

आई.एम.एस. टुडे

## IMS. TODAY



**ENVIRONMENT DAY**  
Time to Prevent  
Environmental Degradation  
**P-2**

साक्षात्कार

कथक गति एवं अभिनय का  
सुंदर संगम: डॉ. उमा शर्मा  
**P-3**



EDIT

बुनियादी ढांचे पर साइबर  
हमले का खतरा!  
**P-4**

YOGA DAY

Celebrating the Body  
and Mind Harmony  
**P-8**

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उत्पादन से ज्यादा  
खपत है दूध की ?

आदिल

नई दिल्ली। देश में दूध मिलावट अगर रुक जाए तो न केवल भारतवासियों की सेहत अच्छी होगी बल्कि देश के सात करोड़ डेयरी किसानों को लाभ होगा। कृषि मंत्रालय की वर्ष 2019 की एक रिपोर्ट कहती है कि भारत इस समय हर साल 17 करोड़ टन दूध का उत्पादन कर रहा है। ये आंकड़े देखकर अच्छा तो लगता है लेकिन स्थिति बहुत भयावह है। वास्तविकता तो यह है कि भारत में दूध की खपत तो 64 करोड़ टन सालाना हो रही है, यानि उत्पादन से लगभग 4 गुना ज्यादा। ऐसे में सवाल यह उठता है कि मांग की पूर्ति कैसे और कहाँ से हो रही है। इसका सीधा अर्थ है कि उत्पादन और खपत के बीच खेल चल रहा है। इस खेल में भारतवासियों की सेहत तो बिगड़ ही रही है, किसानों के फायदे को भी चूना लग रहा है।

उल्लेखनीय है कि पिछले 15 वर्षों से भारत दूध उत्पादन के क्षेत्र में सबसे आगे है। सरकार इसे अपनी कामयाबी के तौर पर गिनाती है। उत्तर प्रदेश, गुजरात और पंजाब, ये तीन प्रदेश दूध उत्पादन में सबसे आगे हैं। इस व्यवसाय से देश के सात करोड़ से ज्यादा लोग जुड़े हुए हैं। लेकिन इन्हें दूध की वो कीमत नहीं मिल पा रही जो मिलनी चाहिए, वजह मिलावटखोरी।

अगर मिलावटखोरी पर रोक लगे तो जो दूध 35 रुपए में बिक रहा है उसकी कीमत 50 रुपए के ऊपर होगी, साथ ही लोगों को बिना किसी मिलावट के दूध मिलेगा। वर्ष 2018 में भारतीय पशु कल्याण बोर्ड के सदस्य मोहन सिंह अहलुवालिया देश में बिकने वाले करीब 68 प्रतिशत

**17 करोड़ टन का  
उत्पादन और 64 करोड़  
टन की खपत है भारत में**

दूध और उससे बने उत्पादों को नकली बताया था और कहा कि यह उत्पाद भारतीय खाद्य संरक्षा एवं मानक प्राधिकरण (एफएसएसआई) के मानदंडों पर खरे नहीं उतरते हैं। अहलुवालिया ने दूध और उससे बने वाले उत्पादों में मिलावट की पुष्टि करते हुए कहा था कि सबसे आम मिलावट डिटर्जेंट, कार्टिक सोडा, ग्लूकोज, सफेद पेंट और रिफाइन तेल के रूप में की जाती है।

भारत में सबसे ज्यादा दूध उत्पादन करने वाला राज्य उत्तर प्रदेश है। इस प्रदेश के दुग्ध विकास मंत्री चौ. लक्ष्मीनारायण ने एक कार्यक्रम में दूध की मिलावट को स्वीकारते हुए कहा था कि उत्तर प्रदेश सिंथेटिक (कृत्रिम) दुग्ध उत्पादन में सबसे आगे है। जीवन से खिलवाड़ करने वाले लोगों को ऐसा करने से रोकने के लिए बहुत ही सख्त कानून बनाए जाने की आवश्यकता है। दूध की मिलावट को लेकर कानून तो बने लेकिन इनका पालन सिर्फ कागजों में ही होता है। एडेलवाइस सिक्कुरिटोज की आई ताजा रिपोर्ट के अनुसार, डेयरी क्षेत्र का कारोबार सालाना 15 प्रतिशत की दर से बढ़ता हुआ 2020 तक 9,400 अरब रुपये तक पहुंच जाने की उम्मीद है। मगर इसकी जमीनी हकीकत यह भी है कि भले ही देश का डेयरी उद्योग तेजी से बढ़ रहा है, लेकिन उसकी तुलना में किसानों की आमदनी बढ़ने की बजाए लगातार घट रही है।

Continued on Page 2...

Wrestlers Protest Sheds Light on  
Workplace Harassment Laws in India

Kirti Saini

**New Delhi:** The allegations against Wrestling Federation of India (WFI) President and Member of Parliament Brij Bhushan Singh by India's illustrious wrestlers sent shockwaves across the country. It is a matter of shame that the ones affected had to sit on protests to make their demands heard by the Delhi police and administration. It took a petition filed in the Supreme Court to ensure the filing of an FIR against Singh.

As per the law, an FIR is registered at the intimation of a cognizable offense. What does then explain the criminal dereliction of duties by the Delhi police in its delay and resistance to file the said FIR? Protesting wrestlers had to

## What does the POSH Act Guarantee?

The Act requires any company with a workforce of more than ten people to set up an ICC, including a senior women employee, at least two other employees, and a member of an NGO experienced in dealing with harassment cases. Additionally, every district requires the setting up of a local committee to receive complaints from women in the informal sector. Under the Act, any woman can file a written complaint with the ICC within 3-6 months of the incident. The issue could be resolved with conciliation, or the committee can further initiate an inquiry and suggest further redressals based on its findings. Women can also lodge complaints using an online complaint platform, Sexual Harassment Electronic-Box (SHEBox).

announce that they will throw their medals into the Ganga River in Haridwar. The incident points toward a definitive conclusion that even 25 years after India got its first guidelines against workplace sexual harassment



number of women participating in the workforce. An important question that follows this surge is that as Indian women take up their rightful space in the workforce, has the government and law put in place mechanisms to ensure their dignity and bodily integrity? Or are these women still fighting for safety in a man's world?

A decade after the formation of the Workplace (Prevention, Prohibition, and Redressal) Act, 2013 (PoSH), a bench of the Supreme Court in May this year remarked that there were serious lapses in the implementation of the law. The Supreme Court, in its order, pointed out an investigation by Indian...

Continued on Page 2...

## ...But What Actions have Followed?

On paper, laws in India against workplace sexual harassment are revolutionary and sound. However, everything falls short when it comes to proper implementation. A survey conducted in Mumbai by Economics and Political Weekly showed little to no adherence to POSH and a severe lack of complaints committees in organizations. Moreover, in places where complaints committees did exist, the environment was hostile toward victims and grossly inconducive for reporting any offense.

Additionally, there are very few publicly available sources of data to check the efficacy of the law. The Government mentioned in the Parliament in 2019 that it keeps no records of cases relating to workplace sexual harassment. During the acquittal of Journalist Priya Ramani in a defamation suit filed by MJ Akbar, the court mentioned that Ramani had no avenues to seek relief in 1993 because the first guidelines to deal with workplace harassment were implemented in 1997 and even later in the form of a law. However, even after a decade of POSH, the Government has yet to publish any credible data on the efficacy of the law and the committees constituted under it.

Matters are much worse for the women working in the informal sector who depend on a local complaints committee housed in their district. Gross negligence and low compliance mean just 29% of districts have such committees. With over 80% of women working in the informal sector, this is an indefensible gap.

Such hostile and unsafe work environments are undoubtedly one of the very reasons why women's participation in the country's labor force is not just one of the worst in the world but is also on the road to constant decline.

## 32 More French language Labs to Open in Delhi Govt. Schools

IMS News Service

**NEW DELHI:** French language labs will be set up in 33 Delhi government schools where students will learn the language and about Francophone culture.

One of the labs was opened recently in a School of Specialized Excellence in Sector 17, Rohini. The language will be taught to students of Classes VI-X in 33 schools, all affiliated with the Delhi Board of School



Education (DBSE). The education department has tied up with the French Institute of India, which has developed the teaching modules. The new lab has been started by the

French Institute and its CSR partners- Hero MotoCorp and Franco-Indian Education Trust (FIET).

The project will cater to over 3,000 students. So far, 12

teachers have also been trained in linguistic and pedagogical skills. These language labs will have audio-visual material with a wide variety of French content. Teaching foreign languages to students in Delhi government schools was one of the budget announcements this year. "As someone who believes that learning a foreign language can broaden one's perspective and promote cross-cultural understanding,

Continued on Page 2...

UGC Launches New  
User-Friendly Website  
and Two Portals

IMS News Service

**NEW DELHI:** In an effort to transform higher education in India, the University Grants Commission (UGC) launched a newly designed website and portals.

The decision has been taken to support and facilitate higher educational institutions such as universities and colleges, enabling them to focus on imparting quality education to the younger generation. The decision aims to enhance the educational experience and ensure that students receive a high standard of education that prepares them for the future.

Speaking to ANI, M Jagadesh Kumar said, "UGC has redesigned the website to make it more user-friendly, informative, and dynamic. All information is categorized as per the type of stakeholders, such as students, faculty, and Universities. It helps to ease in getting information".

Along with a redesigned website, UG will launch two new portals, 'UTSAH' and 'Professor of Practice'. The Undertaking Transformative Strategies and Actions in Higher Education (UTSAH) portal will serve as a platform providing detailed information about UGC's initiatives for qualitative reforms in higher education.

The Professors of Practice (PoP) portal is designed to facilitate institutions to get experienced professional experts in the required area.

"The experts in any discipline can register with an email ID and mobile number. Then, they can log in and fill the profile with detailed information such as the domain of expertise, years of work experience, location, type of engagement, expectations, etc. Universities and institutions can register on this Portal, upload the advertisement for the appointment of PoP with the required number of posts and domain.

Education System is Focusing on Three  
Pillars of Knowledge, Skills and Value

Diksha Benipuri

**S**ustainability is the key to future. The United Nations General Assembly in 2015 formulated 17 Sustainable Development Goals (SDGs), also called Global goals, for promoting sustainable development across economic, social, and environmental dimensions. IMS Ghaziabad University Courses Campus has held the International Conference on Sustainable & Innovative Solutions for India @ 75. During the conference many renowned speakers and educationist visited the campus. We got the opportunity to meet Prof. Nageshwar Rao, Vice Chancellor, IGNOU. Below



are the excerpts from the discussion.  
**What are the steps to upgrade the innovation in academic institutions?**

Innovation is something which exists in our mind there are two halves of our brain one is right side and one is left, if you use both judiciously you will get the innovation. In higher education, they emphasize

on the left side brain. However, the focus should be on the right side of the brain which promotes imagination & creativity. If we do that we would automatically get newer ideas and solutions to existing problems.

**According to the new education system what are the challenges faced by the people and how to**

**overcome these challenges?**

Our education system is focusing on three main pillars of knowledge, skills and value. The educational institutions are doing it separately, they are doing it distinctly. Our thrust should be to integrated knowledge, skills and values. When all three things are integrated then we can have an employable graduate, only the knowledge part does not qualify you for graduating, all the three ingredients are important. What education system do, they put skills and values as an extra appended course. Our main focus should be to bring these three ingredients together and forms a new curriculum, then only we will get the

desired results in this direction.

**How national education policy promotes innovation in our country?**

The basic tenets of NEP are to focus on Innovation and research system, which are being promoted in our policy documents. In case of research there should be more focus on patents and in case of innovation there should be four credit courses. They may make use of the right side of the brain for generating & promoting new ideas. And we must also see the feasibility for its implementation because innovation is going all over the globe but proper implementation & monitoring will bring in desired results.



The Web Explorer’s Guide

Kirti Saini

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

Social media genie is out of the bottle by Vikram Patel



**Where to read: Indian Express Official Website**  
Why read: In an age where social media dominates our lives, every student must grasp the consequences. Vikram Patel's piece in the Indian Express, "Social media genie is out of the bottle, and we are all trapped," uncovers its dark side. It exposes how hate thrives, and our sensitivity dwindles. Moreover, Patel reveals that democracy itself is at stake, as it demands dialogue, respect, and compromise on divisive issues. By reading this, you can gain insights into navigating the treacherous digital landscape, fostering responsible communication, critical thinking, and active citizenship. It's a compelling invitation to shape a better, more inclusive online world.

Terrible, Thanks For Asking by Nora McNerny



**Where to listen: Spotify, Apple Podcasts**  
Why listen: Discover the transformative impact of Nora McNerny's podcast, "Terrible, Thanks For Asking." McNerny effortlessly dives deep into the human experience in just a few episodes, exploring grief, loss, and the struggles we often hide. Through raw and honest storytelling, she unravels the complexities of life, offering solace and understanding. This podcast is a powerful reminder for students that everyone faces hardships, encouraging empathy, compassion, and mental health awareness.

Time to Prevent Environmental Degradation ‘Let’s Nurture Nature so that We can have Better Future’

Avni Tyagi

**New Delhi:** All the living and non-living elements and their effects that influence human life is environment. It includes physical, chemical, and other natural forces. Living things live in their environment.

The water we drink, the food we have and the air we breathe is environment. Environment mainly consists of atmosphere, hydrosphere,

lithosphere and biosphere.

The environment gives us a lot but we humans are disturbing it through our paranormal activities. Environmental degradation is the deterioration of the environment through depletion of resources such as quality of air, water and soil; the destruction of ecosystems; habitat destruction; the extinction of wildlife; and pollution. India's population growth adds pressure to



environmental issues and its resources. India has major

water pollution issues. According to a World Health

Organization study, out of India's 3,119 towns and cities, just 209 had partial sewage treatment facilities. Environmental degradation can lead to compaction, which reduces the amount of air and water that can be held in the soil. Finally, it can lead to a decrease in organic matter, which affects the ability of the soil to retain nutrients and water and to support plant growth. In addition to improving soil

health, regenerative farming also works to restore biodiversity by increasing the number of beneficial insects, birds, and other wildlife.

This helps to create a more balanced ecosystem that can better resist pests and diseases. Planting trees is an effective way to prevent environmental degradation. Trees absorb carbon dioxide and other pollutants from the air, helping to reduce air pollution.

Program on National Security Organized



IMS News Service

**Ghaziabad:** A program on national security was organized by Ghaziabad Management Association and Rotary Club, Sahibabad at ABES Engineering College, Ghaziabad.

The program was called “A Million Mile Heist”. In this program, the moves of China to capture land in the North east and via sea through moves of encroaching on areas of South China Seas.

The program was inaugurated by Gen. V. K. Singh (Retd.) PVSM, AVSM, YSM, ADC, M.o.S. for Ministry of Civil Aviation; and for Ministry of Road Transport and Highways. While inaugurating, General



Singh emphasized that the topic was of paramount importance as the national security is directly linked to economic security of the country.

The expert speakers were Mr. Dinker Peri of the Hindu, an expert on LAC status and activities thereon and Dr. Pooja Bhatt, an expert on South China Sea and NDL. Both the speakers explained in detail about the attempts being made by

China, our actions thereon and the implications of such encroachment, if successfully made. The program was attended by about 50 members of GMA and Rotary and about 150 students of final year engineering and management courses. The address was eye opening and generated quite a good amount of interactions with the speakers. Some photographs are as under:

Annual Technical Paper Presentation Contest Organized at National Level

IMS News Service

**Ghaziabad:** Thirteenth edition of SCROLLS, the Annual Technical Paper Presentation Contest was organized at national level by AKGEC in association with Ghaziabad Management Association GMA.

Like every year, the event provided a platform to budding engineers and management professionals to channelize their talent into creativity and give their



imagination in 6 domains, i.e. Computer Science and Information Technology, Electronics and Communication Technology, Electrical and Electronics

Engineering, Mechanical Engineering, Civil Engineering and Management Sciences. The inauguration ceremony was graced by Chief Guest Mr.



S.K. Tiwari, Sr. Vice President GMA, General Manager (operations)-Godfrey Phillips India Ltd., Dr. R.K. Agarwal, Director General, AKGEC, Sh. Vinay Gupta, Executive Director GMA, HODs,

Deans, Professor and senior faculty members. The chief guest also highlighted the need for innovation and creativity amongst students and the importance of events such as SCROLLS in

inculcating technical as well as oratory skills in the student community.

This edition witnessed an impressive registration of around 689 participants, with 206 teams formed and the synopses submitted initially covering 6 domains, of which 77 were selected for final presentation on 5th May, 2023. An amount of Rs. 72,000 was disbursed among the first, second, and third winners of each of the 6 domains.

Workshop on Self Transformation through Mind Management



IMS News Service

**Ghaziabad:** Ghaziabad Management Association organized a workshop on Self Transformation through Mind Management at Ajay Kumar Garg Institute of Management, Ghaziabad. The facilitator was Dr. Pradeep Saxena, of Hens Berger Centre for Mind Management & Growth, Lucknow.

Dr. Saxena observed that our mind is the singular most important factor determining the quality of our life. It has the potential of being our greatest comrade or our worst adversary.

If we succeed in controlling our mind, it becomes our best ally, but if we permit it to run amuck, it steals our inner peace and undermines all productive endeavors. It is necessary to understand that the internal peace is never a result of external circumstances.

It is a product of purified senses, peaceful mind, and intellect. He explained the portions of mind and how it functions. With many examples, Dr. Saxena explained how we can convert an ugly situation into a pleasant one by regularly training our mind to use the creative portion more than the reactive part.

Continued Page 1...

Wrestler’s Protest Sheds...

Express that found only 16 out of the 30 sports federations at the national level had an internal complaints committee (ICC) mandated under POSH. Notably, this is not the first time the Apex court has flagged concerns against the proper implementation of POSH. It had to intervene and issue multiple follow-up directions for the due implementation of Vishaka Guidelines since 1997.

How were the Vishaka Guidelines and POSH Act formed? In September 1992, Bhanwari Devi, a Saathin (friend) associated with the Women's Development Project of the Rajasthan government, was gang-raped by five men.

Her fault: She tried to prevent the marriage of a one-year-old girl as part of a campaign dedicated to bringing reforms against the practice of child marriage. At the onset, her courage was honored with a social boycott. When that didn't work, she was raped by five men in front of her husband.

In 1992, the sessions and district court dismissed her case, acquitting all five men. After that, however, a country-wide network of women's organizations supported Devi's case. The movement, led by activists from Rajasthan, recognized that Devi was attacked and raped at what was essentially her workplace. Due to a lack of any law that dealt with such incidents, four organizations filed a public interest litigation (PIL) with the Supreme Court. As a result, the Court laid down the Vishaka guidelines to fill this statutory vacuum and directed all workplaces in the country to follow them strictly.

Following the order in December 2013, the government enforced the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act. The Act superseded the Vishaka guidelines, preserved its essence, and

added additional provisions like setting up an ICC. Reforms are essential.

The existing legal frameworks around workplace harassment are far from protecting women. At their best, they can address the grievances of women who work in the formal sector. Justice is, however, a distant dream for women working in the informal sector. Even where committees are present in the formal sector, the institutional process is unclear. A stark example of this is when a woman working in the office of former CJI Ranjan Gogoi went ahead to lodge a complaint against him; it stirred confusion as to who should investigate the allegations. Another critical concern is the lack of accountability in the law.

The act does not mention who is responsible for ensuring that proper guidelines are followed in the workplace. In cases of sexual harassment, an absence of evidence is not an absence of crime. But, in many cases, courts have been relentlessly unaccepting of this gap. As a result, women have been penalized and lost their jobs. Women are generally believed to not complain about sexual harassment offenses, and such incomplete redressal mechanisms only make them more vulnerable. Therefore, at the onset, initial measures for safe workplace environments like providing a women-friendly infrastructure, constituting ICCs, and spreading awareness about the Act need to be implemented. Then, medium-term goals like increasing the participation of women workforce and providing them incentives like maternity and paid menstrual leave can follow. Additionally, it is also essential to address the shortcoming of POSH and make it more gender-neutral and queer-friendly.

However, in the long term, the only way to combat sexual harassment against women is to address the deep-seated structural barriers that put women in disadvantaged positions. Unless the sociocultural and economic structure of society changes to eliminate the roots of violence and crime, things

will not change.

उत्पादन से ज्यादा खपत है दूध की ?

देश में मिलावटी दूध और जो उत्पाद बन रहे है उसके लिए सरकार जिम्मेदार है। अगर उपभोक्ता को मिलावटी दूध से बचना है तो ऐसे किसानों को देखे जो वाक्य दूध में मिलावट न कर रहे हो उन्हें बिचौलियों से बचना होगा। दूध की नदियां बहने वाले भारत देश में दूध उत्पादन कागजों में दिनों-दिन बढ़ है लेकिन अगर प्रति व्यक्ति दूध उपलब्धता की बात की जाए तो एक आदमी को पच्चा भर भी दूध नहीं मिलता है और जितना मिलता है वो भी नकली। मिलावट एक बहुत बड़ा मुद्दा है लेकिन किसी भी सरकार का इस पर ध्यान नहीं जाता है। देश में जितना दूध का उत्पादन हो रहा है उतने पशु ही नहीं बचे है। जो है उनकी दूध उत्पादन क्षमता काफी कम है। किसान जो अभी दूध की दामों को लेकर आंदोलन करते हैं वो अपने आप कम हो जाएंगे। अगर सरकार मिलावटी दूध और उससे बने उत्पादों कड़ाई से रोक लगाए क्योंकि उन्हें लागत के मुताबिक दाम मिलने लगेगा।

32 More French...

I am thrilled to see the 'French for All, French for a Better Future' project come to fruition," the country director of the French Institute of India, Emmanuel Lebrun-Damiens, said. "We aim to make learning French easier for students from different sections of society and to promote skill development and better employment opportunities." One of the objectives of the initiative is to highlight the interdisciplinary connection of the language and arts, furthering interest in engaging with French language and culture. The director of Directorate of Education, Himanshu Gupta, expressed happiness and said the labs will now help students learn the language like in any private school. Prashant K Lahoti, the managing trustee of the Franco Indian Education Trust, said: "We will set up more French language labs soon. These will open doors for more students to explore the French language and get access to the best educational institutions in France."





## विश्वविद्यालयों की खबरें

### इग्नू में शैक्षणिक सत्र 2023-24 के लिए प्रवेश शुरू

**इंदिरा** गांधी राष्ट्रीय मुक्त विश्वविद्यालय (IGNOU) ने सोमवार को शैक्षणिक वर्ष 2023-24 के लिए स्नातक, स्नातकोत्तर और अन्य कार्यक्रमों में नामांकन के लिए नए सत्र से प्रवेश प्रक्रिया शुरू कर दी। विश्वविद्यालय के एक अधिकारी ने यह जानकारी दी। अधिकारी ने बताया कि इग्नू में विभिन्न कार्यक्रमों के लिए आवेदन करने की अंतिम तिथि 30 जून रखी गई।

### उप्र में कॉपी नहीं, टैबलेट पर परीक्षा देंगे छात्र ?

**चौधरी** चरणसिंह विश्वविद्यालय का कहना है कि सब कुछ सही रहा तो विद्यार्थी कॉपी नहीं, बल्कि टैबलेट पर पेपर देंगे। छात्रों के परीक्षा देने के तीन दिन के भीतर परिणाम भी आ जाएगा। प्रवेश से परिणाम तक की पूरी प्रक्रिया ऑटोमेटिड होगी। छात्रों की बॉयोमेट्रिक उपस्थिति होगी और 75 प्रतिशत से कम उपस्थिति वाले छात्र परीक्षा फॉर्म नहीं भर सकेंगे। विश्वविद्यालय कैपस में कुलपति प्रो. संगीता शुक्ला, सहित विभिन्न अधिकारियों के सामने एक निजी कंपनी ने अपना प्रेजेंटेशन प्रस्तुत करने के दौरान ऐसे ही दावे किए। कंपनी ने विश्वविद्यालय की समस्त प्रक्रिया को ऑनलाइन करने के प्रस्ताव प्रदर्शित किया।

### कानपुर विवि के छात्र अब रूस में करेंगे पढ़ाई

**छत्रपति** शाहूजी महाराज विश्वविद्यालय कानपुर के छात्र-छात्राओं को अब रूस में पढ़ाई और शोध करने का मौका मिलेगा। इसके अलावा रूस के पेस्ट्रोजाबोस्क स्टेट यूनिवर्सिटी से के बीच हाल ही में एक ऑनलाइन एमओयू हस्ताक्षर हुए। कानपुर विश्वविद्यालय का यह पहला समझौता है, जिसमें सीएफ़डजीएमयू ने रूस की पेस्ट्रोजाबोस्क स्टेट यूनिवर्सिटी से समझौता किया है। दोनों के एमओयू साइन करने के बाद एक ऑनलाइन बैठक कर शिक्षा की गुणवत्ता सुधारने और अत्याधुनिक रिसर्च के लिए रणनीति तैयार करने पर विचार विमर्श हुआ।

### यूजीसी की वेबसाइट अब उत्साह पोर्टल

**यूजीसी** वेबसाइट अब उत्साह पोर्टल के नाम से जानी जाएगी। उत्साह पोर्टल के जरिए नई शिक्षा निति 2020 की सिफारिशों के बारे में बारे में विस्तारपूर्वक जानकारी साझा की जाएगी। इसके तहत योजनाओं के क्रियान्वयन से लागू करने की जानकारी दी जाएगी। उत्साह पोर्टल की लॉन्चिंग यूजीसी के चेयरमैन प्रोफेसर एम जगदीश ने की। यूजीसी चेयरमैन ने बताया कि उत्साह पोर्टल शुरू होने के बाद अर्थव्यर्थियों को विश्वविद्यालय में होने वाली भर्ती की प्रक्रिया से लेकर शिक्षा से जुड़ी जानकारीयां उपलब्ध कराई जाएंगी।

### अब दूसरे संस्थान में हो सकेगा स्थानांतरण

**राष्ट्रीय** शैक्षिक नीति (एनईपी) 2020 के प्रावधानों के तहत अब पाठ्यक्रम के बीच में छात्रों का एक से दूसरे संस्थान में स्थानांतरण हो सकेगा। कुछ शर्तों का पालन करके छात्र एक कोर्स की पढ़ाई एक से ज्यादा संस्थानों में कर सकेंगे। लखनऊ विश्व विद्यालय में एकेडमिक बैक फॉर कॉलेज एंड यूनिवर्सिटी स्टूडेंट्स (एबेकस) की नीति बन चुकी है। नए सत्र से इसे लागू करने की तैयारी है। विवि के प्रवक्ता डॉ. दुर्गेश श्रीवास्तव ने बताया कि अकादमिक लचीलेपन की अनुमति देने के लिए कुलपति प्रो. आलोक कुमार राय ने चार सदस्यीय कमेटी बनाई थी। इसमें सदस्य सचिव के रूप में प्रो. पुनम टंडन (डीन एकेडमिक्स), प्रो. अरविंद अवस्थी (डीन आर्ट्स), प्रो. अवधेश कुमार (डीन सीडीसी), प्रो. विनीता प्रकाश (प्रिंसिपल, (आईटी कॉलेज) प्रो. डीके सिंह (प्रिंसिपल, नेशनल पीजी कॉलेज) शामिल हैं। समिति ने नीति लागू करने की सिफारिशें दी हैं। इन्हें पुरा करने के लिए छात्र कोर्स के बीच में ही एक से दूसरे संस्थान में जा सकेंगे। इसके लिए अबेकस-यूपी पर पंजीकरण अनिवार्य होगा।

## Sudoku

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# स्कूलों में यौन जागरूकता अत्यंत आवश्यक

संजना प्रभा

**नई दिल्ली।** बच्चों उत्सुकता होती है नई-नई बातों को जानने की। हमारे समाज का तानाबाना कुछ ऐसा है कि आज भी कई निजी बातें होती हैं जिन पर बहुत खुलकर बातचीत नहीं होती है। ऐसा ही एक विषय है यौन शिक्षा। आज किशोरावस्था में यौन संबंधी जानकारी न होने के चलते बच्चे कई बार गलतियां कर बैठते हैं। यौन शिक्षा के तहत आज किशोरावस्था में यौवन मासिक धर्म, गर्भ निरोधकों यौन हिंसा रोकथाम और शरीर की छवि के बारे में समुचित जानकारी प्रदान करना जरूरी हो गया है। पर लोग इसे गलत तरीके से लेते हैं।

समाज में लोग यौन शिक्षा या उससे जुड़ी हुए बातों को समाजिक जगहों पर पृष्ठना या बताना सही नहीं समझते। यही कारण है कि बार बच्चे उन बातों को जानने के लिए नई नई स्रोत का इस्तेमाल करते हैं जहां पर उनको आधी-अधुरी जानकारी मिलती है अथवा उनको दिग्भ्रमित कर दिया जाता है। इसका खामियाजा हमें समाजिक रूप से भुगतना पड़ता है। परिणामस्वरूप हमें बच्चों के खिलाफ अपराध में इजाफा देखने को मिलता है। -

वास्तव में वर्ष 2021 में 33,348 अपराध के मामले देखने को मिले जो की यौन शिक्षा के अभाव में बच्चों के द्वारा किये गए। हाल में ही यूनाइटेड नेशंस इंटरनेशनल चिल्ड्रेंस फंड (UNICEF) और प्रयास (NGO) के द्वारा लगभग 13000 लोगों के ऊपर किया गया। उसमें से 53% लोगों का मानना था कि बचपन में किसी न किसी तरीके से उनका यौन शोषण हुआ। उस वक़्त उन्हें पता नहीं था कि जो उनके साथ हो रहा है, वह अपराध अथवा शोषण है। उस वक़्त उन्होंने उस अपराध को सहा जिसका दुष्परिणाम



अब उन्हें मानसिक तौर पर झेलना पड़ रहा है'

गौरतलब है कि कुछ दिन पहले एक डरा देने वाली घटना हमें देखने को मिली। जिसमें महाराष्ट्र के ठाणे जिले के रहने वाले एक 30 वर्ष के व्यक्ति ने अपनी नाबालिक बहन की हत्या कर दी। लड़की के कपड़ों पर मासिक धर्म (periods blood) के खून निशान थे। भाई को, उन्हें देखकर बहन के यौन संबंध (physical relation) का शक हो गया था। इसी शक के आधार पर उसने अपनी बहन की हत्या कर दी। रिपोर्ट की मुताबिक लड़की को पीरियड्स के बारे में नहीं पता था, नहीं पता था कि ये उसके बाएं में नहीं पता था, नहीं पता था उससे शक के आधार पर जब सवाल किये तो वो जबाब नहीं दे पाई। इसी तरह हमें यौन शिक्षा के अभाव के कारण बार बार इस तरह की घटनाएं देखने को मिलती हैं।

भारत के प्राचीन काल के किताबों में यौन शिक्षा से संबंधित बातों का उल्लेख - 'कामसूत्र'

महर्षि वात्स्यायन द्वारा रचित भारत का एक प्राचीन कामशास्त्र ग्रंथ है। यह ग्रंथ कामुकता को आध्यात्मिकता से जोड़ता है। यह विश्व की प्रथम यौन संहिता है। रतिरहस्य जो की आचार्य कोक्कोक द्वारा रचित है। यह कामसूत्र के बाद दूसरा कामशास्त्रीय ग्रंथ है। प्राचीन समय में इस विषय के उपर ग्रंथ और किताबें लिखी गई हैं।

### विद्यालयों में यौन शिक्षा से संबंधित विषयों की जरूरत

आज के युग में बच्चों को यौन शिक्षा से संबंधित विषय की जरूरत है क्योंकि उनके पास आज जो ज्ञान है वह अधूरा अथवा गलत है। जैसे-जैसे बच्चे बड़े होते हैं, वैसे वैसे उनके शरीर में जो बदलाव आता है, उसे वे समझ नहीं नहीं पाते।

और ऐसा नहीं है की एक उम्र से शुरू करके एक उम्र तक ही यह शिक्षा दी जाय। पर हाँ जब हम इसे स्कूल में एक विषय के तौर पर लाने की

बात करते हैं तो हम बच्चों को उनके उम्र से अनुसार वे जितना समझ सकते हैं, वैसे बातें बताने की कोशिश करनी चाहिए जैसे-

- 6 वर्ष- 10 वर्ष के बच्चों को यह बताना कि एक अच्छा स्पर्श और एक बुरा स्पर्श क्या है?
- 11 वर्ष- 15 वर्ष के बच्चों को बताना की सुरक्षित यौन संबंध क्या है? किसी की गलत तस्वीर को इंटरनेट पर ना फैलाना, इंटरनेट पर गलत चीजों को ना देखना
- 15 वर्ष के उम्र के बाद बच्चे इतने बड़े हो जाते हैं कि वे उन बातों को अच्छे तरीके से समझ सके, तो उसके बाद इस विषय में उनसे सारी तरह की बातें बताना।
- जैसे जैसे उम्र बढ़े उसके अनुसार उन्हें, वे सब बातें बताई जाएं जो की उनके जानने के लायक हों। ताकि वह अपने शरीर में हो रहे बदलवों को अच्छे से समझ पाएं और उनके मानसिक स्वास्थ्य में उसका प्रभाव ना पड़े।

# कथक गति एवं अभिनय का सुंदर संगमः डॉ. उमा शर्मा

खुशी वाण्य

**गाज़ियाबाद।** नृत्य एक कला है जो हमें स्वतंत्र और खुद्वार बनाती है।भारत में शास्त्रीय और लोकनृत्य की शानदार परंपरा रही है। ऐसे ही शास्त्रीय नृत्यों में एक प्रमुख नृत्य है कथक। कथक में गति, अंग और अभिनय का सुंदर संगम है। इस नृत्य को देश की प्रतिष्ठित नृत्य परंपराओं में से एक माना जाता है। आईएमएस गाज़ियाबाद (यूनिवर्सिटी कोर्सेस कैंपस) में विशेष कार्यक्रम के दौरान पद्म भूषण विजेता एवं सुप्रसिद्ध कथक नृत्यांगना और कोरियोग्राफर डॉ उमा शर्मा से भेंट हुई। इस दौरान उनसे कथक नृत्य एवं उनके दौरान उनके जीवन, परिवार और उनके गुरु के बारे में विस्तार से वार्ता हुई। प्रस्तुत है बातचीत के प्रमुख अंशः

**आपको कथक नृत्य करने का जुनून कैसे आया, आपको कैसे पता चला कि आपको कथक नृत्यांगना बनना है। आपका नृत्य का सफर कैसे शुरू हुआ ?**

मुझे बचपन से ही संगीत और नृत्य का बहुत शौक था। पहले लता मंगेशकर के फिल्मी गाने गाया करती थी और उसके बाद नृत्य को चुना। चूँकि मेरे पिता जी ने दिल्ली में एक स्कूल खोल दिया इसलिए मेरी नृत्य

में मेरी दिलचस्पी बढ़ गई।

मेरे अभिभावकों ने मेरा हमेशा साथ दिया। उन्होंने कभी नृत्य या संगीत से कोई आपत्ति नहीं दिखाई। धीरे-धीरे मैं इसमें रमती गई और मैंने कथक को पूरी तरह से अपना लिया। हालाँकि यह भी सच है कि उस वक्त दिल्ली में कथक बहुत प्रसिद्ध भी था, ज़्यादातर लोग कथक ही सीखते थे।

**आपको नृत्य की ओर प्रेरित किसने किया और उसका आप पर क्या प्रभाव पड़ा ?**

मुझे प्रेरणा कई कलाकारों से मिली। ये ऐसे कलाकार थे जो दिल्ली में अपनी कला का प्रदर्शन करने आते थे जैसे कि उदय शंकर, राम गोपाल और तारा चौधरी। ये सब अपने समय के बहुत प्रसिद्ध और रचनात्मक कलाकार थे। हालाँकि आजकल की युवा पीढ़ी इन्हें शायद ही जानती होगी। मैं अपने अभिभावक का शुक्रिया अदा करना चाहूँगी कि उन्होंने ने हमें यह देखने का सुअवसर दिया। हम इन कलाकारों के हर कार्यक्रम को देखने जरूर जाते थे। ये सभी उम्दा कलाकार थे जिन्हें देख-देख कर मुझे प्रेरणा मिली।

**अगर किसी को आपसे कथक नृत्य सीखना हो तो वह कैसे सीखे ?**

मैं आज तक कथक के इर्द-गिर्द घूम रही हूँ और कथक मेरे इर्द गिर्द



## Dr. Uma Sharma INTERVIEW of the Month

घूम रहा है। मुझे ये बताते हुए अच्छा लग रहा है कि मैंनेउन बच्चों के लिए जो अपने मन और लगन से कथक सीखना चाहते हैं तो उनके लिए मैंने दिल्ली में डांस

एकेडमी खोली है। एकेडमी का नाम है भारतीयसंगीत सदन जिसे उमा शर्मा स्कूल ऑफ़ डांस एंड म्यूज़िक के नाम से भी जाना जाता है।

**हर व्यक्ति के जीवन में गुरु का**

**महत्व होता है। गुरु ही हमें सही राह दिखाते हैं।आपके गुरु कौन हैं और आपके अनुसार हम सब के जीवन में गुरु का क्या महत्व है ?**

**गुरु बिन कैसे गुरु आवे**

**गुरु ना माने तो गुरु नहीं आवे**

गुरु ही हमें रास्ता दिखाता है। गुरु के बिना शिक्षा लिए कोई भी इल्म को नहीं प्राप्त की। गुरु मार्गदर्शन करता है। मेरे दो गुरु थे जिनसे मुझे सब कुछ सीखने को मिला चाहें वो इल्म हो या नृत्य। शंभू महाराज मेरे लखनऊ घराने के गुरु थे और सुंदर प्रसाद मेरे जयपुर घराने के गुरु थे। मैं उनकी अनुमति और आज्ञा के बिना कही नृत्य प्रस्तुति

नहीं करती थी। मैं एक गुरु के पास से निकलती थी फिर दूसरे के पास चली जाती थी।

**कथक के बारे में युवा पीढ़ी बहुत कम जानती है।कथक में कई घराने भी होते हैं। वे एक दूसरे से कैसे अलग होते हैं ?**

आज की युवा पीढ़ी वेस्टर्न डांस फॉर्म को अपनाना ज्यादा पसंद करती है लेकिन हमारे सांस्कृतिक प्रतिष्ठान हमेशा सबसे अलग और महत्वपूर्ण हैं। ये नृत्य भारतीय वास्तुकला, संगीत और कविता के साथ गहरा संबंध रखते हैं। कथक नृत्य में अभिनय की गहराई होती है और इसे एकांकी कला (वन-एक्ट प्ले) का माध्यम माना जाता है।

कथक में कुल दो घराने होते हैं। एक है लखनऊ घराना और दूसरा है जयपुर घराना। ये दोनों ही एक दूसरे से अलग हैं। मैं दोनों घरानों के साथ में किया करती थी। पहले एक में जाती थी और फिर दूसरे। मेरे पैर में 6-7 घंटे घुंघरू लगातार बंधे रहते थे। जयपुर घराने के कवित बहुत मशहूर थे और लखनऊ घराने की दुमरिया बहुत प्रसिद्ध थी। इन दोनों घरानों से कथक नृत्य सीख कर मैंने अपना जीवन यापन किया। जिसकी वजह से मैं कथक के इर्द-गिर्द घूमती रहती हूँ और कथक मेरे।

## Tips for Mental Health



Aadil

**M**ore than 50% people in the world are struggling with the mental illness or mental health issues. 1 in 5 young people (age 13-18) has or will develop a mental illness in his/her lifetime. Youth depression rates have risen from 12.9% to 25.2% from pre-pandemic to 2021.

### Some Mental health tips for student

- \* Get regular exercise and enough sleep
- \* Invest your time on yourself
- \* Calm your mind
- \* Start valuing yourself
- \* Never compare yourself with others
- \* Set realistic goals
- \* Learn to deal with stress
- \* Accept yourself
- \* Always say 'you are the best'
- \* Talk a little nicer to yourself
- \* Always do meditation

## Knowledge



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

- Which of the following is NOT correct about an elastic collision?
  - Linear momentum is conserved
  - Kinetic energy is conserved
  - Total energy is conserved
  - Some or all the forces involved may be non-conservative in nature
- What is the absolute unit of power in C.G.S system?
  - Dyne
  - Erg
  - Watt
  - Erg/s

- What is the measure of the response of the ear to the sound known as?
  - Pitch
  - Intensity
  - Loudness
  - Amplitude
- Which of the following is correct about the properties of Sound waves?
  - Sound waves are longitudinal waves
  - Sound waves are transverse waves
  - Sound waves are both longitudinal and transverse
  - None of the above
- What is the work done to move a unit charge from

## Solve Quiz No. 104

## For Students



- point to another called as?
  - Current
  - Resistance
  - Conductance
  - Potential Difference
- What is the susceptibility of a diamagnetic material?
  - Positive and small
  - Positive and large
  - Negative
  - None of the above
- Which of the following diodes is mostly commonly used as a voltage regulator?
  - LED
  - Varactor diode
  - Shockley diode
  - Zener diode
- What is the charge of a p-type semiconductor?
  - Positive
  - Negative
  - Neutral
  - None of the above
- Which of these is an acceptor impurity?
  - Phosphorus
  - Arsenic
  - Antimony
  - Indium
- What happens to the resistance of a p-n junction diode when forward biased?
  - It becomes high
  - It becomes low
  - No effect
  - It becomes zero

### Participation format

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

### Answers (QUIZ-103) May, 2023 issue:

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

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



## भारतीय संस्कृति का प्रतिरूप है सेंगोल

संसद के नए भवन में स्थापित 'सेंगोल' के इतिहास को जहां कांग्रेस ने 'वाट्सप विश्वविद्यालय' की उलटि बताकर फर्जी, तो एक राजनैतिक दलों ने वैदिक मंत्रों के साथ राजदंड की स्थापना 'देश को पीछे धकेलने वाला' बताया। विभिन्न दल ने सेंगोल को भयंकरालीन सामंतवादी व्यवस्था, ब्राह्मणवादी आधिपत्य का प्रतीक कह दिया। इसके मुख्य दो कारण हैं। पहला, प्रधानमंत्री मोदी के प्रति विरोधी दलों की घृणा और दूसरा, सत्ता-हस्तांतरण हेतु 'सेंगोल' की महत्वपूर्ण भूमिका और उसका गौरवशाली इतिहास। 'सेंगोल' परंपरा समाज में मिथकों पर आधारित कई वैचारिक अधिष्ठानों को ध्वस्त करती है। अंग्रेजों ने भारत में अपने शासन को दायित्व बनाने हेतु कई कमजोर कड़ियों पर काम करते हुए विभाजनकारी नैरेटिव स्थापित किए थे। इसी में फर्जी 'आर्य आक्रमण सिद्धांत' के आधार पर 'दक्षिण भारत बनाम उत्तर भारत' और हिंदू समाज को कमजोर करने हेतु 'ब्राह्मण बनाम गैर-ब्राह्मण' का दूषित नैरेटिव भी शामिल था। स्वतंत्र भारत के प्रारंभिक नेतृत्व को अंग्रेजों की कुटिलता से छुटकारा पाने ला चाहिए था, परंतु जिन लोगों के कंधों पर राष्ट्र के पुनर्निर्माण की जिम्मेदारी थी, उनका एक बड़ा वर्ग दुर्भाग्य से उसी औपनिवेशिक शिक्षा पद्धति का उत्पाद था। तत्कालीन सरकारों की अनुकंपा से महत्वपूर्ण पदों पर नियुक्त वामपंथियों ने विप्ले नैरेटिव को 'सेक्युलरवाद' के नाम पर और अधिक मजबूत बना दिया। हिंदू समाज अपने मूल सर्वस्वशेषी और समरसपूर्ण अधिष्ठान को भूल अस्पृश्यता जैसी कुप्रथाओं का शिकार हो गया था। इसके परिणामस्वरूप हेतु समाज के भीतर कई आंदोलन चलाए गए।

'सेंगोल' का संबंध चोल साम्राज्य से है। चोल शासक अपने उत्तराधिकारी को 'सेंगोल' सौंपता था। यह सत्ता हस्तांतरण का प्रतीक था। इसे संपन्न करने का दायित्व शिव के परमभक्त गैर-ब्राह्मण अधीनमों (मठों) पर रहा। 14 अगस्त, 1947 में जिन थिरुवावदुथुरई अधीनम के आशीर्वाद से ब्रितानियों से भारत को सत्ता-हस्तांतरण का संस्कार कराया, वह मठ 16वीं शताब्दी से सेवारत है। गत 28 मई को नए संसद भवन में 'सेंगोल' की विधिवत स्थापना के लिए तमिलनाडु से जिन रस्तो को आमंत्रित किया गया, वे सभी शिवभक्त गैर-ब्राह्मण हैं।

इस परंपरा से स्थापित होता है कि हिंदू संस्कृति में अन्य जातियों की भी बराबर की हिस्सेदारी है। स्पष्ट है कि भारत में जिनके राजनीतिक विमर्श में हिंदुओं को जातियों के नाम पर बांटना है, उनके लिए 'सेंगोल' की अमृतकाल यात्रा और 1947 में तत्कालीन दिल्ली शासन द्वारा अनुष्ठान के लिए तमिलनाडु में गैर-ब्राह्मण अधीनम से सामाजिक-सांस्कृतिक सत्यापन लेना उनके विप्ले एजेंडे के अनुकूल नहीं। ऐसे में उनकी बोखलाहट स्वाभाविक है। नए संसद भवन में स्थापित 'सेंगोल' को स्वतंत्र भारत ने भले ही भुला दिया हो, परंतु 1947 में तत्कालीन राष्ट्रीय-अंतरराष्ट्रीय समाचार पत्रों, कई पुस्तकों और थिरुवावदुथुरई अधीनम के अभिलेखों में स्पष्ट रूप से अंकित है। जो समूह कुतर्क करते हुए भारत को 'एक राष्ट्र' मानने से इनकार करता है और इसके लिए हातमिल/कन्नड़ बनाम संस्कृत/हिंदी और 'दक्षिण बनाम उत्तर भारत' को आधार बनाता है, उसे भी 'सेंगोल' ने आईना दिखाया है। नए संसद के प्रांगण और भीतर वैदिक मंत्रोच्चार के साथ 'सेंगोल' की स्थापना मजहबी नहीं, अपितु अनादिकाल से चली आ रही लोकतांत्रिक, बहुलावादी और पंथनिरपेक्ष भारतीय संस्कृति का प्रतिरूप है। 'सेंगोल' उसी भावना का विस्तार है, जिसके अंतर्गत संविधान की हस्तलिखित मूल प्रतियों में रामायण, महाभारत और वैदिक परंपरा के चित्र बनाए गए। 'सेंगोल' दशार्त्ता है कि शासक, विधि-नियम के अधीन है, तो जनसेवा उसका एकमात्र धर्म। यही नहीं, भारत में पेंगंबर साहब के जीवनकाल में ही अरब के बाहर विजय की पहली मस्जिद 'चेरामन जुम्मा मस्जिद' का निर्माण भी 629 में हिंदू राजा चेरामन पैरुमल भारकर रविर्वर्मा ने कोडुल्लूर (केरल) में कराया था। यह इसलिए संभव हुआ, क्योंकि समावेशी वैदिक दर्शन ने तो असाहिष्णु है और न ही अनिश्चरवादी और संकुचित। वस्तुतः, संसद में 'सेंगोल' के अनुष्ठान का किसी भी प्रकार का हिरोध उसी मानसिकता का विस्तार है, जो प्रभु श्रीराम के व्यक्तित्व और उनके समय बने रामसेतु को काल्पनिक और भारत को सनातन राष्ट्र नहीं, अपितु राज्यों का समूह मात्र मानता है।

## बुनियादी ढांचे पर साइबर हमले का खतरा !

साइबर सुरक्षा आज वैश्विक मुद्दा है। जितनी तीव्र गति से भारत समेत विश्व के विभिन्न देशों में डिजिटलाइजेशन बढ़ रहा है, उतनी ही तेज गति से साइबर हमलों का खतरा मंडरा रहा है। भारत के बुनियादी ढांचे पर साइबर हमले का खतरा बना हुआ है। आज अमेरिका, भारत और ब्राजील साइबर हमलावरों के सीधे निशाने पर हैं। स्वास्थ्य और वित्त क्षेत्र के साथ-साथ विमानन उद्योग, तेल, गैस और ऊर्जा सेक्टर और तकनीकी कंपनियों जैसे मूलभूत ढांचे के महत्वपूर्ण अंगों को साइबर हमलों का निशाना बनाया जा रहा है। हालांकि भारत अपनी साइबर सुरक्षा पर काफी ध्यान दे रहा है, परंतु नवंबर 2022 में जिस तरीके से भारत के सबसे शीर्ष मेडिकल संस्थान-अखिल भारतीय आयुर्विज्ञान संस्थान (एम्स) दिल्ली को निशाना बनाया गया, वह अत्यंत चिंताजनक है। सवाल यह है कि अगर साइबर हमलावर भारत के मूलभूत ढांचे मसलन ऊर्जा आपूर्ति, रेलवे सिग्नलिंग, पीएनजी गैस आपूर्ति, बैंकिंग सिस्टम को हैक कर लेते हैं तो क्या भारत इससे निपटने में सक्षम है? क्या भारत में सूचना तंत्र की सुरक्षा के उपाय अभी भी अपूर्ण हैं? आखिर सरकार को क्या उपाय करना चाहिए ताकि भारत साइबर हमलों का आसान टारगेट न बने?

वर्ष 2022 में भारत के सरकारी संस्थानों पर 82 साइबर हमले हुए। यह आंकड़ा पिछले वर्ष 2021 की तुलना में आठ गुना अधिक है। साइबर हमलों का अध्ययन करने वाली कंपनी क्लाउडसेक की रिपोर्ट के अनुसार भारत में सरकारी संस्थाओं को टारगेट करने वाले साइबर



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हमलों में तीव्र वृद्धि हुई है। 2021 में देश के सार्वजनिक क्षेत्र की संस्थाओं में सिर्फ 11 हमले दर्ज किए गए थे। भारत की कंप्यूटर इमरजेंसी रिसर्प्स टीम (CERT-IN) ने 2022 की अपनी इंडिया रैनसमवेयर रिपोर्ट में कहा था कि भारत में महत्वपूर्ण मूलभूत ढांचे समेत तमाम क्षेत्रों पर रैनसमवेयर के हमलों की संख्या में 51 प्रतिशत की बढ़ोतरी हुई है।

यह विदित है कि एम्स पर जो साइबर हमला हुआ था, उसके चलते एम्स की गतिविधियों पर अत्यंत प्रतिकूल असर पड़ा था। अस्पताल के मुख्य और बैकअप सर्वर में सभी फाइलें करंट हो गई थीं। साइबर हमलावर लगभग 4 करोड़ मरीजों के आंकड़े चुराने में सफल रहे। इसमें बेहद संवेदनशील आंकड़े और मरीजों के मेडिकल रिकॉर्ड भी शामिल हैं। यह भी ज्ञात है कि वर्ष 2021 में अमेरिका की औपनिवेशिक पाइप लाइन में रूसी हमलावरों ने रैनसमवेयर से हमला कर दिया था, उसके बाद वहां अफरा-तफरी मच गई। यह पाइप लाइन छह दिनों के लिए ठप हो गई थी। अमेरिका के 17 राज्यों में गैस की जबर्दस्त किल्लत हो गई। वास्तव में रैनसमवेयर एक तरह का मैलवेयर है जो कंप्यूटर फाइलों, सिस्टम अथवा नेटवर्क को एक्सेस करने से रोकता है। हमलावर इसके माध्यम से पीड़ित पक्ष से अपनी मांगें पूरी करवाता है।

वास्तविकता तो यह है कि विगत कुछ वर्षों में स्वास्थ्य क्षेत्र के मूलभूत ढांचे पर साइबर हमल बढ़े हैं। साइबर हमलों की निगरानी करने वाली आर्टिफिशियल इंटेलिजेंस से जुड़ी कंपनी, क्लाउडसेक का मानना है कि विश्व भर में स्वास्थ्य क्षेत्र पर जो साइबर हमले हो रहे हैं, उनमें भारत का स्थान दूसरा है। वर्ष 2021 में दुनिया में



स्वास्थ्य क्षेत्र पर जो साइबर हमले हुए, उनमें से 7.7 प्रतिशत भारत पर हुए थे। हालांकि साइबर हमलों के मामले में सबसे ज्यादा निशाने पर अमेरिका ही है।

2021 में पूरी दुनिया में स्वास्थ्य क्षेत्र पर हुए साइबर हमलों में से अकेले अमेरिका पर 28 प्रतिशत हमले किए गए। ये दुनिया के तेजी से बढ़ते डिजिटलीकरण का नतीजा है, विशेष रूप से कोविड-19 महामारी के कारण ऐसा हो रहा है। एक अन्य सॉफ्टवेयर सुरक्षा कंपनी इंडसफेस ने कहा कि उसके ग्राहकों पर दस लाख से ज्यादा साइबर हमले हुए, इनमें से 2,78,000 हमले भारत में हुए। वर्ष 2021 में पूरी दुनिया में स्वास्थ्य क्षेत्र पर हुए साइबर हमलों में से अकेले अमेरिका पर 28 प्रतिशत आक्रमण किए गए। ये दुनिया के तेजी से बढ़ते डिजिटलीकरण का नतीजा है, विशेष रूप से कोविड-19 महामारी के कारण ऐसा हो रहा है।

जी-20 देशों का मानना है कि आगामी समय में विभिन्न देशों में जीवन के अनेक पहलुओं की कंप्यूटर, स्मार्ट फोन और इंटरनेट पर निर्भरता

बढ़ेगी। इससे देशों को लाभ भी होगा लेकिन इससे साइबर हमलों का खतरा भी बढ़ेगा। देशों के पास स्थायी विकास के लक्ष्य हासिल करने के लिए अब दस साल से भी कम समय बचा है, लेकिन साइबर हमलों से दुनिया को होने वाला नुकसान वर्ष 2025 तक 10 खरब डॉलर तक पहुंचने की आशंका है। भारत के अनेक प्रयासों के बावजूद साइबर हैकर्स भारत के साइबर सुरक्षा तंत्र को भेदने में कई बार कामयाब रहे हैं। हालांकि भारत के गृहमंत्री अमित शाह ने साइबर सुरक्षा को पुख्ता करने के लिए सभी राज्यों को विशेष तैयारी करने एवं कर्मचारियों को विशेष प्रशिक्षण देने के निर्देश दिए हैं। लेकिन हैकर्स साइबर हमलों की तकनीक और प्रक्रिया बहुत तेजी से बदल रहे हैं। ऐसी स्थिति में भारत को अपने बुनियादी ढांचे को साइबर हमलों से सुरक्षित रखने के लिए न केवल हमलावरों की रणनीतियों, तकनीक और प्रक्रियाओं का गंभीर अध्ययन करना होगा बल्कि बुनियादी ढांचे की सुरक्षा लिए ऐसे चक्रव्यूह की रचना करनी होगी ताकि साइबर हमलावर उस पर आसानी से संघ न लगा सके।

# समान नागरिक संहिता समय की जरूरत !

समान नागरिक संहिता एक बार फिर जोरों से चर्चा में है। समान नागरिक संहिता एक देश, एक कानून की पक्षधर है। इसके अनुसार हर धर्म और जाति के नागरिक के लिए एक समान कानून होना चाहिए। समान नागरिक संहिता का उल्लेख भारतीय संविधान के भाग 4 के अनुच्छेद 44 में है। संविधान के संस्थापकों राज्य के नीति निर्देशक तत्व के माध्यम से इसको लागू करने की जिम्मेदारी बाद की सरकारों को हस्तांतरित कर दी गई थी। कई बार सर्वोच्च न्यायालय में भी समान नागरिक संहिता का मामला विचारार्थ आया है। केंद्र सरकार भी इस मुद्दे पर विचार करने की बात कहती रही है।

हालांकि यह कानून विवादस्पद भी रहा है क्योंकि शादी, तलाक, उत्तराधिकार और गोद लेने के मामले में भारत में विभिन्न समुदायों में उनके धर्म, आस्था और विश्वास के आधार पर अलग-अलग कानून हैं जिसके कारण समाज का एक वर्ग इस कानून का समर्थन नहीं करता बल्कि अपने धार्मिक मामलों में हस्तक्षेप के रूप में देखाता है।

वास्तविकता तो यह है कि कानून भारतीय लोकतंत्र को सही मायने में बनाए रखने के लिए आवश्यक है। समान कानून सभी नागरिकों के लिए समानता और न्याय सुनिश्चित करता है। यह एक मजबूत कानूनी ढांचा स्थापित करने में भी मदद करता है



दिशा शर्मा

जिसका उपयोग विभिन्न समुदायों के बीच विवादों को सुलझाने के लिए किया जा सकता है। समान नागरिक संहिता लिंग, धर्म, जाति या किसी अन्य कारक के आधार पर भेदभाव को समाप्त करने में भी मदद करती है तथा यह

भी सुनिश्चित करता है कि यह सभी नागरिकों को उनकी धार्मिक मान्यताओं या प्रथाओं के बावजूद कानून के तहत समान रूप से व्यवहार किया जाता है।

इससे सरकार के लिए किसी विशेष समूह के प्रति पूर्वाग्रह के बिना पूरे देश में समान रूप से नीतियों और विनियमों को लागू करना आसान हो जाता है।

पीएम नरेंद्र मोदी के नेतृत्व वाली बीजेपी सरकार इस विचार को वापस उठा रही है। हालांकि इस मुद्दे पर गंभीरता पूर्वक बहस होनी चाहिए बल्कि बहस के बाद सरकार को संपूर्ण देश के लिए एक कानून बनाने पर शीघ्रता से विचार करना चाहिए।

अबुल फकीर जैनुलाबदीन अब्दुल कलाम, एक भारतीय वैज्ञानिक और राजनेता थे, जिन्होंने 2002 से 2007 तक भारत के 11वें राष्ट्रपति के रूप में अपनी सेवाएं दीं। एपीजे अब्दुल कलाम ने युवाओं को संघर्ष और सपनों को पूरा करने के लिए प्रेरित किया। उन्होंने सादगी, मेहनत और संघर्ष की महत्ता पर बल दिया और युवाओं को सपनों को हकीकत में बदलने के लिए प्रेरित किया।

कलाम का जन्म 15 अक्टूबर 1931 को भारत के तमिलनाडु राज्य के रामेश्वरम में हुआ था। अब्दुल कलाम अंतरिक्ष इंजीनियरिंग के क्षेत्र में मशहूर व्यक्ति थे और उन्होंने भारत के अंतरिक्ष और मिसाइल कार्यक्रमों में महत्वपूर्ण योगदान दिया। उन्होंने भारत के पहले स्वदेशी उपग्रह प्रक्षेपण यान और बॉलिस्टिक मिसाइल प्रणालियों के विकास में महत्वपूर्ण भूमिका निभाई। कलाम अपने करियर के दौरान भारत के प्रधानमंत्री के मुख्य वैज्ञानिक सलाहकार और रक्षा अनुसंधान और विकास संगठन (डीआरडीओ) के सचिव के रूप में सेवा की थी। अब्दुल कलाम ने वैज्ञानिक और अंतरिक्ष विशेषज्ञ के रूप में भारतीय अंतरिक्ष अनुसंधान संगठन (कस्फ) में बहुत सालों तक काम किया। उन्होंने वहां कई महत्वपूर्ण पदों पर कार्य किया, जिनमें से एक उनकी महत्वपूर्ण पदाधिकारी पद भी था। अपने योगदान के दौरान, अब्दुल कलाम ने भारतीय अंतरिक्ष कार्यक्रम को आगे बढ़ाने और प्रगति करने के लिए विभिन्न पहलों की शुरुआत की। उन्होंने स्वयं परमाणु ऊर्जा क्षेत्र में अध्ययन



चाहत कुमारी

किया और इसे सशक्त बनाने के लिए भारत के लिए जलने वाले उद्यमियों को प्रोत्साहित किया। हालांकि, एपीजे अब्दुल कलाम की सोच और विचारधारा ने आज की पीढ़ी को गहराई से प्रभावित किया और उनके उदाहरण से कई लोग प्रेरणा लेते हैं। उनकी महत्वपूर्ण पुस्तक रविंग्स ऑफ फायरर जैसी ग्रंथों ने लोगों को महत्वपूर्ण मुद्दों पर सोचने और सकारात्मक रूप से दृष्टिकोण बदलने के लिए प्रेरित किया।

हालांकि कुछ लोग आजकल एपीजे अब्दुल कलाम जैसे महान वैज्ञानिक और राष्ट्रपति की महत्वपूर्ण कोशिशों और उनकी खोज को भूलते जा रहे हैं। यह एक चिंता का विषय है क्योंकि उनके योगदान ने भारत को गर्व का एहसास दिलाया और विज्ञान और तकनीक में उन्नति का मार्ग दिखाया। आवश्यकता इस बात की है कि एपीजे अब्दुल कलाम जैसे महान व्यक्तियों के योगदान को समर्पित रहना चाहिए और उनकी खोजों, सोच और उपलब्धियों को जनता बचाना चाहिए। यह हमें न केवल उनके अद्भुत कार्यों का सम्मान करने में मदद करेगा, बल्कि हमें भारतीय युवाओं में भी उनके



प्रेरणादायक उदाहरणों को जागृत करने में सहायता करेगा। इसलिए, हमें अपने युवा पीढ़ी को एपीजे अब्दुल कलाम के विचारों, साहसिकता और अद्भुत योगदान के प्रति जागरूक रखना चाहिए ताकि हम एक ऐसे वैज्ञानिक और प्रेरणास्रोत का आदर्श बन सकें और भारत को मजबूत और उन्नत बनाने में सक्षम हो सकें। अब्दुल कलाम अद्वितीय व्यक्तित्व थे, जिनकी प्रेरणादायक सोच और योगदान अद्वितीय

हैं। उनका अनुभव, विदेशी विज्ञान और प्रौद्योगिकी में उनकी अविश्वसनीय प्रगति ने भारत को गर्व महसूस कराया है। उनके योगदान से लोगों में जोश और आत्मविश्वास की भावना जागृत हुई है। वह भारतीय युवाओं के लिए एक महान प्रेरणास्रोत हैं। भारतीय अंतरिक्ष को अबुल कलाम आजाद जैसे महान व्यक्तियों की आवश्यकता है। हालांकि अब्दुल कलाम जैसा व्यक्तित्व अद्वितीय है जो कभी कभी हमें पैदा होता है।

## Cryptocurrency and Blockchain Technology: Transforming the Indian Economy

Cryptocurrency and blockchain technology have emerged as powerful tools that are revolutionizing various sectors worldwide. India, as a major player in the global economy, is witnessing the transformative potential of these technologies.

In this article, we will explore the impact of cryptocurrencies and blockchain technology on the Indian economy and market.

Cryptocurrencies, such as Bitcoin and Ethereum, are digital assets that rely on cryptographic techniques to secure transactions and control the creation of new units. In recent years, they have gained significant attention globally, with India being no exception. Cryptocurrencies offer several advantages, including decentralized control, enhanced security, and faster and cheaper cross-border transactions. These attributes make cryptocurrencies an appealing

alternative to traditional financial systems, especially in a country like India, where a large unbanked population exists.

Blockchain technology, the underlying technology behind cryptocurrencies, is a decentralized and transparent ledger that records and verifies transactions across multiple computers. It has the potential to streamline various sectors of the Indian economy, including finance, supply chain management, healthcare, and governance. Blockchain's immutability, transparency, and traceability enable secure and efficient processes while reducing fraud and corruption. In the financial sector, blockchain can facilitate faster and more secure transactions, eliminate intermediaries, and provide financial services to



Akshita Jain

can drive financial inclusion by providing banking services to the unbanked population through decentralized platforms. This can empower millions of people, promote entrepreneurship, and unlock economic growth. Additionally, blockchain can enhance transparency and trust in supply chains, reducing inefficiencies and counterfeiting. It can also enable efficient and tamper-proof land and property registration systems, improving governance and reducing disputes. While cryptocurrencies and blockchain technology offer immense potential, they also

pose challenges. The Indian government has expressed concerns over money laundering, consumer protection, and market volatility. As a result, regulatory frameworks are being developed to balance innovation and risk mitigation. The Reserve Bank of India (RBI) has prohibited banks from dealing with cryptocurrencies, although the Supreme Court has lifted the ban. It is expected that comprehensive regulations will be implemented to address security, taxation, and investor protection concerns while fostering innovation.

Cryptocurrencies and blockchain technology are transforming the Indian economy and market by providing financial inclusion, streamlining processes, and enhancing transparency. The decentralized nature of these technologies has the potential to



**Cryptocurrencies and blockchain technology are transforming the Indian economy and market by providing financial inclusion, streamlining processes, and enhancing transparency.**

revolutionize sectors beyond finance, contributing to India's economic growth and development. While challenges exist, it is crucial for the

government and industry to collaborate in creating a conducive regulatory environment that encourages innovation while safeguarding

the interests of investors and consumers. Embracing this transformative technology can position India as a global leader in the digital economy.





## नई किताब

### BOOK – Psych: The Story of the Human Mind

Mansi Bhardwaj

Publication Date: Feb 28, 2023  
Author: Paul Bloom  
Extent: 464  
ISBN: 9780063096356  
Publisher: Ecco

#### Description

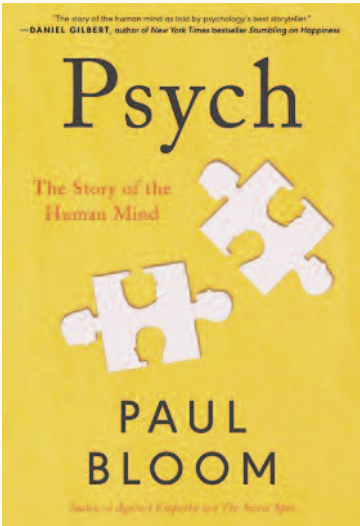
This book is based on the modern science of psychology. The book is organized into five sections: Foundations, Thinking, Appetites, Relations, and Differences, where the author tries to answer the following questions. Like,

- What are the functions of emotions?
- Why we feel, how we feel happy, irritated, jealous, angry etc?
- What is the cause and treatment of mental illness?
- How do we think of other people – including those from other social and ethnic groups?
- What are the patterns of mind & Are we rational beings?

It is basically an intro for those who are interested in psychology and are still not much exposed to psychology.

Paul Bloom the professor of psychology & cognitive science at Yale University. He offers an insightful & highly engaging read on psychological science. Bloom focuses on high impact psychological findings, concepts & the ideas of famous psychologists. He reminds us of our ability to reconsider our thoughts rationally and to decrease the influence of bias on our decisions.

This book is helping to appreciate the evolution & academic framing of the key concepts in the field of Psychology. It is the story of our human mind. How human mind works, what are the patterns in which our mind entangled. How a thought comes in our mind. Every chapter here on topics ranging from Freud to the mysteries of consciousness, from intergroup conflict to the meaning of life. This book shows how Psychology can give us practical insights into important issues – from the treatment of Mental illness such as depression & anxiety to the best way to lead happy & fulfilling lives. Our lives become better when we develop more self – control. His book Psych is a very good comprehensive coverage of Psychology. The book dives into every conceivable topic of Psychology, from consciousness to language of mental illness. It gives the explanation of the way the brain develops in childhood. During this time where mental illness is the biggest issue coming out, I would suggest this book Psych: so that one could understand how our mind works and how one thought can destroy our mental health.

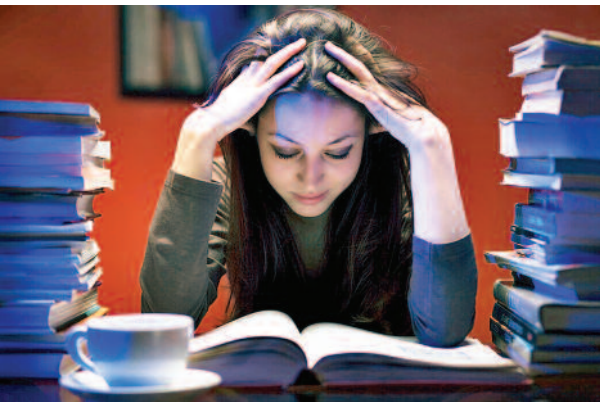


# Is Poor Mental Health Normal or a Real Illness?

Shreya Kumari

What is Mental Health? Is it a FOMO or its existence is real sheltering in a human's mind? Is mental health sufferable or deadly? It is estimated that over 14.2 million adults suffer from poor mental health. These numbers are just data circulating in the hospital profiles of some victims, but what about others who take the pain of pressure every day without even getting noticed? In India, many teenagers bear this burden from a very young age. Some youngsters are dealing with the same disorders with silent mouths.

Why is this disorder so unpopular if it has taken up such a fast pace in our environment? Why still people can't talk about such issues openly? Why Indian parents don't trust their kids when they come to speak to them? Why mental illness is not yet considered a normal disease like other fatal illnesses? All these questions have only one reason which



#### Reasons for Mental Health Issues

- Childhood trauma, neglect, abuse
- Discrimination, racism
- Loneliness
- Alcohol, and drug misuse
- Losing someone close to you
- Poor housing or parenting
- Stressed life
- Domestic violence
- Bullying

is 'MISCONCEPTION'. Throughout the article, we will be talking about some myths and facts about mental health.

**MYTH 1: Mental Illness only happens to the weakest**

**FACT:** Anyone can be the victim of this disorder. It's

just a fact that mental illness cannot be diagnosed easily. People may find it difficult to accept that they are suffering from this as in traditional Indian houses such issues are considered as an excuse due to incapability to cope with the basic stresses of life.

**MYTH 2: Mental health disorders aren't real illnesses.**

**FACT:** This stigma has deeply rooted in the public mind. People may wonder "is mental health for real"? Because the sufferer always seems to be normal. Living a normal life, working with normal people, following his daily routines. But no one notices what's going on in their mind. Sometimes even the sufferer doesn't know that they are going with such a disorder due to lack of knowledge.

**MYTH 3: People with mental health disorder lack intelligence**

**FACT:** As people find the deceased weak. It is said that they can't handle such stresses in life. But this is not true. It is all about how you have the perception of life or how you see the world.

Mental health can be caused due to many reasons. Sometimes the deceased is diagnosed with mixed emotions or chemical imbalances in the brain. It can also be due to

#### Symptoms of Mental Health

- Feeling sad or down
- Depression, unhappy
- Anxiety, sadness
- Overthinking
- Suicidal thoughts
- Eating disorders
- Sleeping disorders
- Fears, worries, guilts
- Hallucinations
- Paranoia
- Addiction to alcohol
- and drugs
- Mood swings
- Detachment from family and friends
- Troubles in understanding situations
- Incapable to cope with basic problems
- Bipolar disorder

#### Treatment for Mental Health

- Family care
- Primary care doctor
- Nurse practitioner
- Physician assistant
- Psychotherapist
- Psychiatrist
- Medications
- meditation

overthinking a particular experience or dealing with pressure. At times the victims can feel mentally unfit internally due to some childhood trauma, these traumas when not healed on time can lead to post-traumatic disorders which can leave a serious mark on their minds and health.

**MYTH 4: Mental illness is incurable**

**FACT:** NO! Mental illness can be cured. Maybe not fully or maybe it can take time weeks, months, or years. Patients of mental illness should be dealt with care. As we don't exactly

know the real reason for the pain or for how long they have been dealing with it internally. It is very important to patiently tackle such cases or else it can lead to severe damage to the person suffering from it.

## Be Positive, Donate the Blood

Shruti Raj

**New Delhi:** Blood is the most essential part of human body. We all seek for it the most. It is a fluid in the circulatory system of humans and other vertebrates that delivers necessary substances such as nutrients and oxygen to the cells, and transports metabolic waste products away from the cells.

To spread awareness among the society, every year, countries around the world celebrate World Blood Donor Day on 14th of June. The event was organised for the first time in 2004, by three international organisations: the World Health Organisation, the International Federation of Red Cross and Red Crescent Societies. A campaign that tells people how people need safe blood and how thankful they are by receiving blood



▶ Globally 33% of blood donations are given by women

when needed. Nothing can be more precious and beautiful than a life giving gift.

The global theme of World Blood Donor Day changes each year in recognition of the selfless individuals who donate their blood for people unknown to them. The day also provides an opportunity to call to action governments and national health authorities to increase the collection of blood from voluntary, unpaid blood donors and to manage access to blood and the transfusion of those who

require it. According to WHO, In 2018, 73 % of reporting countries, or 125 out of 171, had a national blood policy. Overall, 66% of reporting countries, or 113 out of 171, have specific legislation covering the safety and quality of blood transfusion, including:

About 118.54 million blood donations are collected worldwide. 40% of these are collected in high-income countries, home to 16% of the world's population. About 13300 blood centres in 169 countries report collecting a

total of 106 million donations. Data about the gender profile of blood donors show that globally 33% of blood donations are given by women, although this ranges widely. In 15 of the 113 reporting countries, less than 10% of donations are given by female donors. (By WHO). According to Wikipedia, 12.7 million units were donated in 2020, lower than projected due to the COVID-19 pandemic. A study in 2022 extrapolated the eligible donor population in India at 402 million.

"Go and donate blood. Don't be 'A negative', be 'O positive'. 'O' people, do you know you are the Universal Donors?"



Disha Sharma

**Ghaziabad:** In this interview, Manish Agarwal talks about his experience at IMS Ghaziabad, his learning as a student and everything he learned for his career growth. Manish Agarwal is an alumni of IMS Ghaziabad University Courses Campus, BBA Batch 2014-2017 and at present working with Kellogg Tolaram Group as a Branch Manager at Port Harcourt.

**Can you tell me about your experience in IMS.**

The experience at IMS Ghaziabad University courses campus was really amazing for me looking back joining and being the student of the batch 2014-17. I can confidently say that IMS journey was rewarding and it surely provided me the right springboard to take a great flight of my career. Getting into IMS was my own decision and has not been a disappointment rather a wonderful ride that gave me a lifetime worth all experience, knowledge and it has surely paid handsome dividends. **Which skills did you develop here, that helped in your current profession?**



Manish Agarwal

IMS has provided me with a must needed pedagogy of academics, groomed me at interpersonal and soft but essential skills, also most importantly it has imparted me with the capacity to think and becomes self-reliant. The club culture and 'Earn while Learn' (EWL) of IMS provided the platform to work on my existing shortcomings. My journey not only polished my existing skills and gave me the push require to take up the charge to go ahead but also helped me to become a better version of the individual who came in.

**How did the faculty at IMS helped you to reach your goal?**

It is not only institution that helped with the building of knowledge base as a basic requirement but also emphasized on creativity,



leadership, real world hands on exposure to business related opportunities. The highly experienced but humble and supporting faculty at IMS makes the entire atmosphere perfect for learning, development and growth. They crave and work to bring out the uniqueness in every student. Looking back, I can confidently say that IMS was a rewarding journey and surely provided me the right springboard to take flight! This institution has brought many industrial visits, live projects, internship and placement opportunities which have given me a glimpse into the corporate world and the integrities of managing and running a business, the consumer and their choices, the market and

the competition. I recommended IMS to all the future managers and entrepreneurs who are looking forward for the bright career in this competitive world.

**What advice would you like to give to the students who are new in your field?**

Your goal should be clear where you want to see yourself after MBA, which fields you are suppose to choose, in which industry you wanted to make your future career. Focus on practical things rather getting knowledge from books.

**What do you think of the campus and extra-curricular activities?**

The best part of anyone's life is that of college. Everyone remembers and missed being

a college student and enjoying with friends. Apart from studies, proper emphasis is given to sports and extra-curricular activities. Every now and then events, workshops, industrial visits, etc. are organized on campus. It's really fun being an IMSIAN. Students are given the opportunities to participate in competitions now and then. Student clubs and cells are voluntary exercises. However, these clubs and cells give students a huge platform to portray their talents and develop their soft skills seamlessly. IMS believes in learning beyond classroom premises. It recognizes the talents and interests of each and every student and accordingly, provides a platform for all to explore their field of interest through different clubs and teams. IMS fraternity nurtures and encourages each student to proactively take part in various events across the nation. Over the years, IMS students have reaped the benefits of such extensive support and have brought laurels to the institution as well.



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## News Brief

### Opportunity Provided to Work on International Project



**Ghaziabad (IMS News Service):** The Department of MBA provided opportunity to students of both first year and second year of MBA to work on an International Project "2023 NUSANTARA PROJECT" where they got an opportunity to work with international students and also under international mentors of reputed Universities. We are pleased to share that our 39 students of MBA first year and second year have been selected for this International Project. In this project all the students have been divided into different teams with students from Malaysia and Indonesia. Each team has been supervised by one mentor from each country. All the groups has been given a theme and they have decided a topic after having discussion among all the team members through Zoom meeting under the supervision of their supervisor. Every team will do the research work and finally the research paper will be published in a reputed journal.

### Global Expert Talk on Effective Change Management for Competitive Advantage



**Ghaziabad (IMS News Service):** IMS organized the prestigious Global Talk Series on "Effective Change Management for Competitive Advantage" by the worldwide acclaimed

expert, Prof. Michael Dutch, Seth and Hazel Macon Professor of Business Management, MBA Director and Chair, Department of Business and Accounting, Guilford College, USA on April 28, 2023 under the guidance of Dr. Radhika Malhotra, Officiating Incharge, Director Office, IMS Ghaziabad. The prestigious session provided an in-depth understanding to the young minds on the worldwide trends in managing change effectively for long term sustainability & competitive advantage.

### Speak Up & Valedictory Session of Placement Readiness Enhancement Programme



**Ghaziabad (IMS News Service):** IMS organized Speak Up & Valedictory Session of the 12 Hours Short Term Training Program (STTP) on "Placement Readiness Enhancement Program" (PREP) for PGDM Batch 2022-24 ongoing in campus from March 18- May 9, 2023. Conceptualized under the guidance of Dr. Radhika Malhotra, Officiating Incharge, Director's Office and being conducted by Dr Pramod Joshi, Co-Founder & Director, The Winning Mantra & Col. Aman Bedi, Leadership Coach & Corporate Trainer, the unique initiative helped to strengthen the self-belief, ability & skills of the students to ace the forthcoming Summer Internship Projects.

### IMS Conferred with Prestigious Awards by Competition Success Review

**Ghaziabad (IMS News Service):** IMS Ghaziabad, under the mentorship of Shri Naresh Agarwal, Chairman, IMS Group of Institutions, has been conferred with the prestigious awards of "Top Institute in PGDM Placement" and "Outstanding Contribution in Education" by Competition Success Review (CSR) during the elite "CSR Awards Night" organized at Hotel Le Meridien, New Delhi on April



23, 2023. The award was received by Dr. Radhika Malhotra, Officiating Incharge, IMS Ghaziabad along with the faculty & staff team of the institute from Mr. S.K Sachdeva, Chairman & Editor, CSR. She emphasized that these achievements would not have been possible without the nurturing mentorship of the Management and Governing Council, IMS Ghaziabad and dedicated the accolades to the team effort of each member of the institute. The glittering event witnessed the august presence of stalwarts from industry and academia.

### Industrial Visit to Mother Dairy Fruit & Vegetable Pvt. Ltd.

**Ghaziabad (IMS News Service):** Carrying forward our initiatives for providing practical exposure to our budding managers, IMS Ghaziabad organized an Industrial Visit to Mother Dairy Fruit & Vegetable Pvt. Ltd., Patparganj, New Delhi for PGDM Batch 2022-24. Organized by Corporate Resource Centre (CRC) of the institute, the visit provided the students an understanding of the functional domains of operations, marketing, logistics, IT in the FMCG sector.

# Festival "VIBGYOR-2023" Organized

## IMS News Service

**Ghaziabad :** IMS Engineering College is celebrating "VIBGYOR-A Festival of Technical cum Cultural Activities" since the inception of the institute that is for more than two decades. This year also "VIBGYOR-2023" has been celebrated with much enthusiasm and success. It was a 2-day event (4th & 5th of May 2023) where students showcased their talents in field of technology and performed mesmerizing cultural activities, indeed a spectacular moment to cherish and witness.

It was an opportunity for students who are multi-taskers & enterprising, eager to unleash their potential and



showcase talents in the field of innovation, research and execute their excellent scientific & technical ideas confidently. In nutshell, a mere opportunity for students to encash an experimental instinct and fuel innovations to explore technology. Few mind-blowing technical events were Blind Coding, Build & Win, Code war, Co-



decode, Aptifesta, Logo Designing Competition, BGMI e-sport Competition, Robo War, Robo Race, Shark Tank, Innovative Prototype Project Demonstrations, Videography & Editing and the list is endless.

Nevertheless, blending of cultural activities like dancing, singing, playing of musical instruments, reciting poems, Standup Comedy, Skits, Mr. & Miss. Vibgyor, Short Film Making, Kavi Sammelen, Nukkad Natak,

Mimicry, Poster Making, Rangoli Face painting, Sketching, Treasure Hunt, Handicrafts, Tattoo & Fashion Show and much more added fuel to the fire, metamorphosing the event to a highly informative, entertaining and interesting venture.

The event was a huge success because students in quest of exploring strategies were getting refined, participants cultivated the seeds of managing time

effectively, prioritize work, follow a schedule, season soft skills, harness team dynamics and ultimately venturing into a companionship with successful deadlines, therefore, it was an oasis, not to miss at any cost.

The entire footfalls of more than 2000 spectators hailed and relished the "Celebrity Night" when famous singer "Sukh E" had stolen the show and definitely was the show stopper of the VIBGYOR-23 celebrations. It was hosted by Misha and the songs sung by DG Rohit still resonance in the ears of all guests, parents and students.

The honorable Director of the institution Dr. Vikram Bali had congratulated all students and participants for their dedication, devotion and

determination shown to make this event a grand success. He blessed students for exploring and refining their talents like Leadership and Team Dynamics.

Last but not least, Dr. Bali had extended his heartiest thanks and sincere gratitude to each and every staff member of the institution for bestowing their best and motivating the ignited minds and grooming them to escalate their confidence. He further added "I owe this success to my hard-working team. It is their dedicated efforts that has spoken volumes and made this a successful venture otherwise achievements and conquering landmarks of this grandeur and cadre would have not been possible"

## 14th International Conference on Re-Imagining Business Dynamics

### Digital Transformations in Disrupted World (IMSICON-2023)



**Ghaziabad (IMS News Service):** IMS organized the prestigious 14th International Conference on "Re-imagining Business Dynamics: Digital Transformations in Disrupted World (IMSICON-2023)" on April 29, 2023 under the patronage of Shri Naresh Agarwal, Chairman, IMS Group of Institutions; Shri Nitin Agarwal, Managing Trustee, Governing Body, IMS Ghaziabad and guidance



of Dr. Radhika Malhotra, Officiating Incharge, Director's Office. The Inaugural Session witnessed insightful deliberations by Chief Guest, Prof. Dr. Rakesh Kumar Khandal, President R & D and Business Development, India Glycols Ltd., renowned Keynote Speakers, Prof. Michael Dutch, Seth and Hazel Macon Professor of Business Management, MBA Director and Chair, Department of Business and Accounting, Guilford College, USA and

Mr. Amit Pandey, CEO, PinCap.

An audience of over 500 delegates, participants, distinguished guests, students, media representatives, and faculty & staff members of various institutions benefitted from the array of intellectual sessions. Best Paper Awards were presented for each Technical Session enriched with inputs from many stalwarts from corporate & academia as Session Chairpersons & Co Chairpersons

## Workshop on Network Management with Ethical Hacking

### IMS News Service

**Ghaziabad :** The Computer Science & Engineering department of IMS EC organized a workshop entitled "Network Management with Ethical Hacking". The workshop was held in the Auditorium C block of the college, and it was attended by over 160 participants.

The keynote speaker for the event was Mr. Santu Purkait, the Director of Netcamp Solutions Pvt. Ltd., who has over 10 years of experience in the field of cyber security. Mr. Purkait began the workshop by providing an overview of the importance of network security and the various threats that networks face. He emphasized a comprehensive approach to



network security that includes both prevention and detection strategies.

The workshop was highly interactive, with participants engaging in hands-on exercises and case studies that allowed them to apply the concepts they were learning. Throughout the workshop, Mr. Purkait emphasized the importance of ethical considerations in the field of cyber security. He discussed the potential harm that can be caused by malicious hacking and the need for responsible behavior and transparency in

the industry. Overall, the workshop was a huge success, with participants leaving with a deep understanding of how to manage networks effectively while maintaining a high level of security. They also gained valuable insights into the world of ethical hacking and the importance of ethical considerations in the field of cyber security. The Computer Science & Engineering department of IMS Engineering College can be proud of organizing such an informative and engaging workshop.

## Inaugural Ceremony of the Revamped Smart MDP Room

**Ghaziabad (IMS News Service):** Strengthening the research, innovation and academic ecosystem, IMS Ghaziabad, recently revamped its existing MDP Room with modern amenities and IT infrastructure.

The Inaugural Ceremony of the state of the art Smart MDP Room was done in the august presence of academic and corporate icons, Prof. Dr. Rakesh Kumar Khandal, President R & D and Business Development, India



Glycols Limited, Delhi.; Prof. Michael Dutch, Seth and Hazel Macon Professor of Business Management, MBA Director and Chair, Department of Business and Accounting, Guilford



College, USA; Mr. Amit Pandey, CEO, PinCap; Mr. Gajanan Mali, noted media personality & owner of Ten News. Appreciating the world class infrastructure of the institute, the dignitaries



congratulated IMS GZB. for the milestone. Speaking on the occasion, Dr. Radhika Malhotra, Officiating Incharge, Director's Office highlighted the numerous initiatives undertaken by the



institute towards fostering research, innovation, academic excellence and collaborative learning. A Cake Cutting Ceremony was also organized to celebrate the achievement.

## FDP on Universal Human Values & Profession Ethics



**Ghaziabad (IMS News Service):** IMSEC-GZB is committed to encourage the practice of conducting "Faculty Development Programs" periodically for its faculty members to imbibe and escalate technical skills prevailing in the current industrial scenario and for inculcating moral values too.

Thus, the institution has organized a 3-day FDP on "Universal Human Values & Professional Ethics". This was a collaborative initiative of "Universal Human Values Cell and Internal Quality Assurance Cell" of the institution under the aegis of AICTE New Delhi.

## Alumni Talk Series on Leveraging Summer Internship



**Ghaziabad (IMS News Service):** Institute of Management Studies (IMS)-Business School has organized a pertinent 'Alumni Talk Series' on "Leveraging Your Summer Internship: Insights and Best Practices for Securing a Pre-

Placement Offer".

The session witnessed insights from distinguished alumni Ms. Shweta Singh, Head HR, Sitara (SEWA Grih Rin Limited), (Batch 2006-08) and Mr. Rachit Kumar, Channel Sales Head, Distribution, Fincart (Batch

2010-12). The unique session bestowed the budding managers with the necessary skills and knowledge to excel during their forthcoming summer internship thus enhancing their abilities for receiving a Pre-Placement Offer (PPO).

## EC Inaugurates the "Student Branch" of Computer Society of India-Ghaziabad Chapter

### IMS News Service

**Ghaziabad:** The most reputed and one of the premier & prestigious institutions of Delhi NCR having B.Tech, M.Tech, MCA & MBA courses named "IMS Engineering College", located at Ghaziabad has been highly instrumental and fosters consistent endeavours to uplift academic level of students periodically and leaves no stone unturned to add laurels on its ongoing legacy. IMSEC-GZB was fortunate to inaugurate the

"Student Branch of Computer Society of India (Ghaziabad Chapter)".

The occasion was graced by the honorable Chairman of CSI-Ghaziabad Chapter Dr. H. S. Sharma and Secretary Mr. Gaurav Jain.

The Director of IMSEC Dr. Vikram Bali welcomed the dignitaries and motivated the student members to take active participation in the activities of CSI Chapter. Dr. H. S. Sharma enlightened the students about the various activities of CSI. He also



communicated the paramount importance of CSI activities and its key roles in transforming the community to a highly digital empowered society. The students felt encouraged and blessed by the address of Mr. Gaurav

Jain and escalated their academic appetite by grasping the technical session which was focused on the technicalities of IoT and its application domains.

The office bearers of the CSI Student Branch for the academic session 2023 are

Anshika Srivastava (President), Ayush Shukla, Vivek Chaudhary, Khushi Sharma, Harsh Sinha (Vice Presidents) and Vanshika Kansal, Disha Garg, Dev Dharma, Akshat Trivedi, & Mahima Chaudhary were the "Executive Members".

Addressing the rejuvenated students, Dr. Bali asserted "we have added one more milestone in the never-ending journey of spurring academic upliftment among students which will surely assist for the holistic growth and development of all and fuel

better placements too".

Nevertheless, to boost the motivation and recognizing the true intellectual capital among students "Certificates of Academic Excellence" were also awarded to the top three meritorious students of all the sections & branches of B.Tech, MCA, & MBA. The event got culminated by seeking the blessings of the renowned personalities visited and students felt enthusiastic and pledged to contribute and accomplish the mission religiously.



## News Brief

## Music Club Organized Swaranjali



## Ghaziabad (IMS News Service) :

Music is the greatest communication in the world it brings out the many characteristics of the musical-ethics which is absolutely evident. Unlike the past, Music Club has once again raised the bar high by putting up an outstanding Singing Competition. The Music Department has significantly evolved, thus shaping itself to create interests and activity amongst the students. It has produced fine Choir's and Soloists over the years, this was obvious in the Singing competition. Students love this extra-curricular activity which moulds their inbuilt musical talent. Which expands their tastes and interests, along with their academic demands.

Many students gave their best in which there were top 5 students who won the competition as winners and active participation. The best part of the event was the last section in which some faculties came to stage and sang for the audience which gave a lot of enjoyment among them. Mrinalini Sharma from B.Sc Biotechnology bagged winning position. Dinesh Pandey from BBA was first runner up and Divyangana Samal and Faizaan from BBA and BCA respectively was declared as the second runner up.

## School of J &amp; MC Organized Peer Enrichment Session



**Ghaziabad (IMS News Service) :** School of Journalism and Mass Communication of IMS Ghaziabad University Courses Campus in association with the Research Cell organized Peer Enrichment Session on "Graphic Designing and Layout". Professor Girish Kumar Singh conducted the session and explained all the details about graphic designing, he shared his skills and took an interactive session as he talked about how the artists determine pages in a magazine and the pages are set up or how scenes and stories get laid out in a film, how an overall design of a product, to communicate a message to an audience or consumer. He talked about the Categories of layout such as magazine layout, advertising layout, static, dynamic, adaptive or responsive. While presenting, Prof. Singh told the peers that in our day to day life we have seen many graphics which spoke and add a lot of meaning to the product, thereby helping in understanding and adding more impact to the message. He told the peers about the visual hierarchy and page layout techniques, how designers use typography and pictures to meet users' specific needs. He also discussed about the focus on the logic of displaying elements in interactive designs, to optimize the user experience to make it memorable and impactful. For better understanding of peers he told about the final arrangement of matter to be reproduced especially by printing. He has explained the importance of creativity and an effective presentation. The session was hugely interactive as the faculty members posed a lot of questions.

## Peer Enrichment Session conducted by CDC on 'Art Therapy'



**Ghaziabad (IMS News Service) :** Career Development Centre at IMS Ghaziabad (University Courses Campus) organized Peer Enrichment Series 1 on - 'Art Therapy' on 15 May 2023. The objective of the session is to help mental health of profession that enriches the lives of individuals. It helps people explore emotions, develop self-awareness, cope with stress, boost self-esteem, understand conflicts or feelings that are causing them distress, and use art to help them find resolutions to those issues. Dr. Deepali Monga, HoD- CDC along with her team members- Ms. Anuradha Bhardwaj, Ms. Rashmi Singh, CS Kashika Bhardwaj & Ms. Swati Tyagi Participated in this session.

## Peer Enrichment Talk Series

**Ghaziabad (IMS News Service) :** As part of the Peer Enrichment Talk series, School of Biosciences at IMS Ghaziabad, University Courses Campus organized a peer enrichment session on "Impact of Nanomaterials on Caenorhabditis elegans, an Environmentally Relevant Alternate to Animal Model". The main objective of was to study the size dependent toxicity of TiO<sub>2</sub> and ZnO NPs in comparison to their bulk component in C. elegans. C. elegans, a free-living soil non-parasitic nematode, with well-defined genetic tools is an excellent candidate for ecotoxicological studies for a wide range of environmental toxicants. It was a highly informative session which concluded that the toxicity of TiO<sub>2</sub> and ZnO NPs in a size dependent manner prompts the inclusion of size as a parameter in regulatory measures.

## International Conference on Sustainable and Innovative Solutions for India@ 75: A journey towards Atmanirbhar Bharat



## IMS News Service

**Ghaziabad :** This year's conference, Sustainable and Innovative Solutions for India @75, took place from May 12-13, 2023, and was hosted by the Research Club at IMS Ghaziabad (University Courses Campus).

almost 200 abstracts received from researchers all around India and abroad. The conference's "Student Track" debuted on May 12. Assistant Professors Dhruv Sharma and Rajnish Kumar Mishra of the School of Management chaired the sessions in Room 406 for the students. The

purpose of the conference was to allow attendees to present and discuss their work in a variety of academic fields. The talks and discussions at the conference were informative and engaging. The use of solar panels in India, women's empowerment through microfinance, the influence of



celebrity endorsement and digital technologies on consumer behavior, mental health, the Internet of Things (IoT) in logistics, etc. were all topics that came up during the conference. In sum, the worldwide conference held at the University Courses Campus of IMS Ghaziabad

was a great opportunity for attendees to present their findings and debate pressing issues in the fields of business administration, economics, entrepreneurship, etc. IMS Ghaziabad University Courses Campus students brought a new dimension to the conference with their

offline presentation of abstracts. They gave pupils a rare chance to pick the brains of their peers. The Session Chair also provided them with comments on their papers and abstracts. The students gained valuable insight into the research field during the conversation.

## Alumni Talk Organized

## IMS News Service

**Ghaziabad :** The keynote speaker was Mr. Rajat Kumar, an alumnus of BCA who was a part of batch 2018-2021 and is currently working as an associate analyst at Deloitte Consulting India Pvt. Ltd. He started by emphasising the importance of caring about people's time, respecting others' perspectives, and keeping our egos aside while interacting with others in the professional world.

Mr. Kumar elaborated on the importance of having a strong LinkedIn profile and how it can help students build a professional network. He shared tips on creating an effective LinkedIn profile, such as adding a professional profile picture, highlighting skills and accomplishments, and engaging with relevant



content on the platform. He also emphasised self-participation in college projects and other events to meet new people, expand one's network, and gain knowledge.

Mr. Kumar highlighted the importance of research and projects during college, as they help in gaining practical knowledge and experience in one's field of interest. He encouraged the students to

communication, teamwork, and problem-solving, which are essential for success in any professional environment. He also discussed the importance of setting clear goals and working towards achieving them while being flexible and adaptable to changes in the industry. Sharing his own experience, he advised students to always take on challenges and not shy away from them. At last, there was a little discussion on the latest technology that is currently in demand. Nowadays, informational technologies evolve faster than ever. 90% of the world's data was generated within the past two years, and it seems that each year the numbers will grow. As the IT sector is developing like lightning, the demand for specialists is also increasing rapidly.

## Workshop Pratibimb-Reflection of Self



**Ghaziabad (IMS News Service) :** The Career Development Centre at IMS UC Campus organized an exclusive workshop for Career Pathway Club members 'Pratibimb-Reflection of Self' focussed on the importance of self-awareness. Students were explained that self-aware individuals are self-assured, mindful & quick decision maker, more productive, seen having respectful relationships, good influencers and voice of positivity within teams. Students got to know their

strengths and weaknesses better. Through a set of simple questions or queries and psychometric tests students tried to understand an individual's capabilities. These questions are designed to interpret the student's physical and mental state and their conditioning. And they understood the areas of improvements further to have better profession career. The resource person CS. Kashika Bhardwaj took the session and cleared students doubts and queries. It was a informative session and was well received by the students.

## Industrial Visit to Mother Dairy

## IMS News Service

**Ghaziabad :** School of Biosciences, IMS University Courses Campus organized an Industrial visit to Mother Dairy Fruits & Vegetable Pvt Ltd, Patparganj, Delhi on May 29, 2023 for the students of M.Sc. Biotechnology IInd Semester.

Dr. Priyanka Srivastava and Dr. Sangdeep Gautam, Assistant Professor, School of Bioscience were the faculty coordinators of the visit. The concerned person discussed the vision and mission of the plant. Initially they gave a PowerPoint presentation focusing about the importance and milk and white revolution. They also explained the entire journey and the process for the production of Mother Dairy. They initially offered mother dairy milk and further mother dairy ice-cream to



the students. They explained about the mother dairy plant distributed and different manufacturing unit in India. This plant produces around 4 -5 lacs liters of milk on hours' basis. Students observed factory units and the concerned person explained in detail about the process that include the quality check and 29 quality assurance tests performed with quality analysis and packaging. All the processes are automated and machine controlled and there is no human touch directly with milk at any stage of

processing. Mother dairy products are tasty and healthy for consumption. Safal is another part of mother dairy which sell non-dairy products. The HR at mother dairy acknowledged the students and IMS Ghaziabad, University Courses Campus to conduct the visit. Students extended gratitude to Dr. Arun Kumar Singh- Director, IMS, Dr. Surabhi Johari, HOD School of Biosciences and Mr. Arnab Gosh, Head CRC for organizing such an informative visit.

## Farewell of BBA Batch 2020-23 ADIEU-2023

## IMS News Service

**Ghaziabad:** IMS Ghaziabad University Courses Campus organized the farewell party 'ADIEU 2023' for the graduating batch of 2020-23.

The farewell ceremony was meticulously organized to ensure a memorable and meaningful experience for everyone involved. The event planning team collaborated closely with the organizing committee, who took responsibility for the coordination and various event arrangements. The theme of the event was 'Retro'. The program had several highlights like cultural performances, video bytes, talent show etc. Titles were also distributed to the graduating students. In the end of the event, the selected students who qualified the



Dr. Pooja Rastogi, HOD (School of Management, IMS Ghaziabad, University courses campus). Last but not the least there were cake cutting ceremony for the BBA 3rd year students in the atrium to give them a sweet goodbye followed by DJ party.

The farewell ceremony received overwhelmingly positive feedback from the attendees.

The event provided an emotional and heartfelt farewell to allowing colleagues to express their appreciation and celebrate accomplishments.

## New Youth Voter Awareness Conference

## IMS News Service

**Ghaziabad:** On May 8, 2023 at IMS Ghaziabad (University Courses Campus) an event i.e., New Youth Voter Awareness Conference was organized by the District Administration & IMS Ghaziabad (University Courses Campus).

It was organized under the SVEEP Karyakram and was graced by the guests Mr. Lalit Jaisawal (Chief. Warden), Cornell TPS Tyagi (Vir Chakra winner) and DM of Ghaziabad Shri



Rakesh Kumar Singh. We had anchor Miss Poonam who took over the event very well.

The main motive of the event was to spread awareness among the students about their rights in election and what major role

voting plays in their life and society. Guest speakers encouraged the students about the voting procedure and their rights. They had a Q/A with the students in which students were asked questions related to voting and elections, students



participated very enthusiastically in it and shared their views on election.

They told the students about the holidays, that festival holidays and Election Day holiday is different. Casting votes

come first, then other things. We are republic, this means, no government, no courts, and not any party, but we the citizens of the country are supreme. A politician thinks about how to win the next election and leaders think about how to develop and

change the society for better.

The guests were honored with saplings by the Mr. Arun Kumar Singh, Director, IMS Ghaziabad University Courses Campus. An oath was taken at the end by the guests, faculty and all the students present there.

They really inspired the students about their important role in elections and voting. Every youth should have the basic knowledge of elections and casting votes. Being in a democratic country it is very important.



FATHERS’ DAY: AN IN-DEPTH TO FATHER’S LOVE

Shreya Kumari

“She held his fingers for the first time, and the strongest man melted after seeing her newborn daughter”.

Father's Day is a special occasion celebrated worldwide to honour and appreciates the invaluable role that fathers play in our lives. It is a time to express gratitude, admiration, and love for the men who have made a significant impact on our journey. On this day, we come together to recognize and celebrate the strength, guidance, and unconditional love that fathers provide. Let us take a moment to reflect on the importance of fatherhood and the profound influence fathers have on shaping our lives.

Father's Day is not just a date on the calendar; it is a heartfelt recognition of the selfless sacrifices and

unwavering support fathers offer to their children. From the very beginning, fathers play a crucial role in our lives, providing a sense of security and stability. They are the strong pillars of our families, who work tirelessly to ensure our well-being and happiness. Whether it is through their wisdom, guidance, or their reassuring presence, fathers leave an indelible mark on our lives.

Fathers serve as role model, teaching us essential life lessons that shape our character and values. They instil in us a sense of discipline, perseverance, and integrity. Through their actions, they teach us the importance of hard work, determination, and the value of honouring commitments. Fathers often impart practical skills, whether it is teaching us to ride a bicycle, fix a car, or cook a delicious meal. Their patient guidance empowers us to navigate the



challenges that life presents.

Fathers are not just providers; they are emotional anchors in our lives. They lend a listening ear, offer comforting words, and provide a shoulder to lean on during difficult times. Fathers have a unique ability to offer a sense of security and reassurance with their unwavering love and support. Their presence gives us the confidence to face life's adversities, knowing that we are never alone. They celebrate our successes, offer a guiding hand in times of failure, and

inspire us to be the best versions of ourselves.

The role of fathers has evolved, reflecting the changing dynamics of modern society. Today, we see fathers who are actively involved in all aspects of their children's lives. They are nurturing caregivers, adept at balancing work and family commitments. Fathers take pride in being present for school events, extracurricular activities, and emotional support. They create precious memories through shared experiences and invest their

time to foster strong relationships with their children.

As we celebrate Father's Day, it is crucial to acknowledge and appreciate the diversity of fatherhood. Fathers come in various forms, including stepfathers, adoptive fathers, single fathers, and father figures who play a pivotal role in shaping our lives. It is a day to honour all those who have embraced the responsibilities and joys of fatherhood, regardless of biological ties. Let us express our gratitude to the men who have stepped up to fulfil the role of a father and made a positive impact on our lives.

Father's Day serves as a reminder of the profound influence fathers have on our lives. It is an occasion to express our heartfelt appreciation for their love, sacrifices, and unwavering support. Let us celebrate the strength, guidance, and

unconditional love that fathers provide throughout our lives. Today and everyday, let us cherish and honour the incredible men who have shaped our lives and made us who we are. Happy Father's Day to all the remarkable fathers out there!

Every father's emotional side has yet not been discovered. No one notices when their heart beats for their children, no one notices when a dad cries alone at night when he can't successfully fulfil the dreams of their children. All that gets noticed is their harsh nature, the arrogant ones who don't know how to cry. But deep down every father is a human too. They shed tears, their heartbeat rate rises when their son struggles between life and death due to an accident, and their shadows leave their soul when the daughter goes away from their hands to hold another home.

Yoga Day: Celebrating the Body and Mind Harmony



Sakshi Anand

Every year on June 21st, people around the world gather to celebrate the International Yoga Day. It is a day dedicated to the ancient practice of yoga. Yoga has gained immense popularity in the world since the establishment of International Yoga Day by honourable Prime Minister Shri Narendra Modi in 2015.

The day 21st June was chosen because it is the longest day of the year and has a special significance in many parts of the world. Yoga has become a global phenomenon after the establishment of this day. It has given a brand new recognition to our ancient culture. Yoga is not a simply exercise rather it is a way of living.

Yoga is a set of practices which includes meditation, breathing exercises and principles which are important for leading a peaceful life. The word Yoga came into existence through a Sanskrit word “Yuj” that means Union.

So basically, Yoga means union of human mind, body and soul that represents a healthy

human. The philosophy behind the yoga is very simple, it depicts that mind, body, spirit are all one unit and these are inseparable. For a healthy human balance among these is very important.

There are eight -fold paths of yoga :

Ethics {yamas}, discipline {niyama}, yoga postures {asana}, breath control {pranayama}, higher state of consciousness {samadhi}, withdrawal of senses {pratyahara}, non-violence {ahimsa}, concentration {dharana}, meditation {Dhyana}.

Yoga gains popularity and practice in the United States and all over the world, when it was brought to the country by yogis and monks. Swami Vivekananda is credited as the first to bring yoga to the U.S. When he spoke at the Parliament of World persuasions in 1893. According to Yoga Journal, he gave lectures throughout the nation promoting the gospel of yoga and Hindu study. His book, "Raja Yoga", explained how yogic contemplation can

help people reach advanced stages of church and mindfulness.

After Vivekananda established centres of literacy in the U.S., numerous other yogis and monks came to the country, bringing different forms of yoga with them.

Yoga has many health benefits. There are different types of yoga for different health issues like Bhujangasana for heart problems, KapalBhati for digestive disorders, Sirasana for headaches and many more.

These all asanas are very beneficial for people and this is not only written in ancient scriptures but also tried and tested by doctors. Yoga also improves our mental health. Practicing yoga and meditation can surely help us in fighting with depression and anxiety. It makes us feel calm and compose. We feel more close to our soul during the practice of yoga and meditation.

One of the most important aspects of Yoga is that it is above from the boundaries of the religion, caste, gender, race or even country. It can be practiced by anyone; there are no restrictions in it. Practicing yoga does not mean following a specific culture, it only mean that we are connecting with our inner soul.

Yoga is for our own spiritual and physical well-being. In our busy live, celebrating International Yoga Day is also like a platform where we can talk about our mental and physical health and can find there cure. It's also a reminder of our ancient Indian culture and embracing its beauty.



Creative Corner

फरिश्ता का दूसरा नाम- ‘पापा’

माँ के आँचल की ममता तो सब ने सिखाई क्या पापा के प्यार को बताया किसी ने? अपनी मर्जी तो तुमपर सब ने चलाई खुद की मर्जी से चलो, ये बात पापा के अलावा बताया किसी ने? तुम आगे चलो, मैं हमेशा तुम्हारे पीछे खड़ा हूँ ये बात कहने का हर किसी के पास ज़िगरा नहीं है किसी भी मुश्किल, आफत, परेशानी से क्यों डरूँ मैं पापा हैं मेरे पास, और पापा की तरह इस दुनिया में कोई फरिश्ता नहीं है। मेरे ख्वाबों को उड़ान आपसे मिली मुझे मेरी पहचान आपसे मिली 'पापा' एक शब्द है ऐसा, जिससे एक पूरे परिवार की हसियाँ है खिली। थाम कर दामन जिसका, पकड़ कर उसकी उँगली बचपन का वो साथी मेरा, जिसके कारण मैं इस दुनिया से मिली।



संजना प्रसा



मेरी कलम आपका बखान कर सके, अभी इसमें इतनी ताकत नहीं है। पर पापा, मेरी पूरी दुनिया आपमें बस्ती है, इस बात में भी कोई शक नहीं है।

NOTHING

It all comes down to nothing  
You did nothing  
You have done nothing  
You are doing nothing  
I surprise you with a love  
Unrequited, unheard.  
But,  
I shout it in your ears, I say it with my lips, I tell it with my guts, I do it with everything I have. tell you over and over, you tell me over and over, there would have been a future there would have been us.  
But,  
That love lived lesser than everyone thought it would  
You said it will last,  
You showed it will bloom, You cried it will not burn, You tried to make it unseen.  
You told me everything, but you told me



Akshita Jain



nothing.  
You showed me everything, but you showed me nothing. And I, just waited.  
It all comes down to nothing  
You did nothing  
You have done nothing  
You are doing nothing.



सिर्फ एक बंदा काफी है: रियलटी व ड्रामा का मिश्रण



सरवन कोरी

इस महीने आई 'सिर्फ एक बंदा काफी है', सत्य घटना पर आधारित एक कोर्ट रूम ड्रामा फिल्म है। फिल्म 2013 में आसाराम बापू के पोक्सो ऐक्ट सम्बंधित केस, और उस केस के निर्णय में बेहद अहम रहे वकील पी.सी सोलंकी के किरदार पर आधारित है।

फिल्म केस को दर्ज करने और उसे कोर्ट तक पहुंचाने में अधिक समय नहीं लगाती, यह इस फिल्म में अच्छी बात है। जोधपुर सेशन कोर्ट और दिल्ली में लड़े गए इस कानूनी लड़ाई का क्या और कैसे परिणाम आता है, यह देखने के लिए आपको यह फिल्म देखनी पड़ेगी।

फिल्म रियलटी और ड्रामैटिक पहलू के साझा गठजोड़ के साथ कहानी को परोसती है, जहाँ एक ओर बहुत सामान्य से सीन को भारी बैकग्राउंड साउंड की सहायता से ड्रामैटिक बनाया जाता है तो वहीं दूसरी ओर कोर्ट का वातावरण और उनमें होने वाली जिरह को वास्तविकता के निकट रखा गया है। बॉलीवुड में गिने-चुने कोर्ट रूम फिल्म ही होंगी जिसमें प्रतिवादी वकील अपने पक्ष को लेकर पूरी तरह से अनैतिक न हुआ हो। यह फिल्म उसी स्वर्णिम सूची में शरीक है।

अदालत में जिरह के रूप में संवाद ऐसे गढ़े गए हैं जिसमें केस से संबंधित सभी तकनीकियाँ, कहानी के सहज प्रवाह में आते चले जाते हैं, और कुछ भी स्पून फीडिंग जैसा नहीं लगता। सह

फिल्म - सिर्फ एक बंदा काफी है  
डायरेक्टर - अपूर्व सिंह कार्की  
लेखक - दीपक किंगरानी  
कास्ट - मनोज कुमार बाजपेयी, विपिन शर्मा, अदृजा सिन्हा, प्रियंका सेतिया  
उपलब्ध - जी5  
ऐज सर्टिफिकेशन - 16+  
आइएमडीबी रेटिंग - 7.5

अच्छी बात है। सूर्य मोहन के किरदार का नाम ही बाबा होना थोड़ा अजीब लगता है, और संवादों में बार-बार आना अटपटा सा भी लगता है।

अभिनय की बात करें तो सभी ने अपना किरदार बखूबी निभाया है, लेकिन फिल्म मनोज कुमार बाजपेयी की 'वन मेन शो' जैसी नजर आती है। जब-जब वे स्क्रीन पर आते हैं, फिर कोई नजर नहीं आता, उनकी डायलॉग डिलीवरी, छोटें से छोटें हाव-भाव, सब टूट पॉइंट लगते हैं। फिल्म में एक अहम बात यह है कि यह उनकी पहली कोर्ट रूम फिल्म है।

फिल्म किसी भी सब-प्लॉट में खुद को नहीं उलझाती है। मनोज बाजपेयी के साथ इस फिल्म की सबसे अच्छी बात इसका दर्शकों का अच्छा संदेश है। यह फिल्म अपराधी को अपराधी कहने की हिम्मत करती है लेकिन यह किसी भी धर्म की भावनाओं को आहत नहीं करती, इसके विपरीत यह उन्हें सम्मान की नजर से देखती है। इसलिए एक समीक्षक के नजरिये से मैं यह कह सकता हूँ कि आप यह फिल्म देख सकते हैं।