

Padam

Educate a woman, build a nation

2025-26



Rajkiya Kanya Mahavidyalaya, Shimla



EDITORIAL BOARD



NON-TEACHING STAFF



प्राचार्या की कलम से...

प्रिय छात्राओं,

यह मेरे लिए अत्यन्त हर्ष का विषय है कि राजकीय कन्या महाविद्यालय शिमला की वार्षिक पत्रिका 'पद्म' का नवीन अंक प्रकाशित हो रहा है। 'पद्म' पत्रिका न केवल हमारे महाविद्यालय की सृजनात्मकता और बौद्धिक गतिविधियों का दर्पण है, अपितु यह उन विचारों, अनुभवों और भावनाओं का संग्रह भी है जो हमारे विद्यार्थियों के मन में उभरते हैं।

'पद्म' पत्रिका छात्राओं को एक ऐसा मंच प्रदान करती है जहाँ छात्राएँ अपनी प्रतिभा, विचारशीलता तथा रचनात्मक लेखन के माध्यम से समाज से संवाद करती है। आज जब शिक्षा का स्वरूप निरन्तर बदल रहा है, ऐसे समय में साहित्य, कला और संस्कृति के प्रति हमारी प्रतिबद्धता और अधिक महत्वपूर्ण हो जाती है। मैं यह देख के प्रसन्न हूँ कि हमारी छात्राएँ न केवल शैक्षणिक क्षेत्र में उत्कृष्ट प्रदर्शन कर रही हैं बल्कि खेल-कूद, सामाजिक और साँस्कृतिक गतिविधियों में भी सक्रिय रूप से भाग ले रही हैं।

मैं 'पद्म' पत्रिका के सभी संकायों के शिक्षक सम्पादक मण्डल का धन्यवाद करती हूँ जिन्होंने ने छात्राओं की प्रतिभा को पहचाना तथा छात्राओं की रचनात्मकता एवम् उनके मौलिक लेखों को, विचारों को और साहित्यिक प्रतिभा को इस पत्रिका में प्रदर्शित करने का अवसर दिया।

धन्यवाद।

शुभकामनाओं सहित
डॉ. अनुरिता सक्सेना



B.VOC



SELF FINANCE



प्रमुख सम्पादक की कलम से...

प्रिय छात्राओं,

यह मेरे लिए अत्यन्त हर्ष का विषय है कि राजकीय कन्या महाविद्यालय शिमला की वार्षिक पत्रिका 'पद्म' का यह अंक आपके समक्ष प्रस्तुत है।

मैं महाविद्यालय की प्राचार्या डॉ. अनुरिता सक्सेना जी के प्रति अपनी हार्दिक कृतज्ञता व्यक्त करता हूँ, जिनके विश्वास ने मुझे इस उत्तरदायित्व को निभाने का अवसर प्रदान किया। साथ ही, सभी शिक्षक-सम्पादकों का भी मैं आभार व्यक्त करता हूँ, जिनके निरन्तर सहयोग से यह कार्य सम्भव हो सका।

इस अंक में संकलित मौलिक रचनाएं छात्राओं की बौद्धिक क्षमता, सांस्कृतिक चेतना और सामाजिक संवेदनशीलता को दर्शाती है तथा उनका लेखन समाज में जागरूकता फैलाने और सकारात्मक परिवर्तन लाने का महत्वपूर्ण माध्यम है। यह अंक उन छात्राओं को प्रेरित करता है, जो अपने शब्दों और विचारों के माध्यम से समाज को नई दिशा देने का प्रयास करती हैं।

जिन छात्राओं की रचनाएँ इस अंक में प्रकाशित हुई हैं, वे बधाई के पात्र हैं। जिनकी रचनाएँ इस बार पत्रिका में स्थान नहीं पा सकीं, उनसे अनुरोध है कि वे अपने लेखन प्रयास को निरन्तर जारी रखें, क्योंकि हर प्रयास एक नई पहचान की ओर ले जाता है।

'पद्म' हमारे सामूहिक परिश्रम का परिणाम है और इसे निरन्तर नई ऊँचाईयों तक पहुँचाने के लिए हम प्रतिबद्ध हैं।

धन्यवाद।

डॉ. सुरेन्द्र शर्मा

INTERNAL QUALITY ASSURANCE CELL (IQAC)



COLLEGE STUDENTS CENTRAL ASSOCIATION (CSCA)



PARENT TEACHER ASSOCIATION (PTA)



Session at a Glance Academic Activities of Subject Societies

APPLIED ARTS



DANCE



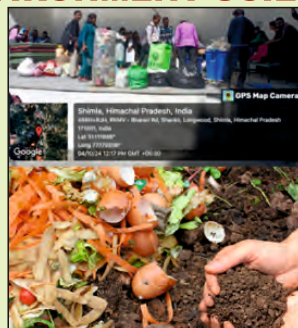
ENGLISH



SOCIOLOGY



ENVIRONMENT SCIENCE



GEOGRAPHY



HINDI AND SANSKRIT



MUSIC



PAINTING



POLITICAL SCIENCE



PSYCHOLOGY



HEALTH & NUTRITION



TOURISM & TRAVEL MANAGEMENT



COMMERCE



SELF FINANCE



B.VOC



SCIENCES



SPORTS



NSS



NCC



RED CROSS



ROAD SAFETY



ROTARACT



WOMEN CELL



ECO CLUB



MOUS



POST GRADUATE COURSES



HISTORY



RED RIBBON



WORKSHOPS



HOSTELS



VALUE ADDED COURSES



CAREER COUNSELING & PLACEMENT CELL



YOUTH FESTIVAL



GLIMPSES



ANNUAL PRIZE DISTRIBUTION FUNCTION





Dr. Ritu Sharma

Assistant Professor, Deptt. of English



THE INSTITUTE:

RKMV, Shimla is situated on the cliff of the picturesque Elysium Hill. The College came into existence in the year 1977, when the erstwhile RPCSDB College was taken over by the State Government and today it is one of the premier institutes of higher learning for girl students of Himachal Pradesh. As against 919 girl students who took admission in the college during 1978, the institute has come a long way and now takes pride in imparting quality education to more than 3100 girl students in Arts, Commerce and Science stream. Apart from regular disciplines, the Institute also offers professional courses like Biotechnology, Microbiology, BCA, JMC and Music (Vocal and Instrumental) with Dance is offered in evening session besides regular daily classes. From the academic session 2024-25, the College had started MA classes in English, Political Science, History, Commerce and Geography. The College provides facilities like computers with internet, digital library, dispensary, canteen, photostat, bookstall, language lab, e-commerce lab, internet café, gymnasium, table tennis room and juice bar for the students. RKMV is the only girls' college in the state with two hostels- Sainik & Tribal, which provide accommodation to students based on merit. The College magazine "Padam" is published annually to hone the creative talents of the College students. In its endeavour to be an eco-friendly campus, the College has also taken an initiative of becoming a plastic free zone. The college newsletter, "Elysium" has published six issues since its inception during the previous academic session.

THE STAFF:

Total number of employees: 83
 (59 teaching and 24 non-teaching).
 During the current academic session,
 06 staff members were transferred to other colleges.
 Staff in Self-Financing Courses: 15
 (10 teaching and 05 non-teaching).

RETIREMENTS:

1. Mrs. Molma Devi, Peon superannuated on 31st December 2025.
2. Mrs. Sundla Devi, Peon superannuated on 31st January 2026.
3. Sh. Satya Prakash Sharma, LA superannuated on 28th February 2026.

SESSION AT A GLANCE (2025-26):

Students' Strength:	2752
(Including B. Voc and PG courses)	
Arts:	1675
Science:	355
Commerce:	367
B Voc:	172
PG:	183
Self-financing Courses:	
BCA:	165
PGDCA:	40
Bio-Tech:	55
Micro-Bio:	34

SCHOLARSHIPS:

The College Authorities ensure that the benefit of Central and State sponsored scholarship schemes reach all the eligible students. During the current academic session, 85 students have applied for fresh scholarships and 122 students for renewal scholarships under various schemes such as Central Sector Scheme of Scholarship for College and University students, Centrally Sponsored Post-Matric Scholarship Scheme for SC students-HP; Centrally Sponsored Post-Matric Scholarship Scheme for ST students-HP; Kalpana Chawla Chatravriti Yojana-HP; Mukhya Mantri Vidyarthi Kalyan Yojana-HP; PM Yasasvi Post-Matric Scholarship for Economically Backward Class Students- HP; PM Yasasvi Post-Matric Scholarship for OBC Students-HP; Post-Matric Scholarship for Students with Disabilities; Umbrella Scheme for Education of ST students; Post Matric Scholarship for ST students of Arunachal Pradesh.

ACADEMIC AND CULTURAL ACTIVITIES:

1. The admissions for the academic session 2025-26 commenced from 01st June 2025 after the summer vacations.
2. **EXAMINATIONS:** The Minor Test / House Examinations were held from 10th December to 23rd December 2025. Annual Examinations for students of various faculties were held during the months of March and April 2026 observing all codal formalities.
3. On the World Environment Day on 05th June 2025, RKMV received the Himachal Pradesh Environmental Leadership Award from Hon'ble Chief Minister of HP. The college led initiatives like composting 350 kg canteen waste, project pyare paudhe, textile recycling, plastic-free campaigns and collaborations with NGOs and government bodies. A Clean-up Drive with Healing Himalayas and real-world student engagement further highlighted RKMV's sustainability efforts.
4. On 16th June 2025, the IQAC conducted a week-long Faculty Development Program titled 'Rule Book to Real World: Practical Insights for HP Government Employees'. The program saw the participation of 70 teaching and non-teaching staff from RKMV and nearby colleges. Key topics included Conduct Rules, FR & SR, Leave Rules, Financial Rules, RTI Act 2005 and Pay Fixation. Expert sessions by Sh. Gian Chand Rayta, Sh. Bharat Bhushan, Sh. Dinesh Kumar Sharma, Sh. Gopal Sanghaik and Sh. Naresh Kumar connected theoretical rules with real-world applications.
5. The 11th International Yoga Day was celebrated on 21st June 2025 with active participation of staff and students.
6. Two Assistant Professors from RKMV participated in a training program on 'Psychosocial Care During Disasters' held at Bachat Bhawan, Shimla, on 24th & 25th June 2025.
7. A two-day Induction Program was hosted on 10th and 11th July 2025 to welcome first year students from various streams. The Principal, Dr. Anurita Saxena inspired the students to pursue education with sincerity and discipline, while also emphasizing the importance of strong values and the continuous development of skills essential for their future. The faculty introduced the various departments, explained the academic guidelines and highlighted the available support services, thereby helping the students to make a smooth and confident transition into college life.
8. On 17th July 2025, the Women Cell in collaboration with the Rotaract Club and RUSA Cell, organised an insightful guest lecture on Malala Day. Ms. Geetanjali Thakur, DSP (Narcotics) and RKMV alumna, addressed the students, emphasizing the power of education and resilience, inspired by Malala Yousafzai's journey. The event was graced by the presence of the Rotary Club President, Mr. Karan Bamba.
9. The Department of History and the IQAC in collaboration with INTACH, hosted a College Volunteers Training Workshop on Heritage Conservation to equip students with essential knowledge and skills in preserving India's cultural legacy on 24th July 2025. The workshop featured four distinguished speakers - Ms. Purnima Dutt, Ms. Malvika Pathania, Mr. Raaja Bhasin and Ms. Christina Shangne - who shared insights on documentation, restoration and the role of volunteers in heritage efforts.
10. On 28th July 2025, the Departments of BCA, B.Voc, Microbiology and Biotechnology together organized an inspiring session with renowned mountaineer Sh. Raman Chander Sood and his life partner Mrs. Anita Sood. Their powerful stories of resilience, discipline, and courage moved students to rise above challenges.
11. The Department of Computer Applications organized a lecture on Cyber Security under the 'Hack Safe Campaign' for the students of B.Sc., BCA and B.A. on 30th July 2025. The session was conducted by Er. Gaurav Sharma, who highlighted various online threats, the importance of cyber hygiene and measures for data protection.
12. A warm and vibrant Freshers' Party was hosted by the students of Tribal and Sainik Hostels on 31st July 2025 to welcome the new hostel members.
13. A state-wide campaign against Drug Addiction was launched on 05th August 2025 by the college in collaboration with Himachal Gyan Vigyan Samiti (HGVS). On this occasion, an MoU was signed to strengthen future programs on drug prevention and public health. Aligned with the spirit of Raksha Bandhan, the campaign carried the theme of 'Behan ka Paigam Bhai ke Naam: Drugs se Suraksha ka Bandhan' for a drug-free life. Dr. Ravi Bhushan, a retd. psychologist highlighted the harmful consequences of addiction, while Sh. Satyawan Pundir from HGVS introduced the campaign theme. The event featured a nukkad natak, a dance performance, the screening of the web series 'The White Truth' and a collective Oath Ceremony pledging commitment to a drug-free society.
14. A vibrant Freshers' Party "Andaaz-e-Noor" was hosted on 07th August 2025 with great enthusiasm and spirit. The event was graced by Ms. Gandharva

- Rathore (IAS), Special Secretary, Personnel and Ms. Ritika Jindal (IAS), Director, Land Records, who inspired students to dream big and stay focused. Out of 53 participants, Preet was crowned Miss Fresher 2025, with Anushka and Sojal Singta as First and Second Runners-Up. Akshika Zinta earned the title of Miss Talented, while Harsha Deota was named Miss Confident.
15. RKMV celebrated the 79th Independence Day with pride, enthusiasm and patriotic fervor. The campus, beautifully adorned with national flags echoed with patriotic songs, slogans and speeches.
 16. The Tribal and Sainik hostels celebrated Shri Krishna Janmashtami on 16th August 2025, with devotion and enthusiasm. The event was a sacred expression of faith, devotion and spiritual unity.
 17. On 16th August 2025, a vibrant program was organized in the college to celebrate Hariyali Teej, highlighting its deep cultural, traditional and environmental significance. Dance performances and a mehndi (henna) competition added charm to the celebration.
 18. From 18th to 28th August 2025, the Departments of Physical Education and Home Science organized a fitness camp titled “Fit to Win: Pathway to Sports Excellence.” Aimed at promoting health, discipline and sports culture, the camp saw active participation from 50 enthusiastic girls.
 19. On 21st August 2025, the Department of Retail Management (B.Voc.) and the Department of Biotechnology & Microbiology organized a Group Discussion session in the college auditorium. A total of 55 students from both the departments attended the session.
 20. On 22nd August 2025, the Commerce Department organized a lecture on GST and Women Empowerment. The session was delivered by Ms. Poonam Thakur, Assistant Commissioner, State Taxes & Excise, who spoke on the role of GST in promoting transparency and good governance. The lecture was attended by around 150 M. Com and B. Com students.
 21. The Campus Mitra Badge Ceremony was held on 23rd August 2025. The Principal awarded badges to selected students as peer facilitators, highlighting leadership and support. The event fostered responsibility and student engagement on campus.
 22. On 27th August 2025, the Department of Commerce hosted an interactive session with Dr. Sunny Vijay Arora from S.P. Jain Institute of Management & Research, Mumbai, and Dr. Ester from Hungary. The event offered valuable insights into global marketing, research and academia.
 23. On 27th August 2025, the Department of B. Voc Hospitality and Tourism Management organized a guest lecture on soft skills, stress management and career growth in the hospitality industry. Ms. Ayushi Verma, Restaurant General Manager at Four Seasons Hotel, London, shared valuable industry insights.
 24. RKMV hosted its Inter-Faculty Competition on 10th September 2025. The event was supported by PTA, CSCA and Shri Anil Lakhnpal. The event designed to celebrate talent, teamwork and creativity, saw enthusiastic participation from students and staff. Divided into four groups—Creativity, Music, Dance and Theatre—the competitions ranged from debate, essay writing, painting and rangoli to music, dance, photography and street play. Esteemed judges from diverse fields evaluated the performances. The Humanities emerged as the Overall Champions, adding pride and spirit of camaraderie to the college.
 25. On 20th September 2025, the College hosted “Rasotsav 2025” a unique and one of its kind cultural festival, which created an unforgettable experience of talent, creativity and celebration. The one-day festival witnessed the participation of 317 students from nine colleges, competing across 15 activities judged by 13 eminent personalities. The day offered a vibrant mix of events—intense debates, soulful songs, nukkad natak, energetic dances, creative reels and fine arts. The campus resonated with enthusiasm as seven venues simultaneously managed 15 activities within just three hours, culminating in a graceful prize distribution ceremony. The event was graced by Mr. Prabodh Saxena, Chief Secretary, Himachal Pradesh as Chief Guest, along with distinguished guests-Dr. Amarjeet Sharma, Director Higher Education; Mr. Ajay Sharma, Director Personnel, SJVN; and the Principals of all participating colleges. The competitions concluded with GC Sanjauli securing the first position, RKMV the second and St. Bede’s College the third.
 26. A group of College students visited the Geological Survey of India (GSI), Chandigarh on 08th October 2025 for an educational trip organized by the Department of Chemistry. Dr. Vikas Bhardwaj, Director, from GSI gave an informative presentation on GSI’s history, objectives and contributions in geological mapping, mineral exploration, groundwater assessment and environmental research.
 27. The HPU Youth Festival, Group 1 (Creativity) was held at Government College, Nahan, from 13th to 15th October 2025, where thirteen students actively participated in all nine activities of the group. Kiran & Preet won prizes in clay modelling and rangoli respectively.

28. The annual PTA meeting was held on 16th October 2025. The previous council was formally dissolved in this meeting and a new Executive Council for 2025–26 was unanimously elected. The newly elected members are as follows: Patron: Dr. Anurita Saxena; Chief Advisor: Sh. Madan Kaushal; Advisor: Ms. Minakshi Thakur; President: Sh. Rameshwar Sharma; Vice President: Ms. Neelu Thakur; Secretary: Dr. Surender Sharma; Joint Secretary: Sh. Ravinder Kumar; Treasurer: Dr. Rajesh Azad; Parent Members: Ms. Shivani Sharma, Ms. Seema Devi and Ms. Ranjana Devi; Teacher Members: Dr. Devender Sharma, Dr. Mohan Sharma, Dr. Santosh Thakur and Dr. Reeta Bhardwaj.
29. Diwali Mela 2025 was celebrated on 17th October 2025 with rich cultural spirit and a strong focus on sustainability. The Principal inaugurated the event with an inspiring address on the significance of this auspicious day. During this mela, the campus featured creative stalls, handmade decor and student-led activities. The AYUSH Department also promoted wellness by distributing medicinal plants.
30. Six young officers from the Indian Audit and Accounts Service (IAAS) delivered an inspiring lecture on 27th October 2025, interacting with students on financial literacy and civil services preparation. They shared their personal journeys, strategies, challenges and insights into life in the IAAS, emphasizing the service's role in ensuring transparency and accountability in governance.
31. RKMV achieved a significant milestone on 28th October 2025 by becoming the first college in Himachal Pradesh to introduce an Artificial Intelligence (AI) course in collaboration with C-DAC Pace, Pune. The program also provides hands-on training, allowing students to gain practical experience in real-world AI applications and enhancing their employability in an evolving digital landscape.
32. The Oath Ceremony of CSCA members was organised on 30th October 2025, marking the formal assumption of responsibilities by the newly elected office bearers. The elected representatives for 2025–26 are: President: Nikita; Vice-President: Amritanshu; General Secretary: Sweetie Devi; Joint Secretary: Mehak Thakur.
33. The Department of Commerce, in collaboration with the Department of B. Voc (Retail Management), organized a Project-Based Learning (PBL) Presentation Session on 31st October 2025. Five groups comprising students from B.Com. 3rd Year and B. Voc. 3rd Year presented projects on various themes like Cultural Entrepreneurship, Women Entrepreneurship, Retail case studies and Digital Business ideas. Around 130 undergraduate and postgraduate students actively participated in the event.
34. In the HPU Youth Festival, Group II (Music), held at the Centre of Excellence, Sanjauli from 04th to 07th November 2025, RKMV secured the second position in Indian Group Song and Indian Classical Music Instrumental (Non-Percussion) and the third Position in Western Group Song.
35. A One-day International Workshop on “Innovate, Inspire, Impact: The Power of Project-Based Learning” was hosted on 07th November 2025 in collaboration with Pennsylvania State University, USA. The workshop witnessed active participation of around 150 students along with faculty members. The programme was graced by Prof. Mahavir Singh, Hon'ble Vice Chancellor, HPU, as the Chief Guest, while Prof. V. K. Shivram (DSW, HPU) and Prof. Joginder Singh Dhiman (Dean Planning, HPU) were the Guests of Honour. The Principal highlighted the progress of the PSU–RKMV MoU. On this occasion, PSU delegates Dr. Vasu Singh, Dr. Anna Marshall and Dr. Tina Q. Richardson shared their valuable insights on experiential learning.
36. The Annual Art Exhibition, “Manthan 2025” was organized in collaboration with Mahsu Art Society from 10th to 16th November 2025 at Tavern Hall, Gaiety Theatre, Shimla. The exhibition was inaugurated by Sh. Anupam Kishore, Regional Director (Shimla), RBI in the presence of the college Principal. A total of 11 students of the college along with 6 artists from Mahsu Art Society showcased over 100 artworks.
37. In the HPU Youth Festival, Group III (Dance) held at Government College, Una, from 12th to 15th November 2025, RKMV secured the First Position in Classical Solo Performance and also claimed the First Prize in Choreography, a category that was introduced for the very first time.
38. The students of the Department of Chemistry accompanied by faculty members visited the Soil Testing Laboratory, Chaura Maidan on 14th November 2025 as part of their ‘project-based learning’ on soil analysis. Ms. Sunita Dogra, Soil Testing Officer, briefed the students about the laboratory facilities, while researchers and officials explained the workflow of soil analysis, including sample preparation and assessment of parameters such as pH, organic carbon, nitrogen, phosphorus, potassium and micronutrients. Students also observed instruments like pH meters, flame photometers and titration setups.
39. The IQAC in collaboration with Earth Just Ecosystems Foundation, hosted a three-day International

Conference titled “Prakriti se Sanskriti” from 20th to 22nd November 2025 at MSHIPA, Shimla. The conference brought together 130 participants, including students, faculty and experts across the country. The faculty and students from RKMV attended various sessions focusing on diverse themes of Indian Knowledge Systems, environmental sustainability, rural livelihoods, indigenous technologies, biodiversity conservation and cultural heritage. Distinguished speakers included Mr. Prabodh Saxena (Chairman HPSEB and Former Chief Secretary, HP), Prof. Mahavir Singh (VC, HPU), Mr. Ramesh Negi (IAS Retd.), Prof. Aditya Mukherjee (JNU), Prof. Mridula Mukherjee (JNU) and Mr. Vijay Mahajan (RGF).

40. RKMV organized a PTA Sponsored Merit-Based Scholarship Distribution Function on 21st November 2025. The Principal, the PTA President and the PTA Secretary attended the event along with the staff and students. The scholarships were awarded to 154 meritorious students and 72 interns were appointed under the Learn and Earn Program.
41. The College Anti-Drug Committee in collaboration with Gyan Vigyan Samiti, organized an awareness programme on 24th November 2025. The event featured a nukkad natak and theme-based songs highlighting the consequences of substance abuse. Around 150 students and 20 faculty members participated in the event. The programme was graced by Gyan Vigyan Samiti team including Mrs. Srivastava, Ms. Chandel and Mr. Satyawan.
42. An MoU was signed with Creative Academy, Sanjauli on 04th December 2025, to provide academic support and career guidance to its students. The partnership includes specialized NET coaching classes and various counseling activities designed to assist students with academic advancement and future career planning.
43. The 47th College Annual Prize Distribution was held on 05th December 2025. The Hon’ble Governor of Himachal Pradesh, Sh. Shiv Pratap Shukla Ji, graced the occasion as Chief Guest, accompanied by his wife, Smt. Janki Shukla Ji, Chairperson, Hospital Welfare Section, HP State Red Cross Society. The NCC cadets welcomed them with a Guard of Honour. The Principal presented the Annual Report outlining major academic, cultural and extracurricular achievements. In his address, the Governor emphasised India’s global rise, the fight against drug abuse and the value of combining modernity with tradition, urging students to contribute actively to nation-building. A total of 194 prizes and 11 Nidhi Lakanpal Scholarships were awarded to the meritorious students. The programme included a nukkad natak on drug awareness and various vibrant cultural performances. The event concluded with a Vote of Thanks and the National Anthem.
44. IQAC hosted an enriching session under the Advanced Leadership Programme on 08th December 2025, which was aimed at strengthening leadership and academic innovation. The session was graced by Ms. Aarushi Jain, Policy Director & Head, Government Affairs, Bharti Institute of Public Policy, ISB Mohali, who emphasised lifelong learning and holistic teaching beyond subject boundaries.
45. Pre-Admission Counselling sessions were organized from 15th to 22nd December 2025 in various senior secondary schools in and around Shimla with the objective of guiding students about higher education opportunities and facilitating a smooth transition from school to college. The initiative was aimed at creating awareness about undergraduate programmes offered by RKMV and motivating young learners to pursue higher education in RKMV with confidence and clarity.
46. Isha Thakur, a first-year student from RKMV Shimla, represented Himachal Pradesh at the Viksit Bharat Young Leaders Dialogue at Bharat Mandapam in New Delhi from 09th to 12th January 2025. She delivered an impactful presentation on leveraging India’s cultural diplomacy and soft power to achieve the vision of a developed nation by 2047.
47. A 10-student team from RKMV Shimla participated in Creative Choreography at the 39th AIU North Zone Youth Festival held at Chitkara University from 06th to 10th January 2026. The team secured third place with their performance, “Nari Tu Narayani” which qualified them to represent HPU at the upcoming National Level Youth Festival in Chennai.
48. Sixteen students from RKMV, Shimla participated in the “Bran-Jharokha: Sanskriti ke Rangon Ka,” an international art workshop in Manali from 13th to 19th January 2026, engaging with experts from India, Nepal and Russia. The event combined practical art sessions with cultural visits to local landmarks like Jogini Falls and the Roerich Memorial Trust.
49. The college reopened on 05th February 2026, following the winter vacation break. The reopening featured a traditional invocation to Goddess Saraswati to welcome back students and staff for the remaining period of the academic session.
50. RKMV, Shimla celebrated National Science Day on 28th February 2026, featuring an inspiring session on Physics by Dr. Arun Kumar from PG College, Bilaspur. The event fostered scientific curiosity through live demonstrations, interactive workshops and engaging student-expert discussions.

51. The Holi celebrations were held on 03rd March 2026, with a program featuring cultural songs, dance performances and an address on nature and harmony.
52. The B. Voc Department Shimla, organized a workshop on 03rd March 2026 covering communication skills and professional grooming. The workshop featured Entrepreneur, Makeup Artist and UMB Miss India 2024 - 1st Runners up, Ms. Shinam Azad. Eighty students from the Retail Management and Hospitality programs attended the session, which included practical makeup demonstrations and insights into image management for customer-facing roles.
53. RKMV Shimla organized the National Conference “Devbhoomi in Dialogue” on 10th March 2026, bringing together scholars and students for meaningful discussions on Himachal’s culture, society and environment.
54. A one-day workshop on “Oral Histories of Himalayan Transformation” was conducted on 11th March 2026 by the Department of History. Dr. Aniket Alam from IIT, Hyderabad guided students on documenting and preserving oral narratives.
55. A farewell programme titled “Euphoria: Beyond the Horizon” was organized on 14th March 2026 for the students of the Tribal and Sainik Hostels.
56. RKMV students secured Fifth position at the National Level in the AIU National Youth Festival (UNIFEST 2025–26) held on 14th March 2026, with a compelling dance performance on “Nari Tu Narayani.” They also secured First Position in the Cultural Procession, celebrating the rich heritage of Himachal Pradesh.
57. In a significant milestone reflecting the institution’s pursuit of academic excellence, RKMV, Shimla secured overall Third Rank among the public institutions in HP according to the 2026 internal state government rankings among the Tier-1 Colleges in the State. For this achievement, the Principal, Dr. Anurita Saxena was felicitated by the Hon’ble Chief Minister, HP at the Principals’ Conference on Reforms in Higher Education on 17th March 2026. The ceremony was also graced by Hon’ble Education Minister, HP and Secretary (Education), Govt. of HP.
58. RKMV celebrated its farewell party “Udaan” on 18th March 2026 in which the graduating students were honoured. Prof. Mamta Mokta graced the occasion as the Chief Guest. The event featured vibrant cultural performances and competitions, with Ms. Khushboo Kedarta being crowned Miss Farewell.

NCC:

1. Cdt Divya & Cpl Mansi participated in the Him Trek Camp held at Dharamshala from 17th June 2025 to 26th June 2025.
2. Cdt. Anshika Thakur participated in the Pre Thal Sena Camp held at Nauni University from 28th June to 10th July 2025.
3. On 26th July 2025, the NCC unit observed Kargil Vijay Diwas to honour the bravery of Indian soldiers. The College Principal and the staff joined to pay tribute to the martyrs. The event featured patriotic songs, dances, poetry and a skit on the Pahalgam attack, all highlighting unity in diversity.
4. Fourteen cadets participated in the Disaster Training camp held at Sunni from 02nd August 2025 to 12th August 2025.
5. Fifty-five cadets participated in the Annual Training Camp held at Baru Sahib from 15th August 2025 to 25th August 2025. The cadets participated in various activities and bagged prizes in firing, public speaking, reel making and good conduct. Overall, the college NCC cadets achieved 3rd rank in Drill Test and remained Runners up in Tug of War Competition.
6. Six cadets participated in the Vibrant Village Camp at Kinnaur from 05th September 2025 to 14th September 2025 and won first prize in Pahari Nati.
7. SUO Tamanna Sharma participated and won two Gold medals in Ek Bharat Shreshtha Bharat-II held from 21st September 2025 to 02nd October 2025 at Dehradun.
8. Under the Sarthi scheme, 6-8 cadets visited IGMC, Shimla daily for 3 weeks to help and guide the patients and public.
9. The NCC Unit organized an Anti-Drugs Awareness Program on 13th November 2025. The program was graced by Shri Ashok Tiwari, DGP Himachal Pradesh, as the Chief Guest, accompanied by DSP Ms. Geetanjali Thakur, Inspector Ms. Reena and Lady Constables Ms. Vanita and Ms. Anandini.
10. The NCC Unit participated in the Anti-Chitta Awareness Programme organized by Himachal Pradesh Police on 15th November 2025. The NCC cadets took part in rallies, carried placards and raised slogans promoting a drug-free society. The event was inaugurated by Hon’ble Chief Minister of Himachal Pradesh.
11. The NCC Unit organized an outreach activity at Indira Gandhi Medical College and Hospital on 09th March 2026. Cadets distributed fruits and essentials to patients and served food at the langar, reflecting compassion, empathy and a strong sense of social responsibility.

NSS:

1. NSS units of RKMV conducted an orientation session on 29th July 2025 for volunteers of the academic session 2025-26. The keynote speaker for the session was Dr. Ishwar Dutt, Rtd. Professor of Public Administration. In his address, Dr. Dutt highlighted the significance of NSS in nation building and pivotal role of youth in community service.
2. On 1st August 2025, the NSS unit organised a single use plastic collection drive in the college campus. A total of 100 volunteers participated enthusiastically to bring awareness towards environmental awareness.
3. On 12th August 2025, thirty NSS volunteers joined a thought-provoking event organised by Himachal Gyan Vigyan Samiti at Bachat Bhawan, Shimla, focusing on drug abuse awareness among youth. On this occasion, another sixty NSS volunteers also participated in celebrations organized by the Ministry of Health & Family Welfare and the HP State AIDS Control Society at Hotel Peterhoff, Shimla. The students performed a “flash mob” to spread awareness about HIV/AIDS and also displayed creatively hand-painted T-shirts and umbrellas. The participants were honored with certificates and awards for their impactful contributions.
4. 100 NSS volunteers participated in the celebrations of 79th Independence Day on 15th August 2025. The volunteers sang patriotic songs and raised slogans which echoed across the campus, creating an atmosphere of pride and unity.
5. During the Sports Day Celebrations held on 29th August 2025, thirty NSS Volunteers participated in different sports activities like Tug of War, Ball Relay, Chess, Table Tennis, Badminton etc.
6. Fifteen NSS volunteers actively helped in managing and coordinating the One Day Health Check Up camp held on 12th September 2025.
7. A Tree Plantation Drive was conducted on 13th September 2025 as part of environmental awareness and community service initiatives. Fifty NSS volunteers participated in the event, which was conducted in Kelti area near Longwood, Shimla in collaboration with the Forest Department.
8. During the Rasoutsava function held on 20th September 2025, around fifty NSS volunteers actively contributed by offering their services wherever events and activities were taking place. They assisted in ensuring discipline and guiding the participants during the event.
9. NSS day was celebrated by NSS Units of RKMV on 24th September 2025. Different teams of volunteers participated in various activities. Twenty volunteers

went to IGMC to assist in serving at Lungar Seva. Another twenty volunteers stayed at campus to conduct an awareness campaign on health, hygiene, and cleanliness. Fifty volunteers visited Govardhan Dham, a cowshed near Kamyana village at Lower Bharari, where they fed the cows and cleaned the premises. A rally was also organized by the volunteers and a nukkad natak was performed highlighting the menace of Drug Abuse near Ridge Maidan.

10. Daan Utsav was celebrated in college campus on 08th October 2025. During the event, twenty volunteers actively participated and made their contribution by helping in langar distribution at IGMC, Shimla.
11. Forty Volunteers from RKMV along with the students of various colleges and schools participated in an anti-drug rally on 11th October 2025. The rally was flagged off by Hon’ble CM from Oakover and ended at DDU Hospital. Volunteers raised slogans about the harmful effects of drugs.
12. The 7-day NSS Annual Camp was organized from 29th October 2025 to 04th November 2025 with the active participation of 89 volunteers. Each day began with physical exercises and yoga, followed by diverse activities focusing on community service, environmental sustainability, disaster management, health and social awareness. The camp was inaugurated by National NSS Awardee Mr. Gopal Dutt Sharma, who motivated the volunteers along with college authorities. Volunteers engaged in activities such as compost making, hospital service under the Sarthi Project, disaster management training, anti-drug rallies, street plays and an educational visit to the Annadale Army Museum. Community outreach in Ragyan village included cleanliness drives, school support, awareness programs and creative performances. The camp concluded with a valedictory ceremony graced by the State NSS Officer, celebrating the volunteers’ dedication, learning and meaningful contribution to society.

SPORTS:

1. During the academic year 2025–26, the college participated in 12 different Inter - College Championships across various sports disciplines. The college teams performed exceptionally well, reflecting the institution’s strong sporting culture.
2. The National Sports Day was celebrated on 29th August 2025 under the aegis of Department of Physical Education with a vibrant line-up of events including Cross Country, Table Tennis, Carrom, Chess, Tug of War and Ball Relay. Inter-faculty competitions and enthusiastic participation from both students and teachers brought great energy to the day. With over

2000 participants, the celebration was a grand showcase of RKMV's sporting spirit.

3. In the Inter-College Judo Championship (Women) held at Government College, Solan on 8th & 9th October 2025, three students of the College- Siya, Lavniya and Anshika, participated. Their commendable performance resulted in the college winning two Silver Medals and one Bronze Medal.
4. In the Inter-College Taekwondo Championship (Women) hosted by the College on 06th & 07th November 2025. RKMV students, Hemlata & Vanshika Sharma bagged Gold medals, Sakshi Steta bagged the Silver medal and Vaishali Bhandari got a Bronze medal. RKMV remained overall runners up in the tournament.
5. In the Inter-College Boxing Championship (Women) held at Government College, Rampur (Shimla) on 06th & 07th November 2025, Divya and Priyanka from R.K.M.V, showcased remarkable courage and determination to win Bronze Medals in their respective weight categories.
6. In the Inter-College Table Tennis Championship (Women) held at Government College, Darlaghat on 15th November 2025, the college team of Ridhima, Anjali Kanwar and Sakshi Sharma won the Overall Champions Trophy.
7. In the Inter-College Chess Championship (Women) held at Government College, Nahan from 18th to 20th November 2025, Sneha Thakur, secured the Fourth Position
8. In the Inter-College Athletics Championship (Women) held at Government College, Bilaspur from 08th to 10th December 2025, Vipasha Verma bagged a Silver Medal.
9. In the Inter-College Kho-Kho Championship (Women) held at Government College, Baijnath on 09th & 10th December 2025, the college team won the Overall Champions Trophy.
10. RKMV hosted the HPU Inter-College Women's Cricket Championship from 15th to 18th December 2025 at Police Ground, Bharari. Six teams with 90 girl players from colleges across the state participated. MCM DAV College, Kangra secured first position, followed by Government College, Dharamshala, and Government College, Rampur. Ms Sonal Thakur of DAV, Kangra was Player of the Final Match, while Ms. Kashika Thakur from GC Dharamshala was Player of the Series.
11. A total of 11 girl students from different sports disciplines were selected to represent Himachal Pradesh University in North-Zone and All India Inter-University Championships.

CAREER COUNSELLING & PLACEMENT CELL:

1. The Cell organized several capacity-building programs during the current academic session. The series began with a financial literacy training conducted by Empire Trading Company on 07th July 2025.
2. A program on SEBI's Online Smart Investors Program was organized on 18th July 2025.
3. A HAS/IAS coaching session was held on 26th July 2025 by Creative Academy, Sanjauli and another session on HAS/IAS and Banking Coaching was conducted on 01st August by Visharad Academy, Sanjauli.
4. An AI and Cyber Security Awareness Session was held on 11th August 2025 by C-DAC, Pune.
5. The Cell organized a HAS/IAS and Banking Coaching Session by CRACK Academy, Shimla, on 12th August 2025.
6. A UGC-NET awareness session was conducted by the Cell on 18th September 2025 in collaboration with Creative Academy, Shimla.
7. The Cell, in collaboration with the Reserve Bank of India (RBI), Regional Office, Shimla, organized a Financial Awareness Campaign on 03rd November 2025. The programme aimed to enhance financial literacy and help students make informed and responsible financial decisions. The sessions were conducted by RBI officials Mr. Rahul Joshi (Financial Literacy), Ms. Sheenam (RBI Internship Programme), and Mr. Yash (Banking Grievance Redressal Mechanism). Around 120 UG and PG students actively participated in the campaign.
8. The Cell, in collaboration with Creative Coaching Academy, Shimla, has launched coaching for the UGC NET from 10th December 2025 for postgraduate students. The six-month programme will be conducted in both offline and online modes to ensure wider accessibility and effective preparation. This initiative reinforces the college's commitment to academic excellence and student empowerment.

ECO-CLUB:

1. An international student exchange programme was held on 26th July 2025 in collaboration with Earth Just. Dr. Alpna Chauhan, a Dubai-based sustainability expert, delivered the keynote address. Youth leaders Shubhashree Aggarwal (France) and Manisha Arya (UNICEF YUWAH) interacted with around 140 students on global perspectives of sustainability rooted in Indian ethos. The volunteers exchanged ideas with international students Samaira Shanker (Singapore), Ishanika Chauhan (Dubai) and Sarah Malik (London).

2. Ten volunteers of the Club, in association with an environmental NGO Healing Himalayas and Municipal Corporation, Shimla participated in the waste monitoring and management at Shimla Winter Carnival from 24th December 2025 to 01st January 2026. They made the shop keepers and general public aware about the importance of segregation of dry and wet waste. They also got the citizens to agree and sign on the pledge to “Work together for a cleaner and greener future.”
3. On 13th February 2026, thirty students and faculty from the Tragopan Society, the Eco Club and the Departments of Zoology & Tourism conducted a bird walk from Potter’s Hill to Chadwick Falls as part of the global Great Backyard Bird Count. The initiative integrated AI tools like eBird and Merlin with traditional field observations to enhance bird identification and contribute to avian conservation data.
4. The Rangers went on a historic walk in Shimla on 21st August, to celebrate the rich historical heritage of Shimla. They also aimed at spreading the message of celebrating the historic legacy of the city among the youth through such initiatives.
5. On 23rd August 2025, a quiz competition was organised by the Rangers Unit in college. Three teams of three participants each participated in the event.
6. A Planation drive was organized at Kelati, Longwood on 13th September 2025.
7. Eight rangers participated in the Yuva Mitra - Apda Scheme under the Bharat Scouts and Guides, Himachal Pradesh from 04th November to 10th November 2025 at Home Guard Office, Parala, Theog, Shimla.

ROTARACT CLUB:

ENERGY CLUB:

1. Ten students participated in the International Quantum Year celebrations held at St. Bede’s College, Shimla on 31st October 2025. They also participated in the open quiz.
2. Four students from Physics Department participated in innovation category symphoria at St. Bede’s College Shimla on 07th November 2025 and bagged the 3rd prize for their model on Green Energy.
3. Twenty five students attended a one-day workshop on the theme “International India Science Festival” conducted by IMD, Shimla on 28th November 2025. They were shown the present technology and techniques used in weather monitoring.

1. The Orientation Ceremony was held on 13th August 2025 to welcome and familiarise the new batch of students in the institution.
3. The students participated in competition, “Manthan-2025” on 21st September 2025 at Rajiv Gandhi Government Degree College, Kotshera, Shimla wherein they showcased their ideas and creativities on environment and pollution.
4. A Health Check-Up camp was organized in the College campus on 25th & 26th Sept 2025.
5. The Club installation ceremony, themed ‘Parampara’ was held on 27th September 2025 to celebrate the tradition of leadership transition. Rtn. HS Kwatra was the Guest of Honor. The following were installed as office bearer: President- Muskan Khatri, Secretary- Bhumika, Vice President- Mansi Verma, Joint Secretary- Divyanka and Treasurer- Ananya Gupta.
6. The Club members attended the Rotary Youth Leadership Awards Function at Chandigarh University on 30th September 2025.

ROVERS AND RANGERS:

1. A bookmark making competition was organised on 4th August 2025 to bring out the creativity among the Rangers. They made colourful bookmarks on the theme of the National Freedom Struggle. Three winners were chosen from among the participants.
2. Orientation Program for Rangers was organized on 11th August 2025 under Bharat Scouts and Guides. The session welcomed newly enrolled Rangers and introduced them to the values, responsibilities and opportunities within the movement.
3. International Youth Day Celebration was held on 12th August 2025, in which students of RKMV actively participated in a mega event organized by the Ministry of Health & Family Welfare, Himachal Pradesh, and the HP State AIDS Control Society at Hotel Peterhoff, Shimla, to mark International Youth Day. The volunteers helped in the maintenance of discipline and decorum.

YOUTH RED CROSS SOCIETY:

1. The Society organized a “First Aid Training” program in the college on 11th November 2025. In the event, Dr. Kimi Sood trained around 120 students of the Youth Red Cross (YRC) in basic first aid techniques, focusing on emergency response and assisting the injured.
2. To celebrate Children’s Day on 14th November 2025, Youth Red Cross Society distributed refreshments at the Children’s Ward of IGMC Shimla. During the visit, the members of the club distributed nutritious refreshments, including fruits, juice etc. to the children.
3. A Blood Donation Camp was organized on 17th March 2026 in collaboration with the Red Ribbon Club, Rotaract Club and NCC Units. The initiative was held

under the supervision of a medical team from IGMC in which 43 volunteers donated 30 units of blood, reflecting the spirit of service and social responsibility.

WOMEN CELL:

1. The Club celebrated Malala Day on 17th July 2025 in collaboration with the Rotaract Club and RUSA Cell. The session featured a lecture by Ms. Geetanjali Thakur, SP Narcotics, who inspired students with her address.
2. A Mehendi Competition was organized on 25th July 2025 to mark the auspicious month of Saawan, encouraging creativity and cultural expression among students.
3. An awareness programme on Campus Cleanliness & Sanitary Hygiene was held on 23rd August 2025. The program was conducted to sensitise students about maintaining hygiene and ensuring a clean, healthy campus environment.
4. The Club organized a lecture on Menstrual Health and Hygiene on 28th August 2025. The lecture was delivered by Dr. Nidhi Jindal and was aimed at educating students on menstrual well-being and breaking taboos around the topic.
5. A Capacity Building Training Programme under the POSH Act was conducted on 12th November 2025. The training was conducted by members of Local Committees and Internal Committees to raise awareness on preventing sexual harassment of women at workplace.

RED RIBBON CLUB:

1. The Club participated in the athletic performance at the 'Red Run 5K', on 27th July 2025, where RKMV students secured the top four positions against 11 colleges, setting a benchmark for health excellence.
2. During the International Youth Day celebrations on 12th August 2025, the club's powerful flash mob earned appreciation from the Hon'ble Chief Minister.
3. A successful Awareness Rally on AIDS was organized on 28th August 2025, mobilizing students to educate the Shimla community.
4. A Reel Making Competition was organized on 28th October 2025.
5. Traditional slogan writing and poster making contests were organized on 20th November 2025.
6. A district-level AIDS awareness training workshop was hosted on 25th November 2025. The session was led by

Ms. Kritika (Assistant Director, HPSACS), focusing on HIV/AIDS awareness, prevention and the responsibilities of Red Ribbon Club. The event was attended by 120 students and 15 faculty members.

7. An awareness session was conducted on 08th December 2025 featuring the ICTC Counsellor to reinforce prevention and combat stigma for the observance of WORLD AIDS DAY.

ROAD SAFETY CLUB:

1. The Club conducted a series of awareness activities on 5th and 6th November 2025, wherein students engaged with informative stalls and interactive displays on safe road practices.
2. A Poster Making and Slogan Writing Competition was organised on 11th November 2025 wherein students creatively highlighted messages on traffic discipline, safe driving and responsible pedestrian behaviour.
3. The Club organised a rally and nukkad natak on 13th November 2025 in which 82 students participated. The event was flagged off by the college Principal. The performances at Lakkar Bazar, Gaiety Theatre, Rotary Plaza and the Sports Complex highlighted safe road behaviour. The students actively conveyed road safety messages to the locals, tourists and commuters through their performances and awareness activities.
4. The Road Safety Club held its annual function on 07th March 2026. The program featured an inspiring address by Chief Guest and a presentation on the year's safety initiatives. The event concluded with a prize distribution ceremony to honor students for their outstanding contributions to spreading road safety awareness.

NRITYANJALI DANCE CLUB:

1. On 25th July 2025, students of the Club presented folk performances during the Teej Festival celebrations in the college, including Ghoomar, Shiv Stuti and devotional dances.
2. On 05th August 2025, the Club members performed a meaningful dance on "Badal Pe Paon" for the Nasha Mukta Bandhan Celebration, spreading awareness about a drug-free life.
3. On 07th August 2025, students of the Club showcased multiple performances during the Freshers' Day celebration, including Durga Stuti, a semi-classical dance on Ghar More Pardesiya and an energetic Bollywood sequence.



Upma Sharma
Teacher Editor



Arunima
Student Editor



EDITORIAL

LANGUAGE is POWER, WRITING is its VOICE, and STORIES are its LEGACY

It has been rightly said that writing is the sovereign remedy for soul's silence; it is an exquisite bridge between the intangible whispers of the mind and the tangible reality of the printed world. It begins with a small word, a spark that ignites expression.

While language is the heartbeat of connection, writing paves the path to shared experiences. It starts with a thought, grows into words, and spreads inspiration.

The **English Section** of *PADAM* is a testament to the creativity and dedication of everyone involved. I express a deep sense of gratitude to Ms. Upma Sharma for entrusting me with this role and offering invaluable guidance throughout.

May the words within these pages spark something in you- a new idea, a fresh perspective, or a sense of connection! That's the power of writing, and I'm grateful to be a part of it.

ARUNIMA, BA II

LITERATURE TEACHES LIFE, BETTER THAN LIFE ITSELF

In a world rushing forward at a speed of notifications and deadlines, literature stands still quiet, patient and powerful. It waits for us to enter its pages, only to reveal the truths; we often miss in real life. While life teaches us through experience, literature picks understanding.

It allows us to feel deeply, think freely, and see clearly, without the fear of consequences. Every story we read becomes a window into another world, yet somehow reflects our own. A Shakespearean tragedy makes us confront ambition, jealousy and fate. A modern novel reminds us of love, loss, and the fragile nature of human relationships. Through poetry, we learn to notice the beauty hidden in ordinary moments; and through drama, we learn how conflict shapes our character.

Life may teach us through mistakes, but literature teaches us through meaning. It gives us wisdom without scars, experience without regret and perspective without pain. In the end we realise that literature is not just about stories- it is about life itself, presented in its purest, most thoughtful form.

And sometimes, the lessons we learn from books stay with us longer than the ones taught by life, because the truths we read in literature are not just understood- they are felt.

KRITIKA, BA III



INK THAT SHAPES THE SOUL

Words written in ink may appear silent on the page, yet they possess the power to shape thoughts, emotions, and identities. Literature crafted through ink and imagination, does more than tell stories- it moulds the human soul. Across time and cultures, written words have influenced how individuals understand themselves and the world around them.

Literature introduces us to lives beyond our own. Through poems, novels, and plays, we experience love and loss, conflict and hope, fear and courage. Each character becomes a reflection of human reality, allowing readers to recognize their own emotions in unfair situations. In this way, literature nurtures empathy and emotional depth, qualities essential for meaningful human connection.

Ink also becomes a tool of resistance and awareness. Writers have long used literature to challenge injustice, question social norms, and give voice to the silenced. From classical tragedies to modern narratives, literature exposes the hidden truths of society and urges readers to think critically. It does not impose conclusion; instead, it invites reflection and dialogue.

In the fast-paced modern world, where communication is often brief and superficial, literature demands patience and attention. It encourages readers to slow down, to sit with complexity, and to find meaning in ambiguity. This reflective engagement strengthens not only intellectual understanding but also inner sensitivity.

Ultimately, literature leaves a lasting imprint on the soul. The ink on a page may fade, but the ideas it carries continue to influence thought and character. Literature shapes - how we feel, think, and perceive life. It reminds us that words, though quietly written, possess the power to transform the human spirit.

PALVI VERMA, M.A. I

A FATHER'S LOVE: UNSEEN BUT UNFORGETTABLE

A Father's love is quiet but powerful. It's not always shown in words. But actions that speaks louder than anything else. From teaching us to ride a bike, to waking up early, just to make sure we have breakfast before school; a father's care is constant. **As Emile Gaboriau once said, "A father is the one friend upon whom we can always rely."** This love builds a foundation of trust and courage that stays with us throughout life.

A father's love is also protective. Even when he seems strict, every rule he sets comes from concern and guidance. It's in the way he sacrifices his comfort to give us a better life, or in the silent pride he shows when we achieve even small things. Indeed, fathers often fill the gaps silently in our world.

But beyond protection and guidance, a father's love is full of warmth and support. He is the shoulder we lean on during hard times, the cheer leader celebrating our victories, and the calm voice that reminds us to stay strong. When life gets difficult, his love may not always express with the words like "I LOVE YOU" but it's present in every effort, every hug and every look of encouragement.

To conclude, a father's love is a lifelong gift. It teaches us responsibility, courage and compassion; shaping us into who we are meant to become. **I would like to quote, "Any man can be a father, but it takes someone special to be a dad."** Truly, a father's love is a quiet, endless force that leaves a lasting mark on our hearts.



VANSHIKA, BA II

DEITIES OF INDIA

India is often described as a land of countless Gods and Goddesses. From grand temples to simple roadside shrines, divine presence is everywhere, not just as objects of worship but as a reflection of India's culture, philosophy and imagination.



At the core of Hinduism lies “Brahman”, the ultimate reality, but to help connect with the abstract idea, it is expressed through many forms – the deities.

The “Trimurti” (Brahma- the creator, Vishnu- the preserver, Shiva- the destroyer) and the “Tridevi” (Saraswati, Lakshmi, and Parvati) represent cosmic balance and divine energy.

Indian Gods are not distant or flawless- they are deeply human. Krishna plays the flute and breaks rules with a smile, Kali rages against evil, Shiva meditates in solitude, and through them we explore emotion, morality and purpose.

India's spiritual landscape is also rich in regional and tribal deities; many of them are not found in scriptures but are deeply rooted in local life. Buddhism, Jainism, Sikhism, and tribal traditions also offer diverse vision of the divine.

The symbolism of Indian deities is powerful: Ganesha's elephant head, Durga's lion, and Vishnu's avatars- each element carries meaning.

Even in modern times, Gods remain part of daily life, seen in festivals, rituals, and even digital apps. In a rapidly changing world, India's deities remind us of timeless truths- that divinity can be in many things, and often it lives within.

All together, the deities of India are not just figures of worship but mirrors of humanity's hopes and idols. They remind us that while faith may wear many colours, the essence of divine is one- universal, eternal and infinite.

LAVYA VERMA, BA II

THE FEAR OF FALLING BEHIND

The fear of falling behind is one of the quietest fears of modern life. It does not come from failure alone, but from constant comparison and the belief that life follows a fixed timeline. When our pace does not match socially accepted milestones, doubt slowly replaces confidence, even when effort and growth are present.

Falling behind often has little to do with ability. Many people work hard yet feel inadequate because their journey looks different. Degrees, careers, and stability are expected to arrive on schedule, and when they do not, fear grows. Progress becomes valuable only when it is visible, while inner growth remains unnoticed.

This fear strongly influences choices. People begin to choose what feels safe rather than what feels right. Curiosity is replaced by caution, and personal desires are postponed in the name of security. Over time, this creates lives that appear stable but feel incomplete.

Another effect of this fear is emotional isolation. Struggles are hidden, conversations are filtered, and uncertainty is kept private. When everyone seems confident, those who feel lost assume they are alone, even though many share the same unspoken anxiety.

The fear of falling behind also changes our relationship with time. Time begins to feel like a deadline rather than a space for learning. Each year becomes a reminder of what has not yet happened, making it difficult to value reflection, resilience, and emotional maturity.

Falling behind, however, is not a permanent condition. Life does not move in straight lines, and growth is not always immediate or visible. When success is no longer measured through comparison, fear begins to lose its hold. Falling behind then becomes not a failure, but a pause—one that allows individuals to move forward with greater honesty and self understanding.

LATA PANWAR, MA III

SCARS OF WAR

Styled in a peace cloak
Yet hatred they spoke
Simpleton mercenary people
Glorifies the martyred folk...

The families left behind
Mourn on the deceased remind
Whom to blame when the death's invitation
Beloved himself had signed...

It pierces my heart as I witness this all
Why did they respond to cruel death's call?
The dream to play in the mountain's lap
All of that have been coming to a brutal fall...

I'm human the love who hold
For choosing peace, traitor I got told
Answer me, why to sacrifice life?
That too for people, my country who sold...

If you favour the war
Go fight in the bloody battlefield.
Igniting hatred on socials huh
You ask a soldier to be your shield?

Tired of merciless haters
Where should the lovers go?
How will they search for the remains
of their beloved in a red river's flow?

ANCHAL THAKUR, BA II

EACH DAY CAN BE A GOOD DAY

Sometimes when things go wrong,
it is not easy for us to forget,
The joy we have experienced,
and the good fortune that we've met.
Those rough times become good times,
to cherish friends that we have known,
Of the favours, that they have shown,
To think of the fun-filled times, we've spent,
Nice places that, we've been,
Of the beauty that life offers us, time and again.
A day when things go wrong,
Don't give up, rather embrace the memories
and think of the joyous days.
Live young, live free, live joyfully.

SANJEELA, BA II

THE ARCHITECT OF TOMORROW

The clock is a thief that steals the quiet hours,
As we sit in the glow of the digital screen,
Trading our dreams for a handful of dust,
Forgetting the wonders, that wait to be seen.

We are builders of walls and chasers of shadows,
In a city that never remembers to sleep,
But what of the promises made to the heart?
And the ancient secrets we're meant to keep?

Recall the river that carves through the stone,
It does not use force, it uses its soul,
A thousand small droplets, a million years long,
The patience of water is what makes it whole.

We stand at the base of a mountain so tall,
And we weep at the height of the climb we must face,
Forgetting that mountains are conquered in inches,
One steady heartbeat, one singular pace.

Success is a garden, not a flash in the pan,
It is planted in soil that is bitter and cold,
It is watered by failures we're tempted to hide,
And stories of courage that never were told.

The "cringe" of the seed as it breaks from its shell,
The "awkward" first reach of the vine for the sun,
These are the tremors of life being born,
Before the great race has even begun.

So let the world shout for the fast and the loud,
Let them worship the finish, the fame, and the gold,
But you—find the beauty in being a work in progress,
In a story that's waiting for years to unfold.

The sky does not apologize for its clouds,
The earth does not rush for the sake of the spring,
There is a dignity found in the slow, steady growth,
In the quietest song that a spirit can sing.

Fold up your fears like a map you don't need,
And walk toward the light of a different day,
For the power of habits and the wisdom of trees,
Are the only two things that can show you the way.

You are the architect, the stone, and the spark,
The sum of the choices you make in the dark.
Build something honest, build something true,
The future is waiting for someone like you.

PAYAL, BA II

BACHPAN

The story begins with a girl named Priya, who is going to meet her childhood friend Shravika



after five years today. After graduation both got so busy in their careers that they couldn't get the time to meet each other. But finally they have got the time to do so. The meet up place is the same park where the two used to eat the Samasos they bought from the Chacha's, the vendor outside, after bunking school. But Chacha is not there anymore. After asking some people they get

to know that his son has now settled in America, and has taken him too there. Hearing this, the two get really happy because Chacha's hard work has finally paid off. But it also saddens them because they do not know when they will get to meet him. They are talking about this when the two little girls sitting in front of them begin fighting with each other.

One girl says to the other, "I will not play with you! I am mad at you!"

The other girl says, "I am also mad at you! Let's not talk to each other from today!"

After saying this, both sit with their backs towards each other.

But it hasn't even been five minutes after they had fought that they become friends again.

Seeing this Priya says to Shravika, "It's so strange, isn't it? If it was someone of our age, instead of those two kids, they would not talk to each other for months."

Shravika, agreeing with this, says, "You are right. But that is what childhood is, right? Angry with each other at one moment, and friends at another moment! We used to do the same too."

Hearing this Priya gets lost in her childhood days, when she and Shravika had a lot of fun, without any stress and tension. At that time the two didn't even know the meaning of these words. But she snaps out of those thoughts, telling herself, "No, right now I don't have the time to get lost in childhood memories. I have finally got to meet Shravika after so long. It's going to be stressful after this again."

"Hey! What are you thinking about?" Shravika asks her.

Priya sighs and says, "About something that can't come back now....Childhood."

Shravika doesn't say anything for a few minutes and her gaze falls upon those two little girls again. Slowly, a smile starts appearing on her face and she says to Priya, "Childhood can't be brought back. But at least life's tensions can be solved after looking at it!"

Priya doesn't understand anything and asks Shravika, "What are you trying to say?"

Shravika starts explaining to her, "Look Priya, our lives have become so busy that we don't even have time for ourselves. So why not try to find that time? Yes, childhood can't come back... but that childishness can be kept stored inside us. We have grown up for sure, but those memories are still hidden inside us. We have just put them in a box, locked it and forgot the key somewhere. So why not find that key again and open that memory box again?"

Finally Priya understands what Shravika was trying to tell her, and both friends begin walking towards the two little girls because sometimes kids' fun and joyous ways teach us how to live life better than grown ups' logic and practicality.

**VIBHOOTI
MA III**

THE POWER OF KINDNESS

In today's fast-paced world, kindness is often overlooked. However, small acts of kindness can have a profound impact on individuals and society. A smile, a helping hand, or a listening ear can brighten someone's day and create a ripple effect.

Kindness can reduce stress, improve mental health and foster a sense of community. It's a simple yet powerful tool that can be practiced daily. By importing kindness into our daily lives, we can make a positive difference in the world.

Let's spread kindness and make this world a better place- remember one small act at a time.

**URVASHI
BA III**

CAREER DILEMMA AFTER GRADUATION: STANDING AT THE CROSSROADS

Graduation is often seen as the gateway to success, yet for many students it opens the door to uncertainty. With a degree in hand but no clear direction, graduates find themselves standing at the crossroads. The sudden shift from structured college life to an unpredictable future can feel overwhelming.

One major reason for this confusion is the gap between academic learning and real world expectations. Degree provides knowledge, but careers demand skills, experience and clarity- things many students are still developing. Added to this are family expectations, peer comparisons and the pressure to succeed quickly, which only deepen self-doubt.

However, feeling lost after graduation is not a failure, it is a phase of growth. This period allows young adults to explore interests, build skills and understand what truly motivates them. With time, patience and effort, direction slowly emerges. Sometimes not knowing the way forward is simply the beginning of finding the right path.



HIMANI
BA III

A WOMAN MADE OF WAITING

She learned to wait before she knew her name,
She stood by doors that never clearly came,
They praised her calm and called her patience grace,
Each year she wore endurance without shame,
One night she asked- though fear still the same-
She sits, yet stirs, no longer quite the same,

To carry hope in silence, without flame.
Still blamed herself, neither time, nor rules, nor game.
Admired the mask, but missed the inner flame.
While lost desires forgot why they once came.
Was this her fate, or just a taught-in flame?
A woman made of waiting- learning claim.

LATA PANWAR
MA III

THE TIMELESS TAPESTRY OF ART

Art- a realm where imagination knows no bounds and creativity reigns supreme. It's a reflection of our collective soul, a window to the human experience, and testament to the ingenuity of the human spirit.

From the majestic murals of Ajanta to the vibrant street art of urban India, art has been an integral part of our cultural heritage. It's a language that transcends borders, cultures and time, speaking directly to our hearts.

Whether it's the intricate brushstrokes of a Raja Ravi Varma or the bold strokes of a contemporary artist, art has the power to evoke emotions, challenge perspectives, and inspire change. It's a journey of self-discovery, a celebration of life, and a reflection of our shared humanity.

As we navigate the complexities of modern life, art reminds us of the beauty, simplicity, and elegance that surround us. It's a timeless treasure, a gift to us and future generations.

Let's cherish, create and celebrate art in all its forms- for it's the ultimate expression of our collective creativity and imagination.

ADITI BANSAL
BA III

THE POWER OF SMALL BEGINNINGS

In the busy routine of college life at **RKMV Shimla**, many of us keep waiting for the perfect moment to start something new. We feel we require more confidence, more time, or more experience. But the truth is every achievement begins with a small step.



Every tiny seed grows into a big tree- not because it was strong in the beginning but because it decided to start.

I remember the first day I tried to read a book, I found it difficult. I challenged myself that I would read only two pages, JUST TWO. But those two pages became a chapter, and then many more. The small beginning slowly changed into a habit. I am thankful for it today. It taught me that starting small is not weakness- it is wisdom.

Our campus is teeming with hopes and dreams- improving skills, joining activities, studying better, exploring hobbies and much more. But many of us choose to stop because the first step feels so overwhelming.

We forget that small steps are powerful, they make us consistent, and they teach us courage and take us forward when motivation doesn't.

ONE STEP TODAY IS BETTER THAN A PERFECT PLAN "SOMEDAY".

As a reminder, I love this simple quote by Lao Tzu:

"A journey of thousand miles begins with a single step"

To all the students reading this- don't wait for everything to be perfect. Start where you are, with what all you have. Your small beginnings today may become the story someone else looks up to someday. Sometimes the smallest step ends up creating the biggest change.

HEMLATA
BA II

LIFE TEACHES QUIETLY

Life does not always teach us through big moments. Most of its lessons come silently through small experiences, we often ignore. A simple failure, a kind word, a long wait, or even a moment of loneliness, slowly shapes who we are.

Life does not move according to our plans. Sometimes we try our best and still fall short. At first, this feels unfair, but later we realize that every delay teaches patience and every disappointment builds strength. Life shows us that growth is not about being perfect, but about continuing even when things feel uncertain.

Life motivates us not by giving us easy paths, but by proving that we are stronger than our fears. When we choose to rise again, to believe again and to try one more time, we grow closer to our true potential.

"Fear may knock, don't you stop, climb the hill, and reach the top"

SANJANA KAPOOR
BA III

PUBLIC TRANSPORT WORKERS: THE HEROES WE FORGET

Every day we travel to college, work or markets without thinking about the people who make that journey possible. Public transport workers, especially bus drivers and conductors, are the silent backbone of our daily life.

In places like Himachal, their work becomes even harder. They start their day around 4-5 am, no matter if it's raining, snowing, foggy or freezing cold. The roads are narrow, the turns are sharp, and landslides are always a possibility. Still they drive those long routes daily.

While passengers talk, sleep or scroll on their phones, the driver stays fully alert because the safety of dozens of people rests on his shoulders. The conductor manages the crowd and guides passengers.

Maybe we cannot change their entire productivity, but we can give something very basic- "respect". A smile or just a polite behaviour can make their day better.

SHARDA
BA II

THE POWER OF SMALL HABITS

Every college student dreams of success—top grades, meaningful friendships, exciting opportunities. But what if I told you that neither success is built overnight, nor through grand plans alone. Instead, it is the small, everyday habits we cultivate that ultimately define who we become.

You might think that waking up early, eating healthy, studying extra hours, or hitting the gym daily are all difficult to maintain. At first glance, they feel big. But when we break them down, they are simply tiny choices we make every morning and every night.

Imagine this: you decide to read just 10 pages daily. Over a year, that's over 3,500 pages—equivalent to more than a dozen books. Or consider going to bed 30 minutes earlier; that extra sleep improves your focus, mood, and memory over time. These are not leaps; these are small gains compounded over days and months.

The beauty of small habits lies in their simplicity. They don't require massive willpower—just consistency. When practiced daily, even modest behaviours feel like growth. They become part of who we naturally are, shaping our discipline, resilience, and confidence.

So if you ever feel overwhelmed by big goals, don't worry. Start small. Choose one tiny habit today—may be reading, journaling, or exercising—and build from there. Over time, you'll be amazed by how far these little choices will take you.

Remember: Success isn't a giant leap—it's the sum of many small steps.



NEHA TRAIL
BA II

LIFE THROUGH A SMARTPHONE SCREEN

I wake to light from a glowing screen,
before the sun is even seen.
Faces smile in pixels small,
voices typed, no voice at all.
The world fits in my waiting hand,
news and dreams at my command.
I scroll through lives I do not know,
watching moments come and go.
We laugh in likes, we cry in texts,
living now in what comes next.
So close online, yet far apart,
touching screens, not the hearts.

VANSHIKA KAITH
BA II

THE BEAUTY OF NATURE

Nature breathes in quiet ways,
Beyond the rush of human days.
Skies that listen, rivers that flow,
Teach us truths, we already know.

In its calm, our minds grow clear—
Beauty speaks when we pause to hear.
The sky speaks in shades of endless blue,
The earth breathes life in every hue.

Silent hills, firm and wise,
Teach us strength that never cries.
In nature's calm, we clearly see,
The quiet truth of harmony.

RANJANA
BA I

LEARNING TO SIT WITH DOUBT: LITERATURE'S GIFT

We are often taught—both in classrooms and outside them—that knowing is power. The faster we reach conclusions, the more confident we appear. Uncertainty, on the other hand, is usually treated as weakness. Literature, interestingly, works in the opposite direction. It does not reward quick answers. It slows us down and asks us to remain with questions longer than we are comfortable with.

As students of English literature, we frequently encounter texts that resist clear meaning. A poem refuses to say exactly what it wants. A novel ends without closure. A character makes a choice that feels incomplete or even wrong. At first, this can be frustrating. We search for explanations, summaries, and “approved” interpretations. But gradually, something changes. We begin to realize that the discomfort itself is part of the experience.

Take modern literature, for instance. Writers like Kafka or Woolf do not guide readers gently. They present broken narratives, unstable minds, and unresolved conflicts. The point is not to understand everything, but to experience confusion in a controlled space. Literature becomes a place where uncertainty is allowed, even valued.

Indian literary thought also recognizes this subtlety. The idea of *dhvani* suggests that meaning does not always lie on the surface. What is hinted at, what remains unsaid, often carries greater emotional weight. This approach trusts the reader. It assumes that meaning will emerge slowly, shaped by personal feelings and reflection rather than instant clarity.

In an academic setting, this can feel risky. We worry about being wrong, about missing the “correct” answer. Yet, the most memorable classroom discussions often arise from disagreement and hesitation. When interpretations differ, literature comes alive. It stops being a fixed object and becomes a living conversation.



Outside the syllabus, literature continues to work on us quietly. A line read years ago suddenly makes sense during a moment of personal crisis. A character’s confusion mirrors our own. In these moments, literature does not offer solutions—it offers recognition. It tells us that uncertainty is not unique to us; it is part of the human condition.

Perhaps this is why literature remains relevant even today. In a world obsessed with certainty, it teaches patience. It encourages listening instead of arguing, reflection instead of reaction. It does not demand answers but invites understanding.

For an MA student, learning literature is not just about mastering texts or theories. It is also about learning to live with doubt—without fear, without urgency. Literature teaches us that not knowing can be a beginning, not a failure.

NEHA VERMA
MA III

MY FERVOR

Who am I in this vast universe?
What’s my place?
What’s my space?
What’s my purpose?
I don’t know,
But I want to glow...

I want to create a masterpiece
My beautiful creation
My heart’s celebration
My imagination’s glimpse
Something my soul nurtures
Something I can call my magnum opus

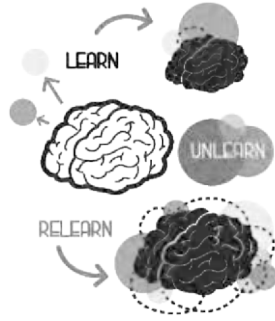
Deep down I am truly beautiful
I would like to know myself
I would like to love myself
I would like to be my bloom
Travelling the world
That’s also something I crave for

Hopefully I’ll find all these things
Hopefully I’ll love my soul, like I love the spring

VIBHOOTI
MA III

THE ART OF UNLEARNING

We spend the first two decades of our lives focused on one goal: learning. We collect facts, memorize formulas, and absorb the beliefs of our teachers, parents, and peers. We treat our minds like a library, constantly adding new volumes of information. But as we transition into adulthood and navigate the complexities of life, we discover a hidden truth: true intelligence isn't just about what you know—it is about what you are willing to unlearn.



The Invisible Scripts

From a young age, we are handed “scripts” for how life should go. We are told that success looks like a specific GPA, that happiness is a high-paying corporate job, and that failure is something to be avoided at all costs. These ideas become the foundation of our identity. However, many of these scripts were written by generations before us, for a world that no longer exists.

Unlearning is the process of examining these “invisible scripts” and asking, “Is this actually true for me?” It is the courage to discard a belief that is no longer serving your growth, even if that belief is comfortable or popular.

The Power of the “Beginner’s Mind”

In the professional world, the most dangerous phrase is: “We’ve always done it this way.” This mindset is the graveyard of innovation. The most impactful thinkers in history—from Galileo to Steve Jobs—attained greatness because they were able to unlearn the “obvious” truths of their time.

By practicing the “Art of Unlearning,” you cultivate what Zen Buddhists call the “Beginner’s Mind.” This is a state of being where you approach every problem with curiosity rather than a set of preconceived answers. It allows you to see possibilities that others miss because they are too blinded by their own expertise.

How to Start Unlearning

Unlearning is much harder than learning because it requires us to admit we might have been wrong. It requires us to strip away the ego. To start this process, ask yourself three questions:

Which of my opinions have I never truly questioned?
Am I holding onto a dream because I want it, or because I was told I should want it?

What would I do today if I wasn’t afraid of failing the “traditional” way?

The Final Evolution

The goal of education shouldn’t just be to turn you into a walking encyclopaedia. It should be to turn you into a filter—someone who can process information, keep what is valuable, and discard what is outdated.

As you walk through the halls of this college, don’t just ask yourself what you are learning today. Ask yourself what you are letting go of. The most liberated version of you isn’t hidden under more knowledge; it is found by peeling back the layers of things you were taught but never chose.

To learn is to grow; to unlearn is to evolve.

MINAKSHI
BA II

LIFE BEYOND GRADES

Grades play an important role in education, but they are not the only measure of a student’s ability. True learning goes beyond marks and exams. Life teaches us skills that textbook cannot, such as communication, creativity, leadership, and emotional intelligence.

Participating in sports, cultural activities, debates, social work and internships help students to gain confidence and give them a real-world experience. These activities prepare us to face challenges of life. Failure in exams should not be seen as the end; instead it is a lesson that builds strength and determination.

In today’s world, success depends on passion, skills and continuous learning. Life beyond grades helps students grow into responsible, confident and capable individuals, ready for their future.

SNEHA, BA III

THE COST OF COOL: WHY WE MUST EMBRACE THE “CRINGE”

We live in an age of the “curated self”. Between social media feeds and the pressure of campus life, we are constantly encouraged to present a version of ourselves that is effortless, polished, and perpetually “cool”. We have become so skilled at filtering our lives that we have developed a collective phobia of its opposite: the “cringe.”

We define “cringe” as anything that feels too earnest, too loud, or too unpolished. It’s the fear of being the only person dancing, the fear of asking a “stupid” question in a lecture hall of three hundred people, or the fear of posting a poem that hasn’t been vetted by three friends. We stay in the shadows of our own lives because we are terrified that if we step into the light, someone might see us stumble.

The Beginner’s Tax

But here is the uncomfortable truth; growth is inherently uncool. Every skill you admire in another person began as a series of awkward, clumsy, and “cringey” attempts. The athlete you see winning medals once spent years tripping over their own feet. The brilliant writer once produced pages of nonsense. The confident public speaker once had a voice that shook like a leaf.

When we avoid the “cringe,” we aren’t just avoiding embarrassment; we are avoiding evolution. By refusing to look like a beginner, we ensure that we never become a master. We trade our potential for the safety of a silent room.

The Power of Being Earnest

There is also a hidden strength in being “too much”. The people who move the world are rarely the ones standing at the back of the room with their arms crossed, judging others. They are the ones in the arena. They are the people who care “too much”, who try “too hard”, and who are “too loud” about their passions.

Authenticity requires a high level of bravery because it is vulnerable. It is easy to be a critic; it is incredibly difficult to be a creator. When you allow yourself to be

seen in your unpolished state, you give others permission to do the same. You break the cycle of perfectionism that keeps so many of us paralyzed.

Your Challenge

As you flip through this magazine, I want you to consider what you have been holding back. Which project have you delayed because it’s “not ready”? What opinion have you swallowed because it’s “not popular”?

This year, let us make a pact to be less “cool” and more “alive”. Let us have the courage to be “cringey”. Let us be the ones who try, the ones who fail, and the ones who get back with a smile, because on the other side of that temporary embarrassment isn’t just success—it is the absolute freedom of being exactly who you are meant to be.

ARUNIMA
BA II

GEN Z: TIRED, AWARE AND STILL STANDING

GEN Z born into chaos, raised by screens and expected to save the world we didn’t break. We learnt about war before peace, stress before stability and survival before dreams. We scroll through tragedies between lectures and laugh through pain because stopping would mean feeling everything at once. So we learn to adapt, we always do.

They call us fragile. But weakness doesn’t survive this much pressure. We speak about mental health because silence nearly destroyed us. We question systems because blind obedience failed generations before us.

Yes, we are tired, burnt- out, but we’re not empty. Behind the screams and sarcasm is a generation that still hopes, still fights, still believes change is possible- even when it feels heavy. We are learning that healing doesn’t mean hiding and awareness doesn’t mean inaction. We don’t need to be fearless. We just need to keep showing up.

ANJALI GOSWAMI,
BA III



डॉ. निशा चौहान
सहायक आचार्या, हिन्दी, प्राध्यापिका संपादक



कामना शर्मा
छात्र संपादिका



संपादकीय

लेखन केवल शब्दों का संयोजन नहीं, बल्कि भावनाओं, विचारों और अनुभूतियों की सजीव अभिव्यक्ति है। इसी भावना के साथ प्रत्येक वर्ष की भाँति इस वर्ष भी हमारी प्रिय पत्रिका 'पदम' का प्रकाशन हम सभी के लिए अत्यन्त हर्ष और गर्व का विषय है।

इस अंक में छात्राओं ने अपनी रचनात्मक प्रतिभा, कल्पनाशीलता और संवेदनशील दृष्टि का सुंदर परिचय दिया है। उनकी रचनाएँ जीवन के विविध पक्षों को स्पर्श करती हैं और साहित्य के प्रति उनकी रुचि को भी व्यक्त करती हैं।

मैं हिन्दी विभाग की आचार्या डॉ. निशा चौहान जी के प्रति आभार व्यक्त करती हूँ, जिन्होंने मुझ पर विश्वास करते हुए छात्र सम्पादिका की जिम्मेदारी सौंपी। साथ ही उन सभी छात्राओं का भी धन्यवाद, जिनकी रचनाओं से यह अंक समृद्ध हुआ है।

आशा है कि 'पदम' पत्रिका का यह अंक पाठकों को अवश्य प्रभावित करेगा और उन्हें चिंतन के लिए प्रेरित करेगा।

कामना शर्मा
छात्र सम्पादि

देव संस्कृति: हिमाचल की आस्था और प्रकृति का दिव्य संगम

हिमाचल प्रदेश को यँ ही देवभूमि नहीं कहा जाता। यहाँ की पावन धरती पर कदम-कदम पर देवताओं का वास माना जाता है। ऊँचे पर्वत, निर्मल नदियाँ और हरे-भरे वन इस भूमि को आध्यात्मिक आभा प्रदान करते हैं। यहाँ की देव संस्कृति केवल धार्मिक परंपरा नहीं, बल्कि लोगों के जीवन और आस्था से गहराई से जुड़ी हुई है।

हिमाचल के गाँवों में स्थानीय देवताओं के मंदिर और उनसे जुड़ी परंपराएँ आज भी जीवंत हैं। जब ढोल-नगाड़ों की धुन पर देवताओं की शोभायात्रा निकलती है, तब पूरा वातावरण श्रद्धा और उत्साह से भर उठता है। ऐसे अवसर केवल धार्मिक अनुष्ठान नहीं, बल्कि सामाजिक एकता और सामूहिक आस्था के प्रतीक होते हैं।

हिमाचल की देव संस्कृति प्रकृति के प्रति सम्मान की भावना भी सिखाती है। यहाँ नदियों को माता, पर्वतों को देव और वृक्षों को पूजनीय माना जाता है। यही परंपरा हमें पर्यावरण संरक्षण का संदेश देती है और मनुष्य तथा प्रकृति के बीच संतुलन बनाए रखने की प्रेरणा देती है।

आज के आधुनिक युग में देव संस्कृति हमें अपने मूल्यों और परंपराओं से जुड़े रहने की सीख देती है। नई पीढ़ी का कर्तव्य है कि वह इस अमूल्य सांस्कृतिक धरोहर को समझे और इसे आगे बढ़ाए। क्योंकि यही संस्कृति हिमाचल की पहचान और उसकी आत्मा है।



महक
कला स्नातक, द्वितीय वर्ष

नशा मुक्ति

नशा आज के समय की एक गंभीर समस्या बन चुका है। शराब, तंबाकू, सिगरेट और ड्रग्स जैसे नशे मनुष्य के शरीर और मन दोनों को नुकसान पहुंचाते हैं। नशा करने से व्यक्ति की सोचने-समझने की क्षमता कम हो जाती है और वह अपने परिवार तथा समाज से दूर होता जाता है।

नशे का सबसे बुरा असर स्वास्थ्य पर पड़ता है। इससे कैंसर, लीवर की बीमारी और मानसिक तनाव जैसी समस्याएँ उत्पन्न होती हैं। इसके साथ ही परिवार में झगड़े, आर्थिक परेशानी और समाज में अपराध भी बढ़ते हैं।

नशा मुक्ति के लिए सबसे जरूरी है मजबूत इच्छा शक्ति। योग, ध्यान और परिवार का सहयोग नशा छोड़ने में मदद कर सकते हैं। हमें स्वयं भी नशे से दूर रहना चाहिए और दूसरों को भी इसके नुकसान के बारे में जागरूक करना चाहिए।

एक स्वस्थ और खुशहाल जीवन के लिए नशा मुक्त समाज बनाना बहुत आवश्यक है।

धाविका

कला स्नातक द्वितीय वर्ष

दादा जी

मेरे प्यारे दादा जी,
अब आप हमारे पास नहीं हैं,
पर आपकी यादें आज भी
हमारे दिल के बहुत पास हैं।
आपकी मीठी बातें,
आज भी कानों में गूँजती हैं,
आपकी सिखाई हुई सीख
हमारे जीवन को राह दिखाती हैं।
जब भी हम उदास होते थे,
आप हमें हँसाया करते थे,
प्यार से समझाकर
हर परेशानी दूर कर देते थे।
आपकी गोद में बैठकर
हमें बहुत सुकून मिलता था,
आपकी कहानियाँ सुनकर
हर दिन खास बन जाता था।
आप हमें मेहनत करना सिखाते थे,
सच्चाई का रास्ता दिखाते थे,
अच्छे संस्कार देकर
जीवन को सुंदर बनाते थे।

वो कौन है?

वो नारी है।
जिसने जन्म लेते ही
घर-आँगन में समृद्धि बनकर
माँ लक्ष्मी का रूप धारण किया।
वो नारी है।
जिसने ज्ञान और प्रतिभा से
आकाश की ऊँचाइयों को छूकर
माँ सरस्वती का स्वरूप अपनाया।
वो नारी है।
जिसने अन्याय और अत्याचार के विरुद्ध
अडिग साहस के साथ खड़े होकर
माँ काली का रूप दिखाया।
वो नारी है।
जिसने कठिन परीक्षाओं की अग्नि में तपकर
अपने धैर्य और मर्यादा से
जीवन को उज्ज्वल बनाया।
नारी केवल एक रूप नहीं,
वह शक्ति, करुणा और साहस का संगम है
वह सृजन की जननी भी है
और आवश्यकता पड़ने पर
अधर्म के विनाश की ज्वाला भी।

तमन्ना राज्दा

कला स्नातक द्वितीय वर्ष

दिव्या नौटा

कला स्नातक, तृतीय वर्ष

ज्ञान ही शक्ति है

ज्ञान ही वास्तविक शक्ति है। यह वह प्रकाश है जो मनुष्य के जीवन को सही दिशा प्रदान करता है। ज्ञान केवल पुस्तकों में लिखी बातों को याद कर लेने का नाम नहीं है, बल्कि जीवन को समझने, सही-गलत का निर्णय करने और समाज में बेहतर ढंग से जीने की क्षमता प्रदान करने वाला माध्यम है।

यहाँ जिस ज्ञान की बात की जा रही है, वह केवल पाठ्यपुस्तकों से प्राप्त शैक्षिक ज्ञान तक सीमित नहीं है, बल्कि नैतिक ज्ञान, व्यावहारिक ज्ञान और सामाजिक समझ भी उतनी ही महत्वपूर्ण है। शैक्षिक ज्ञान हमें पढ़ना-लिखना, तर्क करना और दुनिया को समझना सिखाता है नैतिक ज्ञान हमें सत्य, ईमानदारी और मानवीय मूल्यों का मार्ग दिखाता है जबकि व्यावहारिक ज्ञान हमें जीवन की परिस्थितियों से सही ढंग से निपटना सिखाता है।

स्कूली शिक्षा बच्चे के जीवन का पहला चरण होती है, जहाँ वह ज्ञान की मूलभूत नींव प्राप्त करता है। विद्यालय में प्राप्त शिक्षा केवल जानकारी नहीं देती, बल्कि सोचने-समझने की क्षमता भी विकसित करती है। जिस प्रकार एक दीपक अंधकार को दूर करके चारों ओर प्रकाश फैलाता है, उसी प्रकार ज्ञान मनुष्य के जीवन को प्रकाशित करता है और उसे अज्ञानता के अंधकार से बाहर निकालता है।

अतः यह कहा जा सकता है कि ज्ञान ही वह शक्ति है जो मनुष्य को सफल, जागरूक और श्रेष्ठ बनाती है। ज्ञान के माध्यम से ही व्यक्ति अपने जीवन को सार्थक बनाता है और समाज के विकास में भी महत्वपूर्ण योगदान देता है।

ट्रिवंकल

कला स्नातक द्वितीय वर्ष

बचपन

एक बचपन का जमाना था,
जिसमें खुशियों का खजाना था
चाहत चाँद को पाने की थी,
पर दिल तितली का दीवाना था।
खबर न कुछ सुबह की,
ना शाम का ठिकाना था।
थक कर आना स्कूल से,
पर खेलने भी जाना था।
माँ की कहानी थी,
परियों का फसाना था।
बारिश में कागज की नाव थी,
हर मौसम सुहाना था।
हर रिश्ता निभाना था,
गम की जुबान न थी।
न जख्मों का पैमाना था,
रोने की वजह न थी,
न हँसने का बहाना था।
आखिर क्यों हो गए हम इतने बड़े,
इससे अच्छा तो वह बचपन का जमाना था।

सिमपी शर्मा

कला स्नातक द्वितीय वर्ष

नारी त्याग

नारी त्याग की मूरत है,
ममता की वो मूरत है।
अपनों के सुख की खातिर,
हर दुख सहने को तैयार है।
माँ बनकर रातें जागे,
सपनों को अपने त्यागे।
परिवार की खुशियों के लिए,
अपने अरमान भी त्यागे।
बहन बनकर स्नेह लुटाए,
पत्नी बन हर साथ निभाए।
हर रिश्ते को प्रेम से सींचे,
हर घर को स्वर्ण बनाए।
आँधी आए या हो अंधियारा,
नारी बने उजियारा।
चुपचाप सहकर पीड़ा सारी,
फिर भी रखे मुस्कान प्यारी।
नारी का त्याग महान है,
उससे ही जग की शान है।
सम्मान करें हम हर नारी का,
यही हमारा अभिमान है।

रिया वर्मा

कला स्नातक द्वितीय वर्ष

आत्मविश्वास की शक्ति

आत्मविश्वास वह शक्ति है जो किसी भी व्यक्ति को सफलता की ओर आगे बढ़ने का साहस देती है। यह केवल स्वयं पर विश्वास नहीं, बल्कि अपनी क्षमताओं, निर्णयों और सपनों पर भरोसा करने की भावना है। जिस व्यक्ति में आत्मविश्वास होता है, वह कठिन से कठिन परिस्थितियों का सामना धैर्य और साहस के साथ करता है।

जीवन में कई बार असफलताएँ और चुनौतियाँ आती हैं। ऐसे समय में आत्मविश्वास ही हमें टूटने से बचाता है। यह हमें यह विश्वास दिलाता है कि हम अपनी गलतियों से सीखकर दोबारा प्रयास कर सकते हैं। इतिहास में अनेक महान व्यक्तियों ने अपने आत्मविश्वास के बल पर असंभव कार्यों को संभव किया। उदाहरण के लिए, ए.पी.जे. अब्दुल कलाम ने साधारण परिवार से होने के बावजूद अपने आत्मविश्वास और मेहनत से भारत के राष्ट्रपति पद तक का सफर तय किया।

आत्मविश्वास हमें सकारात्मक सोचने की प्रेरणा देता है। जब हम स्वयं पर भरोसा करते हैं, तो हमारे कार्यों में दृढ़ता और स्पष्टता दिखाई देती है। इससे समाज में हमारी एक अलग पहचान बनती है। आत्मविश्वासी व्यक्ति दूसरों को भी प्रेरित करता है और नेतृत्व की क्षमता विकसित करता है।

हालाँकि, आत्मविश्वास और अहंकार में अंतर समझना आवश्यक है। आत्मविश्वास विनम्रता के साथ जुड़ा होता है, जबकि अहंकार व्यक्ति को दूसरों से दूर कर देता है। इसलिए हमें संतुलित और सकारात्मक आत्मविश्वास विकसित करना चाहिए।

अंततः कहा जा सकता है कि आत्मविश्वास सफलता की कुंजी है। यदि हम अपने भीतर की शक्ति को पहचान लें और स्वयं पर विश्वास रखें, तो कोई भी लक्ष्य हमारे लिए असंभव नहीं रहेगा।

पायल वर्मा

कला स्नातक द्वितीय वर्ष

स्मृतियों में जीवित

एक आलोक: मेरे पिता

जीवन के विस्तृत आकाश तले,
जब सपनों को आकार देती हूँ,
आपकी दी हुई सीख की रोशनी में,
हर नई दिशा को पहचान लेती हूँ।
आप भले दृश्य नहीं इस जग में,
पर चेतना में सदा विद्यमान हैं,
मेरे हर संघर्ष की जीत में,
आपका ही संवाद है।
संघर्षों की तपती दोपहरी में,
आप छाया बन साथ निभाते हैं,
डगमगाते विश्वास को थामे,
मुझमें फिर संबल भर जाते हैं।
मेरी उपलब्धियों की हर सीढ़ी पर,
आपकी प्रेरणा का स्पर्श है,
मेरे व्यक्तित्व की हर आभा में,
आपके संस्कारों का ही वर्चस्व है।
समय बदलता रहे निरंतर,
पर यह सत्य अमिट रहेगा दृ
पिता का स्नेह भले अदृश्य हो,
पर संतानों के जीवन में,
सदैव दीपक बन जलता रहेगा।

संकल्प एक नई शुरुआत का

नशा नहीं है शान कोई,
यह जीवन की हार है।
क्षणिक सुख का झूठा सपना,
पर भीतर अंधकार है।
शुरू में लगता साथी जैसा,
देता झूठा सहारा है,
धीरे-धीरे छीन लेता,
जीवन का उजियारा है।
माँ की आँखों के आँसू,
बाप का टूटा विश्वास,
नशे की आग में जलता,
घर-परिवार और हर आस।
छोड़ो इस जंजीर को अब,
तोड़ो इसकी हर दीवार,
संकल्प लो नई सुबह का,
जीवन होगा फिर से साकार।
स्वास्थ्य, सुख और सम्मान,
सब मिलते हैं दूर नशे से,
आओ मिलकर कदम बढ़ाएँ,
नई राह चुनें हिम्मत से।

-कामना शर्मा

कला स्नातक द्वितीय वर्ष

प्रेमलता

कला स्नातक द्वितीय वर्ष

कठिन परिश्रम का उज्ज्वल परिणाम

परिश्रम जीवन की वह कुंजी है जो सफलता के द्वार खोलती है। बिना मेहनत के कोई भी व्यक्ति अपने लक्ष्य को प्राप्त नहीं कर सकता। संसार में जितने भी महान और सफल लोग हुए हैं, उनकी सफलता के पीछे कठोर परिश्रम का ही हाथ रहा है।

कहा जाता है कि मेहनत का फल मीठा होता है। जब हम पूरे मन और लगन से कार्य करते हैं, तो परिणाम अवश्य ही सकारात्मक मिलता है। भले ही सफलता देर से मिले, लेकिन सच्चे प्रयास कभी व्यर्थ नहीं जाते। परिश्रम हमें धैर्य, अनुशासन और आत्मविश्वास सिखाता है।

इतिहास में अनेक उदाहरण मिलते हैं जहाँ लोगों ने कठिन परिस्थितियों में भी हार नहीं मानी। उदाहरण के लिए, ए. पी. जे. अब्दुल कलाम ने साधारण परिस्थितियों से उठकर अपनी मेहनत और लगन के बल पर ऊँचाइयों को छुआ। उनका जीवन हमें सिखाता है कि निरंतर प्रयास और परिश्रम से हर सपना साकार हो सकता है।

परिश्रम केवल सफलता ही नहीं देता, बल्कि हमारे व्यक्तित्व को भी निखारता है। यह हमें आत्मनिर्भर बनाता है और जीवन में संघर्षों का सामना करने की शक्ति देता है।

अंततः, परिश्रम के फल सदैव मधुर और संतोषदायक होते हैं। यदि हम ईमानदारी और लगन से मेहनत करें, तो जीवन में कोई भी लक्ष्य असंभव नहीं रहेगा।

हिमानी शर्मा

कला स्नातक द्वितीय वर्ष

नारी शक्ति

नारी केवल कोमल नहीं,
वह शक्ति का अमर प्रतीक है।
ममता की मधुर सरिता है,
साहस का अडिग संगीत है।
वह जीवन की प्रथम गुरु है,
संस्कारों की वह आधारशिला है।
उसकी गोद में पलकर ही,
मानवता की हर कली खिली है।
त्याग, तपस्या और धैर्य की,
वह अनुपम सजीव कहानी है।
जहाँ नारी का आदर होता है,
वहाँ सुख और समृद्धि बसती है।
नारी के साहस और सम्मान से ही,
सभ्यता की ज्योति प्रज्वलित रहती है।

अमृता

कला स्नातक, द्वितीय वर्ष

क्यों जलाते हो आग

क्यों जलाते हो आग तुम
इन छोटे-छोटे जीवों के घर ?
ये भी धरती के बच्चे हैं,
तुम्हारी एक छोटी चिंगारी
इनकी दुनिया जला देती है,
नन्हे-नन्हे इन प्राणों को
पल भर में बुझा देती है।
सोचो जरा, क्या दोष इनका
जो तुम इतने क्रूर बन जाते हो ?
जीवन देने वाली धरती पर
तुम क्यों विनाश मचाते हो ?
प्रेम और दया का दीप जलाओ,
मन से हर अंधकार मिटाओ।
प्रकृति ने जो जीवन दिया है,
उसका मान सदा तुम निभाओ।
नन्हे-नन्हे इन प्राणियों को भी
जीने का पूरा अधिकार है,
धरती माँ की इस गोद में
सबका सम्मान संसार है।

आकृति, कला स्नातक तृतीय वर्ष

कोशिश कर

कोशिश कर, हल निकलेगा,
आज नहीं तो कल निकलेगा।
अर्जुन सा लक्ष्य रख,
सही निशाना लगाय
मरुस्थल से भी एक दिन
जल निकलेगा।
मेहनत कर, पौधों को पानी दे,
बंजर भूमि से भी
फल निकलेगा।
सीने में उम्मीदों को
हमेशा जिंदा रख,
समुद्र से भी कभी
गंगाजल निकलेगा।
कोशिशें जारी रख
कुछ कर गुजरने की,
फौलाद से भी
बल निकलेगा।
कोशिश कर, हल निकलेगा,
आज नहीं तो कल निकलेगा।

अनुषा समृति, कला स्नातक तृतीय वर्ष

डिजिटल युग में युवाओं की भूमिका

आज का युग डिजिटल युग कहलाता है। इंटरनेट, मोबाइल फोन और सोशल मीडिया ने हमारे जीवन को पूरी तरह बदल दिया है। खासकर युवाओं पर इसका गहरा प्रभाव पड़ा है। आज का युवा तकनीक से जुड़ा हुआ है और दुनिया की हर जानकारी उसके हाथ में है।

डिजिटल माध्यमों ने शिक्षा के क्षेत्र में नई क्रांति लाई है। ऑनलाइन कक्षाएँ, ई-पुस्तकें और शैक्षणिक वीडियो के माध्यम से विद्यार्थी घर बैठे ज्ञान प्राप्त कर सकते हैं। इससे समय और संसाधनों की बचत होती है। साथ ही, युवा अपनी प्रतिभा को सोशल मीडिया और विभिन्न प्लेटफॉर्म के माध्यम से दुनिया के सामने प्रस्तुत कर सकते हैं।

लेकिन डिजिटल युग के कुछ नकारात्मक प्रभाव भी हैं। अत्यधिक मोबाइल उपयोग से समय की बर्बादी, मानसिक तनाव और एकाग्रता में कमी जैसी समस्याएँ बढ़ रही हैं। इसलिए आवश्यक है कि युवा तकनीक का उपयोग संतुलित और सकारात्मक तरीके से करें।

युवाओं को चाहिए कि वे डिजिटल साधनों का प्रयोग अपने कौशल विकास, ज्ञान वृद्धि और समाज सेवा के लिए करें। यदि युवा सही दिशा में तकनीक का उपयोग करें, तो वे देश के विकास में महत्वपूर्ण योगदान दे सकते हैं।

अंततः कहा जा सकता है कि डिजिटल युग युवाओं के लिए अवसरों से भरा है। आवश्यकता केवल इस बात की है कि वे इसे समझदारी और जिम्मेदारी के साथ अपनाएँ।

अनु

कला स्नातक द्वितीय वर्ष

हिमाचली शान

कहीं झरने, कहीं ऊँचे पहाड़,
घने जंगल और हसीन बादल समझ लेना।
मैं जन्मत कहूँगी
आप उसे हिमाचल प्रदेश समझ लेना।
मैं कहूँ राहर मनोहर वास्तुकला का,
तो आप उसे शिमला समझ लेना।
मैं कहूँ वादियों का सौंदर्य,
तो आप उसे चम्बा समझ लेना।
जहाँ ताजगी रूह को छू जाए,
उसे कुल्लू और मंडी समझ लेना।
जहाँ अपनापन बसे हर दिल में,
उसे सोलन, बिलासपुर और सिरमौर समझ लेना।
मेवों की टोकरी जैसे खजाना,
उसे किन्नौर समझ लेना।
स्वाद और संस्कृति की डोर,
उसे कांगड़ा धाम समझ लेना।
और जहाँ वीरता की गाथा गूँजे,
उसे हमीरपुर की भूमि समझ लेना।
लेकिन वीरता की असली पहचान,
मैं कहूँगी कांगड़ा की शान समझ लेना।
जब भी मैं जन्मत कहूँ,
तो आप उसे हिमाचल प्रदेश समझ लेना।

कोमल

कला स्नातक द्वितीय वर्ष

चिट्टे की लत: चेतावनी

क्यों लेते हो तुम चिट्टे का जहर,
क्यों बनाते हो जीवन को कहर ?
क्षणभर का सुख जो लगता है मीठा,
धीरे-धीरे बदलता सब कुछ पीड़ा में सीधा।
पहली बार जिज्ञासा में इसे अपनाया,
फिर इसने धीरे-धीरे तुम्हें अपना बनाया।
जो लगा था राहत का छोटा सा द्वार,
वही बन गया जीवन का अंधकार।
अब गलियों में भटकते हो लाचार,
"माल है ? माल है ?" पुकारते बार-बार।
इच्छा पाने की लगी बेसिर प्यास,
भूल गए घर-परिवार और सबका विश्वास।
नशा कभी जीवन नहीं सँवारता,
हर खुशी को ही मारता, यह फसाता।
धीरे-धीरे सब कुछ छिन जाता है,
अंत में बस पछतावा ही रह जाता है।
अब भी समय है, संभल जाओ तुम,
इस अंधेरे से बाहर आओ तुम।
जीवन अनमोल है, इसे पहचानो तुम,
नशे की राह छोड़ो, जीवन को बचाओ तुम।

ज्योत्सना शर्मा

कला स्नातक तृतीय वर्ष

खेलों से बनता मजबूत व्यक्तित्व

खेलों से जीवन में आती नई उमंग,
तब मैं शक्ति, मन में जागो तरंग।
मैदान में जब कदम बढ़ते हैं,
सपनों के दीप भी तब जलते हैं।
दौड़, कूद और परिश्रम की राह,
सिखाती हमें साहस की चाह।
जीत मिले तो विनम्र रहना,
हार मिले तो फिर से बहना।
खेल सिखाते धैर्य और अनुशासन,
बढ़ाते मन में आत्मविश्वास का स्पंदन।
मित्रता, सहयोग और सच्चा व्यवहार,
यही हैं खेलों के सुंदर उपहार।
पुस्तकों के संग खेल भी जरूरी,
तभी बनेगी जीवन की तस्वीर पूरी।
स्वस्थ तन और दृढ़ हो मन,
यही है खेलों का सच्चा धन।

शिवांगी शर्मा

कला स्नातक प्रथम वर्ष

पेड़ और प्रदूषण

मिट्टी में मेरा जन्म हुआ, नाम रख दिया पेड़,
बड़े ही चाव से चाहते मुझको, छोड़े बकरी, भेड़।
ताजा हवा हर प्राणी को समय-समय पर देता,
जो भी छाँव में आता ठंडी साँसें लेता।
समय-समय पर खट्टे-मीठे में फल देता,
भूमंडल की दूषित हवा में खुशी खुशी सह लेता।
कोयल कू-कू कौआ काँ काँ करते मेरी डाल पर,
मुझको मत फेंके मनुष्य, प्रदूषण के हाल पर।
बसंत के फूलों की सुगंध से सबका मोह चुराता है,
पतझड़ में पत्तियाँ त्यागकर अपनी सफाई करता हूँ।
पेड़ लगाओ, वृक्ष लगाओ, देश का यह नारा है,
प्रदूषण से देश बचाओ यह उत्तम विचार हमारा है।

वर्षा,

कला स्नातक द्वितीय वर्ष

शिक्षा: जीवन का प्रकाश

शिक्षा मानव जीवन की सबसे बड़ी शक्ति है। यह व्यक्ति को सही और गलत का ज्ञान कराती है तथा उसे एक जिम्मेदार और जागरूक नागरिक बनाती है। शिक्षा केवल पुस्तकों तक सीमित नहीं होती, बल्कि यह हमें जीवन जीने की सही दिशा भी दिखाती है। कहा भी गया है कि “शिक्षा वह दीपक है, जो अज्ञान के अंधकार को दूर कर देता है।” आज के आधुनिक युग में शिक्षा का महत्व और भी बढ़ गया है। शिक्षा हमें आत्मनिर्भर बनाती है, आत्मविश्वास बढ़ाती है और समाज के विकास में योगदान देने की प्रेरणा देती है। इसलिए प्रत्येक व्यक्ति को शिक्षा को अपने जीवन में विशेष स्थान देना चाहिए।

भावना वर्मा

कला स्नातक प्रथम वर्ष

किसी को धरती से प्यार नहीं

किसी को धरती से प्यार नहीं,
इस वसुंधरा से अब सरोकार नहीं।
मनुष्य को मनुष्य की पीड़ा का
मानो अब कोई विचार नहीं।
हर ओर स्वार्थ की पुकार है,
हर हृदय में बस अहंकार है।
अपना आशियाणा बनाने की चाह में
वह प्रकृति का कर रहा संहार है।
मनुष्य अपना घर सजा रहा है,
पर जीव-जंतु सब रो रहे हैं।
तितलियाँ और परिदे बेघर होकर
अपने उजड़े बसेरे खोज रहे हैं।
नजर तलाश रही है जल की बूँदें,
गला तरस रहा है हर एक घूँट को।
धरती भी अब पीड़ा से फटती है,
सह नहीं पाती मानव के दुष्कृत्यों को।
आकाश में काले मेघ तो हैं,
पर वर्षा का कोई नाम नहीं।
न वृक्ष बचे, न शुद्ध जल शेष,
प्रदूषण से प्रकृति को विश्राम नहीं।
सोचो मनुष्य! कब जागोगे तुम ?
कब धरती से प्रेम निभाओगे ?
यदि यही चलता रहा विनाश,
तो जीवन कहाँ बचाओगे ?

हिमज्योति

कला स्नातक, द्वितीय वर्ष

खेल: जीवन के विकास का आधार

खेल मानव जीवन का अत्यंत महत्वपूर्ण अंग है। यह केवल मनोरंजन का साधन नहीं, बल्कि तन और मन दोनों के विकास का माध्यम है। खेलों के माध्यम से शरीर स्वस्थ और सुदृढ़ बनता है, साथ ही मानसिक क्षमता का भी विकास होता है। नियमित रूप से खेल खेलने से तनाव दूर होता है और अनेक रोगों से बचाव होता है। यही कारण है कि खेल को जीवन की एक महत्वपूर्ण कला माना जाता है।



खेल हमें अनुशासन, धैर्य, सहयोग और संघर्ष का पाठ पढ़ाते हैं। यह हमें सिखाते हैं कि जीवन में हार और जीत दोनों को समान रूप से स्वीकार करना चाहिए। खेलों के माध्यम से व्यक्ति आत्मविश्वासी बनता है और जीवन की चुनौतियों का सामना करने की शक्ति प्राप्त करता है।

भारत में 29 अगस्त को राष्ट्रीय खेल दिवस के रूप में मनाया जाता है। राष्ट्रीय खेल दिवस का मुख्य उद्देश्य लोगों में खेलों और शारीरिक गतिविधियों के प्रति जागरूकता बढ़ाना है। खेल केवल शरीर को स्वस्थ और सशक्त ही नहीं बनाते, बल्कि यह मानसिक विकास और व्यक्तित्व निर्माण में भी महत्वपूर्ण भूमिका निभाते हैं। इसलिए प्रत्येक व्यक्ति को अपने जीवन में खेलों को स्थान देना चाहिए, ताकि वह स्वस्थ, संतुलित और सफल जीवन जी सके।

अंजलि,

कला स्नातक द्वितीय वर्ष

संघर्ष और सफलता

संघर्ष की राह में चलना है हमें
घर मुरिकल से लड़कर बढ़ना है हमें!
धूप में तपते, बारिश में भीगते
सपने की मंजिल को पाना है हमें!
कभी ठोकरे खाईं, कभी ठारकर उठे,
हर बार नई उम्मीद दिल में सजा के रखे।
सफलता की सीढ़ी धीरे-धीरे चढ़ेंगे
कदम बढ़ाते जायेंगे, हिम्मत न हारेंगे!
सपने हैं हमारे जो सच होंगे एक दिन,
संघर्ष की इस यात्रा में मिलेगी हमें जीत
घर आसू का मोल है, हर दर्द की है कहानी
सफलता की खुशबू में कहेगी ये जिंदगी।

रितिका,

कला स्नातक द्वितीय वर्ष

मनोरंजन: जीवन में संतुलन का माध्यम

आज के भागदौड़ भरे जीवन और काम के बढ़ते दबाव के बीच मनोरंजन मनुष्य के लिए अत्यंत आवश्यक हो गया है। यह हमारे मन को तनाव और थकान से दूर करके नई ऊर्जा और ताजगी प्रदान करता है।

यहाँ जिस मनोरंजन की बात की जा रही है, ऐसा मनोरंजन जो मन और शरीर दोनों को प्रसन्नता दे और जीवन में संतुलन बनाए रखे। संगीत सुनना, पुस्तक पढ़ना, खेल खेलना, प्रकृति के बीच समय बिताना या सांस्कृतिक कार्यक्रमों का आनंद लेना ऐसे मनोरंजन के साधन हैं जो व्यक्ति के मानसिक और भावनात्मक विकास में सहायक होते हैं।

आज के समय में टेलीविजन, रेडियो, सिनेमा, सोशल मीडिया और विभिन्न खेल मनोरंजन के प्रमुख साधन बन गए हैं। वहीं पहले के समय में मेले, लोकगीत, पारंपरिक नृत्य, नाटक और कठपुतली के खेल लोगों के मनोरंजन के मुख्य माध्यम हुआ करते थे।

वास्तव में मनोरंजन जीवन में वही स्थान रखता है जो भोजन में नमक का होता है। इसके बिना जीवन नीरस और उबाऊ हो जाता है।

कशिशा ठाकुर,

कला स्नातक द्वितीय वर्ष

जीवन

जीवन केवल दौड़ नहीं है,
धन-दौलत की होड़ नहीं है।
नाम, प्रसिद्धि, पद की चाह,
बस इतनी ही इसकी राह नहीं है।
हर मन में एक दीप जला है,
सपनों का एक सागर पला है।
अपनी शक्ति को जो पहचाने,
उसने जीवन का अर्थ भला है।
सच्चाई, दया और परिश्रम से,
जीवन का पथ उजियारा हो।
अपने संग-संग औरों के भी,
चेहरे पर खुशियों का तारा हो।
जीना केवल अपने लिए नहीं,
सबके सुख का बनना आधार।
यही है जीवन का सच्चा उद्देश्यक
अच्छा इंसान बनना हर बार।

कुसुम,

कला स्नातक द्वितीय वर्ष

नारी शक्ति

भारतीय संस्कृति में नारी को शक्ति, प्रेम, त्याग और समर्पण की प्रतिमूर्ति माना गया है। वह परिवार और समाज की आधारशिला होती है।

प्राचीन काल से ही नारी त्याग की अद्भुत मिसाल प्रस्तुत करती रही है। माता सीता ने अपने पति और धर्म के लिए वनवास की कठोर पीड़ा सहन की, वहीं द्रौपदी ने विपरीत परिस्थितियों में भी धैर्य, साहस और आत्मसम्मान का परिचय दिया।

आज के आधुनिक युग में भी नारी का त्याग किसी भी प्रकार से कम नहीं हुआ है। एक माँ अपने बच्चों के उज्ज्वल भविष्य के लिए निरंतर परिश्रम करती है, और एक पत्नी अपने पति तथा परिवार की उन्नति और सुख-समृद्धि के लिए अपना सर्वस्व समर्पित कर देती है।

नारी का त्याग केवल परिवार तक ही सीमित नहीं है, बल्कि वह समाज और राष्ट्र के लिए भी समर्पित रही है। इसका श्रेष्ठ उदाहरण रानी लक्ष्मीबाई हैं, जिन्होंने देश की स्वतंत्रता के लिए अपने प्राणों की आहुति दे दी।

इस प्रकार नारी त्याग, प्रेम और शक्ति का अद्भुत संगम है, जो समाज को सुदृढ़ और समृद्ध बनाने में महत्वपूर्ण भूमिका निभाती है।

तनुजा

कला स्नातक, द्वितीय वर्ष

शिमला की सुंदर वादियाँ

शिमला की वादियों में ठंडी हवाएँ गुनगुनाती हैं,
देवदार के पेड़ों के संग मधुर गीत सुनाती हैं।
पहाड़ों की गोद में बसा ये प्यारा सा शहर,
जिसकी सुंदरता देख खुश हो जाता है हर एक सफर।
सुबह की किरणें जब पर्वतों को छू जाती हैं,
प्रकृति की तस्वीर और भी सुंदर बन जाती है।
कभी बादलों का घेरा, कभी धूप का प्यार,
हर मौसम में शिमला लगता है त्योहार।
सर्दियों में जब बर्फ की चादर बिछ जाती है,
पूरी धरती जैसे चाँदी सी चमक जाती है।
यहाँ की गलियाँ, यहाँ की ठंडी हवा का एहसास,
दिल को दे जाता है सुकून और खास विश्वास।
जो भी यहाँ आता है, यादें साथ ले जाता है,
शिमला का जादू दिल में बस जाता है।

सिमरन नेगी

कला स्नातक तृतीय वर्ष

नारी सशक्तिकरण

नारी सशक्तिकरण का अर्थ है महिलाओं को समाज में समान अधिकार, सम्मान और अवसर देना। पहले के समय में महिलाओं को शिक्षा, नौकरी और निर्णय लेने के अधिकार कम मिलते थे, लेकिन आज के समय में महिलाएँ हर क्षेत्र में आगे बढ़ रही हैं।

शिक्षा नारी सशक्तिकरण की सबसे बड़ी कुंजी है। जब महिलाएँ शिक्षित होंगी, तभी वे अपने अधिकारों को समझेगी और आत्मनिर्भर बन पाएँगी। आज महिलाएँ डॉक्टर, शिक्षक, वैज्ञानिक, पुलिस और नेता बनकर देश के विकास में महत्वपूर्ण योगदान दे रही हैं।

इसलिए समाज के हर व्यक्ति का कर्तव्य है कि वह महिलाओं का सम्मान करे और उन्हें आगे बढ़ने का अवसर दे। जब महिलाएँ सशक्त होंगी, तभी हमारा समाज और देश सच में और अधिक प्रगति कर पाएगा।

दिया खाची

कला स्नातक द्वितीय वर्ष

देव शक्ति: चाल्दा महासू देवता

हिमाचल प्रदेश की देव संस्कृति में महासू देवता का विशेष महत्व है। महासू देवता को न्याय के देवता और लोककल्याणकारी देव के रूप में पूजा जाता है। हिमाचल के शिमला, सिरमौर और आसपास के पहाड़ी क्षेत्रों में इनके प्रति लोगों की गहरी आस्था देखने को मिलती है।



महासू देवता को “चल्दा देवता” भी कहा जाता है। इसका अर्थ यह है कि देवता केवल मंदिरों तक सीमित नहीं रहते, बल्कि समय-समय पर अपने भक्तों के बीच पालकी या रथ में विराजमान होकर गाँव-गाँव जाते हैं। इस दौरान लोग ढोल-नगाड़ों और लोकगीतों के साथ देवता का स्वागत करते हैं और उनसे आशीर्वाद प्राप्त करते हैं।

लोकमान्यता है कि महासू देवता अपने भक्तों के दुख दूर करते हैं और न्याय प्रदान करते हैं। जब किसी गाँव में कोई समस्या या विवाद होता है, तो लोग देवता के सामने प्रार्थना करते हैं और उनके निर्णय को श्रद्धा से स्वीकार करते हैं। इसी कारण महासू देवता को न्यायप्रिय देवता भी माना जाता है।

देव यात्रा के समय पूरा वातावरण भक्ति और उत्साह से भर जाता है। लोग पारंपरिक वेशभूषा में नाटी नृत्य करते हैं और देवता की स्तुति में लोकगीत गाते हैं। यह परंपरा हिमाचल की देव संस्कृति, आस्था और सामूहिक एकता का सुंदर उदाहरण है।

इस प्रकार चल्दा महासू देवता हिमाचल की उस जीवंत परंपरा का प्रतीक है, जिसमें देवता और भक्तों के बीच गहरा आत्मीय संबंध दिखाई देता है।

रितु

कला स्नातक द्वितीय वर्ष

उद्देश्य ही जीवन की पहचान

जीवन हमें ईश्वर का दिया हुआ एक अनमोल उपहार है। हर व्यक्ति के जीवन का कोई न कोई उद्देश्य अवश्य होता है। उद्देश्य ही हमारे जीवन को सही दिशा देता है और हमें आगे बढ़ने की प्रेरणा देता है। बिना उद्देश्य के जीवन उस नाव की तरह होता है जो समुद्र में बिना पतवार के भटकती रहती है।

जीवन का उद्देश्य केवल धन कमाना या सफलता प्राप्त करना ही नहीं होता, बल्कि एक अच्छा इंसान बनना, समाज के लिए कुछ अच्छा करना और दूसरों की सहायता करना भी उतना ही महत्वपूर्ण है। जब हम अपने लक्ष्य को तय कर लेते हैं और उसे पाने के लिए मेहनत करते हैं, तब हमारा जीवन सार्थक बन जाता है।

कई बार जीवन में कठिनाइयाँ और असफलताएँ भी आती हैं, लेकिन वही हमें मजबूत बनाती हैं और हमारे उद्देश्य तक पहुँचने की राह दिखाती हैं। इसलिए हमें कभी हार नहीं माननी चाहिए और अपने लक्ष्य की ओर लगातार प्रयास करते रहना चाहिए।

श्रुति

कला स्नातक द्वितीय वर्ष

हिमाचल में लोक गीतों का महत्व

हिमाचल प्रदेश की संस्कृति में लोकगीतों का विशेष स्थान है। यहाँ के लोकगीत केवल मनोरंजन का साधन नहीं हैं, बल्कि पहाड़ी लोगों के जीवन, भावनाओं और परंपराओं की सजीव अभिव्यक्ति भी हैं। ये गीत प्रकृति, प्रेम, श्रम, उत्सव और देव आस्था से गहराई से जुड़े होते हैं।

हिमाचल के गाँवों में विवाह, त्योहारों, मेलों और धार्मिक अवसरों पर लोकगीत गाने की परंपरा आज भी जीवित है। इन गीतों के माध्यम से लोग अपनी खुशियाँ और दुख एक-दूसरे के साथ बाँटते हैं। लोकगीतों में पहाड़ों की सुंदरता, नदियों की कलकल ध्वनि और लोगों की सरल जीवन शैली का सुंदर चित्रण मिलता है।

हिमाचल की प्रसिद्ध नाटी भी लोक संस्कृति का महत्वपूर्ण हिस्सा है। नाटी में लोग एक-दूसरे का हाथ पकड़कर गोल घेरा बनाकर नृत्य करते हैं। यह नृत्य केवल मनोरंजन नहीं, बल्कि एकता, सामूहिकता और आपसी प्रेम का प्रतीक है। पर्व-त्योहारों और मेलों में जब लोग मिलकर नाटी करते हैं, तो वहाँ भाईचारे और खुशी का अद्भुत वातावरण बन जाता है।

लोकगीत और लोकनृत्य हमारी सांस्कृतिक धरोहर हैं, जो पीढ़ी दर पीढ़ी आगे बढ़ती रहती है। इसलिए इनका संरक्षण और सम्मान करना अत्यंत आवश्यक है, ताकि आने वाली पीढ़ियाँ भी अपनी समृद्ध लोक संस्कृति से जुड़ी रह सकें।

नंदिनी

कला स्नातक द्वितीय वर्ष

सभ्य नागरिक: समाज की सच्ची पूँजी

किसी भी देश की असली पहचान उसकी ऊँची इमारतों, सड़कों या बाजारों से नहीं, बल्कि वहाँ के नागरिकों के व्यवहार और जिम्मेदारी से होती है। एक सभ्य नागरिक वह होता है जो अपने अधिकारों के साथ-साथ अपने कर्तव्यों को भी समझता है और समाज के प्रति अपनी जिम्मेदारी निभाता है।

सभ्यता हमारे रोजमर्रा के छोटे-छोटे व्यवहार में दिखाई देती है जैसे विनम्र भाषा का प्रयोग करना, नियमों का पालन करना और दूसरों के साथ सम्मानपूर्वक व्यवहार करना। सड़क पर कचरा न फैलाना, ट्रैफिक नियमों का पालन करना, कतार में खड़ा होना और सार्वजनिक स्थानों को स्वच्छ रखना एक जिम्मेदार नागरिक की पहचान है।

आज के डिजिटल युग में भी सभ्य नागरिक होना उतना ही आवश्यक है। सोशल मीडिया पर मर्यादा बनाए रखना, अपवाहें न फैलाना और दूसरों के विचारों का सम्मान करना हमारी सामाजिक जिम्मेदारी का हिस्सा है।

वास्तव में, एक सभ्य नागरिक वही है जो केवल अपने लिए नहीं, बल्कि समाज और राष्ट्र के हित के लिए भी सोचता है। ऐसे नागरिक ही किसी देश की सबसे बड़ी शक्ति और पूँजी होते हैं।

हिमानी चौहान

कला स्नातक द्वितीय वर्ष

बसंत ऋतु: प्रकृति का नया जीवन

भारत को ऋतुओं का देश कहा जाता है और इन सभी ऋतुओं में बसंत ऋतु का विशेष स्थान है। इसे ऋतुओं का राजा भी कहा जाता है, क्योंकि यह अपने साथ प्रकृति की नई ऊर्जा, सुंदरता और उत्साह लेकर आती है। यह ऋतु सामान्यतः फरवरी से अप्रैल के बीच आती है और सर्दियों की कठोरता के बाद वातावरण को सुखद और मनमोहक बना देती है।

बसंत ऋतु के आगमन के साथ ही प्रकृति का रूप पूरी तरह बदल जाता है। पेड़ों पर नई-नई कोपलें फूटने लगती हैं और चारों ओर हरियाली छा जाती है। रंग-बिरंगे फूल खिल उठते हैं, जिनकी सुगंध वातावरण को और भी मधुर बना देती है। पक्षियों का मधुर कलरव और तितलियों की चंचलता प्रकृति की शोभा को और अधिक बढ़ा देते हैं।

बसंत ऋतु का सांस्कृतिक और सामाजिक महत्व भी बहुत अधिक है। इस समय बसंत पंचमी जैसे त्योहार मनाए जाते हैं, जिनमें ज्ञान की देवी माँ सरस्वती की पूजा की जाती है। यह पर्व केवल प्राकृतिक सौंदर्य का प्रतीक ही नहीं है, बल्कि जीवन में आशा, उल्लास और नवचेतना का संदेश भी देता है।

इस प्रकार बसंत ऋतु प्रकृति की सुंदरता, नई शुरुआत और आनंद का प्रतीक है, जो मनुष्य के जीवन में भी उत्साह और सकारात्मकता का संचार करती है।

कृतिका वर्मा

कला स्नातक तृतीय वर्ष



Preeti Saluja
Teacher Editor Science Section



Versha Thakur
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THE SCIENCE WE DON'T NOTICE

Science does not knock on our door wearing a lab coat.

It slips in quietly-with the morning sunlight through the window. The steam rising from a cup of tea and the buzz of a phone alarm we hit snooze on too many times. When we make up, it feels like a choice. In reality, it's chemistry. Hormones shift, light tell our brain, it's time and our internal clock carefully calibrated by nature nudges us into the day even that heavy feeling in our head has a name, a reason, an explanation. Science doesn't judge our laziness, it simply explains it. We walk to class without thinking about balance, gravity or friction yet every step is a silent agreement between our muscles, bones and the earth pulling us downward. If gravity were slightly weaker-walking would become floating. If friction disappeared we'd slight through life- literally. Stability, it turns out, is scientific. Cooking is chemistry pretending to be comfort. No equations, no formulas- Just reactions occurring in front of us.



Then, there is the phone. A rectangle of glass that somehow knows our preferences, connect us to people miles away and knows our faces. Inside it, electrons move, signal travels and algorithms quietly study us. We scroll absent mindly, unaware that physics, mathematics and computer science are working overtime beneath our thumbs.

Even emotions are not exempt. Stress before exams? That's cortisol. The calm after music? Dopamine and serotonin. Science does not reduce feelings- It reveals how powerful they are. It tells us that our minds are not weak for feeling overwhelmed; they are complex system responding to pressure.

What's fascinating about science is not just its ability to explain universe but its patience. It waits and doesn't demand attention. It allows us to live first and understand later. We often think science is about answers but in everyday life it's about noticing. Noticing that a yawn spreads across a room. That plants turn toward light. That habits form without permission and small changes can have big impacts.

Science also lives in these unnoticed moments. It is not separate from life- It is life, translated into understanding. And perhaps the most beautiful thing about science is this:

The more we notice it, the more magical the ordinary becomes.

Palak Nayan
B.Sc. III

AIR POLLUTION

Air pollution is the contamination of indoor or outdoor environment by harmful substances like gases, smoke, dust and chemicals which modify the atmosphere and negatively impact human health, animals and eco system.

In 2025 air pollution remains one of the most critical global health emergencies with air quality index {AQI} serving as a vital real-time metric for public safety. Recent reports highlight that nearly 99% of the world's population breath air exceeding WHO safety guidelines, with India frequently ranking as world's most polluted country.

RISING AIR QUALITY INDEX:-

AQI is a colour coded system used to communicate the health risk posed by various pollutants.

AQI: 0-50 '!Good.

Exceed 200 '!Poor

Or 300 '!Dangerous

CURRENT TRENDS:-

In late 2025, many major Indian cities have consequently recorded AQI level above 200, with some region like Delhi-NCR reaching severe levels 400+ during winter months. Major reasons of poor AQI are vehicular and industrial emissions, agriculture stubble burning, meteorological factors and household pollution.

Rising AQI indicate that air is now greatest external threat to human longevity, toxic air is estimated to cut the average Indians life expectancy by three-five years with Delhi residents losing up to eight years.

MITIGATION AND ACTION PLAN 2025:-

National clean air program, Emergency measures, the graded response action {GRAP} enforces strict curbs on construction, diesel generators and vehicle entry during severe AQI days. Technological innovations- Development of Anti smoke guns at construction site, Expansion of low emission zones and pilot project for cloud seeding to clear smoke and clean energy transitions like shifting households to LPG, adoption of electric vehicles.

Sandhya
B.Sc.III

THE LAB-COAT GLOW:

Why Your Vanity Mirror is a Science Experiment

Forget what you've heard about beauty being "skin deep"—it's actually molecular deep. In 2025, the bathroom counter has become a high-tech laboratory where we play chemist every morning. Take the "slugging" trend, for example; it's not just a weird internet fad, but a lesson in occlusive thermodynamics, where a layer of petrolatum creates a physical barrier to prevent Trans Epidermal Water Loss (TEWL), forcing hydration back into the lipid bilayer. Even your favourite Vitamin C serum is a masterclass in oxidation-reduction reactions, fighting off "free radicals"—those tiny, unstable oxygen molecules that act like microscopic wrecking balls against your collagen. But the real magic is happening in Neurocosmetics, where scientists are developing scents that trigger the brain's limbic system to release dopamine the moment you apply them. So, the next time someone tells you that you're spending too much time on your skincare routine, just tell them you're busy performing a complex biological intervention designed to optimize your skin's microbiome and stabilize your neural pathways. After all, a "glow-up" is just biology working in your favour.

Ayushi Chauhan
B.Sc. III

SUNSCREEN:

The science behind sun protection

Sunscreen protects the skin by interacting with ultraviolet radiations from the sun. It contains active ingredients that either absorb or reflects harmful UV rays. Chemical filters like avobenzene absorbs UV radiations and convert it into harmless heat through electronic excitation. Physical blockers such as zinc oxide and titanium dioxide scatter and reflect UV rays from the Skin surface. Sunscreens are designed to block both UVA rays which cause skin aging and UVB rays responsible for sunburn. The sun protection factor (SPF) measures protection against UVB radiation. By reducing UV penetration, sunscreen prevents DNA mutation in skin cells. Hence, sunscreen is direct application of photo chemistry and molecular science in health care.

Tista
B.Sc. III

SCROLLING MINDS: How Social Media Hacks the Human Brain

A single scroll. A sudden like. A fleeting sense of excitement. Without realizing it, millions of young minds are being pulled into a digital cycle that is carefully designed to be addictive. Social media is no longer just a platform for connection—it has become a powerful influence on how the human brain thinks, reacts, and functions. At the heart of this addiction lies dopamine, the brain’s “feel-good” chemical. Every notification and every virtual approval delivers a small dopamine hit, training the brain to crave constant stimulation.

Over time, patience fades and attention weakens. Deep focus is replaced by endless scrolling, while algorithms quietly decide what we see, think, and feel next. For students, the impact is visible. Productivity declines as distractions multiply. Tasks are postponed, concentration shatters, and sleep is sacrificed for screen time. Creativity and critical thinking—essential tools for learning and growth—slowly lose space in minds overloaded with digital noise. More concerning is how deeply this addiction shapes the new generation. The youth who should be shaping the world are instead being shaped by trends, algorithms, and online validation. Confidence is measured in likes, opinions are influenced by viral content, and identity is often built for an audience rather than for authenticity. Understanding this science is not about rejecting technology but reclaiming control. When used mindfully, social media can inform and inspire. But only a generation that controls its attention can truly shape the future—rather than being silently shaped by the scroll.

Ayushi Angiras
B.Sc.III

HER HEALTH, HER POWER: Understanding Women’s Health

Did you know that nearly half of the world’s women suffer from iron deficiency _?

Mental health is also very important. Women often manage studies, work, family responsibilities together, which cause stress and anxiety in female. Taking short break, sharing feelings, and doing meditation can help to keep mind healthy. Managing women’s health does not require complex methods. Simple changes in the habit can help female to attain a healthy lifestyle like:

1. Eat healthy food
2. Be physically active
3. Take care of mental health
4. Do not ignore health problems

Women’s bodies are biologically unique and hormonally dynamic, understanding these differences can help women to take care of their health. A healthy lifestyle is the base of good health. Eating nutritious food like fruits, green vegetables, pulses, nuts help women to stay strong. Women should understand that taking care of their health is not selfish, it is necessary. A healthy woman builds a healthy family and a strong society.

Shabnam
B.Sc. III

SCIENCE- BEYOND BOOKS AND LABORATORIES

“Science is not about knowing everything,
But about daring to question everything.”

THE QUIET LANGUAGE OF SCIENCE....

Science does not always announce itself through grand discoveries;

Sometimes it whispers in curiosity....

It lives in a drop of water,

In the rhythm of a heartbeat, and in questions that refuse to remain unanswered

As Science students, we learn more than facts and formulas-

We learn to observe, to doubt and to explore, failures turn into lessons, and every “why” becomes a step towards truth. Science is not confined to laboratories or textbooks;

It walks with us in everyday life, shaping the present and designing the future.

In searching for answers,

We discover not only the world,

But also, ourselves.

Science is not just a subject- it is a way of seeing.

In conclusion, Science is not just a subject we study for exams; it is a journey of discovery. It empowers us to innovate, to serve society, and to dream of a better future. As science students we are not just learners- We are future problem solvers of the world.....

Sneha, B.Sc.III

CLIMATE CHANGE TECHNOLOGY: Hope Amidst Calamity

The world today stands at a crossroads. From devastating floods to raging wildfires, climate calamities are no longer distant headlines; they are lived realities. In India, the monsoon itself has become unpredictable, bringing both scarcity and destruction. These events remind us that climate change is not just an environmental issue—it is a human crisis touching every life.

Yet, amid this uncertainty, science offers hope. Climate change technology is emerging as a powerful ally in our fight for survival. Carbon capture machines, often described as “vacuum cleaners for the sky,” are being developed to pull harmful gases out of the atmosphere. Renewable energy innovations—solar panels, offshore wind farms, and even experimental solar paints—are reshaping how we power our homes and cities. Green hydrogen, a clean fuel made from water, promises to transform industries that have long depended on polluting fossil fuels. Biotechnology too is stepping in, with microbes that can eat plastic and algae that can be turned into sustainable bio fuels.



These breakthroughs show us that human creativity can rise to meet even the greatest challenges. But technology alone is not enough. It must be paired with responsibility, equity, and collective will. The question is not whether science can save us—it is whether we will choose to act together, to support innovation, and to change our habits before it is too late. Climate change technology is more than invention; it is a symbol of resilience. It reminds us that even in the face of calamity, hope is possible. And hope, when powered by science, can become the strongest force for survival.

Versha Thakur
B.Sc.III

TECHNOLOGY AND AI

Introduction - Artificial Intelligence (AI) has moved rapidly from research laboratories into everyday life, once imagined only in science fiction. AI now powers smart phones, recommends online content, assists doctors, and drives innovation across industries. As technology advances, AI is increasingly shaping how humans live, work, and interact with the world.

The Growing Influence of Artificial Intelligence in the Modern World:-

Artificial Intelligence (AI) is one of the most important technological developments of the modern age. It refers to computer systems that can perform tasks such as learning, problem-solving, and decision-making, which normally require human intelligence. AI is widely used in everyday life, from voice assistants and online recommendations to medical diagnosis and automating industries. In healthcare, AI helps doctors detect diseases early, while in workplaces, it increases efficiency by handling repetitive tasks. However, the rapid growth of AI also raises ethical concerns, including data privacy and job displacement.



Responsible development and proper regulations are necessary to ensure AI benefits society. AI has the potential to solve complex problems, enhance productivity, and improve the quality of life. The challenge lies in ensuring that technological progress serves humanity rather than replaces it.

Conclusion:

Artificial Intelligence is transforming the way people live and work by improving efficiency and innovation across many fields. While its benefits are significant, responsible use and ethical control are essential to its future. AI depends on how carefully humans guide its development for the good of society.

Nitasha, B.Sc.III

WHY AN EMOTION BRINGS TEARS?

Tears are produced by almond shaped lacrimal glands in the upper and outer part of the body sockets behind the upper eyelids. They are produced irrespective of emotions. Tears are essential to keep the eyes moist. Without tears, film over the cornea is impossible. Tear drops passes salt and germ killing proteins.

Anger sorrows and other emotional factors produce a special centre sensory stimulation that travels to specific higher centres in the Brain. These are adjacent to superior lacrimal glands. This leads to profuse secretion from the glands discharge tears towards the outer side of the edge to the junction of conjunctive lining of the upper eyelid.

Ranjnishi, B.Sc.III

THE HIDDEN BRAIN INSIDE US

Most people believe that thinking and emotions are controlled only by the brain. However, science has discovered another powerful system inside the human body called the gut-brain axis. This system connects the digestive tract with the brain and plays an important role in mental and emotional health.

The human gut contains millions of neurons and trillions of microorganisms. These microbes produce chemicals such as serotonin and dopamine, which influence blood, stress, and happiness. In fact, a large portion of serotonin is produced in the gut rather than the brain. The gut communicates with the brain through nerves, hormones, and immune signals. This explains why stress can cause stomach problems and why poor digestion can affect mood. Scientific studies suggest that an unhealthy gut may be linked to anxiety, depression, and sleep disorders.

A healthy diet supports beneficial gut bacteria. Food rich in fibre, fruits, vegetables and fermented products like curd help maintain microbial balance. Excessive junk food and stress can disturb gut health. This discovery has changed how scientists view mental health. It suggests that caring for the gut is just as important as caring for the brain.

Mannat Kanwar
B.Sc.III

COLOUR OF LIGHT

Have you ever wondered why the sky is blue or why sunsets glow red and orange?

It is all because of light the magical energy that points our world with colours. Light is made of many colours, each with a different wavelength. Blue light scatters more in the atmosphere, giving the sky its blue colour. At sunrise and sunset, red and orange light dominate creating breathtaking skies. Objects also get their colour from light. A red apple looks red because it reflects red light and absorbs the others. Everything we see is a result of this simple interaction between light and matter. Science has also learned to use light in amazing ways. Lasers focus on a single colour for precise work, LEOs mix colours to produce bright white light and fibre optics carry information at the speed of light, connecting the world instantly. Light is everywhere- simple, beautiful and full of science next time you see a rainbow or a sunset, remember: light is not just colour- its science in action.

Sweety Thakur, B.Sc.III

ROBOTICS AND THE FUTURE OF WORK

Robotics is rapidly transforming the way people work across the world. Robots, once used only for repetitive factory tasks, are now equipped with artificial intelligence, sensors and advanced software that allow them to perform complex activities with speed and accuracy. This technological progress is influencing almost every sector of employment. In industries such as manufacturing, healthcare, agriculture and logistics, Robots increase efficiency and reduce risks by handling dangerous or repetitive jobs. In hospitals, robotic systems assist in surgeries and patient care, while in farms and warehouses they improve productivity and reduce labour shortages. Although robotics may replace some routine jobs, it also creates new career opportunities in areas like robot programming, maintenance and data analysis. The future of work will focus on collaboration, where robots handle mechanical tasks and humans contribute creativity, decision-making and emotional intelligence.

In conclusion robotics is not a threat but a powerful tool with proper education, skill development and ethical use, robotics can lead to safer workplaces, higher productivity, and a more innovative future of work.

Sakshi Sharma, B.Sc. III



Sandhya Kumari
Teacher Editor Planning



Sunidhi Sharma
Student Editor Planning



“When the facts change, I change my mind. What do you do, sir?” — John Maynard Keynes

It is a privilege to present the *Planning Section* of our college magazine—a space dedicated to exploring economic dynamics, growth, governance, and their impact on society. This section aims to give readers a glimpse of *present economic issues* and the *challenges faced by the world*—from geopolitical conflicts affecting markets to fluctuations in gold prices—reflecting the collective effort of our students whose thoughtful contributions have made this edition both engaging and meaningful.

I sincerely thank *all the students* for their creativity, dedication, and hard work in bringing their ideas to life. I am also deeply grateful to *Mrs. Sandhya Kumari, Staff Editor, Planning Section*, for her guidance, encouragement, and invaluable support throughout this process. Her mentorship has made this endeavour a truly rewarding learning experience.

I hope this section inspires readers to think critically, engage with current economic issues, and appreciate the role of *informed planning* in shaping a sustainable future.

Sunidhi Sharma, B.A III

Keynesian Economics in Today’s Uncertain World

Keynesian economics, proposed by John Maynard Keynes during the Great Depression, emphasizes that governments must actively manage economies—especially during crises—through spending, stimulus, and policy intervention. Its core idea: when private demand falters, public action can sustain growth and protect livelihoods.

In a world shaken by wars, economic shocks, pandemics, and climate change, this approach has never been more relevant. Governments play a critical role in stabilizing economies, safeguarding citizens, and steering growth. Stimulus packages, social welfare programs, and infrastructure investments are no longer just economic tools—they are lifelines for millions.

Developed nations, with their vast resources and global influence, carry a special responsibility. Beyond managing their own economies, they help stabilize international markets, provide financial aid to vulnerable nations, and lead efforts to combat climate change. Their policies ripple across the globe, shaping trade, investment, and environmental standards.

Meanwhile, emerging economies like India are rapidly reshaping the world economic order. With technological innovation, industrial growth, and expanding markets, they are not just participants but drivers of global growth. This shift calls for greater collaboration between established powers and rising nations to ensure sustainable, inclusive development.

In today’s interconnected world, governments—both in developed and emerging nations—must balance economic stability, social welfare, and environmental responsibility. Keynesian economics reminds us that proactive, thoughtful governance is essential not just to survive uncertainty, but to build a resilient, fair, and sustainable global future

Tamana, B.A II

The New Silk Road and the Geopolitics of Trade

From caravans to corridors: How connectivity shapes civilizations

From the *camel caravans of the ancient Silk Road* to its modern successors, exemplified by **China's Belt and Road Initiative (BRI)** and the **India–Middle East–Europe Economic Corridor (IMEC)**, connectivity has influenced cultural exchange, the spread of technologies, and the exercise of global power. Today, **BRI and IMEC—often described as the New Silk Road—are playing an important role in the geopolitics of the 21st century.**

Ancient Routes: Enduring Legacies

Around *two thousand years ago*, the **Silk Road**—a network of trade routes—linked **East Asia with Central Asia, the Middle East, and Europe**. These routes were of great economic significance, enabling merchants to carry *silk, spices, precious metals, and other commodities* across vast distances. It became the **earliest large-scale, transcontinental trade network**, shaping early patterns of global commerce.

New Silk Roads: BRI and IMEC

The *New Silk Roads*, represented by **China's Belt and Road Initiative (BRI)** and the **India–Middle East–Europe Economic Corridor (IMEC)**, are significant because they reshape global trade by creating **new, diversified, and more resilient connectivity networks**—from *East Asia to Africa and Europe*, through **Central and South Asia**. Beyond boosting *infrastructure development and economic growth*, they reflect **strategic competition for geopolitical influence and support**. Emerging trends such as *friendshoring*—the rerouting of supply chains away from vulnerable hubs—are also influencing global trade.

Geopolitics and 2025 Trade Trends: Friendshoring and Supply Chains

Apart from *strategic investments by China through the BRI* to influence major global supply chains, **India and Western powers, including the United States**, are pursuing *counterbalancing strategies* through **IMEC**. *Friendshoring*—the practice of relocating supply chains toward **politically reliable and allied countries** to reduce exposure to conflict, sanctions, or sudden disruptions—is playing an increasingly important role. For example, **Apple** is significantly increasing *iPhone production in India* as part of its effort to diversify supply chains away from China. Similarly, other major U.S. companies are shifting strategic operations to regions such as **Egypt, Saudi Arabia, and the wider MENA (Middle East and North Africa) region.**

From the *Silk Roads of antiquity* to *modern transcontinental corridors*, trade networks have always been more than commercial pathways—they are **conduits of technology, culture, and power**. In **2025**, the interplay of *innovation, geopolitics, and economic strategy* underscores that **connectivity remains a cornerstone of global development**, just as it was centuries ago.

Amritanshu, M.A. History

Sin Goods, Demerit Goods, and Sin Tax in India

Sin goods, or *demerit goods*, are products viewed as socially undesirable due to the harm they cause to both consumers and society. These are *non-essential items* associated with **negative externalities**, meaning their effects extend beyond individual users to families, communities, and public finances.

The concept gained significant attention in **2025** when **GST 2.0** introduced a *special 40% GST slab* targeting **sin goods (except alcohol)** and *super-luxury items*. This marked a **major shift in India's taxation approach**. While the move increased *compliance requirements for businesses*, its broader objectives were to **curb consumption, generate revenue, and support welfare schemes**.

Despite numerous arguments *in favor of sin taxes*, they can also produce **adverse impacts**. Such taxes are often considered *regressive*, as they disproportionately affect **lower-income groups**. Excessively high taxation may also encourage *black-market activity*. Nevertheless, when governments face **fiscal stress**, sin taxes remain a **commonly used and effective tool** to stabilize public finances.

Common sin goods in India include **alcohol, tobacco, cigarettes, gutkha, pan masala, sugary drinks, junk food, and gambling services**. With the rise in *lifestyle-related diseases*, even **high-sugar snacks and energy drinks** are increasingly viewed through the lens of sin goods.

Overall, **sin goods and sin taxes** play an important *economic role* by helping governments **mobilize additional revenue, internalize negative externalities, and reduce the long-term fiscal burden** arising from public health and social welfare costs. When designed carefully, such taxes can strike a *balance between discouraging harmful consumption and strengthening public finances*, making them a **crucial instrument in sustainable economic and fiscal policy**.

Sunidhi Sharma, B.A III

The Gold Rush

Gold has always been more than just a metal in India — it symbolizes *tradition, security, and wealth*. In recent years, gold prices in India have reached record highs, crossing **1,40,000 per 10 grams** in major cities. This surge reflects not only strong domestic demand but also global economic and political influences. Gold remains central to Indian culture, playing a key role in weddings, festivals, gifting, and long-term investment.

Over the last two years, gold prices in India have risen sharply. In 2023, the average price was around **63,200 per 10 grams**, which increased to approximately **78,200 in 2024**, and surged to over **1,28,000 in 2025**. This rapid increase highlights the combined impact of domestic buying patterns and international developments. Investors and households increasingly turn to gold as a *safe haven*, especially during uncertain economic times. *Notably, gold prices are rising worldwide*, reflecting similar economic concerns, geopolitical tensions, and central bank policies in many countries.



Global factors have played a major role in driving gold prices. Economic uncertainty and volatile markets make gold a preferred choice for safeguarding wealth. Geopolitical tensions, particularly the *Russia-Ukraine war*, disrupted global trade and finance. The freezing of Russian foreign assets by the U.S. and its allies added further instability, prompting countries and investors to purchase gold as a protective measure. Central banks worldwide, including India's, have been buying gold aggressively to diversify reserves and reduce reliance on the *U.S. dollar*, which is considered riskier during crises.

The United States also has a significant influence on global gold prices. Since gold is priced in *U.S. dollars*, a weaker dollar makes gold more attractive to other countries. Decisions by the U.S. Federal Reserve, such as changes in interest rates, directly affect global demand for gold. Low U.S. interest rates reduce returns on bonds and savings, pushing investors toward gold. Strong global gold buying can indicate caution about the *stability of the U.S. dollar*, though it does not necessarily signal a complete economic downfall of the U.S.

Gold remains preferred over the U.S. dollar because it is *physical, timeless, and independent of government control*. While paper currencies can lose value due to inflation, debt, or political decisions, gold retains its value over time. The combination of domestic cultural demand, central bank purchases, geopolitical risks, and a weakening dollar has driven gold prices in India — and around the world — to historic levels.

Rising gold prices have direct impacts on Indian consumers and traditions. Families are often forced to buy smaller or lighter jewelry for weddings and festivals, and gifting traditions may be scaled down. Gold loans and investments become more expensive, and households may prioritize financial security over luxury. Despite these pressures, gold continues to hold cultural and emotional significance, making it a symbol of wealth, prosperity, and social status that is difficult to replace.

In conclusion, while rising gold prices pose challenges for Indian consumers, they are unlikely to diminish the *long-standing importance of gold* in India. Gold remains a symbol of tradition, a stable investment, and a cultural asset. Even as prices climb, Indians continue to value gold for its security, heritage, and role in social customs, making it a durable part of both financial planning and cultural identity.

Khushboo Kedarta
B.A III



डॉ. मोहन शर्मा
प्राध्यापक संपादक



अर्चना ठाकुर
छात्र संपादिका



प्रियपाठकबन्धवः,

सस्नेहं नमस्काराः। अस्याः पत्रिकायाः नवीनाङ्कं भवतां समक्षं प्रस्तुतुं वयं अत्यन्तं हर्षं अनुभवन्ति। अस्माकं उद्देश्यः केवलं लेखसंग्रहः न, अपितु ज्ञान-विचार-संस्कृति-समन्वितं सृजनात्मकं मंचं निर्मातुम्स्ति।

अस्मिन् अङ्के विविधविषयेषु लेखाः, कविताः, कथाः, नीतिश्लोकाः, प्रेरणादायक-विचाराः च समाविष्टाः सन्ति। छात्राणां प्रतिभाविकासः, नैतिकमूल्यानां संवर्धनं, राष्ट्रप्रेमस्य जागरणं च अस्माकं प्रमुखः प्रयत्नः अस्ति।

वयं विश्वसिमः यत् लेखन व्यक्तित्वविकासस्य साधनम् अस्ति। यदा छात्राः स्वविचारान् निर्भयतया प्रकटयन्ति, तदा तेषां आत्मविश्वासः वर्धते। अतः भवद्भ्यः विनम्रः अनुरोधः यत् सृजनात्मककार्येषु सक्रियतया सहभागिता क्रियताम्। अन्ते अस्माकं मंगलकामनाः -

सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद्दुःखभाग् भवेत्

एषः श्लोकः अस्माकं पत्रिकायाः मूलभावनां प्रकटयति-सर्वेषां कल्याणम्, स्वास्थ्यं, सौहार्दं च। भवतां सहयोगः, सुझावाः, आशीर्वादाः च अस्मभ्यं प्रेरणास्रोतः भवन्ति।

धन्यवादाः।

पर्यावरणसंरक्षणम्

अद्यतनसमये पर्यावरणस्य संरक्षणं परमावश्यकम् अस्ति। पर्यावरणं नाम अस्मान् परिवेष्टयति इति-वायुः, जलं, पृथ्वी, वनानि, पर्वताः, नद्यः च सर्वे अपि पर्यावरणस्य अङ्गानि सन्ति। यदि पर्यावरणं शुद्धं भवति, तर्हि मानवजीवनम् अपि स्वस्थं सुखमयं च भवति।

वर्तमानकाले जनसंख्यावृद्ध्या, उद्योगानां विस्तारात्, वाहनानां धूमेन च पर्यावरणदूषणं वर्धते। वायुदूषणं, जलदूषणं, ध्वनिदूषणं च मानवजीवनाय हानिकारकानि सन्ति। वृक्षच्छेदेन वर्षानुपातः अपि न्यूनः भवति।

अतः अस्माभिः वृक्षारोपणं कर्तव्यम्। “एकः वृक्षः दशपुत्रसमः” इति उच्यते। वृक्षाः वायु शुद्धीकुर्वन्ति, छायां यच्छन्ति, फलानि ददति, जीवनाय आधारं भवन्ति। जलसंरक्षणम् अपि अत्यावश्यकम् अस्ति। वर्षाजलं सञ्चयितुं प्रयत्नः करणीयः।

विद्यालयेषु, महाविद्यालयेषु च छात्राः पर्यावरणरक्षणे जागरूकाः भवितुम् अर्हन्ति। स्वच्छता अभियानम्, प्लास्टिकत्यागः, ऊर्जा-संरक्षणम् इत्यादयः उपायाः पर्यावरणसंरक्षणाय उपयुक्ताः सन्ति।

अतः सर्वे वयं प्रतिजानीमः-पर्यावरणस्य रक्षणं करिष्यामः, स्वच्छं भारतं निर्मास्यामः, हरितं विश्वं स्थापयिष्यामः च।

अर्चना ठाकुर, कला स्नातक तृतीय वर्ष

सङ्गणकस्य महत्त्वम्

अद्यतनवैज्ञानिकयुगे सङ्गणकः (Computer) मानवजीवनस्य अत्यन्तं महत्त्वपूर्णं साधनम् अस्ति। "सङ्गणकः" इति शब्दः "सम्यक् गणयति" इत्यस्मात् निष्पन्नः। सः द्रुतगत्या गणनां करोति, सूचनाः संग्रहयति, सञ्चारं सुलभं करोति च।

पूर्वं सर्वाणि कार्याणि हस्तेन क्रियन्ते स्म, परन्तु अधुना सङ्गणकस्य सहाय्येन क्षणमात्रेण जटिलकार्याणि अपि सम्पन्नानि भवन्ति। विद्यालयेषु, चिकित्सालयेषु, कार्यालयेषु, बाङ्केषु, वैज्ञानिकक्षेत्रेषु च सङ्गणकस्य व्यापकः उपयोगः दृश्यते।

यथा उच्यते :-

यन्त्रेण सह मानवः कार्यं शीघ्रं साधयेत्।
विज्ञानबलसम्पन्नः सदा प्रगतिमाप्नुयात्



अद्य इन्टरजालस्य (Internet) माध्यमेन विश्वस्य सर्वाः सूचनाः अल्पकाले एव लभ्यन्ते। ई-मेल, ऑनलाइन-शिक्षा, डिजिटल-व्यवहारः इत्यादयः सर्वे सङ्गणकस्य देनाः सन्ति।

परन्तु अस्य दुरुपयोगः अपि न कर्तव्यः। अतीव उपयोगेन नेत्रदोषः, समयनाशः च भवितुं शक्नोति। अतः संयमपूर्वकं विवेकपूर्वकं च सङ्गणकस्य उपयोगः करणीयः।

अतः वयं वदामः -

विज्ञानं मानवहिताय, न तु विनाशाय।

सङ्गणकः मानवजीवनस्य उन्नतये साधनं भवतु, इति अस्माकं कामना।

टि्वंकल

कला स्नातक तृतीय वर्ष

मानवजीवने योगस्य महत्त्वम्

योगः भारतीयसंस्कृतेः दिव्यः उपहारः अस्ति। "योग" इति शब्दः युज् धातोः निष्पन्नः, यस्य अर्थः - संयोजनम्, आत्मनः परमात्मना सह ऐक्यम्। योगः केवलं व्यायामः न, अपि तु सम्यक् जीवनपद्धतिः अस्ति।

महर्षिणा पतञ्जलि विरचितेषु योगसूत्रे योगस्य वैज्ञानिकं विवेचनं दृश्यते। तत्र अष्टाङ्गयोगः वर्णितः - यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान, समाधि इति। एतेषां अभ्यासेन मनुष्यस्य शारीरिकं, मानसिकं, आध्यात्मिकं च विकासः भवति।

अद्यतनजीवने तनावः, चिन्ता, अवसादः, रोगाः च बहवः दृश्यन्ते। योगाभ्यासेन शरीरं स्वस्थं, मनः प्रसन्नं, बुद्धिः एकाग्रा च भवति। प्राणायामेन श्वासप्रश्वासयोः नियन्त्रणं भवति, येन चित्तशुद्धिः अपि साध्यते।

यथा गीता वदति - समत्वं योग उच्यते।

तथा - योगः कर्मसु कौशलम्।

योगः कर्मसु कुशलतां जनयति। योगः आत्मानुशासनस्य, संयमस्य, धैर्यस्य च शिक्षां ददाति। सः मनुष्यं स्वस्थं, सज्जं, सन्तुलितं च करोति। अतः मानवजीवने योगस्य महत्त्वं अत्यधिकम् अस्ति। अतः वयं सर्वे नित्यं योगाभ्यासं कृत्वा स्वस्थं जीवनं यापयेम।

रुषिका शर्मा

कला स्नातक प्रथम वर्ष

अनुशासनस्य महत्त्वम्

अनुशासनं मानवजीवनस्य मूलाधारः अस्ति। "अनुशासन" इति शब्दः अनु+शासन इति समासात् निष्पन्नः, यस्य अर्थः - नियमपालनम्, संयमः, सदाचारः च। यत्र अनुशासनं भवति, तत्र प्रगतिः, शान्तिः, सुव्यवस्था च स्वयमेव आगच्छन्ति।

प्रकृतौ अपि सर्वं अनुशासनेन एव संचरति। सूर्यः नियतसमये उदेति, चन्द्रः स्वमार्गे गच्छति, ऋतवः अपि कालानुसारं परिवर्तन्ते। एषा व्यवस्था अनुशासनस्य आदर्शः अस्ति।

विद्यार्थिनां जीवनम् अनुशासनविना निष्फलं भवति। समयपालनम्, गुरुणां सम्मानः, नियमिताध्ययनम् - एते सर्वे अनुशासनस्य अङ्गानि सन्ति। अनुशासनयुक्तः छात्रः एव जीवनमार्गे सफलतां प्राप्नोति।

यथा उक्तम् -

शासनाद् भवति शिष्टता, शिष्टतायां भवेत् यशः।

अनुशासनात् शिष्टता उत्पद्यते, शिष्टतया यशः लभ्यते। अनुशासनं न केवलं विद्यालये, अपि तु गृहे, समाजे, राष्ट्रे च आवश्यकम्। सैनिकाः, क्रीडकाः, वैज्ञानिकाः च अनुशासनस्य कारणेन एव उत्कर्षं प्राप्नुवन्ति।

अतः अस्माभिः सर्वैः जीवनस्य प्रत्येकस्मिन् क्षेत्रे अनुशासनं पालनं करणीयम्। अनुशासनं सफलता-सीढी अस्ति, सः एव मानवस्य चरित्रं निर्माति।

मिताली शर्मा

कला स्नातक प्रथम वर्ष

संस्कृतभाषायाः महत्त्वम्

संस्कृतभाषा विश्वस्य प्राचीनतमा, वैज्ञानिकतमा च भाषा अस्ति। अस्याः मूलं वेदेषु निहितम् अस्ति। वेदाः, उपनिषदः, पुराणानि, महाकाव्यानि, दर्शनशास्त्राणि च संस्कृतभाषायामेव रचितानि सन्ति। अतः संस्कृतभाषा अस्माकं सांस्कृतिकपरम्परायाः आधारशिला अस्ति। यथा उच्यते -

**संस्कृतं नाम देवी वाक् ज्ञानराशिनिबन्धनी।
न्यूनता नास्ति तस्यां हि विश्वकल्याणकारिणी।।**

संस्कृतभाषा शुद्धा, परिष्कृता, व्यवस्थितव्याकरणयुक्ता च अस्ति। महर्षिणा पाणिनिना रचितं व्याकरणं अद्यापि विश्वे अद्वितीयम् अस्ति। अस्याः भाषायाः संरचना वैज्ञानिकदृष्ट्या अपि अत्यन्तं प्रशंसनीया अस्ति।

अद्य अपि संस्कृतभाषा केवलं देववाणी न, अपि तु व्यवहारभाषा अपि भवितुं शक्नोति। अनेकविद्यालयेषु, विश्वविद्यालयेषु च संस्कृताध्ययनं क्रियते। आकाशवाणी, समाचारपत्रेषु, दूरदर्शनकार्यक्रमेषु च संस्कृतभाषायाः प्रयोगः दृश्यते।

संस्कृतभाषा केवलं अतीतस्य स्मारकं न, अपि तु भविष्यस्य मार्गदर्शिका अस्ति। सा भारतीयसंस्कृतेः आत्मा अस्ति।

अतः वयं सर्वे संस्कृतभाषायाः अध्ययनं संवर्धनं च कुर्मः।

**यावद् भारतभूमिः स्यात् यावद् विन्ध्यहिमाचलौ।
तावद् संस्कृतभाषायाः कीर्तिः लोकेषु वर्धताम्।।**

ज्योत्सना शर्मा

कला स्नातक तृतीय वर्ष

संस्कृत-गीतिका - “भारतमाता”

जयतु जयतु भारतभूमिः पावनी पुण्यधरा।
गङ्गायमुन्नासरस्वत्याः शोभिन्ना सुरधरा।।
विन्ध्याहिमालयशृङ्गैः भूषिता मातृभूमिः।
वेदोपनिषद्गीता-ज्ञानदीपा शुभभूमिः।।

सत्यं शिवं सुन्दरं यत्र नित्यं वसति।
धर्मः करुणा शौर्यं च हृदयेषु प्रवसति।।
रामकृष्णबुद्धन्मन्त्रां कीर्तिः यत्र गीयते।
संस्कृतवाणी विह्वे सर्वत्र प्रतिध्वन्यते।।

युवा शक्तिर्भवतु नः राष्ट्रस्य आधारः।
विद्या-विज्ञान-युक्तो भवतु जीवनमार्गः।।
शान्तिं सौहार्दं प्रेम च वयं संवर्धयाम।
जयतु जयतु भारतं नित्यं वयं गायाम।।

संगम शर्मा

कला स्नातक प्रथम वर्ष

सुभाषितानि

- विद्या ददाति विनयं विनयाद् याति पात्रताम्।
पात्रत्वात् धनमानोति धनात् धर्मं ततः सुखम्।।
अर्थः- विद्या विनयं ददाति विनयेन पात्रता, पात्रतया धनम्, धनेन धर्मः, धर्मेण सुखं लभ्यते।
- न चोरहार्यं न च राजहार्यं
न भ्रातृभाज्यं न च भारकारी।
व्यये कृते वर्धत एव नित्यं
विद्याधनं सर्वधनप्रधानम्
अर्थः- विद्याधनं न चोरेण हर्यते, न राजा हर्यते, न भ्रात्रा विभज्यते व्यये अपि वर्धते। अतः सर्वधनात् श्रेष्ठम्।
- उद्यमेन हि सिद्ध्यन्ति कार्याणि न मनोरथैः।
न हि सुप्तस्य सिंहस्य प्रविशन्ति मुखे मृगाः।।
अर्थः- केवलं इच्छा न पर्याप्ताय परिश्रमेण एव कार्यसिद्धिः भवति।
- पादमादत्ते पादं शिष्यः स आचार्यात् वमेष्या।
पादं सब्रह्मचारिभ्यः पादं कालक्रमेण च।।
अर्थः कृ ज्ञानस्य एकः भागः आचार्यात्, एकः स्वबुद्ध्या, एकः सहपाठिभ्यः, एकः कालानुसारं लभ्यते।
- सत्यमेव जयते नानृतं
सत्येन पन्था विततो देवयानः।।
अर्थः- सत्यस्य एव जयः भवति, असत्यस्य नय सत्येन एव उन्नतिमार्गः प्रशस्तः भवति।
- यथा चित्तं तथा वाचो यथा वाचस्तथा क्रियाः।
चित्ते वाचि क्रियायां च साधूनामेकरूपता।।
अर्थः- सज्जनानां मनसा, वाचा, कर्मणा च एकरूपता भवति।

निहारिका

नीतिश्लोकाः

- उद्यमेन हि सिद्ध्यन्ति कार्याणि न मनोरथैः।
न हि सुप्तस्य सिंहस्य प्रविशन्ति मुखे मृगाः।।
- सत्यं ब्रूयात् प्रियं ब्रूयान्न ब्रूयात् सत्यमप्रियम्।
प्रियं च नानृतं ब्रूयादेष धर्मः सनातनः।।
- अयं निजः परो वेति गणना लघुचेतसाम्।
उदारचरितानां तु वसुधैव कुटुम्बकम्।।
- ताडयेत् लालयेत् पञ्च वर्षाणि दश वर्षाणि
प्राप्ते तु षोडशे वर्षे पुत्रं मित्रवदाचरेत्।।
- नास्ति विद्यासमं चक्षुर्नास्ति सत्यसमं तपः।
नास्ति रागसमं दुःखं नास्ति त्यागसमं सुखम्।।

दीक्षा शर्मा

कला स्नातक तृतीय वर्ष

विद्यायाः महत्त्वम्

विद्या मानवजीवनस्य परमं भूषणम् अस्ति। सा मनुष्यं संस्कारयति, परिष्करोति, उन्नतिं नयति च। प्राचीनग्रन्थेषु विद्यायाः महत्त्वं बहुधा प्रतिपादितम् अस्ति।

यथा-

विद्या ददाति विनयं विनयाद् याति पात्रताम्।

पात्रत्वात् धनमाप्नोति धनात् धर्मं ततः सुखम्

अस्य श्लोकस्य अर्थः अस्ति - विद्या विनयं ददाति, विनयेन पात्रता, पात्रतया धनम्, धनेन धर्मः, धर्मेण च सुखं प्राप्यते। अतः सर्वसुखानां मूलं विद्या एव अस्ति।

अन्यत्र अपि उक्तम् -

न चोरहार्यं न च राजहार्यं, न भ्रातृभाज्यं न च भारकारी।

व्यये कृते वर्धते एव नित्यं, विद्याधनं सर्वधनप्रधानम्

विद्याधनं न चोरेण हरितुं शक्यते, न राजा हरति, न भ्राता विभजति। व्ययेन अपि सा वर्धते। अतः सर्वधनेषु विद्याधनं श्रेष्ठतमम् अस्ति। विद्या अज्ञानान्धकारं नाशयति। सा प्रकाशरूपेण जीवनमार्गं दर्शयति। “सा विद्या या विमुक्तये” इति वचनम् अपि प्रसिद्धम्-या विद्या बन्धनात् मोक्षं ददाति, सा एव वास्तविकविद्या।

अद्यतनसमाजे अपि शिक्षायाः अत्यन्तं महत्त्वम् अस्ति। शिक्षिता व्यक्ति आत्मनिर्भरः भवति, समाजस्य प्रगतेः कारणं च भवति। राष्ट्रस्य उन्नतिः अपि शिक्षायाः आधारेण एव भवति।

अतः अस्माभिः नित्यं अध्ययनशीलैः भवितव्यम्। विद्या एव मानवस्य यथार्थं भूषणम्, सा एव जीवनस्य प्रकाशः अस्ति।

तान्या

कला स्नातक तृतीय वर्ष

ऋग्वेद

ऋग्वेदः प्राचीनतमः वेदः अस्ति। अयं वैदिकसाहित्यस्य मूलग्रन्थः मन्यते। अस्मिन् देवतास्तुतयः मन्त्ररूपेण संकलिताः सन्ति। “ऋच” इति शब्दस्य अर्थः स्तुतिः, अतः यः वेदः ऋचां संग्रहः अस्ति, सः ऋग्वेदः इति कथ्यते।

संरचना : ऋग्वेदे दश मण्डलानि, १९१७ सूक्तानि, तथा प्रायः १९,५६६ मन्त्राः सन्ति। अत्र इन्द्रः, अग्निः, वरुणः, मित्रः, सोमः, उषाः इत्यादीनां देवतानां स्तुतयः दृश्यन्ते।

प्रमुखविषयाः

- ▶ अग्निः - यज्ञस्य प्रधानदेवता
- ▶ इन्द्रः - वीर्यस्य, वृष्टेः च देवता
- ▶ वरुणः - ऋतस्य (नैतिक-व्यवस्थायाः) रक्षकः
- ▶ सोमः - ओजः, अमृतत्वस्य प्रतीकः

ऋग्वेदस्य प्रथमः मन्त्रः -

अग्निमीळे पुरोहितं यज्ञस्य देवमृत्विजम्।

होतारं रत्नधातमम्॥ (१.१.१.)

महत्त्वः ऋग्वेदः केवलं धार्मिकग्रन्थः न, अपि तु प्राचीनभारतीयसंस्कृतेः, समाजस्य, राजनैतिकजीवनस्य, भौगोलिकस्थितेः च दर्पणः अस्ति। अत्र प्रकृतिपूजा, नदीनां वर्णनम् (सरस्वती, सिन्धु), तथा दार्शनिकविचाराः अपि सन्ति। उपनिषदां, ब्राह्मणग्रन्थानां, भारतीयदर्शनानां च मूलम् ऋग्वेदे एव निहितम् अस्ति।

ज्योत्सना शर्मा

कला स्नातक प्रथम वर्ष

संस्कृत-चुटकुले

विद्यालये

शिक्षकः - भोः छात्र! त्वं किमर्थं विलम्बेन आगतः?

छात्रः - गुरो! स्वप्ने अहं विद्यालयम् आगच्छम्।

शिक्षकः - ततः?

छात्रः - जागृतः अभवम्, तदा ज्ञातम् - अद्यापि गन्तव्यम् अस्ति!

गृहकार्यं

माता - भोः पुत्र! गृहकार्यं कृतवान् किम्?

पुत्रः - आम् मातः।

माता - दर्शय।

पुत्रः - गुरुः अपि अद्य न आगतः, अतः अहं अपि न अकरवम्

आलसी छात्रः

गुरुः - त्वं सर्वदा निद्रां करोति, किमर्थम्?

छात्रः - गुरो! स्वप्ने अपि अहं अध्ययनं करोमि। द्विगुणं श्रमः भवति!

चिकित्सकः

रोगी - भो वैद्य! औषधं कियत्कालं यावत् खादामि?

वैद्यः - यावत् रोगः पलायते।

रोगी - यदि न पलायते?

वैद्यः - तर्हि त्वमेव पलायस्व!

पनमा

कला स्नातक प्रथम वर्ष

मनुस्मृति का मनुष्यजीवन में महत्त्व



मनुस्मृति प्राचीनभारतीयधर्मशास्त्रों में एक प्रमुख ग्रन्थ है। परम्परानुसार इसके प्रवर्तक मनु माने जाते हैं। इसमें मनुष्य के आचरण, कर्तव्य, सामाजिक व्यवस्था तथा नैतिक जीवन के नियमों का विस्तृत वर्णन मिलता है।

9. आचार और नैतिकता : मनुस्मृति मनुष्य को सत्य, संयम, शुचिता और सदाचार का उपदेश देती है। धर्म के चार आधार बताए गए हैं -

वेदः स्मृतिः सदाचारः स्वस्य च प्रियमात्मनः।

एतच्चतुर्विधं प्राहुः साक्षाद्धर्मस्य लक्षणम्॥

अर्थात् वेद, स्मृति, सदाचार और आत्मसंतोष - ये धर्म के लक्षण हैं। इससे स्पष्ट है कि मनुष्य को विवेकपूर्ण और मर्यादित जीवन जीना चाहिए।

२. सामाजिक व्यवस्था : इस ग्रन्थ में वर्णाश्रम-व्यवस्था, पारिवारिक कर्तव्य, गुरु-शिष्य संबंध, राजा और प्रजा के धर्म आदि का उल्लेख है। उस समय की सामाजिक संरचना को व्यवस्थित रखने में यह सहायक रही।

३. सम्मान-नारी : मनुस्मृति में स्त्री के सम्मान का भी उल्लेख मिलता है -

यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवताः।

यत्रैतास्तु न पूज्यन्ते सर्वास्तत्राफला क्रियाः॥

अर्थात् जहाँ स्त्रियों का सम्मान होता है, वहाँ देवताओं का वास होता है।

४. अनुशासन और दण्डनीति : मनुस्मृति में अनुशासन और दण्ड व्यवस्था का वर्णन है, जिससे समाज में शान्ति और व्यवस्था बनी रहे। इससे मनुष्य को अपने कर्तव्यों के प्रति सजग रहने की प्रेरणा मिलती है।

५. आधुनिक परिप्रेक्ष्य : यद्यपि मनुस्मृति के कुछ सिद्धान्त आधुनिक मूल्यों से भिन्न या विवादास्पद माने जाते हैं, तथापि ऐतिहासिक और सांस्कृतिक दृष्टि से इसका अध्ययन अत्यन्त महत्वपूर्ण है। यह प्राचीन भारतीय समाज के विचारों और जीवन-पद्धति का दर्पण है।

उपसंहार : मनुस्मृति मनुष्य को कर्तव्यनिष्ठ, अनुशासित और नैतिक जीवन जीने की प्रेरणा देती है। इसका अध्ययन विवेकपूर्वक करते हुए हम इससे जीवन-उपयोगी सिद्धान्त ग्रहण कर सकते हैं।

संजना भगत

कला स्नातक प्रथम वर्ष

संस्कृत-द्युत्कुलानि

9. छात्रः च आचार्यः

आचार्यः - भोः छात्र! त्वं विद्यालयं किमर्थं विलम्बेन आगतः?

छात्रः - भगवन् मार्गं “धीरे चलो” इति पट्टिका आसीत्, अतः अहं शनैः शनैः आगतः।

२. गृहकार्यस्य कारणम्

आचार्यः - गृहकार्यं कुतः न कृतम्?

छात्रः कृ भगवन् अहं तु कर्तुम् इच्छामि स्म, किन्तु “गृह”-कार्यं इति उक्तम्, अहं तु विद्यालये अस्मि।

३. चिकित्सालये

वैद्यः - भवतः कः रोगः अस्ति?

रोगी - भगवन् मम “पठन-रोगः” अस्ति।

वैद्यः - कथम्?

रोगी - यदा पुस्तकम् उद्घाटयामि, तदा निद्रा आगच्छति।

४. (मोबाइल) दूरवाणी

माता - पुत्र! किमर्थं सर्वदा दूरवाण्या सह तिष्ठसि?

पुत्रः - अम्ब! भवान् एव उक्तवती - “सदैव सम्पर्के तिष्ठ।”

५. परीक्षायाम्

आचार्यः - त्वं प्रश्नानां उत्तरं किमर्थं न लिखसि?

छात्रः - भगवन्! प्रश्नाः अपि मौनं पालयन्ति, अहम् अपि मौनं पालयामि।

अमीषा ठाकुर

कला स्नातक द्वितीय वर्ष

संस्कृत-गीतिका - “प्रकृतिमाता”

प्रकृतिः सुन्दरी माता हरितालङ्कृता शुभा।
वनपुष्पसुगन्धाढ्या शीतला शान्तिदायिनी।

नद्यः कलकलं यान्ति पर्वताः स्थिरदर्शिनः।
नीलाकाशे विहगाः गानं कुर्वन्ति निर्मलम्॥

सूर्यः प्रभां वितनुते चन्द्रः शीतांशुं ददाति।
वायुः जीवनदाता नः प्राणान् पावयति सदा॥

वृक्षाः फलानि यच्छन्ति छायां शान्तिं प्रयच्छन्ति।
भूमिमाता धैर्येण सर्वं वहति नित्यशः॥

रक्षामः प्रकृतिं सर्वे न छिन्द्याम वृक्षपङ्क्तिम्।
शुद्धं जलं पिबेम नित्यं मा कुर्याम दूषणम्॥

हरितं विश्वं निर्माय शान्तिं लोके स्थापयेम।
प्रकृतिः अस्माकं जीवनं तस्याः संरक्षणं कुर्याम॥

सिमरन शाह

कला स्नातक प्रथम वर्ष

नारीशक्तिः समाजस्य आधारशिला

भारतीयसंस्कृतौ नारी सदा पूज्या मन्यते। यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवताः कृ इति प्रसिद्धवचनम्। अस्माकं वेदेषु, पुराणेषु, इतिहासेषु च नार्याः गौरवं विस्तरेण वर्णितम् अस्ति। सा केवलं गृहिणी न, अपि तु संस्कारस्य प्रथमगुरुः अस्ति।

प्राचीनकाले गार्गी, मैत्रेयी, अपाला, घोषा इत्यादयः विदुषीस्त्रियः आसन्, याः वेदविद्यायां निपुणाः अभवन्। अद्यापि स्त्रियः शिक्षाक्षेत्रे, विज्ञानक्षेत्रे, राजनैतिकक्षेत्रे, क्रीडाक्षेत्रे च विशिष्टं स्थानं प्राप्नुवन्ति।

नारीशक्तिः केवलं करुणायाः प्रतीकं नास्ति, सा साहसस्य, धैर्यस्य, त्यागस्य च मूर्तिः अस्ति। माता रूपेण सा प्रेमप्रदायिनी, शिक्षिका रूपेण मार्गदर्शिका, नेतृरूपेण समाजस्य प्रेरणास्त्रोतः भवति।

अस्माकं कर्तव्यं यत् वयं स्त्रीणां सम्मानं कुर्मः, तासां अधिकारान् रक्षामः, समानावसरान् प्रदद्मः च। शिक्षया एव नारी स्वावलम्बिनी भवति। शिक्षिता नारी सशक्तं समाजं निर्माति।

अतः वयं सर्वे मिलित्वा नारीसम्मानस्य, नारीशक्तेः च संवर्धनाय प्रयत्नशीलाः भवेम। नारीशक्तिः राष्ट्रस्य शक्तिः अस्ति।

यशिका शर्मा

कला स्नातक तृतीय वर्ष

पञ्चतन्त्रम्

पञ्चतन्त्रम् प्राचीनभारतीयनीतिकथासंग्रहः अस्ति। अस्य रचनाकारः परम्परया विष्णु शर्मा इति प्रसिद्धः। अयं ग्रन्थः राजकुमाराणां शिक्षार्थं रचितः, यस्मिन् कथामाध्यमेन नीतिः, व्यवहारज्ञानं, मित्रता, राजनीति च उपदिश्यन्ते।

पञ्च तन्त्राणि अस्मिन् ग्रन्थे पञ्च विभागाः सन्ति (तन्त्राणि) -

१. मित्रभेदः
२. मित्रलाभः
३. काकोलूकीयम्
४. लब्धप्रणाशः
५. अपरीक्षितकारकम्

एतेषु तन्त्रेषु पशु-पक्षिणां संवादरूपेण मानवजीवनस्य गूढनीतिः प्रकाशयते। कथाः सरलाः, रोचकाः, उपदेशपूर्णाः च सन्ति। पञ्चतन्त्रस्य उद्देश्यः केवलं मनोरञ्जनं न, अपि तु शिक्षणम् अस्ति। अत्र बुद्धिमत्ता, धैर्यं, सावधानी, मित्रचयनस्य महत्त्वं, शत्रुसंबन्धे सावधानता च उपदिश्यते।

यथा प्रसिद्धः नीतिश्लोकः कृसहसा विदधीत न क्रियाम्।

अर्थः - बिना विचार किए कोई कार्य नहीं करना चाहिए।

पञ्चतन्त्रम् विश्वे बहुभाषासु अनूदितम् अस्ति। अस्य कथाः बालानां वयस्कानां च कृते समानरूपेण उपयोगिन्यः सन्ति। एषः ग्रन्थः भारतीयनीतिशास्त्रस्य अमूल्यः निधिः अस्ति। पञ्चतन्त्रं न केवलं कथासंग्रहः, अपि तु जीवनमार्गदर्शकः ग्रन्थः अस्ति। अस्य अध्ययनं मनुष्यस्य बुद्धिविकासाय, चरित्रनिर्माणाय च अत्यन्तं उपयोगी भवति।

आँचल

कला स्नातक प्रथम वर्ष

संस्कृतभाषायाः पुनरुत्थानम्

अद्यतनसमये विज्ञानप्रौद्योगिकी-प्रधानस्य युगस्य मध्ये अपि संस्कृतभाषा स्वीयं वैशिष्ट्यं न जहाति। एषा भाषा केवलं प्राचीनग्रन्थानां निधिः न, अपितु भारतीयसंस्कृतेः आत्मा अस्ति। वेदाः, उपनिषदः, महाकाव्यानि, नाट्यानि, दर्शनेषु च निहितं ज्ञानं संस्कृतभाषायामेव सुरक्षितम् अस्ति।

संस्कृतभाषायाः वैशिष्ट्यं तस्याः वैज्ञानिकता अस्ति। व्याकरणस्य सूक्ष्मता, शब्दरचनायाः नियमबद्धता, उच्चारणस्य शुद्धता च अस्याः महत्त्वं वर्धयन्ति। महर्षिणा पाणिनिना विरचितं व्याकरणं अद्यापि विश्वे प्रशंसितम् अस्ति। अस्याः भाषायाः अध्ययनं केवलं साहित्यज्ञानाय न, अपि तु तार्किकचिन्तन-विकासाय अपि उपकरोति।

अद्य विद्यालयेषु विश्वविद्यालयेषु च संस्कृतशिक्षणस्य आवश्यकता वर्धमाना दृश्यते। योग, आयुर्वेद, ज्योतिष, दर्शनशास्त्रं च ज्ञातुं संस्कृतज्ञानम् अनिवार्यम् अस्ति। यदि वयं अस्याः भाषायाः संरक्षणं न करिष्यामः, तर्हि अस्माकं सांस्कृतिकसम्पदा क्षीणतां गमिष्यति।

अतः अस्माभिः संस्कृतभाषायाः प्रचारः प्रसारश्च कर्तव्यः। गृहेषु, विद्यालयेषु, समाजे च संस्कृतसंवादस्य प्रोत्साहनं भवेत्। नवपीढी अस्याः भाषायाः महत्त्वं ज्ञात्वा तां स्वजीवने स्वीकरोतु।

संस्कृतभाषा न केवलं अतीतस्य स्मरणं, अपि तु भविष्यस्य मार्गदर्शिका अपि अस्ति।

“संस्कृतं जगतः प्रकाश” इति न केवलं वाक्यं, अपितु सत्यं यत् अस्माभिः अनुभवनीयम्।

प्रिंसी

कला स्नातक प्रथम वर्ष



Dr. Ishita Chauhan
Department of Psychology



Viplove
Student Editor Psychology

THE POWER OF “YET”: HOW TO HACK YOUR BRAIN FOR SUCCESS

Have you ever felt like you’re just “not good” at a certain subject? Psychology suggests that this belief is actually a trap called a Fixed Mindset. When we believe our intelligence is set in stone, we avoid challenges and give up easily to protect our egos. However, the most successful people in the world practice a Growth Mindset—the scientific understanding that the brain is like a muscle that physically grows and strengthens when you struggle with something difficult. The secret to this transformation is one simple word: “Yet.” Saying “I don’t understand this” feels like a failure, but saying “I don’t understand this yet” re-wires your brain to look for a solution instead of an exit. Your potential isn’t a starting point, it’s a destination you build every time you choose to embrace the struggle.

Arunima, BA II

EMOTIONS AND EMOTIONAL INTELLIGENCE

Emotions are the feelings we experience in our daily life, such as happiness, sadness, anger, fear, love, and surprise. These feelings affect the way we think, behave, and make decisions. For example, when we are happy, we feel positive and confident, but when we are angry or sad, we may feel upset or confused. Emotions are a natural part of human life and help us understand ourselves and the world around us.

Emotional Intelligence means the ability to understand and manage our own emotions in a healthy way. It also means recognizing the emotions of other people and responding with care and empathy. A person with emotional intelligence does not react suddenly in anger or fear. Instead, they think calmly, control their feelings, and choose the right action.

Emotional intelligence includes important skills like self-awareness (knowing how we feel), self-control (managing our emotions), empathy (understanding others’ feelings), motivation (staying positive and focused), and social skills (getting along well with people). These skills help us build strong relationships, solve problems peacefully, and work well in a group.

In everyday life, emotional intelligence is very important. It helps students handle exam stress, helps adults manage work pressure, and helps everyone maintain healthy relationships. People with good emotional intelligence are more confident, patient, and understanding. They can face difficulties calmly and lead a balanced and successful life.

Aditi, BA II

ANXIETY IN MODERN WORLD

Anxiety is when a person feels very worried or scared inside, even if nothing bad is happening right now. Today, many people feel anxious because life is very fast. We use phones all the time. We see news and social media every day. On social media, people mostly show happy and perfect moments. When we compare our normal life to those posts, we start thinking we are not good enough. This makes our mind worry more.

Students worry about exams and marks. Adults worry about jobs and money. Young people worry about the future and how they look. Anxiety can also affect the body. Some people can't sleep at night. Some feel their heart beating fast. Some sweat or feel very tired. But the biggest problem is thinking too much. The mind keeps asking, "What if something goes wrong?"

Anxiety is not something people choose. It happens when the mind feels too much pressure and gets overwhelmed. Many people smile outside but feel anxious inside. When someone listens and understands them, they feel a little lighter.

Aditi, BA II

WHY OUR BRAIN LOVES OVERTHINKING

Overthinking is often seen as a bad habit, yet almost everyone does it. From replaying conversations to imagining worst-case scenarios, the human brain seems strangely attached to overthinking.

Psychology helps explain why the mind behaves this way. The brain is designed to solve problems and predict danger. Overthinking begins as a protective mechanism—our mind tries to prepare us for future challenges by analyzing past experiences. However, when this process becomes excessive, it turns into mental overload rather than problem-solving.

Another reason the brain enjoys overthinking is familiarity. Repetitive thoughts feel safer than the unknown. This explains why people often overthink at night, when distractions are minimal and the mind turns inward.

Understanding the psychology behind overthinking helps individuals respond to it with awareness rather than frustration. Instead of fighting thoughts, learning to observe them calmly can reduce their intensity.

Khushbu Thakur, BA II

RESILIENCE: THE PSYCHOLOGY OF BOUNCING BACK

Resilience is the psychological capacity to adapt, recover, and grow stronger after facing stress, challenges, or adversity. It does not mean a person never experiences difficulties or negative emotions. Instead, resilience reflects the ability to continue functioning, maintain hope, and find ways to move forward even during tough times. In simple words, resilience is the strength that helps individuals "bend but not break."

Resilience is not an inborn trait; it is a combination of behaviors, thoughts, and skills. Resilience also varies from person to person—what is overwhelming for one individual might be more manageable for another.

Resilience is essential for mental health and well-being. It helps individuals cope with stress, overcome failures, maintain motivation, and prevent mental health issues like anxiety and depression. Resilient people are more likely to view problems as opportunities for growth rather than as obstacles.

Resilience is one of the most powerful psychological strengths a person can possess. It does not eliminate hardship, instead, it empowers individuals to face difficulties with courage, flexibility, and hope. In a world full of uncertainty, resilience acts as an inner shield, helping people survive, succeed, and grow through life's challenges.

MANSVI SHARMA, BA III

HOW SOCIAL MEDIA ALGORITHMS ARE MESSING WITH YOUR HEAD (AND MINE TOO)

Last week I was lying in bed at 2 a.m., scrolling through Instagram. Wasn't even enjoying it—just watching random drama between people I don't know. When I finally put the phone down, I thought: *Wait, did I actually want to see any of that?*

That's when it hit me. The app is basically making decisions for me. And honestly? It's kind of creepy.

It Knows Your Weaknesses

These algorithms watch everything. How long you stare at a post, what you scroll past, the stuff you save but never look at. It builds this weirdly accurate picture of who you are.

My friend got engaged last month. Now her entire feed is weddings. *Only* weddings. She laughed at first, but then told me: "I keep thinking I need all this expensive stuff. Everyone else is doing it. What if my wedding looks boring?"

See what happened? The algorithm didn't just show her content—it made her feel like she was falling behind. That's getting in your head.

Living in a Bubble You Can't See

Ever notice how everyone on your feed thinks exactly like you? The algorithm figures out what you believe and shows you more of it. It feels good—like finally, people get it!

But here's the problem: when you meet actual humans, you're shocked they see things differently. It's because they've been in *their* bubble, and you've been in yours.

You Think You're Choosing, But Are You?

Social media feels like endless choices. You can scroll forever, look at whatever you want, right?

Wrong. Out of billions of posts, the algorithm picked maybe a few hundred based on what keeps you hooked. You're not really choosing—you're picking from a pre-selected menu.

Everyone Else's Life Looks Better

The algorithm learns what makes you insecure and shows you MORE of it. Feeling bad about your body? Here are fifty fitness influencers. Stuck at a boring job? Watch these people travel the world.

So What Do We Do?

I'm not going to pretend I've got it figured out. I'm still addicted to my phone. But I'm trying some things that actually help.

First, I started noticing *when* I reach for my phone. Usually it's when I'm bored, anxious, or avoiding something. Just catching myself in that moment helps. Sometimes I still scroll, but at least I know why.

I also turned off most notifications. Sounds simple, but it's huge. The app can't control me if it can't interrupt me constantly. I check things when *I* want to, not when some algorithm decides I should.

My roommate does this thing where she asks herself: "Am I looking for something specific, or am I just scrolling?" If it's just scrolling, she puts the phone down. Doesn't always work, but when it does, she feels way better.

Pallavi Negi, BA II

THERAPY: A NECESSITY, NOT A SHAMEFUL ACT

"Taking care of your mind is not weakness, it is wisdom."

In today's society, therapy is often misunderstood. Many people believe that therapy is only for those with severe mental health illnesses, but that is not true. Therapy is beneficial for everyone, regardless of the challenges they face.

Why therapy is important?

Therapy provides a safe space to understand our emotions and thoughts. It helps people deal with stress, anxiety, confusion, academic pressure, and relationship issues—common problems among college-going students. Therapy is not just for people with severe issues; it is a tool for everyone to maintain good mental health.

Breaking the stigma

Many people think mental health struggles are not very serious or that seeking help means weakness. This belief creates shame and stigma around therapy. People worry about "log kya kahenge." As a result, they hide their pain and suffer silently.

But it is important to remember that therapy is not a sign of weakness; it is a sign of strength and self-care. Just as we visit a doctor when our body feels unwell, therapy helps us understand, address, and manage our mental health issues effectively.

"Healing begins when we stop hiding."

When we openly talk about therapy, it creates a safe environment. Normalising therapy makes it easier for individuals to seek help and provides a non-judgmental space for healing.

"It is okay to ask for help."

"Mental health matters."

Ishita Sharma, BA I

THE ROLE OF SLEEP QUALITY IN COGNITIVE PERFORMANCE

Just as an operating system allows a computer to run programs smoothly, good-quality sleep enables the brain to function efficiently. During sleep, the brain organizes information, repairs neural connections, and prepares itself for optimal performance the next day. Sleep quality is not only about the number of hours slept but also about how deep, uninterrupted, and restorative the sleep is. Proper sleep supports essential cognitive functions such as memory formation, learning ability, attention, problem-solving, and decision-making. During deep sleep and REM (Rapid Eye Moment) sleep stages, the brain consolidates memories, processes emotions, and clears unnecessary information.

Poor sleep quality disrupts these processes, leading to reduced concentration, slower thinking, memory problems, and emotional instability. Over time, chronic lack of quality sleep can negatively impact academic performance, work efficiency, and overall mental health. Therefore, sleep quality plays a fundamental role in maintaining strong cognitive performance and mental well-being

Consequences: When you lack sleep, your brain and body undergo specific biological changes that trigger mental health struggles, increased hunger, physical breakdown, and reduced mental efficiency.

These changes directly affect how the brain processes information, stores memory, and maintains focus, leading to poor cognitive performances.



1. **Hormonal Imbalance:** Sleep is the primary regulator of your metabolic hormones. When you don't get enough rest, your body shifts into a "starvation" hormonal profile.
2. **Food Cravings:** Your levels of Ghrelin (the "hunger" hormone) spike, while Leptin (the "fullness" hormone) drops. This creates an intense craving for high-calorie, sugary foods as your brain searches for a quick energy fix.
3. **Recovery:** Growth hormone, which is essential for repairing tissues and muscles, is primarily released during deep sleep. Without it, your body stays in a state of "disrepair," leading to longer recovery times.
4. **Stress and Anxiety:** High stress levels increase the release of cortisol, which interferes with sleep quality. Poor sleep further increases stress, creating a cycle that harms cognitive performance.

Conclusion: Sleep quality plays a vital role in maintaining cognitive performance. Poor sleep causes biological and mental disturbances that reduce memory, focus, and decision-making abilities. Therefore, maintaining healthy sleep habits is essential for optimal brain functioning.

Mannat Sharma,
BA II

THE POWER OF BELIEF: Understanding The Placebo And Nocebo Effect

Have you ever felt better after taking a medicine even before it had time to work? Or felt worse simply because you expected something negative to happen? Can our beliefs affect both the body and the mind? Psychology explains this through the placebo effect and its opposite, the nocebo effect, which show how expectations can influence physical as well as mental health.

The placebo effect occurs when a person experiences real improvement after receiving a treatment that has no active medical ingredient. This improvement happens due to positive belief and expectation. Such beliefs reduce stress and anxiety, improve mood, and activate brain chemicals like endorphins. As a result, people may feel less pain, better emotionally, and more hopeful. Thus, the placebo effect benefits mental well-being along with physical health.

In contrast, the nocebo effect occurs when negative expectations lead to worsening symptoms. Fear and anxiety can cause headaches, fatigue, nausea, and emotional distress even when no actual harm is present. This shows how negative beliefs can affect both the mind and the body.

One of the most famous real-life examples of the placebo effect was reported by Henry K. Beecher, an American anesthesiologist, in 1955. While treating injured soldiers during World War II, Beecher observed that many soldiers reported significant pain relief after receiving injections they believed were painkillers, even when the injection contained only saline solution.

The soldiers' belief that they had received strong medication reduced their pain perception. This study highlighted how expectation and belief can alter the experience of physical pain, making it one of the earliest real-world demonstrations of the placebo effect.

The placebo and nocebo effects remind us that the human mind plays a powerful role in health and healing. Our beliefs, expectations, and emotions can either support recovery or intensify discomfort. Understanding these effects helps psychologists and healthcare professionals promote positive expectations, reduce fear, and improve overall well-being. Ultimately, the power of belief proves that healing is not only physical, but deeply psychological as well.

Viplove, BA III

THE PSYCHOLOGY OF UNSPOKEN FEELINGS: The Things We Never Say

Not all emotions are expressed. Some stay trapped between the heart and lips – unspoken messages, unfinished conversations, feelings we never found the courage to speak.



Psychology calls these unexpressed emotions, but everyone knows them simply as things left unsaid.

Why do we hide our feelings?

From childhood we learn some rules about emotions such as “don’t cry”, “be strong”, “don’t say too much”, “what will people think”?

Slowly we learn that silence feels safer than honesty. Psychology explains that fear of rejection, embarrassment and vulnerability makes us suppress what we truly feel. The mind remembers unspoken emotions more strongly than expressed ones.

The zeigarnik effect: Why unfinished feelings stay

There is a psychological principle called the zeigarnik effect, which says that the brain remembers unfinished tasks better than completed ones. Unspoken feelings are unfinished emotional tasks.

So,

1. We remember conversations that never happened.
2. We replay moments where we wanted to say something but didn't

The mind doesn't like incompleteness – especially emotional incompleteness.

The weight of emotional silence

Psychology shows that suppressing emotions doesn't erase them. Instead they:

1. Appear as sudden sadness
2. Turn into irritability
3. Cause emotional exhaustion
4. Affect physical health over time

Psychology doesn't teach us to speak everything – it teaches us to understand what silence costs us.

Because sometimes, the bravest thing is not staying quiet It is finally letting the heart be heard.

Diksha Kumari
BA III

THE POWER OF THE MIND: How our thoughts shape our reality

Psychology is the scientific study of the human mind and behavior. One of the most fascinating ideas in psychology is how our thoughts influence our feelings, actions, and even our success in life. The way we think can change how we see the world and how the world responds to us.



How Thoughts Influence Behavior

Our brain continuously processes thoughts, and these thoughts guide our emotions and actions. Positive thinking can increase confidence and motivation, while negative thinking can lead to fear, stress, and failure.

For example, a student who thinks “I can do this exam well” feels confident and studies with interest. On the other hand, a student who thinks “I am weak in studies” may feel anxious and avoid studying.

Psychologists call this process “cognitive influence”, where thinking patterns affect behavior.

The Psychology Behind Positive Thinking

According to Cognitive Psychology, our thoughts, emotions, and behaviors are connected. When we change our thinking style, our emotional state also changes.

“Change your thoughts and you change your world.”

Positive thinking does not mean ignoring problems, but facing challenges with a hopeful and confident attitude.

Example

Imagine two students who fail an exam:

Student A thinks: “I am useless; I can never succeed.”

! Becomes sad and loses motivation.

Student B thinks: “I didn’t prepare well this time; I’ll do better next time.”

Learns from mistakes and improves performance.

This simple example shows how mindset directly affects behavior and success.

Conclusion

Your life is a reflection of your thoughts.”

Sonali Chauhan, BA II

ADOLESCENCE: A CRITICAL STAGE OF PSYCHOLOGICAL DEVELOPMENT

Adolescence is a transitional stage between childhood and adulthood marked by rapid physical, emotional, cognitive and social changes. This period plays a vital role in shaping personality, identity and behaviour.

Psychology studies human behaviour and mental processes. Adolescence is considered one of the most sensitive and important periods. It generally ranges from 11 to 19 years of age. During this time, individuals experience significant internal and external changes that influence their thinking, emotions and social relationships.

Characteristics of Adolescence

1. **Emotional Development:** Adolescents experience intense emotions and mood swings. Feelings of happiness, anxiety and excitement are common due to hormonal changes and new social experiences.
2. **Cognitive Development:** According to Jean Piaget, adolescents enter the formal operational stage where they develop abstract thinking, logical reasoning, and problem solving abilities
3. **Identity Formation:** Erik Erikson described adolescence as the stage of Identity vs. Role confusion. Adolescents, try to understand who they are, what they believe in and what goals they want to achieve
4. **Social Development:** Peer relationships become more important than family relationships. Adolescents seek acceptance, friendship, and approval.

Problems Faced by Adolescents

- i) Stress and academic Pressure
- ii) Confusion about career and future
- iii) Emotional instability
- iv) Peer Pressure
- v) Low self-esteem

If not handled properly, the problems can affect mental health and behaviour

Role of Parents and Teachers.... Parents and teachers play a crucial role during adolescence. Proper guidance, emotional support, open communication, and understanding can help adolescents develop confidence and make healthy decisions

Kalyani Devi, BA I



Ms Geeta Sharma
Assistant Professor, Journalism



Jyoti
Student Editor

Social Media and the Battle for Truth

The impact of social media in the spread of false information has emerged as a pressing concern, significantly influencing public perception, political discourse, and social cohesion. Platforms such as Facebook, Twitter, and Instagram have become primary information sources, enabling the rapid inaccurate information, which profoundly affects public perception, political discussion, and social unity.

It is important to distinguish between misinformation defined as false information shared without malicious intent and disinformation meaning false information spread with the intent to mislead. This situation is exacerbated by echo chambers, where users encounter information that aligns with their pre-existing beliefs, reinforcing polarization. The consequences are far-reaching, affecting public attitudes on critical issues like health and electoral integrity. Recent notable instances of disinformation, particularly during the COVID-19 pandemic and elections, exemplify this phenomenon. Constant flood of online information blurs what is useful and what is noise. In an era of information overload, the ability to filter what we consume is vital, not only for staying informed but also for preserving mental clarity.



Addressing these challenges necessitates a dual approach: implementing media literacy programs to empower users and establishing fact-checking collaborations while also ensuring regulations that combat harmful disinformation campaigns without infringing on free speech. In the end, building a more informed digital space depends not only on policy and platforms, but on each of us choosing awareness, critical thinking and responsibility. *In today's digital world, thinking before sharing makes all the difference.*

Gita Sharma
Assistant Professor
Department of J.M.C.

कैमरे से परे: फिल्म निर्माण की अनदेखी दुनिया

फिल्में हमारे लिए मनोरंजन, प्रेरणा और भावनाओं का माध्यम होती हैं, लेकिन जो कहानी पर्दे पर दिखाई देती है, उसके पीछे एक विशाल रचनात्मक और तकनीकी संसार छिपा होता है। फिल्म निर्माण की प्रक्रिया एक साधारण विचार से शुरू होकर कई जटिल चरणों से गुजरती है। लेखक कहानी को पटकथा में बदलते हैं, जहाँ संवाद, दृश्य और पात्रों की संरचना तय होती है। यही वह आधार है, जिस पर पूरी फिल्म की कल्पना खड़ी होती है।

प्री-प्रोडक्शन चरण में योजना और तैयारी का महत्वपूर्ण कार्य किया जाता है। इसमें कलाकारों का चयन, लोकेशन की खोज, सेट डिज़ाइन, कॉस्ट्यूम और शूटिंग शेड्यूल शामिल होते हैं। निर्देशक और प्रोड्यूसर विभिन्न विभागों के साथ मिलकर यह सुनिश्चित करते हैं कि हर दृश्य वास्तविक और प्रभावशाली लगे। इस चरण की सूक्ष्म तैयारी ही शूटिंग को सुचारु बनाती है और समय व संसाधनों की बचत करती है। प्रोडक्शन यानी शूटिंग के दौरान कहानी को वास्तविक रूप दिया जाता है। सिनेमैटोग्राफर कैमरा, लाइटिंग और फ्रेमिंग के माध्यम से दृश्यों को जीवंत बनाता है। कलाकार अपने अभिनय से पात्रों में भावनाएँ भरते हैं, जबकि साउंड टीम संवाद और वातावरण की स्पष्ट ध्वनि रिकॉर्ड करती है। सेट, प्रॉप्स और मेकअप मिलकर कहानी के वातावरण को विश्वसनीय बनाते हैं। यह चरण टीमवर्क, धैर्य और समन्वय का सवोत्तम उदाहरण होता है। पोस्ट-प्रोडक्शन में फिल्म को अंतिम रूप दिया जाता है। एडिटिंग के माध्यम से दृश्यों को सही क्रम में जोड़ा जाता है, कलर ग्रेडिंग से दृश्यात्मक गुणवत्ता बढ़ाई जाती है, और VFX/CGI से विशेष प्रभाव जोड़े जाते हैं। बैकग्राउंड स्कोर और संगीत फिल्म की भावनात्मक गहराई को मजबूत करते हैं। उदाहरण के तौर पर URI: The Surgical Strike में प्रभावशाली कैमरा तकनीक, एडिटिंग और संगीत ने दर्शकों में देशभक्ति और रोमांच की भावना को और प्रबल बनाया।



अंततः मार्केटिंग और रिलीज के माध्यम से फिल्म दर्शकों तक पहुँचती है। ट्रेलर, पोस्टर और डिजिटल प्रचार फिल्म के प्रति उत्सुकता बढ़ाते हैं। स्पष्ट है कि फिल्म निर्माण केवल कैमरे के सामने अभिनय तक सीमित नहीं, बल्कि कला, तकनीक और सामूहिक प्रयास का अद्भुत संगम है। अगली बार जब आप कोई फिल्म देखें, तो उसकी चमक के पीछे छिपी अनगिनत मेहनत और रचनात्मकता को भी महसूस करें।

ज्योति,
स्नातक तृतीय वर्ष

न्यूज़रूम से स्टूडियो तक: पारंपरिक मीडिया में सफलता का मार्ग

तेज़ी से बदलते डिजिटल दौर में भी पारंपरिक मीडिया की साख और प्रभाव कायम है। समाचार पत्रों की गहराई, रेडियो की आत्मीयता और टेलीविजन की दृश्यात्मक शक्ति आज भी दर्शकों श्रोताओं का भरोसा जीतती है। यही कारण है कि दूरदर्शन और आकाशवाणी जैसे मंच निरंतर नई प्रतिभाओं के लिए अवसर प्रदान करते हैं। पारंपरिक मीडिया केवल सूचना देने का माध्यम नहीं, बल्कि जिम्मेदारी, विश्वसनीयता और सामाजिक सरोकारों का प्रतीक भी है।



इस क्षेत्र में सफलता का पहला कदम है स्पष्ट लक्ष्य निर्धारण। न्यूज़रूम में रिपोर्टिंग, डेस्क संपादन, रिसर्च या स्टूडियो में एंकरिंग, प्रोडक्शन और तकनीकी संचालन – हर भूमिका अलग कौशल मांगती है। अपनी रुचि और क्षमता के अनुसार दिशा चुनना आवश्यक है। उदाहरण के लिए, जिज्ञासु और विश्लेषणात्मक सोच रखने वाले युवा रिपोर्टिंग या रिसर्च में बेहतर कर सकते हैं, जबकि प्रभावशाली व्यक्तित्व और प्रस्तुति कौशल रखने वालों के लिए एंकरिंग या आरजे की भूमिका उपयुक्त होती है। कौशल विकास सफलता की असली नींव है। भाषा पर मजबूत पकड़, तथ्य-जाँच की आदत, समाचार की समझ, और समय-प्रबंधन जैसे गुण हर मीडिया प्रोफेशनल के लिए अनिवार्य हैं। स्टूडियो से जुड़े कार्यों के लिए कैमरा कॉन्फिडेंस, स्पष्ट उच्चारण और बॉडी लैंग्वेज पर नियंत्रण जरूरी है। साथ ही, ऑडियो-वीडियो एडिटिंग, स्क्रिप्ट राइटिंग और न्यूज़रूम सॉफ्टवेयर का ज्ञान उम्मीदवार को प्रतिस्पर्धा में आगे रखता है। अनुभव और नेटवर्किंग करियर को गति देते हैं। इंटरनेट, कॉलेज मीडिया प्रोजेक्ट्स, लोकल चैनलों या सामुदायिक रेडियो के साथ काम करके व्यावहारिक समझ विकसित की जा सकती है। छोटे मंचों पर किया गया काम अक्सर बड़े अवसरों के द्वार खोलता है। अनुभवी पत्रकारों और प्रोड्यूसर्स से सीखना, मीडिया वर्कशॉप्स में भाग लेना और निरंतर अभ्यास आत्मविश्वास को मजबूत बनाता है।

अंततः, पारंपरिक मीडिया में सफलता केवल तकनीकी दक्षता से नहीं, बल्कि नैतिकता और संवेदनशीलता से भी जुड़ी है। निष्पक्षता, सत्यनिष्ठा और समाज के प्रति उत्तरदायित्व इस पेशे की आत्मा हैं। जो युवा मेहनत, अनुशासन और रचनात्मकता के साथ आगे बढ़ते हैं, उनके लिए न्यूज़रूम से स्टूडियो तक का यह सफर न केवल सफल, बल्कि प्रेरणादायक भी बन जाता है।

सुनाक्षी,
तृतीय वर्ष



देवेन्द्र शर्मा
प्राध्यापक संपादक पहाड़ी अनुभाग



सन्ध्या चन्देल
छात्र संपादिका



के लिखूं



खबर सुनी मैं कॉलेज री,
छपणी कोई किताब,
मन्ना मं जाणी उमंग भारी,
देणा अपना जवाब।
मणी मां सोचूं, के लिखूं ?
केड़े बोल सुनारूं,
इया ही टेम बीता गा,
कैसे दिल री बात बताऊ।
कंठा जो लिखूं या लेख कोई,
इसी मां लागी री टेक,
अणभव लिखूं साफ साफ,
या शब्दा री कोई भेख,
ठहराया मैं अणभवहीन मुआ,
क्या लिखणा मुं बाणा।
टूटे शब्दों री माला बुणी,
कवित्राएं दिती बणाई,
नकल नी सा, असल सा,
मेरी अपणी ही कमाई आस सा
कि लोक पढलै,
सुणी ले मेरी बाणी,
राजी होना चित मेरा,
सूणी करी ये कंठा पुराणी।

तमन्ना ठाकुर

आर.के.एम.वी. रा शोभाला आंगन



शिमला री धारों मां, सुथरा बसेरा सा,
RKMV मां ज्ञान रा, नौवा सवेरा सा।
बेटियां दां अनुशासन, जग मां पछाण सा,
पुस्तकालय और NCC, इत्थू री ई शान सा।
गुरुआं रे आशीर्वादा करे, निडर बणी बेटियां,
तरक्की दी राहा मां, रौशणी बणी बेटियां।
होड़ मां आगे, सदा रहणा एणा रा काम सा,
ऊंचा रहे सदा, RKMV रा ये नाम सा।
पहाडा री हर कन्या जो, इत्थू मिली सा सुथरी दिशा,
समाज मं सिर उठाई करी जीणे री, जाणी सा नई अभिलाषा।
RKMV री डाली डाली मां, बचपन री खुशबू बसी,
सहेलियां रा टोला मिलि करी, कैटीन मां राऊं लगाना,
कदी क्लासू ते बची करी, मॉल रोड घुमि आना।
RKMV रे आंगणे मां, गुरु ज्ञान रा चानण लाओ सा,
अपनी पूरी ज्ञान लगाई करी, साढ़ा भविष्य बणाओ सा।
RKMV नी निरा कॉलेज, ये तां साढ़ी जिंदगी रा गहणा सा,
जित्थू भी जाइये असी, इत्थू रा नाम सदा दिला मां रहणा।

तमन्ना ठाकुर

स्नातकोत्तर प्रथम वर्ष

गल्ल खरी नीए

भलेयो ए गल्ल खरी नी जे में सच दसां
अपणा टब्बर भूखा कन्ने होरना जो दाखां।
अपणे न्याणे डिठियां लेई ने भी धक्के खांदे
तुसा बाहरलियां जो जी बना दे।
सारे हिमाचले च बेरोजगार अग्ने ही बथेरे
तुसां अपणेयां दे भांडे कजो पत्थर पांदे।
भलेयो ए गल्ल खरी नी जे में सच दसां
अपणा टब्बर भूखा कन्ने होरना जो दाखां।
करी ने भी दसां जेड़ा तुसां गलांदे
पढ़ लिखेयो न्याणे इंटेलिजेंट भी भथेरे
हर दफ्तर च कर्मचारियों दे फिर भी घाटे
सीटां कजो भरदे सारी महकमें रडांढे।
भलेयो ए गल्ल खरी नी जे में सच दसां
अपणा टब्बर भूखा कन्ने होरना जो दाखां।

साक्षी शर्मा

कला स्नातक प्रथम वर्ष

आजकल दे मुंडे रे हाल

सिगरेट पींदे गुटके खांदे दादागिरी करदे
मौज मस्ती करदे आजकला रे मुंडे
पढ़ने लिखणे कुछ वी नी आऊंदा
बणदे बड़े हीरो
पेपर आऊंदे तां नम्बर आऊंदे जीरो
मास्टर पढ़ादे तां सोचते आसे होई जाणा पास
पूरी ध्याड खेलदे तास
खेत खिल्ले रखदे हल नी चलांदे
कम नी करदे नशे भांति रे करदे।
आजकल दे मुंडे
कमे कारे तै जीऊ चुरांदे मोबाइल कने
नै लगाई रखदे
आऊंदे पेपरा दे टाइम तां बोलदे
हाडे भी मास्टर जी करी देओ पास
आसे भोले-भाले बच्चे तुसा पर ही रखाएं आस
मेरे भाईयो इनां नशैया जो छड़ी देओ तुसां
नही तां हुई जाण तुसांरा सत्यानाशा।

रीमा

स्नातक तृतीय वर्ष

हिमाचली पहाड़ों री यादां

झीनी झीनी रातों
हिमाचली पर्वतों री बातों।
ठंडी हवा, देवारु रे छांव,
पर्वतों री राणी, हिमाचल मां।
नदियां गूंघर घघराई बोलन,
कांगड़ा री वादी, नजारां रे कोलन।
शिमला री हसीनी, मन्गली री छांव,
हिमाचली जवानी, मेरी ख्वाबां री रांव।
नगरी नाच, पहाड़ी गीत
हिमाचली संस्कृति मेरे साथ।
झीनी झीनी रातों,
हिमाचल रे पर्वतों री बातों।
पहाड़ा रे लोग सरल दिलां रे,
जिंदगी, जींदे प्रकृति रे संग।
देवारु रे जंगल, फूलां री खुशबू,
हिमाचली माटी, मेरे दिलों री सुगंध।
हिमाचल रे पर्वत, मेरी जान,
मेरी जिंदगी, मेरे प्राण।
झीनी-झीनी रातों
हिमाचली पर्वतों री बातों।

रिया

स्नातक तृतीय वर्ष

हिमाचल री पहचान

पहाड़ी भाषा, पहाड़ा रे लोकारी शान
ई धीरे लोक मेहनत करके कमांदे रोजी रोटी
मेहनत री गल्ल सदा मानदे
खेती बाड़ी करी ने फुसला उगांदे
सदा रहदे एक दूजे ने मिलदे
देशा पर छिड़कदे ए अपने प्राण
शुणी ले लोको रे रलोक ए बड़े महान
झलकाई पहाड़ा लोका री पहचान
कन्ने ईमानदारियां पिछे देई देंदे अपनी जान
तिनाजो मनदे अपने भगवान
बुजुर्गों रा करदे सम्मान
बहु बेटियां जो समझाएं अपनी शान।
इनाते ई आई हिमाचला री पहचान ।।

दिन्या

स्नातक तृतीय वर्ष



पहाड़ी बोली री पुकार

एडी क्या गुस्ताखी, क्या किती में बुराई ?
 पढ़दे लिखदे तां येनी बोलने गलाणे ते भी गवाई।
 एडी कैड़ी खता हुई मेरे ते ओ,
 जे मेरे आपणेयां ही किती आऊं पराई।
 क्या सोचदे के कुण ही क्या गलान्दी, ने कुथी ते आई।
 आऊं तुसारी पहाड़ी, जो सारेया दिती भुलाई।
 कदे हिन्दी बोलदे, कदे पंजाबी,
 फेरी अंगोजी री किती बड़ाई।
 ज्यादा पढ़ा लिख्या लगणे खातर,
 मेरे ते मुह दित्या फिराई।
 बोली भाषा च तबदीली तां हुंदी आई
 पर आसे आपणी बोली रा अस्तित्व दित्या मुकाई।
 बच्चेयां जो मां-बापुए हिन्दी तां अंगोजी ही सिखाई,
 ए तां पिछड़ी, पुराणी ही, ऐ सोच केथी ते आई ?
 भई एडा भी क्या हुआ, ए ध्याड़ा दित्या दिखाई
 पहाड़ा री संस्कृति री पहचान हे दिती मुकाई।
 भोटी, किन्नौरी, कांगड़ी, चंबयाली, मुहासवी,
 सिरमौरी कन्ने मंडयाली
 इना सारियां रा नांव हे दित्या मुकाई।
 कैसी भाषा ने मिंजो बैर नी, हर भाषा दिल हुई
 पर आपणी जो होरी ते छोटा समझना, केथी री रीत हुई ?
 अंगोजी गाणे मॉडर्निटी, ते भ्यागडे पुराने हुए
 पहाड़ी गलांदा गवार, ते अंगोजी री गाली मुहां री शोभा बढ़ाई।
 हर भाषा बोली सीखा पढ़ा ते बोला, पर
 आपणी मत्त देंदे गवाई।
 हर बोली री आपणी एहमियत हुई,
 मेरे बगैर तुसरा रा भी क्या वजूद रहना ओ भाई।
 तुसां री आपणी बोली पहाड़ी।

संगीता ठाकुर

कला स्नातक तृतीय वर्ष

खेतां च मेहनत नी करनी

खेतां च मेहनत नी करनी,
 फसलां च पाई देणी दवा।
 बर्गर पिज्जे खाणे रोज,
 अक्कल आउणी स्वा।
 चाचे जो अंकल गलाणा
 आंटी होई गयी बुआ।
 मैल पाणा यूरिया,
 मुश्क मारे गरुआ।
 कुछ खांदे ये चिड़िया तोते
 कुछ खांदा था चूहा।
 माणु ए खाई ले शराब,
 परिवार जो खाई लेंदा जुआ।
 जैविक खादा रा उपयोग करो,
 मैल नी पाणा दुआ।
 रोहण तू माणु बणी जा,
 नइ ता मुकी जाणा मया।

मानवी, स्नातक प्रथम वर्ष

अंसारा हिमाचल प्यारा

अंसारे हिमाचल रा नौरा नजारा,
 सभी लोकां जो लगेणा प्यारा।
 ते नई तो बड़ा बांका नजारा,
 ते नई तो बड़ा बांका मुकदर म्हारा।
 एथो री शोभा रे भारतो दे बड़े मान,
 सारे भारतो रे हिमले री बड़ी शान।
 ऐसा रीया बोलिया बड़ा जरूरी ज्ञान
 बांके एदो रे शोभा सीन
 डाला रीया छाया दे बैठी की,
 एथो रा वातावरण लगे लुभवन,
 लोग भी एथो रे सीधे-सादे।
 बड़ी बांकी इगरी भावना,
 सभी दे भारी दी कुटी कुटी भावना।
 सब जाके एतो री सारी सुंदरता,
 किवासोरी ऐसी री सारी सुंदरता
 सभी जो मिलदा ऐसी रोज गाए,
 प्राण से ज्यादा करो प्रवेश से प्यार।

अनुष्का

स्नातक तृतीय वर्ष

दुनिया जीणें नी देंदी

इक बार इक आदमी कने इक मुंडू किती जो चालिरा हुवाएं, मुंडू कोड़े पर बैठीरा हुआ कने बाप पैदल चलिरा हुआ, थोड़े आगे जाईने तिना जो इक स्याणा मिलां से बोलां देख केड़ा जमाना आई गया मुंडू कीड़े पर बैठिरा कने बुड़ा पैदल चलिरा। मुंडू घोड़े से उतरी जावां कने बुड़े जो कोड़े पर बैठाई देवां।

थोड़ा आगे जाईके तिना जो इक होर आदमी मिलां से बोलां देख क्या जमाना आई गया, बुड़ा कोड़े पर बैठीरा कने पुत पैदल चलिरा। तिसते बाद दोनों ही कोड़े पर बैठी कने चलणे लगाए, थोड़े आगे जाईके तिना खे इक जनाना मिलाई से बोलाई फिटे मूँ तुसां जे डंगर तां क्या मारी देणा, दोनों बड़े-बड़े चोटे इस पर बैठिरे फेरी से दोनों जणें कोड़े ते उतरी जवाएं कने पैदल चली जवाएँ, आगे जाईके तिना जो इक आदमी होर मिलां से बोलां देखो केडे बेवकूफ आदमी हे आपू तां पैदल चलिरे कने घोड़ा इयाई चलाइरा, एते काणियाँ ते पता चलां पई ए दुनिया कियां भी जीउणे नी देंदी।

मुश्किलों दिलां दे इरादयों नू अजमांदिया हण
सपने ते परदे निगाहों ते उठांदिया हण
दिलां दे हौसलें न हारों मेरे मित्रों
मुश्किलों तां इंसाज जो चलना सिखांदिया हण।



तानिया
स्नातक तृतीय वर्ष

पहाड़ों रे जिंदगी और सुकून

पहाड़ों रे जिंदगी सावी हौआ है, पर सुकून से भरी हौआ है। इया हवा ठंडी हौआ, पानी द मिठास हौआ, और लोगां मां अपनापन बहुत हौआ। शहरा भले ही सुख-सुविधा होआ, पर जे शांति पहाड़ों हौआ, से केथी नहीं मिलदे।



जेई रुठ लगा झीशी , तैही सारा लग्गा नयो नयो। डोकरा द कोरी काम गोरु चौरा जांगलद, तोई आंगनद बेटीया भूषा लाई एहि होया पहाड़ी जीवन रे असली पहचान !

आजकाला रा लोग रोजगार और पढ़ाईक शहरक ढूंढा लगादा। पलायन पहाड़ों र बड़ी समस्या बनदी लग्गे दे। गांव खाली हुंदा लगा दा। सैणा मां-बाप अकेली रोए गा । ऐ सोचण दी बात है कि अगर युवा पीढ़ी पहाड़ छोड़या डोला, तां पहाड़ों र संस्कृति कूण बचावालो।

पहाड़ी जीवनद प्रकृति र गहरो नातों हौआ। इया पेड़-पौधे, जंगल, नदी, माटी , माणिक आपसिद मिले जुलिया रोहा । पहाड़ी लोग प्रकृति र खूब कदर कोरा है। आज जरूरत ए की हामा लोग ऐस रिश्ता संभालिए रोकी ।

आपणी बोली, आपणी पहचान टाई ,आपणा रहन-सहन एही हौआ पहाड़ियां र पहचान। नई पीढ़ी रा भी एजो ध्यान रखणो चाही कि आधुनिक जमाना रा साथ-साथ आपणी जड़ों भी न भूलो। क्योंकि पहाड़ सिर्फ जमीन नहीं, ये आपणी पहचान और आत्मा ए।

गुंजन वर्मा
एम.ए. प्रथम सेमेस्टर



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नृत्य और लय

नृत्य मानव जीवन की सबसे सुंदर कलाओं में से एक है। यह भावनाओं की व्यक्त करने का सबसे सशक्त माध्यम है। खुशी, प्रेम, दुख, क्रोध और उत्साह जैसे भाव नृत्य के माध्यम से बिना शब्दों के भी प्रकट किए जा सकते हैं। नृत्य न केवल मनोरंजन का साधन है, बल्कि यह स्वास्थ्य के लिए भी लाभकारी है।

नृत्य भावनाओं की वह भाषा है, जिसमें शब्दों की आवश्यकता नहीं होती। इसलिए नृत्य केवल एक कला नहीं, बल्कि आत्मा की अभिव्यक्ति है। लय जीवन की निरंतर चलने वाली गति है। यह वह तत्व है जो हर कार्य में संतुलन और सुंदरता प्रदान करता है। हृदय की धड़कन, दिन-रात का परिवर्तन और प्रकृति की हर गतिविधि में लय स्पष्ट दिखाई देती है। लय मन को एकाग्र करती है और कार्य में निरंतरता लाती है।

लय केवल कला तक सीमित नहीं बल्कि जीवन को संतुलित और सुंदर बनाने का आधार है।



भामिनी बन्सल,
स्नातक द्वितीय वर्ष

कथक...

घुँघरुओं की छन-छन में बसी कहानी,
हर चक्कर में झलकती है पुरानी निराशा।
नजरों की भाषा, भावों की रीत,
कदमों की लय में बंधा हर गीत।
शांति भी है, उत्सव का शोर भी,
कथक में बसता है मन का वह हर संगीत।

कथक भारत के प्रमुख शास्त्रीय नृत्यों में से एक है, जिसकी उत्पत्ति उत्तर भारत में हुई। "कथक" शब्द कथा से बना है, जिसका अर्थ है कहानी। इस नृत्य में भाव-भंगिमाओं, नेत्रों की अभिव्यक्ति, हाथों की मुद्राओं और पैरों की लय के माध्यम से कहानी कही जाती है। घुँघरुओं की छन-छन, चक्कर और ताल की शुद्धता कथक की विशेष पहचान हैं। कथक केवल नृत्य नहीं, बल्कि भावनाओं, संस्कृति और परंपरा की सुंदर पहचान है।

दिव्या शर्मा,
स्नातक तृतीय वर्ष

नृत्य की भूमिका

नृत्य है भावों की मधुर आवाज,
बिना शब्द कहे दिल का हर साज।
खुशी हो या हो मन का दर्द,
नृत्य बने हर भाव का अर्थ।

संस्कृति की पहचान है नृत्य,
परंपराओं का जीवंत चित्र।
पीढ़ी से पीढ़ी जोड़ता जाए,
जीवन को सुंदर राह दिखाए।

तन को रखे स्वस्थ, मन को शांत,
दे आत्मविश्वास, दे संतुलन अनंत।
नृत्य सिखाए अनुशासन, प्रेम,
जीवन में भरे उत्साह और नेम।

भामिनी बन्सल,
स्नातक द्वितीय वर्ष

कथक: तालों में बंधी शक्ति, घुँघरुओं में गूँजती आत्मा

मैं कथक हूँ।

मैं केवल नृत्य नहीं।

मैं इतिहास की पुकार हूँ।

मैं परंपरा की धड़कन हूँ।

मंदिरों की गलियों में जन्मा,
दरबारों की छाँव में पला,
मैंने सदियों की कहानियाँ,
हर कदम में बाँध ली हैं।

कथक सिर्फ ताल की थाप नहीं,
यह इतिहास की पुकार है,
यह समय की आहट है,
यह भारत की आत्मा है।

कथक सिर्फ मंदिरों की सजावट नहीं,
यह संस्कृति की धड़कन है,
यह परंपरा और भविष्य का संगम है,
यह युवा पीढ़ी की चेतना है।

कथक सिर्फ राधा का प्रेम नहीं,
यह द्रौपदी की दृष्टि भी है।
यह स्त्री का सौंदर्य भी है,
और उसकी स्वतंत्रता का घोष भी।

जब कथक मंच पर उतरता है,
तो केवल नृत्य नहीं होता,
यह घोषणा है, यह विद्रोह है,
यह स्वतंत्रता है।

कथक हमें सिखाता है।
सफलता केवल गंतव्य नहीं,
हर उहराव, हर घूमाव, हर थाप भी
इतनी ही महत्वपूर्ण है।

कथक केवल कला नहीं,
यह भारत की आत्मा,
भारत का गौरव,
भारत का भविष्य है।

इशा ठाकुर,
सन्नतक प्रथम वर्ष

कथक: जहाँ ताल कथा कहती है

कथक भारत की प्रमुख शास्त्रीय नृत्य शैलियों में से एक है। इसका नाम 'कथा' शब्द से निकला है, जिसका अर्थ है कहानी। प्रारंभ में कथक का विकास घूम-घूमकर कथाएँ सुनाने वाले कथाकारों द्वारा किया गया, जो नृत्य, भाव और संगीत के माध्यम से धार्मिक एवं पौराणिक कथाएँ प्रस्तुत करते थे।

कथक की सबसे महत्वपूर्ण विशेषता इसका ताल से गहरा संबंध है। पैरों की सधी हुई थापें, जिन्हें तत्कार कहा जाता है, और घुँघरुओं की मधुर ध्वनि नृत्य को जीवंत बना देती है। प्रत्येक चरणबद्ध गति निरिचित ताल और लय में बंधी होती है, जिसके लिए संतुलन, अनुशासन और निरंतर अभ्यास आवश्यक होता है।



कथक में अभिनय के माध्यम से भावों की सूक्ष्म अभिव्यक्ति की जाती है। नेत्रों की गति, मुख-मुद्राएँ और हस्त-संचालन द्वारा प्रेम, भक्ति, करुणा और वीर रस जैसे भाव दर्शाए जाते हैं। पौराणिक कथाएँ, कृष्ण-लीला और मानव जीवन से जुड़े प्रसंग कथक की प्रस्तुतियों में विशेष स्थान रखते हैं।

कथक की एक अन्य आकर्षक विशेषता इसके तीव्र और सटीक चक्कर हैं। ये चक्कर नृत्य में गति, सौंदर्य और निरंतरता का प्रतीक होते हैं। घेरदार परिधान, पारंपरिक आभूषण और भावपूर्ण प्रस्तुति कथक को दृष्टिगत रूप से अत्यंत आकर्षक बनाते हैं।

इतिहास में कथक को मुगल काल में राजाश्रय प्राप्त हुआ, जिससे इसकी संगीत शैली, वेष्टाभूषण और प्रस्तुति में निखार आया। आज कथक अपनी पारंपरिक जड़ों को बनाए रखते हुए आधुनिक मंचों पर भी अपनी पहचान बना रहा है।

यामिनी,
सन्नतक प्रथम वर्ष

Dance is a Therapy in Human Life

*When life feels loud and thoughts are deep,
Dance awakens what we keep.*

*The body moves] the heart feels heard,
Healing flows without a word.*

*In every step, the mind finds rest,
Pain grows light within the chest.*

*Dance becomes a silent guide,
A therapy that lives inside.*

Prathna
B.A.-III

Kathak: The Eternal Rhythm of Indian Tradition

Among the many jewels of Indian classical arts, Kathak stands out as a graceful blend of storytelling, rhythm, emotion, and devotion. Its origins lie in the ancient practice of temple priests and storytellers, who narrated tales from scriptures and folklore through movement. Over time, Kathak evolved from temple courtyards to royal courts, absorbing layers of elegance, sophistication, and technical brilliance.

Kathak is a beautiful balance of strength and softness. The dancer's posture reflects confidence, while the flowing movement expresses tenderness. Intricate footwork synchronised with rhythmic beats creates a powerful connection between the dancer and the music. The spinning movements, known as chakkars, symbolise the endless flow of life and energy- Through expressive eyes and gestures, the dancer brings emotions to life- joy, devotion, separation, longing, hope, and love.

The ghungroo plays a sacred role in Kathak. It is tied with reverence, symbolising commitment to the art. Each sound that rises from the anklets carries the weight of devotion, practice, and spiritual surrender. The stage becomes a canvas and the dancer paints stories through rhythm and expression.

For young learners, Kathak is more than a dance form- it is a journey of inner growth. It nurtures grace, humility, and cultural awareness- It teaches discipline, patience, and perseverance. Most importantly, it preserves the timeless tradition of Indian culture passing its rhythm from one generation to the next.

Kathak is not just performed
it is lived, breathed, and felt.

In every step lies history, in every rhythm lies devotion, and in every expression lies the soul of India.

Shalini
B.A.I



Dance Is Important in Human Life

*Dance is the rhythm of the human soul,
A silent language that makes us whole.
It speaks through steps when words fall short,
Turning feelings into graceful thought.
It heals the heart, brings peace inside.
With every move, joy starts to rise.
In human life, through pain or chance,
We find our strength and hope in dance*

Prathna
B.A. III

नृत्य और प्रकृति

जब हवा लहराती है पेड़ों के संग,
लगता है प्रकृति भी थिरकती हर रंग।
नदियाँ बहती ताल में धीमे-धीमे,
जैसे पायल बोले छुन-छुन जीने।
नृत्य में पशु-पक्षियों की चालों का अनुकरण होता है,
जन्घाती आत्मा और पवित्रता का सुंदर संतुलन बनता है।
फूलों का खिलना, बेलों का झूमना,
धरती सिखाती है जीवन में लय को चुनना।

नितिका कुमारी,
स्नातक तृतीय वर्ष



Dr. Bhader Singh

Asstt. Professor, Painting, Staff Editor



Kiran Kumari

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हिमाचल लोक कला, परंपरा और आधुनिकता

हिमाचल लोक कला परंपरा और आधुनिकता का संगम है। हिमाचल प्रदेश की गोद में बसी लोक कला न केवल सौंदर्य की अनोखी अभिव्यक्ति है, बल्कि हमारी समृद्ध सांस्कृतिक विरासत का सजीव प्रतीक है। पहाड़ी नक्काशी से लेकर रंगोली डिजाइनों तक, ये कलाएँ प्रकृति, धार्मिक आस्थाओं और दैनिक जीवन से प्रेरित हैं। आज के डिजिटल युग में भी ये कलाएँ युवा पीढ़ी को अपनी जड़ों से जोड़ रही हैं।

हिमाचल की लोक कलाओं में कांगड़ा की चित्रकला प्रमुख है, जो कृष्ण लीला और राधा-कृष्ण की प्रेम कथाओं को जीवंत रंगों से सजाती है। इसी तरह, पहाड़ी लकड़ी की नक्काशी मंदिरों और घरों के द्वारों पर देवी-देवताओं की मूर्तियों को उत्कीर्ण करती है। महिलाएँ घरों की दीवारों पर ऐपण और मंडला बनाती हैं, जो चावल के आटे, फूलों और प्राकृतिक रंगों से सजाई जाती हैं। ये डिजाइन्स त्योहारों जैसे दीवाली और विवाहों में विशेष महत्व रखती हैं।

हिमाचली कला में प्रकृति का प्रभाव स्पष्ट दिखता है। बर्फीली चोटियाँ, हरी घाटियाँ और फूलों की बहार इन चित्रों में उतर आती हैं। उदाहरण स्वरूप, चंबा के चंबा रुमाल में सिलाई कला के माध्यम से पौराणिक कथाएँ बुनी जाती हैं, जो यूनेस्को की अमूर्त सांस्कृतिक धरोहर का हिस्सा हैं। चुनौतियाँ और संरक्षण के प्रयास आधुनिकता के दौर में ये कलाएँ विलुप्ति के कगार पर हैं। शहरीकरण, सस्ते प्लास्टिक उत्पादों और युवाओं का रुझान आधुनिक आर्ट की ओर इनकी उपेक्षा का कारण बन रहा है। फिर भी, सरकारी प्रयास जैसे हिमाचल कला एवं संस्कृति विभाग के वर्कशॉप और यूजीसी नेट जैसी परीक्षाओं में इनकी चर्चा इन्हें नई जिंदगी दे रही है। कलाकार जैसे सोभा सिंह और राम कुमार ने हिमाचली कला को राष्ट्रीय स्तर पर पहचान दिलाई। आज युवा कलाकार डिजिटल टूल्स से इन परंपराओं को पुनर्जीवित कर रहे हैं, जैसे मंडला डिजाइन्स को एनएफटी के रूप में बेचना। भविष्य की दिशा विजुअल आर्ट्स के छात्रों के लिए हिमाचली लोक कला अनुसंधान का खजाना है। इसे कॉलेज वर्कशॉप में शामिल कर हम अपनी संस्कृति को संरक्षित कर सकते हैं। आइए, इन कलाओं को अपनाएँ और दुनिया को हमारी विरासत से रुबरू कराएँ। हिमाचल की ये कलाएँ न केवल सजावट हैं, बल्कि हमारी पहचान हैं।

किरण कुमारी, बी.ए. (तृतीय वर्ष)

कला की अभिव्यक्ति

कला मनुष्य के मौन हृदय की भाषा है। जब शब्द अपनी सीमा में बंद जाते हैं तब भावनाओं को रंग, रेखा और रूप के माध्यम से व्यक्त करने का यह एक कलात्मक रूप है। यह अभिव्यक्ति मानव के अंतर मन में छिपे सुख-दुख, आशा, संघर्ष, कुंठा और सपनों को सजीव रूप प्रदान करती है। चित्र के माध्यम से एक कलाकार अपने अनुभवों और कल्पनाओं को चित्रपट पर उतारता है। और रंगों का संयोजन, रेखाओं की गति और आकृतियों का संतुलन भावों को जीवंत बनाता है। कोमल रंग शांति और सौम्यता का भाव जगाते हैं, जबकि गहरी और तीव्र रंग भावनाओं की तीव्रता को दर्शाते हैं।

अतः कला की अभिव्यक्ति मानव भावनाओं का दर्पण है, जो ना केवल मन को स्पर्श करती है, बल्कि जीवन को देखने की एक नूतन व सुखद दृष्टि भी प्रदान करती है

अनीशा शर्मा, बी.ए. (तृतीय वर्ष)

दिल्ली शैक्षिक भ्रमण: कला और संस्कृति का सजीव अनुभव

कला केवल रंगों और रेखाओं का संयोजन नहीं होती, बल्कि वह समाज, इतिहास और संस्कृति की अभिव्यक्ति भी होती है। कला को सही रूप में समझने के लिए उसका प्रत्यक्ष अनुभव अत्यंत आवश्यक है। इसी उद्देश्य को ध्यान में रखते हुए राजकीय कन्या महाविद्यालय, शिमला के चित्रकला विभाग द्वारा दिनांक 30 अगस्त 2025 को दिल्ली का एक शैक्षिक भ्रमण आयोजित किया गया।

इस भ्रमण का मुख्य उद्देश्य विद्यार्थियों को भारतीय कला, संस्कृति और विशेष रूप से ललित कला की विविध परंपराओं से परिचित कराना था।

इस शैक्षिक यात्रा के अंतर्गत विद्यार्थियों ने ललित कला अकादमी, दिल्ली का भ्रमण किया। यहां आयोजित चित्रकला प्रदर्शनी में विभिन्न कलाकारों की रचनाएं प्रदर्शित की गई थीं। प्रत्येक चित्र अपनी एक अलग कहानी, भाव और दृष्टिकोण प्रस्तुत कर रहा था। चित्रों में रंगों का संयोजन, विषय वस्तु की गहराई और तकनीकी दक्षता देखकर विद्यार्थियों को कला की सृजनात्मक शक्ति का सजीव अनुभव हुआ।



इन चित्रों के माध्यम से इतिहास को देखने और समझने का नया दृष्टिकोण प्राप्त हुआ। इसके अतिरिक्त विभिन्न माध्यमों जैसे तैल रंग, जल रंग और मिश्रित माध्यम में बनी कलाकृतियां ने विद्यार्थियों की कलात्मक समझ को ओर अधिक समृद्ध किया।

भ्रमण के दौरान विद्यार्थियों को न केवल चित्रकला के तकनीकी पक्षों की जानकारी मिली, बल्कि यह भी समझ आया कि कला समाज, इतिहास और संस्कृति से किस प्रकार गहराई से जुड़ी होती है। यह अनुभव कक्षा में प्राप्त ज्ञान को वास्तविकता से जोड़ने वाला सिद्ध हुआ और विद्यार्थियों की कला के प्रति रुचि और भी बढ़ी।

अंततः यह शैक्षिक भ्रमण सभी विद्यार्थियों के लिए अत्यंत ज्ञानवर्धक, प्रेरणादायक और आनंददायक रहा। इस यात्रा ने कला के प्रति हमारी सोच को विस्तृत किया और भारतीय कला परंपरा को नई दृष्टि से देखने का अवसर प्रदान किया।

मुस्कान खाची, बी.ए. (तृतीय वर्ष)

HOW ARTISTS FIND THEIR VOICE

Painting is believed to be an artist's life on a canvas. The artist paints with different mediums as he sees fit. Some mediums include acrylics, watercolors, oils, soft pastels, and oil pastels. You could say that there are different mediums out there to express yourself. It is just that the artist has to figure out which medium they feel the most inclined to. It could also be a matter of connection and comfort.

As for me I started off with watercolor which did not work out for me but when I tried acrylics, I knew that they would be lovely to work with. Just like that artists have to figure out the medium that makes them comfortable and heard. Choosing a medium is not that hard it's just like choosing a language to convey your message, feelings and emotions. The more you know a language, the better you can express yourself.

The medium you choose plays an important role in your life as it will be something that stays with you, your whole life. But it is important to know that switching mediums is fine, experimenting with the new medium will give you a feeling of new dawn. It will unlock your creativity and your own Unique style. The medium you choose allows you to work freely on a canvas. That is why a medium plays a crucial role in life of an artist, it gives the voice to the thoughts inside.



Sakshi, B.A. II

मेरी पहली चितकला की प्रदर्शनी

किसी भी कलाकार के जीवन में उसकी पहली प्रदर्शनी एक विशेष स्थान रखती है। यह केवल चित्रों को प्रदर्शित करने का अवसर नहीं होती, बल्कि अपनी भावनाओं, कल्पना और मेहनत को लोगों के सामने प्रस्तुत करने का साहस भी है। मेरी पहली प्रदर्शनी मेरे लिए एक ऐसा ही अनुभव रही है, जिसे मैं कभी नहीं भूल सकती। जब पहली बार अपने बनाए हुए चित्र दीवारों पर सजे हुए देखे, तो मन में उत्साह के साथ-साथ घबराहट भी थी। हर चित्र मेरे लिए किसी कहानी की तरह था, जिसमें मेरी सोच, भावनाएँ और दृष्टिकोण छिपे हुए थे। प्रदर्शनी की तैयारी के दौरान चित्रों का चयन, फ्रेमिंग और उनकी व्यवस्था करना एक सीखने की प्रक्रिया रही। प्रदर्शनी देखने आए लोगों की प्रतिक्रिया मेरे लिए अत्यंत प्रेरणादायक रही। किसी ने रंगों की सराहना की, तो किसी ने विषय-वस्तु को समझने की कोशिश की। इस पहली प्रदर्शनी ने मेरे आत्मविश्वास को बढ़ाया और मुझे आगे और बेहतर करने की प्रेरणा दी। इस अनुभव ने यह सिखाया कि मेहनत, धैर्य और लगन से किया गया कार्य निश्चित रूप से सार्थक होता है।

अंततः मेरी पहली कला प्रदर्शनी मेरे जीवन का एक महत्वपूर्ण पड़ाव बनी, जिसने मुझे एक विद्यार्थी से कलाकार बनने की दिशा में एक कदम आगे बढ़ाया।

कृतिका, स्नातक द्वितीय वर्ष

THE BEAUTY OF UNFINISHED PAINTINGS

In an age obsessed with perfection, unfinished paintings feel strangely complete. They stand quietly against polished surfaces and flawless finishes, reminding us that art is not always about reaching an end, but about revealing a journey.

An unfinished painting exposes the artist's process — visible brushstrokes, raw textures, empty spaces, and sudden pauses. These elements are often hidden in completed works, but here they remain honest and open. The canvas becomes a record of thought, hesitation, emotion, and change.

What makes unfinished paintings powerful is their ability to involve the viewer. The missing details invite imagination, allowing each person to mentally complete the work in their own way. Instead of delivering a fixed message, the painting creates a dialogue between the artwork and the observer.

Many artists choose to leave their paintings incomplete to preserve emotional truth. Overworking a canvas can sometimes erase the original feeling that inspired it. By stopping at the right moment, the artist captures authenticity rather than perfection.

Unfinished paintings reflect life itself — uncertain, evolving, and imperfect. They remind us that beauty does not always lie in completion, but in the courage to leave things open. In their silence and incompleteness, these paintings speak the loudest.

Ritika, B.A.II

The Language of Painting

Painting is the expression of ideas and emotions through the deliberate arrangement of visual elements within a two-dimensional space. Shapes, lines, colors, tones, and textures form this visual language, working together to create sensations of volume, space, movement, and light on a flat surface. When combined, these elements generate expressive patterns that may represent the visible world, suggest supernatural realities, communicate narrative meaning, or exist as purely abstract relationships.



An artist's choice of medium, such as tempera, fresco, oil, acrylic, watercolor, ink, or gouache, and form, such as mural, canvas, panel, miniature, or contemporary formats, is guided by the specific qualities and limitations each offers. These choices, together with the artist's technique, shape the final work and result in a unified and distinctive visual image.

Preet

BA, 1st Year

THE MAGIC OF PAINTING

Painting is like waving a wand and bringing your imagination to life! It is a powerful way to express emotions, tell stories, and transport people to new worlds.

Colors that Speak:

Paintings can evoke feelings, spark memories, and connect us all.

Endless Possibilities:

From realistic landscapes to abstract masterpieces, the options are limitless.

Your Story, Your Art:

Painting is a journey of self-expression and creativity. Want to unlock your inner artist? Let's get painting!



Muskan,

B.A. II



TEACHING STAFF



VISION

“To Transform young girls in to well integrated individuals through inclusive education, who can face the challenges of life and devote themselves towards nation building with a sense of dedication, duty & respect for humanity.”

MISSION

“The college focuses on the holistic development of girls motivating and moulding them into world citizens who would illumine the lives that they would touch.”