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I.M.S TODAY

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AI ki Duniya

Arya Kumari

AIKosha: Rise of Home-Grown AI in India

New Delhi: As AI is becoming a part of everyday lives, from mobile apps to other services, it depends on heavy data to work properly. In this state, India launched a significant technical initiative data platform, AIKosha, for nation under the India AI Mission. AIKosha functions as a national platform that provides non-personal datasets, AI models, and tools. This platform stores lots of data (over 300 datasets and more than 80 ready-to use AI programs or models) that allow developers, innovators, researchers, and startups to make AI systems without any biased data or errors. Foreign data-driven AI tools are used in India; however, they often lack reliability and are unable to work well with local & social conditions. In this context, AIKosha marks a significant shift for Indian users by offering India-specific data, helping reduce challenges faced by startups, education, healthcare, agriculture, language technology and government services to enabling more meaningful outcomes. At a time when data privacy is a major concern, AIKosha supports the responsible and ethical use of AI, by ensuring accountability and promoting transparency among users. AIKosha is aligned with the Prime Minister's mission "Atmanirbhar Bharat". With AIKosha, India is bringing the chance to India's students, startups, developers, and researchers to build AI that are not only reliable but reflects transparency, credibility and trustworthy.

AIKosha at a Glance

- . Data discoverability
- . AI-readiness scoring of datasets
- . Authorized access
- . Security Mechanisms including- data safety during transfer and storage of data, secure APIs (Application Programming Interfaces), and firewalls.
- . Safe sandbox environment- built to offer a safe environment for operating suspicious files and collection of non-personal data such as census information, satellite images, and parliamentary debates to create homegrown AI-driven solution.

Guest Editor of This Issue

From the Editor's desk

Mr. Jitendra Kumar Gupta
Director, DPS School
Etah

New Year: A Time of Renewal and Reflection

The New Year is universally regarded as a symbol of renewal, hope, and fresh beginnings. As the calendar turns, it brings in opportunities to pause, reflect on the past, and look forward with optimism and enthusiasm, toward the future. For learners in particular, the New Year holds special drift as it aligns personal growth with academic and professional aspirations.

New Year allows us to assess our achievements, learn from our blemishes and acknowledge the experiences that have defined us. This process of reflection is essential, as it fosters maturity, resilience, and a clearer sense of purpose. The New Year reminds us that growth is ceaseless process and that every ending carries within it the promise of a new beginning.

Equally important is the anticipation, New Year brings. It inspires individuals to set goals, make resolutions, and strive for self-improvement. Whether it involves academic excellence, skill development, or personal well-being, the New Year motivates us to work with renewed determination. It reinforces the belief that change is possible through consistent effort and positive intent.

In a broader sense, the New Year also strengthens social bonds. Celebrations, shared aspirations, and collective goodwill foster unity and harmony.

ICSSR-Sponsored Two-Day International Conference to be held at IMS Ghaziabad

Abhanshu Dwivedi

Ghaziabad: An ICSSR-sponsored two-day 7th International Conference will be organized at IMS Ghaziabad (University Courses Campus) on 18-19 February 2026. The theme of the conference is "Technology-Driven Innovation and Sustainable Business Practices."

The conference will be held under the chairmanship of CA (Dr.) Rakesh Chharia, General Secretary, IMS Group of Institutions, and under the guidance of Prof. (Dr.) Jaskiran Kaur, Director of the institute.

Speaking about the conference, Prof. (Dr.) Jaskiran Kaur, Director, IMS Ghaziabad, stated that in the current global scenario, technology and innovation are not merely tools of growth but are the foundation for building a sustainable and responsible future. She emphasized that the

conference will provide a common platform for academicians, researchers, industry experts, and students to exchange ideas, research, and experiences. The forum will especially inspire young researchers to think and act in the direction of innovation, ethical leadership, and sustainable development.

The conference is expected to witness the presence of eminent national and international experts, including Dr. Chung-Shing Lee, Dean and Professor, College of Business, Engineering and Technology, St. Martin's University; Dr. Nitin Kumar, Deputy Director (Research), ICSSR, New Delhi; Dr. Manish Malhotra, Founder & CEO, Futrade Innovation Studios, London (UK); Prof. (Dr.) Andrew Ware, Professor of Computing and Director of Research, Wales Institute of Digital Information, University

of South Wales, UK; Mr. Jason Price, Regional Director, APAC/Emeritus; Ms. Deepti Lamba, Chief Executive Officer, Adequate Solutions; Prof. Michael Clements, Academic Leader and Global

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- Mr. Manish Chand, Founder and CEO, C Sharp Corner, New York, USA
- Dr. Chung-Shing Lee, Dean & Professor, College of Business, Engineering & Technology, St. Martin's University

Educator, Australia; Mr. Mahesh Chand, Founder & CEO, C Sharp Corner, New York (USA); Mr. Suryakant, CEO, Atal Incubation Centre, BIMTECH.

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Mugdha Jugran

The Power Of Beginning Again

New Delhi: Have you ever felt like all the effort you had put into something went to waste? Did it make you feel defeated? Like everything you ever do just never seems to work out? If you said yes to all three, congrats, you are a normal person.

Albert Einstein once said, "a person who never made a mistake, never tried something new", which really just goes to say that when you're actively trying to do something, failures and errors are inevitable — all of which are a part of learning something new, really just two sides of

THE MYTH OF STARTING FROM ZERO

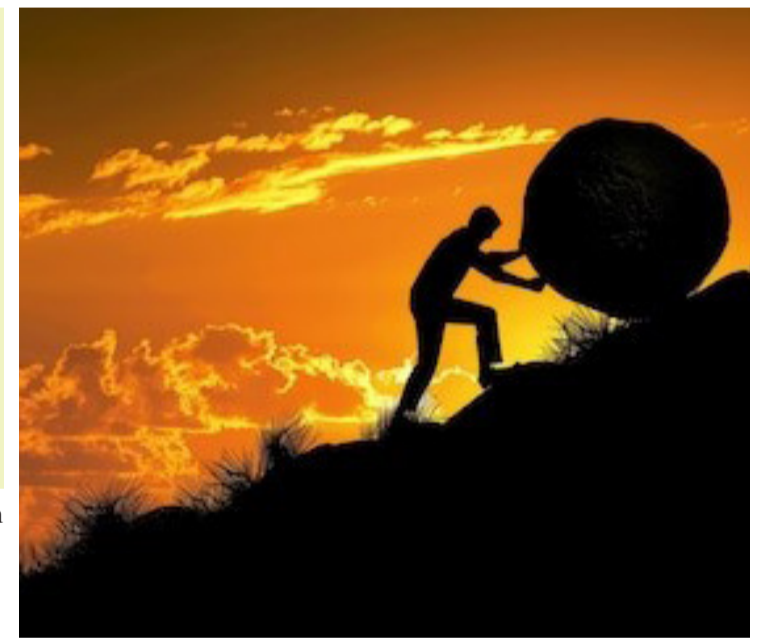
The failure is an important of what not to do again

You're never back to square one because failure does not mean you start again with a blank slate. When you start on something again, you draw from accumulated wisdom from your past - even the very thing that caused failure in the first place is an important lesson of what not to do again.

Every setback provides a foundation to build upon, rather than a true return to nothingness, like a mountain of experience that slowly stacks higher, no matter how many times you end up at the base of it. Take time, look up at the peak, and acknowledge that you're never truly starting from zero, it's just a long trek up.

the same coin. You can't control what obstacles you face but what you can control is your reaction to them. Let's understand it better through an example.

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आयकर की प्रिंसिपल चीफ कमिश्नर अपर्णा करण से विशेष बातचीत आयकर 2025 का उद्देश्य 'ईज ऑफ डूइंग बिजनेस' को बढ़ावा

आयकर कानूनों को सरल, पारदर्शी और आम नागरिकों के लिए समझने योग्य बनाने की दिशा में सरकार द्वारा लाए गए इनकम टैक्स एक्ट 2025 को लेकर देशभर में चर्चा जारी है। इसी संदर्भ में हाल ही में आईएमएस गाजियाबाद में आयकर अधिनियम के अनुपालन और करदाता सेवाओं पर एक इंटरैक्टिव सेशन आयोजित किया गया। कार्यक्रम की मुख्य अतिथि रहीं अपर्णा करण, प्रिंसिपल चीफ कमिश्नर, आयकर विभाग, यूपी वेस्ट एवं उत्तराखंड। IMS Today की रिपोर्टर वंशिका वर्मा से विशेष बातचीत में उन्होंने नए अधिनियम, डिजिटल कर सेवाओं, करदाता अपेक्षाओं और जागरूकता अभियानों पर विस्तार से अपने विचार रखे। प्रस्तुत हैं इस संवाद के प्रमुख अंश :

अर्णा द्विवेदी

हाल ही में सरकार द्वारा लाया गया इनकम टैक्स एक्ट 2025 चर्चा में है। आम करदाताओं के लिए इसमें क्या बड़े बदलाव या लाभ हैं?

इनकम टैक्स एक्ट 2025 में किसी प्रकार का नीतिगत परिवर्तन नहीं किया गया है। यह एक सरलीकृत अधिनियम है, जिसे आसान और स्पष्ट भाषा में तैयार किया गया है। इसका उद्देश्य है कि कोई भी पढ़ा-लिखा नागरिक इसे स्वयं पढ़कर समझ सके। इसमें तालि. काओं, सूत्रों और स्पष्ट संरचना का उपयोग किया गया है ताकि करदाताओं को इसे समझने के लिए चार्टर्ड अकाउंटेंट या वकील पर निर्भर न रहना पड़े। यह अधिनियम केवल प्रक्रियाओं को सरल बनाने की दिशा में एक कदम है, न कि कर नीति बदलने का। ई-फाइलिंग और फेसलेस असेसमेंट से करदाताओं को सुविधा मिली है, लेकिन पोर्टल से जुड़ी तकनीकी समस्याओं और रिफंड में देरी की शिकायतें भी आती हैं। विभाग इस दिशा में क्या सुधार कर रहा है?

ई-फाइलिंग, फेसलेस असेसमेंट और डिजिटल योजनाओं का मूल उद्देश्य ईज ऑफ डूइंग बिजनेस को बढ़ावा देना है। यह सच है कि कभी-कभी तकनीकी या सिस्टम से जुड़ी समस्याएँ सामने आती हैं, लेकिन विभाग इन पर लगातार काम कर रहा है। जल्द ही आ. ईटीबीए 2.0 लागू किया जाएगा, जिससे प्रक्रियाएँ और अधिक



सुचारु होंगी। विभाग का प्रयास यही रहता है कि करदाताओं को इन सेवाओं का उपयोग करते समय न्यूनतम असुविधा हो और सभी कार्य पारदर्शी तथा समयबद्ध तरीके से पूरे हों। जो करदाता समय पर और ईमानदारी से कर चुकाते हैं, वे सभी

कर राजस्व से ही संभव होती है। बिना राजस्व के शासन व्यवस्था नहीं चल सकती। जो करदाता ईमानदारी से टैक्स देते हैं, उन्हें यह भरोसा होना चाहिए कि उनका योगदान देश के विकास में प्रत्यक्ष रूप से लगाया जा रहा है। कर चुकाने से न केवल देश को लाभ होता है, बल्कि नागरिकों को बेहतर सुविधाएँ भी मिलती हैं। देश में अब भी बड़ी संख्या में लोग ऐसे हैं जिन्हें टैक्स नियमों की पूरी जानकारी नहीं है। उन्हें जागरूक करने के लिए आयकर विभाग क्या कदम उठा रहा है?

आयकर विभाग समय-समय पर आउटरीच प्रोग्राम्स के माध्यम से लोगों को कर कानूनों के प्रति जागरूक करता है। इनकम टैक्स एक्ट 2025 के लागू होने से पहले व्यापक स्तर पर जागरूकता अभियान चलाने की योजना है। यूपी वेस्ट और उत्तराखंड क्षेत्र में लगभग 86 आउटरीच कार्यक्रम आयोजित किए जाएंगे। विशेष रूप से छात्रों को ध्यान में रखते हुए कार्यक्रम किए जाएंगे, क्योंकि वे देश का भविष्य हैं। इन प्रयासों का उद्देश्य यह है कि नागरिक आयकर विभाग की भूमिका, कर भुगतान का महत्व और सही तरीके से टैक्स भरने की प्रक्रिया को समझ सकें।

IMS Today से बातचीत में अपर्णा करण ने स्पष्ट किया कि इनकम टैक्स एक्ट 2025 करदाताओं के लिए सरल, पारदर्शी और समझने योग्य बनाने की दिशा में एक अहम कदम है।

Reset, Relearn and Restart: Youth and the Power of Planning

Anushka Khurana

New Delhi :Today's youth faces pressure, confusion, competition, and uncertainty. The most common factors affecting young people's lives are academic pressure and career uncertainty.

Social expectations also play a significant role in shaping and influencing the lives of youth. Stress and anxiety is common among young people. Without planning, choices may lead to confusion. Dreams alone are not enough to achieve success we have to chase them too and proper planning gives direction to it, opens the door of our dreams, lead us to the path of achiev-

ing our dreams. Reset, Relearn, and Restart guides young individuals to make better decisions and move forward with clarity and confidence.

Reset means taking a pause to reflect, clear confusion, and regain focus before moving forward. Reset is not about giving up, but to take a break to understand yourself, your mistakes and reorganizing stuff like your priorities and prepare your mind for a fresh start with better planning. Resetting allows analysis of previous mistakes and experiences. It creates a strong foundation for re-learning and growth.

Relearn means letting go of outdated ideas and habits. It encourages con-



A Roadmap for Today's Youth

Reset means pausing, reflecting, and regaining focus. It isn't giving up — it's understanding your mistakes, reorganizing priorities, and preparing for a fresh start. **Relearn** means letting go of outdated beliefs and habits. It builds confidence, encourages continuous learning, and teaches that failure is not weakness, but a lesson for growth. **Restart** means beginning again with clarity and courage — without repeating past mistakes. Planning, goal-setting, and timelines make restarts purposeful and productive.

continuous learning in the changing world. Youth must keep relearning skills- it helps in adapt-

ing new technologies and trends. Confidence is built by relearning. It also teaches that failure is

not a weakness but an important lesson of our life and there is nothing bad in relearning.

Relearning prepares us for the long-term growth and success.

Restart means starting again with proper clarity without repeating past mistakes. Restarting might sound stressful and a long boring process but it involves courage to accept failure, moving forward and restart it again. Planning always plays a crucial role in making the restart process successful.

Youth learn to set goals, timelines, deadlines and plan out everything better to make their life more productive.

A restart focuses on goals, and not regret - which the

youth usually do when they fail in something. Doesn't restarting and planning sounds better than regretting and accepting failure?

Reset, Relearn and restart - together guides youth towards growth, a better life and a better mental health. Reset brings clarity and mental balance; Relearn brings youth the art of accepting and improves continuously; Restart offers a fresh start with confidence. Planning gives direction to our goals.

A proper planning reduces confusion and stress. These efforts turn dreams into achievable goals. With planning, goals can be achieved easily without any mental burnouts.

Best Practices on Processes of Improvement for Sustainability

IMS News Service

Ghaziabad: Ghaziabad Management Association has organized a competition among industries on "The Best Practices on Processes of Improvement for Sustainability" at IMT, Ghaziabad. Eight teams from various industries participated and shared their best practices on process of improvement for sustainability.

The presentations were made in three categories: Productivity improvement (TPM, Kaizen, 5S), Quality Initiatives (Zero Defects, Six sigma, TQM) and ESG (Energy saving, Maintenance, CSR initiatives).

Winner: Ghaziabad Precision Products Pvt Ltd - Quality Improvements. 1st Runners up: Shriram Pistons & Rings Limited - Continuous Process



Improvement through Associate Skill Enhancement & Technology. 2nd Runners up: Wika Instruments Pvt Ltd - ESG- Energy saving & conservation. The jury was Mr Sudhir Mittal: An IIT Kanpur Graduate and Entrepreneur, Mr Dinesh Agrawal: A principal Consultant at Consocia Advisory & CEO of the Sashakt Development and Empowerment Foundation (SDEF) and Mr Sumit Joshi: Plant Head- SMSC (Minda Corporation Limited) Noida, SPARK Minda Group.

MDP on Personal Branding

IMS News Service

Ghaziabad: KIET School of Management (KSOM), in collaboration with the Ghaziabad Management Association (GMA), organized a Management Development Program (MDP) titled "Personal Branding- Knowing Yourself, leading with Impact, communicating with Clarity and Inspiring Teams for Excellence" at the KIET (Deemed to be University) campus.

The program was designed to strengthen managerial excellence, focused on building a strong professional identity, enhance leadership effectiveness, and fostering authentic communication in today's dynamic workplace. The MDP featured insightful sessions by renowned experts: Dr. Shankar Goen-



ka, Managing Director, WOW Factors India and TEDx speaker. His approach integrated self-assessment tools and reflective exercises to help participants align personal aspirations with organizational goals. Dr. Binkey Srivastava, Dean, KSOM, led a specialized session on "Mind over Mood Leadership". The event witnessed 30 participants from corporate professionals, business leaders, entrepreneurs, and academic.

Awareness Camp on ESI Scheme and Benefits

IMS News Service

Ghaziabad: Ghaziabad Management Association organised an "Awareness camp on ESI scheme and benefits" at Shriram Pistons & Rings Limited. The aim was to conduct awareness as part of Spree/amnesty drive.

The main topics covered were ESIC SPREE Scheme/Program, ESIC Amnesty Scheme/Program, ESIC benefits and online procedures.



The officers from ESIC SRO Noida Sri Alok Kr Choudhry, Asstt Director, Sri Pankaj Kumar, Dy Director, Sri Shiv Gupta, Dy Director were present to explain the schemes. Two female dependents of workers Late Gaurav Sharma IP No 6701020471 and Late Kiran Pal IP No 6716140991 were given cheque of their husband monthly salary for life time under the scheme of STRI YOJNA under approved DB.

MDP on Finance for Non-Finance

IMS News Service

Ghaziabad: GMA organised second session of series of MDP on Finance for Non - Finance at GMA conference room, Ghaziabad.

The objective of the session was to apply financial acumen in managerial decisions in using financial ratios to assess business performance, budgeting and variance analysis for performance monitoring, financial implications of oper-



ational decisions (pricing, credit, inventory, etc.), basics of investment decisions - payback, ROI,

and evaluating projects. The session was very interactive and participants gained ability to connect managerial actions with financial outcomes, improved confidence in participating in financial discussions, understanding how to use finance as a tool for better business decisions and awareness of how to evaluate investments and initiatives from a financial perspective. The session was taken by CA DK Arora.

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ICSSR-Sponsored...

Dr. Andreas Masouras, Associate Professor, Napolis University Pafos, Cyprus; Mr. Niranjan Singh, DGM (HR & Admin), India Exposition Mart Limited; Ms. Nidhi Sharma, Executive Director, Indian Exhibition Industry Association (IEIA); Ms. Rajshree Rai, Managing Director, APN News; Prof. (Dr.) Manjeet Kaur, Professor and Academic Coordinator, Chandigarh University; Prof. Lipika Dey, Head, Department of Computer Science, Ashoka University; and Prof. (Dr.) Umesh Kumar, Assistant Director-Projects,

UIE, Chandigarh University. Their participation is expected to enrich the conference from academic, research, and industry perspectives.

Research papers have been invited from India and abroad in the fields of Management, Journalism, Computer Science, Entrepreneurship & Innovation, and Science. More than 300 faculty members and research scholars from India and overseas have submitted their research papers and completed registration for the conference.

The conference has been structured into five major tracks, covering Management, Information Tech-

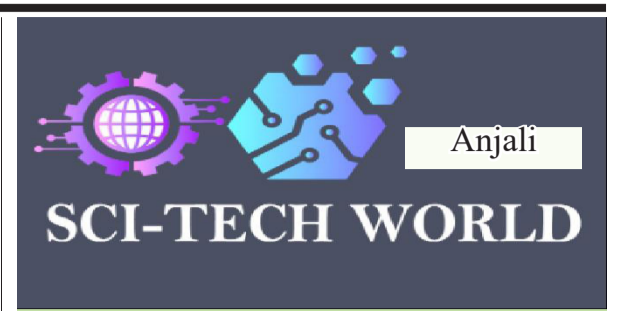
nology, Journalism, and Science. The key tracks include AI and Data-Driven Decision Making; Digital Transformation and Innovation Management; Cyber Security and Responsible Technology Leadership; Sustainable Business and Social Impact; and Interdisciplinary Approaches. Research papers will be presented by scholars and faculty members under their respective tracks and will be evaluated by external and internal session chairs. The conference will conclude with a valedictory session on the second day.

The Power Of...

All of us know about Si-

syphus, The man stuck pushing a massive boulder up a mountain, only for it to roll back down each time he nears the top, forcing him to start over endlessly. It's a story of futile labour, but one must imagine Sisyphus happy, for he turned that feeling of meaninglessness into defiant victory. Now, if the man-doomed-to-a-life-of-eternal-starting-over, can find victory in beginning again, you, my dear reader, definitely can too.

The key to it though, is to see life as dynamic, rather than linear. Success is more of a long winding pathway up a hill that has roads that lead to a dead end, than a smooth straight



The Biggest AI Model in Biology

Recent research has shown that artificial intelligence can design complete, functional genetic instruction sets from scratch, marking a major breakthrough in synthetic biology. In December 2025, scientists reported that generative AI models successfully created entire genomes for simple organisms such as bacteriophages viruses that infect bacteria. These AI-designed genomes were chemically synthesized and tested in laboratories, where they functioned as intended, proving that AI-written genetic code can work in real biological systems.

Biotechnology has hit a milestone, a moment that perhaps only the most far-seeing bioengineers saw coming nearly 20 years ago. Artificial intelligence has designed its first drugs from scratch. A study published in December 2025 demonstrated that AI systems had been able to create complete DNA sequences for bacteriophages—viruses that attack E. coli bacteria. The new genomes developed using AI have been chemically synthesized and tested by scientists in the lab, with some of them working as expected - invading bacteria and killing it.

Until now, AI has primarily been used to analyse genetic data, but this breakthrough suggests it can be used to write fully operational genetic code for the first time. The AI models were trained on thousands of actual genomes, giving them a sense for how genes are arranged and work together. This development could accelerate the time it takes to discover drugs, vaccines and design new enzymes.

Indian Astronomers Discover Ancient Spiral Galaxy 'Alaknanda' Using James Webb Telescope

Indian astronomers have stumbled on an enormous spiral galaxy—of a kind not seen before—which will give us fresh perspectives on how galaxies formed in the early universe, and the images to prove it. The galaxy lies at a distance of more than 12 billion light-years and is observed as it was when the universe was young, just 1.5 billion years old.

What makes Alaknanda remarkable is its grand-design spiral structure, with clearly defined arms and a bright central bulge, closely resembling today's Milky Way. Earlier scientific models suggested that galaxies in the early universe were mostly chaotic and irregular. However, this discovery proves that large, well-organised spiral galaxies formed much earlier and faster than previously believed.

The Alaknanda is really big - it is around 30,000 years wide. It has a lot of stars - around 10 billion stars are there in the Alaknanda. The Alaknanda is very active when it comes to making stars. It makes stars at a rate that is 20 to 30 times faster than the Milky Way.

The galaxy has been named after the Alaknanda River, a major headstream of the River Ganga, which symbolically lends its name to the Milky Way galaxy. Reported in December 2025, this discovery raises important new questions about how complex galaxy structures emerged so quickly in the early universe.

Cricket Match Organized

IMS News Service

Ghaziabad: Ghaziabad Management Association has organized "CRICKET MATCH" at ABES Cricket Stadium, Ghaziabad. Total 8 teams participated from institutes,

corporate and individual members.

The matches of 5 overs each were played. The final match was played between Goodluck Steels and AKGEC.

प्रतिक्रिया

I found the latest issue of IMS Today to be a thoughtfully curated and intellectually rich newsletter that effectively blends themes such as artificial intelligence, cultural identity, well-being, and social responsibility. The wide range of student and faculty contributions reflects a strong academic ecosystem that encourages critical thinking, creativity, and relevance to real-world issues. Particularly commendable is the balanced focus on technology, ethics, mental health, and Indian socio-cultural perspectives, which aligns well with the evolving objectives of education and career development. I deeply appreciate the effort and care that has gone into bringing this issue together.



Pooja Bakshi Malik
Director - Skill Set Consulting

IMS Ghaziabad, university courses campus continues to add vibrant colours of happiness, hope, and purpose to society through its meaningful collaboration with schools and community institutions. By organising well-structured workshops, seminars, webinars, and field visits, the institute provides students with valuable exposure, career clarity, and confidence to navigate their future. The commitment of dedicated faculty members, who act as true torchbearers, ensures consistent mentoring, inspiration, and a culture of positivity and holistic development. The richness of this spirit is beautifully reflected in IMS Today. Columns such as AI ki Duniya thoughtfully introduce readers to emerging technologies, while Book Nook nurtures reading habits and critical thinking. The Spotify column connects youth culture with learning, and the Alumni section inspires students through real success stories. Together, these initiatives reaffirm IMS Ghaziabad's role as a socially responsive, future-oriented educational institution.



Mrs. Usha Sharma
Principal - L.K International School

365 Days Ahead: How to Make the Year Meaningful

Urvi Singh

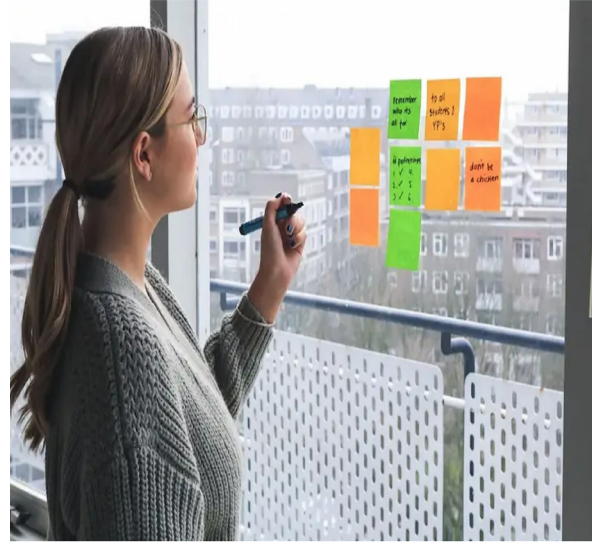
New Delhi: A new year gives us 365 days to improve ourselves and our lives. Every year feels like a fresh start where we promise to do better than before. But many times, we get excited only in the beginning and slowly lose focus. Making the year meaningful does not mean doing big or extraordinary things. It means using each day wisely and growing step by step. The most important thing to make the year meaningful is setting goals. Goals give direction to our life. Without goals, days pass without any purpose. Goals can be related to studies, health, career, or personal development. They should be realistic and achievable. Instead of making many big resolutions, it is better to set small goals and work on them regularly. Writing goals down and checking progress from time to time helps us stay motivated.

Another key factor is time management. Time is very valuable and once it is gone, it never comes back. Many students waste time on mobile phones and social media without realizing it. Making a daily schedule helps in managing time properly. When we divide time for study, rest, and hobbies, life becomes more balanced. Even using one extra hour daily for learning something new can make a big difference by the end of the year. Learning and self-improvement are also very important. Learning should not be limited to classrooms or exams. Reading books, improving communication skills, learning new skills, or gaining practical knowledge helps in personal growth. Making mistakes is a part of learning. Instead of feeling discouraged, we should learn from our failures and try again. Every mistake teaches us something valuable.



Good physical and mental health plays a major role in making the year meaningful. If we are not healthy, we cannot focus on our goals. Regular exercise, healthy food, proper sleep, and reducing stress are very important. Mental health is equally important. Staying positive, believing in ourselves, and taking breaks when needed help us stay emotionally strong. A healthy body and mind give us confidence to face challenges. Relationships also make life meaningful. Spending time with family and friends gives happiness and emotional support. Talking openly, helping each other, and showing gratitude strengthens relationships. At the same time, it is important to stay away from negative people who bring stress. Good relationships make our journey easier and more enjoyable. Helping others and giving back to society is another way to make life meaningful. Small acts like helping someone in need, shar-

ing knowledge, or doing social work give inner satisfaction. When we help others, we feel more connected and grateful for what we have. Finally, self-reflection and gratitude are very important.



At the end of the day or week, thinking about what we did well and what we can improve helps us grow. Being thankful for small achievements and blessings keeps us motivated and positive.

365 DAYS, ONE PURPOSE

Making the next 365 days meaningful is about consistency, discipline, and a positive mindset. By setting clear goals, managing time, staying healthy, learning continuously, building strong relationships, and helping others, we can make the year productive and fulfilling. Every day is a new opportunity, and how we use it decides how meaningful our year will be.

New Year, New Goals: A Practical Guide for Students

Arya Gaur

New Delhi: The beginning of a New Year raises hope, motivation, and the prospect of goal-setting. For students in India, where education plays a key role in carving a career for themselves or becoming productive members of society, goal-setting becomes not only a tradition but a necessity. With increasing levels of education competitions, shift in patterns of different careers, and the emergence of digital technology, students need pragmatic, down-to-earth, and disciplined strategies for personal as well as educational development. The challenge of the New Year reminds the students to look back upon their accomplishments from the previous year, acknowledging their strengths, weaknesses, and improvement areas. Keeping this in mind, goal-setting acts as a



guiding force that motivates them to rely on their strengths, overcome their weaknesses, and improve on their strengths by avoiding their weaknesses. It also helps them concentrate on their goal and not get confused. It is imperative that the goal-setting or goal achievement becomes SMART or Specific, Measurable, Achievable, Relevant, and Time-bound. Indian students

Guidelines for College Students

- Define your educational and professional objectives for every semester.
- Equally prioritize academics, internships, skill development courses, or certifications.
- Work on your soft skills such as communication, teamwork, or leadership qualities.
- Utilize technology appropriately for education, not mere entertainment purposes.
- Take care of your mental health; if necessary, visit a counsellor.
- Network for your professional success through seminars, workshops, or social networks such as 'LinkedIn.'

Guidelines for School Students

- Design a neat daily routine for studying and adhere to it.
- Emphasis on grasping ideas, not rote learning.
- Control your usage of screens to have the right mix of studying and playing.
- Engage in sports, arts, or other activities.
- Demonstrate self-control, treat all teachers with respect, and don't hesitate to ask questions.
- Define personal milestones that are easy to achieve, and reward yourself for your own progress.



are already facing challenges like pressures to perform well in their exams, their parents' expectations from them, scarcity of educational resources, and the



IIT Madras DOMS MBA Admission 2026

The department of Management studies (DOMS) at Indian Institute of Technology Madras (IIT Madras) has officially opened applications for its MBA programmers for the 2026-28 session. Candidates who appeared in CAT 2025 are eligible to apply online through the official portal. The application window opened on December 25, 2025 and the last date to submit the form and pay the fees is January 31, 2026. Late submissions won't be accepted. Shortlisting for the next stages will consider CAT scores, academic record, work experience and diversity factors, with interviews scheduled in March 2026.

Gujarat University to hold first semester UG, PG exams

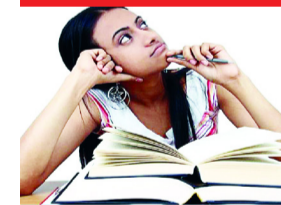
Gujarat University has announced that it will conduct first semester examinations for all undergraduate (UG) and postgraduate (PG) students admitted in the current academic year from January 22, 2026. The exams had to be postponed by nearly one and a half to two months because of delays in the Gujarat Common Admission System (GCAS) based admission process, which held up the start of academic activities. Traditionally, Gujarat University completes first semester exams by the first week of December, but this year the schedule shifted due to the prolonged admission procedures. University authorities said the delayed timeline was necessary to ensure that students complete enough course work before sitting for semester tests. Students and colleges have been preparing for the January start, with affiliated departments finalizing timetables and logistics for the exams.

IIMB UG admission 2026 dates, interview requirement and selection process

The Indian Institute of Management Bangalore (IIMB) will conduct undergraduate admission interviews for its new UG programmers from January 22 to January 31, 2026. Shortlisted candidates are called based on their performance in the IIMB UG Admission test held in December 2025. Final admission offers will be released on February 28, 2026, and selected students must accept their offer by March 31, 2026. The interview is a key requirement for final admission decisions.

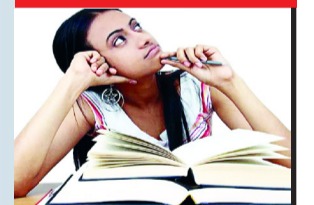
		5				1		
			5		1		2	
	6					7		
			9		3			
8								9
	2	4			7			1
								5
5	4		1		9			
		6			2		4	

Knowledge



Solve Quiz No. 135

For Students



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

- If the plane of the earth's equator were not inclined to the plane of the earth's orbit,
 - The year would be longer
 - The winters would be longer
 - There would be no change of seasons
 - The summers would be warmer
- Which of the following colours has got the maximum refractive index for glass?
 - Blue
 - Red
 - Green
 - Indigo
- The conservation of hawks and owls is important to mankind chiefly because these birds eat.
 - Numerous weed seeds
 - Harmful birds
 - Many harmful rodents
 - Harmful reptiles
- The drug quinine is used in the treatment of
 - Bubonic Plague
 - Malaria
 - Typhus
 - Yellow fever
- Which one of the following statements regarding sound is true?
 - It travels at its greatest speed in vacuum.
 - It produces transverse vibrations in the medium in which it travels
 - Its source is always a vibrating material
 - It cannot travel through liquids.
- Photophobia is
 - A disease caused by too much sunlight
 - Abnormal intolerance of light
 - The adjustment of the eye for light
 - The ability to perceive light
- The number of chromosomes in human body is
 - 42
 - 44
 - 46
 - 48
- The chief constituent of gobar gas is
 - Ethane
 - Methane
 - Hydrogen
 - Carbon dioxide
- How can the spherical aberration of a human eye be corrected?
 - By using cylindrical
 - By using a plano-convex lens
 - By using a thin lens
 - None of the above
- In which season do we need more fats?
 - Rainy Season
 - Spring
 - Winter
 - Summer

Participation Format

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

Answers (QUIZ-134) September, 2025 issue:

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

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

Finding Light in the Shadows Staying Joyful through Cancer

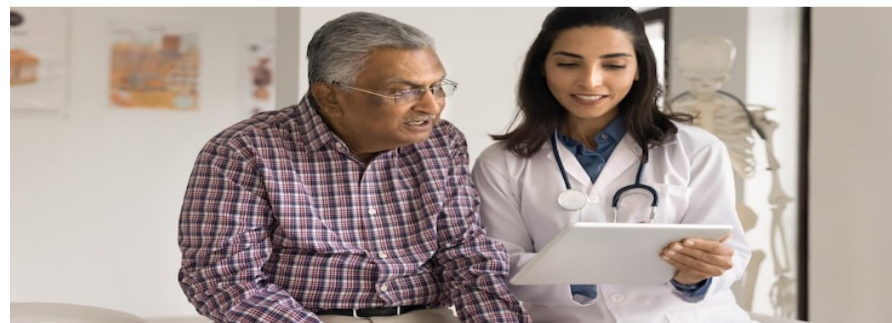
Vanshika Verma

New Delhi: Cancer is not a single illness but a group of diseases where cells grow uncontrollably. These cells can form tumours, invade nearby tissues, and spread to other parts of the body. Common types include breast, lung, prostate, and skin cancers. A cancer diagnosis alters the rhythm of life. It often feels like life has been turned upside down. Between hospital visits, treatments, and uncertainty, happiness can seem out of reach. Yet, countless survivors and patients prove that joy is not only possible—it is essential. Instead of chasing constant



positivity, aim for steadiness—moments of calm, gratitude, and purpose. Accepting hard emotions often makes space for lighter ones; tears and laughter can live in the same day without cancelling each other out. Do some everyday practices that lift mood:

- Mindful Breathing: Slow, steady breaths—four counts in, six counts out—help settle the nervous system. Use this during treatment or nighttime worry.



- Journaling: Writing as a way to heal—write your thoughts without editing. Let worries land on paper so they don't swirl in your head.
- Create Joyful Circles: Share stories, recipes, music, or photos in a group chat dedicated to lightness. It keeps conversations from revolving only around illness.
- Art: Express what words can't. Creating art offers a safe, nonverbal way to process

fear, anger, and sadness, helping reduce emotional overload and fostering a sense of control.

- Music: Listening to or making music can calm the body's stress response & helps people access memories and hope, restoring a sense of identity beyond illness.
- Nature: A balcony breeze, sunlight through leaves, a short walk—can restore attention and lift mood,

offering respite from medical settings. Cancer narrows some paths but illuminates others. Happiness during cancer isn't constant cheerfulness—it's the daily practice of returning to what nourishes you. Art expresses, music soothes, nature restores, and prayer steadies. Together, they create small, reliable pathways back to joy and meaning, even on hard days.



New Year, New Lives: Stories of Change and Transformation

Hope, Hustle and Hard Choices Ahead

As India steps into New Year 2026, the moment is not merely ceremonial but deeply reflective. The calendar turns at a time when the nation stands at a crossroads—buoyed by ambition, yet tested by complex realities. India today is younger, louder, more connected, and more globally visible than ever before. But the true measure of 2026 will lie not in slogans or statistics alone, rather in how inclusively and sustainably progress unfolds.

Economically, India enters 2026 with confidence. Consistent GDP growth, a resilient startup ecosystem, and expanding digital infrastructure have strengthened India's global economic standing. Initiatives under the vision articulated by Prime Minister Narendra Modi—often framed through ideas such as Viksit Bharat—have pushed development discourse beyond welfare to aspiration. However, economic optimism must be tempered with realism. Job creation, especially for educated youth, remains a critical challenge. The demographic dividend can easily turn into demographic distress if skill development, employment generation, and labour reforms do not keep pace with population dynamics.

Politically, 2026 is a year of consolidation after intense electoral cycles. Indian democracy continues to demonstrate its robustness, yet concerns over polarization, shrinking spaces for dissent, and the quality of public debate persist. A mature democracy demands not just strong leadership but stronger institutions. As India projects itself as the "world's largest democracy" on global platforms, it must ensure that democratic values are practiced as vigorously at home as they are proclaimed abroad.

Socially, India's diversity remains both its greatest strength and its most delicate responsibility. Rapid urbanization, migration, and digital penetration have altered social relations. While technology has democratized voice and access, it has also amplified misinformation and social fractures. The challenge for 2026 is to balance technological advancement with social harmony—ensuring that digital India does not become a divided India. Education, media literacy, and responsible journalism will play a defining role in shaping public consciousness.

From a governance perspective, the New Year brings heightened expectations of transparency and efficiency. Citizens today are not passive recipients of policy; they are active evaluators. Whether it is infrastructure development, healthcare delivery, or environmental protection, accountability is no longer optional. Climate change, in particular, looms large. Extreme weather events and environmental degradation demand that economic growth in 2026 be consciously aligned with sustainability, not pursued at its cost. Globally, India's position in 2026 is significant. As geopolitical equations shift, India is increasingly viewed as a stabilizing force and a voice of the Global South. Yet global leadership begins with domestic coherence. Social equity, gender justice, and regional balance will determine how credible India's global claims truly are.

Bhawya Kashyap

New Delhi: The beginning of a New Year is often seen as a symbol of renewal, reflection, and hope. It marks a moment when people pause to look back at their journeys and look ahead with fresh determination. For many, the New Year is not just a change of date but the starting point of a transformed life.

It represents the courage to leave behind what no longer serves them and the willingness to embrace growth, change, and new possibilities. Stories of change and transformation are deeply connected to this sense of renewal that a New Year

brings. Transformation rarely happens suddenly. It is usually the result of experiences that challenge existing beliefs and habits. The New Year provides an emotional and psychological reset, encouraging individuals to reflect on their past choices and envision a better future. For someone who has faced repeated failures, the New Year can become a turning point, inspiring discipline, consistency, and renewed self-belief. Such transformations remind us that growth is a gradual process shaped by intention and perseverance. Many stories of change begin with personal struggles.

People who have experienced loss, disappointment, or uncertainty often discover strength they did not know they possessed. The New Year gives them the motivation to rebuild their lives with clarity and purpose. A person recovering from emotional hardship may choose to focus on mental well-being, meaningful relationships, or self-improvement. These decisions, though simple, can lead to profound transformations over time. Education and self-development play a crucial role in shaping new lives. The New Year often motivates individuals to pursue learning, whether through formal education

or personal skill-building. Someone who once



Bhawya Kashyap

lacked confidence may, through consistent effort and learning, transform into a capable and independent individual. Education does more than provide opportunities; it reshapes mindset and opens doors to long-term growth. Such transforma-

tions highlight the importance of patience and commitment in creating meaningful change.

On a broader level, the New Year also symbolizes social transformation. Communities and societies evolve when individuals collectively decide to challenge old limitations. Over time, social attitudes change, allowing space for equality, innovation, and inclusion. Movements led by determined individuals have transformed lives and created new paths for others. These changes may not happen instantly, but they reflect the power of shared vision and sustained effort. Inner transformation is another im-

portant aspect of change that often goes unnoticed. As the New Year begins, many people work on letting go of fear, self-doubt, and negative patterns. This internal shift leads to emotional maturity and balance.

A person who learns to accept themselves and take responsibility for their choices experiences a quiet but powerful transformation. In today's rapidly changing world, transformation has become an ongoing process.

The New Year encourages adaptability, reminding individuals that growth does not have an age limit.

Challenges and Opportunities for the World in 2026

Anshu Kumari

New Delhi: New Year refers to a time of new beginnings filled with hope, renewal, and emotions. It marks the end of the past year and the start of a new one, where people begin with new goals, plans, and resolutions.

The New Year is not only important for individuals but also for the world as a whole. For the world, the New Year brings both opportunities and challenges. Every New Year introduces major global challenges along with new opportunities for growth and improvement. It reminds us that every ending leads to a new beginning and gives a chance to move forward with optimism and determination. There are many challenges and opportunities that the world faces in the New Year.

Economic challenges

Economic challenges are one of the major concerns the world faces in the New Year. Rising prices of essential goods, unemployment, and slow economic growth have affected the lives of millions of people. Inflation has reduced purchasing power, making daily life more expensive for common people. Many countries are also struggling with debt and unequal distribution of wealth, which widens the gap between the rich and the poor. These economic difficulties create uncertainty, but they also highlight the need for better policies, innovation, and inclusive growth.

Health challenges

Health challenges remain a major concern in the New Year. Many countries face pressure on healthcare systems, the spread of diseases, and

growing mental health problems. Lack of proper



Anshu Kumari

medical facilities and awareness also makes health a global challenge.

Environmental and climate change challenges: Environmental and climate change challenges are growing rapidly. Issues like global warming, climate change, pollution, and deforestation threaten the planet. Natural disasters such as floods, droughts, and heatwaves are becoming more frequent. Protecting the environment and adopting sustainable

practices is one of the biggest challenges in the



New Year.

Political and Social Challenges

Political and social challenges continue to affect global stability. Conflicts, wars, and political tensions create insecurity in many regions. Social issues such as poverty, inequality, unemployment, and migration also remain serious concerns. Maintaining peace, equality, and social harmony is a major challenge for governments worldwide.

Opportunities Technological Advancement

The New Year brings many opportunities through technological advancement. Rapid growth in technology such as artificial intelligence, digital communication, and online education is making life easier and faster. Technology helps in improving healthcare, education, and employment opportunities. It also connects people across the world and supports innovation and economic growth.

Environmental Opportunity

The New Year offers an opportunity to focus on environmental protection and sustainability. Many countries are now adopting renewable energy sources like solar and wind power. There is growing awareness

about reducing pollution, conserving natural resources, and protecting wildlife. These efforts can help create a cleaner and healthier planet for future generations.

Social and Cultural Opportunity

Socially and culturally, the New Year provides a chance to promote unity, equality, and mutual respect. People are becoming more aware of social issues such as education, gender equality, and cultural diversity. Cultural exchange and global communication help societies understand each other better and live together peacefully. The New Year brings hope for everyone. With it come new opportunities, fresh ideas, and paths for growth. It is a time when the world can progress, develop, and move forward together, embracing positive change.

A Letter to Myself at the Start of the Year

Jigyasa

To 2026,
DEAR ME,

The year 2025 started with hopes and ended with reality. This year came with a lot and ended with a lot—many late-night breakdowns, lots of crying, and many losses, yet also with learning, strength, memories, and new beginnings.

Dear me, this year taught you a lot: standing up for yourself, loving yourself, setting priorities, and simply keeping going no matter the situation. Things often turn out different from your plans or expectations, but most of the time they are for your own good or meant to teach you something important.

This year was full of unexpected moments—a sudden trip to Ujjain on the evening of last board exam, moving from a 12th farewell to college freshers, losing friends, and much more. All of this teaches one thing: trust God's plan and trust your own hard work.

AT THE BEGINNING OF NEW YEAR: 2026

I would like to say this to you, dear self—keep going. This year is a new chance for a new beginning, filled with learning, self-awareness, self-love, and ambition. Go ahead, take that step. Step out of your comfort zone, dream big, and work accordingly.

Stay grounded and focused on yourself. Become the best version of yourself.

At the end, I see you as an achiever of everything you want—a confident

speaker, free from anxiety, and doing everything you once thought you couldn't. Stop doubting yourself, because you have already overcome so much. Learn from your mistakes and remember the lessons they taught you. I know there will be days when things won't work out as planned again, and that's okay. What matters is that you keep showing up. On such days, remind yourself to slow down and breathe. Don't force yourself—you don't need to figure everything out at once. Growth takes time, and being patient with yourself is important. This year, choose yourself. Choose peace over pressure and progress over perfection. Let go of comparison and focus on becoming better than others. Keep trusting the process, even when results takes time to show.

Most importantly, remember that you are enough, even on days you feel drowned or unsure. You have already come a long way, and there is so much more ahead. Step into this new year with hopes, courage, and kindness towards yourself. No matter what happens, keep believing in yourself.

And remember, **I AM PROUD OF YOU.**

FROM: 2025 ME



Jigyasa

Anjali Singh

New Delhi: When the clock strikes midnight on New Year Eve, people around the world say hello to new starts and new ways of doing things. They make promises to themselves to do things differently. At the same time, something else is happening that is very important. The way people get their news is changing.

In this year, people do not have to wait for the morning paper or the news on television at night to know what is happening. News comes to people away. It is on their phone screens, it is in the notifications that buzz on their phones. It is in the news feeds on social media that people scroll through all the time. Traditionally, news consumption followed a fixed routine. Newspapers were read with morning tea, radio updates were heard during travel, and

New Year, New Ways of News Consumption

television news aired at scheduled hours. These platforms acted as gatekeepers of information, deciding what the public would know and when. However, the digital revolution has completely reshaped this system.



Anjali Singh

New media is made up of news websites, mobile applications and things like podcasts. We also have media platforms and video sharing apps. Today people use platforms like Twitter, Instagram, YouTube and Google News to get their news. These platforms are really popular with people. New media has changed the way we get news.

Now we have videos and live streams. We can also interact with the news.

New media is really good at one thing - being fast. When something big happens, people find out about it quickly, often from the place where it is happening. We get to see things as they happen with coverage.

New media is not about people telling us things, we can talk back too. We can say what we think, share our thoughts with others, answer questions and even ask the people who bring us the news questions. This makes reading or watching the news more fun and interesting than it used to be. Personalization is another major change brought by new media. Algorithms suggest news based on individual interests, location, and reading habits. The New Year not only marks a change in time but also reflects the transformation in how society stays informed.

Fake Headlines and Videos

Changing the way we get our news has some points but it also has some big problems. The problem of news and wrong information is getting worse really fast. Fake headlines and videos that have been altered can spread like crazy on the internet before anyone has a chance to check if they are true. People want to be the first to share news—so sometimes, they do not make sure if it is accurate or not. Traditional media is really important because it helps make sure the news is true. It does a good job of checking facts. Traditional media also does a job of reporting on things in a lot of detail.



New media has revolutionized news consumption by making it faster, more accessible, and interactive. While it offers immense opportunities, responsible journalism and informed audiences are essential to tackle its challenges. As we step into another year of digital growth, the future of news will depend on how wisely technology is used to inform, educate, and empower society.

New Year in the Age of Artificial Intelligence

Yogita

New Delhi: With the coming of the New Year, we also welcome the ritual of the same reflection and renewal. Yet, this year feels distinct. We enter a future that is more dominated by Artificial Intelligence (AI)- a technology that is no longer an obscure laboratory concept or science fiction, but instead is now embedded in our everyday lives.

The New Year is not only about individual resolutions, but also about transformations in the society in the era of AI. Algorithms are now affecting our work, study, communication, and even decision-making. Since automated customer care to intelligent diagnosing of medical conditions, the silent existence of intelligent machines has



become one of the characteristics of the modern world. In contrast to the technological revolutions of the past, AI does not just help people to work, it learns, develops, and forecasts.

This has shown some new efficiencies though there are new concerns as well. As much as AI is productive and innovative, it is also associated with concerns on employment, privacy, misinformation, and the eventual loss of critical thinking. These are the questions that should come to the

mind of the people as we welcome the New Year just like we celebrate it.

The workplace is one of the most important places to see a change. Monotonous and repetitive work is being automated, forcing employees to reskill and change. Human qualities that are becoming invaluable are creativity, critical thinking, and emotional intelligence. Even education systems are facing the challenge of educating not only to utilize technology, but to learn and challenge it. The creativity and com-

munication are also being transformed by AI. Newsrooms are powered with data-driven tools, creators are messaging with generative software and social media sites are curated by algorithms. Although this has diversified opportunities, it has also led to increased arguments on authenticity, prejudice and moral obligation.

The New Year of Artificial Intelligence is, thus, a time of moderation. It demands invention and control, convenience and circumspect, and movement and direction. Technology should be something that serves the human values, rather than the one that determines them. Turning the calendar, the best decision can be not switching to new technology, but making smart decisions.

Tech Trends That Will Shape the Coming Year

• Generative Artificial Intelligence

AI tools capable of creating text, images, audio, and video will become more common across media, education, and business sectors.

• AI-Driven Automation at Workplaces

Routine and administrative tasks will increasingly be automated, pushing the workforce toward roles requiring creativity, analysis, and decision-making.

• Data Privacy and AI Regulation

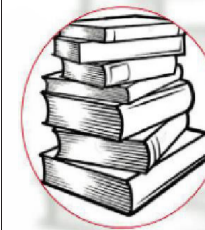
Governments and institutions are expected to introduce stronger regulations to ensure ethical use of AI, data protection, and algorithmic transparency.

• Personalised Digital Experiences

From news consumption to online learning and healthcare, AI will deliver more customised and user-specific services.

• Integration of AI in Daily Life

Smart assistants, connected homes, and AI-powered applications will become more intuitive, making technology a seamless part of everyday living.

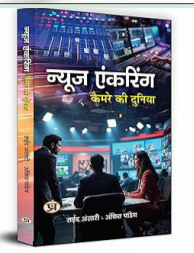


BOOK NOOK

Sonakshi Sharma

Book: News Anchoring: Camere ki Duniya

Author: Sayeed Ansari and Dr. Ankit Pandey
Published: 2025
by Prabhat Prakashan



News Anchoring: Camere ki Duniya” by Sayeed Ansari is generally viewed as a practical and insightful guide for students and aspiring television journalists, focusing more on real newsroom experience than abstract theory.

Readers appreciate the book for its clear explanation of the role of a news anchor, on-camera presentation, voice modulation, use of teleprompters, newsroom discipline, and media ethics, all drawn from the author’s long professional career in broadcast journalism. The language is simple and accessible, making it useful for beginners in mass communication.

Book: Buy Yourself the Damn Flowers

Author: Tam Kaur
Published: 2023
Rating: 4.4 stars

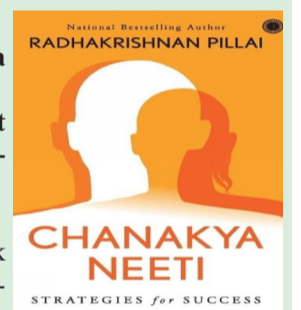


Buy Yourself the Damn Flowers is a self-help book that focuses on self-love and confidence. It encourages readers to put themselves first without guilt and stop seeking constant approval from others.

Tam Kaur shares simple and practical advice on building self-respect, emotional independence, and a strong mindset. The book teaches the importance of setting boundaries and choosing self-worth in everyday life. It is especially inspiring for young readers dealing with self-doubt and personal growth. Overall, the book reminds us that self-love is not selfish but necessary.

Book: Chanakya Neeti

Author: Chanakya (Kautilya)
Published: Ancient Text (Various Modern Editions Available)
Rating: 4.7 stars



Chanakya Neeti is a book full of wisdom and life lessons. Written by the great thinker Chanakya, it teaches discipline and intelligence. The book explains human behavior and relationships clearly.

Each lesson gives practical advice for success. Even though it is an ancient text, its ideas are still useful today. It helps readers develop self-control and smart thinking. The book is helpful for students, leaders, and anyone seeking guidance in life.

Skills Can Be Learned But Self-Belief Is Essential : Alumni

Kushagra

Pankhudi is a passionate media professional and a proud alumna of the Bachelor of Journalism & Mass Communication (BJMC, Batch 2020-23) program at IMS Ghaziabad, UC Campus.

She began her professional journey with TV9 Bharatvarsh, where the fast-paced newsroom environment sharpened her editorial and on-air skills. Currently associated with Amar Ujala, Pankhudi is actively involved in anchoring and news presentation, driven by a commitment to content-led journalism that informs, engages, and connects directly with the audience. **BAJMC students often juggle theory, practical production, internships, and creative deadlines.**



What personal system or discipline helped you manage academic pressure while staying creatively motivated? BJMC is demanding because it combines theory with constant practical output. What really helped me was discipline and prioritization. I treated practical assignments like real newsroom deadlines and avoided last-minute work.

At the same time, I stayed creatively motivated by observing real newsrooms, watching good anchors, reading quality journalism, and reminding myself

why I chose this field. Consistency mattered more than perfection.

How has studying journalism and mass communication shaped the way you consume, analyze, and question media content in your professional or everyday life today? Studying journalism completely changed the way I consume media today. I no longer see news at face value—I automatically analyze the source, framing, language, visuals, and intent behind the content.

I question narratives, check balance, and look for what’s missing. This critical lens helps not only professionally but also as a responsible media consumer in everyday life. **During your BA-JMC journey, which**



Pankhudi Srivastava

academic practice or skill unexpectedly became a strong asset in your career? Anchoring and writing with clarity turned out to be my strongest assets, even more than I initially expected. During college, writing scripts, practicing news reading, and understanding audience psychology felt like routine exercises—but in the professional world, these skills became invaluable.

Clear articulation and confident presentation now define my work. **Many media students struggle with self-doubt-whether it’s camera fear, writing, or public expression. What would you tell students who feel they’re “not good enough” for the media industry?** Self-doubt is very common in the media field—whether it’s fear of the camera, hesitation in writing, or stage anxiety. My simple advice is: confidence is the key.

Nobody is perfect when they start. Skills can be learned, but belief in yourself must come from within. Practice daily, accept feedback, and remember every successful journalist was once nervous, unsure, and learning.

With digital media, AI tools, and audience behavior constantly evolving, which emerging trend in journalism or mass communication do you think students must pay serious attention to-and why? Students must seriously pay attention to digital-first journalism, AI tools, and changing audience behavior. News consumption today is fast, visual, and platform-driven.

Knowing how to adapt content for digital platforms, verify information in the age of AI, and still maintain journalistic ethics is crucial.

Those who combine credibility with adaptability will lead the future of media.

Career Planning in the New Year: Skills That Matter

What to learn, why it matters, and where to upskill. A college degree opens doors, but in 2026, skills will decide how far you go. Recruiters are no longer hiring only for academic knowledge; they are looking for graduates who can think critically, use technology smartly, and create business impact from day one.

What Skills Are Needed AI Literacy

Not coding, but using AI. MBA graduates should know how to use tools like ChatGPT or Copilot for research, analysis, presentations, and automation.

Data Literacy

Understanding dashboards, KPIs, Excel, and basic analytics to support decision-making.

Communication & Business Writing

Clear emails, executive summaries, presentations, and storytelling with data.

Critical Thinking & Problem Solving

Structuring problems, evaluating assumptions, and making decisions under uncertainty.

Career Canvas



Piyush Mahajan
Career Coach | Capability Development
Delivery Manager- India and SEA
Randstad Enterprise

Emotional Intelligence & Leadership

Collaboration, feedback, empathy, and people management skills no AI can replace. Why These Skills Matter AI and automation are reshaping every business function. Employers want managers who can use technology wisely,



communicate clearly, and lead teams effectively. The combination of business judgment + digital fluency is becoming the new hiring standard.

Final Takeaway

Your degree is the foundation. Top-up skills are the differentiator. Start small, practice consistently, and graduate not just with a degree but with confidence and capability.

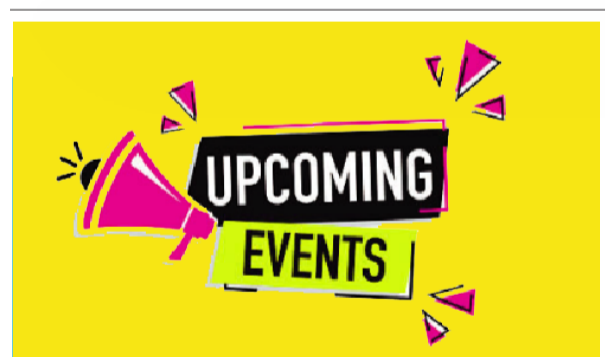
Where to Learn

Coursera / edX / LinkedIn Learning – AI, analytics, and business skills

Microsoft Learn & Google Skill programs – productivity and data tools

Case competitions, internships, live projects – real-world application

Self-practice with AI tools on assignments and presentations.



Anushka Khurana

• Vasant Panchami: It will be celebrated on 23rd January 2026 (Friday). Also known as Saraswati Puja, this day marks the preparation for the arrival of spring and is dedicated to the goddess of knowledge, language, and arts.

• Netaji Subhas Chandra Bose Jayanti: It will be observed on 23rd January 2026 (Friday). Known as Parakram Diwas, this day commemorates the birth anniversary of the prominent Indian nationalist leader.

• Republic Day: It will be celebrated on 26th January 2026 (Monday). This national holiday honors the date on which the Constitution of India came into effect in 1950, featuring grand parades in New Delhi.

• Guru Ravidas Jayanti: It will be celebrated on 1st February 2026 (Sunday). This day marks the birth anniversary of the great Bhakti saint, Guru Ravidas, especially celebrated in Northern India.

• Maharishi Dayanand Saraswati Jayanti: It will be observed on 12th February 2026 (Thursday). It marks the birth anniversary of the founder of the Arya Samaj and a great social reformer.

• Maha Shivaratri: It will be celebrated on 15th February 2026 (Sunday). One of the most significant festivals in India, it is dedicated to Lord Shiva. Devotees observe a strict fast and perform night-long prayers and rituals.

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



IMS GHAZIABAD

(University Courses Campus)

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4th in North India
By Times School Survey - 2022

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WE HAVE NO BRANCH IN NOIDA

News Brief.....

Dr. Vaishali Represented IMS Ghaziabad at Outlook AI Conclave



Ghaziabad (IMS News Service): Dr. Vaishali Agarwal, Dean Academics, IMS Ghaziabad, represented the institution as a panelist at the 'Outlook AI Conclave', in collaboration with Guru Gobind Singh Indraprastha University (GGSIU) at the Dr. Ambedkar International Centre, Janpath. Speaking on the theme of Artificial Intelligence in Education, the panel deliberated on both the opportunities and challenges of AI adoption-highlighting its transformative potential in pedagogy, assessment, and personalization, while also addressing ethical concerns, data privacy, academic integrity, and over-automation. The conclave witnessed a gathering of over 2,000 participants, including higher education students, faculty members, and academic leaders from across the country, providing a significant platform for dialogue on the responsible and future-ready use of AI in education.

MDP - IMS Ghaziabad is Outperforming at all Levels



Ghaziabad (IMS News Service): IMS Ghaziabad's MDP Department continues to deliver impactful leadership programmes, doing commendable work under the guidance of Dr. Praseon Mani Tripathi, Dr. Lalita Tyagi, and Mr. Sri Kumar Uttam. The department successfully conducted "Shakti Path - The Journey of Change & Strength" from 17-19 December 2025, set amidst the serene and rejuvenating ambience of Jim Corbett National Park. The programme created a memorable collective experience, fostering meaningful learning, deep reflection, and collaboration among inspiring women leaders, with nature's calm providing the perfect backdrop for personal growth, empowerment, and shared leadership insights.

Dr. Deepak Tandon Spoke at PHD-CCI Conclave



Ghaziabad (IMS News Service): Ghaziabad: Dr. Deepak Tandon, Professor of Finance, IMS Ghaziabad, was a distinguished speaker at the PHD Chamber of Commerce and Industry (PHDCCI) Conclave on State Policy, where the central theme focused on "Navigating Global Challenges with a Fast-Tracked Indian Economy." Dr. Tandon shared insightful perspectives on policy frameworks, economic resilience, and India's growth trajectory amid global uncertainties, contributing meaningfully to high-level policy discourse. The participation further underscores how IMS Ghaziabad continues to flourish across academic excellence, thought leadership, industry engagement, and national-level representation throughout the year.

Investiture Ceremony of Student Excellence Council



Ghaziabad (IMS News Service): IMS Ghaziabad strongly believes in nurturing independent, self-driven students, and therefore follows a distinctive approach where students themselves conceptualize, plan, and execute all academic, co-curricular, and cultural activities. Reinforcing this philosophy, the institute has revived the Student Excellence Council under the deanship of Dr. Amit Bhati and Dr. Vaishali Agarwal, empowering students with leadership and decision-making responsibilities. In recognition of their efforts, students were felicitated for their outstanding contributions during the Investiture Ceremony.

Innovation & Entrepreneurship Showcase



IMS News Service Ghaziabad: The Department of Biotechnology, in collaboration with the Institution's Innovation Council (IIC), IMS Engineering College, Ghaziabad, successfully organized the Biotechnology Innovation & Entrepreneurship Showcase at the Biotechnology Department. The event highlighted the increasing enthusiasm among students to develop biotechnology-based concepts with strong entrepreneurial value. The showcase drew active participation from student teams who presented a diverse range of innovative ideas aimed

at addressing real-world challenges. Their projects reflected creativity, scientific understanding and a deep interest in transforming biotechnology solutions into sustainable business opportunities. Students of IMS Engineering College (IMSEC) brought great pride to the institution through their outstanding performances at Melange 2K25, showcasing exceptional creativity, confidence, and cultural excellence. Their remarkable achievements across multiple events highlighted the vibrant talent and dedication of IMSEC students. Muskan Goel,



a second year student of Biotechnology, secured the First Runner-Up position in the 6 Mehndi Competition. In the Fashion Show event, the IMSEC team achieved the Second Runner-Up position, with impressive performances by Chirag Arora (BT, 2nd Year), Kritagya Pandey (IT, 2nd Year), Lakshay Gupta (IT, 2nd Year), Rajyavardhan Mishra (CS, 1st Year), Arsh Balabh Srivastava (CSE, 1st Year), Ekta Gautam (CSD, 2nd Year), Anushka Tiwari (IT, 2nd Year), Divyanshi Kandpal (IT, 2nd Year), Drishti Verma (CSE AIML, 1st Year), and Mohd. Suhail (CSE,

3rd Year). Additionally, Anshika Chopra, a third-year Computer Science student, secured the Second Runner-Up position in the Solo Dance competition. Prof. (Dr.) Manas Kumar Mishra, Director, IMSEC, congratulated the students on their remarkable achievements and encouraged them to continue excelling in cultural and co-curricular activities. The event was further enriched by the presence and support of Dr. Kavita Saxena, Cultural Convener, along with Dr. Sapna Kumari and Dr. Indu Bhatt.

AIMA-SMG Student Management Games 2025

IMS News Service Ghaziabad: IMS Ghaziabad successfully organised the Student Management Games (SMG) from 2nd to 6th December 2025 in association with the All India Management Association (AIMA), providing a high-impact simulation-based learning experience to management students. The event witnessed participation from 20 management institutes across NCR and North India, and culminated in a competitive finale from which five teams



qualified for the National Grand Finale to be held in Pune in April 2026. Teams from IMS Ghaziabad, IMSEC, ISUC, DME, and Panipat Institute of Technology emerged as finalists. The programme

was coordinated from the AIMA side by Ashu Sikri Ji and Mr. Pradeep Kumar Ji. Dr. Praseon Mani Tripathi, Director, IMS Ghaziabad, congratulated the students for their commendable performance and experiential learning outcomes,

while Dr. Vaishali Agarwal-Dean Academics, appreciated the academic rigor and relevance of the simulation exercise. The event was smoothly coordinated over all four days under the leadership of Dr. Vaishali Agarwal, with the support of Dr. Dolly Phillips, Dr. Shipra Mishra, Dr. Ahimsa Bhadravaj, and Prof. Swati Tripathi, reinforcing IMS Ghaziabad's strong commitment to experiential and industry-aligned management education.

Workshop on Entrepreneurship & Innovation as Career Opportunities



IMS News Service Ghaziabad: The Department of Biotechnology, in collaboration with the Institution's Innovation Council (IIC), IMS

Engineering College, Ghaziabad, successfully organized an Awareness Workshop on "Entrepreneurship & Innovation as Career Oppor-

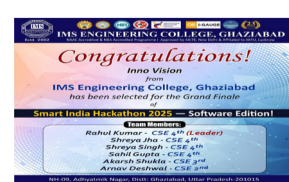
tunities". The workshop aimed to motivate students to explore entrepreneurship, innovation-driven careers, startups, and self-employment opportunities, while fostering creative thinking and problem-solving skills. The dept. extended sincere gratitude to Prof. (Dr.) Manas Kumar Mishra, Director, IMS Engineering College, for his continuous support and encouragement.

The department is thankful to the esteemed invited guest speaker, Dr. Kavita Saxena (Head of Department, MCA) for sharing insightful knowledge and inspiring students to think beyond conventional career paths. The workshop was successfully coordinated by Dr. Rabab Anjum, ensuring effective planning and enthusiastic student participation.

Smart India Hackathon 2025 Organized

IMS News Service Ghaziabad: IMS Engineering College is delighted to announce that three teams have been shortlisted for the prestigious Smart India Hackathon (SIH) 2025. This achievement reflects the dedication, innovation, and hard work of talented students and mentors who continue to inspire excellence in technology and problem-solving.

Shortlisted teams will represent the institution at their respective SIH Nodal Centres on 8th and 9th December 2025, where they will compete among the brightest minds from across the country.



The Department of MCA Organized Peer Presentation

IMS News Service Ghaziabad: The Department of MCA, IMSEC Ghaziabad, organized a peer presentation titled "From Earth to Orbit: The Impact of Computer Science on Space Missions", delivered by Mr. Satyam Verma, MCA First Year student. The event commenced with a welcome address by Dr. Kavita Saxena, Head of the Department, MCA. The session highlighted

the crucial role of computer science in modern space exploration, covering key areas such as mission planning, spacecraft navigation, artificial intelligence-based data analysis, and automation. Mr. Verma also elaborated on India's landmark space missions-Mangalyaan and Chandrayaan, emphasizing how algorithms, software systems, and advanced computing technologies played a pivotal role in their successful execution.



IMS Ghaziabad Emerging as Country's Best Research Oriented Institute

IMS News Service Ghaziabad: Prof. Swati Tripathi, Marketing Faculty, IMS Ghaziabad, presented her research paper on Virtual Influencers in the Marketing Track at the 10th PAN-IIM Conference, held on 28 November 2025 at Indian Institute of Management Ranchi.



Her presentation at one of India's premier academic conferences marks a significant academic milestone and reflects IMS Ghaziabad's growing stature in high-quality research and scholarly contribution. This achievement

stands as a matter of pride for the institute and reinforces how IMS Ghaziabad has emerged as one of the country's leading research-oriented institutions in recent times, under the visionary leadership of Dr. Praseon Mani Tripathi and Dr. Ajay Patel.

Mega Fest Melange 2025



IMS News Service Ghaziabad: Melange, the annual cultural fest of IMS Ghaziabad, carrying a rich legacy of over 30 years, was celebrated with great enthusiasm. The event was inaugurated by renowned theatre personality Avtar Sahni as the Chief Guest, who appreciated IMS Ghaziabad for its strong culture of student-driven initiatives. Addressing the gathering, Dr. Praseon Mani Tripathi, Director, IMS Ghaziabad, emphasized that such cultural platforms are

essential for the holistic development of students, highlighting the importance of creative expression and relaxation alongside academic rigor so that students do not remain confined to a "bubble of books" in B-school life. The two-day celebration featured vibrant activities, food and activity stalls, competitions such as Rangoli, Mehndi, Best Out of Waste, and culminated in an electrifying Celebrity Night, making Melange2025 memorable.

Team 'VoteMitra' Emerged as Winners of HackVriksh 2025

IMS News Service Ghaziabad: IMS Engineering College is proud to announce that Team 'VoteMitra' emerged as Winners of HackVriksh 2025, a National-level hackathon organized by TechVriksh, a student-led technical community at Dronacharya Group of Institutions (DGI), Greater Noida, Uttar Pradesh on 1st December, 2025. The hackathon witnessed participation from 1829 teams across the country. Team 'VoteMitra' demonstrated exceptional innovation and technical excellence by qualifying

among the top 49 teams in the preliminary round, advancing to the top 15 finalists, and ultimately securing the first position in the grand finale with their IoT-integrated, Machine Learning driven project. They received AI interview platform subscriptions, T-shirts, Journals, and many more goodies from the sponsors as Grand Prize. The winning team comprised B.Tech 3rd Year students: Shubham Yadav (CSE), Shivansh Singh (CSE), Nishant Pathak (CSE), Satyam Shivhare (CSE AIML)



National Mathematics Day Celebrated

IMS News Service Ghaziabad: The Department of Applied Sciences and Humanities of IMS, Ghaziabad EC organized National Mathematics Day on the occasion of the 138th Birth Anniver-

sary of the great Indian mathematician, Srinivasa Ramanujan, on 22nd December 2025. The objective of this event was to spread awareness about the invaluable contributions of mathematicians.

IMS Ghaziabad University Courses Campus Felicitated Teachers in Lucknow



IMS News Service Ghaziabad: IMS Ghaziabad (University Courses Campus) organized a grand Teachers' Felicitation Ceremony at Hotel Savvy Grand, Vibhuti Khand, Gomti Nagar, Lucknow.

The objective of the program was to acknowledge and honor the outstanding contributions of teachers in the field of education and to motivate those educators who, through their dedication, commitment, and continuous efforts, have not only strengthened the quality of school education but also positively shaped the lives of students. The program commenced with the ceremonial offering of flowers before the idol

of Goddess Saraswati by the Chief Guest Dr. Kirti Vikram Singh (Deputy Regional Director, IGNOU, New Delhi), the Guest of Honour Mr. Anil Kumar Srivastava (In-charge, Jan Shikshak Sansthan, Lucknow — Ministry of Skill Development and Entrepreneurship, Government of India), and Prof. (Dr.) Jaskiran Kaur, Director, IMS Ghaziabad University Courses Campus.

In his inspiring address, Dr. Kirti Vikram Singh highlighted the pivotal role of teachers, describing them as the backbone of society who shape the nation's future through knowledge. He encouraged educators to embrace continuous innovation, values-based

education, and skill-oriented learning. Guest of Honour Mr. Anil Kumar Srivastava emphasized that teachers today are not merely providers of knowledge, but mentors who empower students to become self-reliant and skill-oriented individuals. He stressed the importance of integrating education with skill development and entrepreneurship.

Addressing the gathering, Director Prof. (Dr.) Jaskiran Kaur stated that education is not confined to textbooks alone, but is a powerful medium for imparting values, sensitivity, and social responsibility. She motivated teachers to pursue lifelong learning, develop leadership qualities, and

instill positive thinking among students. During the ceremony, more than 500 teachers from over 65 schools in Lucknow were felicitated. Teachers and principals from prestigious institutions such as Amity International School, Army Public School, Avadh Public School, Bharatiya Vidya Bhavan, Birla Open Minds International School, DAV Public School Indira Nagar, DPS Gomti Nagar, Kamla Memorial International School, Lucknow Public School (Vrindavan Yojna), Police Modern School (Reserve Police Lines), Shri Ram Global School, and St. Mary's School, Vastu Khand, Gomti Nagar, among many others, were present on the occasion.

At the conclusion of the program, the guests, teachers, and principals highly appreciated the initiative, describing it as well-organized, inspiring, and a meaningful platform for recognizing the contributions of educators. They remarked that such programs not only boost teachers' morale but also strengthen positive energy and collaboration within the education fraternity.

The event concluded with a vote of thanks presented by Dr. Deepa Goel, who expressed gratitude to all the guests, teachers, principals, and organizers for making the program a grand success.

Lohri Festival Celebrated at IMS Ghaziabad, University Courses Campus



IMS News Service Ghaziabad: The Lohri festival was celebrated with traditional joy and cultural fervor at IMS Ghaziabad, University Courses Campus. The event began with the ceremonial lighting of the sacred Lohri bonfire, marking the auspicious commencement of the celebrations.

The occasion was graced by the presence of the Chief Guest, Shri Shivam Tyagi, National Spokesperson of the Bharatiya Janata Party. Shri Tyagi is well known for his active participation in discussions and debates on leading national news platforms such as Zee News, Aaj Tak, and other prominent television channels. Along with him, Prof. Dr. Jaskiran Kaur, Director, IMS Ghaziabad (University Courses Campus), jointly lit the holy Lohri fire and formally inaugurated the event. The

bonfire symbolized prosperity, positivity, and new beginnings, creating an atmosphere of enthusiasm across the campus. CA (Dr.) Rakesh Chharia, General Secretary, IMS Group of Institutions, was also present during the programme.

Addressing the students, Shri Shivam Tyagi said, "Lohri is not just a festival but a celebration that conveys the message of hard work, patience, and new beginnings. Today's youth are the future of the nation, and they must remain connected to their culture while actively contributing to nation-building. Positive thinking, discipline, and consistent efforts are the keys to success."

Prof. Dr. Jaskiran Kaur, in her inspirational address, stated, "Such cultural events play a significant role in the holistic development of students. Along with education,

staying connected with traditions and values strengthens students' confidence, leadership abilities, and sense of social responsibility."

This was followed by energetic dance performances presented by the cultural team, which filled the campus with vibrancy. The traditional Punjabi dances, enriched with colorful expressions and dynamic movements, were highly appreciated by the audience.

The programme also featured various fun-filled games and interactive activities. The entire campus resonated with laughter, joy, and excitement. The Lohri celebration concluded with the rhythmic beats of the dhol and spirited Bhangra performances, in which students as well as faculty members enthusiastically participated, sharing the true spirit of the festival.

Observance of Sexual Harassment Week



IMS News Service Ghaziabad: In line with commitment to fostering a safe, inclusive, and respectful academic environment, IMSEC organized a POSH Awareness Quiz in Online Mode to sensitize faculty and staff about the Prevention of Sexual Harassment

(POSH) Act, 2013. The quiz emphasized on understanding what constitutes sexual harassment, Rights and responsibilities under the POSH Act, Role of the Internal Complaints Committee (ICC) and Importance of reporting and maintaining confidentiality.

Innovation Council Meeting



IMS News Service Ghaziabad: The Institution's Innovation Council (IIC) at IMS Engineering College, Ghaziabad convened its meeting on December 5, 2025.

The session was graced by Prof. (Dr.) Manas Kumar Mishra, Director IMSEC; Dr. Siddharth Vats, President IIC IMSEC, who presented the key

highlights; all Heads of Departments, IIC Council Members and various Committee Heads.

The meeting focused on reviewing completed activities, strategizing upcoming initiatives and planning impactful events to foster innovation and entrepreneurship on campus.

IMS UCC Faculty Participated in MMTTC FDPs

IMS News Service New Delhi: Faculty members of IMS Ghaziabad (University Courses Campus) including Ms. Nidhi Sharma, CS Kashika Bhardwaj, Dr. Chhavi Luthra, Ms. Swati Tyagi, Dr. Pawan Kumar, Dr. Shruti Sharma, Dr. Nidhi Srivastava, and Ms. Sudha Chaturvedi actively participated in various national-level Faculty Development Programmes. These programmes addressed key areas such as data an-

alytics, international law, artificial intelligence, business intelligence, mental wellness, digital pedagogy, human values, research statistics, traditional knowledge systems, and emerging technologies, thereby strengthening teaching effectiveness, research orientation, and professional growth.

IMS Ghaziabad UCC Conducted 14 Campus Placement Drives

IMS News Service Ghaziabad: IMS Ghaziabad (University Courses Campus) successfully organized a series of 14 campus placement drives during December 2025, in collaboration with several reputed organizations from diverse sectors including Logistics, Information Technology, EdTech, Finance, Automation, E-commerce, Healthcare, and Consulting.

The initiative reflects the institute's continued commitment to strengthening industry-academia collaboration and enhancing student employability. The placement drives witnessed enthusiastic participation from students enrolled in MIB, BBA, BCA, BBA (Finance), and MSc programs. Over 350 students participated in the recruitment process, showcasing their academic preparedness and professional



competencies across multiple domains. The recruitment process was comprehensive and industry-oriented, comprising pre-placement talks, aptitude and technical assessments, resume screening, and multiple rounds of personal interviews. This structured approach enabled recruiters to assess

candidates on technical knowledge, managerial aptitude, communication skills, and overall professional readiness. As a result of these placement drives, more than 50 students received final selection offers from leading organizations.

Prominent recruiters included Chetu Inc., Hike Education, Ra-

diant Info Solutions, VirtuBox Infotech, Flipkart Reset, Planet Spark, Nexdigm, and Speedlog Freight & Logistics, among others.

Among the participating companies, Chetu Inc. emerged as the top recruiter with the selection of 21 students, followed by Planet Spark with 8 selections and Radiant Info Solutions with 6 selections, highlighting strong demand for IMS Ghaziabad students across multiple sectors.

The successful completion of these placement drives provided students with valuable industry exposure and practical recruitment experience. IMS Ghaziabad (University Courses Campus) continues to actively expand its corporate partnerships to ensure enhanced career readiness and sustainable employment opportunities for its students.

IMS UCC Faculty Shines at International Conference



IMS News Service Ghaziabad: An International Conference on Biotechnology in Health Science and Therapeutics (ICBHST2025) held from December 28-31, 2025 jointly organized by Manipal University, Jaipur and Indian Institute of Technology, Mumbai, India. Dr. Raghendra Dubey, Senior Assistant Professor, Department of Biosciences, awarded with the Best Oral Presentation award (1st Prize) in this conference.

Winter Wear Collection Drive

IMS News Service Ghaziabad: The National Service Scheme of IMS Ghaziabad EC, in collaboration with Sadaancera Foundation, Raipur (UP), organized a winter wear collection

drive on campus and distributed the collected items outside the campus near Ghaziabad Railway Station. The aim of the drive was to provide warm clothes to needy people.



Digital Detox in the New Year: Why and How?

Mahi Nehra New Delhi: Most of us begin our day not with fresh air, but with a phone screen. Phones have become the first and the last thing we see each day. This shows how deeply digital life has entered our routine. New Year means new beginnings, new habits, and new goals.

People promise to eat better, sleep better, live better and overall improve their lifestyle but we forget one of the most important habits- that is, reducing screen time. Using screen for an excessive period of time does not only affect our physical health but it also

affects our mental health. It causes increased stress and anxiety, short attention span, lack of focus, eye strain, dry eyes, blurred vision, fatigue and low energy and the list goes on and on. While technology has made life easier and more connected, it has also created a constant state of distraction and mental overload.

This is why the idea of a digital detox -taking a break from screens and online platforms- has become increasingly important in today's world. Digital detox means intentionally reducing or limiting the use of digital devices such as smartphones, laptops, and so-



cial media. It does not mean completely abandoning technology, but using it in a healthier and more mindful way. In the new year, when people reflect on their habits and set goals for self-improvement, adopting a digital detox can be a powerful step toward better mental, emotional, and physical well-being. Constant digital immer-

sion has several negative effects. One of the most serious is reduced attention span. With never ending notifications, updates and videos, our brains are trained to jump from one thing to another, making it difficult to concentrate on studies, work or even simple conversations. Another major issue is mental stress and anxiety.

Social media often creates pressure to compare our lives with others, leading to feelings of inadequacy and low self-esteem. Moreover, spending too much time online exposes people to negative news, cyberbullying and unrealistic standards which can harm mental health. Physical health also suffers. Long hours of screen time can cause eye strain, headaches, poor posture, and disturbed sleep cycles. The blue light from screens affects body's natural sleep rhythm, making harder to fall asleep and wake up refreshed. In the long run, excessive digital use can lead to fatigue

and reduced productivity. To deal with these harmful effects, people are turning to digital detox. Digital detox means taking a planned break from digital devices. A digital detox offers many positive outcomes. One of the biggest benefits is improved mental clarity. When we step away from constant digital noise, our minds feel calmer and more focused. This helps in better decision-making, creativity and emotional balance. Digital detox helps people regain control over their time, allowing them to use technology as a tool rather than becoming controlled.

Mental Health Reset

Starting the Year with Clarity and Wellness

Pulkit Mehta

New Delhi: As the New Year approaches, many people feel the pull of fresh starts but often skip the usual list of gym goals or diet plans. Instead, consider a mental health reset. This means taking charge of your mind early, with small steps that build real calm. It's not about fixing a major crisis; it's proactive care that clears mental fog and boosts focus right from January.

Auditing Your Current Mental Load

Start by looking at what's weighing on your thoughts. A mental health reset begins with honest check-ins.

Identifying Hidden Stressors

Life hides stress in sneaky spots. Digital clutter piles up from endless emails. Passive scrolling on apps drains energy without you noticing. Toxic commitments, like saying yes to every invite, fill your calendar and spark re-

sentment. Try this Stress Inventory exercise now. Grab a notebook. List three areas: work tasks, home duties, and social ties. Rate each from 1 to 10 on stress level. Circle the top three. This quick scan shows patterns fast. It helps you spot leaks in your mental energy.

The Power of Digital Detox Boundaries

Screens buzz all day, spiking anxiety and muddling thoughts. Constant pings overload your brain, cutting focus by up to 40%, as per studies from the American Psychological Association. You don't need to quit tech cold turkey. Set simple rules instead. Turn off notifications after 8 p.m. Limit social media to 30 minutes daily. Use apps that track time on your phone. These boundaries free up space for clearer thinking. Your mood steadies as noise fades.

The Role of Morning Rituals in Setting Tone

Mornings shape your



whole day. Short rituals tell your brain it's safe to start fresh. Drink a full glass of water first thing—it wakes your body gently. Follow with five deep breaths, in through the nose, out through the mouth. End with journaling one grateful thought. These take just 10 minutes. They cut morning rush stress. People who do this report less overwhelm by noon. It's like hitting a reset button on worry.

Movement as Medicine: Beyond Intense Workouts

Forget hour-long gym sessions. Short moves work wonders for your mind. A 10-minute walk releases endorphins that lift mood. It regulates emotions better than sitting still. Many find daily strolls ease tension from work. One study shows regular light activity drops anxiety by 25%. Walk in nature if you can. Feel the ground under your feet. This builds calm without sweat.

Reclaiming Cognitive Space Through Decluttering

Clear out mental junk to

make room for peace. Decluttering sharpens your wellness routine.

Streamlining Commitments and Saying No

Society pushes you to do it all. But overbooking steals your peace. Guard your time like a treasure. Each no saves energy for what matters. Here's a simple script. Thanks for asking, but I can't take that on right now. Let's touch base later; Practice it in the mirror. No guilt needed. This frees hours for rest.

The Minimalist Approach to Mental Input

Curate what you let in. News feeds overflow with drama, fuelling worry. Heavy consumption links to higher stress, with surveys showing 60% of adults feel more anxious after doom-scrolling. Unfollow negative accounts. Pick two trusted sources for updates. Read books on calm instead. This cuts comparison traps. Your mind quiets, and clarity grows.

Nurturing Authentic Relationships

Deep talks beat shallow chats. True friends buffer life's hits. They build resilience through support. Plan one screen-free meetup weekly. Share a coffee or call a pal. Ask, How are you really? Listen without fixing. This fosters bonds that heal.

Practicing Self-Forgiveness for Past Habits

A reset isn't erasing mistakes. Accept slip-ups from last year. Commit to better now. Perfectionism dooms goals fast. Kristin Neff, a self-compassion expert, says treat yourself like a friend in tough spots. Say, It's okay to stumble. I'll try again. This eases the pressure of new year vows. Wrap up your mental health reset with these pillars: audit stress sources, set daily anchors, declutter inputs, and nurture ties. Each step builds clarity step by step. Small habits sustain wellness all year.



Movie Name: Dhurandhar
Release date: 5th December 2025
Director – Mr. Aditya Dhar
Distributed by: Jio studios
Production: Aditya Dhar, Jyoti Deshpande, and Lokesh Dhar.
Based on : fictional spy thriller inspired by real anti-gang operations in Karachi's Lyari area
Music: Shashwat Sachdev

Dhurandhar stands out as a film that operates with quiet confidence and moral clarity, driven by a director who knows exactly what they want to say and, more importantly, what to leave unsaid. The direction is restrained yet firm, trusting silences, pauses, and visual storytelling over excessive dialogue or exposition, which allows the narrative to unfold organically. This honesty is further elevated by the cinematography, where carefully composed frames, muted colour palettes, and purposeful lighting reflect the inner turbulence of the characters and the harshness of the world they inhabit.

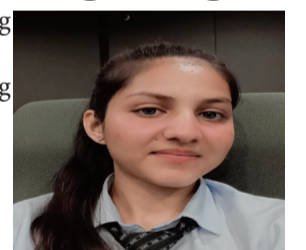
The film's ambience feels dense and lived-in; locations carry emotional weight, and background sounds or deliberate silences immerse the viewer deeply into the film's psychological and social landscape. Music is used with remarkable restraint, enhancing key emotional moments without overpowering them, often allowing silence to speak louder than a score ever could. Anchoring all of this is the cast's brilliant acting, marked by nuanced performances that rely on body language, expressions, and inner restraint rather than dramatic excess. Each character feels human, flawed, and grounded in reality.

Dhurandhar is not designed to comfort or entertain passively; it demands engagement and reflection, making it a compelling piece of cinema that prioritises truth, atmosphere, and emotional integrity over spectacle.

Creative Corner

New Year New Beginnings

When you think everything is going bad,
 When you think everything has its end,
 When you think nothing cannot be implemented,
 Now you have a chance to remember it within.
 The New Year is here—
 Not just a new day, but a beginning with a new light.
 You have a new year that is completely yours,
 A sky waiting for your first flight.
 Write your own story with your own pen,
 Let hope be your truest friend.
 Turn the page, begin again—
 A fresh start, a brand-new end.
 Happy New Year.



Sonakshi

आ जाओ भारत माता



दिशि गौड़

आ जाओ भारत माता,
 अब अमन की आषा बहुत हुई।
 मासूमों के सर काट दिए,
 मों, प्रेम की भाषा बहुत हुई। क्रोधित है
 मों अब हम सब, जल रही उग्र सी
 एक अगन, कब तक सहे दहशतगदी?
 कब तक सहे मों अपना पतन? निहत्थों पे वहाँ वार हुए, कितने बचपन
 लाचार हुए। बहारों की घाटी थी वो,
 वहाँ चुन-चुन के अत्याचार हुए। सारी घाटी अब शांत हुई,
 गूँज रही कानों में चीख। ऐसा दंड दे इनको मों,
 कि मोंगे अपने संहार की भीख। मों, धरो रूप तुम चण्डी का,
 या बन जाओ महाकाली तुम। देखो उजड़े सिंदूर जरा,
 मों देखो बफ की लाली तुम! मों, मुझसे नहीं देखी गई रोती हुई बहनों
 की तस्वीर। इंसफ सो रहा है अब भी,
 ना जागा ही उनका जमीर। हैवानों को दुश्कर्मी का,
 मों दे दो फल इस बार तुम। कलयुग के महिषासुर हैं ये, बनकर आओ
 संहार तुम। मों, सन्न का बौध दूट गया, दूट गया संतोष का प्रण। आ
 जाओ भारत माता,
 ना बचा बैन, ना बचा अमन। जटाओं से ज्वाला बरसेगी, डमरू सा दंड
 ये गुंजेगा।
 अब शत्रु अपने आप को अपनी ही राख में ढूँढ़ेगा। अब त्याग नहीं, तांडव
 होगा, अब नय नहीं, भैरव होगा। अब आग हमारी होगी और चिता पे
 उनका शव होगा।

Cultural Meanings of New Beginnings: How New Year Celebrations Show Social Change

Tulip Ghosh

New Delhi: The New Year is not just a new date on the calendar. For people all over the world, it stands for hope, fresh start, and a chance to do better. In different cultures, New Year celebrations have special meaning.

They show how societies grow, change, and face new challenges. New Year celebrations were linked to nature, religion, and community life. People celebrated after the harvest, thanked nature for food, and hoped for a good year. People performed religious rituals, prayed, and visited places like temples and churches. Afterwards, they got together with their close ones to celebrate with a grand feast. With time, the way people celebrate the New Year has changed. Earlier, celebrations were quiet and with family. Now, celebrations can be small or big. People have parties and share them on social media. This shows that life today is fast, connected, and influenced by technology. New year resolutions

also show how society is changing. Earlier, mostly people made promises related to religion and good behaviour. Today, New Year resolutions focus on mental health, staying healthy, building a career, saving money, and being happy. This shows that people now care more about self-care and living a balanced life in a stressful world. New Year celebrations show that people care more about society. At the start of the new year, people talk about issues like climate change, equality, education, and internet safety. It makes people think about helping the world, not just themselves. Groups start social work, governments make new rules, and people feel inspired to do good for society. New

year celebrations are not just about parties and fireworks. They remind us that every year gives us a fresh chance not only to improve ourselves but also to contribute to a bet-

New Year and Social Responsibilities

- Being kind, respectful, and inclusive toward others.
- Supporting others and doing kind deeds.
- Keeping the environment safe by reducing trash and pollution.
- Using social media in a positive way.
- Choosing peace, understanding, and working together.
- Foster unity and cooperation within your community.



Silent Pillars of India Unsung Heroes of 2025



Saalumarada Thimmakka

IMS News Service
New Delhi: India's progress is shaped not only by famous personalities but also by countless unsung heroes whose quiet dedication brings real change to society.

Sonam Wangchuk - Education & Innovation

A reformist engineer and educator from Ladakh, Sonam Wangchuk has transformed education through the SECMOL initiative. His low-cost, sustainable innovations and advocacy for climate-sensitive development make him a guiding force for youth.

Arunachalam Muruganatham - Social Innovation & Women's Health

Known as the "Pad Man of India," Muruganatham



Rajendra Singh

revolutionised menstrual hygiene by inventing affordable sanitary pad machines. His work continues to empower rural women entrepreneurs across India.

Saalumarada Thimmakka - Environmental Conservation

From Karnataka, Thimmakka dedicated her life to planting and nurturing thousands of banyan and neem trees along highways. Her selfless environmental service remains an inspiration in climate-conscious India.

Dr. Muthulakshmi Reddy - Healthcare & Social Reform (Legacy Impact)

A pioneer in women's healthcare and social justice, her institutions

and reforms continue to impact public health systems today, especially for women and children.

Dipa Karmakar - Sports (Gymnastics)

Despite limited resources, Dipa put India on the global gymnastics map. Her perseverance and mentorship of young athletes continue to strengthen India's sporting ecosystem.

Anshu Gupta - Humanitarian Work

Founder of Goonj, Anshu Gupta redefined disaster relief by turning urban waste into rural resources. His model of dignity-based development remains highly relevant in 2025.

Rajendra Singh - Water Conservation

Popularly called the "Waterman of India," Singh revived rivers and groundwater in Rajasthan through community-led water management, offering sustainable solutions to India's water crisis. These unsung heroes remind us that real nation-building happens beyond headlines.

Spotify

Akshat

Australia clinched the Ashes with a 4-1 victory in Sydney



Australia beat England by five wickets on the final day of the fifth Ashes Test on Thursday, January 8, 2025, wrapping up a 4-1 series victory. The home side secured the series by claiming the first three Tests in Perth, Brisbane, and Adelaide, which lets them keep the Ashes urn until they head back to England in 2027. Australia has totally taken charge in the Ashes, winning the first three Tests, and Mitchell Starc was

named man of the series for his killer bowling stats, taking 31 wickets. Travis Head also stood out, winning the man of the match in Sydney and topping the series with a whopping 629 runs in 10 innings.

Kyrgios will skip singles at the Australian Open



Nick Kyrgios says he's not fit enough to play singles at the Australian Open but will compete in doubles with his Australian mate Thanasi Kokkinakis at Melbourne Park. Kyrgios, who played in the so-called "Battle of the Sexes" exhibition against Aryna Sabalenka last month, had been tipped by local media to receive one

of the three remaining wild-card entries from Tennis Australia. The 40-year-old Wawrinka has already announced that this year will be his final season on tour.

ISL to start from February 14

Sports Minister Mansukh Mandaviya announced that the Indian Super League (ISL), which was on pause due to the lack of a commercial partner, will start on February 14, ending a crisis that paralysed Indian football for close to six months. The ISL, which used to start in September, will feature all 14 clubs, including Mohun Bagan and East Bengal, which were opposed to the financial model suggested by the AIFF. The second division I-League, which was also on pause for the same reason, will be held "around the same time" with all 11 clubs in participation. "There was a lot of speculation regarding ISL but today, government, the football federation, and all 14 clubs, Mohun Bagan and East Bengal included, had a meet.