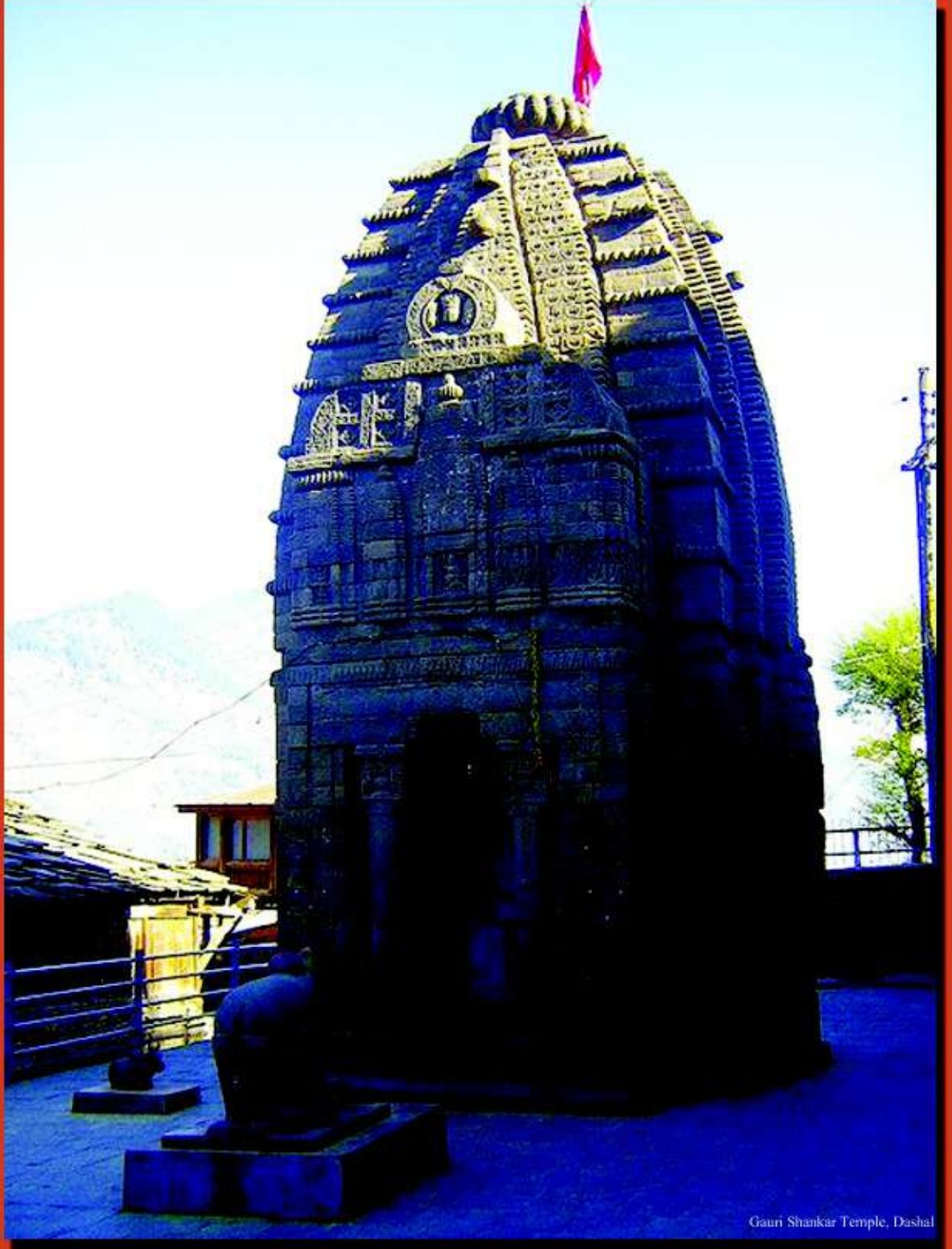


मनुधरा



Gauri Shankar Temple, Dhaulikot

जवाहरलाल नेहरू राजकीय महाविद्यालय, हरिपुर, मनाली



Principal With Teaching Staff



Principal With Non-Teaching Staff

मनुधरा

2024—25

जवाहरलाल नेहरू राजकीय महाविद्यालय, हरिपुर,
तहसील मनाली, ज़िला कुल्लू, हि.प्र.।

संपादक मण्डल

प्राचार्या

डॉ. शैफाली

मुख्य—संपादक

डॉ. दिनेश सिंह

प्राध्यापक संपादक

हिंदी अनुभाग : दीपा कुमारी
अंग्रेजी अनुभाग : प्रो. ईशान मार्वल
विज्ञान अनुभाग : प्रो. राम सिंह
कॉमर्स अनुभाग : प्रो. इंदु ठाकुर
संस्कृत अनुभाग : प्रो. जीत राम
पहाड़ी अनुभाग : प्रो. भूपेंद्र शर्मा

छात्र संपादक

हिंदी अनुभाग : तनिषा
अंग्रेजी अनुभाग : मुदिता उपाध्याय
विज्ञान अनुभाग : नितिषा ठाकुर
कॉमर्स अनुभाग : अंशुल
संस्कृत अनुभाग : कंचन
पहाड़ी अनुभाग : रोशना देवी



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I, Dr. Shefali hereby declare that particulars given above are true and correct to
best of my knowledge and belief.

Sd/-

Dr. Shefali

Principal JLN Govt. College, Haripur

Teh. Manali, Distt. Kullu (H.P.)

The views expressed by the writers are their own and the Editorial Board does not
necessarily agree to them. **Editor-in-Chief**

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MESSAGE

It is a matter of immense delight for me to know that your college is going to publish the college magazine.

College magazine is a very useful medium for young minds to express their bristling ideas and thoughts. It gives a chance to students, the budding writers, to get the attention of others through their creative and contemporary writings. It is an essential ingredient of college regular activities and documentation of such events. The true purpose of higher education is to open the horizons for the curious young minds and to refine and polish them in such a way that they become responsible citizens of our country.

I wish your college a great future and grand success to the college magazine. I also congratulate the Editor(s) of the magazine and wish everyone all the best in their ventures.

Jai Hind.


(Dr. Amarjeet K. Sharma)

Principal's Message



Dear Students, Parents, and Colleagues,

There is a kind of learning that doesn't fit neatly into syllabi. You find it in the callused fingers of one who gardens, in the rhythm of a dancer's breath between steps, in the quiet satisfaction of a loaf of bread rising just right. in the pouring out of a heart that somehow touches your own.

Welcome to the e-edition of JLN Govt. College Haripur's prestigious magazine, Manudhara, which seeks to bring to the fore the inner experiences and expressions of our young artists.

Such thoughtfulness matters because, in the present era, we are stepping deeper into an age of astonishing technologies. We speak of artificial intelligence, machine learning, and data that sometimes seem to know us better than we know ourselves. Yet, precisely in such a world, what we choose to preserve becomes an act of gentle defiance. To read deeply, to write thoughtfully, to craft and create with our hands. These are no longer mere hobbies, they are essential forms of knowing.

Reading, when done with care, becomes more than consumption, it is communion. It stretches our inner worlds. Writing, whether a short story or a private reflection, helps us make sense of chaos and carry our questions toward clarity. The arts do not always give us answers; they give us better questions. In such a scenario, critical thinking is not just a tool of reason. It is a muscle shaped by uncertainty, creative tension, and the courage to move beyond what is easy and familiar. In a world of instant answers, we must learn to sit a little longer with deeper questions.

Let me offer you three such questions to carry with you :

What brings you alive, in silence?

What have you created lately that did not need to be perfect?

What are you willing to nurture, even when no one is watching?

To delve deeper into your inner self, and to bring peace and harmony to your surroundings, is what makes you beautifully human.

With this spirit, we present thoughtfully crafted articles, poems, and reflections by our budding writers.

With warmth and hope,

Dr. Shefali

Principal

JLN Govt. College Haripur, Manali.

From the chief editor's desk



Dear Readers,

Welcome to the latest edition of our college magazine "Manudhara", a reflection of the spirit and dynamism of Govt. College Haripur, Manali.

A college magazine is not just a publication; it is a platform that allows young minds to express their thoughts, showcase their creativity, and articulate their opinions through writing and other forms of expression. College life is not only about focusing on academics-students are also expected to be aware of and sensitive to the socio-political changes happening around them. It is important not only to think critically and sensitively about these issues but also to express those thoughts publicly.

The magazine serves as such a platform-perhaps even a starting point-for many students. It gives them an opportunity to share their ideas with a broader audience and to be heard and read by the public at large. The future of our society depends significantly on the thoughts and values that individuals and the collective hold.

In today's digital age, Gen-Z appears more comfortable expressing themselves through social media platforms. Moreover, the use of artificial intelligence tools such as ChatGPT, Perplexity, Gemini, Deepseek and Grok has become increasingly common among students and netizen alike. These tools offer many advantages-such as producing grammatically correct, coherent content-and can be incredibly useful for routine writing tasks.

However, there is a downside. Over-reliance on such tools can suppress our natural creativity and originality. The thoughts and ideas generated through these platforms may not truly reflect the individual's own voice. Therefore, I encourage all students to write in their own words first-to retain the originality of their thoughts-and then use such tools only to enhance clarity, coherence, and correctness. These tools should be used as aids, not crutches. The challenge lies in using them wisely-making them a boon without letting them diminish our innate abilities.

I urge every reader to stay informed, to keep reading, keep writing, and to stay engaged with the social and political events happening around them-from their immediate surroundings to global affairs. In today's complex world order, where nations often find themselves at odds-whether directly or through proxy conflicts-it is crucial that we develop critical thinking and the ability to distinguish between allies and adversaries, both in our mental space and in the physical world.

I also encourage all readers to stay updated with the latest advancements in research and technology. As time changes, so do work requirements, job profiles, and the means to achieve them. Staying informed and skilled is the only way to remain relevant and successful in the modern world.

Finally, I extend my heartfelt thanks to all the students, staff, contributors, and editorial team members who made this publication possible.

Let compassion thrive. Stay happy, healthy, and safe.

Happy Reading!

Dinesh Singh
Editor-in-Chief

A Kaleidoscope of College Memories 2024-25



SAR Team's visit to the college



Proud Moment- GC Haripur Secures 3rd position in HPU Group-III



Career Counselling Programme



कुल्लू साहित्य उत्सव-2025



HP Govt. Officials visit to the Campus



Disaster Preparedness



Blood Donatin Camp



Celebrating 15th of August

Educational Field Visit of The Students



"Beyond Classrooms- Exploring, Learning, Achieving"



A Student Contingent at the World Book Fair-New Delhi



हिंदी अनुभाग



तनिषा

छात्र-संपादक

संपादकीय

हमारी कॉलेज पत्रिका "मनुधरा" के हिंदी अनुभाग के इस नए अंक को आप सभी के सामने प्रस्तुत करते हुए मुझे अत्यंत प्रसन्नता और गर्व का अनुभव हो रहा है। हिंदी केवल एक भाषा नहीं, बल्कि हमारी संस्कृति, संवेदना और पहचान की धारा है, जो हमें जड़ों से जोड़ते हुए भविष्य की ओर ले जाती है। इस अंक में विद्यार्थियों ने अपने विचारों, अनुभूतियों, संघर्षों और सपनों को शब्द दिए हैं, जो उनकी रचनात्मक चेतना और अभिव्यक्तिपूर्ण व्यक्तित्व का प्रमाण है। हमारा प्रयास रहा है कि विद्यार्थियों की अभिव्यक्ति को संवारने के साथ-साथ उन्हें सोच और संवेदना के नए आयामों की ओर प्रेरित किया जाए। लेखों, कविताओं, कहानियों और वैचारिक रचनाओं के माध्यम से इस अनुभाग में जीवन, समाज, शिक्षा, रिश्तों और मूल्यों पर विविध दृष्टियाँ मिलेंगी। यह सिर्फ एक पत्रिका नहीं, बल्कि हमारी कल्पना, जिज्ञासा और ऊर्जा के प्रवाह का प्रतीक है। मैं हृदय से उन सभी सहयोगी विद्यार्थियों, शिक्षकों और मार्गदर्शकों का आभार व्यक्त करता हूँ, जिनके सहयोग से यह अंक संभव हुआ। आशा है कि हिंदी अनुभाग का यह संस्करण पाठकों को विचार करने, सीखने और आगे बढ़ने के लिए प्रेरित करेगा और "मनुधरा" के साथ उनका भावनात्मक जुड़ाव और भी मजबूत करेगा।

तनिषा

छात्र-संपादक

श्री कालिया नाग व शिरढ काहिका

कुल्लू दशहरे के बाद यदि किसी मेले का नाम आता है तो वह है शिरढ काहिका । यह हर दो वर्ष के अन्तराल में मनाया जाता है । इस संबंध में कुल्लूवा बोली में एक कहावत है कि :

शिरढ लागा बोला काहिका । ता दिल्ली लागा भराका ।।

कहते हैं कि वसुकी नाग जी कुलत देश में कई वर्षों तक तपस्या करते रहे। एक बार वह सौरा गांव से गुजर रहे थे तो उन्होंने वहां की सन्दरता देखकर वहां कुछ समय तक ठहरने का मन बना लिया। उन्होंने यहां अपनी शक्ति से एक सरोवर बनाया। सरोवर बनने पर गांव की जनता इसमें स्नान आदि करने लगी। इस गांव में कमला नाम की दिव्य ज्योति स्वरूप अति सुन्दर युवती अपने ननिहाल गोशाल गांव से आई थी। जब वह उस सरोवर पर गई तो उसे स्नान करने की इच्छा हुई। ज्यू ही वह स्नान करने लगी तो वासुकी नाग जी उसकी सुन्दरता पर मोहित हो उठे। वे कमल फूल का रूप धारण कर सरोवर में तैरने लगे। युवती उस कमल पकड़ने के लिए उसकी ओर गई। परन्तु वह फूल दूर जाने लगा और सरोवर के पास स्थित वृक्ष के पीछे छिपने लगा। युवती हर दिन सरोवर पर आती और यही क्रम को लगातार 6 दिनों तक चलता रहा। सातवें दिन युवती ने कमल फूल को पाने के लिए सरोवर में छलांग लगाई। वह उस कमल पर मोहित हो गई। फूल भी उसकी ओर बढ़ने लगा। फूल सरोवर में गहरी जगह पर उस युवती के नजदीक आया। युवती गहरे सरोवर में डूबने लगी तो फूल की जगह एक सुन्दर दिव्य पुरुष दिखाई पड़ा। वह उस पर मोहित हो गई। वासुकी नाग उसे स्वर्ग को ले गए और उस युवती को पत्नि के रूप में स्वीकार कर लिया। वह अपने माता-पिता तथा संबंधियों को भूल गई। उसके परिवार वाले उसे ढूँढते रहे, परन्तु उसका कोई भी पता नहीं चला। उसी सरोवर के पास आली नाम का कुम्हार रहता था। उसने युवती को सरोवर में डूबते हुए देखा था। उसने यह बात युवती के परिवार वालों को बताई। वे उसके लिए रोने चिलाने लगे। उधर वासुकी नाग तथा वह कन्या स्वर्ग का सुख भोगते हुए कई वर्षों तक साथ रहे। जब वह गर्भवती हुई तो उसे अपने मायके की याद आ गई व शोयरी जात्र (मेला) देखने की इच्छा हुई। वासुकी नाग ने कहा कि तुम स्वर्ग भोगते हुए मृत्युलोक की इच्छा क्यों कर रही हो। परन्तु वह नहीं मानी। उन्होंने उसे स्वर्ग से ही जात्र (मेला) दिखाने की बात कही। उन्होंने उसके पेट अपनी पगड़ी बंधा सिर रख कर कहा कि थोड़ी सी पगड़ी उठाकर तुम यहीं से अपने मायके गोशाल की जात्र देखो, परन्तु गलती से भी सारी पगड़ी मत निकालना। नाग पत्नी को पगड़ी थोड़ी सी उठाते ही अपने मायके की जात्र देखने लगी मोहवश उसने देखते-देखते सारी पहाड़ी उतार डाली। वासुकी नाग की निद्रा भंग हो गई। उन्होंने उस से कहा की तुमने अच्छा नहीं किया, परन्तु जो होना था सो हो गया। अब तुम्हें अपने मायके जाना होगा। तुम्हारे गर्भ में 18 नाग, तथा नारायणों की उत्पत्ति होगी। उन्हें कहीं मार मत डालना। इन नागों को रखने के लिए अपने ननिहाल सौर गांव के आली कुम्हार से एक घड़ा (भांदल) बनवाना। उस घड़े को आग में मत पकाना। नागों को उस घड़े में रखकर उन्हें प्रतिदिन दूध पिलाना व उन्हें घूप-बेठर (सुगन्धित जड़ी-बूटी) से पूजते रहना। समय आने पर वे अपने लिए लिए स्थान ढूँढ लेंगे वासुकी नाग ने अपनी अलौकिक विद्या से दुखी मन से अपनी पत्नि को पृथ्वी पर भेज दिया। पति के वियोग में वह प्रसवकाल का इन्तजार करने लगी। कुछ समय अपने मायके में काटकर वह प्रसवकाल समीप आने पर अपने ननिहाल गई। उसके पेट में 18 नागों व नारायणों ने सौर गांव में जन्म लिया। एक दिन उसकी मां ने कहा कि तुम पानी लाने जाओ, मैं इन्हें दूध देती हूँ व घूप आदि से पूजती हूँ। जब उसकी मां ने उन्हें दूध देने के लिए ढक्कन उठाया तो नाग पुंकारते हुए दूध की ओर बढ़े। व डर गई और उसके हाथ से धूपध्वेठर भरा दपोत घड़े पर छूट कर गिर पड़ा जिसमें आग के अंगारे थे। सारे नाग आग पड़ते ही इधर उधर भागने लगे। कालिया नाग भागते हुए बूढ़ी की शाड़ी जो कि बन्दोल के नीचे नदी के पास स्थित है वहां नदी से बाहर आए और उन्होंने एक ब्राह्मण का रूप धारण कर लिया।

शिरढ काहिका वैशाख मास के प्रथम गुरुवार को देवता के पुरोहित देवते के आदेशानुसार निश्चित करते हैं। दिन निश्चित होने पर दूसरे गुरुवार को मशालों व सीढ़ियों के लिए वृक्ष काटे जाते हैं। की जाती है। तीसरे गुरुवार को ढोल-नगाड़े आदि की मुरम्मत की जाती है। चौथे गुरुवार को मन्दिर की सफाई व लिपाई की जाती है। पाचवें पानी गुरुवार को मन्दिर में रंग रोगन किया जाता है। छठे गुरुवार को सिढ़ियां लाई जाती है, सातवें गुरुवार से पहले दिन बुधवार को देवते की ओर से एक खास व्यक्ति नड़ परिवार को बुलाने जाता है।

प्रभात होने से पहले पुरोहित शांति हवन करते हैं। पूर्ण आहूति होने पर बाजे-गाजे के साथ उन टहनियों में काहिके की चांदनी बांधी जाती है उसे खड़ा किया जाता है। नड़ अपनी शांति करता है, कुष्टि की टहनियों में एक चकोर वस्त्र बांध दिया जाता है। गुरुवार को श्रृंगार का समान निकाला जाता है। बनेटू खानरान के व्यक्ति के सिर पर डाढ़ की लकड़ी रखते हैं। जिसे जोगनी सौह में लाकर उसका श्रृंगार किया जाता है, भुड्डी के सुनार आकर जेवरात साफ करते हैं। उसके बाद हुल्की शुरु होती है। देवता नड़ को ढूँढने के लिए

चक्कर लगते हैं। उसे हुलकी कहा जाता है। गांव के तीन चक्कर लगाकर रोड़ा डोग जाते हैं। शाम के समय नौड को तीर मारा जाता है। कारदार चार तीर चारों दिशाओं में छोड़ता है। पांचवां वाण आकाश की ओर छोड़ा जाता है, नड के यतकर लगाते हैं, नड के मुंह में पुजारी पंचरत्न डालता है। अचानक वह नड मुर्छित हो जाता है नड जाति के लोग उसे मन्त्रों से खड़ा करते हैं, तथा किसी के पास देवता की खेल आती है।

उस पर पानी छिड़क कर उसे जीवित करता है। फिर चांदनी को गिराते हैं। उसी रात कालिया नाग का श्रृंगार का सामान जोगनी सौह में बंद किया जाता है। शुक्रवार को जोगनी पूजा की जाती है। इस दिन नाग देवता का रथ व निकलता है, यह अन्य देवताओं के साथ नागनी सौह में बैठते हैं दिन भर देव खेल आदि का आयोजन होता रहता है। शनिवार को पूजा अर्चना की जाती है। आंगन में बड़े पत्थर पर धूप आदि रख कर नड जाति के साथ सत्तु आदि के साथ खेल खेला जाता है। कुश्टी काहिका मन्दिर के पास करते हैं। प्रायश्चित आदि किया जाता है। सभी देवता हरियान के साथ छिद्रा करते हैं। तथा अगले बुधवार को नड जाती के लोग देवता से विदाई लेते हैं। अन्त में टुहार मेला गांव वाले मनाते हैं।

जरी मेला

मेरे गांव का नाम जरी है। यह कुल्लू जिला की मणिकर्ण घाटी में स्थित है। यह भुन्तर से 23 किलोमीटर दूर स्थित है। मणिकर्ण घाटी को पार्वती वैली के नाम से भी जाना जाता है। जरी गांव के अराध्य देव श्री काली नाग जी है। जरी मेला देवता काली नाग जी के जन्मदिन के उपलक्ष्य पर मनाया जाता है। यह मेला प्रत्येक वर्ष 24, 25, और 26 अप्रैल को मनाया जाता है। 24 तारीख को संध्या के समय देवता जी कशाधा से जरी की ओर प्रस्थान करते हैं। सभी हरियान-देऊलू हर्षोल्लास से नाचते गाते हुए देवता के साथ जरी पहुंचते हैं। गांव के लोगों द्वारा देवता का स्वागत किया जाता है।

काली नाग जी के पहुँचने के बाद अतिथि देवता अग्नि पाल जी गांव पायला से जरी की पर आगमन करते हैं मन्दिर परिसर में पहुँचने पर काली नाग देवता व गांव के लोगों द्वारा देवता अग्नि पाल जी का स्वागत किया जाता है व दोनों देवताओं का भव्य मिलन होता है। गांव के लोगों द्वारा मन्दिर प्रांगण में कुल्लवी नाटी की जाती है व दोनों देवताओं को मन्दिर में विराजमान किया जाता है। इसके बाद दोनों देवताओं का संध्या पूजन किया जाता है (हरियानों) भक्तजनों द्वारा कीर्तन किया जाता है।

25 का अप्रैल को नाग देवता जी काल देवता जी का जन्मदिवस होता है। प्रातः काल देवता जी को सजाया जाता है। इसके बाद प्रातः कालीन पूजा की जाती है। गांव की महिलाओं द्वारा पारंपरिक पोशाक में देवता जी को धूप दिया जाता है व पूजा की जाती है। पूरे दिन मन्दिर परिसर में भक्तों का देवता जी के दर्शन के लिए आना-जाना लगा रहता है। दिन के समय दोनों देवता पूरे गांव में फेरे पर निकलते हैं। फेरा खात्म होने के पश्चात् मन्दिर के प्रांगण में लोगों द्वारा नाटी और देवता द्वारा देवनृत्य किया जाता है। संध्या को कीर्तन किया जाता है। उसके पश्चात् संध्या पूजन होता है।

मेले के उपलक्ष्य पर पूरे गांव को सजाया जाता है। खिलौने मिठाई और मनियारी की दुकाने गांव में लगती हैं। बच्चों के खेलने के लिए झूले लगे होते हैं। गांव में 25 और 26 अप्रैल को सांस्कृतिक कार्यक्रमों का आयोजन किया जाता है। मेले के दौरान बहुत सी खेलों का आयोजन किया जाता है, जिनमें से क्रिकेट, वालीबाल, रस्सा-कस्सी आदि प्रमुख हैं। 26 अप्रैल को बड़ा मेला होता है जिसमें बहुत से लोग सांस्कृतिक कार्यक्रमों को देखने के लिए शामिल होते हैं। 26 अप्रैल का कार्यक्रम रात्रि 10 बजे तक चलता है। जिसमें बहुत से स्थानीय कलाकारों, गाँव के स्थानीय लोगों व स्कूलों के द्वारा नृत्य व संगीत कार्यक्रमों की प्रस्तुति विार्थियों द्वारा की जाती हैं।

26 अप्रैल को मेले का अंतिम दिन होता है। 27 अप्रैल को अतिथि देवता जी नाग देवता जी से विद लेकर अपने गाँव पाथला की ओर प्रस्थान करते हैं। शाम के समय देवता काली नाग भी अपने मूल निवास स्थान कशाधा की ओर चले जाते हैं। क्योंकि एक ही रथ में दो शक्तियाँ विराजमान हैं। काली नाग और जौड़ा नारायण। इसलिए इन्हे नाग नारायण भी कहा जाता है। जब देवता जरी की ओर आते हैं तो वह काली नाग रूप में आते। जब देवता कशाधा की ओर जाते हैं तो वह जौड़ा नारायण कहलाते हैं।

यह था हमारा जरी मेला।

करन, बीए तृतीय वर्ष।

मेरे गाँव का मेला

मेरे गाँव में एक साल छोड़ कर यह मेला मनाया जाता है जिसे हम लरांकाहिका कहते हैं। यह मेला अगस्त महीने में साजे के अगले दिन से मनाया जाता है। यह मेला तीन दिन मनाया जाता है। यह मेला सात गाँव के लोग मिलकर मनाते हैं। इस मेले में नौ देवी—देवता आते हैं। मेले की शुरुआत खुंडे लगाने से होती है। इन खुण्डों को लाने के लिए गाँव के कुछ लोग देवता जी के बाजे (ढोल) के साथ एक दिन पहले जंगल में लेने के लिए जाते हैं और फिर वे खुंडे लेकर मंदिर के पास आते हैं और विश्राम करते हैं। फिर शाम को 5:00—6:00 बजे नीचे मंदिर के पास ले जाते हैं जहाँ पर काहिका होता है। फिर देवता जी वहीं पर तीन दिन के लिए रहते हैं और अगले दिन सुबह अर्थात् मेले का पहला दिन 4:00 बजे जो खुंडे शाम को लाए हुए होते हैं उन्हें लगाकर काहिका खड़ा किया जाता है। जब एक खुंडा लगता है तो एक भेड़ू की बलि दी जाती है वैसे ही बाकी तीन खुंडों के साथ भी किया जाता है। यह चार खुंडे देवताओं के नाम पर होता है। पहला जेठा खुंडा भगवान विष्णु (दुआड़ा) के नाम पर होता है। वैसी ही तीन खुंडे भगवान के नाम पर होते हैं। यह मेले का पहला दिन होता है और फिर शाम को हुलकी होती है। इसमें सभी आए हुए देवी—देवता मंदिर के ग्राउन्ड के तीन चक्कर लगते हैं और साथ में सत्तू भी फेंकते हैं, फिर जब हुलकी समाप्त हो जाती है तब सभी देवी—देवता अपनी जगह पर जा कर आराम करते हैं।

मेले का दूसरा दिन सबसे महत्वपूर्ण दिन होता है इसे हम बड़ा मेला भी कहते हैं क्योंकि उस दिन नौड़वध होता है अर्थात् नौड़ को मारना। इसमें एक आदमी को मारा जाता है। इस हुलकी में नौड़ की पत्नी देवी—देवता के साथ नाचती है। इसमें नौड़ को कारदार जी के द्वारा मारा जाता है और माता चामुंडा (निशाला) के द्वारा इन्हें जीवित किया जाता है और यदि उस दिन इस नौड़ को जिंदा न किया जाए तो नौड़ की पत्नी को वहाँ पर मौजूद सभी देवी—देवताओं के गहने, सोना—चांदी मिलता है।

तीसरा दिन काहिके का अंतिम दिन होता है। इसे हम कुष्टी काहिका कहते हैं। इस दिन सभी देवी—देवता नीचे मान्दिर से ऊपर भंडार के पास आते हैं। इस दिन सभी देवी—देवता भंडार के पास एक साथ बैठते हैं और सात गाँव के लोग भी होते हैं। इस दिन पुजारी, गुर कारदार और नौड़ (जिसे बड़े मेले वाले दिन मारा गया था) सभी मिलकर छिदरा करते हैं। छिदरा इसलिए किया जाता है क्योंकि कई बार काहिके के दौरान आपसी वैर—भाव उत्पन्न हो जाता है। उसके बाद देवता जी सभी आए हुए देवी—देवताओं को विदाई देते हैं और फिर देवता अपने अपने घर चले जाते हैं। जो देवी—देवता नहीं जाना चाहते वे ठुआर तक भी रुक जाते हैं। इसी प्रकार हमारा तीन दिन का काहिका समाप्त हो जाता है।

अमीषा, बीए तृतीय वर्ष।

मेले—त्यौहार

बंजार मेला हिमाचल प्रदेश की बंजार घाटी में एक प्रमुख मेला मनाया जाता है। बंजार कुल्लू जिले का एक शहर है और बंजार घाटी सराज क्षेत्र का हिस्सा है। बंजार क्षेत्र तीर्थन नदी और उसकी सहायक नदी के संगम पर स्थित है। बंजार घाटी में माघ—संक्राति, फागुली, शैरी और दिवाली सहित कई त्यौहार मनाए



जाते हैं। उसमें से एक बंजार मेला भी है। बंजार के आराध्य देव श्रृंगा ऋषि कोठी चौहणी की भव्य शोभा यात्रा के साथ जिला स्तरीय बंजार मेला शुरू हो गया था। देवता के साथ सैकड़ों लोगों ने भाग लिया था। वर्षों से देव परंपरा का निर्वाह करते आ रहे देवता श्रृंगा ऋषि का बंजार मेला स्थल पर पहुँचने से स्कूली छात्राओं सहित लोगों ने फूलों से स्वागत किया था। इस दौरान श्रृंगा ऋषि जी की जयकारों से पूरा बंजार क्षेत्र गूँज उठा था। मेले के पहले दिन देवी—देवताओं के साथ हजारों लोग मेले में पहुँचे थे। इस दौरान श्रृंगा ऋषि के अस्थायी शिविर में देवता के दर्शन के लिए लोग पहुँचें। वहीं मेले में बंजार घाटी के 18 से अधिक देवी—देवता मेले की शोभा बढ़ाने पहुँचे, जो पाँच दिन तक अपने अस्थायी शिविरों में रहे। इस दौरान देव नृत्य और नाटी का भी आयोजन हुआ। यह मेला पाँच दिन तक चलता है। पाँच दिवसीय बंजार मेले में बंजार के साथ मंडी के सराज, कुल्लू, सैज, आनी, निरमंड के लोग पहुँचते हैं। इस दौरान मेले में लोगों के मनोरंजन के लिए सांस्कृतिक कार्यक्रम होते हैं। इस दौरान खेल प्रेमियों के लिए खेलों का भी आयोजन किया जाता है। मेले में देव संस्कृति की झलक देखने को मिलती है। मेले में महिला मण्डल, युवक मण्डल, लोकल परिधान में और अपने वा। यंत्रों के साथ कार्यक्रम में अपनी प्रस्तुति देते हैं। मेले में बंजार के आराध्य देवता श्रृंगा ऋषि समेत घाटी के 12 से अधिक देवी—देवता मेले की शोभा को बढ़ाते हैं। मेले का आगाज पाँच कोठी के प्रमुख देवता श्रृंगा ऋषि जी की शोभायात्रा से आरंभ होता है। इस दौरान घाटी के देवी—देवता लाव—लश्कर और ढोल—नगाड़ों की थाप पर शामिल होते हैं। मेले में हर एक पंचायत से एक महिला मण्डल की महिलाएं पारंपरिक परिधानों कुल्लूवी पट्टू और धाटू में सजकर नाटी की प्रस्तुति देती हैं। इसके अलावा विभिन्न स्कूलों के छात्र—छात्राओं को भी सांस्कृतिक कार्यक्रमों के लिए मंच प्रदान किया जाता है। मेले में सांस्कृतिक संध्याओं में लोक कलाकारों को भी मौका दिया जाता है। मेले में देव परंपराओं को पौराणिक रीति—रिवाजों के अनुसार निभाया जाता है।

साक्षी, तृतीय वर्ष।

मेरे गाँव मेरा देश

मेरे गाँव का नाम नथान है । मेरे गाँव के आराध्य देवता कार्तिक स्वामी है । यह मेला भगवान कार्तिकेय के जन्मदिवस के उपलक्ष्य पर मनाया जाता है । यह मेला 4 दिन तक मनाया जाता है । यह मेला बैसाख मास की पंचमी और षष्ठी तिथि को मनाया जाता है । मेले के पहले दिन गाँव के पुरुष वर्ग देवता कार्तिक स्वामी जी के जागरे की लकड़ी काटने के लिए सभी पुरुष इकट्ठा होते हैं और जंगल से लकड़ी लाते हैं और एक विशाल मशाल बनाते हैं जिसे रात के समय देवता कार्तिक स्वामी जी के भंडार गृह से शैंशर (डेहरीधार) को रात के उस मशाल को जला के ले जाते हैं । उस मशाल को दो व्यक्ति उठाते हैं और रात के समय शैंशर पहुंचते हैं । उसके उपरांत देवता के गुरु (वजीर) के द्वारा देव खेल की जाती है । शैंशर के जागरे के साथ गाँव के पुरुष व स्त्रियाँ डेहरीधार को सोने जाते हैं ।

ऐसा माना जाता है कि डेहरीधार में देवता कार्तिक स्वामी जी के साथ-साथ 100-60 (शौऊ शौठ) जोगीणों का निवास भी है जो सभी मनोकामनाओं को पूर्ण करती है । इस लिए लोग बहुत दूर-दूर से वहाँ उस दिन रात को चाकरी करने आते हैं और जोगणियां सपने में दर्शन दे देती हैं और मनोकामनाओं को पूर्ण करती हैं ।

इस दिन सुबह सभी लोग शैंशर से नथान गाँव को आते हैं । उसके उपरांत देवता कार्तिक स्वामी जी का करडू सजाया जाता है । और देवता कार्तिक स्वामी करडू रूपी रथ में विराजमान हो जाते हैं । उसके उपरांत देवता कार्तिक स्वामी जी भण्डार गृह से शैंशर को जाते हैं । जिस समय देवता कार्तिक स्वामी जी का करडू भण्डार गृह से निकलता है तो उस समय लोग बहुत दूर-दूर से उनके दर्शन करने के लिए आते हैं । देवता कार्तिक स्वामी जी का करडू 1 साल में सिर्फ 1 दिन के लिए भण्डार गृह से निकलता है । जब देवता कार्तिक स्वामी जी का करडू भंडार गृह से शैंशर की ओर प्रस्थान करते हैं तो उस समय अलौकिक शक्ति की अनुभूति होती है । उसके उपरांत देवता कार्तिक स्वामी जी का करडू शैंशर पहुंचता है उसके उपरांत करडू के सभी मुख मोहरो से देवता कार्तिक स्वामी जी की पालकी को तैयार किया जाता है । उसके उपरांत देवता जीव नारायण (जीम जमलू) जी का मेले में आना होता है । और माता चामुंडा भी मेले की शोभा बढ़ाती है । उसके उपरांत तीनों देवी-देवता के कामदार-देऊलू 2-1/2 (डाई) फेरे लगाते हैं । और साथ में देवी चामुंडा और देवता कार्तिक स्वामी जी की पालकी भी । उसके उपरांत सभी गुरु देव खेल करते हैं । सभी देवी - देवता अपनी भारथा (वरशोह) बताते हैं । उसके उपरांत देवता जीव नारायण देवता कार्तिक स्वामी जी से विदा लेते हैं । उसके उपरांत कार्तिक स्वामी जी के रथ (पालकी) के सभी मुख को करडू में लगाया जाता है । और माता चामुंडा और कार्तिक स्वामी जी दोनों रात के समय शैंशर से नथान गाँव (भंडार) गृह को आते हैं । देवता कार्तिक स्वामी जी भंडार के अंदर मंडारा जाता है । (शियाह) में मुख रखा जाता है और माता चामुंडा मोहड (मंदिर)में बिठाया जाता है । उसके उपरांत माता की संध्या आरती होती है ।

तीसरे दिन देवता कार्तिक स्वामी जी गाँव के हशियानों के साथ गाँव की सबसे पुरानी गृह को जाते हैं । और वहाँ पर 2 1/2 फेरे लगाते हैं और भंडार के पास या जाने के बाद माता चामुंडा की पालकी भी नाचती है ।



चौथा दिन जोगणियों को समर्पित है । इस दिन औरते पारंपरिक वेष - भूषा पहन के लालहड़ी नृत्य करते हैं और चामुंडा की पालकी भी होती है । पारंपरिक लोक गीतों से जोगणियों की स्तुति और उन्हें बुलाया जाता है और माता चामुंडा को अगले दिन विद दिया जाता है ।

चेतना, बीए तृतीय वर्ष ।

हालडा उत्सव

हिमाचल प्रदेश के जिला लाहौल स्पीति में हालडा उत्सव कुछ इस तरह से मनाया जाता है। इस हालडा उत्सव के दौरान घाटी के लोग बुरी आत्माओं को मशाल और जुलूस निकालकर भगाने की कोशिश करते हैं।

लाहौल स्पीति – हिमाचल के जनजातीय जिला लाहौल स्पीति में मशालों के उत्सव हालडा का आगाज जनवरी से शुरू हो जाता है।



लाहौल के गाहर इलाके में देर रात हालडा उत्सव मनाया जाता है। लाहौल के अन्य इलाकों में भी अलग अलग तिथियों में हालडा उत्सव मनाया जाता है। लाहौल स्पीति में नए साल के रूप में स्थानीय लोगों के द्वारा यह उत्सव मनाया जाता है और लकड़ी की बड़ी-बड़ी मशाले भी जलाई जाती हैं और अपने इष्ट देवता की भी पूजा की जाती है।

हालडा हो हालडा हो बोलकर मचाते है शोर – लाहौल घाटी में हालडा उत्सव एक प्रमुख त्यौहार है जिसे स्थानीय लोग नए साल के रूप में भी मनाते हैं इस दौरान हर घाटी के लोग बुरी आत्माओं को मशाल और जुलूस निकालकर भगाने की कोशिश करते हैं और मशाल लेकर सभी लोग जोर-जोर से हालडा हो हालडा

हो बोलकर शोर मचाकर इस पर्व को मनाते हैं।

आधी रात को जलाई जाती हैं मशालें – गाहर घाटी में उत्सव को मनाने के लिए लोग देर रात अपने घरों से बाहर निकले और एक जगह एकत्र होकर लकड़ी की मशालें जलाकर पुरानी सभी परम्पराओं का निर्वहन करते हैं। गाहर घाटी के निवासी कुंगा बौद्ध तेंजिन, सजीव कुमार का कहना है की इन दिनों लाहौल घाटी के सभी देवी-देवता स्वर्ग प्रवास पर होते हैं और घाटी में बुरी शक्तियों का प्रभाव रहता है बुरी शक्तियों से बचने के लिए ही आधी रात को मशाले जलाई जाती हैं, ताकि बुरी शक्तियां इलाके से दूर भाग सकें। ऐसे में नीली रात के समय हालडा उत्सव धूमधाम के साथ मनाया जाता है। उन्होंने बताया कि बौद्ध पंचांग के अनुसार ही इस उत्सव के लिए तिथि निर्धारित की जाती है और बौद्ध लामाओं के द्वारा लाहौल घाटी के अलग-2 इलाकों के लिए यह तिथियाँ निर्धारित की गई हैं। बौद्ध पंचांग के अनुसार लाहौल घाटी के अन्य इलाकों में भी हालडा उत्सव बहुत धूमधाम के साथ मनाया जाएगा।

लाहौल स्पीति में इन दिनों बर्फ की मोटी चादर बिछ जाती है और कई जगह पर तो तापमान -30 डिग्री से भी नीचे चले जाता है। लोग अपने घरों में बंद हो जाते हैं। ऐसे में इन दिनों बुरी शक्तियों का प्रभाव बढ़ जाता है। इन बुरी शक्तियों को भगाने के लिए इस त्यौहार को मनाया जाता है। बर्फबारी और बर्फीली हवाओं के बीच सभी लोग मशाल लेकर रात को हालडो . हालडो कहते हुए घर से निकलते हैं और बुरी आत्माओं को भगाने की रस्म पूरी करते हैं। इसके बाद घरों में जश्न होता है और लोग एक दूसरे के साथ खुशियां मनाते हैं।



श्वेता, बीए तृतीय वर्ष ।

कहाँ गए वो दिन

कहाँ गए वो दिन , जब फोन नहीं होते थे,
सब अपनी मस्ती में , अपने गाँव में रहते थे।
ना कोई घड़ी की चिंता , ना टाइम की हड़बड़ी,
हर एक पल में बसी थी , जिंदगी की हर घड़ी।

गाँव के कच्चे रास्ते पर दौड़ते थे हम,
धरती की खुशबू में समाते थे हम।
साथ खेलते थे, साथ हँसते थे,
छोटी-छोटी बातों में खुश रहते थे हम।

ना था कोई wi-fi, ना सोशल मीडिया का झमेला,
पर दोस्तों के रिश्ते थे, दिल से दिल का मेला।
माँ की गोद में, पिता की बाहों में,
मजे से बिताते थे हम दिन सच्ची यादों में।

ना कोई परेशानियाँ, न कोई तकरार,
हर दिन होता था जैसे एक नया त्योहार।
माँ की आवाज, पापा का साथ,
यह थे वो पल, जिनमें बसी थी खुशियों की बात।

अब तो भागमभाग है, हर कोई व्यस्त है,
खान गए वो दिन, जब दिल सच्चा था।
अगर कभी वो लमहें लौट आएँ,
तो हम फिर से वही खुशियाँ पाएँ।

अनामिका, बीए तृतीय वर्ष ।



आवारा पशुओं का दर्द

सड़कों पर हैं जो बेसहारा,
देखो वो जानवर बेचारा।
भूख प्यास से लड़ते रहते,
चुपचाप अब कुछ सहते रहते।
पैरों में कांटे, आंखों में पानी,
कोई नहीं सुनता, उनकी कहानी।
दुत्कारा जाता हर पल इन्हें,
जैसे हो जीवन की नादानी।
कभी भूखे पेट भटकते हैं,
कचरे में रोटी ताकते हैं।
मानव की इस नीर ममता में,
हर दिन नया दर्द सहते हैं।
सर्दी में ठिठुरते खुले आसमान में,
गर्मी में जलते इस तपते जहान में।
बरसात में भीगकर कांपते हैं,
अपनी किस्मत से हरदम हारते हैं।
क्या उनका भी हक नहीं?
प्यार और रोटी का भरण नहीं?
हम इंसान कहलाते हैं,
पर क्या इंसानियत दिखाते हैं?
क्या यह धरती उनकी नहीं?
क्या जीने का अधिकार उन्हें नहीं?
जो कुछ न कह पाते हैं,
फिर भी प्यार चाहते हैं।
आओ, सुनो इनकी पुकार,
इनके जीवन को दे सुधार।
थोड़ा सा खाना, थोड़ा सहारा,
इनके लिए बने हम किनारा।
ये पशु भी प्रकृति का उपहार हैं,
हमारा जीवन के अनमोल आधार हैं।
चलो इनके लिए हाथ बढ़ाए,
दुनिया को दया का पाठ सिखाए।

तनिषा, बीए तृतीय वर्ष



वो पुराने रिश्ते

ना जाने कैसे थे जो पुराने रिश्ते
जो दिलों में हमारे बसते थे।
दूर रहते हुए भी बहुत करीब थे, वो रिश्ते
जिनके लिए हम जान छिड़कते थे।
ना कोई छलावा था उन रिश्तों में,
ना कोई चालाकी थी।
दिलों से दिलों के थे वो रिश्ते
जिन्हें प्यार से हमने तराशा था।
पूछे बिना ही समझ लेने थे
उन रिश्तों में हुई अनबन को
अब धुंधली सी हो रही उन रिश्तों की डोर,
जिन्हें प्यार की डोर से हमने बांधा था,
न जाने कैसे थे वो रिश्ते,
जिन्हें प्यार से हमने प्यार की डोर से बांधा था।
प्यार की डोर से बांधा था।
मैं कोने में बैठे देख रही हूँ
हँसी मजाक करते हुए इन सबको।
माथे की लकीरें इन सब की,
अलग-2 कहानी इनकी बताती है।
बदलते वक्त के साथ,
बदल गए कुछ रिश्ते भी।
पर अब भी,
हर लकीर, उनके संघर्ष की गवाही देती है।
दिसंबर का समय है,
ठंडी हवा, गरम यादें।
हर कोई मस्ती-मजाक में खोया है,
बचपन की यादों को सजाता हुआ।
तालियों की गूंज में,
दुल्हन अपने नए घर आई है।
और मैं, कोने में बैठी . इस मनमोहक .श्य को देख रही हूँ।
इनकी खुशियों में शामिल हूँ मैं भी,
अपनी पुरानी यादों को समेटते हुए,
लपेटे हुए,
इन रिश्तों को अपने साथ ले जाती हूँ..
वो रिश्ते, जो कभी हमारे जीवन की सबसे सुंदर कहानी थे।

हिंदी से सवाल

हिंदी, ओ हिंदी ! बताओ तो जरा, तुम क्यों हो सबसे न्यारी, सबसे
अलग तरह क्यों तेरी मिठास में, रस भर हो इतना , क्यों हर दिल
में बसती हो, क्यों हो इतनी सजीव चितना?
क्या इसलिए कि तुमने दिया हमें अभिव्यक्ति का आधार,
क्या इसलिए कि तुमसे जुड़ा है भारत का हर व्यवहार?
तुमसे ही तो गीत गाए, तुमसे ही हर बात, क्या तुमसे ही बनी है
हमारी हर सौगात
क्यों हर कोने में गूंजता है तेरा ही सुर?
तुम हो प्रेम, भाईचारा या ज्ञान का नूर ?
क्या तेरे बिना अधूरा है, हमारा हर गान ?
क्यों तुमसे जुड़ा हुआ है, देश का हर मान?
हिंदी, ओ हिंदी। बताओ तो सही,
कैसे हम सबको जोड़ती हो, हो इतनी सजीव कहीं।
तेरी सादगी में छिपी है, अनगिनत गहराई,
तू ही है हमारी भाषा, तू ही है हमारी सच्चाई।
तुमसे ती संवाद करें हम, तुमसे ही हो ज्ञान तुम हो जन-जन की
आवाज, तुम हो सबका मान, क्यों तुझसे सजता है हर लेख हर
विचार, तू ही है हर कवि का सपना, तू ही है हर लेखक का प्यार।
तुमसे ही तो शेर-ओ . शायरी में आती है रवानी,
क्या तुझसे ही बनी है प्रेम की कहानी?
क्या तेरे बिना अधूरी है, कविता की हर पंक्ति,
तू ही तो शब्दों में भर्ती है, सच्चाई और शक्ति।
क्यों तेरे शब्दों से मिलती है, दिलों को राहत,
क्यों तेरे संग जुड़ी है हर नई चाहत?
हिन्दी दिवस पर पूछें हम, तुझसे से सवाल,
तू ही तो है, भारत की आत्मा, तेरा क्या है जवाब।

तनिषा, बीए तृतीय वर्ष



श्रीया ठाकुर,
बीए तृतीय वर्ष

मेरे गाँव का पहाड़

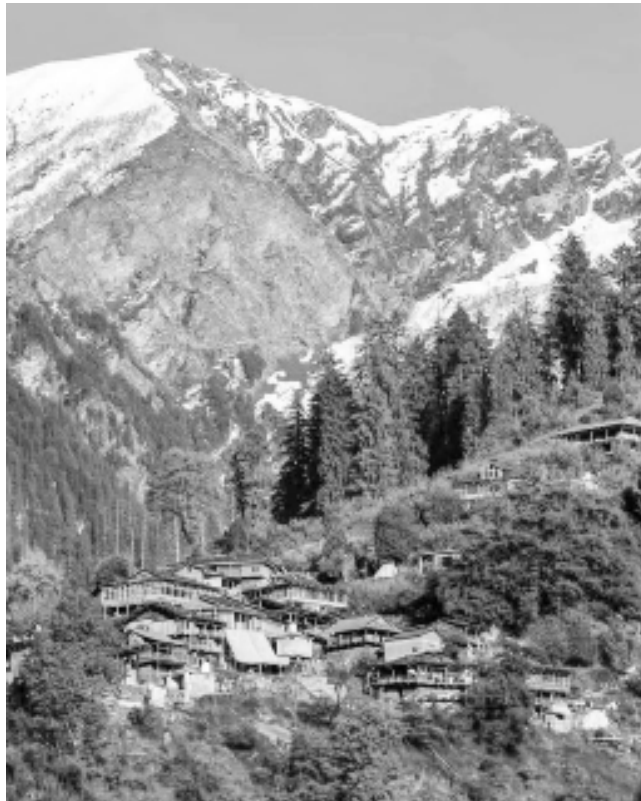
जब लौट कर जाऊंगा तो वही खड़ा पाऊँगा उसको,
ताकता रहता है दूर से कब सूर्य उगेगा कब होगा सवेरा।
सूर्य को भी छिपा लेता है, बादलों को भी रोक देता है।
शायद यही काम है उसका
देखता तो यहाँ भी उसको, पर अलग सा है दिखता, दिखता कुछ
अनजान सा कही जला कही सपाट कही हरे भरे वनों से भरा।
समेटे अपने मे कई जीवन,
ये सिना ताने खड़ा
मैं भी कर्जदार हूँ इसका,
जिसने ढ़ता मुझे सिखाई है
जीवन मे स्थिरता की महत्व मुझे
समझाई है
तोड़ता, बनाता, मुझे सिखाता
वो मेरे गाँव का पहाड़
दयालु है दानवीर है
वो मेरे गाँव का पहाड़।

अनुज,
बीए द्वितीय वर्ष

बचपन याद आता है

देख कर बच्चों का खेलना,
अपना बचपन याद आता है।
स्कूल के लिए रिबन से
बंधी दो चोटियाँ याद आती है।
स्कूल से थक कर आना,
और फिर खेलने चले जाना याद आता है।
राजा मंत्री चोर सिपाही, छुपन छुपाई, गिल्ली डंडा
बचपन के वो खेल याद आते हैं।
वो निरु स्वार्थ दोस्ती, न भेद-भाव,
न जात – पात का ढोंग याद आता है,
हवा में कागज का जहाज और पानी में
कागज की कश्ती का तैरना याद आता है,
नानी के घर जाने की वो उत्सुक्ता याद आती है
टॉम जेरी की लड़ाई, छोटा भीम मे दुश्मनों की पिटाई याद आती है।
टूटता तारा और पलके तोड़ कर ख्वाहिशें मांगना याद आता है।
मिट्टी से खेलना, उसे खाना और
एक रुपये लेकर दुकान के पास दौड़ना याद आता है।
कौन क्या सोचेगा, समाज, कौन क्या कहेगा वाले ब्दबमचज से दूर
वो बचपन याद बचपन आता है।
बचपन में सोचते थे कब बड़े होंगे हम
अब वही बचपन याद आता है
जिस बचपन में न थकान न कल की फिक्र थी
अब वो बचपन याद आता है।

महिमा, बीए तृतीय वर्ष



"Year- Round Sports, Year Round Spirit"



बैडमिंटन स्पर्धा में जितेंद्र, राशि विजेता

हरिपुर महाविद्यालय में आयोजित बैडमिंटन प्रतियोगिता में 48 खिलाड़ियों ने बहाया फलीन

हरिपुर (कलन्नु)। जवाहर नालन राजकीय महाविद्यालय हरिपुर (मनहली) में आयोजित बैडमिंटन प्रतियोगिता में 48 खिलाड़ियों ने भाग लिया। प्रतियोगिता में जितेंद्र और राशि विजेता हुए। प्रतियोगिता में जितेंद्र और राशि विजेता हुए। प्रतियोगिता में जितेंद्र और राशि विजेता हुए।



कुल्लू जिले के हरिपुर महाविद्यालय में राष्ट्रीय खेल दिवस के मौके पर चैटिंग और स्नोबोल प्रतियोगिता में भाग लेती छात्राएं।



शह-मात में नवीन-अनामिका विजेता

हरिपुर (कलन्नु)। शह और पाल के खेल में नवीन और अनामिका विजेता हुए। प्रतियोगिता में नवीन और अनामिका विजेता हुए। प्रतियोगिता में नवीन और अनामिका विजेता हुए।



अंकुश और रेणुका दौड़े सबसे तेज

हरिपुर (कलन्नु)। जवाहर नालन राजकीय महाविद्यालय हरिपुर (मनहली) में दौड़ प्रतियोगिता का आयोजन किया गया। अंकुश और रेणुका सबसे तेज दौड़े। प्रतियोगिता में अंकुश और रेणुका सबसे तेज दौड़े। प्रतियोगिता में अंकुश और रेणुका सबसे तेज दौड़े।



College Hosted 50th H.P. University, Cross Country Championship (M/W)

छात्रों को सिखाए आत्मरक्षा के गुर

हरिपुर मनाली कालेज में जूडो कराटे का कैप संपन्न

विश्व विद्यार्थी मंडल, कुल्लू

आत्मरक्षा कलाओं का प्रसारण करने के लिए हरिपुर मनाली कालेज में एक कार्यक्रम आयोजित किया गया। इस कार्यक्रम में जूडो और कराटे के प्रदर्शन हुए। छात्रों को आत्मरक्षा के गुर सिखाए गए। कार्यक्रम में भाग लेने वाले छात्रों का स्वागत किया गया।



Judo Workshop

Health Camp



Celebrating Yoga Day



Campus Health & wellness Drive



Drug Free Campaign



Annual Prize Distribution Function 2024-25

Holistic Development : Sports, Educational Tour and Marathon Participation



"Where endurance meets adventure — 11 km Walkathon by our spirited students to Kais Dhar, Kullu."



Kullu, HP, India



Participated in Snow Marathon



Participated in Manali Marathon

Educational Tour: Rajashtan, Pushkar, Jaipur, Chandigarh session 2024-25



Champions! Govt. College Haripur bags 1st Place in HPU-Group IV One Act Play

ENGLISH SECTION



Mudita Upadhyay
Student Editor

Editorial

The duty of literature is to note what counts and to light up what is suited to the light.

– Anatole France

Welcome to *MANUDHARA*, the annual magazine of our college JLNGC Haripur. As always, this edition showcases the writing skills and profound imagination of our students as well as their larger concerns regarding society, country and environment.

Although editing this magazine seemed like a difficult task at first, it was made possible by the support of my peers and teachers. All in all, it was a great learning experience and it gives me immense pleasure to have been a part of this endeavour.

Thus, I would like to express my heartfelt gratitude towards my teachers who deemed me capable enough for editing this English section, and I hope that all of us continue to flourish in college as well as life.

Mudita Upadhyay, BA III
Student Editor (English)

The Origin of English

It all began in the fifth century when the Angles, Saxons, and Jutes sailed to Britain, bringing their rugged Germanic tongue, now known as Old English. A language so different from today's English that it would sound like a foreign dialect to us. Words like *hwæl* (whale) and *cniht* (knight) were part of everyday speech. Then came the plundering Vikings in the fifth century who simplified English grammar and added Norse words like 'knife' and 'they'.

Fast forward to 1066, when the Normans conquered England. Suddenly, French became the language of the elite while English remained with the common folk. In fact, it absorbed thousands of French words like 'justice', 'government' and 'art', creating what we know as Middle English. Then, by the time of Shakespeare, English had transformed again. The printing press helped standardize spellings and grammar, and Shakespeare alone is said to have added over 1700 words to the language, e.g. 'bedroom', 'gossip' and 'lonely'.

Finally, thanks to the British Empire, English spread across the globe, slowly becoming the common language of trade, science and culture. Today, English continues to be a thriving and ever-evolving language, borrowing words from all the corners of the world, e.g. 'sushi' from Japan, 'pajamas' from Hindi and 'café' from French. Thus shaped by warriors, poets and modernity, English is not just a tool for communication. Rather, it serves as a living testament to human connection and creativity.

Abhinav Gupta, BCom II

Love yourself

*When everyone is against you
When no one is there for you
When you feel low
Just love yourself
Stay calm, stay positive.*

Remember, you are not the only one who suffers or who might be wrong. Nothing remains permanent in this world, including hate or bad times. Hateful comments are just words. Don't take them to heart and don't let them make you feel broken. You are loved even if you are not aware of it. Nature is giving you air to breathe, the sun is providing you with light to see, and similarly so many things in this world are helping you even if you don't pay attention to them. Don't always cry about what you don't have, but rather count your blessings and be grateful for what you already have. Do you even know their actual value? Stop wasting your time in idle thinking and comparisons. If someone mocks you or finds faults in you, don't give in to anger. Life is simply testing your ego and patience. There is no need to feel ashamed or shy. Learn to accept your mistakes and improve with each step. If you lose an argument, it doesn't mean that you have been defeated. Rather, it means you were in control of your emotions. It doesn't matter what others think of you, what matters is what you think of yourself. All in all, we should not be concerned about what we cannot change, but rather we must strive to keep moving forward.

Bhawna, BA III

My First Day in College

As I entered college on the first day, like the other freshers, I had no idea what to do or where I had to go. Then, someone shared the timetable with us, and we realized that our classes were scheduled for later in the day. So, I sat in a corner of the playground and waited. Suddenly, there came all these National Service Scheme (NSS) volunteers who began parading across the ground. I was very impressed and wanted to join them. I went up to the NSS leader, who told me about the formalities to join the college's NSS unit.

Afterwards, we went for our classes where we found that our teacher's approach was very different from school. After the initial introductions, he asked each of us several questions and tried to involve us in a general discussion. He told us that we must engage in such activities in order to overcome our hesitations and freely communicate in English. Some of my classmates have already become good friends of mine. We told each other about ourselves and our families. Finally, as I returned to my rented quarters in the evening, the events of the day began to replay in my head. All in all, I felt quite satisfied with my first day of college. It was an exhausting day as well, and so I must rest now as I have to return to college tomorrow morning.

Teena Negi, BA I

Importance of Travelling in Life

Travelling plays an important role in our lives. It is not just about enjoyment or wasting our precious time. Rather, it is about gaining experience, knowledge and information about the places we visit. A trip can be of any kind, such as an educational tour, a family vacation, or a visit to a historical site outside our country, which provides an opportunity to expand our knowledge. And of course, it also refreshes the mind and provides a sense of enrichment.

By travelling we can learn about the lifestyle of people, their culture, food and the history of the places we visit. Not only do we get a chance to interact with new people and understand their way of life, but we also learn about historical landmarks such as old forts, monuments, temples and the rulers who fought for their people.

Few weeks ago, I had the opportunity to visit the second-largest World Book Fair held in Delhi. It was an incredible experience as I got to explore books in different languages, covering various subjects and cultures. During the trip, I met different types of people and observed their diverse backgrounds. We also visited some of the historical places in Delhi, such as the Lakshminarayan temple, built by the industrialist J.K. Birla in 1939; the Indira Gandhi memorial and museum; the Qutub Minar; and Raj Ghat, the memorial of Mahatma Gandhi.

Thanks to such trips and experiences, I strongly believe that travelling plays a significant role in everyone's life.

Varun Thakur, BA I

A Visit to the Rashtrapati Bhawan Chandra Taal Trip

Last year, on International Women's Day, I got the opportunity to visit the President's House in New Delhi with my grandmother. We were allowed to enter after a thorough security check, and it was such a delight to see all the beautiful flowers and water fountains spread across the estate. The Rashtrapati Bhawan is spread over more than 300 acres, and is one of the largest residential palaces in the world.

There was a large crowd, mostly consisting of women who had come from each state of India to meet the President, Droupadi Murmu on the occasion of International Women's Day. The President was extremely polite and gracious towards everyone. I feel fortunate to have gotten the chance to see her up close, and it was a heart-warming moment for my grandmother and me. Even now, when I look at the photos and videos from that day, I find myself transported back into the Presidential gardens, walking through the flowers by the fountains.

Arpita Thakur, BA I

Last summer, I visited Chandra Taal in Lahaul. The 'moon lake' derives its name from its crescent shape, and is surrounded by huge mountains on all sides. Although the journey to the lake was difficult, the view once we finally reached was worth it. The water was crystal clear and reflected the glorious blue sky above. The lake looked even prettier during sunset, as the colours of the sky began to change.

While we were finally packing our bags to leave, I felt thrilled thanks to the realisation that this was just the beginning! That the world is full of beauty with so many hidden places to explore and adventures waiting ahead. And so, with excitement in our hearts, we set off dreaming about our next voyage into the unknown.

Teena Negi, BA I

Kulluvi Traditions and Culture

The Kullu valley, nestled in the lap of the Himalayas in Himachal Pradesh, is known for its breathtaking landscapes, rich history and vibrant culture. The traditions of the Kulluvi people reflect their deep connection with nature, spirituality and community living. These customs, passed down through generations, include unique festivals, traditional attire, folk music and religious practices that define the identity of the Kullu region.

For instance, Kullu Dusshera is the most famous festival of the valley, attracting visitors from all over India and beyond. Unlike the rest of the country, where Dussehra marks the burning of Ravana's effigy, in Kullu, it is a week-long celebration where hundreds of deities from different villages come together in a grand procession to honour Lord Raghunath (Lord Rama) at Dhalpur ground, Kullu. The festival symbolizes unity and showcases the region's rich cultural heritage.

Then, the Phagli festival, celebrated in February, welcomes the arrival of spring across the valley. People wear traditional masks, perform folk dances and enact stories from mythology. This festival is dedicated to the local deities and is a way of expressing gratitude for a good harvest. Similarly, the Losar festival marks the Tibetan new year, and is observed by the Buddhist and tribal communities settled in Kullu.

The Kulluvi people take great pride in their distinctive and colorful traditional attire, which reflects their heritage and adapts to the cold climate of the region. The men wear a woolen coat called *chola*, a tight-fitting pajama or *suthan* and a round woolen cap, known as the Kulluvi *topi*. The women on the other hand wear a *pattoo*, a long woolen shawl draped over their regular dress, along with silver and gold jewelry, such as heavy necklaces (*hansli*) and bangles.

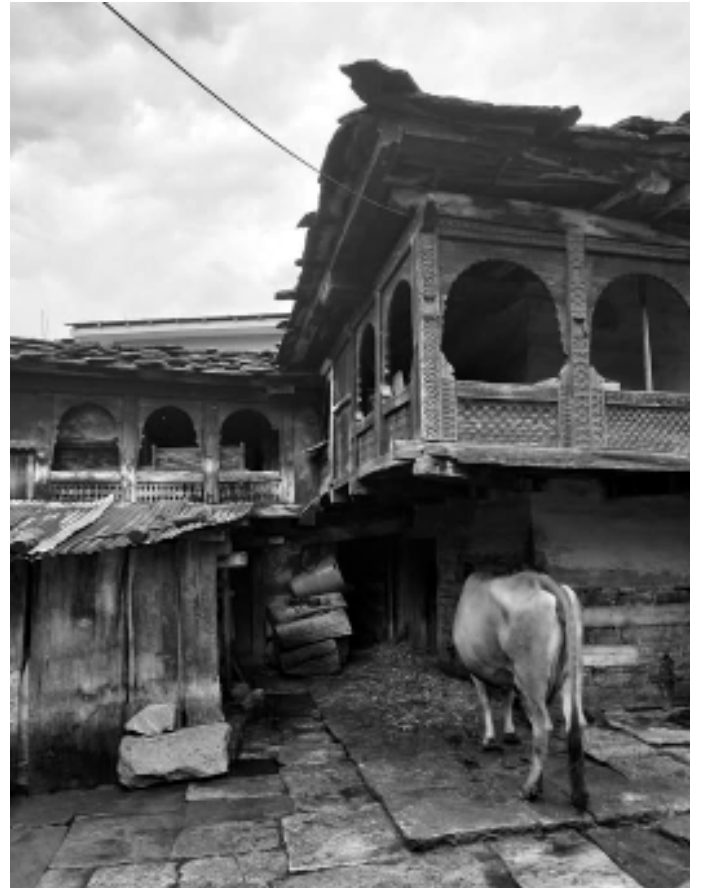
The *naati* is the most popular dance form of Kullu, performed in a slow, rhythmic manner as the traditionally dressed dancers form a circle and move gracefully to the beats of drums (*dhol*, *nagara*, etc.) and wind instruments such as the *shehnai*. The folk songs often narrate stories of love, bravery and devotion to deities. For of course, Kullu is known as the 'Valley of Gods', as each village has its own deity (*devta* or *devi*) and the locals continue to worship them with the utmost faith. Built in the unique Pahadi architectural style using wood and stone, the Hadimba Devi temple, Bijli Mahadev temple and Raghunath temple are some of the most important temples

of the valley.

As for the traditional cuisine of Kullu, it is simple yet delicious, and uses locally available ingredients. The *dhaam* is served on special occasions like marriages and festivals, and it consists of multiple dishes served with rice. At present, one of the most popular local dishes is the *siddu* –made from steamed white bread and stuffed with lentils or walnuts, and usually eaten with ghee and chutney.

Thus, the Kulluvi tradition is a blend of ancient customs, deep spirituality and a strong sense of community; and it is remarkable that the people of Kullu have preserved their cultural heritage while adapting to modernity. And so, whether through grand festivals, folk dances, traditional attire or religious beliefs, Kulluvi traditions continue to be a part of Himachal Pradesh's rich cultural tapestry.

Aashirbad, BA II



The Oral Folk Tales of Kullu Valley

Kullu valley in Himachal Pradesh is a treasure trove of rich cultural heritage where ancient traditions continue to thrive. The region's unique geography, history and mythology have woven a distinct narrative fabric, reflected in its oral folk tales. These stories passed down through generations offer a window into the valley's social dynamics, cultural identity and historical experiences. Apart from mythical aspects related to supernatural beings, magic and legendary figures, these stories also contain details regarding historical events like battles, migrations and natural disasters; insights into cultural practices and beliefs as well as geographical references. Thus, these oral treasures act as historical records while helping in cultural preservation and community building, as they were once steady means of education, social commentary and entertainment.

These oral tales may be divided into three main categories:

- **Stories pertaining to local deities and their origins**, e.g. of *tharah kardu* and *tharah naag*; of goddesses such as Bhuvaneshwari, Jagannathi and Hadimba Devi; and of Ghatotkach and Manu, the founder of Manali. These deities are often associated with particular villages and areas, such as: Shubh Narayan (Rumsu), Jamdagni Rishi (Malana, Pulag, Shangchar, Rumsu), Vasuki Naag (Hallan, Soyal), Bhagasidh (Hallan), Hadimba Devi (Kais, Pini, Chhaki), Manu Rishi (Manali), Kotli Devi (Manali), Kailashini (Soyal) and Bhatanti or Ugratara (Naggar).
- **Historical stories**, e.g. invasion of Kullu by Mahmud of Ghazni, story of Raja Jagat Singh's bravery, legend of Kullu kingdom's foundation and stories pertaining to the freedom struggle in Kullu.
- **Other miscellaneous tales**, e.g. of the haunted fort of Naggar and the mysterious power of the hot springs in the Kullu valley.

However, at present, these stories are at risk of being lost due to various factors such as, dilution of local languages and traditions, limited documentation, commercialisation, historical distortions – and above all, the increasing gap between older and younger generations. Therefore, it is extremely important for us to get in touch with our grandparents and try to salvage and document these treasures as much as we can.

SOURCES:

- *Kullu: A Study of Cultural Heritage* by MC Joshi.
- *Folk Tales of Kullu Valley* by OC Handa.
- Local oral traditions and storytellers.

Ankita, BA II



Story of Manu Temple

According to the myths popular in the Kullu-Manali region, when the mighty deluge overwhelmed the world, Lord Vishnu incarnated himself as the *matsya avatar* (fish form) to guide the ark of the first human of the current universe, Vaivasvata Manu to safety. Using Vasuki Naag as a rope to tie Manu's boat to his *hoon* (tail), Lord Vishnu is said to have brought the boat to the Himalayas.

In the ark, Manu was accompanied by the *saptarshis*, or the seven sages, i.e. Atri, Kashyap, Gautam, Jamadagni, Bhardwaj, Vashisht and Vishwamitra. Manu was also believed to be carrying the seeds of creation that went on to engender the present civilisation we know. Apart from this, he laid down laws and principles for the welfare of human society. Among other things, he introduced the concept of the four *varnas* (castes) as well as the four *ashrams*, viz. *bhramacharya*, *grihasth*, *vanprasth* and *sanyaas*.

Although we cannot know where exactly Manu's ark came to rest, the ancient fairs and festivals of Manali indicate that the association between Manali and Manu is pretty ancient indeed. In fact, the modern name 'Manali' itself derives from the word 'Manualaya', or the abode of Manu.

While there is not enough archaeological evidence to show when the first Manu temple was built, it is commonly known that there existed a small chalet-type temple at the site of the present temple in Old Manali. Several ancient idols were discovered at this site which are now housed in the sanctum sanctorum of the temple. The original temple is said to have stood around this very sanctum, which was then renovated into its present form in 1991.

Legend has it that one morning, in a house close to the temple – known to this day as '*deu ra ghor*' or 'house of the deity' – a lady was clearing dung from the cowshed when she struck a stone idol with her pickaxe. The idol is said to have bled. She then brought the other villagers to the scene and after some frantic digging more idols came up. These are the very idols around which the old temple was then built.

Kritika, BA II

Traditional food consumption in Kullu-Manali

The traditional culinary practices and food consumption in the Kullu valley have been shaped by its unique geography, cultural practices and natural resources. Known for its seasonal dishes and the diverse ingredients available here, the food of the valley reflects the community's identity and traditions.

Consumption of traditional foods like *siddu*, *femda*, *patrodu*, mustard leaves and millet dishes plays a vital role in the daily lives of the Kulluvi people, and it also helps individuals and communities in maintaining a connection with their roots. Many traditional diets are based on local ingredients and provide balanced nutrition.

However, as the younger generations migrate to urban areas for education and employment, the traditional cooking methods and recipes are being forgotten – leading to an overall decline of traditional cuisine. Instead, there is increasing consumption of fast food, leading to health issues.

Since Kullu-Manali is a popular tourist destination, showcasing its culinary heritage can improve the overall experience of incoming tourists, especially those interested in authentic local food. This culinary heritage can further be celebrated during local festivals, promoting the region's culinary identity at the national as well as the global level.

Nandita Pal, BA III



Decline of Physical Activities among Residents of Kullu-Manali (90s-Present)

Till the early 90s, Kullu-Manali was a typically rural area and people were primarily engaged in agricultural activities. Development was still in its early stages and most occupations, or even basic tasks, required some sort of physical activity. Then, tourism boomed after the rise of militancy in Kashmir even as development made its way into the remote areas of Kullu-Manali. Now, with all the advancements in technology and infrastructure, the valley has witnessed some major changes.

Though these advancements were initially introduced to make life easier in the valley, they have also produced some major ill effects. Especially with the introduction of smart phones, laptops and faster internet, people are now focussing less on agriculture and more towards commercial tourism. Almost everything is digitized at this point. What once required stepping out of your home, can now be done from the comfort of your room through a screen, which has led to the present scenario where people across ages are glued to screens.

According to a recent study published in the journal, *The Lancet Global Health*, almost half of all Indians are not sufficiently physically active. The story in Kullu-Manali and Himachal seems to be no different.

Vivek Kumar, BA III

For when I am gone

Everything that is born,
Will one day have to die.
No matter how much you hold it in,
You will want to cry.
After all, at the end of every journey,
You have to say goodbye.
You won't remember them much,
As time passes by
But they will stay in a corner of your heart,
Until the day you die.

Sonam Norzom, BA II

It's me, Manali!

Long ago, there were people,
Simple ones.
They never hurt me,
Always admired me,
Always worshipped me.

I was happy then,
Calm and full of life.
Snow would blanket me,
Five feet deep,
And I sparkled like a jewel.

Now...
I see buildings —
And more buildings.
People come from everywhere.
Some admire me,
Some take my pictures —
Always just cell phones
And them.

They leave me gifts —
Trash bags, liquor bottles,
Human waste scattered here and there.
The rivers clog
And the stench rises.
I hate it.

But I cannot tell them,
How much it weighs on me.
I break down quietly.
I cannot stop it.
Rivers choke,
And at the end —
You see the flood.

Sorry —
It's not your fault.
It's me —
Searching for someone.
Someone sensible.
Someone who still respects me,
Like the simple ones did...

Renuka, BA III

All that glitters is not gold

Every now and then when I sit under the dark sky
The moon and the stars seem a bit shy
You want to fly, leaving all your stress behind
Open the wings of your dreams
Hopes are high
But what if you fall?
My dear that is the biggest lie
How would you fall if you never even try?

Asking my little self, do you want to grow old?
Tell her all that glitters is not gold
Life seems to be tough
But you've got to be bold
My dear, do you really want to grow old?

Thriving through the pains
Surviving each day for the gains
Letting go of all desire
Just to stay happy, I admire
And when the sun is down
Moonlight seems like wearing a gown

All this makes me think
Do I really want to grow old?
Am I ready to face the hopeless days?
Ready to find happy ways?
Ready to keep aside the pain?
And so little self, as you grow old
You realize, all that glitters is not gold

Mudita Upadhyay, BA III

Within the city with dying lights

reside souls that cannot fight
for the basics that are deprived
In the dark nights, wander tamed souls
burning their fates and vows
As they continue to fade,
the ones above grin and salivate
The city has failed to ignite
the zest for life that has died

There where she lies in the far-fetched horizon,
across the flowering garden bed,
when she calls our names,
running to her like little children
Restlessly we begin hoping
that the fleeting time stops for a while
as warmth fills our hearts and souls

As the world advances,
so do the negative aspects of civilization
The needy cast aside, the ones in the spotlight grasping
everybody's eyes
Thus, begins a thundering roar,
as hatred and anger arise
Silence has reigned for too long,
a new storm starts to form

Raging crowds masked in bloody red,
marching for a city bound
Insurrection is set

Akshit, BA II



"Different Co-Curricular Activities of the college"



Excursion Tours : Different Departments of The College



Science Section

Editorial

With great pleasure I Nitisha Thakur from department of science welcome you all to the edition of annual student magazine of Jawaharlal Nehru Govt. College of haripur, Manali. The main aim of publishing magazine is to spread the knowledge about the various things in burning world through articles by our brilliant students .I would congratulate all the students whose article has been published in science section and express their views with a lot of information for the readers. The magazine would not have possible without the guidance of our department teachers. I shall always to thankful to our teachers for their support and motivation. At last I sincerely hope that the readers will finds the articles interesting, relevant and intellectual.

Nitisha Thakur

Student Editor

The Bioluminescent Bloom: Unraveling Nature's Living Light

Imagine a midnight dive into the ocean, where every stroke of your hand ignites a swirling galaxy of light. Or a hike through a dense forest, where fallen logs glow with an ethereal luminescence. This isn't fantasy; it's bioluminescence, a captivating phenomenon where living organisms produce and emit light.

Bioluminescence, a chemical reaction powered by enzymes like luciferase, is more than just a visual spectacle. It plays a vital role in the survival and communication of countless species, from microscopic bacteria to deep-sea predators.

A Symphony of Light in the Deep:

The ocean's depths are a realm of perpetual darkness, where bioluminescence reigns supreme. Deep-sea creatures, often bizarre and otherworldly, use light for a variety of purposes:

- * **Predation:** Anglerfish dangle bioluminescent lures to attract unsuspecting prey into their gaping jaws.
- * **Defense:** Some squid release a cloud of bioluminescent fluid to disorient predators, allowing them to escape.
- * **Communication:** Firefly squid use intricate patterns of light to communicate with each other, perhaps for mating or territorial displays.
- * **Camouflage:** Certain species exhibit counter-illumination, matching the faint downwelling light from the surface to blend seamlessly into their surroundings.

Beyond the Ocean's Depths:

Bioluminescence isn't confined to the ocean. Fireflies, those summer night beacons, use light to attract mates. Glow-worms, the larval stage of certain beetles, create a sticky, glowing trap to ensnare insects. Even some fungi, like the "foxfire" found on decaying wood, emit a ghostly glow.

The Science behind the Spark:

The chemical reaction behind bioluminescence involves a light-emitting molecule, luciferin, and an enzyme, luciferase. The luciferase catalyzes the oxidation of luciferin, producing light as a byproduct. The color of the light depends on the specific luciferin and luciferase involved.

Applications and Future Potential:

The study of bioluminescence has yielded valuable insights and applications in various fields:

- * **Biomedical Research:** Bioluminescent proteins are used as markers in genetic research, allowing scientists to track gene expression and cellular processes.
- * **Environmental Monitoring:** Bioluminescent bacteria can be used to detect pollutants in water and soil.
- * **Forensic Science:** Bioluminescent techniques can be used to enhance the detection of trace evidence.
- * **Art and Design:** Artists and designers are exploring the aesthetic potential of bioluminescent materials, creating stunning visual displays.

A Call to Exploration:

As science students, we are driven by curiosity and a desire to understand the natural world. Bioluminescence serves as a reminder of the incredible diversity and ingenuity of life on Earth. It encourages us to explore the hidden corners of our planet, to delve into the mysteries of the deep sea and the intricate workings of living organisms.

Let us continue to unravel the secrets of bioluminescence, illuminating the pathways to new discoveries and inspiring a deeper appreciation for the wonders of the living world. The next time you see a firefly flicker, remember that you are witnessing one of nature's most enchanting and scientifically valuable phenomena.

Aditya, B.Sc. 3rd Year

Research In Artificial Intelligence.

“Research in artificial intelligence (AI)” is a rapidly evolving field focused on developing computer systems that can mimic human intelligence, encompassing capabilities like learning, reasoning, problem-solving, perception, and decision-making, with key areas like machine learning, natural language processing, computer vision, robotics, and more, all aiming to create intelligent machines that can perform complex tasks autonomously across diverse applications.

Key Areas of AI Research:

Machine Learning:

The foundation of AI, where algorithms learn patterns from data to make predictions or decisions, including supervised learning (labeled data), unsupervised learning (unlabeled data), and reinforcement learning (trial and error).

Natural Language Processing (NLP):

Enables computers to understand and interpret human language, including tasks like text analysis, translation, sentiment analysis, and dialogue systems.

Robotics:

Integrating AI with physical robots to enable autonomous movement, manipulation, and interaction with the environment.

Emerging Research Trends:

•Explainable AI (XAI):

Developing AI models that can clearly explain their reasoning and decision-making process, crucial for building trust in AI applications.

•Generative AI:

Using AI to generate new data like text, images, or music, including models like Generative Adversarial Networks (GANs).

•Ethical AI:

Addressing potential biases and societal concerns related to AI development and deployment, including fairness, transparency, and accountability.

•Quantum Computing for AI:

Exploring the potential of quantum computing to accelerate AI computations and solve complex problems.

Applications of AI Research:

•Healthcare: Diagnosis support, drug discovery, personalized medicine, robotic surgery

•Finance: Fraud detection, algorithmic trading, customer service chatbots

•Manufacturing: Quality control, predictive maintenance, automated production lines

•Transportation: Self-driving cars, traffic optimization, route

planning.

Challenges in AI Research:

•Data Requirements: Large amounts of high-quality data are often necessary to train effective AI models.

•Interpretability: Understanding the reasoning behind AI decisions can be difficult, especially with complex models

•Bias and Fairness: AI algorithms can perpetuate existing biases present in training data

•Privacy Concerns: Protecting sensitive user data when developing and deploying AI systems

Anuradha

B.Sc. 3rd Year



Science and Technology

Science is the modern God of reason that abhors blind faith. It is said that science is the religion of the modern age. It is so because science has revolutionized modern life and exposed the centuries of old belief and superstitions. In this scientific age man is conquered by his hopes and aspiration. Hence science rules man's life. It is said to be a double-edged sword which has both merits and shortcomings. Science brought about great changes in man's life; it was the lantern which enhanced our path to progress. The scientists have given humanity a number of means of comfort. There have been discoveries in the field of nutrition and diet. Mortality rate has fallen and life span has increased. Education and space exploration are viewed with great importance. Hence, science and technology ought to be tackled with care and wisdom. We should never allow science to dominate us. Science the “food of progress” should be used only for the benefit of humanity and it is the duty of our children to preserve the ethnic and external entity of science.

Nitisha Thakur
B.Sc. 3rd Year

The Importance of Maths Everyday Life

Mathematic is a methodical application of matter. It is so said because the subject makes a man methodical or systematic. Mathematics makes our life orderly and prevents chaos. Certain qualities that are nurtured by mathematics are power of reasoning creativity, abstract or spatial thinking, problem solving ability and even effective communication skills. Mathematics is the cradle of all creations, without which the world cannot move an inch. Be it a cook or a farmer, a carpenter or a mechanic, a shopkeeper or a doctor, an engineer or a scientist, a musician or a magician, everyone needs mathematics in their day to day life. Even insects use mathematics in their everyday life for existence. Snails make their shells, spiders design their webs and bees build hexagonal combs. There are countless examples of mathematical patterns in nature's fabric. Anyone can be a mathematician if one is given proper guidance and training in the formative periods of one's life. A good curriculum of mathematics is helpful in effective teaching and learning of the subject. Experience says learning mathematics can be easier and enjoyable if our curriculum includes mathematical activities and game. Math puzzles and riddles encourage and attract an alert and open minded attitude among youngsters and help them develop clarity in their thinking. Emphasis should be laid on development of clear concept at Mathematics in a child, right from the primary classes.

Shashi Thakur
B.Sc. 3rd Year

Environment

I spend an inordinate amount of time in my kitchen scrutinizing pieces of plastic, trying to discern whether they are recyclable or not. If they are, they go into a bag alongside glass, cans, cardboard and paper. If not, or if I am unsure, I put them in a plastic bag (non-recyclable) and shove it into the cupboard under the stairs. My intention is to deposit it in a container for non-recyclable plastics in a nearby supermarket. But the road to landfill is paved with good intentions. Sometimes I get exasperated and just end up chucking it.

Whether my obsessive sorting actually makes any difference, I don't know. I hope the recyclables do end up being recycled. As for the other stuff, which makes up about half of my plastic waste, I have no idea of its fate. I presume it is called "non-recyclable" for a reason.

Is climate change accelerating and is it worse than we expected?

With temperature records tumbling, it is only natural to worry about cascading tipping points, but the reality is far more nuanced. Hopefully, I soon won't have to waste any more of my precious time triaging this type of waste. A suite of "advanced recycling" technologies is gradually coming on stream, promising to take used plastic of any type and convert it into something extremely useful: plastic. The goal is to create a circular economy for this material where there is no longer any need to make virgin plastic from crude oil, just endlessly recycle what we already have. Plastic, rightly demonised as a scourge of the modern world, could be fantastic again.

There is plenty of it to work with. Since the 1950s, we have produced over 10 billion tones. The incredible new tech that can recycle all plastics, forever.

"Advanced recycling" promises to convert dirty, mixed waste plastic into brand new plastic time and time again. It is a major step towards creating a circular economy and fighting climate change

Kanika Saini
B.Sc. 3rd Year



Redshift: Understanding the Cosmic Phenomenon

Introduction

Redshift is a key concept in astrophysics and cosmology, referring to the increase in the wavelength of light from an object moving away from the observer. This shift causes light to move toward the red end of the spectrum, hence the name “redshift.” It is a crucial tool for understanding the universe’s expansion, distant galaxies, and the fundamental nature of space-time.

Types of Redshift

1. Doppler Redshift

Occurs when an object moves away from the observer due to relative motion. Similar to the Doppler effect in sound waves (e.g., a siren’s pitch dropping as it moves away). Used to measure the movement of stars and galaxies within the universe.

2. Cosmological Redshift

Caused by the expansion of the universe itself. As space expands, light traveling through it gets stretched, increasing its wavelength. The greater the redshift, the farther away (and older) the observed galaxy is.

3. Gravitational Redshift

Predicted by Einstein’s General Theory of Relativity. Light escaping a strong gravitational field loses energy, increasing its wavelength. Observed near black holes and massive celestial bodies.

Applications of Redshift

1. Measuring the Universe’s Expansion

Edwin Hubble’s discovery of redshifted galaxies led to the realization that the universe is expanding. The redshift-distance relation, known as Hubble’s Law, helps determine the rate of expansion (Hubble Constant).

2. Estimating Cosmic Distances

Higher redshift values indicate greater distances. Helps astronomers map large-scale structures of the universe, including galaxy clusters and cosmic voids.

3. Studying the Early Universe

Observing high-redshift objects allows scientists to look back in time, studying galaxies formed shortly after the Big Bang. Provides insights into the evolution of stars, galaxies, and cosmic structures.

4. Detecting Exoplanets and Stellar Motion

The redshift and blueshift of starlight help detect orbiting

exoplanets through the radial velocity method. Used to study binary star systems and the motion of celestial objects.

Conclusion

Redshift is a fundamental concept in astrophysics, offering crucial evidence for the expanding universe and the Big Bang theory. By studying redshift, scientists continue to unlock the mysteries of cosmic evolution, distant galaxies, and the very fabric of space-time.

Ritu Raj
B.Sc. 3rd Year

Global Warming

Glaciers are melting, sea levels are rising, cloud forests are drying, and wildlife is scrambling to keep pace. Glaciers are melting, sea levels are rising, cloud forests are dying, and wildlife is scrambling to keep pace. It has become clear that humans have caused most of the past century’s warming by releasing heat-trapping gases as we power our modern lives. Called greenhouse gases, their levels are higher now than at any time in the last 800,000 years.

We often call the result global warming, but it is causing a set of changes to the Earth’s climate, or long-term weather patterns, that varies from place to place. While many people think of global warming and climate change as synonyms, scientists use “climate change” when describing the complex shifts now affecting our planet’s weather and climate systems—in part because some areas actually get cooler in the short term.

Climate change encompasses not only rising average temperatures but also extreme weather events, shifting wildlife populations and habitats, rising seas, and a range of other impacts. All of those changes are emerging as humans continue to add heat-trapping greenhouse gases to the atmosphere, changing the rhythms of climate that all living things have come to rely on.

What will we do—what can we do—to slow this human-caused warming? How will we cope with the changes we’ve already set into motion? While we struggle to figure it all out, the fate of the Earth as we know it—coasts, forests, farms, and snow-capped mountains—hangs in the balance.

Ashlesha
B.Sc. 3rd Year

The Alchemist Within: Unveiling the Magic of Modern Chemistry

Forget bubbling cauldrons and cryptic symbols. Modern chemistry, the alchemist of the 21st century, is a symphony of atoms, molecules, and reactions that shape our world in profound and often unseen ways. It's not just about memorizing the periodic table; it's about understanding the fundamental language of the universe and wielding it to create, innovate, and solve pressing global challenges.

Beyond the Beaker: Chemistry's Ubiquitous Presence

From the smartphone in your hand (lithium-ion batteries, anyone?) to the fabric of your clothes (synthetic fibers, dyes), chemistry is woven into the very fabric of our daily lives. Consider:

- * **Medicine:** Pharmaceuticals, from life-saving antibiotics to targeted cancer therapies, are products of meticulous chemical synthesis. Understanding molecular interactions allows us to combat diseases and improve human health.

- * **Materials Science:** Advanced materials, like lightweight composites for airplanes and self-healing polymers, are revolutionizing industries and pushing the boundaries of engineering.

- * **Energy:** The quest for sustainable energy solutions relies heavily on chemistry. Solar cells, fuel cells, and advanced battery technologies are all rooted in chemical principles.

- * **Agriculture:** Fertilizers, pesticides, and advancements in food processing ensure food security for a growing global population.

- * **Environmental Science:** Chemistry plays a critical role in monitoring pollution, developing remediation strategies, and creating sustainable alternatives to harmful chemicals.

The Power of Curiosity: Exploring the Unknown

Chemistry is a field driven by curiosity. It's about asking "why" and "how," delving into the microscopic world to unravel the secrets of matter. From the elegant simplicity of a chemical bond to the complex choreography of a biochemical pathway, there's a sense of wonder in every discovery.

Modern Chemistry : A Toolkit for Innovation

The modern chemist is equipped with a powerful toolkit:

- * **Spectroscopy:** Techniques like NMR and mass spectrometry allow us to analyze the structure and composition of molecules with incredible precision.

- * **Computational Chemistry:** Simulations and modeling enable us to predict chemical behavior and design new materials before even stepping into the lab.

- * **Green Chemistry:** The focus on sustainable practices minimizes waste and environmental impact, ensuring a responsible approach to chemical innovation.

- * **Nanotechnology:** Manipulating matter at the nanoscale opens up possibilities for creating materials with unprecedented properties.

A Call to Future Alchemists

Chemistry is not just a subject; it's a way of thinking, a problem-solving approach that can be applied to diverse fields. Whether you're interested in developing new drugs, designing sustainable materials, or understanding the chemistry of the cosmos, the field offers endless opportunities for exploration and discovery.

So, embrace your inner alchemist. Dive into the world of atoms and molecules. Let your curiosity guide you, and you might just discover the magic within. The future of our planet, and perhaps even the universe, depends on the innovations that chemists are yet to discover.

**Shubham,
B.Sc. 3rd Year**

The Symphony of the Invisible: Unveiling the hidden orchestra of nature

We often focus on the visible, the tangible, the things we can touch and see. But, what about the unseen world, the orchestra playing its silent symphony all around us? This is the realm of SCIENCE, where the invisible becomes visible, and the seemingly mundane reveals its intricate beauty.

Science is a detective story, a thrilling pursuit of truth hidden in plain sight. We are all born with an innate curiosity, a desire to understand the world around us. Science, with tools of observation, experimentation, and critical thinking, empowers us to become detectives. The same principles applied to air we breathe. Invisible gases, like oxygen and Nitrogen, form the very fabric of our atmosphere, while the intricate dance of molecules governs the weather. From the smallest atom to the vast expanse of space, each discovery is a clue to understand grand narrative of existence. Science not just a collection of facts, but journey of exploration, and to appreciate the profound symphony playing out in the silence.

Jiya thakur, B.Sc. 3rd Year

Biotechnology: Revolutionizing the Future of Medicine, Agriculture, and the Environment

Introduction to Biotechnology

Biotechnology is a branch of science that uses biological organisms or systems to develop or create products that improve human lives and health. With roots in ancient practices such as fermentation, biotechnology has evolved into one of the most transformative fields of modern science. It combines disciplines like biology, chemistry, physics, and engineering to manipulate living organisms at the molecular and cellular level for a wide range of applications.

Applications of Biotechnology

1. Medicine

Biotechnology is revolutionizing the healthcare sector. In medicine, it is used to develop new drugs, vaccines, and diagnostic tools, and it plays a crucial role in gene therapy and personalized medicine. For example, biopharmaceuticals, like insulin and growth hormones, are produced using genetically modified organisms (GMOS).

Biotechnology also allows for the production of monoclonal antibodies used in treating cancer, autoimmune diseases, and other conditions. Gene editing technologies, particularly CRISPR-Cas9, have gained attention for their potential to correct genetic mutations and treat inherited diseases, including sickle cell anemia and cystic fibrosis. This breakthrough opens the door to a new era of precision medicine where treatments can be tailored to an individual's genetic makeup.

2. Agriculture

Biotechnology has significantly impacted agriculture by creating genetically modified (GM) crops. These crops are engineered to resist pests, tolerate herbicides, and have improved nutritional content. Crops such as Bt cotton, Roundup Ready soybeans, and Golden Rice are examples of how biotechnology can increase crop yield, enhance food security, and reduce reliance on harmful pesticides.

Biotechnology also enables the development of drought-resistant crops, which are particularly important in the face of climate change. Additionally, biotechnological advancements in plant breeding and genetic modification help in the development of crops with improved disease resistance and longer shelf life.

3. Environmental Biotechnology

Biotechnology has the potential to address environmental challenges through the development of sustainable solutions. Environmental biotechnology involves the use of microorganisms to clean up pollutants in air, water, and soil, a process known as bioremediation. Microbes can break down toxic substances like oil spills, heavy metals, and industrial waste, reducing the need for chemical treatments.

Tanuja
B.Sc. 3rd Year

God Particle

The “God Particle” is a nickname for the Higgs boson, a fundamental particle in the Standard Model of particle physics. It was named this way because of its crucial role in explaining why other particles have mass, though the term “God Particle” is often considered a bit of a misnomer. The Higgs boson was theorized by physicist Peter Higgs and others in 1964, and its discovery was one of the most significant achievements in modern physics. The Higgs boson is associated with the Higgs field, a field that exists throughout the universe. When particles interact with this field, they acquire mass. Without the Higgs field and its associated particle, most particles would remain massless, making the formation of matter as we know it impossible. The Higgs boson was discovered in July 2012 by scientists at CERN, using the Large Hadron Collider (LHC). This discovery confirmed the existence of the Higgs field, and by extension, helped to validate the Standard Model of particle physics.

Jatin , B.Sc. 2nd Year

Fruit bats have a special metabolism that prevents diabetes

When humans consistently eat too much sugar, it can contribute to developing diabetes, a condition in which the body can't properly use insulin to regulate blood sugar. Worldwide, diabetes rates are expected to increase by 46 percent by 2045. But fruit bats don't have that problem—they regularly eat twice their body weight in sugar-filled fruit each day without developing the autoimmune disease. To understand why, researchers compared the DNA, kidneys and pancreas of Jamaican fruit bats, which have a diet high in sugar, and big brown bats, which have a high-protein diet of insects. They shared their results in *Nature Communications* in January.

- In the fruit-eating bats, the pancreas contained more cells related to producing insulin and glucagon, hormones that regulate sugar. They found genetic changes that help the bats react to and process a vast amount of sugar. And the kidney, which filters waste from blood, helped the bats' bodies retain electrolytes. The organ had more cells meant to trap these salts, which resulted in fruit bats having more diluted, watery urine compared to big brown bats. Even small changes, to single letters of DNA, make this diet viable for fruit bats," Wei Gordon, co-lead author of the paper and a biologist at Menlo College, said in a statement. "We need to understand high-sugar metabolism like this to make progress helping the one in three Americans who are prediabetic."

- Researchers say the findings could help create a way for the human body to better detect insulin or sugar and react to it. But questions remain: Are other organs, such as the liver or small intestine, also involved in regulating sugar for Jamaican fruit bats? And can these findings apply to other kinds of bats, let alone humans?

- Using the new knowledge to treat people with diabetes won't be immediate; it's "very much down the road," Gordon told NPR's Ari Daniel in August. But if researchers succeeded in finding an application to human health, "that would be the ultimate, 'Wow, we did it.'"

Amisha thakur
B.Sc. 3rd Year

The Mysterious Case of Dark Matter

Imagine a universe where the laws of gravity don't quite add up. Where galaxies spin at incredible speeds, yet seem to be held together by an invisible force. Welcome to the world of dark matter, a phenomenon that has left scientists baffled for decades.

What is Dark Matter?

Dark matter is a type of matter that doesn't emit, absorb, or reflect any electromagnetic radiation, making it invisible to our telescopes. Despite its elusive nature, dark matter's presence can be inferred through its gravitational effects on visible matter.

The Discovery of Dark Matter

The existence of dark matter was first proposed by Swiss astrophysicist Fritz Zwicky in the 1930s. While studying the Coma galaxy cluster, Zwicky realized that the galaxies within the cluster were moving at much higher speeds than expected. He suggested that there must be a large amount of unseen mass holding the cluster together.

The Role of Dark Matter In the Universe

Dark matter plays a crucial role in the formation and evolution of the universe. It provides the gravitational scaffolding for normal matter to cling to, allowing galaxies to form and stars to shine. Without dark matter, the universe as we know it would be vastly different.

The Search for Dark Matter

Despite its importance, dark matter remains a mystery. Scientists have proposed various theories to explain its nature, ranging from WIMPs (Weakly Interacting Massive Particles) to axions. Researchers are using a variety of experiments, including LUX-ZEPLIN and XENON1T, to detect dark matter particles directly.

The Implications of Dark Matter

The discovery of dark matter would be a groundbreaking moment in the history of physics. It would not only reveal the nature of the universe but also challenge our current understanding of the laws of physics. Dark matter could also hold the key to understanding some of the universe's most puzzling phenomena, such as fast radio bursts and gamma-ray bursts.

Nitin
B.Sc. 2nd Year

The Power of the Subconscious Mind : How It Shapes Your Life

The subconscious mind is a fascinating and powerful aspect of human psychology that influences our thoughts, behaviors, and decisions without us even realizing it. While the conscious mind deals with logical thinking and decision-making, the subconscious mind works behind the scenes, storing memories, emotions, and deeply ingrained beliefs that shape our reality.

What Is the Subconscious Mind?

The subconscious mind is the part of the mind that operates below the level of conscious awareness. It is responsible for automatic processes such as breathing, heart rate, and digestion, but it also plays a critical role in our habits, emotions, and instincts. Unlike the conscious mind, which processes information sequentially and analytically, the subconscious mind processes information simultaneously and intuitively. Psychologists often compare the mind to an iceberg—only a small portion (the conscious mind) is visible above the surface, while the vast majority (the subconscious mind) lies hidden beneath the water. This hidden part stores past experiences, fears, desires, and programming that influence how we react to situations in everyday life.

How the Subconscious Mind Influences Behavior

1. Habits and Automatic Responses

Many of our daily activities, such as brushing our teeth, driving, or even responding to stress, are governed by the subconscious mind. These behaviors become automatic through repetition, forming habits that guide our lives.

2. Emotional Reactions

Our subconscious mind stores emotional memories, which influence how we react to different situations. If someone experienced a traumatic event as a child, they may unconsciously carry that fear into adulthood, even if they no longer remember the event consciously.

3. Beliefs and Self-Image

The subconscious mind absorbs information from our environment, particularly during childhood when our minds are highly impressionable. The beliefs we form—positive or negative—affect our self-esteem, confidence, and success in life.

4. Decision-Making and Intuition

Have you ever had a “gut feeling” about something? That’s your subconscious mind at work. It processes information rapidly and can often sense patterns and potential outcomes before the conscious mind does. Harnessing the Power of the Subconscious Mind Since the

subconscious mind plays such a significant role in our lives, learning how to influence it positively can lead to personal growth and success. Here are some effective ways to reprogram the subconscious mind:

1. Positive Affirmations

Repeating positive statements about yourself and your goals can gradually shift subconscious beliefs.

2. Visualization

Mental imagery is a powerful tool for influencing the subconscious mind. Successful individuals often visualize their desired outcomes to strengthen their belief and motivation.

3. Meditation and Mindfulness

Practicing meditation helps quiet the conscious mind, allowing better access to subconscious thoughts and emotions.

4. Hypnosis and Subliminal Messages

These techniques work by bypassing the conscious mind and directly influencing the subconscious.

5. Repetition and Consistency

Since the subconscious learns through repetition, consistently reinforcing positive habits and beliefs can create long-lasting change.

Conclusion

The subconscious mind is a powerful force that shapes our thoughts, behaviors, and experiences. By understanding how it works and using techniques to reprogram it, we can break free from limiting beliefs, cultivate positive habits, and achieve our goals. Tapping into the subconscious mind can unlock limitless potential for personal growth and transformation.

Mrinalini Thakur

B.Sc. 3rd Year



THE MOON

The moon is the natural satellite of the planet Earth. It is a natural object which revolves around the Earth. It is a member of solar system family and is the second brightest object we see in the sky after sun.

How far away is the moon?

The Moon is average of 238,855 miles away from Earth, which is about 30 Earth's away.

What makes the Moon glow?

The Moon does not shine with its own light. It simply reflects light coming from the sun

Why does it look like Moon is changing shape?

From Earth, it might look like the Moon is changing shape each night from a tiny silver to half Moon to full moon and back again. What's actually happening is that from spot on Earth, we see different parts of the Moon lit up by the Sun as the Moon travels in its orbit.

How did Moon form?

Scientist believes that the Moon formed early in the solar system's history after Earth and an object about the size of Mars smashed into each other. The impact sent chunks of Earth and the impact into space that were pulled together by gravity, creating the Moon..

What we know about the Moon?

Today, we know that the Moon is covered by craters as well as dust and debris from comets, asteroids and meteoroid impacts. We know that the Moon's dark areas, called maria –which is Latin for seas –are not actually seas. Instead they are craters that lava seeped into billions of years ago. We know that the Moon has almost no atmosphere and only about one-sixth of Earth's gravity. We even know that there is quite a bit of frozen water tucked away in craters near the Moon's poles.

Sania Sharma
B.Sc. 2nd Year



The Glowing World of Bioluminescence

Bioluminescence, the production and emission of light by living organisms, has fascinated humans for centuries. But bioluminescence is more than just a mesmerizing display of light; it has also become a powerful tool in scientific research.

Understanding Bioluminescence

Bioluminescence occurs when a molecule called luciferin reacts with oxygen, resulting in the production of light. This process involves a complex series of chemical reactions that require specific enzymes, co-factors, and molecular structures.

Applications in Scientific Research

Bioluminescence has become an essential tool in various fields of scientific research, including:

- **Molecular Biology:** Bioluminescent markers are used to study gene expression, protein function, and cellular signaling pathways.
- **Cancer Research:** Bioluminescent imaging is used to track cancer cells, monitor tumor growth, and evaluate the effectiveness of cancer therapies.
- **Environmental Monitoring:** Bioluminescent organisms are used as indicators of water quality, detecting pollutants and monitoring ecosystem health.

Breakthroughs and Future Directions

Recent advances in bioluminescence research have led to several breakthroughs, including the development of novel imaging modalities and the engineering of bioluminescent pathways for the production of novel compounds and biofuels. As bioluminescence research continues to evolve, we can expect to see new applications in fields such as biomedical imaging, environmental sustainability, and synthetic biology.

Conclusion

Bioluminescence has emerged as a powerful tool in scientific research, offering a unique window into the workings of living organisms. As researchers continue to explore the intricacies of bioluminescence, we can expect to see new breakthroughs and innovations that will transform our understanding of the natural world and improve our daily lives

Kailash
B.Sc. 2nd Year

Quantum Entanglement: The Mysterious Connection

Imagine two particles, separated by vast distances, yet connected in a way that defies classical physics. This phenomenon is known as quantum entanglement, a fundamental concept in quantum mechanics that has left scientists and philosophers fascinated.

What is Quantum Entanglement?

Quantum entanglement occurs when two or more particles become correlated in such a way that their properties, such as spin or polarization, are linked. This means that if something happens to one particle, it instantly affects the other, regardless of the distance between them.

How Does it Work?

Imagine two entangled particles, A and B. If particle A is spinning clockwise, particle B will instantly start spinning counterclockwise, even if they are separated by billions of kilometers. This effect happens instantaneously, faster than the speed of light, which seems to violate the fundamental principles of space and time.

Implications and Applications

Quantum entanglement has far-reaching implications for our understanding of reality and the behavior of particles at the quantum level. Some potential applications include:

- **Quantum Computing:** Entangled particles can be used to create ultra-secure quantum communication channels and potentially powerful quantum computers.
- **Quantum Cryptography:** Entangled particles can be used to create unbreakable encryption codes.
- **Quantum Teleportation:** Entangled particles can be used to transfer information from one particle to another without physical movement.

Quantum entanglement is a mind-bending phenomenon that challenges our classical understanding of space and time. As scientists continue to explore and understand entanglement, we may uncover new and innovative ways to harness its power. The mysterious connection between entangled particles continues to inspire scientific investigation and philosophical debate.

Dumesh, B.Sc. 2nd Year

Black Hole

Black hole in astronomy is a theoretical region in space with such intense gravitational forces that nothing, not even light, can escape from it. Calculations based on Einstein's general theory of relativity published in 1915 indicate that a very high concentration of matter can form a black hole, but the existence of black holes has not been proven. For the sun to form a black hole, it would have to be compressed into a sphere less than 4 miles (6.4 km) in diameter.

Scientists believe such concentrations of matter can occur under certain conditions, as when a massive star (one with a mass three or more times that of the sun) runs out of fuel for thermonuclear reactions and collapses in on itself. In the constellation Cygnus, a star has been discovered that appears to be in a binary (two-star) system with a small, invisible object that may be a black hole formed from a star (Abell, 34-36). The area around the object is a strong source of X-rays, possibly produced by gases heated to very high temperatures as they are drawn into the black hole.

Very massive black holes may form at the centre of a galaxy, where there is a high concentration of stars and other matter. Astronomers have found evidence for the existence of massive black holes at the centre of several galaxies, including the Milky Way. Black holes ranging down to microscopic size may have formed when the universe was very dense, shortly after its creation. According to a theory by the English physicist Stephen Hawking, black holes of very small size lose a significant amount of mass through subatomic processes at their boundaries.

According to this theory, once a black hole becomes extremely small, it emits all its remaining mass in an explosion of high-energy particles. However, evidence for such explosions has not been found. Moreover, the term "black hole" was coined to describe such an object more than 50 years ago, long before there was any evidence that such an object existed. Today, there is ample evidence that black holes exist (Snow, 111). If the core contains more than 3 solar masses, its collapse leads to the formation of a black hole. In this case, the degenerate neutron gas pressure cannot halt the collapse.

Harshita, B.Sc. 2nd Year

The wonders of the universe :

exploring the mysteries of astronomy

Introduction

The universe has always been a source of fascination and wonders for humans from the ancient civilizations that worshipped the stars as god's to the modern day astronomers who use advanced technology to study the cosmos the mystery of the universe has captivated us in this his article we will delve into the wonder of the universe, exploring the latest discoveries and research in the field of astronomy

The search for life and mystery of black holes

Astronomy has a rich history, with significant contribution from ancient Greeks like Aristotle and Ptolemy the discovery of exoplanets has raised hopes of finding extra-terrestrial Life, with scientists using techniques like striding atmosphere and searching of bio signatures.

For example: The Kepler space telescope has discovered thousands of exoplanets, many of

Which are believed to be locked in the habitable zones of their respective stars black holes are

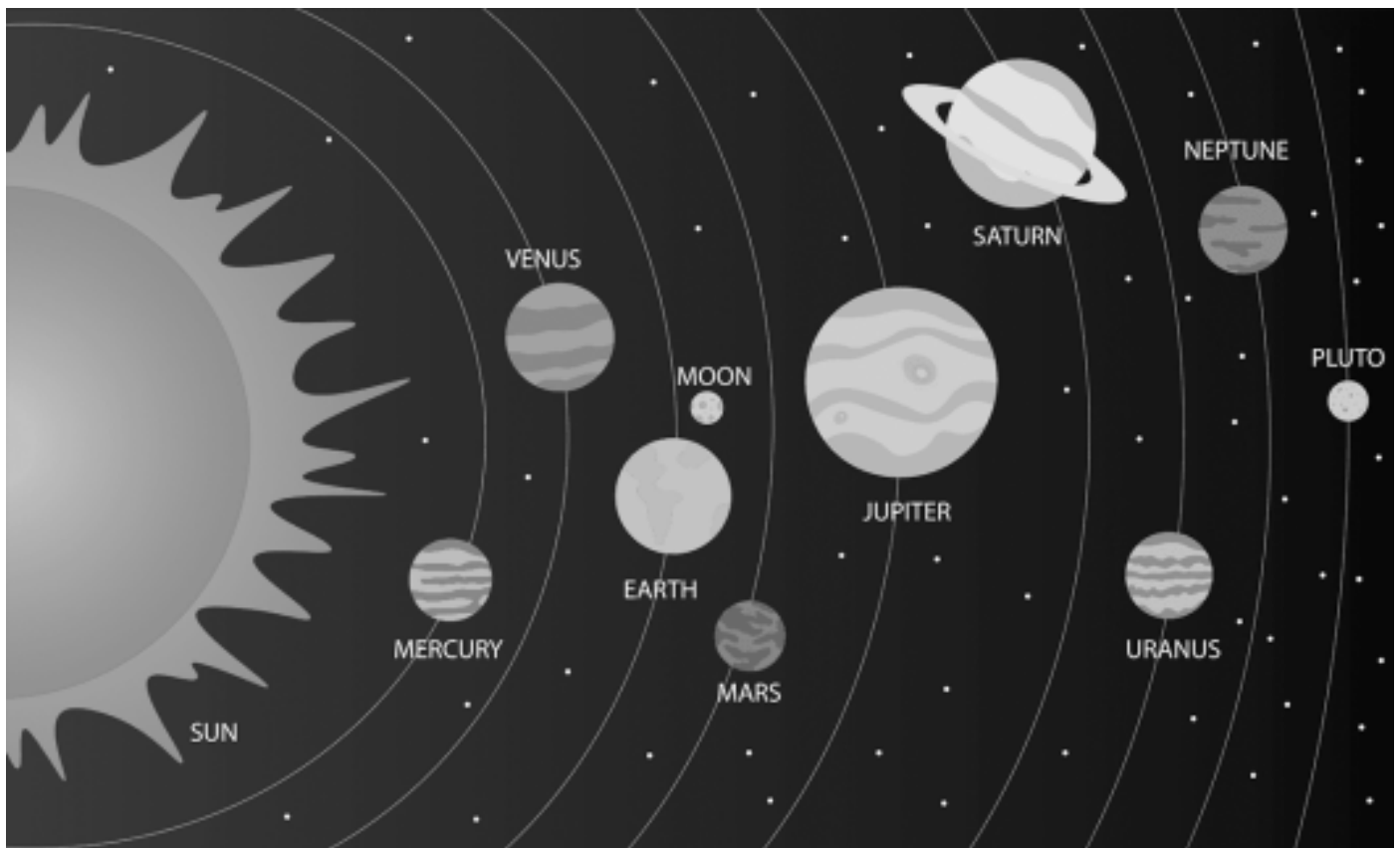
Another fascinating area of research with astronomers studying their behaviour and capturing

Conclusion of future of astronomy

In conclusion the universe is vast and wondrous place, full of mysteries. Waiting to be uncovered through astronomy. We can gain a deeper understanding of the universe and our place within it the future of astronomy is exciting with new technologies like the James web space telescope allowing us to study the universe in greater detail as we continue to explore the universe, we will undoubtedly uncover new and exciting discoveries that will challenge our understanding of the cosmos and our place within it.

“THE UNIVERSE IS NOT ONLY MUCH STRANGE THAN WE THINK, IT IS STRANGER THAN WE CAN THINK “-ALBERT EINSTEIN

Isha
B.Sc. 2nd Year



Why Do We See Colors? The Science of Light and Pigments

Color is a fascinating part of our visual perception, and its existence is deeply connected to the physics of light and the biology of our eyes. Let's break it down scientifically.

1. The Physics of Light and Color

- Light is a form of electromagnetic radiation that travels in waves.
- The visible spectrum (part of the electromagnetic spectrum that human eyes can detect) ranges from violet (shortest wavelength, ~400 nm) to red (longest wavelength, ~700 nm).
- When light hits an object, some wavelengths are absorbed while others are reflected. The reflected wavelengths determine the color we see.

For example:

- A red apple appears red because it absorbs all wavelengths except red, which it reflects.
- A white object reflects all visible wavelengths, while a black object absorbs them all.

2. How Our Eyes Detect Color

Our eyes contain photoreceptor cells in the retina called cones and rods:

Cones are responsible for color vision and work best in bright light. There are three types: Red cones (detect long wavelengths)

Green cones (detect medium wavelengths)

Blue cones (detect short wavelengths)

Rods help us see in low light but do not detect color.

When light enters the eye, it stimulates the cones, which send signals to the brain via the optic nerve. The brain then interprets the combination of signals as color.

3. How We Perceive Different Colors

- Primary colors of light: Red, Green, and Blue (RGB). When combined, they create different colors.
- Secondary colors of light: Yellow, Cyan, and Magenta.
- The brain processes color information in the visual cortex, where it compares signals from different cones to create our perception of color.

4. Why Some People See Colors Differently

- Color Blindness occurs when one or more cone types are missing or defective, making it hard to distinguish certain colors (e.g., red-green color blindness).
- Tetrachromacy is a rare condition where a person has four types of cones, allowing them to see more colors than the average person.

5. The Role of Pigments and Dyes

- Natural pigments (like chlorophyll in plants or melanin in skin) absorb certain wavelengths and reflect others, giving objects their color.
- Artificial dyes work similarly and are used in textiles, food, and art.

Conclusion

We see colors because of the way light interacts with objects and how our eyes and brain process those light signals. The science behind color not only helps us understand vision but also plays a role in technology, art, and even medical fields.

Would you like to explore specific aspects, such as how colors affect mood or how animals perceive colors?

Ankita

B.Sc. 2nd Year

Climate Change: Causes, Impacts, and Solutions

Climate change is one of the most pressing issues of our time. It refers to long-term changes in temperature, precipitation, and other atmospheric conditions on Earth. While climate fluctuations have occurred naturally for millions of years, human activities in the past century have significantly accelerated these changes, primarily due to the burning of fossil fuels and deforestation.

Causes of Climate Change

The main driver of modern climate change is the increase in greenhouse gases (GHGs) such as carbon dioxide (CO₂), methane (CH₄), and nitrous oxide (N₂O). These gases trap heat in the Earth's atmosphere, leading to a phenomenon known as the greenhouse effect. The key contributors to GHG emissions include:

1. Burning Fossil Fuels - Coal, oil, and natural gas are burned for energy, releasing large amounts of CO₂ into the atmosphere.
2. Deforestation - Trees absorb CO₂, so cutting them down reduces the Earth's ability to regulate carbon levels.
3. Industrial and Agricultural Activities - Factories and farms release methane and nitrous oxide, which are even more potent than CO₂.
4. Waste and Landfills - Decomposing waste generates methane, adding to atmospheric warming.

Impacts of Climate Change

Climate change has widespread consequences that affect both the environment and human society.

Some of the most significant impacts include:

1. Rising Temperatures - Global temperatures have increased by about 1.2°C (2.2°F) since pre-industrial times, leading to more frequent and intense heatwaves.
2. Extreme Weather Events - Hurricanes, wildfires, droughts, and floods have become more severe and frequent.
3. Melting Ice Caps and Rising Sea Levels - Polar ice caps and glaciers are melting, causing sea levels to rise, which threatens coastal cities and island nations.
4. Loss of Biodiversity - Many species are struggling to survive as habitats change too quickly for adaptation.
5. Food and Water Scarcity - Changing climate condi-

tions affect crop yields, leading to food insecurity, and alter rainfall patterns, reducing access to freshwater.

6. Health Risks - Heat-related illnesses, respiratory diseases from air pollution, and the spread of vector-borne diseases like malaria and dengue are increasing. Solutions to Climate Change While climate change poses a massive challenge, there are steps that individuals, governments, and businesses can take to mitigate its effects:

1. Transition to Renewable Energy - Investing in solar, wind, and hydropower reduces reliance on fossil fuels.
2. Energy Efficiency - Using energy-efficient appliances, LED lighting, and better insulation can significantly cut emissions.
3. Sustainable Transportation - Promoting electric vehicles, public transportation, and cycling can help reduce emissions from transportation.
4. Reforestation and Conservation - Protecting forests and planting trees absorb CO₂ and help regulate climate.
5. Sustainable Agriculture - Reducing meat consumption, using organic farming methods, and minimizing food waste can lower agricultural emissions.
6. Climate Policies and International Agreements - Governments must enforce regulations to limit emissions and invest in clean energy. Agreements like the Paris Agreement aim to keep global warming below 1.5°C.
7. Individual Actions - People can reduce their carbon footprint by conserving energy, recycling, and supporting sustainable businesses.

Conclusion

Climate change is an urgent global crisis that requires immediate action. While the challenges are significant, solutions exist, and collective efforts from individuals, businesses, and governments can help combat this issue. By transitioning to a more sustainable way of living, we can work towards a healthier planet for future generations.

Suhana
B.Sc. 2nd Year

Heart Attack: Causes, Symptoms, and Prevention

A heart attack, also known as a myocardial infarction (MI), occurs when the blood flow to the heart is blocked, preventing oxygen from reaching the heart muscle. Without timely treatment, this can cause permanent damage to the heart and can be life-threatening.

Causes of Heart Attack:

The most common cause of a heart attack is coronary artery disease (CAD), which occurs when the arteries supplying blood to the heart become narrow due to plaque buildup (fatty deposits). Other causes include:

- Blood clots: A clot can form in a narrowed artery, completely blocking blood flow.
- Coronary artery spasm: A sudden tightening of the artery, reducing blood supply.
- Rare medical conditions: Certain diseases can affect blood flow and increase the risk of a heart attack.

Symptoms of a Heart Attack:

Heart attack symptoms can vary between individuals and may appear suddenly or gradually.

Common signs include:

- Chest pain or discomfort (pressure, squeezing, or fullness in the chest)
- Pain in other areas (arms, shoulders, neck, jaw, or back)
- Shortness of breath
- Sweating
- Nausea or vomiting
- Dizziness or lightheadedness
- Extreme fatigue

What to Do in Case of a Heart Attack:

- Call emergency services immediately (dial emergency numbers like 911 in the US or 112 in Europe).
- Chew and swallow aspirin (if not allergic) to help thin the blood.
- Stay calm and sit down to reduce strain on the heart.
- Perform CPR if the person is unconscious and not breathing.

Risk Factors for a Heart Attack:

Several factors increase the risk of a heart attack, including:

- High blood pressure
- High cholesterol
- Smoking
- Obesity
- Diabetes

- Sedentary lifestyle
- Unhealthy diet (high in processed foods and trans fats)
- Stress and excessive alcohol consumption
- Family history of heart disease

Prevention of Heart Attack:

Heart attacks can often be prevented through lifestyle changes and proper medical management:

1. Eat a heart-healthy diet (rich in fruits, vegetables, whole grains, and healthy fats).
2. Exercise regularly (at least 30 minutes of moderate activity most days).
3. Quit smoking and limit alcohol consumption.
4. Manage stress through meditation, yoga, or hobbies.
5. Control blood pressure, cholesterol, and diabetes with medical guidance.
6. Maintain a healthy weight.
7. Get regular medical check-ups to monitor heart health.

Conclusion:

A heart attack is a serious medical emergency that requires immediate attention. Recognizing the symptoms early and adopting a heart-healthy lifestyle can significantly reduce the risk. If you or someone around you experiences signs of a heart attack, seek emergency help immediately.

Vipasha
B.Sc. 2nd Year



THE IMPACT OF THE INTERNET ON OUR DAILY LIFE

There is a big influence of technique on our daily life. Electronic devices, multimedia and computers are things we have to deal with everyday.

Especially the Internet is becoming more and more important for nearly everybody as it is one of the newest and most forward-looking media and surely “the” medium of the future.

Therefore we thought that it would be necessary to think about some good and bad aspects of how this medium influences us, what impacts it has on our social behaviour and what the future will look like.

The Internet changed our life enormously, there is no doubt about that. There are many advantages of the Internet that show you the importance of this new medium. What I want to say is that Internet changed our life in a positive way.

First we have to make a differentiation concerning the usage. You can use the Internet at home for personal or at you at work for professional usage. Let’s come to the first. To spend a part of our day on the Internet is for many people quite normal. They use this kind of medium to get information about all kinds topics. Maybe some of them are interested in chatting, probably they are members of a community. Whatever you are looking for, you will find it. Even if you want to have very specific information, you will find it in a short time. Normally, you often have to send a letter, than you have to wait for the reception of the reply, or you have to make some telephone calls and so on. In any case, the traditional way is the longer one. To put your own information on the Internet is also possible. Create your own homepage, tell other users about your interests, what you want, that’s no problem at all.

As well known, software costs a lot, if you buy it legal. Free software, free music is available on the Internet. You just have to download the program, the mp3-file or whatever and that’s it. Why do you want to pay more as you need? Special websites are created just to give you the newest programs, or to tell you where you can get it from. Napster might actually be the most famous one.

The computer is a fix part of every modern office and the greatest part has also an access to the Internet. Companies already present their products, their services on the Internet and so they get more flexible.

The next advantage I want to mention is the faster development. Many universities and research institutions are also linked. They are able to exchange experiences, novelties and often they start new projects together. If they are linked, they can save time and money.

Especially at the business sector knowledge is power. If you are the leader of a product, of a technology or just of an idea you are able to make a lot of money. To get in this position, the Internet can play an essential part. Companies all over the world are online. If you want, it is no problem for you to exchange experiences, you will hear new things, you will see some facts from another point of view. For this reason you will find new solutions, new ways to go, so take this chance!



Sneha
B.Sc. 2nd Year

Cybersecurity : Protecting the Digital World

In today's interconnected world, cybersecurity is more important than ever. With increasing reliance on digital platforms for banking, communication, shopping, and even national security, cyber threats such as hacking, data breaches, and ransomware attacks pose serious risks. Cybercriminals use sophisticated techniques, including phishing, malware, and social engineering, to steal personal and financial information. To counter these threats, scientists and engineers are developing advanced cybersecurity solutions. One promising technology is quantum encryption, which uses the principles of quantum mechanics to create unbreakable security systems. Artificial intelligence (AI) is also being integrated into cybersecurity to detect and prevent threats in real-time by analyzing patterns and anomalies in digital activity. Additionally, biometric authentication methods, such as fingerprint scanning and facial recognition, are improving security by reducing reliance on passwords, which can be easily compromised. Governments and organizations are enforcing stricter cybersecurity laws to protect sensitive data and infrastructure from cyberattacks. However, as technology advances, so do cyber threats, making continuous research and adaptation crucial. Individuals can also play a role in cybersecurity by using strong passwords, enabling two-factor authentication, and staying alert to online scams.

In today's digital age, cybersecurity is one of the most critical challenges we face. With the rise of online transactions, cloud storage, and smart devices, cyber threats have become more sophisticated and widespread. Hackers and cybercriminals use various techniques, including phishing, malware, ransomware, and social engineering, to exploit vulnerabilities in digital systems. Major cyberattacks have targeted banks, hospitals, governments, and even power grids, highlighting the urgent need for stronger digital protection.

To combat these threats, scientists and engineers are developing advanced cybersecurity technologies. Quantum encryption is one of the most promising innovations, using the principles of quantum mechanics to create virtually unbreakable security systems. Artificial intelligence (AI) and machine learning are also transforming cybersecurity by detecting and preventing cyber threats in real-time, analyzing vast amounts of data to identify unusual patterns. Additionally, biometric authentication, such as fingerprint scanning, facial recognition, and even iris detection, is replacing traditional passwords, making unauthorized access much more difficult.

Governments and organizations worldwide are implementing stricter cybersecurity laws and regulations to protect sensitive data. Cybersecurity awareness is also essential for individuals, as weak passwords, outdated software, and careless.

Alka Sharma
B.Sc. 2nd Year



Hemodialysis : Procedure, Benefits, and Risks

Introduction:

Hemodialysis is a medical procedure used to remove waste, toxins, and excess fluids from the blood when the kidneys are no longer able to function properly. It is commonly used for patients with chronic kidney disease (CKD) or end-stage renal disease (ESRD).

How Hemodialysis Works:

During hemodialysis, a machine called a dialyzer (artificial kidney) filters the blood. The process involves:

1. Access to Blood: A vascular access point is created, usually in the arm, using:

- Arteriovenous (AV) fistula: A connection between an artery and a vein.

- Arteriovenous (AV) graft: A synthetic tube connecting an artery and vein.

- Central venous catheter: A tube inserted into a large vein in the neck or chest (used for temporary dialysis).

2. Blood Filtration:

- Blood is drawn from the body and passed through the dialyzer.

- The dialyzer removes waste, extra fluids, and toxins.

- The cleaned blood is returned to the body.

3. Duration and Frequency:

- Typically done 3 times a week, lasting 3-5 hours per session.

- Some patients undergo home hemodialysis, which may allow for more frequent sessions.

Who Needs Hemodialysis?

Hemodialysis is recommended for patients with kidney failure, when the kidneys function at less than 15% of their normal capacity. Common causes include:

- Diabetes
- High blood pressure
- Polycystic kidney disease
- Glomerulonephritis (inflammation of kidney filters)
- Severe kidney infections

Benefits of Hemodialysis:

- Removes waste products and toxins from the blood.
- Helps regulate blood pressure.
- Maintains electrolyte balance (sodium, potassium, calcium, etc.).
- Reduces swelling (edema) caused by fluid retention.
- Improves overall quality of life for kidney failure patients.

Risks and Complications:

Although hemodialysis is a life-saving procedure, it has potential risks:

- Low blood pressure (hypotension) - May cause dizziness, nausea, and weakness.

- Muscle cramps - Due to fluid and electrolyte shifts.

- Infections - At the vascular access site.

- Blood clots - In the AV fistula or graft.

- Fatigue - Due to frequent dialysis sessions.

- Electrolyte imbalances - Can lead to heart problems.

Lifestyle Adjustments for Dialysis Patients:

To improve treatment outcomes, patients need to:

- Follow a kidney-friendly diet (low in sodium, potassium, and phosphorus).

- Monitor fluid intake to prevent excess fluid buildup.

- Take prescribed medications as advised by the doctor.

- Stay physically active within their capacity.

- Attend all dialysis sessions to maintain stable health.

Alternative to Hemodialysis:

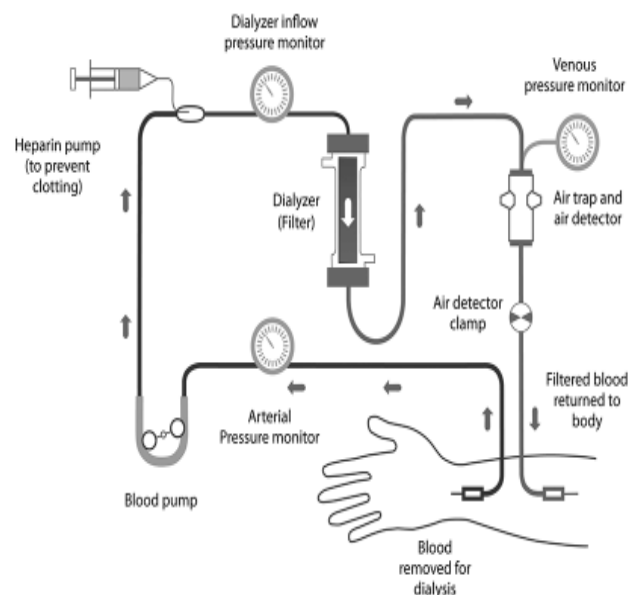
- Peritoneal Dialysis (PD): Uses the lining of the abdomen to filter blood.

- Kidney Transplant: A permanent solution if a suitable donor is available.

Conclusion:

Hemodialysis is a crucial treatment for kidney failure patients, helping them manage their condition and improve their quality of life. While it requires significant lifestyle changes, proper care and adherence to medical advice can enhance its effectiveness.

Jasmin
B.Sc. 2nd Year



Celebrating National Science Day



Engaging Minds : Learning and Achievement



Glimpses of Literary society function



हरिपुर कालेज के छात्र शाश्वत ने एकल गायन में झटका द्वितीय स्थान



CSCA Function " antardhwani 2024-25"

Proud Moment- GC Haripur secured 3rd position in HPU Group-III



Commerce Section



Anshul
Student Editor

Editorial

With great pleasure, I welcome you all to this edition of the Annual Student Magazine of Jawaharlal Nehru Government College, Haripur, Manali. I am Anshul, a student of the Department of Commerce, and proud to be part of this creative and academic journey. Our college is committed to fostering research and learning, encouraging both students and faculty to contribute meaningfully. The magazine aims to share knowledge and insights on contemporary issues through thoughtful articles written by our talented students. I congratulate all the contributors in the Commerce Section for their valuable work and thank our dedicated teachers for their constant support and guidance. I hope readers find this edition engaging, informative, and thought-provoking.

Warm regards,

Anshul
Student Editor, Commerce Section
B.Com, 3rd Year

GST and Its Influence on India's Small and Medium Enterprises (SMEs)

The implementation of the Goods and Services Tax (GST) in India significantly transformed the business environment for small and medium enterprises (SMEs) by streamlining the indirect tax system and replacing various state and central taxes with a unified structure. For many SMEs, GST brought the advantage of a simplified tax regime, reduced logistical barriers, and wider access to a national market due to the removal of interstate check posts. The introduction of Input Tax Credit also helped businesses lower their overall tax burden by allowing credit for taxes paid on inputs, which ultimately encouraged better compliance and transparency. However, GST also introduced various challenges such as increased compliance requirements, higher operational costs, and the need for digital record maintenance, which many traditional SMEs were not fully prepared to handle. Smaller firms faced difficulties understanding the complexities of GST filings, especially in the early years when the portal faced glitches and frequent changes in rules caused confusion. Working capital pressure rose as businesses needed to pay GST upfront and later claim credit, affecting cash flow for resource-constrained SMEs. Despite these issues, GST gradually pushed SMEs toward digitalization and formalization, making them more competitive in the long term and better integrated into India's growing formal economy. Overall, GST became a transformative policy that brought both opportunities and hurdles for SMEs, shaping the way they operate, compete, and grow in modern India.

Jyoti chauhan
M.Com 2nd sem

Evolution of Digital Banking and Technological Advancements in India

Digital transformation in Indian banking refers to the widespread adoption of digital technologies that have reshaped how banks operate, deliver services, and interact with customers, turning traditional branch-based systems into agile, technology-driven platforms. This transformation has brought numerous benefits such as improved accessibility, faster transactions, enhanced customer experience, reduced paperwork, and the ability to offer services round-the-clock. The introduction of innovations like mobile banking apps, online KYC, AI-based customer support, and data-driven decision-making helped banks become more efficient and customer-centric. However, the journey also presents challenges including legacy systems, cybersecurity risks, integration difficulties, and a shortage of skilled digital professionals capable of managing advanced technologies. Customer expectations have risen drastically, forcing banks to constantly upgrade their digital offerings to remain competitive. Leading Indian banks like SBI, HDFC, ICICI, Kotak Mahindra, and Federal Bank have successfully implemented digital initiatives through platforms like YONO, biometric authentication, and fully paperless processes, reflecting the sector's rapid modernization. Government initiatives such as DBUs (Digital Banking Units) and the increasing use of UPI have further accelerated digital banking adoption across the country. Ultimately, digital transformation is not just a technological shift but a cultural one that requires continuous innovation, robust cybersecurity frameworks, and customer trust to ensure sustainable long-term growth in the banking sector.

Kumari Anjali
M.Com 2nd sem

Rise of Quick Commerce in India: Innovation or Overhyped Trend?

Quick Commerce, commonly known as Q-Commerce, represents the evolution of traditional e-commerce into a model promising delivery of groceries, essentials, and household items within 10 to 30 minutes, driven by convenience-oriented urban consumers. Its rise in India has been fueled by changing lifestyles, increasing smartphone use, and the desire for instant solutions, with platforms like Blinkit, Zepto, Swiggy Instamart, BB Now, and Amazon Fresh rapidly expanding across major cities. The model operates through hyperlocal dark stores and optimized logistics networks that ensure quick delivery and real-time inventory management. Q-Commerce offers benefits such as enhanced convenience, job creation, improved supply-chain efficiency, and intense competition that pushes companies to innovate. However, the sustainability of this model remains questionable due to high operational costs, low profit margins, dependence on venture capital funding, and increasing pressure on delivery workers. Many global Q-Commerce players have already collapsed, raising concerns about whether India's booming market may eventually face similar challenges. Environmental concerns also arise from increased trips, packaging waste, and fuel consumption. Despite these drawbacks, the Indian market remains promising due to its dense urban population and relatively lower labor costs. The future of Q-Commerce will depend on whether companies can transition from rapid expansion to profitability through AI-driven operations, better worker policies, and sustainable business practices. In essence, Q-Commerce is both a bold innovation and a potentially fragile business model whose long-term survival depends on strategic evolution beyond speed.

Tanu Thakur,
M.com 4th Sem

Ethical and Regulatory Issues in E-Commerce Data Protection

Consumer data privacy in e-commerce refers to the responsible collection, storage, and use of personal information such as names, addresses, transaction history, browsing behavior, and purchase preferences, all of which must be handled with security and transparency. As digital shopping platforms grow, concerns about data misuse, unauthorized access, and unfair targeting have increased, making privacy a central ethical and legal issue. Ethical challenges arise when companies collect more data than necessary, use vague consent mechanisms, or employ algorithms that manipulate customer behavior for commercial gain. Legally, India now follows the Digital Personal Data Protection (DPDP) Act 2023, along with earlier regulations like the IT Act 2000 and SPDI Rules, which require businesses to obtain informed consent, limit data usage, maintain security safeguards, and notify users in case of breaches. Despite these laws, many consumers still lack awareness about their privacy rights, and companies sometimes prioritize profit over protection. The rapid rise in cyberattacks, data leaks, and misuse of information for profiling further complicates the issue. Balancing innovation with strong data protection remains a major challenge for the e-commerce sector. To address this, businesses must adopt privacy-by-design systems, improve transparency, regularly audit their security practices, and educate users about safe online behavior. Ultimately, ensuring consumer data privacy is essential not only for legal compliance but also for building long-term trust and sustaining the growth of the digital economy.

Sakshi
M.Com. 2nd sem

Transformation of Financial Services Through FinTech Innovation

The FinTech revolution has transformed the global financial ecosystem by integrating advanced technologies like AI, blockchain, digital payments, cryptocurrencies, and online lending into traditional financial services. In India, this shift has been driven by massive smartphone adoption, government initiatives, increased internet access, and the push for digitalization during the COVID-19 pandemic. FinTech simplifies financial services by offering faster transactions, personalized experiences, lower costs, and improved accessibility for underserved populations. Digital payment platforms like Google Pay, PhonePe, and Paytm have made cashless transactions widely accepted, while digital lending platforms provide quick loans without lengthy paperwork. Traditional banks have benefited from technological collaborations but have also faced challenges as FinTech companies disrupt conventional banking models through innovation and user-friendly interfaces. As customer behavior shifts toward convenient digital solutions, banks must upgrade their systems, adopt data-driven decision-making, and enhance cybersecurity to remain competitive. The future of finance in India will be shaped by deeper collaboration between banks and FinTech firms, greater adoption of AI-based advisory services, wider use of blockchain for secure transactions, and the expansion of central bank digital currencies. This revolution marks a major transition toward a smarter, more inclusive, and more efficient financial ecosystem.

Neha Bharti
B.Com 3rd Sem

Safeguarding User Data in Online Shopping Platforms

Consumer data privacy in e-commerce focuses on how online businesses collect, store, and protect customer information while ensuring transparency and consent-based data usage. As digital transactions increase, customers share sensitive details such as payment information, addresses, preferences, and behavioral patterns, raising the importance of secure data handling practices. E-commerce platforms are expected to follow strong privacy measures such as encryption, limited data access, clear policies, and secure third-party sharing protocols. Legally, regulations like GDPR internationally and India's DPDP Act set strict rules to ensure that companies obtain valid consent, protect user data from breaches, and remain accountable for any misuse. Ethical issues arise when companies gather excessive information, use manipulative algorithms, or hide important privacy details in long terms-and-conditions documents. Cybersecurity threats such as phishing, hacking, and data breaches add further risks to online consumers. Therefore, businesses must create transparent systems, educate consumers about their privacy rights, and integrate privacy-by-design approaches to ensure security. Overall, protecting consumer data is essential for building trust, maintaining brand reputation, and sustaining long-term growth in the e-commerce industry.

Nikhita Thakur
M.Com2nd sem



India's Digital Rupee: A New Era of Currency and Payments

The Digital Rupee is India's Central Bank Digital Currency (CBDC) introduced by the Reserve Bank of India as a digital form of legal tender, designed to function just like physical cash but in an electronic format. It can be stored in digital wallets provided by banks and used for everyday transactions such as shopping, peer-to-peer payments, and online purchases. The Digital Rupee aims to enhance payment efficiency, reduce the cost of currency printing, and promote financial inclusion, especially in remote areas where digital payments offer a convenient alternative to physical cash. Users can download the Digital Rupee app from participating banks, register with mobile verification, create a wallet, and link their bank accounts to start transactions using QR codes or wallet-to-wallet transfers. The CBDC offers higher security, faster settlement, and reduced dependence on cash-based systems. Its introduction marks a significant step toward a more modern, transparent, and efficient financial ecosystem. As India embraces the digital economy, the Digital Rupee is expected to support innovation, strengthen payment infrastructure, and pave the way for future advancements in digital finance while maintaining the stability and trust associated with RBI-issued currency.

Serena Bodh,
B.Com. 2nd sem

Expanding Digital Payments Through Mobile Banking and UPI

Mobile banking and UPI have revolutionized India's financial ecosystem by enabling seamless, fast, and accessible digital transactions through smartphones. Mobile banking allows users to check balances, transfer funds, pay bills, invest, and manage accounts without visiting physical branches, making banking more convenient and efficient. The evolution from SMS-based services to advanced banking apps has drastically changed customer behavior, especially after the digital push that followed demonetization. UPI, developed by the NPCI, introduced an instant, interoperable payment system that connects multiple bank accounts to a single mobile app, enabling quick transfers using simple identifiers like UPI IDs or QR codes. Platforms like Google Pay, PhonePe, Paytm, and BHIM have popularized UPI across both urban and rural areas, facilitating everything from small vendor payments to large online transactions. UPI's 24/7 availability, zero charges, and ease of use have made India one of the fastest-growing digital payment markets in the world. Together, mobile banking and UPI have improved financial inclusion, reduced dependence on cash, and transformed the way individuals and businesses handle money. These innovations continue to strengthen India's digital economy and pave the way for a fully cashless future.

Sourbh,
M.com 4th sem

Artificial Intelligence in Business Decision-Making and Consumer Relations

Artificial Intelligence has become a transformative force in the business world by enabling companies to make faster, data-driven decisions and build stronger relationships with customers. AI systems analyze massive amounts of data to identify patterns, forecast demand, optimize marketing strategies, and reduce operational inefficiencies. In customer relations, AI-powered chatbots provide instant support, while recommendation engines used by companies like Netflix, Amazon, and Flipkart personalize user experiences based on individual preferences. Businesses use AI in strategic planning, supply-chain management, risk assessment, and process automation, which helps minimize human error and improve overall productivity. By predicting consumer behavior, AI allows companies to design better products and more targeted marketing campaigns. Additionally, AI enhances fraud detection, improves quality control, and supports financial decision-making. As organizations integrate AI deeper into their operations, they benefit from greater accuracy, faster insights, and improved customer satisfaction. Ultimately, AI has become a crucial tool for modern businesses seeking efficiency, competitiveness, and long-term growth.

Kajal

M.Com 2nd sem

Impact of FTAs on India's Export Competitiveness

Free Trade Agreements (FTAs) are arrangements between countries that reduce or eliminate tariffs and trade barriers to encourage the flow of goods, services, and investments across borders. These agreements aim to promote economic growth by giving nations access to larger markets and enabling businesses to compete internationally with fewer restrictions. FTAs not only cover the trade of physical goods but also include services, intellectual property rights, and investment protection, making them comprehensive economic partnerships. For developing countries like India, FTAs help strengthen industries, foster innovation, and enable participation in global supply chains. They also support job creation and attract foreign investments by providing stable trade conditions. However, FTAs require participating countries to meet strict quality standards and maintain competitive industries. For small and medium enterprises, FTAs serve as a gateway to global markets but also bring challenges such as increased competition from foreign producers. Overall, FTAs play a vital role in shaping global trade dynamics and improving economic cooperation among nations.

Vinay Bodh,

M.com 4th sem

Impact of Free Trade Agreements on Indian Commerce and Exports

Free Trade Agreements have significantly influenced India's commerce and export sector by reducing trade barriers, enhancing market access, and promoting economic integration with partner countries. Through FTAs, Indian exporters gain preferential access to international markets, allowing them to compete more effectively on a global scale. Sectors such as IT, pharmaceuticals, textiles, and engineering goods benefit from reduced tariffs and simplified customs procedures. However, FTAs also expose domestic industries to foreign competition, which can increase the trade deficit when imports rise faster than exports. Non-tariff barriers such as strict quality standards and complex certification requirements continue to create challenges for Indian exporters despite tariff reductions. At the same time, FTAs attract foreign investments and support technology transfer, contributing to the country's economic growth. The long-term impact of FTAs on India will depend on how well industries adapt to global standards, strengthen competitiveness, and diversify exports. Overall, FTAs have both positive and challenging implications for India's trade landscape.

Bhavana
M.Com2nd sem

The Growing Gig Economy and Its Effects on Modern Employment

The future of corporate disclosure is moving toward greater transparency, sustainability reporting, and digital integration as stakeholders increasingly seek detailed information about a company's financial health, environmental impact, and ethical practices. Traditional financial statements are no longer sufficient to meet the expectations of investors, regulators, and consumers, who now demand insights into how companies manage climate risks, social responsibilities, and governance structures. Integrated reporting, which combines financial and non-financial data, is becoming a global trend, reflecting the growing importance of ESG (Environmental, Social, and Governance) factors. Advances in technology, including AI, blockchain, and real-time analytics, are transforming how disclosures are created, verified, and shared. Governments and regulatory bodies are introducing stricter guidelines that require companies to provide standardized and comparable data. As corporate disclosure becomes more forward-looking, organizations will need to adopt digital tools, enhance data accuracy, and maintain ethical reporting practices to build trust and accountability. The future will therefore be defined by transparency, sustainability, and digital transformation in corporate reporting.

Nitin
M.Com 2nd sem



The Evolution and Challenges of India's Startup Landscape

India's startup ecosystem has rapidly grown into the world's third-largest, driven by widespread internet access, a young entrepreneurial population, government initiatives, and increasing investor interest. Startups have emerged across sectors such as fintech, edtech, healthtech, ecommerce, and artificial intelligence, creating employment opportunities and contributing to innovation-led economic growth. However, the ecosystem has recently faced challenges due to funding slowdowns, global economic uncertainty, and declining investor confidence. Many startups have struggled to maintain sustainable business models, resulting in shutdowns and fewer unicorns compared to previous years. Despite these challenges, India continues to produce innovative solutions addressing local and global needs. Government programs like Startup India, MUDRA loans, incubators, and digital infrastructure support play a key role in sustaining entrepreneurial momentum. The future of India's startup ecosystem will depend on financial discipline, innovation, market readiness, and long-term value creation rather than aggressive expansion. Overall, the ecosystem remains resilient and full of potential.

Anshul, B. Com 3rd Year

India's Participation and Opportunities in Global Value Chains

India's participation in global value chains (GVCs) is steadily increasing as the country strives to become a global manufacturing hub by improving infrastructure, reducing logistics costs, and enhancing export competitiveness. However, MSMEs-which form the backbone of India's industrial base-still face challenges integrating into international supply chains due to limited access to technology, inadequate financing, and difficulties meeting global quality standards. Strengthening MSME involvement in GVCs would generate employment, improve productivity, and promote technological advancement across industries. India's strategic location, growing skill base, and policy initiatives like Make in India and Production-Linked Incentive (PLI) schemes support greater participation in global production networks. With rising global demand for diversified supply chains, India has an opportunity to position itself as a reliable alternative to traditional manufacturing hubs. The extent to which India benefits from GVCs will depend on how effectively it addresses infrastructure gaps, enhances logistics efficiency, and builds stronger global trade relationships.

**Sachin,
M.Com 4th sem**

Assessing the Role of FTAs in Shaping India's Trade and Export Growth

Free Trade Agreements play a crucial role in shaping India's trade landscape by lowering tariffs, simplifying customs procedures, and fostering economic partnerships with key global markets. For Indian exporters, FTAs provide a competitive advantage by granting easier access to countries with fewer trade restrictions. Sectors like textiles, engineering goods, pharmaceuticals, and IT services especially benefit from these preferential trade terms. However, FTAs also create challenges as Indian industries face increased competition from cheaper foreign imports, which can widen the trade deficit. Exporters additionally encounter non-tariff barriers such as quality certifications, technical standards, and complex documentation, limiting the full benefits of FTAs. Nevertheless, FTAs encourage foreign investment, improve technology adoption, and strengthen India's presence in global markets. To maximize benefits, India must focus on product diversification, quality enhancement, and negotiation of favorable trade terms. Overall, FTAs present both opportunities and obstacles for India's commerce and export sectors.

Meenakshi, B.com 1st year

The Importance of Green Finance in Promoting Sustainable Development

Green finance refers to financial activities that support environmentally sustainable projects such as renewable energy, clean transportation, climate-resilient infrastructure, and conservation of natural resources. It helps channel investment into eco-friendly initiatives that reduce carbon emissions and promote long-term environmental health. Instruments like green bonds, sustainability-linked loans, and responsible investment funds have gained global popularity as investors increasingly value companies committed to ESG (Environmental, Social, and Governance) practices. Sustainable investment considers not only financial returns but also the environmental and social impact of economic activities. For banks and financial institutions, adopting green finance improves reputation, minimizes regulatory risks, and builds trust among investors and stakeholders. Governments worldwide, including India, are promoting green finance to support their climate goals and transition to a low-carbon economy. As awareness grows, green finance will play an essential role in shaping the future of sustainable development and responsible economic growth.

Neha, B.com 1st year

Rising Women Entrepreneurship in India: Trends, Challenges, and Support Systems

Women entrepreneurs in India are increasingly contributing to economic development as they establish businesses across diverse sectors including technology, fashion, healthcare, education, and e-commerce. The rise of digital platforms, social media marketing, and online marketplaces has empowered women to start home-based and small businesses with minimal investment. Government initiatives like Stand-Up India, MUDRA Yojana, Startup India, Mahila-e-Haat, and the National Rural Livelihood Mission provide financial assistance, skill development, mentorship, and market access to women-led enterprises. Despite persistent challenges such as limited access to finance, societal expectations, and work-life balance issues, women entrepreneurs continue to break barriers and demonstrate strong leadership. Growing awareness, improved digital literacy, and supportive networks have further encouraged women to enter entrepreneurship. The increasing number of women-led startups and MSMEs reflects a positive shift toward gender equality in economic participation. As policies continue to evolve, India is witnessing a promising rise in women-driven innovation and entrepreneurship.

Neha Thakur, M.com 4th sem



Flexible Work in the Gig Economy : Opportunities and Challenges

The gig economy is transforming traditional employment by offering short-term, flexible work opportunities that allow individuals to choose tasks based on their skills and preferences. Gig workers operate as independent contractors rather than permanent employees, performing assignments for companies through digital platforms such as Swiggy, Uber, Ola, Dunzo, Upwork, and Fiverr. This model provides flexibility, autonomy, and diverse earning opportunities, making it attractive for students, freelancers, and those seeking additional income. However, gig workers face uncertainties due to irregular income, lack of job security, and absence of social benefits such as health insurance or pension. Businesses benefit from cost savings and access to global talent without long-term obligations, but concerns about exploitation and unfair wages have grown. Governments around the world, including India, are exploring regulations to protect the rights of gig workers by introducing social security frameworks and better working conditions. The gig economy continues to expand as technology connects global markets, making it a significant part of the future workforce.

Babita Roy, 2nd sem

AI-Driven Decision-Making : How Artificial Intelligence Transforms Businesses

Artificial Intelligence is revolutionizing business decision-making by enabling organizations to analyze complex data, forecast market trends, and optimize operations with unprecedented accuracy. AI tools process large datasets to identify patterns, assess risks, and support strategic planning, helping businesses make faster and more informed decisions. Companies use AI in areas such as marketing automation, supply-chain optimization, financial analysis, customer segmentation, and fraud detection. In customer relations, AI-powered chatbots and recommendation engines enhance user experience by offering personalized assistance and product suggestions. AI also improves operational efficiency by automating repetitive tasks, reducing human errors, and lowering costs. Businesses that adopt AI gain a competitive advantage through better insights, advanced analytics, and improved productivity. As AI technologies continue to advance, they will play an even greater role in shaping business strategies and driving innovation across industries. Ultimately, AI empowers companies to make smarter decisions and build stronger relationships with customers, reshaping the future of modern business.

Abhiman 2nd sem



Old Students Association Driven Activities: Round the year





National Cadet Corps (NCC)



2 HP BN NCC CAMP MANDI 2025-26

(04-06-2025 TO 13-06-2025)



संस्कृत अनुभाग



कंचन

छात्र-संपादक

संपादकीयम्

पञ्चव्यक्तरात्राय विदमहे महादेवाय धीमहि तन्नो शिव प्रोचोदयात् यस्य निः श्वसिते वेदा यो वेदेभ्योअखिलं जगत् । निर्ममे तमहं वन्दे विधीतीर्थ महेश्वरम्

आत्मीय बन्धो!

संस्कृत विभागस्य संपादकीयम् कुर्वती अहम् हर्ष अनुभवामि । संस्कृत भाषा प्रायः सर्वासु विश्व भाषासु प्राचीन इत्यत्र नास्ति । संस्कृत भाषा प्राचीन भारते लोक भाषा राज भाषा च आसीत् संस्कृत साहित्ये भारतस्य पुरातनः इतिहास सुरक्षितः अस्ति ।

अस्य साहित्य प्राचीनतम् ग्रंथ ऋग्वेदः, यजुर्वेदः, सामवेदः, अथर्ववेदः इति चत्वारः वेदाः अथ च एकादशः उपनिषद् सन्ति । वाल्मीकि, व्यासः, कालिदासः, अश्वघोषः, भारवि, माघः, श्री हर्षः, अन्य च बहवः कवयः इदं साहित्य समृद्ध कुर्वन्ति ।

राष्ट्रीय एकतायाः निष्पादने तत्प्रसार कर्मणि च अपि संस्कृतस्य अध्ययनम् सर्वथा सहायकः स्यात् इति न अत्र संदेहः । मनुधरा पत्रिकायाः 2024 वर्षस्य संस्कृत विभागोऽयम् श्रीमतां भवतां समक्षं समय स्थापयते । अस्मिन् अंकैः यैः यैः छात्रैः लेख, कविता दत्वा मौलिक लेखनस्य परिचय दत्तः तेषां प्रति मम् धन्यवाद तथा च आशास्महे यतै भविष्य अपि एता. नाम् रचनायां सृष्टि कुर्वन्तु । अतःअहं सर्वेषाम् छात्राणां धन्यवादं करोमि ।

प्रधानाचार्या महोदयाना डॉ. शेफाली तथा गुरु वर्याणाम् प्रो. जीतराम ठाकुर महोदयानामपि धन्यवादं करोमि ।

सर्वेभवन्तु सुखिनः सर्वेसंतु निरामयः ।

सर्वेभद्राणि पश्यन्तु मा कश्चिद् दुःखभागभवेत् ।।

कंचन

छात्र-संपादक

मम् प्रियः कविः

गुरु महिमा

मम् प्रियः कविः वाल्मीकिः अस्ति । रामायणं तस्य काव्यम् तस्य पूर्वं नाम रत्नाकारः आसीत् । एकदा सः तमसायाः नेद्यः तटे भ्रमंति स्म । तत्र वृक्षे एकः क्रौञ्चयुगलः प्रेमनिमग्नः आसीत् । ऐकेन निषादेन क्रौञ्चम् अवधीत् । ततः करुणम् दृष्ट्वा क्रौञ्चीरोदनम् च श्रुत्वा रत्नाकारस्य शोकः श्लोकः परिवर्तितः वाल्मीकिः मुखात् सहसा श्लोकः निःसृतः ।

मा निषाद प्रतिष्ठां त्वमगमः शाश्वती स्माः ।

यत् क्रौञ्चः मिथुनादेकमवधीः काममोहितम् ॥

तदा असमिन् एव छन्दसि वाल्मीकिः रामचरितम् आश्रित्य रामायणं नाम महाकाव्यम् अचरयत् । रामायणं आदिकाव्यम् वाल्मीकिः च आदिकवि विश्रुतः

संस्कृत भाषायाः महत्त्वम्

संस्कृतं हि सर्वाणाम् भाषाणाम् जननी अस्ति । इयं भाषा सर्व-भाषासु प्राचीनतमा अस्ति । अस्य वेदज्ञानम् वर्तते वाल्मीकि मुनिनां रामायणं नाम काव्यम् संस्कृते एव लिखितम् महाभारत अपि संस्कृत काव्यम् अस्ति । प्राचीनकाले सर्वे जनाः संस्कृत भाषायामेव वदन्ति स्म । देशस्मै एकावयै विश्वस्य शांतयै संस्कृतस्य महद् योगदानं भवतु शक्नोति । प्राचीन साहित्ये पठितुं संस्कृतस्य अध्ययनम् आवश्यकम् । संस्कृतस्य व्याकरणं सुव्यवस्थितं वैज्ञानिकं च अस्ति । अस्य शब्देरचनाशक्तिः अपि अद्भूता वर्तते ।

कंचन

कला संकाय, तृतीय वर्ष



शिष्टाचारः

अभिवादनशीलस्य नित्यं वृद्धोपलेविनः ।
चत्वारि तस्य वर्धन्ते आयुर्विद्या यशो बलम् ॥
यं मतापितरौ क्लेशं सहेते सम्भते नृणाम् ।
न तस्य निष्ति शक्या कर्तुम् वर्षशतैरपि ॥
त्योनित्यं प्रियं कु यादाचास्य च सर्वदा ।
तप्तेव त्रिषु तुष्टेश तयः सर्व समाप्यते ॥
सर्व परवर्ष दुखं सर्वथात्वशं सुखं ।
एतद्धिधात्सासेन लक्षणं सुख दुःख्यो ॥
यत्कर्म कुर्वतोऽस्य स्थात्परितोषोऽन्तरात्मः ।
तत्प्रथत्नेन कुर्वन्ति पिशर्ते तु वर्जयेतु ॥
ष्टिपूतं न्यसेत्पादं वस्त्रपूतं जल पिवेत् ।
सत्यपूतां सदेध्दाचः मनः पुतं समाचरेत् ॥
सर्वदा व्यवहरस्यात् औरदर्य सत्यता तथा ।
त्रहजुटा मृदुता चापि कौटिल्यं च कदाचन ॥

ईशा , बीए तृतीय वर्ष ।

अष्टाङ्ग योग

यमनियमासनप्राणायाम प्रत्याहार धारणाध्यान समाधयः ।

अष्टाङ्ग गानि ।।1।।

हिन्दी अनुवाद : यम, नियम, आसन, प्राणायाम, प्रत्याहार, ध्यान, धरणा, समाधि में योग के आठ यंग हैं।

अहिंसा सत्यास्तेब्रह्मचार्यारपरिग्रह यमाः ।।2।।

हिन्दी अनुवाद : अहिंसा, सत्य, असत्य, ब्रह्मचर्य और अपरिग्रह यह पाँच यम हैं।

विवेचन : मन वाणी तथा कर्म से किसी प्राणी को कष्ट न पहुंचाना। किसी के प्रति द्रोह, ईर्ष्या, असूया आदि की भावना में चित्त में ना उभरना अहिंसा कहलाता है। मन वाणी कर्म से सत्य का आचरण करना सत्य कहलाता है। कामवासनाओं से सर्वदा बचते हुए प्रयत्नपूर्वक वीर्य की रक्षा करना जितेंद्रिय रहना इंद्रियों के विषयों में आसक्ति न उभरने देना ब्रह्मचारी कहलाता है।

पृथिव्याम त्रीणि रत्नानि जलं, अनं सुभाषितम् ।

मूढैः पाषाणखण्डेषु रत्नसंज्ञा विधीयते ।।3।।

हिन्दी अनुवाद : पृथ्वी पर तीन रत्न हैं— जल, अनं, और सुन्दर वचन। मूर्ख व्यक्ति पत्थरों के छोटे-2 टुकड़ों को रत्न की संज्ञा देते हैं।

गुणा गुणगेषु गुणाः भवन्ति
ते निर्गुणं प्राप्य भवन्ति दोषाः

सुस्वादुतोया प्रभवन्ति नद्यः

समुद्रमासा । भवन्त्यपेयाः ।।4।।

हिन्दी अनुवाद : गुण गुणी मनुष्यों के पास जाकर ही गुण रहते हैं। यदि वही गुण निर्गुण व्यक्ति के पास चले जाए तो वह दोष बनता है। जैसे नदियां मीठा जल लेकर बहती हैं। यदि नदी का जल समुद्र में मिल जाए तो वही जल पीने योग्य नहीं रहता है।

अहिंसाप्रतिष्ठायां तत्सन्निधौ वैरत्यागः ।।5।।

हिन्दी अनुवाद : अहिंसा में पूर्ण निष्ठा की स्थिति परिपक्व हो जाने पर उस योगी के समीप रहने वाला शाश्वत विरोधी प्राणियों का वैर भी छूट जाता है। साधारण विरोध का तो कहना की क्या।

सत्यप्रतिष्ठयां क्रियाफलश्रयत्नम् ।।6।।

हिन्दी अनुवाद : योगी के सत्य के प्रतिष्ठित होने पर उसकी वाणी में क्रियाफल का आश्चर्य सिद्ध हो जाता है अर्थात् वह जो कुछ कह देता है उसका वह कथन पूर्णरूप से सफल हो जाता है।

शौचसन्तोषतपः स्वाध्यायेश्वर प्राणिधनानि नियमः ।।7।।

हिन्दी अनुवाद : शौच, संतोष, तप, स्वाध्याय और ईश्वर प्राणिधान ये पाँच नियम हैं।

वितर्कबाधने प्रतिपक्षभावनाम् ।।8।।

हिन्दी अनुवाद : वितर्कों से बाधा उपस्थित होने पर प्रतिपक्ष का चिंतन करना चाहिए।

अस्तेमप्रतिष्ठायां सर्वरत्नोपस्थानं ।।9।।

हिन्दी अनुवाद : चोरी के परित्याग में दृढ़ स्थिति हो जाने पर समस्त रत्नों की उपस्थिति हो जाती है उसे सब उत्तम पदार्थ प्राप्त हो जाते हैं।

ब्रह्मचर्यप्रतिष्ठायां वीर्यलाभः ।।10।।

हिन्दी अनुवाद : ब्रह्मचर्य के प्रतिष्ठित हो जाने पर योगी को वीर्यालाभ हो जाता है अर्थात् ब्रह्मचर्य के पालन से मानव में वह शक्ति आ जाती जिसकी प्रबलता से काम निष्काम हो जाता है।

अपरिग्रहस्यैर्धे जन्मकथासम्बोधिः ।।11।।

हिन्दी अनुवाद : अपरिग्रह के स्थिर हो जाने पर जन्मविषयक यथार्थ बोध हो जाता है।



योग: कर्मसु कौशलम्

भावार्थ : यह पंक्ति कर्मयोग पाठ से ली गई है। गीता की इस पंक्ति में कहा गया है की जो कार्य लोकहित की दृष्टि से किया जाता है तथा पूरी निष्ठा से किया जाता है वही शक्ति कर्म है। यही कर्मों की कुशलता है तथा सही योग है प्रत्येक कार्य को अनासक्ति भावना से तथा पूरी तत्परता से करना ही योग है ।

उपार्जितानां वित्तानां त्याग एव हि रक्षणं ॥

प्रस्तुत पंक्ति सिंहासनद्वात्रिंशदशिका नामक कथासंग्रह से संकलित है। इस पाठ में राजा विक्रम की उदारता को दर्शाया गया है। राजा विक्रम की मान्यता है कि व्यक्ति के पास जो भी धन होता है यदि उसकी सच्चे अर्थों में रक्षा करनी होती है तो उसका एक ही उपाय है कि परोपकार के कार्यों के लिए उस धन का त्याग अर्थात् दान करना चाहिए । क्योंकि परोपकार के कार्यों में जब धन को खर्च करते हैं तो उससे मनुष्य का यश चारों ओर फैलता है और उसका यश युगों-2 तक इस संसार में जीवित रहता है । भामाशाह के राष्ट्रहित के लिए महाराणा प्रताप को अपना सर धन दान में दे दिया था । आज भी लोग धनी व परोपकार व्यक्ति को भामाशाह करके पुकारते हैं । शक्ति का भाव यही है की धन का वास्तविक उपयोग धन का परोपकार के लिए दान देना ही है ।

समाजे विभूषणं मौनमपण्डितानाम् ॥

(समाज में मौन मूर्खों का आभूषण बन जाता है।)

प्रस्तुत पंक्ति कवि भर्तृहरि द्वारा रचित नीतिशतकम् से ली गई है । इसमें मौन के महत्व के बारे में बताया है । लोग प्रायः आवश्यकता से अधिक बोलकर न केवल गंभीर बात का महत्व कम कर देते हैं अपितु कई बार तो उपहास का पात्र भी बन जाते हैं । हिन्दी में एक कहावत है एक चुप सौ सुख । यह कहावत भी मौन के महत्व को दर्शाती है । विद्वानों की सभा में यदि कोई मूर्ख बैठा हो और कुछ भी ना बोले तो लोग उसे विद्वान समझते हैं । इस तरह से उस मूर्ख का मौन रहना उसका आभूषण बन जाता है परंतु जैसे ही वह मूर्ख उस मौन को तोड़कर कुछ बात कहेगा तो उसकी मूर्खता उजागर हो जाएगी इसलिए मौन को मूर्खों का आभूषण कहा गया है ।

रमते ना मरालस्य मानसं— मानसं विना ॥

प्रस्तुत पद्य पंडित राज जगन्नाथ द्वारा रचित है जिसमें हंस के बहाने से यह बताया गया है कि ऊंची सोच के लोगों (सज्जनों) का मन तुच्छ वस्तुओं में आनंदित नहीं होता ।

सरोवरों में जल भी होता है और कमल पुष्प भी परंतु उन सरोवरों का जल वास्तव में गंदा हो जाता है जबकि मान सरोवर का जल सदा ही निर्मल स्वच्छ रहता है । अतः हंस मान सरोवर में ही क्रीडा करना चाहते हैं साधारण सरोवरों में नहीं । यह अन्योक्ति है जिसके द्वारा कवि कहना चाहता है कि ऊंची सोच के लोग तुच्छ वस्तुओं में आनंदित नहीं होते हैं ।



कंचन

कला संकाय, तृतीय वर्ष

मनुधरा 2025

अये मानवः! नैव जानसि? सर्वेभ्यः शिक्षिकाभ्यः शिक्षिकेभ्यः च समर्पितम्

पर्यावरणरक्षकोअहं
तव जीवनदायकोअहम् ।
तव वृष्टिदायकोअहम्
अये मानवः ! नैव जानसि ?
नैव श्रुतं त्वया कदापि
विषवृक्षोअपि संवर्धय खलु ।
स्वयमेव छेतुमसाम्प्रतं वै
अये मानवः ! नैव जानसि ?
वातावरणेआस्मिन् शोभने
कथं त्यजसि प्रदूषणानि ।
अनेन किं कल्याणं भवति ?
अये मानवः ! नैव जानसि ?
तथा तव जीवनं तथैवास्माकं
एकस्याप्यगुल्याच्छेदने खलु ।
की.शी पीडामनुभवसि त्वं
अये मानवः ! नैव जानसि ?
तदा कयं निर्दयो भूत्वा
अस्माकं छेतुं प्रवृत्तोअसि ?
ना ना भवत्वल्पधीः खलु
अये मानवः ! नैव जानसि ?

किम् अस्ति तत् पदम्
यस्य लभते इह सम्मानम्
किम् अस्ति तत् पदम्
यस्य करोति देशनाम् निर्माणम्
किम् अस्ति तत् पदम्
यम् कुर्वन्ति सर्वे प्रणामम्
किम् अस्ति तत् पदम्
यस्य छायायाः प्राप्तम् ज्ञानम्
किम् अस्ति तत् पदम्
यस्य रचयति चरित्रं जननाम्
'गुरु' अस्ति अस्य पदस्य नाम्
सर्वेषाम् गुरुणाम् मम् शतं शतं प्रणामः ।
विद्वत्त्वं दक्षता शीलं सङ्कान्तिरनुशीलनम् ।
शिक्षकस्य गुणाः सप्ता सचेतस्त्वं प्रसन्नता ।।
सरलार्थः— विद्वता, दक्षता, शील, संक्रांति, अनुशीलन, सचेतत्व
और प्रसन्नता ये सात शिक्षक के गुण हैं ।
गुरुर्ब्रह्मा गुरुर्विष्णु गुरुर्देवो महेश्वरः ।
गुरुः साक्षात् परब्रह्म तस्मैः श्रीगुरवे नमः ।।

कंचन, कला संकाय, तृतीय वर्ष ।

कंचन
कला संकाय, तृतीय वर्ष



सुविचार

अयं निजः परो वेति गणना लघु चेतसाम् ।

उदारचरितानां तु वसुधैव कुटुंबकम् ।

भावार्थ : यह मेरा है, वह पराया है, ऐसी गणना छोटे हृदय के लोग करते हैं। विशाल हृदय वालों के लिए तो सारी पृथ्वी ही कुटुंब हितैषी के समान है।

वाणी रसवती यस्य, यस्य श्रमवती क्रिया ।

लक्ष्मीः दानवती यस्य, सफलं तस्य जीवितं ।

भावार्थ : जिस मनुष्य की वाणी मीठी है, जिसका कार्य परिश्रम से परिपूर्ण है, जिसका धन दान करने में प्रयोग होता है, उसका जीवन सफल है।

आलस्य कुतो विद्या, अवि।स्य कुतो धनम् ।

अधनस्य कुतो मित्रम्, अमित्रस्य कुतो सुखम् ।

भावार्थ : आलसी को विद्या कहां, अनपढ़ मूर्ख को धन कहां, निर्धन को मित्र कहां, और अमित्र को सुख कहां।

चन्दनं शीतलं लोके, चन्दनादपि चन्द्रमाः ।

चन्द्र चन्दनयोर्मध्ये शीतला साधु संगतिः ।

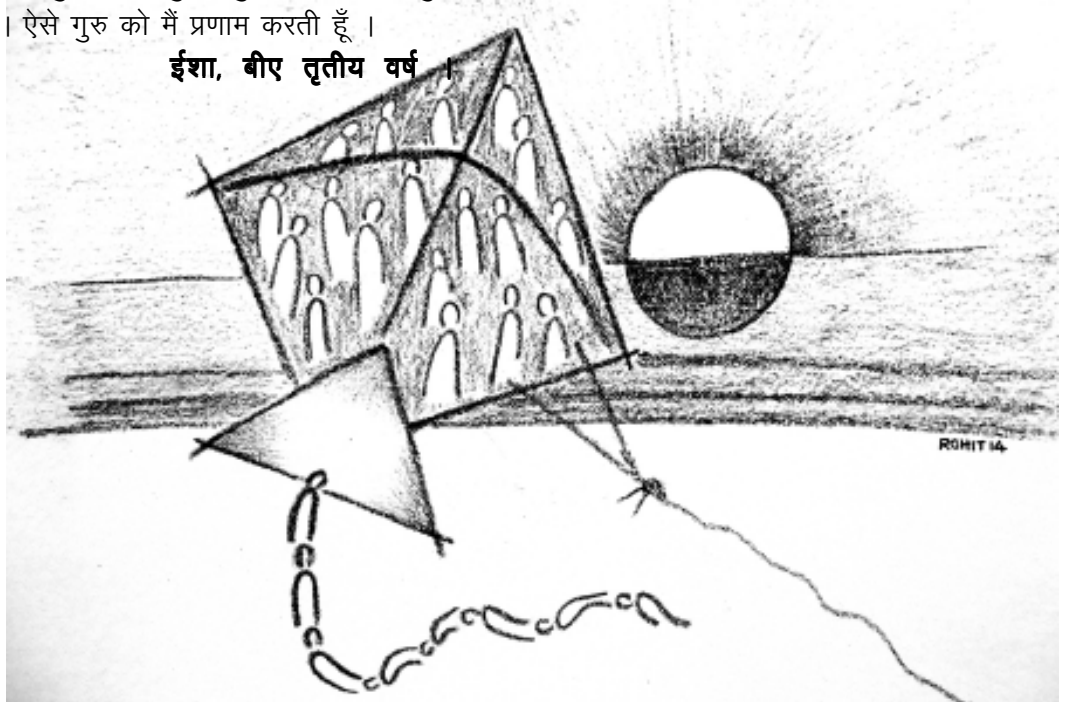
भावार्थ : संसार में चंदन को शीतल माना जाता है, लेकिन चंद्रमा चंदन से भी शीतल होता है। अच्छे मित्रों के साथ चंद्र और चंदन दोनों की तुलना में अधिक शीतलता देना वाला है।

गुरुर्ब्रह्मा गुरुर्विष्णु गुरुर्देवो महेश्वरः ।

गुरुः साक्षात् परब्रह्म तस्मै श्रीगुरवे नमः ॥

भावार्थ : गुरु ही ब्रह्मा है, गुरु ही विष्णु है, गुरु ही शंकर है, गुरु ही साक्षात् परब्रह्म है। ऐसे गुरु को मैं प्रणाम करती हूँ।

ईशा, बीए तृतीय वर्ष ।



सूकत्या

गतः काला न चायाति ।

अर्थ : गुजरा वक्त फिर नहीं आता।

चकवत परिवर्तन्ते दुःखानि च सुखानि च ।

अर्थ : दुख और खुशियां एक पहिये की तरह घूमते हैं।

अविवेकः परमापदां प ।

अर्थ : अज्ञानता विपत्ति का घर है।

सत्यं विना रत्नं न लभ्यते ।

अर्थ : सेवा बिना मेवा नहीं।

कालस्य कुटिला गतिः ।

अर्थ : विपत्ति अकेले नहीं आती।

संहि कार्यसाधिका ।

अर्थ : एकता ही बल है।

ईशा , बीए तृतीय वर्ष

गीता में समता

गीता में समता की बात प्रधान रूप से आई है। भगवत् प्राप्ति की तो समता ही कसौटी है। ज्ञान, कर्म एवं भक्ति तीनों ही मार्गों में साधनरूप में भी समता की आवश्यकता बताई गई है और तीनों ही मार्गों से परमात्मा को प्राप्त हुए पुरुषों का भी समता को एक असाधारण लक्षण बतलाया गया है साधन भी उसके बिना अधूरा है, सिद्धि तो अधूरी है ही जिसमें समता नहीं, वह सिद्ध है कैसा समदुःखसुखम् पद से ज्ञानमार्ग को साधकों से समता वाले को ही अमृतत्व अर्थात् मुक्ति का अधिकारी बतलाया गया है। सिद्धयासिद्धियों समोभूत्वा समत्वं योगं उच्यते इस प्रकार कर्मयोग के साधकों को समतायुक्त होकर कर्म करने की आज्ञा दी गई है और भक्तिमार्ग के लिए भी इन्ही गुणों के सेवन की बात कही गई है इसी कारण गुणातीत के लक्षणों में भी समता का प्रधान रूप से समावेश पाया जाता है और सिद्ध कर्मयोगी को सम बतलाया गया है तथा सिद्ध भक्त के लक्षणों में भी समता का प्रधान रूप से समावेश किया गया है।

मनुष्यों में समता

सुहृन्मित्रार्युदासीनमध्यस्थद्वेषयबन्धुशु। साधुश्चपि च पापेशु समबुद्धिर्विशिष्यते।

सुहृद, मित्र, वैरी, उदासीन, मध्यस्थ, द्वेष्य और बंधुगणों में धर्मात्माओं और पापियों में भी समान भाव रखते वाला अत्यंत श्रेष्ठ है।

मनुष्यों और पशुओं में समता

विद्याविनयसंपन्ने ब्रह्मणे गति हस्तिनि। शुनि चौव श्वपाके च पण्डिताः समदर्शिनः।

ज्ञानीजन विद्या और विनययुक्त ब्राह्मणों में तट गौ, हाथी, कुत्ते और चांडाल में भी समदर्शी ही होते हैं।

सम्पूर्ण जीवों में समता

आत्मौपम्येन सवेत्रसमं पश्यति योऽर्जुन। सुखं वा यदि वा दुःखं स योगी परमो मतः

हे अर्जुन! जो योगी अपने भांति सम्पूर्ण भूतों में भी सम देखता है और सुख अथवा दुःख को भी सबमें सम देखता है, वह योगी परम श्रेष्ठ है।

आर्यभट्टः

आर्यभट्टः एकरु महान् गणितज्ञः, ज्योतिर्विदः च आसीत्। तस्य जन्म अष्मकदेशे अभवत्। सः कुसुमपुर्याम् अपठत् अवसत् च। यदा सः त्रयोविंशतिवर्षीय तदा सः आर्यभटीयम् अलिखत्। केषाञ्चन वर्षाणाम् अन्तरं सः आर्यभटीयसिद्धातम् अलिखत्। सः गुप्तकाञ्चकाले अवसत्।

ज्योतिष्शास्त्रस्य शास्त्रियत्वं परिकल्पितम् आर्यभटेन एव। आर्यभट्टम् 'आर्यभट्ट' इत्यपि निर्देशन्ति केचन। आर्यभटेन क्रि. श. ४७६ तमे वर्षे पाटलीपुत्रनगरे जातः इति, क्रि. श. ४६६ तमे वर्षे एषः आर्यभटीय इति ग्रन्थं लिखितवान् इति च ज्ञायते। एषः स्वस्य ३ तमे वयसि एव एतं सिद्धांतप्रतिपादकम् श्रेष्ठ ग्रन्थं रचितवान् आसीत्। एतस्मात् एव वयम् अहितुं शक्नुमः यत् एतस्य प्रतिभा क्रीदशी आसीत् इति। आर्यभटीयग्रन्थे महासंख्या अपि संज्ञारूपेण कथं सङ्ग्रहेण लेखनीयाः इति विषयः, वर्ग, धनमूल, त्रिभुजापिगणितविषयाः कटपयापि विषयाः चापि विवृताः सन्ति। मया नूतनतया किमपि न उच्यते, पूर्वजैः उक्तम् एव स्फुटतया निरूप्यते इति स्वग्रन्थे उक्तावन् अस्ति एषः एव। पञ्चाङ्गकतीरः बहवः एतस्य सिद्धांतम् एव अनुसरन्ति।

मंजला, बीए तृतीय वर्ष ।



मंजला, बीए तृतीय वर्ष ।

संस्कृत श्लोक

विद्यां ददाति विनयं, विनयाद् याति पात्रताम् ।

पात्रत्वति धनमाऽप्नोति धनाद् , धर्मं ततः सुखम् ।

अर्थात् : विद्या हमें विनम्रता प्रदान करती है, विनम्रता से योग्यता आती है व योग्यता से हमें धन प्राप्त होता है और इस धन से हम धर्म का कार्य करते हैं और सुखी रहते हैं ।

कर्मण जायते सर्व, कर्म व गतिसाधनम् ।

तस्मात् सर्वप्रयत्नने, साधु कर्म समाचरेत ।

अर्थात् : प्राणी अपने सद्-असद् कर्म के अनुसार ही उत्पन्न होता है एवं कर्म के ही द्वारा विनष्ट होता है। उसे उसके कर्म के अनुसार ही सुख दुख, भय और मंगल के निमित्तों की प्राप्ति होती है ।

नास्ति विद्या समं चक्षु नास्ति सत्य समं तपः ।

नास्ति राग समं दुखं , नास्ति त्याग समं सूखं ।

अर्थात् : विद्या के समान आँख नहीं है, सत्य के समान तपस्या नहीं है, आसक्ति के समान दुख नहीं है और त्याग के समान सुख नहीं है ।

मंजला, बीए तृतीय वर्ष

लालनगीतम्

उदिते सूर्यो धरणी विहसति ।

पक्षी कूजति कमलं विकसति । (1)

नदति मंदिरे उच्चौढक्का ।

सरितः सलिले सेलति नौका । (2)

पुष्पे पुष्पे नानारगाः ।

तेषुडयन्ते चित्रपतगाः । (3)

वृक्षे वृक्षे नूतनपत्रम् ।

विविधैवर्णैर्विभाति चित्रम् । (4)

धेनुः प्रातर्यच्छति दुखम् ।

स्वच्छं मधुरं स्निग्धम् । (5)

गहने विपिने व्याघ्रो गर्जति ।

उच्चस्तत्र च सिंहः नर्दति । (6)

हरिणोऽयम् खादति नवघासम् ।

सर्वत्र च पश्यति सविलासम् । (7)

उष्ट्रः तुगः मन्दं गच्छति ।

पुष्टे प्रचुरं भारं निवहति । (8)

घोटकराजः क्षिप्रं धावति ।

धावनसमये किमपि न खादति । (9)

पश्यत भल्लुकमिमं करालम् ।

नृत्यति यथथै कुरु करतालम् । (10)

मंजला, बीए तृतीय वर्ष



NSS, Rovers and Rangers & Other Activities



पहाड़ी अनुभाग



रोशना देवी

छात्र संपादक

संपादक री कलमा संगे...

ऐ बड़ी खुशी री गल सा कि आसैरे महाविद्यालय री पत्रिका 'मनुधरा एस वौर्षे बि छापदी लागी दी सा। सैभी न पहिलै हाऊं सैभी गुरुजना रा धन्यवाद केरा सा कि मुंवे तिन्हें पहाड़ी विभागै रे संपादक बणने रा मौका धिनू। संगै हाऊं आसैरे कॉलेजे री प्राचार्या महोदया होरा डॉ. शैफाली होला बि हाऊं धन्यवाद केरा सा।

मेरा सैभी छात्र-छात्राओं संगे आग्रह सा कि आपणी लोकल बोली न ज्यादा न ज्यादा प्रयास केरदे रौहणा। आपणी बोली रा प्रचार खूब जगह-जगह केरणा। म्हारा पहाड़ी रीति-रिवाज़, गाने, रहण-सहण ता खान-पान पूरे देशा न प्रसिद्ध सा। म्हारा ऐ फर्ज बणा सा कि आसे आपणे कॉलेजे री पत्रिका 'मनुधरा' नी आपणे पहाड़ री संस्कृति रे बारे मांजे बोहू तथा शौभला-शौभला लिखणा।

सैभी वे मेरी तरफा न पत्रिका 'मनुधरा' रै सफल प्रकाशनै री तैइएँ बोहू-बोहू बधाई सा। ऐसा बारिऐ आसैरे री पत्रिका बड़ी शोभली बणी दी सा। सैभी रा धन्यवाद।

रोशना देवी

छात्र संपादक

कुलुवी बोली के प्रचलित बोल

1. ढोग पहाड़
2. पुआम पहेली
3. नेड़ नजदीक
4. शॉन्ड मुंह
5. केंडही कैसी
6. दिहाड़ी दिन
7. नौई नदी
8. गोड गला
9. छीड़ी लकड़ी
10. कोबे कहाँ को
11. जाच मेला
12. चोकन सब्जी
13. गाह घास
14. उझे ऊपर
15. सियाने बुजुर्ग
16. बेटड़ी औरत
17. ओछी आँख
18. झोट झाड़ी

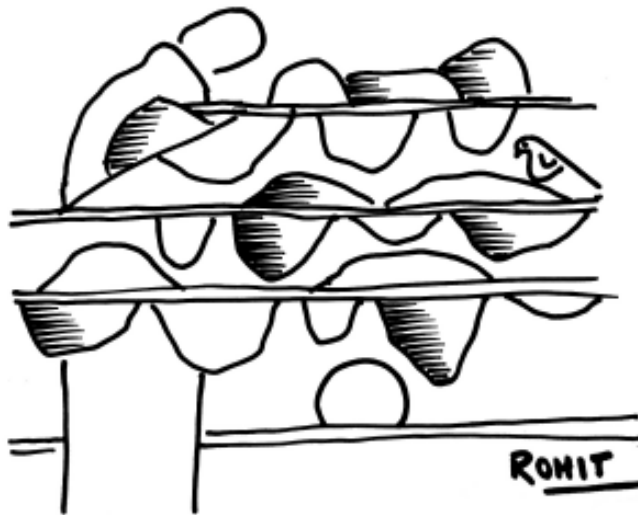
— दक्ष राज, कला स्नातक द्वितीय वर्ष

पठाउन

1. ओछा जों दुर्गादास,
झिकड़े लांदी सौ—पचास।
2. हौथ एक बूटडू, पांगी लरुर,
खाणे वै डलकीं, पीणे वै सूर।
3. हिरी हिरी मेरी सूने री खीरी,
मण्डी बे नौटी ता मगाह मे फिरी।
4. इतनी तीतनी तिन लड़ाई,
केठ होइया राणै रुआई।

— रोशना, कला स्नातक द्वितीय वर्ष

- 1) ओखला धागा नेहरू लागा
उतर — सड़क
- 2) ओखे — आई , तोखे आई
उतर — याद
- 3) चंदरे री पन्दरा , भोले री सोला
उतर — ईमानदारी की जीत
- 4) गुडे—गुडे नाश गुडे—गुडे राग
उतर — बूँद—2 से घड़ा भरता ब खाली होता है
- 5) राती, दिहाड़ी एक केरनी
उतर — मेहनत करना
- 6) कोंडे रे मुह होआ सा पहले न थीचा
उतर —.....



1. प्याज, 2. गेंहूँ, 3. सड़क, 4. मिर्च

जय माँ भागासिद्ध

ए गल सा बड़ी पराणी। माता भागासिद्ध मलाणा ग्रां न रोहा ती कन्या रुपे भाई जमलू ऋषि संगे। एक बार माता कीड़ा रूप न आई लक्षणी ग्रां। तोखे माता बे शोख लागी। तेबे माते तोखेएक बेटड़ी हेरी चीलडू बनादी माते तेहा बे बोलू तु मुमबे पाणी दे तेरे तेई हाऊ बना सा ओखे चीलडू। तेबे सो बेटड़ी भोगी माता बे पाणी आणीये दी। जेबे सो पाणी आणीया घोरा पूजी तेए हेरा सा की काउड़े और शियारी सी घड़ी ओखे ऐनदे। जेबे सो अंधरे बे जा सा तेए हेरा सा माता नेई ती तोखे ओथी लेकिन तोखे ती चीलडू री डेर लागी दी जे की छापरे तेई ती। तेबे सो बेटड़ी ऐई चमत्कार हेरिए हेगी—बेकी हुई। तेबे माते री तेईए शुका धूप पकाऊ। तोखेन एजिया माता एक जगा रुकी पाणी पीणेरी तेईये तेबे तोखे जायरु पाणी री बाउडी। तेबे माता बिरणी ग्रां पूजी। तेखे एजिए माते केरु। माता एक पाथरे रे बले बेठी। औज भी तोखे माते रे निशाण सी तेईए पाथरान। तेखे न बाद पूजी माता डोल धारा तोखे माते डोल बनाए। तेबे माते आपणा रूप एक शोहरी रा बनाऊ।

तेबे माते, तोखेन हेरा शुणी की ऐबे कोखे बे जाणा। तेबे माता सौरे होईया नरोगी न पुजी। तोखे बे ऐनदे सा नोडलु ठाकरे होरी माता एंदी। तेई बे माता बड़ी शोभली लागी। तेईए सोचू ऐबे मूँ ऐआ सेंगे ब्याह करणा। सौ तोखेन माता पीछे पोंडु तोखे न माता भेगी चामुंडा रे डेरे तेबे नोडलु ठाकरे ठारा होल जेबे माता डेहरे आ आंदरे बेठी तेबे तोखे ओज भी बोला सी सौरा धिरे राई ता कुंदी धीरे जीरा बिना बीईए लागा सा। औज भी माता भागासिद्ध नरोगी ग्रां न सुख शांति संगे निबास

फागली

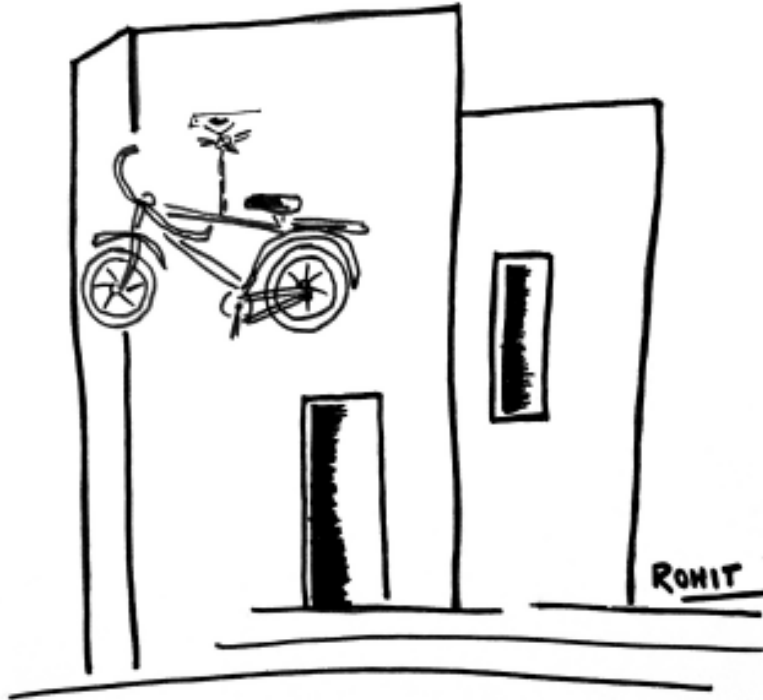
फागली जाच म्हारे हिमाचला न कई जगह मना सी। ऐआ जाचा मनाने पीछे एक पराणी कहाणी सा कि औखे एक टुंडा नाम रा राक्षस रोहा ती। तेई औखे बड़ा आतंक मचाउ ती। कई जगह तेईए माणु री बलि लेआ ती। ऊई री बजा सोंगे माणु औखे डोरिया रोहा ती। जोखे—जोखे एक टुंडा राक्षस रा आतंक ती तोखे—तोखे आज फागली मनआ सी। सेब लोका तेई राक्षस न बड़े परेशान ती तीना सेबी लोका बे न पेता लागा मनु ऋषि रे बारे न ते सब तिने री शरणा बे भेगे तोखे जाई तिने बोलू की एक राक्षस सा जुणीए सेब बड़े परेशान केरे सी। तेबे सारे लोके री गला शुनीए बाद तिने तेई राक्षस सेंगे मिल भेंट केरी तिने रे गला हुई तेबे मनु ऋषि ऐ सों राक्षस आपणी गला न लेउ टुंडा राक्षसे बोलु कि मुं लोडी माणु री बलि लेकिन मनु ऋषिए बोलु की तोमे आसा माणु री बलि नेई देणी तोमे माणु री मुणक देणी। तेई राक्षसे बुझु की बलि होआ सा मुणक तेबे तीना दुई न कोल बचन हुए। एडे ऋषि मनु ए सी राक्षस आपणी गले डेगु। बोला सी कि औज भी जोखे—जोखे फागली होआ सा तोखे सी माणु रा चोडा फुका सी ताकि सेब लोका ठीक लोडी रोए। ऐआ फागली जाच हेरदे लोका दूरा दूरा न एजा सी।

— रोनिका, कला स्नातक द्वितीय वर्ष

भाइड़े राक्से री कहाणी

भनारे ग्रां री बड़ी परानी गल सा। भनारे रे लोके री सेरी थी छनाला न। काती महेने सेरी न धान रेखू थी लउड़िया , धाने रे कुलडू केरिए रेखे थी । दुई भाइड़ थी एक भनारे रा दूजा गोजरे रा। दुई आपुन बड़िया रेआ थी । एक रोज भनारे रे भाइड़े जोथे रे पियाशे हेरु कि मेरे छेता ने कुन लगा सा मेरे धाने री बुआई चेकडा । तेईए मारी ढोर भियाऊ बे ता बे पीछे न ढोकु तेईए गोजरे रे लोके सोचू किबे नेई लगा उठदा मेरे न जेबे सोंखड़ा उठु ता बे हेरु तेईए भाइड़ सा । भनारे रे लोके बोलू "हाँ भाइड़ा तु मेरा धान चोरदा" तेबे बोलू तेईए ओजा न बाद तेरी मेरी भाइड़ी चुटी । तेबे तुईन बाद दुहे घोरा बे नोटे। भनारे रे लोके रे हाथों न थी शेरनी । सौ पूजु नाए आगे तेइए हेरु पोड़ी पानदे सुने रे आकसू सांगे राक्स खेलदे लागे थी। तेईए शेरनी संगे मारे ते आकसू ता बे सारे राक्स भेगे एक राक्स राहू तोखे । तेई राक्से सेंगे भाइड़ी पाई तोखे तेबे घोरा बे आणु । तेइए बोलू तु केरे मेरा सारा कोम हाऊ देआ सा तोबे मीट भोत खाणे बे। राक्स भी मनु सौ राती न भाइड़ा रा सारा कोम केरा थी । जेबे जेट महीन आऊ राक्स भेगे छेता बे कोम केरदा तेईए सारे ढेक प्लेन केरे अगले रोज भाइड़े हेरु ऐ की केरु ऐईए समझाऊ भाइड़े की ढेका प्लेन करने बे रेखा सी ऐनडे ही । शाड़ महीन आऊ तेबे धाने री ओरी लानदा भेगु राक्स तेईए जलाडे झाऊ बे केरे मुंडी बिहाऊ बे केरी भाइड़े बोलू "नेई डे नेई भाइड़ा" जलाडे बिहाऊ केर ता मुंडी झाऊ बे केर । भाइड़े सोचू राक्स सा बड़ा कोम ना हाऊ ओज जांचा बे जा सा । भाइड़े आपणी लाड़ी बे बोलू ऐई बे रेखी उखड़ा न मीट भोत हाऊ जाँदा लागा सा जांचा बे। भाइड़े री लाड़िये सोचू रोज रोज मीट भोट को देडा ओज घीऊ बाड़ी देडा ऐईबे । तिये उखड़ा न घीऊ बाड़ी रेखु जाँ बे राक्स सौ घीऊ बाड़ी हेरु तेईबे आई जिंक की ओज ऐईये घीऊ बाड़ी किबे रेखु सौ । राक्स बेगु भाइड़ा तोपदा जांचा बे तोखे सौ हाका पानदा लागु भाइड़ा! भाइड़ा! भाइड़ा! तेबे भाइड़ा बोलू की हुआ कीबे पानदा लागा सा हाका ते राक्से बोलू तेरी मेरी भाइड़ी चुटी हाऊ चोलु ऐबे, भाइड़े बोलू कीबे कि हुआ । राक्से बोलू ओज मुबे तेरी लाड़िये घीऊ बाड़ी खाने बे । ऐबे हाऊ चोलु । भनारे न राक्स री जगा थी तोखे थी मोरे रा बूटा । तिया जागा बे ओज बी मना सी । भनारे रे लोका ओज बी शिवरात्रि बे तोखे मीट भोत चड़ा सी । एक घरा आपू खा सी एक घरा राक्स बे शेता सी।

— सृष्टि सोनी, कला स्नातक तृतीय वर्ष



कहावत पहाड़ी भाषा की

(1) जुणी बे कोम नाथी सो उखला फेर फिरा सा

— जिसको समय का महत्व पता नहीं बह अपना समय फालतू चीजों में व्यक्त करता है।

(2) जोखे केरु बोहु भरोसा तोखे मिलू शागे रा कोशा

— जहां अधिक आशा की जाती है वहाँ से निराशा हाथ लगती है।

(3) जुणी रौ हाथ न तेइरा करना कोई

— जिस हाथ में शक्ति होती है उसका कोई कुछ नहीं बिगाड़ सकता।

(4) होरी बे ज्ञान आपु बे गोष्ठु

— अन्य व्यक्ति को उपदेश देना परंतु स्वयं उस पर आचरण न करना।

पहेलियाँ

- टीप-टीप टौली दुराजे बाहर चौली (धुंआ)
- काठे री हांडी काठे री डोई तूई हान्दर मीठी रसोई (अखरोट)
- शेती जीमी का बेजा हौथे ढाँकी मना ऐजा (किताब)
- हौरी-हौरी डणडी सुनरी कटोरी रुपरा छतरी (बौदी का फूल)
- डोरिये-डोरिये डोर आपू नोटी कांगडा बे कुण खलाला मोर (चरखा)
- ओरे भी झूला पोरे भी झूला मोजे बोदी रा फूल (घी)

पठाउणी

- काठे री हांडी काठे री डोई तूई हान्दर मीठी रसोई कहावत पहाड़ी भाषा की (खोड़)
- (1) जुणी बे कोम नाथी सो उखला फेर फिरा सा (जिसको समय का महत्व पता नहीं बह अपना समय फालतू चीजों में व्यक्त करता है।)
- (2) जोखे केरु बोहु भरोसा तोखे मिलू शागे रा कोशा (जहां अधिक आशा की जाती है वहाँ से निराशा हाथ लगती है।)
- (3) जुणी रौ हाथ न तेइरा करना कोई (जिस हाथ में शक्ति होती है उसका कोई कुछ नहीं बिगाड़ सकता।)
- (4) होरी बे ज्ञान आपु बे गोष्ठु (अन्य व्यक्ति को उपदेश देना परंतु स्वयं उस पर आचरण न करना।)

पहेलियाँ

- टीप-टीप टौली दुराजे बाहर चौली (धुंआ)
- काठे री हांडी काठे री डोई तूई हान्दर मीठी रसोई रू-अखरोट
- शेती जीमी का बेजा हौथे ढाँकी मना ऐजा (किताब)
- हौरी-हौरी डणडी सुनरी कटोरी रुपरा छतरी (बौदी का फूल)
- डोरिये-डोरिये डोर आपू नोटी कांगडा बे कुण खलाला मोर (चरखा)
- ओरे भी झूला पोरे भी झूला मोजे बोदी रा फूल (घी)

पठाउणी

- काठे री हांडी काठे री डोई तूई हान्दर मीठी रसोई —खोड़
- उझिए नोटी उझिए आई बीणी औगियै रोटी बलनाई —मांहू ता मखीर
- बड़ा तु बुझरु बड़ा तु भेती भेड़े पेटा न भडिगंगा केती — माहे री फोली
- नों झाऊ एक झोंकरा तेई री मुंडी पांदे टोकरा — लींगड़ी
- लंबी सिटी होथान न खटखट केर्दा लागू सोंणरी कोई फिकर नैई सिटी खूब बजाई — चोकीदार

कहावतें

- मशीना रा सीउण रूना रा धागा साधु गोदडु सींदा लागा।
— गरीब लोग फटे-पुराने कपड़ों को सीला कर ढक लेते हैं।

- काठे री बौकरी ता काठ खाये पाणी पिया त मौरी जा।
— जलती हुई आग में पानी डालोगे तो आग बुझ जाती है।

पहेलियाँ

- नों झाऊ एक झोंकरा तेई री मुंडी पांदे टोकरा उत्तर — लींगड़ी
- एक रुआड़ छोरगणें भौरुआ दा उत्तर — मुहँ
- काठे री हांडी काठे री डोई तूई हान्दर मीठी रसोई उत्तर —खोड़ (अखरोट)
- ढक-ढक डेडां ढक-ढक डाई सूने री कटोरी रूपे री थाई उत्तर — बोदी का फूल
- उखल चकिये खाऊ मुसल तौखे शेदु उत्तर — आंछा
- ओछी जेही लकड़ी कौमा केरदी बड़ी तकड़ी उत्तर —तौकली (तकली)

कहावतें

- खाणें थी दाणें चुथे नी लाणें उत्तर— कामचोर
- डौग डुखंर आपणा देश लिपड़ी सिपड़ी आपणी माँ उत्तर— अपनी जगह सब अच्छे होते हैं
- खौरें मांणु सौगे जाणा नौई देंदे भी, माड़े सौगे नी जाणा जाचा भी उत्तर— हमेशा अच्छे आदमी के साथ रहो।
- ना कोमा रे ना काजा रे दुश्मन नाजा रे उत्तर— खाना खाते हैं पर काम नहीं करते

पहेलियाँ

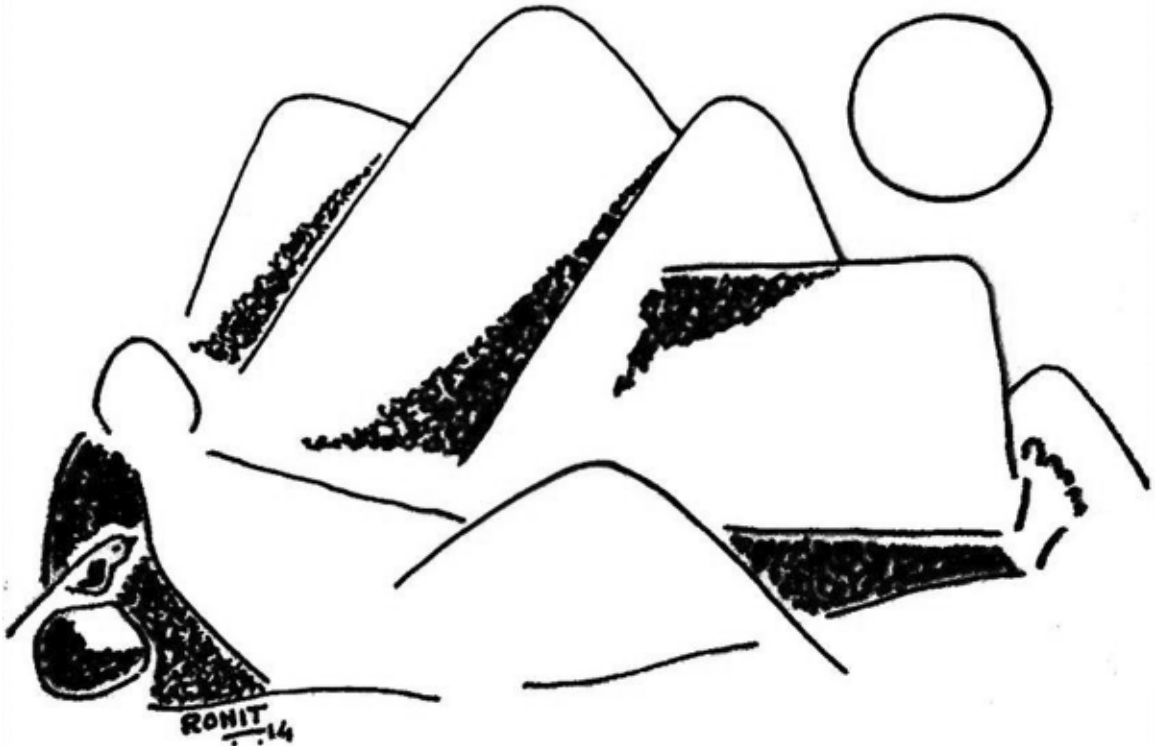
1. बाती कौड़ी निकता शाग झुलती माई ऐ झूलते नाग
उत्तर— कट्टू
2. हौथ एक छोकरु चोडौ पांदे डोकरु
उत्तर— नरेल
3. पौरे न आऊ कौरथ कोआ नीला ऐ सुथडुं ता नीला चौआ
उत्तर— धूप
4. ओछा जौ राजकुमार कपड़े लाँदा सौउ हजार
उत्तर— प्याज
5. ऐ आई ऐ नौठी
उत्तर— नींद की झपकी
6. धामक—धीमक फटर फेंई गुजलू —बुजलू सफर सलेंई
उत्तर— चावल का उबलना

मुहावरे

1. होथे री सेभ नेआ सी, मौथे री कोई नई नौंदा
— किस्मत का लिखा कोई नहीं ताल सकता
2. सुखे री तेंईए नौठे शुरु प्रीणी,तौखे भी मिली खाऊंणी चिंणी
— सुख प्राप्ति के लिए कहीं भी जाओ,होता वही है जो भाग्य मे लिखा हो।
3. आगे नौई पीछे ढऔग
— बहुत सारी मुश्किल एक साथ
4. एक रोजा रा पाउणा दुजे रोजा डराउणा
— रोज—रोज आने वाले लोग मेहमान नहीं कहलाते

कहावतें

1. लाटौ देणीं भुहार, ढऔकदे लोड़ी चार
— कौम करने नी लछण ता मांणू लोड़ी फेर फिरदे
2. उखड़े री कमोड़ी उखड़ा जौंदरे
— जौखे न ते शुरु करु ती तु तौखे सा
3. उखड़ा न पाई मुडी त मुसड़ा न की डौरना
— जौबे कौम छेडु ता तुई री बीथा न की डौरना सौ कौम पोउ पूरा करना
4. लाटे रे वादु होणा , टाटे रे नौई
— लाटे वे देणा सहारा टाटे र नी देणा किबकी सौ कोई र नई होंदा
5. सौरा न आगे नी देश भाडु , रेउड़ी न फेते नी मिठाई खाई
— घौरा न बाहर कदी निकलौ नी ता दुनिया रा की पता होणा की कौंड़ी





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