



An Initiative of IMS
Ghaziabad Society Towards
Academic Excellence



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भारत में अनाथ बच्चों को
गोद लेने की क्या है
कानूनी प्रक्रिया?



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योग दिवस पर विशेष :
तीसरी लहर आए उससे पहले बच्चों
को योग कियाओं से करें मजबूत!

आईएमएस टुडे

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After CBSE, ICSE class 12 assessment plan settled, Supreme Court takes up state boards issue

NEW DELHI: After accepting the CBSE and ICSE formula for Class 12 assessment, the Supreme Court on Thursday sought a response from the state governments which are yet to cancel the board exams.

A bench comprising Justices A M Khanwilkar and Dinesh Maheshwari noted that counsel for the petitioners, in all fairness, informed that out of 28 states, 6 states have already conducted examinations, 18 states have cancelled it, but 4 states (Assam, Punjab, Tripura and Andhra Pradesh) have not cancelled the examination so far.

The bench, in its order, said: "Counsel for the petitioners shall serve the standing counsel for the above-mentioned four states via email/online. In addition, counsel for the petitioners shall serve a copy of this petition on the standing counsel for the state of Kerala as we are informed that the state of Kerala has not cancelled



11th standard examination conducted by the state board."

The top court sought a response from the Assam, Punjab, Tripura and Andhra Pradesh governments and scheduled the matter for further hearing on June 21.

A petition filed by child rights activist Anubha Shrivastava Sahai sought cancellation of all board exams. During the hearing, the top court said it will protect the interest of all class 12 students but those raising issues with state boards need to have some patience, as first it wanted to

resolve the issue related to the fixing of objective evaluation criteria for two boards: CBSE and ICSE. On Thursday, after a detailed hearing in the matter, the top court approved the formula devised by the CBSE and the ICSE for the assessments of class 12 students.

Sahai sought the constitution of a committee to decide the formula for assessment of students including compartment students and declare the result within a fixed time. "By conducting offline exams, the government will be

putting the lives of students, teachers and other staff at risk. The government must take a call now for the 12th board like they have done for 10th board. International boards have already cancelled 12 board offline exams and are going ahead with internal assessment", argued the plea.

The plea contended that some states cancelled Higher Secondary Certificate Examination (HSC Exam), scheduled earlier for March, but some states have not taken any decision so far in connection with the cancellation of the exam. The petitioner argued that the HSC board is yet to finalize a formula for the assessment of Class 12 students, in the event of cancellation of the exam.

In the same matter, the parents of some Class 11 students from Kerala had also moved an intervention application in the top court seeking directions to cancel the exams scheduled in September.

Education ministry to review situation to decide on JEE-Mains, NEET

NEW DELHI: The Ministry of Education will soon review the situation to decide on conducting the two remaining editions of JEE-Mains and NEET in August, sources said on Wednesday. "A review meeting is likely to be conducted soon to decide on the schedule of the pending editions of JEE-Mains and whether NEET-UG can be conducted on August 1," a source said.

The cancellation of class 12 board exams on Tuesday in view of the COVID-19 pandemic situation will bring more clarity and the schedule for the subsequent entrance examinations is expected to be decided soon. The first phase in February was followed by the second in March, while the next phases were scheduled for April and May. Last week, JEE-Advanced, which is conducted for admission to the prestigious IIT



and the NIT, was also postponed. The exam was scheduled on July 3. While no further decision was taken about NEET-UG, the registration of the exam which was supposed to commence from May 1, was kept in abeyance.

The ministry is also yet to decide on the fate of the Central University Common Entrance Test (CUCET) and a decision in this regard is expected after the CBSE announces its alternative

assessment criteria for class 12 boards. The decision was taken at a high-level meeting chaired by Modi in which it was decided that the CBSE will take steps to compile the results of Class 12 students as per a well-defined objective criteria in a time-bound manner.

While the alternative assessment criteria for the exams has not been finalised by the board yet, officials said, it is expected to be on similar lines as announced for Class 10 which took into account the performance of a student in various tests and exams through the year.

It was also decided in the meeting that in case some students desire to take the exams, such an option would be provided to them by the Central Board of Secondary Education (CBSE), as and when the situation becomes conducive.

ICAI CA Inter, Final and other exams from July 5

NEW DELHI: The Institute of Chartered Accountants of India (ICAI) has rescheduled various examinations held in May 2021. These exams will now be conducted from July 5, 2021. The IPC & Final Exam under the old and new scheme, post qualification course - Insurance and Risk Management (IRM) Technical Examination and International Taxation - Assessment Test (INTT-AT) exams will now be conducted from Monday, 5th July 2021.

As per the official website the detailed Schedule/Notifications for the said examinations will be announced shortly. The candidates are advised to stay in touch with the Institute's official website - www.icai.org.

ICAI Chartered Accountants Intermediate, Final & PQC Examinations for May 2021 will now commence from Monday, 5th July 2021.

All first-year students in UP universities to be promoted

LUCKNOW: Students in the final year of various undergraduate and postgraduate courses in UP universities will be assessed through an examination before they receive their degrees.

Students in second year who did not take exams last year will also take the test.

Both state and private universities will have to conduct the OMR-based test which consists of multiple-choice questions, before August 13. All results are to be announced by August 31, said the government in its final draft on promoting students in view of the Covid-19 situation. The draft (a copy of which is with TOI) has been prepared by the government on the recommendations of the three-member committee instituted to work out the modalities of promoting



For universities where both UG and PG courses are run under the annual scheme, the committee has decided to promote all first-year students to second year. The first-year results of all such students will be prepared based on their performance in second-year examinations when they take them. Universities which conducted exams for first-year students in 2020 will prepare second-year results of such students based on their performance in the first year. Subsequently, students will be promoted to third year. However, in universities which couldn't

conduct exams for the first year in 2020, students will have to appear for exams in second year through the OMR-based test. Based on their performance in the exam, they will be admitted in the third year.

Under semester system, for second-semester students who didn't take their examinations, all universities will prepare results on the basis of their performance in the first semester exams. The same formula will be applied to all UG and PG students who are in odd semesters.

"The committee had a tough time devising steps for students, particularly those in second year. Even last year, they were promoted without exams, and again promoting them to final year without being evaluated would be unfair," said an official.

Guest Editor of this issue



Ms. Shikha Sharma
principal
Indus Valley Public School,
Noida

The Editorial Committee of IMS Today wishes to acknowledge and thank Ms. Shikha Sharma who contributed her time to handle manuscripts as Guest Editor of this Issue. Without her help, We could not fulfill our mission.

From the Editor's desk

I am very honored to serve as a guest editor for this Issue of IMS Today. I am sure that this issue would be definitely useful to all the readers. This collection will also offer a window for new perspectives and direction to the readers' mind for long.

"Thank you to the team IMS Today and comment moderators who work so hard for the news paper on the frontlines of audience engagement."

National Education Policy: A shift from quantitative to qualitative education?

The education system in India has often been criticized as an out-dated, textbook based system that relies next-to-none upon practical exposure. This criticism, unsurprisingly, is not wrong. The current system of imparting education that prevails from the lower primary to higher institutions is basically about textual learning and writing manuscripts in order to determine students' calibre. The methods and tools that are being used are able to train students to be better only at mugging up concepts instead of being performance ready. The National Education Policy (NEP) introduced in 2020 seems to be an

effort in the direction of changing India's education system into a more pragmatic and flexible one, if changes to interdisciplinary courses, local language encouragement, dissolution of boards, etc. are anything to go by. However, the policy has its own complexities. First, the feasibility of the entire draft. Without doubt, the entire change as presented in the NEP looks welcoming and attractive. But the implementation of such magnanimous levels of alterations looks ambiguous.

The NEP does not explain how the proposed changes will be brought about, what training and preparations will be undergone to actually achieve the promises

made, how exactly will promotions from one level of education to another be carried out. The second is connection between the different hierarchies. There will be interdisciplinary courses in schools and universities, but then how will entrance exams like NEET, CLAT, JEE be conducted? If these exams are scrapped, then what kind of thresholds will be there for admission? The scene is unclear. It seems as if the draft, just like the present education system, is theoretically lucrative, but a practical failure. A more refined and well-planned policy is the need of the hour, which seems lacking from NEP 2020.

COLLEGE CODE: 143

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GHAZIABAD

(Under the aegis of IMS GHAZIABAD Group of Institutions)

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- Biotechnology
- Computer Science & Engineering

MBA

- Finance
- HR
- IT
- Marketing
- IB

Region wise ranking by Times Engineering Institute Ranking Survey 2020

4th Rank in North India

By The Times of India

PLACEMENT REPORT
2020 - 21

81.25%

119 COMPANIES VISITED
477 TOTAL PLACEMENTS
620 PLACEMENTS OFFERED
10 LPA HIGHEST PACKAGE

PROMINENT RECRUITERS

SALIENT FEATURES

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In Brief

HEALTH TALK SESSION on 'Third wave of COVID in India Ghaziabad: Ghaziabad: Ghaziabad Management Association, in collaboration with IMS UC, School of Biosciences organized a Health Talk session on May 30th, 2021. See P-2

Annual meeting of academic advisory council-21 Ghaziabad: With a rigor to achieve excellence and set new benchmarks, IMS conducted a successful Annual Meeting of Academic Advisory Council 2021 on May 15, 2021 under the dynamic leadership of Shri Nitin Agarwal... See P-6

WORKSHOP "Fun with Canva" Ghaziabad: Web App Club organized a workshop, "Fun with Canva". This workshop was conducted for beginners as well as intermediate level students. Canva is a graphic design platform, used to create social media... See P-7

HEALTH TALK SESSION on ‘Third wave of COVID in India



Ghaziabad: Ghaziabad Management Association, in collaboration with IMS Ghaziabad University Campus, School of Biosciences organized a Health Talk session on May 30th, 2021. The topic of the session was “Third wave of



COVID in India—Need to know about strategies'. In the present times, the people in general are full of anxiety with regard to what will happen during the next wave which is stated to come very shortly. People are

all the more anxious as it is said to adversely affect children, more than anybody else. The speakers were Dr. Anand Prakash Singh, Postdoctoral Scholar, Medicine – Cardiovascular Disease,

University of Alabama, USA; and Dr. Sunil Kumar Polipalli, Cytogeneticist, Paediatric Research and Genetic Lab, LNJP Hospital, New Delhi.

Both the doctors assured that there is nothing to panic and we should come forward for vaccination above the age of 10 years. Further, despite any medication or post infection, we need to continue following all protocols of safe distancing, hygiene and using masks at all times when we are out of our house. There were a large number of questions which were clarified to the satisfaction of all. This was attended by about 85 participants.

CEO TALK SERIES on ‘External Environment & Preparedness for Future’

Ghaziabad: Ghaziabad Management Association, in collaboration with IMS Ghaziabad University Campus, Management Department-BBA organized a CEO Talk session on May 27,2021. The topic of the session was “External Environment and Preparedness for the Future”. In the present turbulent times, the external environment seems to be very challenging and dynamic, preparing for the future has become critical for the long-term success of an organization.

The speaker of the session, Mr.Lokesh Saxena, Managing Director DISA India Limited, a Danish MNC of Norican Group in India, with more than 25 years of rich experience highlighted on



the current pandemic situation of the country and showed some statistics on the Covid cases, mortality rate and vaccination drive.

He emphasized that some of the skills such as digital skills, agile thinking skills, interpersonal and

communication skills and global operating skills are a must for professionals to learn for continuing to be relevant in industry today.

This was attended by about 280 participants, most of whom were students of IMS and other student members of GMA.

Relief Action for Covid Patients Initiated by Hon’ble Shri Nitin Agrawal

Ghaziabad: To help the Covid infected people, Hon’ble Shri Nitin Agarwal, Managing Trustee, IMS Ghaziabad initiated a relief action of oxygen generator plant under the able leadership and guidance of Shri Naresh Agarwal, Honorable Chairman, IMS Society during these difficult times. The members of IMS family expressed gratitude on this act of their kindness and selfless service to help the needy & downtrodden people of the Society.



School of Biosciences in association with GOGS & Beautiful Tomorrow Trust, organized wellness talk series

Ghaziabad: The stigma around discussion of menstruation has resulted in a lack of information being shared between generations. To educate young girls and women about the need for clean and dry menstrual hygiene and to provide accurate understanding of reproductive health, School of Biosciences, Institute of Management studies, Ghaziabad in association with Ghaziabad Obstetrics & Gynecological Society and Beautiful Tomorrow Trust, organized Wellness Talk series on - ‘Green Menstruation: Women Empowerment in Health Perspective’ on 28 May 2021.

On the occasion of Menstrual Hygiene Day 2021 it is important to fill critical gaps in our knowledge about menstruation, there is a wealth of practical experience that has not yet been



documented and synthesized. The session started with a welcome note by Dr. Abha Vashistha, Program Chairperson, School of Biosciences, wherein she highlighted the importance of breaking the culture of silence and taboos surrounding menstruation.

Senior Consultant Gynecologists, Dr. Neelu Khaneja, Dr. Madhu Gupta and Dr. Shalini Agrawal were the eminent panellists for the talk.

They discussed the symptoms and problems related to menstruation, pros and cons of different sanitary products

available in market and various medical conditions related such as Anaemia, menstrual cramps, toxic shock syndrome, premenstrual syndrome, PCOD, etc.

They helped students to gain a better understanding of the menstrual patterns of adolescent girls and the ability to differentiate between normal and abnormal menstruation.

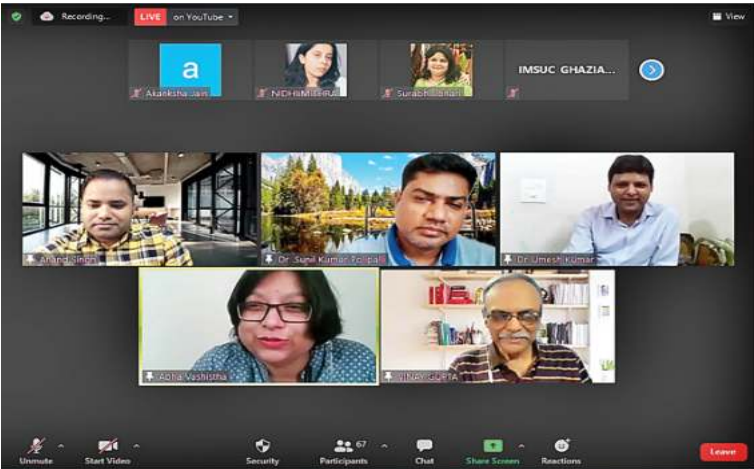
The doctors suggested use of more environmentally friendly options such as reusable menstrual cups as well as reusable and/or biodegradable pads, since sanitary products such as tampons and pads often contain plastics and chemicals that are bad for the environment.

Honorable Director, Dr. Sapna Rakesh, who conceived the idea of this talk series, extended a note of gratitude to the dignitaries for the insightful session.

Ghaziabad: The second wave of COVID-19 witnessed a surge in the number of kids infected by the virus. Children who were until then being considered as silent carriers were equally prone to the virus this time and showed varied symptoms. This has stirred a lot of questions among parents regarding the third wave.

School of Biosciences, IMS Ghaziabad, University Courses Campus in association with GMA & IIRF, India organised a Health Talk Series. Talk entitled “Third Wave of Covid-19 in India: Need to know about strategies” was scheduled on May 30, 2021 Sunday. Dr. Anand Prakash Singh, Postdoctoral Scholar, Medicine- Cardiovascular Disease, The University of Alabama, Birmingham, USA and Dr. Sunil Kumar Polipalli, Cytogeneticist, Paediatrics Research & Genetic Lab, Department of Paediatrics, Lok Nayak Hospital, New delhi were the eminent speakers for the talk.

The event was initiated with a welcome address by Honourable Director, Dr. Sapna Rakesh. She insisted that the awareness of Covid 19 third wave is an essential first step to safeguard our future especially considering that the nation was caught off-guard by



the second wave which brought the entire healthcare system to its knees.

Dr. Anand Prakash Singh informed that looking at the rate of coronavirus infection among kids and the non-availability of the vaccination, it is being speculated that the upcoming third wave of coronavirus will hit children the most. This has caused a lot of panic and confusion among the parents. However, the country's pediatrics association has mentioned that parents must not be scared of coronavirus as it might have no grave impact on kids. It has been said children will be infected the most during the third Covid-19 wave, but it is merely a claim without any evidence.

Dr. Sunil Kumar Polipalli stated that Going by the data, almost 90 per cent of COVID-19 infection cases reported in the second wave of coronavirus, either kids had mild symptoms or were asymptomatic. This is due to the lesser expression of specific receptors to which this infectious virus binds to enter the body and immune system. This reduces the risk of developing a moderate or severe infection in kids. Indeed, kids are equally at risk of developing an infection, but the risk of severe infection is unlikely. Children are not immune from the infection, but the impact is minimal.

Both the guest speakers focused on the mass vaccination as soon as possible to vulnerable

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Both the guest speakers focused on the mass vaccination as soon as possible to vulnerable

people so that the herd immunity can be developed to protect kids also. Vaccination is the only way to deal with the upcoming waves' severity.

The talk concluded on a positive note that the parents should not be in panic as far as kids' infections rate is concerned in India but it is always better to be aware about the safety and protection of the kids from Covid-19 by following Covid appropriate behavior and mass vaccination.

Dr. Abha Vashistha, Program Chairperson, School of Biosciences extended her heartfelt thanks to the guests for their benign presence and invited them to visit the campus in person, once back to normal days.

पारितंत्र की बहाली लाएगी खुशहाली



डॉ. सुमन गुप्ता, आईएमएस, इंजीनियरिंग कॉलेज

पृथ्वी के पर्यावरण की सुरक्षा के लिए संयुक्त राष्ट्र संघ के द्वारा हर वर्ष 5 जून को विश्व पर्यावरण दिवस मनाया जाता है। पर्यावरण दिवस मनाने का मुख्य उद्देश्य जनसमुह को पर्यावरण की सुरक्षा एवं संरक्षण के प्रति जागृत करना। प्राकृतिक पर्यावरण के बिना जीवन की कल्पना करना असंभव है। अतः जीवन के लिए प्रकृति की सुरक्षा एवं संरक्षण अति आवश्यक है। उसी उद्देश्य की पूरा करने के लिए हर वर्ष विश्व पर्यावरण दिवस मनाया जाता है।

1972 में संयुक्त राष्ट्र महासभा द्वारा स्वीडन की राजधानी स्टॉकहोम में 'विश्व पर्यावरण सम्मेलन' का आयोजन किया गया। इस सम्मेलन में 119 देशों ने भाग लिया और फिर 5 जून 1974 को पहली बार विश्व पर्यावरण दिवस अमेरिका के स्प्रोकें शहर में मनाया गया और जिसका नारा - 'केवल एक पृथ्वी' था।

प्रत्येक वर्ष विश्व पर्यावरण को दिवस को एक नारा दिया जाता है। इस वर्ष का नारा है - 'पारिस्थितिकी तंत्र बहाली'। जिसके अंतर्गत प्रकृति के साथ अच्छे सम्बंध बनाने पर विशेष कार्य किए जाएंगे। इस वर्ष संयुक्त राष्ट्र संघ ने वर्तमान दशक (2021-2030) को पारिस्थितिकी तंत्र बहाली दशक घोषित कर दिया है। संयुक्त राष्ट्र संघ

इस दशक में विशेष रूप से पारिस्थितिकी तंत्र बहाली पर काम करेगा। यह घटना संयुक्त राष्ट्र के शुभारंभ का प्रतीक भी है। इस वर्ष पर्यावरण दिवस पर संयुक्त राष्ट्र प्रकृति के साथ मानव सम्बंधों को पुनः स्थापित करने की कोशिश करेगा।

इस वर्ष पर्यावरण दिवस की मेजबानी पाकिस्तान, संयुक्त राष्ट्र पर्यावरण कार्यक्रम (यूएनईपी) के साथ मिलकर कर रहा है। औपचारिक तौर पर विश्व पर्यावरण दिवस का महोत्सव पाकिस्तान में मनाया जाएगा। पाकिस्तान अपने कार्यक्रम- ₹10 बिलियन ट्री सुनामी 2014 प्रोजेक्ट के तहत इस वर्ष वृक्षारोपण के कार्यक्रम को तेजी के साथ क्रियान्वयन करेगा। पाकिस्तान बॉन चैलेंज (BONN CHALLENGE) के उद्देश्य को भी पूरा करने का कार्य करेगा। BONN CHALLENGE संयुक्त राष्ट्र एवं जर्मनी की सरकार के द्वारा पारितंत्र को बचाने का काम वर्ष 2011 से आरम्भ किया गया था। इस प्रकार पृथ्वी एवं इसके जीवों को बचाए रखने के लिए पृथ्वी के पारितंत्र को सुरक्षित एवं संरक्षित करना अति आवश्यक है। इससे ग्लोबल वार्मिंग का प्रभाव भी कम हो जाएगा।

इस वर्ष के पर्यावरण दिवस की थीम का पर्यावरण सुरक्षा एवं संरक्षण की दृष्टि से अत्यधिक महत्व है। हम सभी जानते हैं कि विकासीय गतिविधियों के कारण हमारा पर्यावरण तेजी से असंतुलित एवं नष्ट हो रहा है। यदि इसी गति से यह पर्यावरण नष्ट होता रहा तो पृथ्वी जीवों के जीने के लायक ही नहीं रहेगी। अतः पृथ्वी एवं उस पर निवास करने वाले जीवों की सुरक्षा एवं संरक्षण के लिए पृथ्वी के पारितंत्र को सुरक्षित एवं संरक्षित रखना अति आवश्यक है। इसी उद्देश्य को पूरा करने के लिए संयुक्त राष्ट्र



संघ ने इस दशक (2021-2030) को - 'पारितंत्र पुनः संरक्षण' दशक का नाम दिया है। संयुक्त राष्ट्र का मुख्य उद्देश्य इस पृथ्वी को जीवों के रहने लायक बनाए रखना है और इसी उद्देश्य को पूरा करने के लिए संयुक्त राष्ट्र संघ लगातार प्रयासरत है। उसने इस लक्ष्य को पूरा करने की अंतिम समय सीमा 2030 निश्चित की है।

पारितंत्र एक ऐसा तंत्र है जहाँ पर जीव और भौतिक वातावरण उपस्थित हो, जन्तु पौधों और उनके भौतिक पर्यावरण के मध्य पारस्परिक क्रिया हो, भोज्य - पदार्थों का स्थानांतरण हो। मनुष्य भी पारितंत्र का हिस्सा है। पारितंत्र एक पानी की बूँद जैसा छोटा हो सकता है और समुद्र एवं जंगल जैसा है। पारितंत्र पारितंत्र को किस प्रकार पर्यावरण सामंजस्य के साथ संतुलित किया जाने से पूरी पृथ्वी का जीवित समुदाय भी समाप्त हो जाएगा।

शुद्ध हवा, शुद्ध पानी एवं उपजाऊ मिट्टी संतुलित पारितंत्र का भाग होता है। पारितंत्र के असंतुलित होने, नष्ट होने या मृत होने से पर्यावरण का संतुलन बिगड़ जाएगा।

'पारितंत्र पुनः संरक्षण' योजना के द्वारा संयुक्त राष्ट्र सम्पूर्ण विश्व के पारितंत्र को पुनर्जीवन देने की अथक कोशिश कर रहा है। विश्व के सभी देश संयुक्त राष्ट्र के इस प्रयास में शामिल हैं। भारत भी पिछले 20 वर्षों से पारितंत्र को संतुलित करने की, मरम्मत करने की एवं पुनर्जीवित करने की कोशिश कर रहा है।

पारितंत्र पुनर्संरक्षण दो प्रकार से किया जा सकता है। पहले प्रकार में पुराने वाले पारितंत्र के जैसा ही पारितंत्र विकसित कर दिया जाता है। दूसरे प्रकार में पारितंत्र को पुराने पारितंत्र से बिल्कुल अलग नए पारितंत्र पुनः संरक्षण दक्ष इंजीनियर यह निश्चित करते हैं कि असंतुलित पारितंत्र को किस प्रकार पर्यावरण सामंजस्य के साथ संतुलित किया जाए। जिससे कि स्थायी एवं संतुलित पारितंत्र विकसित हो सके एवं यह विपरीत परिस्थितियों में भी संरक्षित एवं सुरक्षित रहे। भारत सरकार पारितंत्र पुनर्संरक्षण पर पिछले लगभग 20 वर्ष से प्रयासरत है। गंगा नदी के पुनः संरक्षण का कार्य 1985 में गंगा

की सफाई के रूप में आरम्भ किया गया। दिल्ली डेवलपमेंट अथॉरिटी ने अरवाली पारितंत्र के संरक्षण के लिए अरवाली बायोडायवर्सिटी पार्क विकसित किया। दिल्ली डेवलपमेंट अथॉरिटी ने अरवाली की विविधता को पुनर्संरक्षित करने के लिए सात जैवविविधता उद्यान बनाए हैं। जयपुर में मानसागर झील के पारितंत्र को पुनर्संरक्षण का कार्य पूरा कर लिया गया।

भारतीय परम्परा में पारितंत्र संरक्षण का कार्य आज से नहीं बल्कि पूर्व वैदिककाल से किया जा रहा है। वैदिक काल में पर्यावरण के पाँच तत्व आकाश, वायु, अग्नि, पृथ्वी और जल को ही देवता माना जाता था। हमारा शरीर इन्हीं पंच तत्वों से बना है अर्थात् हमारा अस्तित्व भी पर्यावरण से निर्मित है। अस्तित्व के जनक को मंत्र एवं ऋचाओं से संरक्षित करने का प्रयास किया जाता था।

‘पंचस्वन्तु पुरुष आविवेशतायन्तः पुरुषे अर्पितानि।’

मंत्रों, ऋचाओं एवं यज्ञों के द्वारा पर्यावरण को सम्मान दिया जाता था और इनके संरक्षण का प्रयास किया जाता था। मानव एवं अन्य जीवों का अस्तित्व इन्हीं पाँच तत्वों से निर्मित है। अतः जीवों के अस्तित्व के लिए पारितंत्र का संरक्षण अति आवश्यक कार्य माना जाता था। पूर्व वैदिक काल से आधुनिक समय तक भारतीय परम्परा में प्रतिक्षण पर्यावरण के संरक्षण की बात की जाती रही है। ऋग्वेद में कहा गया है कि सूर्य सभी प्रकार के प्रदूषणों को दूर करता है।

‘ॐ नमः सूर्याय शान्ताय सर्वं रोग विनाशने। आयुः आरोग्यं ऐश्वर्यं देहि देव जगत्पते॥’

ऋग्वेद में सूर्य आत्मा जगतस्तस्म्युषुष

(यजुर्वेद 7/42)। अर्थात् सूर्य समस्त सृष्टि का जन्मदाता है। अथर्ववेद में सूर्यदेव को समस्त सृष्टि का प्रादुर्भावकर्ता, अवलंबनकर्ता एवं स्वामी माना गया है। विज्ञान ऊर्जा का मुख्य स्रोत सूर्य को मानता है वहीं ऋग्वेद में भी सूर्य को समस्त का सृष्टि का जन्मदाता माना गया है।

शांति सूक्त का पर्यावरण रक्षण में अत्यधिक महत्व है। शांति पाठ अर्थात् देवलोक, पृथ्वी लोक, विस्तृत अंतरिक्ष लोक, समुद्र जल औषधियों में सभी उत्पन्न होने वाले अनिष्टों का निवारण करके हमारे लिए सुख शांतिदायक हो।

‘ॐ द्यौः शान्तिरन्तरिक्षं शान्तिः पृथिवी शान्तिरापः शान्तिरोषधयः शान्तिः। वनस्पतयः शान्तिर्विश्वेदेवाः शान्तिर्ब्रह्मा शान्तिः।

सर्वं शान्तिः, शान्तिरेव शान्तिः सा मा शान्तिरेधि॥

ॐ शान्तिः शान्तिः शान्तिः॥ (यजुर्वेद)'

यजुर्वेद के इस शांति पाठ मंत्र में सृष्टि के समस्त तत्वों व कारकों से शांति बनाये रखने की प्रार्थना करता है। इसमें यह गया है कि देवलोक में शांति हो, अंतरिक्ष में शांति हो, पृथ्वी पर शांति हो, जल में शांति हो, औषध में शांति हो, वनस्पतियों में शांति हो, विश्व में शांति हो, सभी देवतागणों में शांति हो, ब्रह्म में शांति हो, सब में शांति हो, चारों ओर शांति हो, शांति हो, शांति हो, शांति हो। इस मंत्र के जरिये कुल मिलाकर जगत के समस्त जीवों, वनस्पतियों और प्रकृति में शांति रहे, संरक्षित एवं सुरक्षित रहे, इसकी प्रार्थना की गई है। यत्ने भूमे विखनामि क्षिप्रं तदपि रोहतु। मां ते मम विमृगुरी या ते हृदयमर्पितम्॥ - अर्थात्, हे भूमि माता! मैं जो तुम्हें हानि पहुंचाता हूँ, शीघ्र ही उसकी क्षतिपूर्ति हो। हम अत्यधिक प्राकृतिक



संसाधनों के दोहन में सावधानी रखें। पृथ्वी को व्यर्थ खोदकर उसकी शक्ति नष्ट न करें। पृथ्वी से हम उतना ग्रहण करें जितना हमारे लिए आवश्यक हो तथा प्रकृति की पूर्णता को क्षति ना पहुँचे।

अतः स्पष्ट है कि यजुर्वेद का ऋषि सर्वत्र शांति की प्रार्थना करते हुए मानव जीवन तथा प्राकृतिक जीवन में अनुस्यूत एकता का दर्शन बहुत पहले कर चुका था। ऋग्वेद का नदी सूक्त एवं पृथिवी सूक्त तथा अथर्ववेद का अरण्यानी सूक्त क्रमशः नदियों, पृथिवी एवं वनस्पतियों के संरक्षण एवं संवर्धन को कामना का संदेश देते हैं। भारतीय दृष्टि चिरकाल से सम्पूर्ण प्राणियों एवं वनस्पतियों के कल्याण की आकांक्षा रखती आई है। पारितंत्र संरक्षण में हम कैसे संयुक्त राष्ट्र के उद्देश्य में अपनी भागीदारी निभा सकते हैं या सहयोग कर सकते हैं। हम सभी एक कहावत जानते हैं कि जीवन देना हमारे हाथ में नहीं हैं लेकिन ईश्वर ने हमें जीवन देने की अजब शक्ति प्रदान की है और हम इस शक्ति का उपयोग नहीं करते हैं। यदि हम एक पौधा लगाते हैं या उसे बीज से अंकुरित करते हैं तो हम पौधे को जीवन देते हैं। बदले में पौधे हमें जीवन दायनी प्राणवायु देते हैं। फूल-फल, औषधि और भोजन देते हैं। और पुरा पौधा समूर्ण पर्यावरण को शुद्ध करने का कार्य करता है। इस प्रकार हम पौधों के संरक्षण के द्वारा हम पर्यावरण एवं पारितंत्र को संरक्षित एवं सुरक्षित कर सकते हैं। वृक्षारोपण के द्वारा हम परिवार, समाज, देश, विश्व और पृथ्वी पर उपस्थित सभी जीवों के संरक्षण एवं सुरक्षा में सहयोग कर सकते हैं और इस प्रकार पर्यावरण संरक्षण के द्वारा हम पृथ्वी के सभी जीवों को खुशहाल एवं समपन्न होने की कल्पना को साकार कर सकते हैं।

Experiential learning is the future of learning

*"Tell me and I forget
Teach me and I may remember
Involve me and I learn."*
- Benjamin Franklin

Experiential learning or learning by doing is an immersive way to engage students and ensure deep learning.

Today's world is zestful and transitional.

To cope with it, children born in the 20th century and successive generations are well equipped with Online classes. Specialised skill workshops are becoming easy ways for employees to stay up-to-date with the latest trends and skills necessary to prosper in today's modern workplace.

Therefore, it is imperative that schools integrate new learning techniques to help prepare children for the future workplace.

Experiential learning has superseded rote and didactic learning styles that have dominated the education system for long. Following a five step method, experiential learning emphasises on hands on experimentation, questioning, application and feedback. Students struggle less to grasp concepts that don't associate with the "real world." Rather, they



Mr. Ritesh Kumar Sharma
Principal, Prudence School Dwarka- 22, New Delhi

apply data and ideas in a real-world situation where they too play an active role.

As the students interconnect with the information, it becomes real to them. Through learning by doing, The students discard the methods that don't work. They adopt the simple process of trying something on their own and then abandoning it – ordinarily considered a "mistake" – which later on becomes a valuable part of the learning process.

Students learn not to fear mistakes, but to value them.

This helps the pupils to understand their context deeply and aids in building a scientific temper. As a result, the students have enriching experiences thereby making the school a happy place. They collaborate, use their research and problem-solving skills, just as they would be expected to in the real world.

Such experiences are much like science experiments. While

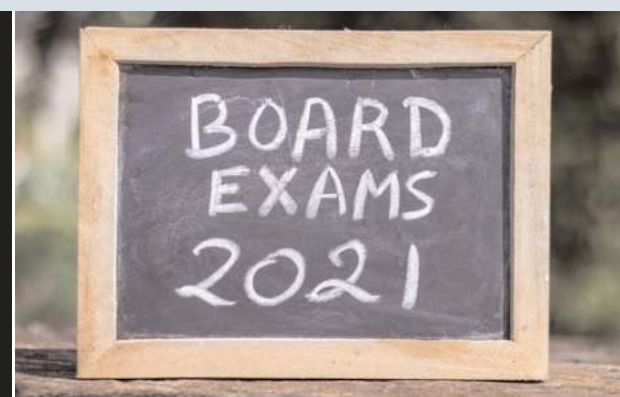
they are challenging, they provide matchless exposure. Students have the opportunity to apply their learning, see its value first-hand, and find relevance in what they are doing.

Visualise for a second, the excitement on the faces of young students on a field trip. These students are at a planetarium in which images of stars, planets, and other celestial objects are projected. How joyful it would be for them to observe things that they had studied in their Science classes! Young scholars always look forward to the chance to be inquisitive, to explore, experiment and apply or gain new knowledge in a genuine manner.

In the contemporary world, successful people contribute in a pragmatic and productive way. They know the mantra of thriving in the midst of innumerable challenges by engaging themselves, solving problems and meeting the demands of the society.

Experiential learning is an essential method to prepare students as competent individuals treading the path of adulthood with ease! Undoubtedly, there can be no learning without action and no action without learning.

Happy To Note Government Decided To Cancel Class 12 Board Exams: Supreme Court



Ghaziabad: The Supreme Court on Thursday said that it is happy to note that the government has taken a decision to cancel the class 12 board exams, and directed the CBSE and ICSE to place on record objective criteria for assessment of marks in two weeks.

Amid exponential increase in covid-19 cases, a myriad of students urged the government to cancel the board examinations and it is fortunate that the government has prioritized the safety of students and chose to cancel the examinations. Due to protracted pandemic situations and preventive measures such as lockdown and stay-at-home orders, the COVID-19 pandemic has brought ramifications on higher education. Many have lost their parents and family members which has led to serious repercussions on their mental health. The problems are highly variable for an individual and simultaneously giving offline examinations raises questions

on the well being of not only students but also their families. All in all, in my opinion cancellation of board exams is an apt decision.

Anushka Tyagi, Class -12
Ingraham English Medium School Ghaziabad



Ghaziabad: In the current scenario of global pandemic, the Board's decision to cancel class 12th exams in India is a wise and bold decision. I'm in support of this because life should be given priority, as methods of evaluation can be made flexible, but risking students' lives for something which has a substitute would not be worthy.

Although, there are some drawbacks and major issues with this, as this decision gave rise to a lot of confusion regarding the evaluation process, and students are tense about how they'll get into the colleges of their liking. It also poses a concern in the minds of many, "would these non-examined students be given the same priority as normal year students?"

But I'm sure the centre would do the needful in this regard. Taking all things into consideration, I believe that temporary confusion is better than risking the lives of innumerable students.

Rohit Khushwah, Class -12
Ingraham English Medium School Ghaziabad

Mahamaya Balika Inter College Celebrated Mothers Day

Ghaziabad: Mahamaya Balika Inter College, Noida conducted an online Mother's Day activity. "In this world the second name of God is Mother," the MBICians were told. Students from Class I to Class XII took part in various activities, including dance, speech and expressing their thoughts for their mother. Some of the students have made cards for their mothers and prepared different dishes. The students made videos and sent them to their class teachers.



Ingraham school, Ghaziabad's have stepped forward to serve humanity



Ghaziabad: Ethics, morals and values that we learn in school is perhaps left unutilized if we don't do something for the upliftment or betterment of society. With the same thought Ingraham English Medium School, Ghaziabad's teachers and students have stepped forward to serve humanity and help in this ongoing pandemic situation. This time it has been mainly supporting the marginalized communities and daily wage workers who have been badly hit

by pandemic and lockdown.

It has helped many special children like disable units in retaining their admission in school by paying their school fees on behalf of their parents which was due since lockdown as their parents couldn't afford to pay in this hard time. Neev Shakti with its so many volunteers and core members have helped in providing covid resources and adequate verified information regarding ventilators in delhi NCR, plasma, oxygen supplier

during second wave of deadly virus. Recently it has organised it's ration distribution and essential supplies where daily wage workers and marginalized communities were getting benefit by providing them free ration kits which included wheat flour, rice, pulses, oil, spices, tea, sugar etc. It is currently working in providing adequate information about covid vaccination. It is very important information for uneducated / unaware people so that they could get vaccination

soon and could know how crucial it is to get vaccination to protect ourselves from this fatal virus.

It is all possible because of active volunteers of Neev Shakti Foundation. Who have been contributing so much through their efforts, dedication and hardwork.

Especially the students of "Ingraham English Medium School"

who are Neev Shakti volunteers as well namely Chanchalkumar, Rohit, Ragini, Mayuri, Kanak, Krishna and Abhishek have been our stars volunteers.

Along with students we had Mrs. Divya dubey and Richa Ballabh as well who is teacher in the same school, who coordinated it very well that without their efforts and contribution Neev Shakti Foundation could not come this far. Neev Shakti foundation is planning to work on a larger platform to serve more and hope to create impact on many lives and inspire others as well.

Ghaziabad: Being a student of class XII I feel I am challenging the toughest time of my life. Last year at the same time I was so excited even during the pandemic that the year 2021 is going to be the last year of my school life. At the same time the entire family geared up to support me and infused courage in me to make the best use of the lockdown and focus only on my studies for desirable performance in my first ever public examination that is CBSE Class Boards. It once felt that things are going to be normal and I will appear for my Class XII Boards soon.

Everything just vanished when the government announced the cancellation of class XII Boards. No wonder it has brought a huge sigh of relief among students who were going through a dilemma over a long time whether to appear or not for the board exams. I appreciate the

honorarble Prime Minister Shri Narendra Modi's concern for the safety and health of all, which undoubtedly, should be the top most



priority. You will agree with me that there is a tremendous difference in the syllabus of classes IX & X when compared with specific subjects stream wise (Medical, Non-Medical, Commerce & Arts).

Believe me; many students who have worked tirelessly throughout the year for board exams are disappointed as we have lost the opportunity to prove our potential at all India levels. Distribution of a general pass degree to every student will deprive us of a sense of pride and Confidence in our abilities which is a pre – requisite for our Higher Education. **THANK YOU**

Vaibhav Kansal of class XII from LSD DAV PUBLIC SCHOOL, Pilkhuwa.

Mother's Day Celebration



Ghaziabad: A Mother represents the combination of feelings, behaviors and sacrifices that occur while raising a child, whether the child is biologically hers or not. The truth is that no matter how old we are as long as

our mothers are alive, we want our mother. And it is very powerful relationship, if it is healthy. So LSD DAV Public School Pilkhuwa organized various activities on virtual platform to celebrate Mother's Day. Yet a single day is not sufficient to show our gratitude to our mothers. This event is being organized with an objective to make the bond strong between the mother & the child.

Sudoku

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

Knowledge

Solve Quiz No. 80

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

- Which group is not concerned with the solar system
a) Nebulae
b) Asteroids
c) Nervous system
d) Planets
- Electric transformers are used to
a) Filter current
b) Regulate current
c) Serve as a fuse
d) Change voltage
- Evaporation of water is
a) A process accompanied by a chemical reaction
b) An endothermic change
c) An exothermic change
d) A process of in heat exchange reaction
- A north- west wind would be from a compass direction of
a) 45 Degree
b) 135 Degree
c) 225 Degree
d) 315 Degree
- Early morning heavy dew is most likely to be the result of
a) Cloudy sky and strong wind
b) Clear sky and clam wind
c) Cloudy sky and calm wind
d) Clear sky and strong wind
- The production of excess pigment in the skin is stimulated mainly by
a) Infra red rays
b) Vitamin C
c) Ultraviolet rays
d) Vitamin D
- At sun rise or sun set the sun appears red because
a) Scattering of light
b) Diffraction
c) Sun is hottest at these times
d) Refraction
- Which of the following synthetic fibers was discovered first
a) Nylon
b) Terylene
c) Ploythene
d) Rayon
- Sound waves above 20,000Hz are called
a) Overtones
b) Infrasonic
c) Supersonic
d) None of these
- Stainless steel is an alloy of steel and
a) Strontium
b) Copper
c) Platinum
d) Chromium

Participation format

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

Answers (QUIZ-79) May, 2021 issue:

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

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

स्वस्थ मानव ही स्वस्थ पर्यावरण के बारे में सोच सकता है!

कोरोना महामारी ने एक बार फिर व्यक्ति को अपनी सेहत के प्रति सजग होने के लिए चेता दिया है। यह सजगता हमें खुद के प्रति तो रखनी ही होगी साथ ही साथ पर्यावरण के प्रति भी उतना ही सचेत होना होगा। हमारी प्रकृति जितनी स्वस्थ होगी मानव का जीवन उतना ही स्वस्थ व खुशहाल होगा। विश्व पर्यावरण दिवस 5 जून को मनाया जाता है जिसका उद्देश्य है कि हम पर्यावरण के प्रति अपनी जिम्मेदारी को समझें। प्राकृतिक संसाधनों का संतुलित रूप से उपभोग करें न कि उनका दोहन करें। प्रकृति का संरक्षण व संवर्धन करें न कि अतिक्रमण करें। अधिकर मानवजनित रोग व प्राकृतिक आपदाओं का कारण प्रकृति के प्रति मानव का सौतेला व्यवहार है। प्रकृति से छेड़छाड़ व प्राकृतिक संसाधनों का दोहन लगातार वैश्विक रूप से जारी है। पिछले करीब पचास साल से पर्यावरण के प्रति जागरूकता का असर दिखाई नहीं दे रहा है। हर साल लाखों हेक्टेयर जंगल काटे जा रहे हैं। आग के कारण जंगल नष्ट हो रहे हैं। जंगलों में रहने वाले जीव जन्तु विलुप्त हो रहे हैं। अत्यधिक रसायनों के प्रयोग से मिट्टी बंजर होती जा रही है। विकास के नाम पर बन रहे नए नए शहरों के कारण खेती योग्य भूमि कम होती जा रही है। यही नहीं फल-फूल, सब्जियों, और अनाजों में जो मिलावट हो रही है उससे मानव की सेहत खराब हो रही है। कहने का तात्पर्य यह कि जिस मानव को सृष्टि के समस्त जीव-जन्तु एवं वनस्पतियों का ध्यान रखने की जिम्मेदारी ईश्वर ने दी थी वही उसे विनष्ट करने में लगा है। नतीजतन मानव शारीरिक व मानसिक रूप से कमजोर होता जा रहा है। बहुत सारे चिकित्सक अब कहने लगे हैं कि कोरोना उतना खतरनाक वायरस नहीं है जितना कि हम स्वयं कमजोर हो चुके हैं। 21 जून को योग दिवस मनाया जाता है। इस दिन हम योग को अपने जीवन का हिस्सा बनाने के प्रति संकल्प लेते हैं। यदि मानव सचमुच योग को अपनी दिनचर्या का हिस्सा बना ले तो संभव है आने वाले दिनों में वह शरीर से, मन से और बुद्धि से स्वस्थ हो जाए। सम्पूर्णता में स्वस्थ मनुष्य ही समाज और प्रकृति दोनों के प्रति सकारात्मक व स्वस्थ रवैया अपना सकता है। आज वैश्विक रूप से मानव के सामने सबसे बड़ी चुनौती यही है कि वह खुद को और पर्यावरण को स्वस्थ कैसे रखे?

Students are the builders of their Nation

It is very rightly said that students are the builders of their nation. Because when a student achieves a successful career, he/she does not only make his future bright but he also makes the future of his family, his society and of course future of his nation too by contributing his knowledge, skills, creativity and good civic acts in his day-to-day life. So, to achieve a good future and to contribute to the growth of his nation, he needs to walk on the right path.



Prashant Kumar Taank

On the other hand, there are also several hindrances around us which always try to distract him/her from the right path of success. One of the very strong of such hindrances is addiction i.e. addiction of drug/ alcohol/ smoking/ chewing tobacco or tobacco products which has spread a lot in today's students fraternity and is increasing day-by-day although it is very unexpected in student life. Actually, the student fraternity is supposed to stay far away from any kind of drug/ alcohol/ smoking/ chewing tobacco or tobacco products addiction but nowadays it has become a matter of great concern to keep our students away from this evil.

If we analyze what attracts our students towards the above-mentioned addictions, we find that mere a false

perception spread mainly by already addicted people that they enjoy life more than others, creates a momentum attraction amongst the young students towards this dark world. Probably, these people do so to get new companions for themselves and sometimes to earn a bit to fulfill their addiction desires etc. Firstly, they convince them to taste it once, then it becomes occasional celebrations, after that monthly, weekly and then... they can't imagine that they have become a daily passenger to it. You must remember that it needs only one trial/taste from your side as an initiative and after that ingredients of these products have power to make you addicted to them and make you helpless to come out of it.

All of us know that usually we don't accept any kind of proposal in our life without analyzing its benefits and losses to us. But it seems that the new entrants entering the dark world of addiction, make this mistake and he/she ignores to analyze the benefits and losses of such addictions. In fact, if we analyze the benefits there is absolutely no benefit but certainly a lot of losses like – loss of health, loss of wealth, loss of career etc.

occur which affects them lifelong and pushes them to a never ending dark world. It ruins their career, their life. Now, I have come to measures which



If we analyze what attracts our students towards the above-mentioned addictions, we find that mere a false perception spread mainly by already addicted people that they enjoy life more than others, creates a momentum attraction amongst the young students towards this dark world.

can safeguard our young students against such addictions.

Dear students, I shall say that it is not any medicine or any alternate products but only and only your willpower, your belief that I want to stay away from any such addictions, can keep you away from these addictions. I believe if you want to keep yourself away from any

such addiction, you must never touch/taste it. If you have this willpower, I can bet 'nobody.... I reiterate that nobody in this world can make you addicted to any such products'. In this way you can keep yourself away from any such addiction not only during your student life but for the whole of your life.

Future of Renewable Energy in India

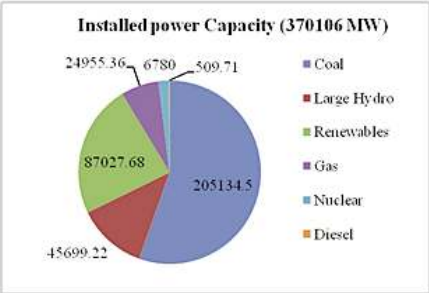
Today energy demand and its adequate supply became one of the important parameters for the social and economic development of any country. The primary objective for deploying renewable energy in India is to advance economic development, improve energy security, improve access to energy, and mitigate climate change. Sustainable development is possible by use of sustainable energy and by ensuring access to affordable, reliable, sustainable, and modern energy for citizens. Strong government support and the increasingly opportune economic situation have pushed India to be one of the top leaders in the world's most attractive renewable energy markets. The government has designed policies, programs, and a liberal environment to attract foreign investments to ramp up the country in the renewable energy market at a rapid rate. It is anticipated that the renewable energy sector can create a large number of domestic jobs over the following years. This paper aims to present significant achievements, prospects, projections, generation of electricity, as well as challenges and



Mr. Vijay Kumar

investment and employment opportunities due to the development of renewable energy in India. In this review, we have identified the various obstacles faced by the renewable sector. The recommendations based on the review outcomes will provide useful information for policymakers, innovators, project developers, investors, industries, associated stakeholders and departments, researchers, and scientists.

In this way, the country will have a rapid and global transition to renewable energy technologies to achieve sustainable growth and avoid catastrophic climate change. Renewable energy sources play a vital role in securing sustainable energy with lower emissions. It is already accepted that renewable energy technologies might significantly cover the electricity demand and reduce emissions. In recent years, the country has developed a sustainable path for its energy supply. Awareness of saving energy has been promoted among citizens to increase the use of solar, wind, biomass, waste, and hydropower energies. It is evident that clean energy is



less harmful and often cheaper. India is aiming to attain 175 GW of renewable energy which would consist of 100 GW from solar energy, 10 GW from bio-power, 60 GW from wind power, and 5 GW from small hydropower plants by the year 2022. Investors have promised to achieve more than 270 GW, which is significantly above the ambitious targets. The promises are as follows: 58 GW by foreign companies, 191 GW by private companies, 18 GW by private sectors, and 5 GW by the Indian Railways. Recent estimates show that in 2047, solar potential will be more than 750 GW and wind potential will be 410 GW. To reach the ambitious targets of generating 175 GW of renewable energy by 2022, it is essential that the government creates 330,000 new jobs and livelihood opportunities.

Covid 19 and the situation of India

In the time when pandemic has hit the world hard, where people are in great misery, financial crisis, hunger, health and all the other things have come crashing down and the world around us is crumbling, people are unable to figure out the solution to COVID 19. All hopes are failing and despair is rising among people. In these tough times, people are looking towards the Government for help.

The government, on the other hand, acts very neutral during this time. The crisis is all around the world. the government itself is helpless and people are becoming hopeless. The government talks and tries to inform people about the process of how they are going to fight the disease but no results are seen. they say that they lack oxygen cylinders and other necessary things people need while others say that it's a trick of the government where they are trying to earn money via people's helplessness. The government guides people to stay at home, maintain 6 feet distance but they are the ones conducting elections, rallies and spiritual norms. People have a lot of complaints about what the government has been doing all the time people have been struggling in the pandemic and COVID. the government has and will do everything



Vaibhav Mattas BJMC Students

in its power to save the people. They have been arranging needs by taking other countries to help. it is totally in our hands whether to step out for rallies, elections and spiritual norms hence no government is forcing people to involve in these activities. our safety is in our hands. we are responsible for our lives. so let's be careful and mentally present in this state of misery. let the government do their job and we should follow the guidelines to help ourselves.

भारत में अनाथ बच्चों को गोद लेने की क्या है कानूनी प्रक्रिया ?

कोरोना महामारी के कहर से पूरा देश परेशान है लेकिन इसका सबसे बुरा प्रभाव बच्चों पर पड़ा है। 1 अप्रैल 2020 से लेकर 5 जून 2021 के बीच 3621 बच्चे कोरोना के चलते अनाथ हो गये। इतना ही नहीं देश में 26176, बच्चों ने माता-पिता में से किसी एक को खोया है। यह जानकारी राष्ट्रीय बाल अधिकार संरक्षण आयोग ने सुप्रीम कोर्ट में दी। आयोग ने कोर्ट को बताया, राज्यों और केंद्रशासित प्रदेशों से जानकारी एकत्र करने के बाद 'बाल स्वराज' पोर्टल पर संकट में आए 30,071 बच्चों को पंजीकृत किया है। ये इस सन्दर्भ में हार्दिक अप्रारण के साथ संदेश बच्चों को गोद लेने के लिए भी बहुत सकारुण्यपूर्ण है। इस बारे में गोद लेने के लिए कुछ हमारे भारत में जो नियम व शर्तें हैं उनके बिना गोदाना अवैध घोषित माना जायेगा और किसी परेशानी में भी पड़ सकते हैं।



डॉ. टीना गर्ग (प्रिंसिपल) रॉयल कॉलेज ऑफ लॉ

किया गया। बच्चे को गोद लेना एक लंबी कानूनी प्रक्रिया जरूर है, लेकिन इसमें कहीं भी पैसे के लेन-देन का जिक्र नहीं है। यहां तक कि गोद लेने वाले माता-पिता से नियमानुसार ये भी नहीं कहा जा सकता कि वे बच्चे के नाम पर कोई बैंड ले या इनवेस्टमेंट करें।

मां-बाप को इन योग्यताओं को पूरा करना जरूरी : नियमों के मुताबिक

- ▶ संभावित मां-बाप को शारीरिक रूप से, मानसिक तौर पर, भावनात्मक रूप से और आर्थिक दृष्टि से सक्षम होना जरूरी है। यह बात प्रमाणित होनी चाहिए कि संभावित अभिभावकों को कोई जान लेवा बीमारी न हो।
- ▶ कोई भी संभावित माता-पिता जिनकी अपनी कोई जैविक संतान हो या न हो, वे बच्चा गोद ले सकते हैं। बशर्तें... अगर संभावित अभिभावक शादी

शुदा हैं तो उन दोनों की आपसी सहमति होना जरूरी है।

- ▶ एक सिंगल महिला किसी भी लिंग के बच्चे को गोद ले सकती है।
- ▶ जबकि एक सिंगल पुरुष सिर्फ-लड़के को ही गोद ले सकता है।
- ▶ संभावित मां-बाप अगर दो साल से ज्यादा वक्त से शादी शुदा हों, तभी वो बच्चा गोद ले सकते हैं।
- ▶ बच्चा गोद लेने के लिए मां-बाप की उम्र एक बेहद अहम पहलू है। इसके तहत कम उम्र के बच्चे को गोद लेने के लिए मां-बाप की औसत उम्र कम होनी चाहिए।
- ▶ संभावित माता-पिता और गोद लिए जाने वाले बच्चे के बीच उम्र का फासला कम से कम 25 साल होना ही चाहिए।
- ▶ लेकिन यह नियम उस समय लागू नहीं होता है जब बच्चे को गोद लेने के लिए सबसे पहले इन 10 कागजात का होना जरूरी है। इनके बिना प्रक्रिया शुरू भी नहीं हो सकती।
- ▶ केन्द्र सरकार ने बच्चा गोद देने के लिए सेंट्रल

अडॉप्शन रिसोर्स अथॉरिटी (CARA) गठित की है। महिला एवं बाल विकास मंत्रालय के अंतर्गत यह संस्था नोडल बॉडी की तरह काम करती है। ये संस्था मुख्य रूप से अनाथ, सड़क पर छोड़ दिए गए और आत्म-समर्पण करने वाले बच्चों के अडॉप्शन के लिए काम करती है।

ये कागजात हैं जरूरी

- ▶ बच्चे को गोद लेने के इच्छुक परिवार की मौजूद तस्वीर या फिर उस दंपती और शख्स की मौजूद तस्वीर।
- ▶ जो शख्स बच्चे को गोद लेना चाह रहा है, उसका पैन कार्ड।
- ▶ जन्म-प्रमाण पत्र या कोई भी ऐसा डॉक्यूमेंट जिससे उस शख्स की जन्म तिथि प्रमाणित हो।
- ▶ निवास प्रमाणपत्र (आधारकार्ड/ वोटरआईडी/ पासपोर्ट/ नवीनतम बिजली का बिल/ टेलीफोन बिल)
- ▶ उस साल के इनकम टैक्स की प्रामाणिक कॉपी
- ▶ किसी सरकारी चिकित्सा अधिकारी का हस्ताक्षरित प्रमाणपत्र जिससे इस बात की पुष्टि होती हो कि जो शख्स बच्चे को गोद लेने जा रहा है, उसे किसी तरह की कोई गंभीर बीमारी तो नहीं है। गोद लेने के इच्छुक दंपती को अपने-अपने मेडिकल सर्टिफिकेट जमा कराने होंगे।
- ▶ शादी का प्रमाण पत्र (अगर शादी शुदा हैं तो)
- ▶ अगर शख्स तलाक शुदा है तो उसका प्रमाण पत्र।

- ▶ गोद लेने के पक्ष में इच्छुक व्यक्ति से जुड़े दो लोगों का बयान।
- ▶ अगर इच्छुक व्यक्ति का कोई बच्चा पहले से ही है और उसकी उम्र पांच साल से अधिक है तो उसकी सहमति।

इन कागजातों के पूरे होने के बाद ही प्रक्रिया आगे बढ़ती है। बच्चा गोद लेने के लिए ऑन लाइन आवेदन भी किया जा सकता है। अगस्त 2015 में

बच्चों को गोद लेने की प्रक्रिया और नियमों में कुछ संशोधन किए गए और कोशिश की गई कि गोद लेने की प्रक्रिया को और आसान बनाया जाए। ये सारी योग्यताएं एक आम भारतीय नागरिक के लिए होती हैं। लेकिन गोद लेने की प्रक्रिया को कई श्रेणियों में बांटा गया है। मसलन, एनआरआई, इंटर-स्टेट, सौतेले माता-पिता या फिर रिश्तेदारों द्वारा गोद लेने के लिए अलग-अलग नियम हैं।



News Brief

Alumni Speaks



Ashish Singh, (Product Manager Marketing, Reckitt Benckiser Healthcare India Pvt Ltd, Delhi, India. B.Tech Biotech Batch : 2010-2014)

I still remember that it took me so much time to convince my family to allow me pursue my B.Tech in Biotech Branch in a different city (Ghaziabad) almost 900 Kms away from my hometown. However it proved to be one of the best decisions of my life to graduate from an esteemed and renowned institution like IMS Engineering College. Not only it imbibed in me a will to succeed in life but also evolved my personality, interpersonal and decision making skills. But as we all know, college life is not only about the education and skills we intake but a part of life which can never be replicated for the whole lifetime. Here I met lifelong buddies, had memorable days and learnt how to be caring, generous and a team player. Special mention and thanks to all the faculty of 1st Year to 4th Year of IMSEC who along with all my colleagues were like a second family away from my home. Slowly and gradually I realize how this college has helped shape my future and made me into a better being. I am and always will be proud to be a part of IMSEC college and BT department.



Manish Pandey (Oracle, USA, 2002)

Since the first moment I came to IMSEC in 2002, I was met with nothing but energy and enthusiasm. I found welcoming classmates, engaged faculty, They all want their students to do well. Working with the professors and support staff at IMSEC has been one of the best experiences of my professional development. I really believe it

is a privilege to come to this College and I am so glad I made that decision. In the end My Experience in IMSEC make below line true
विद्या ददाति विनयं विनयादाति पात्रताम् ।
पात्रत्वाद्गन्मानोक्ति वनाद्धर्मं ततः सुखम् !
(true/complete) knowledge gives discipline, from discipline comes worthiness, from worthiness one gets wealth, from wealth (one does) good deeds, from that (comes) joy)



Shikhar Srivastava (Company: NBCC/ACC, Batch: 2015-2019,)

A boy from the Spiritual capital of India (Varanasi) got admission in the Civil Engineering branch who was demotivated for not making into any of the government colleges.

Now, At Present I would say I was lucky that I got admission in this college and honestly speaking studious, percentage or topper these words are not at all related to me. The fact is my college has given me the self confidence which was lacking in me due to early failure. My Faculty was so friendly that they knew what kind of support which kind of student needs to explore themselves in this world. We are a family of friends, seniors, juniors and teachers who are and who will always be together to support each other. I know it's getting longer but those 4 years are priceless and one of the best parts of my life. I got placed in many companies from college campus that too in my core like Genesis Pvt Ltd, PNC infratech Pvt Ltd etc.. The Civil Engineering Department is the best Department in the college with the best Faculty who teach you the academics with the best practical examples as well as who will build your personality to view the world in A Civil Engineers ways. I am thankful to every single person who was related to me during college life as they all helped me in building my confidence which helped me overcome stage phobia (poet). Last but not the least thanks to IMSEC FOR Letting me know the person who is my life. I am always going to cherish these days of my life...

Dear Time,

You took me out of IMSEC but you will never be able to take IMSEC out of me...



Mohan Agrawal (Project Lead and IT Consultant, MAQ Software Redmond, Washington, USA, Batch 2011-2015)

Four years in IMS Engineering College, surely the best time of my life. The thoughts of not being able to enjoy those lectures down in all the technical learning, and of course bond with my fellow batch mates always made me nervous. IMSEC - A

temple where I learnt how to be a skilled software developer, a thorough professional, and most importantly a better human being. We, in the IT branch, consisted of a heterogeneous mixture of students fostering a strong familial bond. Some of us were extremely altruistic, while some had astute goal clarity, however we were bound by a strong sense of gratitude and pride towards the institute. I am simply blessed to be a part of this family which is nourished by some of the finest IT department Professors.

“Those evening walks and late-night talks, those luncheons in Kaveri while discussing C++ theories, those lectures of Software Engineering and last page doodling, and those birthday bumps, while constant fear of placement trumps.” I would strongly recommend compartmentalizing your daily dose of learning and fun. This has worked for me, and I'm sure it'll work for you as well. I feel nostalgic every time when I come across these words: IMSEC, Class, Library, Books, Friends, Seniors, Professors, Juniors, Kaveri, Nilgiri, Shivalik, Aravali, and last but not the least Mandakini.

Siddharth Wadhvani (Batch 2014-18)



The college offers so much more other than academics. Being a student of ECE department I got various opportunities to have hands-on experience on technical projects, write research papers etc. The teachers and staff was always supportive of new projects and ideas. I also got an opportunity to have a research experience in University of Louisville, Kentucky, USA which was the turning point in my life and made me realise that I can be an entrepreneur. The college offers a whole package for students in terms of academics, cultural events, technical fests, placements, which overall leads to a better personality of an individual.

A webinar on "Ecosystem Restoration" by Dr. Suman Gupta on environment day

Ghaziabad: A webinar on "Ecosystem Restoration" was conducted successfully on the occasion of World Environment Day on 5th June 2021 (11-12 PM) for faculty and students of different colleges to conserve & restore the environment. The webinar was conducted by IMS Engineering College Ghaziabad. Eminent speaker Dr. Suman Gupta, Assistant Professor, Dept. of Applied Sciences and Humanities threw light on various aspects of Ecosystem restoration.

Only with healthy ecosystems we can enhance people's livelihoods, counteract climate change, and stop the collapse of biodiversity. She has given the knowledge of various facts of Indian Ancient knowledge which is related to our ecosystem restoration & conservation. She has explained the important role of Indian traditional Vedic Knowledge in ecosystem



restoration & environment conservation. She said Vedic Ricchaye clearly explain the basic constituents of environment is Panchtatva as Aakash, Vayu, Prithavi, Agani & Jal and basic constituents of human body is also the Panchtatva, so it is clear human is part of environment.

She has also discussed 'अतः स्पष्ट है कि यजुर्वेद का ऋषि सर्वत्र शान्ति की प्रार्थना करते हुए मानव जीवन तथा प्राकृतिक जीवन में

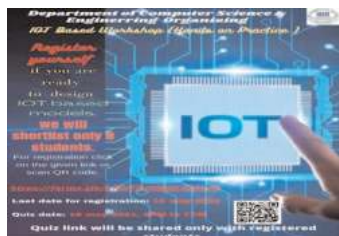
अनुस्यूत एकता का दर्शन बहुत पहले कर चुका था ऋग्वेद का नदी सूक्त एवं पृथिवी सूक्त तथा अथर्ववेद का अरण्यानी सूक्त क्रमशः नदियों, पृथिवी एवं वनस्पतियों के संरक्षण एवं संवर्धन की कामना का संदेश देते हैं। भारतीय दृष्टि चिरकाल से समृद्ध प्राणियों एवं वनस्पतियों के कल्याण की आकांक्षा रखती आई है।'

There were more than 70 faculty and students participated in this webinar. This webinar has been ended with vote of thanks by Dr. Manoj Kr. Singh (HOD – AS&H).

An interactive session with "Successful Start-up founders"

Ghaziabad: Department of computer science & engineering has been conducted an "Interactive Session/Mentoring Session on Successful Start-up founders" on 22/05/21 at 5.00PM to 7.00PM by CSE final year students Mr. Suraj Jaiswal, Mr. Shivam Singh, who are the founders of SSJ IT Solutions. Deadline for registration was 15 March 2021 and all students of B.Tech./MBA were eligible. There are 80 students and 5 faculty members who participated in this event.

IOT workshop conducted at Department of CSE, IMSEC



Ghaziabad: The Department of Computer Science & Engineering has planned to conduct an IOT based workshop to give students hands-on practice to make small IOT based devices. For this one online quiz has been conducted on 16th May 2021 at 6:00 PM to 7:00 PM to all the students who have registered for the same. Total 29 students participated and based on their score, we shortlisted 9 students out of them.

Webinar conducted by department of biotechnology on 'Ayurveda and Immunity- Covid Perspective'



Ghaziabad: COVID-19 pandemic has immensely affected life in more than one way. Vaccines against COVID-19 have been developed by scientists all across the world and hopefully, successful covid vaccination will prevent the further spread of this disease. But with everyday as the new variants

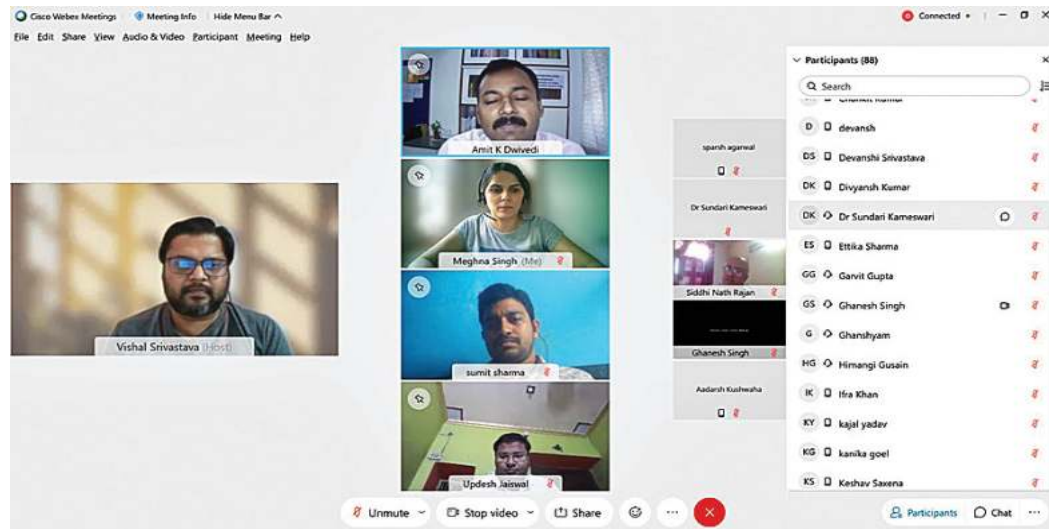
are emerging, it seems gaining immunity against this disease is the best way forward. With this thought, the Department of Biotechnology organised a webinar 'Ayurveda and Immunity- Covid perspective' on May 27, 2021. The talk was delivered by Dr. Ankurita Gupta, Director, Ayudiet Weight Loss and Wellness Center, Indirapuram, Ghaziabad. Dr. Ankurita is an Ayurveda professional and has an experience of 12 years in Wellness management. She has been on the panel of nutrition consultants of various reputed bodies including Apollo Cradle Hospital, VLCC and Nutrihealth.

Online contest "Selfie With Mother" on the occasion of Mother's Day

Ghaziabad: On the occasion of Mother's Day 2021, IMS Engineering College, Ghaziabad organized an online contest "Selfie With Mother". In this event, participants were asked to send their selfie before mother's day. All those selfies were uploaded on the official facebook page of IMSEC on 09th May 2021 (Mother's Day). At the end of the day, a selfie with the most number of likes was announced winner. A gift hamper was given to the winner of this contest, Ms. Perna Saxena.



A webinar on "Career in Entrepreneurship Development" organized @ IMSEC



Ghaziabad: A webinar on "Career in Entrepreneurship Development" was conducted successfully on 25th May 2021 (4-5 PM) for IMS Engineering B. Tech students (3rd and 4th year) to nurture ignited minds and develop self-reliant skills. The webinar was conducted in collaboration with Entrepreneurship Development

Institute of India. Eminent speaker Dr. Amit Kumar Dwivedi, Associate Professor and In-Charge, Dept. of Policy Advocacy, Knowledge & Research, EDII-Ahmedabad threw light on various aspects of Entrepreneurship and emphasized on the need of having more youth driven enterprises in our country. He

discussed various successful examples of start-ups funded by EDII and other Government funds. Mr. Vishal Srivastava, Project Officer, EDII-Lucknow helped in conduction of the program. The Business Incubation Cell of IMSEC coordinated with EDII for smooth execution of the program.

News Brief

Alumni Speaks

Saurabh Asthana, (Senior Manager (AdSales), Times Internet Ltd. Batch :2002-06)



IMS Engineering College helped me to begin a great career. Our college not only helped me with knowledge and skills but also helped me to build self-confidence. I really thank all my faculties and my college



Shabiya Ansari, (Class Representative of PGP-Sustainable Management at IIM Lucknow. Batch :2009-2013)

IMS Engineering College is one of the excellent technical institutes of Uttar Pradesh. Not only has geographical advancement of being in NCR in the vicinity of the corporate world, but also managed by outstanding management staff and world-class faculty. It has well-equipped labs and a library. Faculty is the backbone of every institute, and here we got Professors coming from prestigious institutes having a diverse background. They are the ones who are shaping future leaders. I dedicate my thoughtful career choices to my Professors, who inspired me to dream big and never settle for anything less. I am grateful for all the guidance I received back in my college days and that I am still receiving from them.



Sahil Manchanda (Batch : 2014-2016, Branch : MBA)

I have always been an average student in class and never thought of taking commerce in graduation for further studies but your destiny takes you where your goals resides so I accept it and went with the flow. Sooner or later I realised that MBA could be a milestone for my career which will

help me in developing and shaping my career towards corporate sector. Luckily I got IMS to pursue my career into the professional world and trust me that is one of my finest decision; I have taken till now. It was like a big family where everyone was helping you in shaping your career in every aspect. With proper guidance and path shown by the faculties and my mentor I have topped my college and secured a good job to start my professional career.

Currently I am working in J.P. Morgan & chase, one of the finest American banks.

Announcements

Dr. K. C. Upadhyaya, INSA Senior Scientist, School of Life Sciences, Jawaharlal Nehru University, New Delhi would be presenting insights into "Landmark Discoveries in Molecular Biology" on 07-June-2021 (Monday) from 03:00 PM onward.

It gives us immense pleasure that the Department of Information Technology, Department of Computer Science & Engineering, & Department of Computer Science of IMS Engineering College, Ghaziabad is jointly organizing the National Conference on Recent Advancements in IT & Computing (NCRAITC-2021) on 26 June 2021. Original research papers are invited in the field of recent advances in IT and Computing. For online registration (free of charge) and other details of conferences, please visit our website: <https://ncraitc2021.wix.com/conference>.

- **Department of Mechanical Engineering, IMS Engineering College** conducted a webinar on the topic, "Redesign your Destiny" which is related to the career development of ME students. The webinar was delivered by Mr. Anupam Prakash who is working as Manager (Chassis Design) in Maruti Suzuki India Limited, Gurugram. It is scheduled on 5th June 2021 (Saturday) at 10:30 am: 11:30 am.

Registration Link: <https://forms.gle/oty1p8fzgLAfPMex9>
QR code is linked with the google form link.

Faculty Achievements

- Dr. Monica Verma, Professor & Head, Department of MBA participated & presented a Research Paper titled "Mediating Role of Career Advancement Between Job Autonomy and Job Satisfaction Among Women Employees of Call Centers in India" & won 1st Best Research Paper Award in a Virtual 2nd International Conference organised by Faculty Research Cell - Samshodhana, School of Commerce, JAIN (Deemed-to-be University), Bengaluru held on 8th April 2021.
- Dr. Avdesh Gupta, Head, Department of Computer Sciences & Engineering attended two days Educational Summit on Outcome Based Education (OBE) And National Assessment & Accreditation Council (NAAC) organized by Mastersoft India in association with IQAC, MIT, Maharashtra, India held on 14-15th May 2021.
- Dr. Meenu Baliyan, Assistant Professor, Department of MBA attended one week National FDP on E Contents and ICT tools for Innovative Teaching and Learning Organized by RCP Universe Group of Institutions, Roorkee from May 1-7, 2021.
- Dr. Meenu Baliyan, Assistant Professor, Department of MBA attended Faculty Development Program on "Data Analytics using R programming" conducted by School of Management Presidency University Bangalore from 10th of April 2021 to 14th of April 2021.
- Dr. Meenu Baliyan, Assistant Professor, Department of MBA successfully completed the Edx online certification course on "Leaders of Learning" on April 07, 2021.
- Ms. Punjika Rathi, Assistant Professor, Department of MBA successfully attended the Faculty Development Program on "Data Analytics using R programming" conducted by School of Management, Presidency University from 10th of April 2021 to 14th of April 2021.
- Ms. Punjika Rathi, Assistant Professor, Department of MBA participated in AICTE Sponsored Online Short -Term Training Program (STTP) of 6 days (30 hours) on "Financial Analytics" organized by the Institute of Business Management & Research (IBMR), IPS Academy, Indore in association with AICTE, New Delhi from 5th April 2021 to 10th April 2021.

Annual meeting of academic advisory council-21



Ghaziabad: With a rigor to achieve excellence and set new benchmarks, IMS Ghaziabad conducted a successful Annual Meeting of Academic Advisory Council 2021 on May 15, 2021 under the dynamic leadership of Shri Nitin Agarwal, Chief Patron & Managing Trustee IMS Ghaziabad & Prof. (Dr.) Urvashi Makkar, Patron & Director, IMS Ghaziabad.

The meeting was focused on five major agenda points, Academic Initiatives, Student Development, Institutional Building, Corporate Readiness & Global Interface Initiatives.

The meeting witnessed the presence of international

experts representing academics and corporate from 11 countries. To name a few, Prof. Madhu Vij, FMS, DU, Prof. Debi Singh Saini, Prof. Emeritus, IIM Ranchi, Prof. Sanjeev Mittal, VC, Sambalpur Univ., Odisha, Mr. Ashish Patel, MD, Morgan Franklin Consulting, USA, Dr. Ka Lin, Prof., Dept. of Social Security & Risk Mgt., Zhejiang Univ., Prof. Wolfgang Amann, Prof. Strategy & Leadership, HEC, Paris, Dr. Jeet K Sharma, MD, Stemvogel Consulting (OPC) Pvt. Ltd., Prof. Vinay Kumar Nangia, Prof-Emeritus, NSUT, Former Professor, IIT Roorkee, Dr. Djiamchid ASSADI, Prof.,

Burgundy College of Business, France, Sh. Sushil Aggarwal, Chairman & MD, Avro India Pvt. Ltd., Dr. Santosh Rangnekar, Prof., IIT Roorkee, Dr. Satish Kumar, Finance, MNIT, Jaipur, Dr. Shiv K. Tripathi, Dean, IIHMR, Jaipur, Mr. Rupesh Kuchhal, GM, Hanwha Def. Int'l, Mr. Satya Upadhyaya, VP, Citibank, Australia, Mr. Punit Mehrotra, Sr.VP, HSBC, Mumbai & Mr. Praveen Mittal, Sr. Director, FICCI, New Delhi graced the meeting. All the members gave highly productive insights which will help the institute in claiming newer heights.

Excellent placements of PGDM batch 2019-21

Ghaziabad: IMS Ghaziabad expresses its immense pride in sharing its placement report on record of its students. The total number of companies visited till date is 141 where the jobs offered by the companies are 212. The numbers are swelling day and night. The highest CTC offered till date is 20 LPA in Skiify Solutions, the average CTC of Top 50 students is 9.5 LPA and the average CTC till date is 6.15 LPA.

IMS Ghaziabad is committed to invite the best of the best recruiters on campus to pick the talent and let its students get the best amongst all the opportunities. We have our



topmost placements in companies like, Deloitte Consulting India Pvt. Limited, Wipro, Flipkart, Airtel, Berger Paints, Godrej, Uflex, Ameriprise Financial, Daffodil and many more.

Global expert talk on "Strategic Management"

Ghaziabad: To extend global exposure to the students of PGDM 2020-22 Batch, a Global Expert Talk on "Strategic Management" was organized by IMS Ghaziabad under the contemporary leadership of Dr. Urvashi Makkar, Director, IMS Ghaziabad on Monday, May 24, 2021. We were elated to have the presence of our globally acclaimed expert, Mr. Ashish Patel, Managing Director, CIO Advisory, Data Analytics, Morgan Franklin, USA, Former Senior Vice President, Bank of America. It was an ongoing series of 20 hours sessions from March-May 2021, where the students were exposed to real life industry case studies and corporate experience sharing.

Prof. Urvashi Makkar during her address emphasized on 'integrity as the core of any strategic planning'. Mr. Patel, during his sessions covered the



nuances of strategic planning leading to a successful corporate journey. The Convenor, Dr. Abhinav P. Tripathi thanked the Director and the Expert for their

valuable support and expressed that all the sessions were thought provoking and raised the level of inquisitiveness of all the attendees.

Fee Concession Initiative Taken By IMS Ghaziabad Lal Quan Campus

Ghaziabad: The pandemic has turned out to be fatal beyond our imagination. No monetary compensation can fill up the void created by the sad demise of the family's primary bread earner. We at IMS Ghaziabad in this hour of distress are trying our level best to support our students under the able leadership and patronage of Shri Naresh Agarwal, Chairman, IMS Ghaziabad and Shri Nitin Agarwal, Managing Trustee, IMS Ghaziabad who have graciously announced a fee concession of Rs. 75,000/-. The fee concession is applicable for PGDM 2019-21 & 2020-22 batches. Dr. Urvashi Makkar, Director, IMS Ghaziabad expressed her gratitude to them, for their magnanimous gesture. With such initiative, our only objective is to serve our best for the society. Let us support each other in becoming resilient.

IMS Ghaziabad conferred with "Contribution To Innovation In Management Education" award

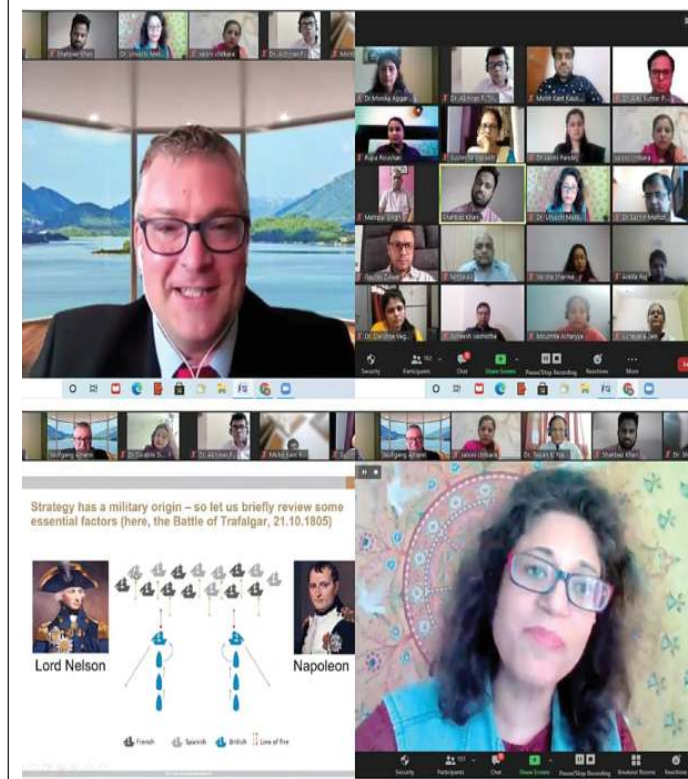
Ghaziabad: Commonwealth Thought Leaders in association with Global Thought Leaders & Africa-Asia Scholars Global Network (AASGON) conferred IMS Ghaziabad with the "Contribution to Innovation in Management Education" E-award during the Commonwealth Innovation Forum and Awards 2021 on June 01, 2021, duly received by Prof. (Dr.) Urvashi Makkar, Director, IMS Ghaziabad where she expressed her gratitude to Shri Nitin Agarwal, Managing Trustee, IMS Ghaziabad for his incessant direction and leadership and also acknowledged the contributions of IMS Team for their consistent efforts in making the institute to reach the zenith. The event was graced by H.E. Dr. Roger Gopaul HC -Trinidad & Tobago, H.E. Dinah Grace Akello High Commissioner, Uganda, H.E. Dr. Srinivasa K J IFS, High



Commissioner of India to Guyana, Tripurari Sharan, Chief Secretary, Govt. Of Bihar, Prof. (Dr.) Vishwanath Karad, Chairman, MITWPU, Pune, UNESCO Chair for Human Rights, Democracy & Peace, Prajapati Trivedi, IAS, Special Envoy, Commonwealth, UK, Prof. (Dr.) Ger Gaus Obe, Global Director, Kidzania, UK, Richard

Yeboah, Project Director, Ghana, Dr. Alok Mishra, Joint Secy, AIU, Delhi, Richard Yeboah, Project Director, Ghana, Manoj Kumar Bindal Director, NIDM, Prof. (Dr.) Prof. Anand K Joshi Advisor, ISDC Global, London, Sudhir Nayar, MD-Sales, Cisco, Bangalore & Harpreet A De Singh, CEO - Alliance Air, Mumbai.

Global expert talk on "Navigating the Complexities in Strategy"



Ghaziabad: To magnify the horizon of critical thinking and decision making of the imminent strategist, IMS Ghaziabad organized a Global Expert Talk on "Navigating the Complexities in Strategy" on May 11, 2021 under the dynamic leadership of Prof. (Dr.) Urvashi Makkar, Director, IMS Ghaziabad. The expert during the session was Prof. Wolfgang Amann, Professor - Strategy & Leadership, HEC-Paris. The event was initiated with the inaugural address by Prof. Urvashi Makkar, who contemplated the need of 'Let Us Go' attitude and vivacious spirit for decision

making in complex scenarios. Prof. Wolfgang, during his deliberation highlighted the importance of navigating through adversity and that too much of acceleration creates negative impact, if not managed smartly.

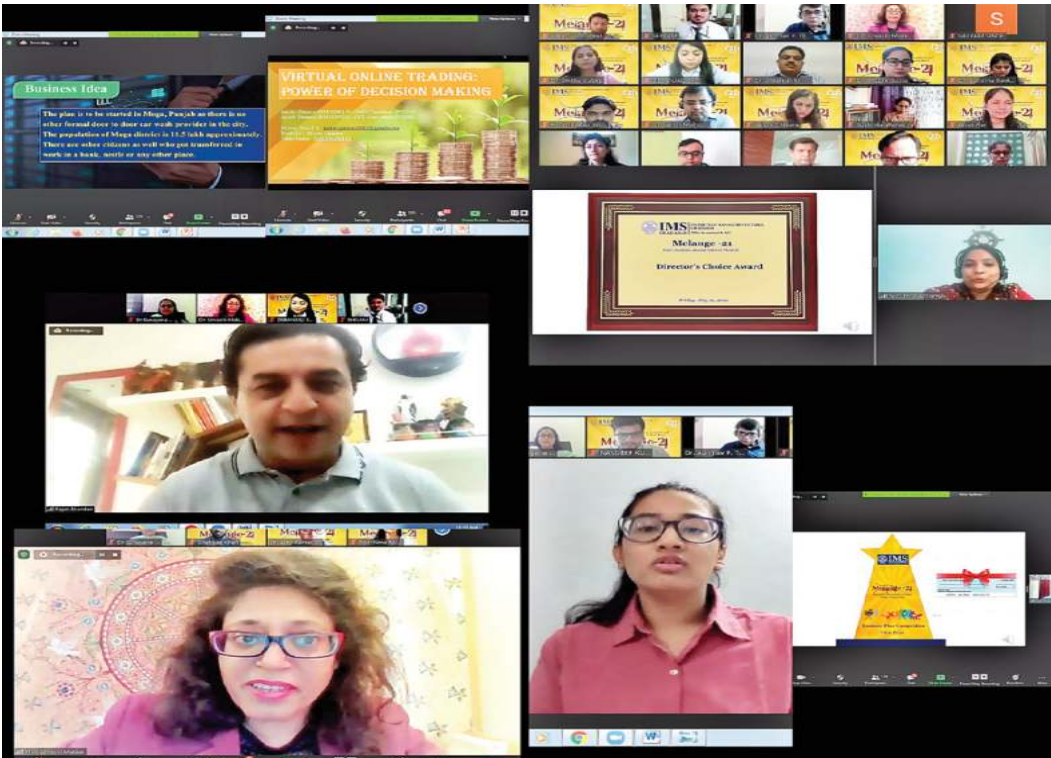
The session witnessed the presence of around 200 students, Faculty Members who interacted with the Expert and asked various relevant questions on the theme.

Annual online management fest-Melange 2021

Ghaziabad: Letting the youth come out of the confinement set by the pandemic, Annual Online Management Fest "Melange - 2021" on the theme 'Prayaas - 2021' was organized by IMS Ghaziabad on Friday, May 21, 2021 under the patronage and leadership of Shri Nitin Agarwal, Chief Patron & Managing Trustee, IMS Ghaziabad & Prof. Urvashi Makkar, Patron & Director-IMS Ghaziabad.

During the inaugural address Prof. Urvashi Makkar inspired the intellectuals with her thoughts that during these tough times, 'Don't dampen your spirit' & 'Infuse enthusiasm & hope around you'. The Chief Guest, Mr. Rajan Bhandari, Chief Executive Officer, Hitachi MGRM Net Limited, during his address accentuated on 'Human Values, Positive Attitude & Investing on one self' as the key to a better life. The fest witnessed

various events in the categories of Creative Videography, Business Plan, Stock Market Game and Abhivyakti: Know yourself. During the felicitation ceremony winners were announced starting with Creative Videography, Vagisha Aggarwal, Delhi Tech. Univ. (I), Shivam Navdeep Kunwar, IMS (II) and Anushree Pillai, IMS Ghaziabad (III). In Business Plan, Anshitha Sharma, Akshay Marmat, Shivam Singhal, ISBR Business School, Bangalore (I), Sneha Malkari, Prachi Shivangekar, Mitali Nevagi, Vinanti, KLS Gogte Institute Of Technology, Belagavi (II) Rupa Roshan, Anshika Sharma, Harshit Naveen, IMS (III). Similarly, in Virtual Online Trading, Vishal Rath Shrivam Sahu, IMS (I), Archit Sharma & Ayush Sharma, IMS (II) & Pankaj Sharma & Mansi Gupta, IMS (III). In Abhivyakti: Know thyself, Archit Sharma, IMS

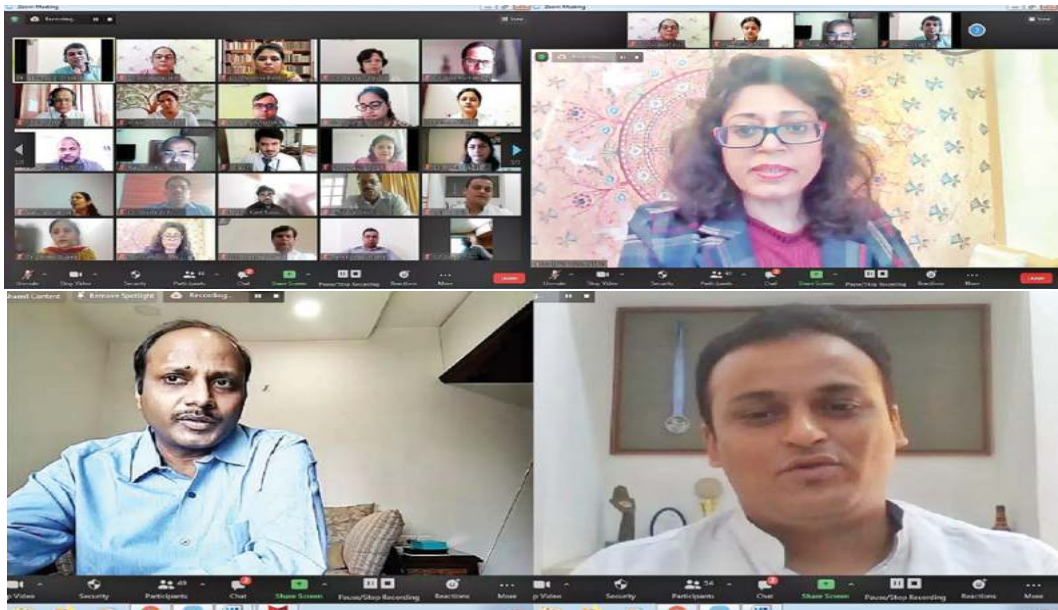


(I), Aditya Gupta, ABES (II) & Pankaj Sharma, IMS (III) along with Director's Choice award conferred to Pankaj Sharma,

IMS. More than 200 students, Faculty & Staff members marked their presence and were overjoyed seeing the gala

event. The Hitachi group expressed their heartfelt gratitude. The event turned out to be a grand success.

MDP On 'Digital & Social Media Marketing for Business Growth'



Ghaziabad: To create cognizance to preserve and grow the most important asset i.e. the customer, the Management Development Program (MDP) on 'Digital & Social Media Marketing for Business Growth' was organized by IMS Ghaziabad on Saturday, May 22, 2021 under the dynamic leadership of Shri Nitin Agarwal, Chief Patron & Managing Trustee, IMS Ghaziabad and Dr. Urvashi Makkar, Patron & Director, IMS Ghaziabad. The event kicked off with the inaugural address by Prof. Urvashi Makkar, who emphasized on 'Creating a

balance between the Lexus & the Olive Tree' & 'Ethnocentric approach'. The Expert Resource Speakers, Dr. Tejas Shah, Chairperson-MBA (FB & E), Nirma University, Ahmadabad interacted on 'Push & Pull, Digital Marketing Trifecta & Zero Moment of Truth' and Dr. Mahesh Kuruba, Senior Consultant, Tata Consultancy Services, Pune discussed 'Growth Hacking, Unified Marketing Path & Marketing Channel'. The participants enthusiastically participated and expressed their contentment with the content coverage thereby making the MDP a grand success.

WORKSHOP “Fun with Canva”

Ghaziabad: Web App Club organized a workshop, “Fun with Canva”. This workshop was conducted for beginners as well as intermediate level students. Canva is a graphic design platform, used to create social media graphics, presentations, posters, documents and other visual content. This was an introductory session of Canva graphic designing. Lakshay Agarwal (BCA 2nd year) the secretary of the club along with Shubham Modi (BCA 2nd year), Keshav Garg (BCA 1st year), Anshika Varshney (BCA 1st year), the members of the club, conducted the workshop. The



workshop focused more on the practical approach to designing rather than theoretical. Firstly, the software named Canva was introduced by Keshav Garg. He

highlighted the scope of graphic designing and how Canva can be helpful in it. Later Anshika Varshney took over the stage and told the participants about the

various inbuilt options available in Canva. She talked about the simple features of Canva and how to use the tools in the menu bar, videos for making templates or posters. Just after the introduction of features the club secretary Lakshay Agarwal explained all the features present in Canva practically like effects on posters with the help of different filters, saturation, how to create presentations and collage, how to add audio videos etc. Shubham Modi also took some practical examples like adding templates and editing those templates according to the requirements in the hands-on session. He also

discussed the fields where CANVA can be used and how to get freelancing projects. The practical session lasted for 1 hour 20 minutes. In the last, club mentor Prof. Meghna motivated the students to explore more on CANVA and keep learning new things. Approx 54 students actively participated in the workshop.

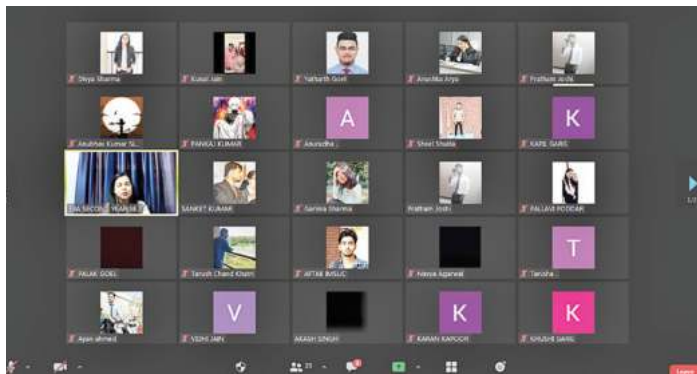
Learning Outcome:

Students learnt about the graphic designing software CANVA. With the help of this software they can now create more designs and templates to showcase their creativity.

Workshop on “Data Analysis and Visualization using Tableau”

Ghaziabad: Institute of Management Studies, Ghaziabad (University Courses Campus) has given the opportunity to the students of BBA (2019-22) of all Specialization to conduct a workshop on Tableau for Data Analysis & Visualization. The objective was to make students aware and understand about the importance and understanding of software tableau which make students more corporate driven with the following aspects-

- To highlight upon career opportunities in tableau
- Introduction to tableau, how



it is different from excel

- Connecting tableau to different data sources, creating calculation fields, various charts and maps for visualizing the data

- Enabling participants to create customized worksheets, dashboards & quick filters.

The Workshop was inaugurated with the inspiring

words of Dr. Geeti Sharma (Chairperson BBA) where she highlighted the importance of new learnings during the time of pandemic and told the importance of Tableau. Workshop was further continued for 3 consecutive days.

Prof. Shilpa Tyagi (Assistant Professor- IT) She is a faculty in the area of Information & Technology. She is an MCA, and currently Pursuing Ph.D. in Machine learning. Her main research interests are in the area of Artificial Intelligence, Machine Learning, Data

Visualization in Tableau as resource person initiated the workshop by putting whole hearted efforts to let students know about the career opportunities which are associated with Tableau as skillset. She quoted that data analysis and visualization is something which is a necessary for every kind of organisation and to deliver more effective results corporate houses expects a guy from management department should have a blend of managerial and data analysis skills.

“Dare to Spin” organized by Mathemania Club



Ghaziabad: With the aim to eradicate ‘maths phobia’ amongst the students, Mathemania Club of IMS Ghaziabad, University Courses Campus, organized an interesting activity ‘DARE TO SPIN’ on 26th May 2021 for the students of all courses. Because of the continuous efforts of the club, many students have made mathematics their best friend from being their worst fear!

The club witnessed a huge response from the students of all courses. A screening round was scheduled on 25th May 2021 in which ten candidates were shortlisted for the finale. Prof. Divya Chhibber, faculty coordinator of Mathemania club, boosted up the confidence of every participant by her words. Five rounds were planned by the core team of the club. Spinning wheel contained the topics of mathematics as well as some dares. 45 seconds were given to the participants to solve each question. If the answer was given within 15 seconds, +6 were awarded to the contestant, +4 for answering within 30 seconds, +3 for taking more than 30 seconds, and -1 for the incorrect answer. The whole crowd thoroughly enjoyed the activity.

The winners are

- First- Sanskar Sankalp, BBA I year
- Second- Jatin Garg and Vidisha Rathore, BBA I year.
- Third- Ananya, BBA I year
- With the aim to eradicate

‘maths phobia’ amongst the students, Mathemania Club of IMS Ghaziabad, University Courses Campus, organized an interesting activity ‘DARE TO SPIN’ on 26th May 2021 for the students of all courses. Because of the continuous efforts of the club, many students have made mathematics their best friend from being their worst fear!

The club witnessed a huge response from the students of all courses. A screening round was scheduled on 25th May 2021 in which ten candidates were shortlisted for the finale. Prof. Divya Chhibber, faculty coordinator of Mathemania club, boosted up the confidence of every participant by her words. Five rounds were planned by the core team of the club. Spinning wheel contained the topics of mathematics as well as some dares.

45 seconds were given to the participants to solve each question. If the answer was given within 15 seconds, +6 were awarded to the contestant, +4 for answering within 30 seconds, +3 for taking more than 30 seconds, and -1 for the incorrect answer. The whole crowd thoroughly enjoyed the activity.

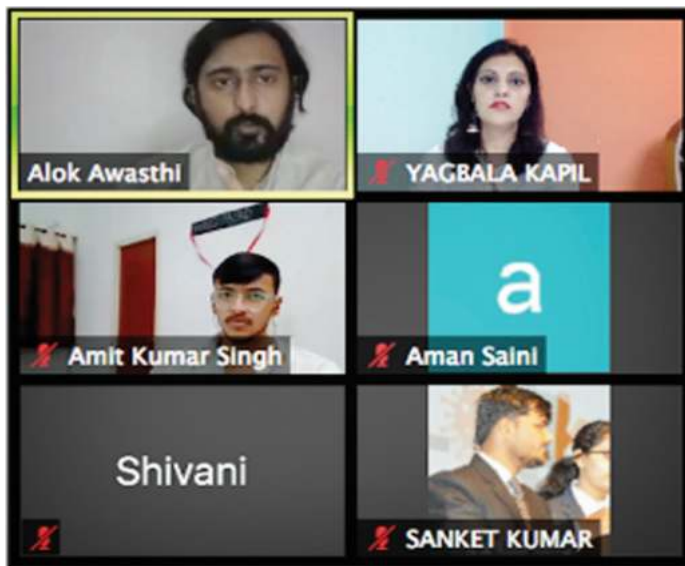
The winners are

- First- Sanskar Sankalp, BBA I year
- Second- Jatin Garg and Vidisha Rathore, BBA I year.
- Third- Ananya, BBA I year

Talk session - Mental & Social Wellbeing among Today's Youth



Ghaziabad: Institute of Management Studies, Ghaziabad UC, Management Department-BBA organized an expert talk session for Management students on “Mental and Social Well-Being among Today's Youth” on May 21, 2021. The speaker of the session was Vedashvapati Alok Awasthi, Founding Director Maharishi Kapi Vedic Nyas who has vast knowledge in Jyotisha, Vedic Vastu Shastra, Mantra Shastra, Upanishads, Vedic Philosophies [Darshana], Yajya Healing Therapy, Pranayama, Meditation, Naturopathy, Brahma Yoga Etc. The session began with a welcome note by Dr. Geeti Sharma, Chairperson-Management department where she highlighted the importance of topic in present scenario when social isolation has become a key



trigger for mental illness, while supportive relationships with friends, family, and neighbours are beneficial to the mental health and overall well-being of an individual. Vedashvapati guided the modern minds on how to deal with anxiety, depression, anger, negativity and failures in life. He shared the Mantras of Happiness and to maintain a balance between physical body, life forces, emotions and intellect. He emphasised on finding hope in every situation and not to give up by focussing on:

- Knowing yourself and your

strength & weakness

- Be spiritual (Increase your knowledge)
- Accept the truth
- Sharing your emotions and seeking advice from the right person
- Make future plan by using past experiences and new data

The session ended with the open question and answer round, where many students asked questions related to life's dilemma, and by presenting an e-memento as a token of gratitude to the esteemed guest.

Department of J & MC organized The People's Debate Session 2

Ghaziabad: The crisis due to Covid-19 pandemic has adversely affected all fields of life. Education has become a great field of concern due to the unending lockdown and social distancing. The students are studying on virtual platforms and students of class 10th and 12th who had a milestone examination “BOARDS” have lost it.

The CBSE - Central Board of Secondary Education cancelled the board examinations for 10th standard on 14th April and since then has been postponing it for the 12th standard. The final decision is due on 1st of June.

The Journalism and Mass Communication department organized the second People's Debate on 29-05-2021, Saturday on the same topic. The

participants took sides in favor and against the statement - “Should the board examinations for 12th standard be held or not?”

The students who deliberated were - Vipranshu Pant (BJMC - I year), Namit Pandey (BJMC - I year), Tanishqua Dwivedi (BJMC - I year), Ishika Gupta (BJMC - II year), Vimal Mishra (BJMC - I year), Anushka Arya (BBA - II year), Saanuj Sood (BJMC - I year) and Anuj Bhasin (BJMC - I year).

The debate session was moderated by Mridula Sharma from BJMC - I year. The debate was a detailed and two hours long session. The participants were well prepared with facts and figures. As students themselves they had a lot of feeling and sense about



their views. Through the session the audience got to know about some more details about the whole “No Boards or Yes Boards for 12th” statement. The biggest concern was the massive spread of the corona virus in the students if the physical examinations were carried out since CBSE is a national level

BCA Department organized online quiz contest



Ghaziabad: BCA Department, IMS Ghaziabad, University Courses Campus organised National level Online Quiz Contest on 22nd May 2021.

The event started at 11.00 A.M with an Inaugural Lamp lighting ceremony. Prof. Neeru Saxena commenced the event and she called upon Respected Dr. Sapna Rakesh, Director, IMS Ghaziabad (University Courses Campus). Dr. Sapna Rakesh appreciated all students for showing their participation and motivated them for achieving their future aspirations.

The contest witnessed more than 410 Participants from 90+ schools from all over India. Dr. Gagan Varshney, HOD BCA addressed students and guided them about the contest's rules and

regulations. There were four rounds wherein students showcased immense zeal and enthusiasm.

The event culminated with the vote of thanks by Prof. Rakesh Roshan. He congratulated all the winners and expressed his thankfulness for all the participants, teachers, faculty members for their presence and motivation.

The winners for the quiz were.

- Sanchit Kanwar, 12th Class, DAV Noida
- Mohak Lakra, 11th Class, Hillwoods Academy, Preet Vihar, Delhi
- Rishabh Jain, 11th Class, Salwan Public School, Mayur Vihar, Delhi

AdLib-The Extempore Competition



Ghaziabad: The event was organized by members of the Finance club on 4th May 2021 via Zoom. The idea behind organizing this small fun activity was to bring out the enormous talent among students and to make them explore their skills. The anchors, started by guiding the audience with covid-19 precautions and regulation which are necessary to follow and then the rules and judgment criterion was highlighted. Different topics were given to the participants, the given topics were related to basic finance and banking terms (like mobile banking, cryptocurrency, economic development, tax, etc.) and the participants defined them very well. Participants were given a thinking time of 30 seconds and then they had to sum up their thoughts in another 1-2 minutes. The main motive of the event was to enhance the student's confidence in promptly responding to such questions. Also the audience, which consisted

mainly of banking and finance specialization students gained knowledge and developed understanding of the general financial terms. The participants were judged on the basis of their communication skills, confidence and knowledge.

The event was very well managed by the president of the club Arpit Kansal along with other team members under the guidance of the club heads CA Anu Tyagi and Prof. Ashish Kr. Srivastava. The Competition came to an end with the declaration of results and some motivating words were shared with the audience by Dr. Indrani Bhattacharjee and the vote of thanks was presented by CA Anu Tyagi.

Result :

- 1st position was secured by Ujjwal Dubey (BBA, III year)
- 2nd position was secured by Keshav Garg (BCA, I year)
- 3rd position was secured by Yash Vatsa (BBA, I year)

datesheet - question paper making - examination day - checking - result issue will take so long that will affect students who want admission in colleges and universities abroad since they are asking for results at the latest of 2nd August, became another topic of concern.

At last, the concluding statement of all the participants included that the CBSE and the government should figure out a solution to the examination but yes any kind of test should be definitely taken.

The debate session turned out to be a learning experience and thought provoking session that helped us to think of both sides. Students learned about how to put their points with facts and figures, importance of timeliness and presentation.

योग दिवस पर विशेष :



को रोना कितना भी खतरनाक क्यों न हो उससे लड़ने की क्षमता विकसित करने के लिए हमारे पास ऋषि-मुनियों की दी हुई ऐसी विद्या है जिसका उपयोग करके हम खुद को मजबूत बना सकते हैं। रिसर्च में सामने आ चुका है कि जो लोग योग से जुड़े रहे उनका इम्यून सिस्टम काम करता रहा और कोविड 19 वायरस से लड़ पाने में सक्षम हो पाए। दूसरी लहर की भयावहता के बाद जिस प्रकार तीसरी लहर की आशंका और उसका कुप्रभाव बच्चों पर पड़ने की आशंका जताई जा रही है जरूरत इस बात की है कि बच्चों को पूरी तरह से योग से जोड़ लिया जाए।

योग विशेषज्ञ दीपना भसीन ने बच्चों के लिए विशेष योगासन, महत्वपूर्ण प्राणायाम और आहार के बारे में बताया-

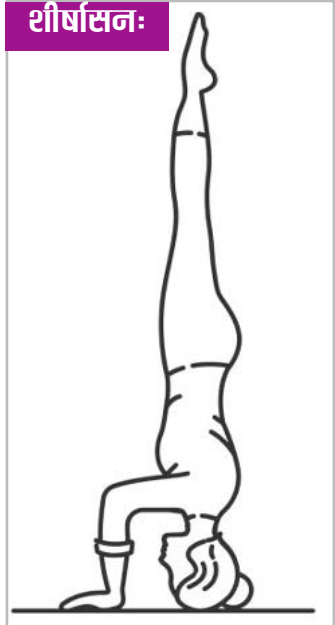
व्यवहारिक पुरानी धरोहर के स्तर पर योग शरीर, मन और भावनाओं संतुलन और सामंजस्य स्थापित करने का एक साधन है। आसन, प्राणायाम, मुद्रा, बन्ध, षट्कर्म और ध्यान के अभ्यास से यह संतुलन पाया जा सकता है। कोविड वैश्विक महामारी के कारण बच्चों एवं युवाओं का घर से बाहर निकला बहुत ही सीमित हो गया है व्यायाम की कमी एवं शांत वातावरण हमारी रोग प्रतिरोधक क्षमता को कम कर देते हैं। संक्रमण के चलते यह एक विकराल चुनौति बन गया है। संक्रमण से बचने के लिए, शांति के लिए एवं अपनी रोग प्रतिरोधक क्षमता मजबूत करने के लिए योगाभ्यास बहुत ही कारगर सिद्ध हो सकता है। शोधों से पता चलता है कि नियमित रूप से योगासन, प्राणायाम और ध्यान करने से फेफड़ों की क्षमता बढ़ती है जिससे कोविड जैसी बिमारी से बचा जा सकता है और उस पर विजय प्राप्त की जा सकती है।

निम्न योगाभ्यास कोविड संक्रमण से बचने एवं उपचार में बहुत लाभकारी होते हैं।

आसन शीर्षासन :

मस्तिष्क और पीयूष ग्रन्थि में रक्त प्रवाह बढ़ता है जिससे सम्पूर्ण शरीर एवं मन को नवजीवन प्राप्त होता है।

शीर्षासन:



सर्वांगासन:

यह आसन कंधों और भीतरी अंगों को

तीसरी लहर आए उससे पहले बच्चों को योग क्रियाओं से करें मजबूत!

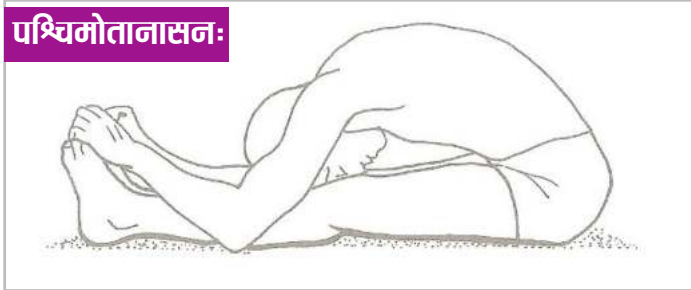
अत्यधिक खिचाव प्रदान कर उनकी मालिश करता है। वह वक्ष का दबाव टुड्डों पर पड़ने के कारण थायराइड ग्रन्थि के लिए लाभप्रद होता है।

हलासन :

हलासन दो शब्दों से मिलकर बना है। हल और आसन। हल उसे कहते हैं जिसके जरिए किसान खेतों को जोतता है और आसन का अर्थ है अवस्था या मुद्रा। हलासन शरीर के अंदरूनी हिस्सों को जीवंत, मजबूत व स्वस्थ बनाता है।

पश्चिमोतानासन:

पश्चिमोतानासन:



पश्चिमोतानासन बैठकर किया जाने वाला योगासन है। इस आसन का नियमित अभ्यास मन को शांत करता है और तनाव से भी छुटकारा दिलाता है। पाचन तंत्र में सुधार के लिए भी आप इस आसन को प्रतिदिन कर सकते हैं।

मुजंगासन:

इस आसन में शरीर की आकृति फन उठाए हुए भुजंग अर्थात् सर्प जैसी बनती है इसीलिए इसको भुजंगासन या सर्पासन कहा जाता है।

धनुरासन:

धनुष मुद्रा धनुष के आकार जैसा दिखने वाला आसन है। पैर और हाथ की मांसपेशियों को टोन करता है। धनुरासन रीढ़ की हड्डी का आकार सही करता है।

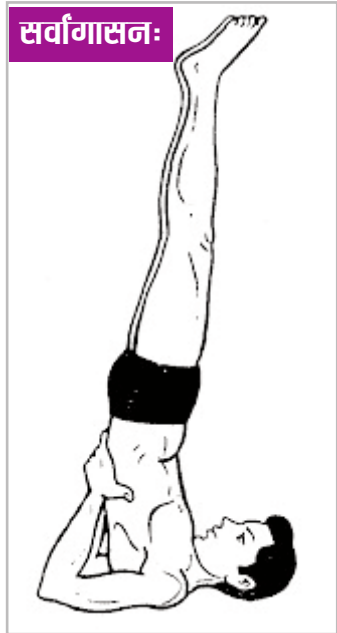
शवासना :

इस आसन से एकाग्रता बढ़ती है, मन शांत होता है व यह नींद जल्दी आने के लिए भी बहुत लाभकारी है।

प्राणायाम एवं ध्यान :

यह श्वसन क्रिया के माध्यम से मानव संरचना के स्थूल व सूक्ष्म स्तरों में निहित

सर्वांगासन:

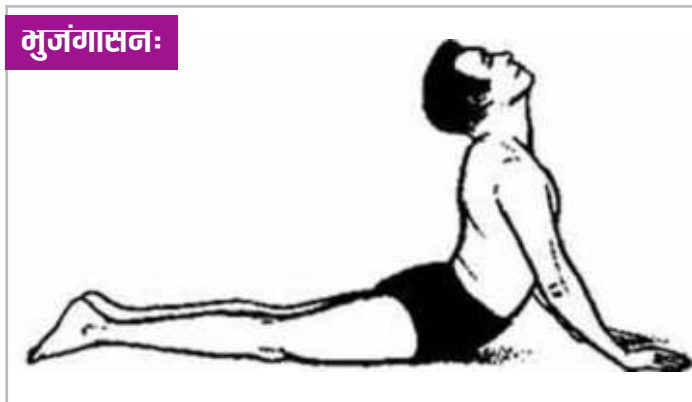


हकलाना और तुतलाना भी ठीक होता है।

बामरी:

यह मानसिक रोगों में अत्यंत लाभप्रद है। माइग्रेन, मानसिक उत्तेजना, मन की चंचलता को दूर कर स्वास्थ्य व शांति प्रदान करता है। ध्यान के लिए यह अत्यंत उपयोगी है।

उट्टीथ:



मुजंगासन:

सभी प्रकार प्राणों को संचालित व नियंत्रित करता है। इसका अप्रत्यक्ष प्रभाव शरीर व मन पर पड़ता है।

अनुलाम विलोम :

अनुलोम विलोम प्राणायाम का अभ्यास नियमित २० मिनट करने से स्मरण शक्ति का विकास होता है। एकाग्रता बढ़ती है। १५ दिन तक लगातार करने से आँखों की रौशनी तेज होती है और हमारी आँखें स्वस्थ होती हैं।

भस्त्रिका:

भस्त्रिका के अभ्यास से सर्दी-झुकाम, श्वास रोग, एलर्जी, साइनस आदि रोग पूरी तरह ठीक होते हैं। श्वसन तंत्र इतना मजबूत होता है कि भविष्य में उपरोक्त रोग होने की संभावना नहीं के बराबर रहती है। भस्त्रिका से मस्तिष्क को शुद्ध प्राणवायु मिलती है जिससे वह स्वस्थ होता है।

कपालभाति:

कपालभाति प्राणायाम की आवृत्ति ५ मिनट की अवश्य होनी चाहिए और इसको बढ़ाकर अपनी सुविधानुसार ३० मिनट तक किया जा सकता है। कपालभाति प्राणायाम से डिप्रेशन, मधुमेह व अनेकों बीमारियों में शीघ्र लाभ प्राप्त होता है। यह एकाग्रता बढ़ने में भी सहायक है।

उज्जारी:

उज्जारी प्राणायाम थाइरॉइड, टैन्सिल में बड़ा कारगर है। इसके नियमित अभ्यास से आवाज मधुर होती है। बच्चों का



दीपना भसीन, योग विशेषज्ञ

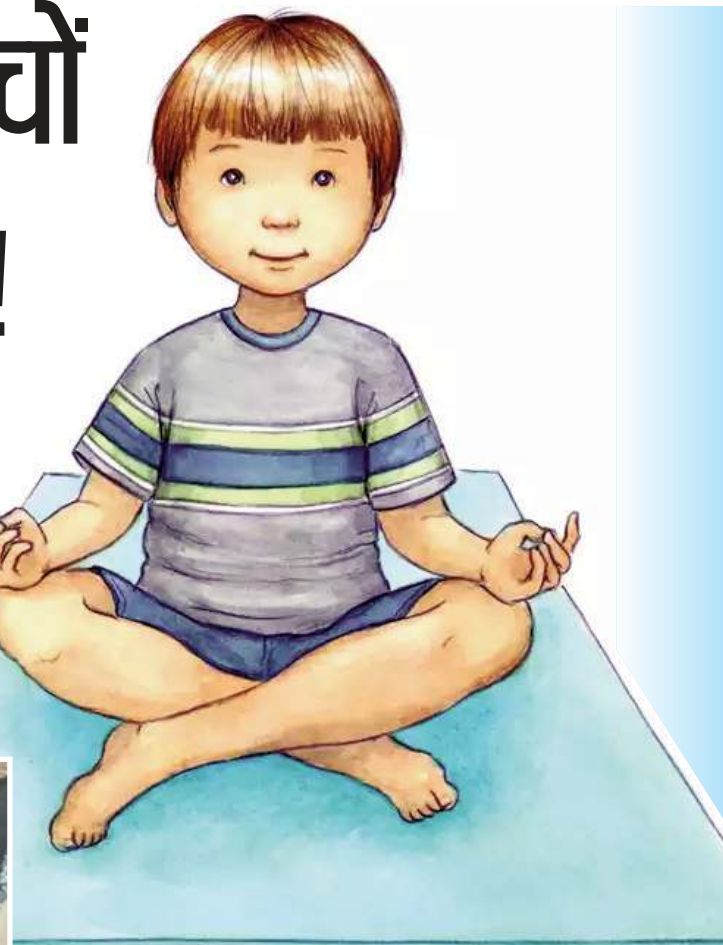
अच्छा प्राणायाम है।

ध्यान :

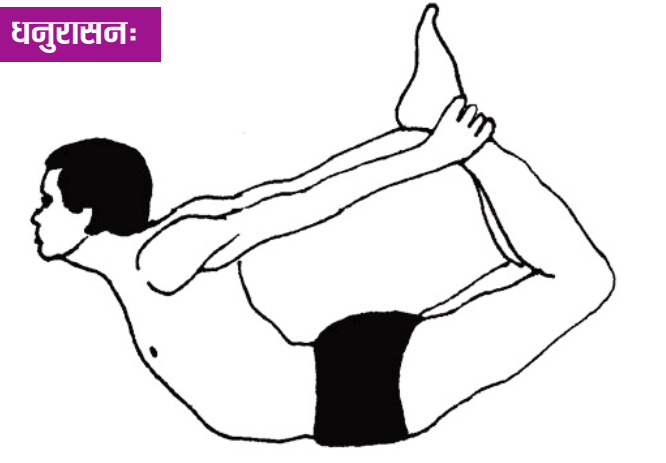
५ मिनट से लेकर १० मिनट तक ध्यान का अभ्यास एकाग्रता बढ़ाने एवं मस्तिष्क को शांत रखने के लिए अति आवश्यक है। योगासन व प्राणायाम की क्रियाओं के बाद आँखों को बंद करके बैठ जाएँ। अपना पूरा ध्यान आती जाती साँसों पर लगाएँ। नियमित अभ्यास से इसके चौकाने वाले परिणाम देखने को मिलते हैं।

आहार :

उपरोक्त योगिक क्रियाओं के साथ साथ अपने संतुलित व पौष्टिक आहार पर भी ध्यान



धनुरासन:



रखा अति आवश्यक है। रोग प्रतिरोधक क्षमता को मजबूत करने को संतुलित आहार की बहुत बड़ी भूमिका है। अपने आहार में विटामिन-सी युक्त फलों एवं सब्जियों को जरूर शामिल करें। वहीं दूध के सेवन से बच्चों को प्रोटीन, विटामिन, कैल्शियम, फॉस्फोरस इत्यादि की पूर्ति होती है। कच्चे

फल, सब्जियाँ एवं पानी की मात्रा को भोजन में पर्याप्त अनुपात में शामिल करें इस बात का विशेष ध्यान रहे कच्चे फल एवं सब्जियों का सेवन करने से पूर्व बहुत अच्छी तरह स्वच्छ जल में धो लें। हर तीन घंटे के अंतराल में अल्पाहार अवश्य करें। संतुलित मात्रा में मेवे भी आवश्यक है।

Creative Corner



वृक्षारोपण: विश्व पर्यावरण दिवस



Ms. Pushpanjali Patel
Department of Computer
Sciences & Engineering
IMSEC

आओ हम सब मिलकर एक पेड़ लगाये
इस धरती माँ को खुशहाल बनाये
इन वृक्षों के साथ कुछ पल बिताये
तन को मन को स्वस्थ बनाये।
हम भी जागे तुम भी जागे
आओ मिलकर हम सब को जगाये
वृक्षारोपण करके के तन मन को स्वस्थ बनाये
कदम-कदम पर जब पेड़ होंगे शुद्ध पवन का
प्राणों में संचार होगा।
तन घुमेगा मन स्थिर होगा
ध्यान प्रणायाम का मार्ग सशक्त होगा
विश्व पर्यावरण दिवस पर ले एक शपथ
आओ पेड़ लगाये पेड़ लगाये
धरती माँ को खुशहाल बनाये।



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