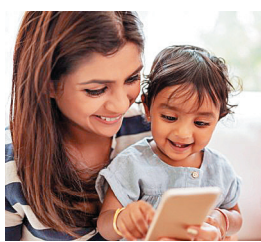


आई.एम.एस. दुडे

## IMS TODAY



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## TOBACCO A SLOW KILLER, SPOILING THE YOUTH

ShreyaKumari

**New Delhi.** Tobacco as one of the major causes of epidemics in the world kills almost 8 million people in India and over 1.2 million

deaths from second-hand smoke products, such as water pipes and Bidis. On May 21st, the WHO (World Health Organisation) declared an Anti-Tobacco Day to spread awareness regarding tobacco, its consumption, and its treatment. Since, the past recent years according to surveys, tobacco has been quite popular among youngsters.

Smoking tobacco or chewing it, both the ways damages our body functions. Chewing tobacco can lead the risks of cardiovascular (heart disease), oral infections, cancer, poisoning, and also risks in pregnancy. Hence, it is suggested to forbid smoking for pregnant women. Similarly, smoking tobacco in any form can damage other parts of the body but lung cancer is the most common that leads to death.

## TOBACCO FACTS

- Every 5 seconds a person dies due to tobacco-related disease.
- Tobacco is addictive.
- 11 minutes are reduced from the human lifespan due to tobacco consumption.
- More than 90,000 teenagers start smoking tobacco every day.
- The longer you smoke, the more you suffer.
- Tobacco smoke comprises over 3500 chemicals, of which 300 are harmful, more than 70 are the main cause of cancer, and over 11 are carcinogens.

## MYTHS OF TOBACCO CONSUMPTION

MYTH 1: Tobacco is not a drug.

**FACT:** According to experts there are many drugs found in a single unit of cigarette. Nicotine is one of the major drugs leading to smoking addiction. It makes a person dependent on smoking tobacco and Nicotine also alters brain chemistry resulting in nicotine addiction.

**MYTH 2: It's not dangerous to smoke light or low-tar cigarettes.**

**FACT:** There is no such thing as a harmless cigarette! People who smoke low cigarettes often smoke for longer durations, which steers the need for nicotine, and finally, they end up inhaling deeper to absorb the same amount of nicotine.

**MYTH 3: Nicotine Replacement Therapy (NRT) is more harmful than chewing or smoking tobacco.**

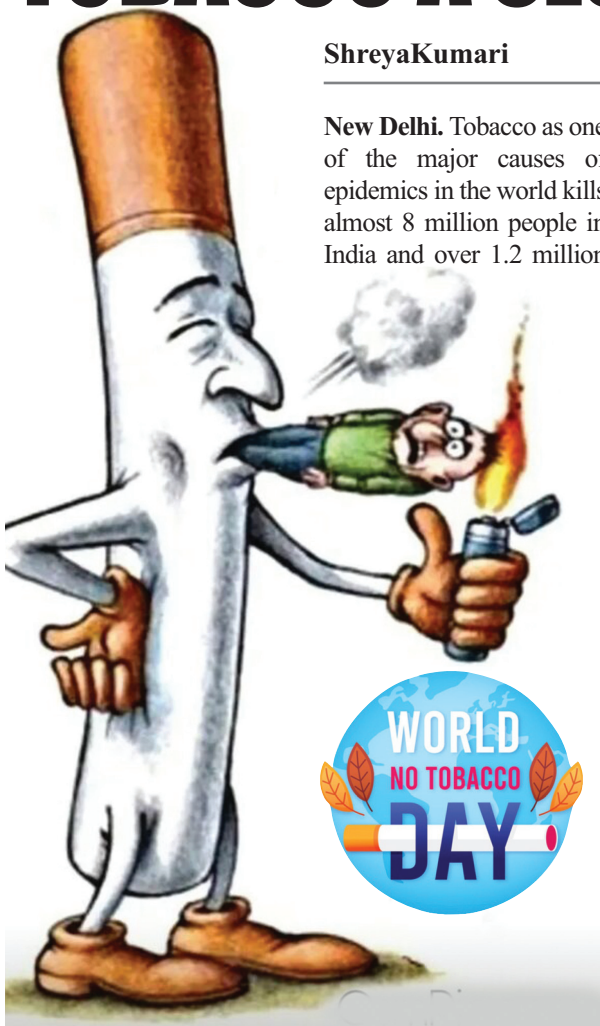
**FACT:** NO! NRT is used to help people to quit nicotine. Although NRT can be harmful too if taken for longer

terms, it is seen that in almost 55% of the cases, it helps quit smoking and chewing tobacco.

**MYTH 4: Smoking relaxes the body and mind.**  
**FACT:** In some context, we can say it is true. Smoking stimulates the Central Nervous System (CNS) which makes us tension free and stress-free. But it only feels for a short period, once your nicotine level goes down you will again have urges to smoke. So, for getting permanent relief from stress and tension one should opt for other spiritual methods like meditation and yoga.

Having a peaceful mind is good, but choosing the wrong way is always a NO!  
**MYTH 5: Once the damage is done, it's reversible.**  
**FACT:** Quitting is still the better option to opt for than continuing with tobacco and making it worse.

Continued on Page 2...



## 'Exam in Regional Languages will be Counter-Productive'

IMS News Service

**HYDERABAD:** Following the University Grants Commission's (UGC's) suggestion that exams be conducted in local or regional languages—even for courses in English medium—professors and experts from various universities in the state reacted sharply saying this could prove counter-productive. The UGC chairman recently suggested that universities allow students to appear for exams in local languages, but experts said this may affect students' employability and would not fulfil market needs. "I don't think there will be any takers for this in Telangana," said R Limbadri, chairman, Telanagana State Council for Higher Education (TSCHE).



He said that they are not against learning regional or local languages, but said that in a globalised world, the step was not in the right direction. "Courses such as medicine, engineering, and law, used to be taught in Urdu medium at Osmania University. Now, we have moved towards English medium. Going back to regional language or allowing students to write exams in their local language, will do more harm than good as they will lose many opportunities because of the language barrier," said Limbadri. D

Ravinder, vice-chancellor, Osmania University questioned how the UGC could even make such a suggestion without consulting states and other stakeholders.

"If we give them the option to write in the local language, some students might use the opportunity, but they will be at a loss. They will face problems in getting jobs," he said. He added that it would also complicate the evaluation process. "If students from various states write exams in their own language, how are universities going to evaluate

answer scripts," he asked.

Limbadi said that since the proposal was merely a suggestion, it could be ignored. But added that a discussion on the issue would be needed so that it does not become mandatory. However, there was some support for the suggestion.

"If someone wants to work only in Telangana, there is nothing wrong if he/she writes exams in Telugu. As long it is a choice available to students and not made mandatory, there is no harm," said E Suresh, vice-chancellor, English and Foreign Languages University (EFLU), Hyderabad. He said that if the candidate has good subject knowledge, it is not going to be hard to learn English in the future and look for opportunities outside the state.

## CBSE Increases Competency-Based Questions for 2024 Boards



IMS News Service

**New Delhi.** The Central Board of Secondary Education (CBSE) has decided to increase the number of competency-based questions in Boards 2024. The changes will apply to classes IX and XI also.

In the coming academic session, 50% of questions will be competency-based, as against the 40% weightage given till now. The weightage of the competency-based questions has been increased from 30% to 40% for class XII. The Multiple Choice

Questions (MCQs) have been given a weightage of 20-25%, which remains unchanged. To prepare students, CBSE is planning to train the teachers to apply innovative pedagogies including art-and sports-integrated learning, storytelling, and project-based learning. Speaking to Education Times, Joseph Emmanuel, director (Academics), CBSE, "The competency-based questions will be source-based and case-based, assertion and reasoning questions.

Continued on Page 2...

## संवेदना को समझना एआई के लिए आसान नहीं: साहा

श्रुति राज

**गाजियाबाद।** सीबीएसई बोर्ड द्वारा संचालित परीक्षाओं में हर साल 35 लाख विद्यार्थी परीक्षा में भाग लेते हैं। भारत के अन्दर और बाहर के अनेक निजी विद्यालय भी सीबीएसई बोर्ड से मान्यता प्राप्त हैं। इस बोर्ड में भारत सरकार द्वारा निरंतर परिवर्तन होते रहे क्योंकि शिक्षा की आवश्यकताओं और सामाजिक बदलाव संशोधन का मुख्य कारण रहा है। लाखों विद्यार्थियों को सही मार्ग और बेहतर शिक्षा देते हुए इस बोर्ड ने अपनी अलग पहचान बनाई है। आईएमएस गाजियाबाद (यूनिवर्सिटी कोर्सस कैपस) में एक विशेष कार्यक्रम के दौरान सीबीएसई के निदेशक डॉ विस्वजित साहा से भेंट के दौरान अनेक मुद्दों पर बातचीत हुई। प्रस्तुत हैं बातचीत के प्रमुख अंश:

**पूरे देश में नई शिक्षा नीति की चर्चा है। इसका प्रभाव भारतीय शिक्षा पर क्या पड़ेगा?**

भारतीय शिक्षा में परिवर्तन दिखाने के लिए ही नयी शिक्षा नीति है। आने वाले 10-15 साल में देश में बहुत बदलाव देखने को मिलेगा। विजन ऑफ इंडिया एट 2047 के तहत प्रत्येक नागरिक किस विचार धारा से किस बुद्धिमत्ता से एक प्रगतिशील देश

का सिर्फ नागरिक नहीं दिखेगा बल्कि अपने आप को एक कामयाब ईसान बनाकर देश के अंतरराष्ट्रीय स्तर पर अपना योगदान देगा। नई शिक्षा नीति के तहत कई पाठ्यक्रम हैं। इसके तहत सेकेंडरी और उच्च शिक्षा के लिए नया पाठ्यक्रम बहुत महत्वपूर्ण है। इन्हीं पर संपूर्ण शिक्षा का भवन खड़ा होगा। यही आगे चल के उच्च शिक्षा के दौरान विद्यार्थियों के माइंड सेट को शोध और उद्यम पर आधारित बनाया जाएगा। यह नहीं, विद्यार्थियों को बहु भाषा सीखने का मौका मिलेगा।

**नई शिक्षा नीति में सस्टेनेबल डेवलपमेंट पर बल दिया गया है। इसे बढ़ावा देने के लिए सीबीएसई क्या बदलाव लाएगी?**

सस्टेनेबल डेवलपमेंट को हर एक नागरिक जितना जल्दी अपना ले, वह बेहतर होगा। भारत में नई शिक्षा नीति से पहले भी अगर देखा जाए तो स्वच्छता मिशन जिसके तहत अपने निजी घर, आस पड़ोस, स्कूल और उसके परिमंडल को किस तरह से साफ रख पाएंगे ये भी सस्टेनेबल डेवलपमेंट का ही एक ऑब्जेक्टिव है

**भारत लगातार नई तकनीक को अपना रहा है। चैट जीपीटी और हाल ही में एआई संचालित टीवी एआई एंकर को देखा गया। तो क्या आने**



**वाले समय में हम रोबोट टीचर भी हो सकते हैं? और इसका प्रभाव शिक्षा पर क्या पड़ेगा?**

हमें एक बड़ा परिवर्तन और टेक्नोलॉजी

इंफ्यूजन साथ-साथ देखने को मिलेगा। मशीन से हमें हर एक चीज का लिटरल अर्थ तो मिल जायेगा लेकिन हर एक मानवीय शिक्षक की भावनाएं और रचनात्मकता जिससे बच्चों को सीखने को मिलता

है, उसे समझने में एआई को बहुत समय लगेगा। **आप सीबीएसई के निदेशक हैं। आने वाले समय में सीबीएसई में किस तरह के बदलाव हो सकते हैं?**

डॉ विस्वजित साहा सीबीएसई बोर्ड के सबसे महत्वपूर्ण स्तंभ हैं। वह सीबीएसई में अपना महत्वपूर्ण योगदान दे रहे हैं। वह सीबीएसई का प्रतिनिधित्व कई राष्ट्रीय और अंतरराष्ट्रीय प्लेटफॉर्म पर कर चुके हैं। वर्ष 2011 में सीबीएसई संस्थान से जुड़ने से पहले वह सरकारी इंजीनियरिंग कॉलेज में विभागाध्यक्ष सीएसई के विभागाध्यक्ष भी रह चुके हैं।

बदलाव तो बहुत देखने को मिलेगा। पिछले 10-15 साल में बहुत परिवर्तन हुए और आगे भी होते रहेंगे। शिक्षा व्यवस्था में कोई भी बदलाव रातों रात नहीं हो सकता। जैसा कि आप देख सकते हो सबसे बड़ी जो परंपरा चल रही नोबेल लॉरिएट की, चाहे वो भौतिकी में हो, चिकित्सा के क्षेत्र अथवा साहित्य में हो, जिस देश को यह नोबेल पुरस्कार मिला है, उस देश की पिछले 50 साल के शिक्षा व्यवस्था का विश्लेषण करना चाहिए कि वह कैसे संभव हो सका। भारत की नई शिक्षा नीति के केंद्र बिंदु में भी कुछ वैसा है। इस नीति के चलते अगले 10-20 साल में भारत में शोध परक शिक्षा व्यवस्था का युग आएगा और भारतीय विज्ञानी, शिक्षक और इंजीनियर भी अपने नवाचार के दम पर वैश्विक स्तर पर न केवल पुरस्कार जीतेगे बल्कि वे विश्व में अपनी नई पहचान बना सकते हैं।



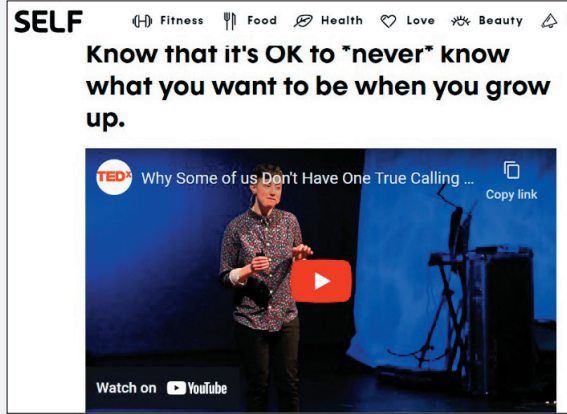
The Web Explorer's Guide

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 curated collections of Ted talks, videos, blogs, and much more—covering a wide range of topics from personal development and mental well-being to financial literacy and career advice.

TED TALK by Emily Wapnick

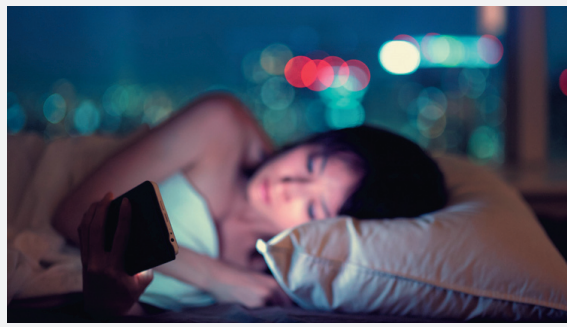
Why some of us don't have one true calling  
by Emily Wapnick



Writer and artist Emily Wapnick tells why it is absolutely ‘okay’ to never know what you want to be when you grow up. As students, it is easy to get overwhelmed and bogged down on what career path to choose or what stream to study. Emily Wapnick offers a unique and fresh perspective on why it’s okay to not have one ‘true calling’ but instead have multiple diverse interests. She also provides practical success examples of people who have made a career out of ‘multipotentiality’ or having various interests.

Article in HarpersBazar

Why revenge bedtime procrastination  
is ruining your sleep



If you are a student, you know how important it is to have a good night’s sleep. However, getting proper sleep is a struggle for almost everyone today. It is so difficult to finally switch off at the end of the day and hit the hay. This, in turn, causes immense physical and mental exhaustion. This is precisely where bedtime procrastination comes in the act of staying up to find some free time for you after having a busy day. While it might sound pretty counterproductive to the whole process, Jessica Marris argues on the merit of the activity with retable stories and anecdotes. If you are someone who struggles with restlessness due to a lack of quality sleep on a daily basis, this might just do the trick for you.

Peer Pressure or Influence: Pre-Teens and Teenagers

Akshita Jain

New Delhi : Peer pressure or influence is a common phenomenon that pre-teens and teenagers experience in their daily lives. Peer pressure refers to the influence that peers, friends, or colleagues have on an individual's behavior, thoughts, or attitudes. Peer pressure can be either positive or negative. Positive peer pressure can motivate individuals to achieve their goals and make responsible decisions, whereas negative peer pressure can lead to risky behavior and negative consequences.

The desire to belong to a social group is a common motivator for pre-teens and teenagers to conform to their peers' opinions and behaviors. Teenagers often feel the need to fit in with their peers and may engage in behavior that they would not do if they were alone or with



different people. For example, if a group of teenagers is smoking, drinking, or engaging in other risky behaviors, a teenager may feel pressured to join in, even if they are aware of the negative consequences. Peer pressure can also influence the way teenagers dress, talk, and act. For example, if a popular teenager wears a particular brand of clothing, other teenagers may feel the need to wear the same brand to fit in. This pressure to conform can be overwhelming, and many

teenagers may feel like they have to sacrifice their individuality to be accepted by their peers.

Negative peer pressure can have severe consequences, and teenagers need to be aware of the risks associated with peer pressure. Many teenagers may be pressured into trying drugs, alcohol, or engaging in risky sexual behavior, which can have lifelong consequences. Teenagers may also be pressured into skipping school or engaging in other illegal activities, which can



lead to criminal charges and a lifetime of consequences—teens and teenagers need to learn how to say no to negative peer pressure and make responsible decisions. Parents, teachers, and other adults can help by providing guidance and support. It is also essential to educate teenagers about the risks associated with peer pressure and provide them with tools to resist negative influences. Positive peer pressure can be beneficial to pre-teens and teenagers. It can encourage them to make positive

choices and strive to achieve their goals. For example, if a group of teenagers is studying for a test, an individual may feel motivated to join in and work hard to do well on the test. Positive peer pressure can also help teenagers build self-esteem and develop healthy relationships. To deal with negative peer pressure, pre-teens and teenagers should learn to be assertive and say no to behavior that goes against their values or beliefs. They should also surround themselves with positive influences and seek

support from adults when needed. Developing a strong sense of self and self-confidence can also help pre-teens and teenagers resist negative peer pressure. In conclusion, peer pressure or influence is a common phenomenon that pre-teens and teenagers experience in their daily lives. Peer pressure can be both positive and negative, and it can have significant consequences. Pre-teens and teenagers need to be aware of the risks associated with peer pressure and learn to make responsible decisions. Adults can provide guidance and support, and pre-teens and teenagers should surround themselves with positive influences and learn to say no to negative behavior. By developing a strong sense of self and self-confidence, pre-teens and teenagers can resist negative peer pressure and make positive choices that will benefit them in the long run.

डिजिटल गजट का अत्यधिक इस्तेमाल तनाव का कारण

प्रो पूनम कुमारी

नई दिल्ली। भागती दौड़ती इस दुनिया में हर कोई चाहता है आगे निकलना और अक्वल रहना। हम अकसर भूल जाते हैं कि हमारा शरीर हमें मदद करता है हमारा साथ देकर और हमें इसका ध्यान रखना चाहिए। फास्ट फूड वाले दौर में भले ही हम जी रहे हैं पर अगर स्वस्थ रहना है तो पीष्टिक आहार और सही दिनचर्या ही हमें स्वस्थ रख सकते हैं। तकनीकी विकास ने हमें अपना गुलाम जरूर बना लिया है पर स्वस्थ रहने का मंत्र टेक्नालॉजी का सही तरह से और आवश्यकता पड़ने पर ही उपयोग करना है।

यह बात सच है कि डिजिटल गजट हमारे बहुत से काम को बहुत आसान बनाया है और यहाँ तक कि हम सूचना के इस युग में हर प्रकार कि सूचना हम क्षण भर में ही हमारे पास होती है। पर यह भी सच है कि तकनीक का अत्यधिक उपयोग न केवल हमारे शारीरिक समस्याओं का कारण बनती है अपितु मानसिक तनाव का भी कारण बनती है।



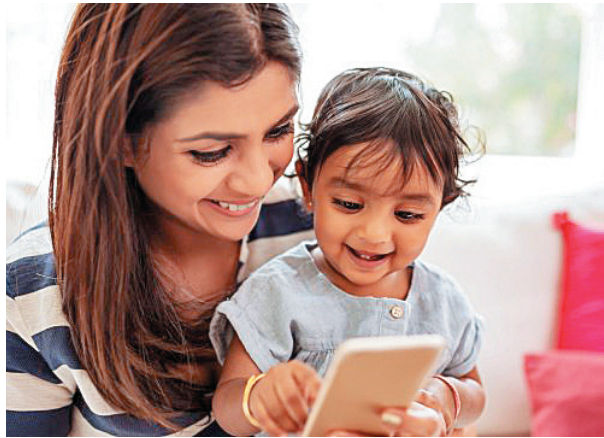
स्वस्थ शरीर में ही स्वस्थ मन रहता है। यह कहावत भले ही बहुत पुरानी है पर बहुत ही सही है। सुगर, हाइपरटेंशन, मोटापा, थ्यरोइड आदि कई ऐसी समस्याएँ हैं, जिसका कहीं न कहीं संबंध टेक्ना लॉजी के अत्यधिक इस्तेमाल से है। आज का युवा दोस्तों के साथ बाहर टाइम गुजरने के बजाए फोन और लैपटॉप के जरिये ऑनलाइन दुनिया में समय बिताना पसंद करता है। एक स्थान पर बैठ कर भले ही टेक्नालॉजी के जरिये पूरी

दुनिया में अपने बिजनेस को बढ़ा सकते हैं, पर उसी एक स्थान में लंबे समय तक बैठने कि वजह से हम अपने शरीर में कई बीमारियों को भी बढ़ा सकते हैं।

समय और मशीनों का गुलाम बनता इंसान आज बिजली और पानी का बिल चलने और टहलने से बचने के लिए घर बैठे मोबाइल एप के जरिये भरता है। पर वह लंबा समय अपने मोबाइल में बिताने कि वजह से वह मानसिक रूप से बीमार होता जाता है।

सोशल मीडिया ने पूरी दुनिया को ऑनलाइन प्लेटफॉर्म पर एक दूसरे के साथ ज़रूर जोड़ दिया है पर कहीं न कहीं रियल लाइफ में लोगों के आपसी संबंध को बिगाड़ दिया है। लोग साथ तो रहते हैं पर अधिकतर समय अपने फोन में बिताते हैं, न कि परिवार के साथ टेक्नोलॉजी ने मनुष्य की मानसिक स्थिति को बहुत प्रभावित किया है।

टेक्नोलॉजी ने व्यक्ति के पूरे समय पर कब्जा कर लिया है और ये हाल



कब्ज जैसा हो गया है, न मुक्ति मिलती है न चैन आता है। रोज रोज वही कहानी।

मगर जैसे कब्ज ठीक करने के लिए खान-पान का संयम जरूरी है वैसे ही टेक्नोलॉजी पर संयम जरूरी है।

आप इसे भी जानें

-हमारे मोबाइल से जो रेंडिशन निकलते हैं, वे नुकसानदेह हो सकते हैं। यह रेंडिशन हमारी पाचन शक्ति को कमजोर, नींद कम आना आदि समस्याएं हमें इन रेंडिशन की

किरणों से होती है।  
-मोबाइल के वाइब्रेशन से कैसर का खतरा हो सकता है।  
-मोबाइल टावरों से जो तरंगें निकलती है वह हमारी आने वाले पीढ़ी को भी अपाहिज बना सकती और मानसिक रूप से इंसान को बीमार कर सकती है।  
-अल्जाइमर, डायबिटीज, हृदय रोग आदि बीमारी का कारण मोबाइल फोन बन सकती है।  
-अधिक देर तक फोन में बात करने से कान के पर्दे को नुकसान पहुँच सकता है।

Emerging India @ Amritkaal–  
The Annual Convention GMA



IMS News Service

**Ghaziabad:** The annual convention of Ghaziabad Management Association, which is flagship event of the association, was held on April 22, 2023 at Hotel Sarovar Portico, Greater Noida (West) on the theme “Emerging India @ Amritkaal”.

Ambassador Dr. Deepak Vohra, special advisor to Prime Minister, was the Chief Guest while Mr. S. Krishnakumar, CEO & MD, Shriram Pistons & Rings Ltd was the Guest of Honor & Keynote Speaker of the event. There were around 200 delegates in the event. The leaders of the business and experts of the subjects were there to speak on various topics. The program was also telecasted directly on YouTube. About 500

people logged in to the live youtube streaming.

The program began with lighting of the lamp and prayer of Goddess Maa Saraswati in which the President of GMA Mr. Dharmendra Singh, along with other officials of the association were present.

In his opening address, President of GMA - Mr. Dharmendra Singh, Dy ED Shriram Pistons & Rings Ltd, welcomed all the guests and delegates and explained the convention theme in brief. He spoke about how emerging India is affecting Indian and global economy and also our social and economic life.

In his inaugural address, Ambassador Dr. Deepak Vohra emphasized that India is progressing very fast and very soon it will become



third/fourth largest economy in the world. He energized and filled the audience with patriotic (proud to be an Indian) feeling. As the key note speaker, Mr S Krishnakumar explained the effect of emerging India on various sectors such as education, industry, world trade etc. He shared various statistical data showing rise in the business opportunities for India in manufacturing and service sectors.

Thereafter, the annual souvenir of the association was released by the honorable guests. There were two technical sessions namely ‘Digitization and Start-up for Growth’ & ‘Impact of New Education Policy & value system’, to discuss the theme of the program. The experts of the subjects addressed the delegates. For these sessions, we had Mr. Anup Kapoor, Executive Vice President &

Global Head of Operations, Infosys BPM; Mr. Rajiv Bajaj, CEO, Bajaj & Bajaj Corporate Chambers; Dr. Girishwar Misra, Former Vice Chancellor of Mahatma Gandhi Antar Rashtriya Hindi Vishva Vidhyalaya, Wardha; and Dr. Vishal Talwar, Director IMT, Ghaziabad. Mr Arvind Kumar, Director General of STPI, Noida was the chief guest of valedictory session who expressed his views on emerging India and on the importance of organizing such programs & events. The program was concluded with the prize distribution to award winners and mementos to sponsors of the event. The vote of thanks was given by Mr. Vinay Gupta, Executive Director, GMA to all those who made this program a success.



Continued Page 1...

TOBACCO A SLOW...

When a person quits on tobacco the body itself starts recovering.

- Pulse rate and blood pressure go back to normal state soon after 20 minutes of not consuming tobacco.
- The carbon monoxide level decreases for not smoking for 12 hours, which leads to increasing the oxygen level in our body.
- Quitting for one week makes nerve endings start growing back and improves lung function.
- The risk of coronary heart disease decreases by half, after not smoking for a year.
- After 10-15 years of avoiding smoking, all tobacco-related diseases get reduced.

IIT Kanpur's Flexible...

To understand the program better, you may listen to the Director at IIT Kanpur talk about what makes the e-Masters Degrees unique.

You can also check out what the program faculties of e-Masters in Sustainable Construction Practices and Project Management have to say about the Degree Program below. There are many other perks of taking up an e-Masters Degree Program from IIT Kanpur. Some of these include:

- IIT Kanpur has been ranked 4th by NIRF in the Engineering category, making its alumni status highly respectable. After the successful completion of the course, this prestigious alumni status will act as a badge of honour for you and make your credentials/resume stand out in front of every employer.
- The program offers a flexible schedule which allows you to earn while you learn. This means that along with having self-paced learning combined with weekend-only live classes, you also get the flexibility to complete the program in 1-3 years.
- Learners enrolled in the e-Masters program also get access to the IIT Kanpur

placement cell and incubation centre. The placement cell provides you with mentorship and career support to boost your career prospects and network with other alumni.

• The best part about getting enrolled in the program is that you wouldn't require a GATE score to qualify for admission. Instead, the selection process will be based on your merit, i.e., your academic performance, professional experience, a test, or interview—wherever applicable.

• Up to 60 credits are awarded on successful completion of this program, which can be used for further study at IIT Kanpur if you want to pursue an MTech or PhD degree.

CBSE Increases ...

The decision to increase the percentage of competency-based questions in Boards was initiated in 2019-20 and is in sync with NEP 2020 recommendations.”

By attempting more competency-based questions, the higher-order thinking skills, conceptual understanding, attainment of learning outcomes, and the ability to apply concepts in real-life scenarios, students will be qualitatively measured. This analysis was discouraged earlier as the focus was on rote learning,” added Emmanuel.

Besides this, short and long-answer questions will continue. To prevent unfair practices in the MCQs, CBSE plans to shuffle the order of the questions and responses, said Emmanuel.

Teachers training

CBSE is undertaking capacity-building programmes for teachers to improve the quality of learning. New initiatives such as ‘Key Stage Assessment (SAFAL) and School Quality Assessment and Assurance (SQAA) will accelerate the progress of exam reforms by enhancing the capacity of students, teachers, and schools toward competency-focused education and assessment in line with the vision of NEP 2020.





## विश्वविद्यालयों की खबरें

गौरव उप्रोति

### बिहार में शुरू होगा 4 वर्षीय स्नातक पाठ्यक्रम

बिहार के सभी विश्वविद्यालयों में आगामी शैक्षणिक सत्र (2023-27) में बड़ा बदलाव किया गया है। (CBCS) च्वाइस बेस्ड क्रेडिट सिस्टम के तहत चार वर्षीय स्नातक पाठ्यक्रम शुरू किया जाएगा। राजभवन से जारी आदेश में कहा गया है कि NEP2020 की अनुशंसा के बाद यह निर्णय लिया गया है। बिहार शिक्षा के एक वरिष्ठ अधिकारी ने यह भी बताया कि संशोधित पाठ्यक्रम पहले साल से ही कौशल विकास का परिक्षण देगा। एक साल में दो सेमेस्टर पूरे करने में प्रमाणपत्र भी दिया जाएगा।

### प्रेक्टिकल परीक्षा की तैयारी में सीसीएसयू

चौधरी चरणसिंह विश्वविद्यालय शिक्षा सत्र को नियमित करने के लिए बड़ा फैसला करने जा रहा है। इसके तहत न सिर्फ विश्वविद्यालय बल्कि कॉलेजों व संस्थानों की डिग्री और डिप्लोमा कोर्स की लिखित परीक्षाओं से पहले प्रैक्टिकल परीक्षाएं कराई जाएंगी। आधिकारिक सूत्रों का कहना है की कुलपति की जल्द ही स्वीकृति मिल जाएगी, इसके बाद यह व्यवस्था लागू कर दी जाएगी।

### लखनऊ विवि में पढ़ाया जाएगा भगवान राम का इतिहास

अयोध्या में बन रहे भव्य राम मंदिर की चर्चा इस समय पूरे देश और दुनिया में हो रही है और अब लखनऊ विश्वविद्यालय भी अपने छात्र छात्राओं को राम नगरी अयोध्या के बारे में पढ़ाएगा। लखनऊ विश्वविद्यालय के कुलपति प्रो. आलोक राय ने कहा कि जो लोग अयोध्या का धार्मिक, आध्यात्मिक महत्व जानते हैं, अब उसके वैज्ञानिक महत्व को भी जान पाएंगे। संस्थान के तौर पर हमारी जिम्मेदारी है कि जो भी कंटेपरेरी चीज है, समीचीन है, जिसका कोई सिग्निफिकेंस है, जो ज्ञान व रिसर्च को बढ़ाने में महत्व रखता है।

### बिना मान्यता के चल रहे 695 विवि और 34,734 कॉलेज

गुणवत्तापूर्ण शिक्षा का अधिकार सभी को है चाहे वह फिर बात प्राथमिक शिक्षा की हो या उच्च शिक्षा की। इसी को ध्यान में रखते हुए एनईपी 2020 को लाया गया है। वहीं, हम दूसरी ओर बात करें तो देश के 650 से भी ज्यादा विश्वविद्यालय और 34 हजार से अधिक कॉलेज बिना नेशनल असेसमेंट एंड एकीडेशन काउंसिल (NAAC) की मान्यता के संचालित हैं। इस बात की जानकारी केंद्रीय शिक्षा राज्य मंत्री सुभाष सरकार ने लोकसभा में एक सवाल के जवाब में साझा किया।

### सीयूईटी पर नहीं पड़ेगा एनसीआरटी के बदले पाठ्यक्रम का असर

दिल्ली विश्वविद्यालय के कुलपति प्रो योगेश सिंह ने कहा कि सीयूईटी सिलेबस पर एनसीईआरटी के रेशनलाइज्ड सिलेबस का असर नहीं पड़ेगा। उन्होंने कहा कि एनसीईआरटी की ओर से कुछ पाठ्यक्रम हटाने के बाद इस साल की सीयूईटी परीक्षा प्रभावित नहीं होगी। डीयू कुलपति ने कहा कि ये बदलाव सिर्फ नए शैक्षणिक सत्र के लिए है। इसका मालब मुगल इतिहास, गांधी हत्या, आपातकाल, सीयूईटी की तैयारी के लिए प्रासंगिक रहेगा। हमें इस वर्ष सीयूईटी परीक्षा के लिए 25 लाख से अधिक आवेदन प्राप्त हुए हैं।

### ऑस्ट्रेलिया के विवि ने भारतीयों पर लगाए प्रतिबंध

फर्जी आवेदनों में वृद्धि के बीच ऑस्ट्रेलिया के कम से कम पांच विश्वविद्यालयों ने भारत के कुछ राज्यों के छात्रों के प्रवेश पर प्रतिबंध लगा दिया है। वेस्टर्न ऑस्ट्रेलिया के पर्थ में स्थित कोवान विश्वविद्यालय ने भारतीय राज्यों- पंजाब और हरियाणा के आवेदकों पर प्रतिबंध लगा दिया। इसके बाद मार्व में विक्टोरिया विश्वविद्यालय ने उत्तर प्रदेश, राजस्थान और गुजरात सहित आठ भारतीय राज्यों के छात्रों के आवेदनों पर प्रतिबंध बढ़ा दिए, यह घटनाक्रम ऑस्ट्रेलियाई प्रधानमंत्री एंथनी अल्बानीस के भारत दौरे के दौरान विश्वविद्यालयों एवं कॉलेजों के साथ एक नए समझौते की घोषणा किए जाने के बाद हुआ।

### छात्राओं को मातृत्व अवकाश

पहली बार 18 वर्ष और उससे अधिक आयु की स्नातक डिग्री और स्नातकोत्तर छात्राओं को 60 दिन का मातृत्व अवकाश देने का निर्णय केरल स्थित महात्मा गांधी विश्वविद्यालय ने लिया है। यह निर्णय सिंडिकेट की बैठक में प्रो वाइस चांसलर सीटी अरविंद कुमार की अध्यक्षता में लिया गया। विश्वविद्यालय के अनुसार 60 दिन का मातृत्व अवकाश प्रसव से पहले या बाद में लिया जा सकता है, लेकिन केवल पहली या दूसरी गर्भावस्था के लिए और पाठ्यक्रम की अवधि के दौरान केवल एक बार दिया जाएगा। मातृत्व अवकाश की अवधि में सार्वजनिक और सामान्य अवकाश शामिल होंगे और इसके साथ कोई अन्य अवकाश नहीं जोड़ा जा सकता है। सिंडिकेट ने यह निर्णय भी लिया कि मातृत्व अवकाश पर रहने वाले छात्रों की प्रैक्टिकल, लैब और वाइवा परीक्षा होने की स्थिति में संस्था या विभाग के प्रमुख इसके लिए आवश्यक व्यवस्था करें। विज्ञप्ति में कहा गया है कि मातृत्व अवकाश लेने के लिए आवेदन के साथ छुट्टी शुरू होने से तीन दिन पहले एक पंजीकृत डॉक्टर का मेडिकल सर्टिफिकेट दर्ना होगा।

### पीजी में दाखिले के लिए सीइयूटी का आयोजन 5-12 जून तक

देश भर के विश्वविद्यालयों में स्नातकोत्तर पाठ्यक्रम में दाखिले के लिए साझा विश्वविद्यालय प्रवेश परीक्षा- स्नातकोत्तर (पीजी) का आयोजन 5 से 12 जून तक होगा। राष्ट्रीय परीक्षा एजेंसी (एनटीए) ने बृहस्पतिवार को यह जानकारी दी। उम्मीदवार इस परीक्षा के लिए पांच मई तक आवेदन कर सकते हैं। एनटीए एजेंसी की एक वरिष्ठ अधिकारी ने बताया, विश्वविद्यालय प्रवेश परीक्षा- स्नातकोत्तर (पीजी) का आयोजन 5,6,7,8,9,10,11 और 12 जून को होगा, परीक्षा के बारे में ताजा जानकारी प्राप्त करने के लिए उम्मीदवारों को एनटीए की वेबसाइट नियमित रूप से देखने की सलाह दी जाती है।

### ऑफलाइन होंगी परीक्षाएं

दिल्ली विश्वविद्यालय के छात्र अंतिम वर्ष की परीक्षाओं को ऑनलाइन मोड में कराने की मांग कर रहे हैं। छात्रों ने ऑनलाइन माध्यम से परीक्षा कराने की मांग को लेकर प्रदर्शन भी किया। विश्वविद्यालय प्रशासन ने छठे सेमेस्टर की परीक्षा ऑफलाइन तरीके से कराने की घोषणा की है। करीब दो साल के बाद विश्वविद्यालय ऑफलाइन परीक्षा करा रहा है और यह परीक्षाएं मई और जून महीने में होने की उम्मीद है। आपन बुक परीक्षा (ओबीई) के लिए मांग कर रहे छात्रों का कहना है कि यदि उनके पाठ्यक्रम का 60% से 70% ऑनलाइन मोड में पूरा किया गया था, तो उन्हें ऑफलाइन परीक्षा में बैठने के लिए मजबूर नहीं किया जाना चाहिए।

## Sudoku

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

# होलोग्राम: भारतीय टेलीविजन का भविष्य

अनुराग सिंह

**नई दिल्ली।** भारत में टेलीविजन का प्रारंभ एक प्रयोग के तौर पर किया गया जिसका मुख्य उद्देश्य शिक्षा का प्रसार था जो समय का साथ परिवर्तित हुआ और मनोरंजन और सूचना के आदान प्रदान का एक सशक्त माध्यम बना जिसके साथ शुरू हुई भारत में टेलीविजन की विकास यात्रा जिसने प्रसारण, कार्यक्रम निर्माण में एक नई उंचाई प्रदान की। भारतीय टेलीविजन पिछले चार दशकों से संचार के क्षेत्र में एक महत्वपूर्ण भूमिका निभा रहा है, साथ ही अपनी प्रसारण तकनीकों को विकसित करते हुए सैटेलाइट इस्ट्रक्शनल टेलीविजन एक्सपेरिमेंट (SITE) लॉन्च किया। उपग्रहों, अर्थ स्टेशनों, अपलिंक्स और डाउनलिंक्स के हार्डवेयर के क्षेत्र में अद्भुत काम किया।

भारत सरकार द्वारा 1991 में आर्थिक और सामाजिक सुधारों की एक श्रृंखला शुरू की गयी जिसके तहत सरकार ने निजी और विदेशी प्रसारकों को अनुमति दी। CNN, Star TV, जैम विदेशी चैनल और Zee TV, सन टीवी जैसे चैनल ने उपग्रह प्रसारण शुरू किया वर्तमान में 1000 से जायदा निजी चैनल अपने कार्यक्रम प्रसारित कर रहे है भारत में निजी टेलीविजन नेटवर्क विज्ञापनों के माध्यम से व्यावसायीकरण और उपभोक्तावाद को प्रोत्साहित करते हैं जिसके कारण भारतीय टेलिविजन उद्योग और टेलीविजन विज्ञापन अपने पांच वर्षों में तेजी से बढ़ने के लिए तैयार है। अनुमान है की भारत विश्व में



### क्या है होलोग्राम तकनीक

असल में होलोग्राम 3 डी प्रसारण तकनीक है जिसके माध्यम से किसी व्यक्ति या वस्तु को वास्तविकता के करीब महसूस किया जा सकता है। वास्तव में यह प्रकाश का जादू है जो 2 डी पिक्चर को 3 डी में परिवर्तित करता है। त्रिआयामी होलोग्राफी तकनीक में एक पारदर्शी रंगीन प्रकाश का प्रयोग किया जाता है, जिसे प्रोजेक्टर के माध्यम से बनाया जाता है। इस तकनीक में मनुष्य या किसी भी वस्तु से निकलने वाली रोशनी या प्रकाश को त्रिआयामी कैमरों द्वारा रिकॉर्ड कर लिया जाता है और रिकॉर्ड किये गये वीडियो, पिक्चर को थ्रीडी प्रोजेक्टर द्वारा जब प्ले किया जाता है, वह उसी प्रकार दिखाई देती है जैसी रिकॉर्डिंग के समय थी। यह चित्र और वीडियो बिलकुल वैसे ही दिखाई देते है जैसे आप किसी वास्तविक वस्तु या मनुष्य को पास से देख रहे हों या वह आपके सामने हो। इस तकनीक का विकास ब्रिटिश-हंगेरीयन भौतिक विज्ञानी डैनिस गैबर किया था जिसके लिए उन्हें नोबल पुरस्कार से भी पुरस्कृत किया गया।

टेलीविजन विज्ञापन में तीसरा सबसे बड़ा बाजार बन जायेगा। आज टेलीविजन अपनी विकास यात्रा में काफी आगे बढ़ चुका है और इसमें कई नए आयाम जुड़ चुके हैं जो किसी को भी रोमांचित कर सकते है आधुनिक तकनीकी और प्रद्योगिकी के दौर में जहाँ प्रतिष्ठा लगातार बढ़ रही है और एक होड़ सी लगी है कि प्रसारण में नवीनता और आकर्षण हो इसके लिए टेलीविजन चैनल नित नये प्रयोग कर रहे हैं।

हमसे बने दूर दराज में घटी किसी घटना को अपने ड्राइंग रूम में बैठकर

टेलीविजन के माध्यम से लाइव देखा है पर अब यह नई बात नहीं रही, सोचिये अगर दूर दराज में रहने वाला व्यक्ति सशरीर स्टूडियो में अवतरित हो जाए आप कहेंगे, यह संभव नहीं परन्तु आज के प्रतिस्पर्धा और प्रद्योगिकी की वजह से यह संभव है कि मुंबई में बैठे किसी व्यक्ति को दिल्ली के स्टूडओ में लांच किया जाये या किसी मृत कलाकार को स्टूडियो में बैठा कर प्रसारण किया जाए है न रोमांच करनेवाला प्रकरण जिसने टेलीविजन प्रसारण में एक अलग रोमांच पैदा किया है। जिसकी



शुरूआत 11 अप्रैल 2014 में देश के लोकप्रिय चैनल आज तक के एक खास प्रसारण से हुआ जो ऐसा था जो पहले कभी नहीं देखा गया था जिसमे नोएडा स्टूडियो में मौजूद जानेमाने एंकर पुण्य प्रसून बाजपेयी को मुंबई स्टूडियो में मौजूद सदी के महानायक अमिताभ जी के साथ सीधे बातचीत करते हुए देखा गया और दशकों को आभास हुआ की अमिताभ जी नोएडा स्टूडियो मे है जबकि वह उस समय मुंबई में मजदू थे। यही है मायाजाल टेलीविजन का देश ने टेलीविजन प्रसारण में एक नई तकनीक को देखा जिसका नाम है होलोग्राम। इसी साल होलोग्राम तकनीक का प्रयोग एक और चैनल जी न्यूज ने किया जिसमे देश के जाने माने फुटबॉलर भूटिया को स्टूडियो अवतरित किया। इस प्रसारण को देख दर्शकों के मन में उत्सुकता हुई कि यह कैसे संभव हुआ जिसका जवाब है होलोग्राम।

प्रसारण में होलोग्राम तकनीक एक

जादुई प्रभाव छोड़ता है वास्तव में देखे तो होलोग्राम तकनीक टेलीपोर्टिंग का ही एक तरीका है परन्तु उससे थोड़ा भिन्न है। टेलीपोर्टेशन और थ्रीडी होलोग्राम में जो अन्तर है। वह कुछ-कुछ कम्प्यूटर में इस्तेमाल होने वाले कट और कॉपी जैसा ही है, जैसे कट करने पर टैक्सट अपने स्थान से हट जाता है और दूसरे स्थान जहाँ भी हम उसे पेस्ट करें, वहाँ चला जाता है उसी। प्रकार टेलीपोर्टेशन में किसी भौतिक वस्तु या इंसानी शरीर को एक स्थान से पूरी तरह हटाकर दूसरे स्थान पर भेज दिया जाता है, और थ्रीडी होलोग्राम तकनीक कम्प्यूटर के कॉपी फंशन की तरह काम करती है। यहाँ किसी भी वस्तु या इंसानी शरीर का आभासी थ्रीडी प्रतिबिंब तैयार किया जाता है और एक साथ कई स्थानों पर उसे दिखाया जा सकता है। जिसका प्रयोग भारतीय टेलीविजन उद्योग इंटरव्यू न्यूज कवरेज, डिबेट, और चुनावी कवरेज

प्रसारण सेट में कर रही है। यह तकनीक भारतीय मीडिया को एक नई उंचाई प्रदान कर रहा है। देश में वर्ष 2014 के आम चुनाव में आम भारतीय चुनावों में तत्कालीन बीजेपी उमीदवार नरेंद्र मोदी जो बाद में देश के प्रधानमंत्री बने उनके भाषणों को एक साथ ढेर सारी जगहों के प्रसारण के लिए भी भारतीय मीडिया ने होलोग्राम तकनीक का प्रयोग किया था, और स्वयं प्रधानमंत्री इस तकनीक से इतने प्रभावित हैं कि इस तकनीक को देश के विकास से जोड़ने के लिए संकल्पित दिखते हैं। होलोग्राम तकनीक की कहानी अब और आगे बढ़ रही है। अभी हाल ही में माइक्रोसॉफ्ट ने होलोलैस नाम की एक नई प्रौद्योगिकी विकसित की है जिसके माध्यम से दूर दराज में बैठे व्यक्ति के साथ मुखातिब हुआ जा सकता है जो टेलीविजन प्रसारण और कार्यक्रम निर्माण को और जीवंत करेगा और टेलेविजन प्रसारण में एक क्रांतिकारी परिवर्तन लायेगा।

# लक्ष्य पाने के लिए धैर्य भी जरूरी: मिलिंद

अवनी त्यागी

**गाजियाबाद।** संगीत एक ऐसी चीज है जो हर किसी के मन को मोह लेता है। और संगीतकार वह है जो इस संगीत को और रोचक बनाने में मदद करता है। ऐसे ही हैं एक काबिल गायक मिलिंद गाबा जिन्होंने दिल्ली में जन्म लिया और आज हिंदुस्तान के लाखों दिलों पर राज करते हैं। गाबा ने 2014 में एक पंजाबी गाने से अपना डेब्यू किया और आज लोगों की जुबान पर छापे हुए हैं। हाल ही में आईएमएस गाजियाबाद (यूनिवर्सिटी कोर्सस कैम्पस) में एक कार्यक्रम में मिलिंद गाबा से बातचीत हुई। प्रस्तुत हैं भेंटवार्ता के कुछ प्रमुख अंशः

**आपके अपने कॉलेज के दिनों के वो कौन से लम्हे हैं जिन्हें आप वापस जीना चाहेंगे ?**

मैं जब कॉलेज में था तब मुझे गाने बजाने का बहुत शौक था। इसी कारण मैं एक से डेढ़ साल कॉलेज ही नहीं गया। उस बात का मुझे बहुत अफसोस है। आज मैं उन्हीं लम्हों को जीना चाहता हूं, इसीलिए मैं सबको



कहना चाहता हूं कि आप इन लम्हों को जाया न करें क्योंकि ये दोबारा नहीं मिलेंगे।

**आप युवा अवस्था के मिलिंद गाबा से बने स्टेज वाले मिलिंद गाबा के सफर के बारे में क्या कहेंगे ?**

मैं अगर बात करूं अपने शुरूआती दिनों की, मुझे हंसना और खेलना बहुत पसंद था। आज भी मैं स्टेज पर हंसते खेलते ही गाना गाता हूं। मैं चाहता हूं मेरे अंदर का बचपन आगे तक बरकरार रहे।

**आपने यह कब जाना की आपकी रुचि संगीत में है, और आपको संगीत में ही अपना कैरियर बनाना है ?**

मेरे पास हमेशा से संगीत ही था। संगीत के अलावा मुझे और किसी काम में कोई खास रुचि नहीं थी। मैं अपने माता-पिता का शुक्रगुजार हूं कि उन्होंने इस निर्णय में मेरा साथे दिया। **आपका एक गाना 'यार मोड़ दो है' जिसे दोस्त, परिवार को याद करते हुए सुनते या गाते हैं।**

मेरे जीवन में मेरे दोस्तों का बहुत महत्त्व है। मेरा मानना है कि एक समय ऐसा आता है जब आपके दोस्त आपको कई जरूरी बातें बड़ी आसानी से समझा देते हैं। मेरे आज भी वही दोस्त हैं जिन्होंने मुझे एक बीज से पौधा और पौधे से वृक्ष बनते देखा है।

**कोई न कोई गाना जो आपके मन के बहुत करीब हो पर उसे जनता**

**आपकी सफलता में दोस्ती का क्या महत्त्व रहा है ?**

मेरे जीवन में मेरे दोस्तों का बहुत महत्त्व है। मेरा मानना है कि एक समय ऐसा आता है जब आपके दोस्त आपको कई जरूरी बातें बड़ी आसानी से समझा देते हैं। मेरे आज भी वही दोस्त हैं जिन्होंने मुझे एक बीज से पौधा और पौधे से वृक्ष बनते देखा है।

**कोई न कोई गाना जो आपके मन के बहुत करीब हो पर उसे जनता**

**से इतना प्यार न मिला हो ?**

मैं इस चीज में खुद को बहुत भाव्यशाली मानता हूं कि मेरे द्वारा बनाए गए गानों को हर किसी ने बेहद प्यार दिया है। यह सबका प्यार है जो मुझे मिलता है और आगे भी सबसे ऐसे ही प्यार की कामना रखता हूं।

**य्यूजिक इंडस्ट्री जो एक समंदर है वहां आपने अपनी पहचान बनाई है। आज के युवा जिनका रुझान म्यूजिक की ओर ज्यादा है आप उन्हें क्या सलाह देना चाहेंगे ?**

मेरा यह मानना है कि काम को करने के लिए मेहनत के साथ-साथ धैर्य की भी बहुत जरूरत होती है। कोई भी चीज रातों-रात हासिल नहीं की जा सकती है। अपना काम हमेशा दृढ़ संकल्प के साथ करना चाहिए। **आपका पसंदीदा गाना कौन सा है ?** मेरे हर गाने की अपनी ही कहानी है। मेरा पहला गाना मेरे दिल के बहुत करीब है। और जो अभी हाल ही में मेरा गाना आया है। पेरिस का ट्रीप मेरा फिलहाल पसंदीदा गाना है।

Knowledge

Solve Quiz No. 103

For Students

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

- Which part of the Human Body stores Glycogen?
  - Liver
  - Intestine
  - Pancreas
  - Spleen
- Clove is which part of the plant?
  - Flower bud
  - Calyx
  - Inflorescence
  - Fruit
- Chlorophyll absorbs which of the wavelength of the sun light?
  - Green and blue
  - Green and red
  - Red and blue
  - Red and yellow
- Which of the following is incorrect about a satellite?
  - It is a freely falling body
  - It does not require energy for its motion in orbit
  - It suffers an acceleration
  - It moves with constant speed
- The angular momentum of a satellite depends on which of the following?
  - Mass of the satellite
  - Mass of the planet
  - Radius of orbit of satellite
  - All of the above
- Which of the following states of matter has the weakest Intermolecular forces?
  - Solids
  - Liquids
  - Gases
  - None of the above
- Which of the following electromagnetic waves in the EM spectrum has the highest wavelength?
  - X-rays
  - Visible
  - Infrared
  - UV-rays
- What kind of waves are produced in a cylinder containing a liquid by moving its piston back and forth?
  - Transverse
  - Longitudinal
  - Transverse or longitudinal
  - None of the above
- What is the effect of increase of temperature on the speed of sound?
  - Increases
  - Decreases
  - It may or may not increase
  - No effect
- What is the splitting of light into its colours known as?
  - Diffusion
  - Dispersion
  - Refraction
  - None of the above

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-102) April, 2023 issue:**

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

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



## रासायनिक हथियारों के खतरे से बचाने की चुनौती

आज संपूर्ण विश्व में रासायनिक और परमाणु हथियारों के इस्तेमाल का खतरा बढ़ गया है। इस मामले में संयुक्त राज्य अमेरिका दुनिया के सबसे शक्तिशाली देशों में से एक होने के लिए जाना जाता है। अमेरिका ने कई शक्तिशाली हथियार विकसित किए हैं। कुछ हथियारों ने अमेरिका की युद्ध की स्थिति में जीत हासिल करने में मदद की है। वहीं, अन्य अस्त्रों के कारण व्यापक विनाश हुआ है। इस शक्ति के साथ अमेरिका ने कई बार बड़ी जिम्मेदारियां भी उठाई हैं। दुनिया भर में अपने हितों और अपने नागरिकों की रक्षा के लिए अमेरिका ने सैन्य शक्ति का उपयोग किया है। आज रूस और चीन भी खतरनाक हथियारों से लैस देश हैं। वर्तमान में यूक्रेन पर रूस के हमले के मद्देनजर इन हथियारों के इस्तेमाल का खतरा लगातार बना हुआ है।

यूक्रेन पर रूस के आक्रमण को काफी समय गुजर चुका है। यह कहना सुरक्षित है कि चीजें रूस के पक्ष में नहीं जा रही हैं। हाल ही में जिस तरीके से राष्ट्रपति भवन क्रेमलिन पर ड्रोन से हमला हुआ है, उससे चीजें और बिगड़ सकती हैं। सामूहिक विनाश के जिस हथियार का इस्तेमाल होने की आशंका सबसे अधिक है वह रासायनिक हथियार है। रूस के पास कभी रासायनिक हथियारों का दुनिया का सबसे बड़ा भंडार था, जिसमें सरीन और वीएक्स जैसे तंत्रिका तंत्र को नुकसान पहुंचाने वाले हथियारों से लेकर मस्टर्ड गैस और जहरीली गैस फॉस्जीन शामिल थे।

यद्यपि रूस ने 2017 तक अपने शस्त्रागार को नष्ट करने का दावा किया था, लेकिन 2018 और 2020 में हत्या के प्रयासों के दौरान तंत्रिका तंत्र को नुकसान पहुंचाने वाले नोविचोक के उपयोग से पता चलता है कि उसके पास रासायनिक हथियार हैं, हालांकि मात्रा और किस प्रकार (नोविचोक से अलावा) के हथियार हैं, यह ज्ञात नहीं है। अमेरिका और उसके मित्र देशों का मानना है कि रूस स्पष्ट तार्किक असंगति के बावजूद, यूक्रेन पर अपने हमले को सही ठहराने के लिए रासायनिक हथियारों के उपयोग से जुड़े एक अभियान को अंजाम देने की योजना बना सकता है।

गौरतलब है कि एक अन्य सामूहिक विनाश का खतरा परमाणु हथियार हैं। यह अनुमान है कि रूस के पास दुनिया का सबसे बड़ा परमाणु शस्त्रागार है, जिसमें कुल 4,477 परमाणु हथियार हैं। सामरिक परमाणु हथियार युद्ध के मैदान में उपयोग के लिए होते हैं, जबकि रणनीतिक परमाणु हथियारों का उपयोग शहरों जैसे रणनीतिक लक्ष्यों को नष्ट करने के लिए किया जाता है। व्यावहारिक रूप से, उनके बीच एकमात्र महत्वपूर्ण अंतर उन्हें दागने के तरीके का होता है।

दूसरी ओर अगर ऐसा होता है तो संयुक्त राज्य अमेरिका चुप बैठने वाला नहीं है। एकमात्र ऐसा देश है, जिसने विनाशकारी परिणामों के साथ युद्ध में परमाणु हथियारों का इस्तेमाल पहले भी कर चुका है। द्वितीय विश्व युद्ध के दौरान, अमेरिका ने हिरोशिमा और नागासाकी के जापानी शहरों पर परमाणु बम गिराए, जिसमें अनुमानित 200,000 लोग मारे गए। तब से, अमेरिका ने परमाणु हथियारों का एक बड़ा भंडार बनाए रखा है।

परमाणु हथियारों का उपयोग एक विवादास्पद विषय बना हुआ है, और उनके अस्तित्व ने वैश्विक हथियारों की होड़ को जन्म दिया है। आकस्मिक या जानबूझकर परमाणु युद्ध की संभावना एक बहुत ही वास्तविक खतरा बनी हुई है। निस्संदेह, आज विश्व समुदाय के समक्ष सबसे बड़ी चुनौती मानवता को रासायनिक और परमाणु हथियारों के हमले से बचाने की है।

# OTT Platforms are Spoiling Youth?

OTT (over-the-top) is a means of providing television and film content over the internet at the request and to suit the requirements of the individual consumer. According to Ormax OTT Audience Sizing Report 2022, India has 424 million OTT users. This report shows the popularity of OTT among people and they fall between the age group of 15-34 years. It is assumed that an average Indian youth spends approximately 8 hours 29 minutes watching online video content, which is much more than the worldwide trend of 6 hours and 45 minutes.

Undoubtedly, the OTT is becoming more popular than cinema and the reason is that they offer original content, which is often not available on traditional cable or satellite TV channels. The content is also more accessible to viewers, with many platforms offering subtitles and dubbing options to cater to a global audience. The COVID-19 pandemic has accelerated the rise of OTT platforms even further.

Indian culture is one of the strongest and most diverse cultures in the world and holds its significance through the ethics, norms, art, and traditions that have been passed down from generation to generations but there are various series which shows opposite of it and influencing people, especially youth in a bad manner. These OTT platforms are making huge and enormous profit at the

cost of challenging the Indian cultural values and ethos among the youth by posing film, television content flooded with the offensive and abusive language and sex scenes. Through these online platforms, mainly anti-national or anti-religious content is presented that provokes the masses to react instantly and thus, it can be said that OTT platforms are spreading negative culture among the youth.

There are so many real cases which show how these series are shaping up the personality and molding the character of an individual.

**CASE 1:** Let's start with a famous murder of Ballabhgarh, Haryana. A B.Com third year student was returning home after the exam. Suddenly, Tausif, the accused shooter. Tausif had one-sided love with Nikita and in police custody he confessed that he planned the assassination after watching the web series Mirzapur where Munna Bhaiya plays a character in the film that shot a girl, Sweetie, in a case of one-sided love story. Influenced by this story, Tausif also had a one-sided love with Nikita. He wanted to marry her. So, he was waiting for Nikita to take her outside the college. As soon as Nikita came out of the college, Tausif began to force her into a car. But Nikita refused and protested.



Vrishti Tyagi

Delhi informed that these boys called their families from their own mobile numbers and informed about their kidnapping. After creating their own kidnapping drama, they were also committing other crimes openly. These boys were caught through CCTV footage in a chain snatching case. In custody, they also confessed that this entire plan was made after watching a web series. Online platforms need proper regulations and should be censored in order to protect the cultural values among the youth and create a positive and healthy environment. The present government has shown the willingness on numerous occasions to intact the Indian culture and values. It is in this context; the ministry of Information and Broadcast (MIB) has emphasized on certain kind of regulation of OTT Platforms to rationalize the sector and convened consultations with numerous stakeholders. In this background, the MIB recently notified the Information Technology (Guidelines for

Intermediaries and Digital Media Ethics Code) Rules 2021 (Rules). The new rules seek to maintain a balance between self-regulation and government control. As per these rules, OTT platforms are required to establish a strong three-tier grievance redressal mechanism. The first level will include regulation by the OTT Platform itself through a grievance officer. The second level will be an institutional self-regulatory body formed by publishers of content and their associations. This self-regulatory body will consist of experts from industry headed by a retired Supreme Court/High Court judge of eminent personality in the relevant field. Further, the third level is an inter-department committee constituted by the Ministry of information and Broadcast which will give oversight and listen to appeals for decisions taken at level two or if a complaint is referred to the inter-department committee by MIB. The code of ethics announced under the Rules, set out guidelines for classification of content based on viewer's age, themes, content, tone and impact, and target audience.

Besides the regulations and guidelines by the government, it is the responsibility of each citizen to avoid the use of any such content at any level which pollute the mind of youths and pose a serious threat to the cultural values.

## Laughter Reduces Stress and Anxiety



activities may include laughter yoga sessions, comedy shows, and other events that encourage people to come together and share a laugh. In some parts of the world, people also participate in laughter flash mobs, where they gather in a public place and laugh together to spread joy and positivity.

One of the most popular activities associated with World Laughter Day is laughter yoga. Laughter yoga is a practice that combines laughter with breathing exercises, meditation, and physical movements. The idea behind laughter yoga is that laughter is a natural form of expression that can be induced through simple exercises. The practice does not



Sakshi Anand

require any jokes or humour, and it is not about forcing yourself to laugh. Instead, it is about creating a playful and fun environment that encourages spontaneous laughter. Laughter yoga has been shown to have many health benefits, including reducing stress and anxiety, improving mood, and increasing overall well-being. It is also an effective way to improve social connections and to build community spirit. In addition to laughter yoga, there are many other ways to celebrate World Laughter Day. Some people choose to attend comedy shows or watch funny movies with friends and family. Others may participate in activities

that they find enjoyable, such as dancing, singing, or playing games. This day is celebrated around the world, and different countries have their own unique ways of celebrating this day. In India, we celebrate this day with laughter yoga sessions, comedy shows, and street performances. Laughter clubs organize events where people come together to laugh and enjoy some fun activities. In Japan, many people also participate in traditional Japanese games and activities that promote laughter and joy.

Regardless of how we choose to celebrate World Laughter Day, the important thing is to remember the positive effects that laughter can have on our life. As we celebrate World Laughter Day, it is important to remember that laughter is a universal language that can bring people together. No matter where we come from or what language we speak, we can all share a laugh and find common ground through humour and joy. In a world that can often be divisive and stressful, World Laughter Day serves as a reminder that laughter and happiness are essential for our well-being. By coming together to celebrate laughter, we can create a more positive and peaceful world.

## वैज्ञानिक जिनका नाम स्वर्णाक्षरों में है दर्ज



भारत में कई ऐसे वैज्ञानिक हुए हैं, जिन्होंने अपने आविष्कारों से भारत को न केवल दुनिया भर में पहचान दिलाई बल्कि देश का नाम शिखर पर पहुंचाया है। इन वैज्ञानिकों के योगदान को भारत के साथ संपूर्ण विश्व में स्वर्णाक्षरों में अंकित है। आइए जानते हैं भारत के प्रमुख वैज्ञानिकों के बारे में जिन्होंने अपनी प्रतिभा से भारत को ख्याति दिलाई।

28 फरवरी 1928 को भारतीय वैज्ञानिक सीवी रमन ने प्रकाश के विवर्तन का शोध दुनिया के सामने पेश किया था। इसे रमन प्रभाव के नाम से भी जानते हैं। उनको अपनी इस अद्भुत खोज के लिए नोबल पुरस्कार से नवाजा गया था। इनका पूरा नाम चंद्रशेखर वेंकटरमन था।

दूसरा महत्वपूर्ण नाम है डॉ. होमी जहांगीर भाभा का। भारत के प्रसिद्ध भौतिक वैज्ञानिक डॉ. भाभा ने भारत को परमाणु संपन्न बनाने और पूरी दुनिया में एक महाशक्ति के रूप में स्थापित किया।



चाहत कुमारी

वर्ष 1909 में जन्मे होमी जहांगीर भाभा ने क्वांटम थ्योरी में महत्वपूर्ण भूमिका निभाई। भारत के पूर्व राष्ट्रपति (2007 से 2011 तक) और महान वैज्ञानिक डॉ. एपीजे अब्दुल कलाम ने वाहन प्रौद्योगिकी के क्षेत्र में इनके योगदान और बैलिस्टिक मिसाइल बनाने में प्रमुख भूमिका निभाई। इसलिए उन्हें मिसाइल मैन के नाम से भी जाना जाता है। इतना ही नहीं हमारे अनेक वैज्ञानिकों ने विभिन्न क्षेत्रों में नाम कमाया है। भारत के रहने वाले प्रसिद्ध 102 वर्षीय गणितज्ञ सीआर राव को सांख्यिकी में वर्ष 2023 के अंतर्राष्ट्रीय पुरस्कार से सम्मानित किया गया। जिसे 'आंकड़ों का नोबेल पुरस्कार' कहा जाता है। श्री राव को 75 साल पहले प्रकाशित उनके उल्लेखनीय कार्य के लिए सम्मानित किया गया। राव का जन्म 10 सितंबर 1920 को हुई थी। कुछ साल बाद राव को भारत और अमेरिका में मानद उपाधियों से सम्मानित किया गया। द टाइम्स ऑफ इंडिया राव को सभी समय के शीर्ष 10 भारतीय वैज्ञानिकों में से एक के रूप में सूचीबद्ध किया है।

राव एक वरिष्ठ नीति और सांख्यिकी सलाहकार भी हैं। इंडियन हाट एंथ्रोसिप्शन गैर-लाभकारी दक्षिण एशियाई हृदय रोग जागरूकता बढ़ाने पर केंद्रित सहित कई पदों पर आसीन रहे। मौजूदा समय में वह पैनसेल्विनिया स्टेट यूनिवर्सिटी में प्रोफेसर एमिरेटस हैं और बफेलो यूनिवर्सिटी में रिसर्च प्रोफेसर हैं। राव को कई अन्य सम्मानों से सम्मानित किया जा चुका है जिनमें वर्ष 1968 में भारत सरकार से पद्म भूषण और वर्ष 2001 में मिला पद्म विभूषण सम्मान शामिल है।

## Protecting Students' Mental Health: A long-Term Strategy for Schools, Teachers and Parents

Pressure from society, family and peers, along with other stresses, forces students to pay even more attention to their mental health. Educational institutions can work with teachers and parents to develop a long-term strategy to protect students' mental well-being. Ensuring the mental well-being of students is hotly debated, especially during the exam season and after the announcement of the result. Several outlets share quick tips and tricks on how to manage anxiety and how students can better deal with this stressful situation, expectations and reality.

Unfortunately, these tips are short-lived and rarely last. According to a UNICEF report, about one in seven Indians suffer from depression or anxiety, and half of these mental health problems appear before the age of 14. Instead of focusing on one or two incidents, address mental health issues. Health should be a lifelong, attitudinal issue, and as a

key stakeholder, schools should play an important role in fostering a healthy ecosystem of students and their psychological, emotional and behavioral well-being for the long-term benefit of the individual and society. Common things that complicate the mental health of growing children are peer and parental pressure, test anxiety, bullying, home environment and relationship problems. Apart from making parents aware, the Indian education system needs to systematically create healthy avenues for students to channelize their stress.

### HEALTH DELIVERY MECHANISMS

There is a growing body of research showing how many students who struggle with attention deficit hyperactivity disorder (ADHD) have



Dr. Sandhya Sharma

undiagnosed attention deficit hyperactivity disorder (ADHD), which in turn affects their academic performance. In fact, ADHD was more common in children than the global estimate of about 11 percent. It is high time for schools to actively participate in the development of healthy coping mechanisms for students and offer them adequate opportunities to refresh the body and mind. To begin with, we should let students understand the nature of their nervousness and become more adept at dealing with stress. This requires schools to actively partner with organizations that actively seek to promote mindfulness training among students.

### COMMUNICATION WORKSHOPS AND CONSULTING

Students need healthy channels of communication with the people



closest to them - both peers and parents, not only to vent frustration, but also to find solutions. It is imperative that schools organize workshops for parents from mental health experts on how to adequately support and communicate with their children during stressful times. Additionally, it is more important now than ever for schools to establish advisory panels and mental health counselors to support children holistically and reduce conversations about their mental health issues. Many school-age students don't talk

about their concerns because they're afraid they'll embarrass their peers or ignore their parents. During this time, an assigned counselor at an academic institution can provide a safe space for students to come and seek help while maintaining confidentiality and privacy.

### PROTECT STUDENT THOUGHTS

There is no doubt that exams create anxiety in most students because they create immense pressure to perform. Most of these fears and anxieties are caused by external social factors, not the

study itself. That is why it is important to change the way we think about exams and how we perceive results and student achievement.

Exams are formal assessments that test student learning and should be largely limited to simply showing progress. Protecting a child's test-related mindset and eliminating anxiety begins with changing the way parents and teachers view test results and avoiding harmful labels and categories that negatively affect children.

It is also extremely important to talk about parents who want to see their children as tools to fulfill their unfulfilled dreams and force their children to follow their own opportunities and curricula. Every child is born to succeed when parents and teachers guide the student in the right direction in an atmosphere of mutual respect, emphasizing where and what he is good at. After all, preparing students to fail is just as important

Pressure from society, family and peers, along with other stresses, forces students to pay even more attention to their mental health. Educational institutions can work with teachers and parents to develop a long-term strategy to protect students' mental well-being.

as preparing them to succeed. Failure is inevitable at some point in life and students should not feel that failing an exam is the end of the world. One-dimensional name signs that only represent success stunt their personality development and leave them ill-prepared for life's big and small disappointments. It is important to remember that courage and success have never been about the absence or denial of anxiety and fear. They were always there to understand and overcome this anxiety and fear.





नई किताब

Against New Materialisms: Craving for Reality  
Janhvi

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Description

The first comprehensive scrutiny of the theories associated with new materialisms including speculative realism, new materialism, Object-oriented ontology and actor-network theory.

One of the most influential trends in the humanities and social sciences in the last decades, new materialisms embody a critique of modernity and a pledge to regain immediate reality by focusing on the materiality of the world – human and nonhuman – rather than a post-structuralist focus upon texts.

Against New Materialisms examines the theoretical and practical problems connected with discarding modernity and the human subject from a number of interdisciplinary angles: ontology and phenomenology to political theory, mythology and ecology.

With contributions from international scholars, including Markus Gabriel, Andrew Cole, and Dipesh Chakrabarty, the essays here challenge the capacity of new materialisms to provide solutions to current international crises, whilst also calling into question what the desire for such theories can tell us about the global situation today.



Khushi Varshney

Topic: Heat Waves In India

- The 5 hottest summers in India have all occurred in the last 10 years, with temperatures reaching a scorching 51°C (123.8°F) in some places.
- In 2016, a heat wave in India claimed the lives of over 2,000 people, making it one of the deadliest heat waves in history.
- The Indian government has established a Heat Action Plan to mitigate the impact of heat waves, which includes measures such as creating cooling centers and distributing oral rehydration salts to vulnerable populations.
- The 1998 heat wave in Rajasthan, India, which saw temperatures soar to over 50°C (122°F), was so severe that it caused the roads to melt and the train tracks to warp.
- The 2015 Paris Agreement on climate change aims to limit global warming to well below 2°C (3.6°F) above pre-industrial levels, which would help to mitigate the impacts of heat waves and other extreme weather events in India and around the world.

NAAC ‘A’ Grade Not Necessary to Apply for Autonomous Status : UGC

IMS News Service

**CHENNAI:** In an effort to enable more institutions to apply for autonomous status, the University Grants Commission has relaxed the eligibility criteria for affiliated, constituent colleges, removing the rule which mandated a minimum 'A' grade by National Assessment and Accreditation Council (NAAC) to apply. As per the new regulations of the UGC, a college which has been in existence for 10 years and has secured accreditation either from the NAAC or NBA (for three programmes) is eligible to apply. This, say colleges, would enable a large number of institutions with lower grades in NAAC to apply for autonomous status.



The 'UGC (Conferment of Autonomous Status upon Colleges and Measures for Maintenance of Standards in Autonomous Colleges) Regulations, 2023,' which were recently notified in the gazette, have also removed the minimum NBA score of 675 for applying to autonomous status.

"The Regulations, 2023 provide for a simplified and transparent mechanism for

conferment of autonomous status to colleges," UGC secretary Manish R. Joshi said in a letter to vice-chancellors and principals. Academicians have welcomed the new relaxations.

S. P. Thyagarajan, a former vice-chancellor of University of Madras, said the National Education Policy (NEP) envisaged making all affiliated colleges autonomous colleges by 2035. "This move would allow many colleges to apply for autonomous status and they can get degree awarding status after two cycles of NAAC accreditation," he said. Academic autonomy is the essence of educational reform. If it must be implemented in time, autonomous colleges are the best way to do it at the college level. In that context, I welcome

these changes, he added. The new regulations also give autonomous colleges' greater freedom to start a new undergraduate or postgraduate programme with the approval of the academic council of the college and the statutory council concerned.

Mr. P. Duraisamy, another former vice-chancellor of University of Madras, said the affiliating university should have minimum control to ensure the courses have minimum standard and curricular content. "These new regulations have to be accepted and adopted by the state government and university before it is being implemented." The onsite visit by an expert committee while awarding autonomous status has also been done away with.

IMS is Known for Practical Oriented Approach: Alumni

Tanishi Benerjee

In this interview, Sirazuddin talks about his experience at IMS Ghaziabad, his learnings as a student, and everything he learned for his career building. Sirazuddinsaifi is a alumni of IMS Ghaziabad University courses, BJMC Batch 2009-12 and now working in Hindustan Dainik News Paper as Sr. Journalist.

Can you tell us about your experience at IMS Ghaziabad?

**Alumni:** Sure, I'd be happy to share my experience at IMS Ghaziabad. Firstly the faculty at IMS Ghaziabad is top-notch. They are highly knowledgeable, experienced and are always willing to help their students. They were very approachable and always available to clear our doubts. The most important thing is that I loved to study

Media Law. Being a media student it was enriching to learn about the laws and acts we all can enjoy. Overall, I had a great time studying there and it was definitely one of the best decisions I've ever made.

How did your education here prepare you for your career?

**Alumni:** IMS Ghaziabad is known for its practical and industry-oriented approach toward education. The curriculum is designed to provide students with a strong foundation in theoretical concepts as well as practical skills that are essential for their career growth. The faculty members are highly experienced and provide guidance and mentorship to students to help them develop their professional skills. Additionally, IMS Ghaziabad has a strong industry interface, which



provides students with exposure to the world and helps them to gain practical knowledge and skills that are required for a successful career. The exposure helped me to work in Print media as well as in electronic media. It helped me gain experience in both fields.

What career did you choose after passing out from IMS Ghaziabad and why?

**Alumni:** When I was a recent graduate, my first thought was to do something in filmmaking. I also worked at India News as an intern for



three months then in DD News for two months and then I joined Dainik Jagran. I moved forward in the media line and never looked back. What skills did you learn here that you use in your current role?

Students at IMS Ghaziabad develop excellent communication skills through various activities such as presentations, group discussions, and debates. These skills are particularly important for those working in electronic media, as effective communication is critical for conveying information to an audience. I

had very less knowledge about media before joining this institute but after that, I got to know about the ample opportunities in the field of media and about print media and electronic media. Our beloved faculty Prof Girish Kumar taught me a lot about the field of media and I started learning different skills according to my interests.

How did IMS Ghaziabad prepare you to work in a diverse and globalized world?

**Alumni:** IMS Ghaziabad is known for its emphasis on global exposure and preparing students for a

diverse and globalized world. The institute offers a range of programs and activities that help students develop a global mindset and cultural sensitivity. The very first thing we learned as media students was 'What is News'? And keeping this in mind I worked ahead and kept on grinding.

Looking back, is there anything you wish you had done differently while you were a student at IMS?

**Alumni:** That is a very good question indeed. IMS gave me a much-needed platform to start my career. It gave me the push that I needed to succeed in life. It showed me the significance of media. Looking back I reminisce about the days of learning in this institute, it brings back the nostalgia and I love to visit IMS from time to time and cherish the moments I spent here.

Dr. Umesh Conferred with Senior Scientist Award 2023

IMS News Service

Governing Committee of the Society of Biomedical Laboratory Scientists, India (SBMLS) have selected Dr. Umesh Kumar, Head Research - IMS U C Campus on the basis of his candidature for doing research on Chimeric Antigen Receptor T-Cell Therapy (Car T Cell Therapy) for the treatment of Cancer. SBMLS Senior Scientist Award-2023 is a highly Prestigious Award of the Society.

It was presented on the occasion of International Biomedical Laboratory Science Day on 15 April 2023, at Ganesh Scientific Research Foundation Kirti Nagar, Delhi, India. Awards and Recognitions come rarely to an individual and are earned through sheer hard work, dedication and the 'will' to achieve. It symbolizes the spirit of 'Achievement' and 'Excellence in one go'.

IMS Ghaziabad (University Courses Campus) Faculties, administration and management congratulated Dr. Umesh Kumar for his success.

Students Add Laurels to IMS University Courses Campus

IMS News Service

**Ghaziabad:** IMS University Courses Campus students from across the disciplines have continued their strong momentum into the 2022-2023 academic year by receiving some of the most prestigious – and highly competitive fellowships.

Saima Bashir M.Sc (Biotechnology) student of Institute of Management Studies University Courses Campus, has cleared UGC NET (December) 2022 Environmental Science for Assistant Professor. She has scored 56/100 marks in paper-I and 108/200 marks in paper-II, which has taken her total score to 164/300 marks. She completed her graduation from CSJM University Kanpur in the field of Biotechnology then did her Master's in Biotechnology (August

2022) from IMS Ghaziabad, Uttar Pradesh and secured 1st rank all over the institute with 83 % marks. She said that joining a master's program in biotechnology was a conscious decision for her. It was here that the entire world of research in biological sciences unraveled before my eyes. She also loves to do anchoring, event organizing, coordinating, and dancing. Qualifying for UGC NET and becoming an Assistant professor is one of her

dreams and this dream came true due to her parents and teachers support. She is looking forward to choose academics as her profession as she believes that she had teachers who believed in her and made her believe in herself. Now, she wants to be able to do the same for students who need that kind of support in their carrier.

Daanish Vij of B.Sc (H) Biotechnology, School of Biosciences has shown that IMS has curated a unique

pedagogy that helps students forge successful careers. He is selected for summer research fellowship of Indian National Science Academy (INSA). The main objectives of the Indian National Science Academy are to promote scientific knowledge including its practical application to problems of national welfare for youth of India. "These students are a marvel, and what they have achieved is extraordinary," said Dr. Surabhi Johari Head of Department School of Biosciences. Dr. Arun Kumar Singh, Director IMS University courses campus, encouraged the students by appreciating that "More than a recognition, these awards represent for our students the opportunity of a lifetime— for study and research at the highest levels to promote human flourishing."





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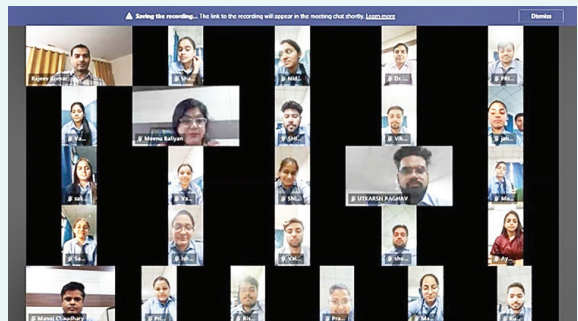
## News Brief

## Career Counselling Seminar on Career after Engineering and Management



**Ghaziabad (IMS News Service):** MBA Department of IMSEC has organized a Career counselling seminar on "Career after Engineering and Management" where speaker Dr. Manish Jha (Alumnus IIM Calcutta), presently working as Managing Director at 'Briisk', motivated each and every attendee by sharing his life experience.

## A Webinar on Challenges and Opportunities in Corporate for Budding Managers



**Ghaziabad (IMS News Service):** A webinar titled "Challenges and Opportunities in Corporate for Budding Managers" was organized by the MBA Department, where Mr. Rajeev Kumar, Senior Manager of Data Science and Engineering at Blue Cross Blue Shield in Chicago, IL, was the speaker. He inspired the students by highlighting that the role of a manager can be both challenging and rewarding, as it involves managing a team, achieving organizational objectives, and making crucial decisions.

## Alumni Talk on Transformation from College Students to Corporate Manager

**Ghaziabad (IMS News Service):** MBA department organized an Alumni Talk on "Transformation from College Students to Corporate Manager". It was inspiring to hear from our esteemed alumni Mr. Manmeet Singh who is INM cost analyst at SBL Asia Services Limited and Mr. Gaurav Chaudhary, Oral Care Associate at Colgate-Palmolive. They shared their inspiring journey from their student life to their current corporate roles and it was truly an eye-opening experience for all the students.

## Buddy Mentorship Program Organized



**Ghaziabad (IMS News Service):** Power BI is very easy and advanced data analysis tool. Power BI is typically used to organize data and perform financial analysis with the help of visuals and dashboards. It is used across all business functions and all companies from small to large. School of Computer Science of IMS University Courses Campus, Ghaziabad organized buddy mentorship program on Power BI for BCA 1st year students on March 31, 2023 to make them familiar with Power BI skills. The session was taken by BCA 2nd year students Ms. Unnati Mishra and Ms. Ashna Garg. The session was practical and various application of power BI was shown during the session. The session was interactive and lots of curiosity was there among 1st year students. Presenter handled every query of the student in a very professional manner. The session was ended with the expectation for more such programs in future.

## Technical Fest Bio-Fiesta Organised



**Ghaziabad (IMS News Service):** GEMS Society of Biotechnology Department conducted 'Bio-Fiesta' - a Technical Fest on Friday, April 21, 2023. Students from various branches of IMSEC enthusiastically participated in the various events such as Debate Competition, Group Discussion and Extempore. The students thoroughly enjoyed the event and showcased their inter-personal skills. The event was successfully coordinated by Dr. Indu Bhatt and Dr. Rabab Anjum, Faculty, BT department.

## Seminar on Career Opportunities @ Indian Airforce

IMS News Service

**Ghaziabad:** Squadron Leader Gautam Kumar Gandhi, from Indian Air Force, visited IMS Engineering College on April 26, 2023 to guide the pre-final year students, of all branches of engineering, about the career opportunities in Indian Air Force. He elaborated in detail the career prospects in IAF and the ways to prepare to get into the prestigious organization. At the end of his presentation,



he answered various queries of the students. He separately interacted with the first year of engineering students, aspiring to join IAF, and answered their queries.

Students got motivated after joining the sessions.

Squadron Leader hails from Samastipur district in Bihar. He is an alumnus of Kendriya Vidyalaya Tughlak



abad, Army Institute of Technology, National Defense Academy and has a B.Sc degree from JNU. He got commissioned in fighter stream of Indian Air Force in

2015. In his seven years of active service, he has been posted to 5 bases and has flown seven different aircrafts across the country in varied and challenging

terrains including northeast and Siacheng glacier. He has also handled several key appointments like Chief operations officer at most forward IAF location for a short stint. The officer is highly commended for his dedicated service. He is a keen sportsman who likes swimming, running, and playing badminton. Presently the officer is appointed as the Squadron pilot in one of the most prestigious units of Indian Air force at Air force station Hindan.

## Workshop On Digital Awareness In Association With ITII

IMS News Service

**Ghaziabad:** The Department of Computer Science and Engineering, IMS Engineering College organized a workshop on "Digital Awareness" in association with ITII (Information Technology Institute of India) under the supervision of Dr. Sonali Mathur, HOD CSE & Ms. Ritika Dhyani (Coordinator). The guest speaker for the session was Ms. Kitty Bagga (Digital Marketing Expert), Mr. Sparsh Bagga (Internet Business Coach) and Mr. Naveen (Developer @ITII). The session was attended by 200+ students. The speakers



gave valuable insights regarding full-stack development. They mainly talked about the recent

programming languages that the IT Industry is using these days. They showed various live projects and discussed the background of those projects.

They guided the students regarding various internship opportunities and also about the various aspects of digital marketing. The session was extremely informative and interactive.

## China Based Foxit Software Inc. Visited IMS Engineering College

IMS News Service

**Ghaziabad:** Managing Director and Country Head (Academic Alliance) Ms. Jeeny Li representing her China based organization named Foxit Software Inc. had visited IMS Engineering College Ghaziabad for exploring the feasibility of Industry Academic Alliance. The basic purpose of her visit was to quest for high quality academics, research-based mind orientation and innovative culture to seek leverage of highly intrinsic human resources to cater the current needs of her company. She had interacted with the honourable Director Prof.



(Dr.) Vikram Bali, Deans, HoDs and senior faculty members. Moreover, she was having an inclination to get acquainted with the students also to get an insight of their acumen pertaining to her mission. Thus, she communicated with the selected students' fraternity and tried to capture their growth instincts and future strategies they had formulated for themselves. She had

explored the institution and get acquainted pertaining to the facilities and conducive environment IMSEC bestows to the employees & students. After her task got over, she was found in a state of contentment and seemed confident to spur growth in her organization once the alliance has been approved and implemented with a collaborative approach to achieve holistic success.

## IMSEC Organised an Industrial Visit for CSE 3rd Year Students



**Ghaziabad (IMS News Service):** A batch of 3rd year 6th-semester students of the Department of Computer Science & Engineering along with faculties Mr. Vibhor Harit and Ms. Anamika Goel visited 'Blogic Software and Technology Pvt. Limited' I-Thum Tower Noida Sector-62 for an Industrial visit. This visit was mainly focused on understanding the concepts of Data Analytics with AI implemented in today's software industry. Mr. Prem Kumar Bharti Software Trainer and Developer provided an interactive session and explained about

the organization and their methods of working with different technologies, he also demonstrated the importance of data analytics and its importance in real-world applications. He discussed various software applications like Power BI & AI used for the development of data analytics and interactive dashboards for better information representation. In addition, a presentation was arranged about the networking devices like modems, and switches and how they are used. Overall, the session was interactive and beneficial for the students.

## IMS EC Received Gold Certificate of Appreciation Award for Fostering Energy Sustainability Movement

IMS News Service

**Ghaziabad:** Adding feathers by achieving milestones has become an integral culture in IMSEC and this time being the recipient of "Gold Certificate of Appreciation Award" pertaining to the "Energy Literacy Program" organized by Energy Swaraj Foundation Fuelling Energy Swaraj Movement. In this program around 1700 participants including students, staff and faculty members of IMSEC participated. They completed all the modules and cleared all



the quizzes. This endeavour was seamlessly activated and religiously supported by the Chief Coordinator Dr. Sachi Singh along with all the HoDs under the guidance of the Honourable Director Prof. (Dr.) Vikram Bali. We are

privileged, that a team constituting of 15 faculty members and students represented IMS Engineering College at the world's largest, unique and world record event at Indira Gandhi Indoor stadium and that's too on the

occasion of Earth Day, on April 22, 2023. The All India Council for Technical Education (AICTE) in collaboration with Atal Innovation Mission (AIM) - NITI Aayog and Energy Swaraj Foundation organized the "World's Largest Global Climate Clock Assembly and Display Event". The most fortunate part for us was to become an undisputed and integral part of this mega event for creating awareness for immediate climate corrective action by executing various measures and strategies.

## Expert Talk on Disruptive Thinking: The Key to Entrepreneurial Success

**Ghaziabad:** This Expert talk was organised on the World Creativity and Innovation Day, April 21, 2023. It was organised in collaboration with Institution Innovation Council to guide the young entrepreneurial minds in the right direction. The workshop was attended by approximately 150 students. The session was delivered by 4th Year students namely Naman Gupta, Prateek Mohan and Palak Singh.

## Orientation to Value Added Certification Programs Organized



IMS News Service

**Ghaziabad:** Department of Biotechnology has taken an initiative in starting four Value Added Certification Programs for B.Tech Biotechnology 2nd and 3rd year students to improve the job prospects and impart beyond the curriculum knowledge. An orientation program for these courses were conducted on April 12, 2023. The program coordinators for various courses viz. Dr. Indu Bhatt, Mr. Mohit Kumar, Dr.

Pankaj Verma and Dr. Avinash Singh gave an overview of the value-added programs 'Aquaponic Culture', 'Microbial Techniques', 'Nanotechnology' and 'Hydroponic Techniques' and its Applications, respectively. They also guided the students about the potential benefits of these add-on courses. In the end, Dr. S N Rajan, Dean Academics also addressed students and praised the efforts of biotechnology department for organising these programs.

## National Conference on Recent Advancements in IT &amp; Computing

IMS News Service

**Ghaziabad:** National Conference on Recent Advancements in IT & Computing - 2023 [NCRAITC-2023] was held in virtual mode at IMS Engineering College, Ghaziabad.

The conference was jointly organized by Department of Information Technology, Department of Computer Science & Engineering and Department of Computer Science. Welcome address was given by Director Dr. Vikram Bali. The conference briefing and introduction of keynote



speakers was given by Dr. S. N. Rajan (Dean Academic). The keynote speakers of the event were Dr. H. S. Sharma, Chairman, Computer Society of India, Ghaziabad Chapter. Mr. Wasfi Hassan, Ex-Secretary General, AARDO, Jordan, Prof. Subama Shakya, Director, IT Innovation Centre, Tribhuvan University,

Nepal, Dr. Max Ryyanen, Alto University, Finland, Dr. Nawaf O Alsrehin, University of Wisconsin, Madison, USA, Mr. Sinisaa Rudan, Faculty of CHAOS, Science & Arts for Humanity & Culture, Co-founder CHOAS, Serbia. They all enlightened our students. Vote of thanks was given by Dr. Sonali Mathur,

Head of Department, Department of Computer Science & Engineering.

Around 52 research and technical papers were presented by the students of IMS Engineering College and some other colleges of repute. The five different technical sessions were headed by Dr. Aditi Sharma, Parul University, Gujarat, Dr. Koj Samboy, NIT, Arunachal Pradesh, Dr. Rakesh Kumar Yadav, Maharishi University of Information Technology, Lucknow, Dr. Prabhat Kumar Vishwakarma, IIMT, G Noida, and Dr. Shakti Arora, Panipat Institute of Engineering & Technology.



## News Brief

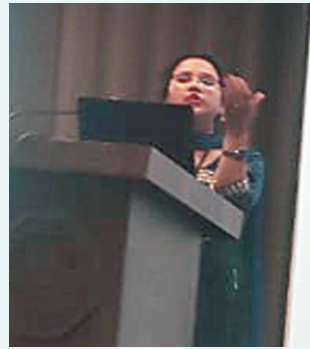
### Skillyst Techtopia (AI & ML Club Event)



**Ghaziabad (IMS News Service ):** AI & ML club of the School of Computer Science of IMS Ghaziabad, University Courses Campus organized an event called SKILLYST TECHTOPIA. The event started by acknowledging all the participants and briefing them about the three levels of event, i.e., THE QUIZ BUZZ, HOUSE OF ARTS, THE CODE CLASH. The jury board of the event was Atul Gupta (President), Shruti Saxena (Vice President), and Pulkit Pandey (Joint-Secretary). The first Round was AI QUIZ BUZZ which was a short test of IT knowledge, typically around 10 questions including multiple choice, fill in the blanks, true or false, and short answers; participants who cleared the first round qualified for the second round which was HOUSE OF ARTS a collage making competition where judgement was on the basis of their creativity. Final round- THE CODE CLASH in which participant had developed code for given programs with least or no errors with minimum time.

### Peer Enrichment Program on Offensive & Defensive Approach in Cyber Security

**Ghaziabad (IMS News Service ):** The School of Computer Science organised a peer enrichment programme.



Prof. Archana Gupta introduced the topic to start the session. Now that we live in a digital age, everyone depends on internet transactions. Online transactions require security, which is crucial. This program's goal was to shed light on the ways in which cyber

security measures might shield us from hackers. The lecture began with a quick introduction to reconnaissance and footprinting, the concept of phishing, and several types of footprinting. The idea of footprinting tools for protecting ourselves from hackers was presented in this session. Prof. Archana put several tools and strategies into practice. Everyone learned something new from it.

### Buddy Mentoring Organized



**Ghaziabad (IMS News Service ):** UI stands for User interface design and it is responsible for a product's appearance, interactivity, usability, behavior, and overall feel. UX design stand for User experience design and it is the process of planning the experience a person has when they interact with a product. School of Computer Science of IMS Ghaziabad, University Courses Campus, organized buddy mentorship program on UI/UX Design for BCA 1st year students on April 3, 2023 to make them familiar with designing skills. The session was taken by BCA 2nd year students Ms. Unnati Agarwal and Ms. Disha Agarwal. The session started with the introduction of designing then explanation about the scope and careers in UI/UX design and at the end provided them the practical exposure of the designing tool like Figma. Here, students were also informed on how to animate shape-text in figma. The session was interactive and lots of curiosity was there among 1st year students. Presenter handled every query of the student in a very professional manner. The session was ended with the expectation for more such programs in future.

### Workshop on Data Visualization using Tableau

IMS News Service

**Ghaziabad:** Data visualization is one of the steps of the Data Science process. Data visualization is the practice of translating information into a visual context, such as a map or graph, to make data easier for the human brain to understand and pull insights from. So in order to provide a practical approach on this burning topic, the School of Computer Science, Institute of Management Studies, University Courses Campus, Ghaziabad, organized a workshop on March 17, 2023. Prof. Surya Saxena was the resource person for the workshop.

Scholars got practical exposure about how can we visualize our data more easily & effectively as data that is created by using Tableau can be understood by professional at any level in an organization. It was very informative and great hands on experience for them. Tableau is the fastest growing data visualization software that is used for data science and business intelligence. It aims to help people to see and understand data. In order to transform the way people use data to solve problems, tableau software ensures to convert raw data into a very easily understandable format.

# Start-Up Conclave 2023 Organized



IMS News Service

**Ghaziabad:** To support the nation in building a strong ecosystem for nurturing innovation and startups, the Entrepreneurial Cell at IMS Ghaziabad (University Courses Campus) in collaboration with Ghaziabad Management Association organized the annual flagship event StartUp Conclave 2023. The theme of the event, 'Sustainability and Innovation,' aimed to provide a conducive platform for startups and entrepreneurs to network, learn, and grow. The event witnessed huge participation from various schools and colleges like BIMTECH Noida, IDGTU, DPS Dwarka, Ryan International to name a few. The event was graced by the

distinguished guests Mr. Ritesh Andre, Mumbai Dabbawala as the celebrity guest along with Mr. Shyamal Ranjan Saha, Head of Transformation, Global Service Delivery Centre, Nokia-India; Dr. Abhilasha Gaur, COO-Electronic Sector Council and Mr. Sujit Banerjee, Director-DST. The guests shared their journey and experience with the budding entrepreneurs while emphasizing their role in the growth of the national economy.

CA (Dr.) Rakesh Chharia, General Secretary-IMS Ghaziabad Group of Institutions motivated the participants to pursue their nascent dreams and be the change makers. Dr. Arun Kumar Singh, Director-IMS Ghaziabad (University



Courses Campus) captivated the young minds by sharing the facts about the global scenario and encouraged them to have unshakable faith in themselves. The event was marked open and the participants dispersed from the auditorium to participate in Bizz-Neeti, Innovation Station, Start-Up Expo & EnVenture at various locations. The enthusiasm of the students was unmatched and the spirit of positive competition spread across the campus. This event brought together startups, entrepreneurs, investors, and industry experts to share insights, network, and collaborate. The valedictory session began with a recap of the event's highlights. The anchors mentioned various sessions, workshops, and

keynote speeches that took place over the course of the event and thanked all the contributors for their seamless efforts in making the event successful.

This was followed by a keynote address by Mr. Sindhu Bhaskar, a prominent entrepreneur and investor. He spoke about the importance of perseverance, resilience, and innovation in building a successful startup. He also shared his own experience and shared valuable advice with the audience. Mr. Mohit Jauhari, an IT Savvy Purchase & Supply Chain professional with a penchant for transforming Supply Chains shared his insights on the importance of technology in startups. A short snip was dedicated to all the people working day and night behind



the scene to make the event a grand success.

The much-awaited moment of the day arrived, which was the announcement of the result. Ayushi and Divyanshi from IMS Ghaziabad (University Courses Campus) won a cash prize of 5000 INR as they bagged the winner position in Bizz-Neeti. The winner for Innovation Station was Satyam Diwaan and Pranjal Kumari Singh-Team Phantom from DPS Dwarka. Startup Expo witnessed two winner sponsors this year namely Attaware and Suraksha Security System. Unbubble, Mini and Daisy & Gram Swaraj won first, second & third prizes in EnVenture and were awarded a cash prize of 40,000 INR sponsored by Micromatic

Grinding Ltd., 30,000 INR sponsored by Ghaziabad Precision Products Ltd. & 20,000 INR sponsored by Shree Ram Piston & rings Pvt Ltd. respectively. The event concluded with a vote of thanks by Dr. Indrani Bhattacharjee, Faculty Coordinator E-Cell. She thanked all the sponsors, speakers, and participants for their support and enthusiasm throughout the event. She also expressed heartfelt gratitude to CA (Dr.) Raakesh Chharia, General Secretary – IMS Group of Institutions, CA Vidur Chharia, Executive Council Member – IMS Ghaziabad Group of Institutions and Dr. Arun Kumar Singh, Director-IMS UC Campus for always motivating to organize such events.

## Media Visit to AajTak

IMS News Service

**Ghaziabad:** The School of Journalism and Mass Communication, IMS Ghaziabad University Courses Campus organized a media visit to AajTak (India Today Group).

Students attended three shows back to back in which two were pre-recorded events and one was live from the AajTak Studio. A Kavi Samellan hosted by the anchor Navjyot Kaur at GNT news and two Hallabols shows by the anchor Anjana Om Kashyap anchor at AajTak.

First show was Kavi Sammelaan where four poets participated. All poets were representing different personalities like Police, law, Government and Mafia.

Second and third shows were the panel discussion which was moderated by the famous AajTak anchor



Anjana Om Kashyap. In these shows, panelists were discussing about the Mafia Raj in UP. Students were also actively participated and raised questions to the panelists. A few students also raised questions like, Is there BJP involvement behind the missing of Saishtha

Parveen?, Why Samajwadi party has given so many party tickets to Mafia dons? Why maximum parties in UP giving tickets to mafias?, Do they believe they can't survive without hand shaking with mafias? Etc. Overall the visit was very significant for the students.

## Media Visit to EMPC IGNOU Studio

IMS News Service

**Ghaziabad:** The School of Journalism and Mass Communication at IMS UC Campus, organized a media visit to EMPC IGNOU on April 19, 2023. During the visit, Dr. K.D. Prasad, Director of EMPC, explained the structure and programming of IGNOU to the students, highlighting its vital role in society since 1985. He emphasized that journalism is not just about anchoring and urged the students to stay focused and know their inner abilities.

Dr. Prasad's inspiring words concluded with the statement, "Jahan zameen kakatra hai, waha IGNOU hai." Later, the students had a session with Dr. Jatinderjit Kaur, Producer at EMPC, who explained the production process and what happens



behind the camera. She also informed the students that EMPC IGNOU will be upgraded to high definition by the end of the month, and they use various formats such as single lectures, panel discussions, docu-dramas, and dramas. Dr. Kaur also introduced the students to the school of performance and visual arts and showed them

documentaries like 'Where the Tallest Grass Grows?' which highlighted the importance of bamboo in Assam. During the visit, the students also had the opportunity to see the studios and learn how chroma works, how cameras are set up, and how radio works at Gyan Vani.

### Report of Peer Enrichment Session Organized

**Ghaziabad (IMS News Service):** School of Computer Science organized a Peer Enrichment Session for all faculty members on April 5, 2023. The session began with the introduction of RRMS & GHI by Prof. Purnima Gupta. RRMS application has been developed to manage and monitoring of running room services being delivered to Loco Pilots, CLIs, and Train

managers. Gross happiness index (GHI) facilitates the close monitoring of running room services. She explained how to create Google forms linked with Google Sheet to get data from user and automated reports in Google Sheet. Creating automated charts in Google Sheet & QR code which can be scanned from mobile camera to open specific link.

## Faculty Development & Staff Development Program on Mindfulness

IMS News Service

**Ghaziabad:** The faculty development and staff development program was organized by CDC on "Mindfulness", connecting with the present moment, connecting with self for inner alignment, and accepting it as it is. It was an experiential program and all



the faculty members and staff members participated in the mindfulness activity. After the activity they had

experience-sharing session. They expressed their view in their respective groups made with faculty and staff

of other departments. Program was conducted with the enthusiastic team of CDC. Gratitude to the Director, the HODs, faculty, staff and for the technical support for making it a great success.

The objective of the program was to train the mind to be in the present moment.

## Abhivyakti-Media Festival-2023

IMS News Service

**Ghaziabad:** The School of Journalism and Mass Communication at IMS Ghaziabad, UC Campus organized Abhivyakti – The Media Festival. The inter-institutional event was attended by students from over 20 colleges with almost 350 entries across the five categories of competitions, namely – RJ Hunt, Kavyapaath, PTC Competition, Photography Competition, and Nukkad Natak Competition. The event aimed to provide a platform for students to showcase their talents and

skills in various areas of media and journalism. Mr. Harshvardhan Tripathi and Mr. S.P. Singh were the guest of honour for the event. Along with them, Alumni guests Ms. Pallavi, Ms. Shiza Fatima, Mr. Amit Kumar, Mr. Manish Jha, Ms. Asha Rasputin, and Mr. Veer Daman Singh also graced the event with their esteemed presence. The fest began with an inaugural address by Dr. Arun Kumar Singh, Director-IMS. He addressed the gathering and emphasized on the importance of freedom of expression and how events like Abhivyakti are crucial in college life. He mentioned



that such events provide students with a platform to express themselves and showcase their talents. Dr. Singh expressed his delight at the presence of students from different institutions and wished them all the luck. He also highlighted the importance of developing communication skills for

students, which would enable them to excel in their chosen fields.

Following Dr. Singh's address, Mr. S.P. Singh, a veteran journalist, addressed the gathering and shared the importance of freedom of expression. He recounted his various experiences as a journalist during his illustrious career spanning several decades. He emphasized the need for students to uphold the values of freedom of expression, which is fundamental to a healthy democracy.

Finally, Mr. Harshvardhan Tripathi shared his insights with the students on how



important it is to accept and imbibe the new forms of communication. He emphasized that while freedom of expression is essential, it is equally important to exercise restraint, particularly in a diverse and democratic country like India. He encouraged the students to keep an open mind and continue to learn and grow in their chosen field of media

and journalism. The inaugural address by the esteemed speakers was insightful and provided valuable guidance to the students. Their words of wisdom will undoubtedly inspire and motivate the students to excel in their chosen fields and uphold the values of freedom of expression in their professional and personal lives.



# हिंदी पत्रकारिता कल और आज

सरवन कोरी

**नई दिल्ली।** जब जब 30 मई आती है। हम हिंदी पत्रकारिता को याद करते हैं। आज मीडिया जहां अनेक लोगों का मार्ग दर्शन कर रहा है, वहीं उसकी भूमिका पर कई बार सवाल भी उठे हैं। हिंदी भारत में सबसे ज्यादा बोली जाने वाली भाषा है। यही कारण है कि उसे राजभाषा का दर्जा भी प्राप्त है। पर सवाल यह है कि क्या हिंदी मीडिया विश्व के सबसे बड़े लोकतंत्र में अपनी सही भूमिका निभा पा रहा है? क्या आज हिंदी मीडिया को अपनी वर्तमान भूमिका पर पुनर्विचार करने की आवश्यकता है?

उल्लेखनीय है कि 30 मई 1826 वो दिन हिंदी भाषा का पहला अखबार 'उदन्त मार्तण्ड', कलकत्ता से एक साप्ताहिक पत्रिका के रूप में पहली बार प्रकाशित हुआ, और इसी के साथ देश में हिंदी पत्रकारिता की जमीन तैयार हुई इसके संपादक जुगल किशोर शुक्ल पेशे से वकील थे, और सूचना के महत्व को समझते थे। उस समय तक अंग्रेजी समेत कुछ देशज भाषाओं में समाज सुधारकों के द्वारा अखबार निकाले जा रहे थे, जिसका उद्देश्य दमनकारी अंग्रेजी नीतियों का विरोध करना और भारतीय समाज में मौजूद कुरीतियों को दूर करना होता था। इसी कड़ी को आगे



बढ़ाते हुए जुगल किशोर शुक्ल ने 'उदन्त मार्तण्ड' की भाषा मुख्यतः हिंदी और अवधी रखी। पर उस वक्त सीमित पाठकों की संख्या और डाक से हिंदी पाठकों तक पहुंचाने के खर्च के कारण इसके प्रकाशन को वर्ष 1827 में ही बंद करना पड़ा। पर हिंदी पत्रकारिता का बीज तब तक पड़ चुका था जो आगे चलकर विशाल वृक्ष के रूप में प्रस्फुटित हुआ। इसीलिए हर साल 30 मई को देश में हिंदी पत्रकारिता दिवस के रूप में याद किया जाता है।

पर जरूरी होता है कि किसी घटना, या परिदृश्य को याद करते हुए हम उसके सार, मूल्य एवं आदर्शों को भी याद करें। इस कड़ी में बेहद अहम हो जाता है कि हम पत्रकारिता के सही मान्ये को भी दोहराएं।

भारत में पत्रकारिता का बहुत

गौरवशाली इतिहास रहा है, जिसने पत्र-पत्रिकाओं, और अखबारों के माध्यम से समाज सुधार और राजनीतिक चिंतन में बड़ा योगदान दिया है।

डॉ० भीमराव अम्बेडकर, महात्मा गाँधी, राजा राममोहन राय, मोतीलाल नेहरू समेत कई स्वतंत्रता सेनानियों एवं समाज सुधारकों ने पत्रकारिता के माध्यम से बेहद अहम एवं संवेदनशील मुद्दों को भी समाज के हर हिस्से तक पूर्ण गंभीरता के साथ पहुंचाया है। जिससे समाज में कई सकारात्मक बहस और चचाओं की शुरुआत हुई, एवं परिवर्तन प्रेरित हुए।

राजा राम मोहन राय ने बाल विवाह, सती प्रथा, और घृष्ट प्रथा के विरोध में उस समय अपने अखबार मिरातुल अखबार, और संवाद कौमुदी में ढेर सारे लेख लिखे, जिन्होंने उस

वक्त के बने-बनाए ढांचे पर सीधा और जोरदार चोट किया। अंग्रेजी हुकूमत के प्रतिबंधों के बावजूद निखिल चक्रवर्ती ने वर्ष 1943 के बंगाल के अकाल की विभत्सता को उसी रूप में अपने लेखों में दर्ज किया।

डॉ० भीमराव अम्बेडकर ने मूकनायक, बहिष्कृत भारत, जनता और प्रबुद्ध भारत जैसे अखबारों का सम्पादन किया, जिसने उस वक्त सबसे हाशिए पर रहे समुदायों की बात की और उनकी समस्याओं को मूल धारा पर लाने का काम किया। सविधान में कहीं न लिखे जाने के बावजूद पत्रकारिता के बारे में कहा जाता है कि यह लोकतंत्र का चौथा स्तम्भ है। क्योंकि यह लोकहितों के पहरेदार के रूप में काम करता है, न्यायपालिका, कार्यपालिका, और विधायिका को लोगों से जोड़ने का कार्य करता है। उनके प्रति इनकी जवाबदेही को सुनिश्चित करता है।

हालांकि आज जब पत्रकारिता की विश्वसनीयता अक्सर सवालों में रहती है, तो यह कथन भी खुद को संदिह के घेरे में पाता है। लेकिन इस संदर्भ में रमनाथ योगनका पुरस्कार समारोह के दौरान भारत के प्रधान न्यायाधीश डीवाई चंद्रचूड़ का वक्तव्य बेहद अहम है कि मीडिया राज्य की अवधारणा में चौथा स्तंभ है और इस प्रकार लोकतंत्र का एक अभिन्न अंग है। एक क्रियाशील

और स्वस्थ लोकतंत्र की यह जिम्मेदारी है कि वह एक ऐसी संस्था के रूप में पत्रकारिता के विकास को प्रोत्साहित करे जो सत्ता से कठिन प्रश्न पूछ सके। या जैसे कि कहा जाता है, 'सत्ता से सच बोल सके (स्पीक टूथ टू पावर)। किसी भी लोकतंत्र की जीवंतता से सम्झौता किया जाता है जब प्रेस को ठीक ऐसा करने से रोका जाता है। यदि किसी देश को लोकतंत्र बने रहना है तो उसे प्रेस को स्वतंत्र बनाये रखना होगा'।

आज सोशल मीडिया ने जहाँ एक ओर मीडिया को अधिक लोकतांत्रिक बनाया है, उसे हर एक के हाथों तक पहुँचा कर। वहीं दूसरी ओर इसने अनफिल्टर्ड सूचनाओं की एक बाढ़ सी ला दी है, जिसमें फेक न्यूज भारी मात्रा में सम्मिश्रित होकर लोगों तक पहुँच रही है। फेक न्यूज आज के समय में पत्रकारिता की सबसे बड़ी चुनौतियों में से एक है, क्योंकि न केवल यह लोगों को भ्रमित करती है, बल्कि समाज में नफरत, हिंसा, अलगाव, और कट्टरता को भी पोषता है। मीडिया एक बड़ी शक्ति है। बड़ी शक्तियाँ, बड़ी जिम्मेदारियों के साथ आती हैं। अभी समय की आवश्यकता है कि पत्रकारिता लोगों को उनके ही मानसिक परितंत्र से आजाद करे, और बड़ा और बेहतर परिदृश्य उनके सामने पेश करे। भले ही

## हिंदी पत्रकारिता दिवस



स्वतंत्रता के पूर्व प्रकाशित होने वाले प्रमुख पत्र-पत्रिकाएं एक नजर में			
नाम	भाषा	सम्पादक/संस्थापक	वर्ष
1. बंगाल गजट	अंग्रेजी	जेम्स अगस्टस हिव्की	1780
2. रास्त गोपातार	एंग्लो-गुजराती	दादाभाई नौरोजी	1864
3. तहजीब-उल-अखलाक	उर्दू	सैयद अहमद खान	1871
4. हरिजन	हिंदी (आरम्भ में)	मोहनदास करमचंद गांधी	1932
5. प्रबुद्ध भारत	अंग्रेजी	स्वामी विवेकानंद	1896

अभी इसमें बहुत सफलता नहीं दिख रही, पर कोशिश हमेशा जारी रखनी चाहिए। इस संदर्भ में 'द इंडियन एक्सप्रेस' के संपादक 'राज कमल झा' की बात का उल्लेख करना बहुत जरूरी है। 'ऐसा नहीं है कि अब अच्छी पत्रकारिता नहीं होती, बहुत बेहतर होती है। पत्रकारिता पहले से न केवल बेहतर हुई है, बल्कि बड़ी हुई है। बस ये कि जो बुरी चीजें हैं, बुरी पत्रकारिता है, वो अब अधिक आवाज करने में सफल हो रही है।' लोकतंत्र में हर किसी की जवाबदेही जनता के के प्रति, लोकतंत्र

के मूल्यों एवं आदर्शों के प्रति होती है। लोकतंत्र का तानाबाना इसी पर टिका हुआ है। मीडिया उसी का एक हिस्सा मात्र है, जो जरूरी है कि हर व्यक्ति जो सूचना के वितरण और उपभोग से जुड़ा हुआ है, वो इस बात को ध्यान में रखे। पत्रकारों के सम्बंध में हिंदी के एक बड़े संत कवि कबीर की एक पंक्ति आज बेहद अहम जान पड़ती है, जिसमें वो सन्देश में है और कह रहे हैं कि क्या लिखूँ? कैसे लिखूँ? यह देखता हूँ तो यह सच लगता है, वह देखता हूँ तो वह, आखिर सच क्या है?

फिर अंत में वह खुद ही जवाब देते हैं कि बाहर यानि समाजिक, भीतर यानि मानसिक, दोनों ही स्थिति को विचारों और शब्दों की निरंतरता के साथ ही सच ( जो कि बेहद जटिल और गंभीर होता है ) को लिखा जा सकता है। **भीतर कहूँ तो जग भय लाजें बाहर कहूँ तो झूठो लगौं**  
**ऐसा लो नहिं तैसा लो मैं केहि विधि किथों गंभीरा**  
**बाहर- भीतर सबद निरन्तर एहि विधि किथों गंभीरा।**  
- कबीर

## Mother’s Day: A Reminder that Mothers are Human Too

Kirti Saini

**New Delhi:** From the moment a girl is born, everyone knows what she will become when she grows up. Her grandparents, aunts, and neighbors know it. Her brothers and cousins have inkling. The teachers at school are aware of the prospect. It is not a big secret – she knows it very well too. She understands it right when she is five years old while rocking her favorite, most loved pink doll, mimicking the warmth and tenderness of rocking a little one’s body around her own.

You see, motherhood is inevitable for her at all parts of her life – as a tottering toddler, nervy teen, or an anxious bride. If marriage is a universal social institution in India, so is motherhood, with little space for personal choice. Womanhood is considered incomplete without experiencing the ‘unadulterated and unconditional’ joy of being a mother.

And fortunately, a huge part of motherhood is about all the beautiful moments they show you on television while selling diapers and baby powders. In fact, it is even better because those feelings are real and tangible. Motherhood is all about crooning sessions, late-night cuddling sessions, gurgles, and pre-verbal growls. It is the wonderment of watching a part of you, living and breathing outside your body. It is the joy of watching a new life experience things for the first time, even if it is just a baby scrunching their face after tasting lemon for the first time.

But unfortunately, motherhood is a roller-coaster ride that is about a whole lot of other things too. It is an accelerating and gut-dropping experience that encompasses hauntingly lonely horrors. It is a maze filled with wandering difficulties. It is the process of getting



bogged down, outright shattered, and then slowly recalibrating your broken pieces to shed the terrible mental and physical burdens in medically indifferent surroundings.

Motherhood feels like earning the highest Medal of Honor a woman can biologically win and yet, at the same time, be unable to move out of the confines of her house without meticulous planning. Not to forget the guilt of asking for help and coming to terms with the reality that even though her partner might try to chip in, she is alone in this experience. It is the acceptance that once she attains motherhood, she will continue to bear the delights (and sorrows) of being a mother all throughout her life.

It is easy to mistake motherhood as a destination that culminates with a grown-up toddler and as just another checkbox in the pursuit of becoming an ideal woman. However, rather than a destination, motherhood is a tiresome journey that every woman embarks on, irrespective of her choice.

We all know that children grow up and move on. But what about mothers? Do they ever emerge unscratched from these experiences throughout their lives? They are constantly praised and euphemized

### Let’s Be Real: Every Day Should Be Mother’s Day

The idea behind the recognition of Mother’s Day comes from a place of genuineness and paves the way for directing our focus toward empowering mothers. However, the purpose of the day must extend beyond just one day. From supportive and

equal spaces to more involved fathers, much can be done to lessen the mental and physical burden on mothers. Here are some ways to extend the impact of Mother’s Day beyond the realms of an annual 24 hours:

- Make the mental and physical load more visible by quantifying it
- Acknowledge the toll on women
- Help families better reconcile work and family demands
- Provide better care infrastructure, such as universal, affordable childcare, support for transitioning children to and from school, and better aged care.

for their selflessness and love. But when are we going to talk about the uncountable difficulties of being a mother, what they lose along the way, and what it means to be honored and exploited like no one else in the family?

It is Mother’s Day, and your social media timelines will be filled with heartwarming messages about the uncountable sacrifices mothers make throughout their lives. While these acknowledgments are no doubt necessary, it is important to reflect in our gestures a desire to change this polarizing status quo. Let us, together as a society, make it easier for mothers to live their dreams, fulfill their wishes, and at the very least, get adequate sleep. A wise person once said love is not a noun; it’s a verb. It is best displayed in the willingness to take action.

Motherhood is often glorified with divine labels as ‘Dashabhujā’ or the goddess of ten hands who is skilled in multi-tasking. But the truth is mothers are just ordinary human beings who need all the help (and sleep) they can find.

Therefore, this Mother’s Day, let us go beyond just wishing our

mothers, celebrating motherhood, or glorifying the idea of labor a woman puts in to bring a sense of semblance into her life. Let us keep all the multi-tasking and sacrificing aside for a moment. Instead, let us shift our attention to where mothers in our society stand in terms of their physical and mental well-being. Let us think of creating a level-playing field for them, a guilt-free space where they can live on their own terms. Mothers are just humans, and attesting their status with divinity is not doing anyone a favor.

This Mother’s Day, let us celebrate mothers for who they should be – unapologetic human beings with the right to their well-being. Let us celebrate mothers as those who are allowed to be lazy and ask for help, who can make mistakes and be miserable at things, and most importantly, who can put their happiness in front of others and not be martyrs all the time.

**Anna Jarvis: The Woman Who Created And Subsequently Hated Mother’s Day**

In all your messages, wishes, and social media posts about Mother’s Day, chances are you have never

encountered Anna Jarvis. This is because of Anna’s extremely complex relationship with the day she founded – while she fought tirelessly to get Mother’s Day official recognition, Anna went on to hate the day because of its commercialization and eventually spent her last days and earnings fighting against it.

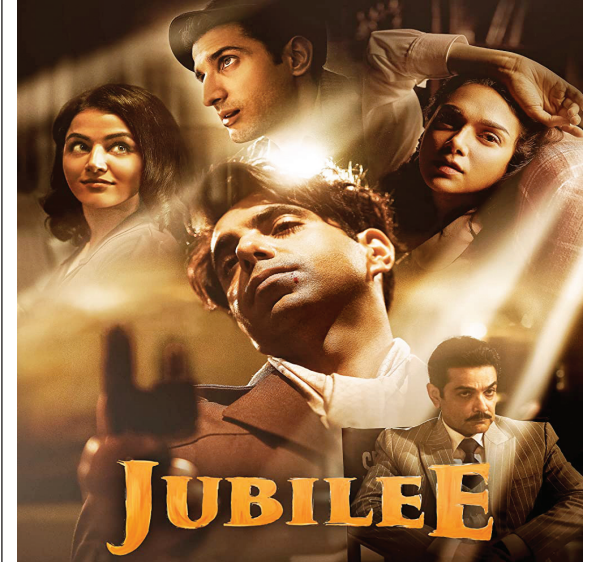
American Activist Anna Jarvis (1864-1948) spearheaded the movement to get Mother’s Day recognized to honor her mother and all mothers around the world in 1908. Anna’s mother, Ann Reeves Jarvis, spent her life working for movements centered around motherhood. A young Anna remembered her mother’s wish to have a Memorial Day to honor the sacrifices of mothers around the globe for their service to humanity. After Reeves’ death, Anna dedicated all her energy to getting Mother’s Day recognized. Her efforts officially found recognition in 1914 when US President Woodrow Wilson signed a bill to recognize the day.

However, Anna’s happiness was short-lived, and Mother’s Day soon became a new opportunity for the capitalistic market. She hated what the day she was founded was soon mutating into. She opposed anyone – from greeting card companies and florists to chocolate brands – who aimed to use the day for profit-making activities.

Anna died alone and broke in 1948. According to BBC, she spent her final days going door-to-door campaigning in Philadelphia to get signatures for an application to rescind Mother’s Day. Anna never had children of her own, but the resentment toward the day was so deep-rooted that, according to BBC, even her extended family refused to mark the day for decades to come.



## जुबिली दर्शनीय ड्रामा सीरीज



सरवन कोरी

**नई दिल्ली।** इस महीने अमेजन प्राइम पर आई जुबिली एक पौरियड ड्रामा सीरीज है, जोकि 1940-50 के बीच मुम्बई स्थित फिल्म इंडस्ट्री पर आधारित है। सीरीज की शुरुआत होती है रॉय थियटर कंपनी से, जोकि कर्जे में डूबी हुई है। अगली फिल्म से इस कम्पनी का भाग्य तय होना है, जिसके लिए श्रीकांत रॉय (प्रोसेनजीत चटर्जी) यानि थियटर के मालिकएक हीरो (मदन कुमार) की तलाश में हैं। सीरीज यहाँ से शुरू होती है, और धीरे-धीरे ढेर सारे कास्ट, उनकी स्टोरीज और कॉन्फ्लिक्ट्स को लिए आगे बढ़ती है।

खूबसूरत बात यह है कि आप हर कैरेक्टर से जुड़ते चले जाते हैं। इनके फार्म घट रही घटनाओं से आपको फर्क पड़ता है। कुल मिलाकर यह कि कैरेक्टर के स्टेक कुछ हद तक आपके स्टेक हो जाते हैं और अगर कोई भी फिल्म/सीरीज ऐसा करने में सफल होती है तो वह उसकी जीत है। पूरी कास्ट ने शानदार अभिनय किया है, साइड कैरेक्टर्स तक ने अपने किरदार की बारीकियों को समझ कर पदें पर उतारा है।

सीरीज का सबसे मजबूत पक्ष इसकी सिनेमेटोग्राफी (प्रतीक शाह) और बैकग्राउंड स्कोर (अलोकनन्द दास गुप्ता) है। पूरी सीरीज को बहुत ही खूबसूरत तरीके से फिल्माया गया है। बड़े-बड़े लॉन्ग और स्टील शॉट्स कहानी के साथ ऐसे घुल जाते हैं कि देखने वाले की आँखों से मानो निकलता हो 'वाह'!

सीरीज - जुबिली डायरेक्टर - विक्रमादित्य मोटवानी कास्ट - प्रोसेनजीत चटर्जी, सिद्धान्त गुप्ता, वामिका गब्बी, अदिति राव हैदरी, अपारशक्ति खुराना उपलब्ध - अमेजन प्राइम सर्टिफिकेशन - ए (केवल वयस्क दर्शकों के लिए) आइएमडीबी रेटिंग - 8.5

## Creative Corner

### तुम दिखी मुझको तितली की तरह...



सरवन कोरी

तुम दिखी मुझको जैसे किसी बच्चे को पहले-पहल दिखती है तितली जैसे आसमान में बिन आवाज के

कौंध जाए बिजली।

तुम जैसे पहली बार देखा गया इंद्रधनुष जैसे महसूस हुआ हो नजदीक से जुगनुओं का झुंड। तुम किसी नवजात की हैंसी उसके द्वारा देखा गया सपन माँगी गयी मुराद भरी गयी जहड़ाई। मानो साक्षात् हो जाए अंचा जिज्ञासा बहाना जाने जा चुके को भूल जाना।



### वोलड़की

वो आइने को देखती है, बार बार, जब वो तनहा होती है, बिखरी होती है, खुद की आँखों में खुद को तलाशती है, कहीं से शुरू करें, कहीं पर खत्म, वो अपनी मंजिल तलाशती है।

वो लाख टूटने के बाद भी अक्सर खिल जाती है, और वो गपली, बादलों के गरजने पर डरती है, जाने क्या दूँदती है, वो खुद भी नहीं जानती, अपार उर्जा लिए खुद के अंदर, न जाने क्यों, वो सहारे तलाशती है।

वो आइने को देखती है, मंद मंद मुस्काती है, सबका ख्याल रखती है, और खुद को भूल जाती है, वो बहादुर है, वो हर जंग जीत सकती है, ये बातें वो खुद भी जानती है मगर, सबकी आँखों में खुद पर, सहमति तलाशती है।



अक्षिता जैन



### It’s you VS you

The tone of discomfort is monochrome  
It’s you versus you!  
Your fragility decked up in bright white  
Is the challenger  
And your strength, the one you’re unaware of  
Is the defendant!  
The fighting ring is life  
And you are in a tough spot  
Not by choice but by the play of fate  
You have run out of chances  
It’s now or never!  
With each punch... the beast in you  
Evokes a little!  
The one which is hidden  
Sleeping in your very core  
Until it is already  
To engulf the weak in you  
Bold, black and ferocious  
The one who roars and soars!!

Poem by akshita Jain

