people.

Eat food that is bad for their bodies and the planet. The United Nations says that making and eating food causes one-third of the bad gases that go into the air. So try to eat food that is grown near you because this will help your body and the planet stay healthy.

Climate change is a threat to people’s health and the Earth’s health. The Earth is getting hotter. This is causing very hot weather, big floods and no rain in some places. Experts think that climate change could cause about 250,000 deaths every year between 2030 and 2050. This is because of too much heat, not enough food and sickness. These numbers show that taking care of the planet is not about saving animals and trees. It is about saving people’s lives.

Plastic pollution is also a problem. Scientists have found pieces of plastic in drinking water,

seafood and even human blood. As more and more plastic waste builds up in rivers, oceans and trash dumps, people are getting worried about how this will affect health. If you use plastic and choose things that are better for the planet, you can help make a healthier future for people and the planet.

You can make a difference with changes. Of driving, try walking or riding a bike for short trips. This is good for your body and the planet. Good support businesses for the planet, and save energy. Make less trash. These small actions can add up. Make a big difference.

A healthy planet gives you air, safe water, good food and weather that is not too hot or too cold. The future depends on knowing that your health and the Earth’s health are connected. When the planet is healthy, people are healthy too.

Joint Families: The Heart of Indian Culture

Vanshika Chauhan

New Delhi: In today’s fast-paced world, where people spend much of their time on screens and lead increasingly independent lives, the concept of a joint family may seem old-fashioned. However, in India, joint families continue to be valued for the love, support, and togetherness they provide.

A joint family is a beautiful blend of laughter, celebrations, occasional

disagreements, and lifelong bonds. Unlike nuclear families, it offers a sense of belonging where no one feels lonely. Children learn values such as respect, discipline, sharing, and patience from parents and grandparents, while elders pass on traditions, stories, and cultural heritage.

Living in a joint family teaches important life lessons that cannot be learned in classrooms. It helps individuals be-

come emotionally strong, responsible, and understanding. Although modernization and migration for education and jobs have led to the rise of nuclear families, the warmth and emotional support of a joint family remain unmatched.

Joint families are not merely a part of the past; they continue to offer happiness and security. After all, Indian culture is not just about festivals and rituals, but about



family members standing together in every joy and

sorrow.

IMS EC Bids a Grand Farewell to the Batch of 2026

Ghaziabad (IMS News Service): IMS Engineering College (IMSEC) organised its annual farewell ceremony, “Farewell 2K26,” to honour and celebrate the achievements of the departing batch of students. The event was a vibrant blend of cultural performances, emotional reminiscences, and words of wisdom. The highlight of the event was the address by the Director of IMSEC, Dr. Anil Kumar Ahlawat. In his valedictory speech, Dr. Ahlawat expressed his immense

pride in the students’ academic and co-curricular achievements. He extended his warmest best wishes to the graduating batch for their upcoming professional journeys and higher studies. The

junior batches organised captivating dance performances, musical acts, and titles for their seniors, making it a memorable day for everyone present. The event concluded with the distribu-



Memorandum of Understanding

IMS News Service

Ghaziabad: IMS Engineering College is delighted to announce the signing of a Memorandum of Understanding (MoU) between IMS Engineering College (IMSEC) and Airkrit, marking a significant step towards strengthening industry-academia collaboration. This partnership aims to provide our



students with enhanced opportunities for skill development, industry exposure, internships, and hands-on learning

aligned with current technological trends. Through this collaboration, we look forward to bridging the gap between theoretical knowledge and practical implementation. The MoU was signed under the guidance of our esteemed Director, Dr. Anil Kumar Ahlawat, whose leadership continues to drive IMSEC towards academic and industry excellence.

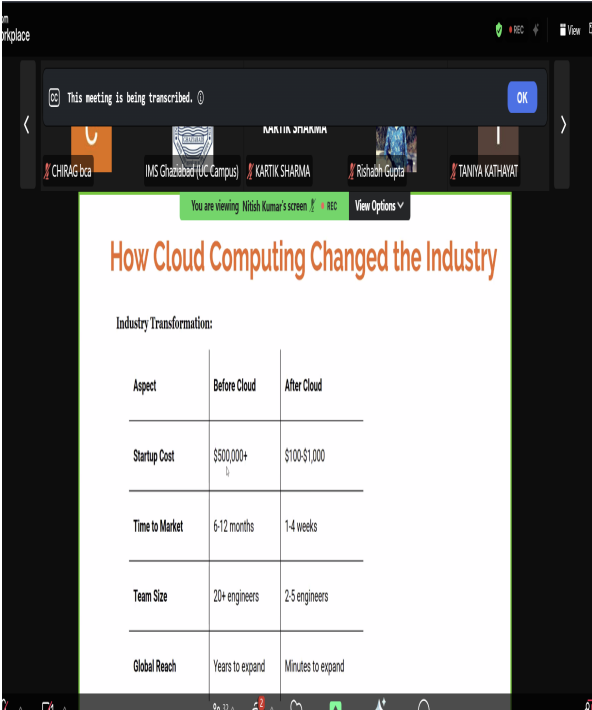
Workshop on Cloud Computing Fundamentals

IMS News Service

Ghaziabad: The workshop on “Cloud Computing Fundamentals” was successfully conducted by Nitish Kumar, Sr. Solution Architect, through an online session organised on Zoom.

The session aimed to provide students with a clear understanding of cloud computing and its growing role in modern technology and industries.

During the workshop, the speaker explained the meaning of cloud computing and described it as the delivery of computing services such as servers, storage, databases, networking, and software over the internet. The participants learned how organisations can use cloud platforms instead of maintaining expensive physical infrastructure. Important features of cloud computing, such as scalability, flexibility, resource sharing, and pay-as-you-use services, were also discussed in detail.



The mentor highlighted several problems faced in traditional IT systems, including high infrastructure costs, maintenance challenges, limited scalability, and slower deployment processes. The workshop explained how cloud computing helps overcome these limitations by offering faster deployment, reduced costs, and im-

proved accessibility from anywhere. Real-world examples and comparisons between traditional systems and cloud-based solutions helped students better understand the practical importance of cloud technologies. The session also focused on how cloud computing has transformed the IT industry by reducing startup costs, improving

Peer Enrichment Program on Ethical Hacking Tools and Techniques

IMS News Service

Ghaziabad: The workshop on “CloThe Department of Computer Science organised a Peer Enrichment Programme on the topic “Ethical Hacking Tools and Techniques.” The session was initiated by Prof. Archana Gupta, who introduced the significance of ethical hacking and cybersecurity in today’s digitally connected world. As technology and internet-based services continue to expand, protecting digital information and networks has become increasingly important. The objective of the programme was to create awareness about cyber threats and demonstrate how ethical hacking techniques can help in identifying and preventing security vulnerabilities. The session began with an introduction to ethical hacking, cyber threats, and the role of ethical hackers in securing systems and networks. Various phases of ethi-

cal hacking, such as reconnaissance, scanning, gaining access, maintaining access, and covering tracks, were explained in detail. Prof. Archana Gupta also discussed different types of cyberattacks, including phishing, password attacks, malware attacks, and network vulnerabilities. During the workshop, various ethical hacking tools and techniques were explained and demonstrated practically. Tools such as Wireshark for packet capturing and network traffic analysis, Burp Suite for web application security testing, and Zenmap for network scanning and vulnerability identification were introduced to the participants. Participants also learned about network reconnaissance, packet inspection, vulnerability assessment, and methods used to strengthen cyber security defenses. The practical demonstrations enabled participants to understand how these tools help in



detecting vulnerabilities and securing digital systems from cyber threats. The session was highly interactive and informa-

tive, allowing students to gain practical exposure to cyber security concepts and ethical hacking methodologies. Everyone

learned valuable insights about securing systems, analyzing network traffic, and protecting digital assets from cyber-attacks.

Harvard Manage Mentor Certificate Awarding Ceremony



IMS News Service

Ghaziabad: Institute of Management Studies, Ghaziabad (University Courses Campus) successfully organised the “Harvard Manage Mentor Award Felicitation Ceremony” in the institute auditorium with great enthusiasm and grandeur. The event marked a significant academic achievement as a total of 549 students from various programs were awarded certificates under the prestigious Harvard Manage Mentor Certification Program.

The certified students included 350 students from BBA, 68 students from BCA, 100 students from B.Sc., and 31 students from BJMC programs. The certifications were awarded in several industry-relevant domains such as Strategic Thinking, Goal Setting, Strategy Planning and Execution, Process Improvement, Project Management, Innovation and Creativity, Business Plan Development, Ethics at Work, Crisis Management, Negotiation Skills, Digital Intelligence, and Leading with Generative AI. The General Secre-



tary of IMS Ghaziabad Group of Institutions, CA Dr. Rakesh Chharia, congratulated all the students who completed the certification program and extended his best wishes for their bright and successful future. He appreciated the students for taking initiative towards skill enhancement and professional development. The Chief Guest of the event, Mr. Ankush Johari, highlighted the significance of such globally recognised certification programs.

He stated that these courses are not only pursued by professionals working in leading multinational organisations but are now being enthusiastically undertaken by students of the University Courses Campus as well. He appreciated the institu-

tion’s progressive vision and continuous efforts towards the holistic growth and advancement of the students.

He further emphasised that such certification programs equip students with industry-relevant competencies, thereby enhancing their employability and professional efficiency. Dr. Jaskeeran Kaur, Director of the institution, motivated students to continuously upgrade themselves according to evolving career requirements. She stated that programs like Harvard Manage Mentor provide students with opportunities to develop essential professional competencies such as leadership, time management, strategic thinking, and communication skills, which are highly valuable in the corporate world.

The event was also graced by Dean Academics Dr. Geeti Sharma, Harvard Certification Coordinator Dr. Manish Kumar, various Heads of Departments, faculty members, and students.

The speakers elaborated on the practical learning approach of the Harvard Manage Mentor Program, which is based on real workplace situations and professional challenges. The program integrates case studies, simulations, interactive activities, and self-assessment methodologies to provide experiential learning to students.

The primary objective of the certification initiative is to prepare students for the corporate world and contribute towards the holistic development of their personality, managerial abilities, and professional competencies.

The successful organisation of the event reflected the institution’s commitment to providing globally aligned learning opportunities and industry-oriented education to its students.

Peer Enrichment Session on Research Applications of Multi Criteria Decision Analysis Approaches

IMS News Service

Ghaziabad: The Department of Management at IMS Ghaziabad (University Courses Campus) organized a Peer Enrichment Session on “Research Applications of Multi Criteria Decision Analysis (MCDA) Approaches” in association with the Research Cell on 26th May, 2026. The session was conducted by Dr. Chhavi Luthra, faculty in the area of Marketing, to familiarize faculty members with advanced research methodologies applicable across management disciplines.

The session focused on Interpretive Structural Modelling (ISM) and MICMAC analysis, highlighting their conceptual foundations, research applications, and interdisciplinary relevance in areas such as Marketing, HRM, Finance, Operations, Supply Chain, and Strategy. The resource person also demonstrated the use of ISM software application through a practical example and conducted a short hands-on activity to enhance participants’ understanding of variable interrelationships and model development. Research papers em-



ploying ISM and MICMAC approaches were discussed to establish their growing academic relevance and evolving application in contemporary research. The session

enabled faculty members from different domains to explore the usefulness of MCDA approaches for conducting structured and impactful research.

Ancient Indian Wisdom and Sustainable Living

Akansha

New Delhi: The meaning of sustainable living is using natural resources wisely so that future generations can also use it. Indian tradition promoted that was balanced, eco friendly and respectful towards nature. Long before the modern concept of sustainability became popular ancient culture viewed nature as, rivers, mountains, trees, animals, and the earth was worshipped and treated with all due respect. It Ayurveda, the ancient Indian system of medicine, also reflects sustainable thinking. It used natural herbs and plants for health care and promoted a healthy connection between humans and the environment. It encouraged people to live according to nature and maintain physical and mental balance relief to encourage people to protect natural resources rather than exploit them. Also some festivals and rituals often emphasized gratitude towards nature. The key feature of Indian



wisdom is living in harmony with nature. Indian traditional homes were built with using locally available material such as bamboo, mud, stone and wood. These materials were sustainable to the local climate, these houses required less energy for cooling and heating compared to many modern houses. Farmers relied on natural fertilizers like compost and cow dung rather than chemical fertilizers. Water conservative crop rotation and mix farming helped maintain soil fertility and reduce environment damage. These tricks make sure to productivity without making

any harm to the ecosystem. Another important aspect of ancient Indian wisdom was the efficient use of water. Traditional water management systems such as ponds, stepwells, and rainwater harvesting techniques helped communities store and conserve water. These methods were designed according to local geography and supported agriculture and daily life. Ancient texts and teachings often highlighted the idea of “Vasudhaiva Kutumbakam,” which means the world is one family. This idea teaches that humans, animals, plants, and nature are connected. When we respect nature,

we create a better environment for everyone. In today’s world, where problems like climate change, pollution, and resource shortage are increasing, ancient Indian wisdom provides valuable lessons. By combining traditional knowledge with modern technology, we can create a sustainable future. The message from ancient times remains relevant humans are a part of nature, not separate from it, and protecting nature is essential for the survival of all life. The principle of “simple living and high thinking” also reflects sustainable values.

People focused on avoiding unnecessary consumption and used resources carefully. Traditional practices like reusing materials, respecting animals, and maintaining a connection with the environment promoted a responsible lifestyle. Today, many modern problems like pollution, deforestation, and climate change are increasing because of careless use of resources.

The principles of ancient Indian wisdom can help us solve these problems by teaching us the importance of conservation and responsible living. Ancient Indian communities also understood the importance of seasonal changes and adjusted their lifestyle according to nature. Food habits, farming methods, and daily activities were often planned according to different seasons.

Echoes of Ancient Wisdom: Lessons in Sustainable Living

- Sacred Connection with Nature: Long before modern sustainability concepts emerged, ancient Indian culture inherently viewed the Earth, rivers, mountains, and animals as sacred, fostering a deep lifestyle of respect and gratitude toward natural resources rather than exploitation.
- Eco-Friendly Traditional Practices: Communities relied on highly efficient, locally sourced materials like mud and bamboo for climate-resilient housing, practiced organic farming using compost, and managed water through ingenious local geography-based systems like stepwells and rainwater harvesting.
- The Philosophy of Interconnectedness: Guided by principles like Vasudhaiva Kutumbakam (the world is one family) and “simple living and high thinking,” traditional wisdom emphasizes that humans are a part of nature, offering vital lessons for solving modern crises like climate change.



Movie Name : Michael (2026)
Director: Antoine Fuqua
Production Companies: GK Films Optimum Productions
Writer: John Logan
Release Date: April 2026**Rating:** 7.5/10

Michael (2026) is a biographical musical drama film based on the life of Michael Jackson. The movie shows his journey from a young singer in the Jackson 5 group to becoming one of the biggest music stars in the world. Directed by Antoine Fuqua, the film focuses on his talent, hard work, fame, and the challenges he faced in his life. The biggest strength of the movie is its music and performance scenes. The film beautifully shows Michael’s passion for singing and dancing. The concert scenes, costumes, and background settings make the movie exciting to watch. It shows how he created a new style of music and performance that influenced people around the world. Jaafar Jackson plays the role of Michael Jackson. His dancing, expressions, and body movements make his performance special. He brings energy and emotion to the character. The supporting actors also perform well, especially Colman Domingo, who plays Joe Jackson. His role shows the strict and difficult relationship between Michael and his father. The movie also shows the pressure of becoming famous at a young age and the struggles that come with success. It tries to show both the achievements and difficulties of Michael’s life. However, the film has some weaknesses. The movie is a good tribute to Michael Jackson’s talent and his contribution to the world of music.

Yoga: A Lifestyle for Modern Youth

Anshu Kumari

New Delhi: The term “Yoga Beyond Exercise” means that yoga is not only about body movements and stretching. It is much more than physical exercise. Yoga also helps in achieving mental peace, a healthy lifestyle, emotional balance, discipline, and overall well-being. The word “Yoga”comes from the Sanskrit word yuj which means union. It represents the union of body, mind, and spirit. In today’s fast-moving world, youth face a lot of stress, anxiety, career pressure, and many other problems in their daily lives.Yoga is not just for keeping the body fit; it also helps a person live a peaceful, balanced, healthy, and disciplined life. There are many benefits of yoga. It improves discipline, focus, emotional balance, and promotes a healthy lifestyle. Yoga and DisciplineYoga improves discipline in people. It encourages individuals to stay away from laziness, overthinking, unhealthy addictions, and anger. Yoga also helps people develop self-control, positive

thinking, and a balanced mind. Some yoga poses that help improve discipline are
1. Surya Namaskar
2. Pranayama



3. and Meditation. Regular practice of these yoga exercises helps people become more disciplined, calm, focused, and self-controlled in their daily lives. Yoga Improves Focus and Concentration Today, students and pro-

fessionals often get distracted by social media, mobile phones, and many other things around them. Because of this, they are unable to focus on one

task at a time, and excessive screen time also affects their concentration. Yoga helps improve focus and mental clarity. Practices like Pranayama meditation calm the mind and increase concentration

power. Students who practice yoga regularly can perform better in their studies because yoga improves attention, memory, and mental peace. Yoga for Healthy Living A healthy lifestyle is not just about staying physically fit; it is also about having good mental and emotional health. Yoga helps people live a healthier life by encouraging good habits like eating healthy food, getting proper sleep, exercising regularly, and thinking positively. Different yoga poses improve flexibility, strength, blood circulation, digestion, and immunity. Yoga also helps prevent lifestyle diseases like obesity, diabetes, and high blood pressure. Along with physical fitness, yoga gives mental peace and relaxation.

Surprising Facts About Yoga

- ◆ Archaeological evidence suggests that yoga originates back over 5,000 years to the Indus Valley Civilization, making it one of the oldest self-development practices in human world history.
- ◆ The word YOGA is derived from the Sanskrit root yuj, which literally translates to “to yoke” or “to unite,” signifying the union of individual consciousness with universal consciousness.
- ◆ Global Recognition: Recognizing its holistic benefits, the United Nations officially declared June 21st as International Day of Yoga in 2014, a resolution co-sponsored by a record 175 countries.
- ◆ In traditional philosophy, physical postures (asanas) make up only one of the “Eight Limbs of Yoga.” The other limbs focus on ethics, breath control, meditation, and spiritual realization.

International Yoga Day India’s Global Message

Sonakshi Gupta

New Delhi: International Day of Yoga, observed each year on 21 June, is one of India’s best achievements in cultural diplomacy on the international level. After being accepted by the United Nations in 2014, International Day of Yoga became much more than just a cultural custom, developing into an international movement focused on spreading the message of health, sustainability, and peace to people all around the world. Yoga was founded thousands of years ago in India as a practice that unites mind, body, and soul. Realising the universality of this practice, the United Nations has proclaimed 21st June as the International Day of Yoga due to endorsement by 175 nations. This was a clear indication of the widespread acceptance of yoga as a beneficial tool for both the body and the mind. International Yoga Day has emerged as an iconic element in terms of cultural diplomacy and soft power diplomacy for India over time. Large-scale yoga programs have been started in big cities around the globe, such as New York, London, Paris and Sydney. These programs highlight the spiritual culture of India and its image as a peaceful country. The involvement of youth in the movement is extremely significant. The current generation of youth suffers from high levels of stress, anxiety, societal pressures and unhealthy living habits. Yoga serves as an effective remedy in helping to concentrate, maintain emotional stability, flexibility and general fitness. As per WHO, yoga helps to alleviate anxiety and stress while promoting better emotional and social well-being. Additionally, WHO suggests that practising yoga regularly would be helpful in preventing and controlling lifestyle ailments like diabetes, heart diseases and breathing disorders.



Creative Cornor

Point to Ponder - The quote to live a happy life

Dr. Shomini Parashar

When you fail to understand the helping hand that asks for nothing in return,

and you begin searching for conspiracies behind it, It’s time when you seriously need to question yourself and the company around you,

not the intentions of that helping hand. Because Skepticism is not wisdom, my friend,

It is the first step on the staircase that can take you to the dark basement of stress and depression.

So, my friend, remain simple, remain calm. Trust is the base of human relations that governs humanity!

Spotify **Sanchita Mukherjee**

Praggnanandhaa Clinches Norway Chess Title with Four Straight Wins



Norway Chess 2026 champion Praggnanandhaa claimed the title after defeating GM Vincent Keymer and finishing with an incredible streak of four classical victories. GM Wesley So secured second place after defeating GM Alireza Firouzja in the Armageddon tiebreak. He would have claimed the title had Praggnanandhaa not won.

GM Magnus Carlsen concluded a challenging tournament on a strong note, securing a classical double against World Champion Gukesh Dommaraju and climbing into fourth place, ahead of Keymer.

India Gears Up for Afghanistan Test at PCA Stadium

The New PCA Stadium was illuminated in red and will serve as one of Punjab Kings’ two home venues for IPL 2026, also hosting the Eliminator and Qualifier 2 matches. However, before India’s one-off Test against Afghanistan, the ground’s first-ever match stripped away all its colours. Switching from the white ball to the red ball presents a

major challenge, as eight out of the 15 squad members participated in the IPL final. They need to reset their body clocks and modify their techniques. Despite not being part of the World Test Championship cycle, India head coach Gautam Gambhir said the team would not treat the match lightly.

Serena Williams Could Play Wimbledon After Latest News

Serena Williams remains the centre of attention in the tennis world. In an announcement earlier on Monday, the 44-year-old Williams confirmed her long-speculated comeback to professional tennis, revealing her intention to compete in doubles with Victoria Mboko at the HSBC Championships at London’s Queen’s Club next week. “Queen’s Club feels like the perfect place to begin this next chapter,” Williams said in a statement,

according to ESPN. “Grass courts have provided some of the most meaningful moments of my career, and I’m thrilled to be returning to compete on one of the sport’s most iconic stages.” On Friday, the Berlin Tennis Open revealed that Williams will also compete on its grass courts from June 13 to June 21. That is exciting on its own, as it suggests Williams’ legendary comeback will not be confined to just one tournament.

