PAU Magazine 2022-23

PUNJAB AGRICULTURAL UNIVERSITY
LUDHIANA
Sitting (L to R): S. Satvir Singh (Editor Cultural), Dr Jagwinder Singh (Editor Punjabi), Dr Seema Garcha (Editor Science), Dr Deepika Vig (Chief Editor), Dr Nirmal Jaura (Director Students' Welfare), Dr Satbir Singh Gosal (Vice Chancellor), Dr Jaswinder Kaur Brar (Managing Editor), Dr Ashoo Toor (Editor English), Dr Rashmi Upreti (Editor Hindi), Dr Preeti Sharma (Editor Designing), Dr Sukhbir Singh (Editor Sports).

Standing (L to R): Ashna (Student Editor Cultural), Davinderpal Singh, Harmajot Singh (Student Editors Punjabi), Vidhi Arora, Arshdeep Kaur (Student Editors Science), Navnoor Kaur, Tarun Kapoor (Student Editors English), Chetna Devi, Poonam Yadav (Student Editors Hindi), Ketan Dogra, Ekta (Student Editors Designing), Asmi Brar (Student Editor Sports)
<table>
<thead>
<tr>
<th>SECTION</th>
<th>FACULTY EDITOR</th>
<th>STUDENT EDITOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGLISH</td>
<td>Dr Ashoo Toor</td>
<td>Tarun Kapoor</td>
</tr>
<tr>
<td></td>
<td>Dept. of Agricultural Journalism, Languages &amp; Culture</td>
<td>L-2022-A-79-M</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Navnoor Kaur</td>
</tr>
<tr>
<td></td>
<td></td>
<td>L-2021-BS-19-IM</td>
</tr>
<tr>
<td></td>
<td>Dr Rashmi Upreti</td>
<td>Poonam Yadav</td>
</tr>
<tr>
<td></td>
<td>Dept. of Human Development and Family Studies</td>
<td>L-2021-CS-160-D</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chetna Devi</td>
</tr>
<tr>
<td></td>
<td></td>
<td>L-2021-H-68-BIV</td>
</tr>
<tr>
<td>PUNJABI</td>
<td>Dr Jagwinder Singh</td>
<td>Harmanjot Singh</td>
</tr>
<tr>
<td></td>
<td>Communication Centre</td>
<td>L-2022-A-32-M</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Davinderpal Singh</td>
</tr>
<tr>
<td></td>
<td></td>
<td>BS-2021-A-15-BIV</td>
</tr>
<tr>
<td>SCIENCE</td>
<td>Dr Seema Garcha</td>
<td>Vidhi Arora</td>
</tr>
<tr>
<td></td>
<td>Dept. of Microbiology</td>
<td>L-2021-BS-131-D</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Arshdeep Kaur</td>
</tr>
<tr>
<td>SPORTS &amp;</td>
<td>Dr Sukbir Singh</td>
<td>Asmi Brar</td>
</tr>
<tr>
<td>CULTURAL</td>
<td>Asst. Director Physical Education</td>
<td>L-2020-H-11-BIV</td>
</tr>
<tr>
<td></td>
<td>S. Satvir Singh</td>
<td>Ashna</td>
</tr>
<tr>
<td></td>
<td>Supervisor Cultural Activities</td>
<td>BS-2021-CS-316-M</td>
</tr>
<tr>
<td>DESIGNING</td>
<td>Dr Preeti Sharma</td>
<td>Ekta</td>
</tr>
<tr>
<td></td>
<td>Dept. of Extension Education and Communication</td>
<td>L-2021-CS-154-D</td>
</tr>
<tr>
<td></td>
<td>Management</td>
<td>Ketan Dogra</td>
</tr>
<tr>
<td></td>
<td></td>
<td>L-2022-CS-227-M</td>
</tr>
</tbody>
</table>
Formal education will make you a living; Self-education will make you a fortune.
- Jim Rohn

I feel privileged at the publication of the Annual Magazine of Punjab Agricultural University, a University that has inscribed its name in history by consistently upholding research, extension and teaching ideals and ethics. The students of this University are fortunate to be a part of a global seat of excellence that focuses on the holistic growth of its students.

Sitting at my desk, pondering on my missive for my student readers, I firmly contend that while educational institutions and professional degrees can help you to have a substantial livelihood; only your own will to educate yourself can truly bring fortune to your doorstep. Apart from the curriculum, an aware and awakened student should educate and train her/his mind by reading extensively. Reading widens your perspective. At the same time, writing is an expression of your thoughts. As Martin Luther states, "If you want to change the world, pick up your pen and write"; hence, I urge you, my dear students, to bring about the winds of change through your innovative ideas. You are the seed of a 'Brave New World' that is waiting in its wings to unfold itself. Believe in your creative power. I quote Sir Benjamin Franklin, "Either write something worth reading or do something worth writing."

As you all peruse the pages of PAU Magazine carrying a variety of articles - literary, social, academic, scientific, fiction, non-fiction, cultural etc., you will embark on a journey which shall lead you on to different worlds, different perspectives. Reading it shall not only be a delight, but shall also encourage cross-fertilization of ideas amongst others. This is how knowledge is preserved and shared. While I congratulate all the student contributors for making this magazine a wholesome read, I also exhort more students to share their thoughts through this platform.

I congratulate Dr Nirmal Jaura, Director, Students' Welfare, for the timely publication of the PAU Magazine. As the new semester dawns and a fresh batch of students enters the portals of this historic institution, they will be seamlessly inducted into the higher order thinking that we ardently profess to all those who are associated with this university. I thank the Chief Editor; Faculty and Student Editors for painstakingly committing themselves to the task of planning and compiling this issue which is a bridge between flowing thoughts and artistic magnification.

Best wishes.

Dr Satbir Singh Gosal
Vice-Chancellor
Punjab Agricultural University
निवेदन विदितावधी बलात्कार ची बलभ दे́

परम्परा भूलबेलज्ज उप्रीश्ति दे विदितावधीबीं ची व विशिष्ट उदाहरण अन्ये सदानीबीं
उड़ा दलात वह। उप्रीश्ति दे विदितावधीबीं ची व विशिष्टकरण अभे मध्ये हूँ ढालती रेत हिंद ‘पी' दे 'पू' मेलानी' हरिव हृदिक निश्चन बिरा है। समग्र मेलानी दे प्रमाण चले उप्रीश्ति दे रेत हिंद अन्य विशिष्ट दुर्वासा है, सिंह रजस ठीकरत विदितावधीबीं तू मारात पुरु-
लिखल ही मारात दी तत्काल न वही है अभे दिग्विजय वालन ही दिग्विजय बीं न विरा है। मारे विभवरे दे राजु पुरुः, चुरा, लिखल अभे वेकल देखो गुड़े हे पारदी वेल हे पैंजे रेत हे मंधेम दिंदो है। ‘सय जला चूतीबीं चूतीबीं
राज, विंदु मुड़ीबीं, विंदु वडीबीं।' गूढ़ राजल विभवरे दे पैंजे है वि पुरुः हे दिंदो लिख विदितावधीबीं
विभवरे ही दल नुकर अभे आपड़ी बाँट बेहतर, मारातपूर्व है। दिंद मेलानी दे असम मेली है वि
राजपत पींती रेत सुदे हे महांग अयु रिश्तादें हे मनु हेजे, हिंदयत दे हस्तमी आपड़ा अनुपुर विदित रेत उपा दीर्घ है
अने।

दिंद मेलानी रेतलीबीं वचनादें हूँ पुरुषिः मैंूँ दिंद वाली ही पौती वे व पने वि मारे विदितावधी
रेत मारात पुरुः अभे लिखल ही तुली वप नती है। हिंदयत रेतली रेतकाल दे विशिष्ट दुर्वासा है विरा है। हिंद अनुपे
समान गुड़ी मुखर वह, अनुपे वडी अनुपे ही विशिष्ट बदले हे मारात वप अभे दबी गालि विरा है वि हिंद
अनुपे गालि समान माराते वंधर ही दिंदां माराती अभे गुड़ा वंधरे है। हिंद गुड़ा हिंदयत हूँ मारे दे राजी अभे
सिंदीबीं दे सम आसार वरंडेंतो, हिंदयत हे वैमे सुलें वटमां, रुमालीबीं हे वंधर तल वंधर हैत ही
समाधान रेतो। सिंदीबीं रेतली मेली हूँ वन्न पुरुष वटमां रेत र हरव विदाले हे वेल देशेय है।

हिंदयत दिंद रेतलीबीं दे रेतलीबीं अभे वचनादें हूँ महांग वटमां अभे अतिर वंधर दी, निम
अनुपे उप्रीश्ति दे पैंजे दिंद मेलानी वह भारत रजस सुराम पैंजे है विरा है।

दिंद छल से दर्द सिर अभे मुदिनी पुरुषात्मक बाली मंधेमी भन्दी नूँ जै दिंदें मुदावरां __!
The story is truly finished - and meaning is made - not when the author adds the last period, but when the reader enters.
-Celeste Ng

This powerful quote is an assertion to the thought that there is no ultimate and fixed meaning assigned to a text. The author never locks a definitive meaning into his writing; it is always the prerogative of the reader to discover his/her own meanings from the written word. With each reading and re-reading, one deciphers yet another layer of meanings embedded between the lines. While it is agreed that writing is a metaphorical birth; it is also true that a new self, a new awakening is born, when the reader ponders over the mysteries of the written word and enters unexplored realms that lead on to magical wonders.

With the release of the PAU Annual Magazine, I invite all readers to delve into the rich fabric of the content compiled herein, and engage in a purposeful venture of unravelling deeper, wider and profounder meanings that enrich their minds and hearts. At the same time, I can't help exhibit my wonder at the kaleidoscopic compilation of articles by budding writers who have revealed entirely unique and distinct perspectives in their writings.

The Annual Magazine of the University mirrors campus life. It reflects the literary, educational and sports activities, apart from a recollection of important days celebrated, laurels bagged and honours brought home. It also showcases the immense creative surge of the students who pen stories, poems, anecdotes, scholarly and well-researched articles on diverse themes - ranging from ecology and global crisis to gender equality, inclusivity and sustainability. It is indeed heartening to note that the youth of today is highly sensitised in matters of psycho-social, economic, political, historical, geographical and cultural concerns. I am certain the readers will richly benefit from the ideas penned in the contents of this magazine. This magazine is an acknowledgement of the creative abilities of the bright minds and the trust reposed in them to shoulder responsibilities.

I express my sincere gratitude to Dr Satbir Singh Gosal, Worthy Vice-Chancellor, Punjab Agricultural University for his excellent mentorship that helps each one of us stay focused. I thank Dr Nirmal Jaura, Director, Students' Welfare, for providing the necessary impetus to the student contributors and engaging them in productive and constructive activities. I congratulate the team of Faculty and Student Editors for coming up with a very well-structured Annual Magazine.

Happy Reading!

Dr Deepika Vig
Chief Editor, PAU Magazine
English Section

Faculty Editor
Dr Ashoo Toor
Asstt. Professor (English)

Student Editors
Navnoor Kaur
L-2021-BS-19-IM
Tarun Kapoor
L-2022-A-79-M
The crisp pages hum comedies untold,  
In words' embrace, my heart takes hold.  
Words glean like pearls in the dark sea,  
In words, is the world where I'm truly free.

Eclectic ecstasy, jubilant joy, gratifying gusto and rending retreat is what is set to follow with every flip of yours through these pages. In the midst of toting and toiling, here is an invitation to sit back and revel in the gift of earnest craft of reading. Reading is certainly not a task but a meditation paving towards meeting oneself amid the clamour yet away from material. Through these compositions, one gets to absorb the learning about the variations and the unchained rhythm we all adorn among ourselves and still remain oblivion about, and also a learning apt enough to identify ourselves to remain peas in a pod despite diversity.

It is nevertheless a fine flair to pen down the symphony of the hearts in ink and paper and catching those waves while diving through them is yet another. The magazine has justified in welcoming the writings and their writers who had been at the threshold, not as guests but as members of this warm household. Such cordiality by means of opportunities make both the students and institutions developing and growing ceaselessly. At the same time, they kindle the torch to move towards multitude of excellence, step-by-step. What ultimately turns out at the crescendo are the torch-bearers of virtues of humankind with a inherited common identity.

The efforts of contributors in very many forms of literary pieces, from riddles, comedies, anecdotes, poetries, articles and commentaries are all-praiseworthy and highly appreciated from our side. The upping next choreographies of words await being wedded to your eyes and kind words from your side which would most effectively act as a boost to the ever-flowering writers of our institution.

Unspeakably pleasant notes of gratitude are duly extended to all the hearts, heads and hands into it, the efficient team of faculty editors and assisting student editors, printers and publishers and contributors. We shall be very profoundly welcoming towards your remarks and suggestions by which the successive issues may be mindfully furnished.

Wishing you all a great time reading!

Dr Ashoo Toor  
Asstt. Professor English

Tarun Kapoor  
L-2022-A-79-M

Navnoor Kaur  
L-2021-B5-19-IM
<table>
<thead>
<tr>
<th>S.No.</th>
<th>Title</th>
<th>Name of the student</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>On the Mend</td>
<td>Abheeti</td>
<td>1</td>
</tr>
<tr>
<td>2.</td>
<td>Humour in Illusion</td>
<td>Rohan Subhash</td>
<td>2</td>
</tr>
<tr>
<td>3.</td>
<td>Animal Cruelty</td>
<td>Sahil Yadav</td>
<td>2</td>
</tr>
<tr>
<td>4.</td>
<td>The World Needs Philosophers and Poets as Much as it Needs Scientists</td>
<td>Summyrudh Singh</td>
<td>3</td>
</tr>
<tr>
<td>5.</td>
<td>When Love Calls...</td>
<td>Rohan Pathak</td>
<td>4</td>
</tr>
<tr>
<td>6.</td>
<td>Farming</td>
<td>Gagan Ajeet Singh</td>
<td>4</td>
</tr>
<tr>
<td>7.</td>
<td>A Story Untold</td>
<td>Punya Sood</td>
<td>4</td>
</tr>
<tr>
<td>8.</td>
<td>Journey of Life</td>
<td>Parul</td>
<td>5</td>
</tr>
<tr>
<td>9.</td>
<td>Body Positivity</td>
<td>Punya Sood</td>
<td>5</td>
</tr>
<tr>
<td>10.</td>
<td>Happiness is but an Occasional Episode in the General Drama of Pain</td>
<td>Navpreet Kaur</td>
<td>6</td>
</tr>
<tr>
<td>11.</td>
<td>The Journey Within...</td>
<td>Rohan Pathak</td>
<td>6</td>
</tr>
<tr>
<td>12.</td>
<td>Fly High</td>
<td>Rishem</td>
<td>6</td>
</tr>
<tr>
<td>13.</td>
<td>Poetry and Philosophy are as Great as Science</td>
<td>Tarun Kapoor</td>
<td>7</td>
</tr>
<tr>
<td>14.</td>
<td>A Memorable Visit to Harike Wetland</td>
<td>Guranshpaul Singh</td>
<td>8</td>
</tr>
<tr>
<td>15.</td>
<td>Shades of Grey</td>
<td>Abheeti</td>
<td>10</td>
</tr>
<tr>
<td>16.</td>
<td>Dreams + Diligence + Perseverance = SUCCESS</td>
<td>Navnoor Kaur</td>
<td>11</td>
</tr>
<tr>
<td>17.</td>
<td>Environment</td>
<td>Bharti</td>
<td>11</td>
</tr>
<tr>
<td>18.</td>
<td>Youth Festivals</td>
<td>Ashna</td>
<td>12</td>
</tr>
<tr>
<td>19.</td>
<td>The CLEAR Beads...!</td>
<td>Tarun Kapoor</td>
<td>12</td>
</tr>
<tr>
<td>20.</td>
<td>If Wishes were Horses, Beggars would Ride it</td>
<td>Navpreet Kaur</td>
<td>13</td>
</tr>
<tr>
<td>21.</td>
<td>Failure</td>
<td>Rishem</td>
<td>13</td>
</tr>
<tr>
<td>22.</td>
<td>Seize the Day: Starting Hobbies Now, Not Tomorrow</td>
<td>Ashna</td>
<td>14</td>
</tr>
<tr>
<td>23.</td>
<td>Drug Abuse</td>
<td>Dhruv Goyal</td>
<td>14</td>
</tr>
<tr>
<td>24.</td>
<td>Prosperity of Punjab</td>
<td>Eknoor Singh</td>
<td>14</td>
</tr>
<tr>
<td>25.</td>
<td>For my First love</td>
<td>Jasmeen Kaur</td>
<td>15</td>
</tr>
<tr>
<td>26.</td>
<td>Confinement</td>
<td>Aradhya Deora</td>
<td>15</td>
</tr>
<tr>
<td>27.</td>
<td>Human Trafficking</td>
<td>Sahilpreet Singh</td>
<td>15</td>
</tr>
<tr>
<td>28.</td>
<td>An Equal Woman</td>
<td>Azizpreet</td>
<td>15</td>
</tr>
<tr>
<td>29.</td>
<td>Gender Inequality</td>
<td>Tanishq Patial</td>
<td>16</td>
</tr>
<tr>
<td>30.</td>
<td>Strong or Weak</td>
<td>Mohammad Tehfeek</td>
<td>16</td>
</tr>
<tr>
<td>S.No.</td>
<td>Title</td>
<td>Name of the student</td>
<td>Page No.</td>
</tr>
<tr>
<td>-------</td>
<td>------------------------------------------------</td>
<td>-----------------------------</td>
<td>----------</td>
</tr>
<tr>
<td>31.</td>
<td>Let’s Fly Together</td>
<td>Lakhwinder Singh</td>
<td>17</td>
</tr>
<tr>
<td>32.</td>
<td>A Song of Nature</td>
<td>Amandeep Singh</td>
<td>17</td>
</tr>
<tr>
<td>33.</td>
<td>Don’t Quit</td>
<td>Parth Sharma</td>
<td>17</td>
</tr>
<tr>
<td>34.</td>
<td>You are the Only Person</td>
<td>Gargi Sharma</td>
<td>17</td>
</tr>
<tr>
<td>35.</td>
<td>Planet’s Urgent Plea</td>
<td>Rohan Subash</td>
<td>18</td>
</tr>
<tr>
<td>36.</td>
<td>Examination Days</td>
<td>Arpita</td>
<td>18</td>
</tr>
<tr>
<td>37.</td>
<td>My Roommate</td>
<td>Arshiya</td>
<td>18</td>
</tr>
<tr>
<td>38.</td>
<td>Tree</td>
<td>Ashina Sharma</td>
<td>18</td>
</tr>
<tr>
<td>39.</td>
<td>You are Mighty</td>
<td>Ruturaj Parve</td>
<td>19</td>
</tr>
<tr>
<td>40.</td>
<td>Fields of Life: An Ode to Agriculture</td>
<td>Jaspuneet Singh</td>
<td>19</td>
</tr>
<tr>
<td>41.</td>
<td>Friends</td>
<td>Deepkaran Singh</td>
<td>19</td>
</tr>
<tr>
<td>42.</td>
<td>Beautiful Chaos of Life</td>
<td>Armaan Singh</td>
<td>19</td>
</tr>
<tr>
<td>43.</td>
<td>Your Best</td>
<td>Gurveen Kaur</td>
<td>20</td>
</tr>
<tr>
<td>44.</td>
<td>Child Abuse</td>
<td>Mitali</td>
<td>20</td>
</tr>
<tr>
<td>45.</td>
<td>A Genetically Modified Poem</td>
<td>Isha</td>
<td>20</td>
</tr>
<tr>
<td>46.</td>
<td>Say no to Plastic</td>
<td>Manya Chopra</td>
<td>21</td>
</tr>
<tr>
<td>47.</td>
<td>Fashion</td>
<td>Parul Bhatia</td>
<td>21</td>
</tr>
<tr>
<td>48.</td>
<td>Nature’s Way</td>
<td>Medhavi Goyal</td>
<td>21</td>
</tr>
<tr>
<td>49.</td>
<td>Netflix and Chill</td>
<td>Ranvir Singh</td>
<td>22</td>
</tr>
<tr>
<td>50.</td>
<td>Screams Unheard</td>
<td>Arnavpreet Singh</td>
<td>22</td>
</tr>
<tr>
<td>51.</td>
<td>What Nature Suffers</td>
<td>Gurmanvirsingh Bhathal</td>
<td>22</td>
</tr>
<tr>
<td>52.</td>
<td>Time- A Great Healer</td>
<td>Sahib Jain</td>
<td>22</td>
</tr>
<tr>
<td>53.</td>
<td>Dowry</td>
<td>Yuvraj Singh</td>
<td>23</td>
</tr>
<tr>
<td>54.</td>
<td>Soil</td>
<td>Hriday Jindal</td>
<td>23</td>
</tr>
<tr>
<td>55.</td>
<td>The Eco-Way</td>
<td>Yuvika Sharma</td>
<td>23</td>
</tr>
<tr>
<td>56.</td>
<td>Heart Pocket</td>
<td>Arshpreet Kaur</td>
<td>23</td>
</tr>
<tr>
<td>57.</td>
<td>Child Labour</td>
<td>Shivanshu Chadha</td>
<td>24</td>
</tr>
<tr>
<td>58.</td>
<td>Learning</td>
<td>Falak</td>
<td>24</td>
</tr>
<tr>
<td>59.</td>
<td>Where Beauty Lies</td>
<td>Akashdeep Singh</td>
<td>24</td>
</tr>
<tr>
<td>60.</td>
<td>Save Environment</td>
<td>Khushdeep Kaur</td>
<td>24</td>
</tr>
<tr>
<td>61.</td>
<td>Women Empowerment</td>
<td>Gagandeep Singh</td>
<td>25</td>
</tr>
<tr>
<td>62.</td>
<td>Be Yourself</td>
<td>Navnoor Kaur</td>
<td>25</td>
</tr>
<tr>
<td>63.</td>
<td>Eco-Friendly Living and Sustainable Development</td>
<td>Navnoor Kaur</td>
<td>26</td>
</tr>
</tbody>
</table>
On The Mend

While caressing the last of your picture that I had,
I have tried to lick some happiness off your lips,
So that I could find for myself a smile to give you,
Alas! my fingers are still dipped in puddle of sorrow,
And my skull is still hanging from a Kevlar thread
Among the brains that overthink things, and my heart,
My heart doesn’t know yet, how to move on from you.

Though I’ve always loved to don in hues of spring,
But in order to find closure, I turn myself into a grayscale canvas,
Outlining my body with white ink, because in our culture
It is the colour of mourning, I need to bemoan the loss of you,
The loss of losing you to the distance between us,
Even if you’re breathing somewhere close to one.

A crown of regrets, invisible to the world you live in,
Rests peacefully on my head,
And despite wanting fresh flowers in the name of eyeshadow,
I place pain heavy on my eyelids,
I think I deserve it, however,
I cry watercolour skies with a single teardrop,
For I mastered the art of subtlety quite early in my twenty five years of life.

They say art is a confession, I see it in shape of a hollow dome,
Built with heartbreaks, poetry and glass instead of cement and concrete,
Painted in pained pink pastel of love that died an untimely death,
And decorated with half-done origami artefacts
which swing unceremoniously above me
Reminding me of everything that’ll never be accomplished.

I have never liked hiding, but be that as it may,
I tinker with my photograph and cover my face
Because when my sins scratch my throat, the guilt of not trying enough,
Or maybe I did, to keep ‘us’ safe, gnaws at my heart
Making me want to spill the fragments of your name that I eat every day
To forget you not, but to stop loving you anymore than I already do.

Drunk off the moon, I cage the smell of little blurry stars
Scattered all across my room, in a jar that says ‘you are mine’
And then procrastinate sending it to you as parting gift
Because even though my heart believes I will never let you go,
My mind knows, the boy with the blues has left in search of red,
And the colour of my blood is black.
No more do I seek your attention, no more do I wish to be seen by you,
Rather, whilst this may mutter in yellow,
I brave the choice to run slapdash into the melting heat
And let it burn your touch off my skin,
And then I pluck the lies you fed me, off my body
And place them in poems that scream
‘for the love of love, let me be at peace’.

Living the agony of losing you without losing you,
Because you didn’t even care to prepare the ground to let me down slowly;
I write for myself, a ballad in wet ink made of tears
I hoarded over the years before we met,
To heal everything that’s broken inside,
And forgive you, although you will never ask for it.

Today I sit here candidly in broad daylight
And chant the hymns of harmony for my soul,
I sun-dry my masterpiece and
Let it find a permanent home in the pages of history,
I muster the magic of moving on and even so I am not a garden,
I birth flowers, I see them wither,
And then I let the butterfly dearest to me,
Go, and find another feast.

I finally set myself free.

Abheeti
L -2021-BS-115-D

Humour in Illusion

In the halls of power, a comic show,
Where honesty is scare, and ethics low.
Politicians promise, oh what a jest!
Yet truth goes missing, put to the test
Bureaucrats in the ties, so tight and slick,
But their wallets grow fat, oh what a trick!
They shuffle papers, a dance so grand,
Yet behind the scenes, cash changes hands.
Corruptions punchline, a twisted jest,
A comedy of errors, put to the test.
We laugh at their antics, so absurd,
Yet its our pockets they’ve cleverly stirred.

Rohan Subhash
L -2021-A-088-BIV

Animal Cruelty

Innocent eyes, filled with plea,
Creatures suffer silently, can’t you see?
A world of kindness, let’s bestow,
End animal cruelty, let compassion grow.
Paws that wander, tails that wag,
Deserve love and care, not a cruel gag.
Let empathy guide us, hearts aligned.
Animal cruelty’s grip, forever declined.
From the wilds to homes, they grace our days,
Innocent beings, deserving better ways.
Let’s protect and cherish, make amends.
End animal cruelty, for furry and feathered friends.
In pastures wide or oceans deep,
Animals roam, their secrets to keep.
But mankind’s hand can bring them pain,
It’s time to change, to break the chain.

Sahil Yadav
L -2021-A-091-BIV
In the era of modern world, science and technology have taken the centre stage, bringing innovation, progress, and economic development. No matter how enormous is the contribution of scientists; one should also recognize the importance of philosophers and poets as they form the vital pillars of human intellectual and emotional development. While scientists explore the physical world, philosophers and poets dig deep into the realms of logic, ethics, and the human thoughts and emotions. Also they provide invaluable insights into the complexities of existence, challenge assumptions, and nurture the human spirit.

Scientists have made remarkable inventions in explaining the phenomena, unfolding the mysteries of the universe, and developing groundbreaking technologies. But the critical difference is that scientists always try to find the answers for the question of what and how whereas it’s the philosophers and poets who critique the very enduring phenomena and always seek to answer the questions of WHY. Philosophers grapple with existential questions about the nature of reality, consciousness, morality, and the purpose of life. Philosophers such as Marx have played an exceptional role by putting forward various theories that not only influence people’s minds but also serve to create a medium for understanding of various changes or attributes that are seen in society.

Science gives evidence and logical reasoning to new knowledge and helps in our understanding of various phenomena. However, it is the philosophers and poets who question the underlying assumptions and paradigms of the modern reality. They are the people whose thoughts are fuel in understanding the reason of how the new discovered pattern or custom is going to impact the people. Philosophers bring a necessary skepticism that pushes the boundaries of scientific thinking.

Poetry, on the other hand, offers a different form of insight. Poets use expressions as a canvas to express the emotions of mankind. They grab the essence of human experiences, explaining in the most creative way possible thus delivering thoughts in the most creative way. Poetry is not about rhyming words but it is the essence of thoughts that speaks directly to souls, nurturing the creativity, empathy. It is the form of art where people roam free in their world of imagination and this is the beauty of it that how everyone in their liberal thinking is free and pure in expressing the views on various topics. Poetry allows one to introspect and lend wings to creative thoughts. Poets such as Rumi who explore themes of love, spirituality, and the human connection to the divine, Wordsworth who often link the world with human emotions are a few to mention.

While science continues to explore new technologies and revolutionise the world one should also remember that the world needs philosophers and poets as much as it needs scientists. Philosophers emerge into the fundamental questions of existence, challenging assumptions and extending the boundaries of human cognition. Poets, through their creative expressions, touch the emotions of several people and establish an emotional connection among them. No form is inferior or superior, instead there should be a proper blend of these such that they shape the overall personality of human and develop his cognitive and intellectual skills.

Sumnyrudh Singh
L-2021-A-42-M
**When Love Calls…**

Love comes in different forms,
For some it may be petals and for some, the thorns,
But to maintain its sanctity,
Love just for the sake of love.

Like that of a mother and child’s first hug,
Absolutely unconditional with the purest intention,
Or that which thrives even without constant attention.

Love that knows no social frame,
That comes without fame or shame,
It may scar you a bit too hard,
Leave behind nothing but an aching heart.

It’s tough to open the sealed doors again,
But the cupid finds a way to play its part,
For it’s both the killer and the healer.
But for love to remain forever,
Love just for the sake of love.

**Rohan Pathak**
L-2021-BS-18-MBA(AB)

---

**A Story Untold**

She was a story, a story untold
In a library full of choices and crowd,
On a brown shelf, she was settled and cold.
One day, he came up, judged her by the cover
Picked her up for she was alluring and bold.
Felt her by the words, he read her everyday.
Those settling ups and down had torned her in a beautiful way!
Soon... She got a special place
In his heart, in his mind.
Her soft words murmured resting in his embrace.
The corner of his cupboard, all his secrets,
She locked!
The moments were a magic spell, the way the both talked!

Never did she know, the time had changed!
Just one look, and he flipped the page.
Those words felt boring... but pictures amazed!
He never felt how deep were those thoughts
To all the lessons and morals she had taught.
Again... The same
Times fly... Every moment started to charge the fines
Those issued names returned her back
Again! She landed on that mystery rack.

The brown shelf she was settled upon
Was polished and the fellows were sold
Librarians, the walls, everything was new
Old mates and readers were now few
Those fingers who dressed her up
She fitted her place, a little close but up.

Everything changed! But remained those crevices and folds
The one who had once touched,
Still rolled through her soul!
And again she was left as a story
A story untold,
She was story, a story untold.

**Punya Sood**
L-2022-CSC-33-BND

---

**Farming**

In the fields, where dreams are sown,
A farmer’s love and labour are shown.
From the sunrise to sunset, they toil with care,
Nurturing the land, breathing life into the air.
Seeds are planted, roots take hold,
As a cycle of growth begins to unfold.
With hands that work the fertile ground,
A bountiful harvest is soon to be found.
Through rain and sunshine, they persevere,
Tending to crops, year after year.
From the golden wheat to vibrant greens,
Farming is a testimonial to what hard work means.

**Gagan Ajeet Singh**
L-2021-A-90-BIV
Journey of Life

There was a young boy in the village. He was a very good athlete. He was very hungry for success. For him winning was the only definition of success. Once there was a competition held in the village. A large crowd of people visited to watch the competition. An old man who had heard about the boy also came to witness the competition.

The race was organised. All the competitors came towards the starting line. The race started. It was a tough competition among the athletes. But the young boy came first in the race. The crowd was excited and everyone cheered him up. The boy was so happy. He aspired for another race.

There was another competition. It was a Cut-to-cut competition. The young boy again came first. He was overwhelmed and the crowd cheered him up.

He aspired for another race. On seeing this a wise old man challenged the boy. He put forward his two challengers. One was a fragile old lady and another was blind man.

“This is not a race”, the young man shouted. At first, he was not ready for competing. After sometime, he was ready for the race. The race started. And as always boy came first. But to his surprise, no one cheered him up. “Why no one is cheering”? the boy shouted. He could not understand what was happening.

The old man called the boy, asked him to start the race again. But this time, he asked to finish the race along with two competitions. The boy started the race. He walked slowly and completed the race, along with the other two. To his surprise, the crowd cheered up and all looked happy. He thanked the old man as he had understood the lesson.

He understood that -

Life is a competition. She should drive for higher realms and stop not till the goal is achieved.

One should take care of old weak people and try to take everyone to the finish line. This is life and this is how it works.

Parul
L - 2020-BS-43-IM
(1st Prize Creative Writing)

Body Positivity

They say ‘Eat less! Else you’ll get fat’. And guess what, now you’ve stopped eating and starve yourself to sleep. Now that you’re getting thin and smarter, everyone wants to befriend you. And just when you started living peacefully, happily in your own world, somebody just poked that bubble by commenting, ‘Eat more! You look like a matchstick!’

For how long will you let people approve your body? When will you stop looking at your own self in the mirror with disgust?

It’s a high time to stop rolling this tender flesh of your across the sharp edges of the world and be grateful! Be grateful that you are able to breathe, smile, walk, use your hands, have healthy sense organs. Be grateful your heart was able to pump, you digested your food well and you were able to get up from the bed and start your day. Trust me! You are bigger than your insecurities and fears. Everything has been in fashion at one point or another – being fat, skinny, tall, short, wide, thin, fair, dusky, hairy or clean, and that’s a good thing about society that beauty standards always change.

So, while you may not be a beauty standard right now, but everyone’s body has either already or will be trending soon.

If you can be in awe of mother nature herself, be in awe of you! And be mindful of the beautiful things your body does for you. See the ocean currents in your stretch marks, they are your bravery signs; your fine lines, double chin and lower tummy as the waves, the pores on your face hold growth and belongingness, tiny nerves on your eyelids as the lightening that sparkles on dark, gloomy days, your scars as meteors, your fingerprints how uniquely can be seen in patterns of a wood log, nerves as tree roots, because it is not you who’s ugly, it is those fake beauty standards that are ugly. Thank your body for being yours.

Punya Sood
L -2022-C SC -33-B ND
(3rd Prize Creative Writing)
**The Journey Within...**

The motive of our being is fading away,  
Nobody is longing for it to stay.  
A state of pure happiness or complete fuss,  
It is all there, hidden within us.  
Jump out of this oblivion state,  
Where all attractions are just a bait.  
Dive into the ocean of endless knowledge and time,  
Where the truth lies clear and sublime,  
Where the pearls of unconditional love,  
Sit in the necklace of inner peace,  
Looking gentle yet mighty  
To the one who truly sees.  
To reach that state where all should be  
Constantly connect ‘You’ with ‘Thee’.  
For filling the void and get what you yearn  
The demon of chaos inside must burn.

Rohan Pathak  
L-2021-BS-18-MBA(AB)

---

**Fly High**

Expectations are always high  
Piercing the skies that birds can fly,  
But these wings of responsibilities  
Weigh down the height of possibilities,  
Still the bird has to rise high and high  
Only the clear sky can give it a sigh,  
Weather will ruin the nest someday  
Similarly you have to leave comfort anyway,  
Focus on the goal is what needs attention  
Otherwise there will be survival and tension,  
Survival of the fittest is nature’s rule  
One who does not follow is a fool,  
The little bird has to overcome the fear  
It has to come out of the nightmare,  
Everything is there to give you a lesson  
About how you can follow your passion,  
Wake, wake up from your fear  
And see the sky waiting for you there.

Rishem  
L-202-A-061-BIV
Poetry and Philosophy are as Great as Science

Wandering and weak are all our prayers,
And fleeting half the gifts we crave;
Love only, cleansed from sins and cares’
Shall live beyond the grave.

The smooth and melodic verse has been composed by none other than the all time great Sir James Maxwell, the lauded Father of Modern Physics. Law, finance, politics and science are professions of esteemed but philosophy, art and poetry are the noble pursuits a man can possess. These pursuits cast their spell over any and every emotion one goes through. We look for scriptures and speakers when we are at our low; we seek for poems and songs when it is pleasant and we seek for guides and mentors of wisdom when the problem surround us. After a busy day at work, the normal is to read the rhythms of poetry for any professional. It is normal for any professional to get immersed in the rhythm of poetry. However, utterly astonishing would be if the same person resorts to reading journals and papers of academia. This is because the same is a rare and void occurrence.

The best way to channelise the disturbing emotions is perhaps pearling them as poetry and gifting it to the rest of the world to hold on when they would go through the same. The fact that even the highest prestigious award on the earth, the Nobel, has in its categories a noteworthy inclusion of literature and peace is emblematic of striking a perfect balance. Afterall, poetry is literature and philosophy is the founding mother of peace. The professions of science and technology portray our analytical self to the outside, but our outlook towards self and the world, the reads we prefer, the tunes we hum to, all magnify our personality as a precise and true definition of who we are in reality. The professions which bring about the norms of mad race and societal competition for the formidable finds an exeunt at the age of 60. The poems, prose, pictures and philosophy are a noted what we keep with ourselves even in the life after death.

Dr MS Randhawa, a noted personality in the development of his alma mater, himself had a penchant to write and write himself out. According to him, it was a meditation for self-awareness so that he gets to know himself better, each day, line-by-line. The councils of cultures, in their monotone, try every possibility to promote it but it took one ‘In the Bazaars of Hyderabad’ for one Sarojini Naidu to amplify the Indianism earning herself to be the nightingale. The science and its men tabulated volumes of achievements and goals to set the track for the country’s development but one Rabindranath Tagore sang all the aspirations of free India through ‘Where the mind is without fear’. The scientific media keeps on alarming the nation against foeticides and other crimes against women. But only one Amrita Pritam could tear and shake the world by the nazm ‘Waris Shah’

There should be no grounds of ranking amid these pursuits because there can not be. We need a learning to be fluid enough so that we encourage and applaud more than to be peevish and rigid critics. This is because rigidity invites hard hits, rendered open for dull and rusty corrosion whereas any disturbance in a fluid generates a pattern of waves, a thing of beauty and an art in itself. The said words having come from a student of scientific research himself are no paradoxical but a justified analytical assessment for the readers to ponder over.

Tarun Kapoor
L-2022-A-79-M
Travelling has always been my passion since childhood. It has given me a lot of wonderful memories. Travelling improves your health. From cutting down on stress, to lowering your chances of developing a heart disease, the health benefits of travelling are huge. Monotony is likely to envelop one who stays glued to the chair for long hours. It’s essential, therefore, to add vibrance to your routine by planning trips and vacations occasionally. During winter holidays in December 2022, I visited Harike Wetland with my parents. The ‘Harike Pattan or Harike Wetland’ is the largest wetland in northern India, with the Harike Lake situated in its deeper part. It is located at a distance of about 110 km from Ludhiana city and about 60 km from Amritsar Junction, in the Tarn Sahib District in Punjab.

Harike Wetland came into existence in 1953 after the construction of barrage near the confluence of rivers Sutlej and Beas. The wetlands are a cross between a river and a lake thus making it a unique location and an ecological niche which spreads into three districts, namely Amritsar, Ferozepur and Kapurthala in Punjab. Harike is one of the largest man-made wetlands of northern India and is a famous destination for bird watchers and is also one of the best places to visit near Amritsar. The sanctuary is a bird watchers’ paradise and attracts thousands of migratory birds during winter. Around 375 bird species have been recorded in the sanctuary. The lake is particularly famous for diving ducks, such as the crested pochard, common pochard and tufted ducks which come in very large numbers. Harike also harbours endangered aquatic mammalian as well as reptilian fauna, like Indus river dolphin, smooth-coated otter and seven species of rare freshwater turtles. The mammals found at Harike include the smooth Indian otter, the jungle cat, jackal, Indian wild board and the common mongoose. Today, the Harike Wetlands eco-system, with its rich aqua flora as well as fauna, is a vital conservation site for Punjab.

A Memorable Visit to Harike Wetland

Area under Harike wetland

The Harike Wetland occupies an area of 4100 hectares and spreads into three districts of Punjab, namely, Amritsar, Ferozpur and Kapurthala. It is also a water source for the Indira Gandhi Canal, situated in Rajasthan. This area was declared as a sanctuary in 1982 and in 1990, it was declared as Ramsar site by the International Body of Wetlands under the United Nations Development Programme (UNDP).

Best time to visit

The best time to visit the Harike Wildlife Sanctuary is during the winter months from October to March. This is the time when the area is visited by several migratory birds and the weather is also enjoyable.

Orientation

For tourists, there is only one main entry point into Harike Wetlands. This is from the Gurudwara Nanaksar Sahib across the barrage at the southern end on the Ferozepur side of Harike. At the Harike Police Station, one can turn off from the Amritsar-Ferozepur Road, and then head left for the Harike Wildlife Office (opposite the Canal Rest House) and the barrage, the former issuing permits for entry.

Wildlife and vegetation

Aqua fauna is present predominantly in the Harike area. As many as seven species of turtle and 26 species of fishes have been reported here. These include the endangered testudines turtle, smooth
Indian otter etc. Fish varieties found here include rohu, catla, channa, chitala chitala, puntinus, Cyprinus, ambasis etc.

- **New attraction for tourists**

  The Indus dolphin that was previously reported to be extinct in India and found primarily in Pakistan was recently spotted at Harike Wetland. The terrestrial animals found here include mongoose, Indian wild board, common jackal and jungle cat.

- **Birds**

  Around 200 species of avian fauna are known to visit Harike during the winter season from far off lands. It is home to birds visiting from as far as the Arctic and Siberia. Birds such as the Eurasian coot, Bar-headed goose, Erget, Greylag goose, Gadwall and the northern shoveler are the prominent ones that could be sighted at Harike. Among others species, Common Pochard, Spot-billed duck, Little Cormorant, Pied Avocet, Great Cormorant, Ferruginous Pochard, Common Teal, Black-tailed Godwit, Steppe Gull and Brown-headed Gull have been spotted in good numbers this year. As many as 45,000 ducks have been recorded here during the peak season. A tourist must keep binoculars ready to catch a glimpse of these spectacular species. During special days, the authorities at Harike fix binoculars for tourists.

- **Vegetation**

  The wetland is rich in floating vegetation, comprising plant species such as *Eichornia crassipes*, *Azolla*, the lotus, *typha*, *ipomoea aquatica* etc. The floating vegetation paints a stupendous picture of scenic beauty with all the colourful birds flying over. Recently, the wetland faces a major threat from the widespread week water hyacinth that seems to clog the irrigation supplies.

**Recent facility**

The authorities have recently started cycling facility for the tourists where one can do cycling within 2 km area, along the wetland while watching the birds.

**Distance from Major Cities**

Harike Wetland is close to the cities of Amritsar, Ferozepur and Kapurthala. Distance from these and other major cities is as follows:

- **Amritsar**: 58.5 km via NH 15
- **Ferozepur**: 66 km via SH 20 and NH 15
- **Kapurthala**: 69 km via NH 703A
- **Ludhiana**: 108 km via NH 95
- **Chandigarh**: 201 km via NH 95
- **Jammu**: 267.4 km via NH 1A and NH 15
- **Himachal Pradesh**: 294 km via Shimla - Nalgarh - Dhanauli Marg
- **New Delhi**: 434 km via NH 1
- **Jaipur**: 620 km via NH 11 and RJ SH 7
- **Mumbai**: 1680 km via NH 8

**How to Reach**

- **By air**: Nearest airport is at Amritsar at a distance of 60 km from Harike Wetland.
- **By rail**: Nearest railway station is at Amritsar situated 60 km away.
- **By road**: From Ludhiana, you can hire a bus or a cab. By car, you can take Ferozepur Road till Moga Bughipura Chowk. From this chowk, you can take Amritsar Road via Kot Isse Khan to Harike. From Ludhiana, you can reach Harike by car in 2 to 2.5 hours.

**Local Attractions**

Harike Lake and Harike Bird Sanctuary a the Wetland are worth a visit for adventure seekers, nature lovers and bird lovers.

The holy city of Amritsar is only an hour’s drive from Harike Wetland.

There are many historical gurudwaras in the nearby areas.

Guranshpaul Singh
BL-2020-A-080-BV1
I’d name your emotions after my favourite shades of grey –

*Ash grey* for the pain, which melts everything inside you and turns your blood
Into a raging lava river, river that you would have to call by my name.

*Cement grey* for the loyalty you dip your mortal body in, enabling
Hundred and eight holy hues of blue to wash away your sins.

*Charcoal grey* for the darkness, resting its ugly head on your shoulders
And caressing your forehead as if you were a soulless child.

*Cloud grey* for the inspiration you collect in your pocket,
From the sun and the flowers, the moon and the stars, the shadows and the wards,
The sky and the scars, the colours and everything – that could never be ours.

*Fossil grey* for the soul-destroying melancholy, which builds a graveyard
Full of handcrafted doubts and Saturn lies in your heart.

*Graphite grey* for the ecstasy, building a plum paradise
In your mirage like eyes and then seeping out through your paper skin.

*Iron grey* for the forbearance, which hangs your fragile conscience to the ceiling fan
And picks at your guilt, as if you are a castle of glass, carved with wicked intents
and stained by the depressed lyrics you pen about regrets.

*Lead grey* for the unresolved anger, setting your bones aflame,
As if you are nothing but dry leaves waiting for the inferno to put you to rest.

*Pearl grey* for the silent enmy, disguised among the marigolds
that you paint for each lover you Lose to the foul play of year destinies.

*Shadow grey* for the fears, you mother and manifest in your restless mind, as if
The storms you create for yourself will keep you from drowning in your crimson poems
Burdened with bittersweet memories of ‘something’ we once were.

*Silver grey* for the love that hides somewhere deep in Van Gogh’s paintings,
In metaphors written by Shakespeare, in sardonically honest confessions of Sylvia Plath.

*Slate grey* for the delirium, fabricating its way into your life and
Letting you dive deeper into an ocean full of turquoise laden thoughts.

Stone grey for the sheer loathing within, that you masquerade,
As the reds and scarlets replace the yellows in your wardrobe.

For you, my unlucky one!
Dreams + Diligence + Perseverance = SUCCESS

Yearning for success is the basic human nature and almost everyone wants to be successful in their lives but success is achieved by only those who know what they want from their lives and then stick to it, no matter what. Success is not accidental, you have to put in time and effort to achieve it. You all must be well aware of the quote “Diligence is the mother of good luck”. This phrase clearly defines that success has more to do with careful planning and persistence than just being plain ‘lucky’. There is no such thing as ‘luck’ but simply the good things come to those who work hard to achieve them.

Hurdles are bound to come up on the way to success and discourage you to stop following your goal, but if you are diligent, you will have the ability to handle the tough phases of life to your advantage for smooth completion of tasks. A diligent person has an extra edge to put in more dedicated hours towards realising his goals and that becomes a deciding factor for their extra ordinary success in life. The history is replete with the examples of diligent people. A classic example being of greatest physicist of all time- Albert Einstein. He could not do very well at his school and was told to quit the school. He failed his entrance exam of Zurich’s Polytechnic Institute and had to reapply the following year. Even after finishing school, he had a hard time finding and holding down a job. But this did not discourage him. With his diligence, he managed to churn out theories which completely altered man’s view of the universe. There were many other people who were way smarter than Einstein but they did not make the discovery that he made. Why? The answer is because they weren’t diligent and focused enough in their work.

The diligence of the Wright brothers gave us wings to fly. The diligence of Alexander Graham Bell gave us the power to converse from great distances. The diligence of great scientists made our lives easier. Had all of these not been diligent, our lives would have been completely different.

Being diligent is a choice and one needs to practise diligence even for the smallest task to form a habit of putting in efforts for the completion of any task to the best of one’s ability. By being focused and perseverant, one increases the chances of being successful manifold. We all are on this beautiful planet to make ourselves successful in each aspect of life. So now is the right time to start striving to be diligent in everything.

Always remember:
“Flowers are the prettiest when they are watered the most. If you water your dreams with excellence, success will grow.

Navnoor Kaur
L-2021-BS-19-IM

Environment

Once Now a beautiful land,
Now it’s dirty and dead,
Worked at the hands of man,
Resources pulled from their beds,
Flood, Drought, famine, fure,
All the land fills get higher and higher,
Toxins, rubbish, metal, food, Do you think good?

Start saving the environment,
Before it’s too late,
Next generation won’t arise,
It’s all up to us today.

Start taking care of the wood and water
Do not delay,
Pollution Can be Controlled
If we are ready today.

Bharti
L-2022-BS-6-IM
Youth Festivals

Youth festivals and cultural events play a significant role in the development of one’s personality. Through these activities, individuals learn valuable lessons and gain experiences that shape their character.

Participating in team events during youth festivals allows students to work together, understand each other’s strengths and weaknesses, and build strong bonds. Stage performances help students overcome stage fright and boost their confidence in performing in front of an audience. They also learn to face challenges and adapt to unforeseen circumstances, preparing them for similar situations in life.

Participating in such events teaches students the importance of self-improvement and learning from mistakes. It helps them develop resilience and the ability to bounce back from setbacks. Balancing academic responsibilities and participating in cultural activities helps students manage their time effectively and pursue their goals.

Furthermore, youth festivals and cultural events provide a platform for students to showcase their talents and creativity. They promote cultural diversity, foster a sense of community, and encourage students to appreciate different art forms and traditions.

Ultimately, when students step into the next phase of their lives beyond campus, they carry with them the enriched personalities and experiences gained from participating in youth festivals. They shine brightly on life’s stage, ready to embrace new challenges and opportunities.

Ashna
L-2021-C S-316-M
(2nd Prize Creative Writing)

The CLEAR Beads!..

Above and away, on the tracks of toiling;
At peace, amid all commotion and boiling;
Agile, your feet thumps the roaring sound;
Your perspiration, trickles along your inhibitions, down.

When heavens may fall but you deter not to,
When the rest shelter from thunder, but you care not to;
His grace, the showers, the pearls of rain, with those beads of sweat from the vision you gain;
Will coalesce on the ground with a boost, never in vain.

Then, the mighty vapours of your ‘petrichor’ will rise,
Making you fly with wings of cosmic size,
Nearing you to the darts you had once vowed.
Then, Mate, understand!
The Fortunes, before your valour, have bowed.

Finally,
The winning, lustre of your rejoicing tears,
Among the loudest clamour and cheers,
Will become Blinding Lights to all those fears.
But they will incite a spark in that one aspiring peer,
Who, alike, would again set on to toil, amid the hustle, then and there.

The prized art is inherited not, but Learnt.
Ignore, remove, leave, throw and burn,
All the material desires you yearn.
But always Quench the thirst in you, with a surmised focus and clarity,
Until the ‘Life’s Treasure’, you EARN.

Tarun Kapoor
L-2022-A-79-M
If Wishes were Horses, Beggars would Ride it

“Striving in bleak and crude situations, left with harboring the greatest curse since the inception of humanity”- This is what life from the perspective of the poor looks like. But as Carl Jung rightly quoted:

“As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being”

Just like that, the sole purpose of human existence is to stand taut in the face of difficulties and conquer them. But it may not be as easy as it may sound. Life itself is a ‘cloud of metaphor’ for those with thousands of hopes, dreams and desires in their eyes.

We often come across situations when we undergo unpleasant experiences such as looking at children crying for bread, struggling to strive and unable to thrive, dwelling in poor cottages made of clay. But nothing in life that is worth comes easy and to conquer over the vicious cycle of poverty, we need more humane people like Mother Teresa in the world. She once said:

“The poverty of being unwanted, unloved and uncared for is the greatest poverty. We must start in our own homes to remedy this kind of poverty”

While the rich enjoy their frivolity dancing in heaps of money, the poor are left with bare hands begging for money and the cycle of never-ending desires keeps on running and the pity gaze of helpless children reveals piles of wishes left unfulfilled.

History is fraught with instances of great men who rose to fame are the live examples of some high-fliers. Martin Luther King Jr. once remarked:

“If you can’t fly then RUN
If you can’t run then WALK
If you can’t walk then CRAWL
Always try your best to be happy amidst unending trials.

Above all, whatever you do, you have to keep moving forward.

Navpreet Kaur
L-2020-BS-34-IM

Failure

Our struggle to conquer the mind
Is always left behind,
Mind is stronger and stronger
We think it can not be conquered,
But are we really ready to fight?
Or are we afraid of height?
We say we keep on trying our best
But it takes too much more to fulfil the quest,
We are under the burden of negative emotions
These have overpowered our devotion,
Life needs practice, just practice to learn & learn,
But just under a small burden, we start to mourn
Why man is not able to win
May be we are under burden of our past sins,
God please help us to rise every time we fall
Because to have grudges and regrets,
Life is just too SMALL.

Rishem
L-202-A-061-BIV
Seize the Day: Starting Hobbies Now, Not Tomorrow

In the hustle and bustle of modern life, it’s easy to push aside hobbies and passions for a later date. Many individuals believe they must prioritize work, responsibilities, and obligations first and think that they have time for it later, but we never realize that we get stuck in this vicious cycle and in a blink of eye, we are all grown up, but this rush of work culture never ends. Whether you are a student or an employed adult, hobbies offer a fantastic way to unwind, relieve stress, and promote mental well-being. We should accept that procrastination is a common trap. We often believe that there will be more favourable circumstances in the future, leading us to put off what we truly enjoy. However, life is unpredictable, and waiting for the “right time” can lead to missed opportunities. From learning how to paint to finally joining that weekend Kathak lessons, one must push themselves to accomplish varied pursuit, as every hobby has its own importance.

Being a college student, we often try to focus on getting good grades or that one merit scholarship that the whole class has been chasing, but we forget that there is a world beyond textbooks in our campus, starting one small hobby can help you discover your hidden talent and help you reach the stage where not only people applaud your talent but you become a more capable student in every way. Hobbies often bring people together, creating opportunities for networking and forming valuable connections. By starting hobbies early, you have more time to meet like-minded individuals who can offer inspiration, guidance, and even potential collaborations.

Engaging in activities you love can help reduce anxiety, boost your mood, and provide a sense of accomplishment. Don’t miss out on the incredible journey of self-discovery, growth, and fulfillment that hobbies can offer. Your future self will thank you for the wonderful gift of early exploration and personal development.

Drug Abuse

It’s hard to live alone,
And losing this habit to smoke.
It’s hard to lose the pressure,
Cause my breath depends upon my painkillers.
No job, No family, No friends,
My social life has came to an end.
I am sure death will be more pleasant,
I can’t control my mind cause it’s full of aggression.
But this addiction has gone too far,
Damaging the lungs, the kidney and the heart.
With your legacy, sad and undone,
This drug addicted life is of no fun.
My vision is getting dizzier than it should,
My bones now feel thicker than wood,
Say yes to life and no to drugs.

Ashna
L-2021-C S-16-M

Prosperity of Punjab

Amidst’s Punjab’s fields of gold so vast,
Prosperity’s story, a tale unsurpassed.
Beautiful harvest under sun’s warm embrace,
A land where abundance finds its place.
From fertile lands, prosperity springs,
Where hardworking hands plough and sing.
Golden wheat dances in the breeze,
A symphony of growth, as far as eyes can see.
Orchards abound with fruits so sweet,
Juicy treasures, a culinary treat.
Pulses and grains, a rich tableau,
Punjab’s prosperity, a vibrant show.
Commerce thrives in bustling bazaars,
Trade and industry, like shining stars.
Education’s light illuminates minds,
Innovation blooms, endless binds.
But remember, prosperity’s true worth,
Lies in unity and shared mirth.
A land where hearts and hands align,
Punjab’s prosperity, a beacon divine.

Dhruv Goyal
L-2022-A-107-BIV

Eknoor Singh
GL-2020-A-018-BVI
**Confinement**

She was loved,
She was taken care of.
All the things she had
That anyone ever wished for.
She was protected,
But that was what
Others can think of.
She was lonely, she was unloved.
She could feel a pang
In her emotionless heart,
Every minute, every second.
Four walls and nothing to see.
What does it feel like?
To breathe, to feel the warmth of the sun,
To feel the cool breeze
Playing with your hair,
What it feels like to be free.
She was running,
Running like there was no tomorrow.
But the chains dragged her,
Chains of sorrow.
She couldn’t breathe,
her misery was consistent.
She was stuck,
Stuck in this confinement.

Jasmeen Kaur
L -2019-BS-27-IM

---

**Human Trafficking**

Trafficked people are tricked,
By false promises, they are attracted.
There is no mercy
When the way is to delinquency.
There is no pity
When the way is to cruelty.
There is no Love
When the way is to hate.
There is no forgiveness
When the way is to intolerance.
When human right violations are prevalent,
When child abuse is predominant,
When teenager exploitation is persistent,
When girl oppression is constant,
When women mistreatment is incessant,
There are no words that can describe the aggression.
There are no words that can express these corruptions.
There are no words that can recognize these indiscretions.
There are no words that can identify these condemnations.

Sahilpreet Singh
L -2022-A-104-BV

---

**An Equal Woman**

Society’s norms like chains they bind,
Limiting potentials, the heart and mind
Equal rights and opportunities is their plea
For a world where all genders are truly free.
Let’s break the barriers, shatter the mold
A future where every story is bold
Together we’ll rise injustice we’ll defy
A world where equality alone shall apply.

If men can, why not women.

Aradhya Deora
L -2021-BS-4-BABM

---

**For my First love**

You were like the modern art
Too bizarre to be my part,
Yet so astonishing
You pierced into my heart,
You conquered my Soul
And completed me as a whole
Winning over my darkest places
You set my heart on race(s)

Aradhya Deora
L -2021-BS-4-BABM

---

**For my First love**

You were like the modern art
Too bizarre to be my part,
Yet so astonishing
You pierced into my heart,
You conquered my Soul
And completed me as a whole
Winning over my darkest places
You set my heart on race(s)

Aradhya Deora
L -2021-BS-4-BABM
Gender Inequality

Gender equality is the state of having the same rights, status and opportunities as others, regardless of one’s gender. It’s 21st century and we have made much progress but gender equality should be intrinsic to the humanity. We are still facing situations where women face challenges in the society.

The fact that we are still discussing about gender inequality in the 21st century itself tells us that it is still the biggest challenge that is being faced in the society by everyone. Gender equality is something that is above all the problems of caste, colour, creed, race etc. If this problem is solved, other discrimination related problems will automatically be solved. Be it in offices, sports, schools, colleges etc., there is gender inequality, equal opportunities are not given.

A nation can progress and attain higher development growth only when all the gender are entitled to equal opportunities in all sectors of the society.

Measures are being taken in the interest of gender equality, many schemes are being launched by the government, equal pay is being given, there is rise in literacy and people are becoming increasingly aware of the concept of gender equality and equal rights.

Tanishq Patial

Strong or Weak

There was a proud teak tree in the forest. It was tall and strong. There was a small herb next to the tree.

The teak tree said, “I am very handsome and strong, No one can defeat me.” Hearing this, the herb replied,” Dear friend, too much pride is harmful. Even the strong will fall one day”.

The teak ignored the herb’s words. It continued to praise itself. A strong wind blew.

The teak stood firmly. Even when it rained, the teak stood strong by spreading its leaves.

During this time, the herb bowed low. The teak made fun of the herb.

One day, there was a storm in the forest. The herb bowed low. As usual, the teak did not want to bow. The storm kept growing stronger. The teak could no longer bear it. It felt its strength giving away.

It tried his best to stand upright, but in the end, it fell down. That was the end of the proud tree. When everything was calm again, the herb stood straight. It looked around and saw that the proud teak had fallen.

Moral:- Pride goes before a fall.

Mohammad Tehfeek
L-2021-A-033-BIV
Let’s Fly Together

Let’s flap our wings and fly together,
Break the chains of patriarchy forever.
We stand united, hand in hand,
No longer silent we take a stand.
We need more women in leadership roles,
Their ideas their vision and their goals.
We own our bodies, we own our mind,
We have left oppression far behind.
We lift each other up, we amplify our voice,
We fight for our rights and choices.
Together we’re reach the highest of heights,
And achieve our goals with all our might.
Let’s build a world where love conquers hate,
And create a future we’ll all celebrate.
Not just a dream, but it’s reality to see,
Where women are truly, completely free.

You are the Only Person

You are the only person
On whom you can believe
Only because of your decision
You are in grief.
You are the only person
To whom you can’t lie
Why to blame other
You haven’t given your best try.
You are the only person
From whom you can expect loyalty
Why to expect and depend on others
For your life to be full of royalty.
You are the only person
Who can’t ignore you
Why do you need others
To make your dream come true.
You are the only person
Who can fill your life with joys
Don’t be sad and regret
Don’t let your priceless time to be destroyed.
You are the only person
Who can bring you sorrows
May be today was not fine
But tomorrow you will surely shine.

A Song of Nature

Amidst the breeze and sunlight’s embrace
Nature weaves its art with gentle grace.
Mountains tall and rivers that flow,
A symphony of life in colours aglow.
In forests deep where secrets reside,
A world of wonders, where creatures hide.
The ocean’s rhythm, waves that play,
Nature’s beauty takes our breath away.
Each flower that blooms, a masterpiece,
A testament to life’s endless lease.
From deserts dry to forests green
Nature’s grandeur forever seen.
Let’s cherish, protect this precious place,
For future generation to embrace.
In nature’s arms, we find our peace,
A timeless bond that will never cease.

Don’t Quit

When things go wrong, as they sometimes do
When roads you are going seem uphill too
When you are low and things seem unwell
And you want to smile but there’s a lot to quell
When all pressing you down
But you want to rise up
Just down don’t quit, and get up
It may be near when it seems far
So stick to the fight when you are hardest hit. It’s
when things go wrong that you must not quit
Examination Days

Oh lord! What days are these I say?
Happy? delightful? pleasant? .... nay!
These may be days when we return home sad,
Telling our mom’s our marks are bad
These may be days when our faces are bright,
For we’ve done our papers all right.
Say how do you feel on the exam days?
Are you like those who sit and pray?
Or one of those who labour very hard?
Or one of those who are the least to start
Working, studying, burning midnight lamps,
Until in the morning your joints get cramps.
I have seen some who are nervous and unhappy,
And some who are overconfident, glumful and happy.
I have seen many over joyed after exams
Elated in abandonment, for this might be the last.

Arpita
L-2021-BS-7-IM

My Roommate

The night’s darkness turned into the morning lights
and in between them were the endless fights
from pre dressing up stress
to going crazy over a new black dress
and fussing over your cute ex
yet seeing a new guy on the text
all this time passed by so quick
now it feels it is hard to fix
the broken heart and the sorrow of leaving
yet a thank you for believing
which made it possible and
this journey form stranger to roomie, incredible.

Arshiya
ABM (L-2021-BS-5-BABM

Planet’s Urgent Plea

Earth weeps, its fevered brow aglow,
A sympathy of change, a tale of woe.
Icebergs lament, their tears a salty tide,
As warming winds steal their frozen pride.
Storms dance friendly, with thunders’ might,
Painting the sky with electric light.
Oceans rise, a hungry beast on the prowl,
Devouring land, with a ravenous growl.
Forests whisper secrets in rustling leaves,
Their emerald robes turning to ashes and sieves.
Nature’s canvas painted in fiery hues,
As flames consume like a tragic ruse.
Hope is a seed, in humanity’s hand,
A change to heal, to restore the land.
With every choice, we rewrite the verse,
For earth’s survival, we must rehearse.

Rohan Subash
L-2021 A-088-BIV

Tree

I think that I shall never see
A poem lovely as a tree
A tree whose hungry Mount is prest
Against the earth’s sweet flowing breast
A tree that looks at god all day
And lifts her leafy arms to pray
A tree that may in summer wear
A nest of Robbins in her hair
Upon whose Bosom snow no hair Lain
Who intimately dances with showers of rain
Poems are made by fools like me
But only God can make a tree.
Save the world, plant a tree
For each one chopped, plant tree
Responsibility starts with you,
Your actions and the things you do
We are one and the same
killing a tree gave no man Fame,
They are alive- they breathe,
They feel pain- they writhe.

Ashina Sharma
L-2022-BS-13-IM
Friends

Friends are the sunshine that brightens our days,
Guiding us through life’s winding Maze.
They lift us up when we’re feeling down
with them, happiness knows bound.

In times of trouble they lend an ear,
Offering comfort, wiping acting every tear.
With their laughter and smiles, they bring us delight.
Making our world so warm and bright.

Through thick and thin, they stand by our side.
With unwavering love they provide.
They celebrate our victories, share in our dreams.
In their presence everything gleams.

Fields of Life: An Ode to Agriculture

In the fields of green, a labour’s embrace,
Farmer’s nurture life with skill and grace,
Sun and rain, their guiding song,
Agriculture’s dance, forever strong.

A cross the rolling land, a farmer’s stride,
Tending crops with care, side by side,
Soil’s embrace, a promise to sow,
Agriculture’s rhythm, a life to grow.

Rustic scenes where plows mark the earth,
Seeds find a home, a place of rebirth,
With patient hands and sunlight hours,
Beautiful harvests, nature’s powers.

Barns stand tall against the sky so blue,
Harvest’s reward, a dream come true,
From dawn till dusk, their efforts persist,
Agriculture’s legacy, forever exists.

Ruturaj Parve
L-2021 A-089-BIV

You are Mighty

Lord, you are mighty, and the source of my smile
Of all the good in my life, your gifts are the best,
More than in money, in you, I find my peaceful rest.
You offer salvation; given with a smile
To sinners like me, who openly live to defile.
Lord, you allow us to rest, upon your chest.
Lord, you are mighty

Dear God my sine make a list long as the Nile.
However, by your make blood and grace I ace every test,
O Lord when I did not want you, daily you pressed.
Only to give me smiles, erasing all distress. Lord, you are mighty!

Jaspuneet Singh
L-2021-BS-14-BABM

Beautiful Chaos of Life

In all chaotic beauty lies a wounded work of art
Beautiful but torn but torn; wreaking havoc on heart.

Camouflaged by Insecurities, blinded by it all.

I love the way you sit there and barely notice me at all.

Armaan Singh
L-2021-A-98-BIV
**Child Abuse**

A child abused  
a gift from God refused,  
insanity at its peak,  
makes young and vulnerable weak.  
beyond the scene of laughter  
a murky cry of torture.  
It pains to see,  
a child scared and terrified,  
with pain in the eyes,  
unspoken fear of shame,  
and a broken pride.  
A gloom of darkness  
around him spreads,  
afraid to trust and,  
mind never at rest,  
shadow of torture tears his being,  
all his life he sees himself dying.  
Pain imprinted in mind  
Ugly shadows lurking behind  
The lost smile - let’s go find,  
The lost smile - let’s go find!

*Gurveen Kaur*  
L -2020-BS-30-IM

---

**A Genetically Modified Poem**

God gazed at Earth at crops in the ground,  
Vast fields with one species, no birds, beasts around:  
“Mankind is meddling with my creation,  
Blending genes from seeds with no relation  
To wheat, corn or rye grains that I gave  
To the world, to make bread, with more seeds to save.”  
GM seeds they are called, a bit of this,  
Bit of that, mixing plant genes to miss  
The disease, the insects and the birds,  
Round-up resistance in wheat, eaten by herds,  
Then to the next juicy slice of red meat  
From our Sunday roast, the circle complete.  
God knew of Monsanto’s sweet “golden rice”:  
“Add the daffodil gene, it tastes quite nice,  
Adds vitamin A to your diet, you see,  
You must buy new seed every year at our fee,  
Plus your Round-up, special tractor, sign here:  
Break your contract we’ll sue you, the cost’s dear.”  
God thought of the food he provided for us,  
Full of flavor and goodness, planted, grown without fuss,  
Each house with tomatoes, peas, beans and corn,  
Faithfully tended and watered each morn.  
No need to add vitamins, insects squashed with a thumb,  
All seemed quite well, then, we all were made numb,  
Blurred by science, by mis-information -  
Seed companies now are running our nation.

*Isha*  
L -2020-BS-32-IM

---

**Your Best**

If you always try your best  
Then you’ll never have to wonder  
About what you could have done  
If you’d summoned all your thunder

And if your best  
Was not as good  
As you hoped it would be,  
You still could say,  
I gave today  
And that I had in me

*Mitali*  
L -2021-BS-17-BABM
Say no to Plastic

In a world of plastic, we must take a stand,
To protect our ocean and our precious lands,
Say no to plastic, let’s make a change
For the future we must rearrange.

Plastic cutlery it’s time to say goodbye,
Choose reusable options, give it a try
And those pesky wrappers, so hard to avoid. Opt
for eco-friendly packaging, will be overjoyed.

Reduce, reuse, recycle that’s the key,
To world where plastic pollution is already briskly.

In this battle against pollution we’ll prevail
With determination, we shall set forth our sail.
For a future that’s plastic-free and bright,
Let’s say no to plastic, with all our might

Manya Chopra
L-2022-BS-15-IM

Nature’s Way

The little tree by the old road fence
Grew in the summer sun
I want to grow tall, said the little tree
For growing is so much fun.

The little brook running beneath the bridge
Babbled and sang all day
I want to become a river, it said
So I am hastening on my way.

The little bird fluttered from out the nest
And flew far across the yard
I will be big bird, said she and twittered
If each day I try real hard.

The little boy stood up on his tiptoes and stretched
I am just like the rest,
I want to grow up and see the big world
Sooner the better for me.

Mother nature smiled at all her fledglings
But she did not bid them stay
She knew that to live and grow and age
Is invincible Nature’s way.

Parul Bhatia
L-2020-BS-36-IM

Fashion

Fashion, a realm of style and grace,
Where trends and tastes interlace.
From runways to streets, it’s a form of expression,
A way to showcase individual impression.
Colors and fabrics, patterns and fits,
Fashion evolves, never to sit.
From vintage to modern, it’s a never-ending story,
An art form that captivates, in all its glory.
Designers create, with passion and flair,
Garments that make us feel unique and rare.
From haute couture to streetwear chic,
Fashion speaks volumes, without a single click.
But let’s remember, amidst the trends,
That true style comes from within, my friend.
Wear what makes you feel confident and true,
For fashion is about being authentically you.

Medhavi Goyal
L-2022-BS-08-IM
Netflix and Chill

Netflix and chill, a perfect plan,
Grab some popcorn, sit and fan
Choose a show, a movie or two
Snuggle up just me and you

The screen lights up, the room goes dark,
Our laughter echoes like a spark,
We are ourselves in stories told,
As time flies by in our stories told.

The characters done across the screen,
While we create our own sweet scene.
Hand in hand we find our bliss,
In this cozy netflix abyss?

So let’s unwind and take a break,
With netflix and chill for goodness sake,
A simple pleasure, we both adore,
Together we’ll keep coming back for more

Ranvir Singh
L-2021-BS-4-IM

What Nature Suffers

Open Drainage systems,
Human beings do not realize,
Struggling and surviving human prefers?
Are making survival tougher,
One day, nature will surely suffer.
Factories and industries releases harmful gases,
Unaware human being still careless
What will happen to the world?
This is my concern for tomorrow’s world.
Increasing automobiles on rise
Release dangerous carbon mono-oxide,
Contributing pollution in day to day life
Spoiling the nature, destabilizing life,
Let’s rise to the occasion
minimize the pollution,
Save the nature and avoid congestion,
If nature continue to suffers,
Generation next shall curse their ancestors
Let’s pledge not to play with nature any more,
Plant more trees, save resources and be sure,
That Nature will pay back all the dividends,
Giving generations next a healthy and safe land

Gurmanvir Singh Bhathal
L-2020-BS-14-IM

Screams Unheard

In factories dim, and fields so wide,
Where innocence and dreams collide,
Child Labour’s grip, a cruel demand,
Steals childhood from each tiny hand.

Tiny fingers weave the threads of fate,
Under heavy burdens, they labour and wait.
Their laughter silenced and spirits worn,
In shadows of hardship, their dreams are torn.

Let’s raise our voices, take a stand,
End this injustice, across the land,
For every child deserves a chance,
To learn and grow,
To sing and dance.

Arnavpreet Singh
L-2022-A-08-Biotech

Time- A Great Healer

Time is a great healer.
for the sorrows we must face
And the sadness we bear
when life deals us a bitter blow
As the pain diminishes
As the years roll on by
we never forget
And alone in our privacy
Tears occasionally leak from our eyes.

The pain is not as harsh
but in us it still resides
Time heals the open wounds
but never takes
all the pain away.

Sahib Jain
L-2021-A-70-BIV
Soil

Beneath our feet, a world unseen,
The soil, a treasure, pure and green.
Nurturing life, a cradle of birth,
Where roots find solace, for all they’re worth.
From grains of sand to rich dark loam,
The soil supports and calls life home.
It holds the secrets of ancient past,
A canvas for growth, unsurpassed.
From gardens blooming with vibrant hues,
To towering forests, nature’s muse.
The soil, a foundation, strong and true,
Sustaining life, both old and new.
So let us cherish this precious ground,
Protect its essence, let it abound.
For in the soil, lies nature’s grace,
A humble beauty, in every space.

Yuvraj Singh
L-2020-BS-41-IM

Dowry

Accept the love of your educated wife,
Money can’t be the solution of your strife.

Being gentle is enough for you.
Respect her emotions, be loyal and true.

If dowry is the condition of your marriage,
You are disrespecting motherhood.

Ensure the respect of your lady whom you love.
Believe me, you will be honoured and wished luck.

Accepting dowry is like selling your soul,
Choose integrity, that must be your goal.

Hriday Jindal
L-2021-A-15-Biotech

The Eco-Way

In a world of plastic, where pollution reigns,
Bioplastic emerges, breaking the chains.
Derived from nature, it’s kind to our Earth.
Reducing our impact, showing it’s worth.

Made from plants, not fossil fuels,
Bioplastic brings hope, undoing the dunes.
With each product created, a step we take,
Towards a greener future, for goodness’ sake.

It decomposes, returning to the soil,
Unlike traditional plastic, causing turmoil.
Bioplasty, a friend to creatives and land,
A sustainable solution in our hands.

So let’s embrace this eco-friendly way,
Choose bioplastic, make a difference today.
Together we can protect our planet’s fate,
With bioplastic, a sustainable state.

Yuvika Sharma
L-2020-BS-11-IM

Heart Pocket

I’ve got a special pocket
That’s stitched into my chest.
It’s full of all those moments
That I’ve thought of as my best.

And when a good friend tells me
About the things that made him smile,
I place them in my pocket
So that I can keep them in for a while.

And when I’m feeling saddened,
Just as I was today,
I’ll open up my pocket
To help the sadness go away.

Arshpreet Kaur
L-2021-BS-16-IM
**Child Labour**

Hopeful eyes, happy smiles,
Soft hands, million dreams
Is this not the identity of a child?
Then why do I see
Tear-filled eyes, terrified faces,
Rough hands and shattered dreams?

Deprived of their childhood,
Over-flooded with work.
Burdened with responsibility
At such a young age!

So much to learn,
So much to accomplish.
But not given enough time.
Let’s fight for this cause,
Raise our voice
And stop child labour.

Put a smile back on their face,
Give them the childhood,
Which was stolen from them.
Let’s fight for the cause,
Raise our voice
And stop CHILD LABOUR!

---

**Where Beauty Lies**

Neither the whispered wings of dragonflies
Nor the golden hues of sweet sunrise.
Your lips, your cheeks, your nose. your eyes, This
is where true beauty lies.

Neither the melodic charm of an ocean sigh Nor a
moonlit loud in a Starlit Sky
Your dreams, your hopes, your laughs, your cries.
This is where true beauty lies.

Neither the morning dance of a butterfly
Nor the Soothing tune of a cricket’s cry.
Your heart, your soul, your love, your mind
This is where true beauty lies.

---

**Save Environment**

As I wake up in the morning
I see sunshine through the window.
As I go to the garden,
I see flowers as they grow.

The trees on the the mountains
Give us fresh air to inhale,
They give us water everyday
And fulfilling life in everyday.

How beautiful surroundings we have,
It’s a gift from up above,
May you be thankful for what you have And share
the blessings of a loving God.

Today is a great day,
It’s a love-fulfilling way,
It’s because I have to stay
That God is my guide all the way.

---

**Learning**

You see, one thing I have learnt
As I have got older is that literature lights up love
and makes it smoulder and that beauty is in the eyes
of the book holder.

---

Shivanshu Chadha
L-2021-A-36-Biotech

Akashdeep Singh
L-2021-A-52-BTFT

Falak
L-2021-BS-27-IM

Khushdeep Kaur
L-2021-BS-30-IM
Women Empowerment

In a world where possibilities know no bounds, the spirit of women empowerment ignites like a beacon of change. It’s a symphony of strength, resilience, and untamed determination that echoes through time. With each step taken, barriers are broken, ceilings are shattered, and narratives are nipped.

Picture a canvas painted with stories of women who dared to dream beyond limits. From the suffragettes who fought for the right to vote to the trailblazers who shattered glass ceilings in corporate skyscrapers, every stride taken is a testament to the power of relentless pursuit. The sound of heels clicking in boardrooms, once an anomaly, now sets the rhythm of progress.

Empowerment isn’t just about erasing the lines that confine; it’s about rewriting the script entirely. It’s about nurturing the seeds of ambition in the hearts of young girls, showing them that their dreams are valid and achievable. It’s about creating an environment where strength isn’t measured by gender, but by the fire that burns within.

Imagine a world where empowerment is a tapestry woven with threads of education, opportunity and support. It’s about providing platforms where women can unleash their talents, where their voices can reverberate without fear. It’s about fostering a sisterhood that uplifts, celebrates, and amplifies achievements.

In this narrative, women empowerment isn’t a fleeting trend, it’s the cornerstone of progress. It’s about recognizing that a society can only truly flourish when it harnesses the full potential of every individual, regardless of gender. It’s about dismantling stereotypes, biases, and archaic norms that have confined women for far too long.

As the sun rises on each new day, it illuminates the path that women have paved with sweat, tears, and unyielding determination. It’s a path that leads towards a horizon of limitless possibilities, where women stand as equals, as architects of change, as leaders of industries, and as the backbone of families.

Women empowerment is a symphony that plays on, growing louder and stronger with each passing moment. It’s a celebration of authenticity, courage, and the unbreakable spirit that defines womankind. So, let the world resonate with the anthem of women empowerment, a melody that will continue to inspire generations, shaping a future where equality knows no boundaries.

Gagandeep Singh
L-2022-H-23-BIV

Be Yourself

- Be strong enough to face the world each day
- Be weak enough to know you cannot do everything
- Be generous to those who need your help
- Be wise enough to believe in miracles
- Be willing to share your joys
- Be willing to share the sorrows of others
- Be a leader when you are shouted in the midst of uncertainty
- Be the first to congratulate the opponent who succeeds
- Be the last to criticize the colleague who fails
- Be sure where your next step will fail.
- So that you will not stumble
- Be sure of your final destination in case you are going the wrong way.
- Be loving to those who love you
- Be loving to those who do not love you as they may change
- Be yourself.

Navnoor Kaur
L-2021-BS-19-IM
Mahatma Gandhi ji once said, “The Earth provides enough to satisfy every man’s need but not every man’s greed”. This quote serves as a powerful reminder of our responsibility to live in harmony with nature and practice sustainable habits.

Eco-friendly living and sustainable development both are crucial for the well-being of our planet and future generations. Living in an eco-friendly way means making choices that help promote sustainability and sustainable development is all about finding ways to meet our needs without compromising the ability of future generations to meet theirs. It is like creating a balance between what we need now and what the Earth needs to thrive in the long run.

One of the key aspects of eco-friendly living is reducing our carbon footprint. It is said, “The climate crisis has already been solved”. So, we already have all the facts & solutions. All we have to do is to wake up and change. This change can start by adopting various eco-friendly habits.

One is to reduce waste. By practicing mindful consumption and opting for reusable products, we can significantly reduce the amount of waste that ends up in landfills. Simple actions like using reusable water bottles, cloth bags, opting for digital documents instead of printed can make a sustainable difference.

Another important aspect of eco-friendly living is adopting a circular economy mindset.

As Ellen MacArthur states, “The future really is about moving towards a circular economy, built on renewable energy and materials which also offers great economic opportunities”. By reducing, reusing and recycling, we can minimize waste and create a more sustainable and efficient system.

Conserving energy is another vital component of eco-friendly living. The excessive use of energy contributes to greenhouse gas emissions and climate change. By making changes in our habits such as turning off lights when not in use, utilizing natural light can bring a desirable change. Remember, every small action counts! Whether it is recycling, using public transportation or supporting local or organic products, we can all contribute to a greener and more sustainable future. By embracing eco-friendly practices, we can foster a healthier lifestyle both physically and mentally. Spending time in nature, practicing mindfulness can improve our overall well-being and connection to the world around us.

Albert Einstein said, “We cannot solve our problems with the same thinking we used when we created them”. Sustainable development too requires innovative thinking & embracing new technologies.

Various projects like renewable energy project, waste management program, sustainable agriculture practices, government policies like carbon pricing, green building codes, waste management regulations & many more have been implemented to promote eco-friendly living and sustainable development.

Schools, universities & educational institutions play a vital role in promoting sustainable practices. They can incorporate sustainability topics in their respective curriculum, educate students about environmental issues. Workshops and awareness campaigns should be organized to create awareness among masses.

Last but not the least, let us embrace eco-friendly living & sustainable development as a way of life. As the African proverb goes “If you think you are too small to make a difference, try sleeping in a room with a mosquito”. Each one of us has the power to impact both individually and collectively.

Together, we can create a greener and more sustainable world.

Let’s take action today for a better tomorrow.

Navnoor Kaur
L-2021-BS-19-IM
हिन्दी भाग
संपादकीय

जीवन एक अद्वितीय यात्रा है, जिसमें हम सब कुछ अनुभव करते हैं – खुशियों, दुःख, सफलता, असफलता, प्यार, दोस्ती, और विचारों की खोज। यह यात्रा हमारे जीवन का महत्वपूर्ण हिस्सा है और हमें इसे महसूस करना चाहिए। जीवन के सफर में कई महत्वपूर्ण पाठ सीखने को मिलते हैं, जैसे कि संघर्ष करना, समय, संवाद कौशल और सहनशीलता। इन पाठों को सीखकर हम अपने जीवन को मजबूत और साहसी तरीके से जी लाएँ हैं।

जीवन की सुंदरीकरण के लिए हम अपने लक्ष्य और सपनों की ओर मंदन चाहिए, लेकिन हमें खुद को खुदे देने की प्रक्रिया में नहीं खोना चाहिए। जीवन एक अनगिनत संभावनाओं का संग्रह है, और हमारे हाथों में है कि हम कैसे उनका फायदा उठाते हैं। इसे हमें आमास करना चाहिए कि जीवन एक अद्वितीय गिण्टा है और हमें इसे मानना और समुद्र दर्शन करने का सही तरीके से इस्तेमाल करना चाहिए। जीवन एक अन्नोल उपहार है, जिसे हमें संजीवनी दीया के रूप में स्वीकार करना चाहिए। यह एक सफर है, जिसमें हमें हर कदम पर नई चुनिंदीयों का सामना करना पड़ता है। हमारे जीवन का मतलब है अनुभव, सीखना और समृद्धि करना। हमें अपने सपनों की पूर्ति करने के लिए मेहनत करनी पड़ती है, परंतु इसके साथ ही हमें खुशी, प्यार और समृद्धि की मानना को भी महत्वपूर्ण बनाना चाहिए।

जीवन में सफरता और हार दोनों होते हैं, लेकिन हमें किसी भी परिस्थिति में मजबूत बनना चाहिए। जीवन में साथी के रूप में हमारे परिवार और दोस्त हमारे साथ होते हैं, और वे हमारे जीवन के संगुनर बनाते हैं। हमें उनके साथ समय बिताना और प्यार देना चाहिए।

जीवन एक सफरलता का सफर है, जिसमें हमें कई महत्वपूर्ण पाठ सीखने का मौका मिलता है। इसे हमें सराहनी चाहिए और हर दिन को एक नई शुरुआत के रूप में देखना चाहिए।

जीवन एक अन्नोल रत है,
हर पल को आंदोल से जीना सीखो।
सपनों को पंखों में बदलो,
खुद को नई ऊँचाइयों तक पहुँचाओ।

बॉ सरिम उपेन्द्र
सहायक प्राध्यापक (एच.डी.एफ.एस.)
पूनम यादव
L-2021-CS-160-D

चेतना देवी
L-2021-H-68-BIV
<table>
<thead>
<tr>
<th>क्रमांक</th>
<th>विषय</th>
<th>लेखक</th>
<th>पृष्ठ संख्या</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>सपने</td>
<td>पुण्या सूद</td>
<td>1</td>
</tr>
<tr>
<td>2.</td>
<td>हॉटेल की जिंदगी</td>
<td>चेतना देवी</td>
<td>2</td>
</tr>
<tr>
<td>3.</td>
<td>पंजाब कृषि विनिवेदन: “खेतों की शान”</td>
<td>नीशू</td>
<td>2</td>
</tr>
<tr>
<td>4.</td>
<td>हाय रे परीक्षा</td>
<td>चेतना देवी</td>
<td>3</td>
</tr>
<tr>
<td>5.</td>
<td>स्मार्टफोन की गुलामी</td>
<td>मानसी कालीया</td>
<td>3</td>
</tr>
<tr>
<td>6.</td>
<td>मानसिक सुख और संतोष</td>
<td>रामेशवर जांगू</td>
<td>4</td>
</tr>
<tr>
<td>7.</td>
<td>समग्र स्वास्थ्य पर मानसिक स्वास्थ्य का महत्व</td>
<td>नीशिता सिंह</td>
<td>5</td>
</tr>
<tr>
<td>8.</td>
<td>इबादत</td>
<td>अनुवेश रिश्वी</td>
<td>6</td>
</tr>
<tr>
<td>9.</td>
<td>क्या आप भी एक हेलीकाप्टर पेयेंट हैं?</td>
<td>उल्का पंत</td>
<td>7</td>
</tr>
<tr>
<td>10.</td>
<td>जिंदगी</td>
<td>ध्रुव जोशी</td>
<td>8</td>
</tr>
<tr>
<td>11.</td>
<td>इस्मान और रिलेट्स</td>
<td>गुनतासा</td>
<td>8</td>
</tr>
<tr>
<td>12.</td>
<td>डिप्रेशन की समस्या: अंदर के अंधेरे को देखना</td>
<td>ज्योति वर्मा</td>
<td>9</td>
</tr>
<tr>
<td>13.</td>
<td>सपनों की उड़ान</td>
<td>साधना</td>
<td>10</td>
</tr>
<tr>
<td>14.</td>
<td>एक नयी शुरुआत</td>
<td>साधना</td>
<td>10</td>
</tr>
<tr>
<td>15.</td>
<td>प्री-स्कूल बच्चों के विकास पर मीडिया का प्रभाव</td>
<td>पूलम यादव</td>
<td>11</td>
</tr>
<tr>
<td>16.</td>
<td>क्या करें?</td>
<td>साक्षी</td>
<td>12</td>
</tr>
<tr>
<td>17.</td>
<td>अन्धेरा</td>
<td>तानीया</td>
<td>12</td>
</tr>
<tr>
<td>18.</td>
<td>मेरा हॉटेल, मेरा घर</td>
<td>अजय राज कर्मद</td>
<td>13</td>
</tr>
<tr>
<td>19.</td>
<td>बाल मजदूरी</td>
<td>सुनील कुमार</td>
<td>13</td>
</tr>
<tr>
<td>20.</td>
<td>ना मोहब्बत मेहरबान है</td>
<td>अभीति</td>
<td>13</td>
</tr>
</tbody>
</table>
सपने

ऊपर बादलों में जकड़ी हुई थी अपने कैद दिखाया, अब उस बसरसनी शुरु हो चुकी थी, जब एकदम से मैंने रोते हुए और खोली।

"मुबारक हो! लक्ष्मी आई है", दाई माँ बोली।

थोड़ी सी हैरान तो हुई थी जब दादी ने हाथ में सोने के कंधन पहनाए, और पापा ने लड़के, बॉम्ब कर ढील बजवाए।

थोड़ी बड़ी हुई तो एक बस्ता और किसान हाथ में देकर, डॉक्टर, इंजीनियर बनने गई मेरी बेटी, चले थे स्कूल लेकर।

मैं गई थी माँ सरोइं में, माँ का हाथ बटाने,
अपने लड़की होने के सब फर्ज निभाने।

तुम बाहर जा कर खेलो, पैसा दिया वापस माँ ने 
बड़ी ही इज़जत से पहली बार देखा था मुझे पूरे जहाँ ने।

न कोई आँख मारी न चौराहे पर किसी ने सीटी, न बुलाया किसी और नाम से,
कहा "आओ बहन, छोड़ आए तुम्हें महफूज़ वजाल से वहाँ,
आई हो जिस काम से।"

शादी भी हुई अब से, सपनों की कारी पड़ाई,
न दोहे गौगा किसी ने, न मेरी कोई कीमत लगाई।

पति ने भी हर मोड़ पर बस मेरा ही साथ निभाया,
फिर एक दम से मेरी सास की दहाड़ ने मुझे जगाया।

"कब तक आराम फरमाओगी महारानी?" वो मुझे घूर देक देख रही थी,
फिर से बेटी को दे दिया जन्म, वह इस बोझ को मेरे दुख में सेक रही थी।

जो मैंने खुद के लिये सजाए थे।
पता नहीं क्यों इस पथर दिल दुनिया में, 
मैंने रेत के महल बनाए थे।
अपने इन टूटे हुए सपनों के अक्स में सच्चाई देख रही थी।

cिरवियां समें लहूलुहान हाथों से अपनी बेटी को गोद में लिए,
मैं सपने में सपना देख रही थी।

पूनाया सूंड
L-2022-CSc-33-BND
हॉस्टल की जिंदगी

हॉस्टल की जिंदगी
सबको जीनी चाहिए
पूरी जिंदगी के लिए
यादे ले के जाई ये।

सुबह की चाय ले आया
अब तो उठ जाई ये
मेस वाला भी बोले कभी
मेमसाहब अब तो खाना खाई ये।

छ: का अलर्म बजा
क्लास में भी जाना है,
ढंढ बहुत पड़ रही है
आज नहीं नहाना है।

टॉयलेट में लाइन लगी
कोई न कोई खड़ा है,
नौक करके कहते,
भाई जलदी आ, प्रेसर पड़ा है।

बाल्टी, मगा और साबुन
पहन के हम चलते
टॉबल गले में छाल
बाथरूम में हम चले।

क्लास में पीछे के बेंच
समझ न कुछ आता है,
अंग्रेजी में ये पढ़ाई
उपर से ही निकल जाता है।

5 बजे जब छुट्टी हो गई
हॉस्टल के हो गए हम
खाना पीना हो गया फिर
बेड पर सो गए हम।

केसम खेलो, टी-टी खेलो
कोई नहीं था टोकता,
बैडमिंटन आता था थोड़ा
क्रिकेट का भी शौक था।

कोई बच्चा छत पर बैठा
सुकून से है पढ़ रहा,
दूसरा किसी बात पर
dोस्त से ही लड़ रहा।

कभी कभी रात को सिनेमा जाने का भी मन कर आता।
लेकिन हॉस्टल के गेट में लग जाता 8 बजे ही ताला।

छटी मीठी यादें ये सब दोस्तों के साथ थे,
भूले न भुलाएं वो पल, दिन वो कुछ खास थे।

चेतना देवी
L-2021-H-68-BIV

पंजाब कृषि विश्वविद्यालय:
“खेतों की शान”

पंजाब की धरती पर, एक सुंदर सपना
लुढियाना की गोद में, विकसित हुआ अध्ययन अपना।
खेतों का नायक, किसानों का अभिमान,
पंजाब कृषि विश्वविद्यालय, है इसका नाम।
विकसित होते है यहाँ, किसानों के सपने।
देश के हदय में, पाया दूजा स्थान।
शोध और विकास का, यह केंद्र
खेती के क्षेत्र में, बना रहा इतिहास।
विद्वानों को देता है, यह नई पहचान।
तू देश का गौरव, तू है हमारी शान।

नीशू
L-2020-CSc-36-BIV
हाय रे परीक्षा

जिसे नाम को सुनने से कॉप्टा है हर बच्चा,
यो है परीक्षा।
हाय रे परीक्षा, हाय रे परीक्षा।

परीक्षा का पेपर हाथ में आते ही,
इतना बड़ा लगता है,
की अच्छा नहीं किया, तो घर पर पिटना पक्का है।

2.5 घंटे में करने होते है, लगभग 40 सवाल,
एक भी छुट्टा,
तो घर पर होता है बवाल।

रिजल्ट के एक दिन पहले,
रात को नींद नहीं आती है,
अच्छे नमूने पाने के लिए,
भगवान की याद आती है।

फिर है विद्यार्थी भगवान का प्रति,
अगर फेल हुए तो लगता है होगा,
“जन्ने से नृत्य”।

पास होने पर मिलता है,
शानदार इनाम
और मुख से निकलता है,
“बैंकू भगवान”।

फिर आती है अगली कक्षा,
तब भी मुख से निकलता है।

“हाय रे परीक्षा”
हाय रे परीक्षा।

चेतना देवी

स्मार्टफोन की गुलामी

स्मार्टफोन की गुलामी,
यह है एक दुखद कहानी,
अपनों को अपने से दूर करें,
यह है हर शख्स की कहानी।

आखिर क्यों,
लोग स्मार्टफोन की दुनिया में बुधते जा रहे हैं,
कुछ तो इसका सदृशयोग करते, तो कुछ दुरुपयोग
करते जा रहे हैं।

ना जाने क्यों, स्मार्टफोन को ही अपना संसार मानते
जा रहे हैं
फेसबुक, ट्विटर पर आई खबरों को सच माने जा
रहे हैं।

पढ़ाई क्या है?
इसका तो यह राह ही भूल गुके हैं,
पढ़ने का दिखावा करते-करते, पढ़ाई से वंचित हो
गुके हैं।

स्मार्टफोन जरा सा स्मार्ट क्या हुआ,
लोगों ने अपनों को बुलाना छोड़ दिया,
पर में बुजुर्गों का रहना बेहाल किया।
बचो मान लिया,
इंसान को पंसद है गुलामी करना,
परेतु वास्तविकता को छुपाकर, क्यों है ढोंग करना?
यह अपने आने वाले चुनहरे काल को,
इस स्मार्टफोन की रोशनी से है ढकना।

मानसी कालिया

L-2020-AE-048-BIV
(1st Prize Creative Writing)
मानसिक सुख और संतोष

मनुष्य एक संवेदनशील प्राणी है। जो अपनी इच्छाओं की पूर्ति के लिए जीवन भर की भागदोष करता रहता है। जब मनुष्य की इच्छाएं पूर्ण हो जाती है तो मानसिक सुख प्राप्त होता है, परंतु कई बार अपेक्षित इच्छाएं पूर्ण नहीं होने पर अवसाद व तनाव की स्थिति में आ जाता है। जिसके फलस्वरूप उसका मानसिक स्वास्थ्य व संतोष की स्थिति पैदा हो जाती है। इसके बावजूद के लिए ही पौराणिक ग्रंथों में कहा गया है कि “संतोष परम सुखम” अपति संतोष या इच्छाओं पर नियंत्रण करना ही परम या सच्चा सुख है।

रविमन्द्रन परिवर्तितियाँ को देखें तो मानव ही एक मात्र प्राणी है जो अपनी जिजिबी गुजारने के पयार तथा साधन होने के बावजूद भी भाग-दोष करता रहता है और अपने प्यारों की समृद्धि को देखकर इच्छा या जलन करने लग जाता है। जो कि उसकी मानसिक सुख और संतोष पूर्ण जिजिबी को तनावग्रस्त बना देता है।

मानसिक सुख से अभिनव मन में उत्पन्न होने वाले विचारों व भावों पर उसकी अलंकरण या आभा की अभिव्यक्ति है। जिसके कारण वह सुख की अनुपूर्ति लेता है या अनुशील करता है। संतोष शब्द का तात्पर्य है कि तुल्य अर्थात जो पास में है उससे खुश रहना। विष्णु स्वास्थ्य संगठन की एक रिपोर्ट के अनुसार कोविड की वैश्विक महामारी के दौर से पहले 2019 में वैश्विक स्तर पर मानसिक तनाव से ग्रस्त लोगों की संख्या करीब एक अरब थी। जिसमें केवल कोविड के पहले वर्ष में तनावग्रस्त लोगों की संख्या में 25% का इजाफा देखा गया और अधिकतर बच्चे भी इस रोग से ग्रस्त पाए गये।

रविमन्द्रन में उभरती इस विकारीय समस्या (मानसिक तनाव और असंतोष) को देखें हुए संत कबीर जी का एक दोहा जो इस समस्या से उभरने के लिए सर्वांतम सिद्ध हो सकता है।

“रूखा सुखा खाय के, ठंडा पानी पीव देख पराई चूरड, मत ललचाय जीव।”

मानसिक सुख व संतोष जरूरी है क्योंकि आजकल जो साधारण व्यक्ति है वह लघुपति और लघुपति, करोड़पति बनने की चाह रखता है और करोड़पति और अमीर होना चाहता है। इसी दौड़ में वह अपने समाजसेवा व धर्म में कार्य को भूलता जा रहा है। इसके उपर पंजाबी में एक कहावत है कि ‘किरत करो अंत में संघ को अर्थात कार्य करो और बांट कर खाओ।’ इसीलिए कहा गया है कि दान करना महत्वपूर्ण है। तथापि सभी धर्मों में कहा गया है कि अपनी कमाई का दसवां हिस्सा दान देना चाहिए। जिससे मनुष्य अपनी कर्तव्यवस्था समाजसेवा को समझ पाएगा। इससे गरीब और अमीर के बीच का काफ़ाला कम होगा और मानवता की समान भावना से जी पाएगा।

मानसिक सुख और संतोष के लिए गोविंदी तुलसीदास जी का एक दोहा:

“गौधन, गजधन, वालिधन और रजनधन खान जब आए संतोष सुख, सब धर्म डूर समान।”

अर्थात्— गाय रुपी धन, हाथी रुपी धन, घोड़ा रुपी धन और रतन— हीरे जबाहत सब धन धूल के समान हैं। जब कोई व्यक्ति संतोष धारण करके मानसिक सुख अपना ले। अपनी इच्छाओं को नियंत्रित करना ही संतोष है और इसी से मानव मानसिक रूप से सुखी रह सकता है। कर्म करने पर प्रतिदिन से नहीं, सर्वेक्षण के लिए किया गया कार्य ही मानव की मानसिक रूप से सुखी व संतोष की अवस्था में रख सकता है। डोपामाइन हामैन जिसे फील गुड़ या हैमी हामैन कहा जाता है जो मानसिक सुखी व्यक्ति के अंदर अधिक पाया जाता है, इसके अर्थ करण तनाव की स्थिति से छुटकारा मिलता है।

रामेशवर जांगू
L-2019-H-87-D
(2nd Prize Creative Writing)
समग्र स्वास्थ्य पर मानसिक स्वास्थ्य का महत्व

स्थान और स्वस्थ जीवन जीने के लिए मानसिक स्वास्थ्य बहुत महत्वपूर्ण है। इसमें किसी व्यक्ति की भावनात्मक, सामाजिक और मनोवैज्ञानिक बलाई शामिल है। आंकड़ों के मुताबिक, दुनिया में हर पांच में से एक व्यक्ति मानसिक स्वास्थ्य समस्याओं से जूझता है।

यह हर दिन हमारे सोचने, महसूस करने और व्यवहार करने के तरीके को प्रभावित करता है। हमारा मानसिक स्वास्थ्य हमारी निर्णय लेने के प्रक्रिया पर भी प्रभाव डालता है, हम तनाव से कैसे निपटते हैं और हम अपने जीवन में दूसरों के साथ कैसे जुड़ते हैं।

मानसिक स्वास्थ्य व्यक्ति के जीवन का एक महत्वपूर्ण हिस्सा है। यह हमारे व्यवहार, भावनाओं और विचारों को प्रभावित करता है। एक स्वस्थ मानसिक स्थिति उन गतिविधियों में प्रभावीता और उत्तराधिकार को बढ़ावा देती है जिनमें क्रांति, शैक्षणिक और अंतर-यंत्रण संबंध शामिल हैं।

जिस व्यक्ति का दिमाग स्वस्थ होता है वह जीवन में होने वाले बदलावों के अनुसार खुद को ढालने में सक्षम होता है। उनके दिमाग तनाव जोड़ने की क्षमता होती है और वह असंतुलित नहीं होते। उनके मानसिक शक्ति उन्हें जीवन में प्रतिकूलताओं और चुनौतियों के बीच भी दूर कर रखती है।

मानसिक स्वास्थ्य भी आपके रिश्तों को बनाए रखने में महत्वपूर्ण है।

अच्छा मानसिक स्वास्थ्य लोगों को तनाव से चिंता ढंग से निपटने और रिश्तों में स्थिरता बनाए रखने की क्षमता प्रदान करता है। स्वस्थ दिमाग वाले छात्र शैक्षणिक तनाव से कुशलतापूर्वक निपटने में सक्षम होते हैं। उनका दिमाग इतना मजबूत और सक्षम होता है कि वे कड़ी प्रतिस्पर्धा का सामना कर सकें और अपने लक्ष्य को हासिल करने में सफल हो सकें।

मानसिक रोग क्या है?

मानसिक रोग से आपकी ओर, ऊर्जा, भावना या व्यवहार में गड़बड़ी आती है। इससे जीवन की मौसम का सामना करना बहुत कठिन हो जाता है। डॉक्टर के लिए बीमारी का कारण पता लगाना महत्वपूर्ण है। यह आनुवंशिकी, मर्शल सस्यान विज्ञान में परिवर्तन, मर्शल संरचना में परिवर्तन, आधार और या हृदय रोग से निपटने के कारण हो सकता है।

लोगों के एक समूह पर किए गए एक अध्ययन में, यह पाया गया है कि मानसिक बीमारियाँ कुल वयस्क आबादी के 19% को प्रभावित करती हैं। लगभग 46% निश्चित इससे प्रभावित हैं। यह समस्या लगभग 13% बच्चों को भी प्रभावित करती है। समस्यास्पद लोग आपके सहकर्मी, पड़ोसी, छात्र, शिक्षक आदि के रूप में आपके कारीगरी को हो सकते हैं।

अनुसूचक मानसिक बीमारी खराब शारीरिक स्वास्थ्य, उच्च चिकित्सा व्यय, कार्यस्थल और स्कूल में खराब प्रदर्शन, कम नींवर के अवसर और आत्महत्या की बढ़ती संभावनाओं में योगदान करती है।

मानसिक बीमारी के इलाज के लिए क्या करना चाहिए?

लोगों में इसके बारे में जानकारी का अभाव है और वे चिकित्सा उपचार के लिए पहुंचने से झटके हैं। ये दोनों कारक सामूहिक रूप से उन लोगों के लिए भारी बाधाएं पैदा करते हैं जो इस स्थिति से जुड़ा होता है। यदि आपको कोई प्रयोजन मानसिक स्वास्थ्य विकार से पीड़ित है, तो सुनिश्चित करें कि उन्हें प्रत्येक लोगों की तरह सहायता अवसर और अधिकार मिले।

नीचे बताया गया है कि कोई अपने मानसिक स्वास्थ्य को कैसे सुधार सकता है।

• अपने आप को ऐसे लोगों से घेरें जो आपकी स्थिति को बढ़ावा करते हैं और आपके साथ वैसे ही व्यवहार करते हैं जैसे आप हैं। इससे
आपको बीमारी से सफलतापूर्वक निपटने में मदद मिलेगी।

• समस्या से निपटने के लिए आवश्यक सहायता प्राप्त करने के लिए मानसिक स्वास्थ्य के बारे में अपना ज्ञान बढ़ाएँ।
• नियमित व्यायाम दिनचर्या बनाए रखें
• स्वस्थ और सांतुलित आहार खाने पर ध्यान दें
• भावनात्मक समर्थन पाने के लिए अन्य लोगों, परिवार और दोस्तों से जुड़ें
• जीवन में सदैव आभारी रहें
• कोई ऐसा शौक या कोई रचनात्मक कार्य करें जिसे करना आपको पसंद हो
• उत्तिक नींद लें

खास सहायता पाने के लिए किसी मनोवैज्ञानिक या मनोचिकित्सक से परम्परा लें। वे थेरेपी, दवा और उपचार के माध्यम से व्यवहार संबंधी, स्वास्थ्य संबंधी व्यापक समस्याओं का इलाज करने में विशेषज्ञ हैं।

निष्कर्ष

मन सबसे शक्तिशाली अंगों में से एक है जो शरीर के अन्य सभी अंगों के कामकाज को नियंत्रित करता है। जब हमारा दिमाग अस्तित्व या असंतुलित हो जाता है तो इसका असर पूरे शरीर की कार्यप्रणाली पर पड़ता है। यह हमारे भावनात्मक स्वास्थ्य, कार्य प्रदर्शन और रिश्तों पर भी नकारात्मक प्रभाव डालता है।

नीशीता सिंह
L-2021-CS-158-D

इबादत

आज सदियों बाद उस खुदा के घर, मेरा जाना हुआ
कुछ खास नहीं, बस बे—लज्जत मेरा खाना हुआ
मुलायम बिस्तर भी था, पर नींद का ना ढिकना हुआ
हम फिर तन्ना ही रहे, ना काफी धाटकों का जामा हुआ
जेहाँ से जुदा जब हुए स्वार, तो थामा का बा का रास्ता, रास्ता जाना पहचाना हुआ
आगे खुदा नरों में धूंढ पाया, रहता तो निगाह—ओ—दिल में था, आज वो भी अनजाना हुआ
मैंने पूछ खुदा से, ये क्या मंजर, किस गम में तू यूं मराना हुआ
खुदा बोला, दुख ये कि तुम नमाज छोड़ी मेरे नाम की, एक तेरा इस्मान ही नहीं का बहाना हुआ
इस बात ने मुतासिर किया, बंद तत्वज्ञता का अब गाना हुआ
खुदा बोला तुरे खुदा बदला, जबसे शुरु तेरे इसक का अफसाना हुआ
अब रोजे उसके नाम, हज उसके नाम और ईद भी, मैं तो बस खुदा से, खुदा से बेगाना हुआ।

अनुदेश रिखी
L-2022-BS-190-M
क्या आप भी एक हेलीकाप्टर पेरेंट हैं?

“बच्चे को यह सिखाया जाना चाहिए कि कैसे सोचना है, न कि क्या सोचना है”।

—मार्गरेट मीड

यदि आप सोच रहे हैं कि यह दिलचस्प और विचारोत्तेजक शब्द क्या है या आपको इसके बारे में ज़रा भी अंदाजा है कि इसका मतलब क्या है, तो एक माता—पिता के रुप में आपके लिए यह ध्यान देना और जाँचने का समय है कि क्या आप इस पालन—पोषण शैली के अनुयायी हैं।

हेलीकाप्टर पेरेंटिंग एक प्रकार की पेरेंटिंग शैली है जहाँ माता—पिता एक बच्चे के जीवन में इस तरह से शामिल होते हैं जो अत्यधिक नियंत्रण सुरक्षा करते हैं। जैसा कि हम जानते हैं कि ‘किसी भी चीज़’ की अति अच्छी नहीं होती, यही बात इस मामले में भी लागू होती है। इन माता—पिता को ऐसे लोगों के रूप में देखा जाता है जो बहुत करीब रहते हैं, हमेशा उपलब्ध रहते हैं, अपने बच्चे पर बहुत करीब से ध्यान देते हैं और बच्चे को किसी भी तरह की हानि से बचाने के लिए तत्पर रहते हैं, चाहे वह शारीरिक हो या मनोवैज्ञानिक। शामिल होने और अत्यधिक शामिल होने के बीच एक बहुत पतली रेखा है। यह अत्यधिक भागीदारी इस हद तक पहुँच जाती है कि यह कठिनाइयों को नियंत्रण दे सकती है, जैसे कि ये माता—पिता अपने ही बच्चे के लिए शामिल होगा। इस प्रकार के व्यवहार से व्यक्तिगत सीमाएँ नष्ट हो जाती हैं, बच्चे के व्यक्तिगत स्थान पर आक्रमण होता है जो उसके विकास के लिए महत्वपूर्ण है।

इसलिए, यदि आप अपने बच्चे का लगातार मार्गदर्शन कर रहे हैं, हमेशा उसके व्यवहार को निर्देशित करने की कोशिश कर रहे हैं, उन्हें विन्दुवाल भी खाली जगह और समय नहीं दे रहे हैं, बच्चे के दोस्तों और गतिविधियों का चयन करना, आपके बच्चे के लिए वह करना जो वह वास्तव में अपने लिए कर सकता है, अपने बच्चे को अपनी वास्तविक जीवन काम करने के लिए प्रभावित करना, अपने बच्चे के शिक्षकों को प्रशिक्षित करने की कोशिश करना और उन्हें वह बताना कि अपने बच्चे पर विशेष ध्यान केसे देना है, उन्हें अपनी समस्याओं से निपटने न दें, तो सावधान रहें क्योंकि आप उन लोगों में से एक हो सकते हैं जो इस श्रेणी में आते हैं।

हम जानते हैं कि ऐसा करने वाले माता—पिता का इरादा गलत नहीं है, लेकिन फिर भी, इस प्रकार के पालन—पोषण से बच्चे से कुछ दीर्घकालिक दुर्बाहा हो सकते हैं। जैसे आत्मविश्वास में कमी, नृत्य आकर्षण और निराशा सहनशीलता, मस्तिष्क का कम विकास क्योंकि बच्चे के मस्तिष्क को वास्तविक दुनिया की समस्याओं से निपटने, स्वयं समाधान खोजने और निर्णय लेने के लिए तैयार होने के पर्याप्त अवसर नहीं मिले; अधिक आक्रामकता प्रदर्शित करना, आधिकार भावना विकसित करना (बच्चा सोचता है कि यह जो चाहता है उसे पाना उसका अधिकार है), मुकाबला करने की क्षमता या कोशिश की कमी, ये सभी किसी व्यक्ति की व्यक्तिगत और व्यावसायिक सफलता के लिए बहुत महत्वपूर्ण हैं।

अब इसका मतलब यह नहीं है कि आपको अपने बच्चे को आजाद करना होगा और उसकी पूरी तरह से उपेक्षा करनी होगी। स्वयं का अत्यधिक शामिल होने से बचाव के लिए आप स्वयं पूछ सकते हैं कि क्या मेरा बच्चा मेरे हस्तक्षेप के बिना इससे निपट सकता है? समर्थन का आधार बनाने का प्रयास करें जो बच्चे को जोखिम लेना की आत्मविश्वास देता है और आश्वासन देता है कि आप उनकी मदद करने के लिए मौजूद हैं, चाहे कुछ भी हो। जी एच लोरिस के शब्दों में, “एक बच्चे को शिक्षित करना कैसे शुरू करें। पहला नियम: उसे अकेला छोड़ दो, दूसरा नियम: उसे
जिंदगी
कल एक झलक जिंदगी को देखा,
वो रहाओं पे मेरी गुणमुक्ति रही थी,

फिर दूंगा उसे इघर उघर
वो आँख निचाली कर मुक्तिरा रही थी

एक अरसे के बाद आया मुझे करा,
वो सहला के मुझे सुला रही थी

हम दोनो क्यूं खफा है एक दूसरे से
मैं उसे और वो मुझे समझा रही थी,

मैंने पूछा जिया — क्यो इतना दर्द दिया कमबख्त तूने,
वो हैंसी और बोली — मैं जिंदगी हूँ पगले
तुझे जीना सिखा रही थी।

धृव जोशी
L-2021-A-083-BIV

ईंसान और रिश्ते

इस दुनिया में रहने वाले,
सभी खुद को ईंसान कहते हैं।

भाई—बहन, माँ—बाप, शोहर—बीवी,
ऐसे कई रिश्ते निमाते हैं।

पर इसानियत का रिश्ता नहीं किसी में,
इसानियत के नाम से कररहे हैं।

गर रिश्ते बनते हैं इस जहाँ में,
क्यों लोग उन पर शक करते हैं?

और जो रिश्ते बनता है यह ईंसान
खुदगर्वी में वही रिश्ते टूटा करते हैं।

खुदा को भी न बक्शा इन ईंसानों ने,
खुद भी बंटे, खुदा को भी बांटा करते हैं।

लड़ते—झगड़ते हैं धर्म के नाम पर ईंसान,
धर्म के नाम पर ईंसानों को लूटा करते हैं।

अरे यह वही ईंसान हैं जो जुरम करके,
किसी और को मुजरिम उहराते हैं।

भाई—बहन, माँ—बाप, ईसानियत पर
वही ईंसान कालिख पोता करते हैं।

गुंतास
L-2022-A-008-BIV
दिप्रेशन की समझः अंदर के अंधेरे को देखना

दिप्रेशन एक मुड विकार है जिसमें दुख, निराशा के लगातार भाव, और खुशी के नष्ट हो जाने की स्थिति होती है। यद्यपि विशेष रूप से दुख के मूड का अनुभव करना सामान्य है, लेकिन दिप्रेशन इसकी तीव्रता और अवधि में अलग होता है। यह स्थिति हल्की से गंभीर तक हो सकती है, जो यौनति के भावात्मक, ज्ञानात्मक, और शारीरिक कार्यक्रम के प्रभाव दाल सकती है। इसका अर्थ "बुधवार विपद" कहा जाता है, क्योंकि यह एक व्यापक अस्थायी समस्या है जो विशेष में लाखों लोगों को प्रभावित करती है। यह सिर्फ सदा उदासी महसूस करने के सामान्य अनुभव से अलग है; यह एक जटिल और व्यापा विकार है जो दैनिक जीवन और सामान्य कल्पना पर प्रभाव दाल सकती है।

इस लेख में, हम दिप्रेशन, इसके कारण, लक्षण और उपलब्ध उपचारों पर प्रकाश दालने की दिशा में काम करते हैं। दिप्रेशन किसी एकल कारण से नहीं होता है; वास्तवमें में, यह आम तौर पर कई कारकों के संयोजन से होता है। कुछ इस प्रकार हैं: मस्तिष्क रसायनिकता में असंतुलन, आनुशिक्षिता और न्यूरोट्रास्मोटर गतिविधि में परिवर्तन, दिप्रेशन के किसान में महत्वपूर्ण भूमिका निभाते हैं, नकारात्मक विचार प्रवृत्तियों, कम आत्मसमान और सहानुभूति चिंताओं में योगदान कर सकते हैं, तात्साइप्रे जीवन घटनाएं, दीर्घकालिक तनाव, क्षति, और बड़े जीवन परिवर्तन दिप्रेशन के आक्रमण को उत्पन्न कर सकते हैं। दिप्रेशन विभिन्न तरीकों से प्रकट हो सकता है और इसके लक्षण यौनति से यौनति मिश्र हो सकते हैं। कुछ सामान्य संकेत और लक्षण शामिल है: दिनभर या लंबे हार्दिक या खाली महसूस होना, कक्कोर रहे होना, शीर्षक, या सामाजिक बातचीत न कम हो सकती है और इसके लक्षण यौनति से यौनति मिश्र हो सकते हैं। कुछ सामान्य संकेत और लक्षण शामिल हैं: दिनभर या लंबे हार्दिक या खाली महसूस होना, कक्कोर रहे होना, शीर्षक, या सामाजिक बातचीत न कम हो सकती है और इसके लक्षण यौनति से यौनति मिश्र हो सकते हैं।

(अनिमद्रा या अट्ठाधिक नींद), वजन का संकेपण या बृद्धि के साथ—साथ भूख के पैटर्न में बदलाव, अपने आप की निर्धारण, दोषभावना, निर्णय लेने, स्मृति, और ध्यान में परेशानी का सामना करना, मृत्यु, भय, या आत्महत्या की विचारों का बार—बार स्पष्टीकरण।

दिप्रेशन एक विकिरणीय रूप से उपचार योग्य स्थिति है। सामान्य उपचार विकल्पों में शामिल हैं: मानोविकित्ता: जिसे बातचीत विकित्ता भी कहते हैं, इसमें एक प्रशिक्षित विकित्ता के साथ कम करना शामिल होता है जो दिप्रेशन के कारण बने विचारों, भावनाओं और व्यवहारों का पता लगाने में मदद करता है। विकित्ता मानसिक स्वास्थ्य को संतुलित करने और लक्षणों को दूर करने के लिए एंटीडिप्रेसेंट दवाएं लिखा सकते हैं। जीवन शैली में परिवर्तन: नियमित व्यायाम, संतुलित आहार और तनाव का कम करने के तत्कालीनों को शामिल करने से मनोवैज्ञानिक पर सकारात्मक प्रभाव हो सकता है। दिप्रेशन एक गंभीर मानसिक स्वास्थ्य स्थिति है जो सभी उम्र लिंग, और पृथ्वी के लोगों को प्रभावित करता है। यह याद रखना महत्वपूर्ण है कि मदद खोजना कमजोरी की नहीं, बल्कि ठीक होने और संशोधन की ओर एक साहसिक कदम है। यदि आप या आपको जानने वाले किसी यौनति के दिप्रेशन के लक्षण हो, तो सहायता के लिए घबराएं नहीं। जागरूकता बढ़ाकर, सामाजिक अभियानों को कम करके, और समझ को बढ़ावा देकर, हम एक दयालु समाज बना सकते हैं जो दिप्रेशन का सामना करने वालों को समझना प्रदान करता है। और उन्हें अंधेरे के बीच आशा दूर नहीं में मदद करता है। ध्यान रखें, सुरंग के अंत में प्रकाश है, और सहायता उपलब्ध है।

ज्ञाति वर्मा
L-2021-CS-150-D
एक नयी शुरुआत

एक नई शुरुआत का वक्त आया, मैं खड़ी हूँ, अपने सपनों के साथ।
अनजान राहों में आगे बढ़ूँ,
खुद को चढ़ाने की है बारी।

युग्म में छुपी है नाचने की ख्वाहिश,
आसमानों में उड़ने का जज्बा।
थोड़ी सी धूप, थोड़ी सी छाँव,
जिन्दगी के रंगों को संवरानु।

हर कदम पर नई चुनौतियाँ हैं,
अब ना हारने का मन बनाएं।
अपनी कहानी को खुद ही लिखूँ,
हर गली, हर चौराहे पर अगर साथ बिठाएं।

जो भी हूँ, मैं खुद को स्वीकारूँ,
मेरी अनकूली बातें सभी से कहूँ।
खुशियों से सजाएँ अपने आँगन,
खुद को प्यार से गले लगाएँ।

मेरी मुस्कान, मेरी खुशियों, मेरी आवाज़,
हर पल मुझसे जुड़ी हैं खास।
मैं आज खड़ी हूँ अपने में,
सारी दुनिया को देखते आगे बढ़ूँ।

साधना
L-2020-CSc-27-BIV

सपनों की उड़ान

बिखरे सपनों की धूप में,
बचपन की यादों को लेकर चलूँ।
खोए रंगों को पीछे छोड़,
नई उड़ान को पाकर चलूँ।

गूजरी जिन्हें के वो पल,
हरीन सपनों के अनमोल।
बड़ी होकर, मैं उन्हें देखूँ,
मिसाल बनूँ, सबको प्रेरित करूँ।

खुशियों की छाया बिखराएँ,
ख्याबों के नाच को चढ़ाएँ।
हर दिन नई चुनौती भरी,
आगे बढ़ते जिन्दगी को जी लूँ।

हर रंग को खुद में समेटूँ,
हर गीत को अपने संग गाएँ।
खुद को खोजूँ और पहचानूँ,
सपनों की उड़ान को पाकर चलूँ।

साधना
L-2020-CSc-27-BIV
प्री-स्कूल बच्चों के विकास पर मीडिया का प्रभाव

रेडियो, टेलीविजन (टीवी), फिल्में, मीडिया गेम, सेल फोन और कंप्यूटर नेटवर्क ने हमारे बच्चों के दैनिक जीवन में केंद्रीय भूमिका निभायी है। मीडिया ने बच्चों के सांस्कृतिक, सामाजिक और व्यवहारिक विकास पर सकारात्मक और नकारात्मक दोनों तरह के संभावित गहरे प्रभाव का प्रदर्शन किया है। हमें अपने समाज में मीडिया की भूमिका को अनुकूलित करने, उनकी सकारात्मक विशेषताओं का लाभ उठाने और उनकी नकारात्मक विशेषताओं को कम करने के तरीके खोजने की जरूरत है। हमें यह समझने की जरूरत है कि मीडिया के नकारात्मक प्रभाव को कैसे दूर किया जाए और इसे और अधिक सकारात्मक कैसे बनाया जाए।

बच्चों के विभिन्न विकासात्मक पहलु
• सांस्कृतिक विकास
  यह बच्चे की सीखने और समस्याओं को हल करने की क्षमता है। उदाहरण के लिए, हमें उन्हें पहलिया देनी चाहिए, कहानी और कविता पूरी करनी चाहिए, अलग-अलग आकृतियों और एक ही रंग की वस्तुओं को छांटना चाहिए, शीर्ष की पहचान करनी चाहिए, समस्या समाधान को प्रोत्साहित करने के लिए उन्हें अलग-अलग खेल पेश करने चाहिए।
• सामाजिक और भावनात्मक विकास
  यह बच्चे के दूसरों के साथ बातचीत करने की क्षमता है, जिसमें स्थल की मदद करना और आत्म-निरंतरता शामिल है। उदाहरण के लिए, उन्हें समय में खेलने दें, नेंतुत्व करें, दबी हुई ऊर्जा या चिंता को दूर करने के लिए उन्हें पंचिंग बैग दें, नाटक करने दें, बारी-बारी से खेल खेलने दें।

• वाणी और भाषा विकास
  यह बच्चे की भाषा को समझने और उसका उपयोग करने की क्षमता है। उदाहरण के लिए, बच्चे से बात करते समय पूरे वाक्यों का प्रयोग करें, अपने बच्चे के साथ जोर-जोर से किताबें पढ़ें, सोते समय कहानियों शुरू करें, जब आपका बच्चा आपसे बात कर रहा हो तो उस पर ध्यान दें।
• मोटर कौशल विकास
  यह बच्चे की छोटी मांसपेशियों, विशेष रूप से अपने हाथों और उंगलियों का उपयोग करने, छोटी वस्तुओं को उठाने, चमचा पकड़ने, किताब के पने पलटने, या चित्र बनाने के लिए क्रियाओं का उपयोग करने, दालों को छांटने की क्षमता है।
• सकल मोटर कौशल विकास
  यह बच्चे की बड़ी मांसपेशियों का उपयोग करने की क्षमता है। जैसे, चलना, दौड़ना, मेंढक बौड़, उन्हें मैदान में स्वतंत्र रूप से खेलने दें।

पूनम यादव
L-2021-CS-160-D
क्या करें?

तेरी आँखों में भरे सागर की लहरों
से अपने दिल का पता क्या पूछने लगी।
मेरी आँखों के समंदर में बाढ़ ऐसी आई
की सब बहा कर ले गई।

अब ना समंदर बचा, न यो लहरौं, न ही तुम्हारी आँखों
में मेरा दिल।
इसी वजह से निकली थी पहाड़ों से अपने आप को
रूबरू करवाने
पर क्या करूँ इस पागल दिल को पहाड़ों की ऊंचाई
से ज्यादा
समंदर की गहराई की हवा भाली है।
क्या करूँ इस पहाड़ों की खुशबू से ज्यादा समंदर की
रेत भाली है।
क्या करूँ इसे पहाड़ी परिवेश से अच्छी लहरों की
झंकार भाली है।
क्या करूँ इसे पहाड़ों की छोटी से सूर्योदय देखना
नहीं,
समंदर के आगोश में तेरी बाह्रें मे लिपटकर सूर्यस्त
देखना भाला है।
क्या करे?....

फिर आई हूँ उन लहरों से मुलाकात करने,
फिर अपने दिल को उसकी आँखों में अलंकृत करने।

पर इस दिल को कैसे समझाहूँ की अगर वो साथ
है तो,
पहाड़ों की छिद्री की खुशबू में मानने को सूर्य
का अस्त होना भी उत्तम ही खुबसूरत है,
जितना समंदर के तट से परिवर्तन की चहचहार के बाद
का सूर्योदय।

साक्षी
L-2022-A-084-BIV

अन्धेरा

जब थी मैं माँ के पेट में,
तो करवट भी बड़ी मुनिकल से तेली थी,
भगवान ने जुबा भी न दी थी
इसीलिए अपना दुख किसी को ना बताती थी,
बस यही खुद को समझाती थी
रह ले, रहते नी महीने इस अंधेरे में
फिर तुझे बाहर आना है,
दुनिया की भीड़ में अपना भी अस्तित्व बनाना है।

सुनी थी आवाज़ मैंने पड़ी मेरे कान में
यह तो लड़की है ये न आएगी जहाँ में,
काला था अंधेरा और काला हो गया
खाब रैसर उड़ने का उसी वर्तम सो गया,
आवाज़ नहीं पहुँची मेरी पर बोल में रही थी
आने-दो आने-दो मुझे आना है
इस दुनिया की भीड़ में अपना भी अस्तित्व बनाना है।

मुझे पता है मैं तू लड़की होगी
पर समाज में तेरी एक न चली होगी,
भगवान का दिया तोहफा तुमनें न लिया है
फिर कहते हो उसने हमें क्या ही दिया है
अरे क्या पता ऐ समाज में कलना,
श्री जी इन्द्र का दूसरा रूप ही होती
क्या पता तुम्हारी तरक्की का बीज में ही बोती,
मैं कहते-कहते थक गई आने-दो आने-दो मुझे आना है
इस दुनिया की भीड़ में अपना भी अस्तित्व बनाना है।

अंदर काला है अंधेरा आँखें मैंने मूंदी है
जरा खोलने तो दो
दुनिया को देखकर इसकी सुन्दरता का वर्णन मुझे
बोलने तो दो
देखा नहीं मैं ने मुझे न मैंने उसे सर्ण किया
मैं हूँ अपरगुन मेरे आने से पहले ही तुमने कैसे जान
लिया।

तानाया
L-2020-BS-23-IM
बाल मजदूरी  
छोटे कदम, छोटी आशाएँ  
बचपन खो दिया काम के बाजारों में।  
उन नहीं हाथों ने जो खेल नहीं पाए,  
उनके खालों को अंधकार ने छीन लिया।  
उन उद्देशर बच्चों के दिल की धड़कने,  
फैस्टफिटों और खेलों में बस गई एक संघर्ष की धाराएं।  
सुपकानों का संगीत, बचपन की ये धुन,  
अब बिना खेले, बिना हंसे, रह गई वो रुह सूनी।  
आओ उठाये हाथ, उनका हक लौटाएं,  
काम की बंदूकों के फड़े को लौंड़ें।  
क्योंकि हर बच्चा यही अधिकार रखता है,  
खेलने का, सपने देखने का, आगे बढ़ने का।  

सुनील कुमार  
L-2021-A-50-BTFT  

ना मोहब्बत मेहरबान है  
एक इश्क है, उस इश्क का नाम है,  
एक लम्हा है, उस लम्हे का कोई तो अंजाम है,  
ना रात है तारा वाली, बस रुझी सी एक शाम है,  
मंजिल है खफा—खफा, दूर मुझसे मेरा मकान है,  
चुप सी है महफिल आज, युवी शोर बदनाम है  
घोट की मोहब्बत ने, वही अब मय का जाम है,  
एक ज़म्मा है, उस ज़म्म का निशान है,  
जो लफज़ खो गए ही तेरे, मेरे दिल में एक मकान है,  
तू है गर आज़ाद परिवार, मेरा मन नीला आसमान है,  
भीनी पलकों से देखो, तो उदास सारा जहाँ है  
हैरान है तनहाई, कि उसकी भी कोई जबान है,  
एक इश्क है अधूरा सा, ये अघूरी सी दास्तान है...  

अमीति  
L-2021-BS-115-D
پنجمی جنگا

آپیکی مین و

دکر اکوی و مین

محمد ناصر مین

رمد نائر مین


رکرکر مین

BS-2021-A-15-BIV
पदवी

पदवी के भित्ति पर खड़ी स्थिति है...

मुख्यतः पढ़ाई देगीं नाथ की दिलचस्प वाक्य हिंदी विभाग के द्वारा दिखायी गई है। यह गीत का प्रेम में सम्मान भी भारत सभा द्वारा वाचकों के लिए रचित एक पंक्ति है।

पदवी के भित्ति पर खड़ी स्थिति है:

आशीष भाजपाई

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त

गाँव बिहार में शुरू की गई विभाग, समारोह, भ्रमण द्वारा विलुप्त
<table>
<thead>
<tr>
<th>क़़त्री हँ:</th>
<th>विनायक</th>
<th>तेलहृद</th>
<th>धनराज हँ:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>ईम महत्त</td>
<td>तस्तिसविध मिथ प</td>
<td>1</td>
</tr>
<tr>
<td>2.</td>
<td>ईंटें डुंडे तंद</td>
<td>उपभाषुड़ मिथ प</td>
<td>1</td>
</tr>
<tr>
<td>3.</td>
<td>एड़ी</td>
<td>शीर डुंडे मिथ प</td>
<td>2</td>
</tr>
<tr>
<td>4.</td>
<td>गण</td>
<td>वस्मिरूड़ मिथ प</td>
<td>2</td>
</tr>
<tr>
<td>5.</td>
<td>एर अम्बरंजीन्दर</td>
<td>समयूड़ लें</td>
<td>2</td>
</tr>
<tr>
<td>6.</td>
<td>धुर नहीं धुरन्द</td>
<td>मध्यूड़ लें</td>
<td>3</td>
</tr>
<tr>
<td>7.</td>
<td>पठन</td>
<td>मध्यूड़ पठन</td>
<td>3</td>
</tr>
<tr>
<td>8.</td>
<td>नम</td>
<td>मध्यूड़ लें</td>
<td>3</td>
</tr>
<tr>
<td>9.</td>
<td>वी ही वी संगत</td>
<td>संभालतीय मिथ प</td>
<td>4</td>
</tr>
<tr>
<td>10.</td>
<td>अभी पंजाबी दो दी गरते...!</td>
<td>तीरामीरूड़ मिथ पु</td>
<td>5</td>
</tr>
<tr>
<td>11.</td>
<td>समीक्ष</td>
<td>सीम्लशेत मिथ प</td>
<td>5</td>
</tr>
<tr>
<td>12.</td>
<td>विज़े 'वज़न'?</td>
<td>समरपूण मिथ पुरु लें</td>
<td>6</td>
</tr>
<tr>
<td>13.</td>
<td>सुमर</td>
<td>धर्मसीख शाम</td>
<td>6</td>
</tr>
<tr>
<td>14.</td>
<td>भूल दरसंधित</td>
<td>धर्मिरूड़ लें</td>
<td>6</td>
</tr>
<tr>
<td>15.</td>
<td>ब्रेड बिंड</td>
<td>धर्मिरूड़ लें</td>
<td>7</td>
</tr>
<tr>
<td>16.</td>
<td>नां</td>
<td>नादमसीख मिथ प</td>
<td>7</td>
</tr>
<tr>
<td>17.</td>
<td>भी छ धिनहार</td>
<td>तस्तिसविध मिथ प</td>
<td>7</td>
</tr>
<tr>
<td>18.</td>
<td>भें दिंते 'अभिमुक्त'</td>
<td>उपभाषुड़ मार</td>
<td>8</td>
</tr>
<tr>
<td>19.</td>
<td>श्राय दे-दिनदाच</td>
<td>लघुहरित मिथ प</td>
<td>8</td>
</tr>
<tr>
<td>20.</td>
<td>संर्थी</td>
<td>लघुहरित मिथ प</td>
<td>9</td>
</tr>
<tr>
<td>21.</td>
<td>दसान्ते दिस्तब दे</td>
<td>तस्तिसविध मिथ प</td>
<td>9</td>
</tr>
<tr>
<td>22.</td>
<td>भर</td>
<td>तस्तिसविध मिथ पुरु लें</td>
<td>9</td>
</tr>
<tr>
<td>23.</td>
<td>मसाला</td>
<td>तस्तिसविध मिथ प</td>
<td>10</td>
</tr>
<tr>
<td>24.</td>
<td>रिच्चं</td>
<td>तस्तिसविध मिथ प</td>
<td>10</td>
</tr>
<tr>
<td>25.</td>
<td>भी छ धिनहार</td>
<td>तस्तिसविध मिथ प</td>
<td>11</td>
</tr>
<tr>
<td>26.</td>
<td>थूँ के थुँ सी भी</td>
<td>वर्ण प्रशासन</td>
<td>12</td>
</tr>
<tr>
<td>27.</td>
<td>तुर्कन्दः दे मर्खिह</td>
<td>सुमधुली लें दिनहार</td>
<td>12</td>
</tr>
<tr>
<td>28.</td>
<td>तुर्कन्दः</td>
<td>पवरीय मक्ख प</td>
<td>13</td>
</tr>
<tr>
<td>29.</td>
<td>तुर्कन्दः</td>
<td>पवरीय मक्ख प</td>
<td>13</td>
</tr>
<tr>
<td>30.</td>
<td>तुर्कन्दः दाइ दाई दिनदाच</td>
<td>पवरीय मक्ख प</td>
<td>14</td>
</tr>
<tr>
<td>31.</td>
<td>नींद्र ध्वेप</td>
<td>मसाला मिथ पुनः प</td>
<td>14</td>
</tr>
<tr>
<td>32.</td>
<td>भीं के भीं दिव्यज</td>
<td>मसाली देस</td>
<td>15</td>
</tr>
<tr>
<td>33.</td>
<td>हूँल दे मेंह</td>
<td>मसालेनेड मिथ प</td>
<td>16</td>
</tr>
<tr>
<td>34.</td>
<td>संशोधित देस दे सुमधुली</td>
<td>विसि</td>
<td>16</td>
</tr>
<tr>
<td>35.</td>
<td>धनराजी, पंजाबी मनुष्यी पीम 'भविष्य'</td>
<td>गुलामबल लें</td>
<td>17</td>
</tr>
<tr>
<td>36.</td>
<td>मध्यसिख पेंग हः</td>
<td>संभावन</td>
<td>18</td>
</tr>
<tr>
<td>37.</td>
<td>कृता</td>
<td>संघ</td>
<td>18</td>
</tr>
<tr>
<td>38.</td>
<td>भें दिंते</td>
<td>संभावन मिथ प</td>
<td>19</td>
</tr>
<tr>
<td>39.</td>
<td>भीं</td>
<td>संभावन मिथ प</td>
<td>19</td>
</tr>
<tr>
<td>40.</td>
<td>दिलं के धड</td>
<td>संभावन मिथ प</td>
<td>19</td>
</tr>
</tbody>
</table>
हिम मदर

मिंडवी ठकी पर भुंध पड़ा ता
षाढ़ दण्डी जबरन चाँचता
मदरा ठूँ में झुंडी छाया
मदरा बेले भुंडा चाँचता।
गुमे देख दिऩाव महड़ा
पाने मार्जन संसारमाण
रंगे भरत संकेंद्रमण
भसे पर्ने रंगवान मण
भसे पर्ने रंगवान मण
हिम मदर दिंग मिनु दिशा तां
हिम मदर दिंग मिनु दिशा तां।

हिम मदर मेरी श्रीमदी राला
ठेंगे जी मिनालर कँदे
हिम जाली दीबी देंखीली माण
बी-बी बाण मुरली मँदे,
हुएँ झड़ी दे चौम दुःखी
ठेंगे मीले मी दिले मिलिङी
कहा पहाण ली मरव भरीते
बुन-बुन भे मरे मरवेद पहंची,
हुएँ मंजा में ख़ाल पाण
पुरी दंडे झुंघँ दे माण।
हिम मदर दिंग मेि ती दुःखा
कीम तथा पुँडे दे माण।

सघु मेरा अंतरंग भट सिञ्चा
भेड़ीघड़ी वरर वरर
पूंजत दुःखा महमद भट सिञ्चा
भेड़ीघड़ी पूंजत पूंजत
भागे तहीं दिसांभ धीरा या धापु
बाद दीया उंटे दे माणु
दुःखी दारी भारी दारी
साँध गोल जी बेच दे माणु,
बाढ़न दाले बेंगा दे माणे
मारु मारी वरर ले मेंउँटे
हिम मदर दिंग मेि ये यथा
केहर उली भाजी पुँजे।

देटं छुँडे वेंघ

मिरान्दे हिंद ठेठ विंघ,
वेंघ मिरान्दे अरे।
हिंदे बाज़ा धम मेरी,
संजीवी दें बाज़ा अरे।
वेद मारे रचनी दे दिव मिरान्द।
मारे देटं देट बाज़ा
मिर भटींगँद दा बाज़ा।
संजे तरल धी मिरान्दे में सब तुड़े,
मारे मिर देटं छुँडे वेंघ तुड़े।

मारे दे देव मारी,
मारे तीव्र-पाणी।
बेंग-बेंग मारी,
हिंदी बुढ़े भटली।
बु के मारे, दिले दुर्भींगँ ता' भटके,
मारे मिर देटं छुँडे वेंघ तुड़े।

मारे मेरी तेढ़े डंडे,
टेंग सांछी संद 'दे।
केटींगँ-आंगन-गीड़े,
पदे हिंद धरू दे।
केटी पुँजे मृती, अभि धार ठेठ भटके,
मारे मिर देटं छुँडे वेंघ तुड़े।

टेरसेन्ट्रल मिम्स
दिन आंध्र मेहीना

दिन आंध्र मेहीना, साचा सा है बिहारी।
मेहीना ने पूर्वदीर्घा दिनरीहिं, बूं दिन छंद्रजन दिविंगिना?
दिन आंध्र मेहीना।

dिन सात सुंदर है बुधवारं
वचें दिवं 'ह' बलव है प्रेमींं
वचें दिवं 'ह' बाँडिंगिना
dिन आंध्र मेहीना

मब दुख बिहार दै हवीं
वचें दरकं वचें हुकुमीं
वचें दर मैहुं ही तैलर है वहीं
dिन आंध्र मेहीना

किंव पूंदे हैंदीर्घा मारीं
मेहीना दिवं दिरीं दिर लावारीं
पूंदे मसद दा पॉज्न दैनीं
dिन आंध्र मेहीनां

का देख दिवं हूं मदरीं
उ भां मेहीना दै वाल लकसीं
'मस'वचें राजसीं
वहीं
dिन आंध्र मेहीना

नामपूरुं वेंच
BS-2021-A-29-BIV

bhajan

विि हूंगे विि मधवारी बापसी विि हूंगे देंह-डेंह दिर... विि हूंगे विि हूंगे देंह पूंगा चुंि विि हूंगे देंह उंह दिर... दिर दिर हूंगे दिर दैम है भांव बी दैं चुंि विि हूंगे देंह रल रली... दिर दिर हूंगे देंह रामभानु सिंह भागिना हूंगे दिर दिर हूंगे देंह रल रली... दिर दिर हूंगे देंह रामभानु सिंह भागिना हूंगे दिर दिर हूंगे देंह रल रली... दिर दिर हूंगे देंह रामभानु सिंह भागिना हूंगे दिर दिर हूंगे देंह रल रली... दिर दिर हूंगे देंह रामभानु सिंह भागिना हूंगे दिर दिर हूंगे देंह रल रली... दिर दिर हूंगे देंह रामभानु सिंह भागिना हूंगे दिर दिर हूंगे देंह रल रली...
मुत्ते

मथुरे के दो सोरे, तबे, रेखना दी दुःख संभा।
रिह वी मथुरे दी बेडी, से विश्र वेकिंग दू सुध संभा।

मथुरे के दो सोरे, तबे, रेखना दी दुःख संभा,
गुट विष देता, अंत्य भिजीं दी मथ संभा।

बी हिंद दू दी मथ, तबे रेखना दी आँटिका,
विश्र दू घूँ सोल, हिंद दू दी द्वीव 'च घू माठ।

तिकट वेकिंग दे मथ, तबे रेखना दी आँटिका,
विश्र दू घूँ सोल, हिंद दू दी द्वीव 'च घू माठ।

बृज बृंक,
ने भेंट रोटी उलटी रा तुल,
बिह बेठे द्वीव दिबिरती संभा।
बी भट दुःख नाम आ तवे दू दू,
सिममहू दू दे भज बाह संभा।

भूम भमाव, बृंक बृंके दीर,
सिममहू दे मथी सिंधी मोरी बेठा।
बेठ बृंक, तबे आवटे मथिरं दे,
सिममहू दू दे सिंधी दिबिरती बेठा।

बेठ बृंक, दे बेठी पैतिमलें दे दीर,
सिममहू बलभ दा उम भविरती बेठा।
बदल भिरातूंदे दे नाट, बेठी बेंट तीसी,
विश्र दितियं चंडवं दब दूबू दुब दुब दुब दुब दुब।

बृज बृंक, बेठ दू दू दू दू,
बेठ बृंक दू दू दू,
बेठ बृंक दू दू दू,
बेठ बृंक दू दू दू,
यी वीरां संयुक्त

इन्हें हिंदी में नहीं लिखा।

तुम भी भीमसेन अपने सामान, कहते हिंदी में से हाथियाँ।
मेरे अपनी दो देवता हिंदू बाबु, जनवर से इसी बाबु बाबु!

इस पिच के अंद से धक धक धक, वह धक धक धक धक धक।
उपर भिचारे हिंदू चीज, भेजे बड़ी भिचे मी आदित्या।

वेल लगे बड़ी सुलगे देवे, वधु/धेनी मम्मी मम्मी भाड़ा।
वीरां बड़ी सबनी वधुनी, वे अपनाएं दो धड़ल धड़ल।

माथे हिंद दिखें चंदे चंदे नागे, वे दिखाई वधुनी मी घड़ीन।
बूझे दो बूझे वधुनी, वे अपनाएं दो धड़ल धड़ल।

वीरियों बड़ी हिंद में मान आचर, संग भांजा दे रामकुंद्रा दे बड़ी।
बड़ा हिंद धम भिच दे बूझे, मंगां 'वे संसमा मी लाहिया।

मन्यीयां हैं लिंसा सिंचिया, बड़ी चलब मेरे मंगे मंगुं 'वे।
हिंदूं दाम वर्लित दे है, आपां राना भविल मी वारिया।
बड़ा हिंद गौर भांजा आचर, हिंद धक आपां राना घड़िए।
माथा हिंदे भांजा देवे, उर देव हिंदे मिशे चड़िए।

अत गाती देवी यी हिंद धक धक, से देवीं आपां भरुछे मंगुं हे।
मिशी मी हिंदवने हुं मोदफ़। वे देवं लटी उबले बाबुन्य।

गाँव विभा देव देव देव, बृह गाती हिंद में मंगुं भाड़ा।
वेम विमे दी उद दूरी सवती, उत तीरा हुं वे भरुछे।

'प्रभुदर भूंजो रे मेंधव, वीरियों दे अंग रे रे चमल।
माथ इंदे दूरी, दिथ भवति है, देवा है अंगानी चमलरुह।

इन्हे मिलकर तीरी देव, जिल्ले तीरी धरभागा दे मंगाँ।
मैं उलटे दे सवता, मुखवारं दी गल रंगरुह।

में पैड है दिवाले से बेंटा, दे में माथ इंदे दूरी देवा।
हिंद देव हिंद दुजल दवल दूरी, माथे दे दुजल दूरी दवलरुह।

मिन्हलनीय बेंटा
BS-2020-BS-102-D

मिन्हलनीय बेंटा
BS-2020-BS-102-D

मिन्हलनीय बेंटा
BS-2020-BS-102-D

अभिनव घौम
भावी पंजाबी दें ही गाते...

सिंधे

भेती महिवड़ अंरतव ही काडी क्याडी है।
रिम लड़ी में आप्ती गाड़ी सिंध ही महिव वरिंद्र जः।

सिंधे

अंर अंरत वृत्तिविच घड़े रह।

सिंधे

लें चीड़ मुंडीम भविच मध्य मध्य हर।

सिंधे

बेरे आप्ते अंरत ग्रुम है आराजवन है।

सिंधे

बहुविर्ष, सुभां ह्म मलुल रस हृ मन्दी है।

सिंधे

आशिकार वे बृहस्ते वे बरक, रोह घात मध्य, है खुबी समयमुझ विंच पृथ्वी जबरी है।

में, में अंरत जः

सिंधे बृही भव संघ जः

वेलक वेनक संघ जः
बिहें वर्गी?

बिहें वर्गी?
बिह देख देखती देखती।
देख में देख देखती आ।
बिमे देख देखी।

बिहें वर्गी?
बिह इनठू में दी दिखाअ बीउ।
अंग उपरिः देखिः इनठू, बिने देख देखी।

बिहें वर्गी?
बिह इनठू उपरिः इनठू भारत देखी।
में इनठू उपरिः देखिः देखी, बिमे देख देखी।

बिहें वर्गी?
बिह इनठू इनठू देखें देखी।
में इनठू सेंध इनठू इनठू देखी, बिमे देख देखी।

नमस्त नार्म तिबु ईंधन
L-2022-AE-177-M

मूढ़ धर्मांजलि

मूढ़ के सीता लिंगदां ली वीड हलाहली,
संघ धीर हे दिशा दलाह तहती।
भी नरिकं मे दिना मुख मुख यह करती,
के दीवान, जीव लुना सी बला करती।

बीजी धर्मां दे दे गुंडे बढ़े बीज उभारे,
दिलां हे तही संघे दीवा बिमे दे गमे।
दुर्गा मिये दिने गुंडे बांन अपने अपने 'िे दे में हात बांध देने दे आपने बांध देने।

देन सारिः नाराय दे दे सब अग्नि भरते मी,
बांध में दे दिने बुध बुध दे देन लगते मी।
बीवा बाहिरा में में में दे देखे भुज बैठी मी,
भी मिनद बांध अकबार भैले दे बेल बुराते मी।

में गुंडे बढ़े दे दिना होनी लिंग गुमान हे,
लेही बंध बढ़े, ला बड़ी बीज बांध बांध गाना दे।
देने 'िे दिना बांध बांध अपने मुख मुख दे
में हात बांधके देख संग मुखी बिलांड़ मुख।

मूढ़े

उद्देश्य दे गौड़े
सिंग अब्दुल्ल हे बेमा हिरसी है
बेमा हीरसी विशेष।
अब्दुल्ल हिस उमलीकरण हीरसी बुझाएँ बुझाएँ बुझाएँ बुझाएँ बुझाएँ।
सिंग दे बुझाएँ बुझाएँ बुझाएँ बुझाएँ है।
मुखे अब्दुल्ल मुख हैँ हिस्बालोह मुस्लीम
हिस्बालुँ हैँ वह
सिंग अब्दुल्ल हिरसी हिदेश हैँ।

समस्तकीय ढांग
L-2022-A-71-M
राम

मैं उं भाषा पहचाना नहीं, वाहः मेरे दुःश्चिम,
संग जो मेरे मैं लिंग जानते हैं, हिंदी में मर्जत।

मुझीम्यं मेन्टोर्म स्थिति छूटे, हमें यहां मेरा।
विशेषता मन से मुंड़ चढ़ते, वार्षिक रूपी छूटे।

विंड गोल सागर ता अभी घाय, वाह भा घटाइंगे, वी दी है मौट, राम ही मंडराए।
अग्र वेदी विढा देते।

लेखकमार लेख
L-2022-A-34-M

दंड पांचुः

वीरण्य मा मुल्ल पुराण दांत नग चले गाये
छिंदु का दित भागी दी रेक हंड पांचुः।

dे के ती कुमार ता सी, बदल देती दिली, दिले देते रियो में अंजन दंड पांचुः।

dिंहे देतीया दांत ती दिंह दिंह मंडलीया से
बाजी बूढ़ मंडल इं मिले दें बंड पांचुः।

dेंदे देने ही दुःख दे, बंत लटी, यागी दिली, देंदे देते दूढ दें हंड दें बंड पांचुः।

dेंदे देते दी देने ही देना दिली, भुमाई मर्जी देंह देना हंड देना हंड पांचुः।

dेना निश्चित देश मी मे दे निश्चित दे
पुढ़ देते दीमे हंड भावदा देना हंड पांचुः।

dूयाँ रा भाव दर्जांडीया देख
भागी देंदे दें दूढ़ मंडला हंड पांचुः।

अत्तमानी मिस्क
L-2022-H-001-HSTC

मां द भिंडार

ढंगर-ढंगर में जो नी
जीर्ण चार घर देन जीर्ण
ज्ञान देते मीर भोगे
मीर जीर्ण नामीया,
बंध ज्ञाने दे उन्हे भाग जीर्ण
काल मिर भंडान्दीया हे
देते जीर्ण दे ज्ञान निंदी हंड देते बूढ़ हूँ नामीया हे,
उने लल दी पवड़ी भाव
उने ताल दी वाप, ती मेंती हे मखाने
उने घुट घेत ना चाँग ती मेंती हे मखाने।

ईं चाँग ताल गाय वापीया
बेगी मिर बांठांडी जीर्ण
मंडली हिंदी हिंदी हूँ बज्ञे
बुध झंक भंडान्दी जीर्ण
उनी जग दी हंड लल भावे
माने ठेके मस वर ताला
बाली भागी भंडांडी जीर्ण
नट उनीया मिरां ज्ञान-ज्ञान ताला
उने पुढ़ ताल दिंगां मुर्नार
हंड हे बज्ञे झंक ती मेंती हे भंडांडी हे घुट घेत हें।

उने बीत बांठोया हतो
भेड़ माटे भाष
पिंड भेड़े हूँ जंगां हतो
मिंटे भंडांडी हूँ भाष;
उनी पिंड दे ताने मेंती
चंदी के हुंड मनीया दे
उने भिंडार दे में ज्ञान ताला
बेड़े मिर भंडांडी जीर्ण
उने माने भंडांडी दे
ईं बंधे दे मनाने जाला
शंठ ताल दिंग हे मेंती हे मखाने।
उने घुट घेत ना चाँग ती मेंती हे मखाने।

लेखकमार लेख
BS-2021-A-15-BIV
में उन्हें क्यों आभूषण?

बस विदा लू मन्दिर है भुजाख्त ’च घैर द आभूषण?
हिम महाद द नह भूमि इंद्र हेते हिंदुस्थान', लड़ने में
विजय घटना-स्थल-स्मारक-विजय सूचना द्वितीया...
आभूषण काम दिल्लीमार्ग हे दिल्ली।
में जिन नामकरण अभूषण हे आभूषण; दिल्लीमार्ग लड़ा ला रहा। आभूषण की माँग विजयांग, तनाव, अग्रणीं में मी रूपांतर बढ़ बैल फिल्टर सँगीतांग।

इस देश बंग सरस्वती पुराणकविताले दिल्ली अभूषण द नूतन आभिधि दे आधुनिक ने आभूषण समाजकाल पुराणकविताले दिल्ली आभूषण दे विलास जाटव इंग्लिश नामबैं– ‘वाकती भाली आभूषण।

दिल्ली भाषा सम्बन्धी नृत्यकविताले देव संगम द नूतन आभिधि दे आधुनिक ने आभूषण समाजकाल पुराणकविताले दिल्ली आभूषण दे विलास जाटव इंग्लिश नामबैं– ‘वाकती भाली आभूषण।

में भूत धमल भी भूमि हेते हिंदुस्थान, भूमि ने आधुनिक ने आभूषण दे भुजाख्त घटना दिल्लीमार्ग हे दिल्ली।

‘सेवा उच्च में भुजाख्त ले भी भी? आधुनिक ने आभूषण दे भुजाख्त घटना दिल्लीमार्ग हे भुजाख्त घटना दें आ!’

“में उन्हें वड़ देना बड़ा भाली भी? आधुनिक ने आभूषण दे भुजाख्त घटना दिल्लीमार्ग हे भुजाख्त घटना दें आ!” गायक

अग्रान्वे-विउज

में उन्हें वड़ देना बड़ा भाली भी?

उत्तर: में उन्हें हृदय देना हृदय भी?

ल तल मन्दिर वे, मिंथे उन्हें भावित भालीं, भूमि देवी भालीं दुर्ग तें विउजांग।

मार्गे है वे बिनांत दिवसी, वृथा दिवसी शान्तिः देते विउजांग।

भविष्य भावित भावित भालीं, विउज दुर्गी में भावित भालीं दुर्ग तें विउजांग।

मार्गे है वे हे कंव मार्गे है, वाल्मीके भालीं दुर्ग तें विउजांग।
निर्देशी वह-मुख पल वजिमा दे रिवज्ञ सिंग्वी रा,
हिंदी - नीहीं बां वे वजिमा दे रेक्रा सिंग्वी रा।

अवमान मेह । हु रेघद दी दुवित्री हिंदी,
मेह दे बांहे चुदू बां भांग रेक्रा सिंग्वी रा।

सिंहेंजवीण हु मुरां झंरो - मुरां झंरो,
अम में रिविज्ञ रेक्रा सिंग्वी रा।

मेंव बां दू मांजरुपां छिंगे लुकिमा दे,
मेंव बां आं रे रेवा सिंग्वी रा।

अभय हु चंधे ने ना रे मुख संघा बो,
मेंव ही सिंहू हुकिमा सिंग्वी रा।

मेंव ने औं दी लुकह वे बंडो दी तुकीं मी,
वटल पित्तो, बेव मलब बेवा सिंग्वी रा।

प्रवीं दे हंचर दे दे रतीं हंचर दे,
आमूं हंचर लुकह की, हे दे मारुं पद दे महेंज सिंग्वी रा।

हिंद-मुख पल वजिमा दे रिवज्ञ सिंग्वी रा,
हिंदी-नीहीं बां वे वजिमा दे रेक्रा सिंग्वी रा।

लघुरिहन सिंह
L-2020-BS-18-IM

भमला

बंजर बे भमला चौकर साटी हे,
बां बेंही सिंह दे हु दूर दूर दूरी हे।

पैसी ससीजां हु दा लापटी हे,
दिलां मारीमा दिघट दूरी हे।

भमला मज़ा दे लिम ना दी हे,
धुःधुः-धुःधुः मज़ा देब दूरी हे।

चेतां ही बमरम ने दिंज दे हैगे,
बेंही आमा दु बांग दूरी हे।

पूरीमा दी लापटी में हुंड लहरी हे,
घुंड दूरी दे यज्ञ तपेंद्र दूरी हे।

चंद्रपीठ सिंह घरक
L-2022-BS-197-M
महदग नां शंकर

अण (3) महदग सिद्धिव दिखूँ वह वे बीच चुंबा है।

उर भूषण दिखूँ दूर के हैं इत्यादि इंद्र दी दीन दिखी सिद्धिव विद्वान है। सिद्धिव द नृत्य अभिव्यक्ति है वि भूषण दिखें तै संबंध नां स्मरण है। इन उर भूषण तै हैं। इन उर भूषण तै हैं।

हिरी सुंदरी दुर्गाप्रसाद महदग इस आकर्षण रह दिखी सुखावा है कि इस के अंतर्गत वह उस दिखें तै संबंध नां महदग विद्वान बनाएगा। इसलिए महदग नृत्य वे बीच चुंबा है।

इसलिए महदग नृत्य वे बीच चुंबा है। इसलिए महदग इस आकर्षण है। इसलिए महदग इस आकर्षण है। इसलिए महदग इस आकर्षण है। इसलिए महदग इस आकर्षण है। इसलिए महदग इस आकर्षण है।

D-2020-A-061-B1V
मेरे दीनें मद उदार प्रदोष वारीभाषा,
बेंग मैं त्यह सूंदी वेयरी उद किंग उद हे।

नें वेनी वशीकरण दिखाए उं वन, ने मे वेनी हाधिम आये उं घासां वौ घासां हे।

प्रारंभ उधरी आंतो ही देंग अधिम डेंगी,
मे में देंग धरण का वटरिंग दिख-दूसे तरह भास हे।

उद्धम कंबी इं मे आपले मार्गिते हे, मे पुर्ण, मिंगे बी मेहरा भरु भुजिमा, डुंग डेग वी उवापन हे।

वर्की ने ही भंग्यां म्हे, डुंग उं भाल वी संपर्क, मे आं मल वा तरीफ विलिमा, डुंग डेग वी सीतार हे।

भेंमण वे टूंडः सा बी हूं। डिक उं वरलूसी वी तरिंगे, पह भेंग भेंग धुरर धारी वरके खट्टा तरके, दिकर्ण वेढी वा भासां हे।

बंदी में भंग्यां 'धं' उं तरह ढुंडी वी संपर्क वा वेढी, मे भायें दक्षां 'धं' वी संपर्क धं, डुंग डेग वी अभास विभाजन हे।

चंचा-अक्षां उं डूंडा वी उरिंगा संजा डुंडे, ने वेनडूली लटी देके, डुंग डेग अभास मुखपत हे।

चंचा अक्षां उं डूंडा वी वरिंगा संजा डुंडे, ने वेनडूली लटी देके, डुंग डेग अभास मुखपत हे।

थ्रिंक्स्ट केंद्र
L-2020-BS-03-IM

• लेंदर थरी केंद्र वे बंग वन्दन हे, भगवान बेंग वन्दने पारी देंगा हे।
• लेंदर रथ वरुरे धरणं देंगी हें संची हे, उं मस्कृत है वि उर्मीं दिह कंग है पुली लाबत तल विदिया वी संची मी।
• धुररवाल केंद्रं वे नींदट है माना भूपालिंक ही देंग दुंडी हे।

थ्रिंक्स्ट केंद्र लघु (भरा-भट्टे)
L-2020-BS-18-IM
बन्द आ रहा है।
दस

पत्री के लेखन में उज भार मध्य न है,
हिच मात दा लेखन उज भिन्न भार है।
सिम चलने हुआ लहर लहर के नितीया
उस ठंढे ब्लसे में ही बिंद्दे है
बंग तेरे जी सीधा डाल तेरे भरे उड़क है
बंग भरी बुछड़ा बिंद्दे है।

बड़ दिशरी हींडी भांजी ही चुरुंड़े
इं भींडे के दुर्भं माता ्थे चेहरी
ला आतन हेंडी हांडी दिशरी हेंडी है
इं आता ही बड़ माता ्थे ्थे ्थे।
हिंद हेंडे उत्ता आता बड़ है बिंदुमा गीता
मिंदे मात नीर उल-नीर बिंदुमा गीता है
बंग हेंडे जी सीधा डाले एट राली उड़क है
बंग भरी बुछड़ा बिंद्दे है।

बुछड़ा रा वरी हेंडे वेडी, मबल हू हिंद बिंदुमा देंडी है
बेंडी हांडे में तेरुमां कहपे दिशरे आकूं 'जे
हिंदे रा बंगे बेंडी ही, देंडी मबल हू ईंड है
बांडे रा, बंध उलकी राग दे पुरें
मिंदे दिंद दुर्भं राली मिंदे है
बंग हेंडे जी सीधा डाले ऐट राली उड़क है
बंग भरी बुछड़ा बिंद्दे है।

आध हांडी हेंड यद यरे बिंदुमा
दिश बुछड़ा हू वेंड युक्ते हेंड
युक्ते हेंडे में हेंडा दिशं वेंड हरे गीता
के चुरुंड़े हैं।
हिंद हेंडे हेंडी हेंड पुरुण हरे राली में
हेंडे वेंड हरे बिंदुमा है भुक्ते हेंड
हिंद हेंडे वेंड हरे बिंदु में और हेंडे हेंड
हिंद हेंडे हेंडी हेंड बुछड़ा मुख-मुक्त कुली है
हेंडे हेंडे बुछड़ा मुख मुक्त हरे हेंडे है
हिंद हेंडे हेंडी हेंड पुरुण राली है
हिंद हेंडे वेंड हरे बिंदु है।

बुखारी वर्ष
L-2019-H-35-BIV

वर्षवाद

नए डुक्ती गं, नए धनरी गं
इती हेंडुइंडा हिंड मा दुल्ली गं
अप्पर हेंडरी हेंड विनाशमान हू
हिंद हेंडे हिंड विनाशमान हू
हिंद हेंडरी देंडी भुक्ती ही
हिंद हेंडे हो हिंड मा दुल्ली गं

नए डुक्ती गं, नए धनरी गं
इती हेंडुइंडा हिंड मा दुल्ली गं
हर हेंड ब्लेंड हर साधे हे
हर हेंडे दिंदे गन्दे हे
हिंद हेंडुइंडा हेंडी भुक्ती
इती हेंडे मुख मुक्त मा दुल्ली गं

नए डुक्ती गं, नए धनरी गं
इती हेंडुइंडा हिंड मा दुल्ली गं
हर हेंड ब्लेंड हर साधे हे
हर हेंडे दिंदे गन्दे हे
हिंद हेंडरी देंडी भुक्ती
इती हेंडुइंडा हिंड मा दुल्ली गं

हर हेंड ब्लेंड हर साधे हे
हर हेंडे दिंदे गन्दे हे
हिंद हेंडरी देंडी भुक्ती
इती हेंडुइंडा हिंड मा दुल्ली गं

उत्तरी वेंड
L-2020-A-092-BIV
बुधवार दिन चढ़ वर्ष विचार

बुधवार - हिंदी बाद जी समय मन्द कबर है। बुधवार रिन्दा अदेरी सबर है जिस से अजर है - सवरी में उत्सव। बुधवार हुई पंजाबन्ह दी अभिमुख सवरी मंगला मिलकर जिया। पंजाबन्ह हो बुधवार हुई बड़ी से सिधस्त तरह मिलमन्हा।-पंत-पूजनी समार सिया, करने देने वें - देने, प्यार करते। पंत-पूजन में अनेक हिंदी गृह-दीनें अन्तर बन डिना।। गुरुवारी रिन्दा सबर है इसी - 'बिंदुस्वी बुधवार दिग्गज'। बाद वे बुधवार दी मिलमन्हा वर्ष दे अभाव पंजाबन्ह वृद्ध हिंदा रिन्दा समा गाहे। सारे हिंदा हुई दी बुधवार पंजाबन्ह दर्शु निकाह, हिंदू वृद्ध भार परिपक्वता है। बुधवार दे क्षमा मधुसूद हुई डिना है जिस बुध हुई है।। गुरुवारी दिवसी है इसी:

पहले गुरु पहली धीरा भागपवत पत्र कहा।
बाद वे पाठक (जह) गुरु है, पहला महा दी मीठन्रत संधिया है, माह छेड़ जयवी मन्द हुई उर की सुबह उरी है।। पहली धीरा है बिंदुस्वी महा सीमा के निकट हुई है पहली पुरा बरतन है मिरा को बिंदु धीरा अभिमुख मन्दी बनसया है।। पहली मन्दा से उदभाग सिद्धा विज्ञा है, मिरा को बिंदु अभिमुख मन्दी से बन चुकी है। इंद्री पहली धीरा खास मन्दी दे परिपक्वता बनसया है।। पहली बुध मन्दी से बने ही बुधवार दे दिनरा जयवी दे महाकरण जयवी जीवा। बुध रफ ठहरी सी बुधवार से तिमिन्हे मुरहँट रखिओ जिसे उसी

बुधवार दिन चढ़ वर्ष विचार।

हिंदा हो नाम देश दाहा।

बाद वे पंजाबन्ह सी घरवी धीरा मानस्तन कबर वृद्ध है, पहला दिन देश हो बुधवार मन्दी बनसया है।। पहला मन्दी से हुई ही सीमा चरणही है जिस से महा अभाव बनसया है।। मन्दी के है देनी दीने है जे देनी के देनी दीने ही सीमा मन्दी वृद्ध है निकाह है।। पहला दिन ही महा अभाव अवस हो नामस्तन के बच्ची उर वलन बनसया है।। पृथकी देने से हुई है देनी ही मन्दी दे कबर वलन है बिंदु मंडलन है।। पृथकी देने से हुई है देनी ही मन्दी दे कबर वलन है, पहला दिन देश देश नाम स्वाभाविक है।। पृथकी देने से हुई है देनी ही मन्दी दे कबर वलन है।

हिंदा देश ही गोष्टि है जि हिंदा मुन्दा दी पुरा दे दिनरा मादुर से 'मिली' जि हिंदा हो बुधवार हुई दी घरवी दे दिनरा। हिंदा हो बुधवार दी दिनरा जि मोटे दे दोहों हिंदां विचार निम्नलिखित है।।

मंझ पंचनाम

बती है देश वरी में भज धरण मण्डी देख विचार है, जित मंज इस देश हुई देख विचार है।

अदाला में दिवरी है नीचे हुई बुद्ध आधार दिन हिल सिया, दिन हिल सिया।

टेबल उद्यम परिवार मांदी कबर धरण पत्र में, 

पूरा मांदी देख विचार हुई मांदी कबर टिमाह पिकान है।

सिंह मांदी देख-देख दुसरा मंज माने देखें मी, वास मांदी दिने दुबोव हिंदा पत्र माने देखें मी।

इंद्री मंज माने देख धरण देख उद्यम पंचनाम, 

चुक उद उदिन पंचनाम तम्म मांका, 

भगवान विचार माने 

भगवान विचार माने 

विक्रम विल्हे में रिचर्ड टर्फेल द्वारा हिंदी में लिखी गई एक कहानी है। कहानी का केंद्र एक बालक है जिसे अपने पिता के बीते दिन के बारे में सुबह बैठकर बताते हैं। उनके पिता का नाम तेजस है और वह एक बड़ा महान बालक था। तेजस के एक दिन नाचने के बाद उनके पिता ने उसे एक प्रेमिका के बारे में सुबह बैठकर बताया। उनके पिता ने कहा कि उसके पिता का नाम तेजस ऐसा ही था, जिसका पता चला कि उनके पिता ने उसके पिता के बारे में सुबह बैठकर बताया। उनके पिता ने कहा कि उसके पिता का नाम तेजस ऐसा ही था, जिसका पता चला कि उनके पिता ने उसके पिता के बारे में सुबह बैठकर बताया।
मंगालिल इतने दे दृष्टिभाष्य

अब दे मान्य भावना है यि दिन भूतुर्ध दिन्ये हुमें भूतुर्ध राज
सुकुर दी बनाई अपने मंगालिल इतने तह मिन्हा नुकिस्मा दिलचस्प है।
दिने हूं माँदी मिल के, जाट जमा के, दिन बीमा गोरे मन्दीरों बतम ही
कराये मंगालिल इतने ती मन रातदा व हो स्पष्ट है। मंगालिल
इतने हे अब दे मरुंग दीमा बजताब मध्य हे विन्ध्यभाषा
मत करत हूं मिन्हा भविश्यघ दिलचस्प है। दिने दंड दि मन
सुकुर दे देना देना ही अपने भाज-फिक से विमार परर हे
कराये मंगालिल इतने मिन्हा भविश्यघ दिलचस्प है। अपनो
करा है? मंगालिल इतने मरुंग दीमा
इतने हे मबूल-आतुरच हे दे देना दंडबे उन वि माझी दंड साँझे तो
दि माझी दुर्घ दी ही बेती रामडी है। दिन दंडबे भाज-बाथ़ दमधे हुड़,
दिन हे हेटो परर दे मन रातदा व हो स्पष्ट है। मंगालिल
इतने हे मबूल-आतुरच हे दे देना दंडबे उन वि माझी
कराये मंगालिल इतने है। समस मान्योहा भूतुर्ध दुर्घ दमधे हूँ
से महाने हह दिन दंडबे महानी साँझे तो यि आभार माझी
मवँ दे मरुंग दीमा बजताब हे महानी साँझे तो
दि माझी दुर्घ दी ही बेती रामडी है। मंगालिल
इतने हे मबूल-आतुरच हे दे देना दंडबे
इतने दि मन रातदा व हो स्पष्ट है। मंगालिल
इतने हे मबूल-आतुरच हे दे देना दंडबे
इतने दि मन रातदा व हो स्पष्ट है।
पाठी, पवारी अवे यीता 'बिहुत'
समर्थिता टेम्प डा

मृत्युम बज ल्ये चमत्कार सी, सेहँ दे पेल ही दिशिए बाँधिए सी।
बांधिए दंस विश्वा तीव्रस्थि ते,
मंगल दे ड्रास्तिक ते।
समर्थिता मेरे दोम रा,
चाँद दे थमालिका दे।

बुध दे हं उमनपुरीडे सी,
पढ़ना हुआं में तलिए सी।
बांधिए दंस संभाल वासवी दे,
श्रेय शिक्षा शास्त्रिक ते।
समर्थिता मेरे दोम रा,
चाँद दे थमालिका दे।

धाम बांधे बच दिसखिए सी,
शुने फिराये पढ़खिए सी।
बांधिए दंस विश्वा आसम दे,
उंगभूं दे शिक्षा शास्त्रिक ते।
समर्थिता मेरे दोम रा,
चाँद दे थमालिका दे।

टीका बुध बच दिसखिए रा,
अंबांके हो नमालिका रा।
'सिम्बल' दंस विश्वा दिखाना दे,
बांधिए दिश शिक्षाग्ना दे।
समर्थिता मेरे दोम रा,
चाँद दे थमालिका दे।

समस्त
L-2021-A-37-Biotech

लगातार

जे रहे दिख शुं दुःथमा बांधक डंपण्डर दंपण्डर शाश्विना,
लगातार ही विश्वास डंपण्डर लेने वे,
वर्त्ते उंगभूं दे उंगभुं उ वांशिक,
मेरे रचना सीँग भालपुं च,
मेरे बूंती हाव तरी कालिका...

जे रहे दिख शुं दुःथमा बांधक डंपण्डर लेने वे,
मेरे अग्रर हुं दुं वांशिक,
उं दहर हुं देर विश्वा भीं दुएं,
मेरे अपगे दुंह लल विशिका...

मेरे बुध दे ईं वांशिक वर्त्ते,
लें आंगा हुं बकुर विशिका,
लें बेहाल दे मेरे दे,
ईं आंगा हुं सी चुं विशिका...

जे रहे दिख शुं दुःथमा बांधक डंपण्डर लेने वे,
आपगे तीजे दुएं सी दुःथिका,
दुएं बुध वांशिक सैंलगण उद्वीगण,
मेरे बनग दे ईं दरें विशिका...

जे रहे अनुज ईं दुःथिका सेवा दुःथमा उर्जा दुःथिका,
बंधः दे सच्चा विशिका,
विशिका दिव सैंलगण उद्वीगण,
ईं वर्त्ते दव विशिका जे देव उद्वीगण...

सूत्र

• सुखद धिन्ने दिन आजतु तवीं घटावहूंढी रंं दि सुखभी दिने हुसी अंगल दा तमिल लं घट नाहे।
• बावती चालें केंद्र पढ़ी ही, भशुवरी रेतवी ही रेत दुंही है।
• तें आवर्जी दिन-दुमे दा महावग बरबे हुसी महान पँडण्डे जे, दों द्वार्भाष ब्रॉट अशे मीड विशालक बरबे जे।
भें लिखिते

दिने अभिव्यक्ति बक्षि रह से दिने दी 2 दिनबारी के कुछ में है आप चित्र संबंध पटा रहे गये। वर्तमान दिन उस दिन चित्र निर्माता बक्षि दे तुष्य दिन आपस 'न सुनी देखी है। नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल नजरूल

अंग

दिने देखे दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने दिने

दिलने देखे

दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने देखे दिलने

भुक्ति देन।

L-2021-A-53-BIV
Science & Agriculture Section

Faculty Editor

Dr Seema Garcha
Microbiologist

Student Editors

Vidhi Arora
L-2021-BS-131-D

Arshdeep Kaur
Editorial

Reading opens our minds to new horizons which we didn't know existed. Our role as student editors presented us with a similar opportunity. We are grateful to the Editorial Committee for providing us with this unique learning experience which we will cherish for times to come.

"Science is not limited to laboratories and equations; it is a way of seeing and understanding the world, and its wonders are accessible to all." - Rachel Carson

As we navigate the problems of our times, science continues to be a beacon of inspiration and advancement. We can address the challenges by pursuing knowledge and applying scientific concepts. Science is the greatest blessing to mankind and has always united citizens. Plethora of instances are available to demonstrate it. The advent of science in human life has made possible the Green Revolution aimed at preventing famine and boosting agricultural output; also the recognition of the significance of digital technology and the importance of a scientific mindset in the battle against the COVID-19 pandemic. And the latest outcome of scientific progress, the artificial intelligence has demonstrated its value as a blessing for both personal and work-related spheres.

Science is a collective endeavor and this magazine is the result of impressive contributions made by budding scientists. Each article offers a fresh perspective with the potential to foster curiosity, fuel creativity and spark innovation. Let us approach the magazine with a renewed and open mindset. Let us keep pushing the boundaries of knowledge and use the power of science to make the world a better place.

Dr Seema Garcha
Microbiologist

Vidhi Arora
L-2021-BS-131-D

Arshdeep Kaur
<table>
<thead>
<tr>
<th>S.No.</th>
<th>Title</th>
<th>Name of the student</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Recycling in Everyday Life</td>
<td>Simranpreet Kaur Natt</td>
<td>1</td>
</tr>
<tr>
<td>2.</td>
<td>Food Security Challenges in the Modern World</td>
<td>Karnika</td>
<td>1</td>
</tr>
<tr>
<td>3.</td>
<td>Cyber Bullying</td>
<td>Aryan</td>
<td>2</td>
</tr>
<tr>
<td>5.</td>
<td>Environmental Pollution</td>
<td>Harsuneet Singh Dhillon</td>
<td>3</td>
</tr>
<tr>
<td>6.</td>
<td>Role of A I in Agriculture</td>
<td>Punya Sood</td>
<td>4</td>
</tr>
<tr>
<td>7.</td>
<td>Global Warming - Reality vs. Myth</td>
<td>Arshdeep Kaur</td>
<td>5</td>
</tr>
<tr>
<td>8.</td>
<td>Genome Editing in Agriculture: Unlocking New Avenues for Crop and Livestock Improvement</td>
<td>Harmeet Singh</td>
<td>6</td>
</tr>
<tr>
<td>9.</td>
<td>Crop Harvest related Festivals of India</td>
<td>Guranshpaul Singh</td>
<td>7</td>
</tr>
<tr>
<td>10.</td>
<td>Environment Pollution</td>
<td>Dushant Singh</td>
<td>10</td>
</tr>
<tr>
<td>11.</td>
<td>Mental Health</td>
<td>Jaspreet Kaur</td>
<td>11</td>
</tr>
<tr>
<td>12.</td>
<td>Agriculture's Legacy</td>
<td>Parve Ruturaj</td>
<td>11</td>
</tr>
<tr>
<td>13.</td>
<td>Unlocking the Secret Beauty and Health Benefits of Portobello Mushrooms in Punjab</td>
<td>Md Mirazuddin</td>
<td>12</td>
</tr>
<tr>
<td>14.</td>
<td>What if we are Able to Develop “Self-fertilizing Cereal Crops”?</td>
<td>Asif Islam</td>
<td>13</td>
</tr>
<tr>
<td>15.</td>
<td>Introduction to Algae Biofuel</td>
<td>Shreya</td>
<td>13</td>
</tr>
<tr>
<td>16.</td>
<td>Biofertilizer and Organic Farming</td>
<td>Nirmal Singh</td>
<td>14</td>
</tr>
<tr>
<td>17.</td>
<td>The Intersection of Fashion and Sustainability</td>
<td>Parul Bhatia</td>
<td>15</td>
</tr>
<tr>
<td>18.</td>
<td>Embracing the Green Revolution : The Power and Promise of Planet-Based Diets</td>
<td>Jyoti Verma</td>
<td>16</td>
</tr>
<tr>
<td>19.</td>
<td>Water Consumption and Rice Productivity under Puddled and Unpuddled Soils</td>
<td>Savreen Kaur</td>
<td>17</td>
</tr>
<tr>
<td>20.</td>
<td>Fact or Fiction?</td>
<td>Vidhi Arora</td>
<td>18</td>
</tr>
<tr>
<td>21.</td>
<td>The Undiscovered Dimensions</td>
<td>Tarundeep Kaur</td>
<td>19</td>
</tr>
<tr>
<td>22.</td>
<td>Wine: A Nutraceutical Drink</td>
<td>Priyanka</td>
<td>20</td>
</tr>
<tr>
<td>23.</td>
<td>Composting - Trash to Treasure</td>
<td>Tanushree Ghosh</td>
<td>22</td>
</tr>
</tbody>
</table>
Recycling in Everyday Life

As cited in our science world, ‘Reduce, Reuse and Recycle’, recycling plays an important part in our everyday life. With the rise in global warming and environmental pollution, recycling definitely becomes our last resort. Increasing carbon emissions with the rise in populations contribute significantly to our declining way of living. We rely on branded world to conquer our social status notion. We as humans always want to wear new clothes, watches, shoes, bags as we deny the very existence of the word recycling tending to decrease or harm our dignities. Recycling can be implemented significantly in our lives without having to worry about the increasing hole in our pockets. Our clothes can be recycled in an efficient manner to produce wearable side bags, tote bags. The cans which we utilize in our meals can be crushed and recycled to form useful decorative pieces. We can also utilize kitchen waste like orange peels, vegetable waste etc. to form compost or manure which boosts the growth of our plants in the kitchen garden. We can organize campaigns and donation drives to help the people in need and in dire demand for basic human necessities. Ice cream sticks, bottles can be utilized to form decorative hanging pieces. Belts can be cut at appropriate positions to form neck collar and leashes for our pets, dogs to be precise. Plastic should not be thrown as such and could be utilized effectively. Pillow covers can effectively be sewn to form bags and hand purses. Laces in our shoes can be woven to form clothing items and table cloth as well. Papers (newspapers), toys (discarded), books must be sold to vendors involved in recycling. Jewellery pieces can be assembled to form new neckpieces, earrings. Ecofriendly trash bins can be utilized to separate wet waste from dry waste. Shoes and clothes must be repeated instead of buying new ones. This is little of the much we can do to save our planet.

Simranpreet Kaur Natt
L-2020-B-S-142-D
(3rd Prize Creative Writing)

Food Security Challenges in the Modern World

Food security refers to a state where every person has the means to obtain adequate, safe and nutritious food that aligns with their dietary requirements and preferences, allowing them to lead healthy and active lives. The Food and Agriculture Organisation (FAO) of the United Nations identifies four crucial aspects of food security: the presence of enough food, the ability to access it, its proper utilization and the assurance of stability over time. Any deficiency in these dimensions can result in food insecurity posing risks to the health and welfare of communities.

It is a fundamental human right that remains an ongoing concern in the modern world. Despite technological advancements, globalization, westernization and increased agricultural productivity millions of people still struggle to access adequate and nutritious food.

Ensuring food security in the modern world is a complex and pressing challenge that requires collaboration between governments, international organisations and communities. As the global population continues to grow and climate change intensifies, the vulnerability of communities to food insecurity becomes increasingly apparent. Tackling these challenges requires a holistic approach that encompasses sustainable agricultural practices like promoting sustainable farming techniques that prioritize soil conservation, water management and biodiversity can enhance agricultural productivity while preserving natural resources, implementing climate-resilient agricultural practices and investing in research for climate-resistant crop varieties can help mitigate the impact of extreme weather events on food production, supporting small-scale farmers with access to resources, training and establishing effective social safety net programs can provide assistance to vulnerable populations during periods of food insecurity, educating communities about nutrition and healthy eating habits can improve food utilization and overall health and implementing strategies to reduce food waste at the consumer, retail, and production levels can enhance food availability without increasing production.

By working together and prioritizing the goal of ensuring ample access to nutritious and healthy food for all, we can build a more sustainable, resilient, and compassionate world, where food security is not a distant dream but a reality for everyone. Through concerted efforts and continued commitment, we can shape a future where no one goes to bed hungry, and where the dignity and well-being of all individuals are upheld through a robust and just food system.

Karnika
L-2021-C-S-149-D
Cyber Bullying

Within the labyrinth of Cyberspace, a modern menace known as cyber bullying casts its malevolent shadow. Behind the illuminated screens and avatars, individuals take refuge in anonymity, wielding words as weapons to torment their victims. Social media platforms and digital channels have become battleground where hurtful comments, malicious rumors and demanding posts are unleashed with a click. The repercussions are profound scars etched into the psyche of those on the receiving end. The victims, isolated and defenseless, grapple with the psychological toll, often enduring anxiety, depression and a shattered self esteem.

Yet, a counterforce rises, driven by empathy and solidarity. Advocates of kindness utilize the same platforms to spread messages of support, urging victims to speak out and seek help. Schools and organizations implement educational initiatives, arming individuals with knowledge to combat this digital plague. As society begins to recognize the gravity of cyber bullying, legislative measures also come to light, aiming to hold perpetrators accountable.

In digital age, the battle lines are drawn not just between screens, but within the hearts of those who navigate the online world. The war against cyber bullying wages on, fought by those who refuse to let technology be tainted by cruelty. Through collective effort, the hope is to reshape narrative, transforming the digital realm into realm of respect, empathy and unity.

Aryan

Cursed Agriculture: Unveiling the Dark side of Farming Practices

Agriculture, the backbone of civilization, has transformed from subsistence farming to an intricate global industry. However, hidden beneath the lush fields and bountiful harvests lies a concept known as “Cursed Agriculture” which casts a shadow over the very foundation of sustenance and progress.

Cursed agriculture embodies practices that bring forth detrimental consequences, adversely affecting ecosystem, soil health and human well being. One of its prime manifestations is deforestation, where vast expanses of forests are cleared to make way for farm lands. This process disrupts natural habitats, leading to the loss of biodiversity and intensifying climate change as trees (nature’s carbon sinks) are eradicated.

Monocropping, a practice often seen in cursed agriculture involves cultivating a single crop and extensive areas. This approach depletes the soil of specific nutrients required by the chosen crop, requiring copious artificial inputs that strain resources and disrupt the natural balance. Furthermore, it renders entire agricultural system susceptible to diseases and pests, endangering food security.

In the realm of cursed agriculture, the environment is not the sole victim, communities residing near such farms often face health risks due to exposure of the harmful chemicals. Also waterbodies get polluted due to the use of these chemicals and hence aquatic life as well as human life also get affected.

Addressing the cursed agriculture means to shift the conventional agriculture to sustainable agriculture by using more organic manures and doing cultural practices and to reduce the use of chemical fertilizers and pesticides to the minimum.

Damanpreet Singh
L-2021-A-105-BIV
Environmental Pollution

Environmental pollution has serious impacts on both human and the environment. It affects air quality, water quality, soil fertility, and public health. Poor air quality affects the respiratory system, leading to respiratory illness like asthma and bronchitis. Water pollution can lead to spread of diseases like cholera, typhoid and dysentery. Soil pollution can reduce crop yields, leading to food insecurity.

Air Pollution

It is the introduction of dangerous compounds into the atmosphere, which has a negative influence on the environment and humanity. Air pollution simply makes the air impure or contaminated. It happens when noxious gases, scents, dust or fumes are discharged into the air in concentrations that endanger human and animal comfort or health or can kill plant life.

Water Pollution

The act of contaminating water bodies, such as rivers, oceans, lakes, streams, aquifers, and ground water is known as water pollution. It happens when foreign, dangerous substances such as chemicals, garbage or polluted materials are released into bodies of water, either directly or indirectly.

Land Pollution

When the quality of the earth’s land surfaces in terms of ease, landscape and capacity to support life forms is compromised or destroyed, this is referred to as land pollution. It is frequently brought on by human activity and the misuse of land resources, both directly or indirectly.

Soil

Chemical pollutants can pollute soil or cause it to degrade through activities like mining, clearing vegetation, or top soil erosion. Typically it occurs when human activities bring harmful chemicals, substances or items into the soil.

Noise

Noise pollution is an unpleasant sound or a sound that causes excruciating ear pain. Noise pollution is described as unpleasant or unwanted sound levels that cause significant distress to all living beings.

Causes

Environmental pollution has variety of causes. One of the most prominent is the burning of fossil fuels, such as coal, oil and gas by power plants, factories and automobiles. This produces large amounts of CO₂ which is major contributor to global climate change. Other sources of environmental pollution include agricultural practices such as over fertilization and the use of pesticides and industrial processes such as mining, manufacturing and waste disposal.

Remedies

To prevent environmental pollution, we must reduce the emissions of various pollutants. We can do this by switching to renewable sources of energy like solar, wind and hydroelectric power. We should reduce our reliance on fossil fuels and use more efficient transportation methods. We should also reduce the emissions of harmful industrial chemicals and practice sustainable agriculture. Additionally, we should increase public awareness of environmental pollution and its impact and promote eco-friendly lifestyles.

The world is facing an ever growing threat from pollution, which if left unchecked will have catastrophic consequences. Education and taking conscious action plan can play a key role in helping to reduce environmental pollution.

Harsuneet Singh Dhillon
BL-2020-A-090-BVI
Role of AI in Agriculture

**Introduction:** Artificial Intelligence has created a boon in agriculture. Agriculture, since thousands of years, has been helping people by sustaining lives of the millenia. With the help of AI there has been a huge development in agriculture sector.

**Precision Agriculture:** AI with its precision technology help to locate crops suffering from diseases, checking on soil moisture, soil salinity and farmers can easily keep a check on the condition of their farms, precisely water them and plant crops as and when needed.

**Monitoring Crop Health and Recognising Diseases:** AI along with technology can scan the fruits and the crop grown, for any infestation, genetic problems, attack by pests, insects, microorganisms or disease conditions. It helps the farmer to spray their crops with pesticides, insecticides, and fertilizers as when needed and hence, timely protect them.

**Autonomous Machinery:** Agriculture these days, requires smartwork and not hardwork. Autonomous machinery operated by AI includes tractors operated with cameras for scanning, seed plotters which create troughs in the soil for required depth, machinery for temperature control while watering, AI installed irrigation drip system has also helped.

**Climate Resilience:** AI with the help of satellite can predict climate, water upon rainfall, precipicicy, humidity, drought conditions etc. and hence, farmers can water their plants accordingly.

**Speed Chain Optimization:** It has helped to create links and hence, farmer’s market has been increased. It helped with monitor-sensitized locking systems for transport vehicles which prevent pilferage and ensure safe and fresh produce reaches all.

**Prediction Agriculture:** Prediction agriculture helps farmers to predict trends, market strategy, climatic conditions, crop variety that is most sustainable for a particular area with advanced benefits and hence, toil their hardwork accordingly.

**Genetic Mutation and Cross Breeding:** AI has helped in identifying plant species, their genetic advancement and how it would yield the best varieties with the help of genetic mutation. It has helped to create highly nutritive genetic varieties.

**Conclusion:** Artificial Intelligence with its precision technology, cross breeding, climatic resilience technologies has helped over 1 million farmers worldwide. With its optimum usage we can generate varieties that have high yields, are climate resilient i.e. can withstand harsh climate, create new farmer’s market and hence, help farmers grow and in turn, help our nation grow.

Punya Sood
L-2022-C SC-33-B ND
(1st Prize Creative Writing)
Global Warming is a rising menace of 21st century. Ever since the era of industrialization began, the mankind has been notoriously destroying the environment. Though the needs and luxuries of our lives have been adequately fulfilled, it is at the cost of our nature that we are able to enjoy them. From a thing as small as a pin to as large as a building everything is being manufactured or constructed by the destruction of our planet. It has been widely documented by scientists and is no longer suspected to be a myth.

With the advent of industrialization factories and industrial units have long been emitting noxious gases like methane, carbon dioxide, nitrogen oxides that contribute in raising the temperature of the atmosphere. These gases are generally referred to as greenhouse gases as they entrap the light emitted by the earth, thus rising the temperature of the planet.

Scientists have already proved in their studies how the gases called CFCs (chlorofluorocarbons) emitted from the air conditioners degrade the ozone layer of the atmosphere, that hinders the entrance of UV light into the atmosphere. However, with these harmful gases interfering with the chemical process of ozone production, thereby increase the global warming effect.

Additionally, consequences of global warming like melting of polar glaciers, rapid increase in the sea level, climate change have all been evidently experienced in the past five decades. The average temperature of the planet has increased by 0.6°C in the past 10 years. The glaciers at the poles are melting at an alarming rate, consequently increasing the sea levels. It has been proven that the Atlantic Ocean has already risen by 3 inches in the last two decades. These facts are debunking the arguments against the issue of global warming.

Our human tendency to exploit our resources until they reach their exhaustion limit has successfully put our planet in peril. By destroying the trees and wild habitat, the wild animals are left with no home and thus endanger the human settlements. Many species of animals and plants have gone extinct due to their selfishness. Mainly the activities like deforestation have aired the flame of global warming. Its consequences are also visible in the agricultural sector. The rising temperature has put the crops in heat stress which has ramified into decreased yields and thus, threatening the food security.

Hereby, I can conclude that the issue of global warming is no more a myth but a horrible reality that can end our comfortable life on this planet into an apocalypse. It is high time that we start to incorporate some measures into our routines that can help curb this menace to provide sustainable life to our future generations who equally deserve to enjoy our natural resources endowed to us by mother earth.

Arshdeep Kaur
(2nd Prize Creative Writing)
Genome Editing in Agriculture: Unlocking New Avenues for Crop and Livestock Improvement

Since the last decade genome editing (GE) has emerged as a revolutionary tool that holds immense potential for transforming agriculture and allied sectors, addressing global challenges such as food and nutritional security, climate change and sustainable agriculture. By precisely modifying the genetic makeup of crop plants and animals, scientists including plant and animal breeders have been able to open new avenues to enhance crop yield and nutritional value, resilience to environmental stresses and cattle productivity. This technology is ultimately reshaping the way we humans cultivate and consume our food.

Distinction from GMOs

There has been lot of controversy regarding production and consumption of genetically modified (GM) crops since their advent in mid 90s. It generally means introducing foreign gene into a plant/animal genome in order to improve them for human benefits. Gene editing technique, however, is significantly different from traditional GMOs in terms of technique, precision, effectiveness and power. GE generally involves precise modification in the target genome using different tools without introducing any foreign species DNA segment. Such a modification would ideally result in character improvement in that target species. Some already commercialized GE-derived products are nutritious Tomato (Japan), high-starch Maize (Canada, U.S., Argentina, Chile, Brazil & Japan), non-browning Mushroom and Mustard greens with high palatability (U.S) and high oleic-acid Soybean (U.S. & China).

Power of genome editing

Genome editing, a tool in new plant breeding techniques (NPBTs), have ushered in a new era of precise genetic modification. Unlike traditional crossbreeding, random mutagenesis or GMOs, genome editing allows researchers to target and modify any gene with unmatched accuracy (at least theoretically). As a part of NPBTs, it can greatly assist in prebreeding but cannot replace commercial and maintenance breeding aspects. Among many others, CRISPR/Cas9 is most popular approach in GE (Fig.1). This facilitates the creation of superior crop varieties such as disease resistance, water stress tolerance and improved nutritional content such as drought tolerant wheat, highly nutritious berry or cattle with more milk or meat productivity.

Tackling Climatic Challenges

One of the key challenges in agriculture today is adapting crops to changing climate such as extreme weather conditions namely heat, drought, flood or salinity. With GE, scientists can develop climate-resilient varieties by introducing desirable genetic variations enabling crop plants to face adverse climates and diseases.

Improved Nutritional Value

Today, GE also offers an opportunity to enhance nutritional profile of different crops. By precisely altering the genes controlling nutrient synthesis and storage, researchers can enrich crops with essential vitamins, minerals and proteins. This has the potential to address global problems like malnutrition especially in developing count, where staple foods lack adequate nutritional value such as millets and pulses.

Reducing Agro-chemical dependence

GE can also contribute to sustainable agriculture by reducing the need of chemical pesticides and fertilizers. By introducing genes that confer natural resistance to pests/ disease or enhanced nutrient use efficiency, breeders can develop resilient crops without using agro-chemicals. This will not only benefit environment but also safeguard human or livestock health and reduce production cost, thus beneficiating the farmers and consumers.

Enhanced livestock productivity

Today, GE technology allows for modifications that lead to improvement in livestock production traits, animal health and welfare including cattle, pigs, sheep, goats and fishes. It can be achieved by zygote manipulation, disease modeling and embryo transfer. The major applications of GE in livestock include milk quality, meat and fiber production, disease resistance and reproduction traits.

Key Challenges

In general, some current major limitations of genome editing include off-target effects, regulatory and ethical concerns, targeting complex traits, unpredictable outcomes, intellectual property and public acceptance. While its efficiency and accuracy is getting continuously improved, potential off-target mutation is still a key hurdle for producing improved agricultural products. There is still debate about its potential benefits and risks both to human health and environment such as biodiversity loss & species dominance; so global regulatory laws need to consider all these points to make a decision before commercializing it.

In nutshell, genome editing has emerged as a transformative tool in realm of agriculture, offering great opportunities to enhance crop productivity, nutrition and sustainability (Fig.2). By striking delicate balance between innovation and responsibility, we can harness its power to offer more resilient, healthy and sustainable agricultural future for generations to come.

Harmeet Singh
L-2016-A-107-M
Crop Harvest related Festivals of India

India’s rich heritage has been built over the centuries and this has led to a huge variety in Indian life, soul and festivals. There is a great diversity in the Indian regions and these diversities have brought about an assortment of rituals and festivals. India is often called as the land of festivals and fairs where each day is some kind of celebration and there are more festivals celebrated in India than anywhere else in the world. India is considered as a colourful nation where people celebrate with full vigor and joy. India has 29 states and every state celebrates crop related harvest festivals at different times in the year. The first yield of the crop is a delight for the people and they celebrate it cheerfully as a festival. These festivals are as incredible and diverse as its people and landscapes and let you experience the beauty of the Indian culture. However, dates for harvest festivals in different parts of the country vary due to diversity in climate.

In this article, an effort has been made to compile harvest festivals of India.

HARVEST FESTIVALS OF NORTH INDIA

1. Baisakhi/Vaisakhi

The festival of Baisakhi is celebrated to mark the onset of spring in India. The time of Baisakhi usually signifies the end of the harvest season, and is an occasion of tremendous joy and festivity for farmers. People of Punjab and Haryana celebrate Baisakhi or Vaisakhi by thanking the almighty God for the good harvest. In other parts of India, Baisakhi is known by diverse names - Pohela Boishakh in West Bengal, Bohag Bihu in Assam, Puthandu in Tamil Nadu, Bihu in Uttarakhand, Ugadi in Andhra Pradesh and Karnatakta, PooramVishu in Kerala and MahaVishuva Sankranti in Odisha. The farmers of the country express their happiness and delight through this Indian harvest festival. People wear their best colourful dresses, sing the happiest songs, and dance to the melodious beats of Dhol. It is the most loved harvest festival of Punjab. Baisakhi fairs are also organized where acrobatics, wrestling, algoza, and vanjli performances can be seen which makes it one of the most interesting harvest festivals celebrated in India. Men’s Bhangra and women’s Giddha are the main attractions of the Baisakhi celebration.

Bhangra and Gidha being performed on occasion of Baisakhi

2. Makar Sankranti

The festivities associated with Makar Sankranti are known by various names like Maghi Sangrand in Punjab, Makara Sankranti in Kerala, Magh Bihu in Assam, Maghi Saaji in Himachal Pradesh, Maghi Sangrand or Uttarain (Uttarayana) in Jammu, Sakrat in Haryana, Sakraat in Rajasthan, Sukarat in central India, Pongal in Tamil Nadu, Uttarayana in Gujarat and Uttar Pradesh, Ghughuti in Uttarakhand, Dahi Chura in Bihar, Makar Sankranti in Odisha, Kannakata, Mahrashtra, Goa, West Bengal (also called Poush Sankranti or Mokor Sankranti), Uttar Pradesh (also called Khichidi Sankranti), Uttarakhand (also called Uttarayani) or as simply, Sankranti in Andhra Pradesh and Telangana, Maghe Sankranti (Nepal), Songkran (Thailand), Thingyan (Myanmar), Mohan Songkran (Cambodia), Til Sakraat in Mithila, and Shishur Senkrath (Kashmir).

Makar Sankranti is the oldest and the most colourful harvest festival in India. It is also the most celebrated harvest festival of North India. Makar Sankranti marks the sun’s arrival into the zodiac sign of Makara (Capricorn) as it moves along its celestial route. Particularly in villages of Punjab, Haryana, Himachal Pradesh, Gujarat, Kerala, Tamil Nadu and West Bengal, people celebrate
the harvest of new crops with a bonfire, carnivals, songs, dances, kite flying, and rallies. Kumbh Mela is one of the key attractions during this festival.

3. Lohri

Lohri is celebrated in parts of Northern India a night before Makar Sankranti. It is a popular Indian festival that is celebrated to mark the beginning of the harvest season for winter crops. Every year, during the month of Paush (poh), a day before Makar Sankranti - usually on January 13, with much fanfare especially by the people of Punjab, Lohri is celebrated. Lohri is a well-known harvest celebration in Punjab that features traditional dance and music. It heralds the conclusion of the winter season and is historically said to usher in the return of the sun to the northern hemisphere. To beat the winter chill, the entire family and neighbours congregate around a campfire and sing together, offering grains, corns, and nuts to honour and appreciate the spectacular harvest of sugarcane crops. The Punjabi traditional Sunder Mundriye, which is sung by everyone, is one of the festival’s main attractions. The festival is also popular in other parts of the country such as Himachal Pradesh, Haryana and Jammu.

4. Basant Panchami

In the northern regions of the country, especially Punjab, Basant Panchami is treated as a spring harvest festival celebrated in veneration of the yellow flowers of ripened mustard crops, strewn across their agricultural fields. One of the most popular harvesting festivals of India, Basant Panchami marks the onset of the spring season, a good time for crops and harvest. Celebrated in different states of North India, it is considered an auspicious day. This festival is associated with yellow colour, which is a colour of spirituality. One can see the magnificent mustard crop fields in the countryside, especially rural areas of Punjab and Haryana. On this day, Indian cuisines like sweetened rice, Maaki di Roti, and Sarson Da Saag are relished by people.

HARVEST FESTIVALS OF NORTH-EAST INDIA

5. Bhogali Bihu or Bohag Bihu

A popular harvest festival celebrated in the state of Assam, Bohag Bihu marks the beginning of seeding time. It is one part of the annual Bihu festival, which is celebrated thrice a year, with Kati Bihu and Magh Bihu being observed in the months of October and January, respectively. While the former marks the completion of sowing, the latter stands for the culmination of the harvesting period. Bohag Bihu is the most significant of the three as it marks the start of the Assamese New Year. It is also called Rongaali (rong meaning joy) as is a time of joy and optimism for all. The entire state of Assam showcases enthusiasm and delight in celebrating Bhogali Bihu. The farmers of Assam celebrate and cherish the efforts of cultivation and reap the benefits. The celebration starts one night before with Uruka-the community feast. On the day of Bihu, the mejis or pavilion made of clay and hay are burnt. Local women wear stunning mukhlas and participate in group songs and dance. This festival is also known as Magh Bihu. It is thought that the event began when the valley’s inhabitants began tilling the ground. Bihu is thought to be as old as the Brahmaputra River.

6. Gudi Padwa

Gudi Padwa is a grand spring season festival celebrated to mark the start of a prosperous new year. It is celebrated in and around Maharashtra, Goa, Madhya Pradesh and the union territory of Dadra and Nagar Haveli and Daman and Diu at
the start of Chaitra, the first month of the lunisolar Hindu calendar. This festival is observed with colourful floor decorations called rangoli, a special Gudi dvaja (a saree or piece of cloth garlanded with flowers, mango and neem leaves, sugar crystal garland called gathi, topped with upturned silver or copper vessels), street processions, dancing, and festive foods. Local people make Gudi (bamboo doll) and hang them at the entrance. Gudi Padwa is also considered the harvest festival, which shows that the rabi crop has ended for the season. This is the time when mangoes and other fruits are reaped. Folks meet friends and relatives, exchange wishes, and women cook sweets like Puran Poli, Shrikhand, and Sunth Paak. The festival is also celebrated in Karnataka and Andhra Pradesh and is called Ugadi.

Nabanna is celebrated by worshipping the Golaghor (storehouse). Festivities include making traditional cakes named “pitha”. According to folk custom, a community cannot enjoy the new rice crop until Lakshmi is first offered nabanna (“new food” or “new rice”). Farmers will cut and husk a special variety of rice and typically offer it prepared as rice porridge. In some cases, ancestral spirits and local deities are also the intended recipients of the offering. Other customs during the festival include greeting the moon with lamps, giving children gifts and sweetened milk, and offering rice and other types of food to crows.

HARVEST FESTIVALS OF SOUTH INDIA

8. Onam

Onam is an annual harvest festival celebrated predominantly by the people of Kerala. A major annual event for Keralites, it is the official festival of the state and includes a spectrum of cultural events. Kerala during Onam is marked by happiness, excitement and enjoyment among all sections of people. Onam is celebrated as an outcome of reasons that have to do with mythology as well as old agrarian practices. The festival is celebrated for 10 days, beginning with the atham asterism in the month of Chingam (August/September) as per the local calendar, with the arrival of Mahabali. These 10 days represents a remarkable and amazing display of the culture and beauty of Kerala. Celebrations include Sadhya, Thiruvathira Kali, Pookalam, Ona-thallu, Pulikali, Onavillu, and welcome songs for King Mahabali. To relish the successful harvest, Malayalee people decorate their house entrance with floral rangoli, wear new traditional clothes; women cook delicious food, and celebrate with traditional music and dance. The key attractions of Onam festival include traditional Kerala cuisine recipes like Rasam, Payasam, Avial, brown rice, and parippu curry are offered to guests in traditional green leaf, snake boat race, and tiger dance are also exciting to watch.
Kummattikali Mask dance being performed on occasion of Onam

9. Pongal

Pongal is another name for Makar Sankranti, which is celebrated during the same time in various cities of Tamil Nadu. Pongal means ‘overflow’ or ‘boiling over’ and is dedicated to the sun god, Surya. It is observed at the start of the month Thai according to Tamil solar calendar. This is a thanksgiving celebration where people express their deep gratitude to Mother Nature for the produce of the year. This is one of the most colourful harvest festivals of India celebrated for 4 days and is amongst the most popular festivals of Tamil Nadu. The first day is the Bhogi Festival devoted to Lord Indra for an abundance of rain. On the second day, newly harvested rice and milk are cooked outdoor and offered to Sun God Surya. The third day is for cow worship and on the fourth day, Pongal or traditional colored rice is offered with turmeric, betel leaf, and betel nuts. The three days of the Pongal festival are called Bhogi Pongal, Surya Pongal and Mattu Pongal. Some Tamils celebrate a fourth day of Pongal known as Kanum Pongal. The key attractions of Pongal festival are that houses are decorated with Kolam, the bull-taming contests, a bonfire with agricultural wastes, and worship for the family’s prosperity.

10. Ugadi

Ugadi or Yugadi is celebrated as the beginning of the New Year in Andhra Pradesh, Telangana and Karnataka. Ugadi is made up of two different words - Yug (era) and Adi (new beginning). Thus, Yugadi stands for new beginnings. The belief behind this is that Lord Brahma created the world on this day and that is why it is celebrated as the first day of the Hindu calendar. This harvest festival is considered auspicious to start new work and ventures. On the day, local people take an oil bath, wear traditional clothes, decorate homes with earthen lamps and rangoli, and perform Ugadi puja at home. The Ugadi delicacies like Ugadi Pachadi, Pulihora, and Bobbatlu are prepared with raw mango, jaggery, neem and tamarind. The festivities of Ugadi coincide with “Chaitra Navratri” celebrated in north Indian states and “Gudi Padwa” celebrated in the central state of Maharashtra. The festival is called “Yugadi” in Karnataka, and Visu in Tamil Nadu and Kerala.

Guranshpaul Singh
BL-2020-A-080-BV1

Environment Pollution

Environment is the shield,
That protects Earth from being peeled.
But what we have done,
We let it degrade as a dump.
The air which gives us life,
Has now lost its own price.
The water which keeps us alive,
Has now lost its own drive.
The soil which gives us food,
Has now lost its own livelihood.
But what can we do,
Protect environment too.
But how can we do,
The only way is to adopt sustainability.
At last what must we do,
Create awareness as much as you can do.

Dushant Singh
Mental Health

WHO defines health as physical, mental, spiritual fitness. However, in this modern era we have completely taken our minds for granted. When we show symptoms of common cold, or a fever, any other physical ailment we directly approach doctors without any shame and guilt. On the contrary, when we are not feeling good, from outside we are fine, we are showing no physical manifestations of the problem we are facing, but deep down we know we are not fine, we hesitate to even go to a therapist. In fact we are ashamed of telling anyone that we are not feeling good. We all must have heard the story of a father and son who were going with their donkey and how they changed themselves and their decisions according to commentary of other people. The point is, if due to the fear of shame of what people will say we will continue to ignore our mental health, then it is going to take a toll on our physical health as well. People are always going to say something even when you do something good or vice versa. So why to care for people who are never going to show up to wipe our tears, to pay our bills, to make us happy?? Haven’t you heard ‘duniya ka sabse bada rog, kaya kahenge log?’

It’s high time to not ignore the holistic approach of health and run towards vague issues like what will people say. We are going to get our degrees for sure, we will land a decent job, we are going to win the competition, but amidst all this race of life and wants and wants... we are going to lose ourselves.

Start putting yourself above everyone else. The problem is we always put others on a pedestal thinking that they are the most significant people in our lives, but this is not true. Everyone will at some point of life, act against our expectations but the only person who is always there for us would be ourselves. I have heard a lot of times people say, they are sad because of ABC person, they hurt me etc. I read somewhere, ‘nothing can destroy an iron but only its own rust’. This is a very small statement but surely a powerful one. We come across a lot of things, people, in our lives and they might or might not be the ones that we want to remember. We always say and cringe that we are sad because of them, we are losers because of them. But trust me, the trigger might be an external one but the impact or the reaction is always our choice and always will be. If the choice is there, then why not choose to be calm and patient rather than turning on our defensive and complainer’s mode.

So, start taking care of yourself like you want to take care of somebody you love.

Take the mantle in your own hands. Stop struggling inside and reach out in need of support. Not everyone will laugh at you. There are good people as well and in fact the professional ones are the most reliable people to dwell upon. Take time out from your busy schedule and breathe for a while. Go out for a walk. Stop living within the four walls of your damn room.

Jaspreet Kaur
L-2021-55-292-IM

Agriculture's Legacy

In fields of green, a labor's embrace; Farmers nurture life with skill and grace. Sun and rain, their guiding song; Agriculture's dance, forever strong. Across the rolling land, a farmer's stride, Tending crops with care, side by side; Soil's embrace, a promise to sow, Agriculture's rhythm, a life to grow. Rustic scenes where plows mark the earth; Seeds find a home, a place of rebirth. With patient hands and sunlit hours; Bountiful harvests, nature's powers. Barns stand tall against the sky so blue; Harvest's reward a dream come true. From dawn till dusk, their efforts persist; Agriculture's legacy, forever exists.

Parve Ruturaj
L-2021-A-89-BIV
Unlocking the Secret Beauty and Health Benefits of Portobello Mushrooms in Punjab

Portobello mushrooms, with their robust flavour and meaty texture, have earned their place as a culinary star in kitchens worldwide. India has many different types of food, just like its culture has many different traditions. Now is a good time to show the people in Punjab, a lively state in India, how wonderful and healthy Portobello mushrooms are. Punjab is famous for its delicious traditional food, and if we use Portobello mushrooms, we can make the food even better and healthier. Let’s learn more about Portobellos and see how they can make Punjabi food tastier and help people stay healthier.

Portobello mushrooms are not only delectable; they’re also a nutritional powerhouse. Packed with essential vitamins and minerals, they can be a valuable addition to the Punjabi diet. The vitamins, particularly B vitamins like riboflavin and niacin, support energy production and heart-healthy delight.

Adding Portobello mushrooms to Punjabi food is good for your heart. These mushrooms don’t have many calories and no cholesterol. They’re full of potassium, which helps keep your blood pressure healthy and your heart working well. This is important in a place like Punjab where people love hearty meals.

**Strengthening the Immune System:**

These mushrooms are also known to support the immune system. They contain compounds like beta-glucans, which have been linked to immune-boosting effects. Additionally, portobello contain ergosterol, a precursor to vitamin D, which is essential for immune function, bone health, and overall well-being.

**Rich in Antioxidants:**

Portobello mushrooms are a treasure trove of antioxidants, which play a crucial role in combating oxidative stress and reducing the risk of chronic diseases. Antioxidants, such as ergothioneine and selenium found in portobello, help neutralize harmful free radicals in the body, contributing to better overall health.

**The Hidden Beauty of Flavour and Versatility:**

The beauty of portobello mushrooms isn’t just in their nutritional content; it’s also in their bold, earthy flavour and versatility in the kitchen. These mushrooms can be a fantastic meat substitute in vegetarian and vegan dishes, adding a hearty texture and a satisfying taste. In Punjab, where food is celebrated with passion, Portobello can introduce a new dimension to traditional recipes.

**Mouthwatering Recipes:**

To truly appreciate the beauty and flavour of portobello mushrooms, try these delightful recipes:

1. **Grilled Portobello Burgers:** Marinade portobello caps in a mixture of olive oil, balsamic vinegar, garlic, and herbs, then grill them to perfection. Serve on whole-grain buns with your favourite burger toppings for a delicious and nutritious plant-based meal.

2. **Stuffed Portobello:** Remove the stems from portobello caps and stuff them with a mixture of quinoa, sautéed vegetables, and your choice of cheese. Bake until the mushrooms are tender and the filling is golden brown.

3. **Portobello Pizzas:** Use portobello caps as a base for mini pizzas. Top with tomato sauce, mozzarella cheese, and your favourite pizza toppings. Bake until the cheese is melted and bubbly.

To introduce the beauty of Portobello mushrooms into Punjabi households, consider these mouthwatering recipes:

1. **Portobello Bhurji:** Create a unique twist on the classic Punjabi dish by replacing paneer with finely chopped Portobello mushrooms in a spicy tomato-onion masala. Enjoy this protein-rich delicacy with hot rotis or paranthas.

2. **Portobello Tikka:** Marinate Portobello mushroom caps in a blend of yogurt, spices, and herbs, then grill them to perfection. Serve with mint chutney for an appetizing and healthy snack.

3. **Portobello Curry:** Enhance the traditional Punjabi curry by adding sliced Portobello mushrooms. Their texture and flavour will complement the rich, aromatic gravy, creating a dish that’s both satisfying and nutritious.

Md Mirazuddin
L-2022-BS-216-M
What if we are Able to Develop “Self-fertilizing Cereal Crops”?

Leguminous crops have evolved to develop a ‘self-fertilizing’ machinery by establishing a symbiotic relationship with nitrogen fixing microbes like Rhizobium, Bradyrhizobium etc. These plants secrete certain alluring chemical compounds known as rhizopines that attract the nitrogen-fixers to form nodules. They avail the carbohydrates synthesized by the plants and in turn fix inorganic nitrogen from atmosphere into organic form.

To synthesize ammonium ions from dinitrogen, plants have to sacrifice 16 ATPs at the cost of their production. This pitfall needs to be addressed while addressing the desired goal.

Asif Islam
L - 2021-A - 155-M

Introduction to Algae Biofuel

There are many organisms out there from which Bio-fuel can be derived. Algae is one of these organisms and although algae bio-fuel is not that popular right now, events could be heading in a direction that would make it a lot more popular before too much time has passed.

The main reason that algae biofuel could become popular has to do with the method that creates it. Algae is a photosynthetic organism just like other plants and for that reason, it has the ability to capture CO2 and then turn that CO2 into O2 in the presence of sunlight and create more biomass as a result. That biomass then can be used to derive bio-fuel which in turn can also be used to power many of the vehicles that are already on road today.

If it is able to do this, the question then becomes why is this type of bio-fuel is not popular right now? The best way to answer that question is to take a look at the economics of the situation. Right now, the average algal mat will run you between $10 for every kilogram of substance that you purchase and when you do the math, what you will see is that even with the increased cost of oil it is still definitely true that conventional fossil fuels beat these algae derived fuels in terms of cost.

As oil begins to become even scarcer and the global food shortages force people to rethink using crops like soybeans and corn for fuel, things like algae bio-fuel may become economically viable alternatives in the not-too-distant future. With more companies involved in harvesting them, we could also see the cost go down enough that you might be able to save money with this fuel versus conventional fossil fuels.

Another advantage of algae bio-fuel is that it doesn’t increase the amount of CO2 in the atmosphere. Anything released by the fuel during consumption was CO2 that was converted to O2 previously by the algae when it was brought down from atmosphere.

Although, this type of fuel wouldn’t reduce the level of CO2, it would also not increase it and that is an improvement on traditional hydrocarbon - based fuel.

Shreya
L - 2020-A-62-BIV
Biofertilizer and Organic Farming

Biofertilizers are biological products comprising living microorganisms that, when administered to seeds, plant surfaces, or soil, stimulate growth whereas, broadly organic fertilizers are acquired from plants, animals and microorganisms. They contain abundant nutrients like nitrogen, phosphorous, and potassium. Biofertilizers offers eco-friendly and cost-effective alternatives to synthetic fertilizers. These beneficial products can be applied directly to the soil or used in conjunction with their organic farming practices, such as composting and mulching, to enhance the nutrient content and flavor of crops, also they fortify plants against diseases and pests. Furthermore, they enhance plant resilience to diseases and pest. Organic farming constitutes a subset of agriculture that underscores natural approaches like composting, vermicomposting and employing organic fertilizers and pest management by following organic treatments, i.e. seed treatment by using beejamrit (organic pesticide). Organic cultivators cultivate their crops without resorting to synthetic fertilizers, chemicals or genetic modification. Instead they depend on naturally existing soil nutrients and organic materials, such as compost and manure, to furnish vital nutrients and minerals to their plants. Additionally, organic farmers adhere to conventional farming practices that foster biodiversity, soil richness, and water conservation. The focal point of organic farming lies in producing food in an ecologically conscious manner, while also showing deference to animals and the environment.

Anticipated at a compound annual growth rate (CAGR) of 12.04%, the global biofertilizers market is set to expand from $2.02 billion to $4.47 billion throughout the projected period. Within the realm of agriculture, organic farming stands out as one of the most rapidly advancing techniques, encompassing a substantial 72.3 million hectares of agricultural land worldwide under its management, as reported by the research institute of organic agriculture. The utilization of synthetic fertilizers has resulted in soil contamination and the depletion of microorganisms. Consequently, organic farming is swiftly gaining popularity as a means to counteract soil pollution. Through the optimal utilization of local resources, organic agriculture effectively enhances soil fertility, all while circumventing the use of agrochemicals, genetically modified organisms (GMOs), and numerous synthetic compounds employed as food additives. The escalating desire for organic produce serves as a driving force for farmers to embrace bio-based fertilizers that align with the principles of organic food production. With a heightened appreciation for such products and their increasing adoption among farmers across both developing and developed economics, the biofertilizers market is poised for positive growth in the forthcoming years.

Moreover, the surge in both the desire for food products and individual income levels has generated significant prospects for the expansion of the biofertilizers market across diverse global regions and nations. Organic farming encompasses a range of techniques, including biofertilizers, potash utilization, greenhouse and hydroponic farming, pellet fertilization, seaweed-based fertilization, biogas production anaerobic digesters, biopesticides, and organic manure application. These practices collectively contribute to the comprehensive framework of organic farming.

Nirmal Singh
L-2019-BS-14-IM
Though trends change quickly in the fashion industry, the demand for sustainability never goes away. The intersection of fashion and sustainability is gaining increasing attention as consumers and the industry become more conscious of the negative impacts that clothing production and consumption have on the environment and society. This article examines the complex link between fashion and sustainability, stressing the efforts and difficulties in fostering an ethical and environmentally responsible fashion industry.

**Sustainable Fashion: Beyond the Trend**

Sustainable fashion, sometimes known as "eco-fashion," aims to reduce the detrimental consequences caused due to production of clothes on the environment and society.

Traditional fashion methods frequently rely on resource-intensive techniques, which add to pollution, waste, and labor exploitation. Conversely, sustainable fashion centers around ethical practices across the fashion lifecycle, from material sourcing and design through production, distribution, and even final garment disposal.

**Materials Matter: From Organic Cotton to Recycled Polyester**

The selection of materials is at the core of sustainable fashion. Organic cotton, hemp, and recycled fibers are among the eco-friendly materials that designers are progressively adopting. These resources lessen the need for raw materials with a high resource requirement and support practices having lower deleterious effects.

For instance, recycled polyester reuses discarded plastic, lowering the demand for virgin polyester manufacture, which depends on fossil fuels. This strategy helps to reduce trash while also reducing pollution. Additionally, environment friendly products frequently come with certificates that attest to their ethical manufacture, fair labor practices, and secure working circumstances for those engaged in their production.

**Slow Fashion Vs. Fast Fashion: Quality Over Quantity**

Fast fashion has dominated the market for decades because of its quick manufacturing and low cost. However, this paradigm is related to significant waste and unethical behavior. The idea of "slow fashion" contradicts this paradigm sustainably. Slow fashion promotes long-lasting clothing that eliminates the need for frequent replacements by focusing on durability, timeless designs and high-quality craftsmanship.

**Closing The Loop: Circular Fashion Economy**

The idea of a circular fashion economy is to reduce waste. Strategies like renting clothes, buying used and mending clothing have gained popularity. To reuse textiles and lessen the demand for natural resources, brands should organize recycling and take-back programs.

**Challenges and Future Prospects**

Although there have been notable advancements sustainably, obstacles still exist. For some consumers, green fashion may be less affordable due to the expense of sustainable materials and manufacturing techniques. Furthermore, a move away from the rapid fashion paradigm could necessitate a shift in consumer mindsets towards buying fewer, higher-quality clothing.

In conclusion, the nexus between sustainability and fashion is changing the face of the sector. Every step of the fashion supply chain from the procurement of materials to consumer usage and disposal requires thoughtful decision-making. The aim should be to create a future of fashion that is more sustainable and responsible by making educated decisions and supporting eco-friendly products.

Parul Bhatia
L-2020-BS-36-IM
Embracing the Green Revolution: The Power and Promise of Planet-Based Diets

In recent years, an ever growing movement towards sustainable and healthier lifestyle has given rise to the popularity of plant-based diets. Fueled by concerns about the environment, animal welfare and personal well-being, people around the world are increasingly turning to plant-based diets as a means to transform their lives and contribute to a more sustainable future. This article explores the benefits, misconceptions and practical aspects of plant based diets in today’s world. A plant based diet centers around the consumption of whole, minimally processed foods sourced primarily from plants. It emphasizes fruits, vegetables, legumes, nuts, seeds and whole grains while reducing or eliminating animal products such as meat, dairy and eggs. There are various forms of plant based diets, including vegan, vegetarian and flexitarian, each with its own unique set of principles.

Numerous scientific studies demonstrated that adopting a plant-based diet can lead to a wide array of health benefits. Plant-based diets are high in fibre, antioxidants, vitamins and minerals, which can lower the chances of chronic diseases like heart disease, Type 2 diabetes, hypertension and some malignancies. Additionally, plant-based diets are often lower in saturated fats and cholesterol, promoting healthier cholesterol levels and improving overall cardiovascular health. One of the most significant drivers behind the adoption of plant-based diets is the concern over the environmental impact of animal agriculture. Livestock farming has been linked to deforestation, greenhouse gas emissions and water pollution. By choosing plant based foods, individuals can significantly lower their carbon footprint and help combat climate change. Plants based foods often need fewer resources and emit fewer greenhouse gas emissions than animal-derived items.

For many, plant-based diets also represent an ethical choice. The industrial farming system often raises concerns about animal welfare and the treatment of animals. By adopting plant-based diets, individuals can align their values with their dietary choices, contributing to a more compassionate approach to food consumption. Despite the growing awareness of plant-based diets, certain misconceptions persist. One of the most common misconceptions is that plant-based diets lack sufficient protein. In reality, a well-planned plant-based diet can provide all essential amino acids and meet protein requirements for most individuals. Foods like tofu, tempeh, legumes, quinoa and nuts are excellent protein sources. Another concern is the potential for nutrient deficiencies. However, with proper planning and attention to food choices, plant-based diets can be nutritionally complete. Fortified plant-based milk alternatives, vitamin B12 supplements and a diverse intake of fruits and vegetables can address potential nutrients gaps.

Embracing a plant-based diet is not only an individual choice but also a powerful step towards a more sustainable and compassionate world. With the numerous health benefits, positive environmental impact, and ethical considerations, plant-based diets offer a promising path for a healthier planet and healthier individuals. So, whether you choose to go fully plant-based or simply incorporate more plant-based meals into your diet, every step counts in making a difference.

Jyoti Verma
L-2021-CS-150-D
Water consumption and rice productivity can vary in puddled and unpuddled soils. Puddling, the process of saturating soil with water and then compacting it to create an oxygen deprived environment, is commonly employed in traditional rice farming to manage weeds and enhance water retention. In contrast, unpuddled soils maintain a certain level of aeration. Rice (Oryza sativa L.) serves as a staple for more than half of the global population and demands substantial water resources for growth. In India, where rice covers 45 million hectares, the traditional practice involves flooded conditions. Balancing water demand with population growth necessitates innovative water efficient rice production.

Globally, rice stands as the most water intensive crop, consuming almost 80% of Asia’s freshwater supply. The Food and Agriculture Organisation (FAO) states that farming utilizes about 34-43% of the world’s irrigation water. Predictions by Tuong and Bouman suggest that water shortages might impact 15-20 million hectares of irrigated rice land in Asia by 2025. However, increasing rice demand coupled with water scarcity fuels a critical water crisis in rice-dependent nations. Overusing water for rice cultivation can lead to salinization, soil degradation, water logging, and decreased agricultural productivity. Climate change further compounds the water availability challenge.

Addressing food scarcity due to water scarcity can be tackled through strategies like virtual water trade, waste water recycling, and improved water use efficiency in agriculture. The cultivation of puddled rice significantly contributes to excessive water consumption. Puddled rice cultivation offers benefits like weed control, easy transplanting, establishment of seedlings, enhanced water retention, and nutrient availability. However, it also adversely affects soil physical properties by disrupting aggregates, compacting the soil and forming a hard layer beneath the surface. This impacts subsequent non-flooded crops like wheat, maize and lentils. The trade off between benefits and drawback underscores the need for more sustainable rice production approaches.

The gradual formation of a compact plough pan in long-term puddled soil has far-reaching consequences, elevating bulk density and soil penetration resistance while diminishing hydraulic conductivity, macroporosity, and the proportion of water-stable aggregates. The conventional practice of puddled transplanting (PTR) in rice cultivation presents challenges, and direct seeding of rice (DSR) emerges as a promising alternative, circumventing the issues linked to puddling. However despite the advantages of DSR for subsequent crop yields, it usually does not beat puddled transplanting (PTR) in terms of rice yield and can even incur yield penalties. An innovative approach known as zero-till unpuddled transplanted rice (ZT UPTR) provides an appealing solution, particularly when upland crops are integrated into rotation. This method involves minimal soil disturbance, reducing tillage costs, conserving water by eliminating the need for puddling and potentially enhancing profits and energy efficiency without compromising yields. High seepage and percolation losses have historically led to elevated water usage in flooded rice systems compared to other crops. Nevertheless, improved non-puddled crop establishment has the potential to save irrigation water, contingent on prudent irrigation scheduling. Choosing between puddled and unpuddled soil systems hinges on various factors, such as local water availability, soil characteristics,
crop variety and farmer preferences. Achieving a harmonious balance between water conservation and crop productivity stands as a pivotal goal for sustainable rice cultivation. Embracing water-efficient practices, like unpuddled soil systems, serves as a pragmatic step towards responsible water management within rice farming. Numerous studies collectively underscore the water-saving benefits inherent in non-puddled rice systems vis-à-vis traditional puddled approaches. By implementing strategies like alternate wetting and drying (AWD), intermittent flooding or aerobic rice cultivation, substantial reductions in water consumption during rice production can be realized without compromising and even potentially enhancing yields. It is noteworthy that the degree of water savings may vary based on factors like climatic conditions, soil attributes, cultivation practices and specific rice cultivators employed. The continuous pursuit of research and experimentation is actively shaping innovative rice cultivation techniques that harmonize water-use efficiency with sustained or improved productivity.

Savreen Kaur
L-2022-A-53-D

Fact or Fiction?

- The average person's body contains 17 times the amount of DNA needed to reach from the sun to Pluto and back.
- Bacterial cells often make up ten times more of an individual's body than do human cells.
- A photon can travel from the sun's core to its surface in up to 40,000 years, while the remaining distance to Earth takes only 8 minutes.
- The Great Barrier Reef is the world's biggest living structure, measuring over 2,000 kilometers in length.
- A teaspoon of water contains eight times as many atoms as the number of teaspoonfuls of water in the Atlantic Ocean.
- The average person walks the equivalent of five times around the world throughout their lifetime.
- The lowest temperature that helium can be chilled to, -460°F (or -273°C), transforms it into a startling liquid that will start rushing up and over the lip of a glass container and defying gravity.
- An octopus has three hearts, nine brains, and blue blood.
- A single blood cell must travel the entire length of the body in around 60 seconds.
- The human brain has more information storage capacity than the internet combined.
- The sun emits more energy every second than people have ever utilized since civilisation first emerged.
- Neurons are the body's longest-living cells, with lifespans comparable to your own.
- The resolution of the human eye is 576 megapixels.
- It is scientifically possible to die from drinking too much water.
- Razor blades can be dissolved in the human stomach.
- Compared to stars in our galaxy, there are more trees on Earth.
- Every second, the body creates 25 million new cells.
- 20% of the body's oxygen is consumed by the brain.
- Human body bones are stronger than steel.
- Bats are immune to the majority of viruses.
- The average human brain can only process about 40 out of the 11 million pieces of information it receives every second.
- An average-sized cloud weighs about a million pounds, which is equivalent to 80 elephants or the largest passenger airplane in the world.
- Ants can lift 50 times their own body weight in weight. Ant muscles are thicker than those of larger animals or even humans in comparison to their size.

Vidhi Arora
L-2021-BS-131-D
The Undiscovered Dimensions

Dimension, a word with distinct meaning, a fragment of greatest conspiracies and a key to embark on mankind’s dream to infinite, yet undiscovered. Due to the variation of human minds, many new definitions for the same word, dimension has emerged. For years, movies and shows based on scientific fiction has been uplifting our imaginations for the possibilities to our hypothetical believes. The scientists, with their notions, beliefs and years of research have reached to a conclusion about the proven existence of 3- dimensions - length, breadth and height which forms the foundations of our spatial understanding of the physical world.

A Greek mathematician, Euclid, through his Euclidean geometry extensively explored and provided a framework to understand the relationship between point, line and shapes in 3-D space. Another Greek mathematician provided the Pythagoras theorem, a fundamental equation related to 3 dimensions.

\[ l^2 + b^2 = h^2 \]

Did you know?

Leonardo da Vinci tried to build a 3D version of himself using mirrors to see his own back. He basically invented the original ‘selfie stick’.

In the field of classical mechanics, 3 dimensions play a crucial role which describes the motion of objects. 2nd law of motion developed by Sir Isaac Newton uses these dimensions to relate an object’s position, velocity and acceleration over time.

F = ma

General Relativity, proposed by Albert Einstein, mathematically expresses the connection between the curvature of space time and distribution of energy and matter within it. In brief, we can say that there is similar hunger today to reveal the concept of dimensions and unravel the mysteries as it was in ancient times. Philosophers, too, were driven by their curiosities to reach the conclusion and identify the unexposed revelations.

What if:

Our eyes and brain team up to create 3D world we see, what if someone turn off the 3D switch in our brains?

4th Dimension, a prevailing mystery of current century, an antidote to the yearnings of mankind’s journey of becoming an extra-terrestrial species and bring forward the advanced civilization into existence. Thus a common vision shared by great scientists. But when proven, would it be a blessing or curse? Can the discovery of 4th dimension will enable us to teleport or time travel- ‘Chronautics’? Do parallel or multiverse really exists? If yes, then where are they? Can anybody travel between them?

These are the most controversial and undisclosed questions of this decade. Not only scientists but also the artists of ancient times were mesmerized by the thought of presence of 4th Dimension. Everybody used their physics, mathematics and imaginations to place the 4th dimension with the other 3 dimensions which led to the invention of Buckyballs Model Dimension by Ludwig Schlafti and also Rowan Hamilton, astronomer of Ireland postulated Quaternions of 4th Dimension.

Hypercube model of String Theory was the first concept of 4D to take hold in books and journals which was a hexahedron casting a 4D shadow creating an optical illusion to our 3D eyes and our normal way of processing visual information from our world. Another depiction of involuting geometrical shapes is the famous impossible Mobius strip. Therefore, we can infer that 4D is a space and extension beyond 3D that provides more range of motion for particles, for example, hypercube, electromagnetic wave and a tessaract.

There is a contradiction regarding 4D, some scientists consider it to be spatial while other non-spatial, for instance, the Theory of Relativity, where Einstein mentioned the 4D to be temporal or non-spatial. As a result he considered TIME to be 4th Dimension. The space and time are the 2 fundamental components that the fabric of our universe which are interwoven in a 4D continuum known as timespace. Space encompasses the 3rd dimension in which the objects exists and move, while time provides the framework for events to unfold and sequence to occur.

In a spatial view point, TESSERACT is the

The Mobius Strip
Nutraceutical drinks originate from fruits and vegetables, while also encompassing selections from various other plant sources like tea, coffee, cocoa, soybean, as well as animal-derived items such as milk and dairy-based products, and even alcoholic beverages. These drinks offer health advantages through diverse mechanisms. Nevertheless, the key factor determining their popularity is their taste and flavour profile. Consequently, creating top-notch drinks that exhibit excellent taste, fragrance, and the ability to remain stable over time is crucial for ensuring they are consumed sufficiently to support health enhancement and illness prevention.

Wine: A Nutraceutical Drink

Nutraceutical drinks originate from fruits and vegetables, while also encompassing selections from various other plant sources like tea, coffee, cocoa, soybean, as well as animal-derived items such as milk and dairy-based products, and even alcoholic beverages. These drinks offer health advantages through diverse mechanisms. Nevertheless, the key factor determining their popularity is their taste and flavour profile. Consequently, creating top-notch drinks that exhibit excellent taste, fragrance, and the ability to remain stable over time is crucial for ensuring they are consumed sufficiently to support health enhancement and illness prevention.

Wine is the result of fermenting grape juice. Among the grape species within Vitis, V. vinifera is predominantly utilized. Additionally, drinks made from V. labrusca, the grape indigenous to America, and other grape species are also categorized as wines. When fermentation involves other fruits to create wine, the fruit’s name is incorporated, as seen in phrases like peach wine and blackberry wine. In order to make wine, two types of grapes are used: black grapes, which are actually red grapes, and white grapes, which are green in colour. There are several kinds of these grape types, which help to produce hundreds of different wine types and blends. A wine’s origin, tannin content, sweetness, acidity, body and taste are a few other factors that contribute to its specific qualities. But just now, we’re not interested in going into the specifics of these elements. Instead, let’s adopt a clear strategy and look at the six key categories of wines:

Red Wines

Recommended options for newcomers include Cabernet Sauvignon, Merlot, Pinot Noir, Zinfandel, Chianti and Beaujolais. Red wines are best enjoyed alongside hearty dishes like BBQ ribs, burgers, steak, pasta and pizza.
White Wines

Low in tannins, white wines are characterized by their refreshing acidity and crisp, tangy flavors. Popular selections for beginners encompass Chardonnay, Sauvignon Blanc, Pinot Grigio and Riesling.

Rosé Wines

Rosé wines are recognizable by their blush or pink coloration.

Sparkling Wines

Champagne, renowned for its association with celebrations like New Year’s and weddings, is the most famous type of sparkling wine.

Dessert Wines

Dessert wines, as the name implies, are notably sweet and are often enjoyed after meals or even alongside desserts. Notable examples encompass Icewine and Moscato.

Fortified Wines

Fortified wines involve the addition of spirits such as brandy during fermentation. Well-known options include Port, Sherry, Madeira and Marsala. Foods like baked goods, chocolates, cheeses, and nuts are fitting companions for fortified wines.

In a broader context, the advantages of wine can be highlighted as follows: prevention against heart and circulatory ailments, particularly when consumed alongside meals, which is especially advantageous for individuals with diabetes; supporting weight management efforts; contributing to extended lifespan and improved quality of life; serving as a deterrent against dementia progression; enhancing digestion when enjoyed with food; exhibiting anti-infective properties; promoting women’s health; offering skin-related benefits; potentially averting vision impairment; possessing anti-inflammatory properties; potentially easing respiratory conditions. Furthermore, wine is not only a pleasurable beverage but also provides a range of health benefits.

For numerous centuries, wine consumption has enjoyed a global popularity. Scientific investigations conducted both in laboratory settings and on living organisms indicate that moderate daily intake of wine could contribute to the prevention of various chronic ailments. This can be attributed, in part, to the abundance and types of essential antioxidants found in red wine, thus sparking significant research interest in this area. Among wine polyphenols, specifically resveratrol, anthocyanins and catechins, have emerged as particularly potent antioxidants. Resveratrol, for instance, plays an active role in safeguarding against cardiovascular diseases by neutralizing free radicals originating from oxygen and reactive nitrogen. Its unique capability to traverse the blood-brain barrier translates into protection for brain cells and neurons. Additionally, resveratrol aids in decreasing platelet aggregation, a process that counteracts the formation of blood clots or thrombi.

Drinking wine could potentially offer additional advantages:

Potential Positive Impact on Mental Well-being: Consuming an occasional glass of wine might decrease the likelihood of experiencing depression. It’s crucial to note, though, that excessive drinking can lead to an opposing outcome, elevating the risk of developing this condition.

Potential for Extended Lifespan: Research has shown that integrating moderate quantities of wine into a balanced diet is correlated with an increased lifespan.

Potential Enhancement of Beneficial Gut Microbes: Recent investigations propose that red wine may stimulate the proliferation of beneficial gut bacteria. This effect, especially significant in individuals dealing with obesity, could lead to improved markers associated with metabolic syndrome.

The principal objective of this article is to provide a concise overview of the current research findings elucidating the favourable impact of wine consumption on human organ functions, the mitigation of chronic illnesses, and the reduction of harm to the cardiovascular system.

Priyanka
L-2021-BS-134-D
Decomposition is the process of breaking down of raw organic materials into simpler form by microorganisms. By this process, organic waste can be managed. Composting is one type of decomposition process, by which organic matter is degraded by microbial activities under controlled environment. Raw organic wastes like crop residue, food waste, kitchen waste, newspaper waste etc. are decomposed by microorganisms (both aerobic and anaerobic) in this process. The product which is amorphous, dark brown to black coloured, humified substance, developed after full decomposition is known as compost. Composting is, indeed, a sustainable practice for organic waste management as large volumes of accumulated organic waste can be converted into a useful, nutrient rich and potentially marketable product. Compost improves soil’s physical, chemical and biological properties and hence, soil becomes more resistant to biotic and abiotic stress and uptake of plant nutrients is improved.

**TYPES OF COMPOSTING:** Based on oxygen need by microbes during the process, composting can be classified into aerobic (rapid process) and anaerobic (slow process). Aerobic composting (e.g. indore method) occurs when oxygen is present and used by microbes (aerobic). Contrarily, anaerobic composting (e.g. Bangalore method) occurs when oxygen is absent and this process is characterized by production of intermediate products.

1. **Indore method** - This is aerobic method of composting, developed by Albert Howard (1924-1931). In this method, cow dung, urine, plant residue and other farm wastes are used as the catalytic agent. Old compost is introduced as inoculum for decomposition process. This process follows layering of materials for better aeration and improved decomposition.

2. **Bangalore method** - This anaerobic process of decomposition was introduced by Dr. C.N. Acharya (1939) in Bangalore. This method helps to overcome many disadvantages of the former method like problem of protection of heap and nutrient loss due to heavy storms, intensive rains and exposure to direct sunlight, outbreak of insects and flies etc. However this process requires longer time for making the final compost. This process also reduces labour cost as regular turning and sprinkling of water is not required.

3. **NADEP COMPOSTING:** This process of composting was developed by Shri Narayan Deorao Pandharipande known as Nadep Kaka in Maharashtra. This low cost method involves layering of waste and follows aerobic decomposition and about 90 - 120 days are required for getting the final compost.

**Enriched Compost:** In general, compost contain, on an average, 0.5% N, 0.25% P₂O₅, and 0.5% K₂O. Moreover, the preparation, storage and transportation cost is high. Hence, for preparing enriched compost, nitrogen, rock phosphate and waste mica can be incorporated during the degradation process to enhance the nutrients amount in the final compost.

**FACTORS AFFECTING COMPOSTING:**
Some factors that affect composting process involve moisture percentage, temperature range, pH range, C:N ratio, aeration etc. Well decomposed compost should have a pH in neutral range, C:N ratio less than 20 and should contain at least 15% C, 0.5% N , 0.25% P₂O₅ and 0.5% K₂O . The nutrient content of compost is low.

**Temperature:** Ideal temperature for composting is 30-45°C. Thermophilic microbes rise the temperature over a range of 50-70°C. Temperature
above 55-60°C is sufficient to destroy pathogens and eliminating weed seeds. Regular turnings can provide better aeration and help to regulate pit temperature.

**Moisture content**: Moisture content is vital for every microbiological activity. During decomposition, large amount of heat is generated and unless sufficient moisture percentage is present in the pit, the pile will start to dry and decomposition rate will slow down to almost zero. The optimum moisture percentage should be 50 to 60 percentage for better microbial activities.

**Aeration**: Oxygen is necessary for function of aerobic microorganisms, helps to the excess heat, produced in the pit by microbial activities and also carries away excess moisture content from the pit.

**pH**: Most of the bacteria prefer neutral (6-7.5) and Fungi prefer alkaline pH range (5.5-11.5). During the early stage of decomposition, pH drops from 6.5 to 5.5 in mesophilic stage, slightly greater than 8 at thermophilic stage and during cooling and maturing stages, pH decreases to 7.5.

**Inoculants**: Addition of inoculants like cellulolytic and lignolytic microorganisms enhances the process of composting and decomposition.

**PHASES OF COMPOSTING**:

1. **Pre-composting**: In this initial phase, organic materials are gathered and prepared for composting. This may involve shredding of items, such as branches or cardboard, to increase surface area and aid decomposition. The materials are then mixed together to create a balanced mixture of carbon-rich (browns) and nitrogen-rich (greens) materials (30:1).

2. **Mesophilic phase**: The composting process then enters the mesophilic phase. Microorganisms start to decompose the organic matter and the temperature inside the compost pile increases. The temperature typically ranges between 20-45°C and mesophilic microorganisms dominate the decomposition process. This phase can last for several days to several weeks.

3. **Thermophilic phase**: As the microbial activity continues, the temperature of the compost pile increases further, typically reaching between 45-70°C. This rise in temperature signifies the beginning of the thermophilic phase. Thermophilic microorganisms, such as thermophilic bacteria and actinomycetes, become dominant, accelerating the decomposition process. The high temperatures help break down complex organic compounds, kill weed seeds, and destroy pathogens. This phase can last from a few days to seven weeks.

4. **Cooling phase**: The temperature gradually drops as the most readily available organic matter is decomposed. The compost enters the cooling phase, during which, mesophilic microorganisms regain dominance, and the temperature drops to around atmospheric level. This phase can take a few weeks to a few months.

5. **Maturation phase**: The composting process enters the maturation phase, also known as stabilization phase. The remaining organic materials are broken down further, and the compost stabilizes both chemically and biologically. This phase can take few months to a year to be completed.

**COMPOSTING MATERIALS**: Here are some materials listed which can be and cannot be used in composting process:

- **Can be**: Green material - Grass, plant parts, newspaper, kitchen waste, fruit and vegetable waste etc.
  
  Brown material - Straw, leaves, yard debris

- **Cannot be**: Plastic, metal, glass materials, pungent vegetables like garlic, onion, meat waste, dairy waste, oily products etc.

---

Tanushree Gosh
Sports & Culture

Editor Sports
Dr. Sukhbir Singh
Asstt. Director
(Physical Education)

Editor Cultural
S. Satvir Singh
Supervisor Cultural Activity

Student Editors
Asmi Brar
L-2020-H-11-BIV

Ashna
L-2021-CS-316-M
दिनिगाना नीति रिच पेड़न जी मंडला

संदेह ही पेड़न ही गंगा मारे माहित्य केदरी दे, ला आमी नामाग्रह जी लिंग रहच एँ माहित्य बर्मे श्रेष्ठ "शिक्षा दिनिगाना जी नीति रिच पेड़न जी मंडला" जबे आमी नामा म्हणे तर अौ वधु पद्धती दिनिगानानी रूपये भोजन नामाग्रह ने, ला आमी म्हणे रिम गंगा जी दिनिगानानी तर बर्मे ज्ञात जी नीति रिच पद्धती अधिक बुद्धिमान दिनिगानानी रूपये। आमी म्हणे तर अौ वधु पद्धती दिनिगाना नीति रिच पद्धती जी नीति रिच पद्धती जी आमी रुपया नीति रिच पद्धती जी मंडला ही अधिक बुद्धिमान दिनिगानानी रूपये ने निमंत्रित म्हणे दरम्यान श्रेष्ठ दिनिगाना नीति रिच पद्धती जी मंडला ही अधिक बुद्धिमान दिनिगानानी रूपये।

पत्र वृत वेंद, संदेह कुदु लख मारे, अंदा देवी दिनिगाना नीति रिच पेड़न जी मंडला ही महाशय वर्मे विचारित करते उपेक्षा रूपये। लाह अधमान संदेह वर्मे अह निमंत्रित म्हणे तर अौ दिनिगाना नीति रिच पद्धती जी मंडला ही अधिक बुद्धिमान दिनिगानानी रूपये। आमी मार वस्त्र जी निमंत्रित हू सेलं ध्यान लेना ज्ञात अधिक बुद्धिमान दिनिगानानी रूपये। लाह अधमान मारे जी निमंत्रित हू महाशय जी नीति रिच पद्धती जी मंडला ही अधिक बुद्धिमान दिनिगानानी रूपये। लाह अधमान मारे जी निमंत्रित हू महाशय जी नीति रिच पद्धती जी मंडला ही अधिक बुद्धिमान दिनिगानानी रूपये। दिनिगानानी जी रिच पद्धती जी मंडला ही अधिक बुद्धिमान दिनिगानानी रूपये।
पी.डै.पृ. टीम एडिशन

पेड़ों दिनियालीमा हु अनियम भने पृथक वर्तमानमा वर भिघा उद्धर हु आफ्नो आधुनिक बजाए हु बनेहरु खर्च वा पेड़ हु जानी विपयाले वेस्ट हु। निदेश भए तर विभाग देखि नीति र अधिनियम दिना भएर हु। निदेश कसैले न सहिताजो येदि वडीलियहरु दिना विचार घेइन्छै। निदेश भएता सहिताजो घटिदै वडीलियहरु नियम नीतिमा, रिजर्व र आर्थिक नियम, नवनिर्माण, नीतिकाल, मानवाधिकार, विकास, पीका, विश्ववर्ती व्यवस्थापन बाहुल्य र पृथक विचार गर्नै गर्दा यो दिना नियम नीतिमा र मानवाधिकार बजार बरामद र आर्थिक नियम भएर हु।

पेड़ों नेपाल 

नियम नीति और अधिनियम 

(2020-H-11-BIV)

â£â£â£â£

२०२१ अगस्त 

(2021-A-99-BIV)
PAU INTER-COLLEGE YOUTH FESTIVAL
NOVEMBER 11-18, 2022

Jaspreet Kaur, winner of Spot Painting
Anshpreet Kaur, winner of Poster Making
Ashna, winner of Clay Modeling
Jaspreet Kaur, winner of Mehandi

Gurleen Kaur, winner of Cartooning
Kulveer Kaur, winner of Photography
Anamika, winner of Collage Making
Jessica, winner of Rangoli

Team winners of Quiz (COAET)
Team winners of Debate (COBSH)
Gurkanwal Kaur, winner of Poetic Recitation

Partik, winner of Has Rass
Gurvinder Singh winner of Extempore
Navpreet Kaur winner of Creative Writing
Gurkanwal Kaur winner of Elocution
PAU INTER-COLLEGE YOUTH FESTIVAL
NOVEMBER 11-18, 2022

Jashanpreet Singh, winner of Pihri Bnaunah
Harleen Kaur, winner of Pakkhi Bnaunah
Hanish Sharma, winner of Mitti de Khidaune Bnaunah

Gaganpreet Kaur, winner of Ennu Bnaunah
Mehakpreet Kaur, winners of Chikku Bnaunah & Naala Bunnah
Inderjot Kaur, winner of Phulkari Kadna

Team winners of Group Song Indian (COHF)
Team winners of Western Group Song (COCS)
Team winners of Shabad Gayan Group (COHF)

Team winners of Gidhha (COBSH)
PAU INTER-COLLEGE YOUTH FESTIVAL
NOVEMBER 11-18, 2022

Harmanjot Kaur
winner of Mimicry

Kajal
winner of Mono Acting

Vishavjit Singh winner of Folk Song & Light Vocal Solo

Yashika Bhatt
winner of Western Solo

Balihar Kaur
winner of Shabad Gyan Solo

Team winners of One Act Play (COBSH)

Team winners of Folk Dance Boys (COA)

Shreya Baksh, winner of Solo Dance

Team winners of Skit (COA)
PAU INTER-COLLEGE YOUTH FESTIVAL
NOVEMBER 11-18, 2022

Best Dancer (Male) 
Manpreet Singh (COA)

Best Dancer (Female) 
Harkirat Kaur (COHF)

Best Actress 
Harkirat Kaur (COBSH)

Best Actor 
Partik (COHF)

Best Debator 
Nihal Asati (COAET)

Best Artist 
Anamika K (COCS)

Best Singer 
Vishavjit Singh (COHF)

Best Debator, Best Speaker & Best Poet 
Gurkanwal Kaur (COBSH)

Overall Winner of PAU Inter-College Youth Festival 2022-23, College of Agriculture

Lt. Triveni Singh Thakur Cash Award Awarded to 
Best Athlete (Female) 2021-22 Harleen Kaur, COCS

Lt. Triveni Singh Thakur Cash Award awarded to 
Best Athlete (Male) 2021-22 Arshdeep Singh, COA

Gurkanwal Kaur (COBSH) 
Best Athlete (Female) 2021-22 Harleen Kaur, COCS

Best Debator, Best Speaker & Best Poet 
Gurkanwal Kaur (COBSH)

Best Artist 
Anamika K (COCS)

Best Actress 
Harkirat Kaur (COBSH)

Team winners of Lammi Hek Wale Geet (COA)

Team winners of Mime (COAET)

Team winners of Bhand (COCS)
Punjab State Inter-University Youth Festival 2022-23

Organised by Directorate of Youth Services, Government of Punjab, Chandigarh at the campus of Punjabi University, Patiala from December 10-12, 2022

PAU students won Gold Medal in Pihri Bunnah, Naala Bunnah, Silver Medal in Chikku Bnauna, Mitti de Khidaune Bnauna, Lammi Hek Wale Geet, Bronze Medal in Phulkari Kadna, Pakhi Bunnah, Ennu Bnauna, Gidhha, Group Folk Song, Installation & Bhand events

PAU students won Silver Medal in Lammi Hek Wale Geet

PAU students won Bronze Medal in Gidhha event

PAU students won Bronze Medal in Pakhhi Bunnah

PAU student Harleen Kaur won Bronze Medal in Pakhhi Bunnah

PAU students won Bronze Medal in Group Folk Song

PAU student Vishavjeet Singh performed Folk Song

PAU students performed Bhangra
PAU contingent with Dr. Nirmal Jaura (Director Students’ Welfare), Dr. Vishal Bector (President UDDMC) Sh Satvir Singh (Supervisor Cultural Activities) at Jammu University, Jammu during the 36th North Zone Inter-University Youth Festival, 2022-23

PAU students won Bronze Medal in One Act Play

PAU students won Silver Medal in Quiz

PAU student won Silver Medal in Elocution

PAU students performed Group Song Indian
PAU students won Silver Medal in Quiz, Elocution, Bronze Medal in One Act Play, Fourth Position in Debate, Skit, Mime, Installation, Cartooning and Fifth Position in Mehendi Events. PAU also won Second Overall Trophy in Literary Category.
21st All India Inter-Agricultural Universities Youth Festival 2022-23
Organised by the Indian Council for Agricultural Research (ICAR), New Delhi at the campus of University of Agricultural Sciences, Bangalore from February 13 to 17, 2023

PAU contingent with Team Incharges Dr Jaswinder Kaur Brar (Associate Director Culture) & Dr Nilesh Biwalkar (President, DDMC, COAET) at University of Agricultural Sciences, Bangalore

PAU students won Silver Medal in Group Song Indian

PAU students won Bronze Medal in Group Folk Dance

PAU students during Cultural Procession

PAU student Partik won Bronze Medal in Mono Acting
21st All India Inter-Agricultural Universities Youth Festival 2022-23
Organised by Indian Council of Agricultural Research (ICAR), New Delhi at University of Agricultural Sciences, Bangalore from February 13-17, 2023

PAU students won Silver Medal in Group Song Indian, Bronze Medal in Group Folk Dance & Mono Acting

Standing Row 1 (L to R) : Gurleen Kaur, Sukriti, Ashna, Harkirat Kaur
Standing Row 2 (L to R) : Dr Ashoo Toor (President, DDMC, COBS&H), Dr Anureet Chandi (President DDMC, COA), Dr Rupinder Kaur (President, Fine Arts Club), Dr Jaswinder Kaur Brar (Associate Director Culture), Dr Satbir Singh Gosal (Vice Chancellor), Dr Nirmal Jaura (Director Students' Welfare), Dr Vishal Bector (President, UDDMC), Dr Nilesh Biwalkar (President, DDMC, COAE&T), Dr Sharanbir Kaur Bal (President DDMC, COCS), S Satvir Singh (Supervisor Cultural Activities)
36th National Inter-University Youth Festival 2022-23
Organised by Association of Indian Universities (AIU), New Delhi at Jain University, Bangalore from February 24 to 28, 2023

PAU students performing One Act Play
36th National Inter-University Youth Festival 2022-23
Organised by Association of Indian Universities (AIU), New Delhi at Jain University, Bangalore from February 24 to 28, 2023

PAU students won Silver Medal in One Act Play, Bronze Medal in Elocution & participated in Quiz event
Alisha Chauhan
L-2018-BS-88-D
Silver Medal in One Act Play Event at 36th National Inter-University Youth Festival held at Jain University, Bangalore from February 24-28, 2023

Dilawer Singh Grewal
L-2021-BS-02-IM
Silver Medal in One Act Play Event at 36th National Inter-University Youth Festival held at Jain University, Bangalore from February 24-28, 2023

Harkirat Kaur
L-2017-BS-08-IM
Silver Medal in One Act Play Event at 36th National Inter-University Youth Festival held at Jain University, Bangalore from February 24-28, 2023

Gurwinder Singh Bajwa
L-2022-BS-10-MBA (AB)
Silver Medal in One Act Play Event at 36th National Inter-University Youth Festival held at Jain University, Bangalore from February 24-28, 2023

Dilawer Singh Grewal
L-2021-BS-02-IM
Silver Medal in One Act Play Event at 36th National Inter-University Youth Festival held at Jain University, Bangalore from February 24-28, 2023

Navpreet Kaur
L-2020-BS-34-IM
Silver Medal in One Act Play Event at 36th National Inter-University Youth Festival held at Jain University, Bangalore from February 24-28, 2023

Parul Bhatia
L-2020-BS-36-IM
Silver Medal in One Act Play Event at 36th National Inter-University Youth Festival held at Jain University, Bangalore from February 24-28, 2023

Yash
L-2022-BS-30-MBA(AB)
Silver Medal in One Act Play Event at 36th National Inter-University Youth Festival held at Jain University, Bangalore from February 24-28, 2023

Parshia Palta
GL-2017-A-43-BVI
Silver Medal in One Act Play Event at 36th National Inter-University Youth Festival held at Jain University, Bangalore from February 24-28, 2023
Tarun Kapoor  
L-2022-A-79-M  
Bronze Medal in Elocution at 36th National Inter-University Youth Festival held at Jain University, Bangalore from February 24-28, 2023

Abhishek Sharma  
GL-2018-A3-BVI  
Bronze Medal in Group Dance (Folk) at 21st All India Inter-Agricultural Universities Youth Festival held at University of Agricultural Sciences, Bangalore from February 13-17, 2023

Avinder Singh  
GL-2018-A11-BVI  
Bronze Medal in Group Dance (Folk) at 21st All India Agricultural Universities Youth Festival held at University of Agricultural Sciences, Bangalore from February 13-17, 2023

Rajbir Singh  
GL-2020-A-53-BVI  
Bronze Medal in Group Dance (Folk) & Silver Medal in Indian Group Song at 21st All India Agricultural Universities Youth Festival held at University of Agricultural Sciences, Bangalore from February 13-17, 2023

Delnaz Behal  
L-2022-A-04-BTFT  
Silver Medal in Indian Group Song Event at 21st All India Inter-Agricultural Universities Youth Festival held at University of Agricultural Sciences, Bangalore from February 13-17, 2023

Partik Sharma  
L-2019-H-35-BIV  
Bronze Medal in Monoacting Event at 21st All India Inter-Agricultural Universities Youth Festival held at University of Agricultural Sciences, Bangalore from February 13-17, 2023

Ashna  
L-2021-CS-316-M  
Bronze Medal in Installation at Punjab State Inter-iversity Youth Festival at Punjabi University, Patiala from December 10-12, 2022

Sangampreet Singh  
L-2019-H-44-BIV  
Bronze Medal in Group Dance (Folk) at 21st All India Agricultural Universities Youth Festival held at University of Agricultural Sciences, Bangalore from February 13-17, 2023
**Outstanding Sports Achievers-2022-23**

**Nehmat Sidhu**  
L-2021-A-37-BIV  
- Secured 3rd position in 51st Senior National Handball Championship held at Nandyal Andhra Pradesh.  
- Secured 3rd position in 34th Federation Cup Handball Tournament held at Dighal, Distt Jajjar, Haryana.

**Harshan Singh**  
L-202-H-35-BIV  
- Secured 3rd position in 4x400m Relay race in Junior National Athletic Championship held at Nandyal Andhra Pradesh.  
- Secured 1st position (200m & 400m race) in XXI All India Inter Agri Games and Sports meet 2022-2023, held at CCSHAU, Haryana.

**Harleen Kaur**  
L-2019-CSC-14-BND  
- Secured 1st position (100M, 200m Race & Long Jump) in XXI All India Inter Agri Games and Sports meet 2022-2023, held at CCSHAU, Haryana.

**Harmeet Kaur**  
L-2022-BS-209-M  
- Secured 2nd position (800M, 1500m & 5000m race) in XXI All India Inter Agri Games and Sports meet 2022-2023, held at CCSHAU, Haryana.

**Jobanjit Singh**  
BL-2017-A-79-BVI  
- Secured 2nd position (100m Race) in XXI All India Inter Agri Games and Sports meet 2022-2023, held at CCSHAU, Haryana.

**Aadisha Saini**  
L-2021-A-63-M  
- Winner in Table Tennis (W) Championship, XXI All India Inter Agri Games and Sports meet 2022-2023, held at CCSHAU, Haryana.

**Guntaas**  
L-2022-A-08-BIV  
- Winner in Table Tennis (W) Championship, XXI All India Inter Agri Games and Sports meet 2022-2023, held at CCSHAU, Haryana.

**Ashna**  
L-2021-CS-316-M  
- Winner in Table Tennis (W) Championship, XXI All India Inter Agri Games and Sports meet 2022-2023, held at CCSHAU, Haryana.
Simranjeet Singh Gharu
L-2020-H-58-BIV

- Secured 2nd Position in 1st Punjab Premium Cricket League held at Mohali

Shivdeep Singh Grewal
L-2019-A-84-BIV

- Participated in 51st Senior National Handball Championship held at Ahmadabad Gujarat

Mahavir Singh
L-2021-H-81-BIV

- Secured 3rd position in 1st Hockey India Academy National Championship.
- Participated in 12th Senior National Hockey Championship

Taranjit Singh
L-2020-A-75-BIV

- Participated in Senior National Swimming Championship held at Hyderabad

Rajvir Singh
L-2021-A-67-BIV

- Participated in 65th National Shooting Championship, held at Thiruvananthapuram, Kerala.

Jagteshwarjot Singh
L-2021-A-55-BIV

- Participated in 65th National Shooting Championship held at Thiruvananthapuram, Kerala

Sehajpreet Kaur
L-2020-A-65-BIV

- Participated in 65th National Shooting Championship held at Thiruvananthapuram, Kerla

Akem Kaur Waraich
L-2019-A-12-BIV

- Participated in 65th National Shooting (Women) Championship
- Participated in 41st North Zone Shooting Championship
Annual Athletic
Meet 2022-23
Annual NSO
All India Inter Agri Games & Sports Meet 2022-23
PAU won overall Runner-up Trophy in Team Games (W)

Sitting (L-R): Gurmeet Singh (Athletic Coach), Dr Paramvir Singh Grewal (ADPE), Dr Sukhbir Singh (ADPE), Dr Nirmal Jaura (Director Students' Welfare), Dr Satbir Singh Gosal (Vice-Chancellor), Mrs Kanwaljit Kaur (DDPE), Mr. Ajay Kumar (Swimming Coach), Mr. Gurteg Singh (Hockey Coach)

Standing (L-R): Harleen Kaur, Riya Mariya Francis, Prabhnoor Kaur, Gunwant Kaur, Guntaas, Harmeet Kaur, Ashna and Harshdeep Kaur

PAU won Gold Medal in Table Tennis (W)

Sitting (L-R): Dr Sunil Garg (President Table Tennis), Dr Nirmal Jaura (Director Students’ Welfare), Dr Satbir Singh Gosal (Vice-Chancellor), Mrs Kanwaljit Kaur (DDPE), Mr. Ajay Kumar (Secretary Table Tennis)

Standing (L-R): Ashna and Guntaas
First Heritage Games Competition
Glimpses of Cycling Rally

Celebration of International Day of Yoga
NATIONAL CADET CORPS (NCC)
Awareness rally against social evils

Tree Plantation Campaign

Meri Mati Mera Desh Celebration

Independence Day

Faculty Editor (Designing)

Dr Preeti Sharma
Asstt. Professor (EECM)

Student Editors (Designing)

Ekta
L-2021-CS-154-D

Ketan Dogra
L-2022-CS-227-M
Restless lies the head where the crown rests. Recently, Dr. Satbir Singh Gosal has nurtured his one year term as honourable Vice-Chancellor of PAU. On this occasion, the editorial board of the PAU Magazine resorted to invite him for a heartwarming rendezvous with his life and personality. The gala evening near the lush lawns of our museum, the birds, the breeze, the tea and the Worthy’s anecdotes embraced us for two hours that felt like no time. Here are a few excerpts from the whole episode of his living, learning and laughter.

The Daily Regimen: Right from the day when I joined the chambers and responsibilities as Vice-Chancellor, there is no free time honestly. My office hours extend till 6:00 pm in the evening on every usual day and the work keeps me on toes till 11:00 pm at my residence as well. Therefore, it is jam-packed. There is but one thing worth mentioning that I have always tried and been accessible to everyone at all times unless for an exigency. We, here at PAU, are for the service of one community, our farmers and many of the visitors I receive from amongst them travel all the way from distant places and therefore not lending them an ear seems injustice to the duties I hold.

Discipline and Delight: One of my pet rules since the inception of my profession, has been to reach my offices at least 30 minutes earlier. That half an hour is for me to plan my day. However, I have been blessed with wonderful friends and family, especially international kith and kin who have lots of whereabouts, memories and developments to share via many-many phone calls and messages which I relish engaging in.

PAU of the Visionary: I am very passionate about greenery and environment to the tunes unmatched perhaps. I strongly believe that we must be dutiful givers to the environment and build an earnest connection with it. A great visionary indeed, Dr MS Randawa, our former Vice-Chancellor had initiated a mega drive in PAU in 1974 to shape the green campus by different plans. I desire, and seek all of PAU family's support, to revive his high-spirits in the university and rekindle his ideas. We are set for necessary landscaping for beautification of our quadrangle. We plan for introducing 'no vehicle' and 'all walking zone' in major part of our campus. Nonetheless, we are going to establish a rose garden near Gate-1 to draw ecstatic footfall from everywhere and a Tulip Garden around the Guest house which is going to be a major tourist attraction because of being a first of its kind in the state of Punjab. Other geared up initiatives include activating University's printing press, heeding to the residences and hostels on priority and to bring the PAU health Center back to PAU Hospital as it was during our times.

Alumni, our Part and Parcel: Our Alumni are the biggest assets to us. PAU flows in their heart and certainly they in that of PAU's. Not just lovers, but they are the real strength of the varsity. Therefore, perception building with all those personnel is our prime duty. We are in pipeline to plan for a PAU tour package for our alumni so that they have a great time to reminisce acting as a source of inspiration and invitees to special interactions with present students which will be highly beneficial, in my view.

On the saddle to be Social: It is a matter of proud privilege that PAU is the No. 1 State Agricultural University and now we need not to look back at all. We now are supposed to ascend and climb ahead competing for international ranking frameworks. Apart from the academic, research and pedagogical parameters, they also give a considerable weightage to the Institution's social media outreach including X (erstwhile twitter) following, Instagram following and other social platforms. The same can never ever be
done by the VC or the Statute alone and therefore, my sincere appeal would be towards my students to put in their much-needed contribution in the same so that we together take the graph on to a newer uptick. (Social media links at the last leaf)

**Boarding my Bus of Dreams:** Mine had been a purely rustic and organic childhood. Back in school we had only two teachers who would solely manage the whole primary wing that is up to Grade V and that too highly flawlessly. The best learning that I carry with me is of the importance of recitation in life, which we call revision of our work. As a part of Agricultural assignment in my school, we were given a few yards of land per student to grow any crop of our liking and harvest it for marks in the subject. I chose Garlic to be the one for me. The day we harvested, holding the produce gave me a feeling that this belonged to me and filled me with joy unspeakable and then, there was no turning back; only gratitude to God. It is a blessing.

**Learning from Lands abroad:** I have learnt mountainous virtues and values from England. The work culture is very well structured and punctuality is the priority to be worshipped there. Another important practice they follow is the Monday Meetings. All members, right from sweeper to the head sit on the same table of discussion to realize the lacuna of the past and to level up for the upcoming week.

**Thanks-Giving:** During these Kisan Melas, we organized for a first of its kind Thanks Giving Party for all the hands behind the success of the fairs. I could see some blushing red faces of some non-teaching staff who saw their photos on screen with a thank you message. They were the most charming faces of the eve who relished the feast to the maximum, and that gave me a genuine sense of satisfaction that my job is meaningful.

**When Fortune Smiles Back:** Out of general courtesy, I had sent a congratulatory mail to Mr Ajay Banga when he took over as President, World Bank. To my great surprise, he responded on positive notes. We invited them for a visit to have a real time view of the varsity and its activities. The Asia Head of the World Bank was here only to go back touched by the deep linkages between PAU and our farmers he witnesses as our guest of honour.

**As a panelist:** Since you have asked me about my judgment criteria to choose a candidate as a professor in the university, the first and the foremost would be accountability. It is the conscientiousness that one must breathe in to serve at such poise position. Second would be honesty, a sine qua non. And lastly for PAU, it has to be hold over extension, dissemination and delivery. We are “From PAU, For farmers”.

**The Becoming:** I had lost my wife recently during those days and my life was shattered completely. And those days, the position for the University’s Vice-Chancellor got advertised. When I got selection, it was the most memorable day of my life. I had null and void expectations from anything and the opportunity embraced me head on. I could not have been happier that day.

My profound congratulations for having started with this innovative interview segment in the University magazine. It is a unique and appreciable initiative and I am sure that the students shall take home something good out of it. I had a great evening with you all.

God Bless You!
Long Live PAU!
Sat Sri Akal!

*Courtesy: Dr Deepika Vig (Chief Editor), Tarun Kapoor (Student Editor, English), Harmanjot Mann (Student Editor, Punjabi), Vidhi Arora (Student Editor, Science)*