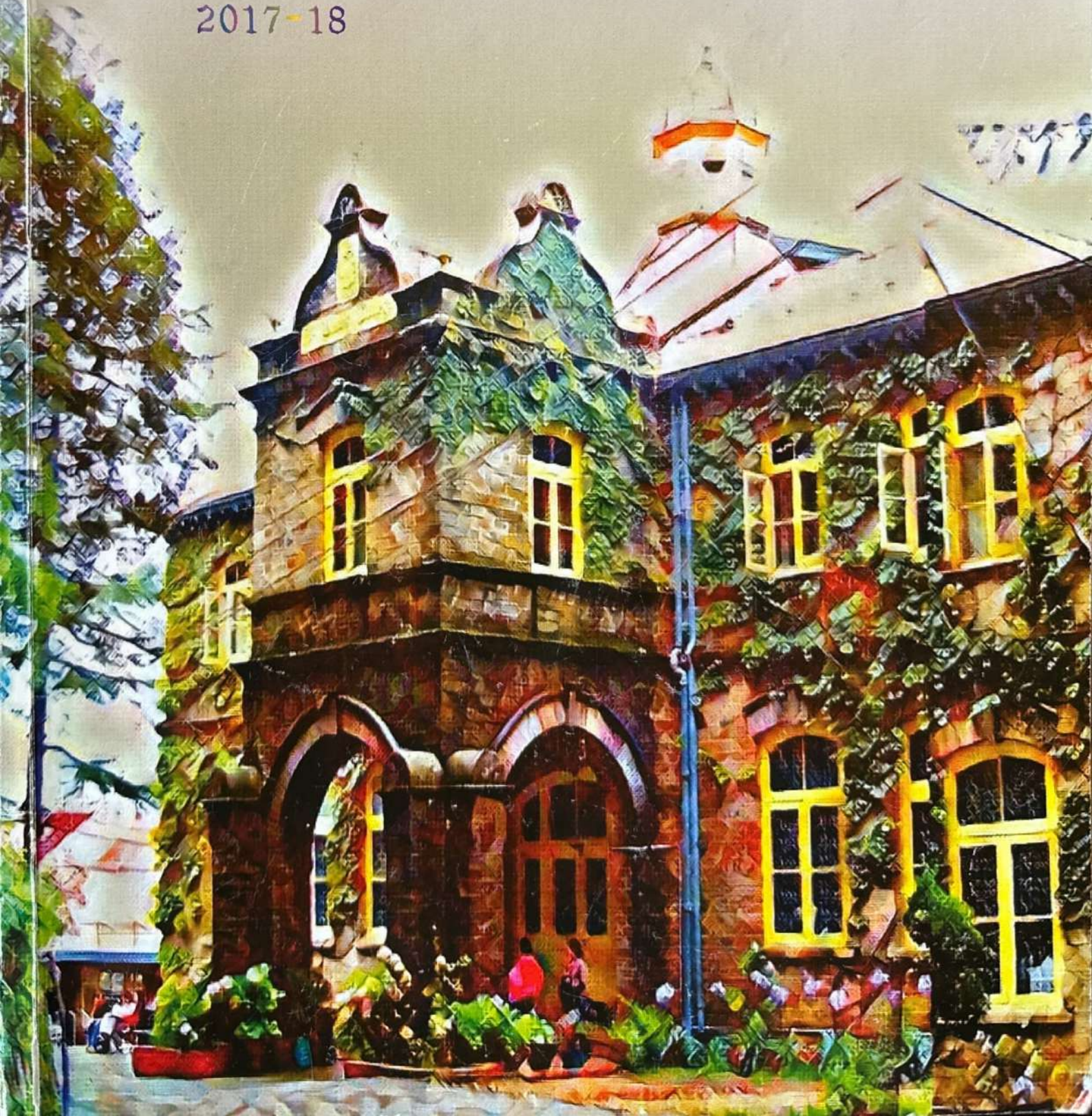


2017-18



ECHOES

2017-18



Our Dear Sisters of the Community





**C
O
N
T
E
N
T
S**

Principal's Message

Editorial.....	2
The Bedeian Log.....	4-9
From the Co-editor's Desk.....	10
Admiral's Address.....	11
Vice-Admiral's Address.....	12
Ship Reports.....	13-16
NSS Activities.....	17-19
200 Years Celebrations.....	20
Society Reports.....	21-35
Campus buzz.....	36-38
Farewell.....	39-40
Beyond the Classroom.....	41-56
Reflections.....	57-86
Musings.....	87-98
Mindscape.....	99



**C
O
N
T
E
N
T
S**

Trip to Kerala.....	100-104
Farewell St. Bede's.....	105-106
Mindscape.....	107
Academic Prizes.....	108-115
Link with the past.....	116-117
In Memoriam.....	118-121
Hindi.....	122-144

Message From The Principal's Desk

"The mind is not a vessel to be filled, but a fire to be kindled." Echoes our College Magazine kindles the imagination of our learners. Cradled in the lap of nature on the one hand and archeological edifice on the other, swaying from serious thinking to playful inventiveness, twelve hundred women students at St. Bede's College are brimming with a zeal for life empowering themselves with skills and creativity.

I congratulate the staff and students of all faculties who used various mediums of expression to present their ideas. As long as our ideas are expressed and thoughts kindled we can be sure of learning, as everything begins with an idea.

I appreciate every student who participated in co-curricular and extracurricular activities along with their commitment to the curriculum.

That little extra we do, is the icing on the cake.

'Do more than just belong – participate; Do more than care – help; Do more than believe – practice; Do more than be fair – be kind; Do more than forgive – forget; Do more than dream-work.

Wishing the students a bright future and many thanks to the staff and parents for their constant support in the progress of the college.



Dr. (Sr) Beena John

EDITORIAL



"If you want something you've never had, then you've got to do something you've never done."

And though it sounds simple, it's anything but. I've always been a girl averse to changes - stepping out of my comfort zone being one of my biggest fears. But then there comes a phase in your life where you find yourself in an environment which is so positive and conducive that it propels you to destroy the unnecessary self created barriers of self-doubt and self-criticism. That happy environment was provided to me within the Bedeian gates. I owe a lot to this place- the journey so far has been blissful and enchanting....it has been a quest where I have discovered myself...my inner being and hidden strengths. The best and beautiful things in the world cannot be seen or even touched. They must be felt with the heart. And I do truly and deeply feel the inner transformation I've gone through -from a shy, fearful girl into someone who isn't afraid to take up

new challenges. If there's one lesson that Bede's has taught me...it is this - "Believe you're Special. Believe you're capable. Believe in your inner galaxies-let the glitter in your veins make you shine like the brightest star."

This is a place where you'll get a plethora of opportunities. You must be smart enough to grab each opportunity that comes your way-Just say Yes and don't listen to that sinister, coward voice inside your brain which tells you to do otherwise. Each one of us is like a seed, our talent and skills lie dormant until we're sown at the right place and then magic happens...unknowingly we're nurtured with kind words and sweet chidings..helping us to blossom into flowers with the brightest hues-slowly but surely the young, reckless, rash minds mature into profound, intellectual, compassionate ones. They say the Universe always falls in love with a stubborn heart and the heart gets what it desires the most. My elder sister is an ex-Bedeian and it was through her that I got introduced to my first

edition of Echoes. To be honest, it was love at first sight. I flipped through every page wide eyed, stupefied at the perfection of it all – the bright photographs capturing the smiles of mesmerizing Bedeians, the intellectual & insightful articles, the artistic sketches and much more.

That night I made a wish upon a shooting star...to be able to be a part of something so prestigious one day.... And the 'echoes' certainly did resound years later as the Great Almighty did grant my wish.

I extend my heartfelt best wishes to the students of the outgoing undergraduate and postgraduate classes – equipped with all the necessary life skills and Bedeian charm – you are sure to turn heads in awe and admiration of your wisdom and poise, wherever you go. Being the Editor of this edition of Echoes was...as I said, a Dream come true. As I spent hours going through the contributions, it suddenly dawned on me – "I'm reading & viewing the initial works of future best-seller authors, world renowned Painters, Photographers, Doodle Artists, Designers and much more.." this thought filled me with a sense of gratitude beyond words...it was a delightful experience indeed.

This magazine would have never materialized without the concerted and sincere efforts of the Editorial Board. I would like to express my heartfelt gratitude to our Principal Dr.(Sr.) Beena John for her constant support and encouragement throughout this endeavour. I am specially indebted to my two outstanding, wonderful teachers Ma'am Anuja and Ma'am Madhu for a lot of things – first, being patient with us and mentoring us gently through the journey; second, giving us much creative liberty and third helping us with their wise inputs. I also extend special words of appreciation and gratefulness for my lovely team mate in this journey...my co-editor Simran Chauhan, for being my pillar of strength. Her immense contribution through her skillful editing was an asset in the successful formulation of the magazine. It is said that one should read like the flames read the wood...and so without further ado.....to all the excited readers..Lettura felice!

Nivedita Mishra
M.A English
(Editor)

The Bedeian Log

(GLIMPSSES OF THE YEAR GONE BY)

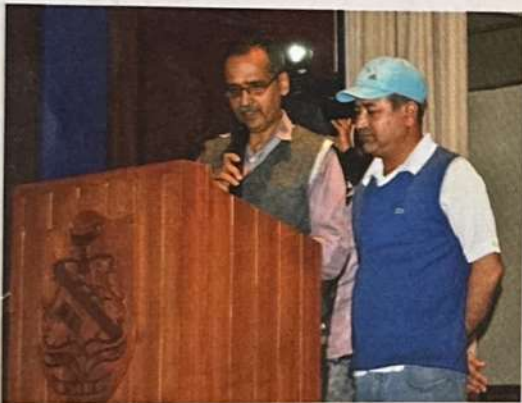


1. ORIENTATION OF FRESHERS

An orientation programme was held by the seniors on July 4th, 2017, in which the freshers were given a brief introduction about the college. A set of activities were conducted and the freshers participated eagerly.

2. OPENING MASS

The new session 2017-18 started with an Inaugural Mass on July 12th, 2017 at 10.30am in the college auditorium. Father Thethedeus, Vice-Principal St. Edward School and also the Parish priest, invoked Almighty's blessings on all students and staff members.



3. ELECTION AWARENESS

On July 18th, 2017 an Electoral Awareness Programme was held in our college to make the students aware about the importance of casting vote. It began with a speech by Mr. Sanjeev Sharma, Kanungo Shimla. A one act play was also put up by Mr. Munish Sharma suggesting that each and every individual must register themselves as voters and vote wisely for the good of the country.

4. COLLEGE ELECTIONS

College Elections were held on July 22nd, 2017. Followed by the 'Investiture Ceremony' of the newly elected council on July 29th, 2017. Mr. S.R. Mardi, Director General and Commandant General Home Guards Civil Defence, and Director, Fire Services, Govt. of Himachal Pradesh was the honourable chief guest.



5. MOTHER FOUNDRESS DAY

On July 30th, 2017 our Mother Foundress Day was celebrated in the college.





6. FRESHERS' WELCOME

Freshers' party was organised for the newcomers by the seniors on August 9th, 2017. The theme of the function was 'METANOIA- change in one's way of life'. Dr. Sr. Marina John Manager of the college graced the occasion with her presence.

7. SCIENCE WORKSHOP

Two days science workshop was organised by the Science Faculty on August 10th, 2017 and August 11th, 2017 celebrating science through stage shows, lectures and panel discussions. The science faculty and the students actively participated in this workshop.



8. HOME SCIENCE

Department of Home Science organised an innovative recipe competition without Cooking on August 25th, 2017. 40 students participated. Mrs. Anuja Sharma and Mrs. Upasana Kaushal were the judges.

9. SAVE THE BEES CAMPAIGN

On the occasion of World Honey Bee Day an environment awareness programme was organised on August 22nd, 2017 by the Zoology department. This was to spread awareness among people about conserving honey bees and their role in pollination. Government Senior Sr. School Portmore, Government Senior Sr. School Phagli, Government Middle High School Theog, Government Degree College Theog and Mahila Mandal committee Theog were selected for this activity.



10. TEACHER'S DAY CELEBRATIONS

Teacher's Day was celebrated on September 5th, 2017 focusing on the theme 'ROCK THE RETRO'. The event began with lighting of the lamp followed by the cake cutting ceremony. Dances, naati, bhangra, Bihu dance, skits, jhalli show, mime, songs were performed by the students in honour of their teachers.



11. PLACEMENT CELL

Vistara Company, a joint collaboration of Tata Sons & Singapore Airlines visited our college on 11th September, 2017 for cabin crew and ground level interviews in which 85 girls from various streams appeared. The members from Vistara Airlines- Ms. Sonali Chaddha, Senior Executive HR and Ms. Pallavi, Executive HR visited our college for the interview.



12. HINDI DIWAS

Like every year this year also St. Bede's College celebrated Hindi divas on 14th September, 2017 with great enthusiasm. The students displayed their talents in various inter-ship competitions. They participated in poetry recitation, declamation, solo dance, solo singing, mono acting and skit competitions.

13. BLOOD DONATION CAMP

The NSS unit of St. Bede's College organized a Blood Donation camp in collaboration with Almighty Blessings, an NGO, on September 15, 2017 in the college auditorium. Prof. Dr. Ranjana Rao, Senior Medical Superintendent, Deen Dyal Upadhyay Zonal Hospital, Shimla was the Chief Guest for the event. Around 83 units of blood were collected.



14. ART AND CRAFT WORKSHOP

An Art and Craft Workshop was organized by Pidilite Company in the Department of Home Science from September 18-20, 2017. Mrs. Neha Grover, the resource person taught Shilpkar Art, fabric printing and jewellery designing to the students.

15. ALMIGHTY BLESSINGS GUEST LECTURE

The N.S.S Unit of St. Bede's College, Shimla organized a lecture by Mr. Sarabjeet Singh Bobby, President, Almighty Blessings NGO on 20th September, 2017 regarding 'What is Real Happiness'. He shared his life long experiences about the activities undertaken by his organization.



16. ORIENTATION PROGRAMME BY NEST

An orientation programme was organized by NEST, an organization nurturing educated skillful talent at St. Bede's College, Shimla on September 20, 2017. This organization is committed to provide job opportunities for students of Himachal Pradesh in hospitality sector like airlines, hotels etc. This programme was organized in collaboration with Jet Airways for recruiting young girls to their cabin crew.



17. LECTURE SERIES ON 'BIODIVERSITY CONSERVATION AND PATENT'

The Himachal Pradesh Council for Science, Technology & Environment (HIMCOSTE) in collaboration with National Council for Science and Technology Communication (NCSTC) and Disaster Management and Environment Cell of St. Bede's College, Shimla organized Popular Lecture Series on 'Biodiversity Conservation and Patent' by Dr. Vandana Shiva, world renowned environmentalist, on 23rd September, 2017.



18. WORLD AIDS DAY

World AIDS day was celebrated on 1st December, 2017, by the Red Ribbon Club where inter-ship competitions were organised, etc.



19. CHRISTMAS CELEBRATIONS

Christmas was enjoyed by the students. A play was enacted showing the birth of Jesus Christ and later sweets were distributed by Santa Claus.



20. FRASER VALLEY

Dr. Satwinder Bains, Director of University of The Fraser Valley South Asian Studies, Canada had an interactive session with students and teachers of St. Bede's College on 'Learning to learn' on 26th February, 2018. Her thought provoking ideas stressed on going beyond curriculum and motivated the students to inculcate critical thinking as learning is multidimensional, participative and learner centred.





21. OFFICE LAYING DOWN AND PRIZE DISTRIBUTION

The 'Prize Distribution function' and 'Office Laying down ceremony' was held at St. Bede's College, Shimla on March 5, 2018. The Chief Guest for the function was Sh. Suresh Bhardwaj, Minister for Education, Law & Parliamentary

Affairs, Government of Himachal Pradesh. The function started with the Office Laying Down ceremony which marks the successful completion of the tenure of the Student Council.



22. MOCK DRILL

A mock drill for disaster management was conducted at St. Bede's College on March 7, 2018 by Sh. D.C Sharma, Station Fire Officer, the Mall, Shimla. In his presentation, he spoke about evacuation during fire and earthquakes and extinguishing fire methods for 'A', 'B', 'C' and 'D' class fires.

23. TRIP TO KERALA

A team of 35 students accompanied by four teachers went for a trip to Kerala from March 7-15, 2018.



24. WOMEN'S DAY

Women's Day was celebrated on 8th March, 2018. The Health Club and the Womens Cell of the college organised a guest lecture on Breast Cancer.

25. PEARL ACADEMY SEMINAR

A workshop on Portfolio Development by Pearl Academy, New Delhi was held at St. Bede's College organized by the Department of Home Science on 19th March, 2018. Mr. Shashank Khandelwal and Mr Ankur Kaushik spoke on how to be happily



successful in life and choose a career based on curiosity and interest.

26. HASTA LA VISTA

A fond farewell was given to the dearest final years on 24th March, 2018. Yashika Ghamta was crowned with the title of Ms. Bede's, Raksha Rathore was the first runner-up and Riti Sharma was the second runner-up.



27. EXAM FEVER BEGINS...

Examinations for the undergraduate classes commenced from April 10.

28. STAFF PICNIC

On 7th April, 2018, the Staff of St. Bede's College went to Tani Jubbar Lake in Kotgarh.



FROM THE CO-EDITOR'S DESK

The harder the struggle, more glorious the triumph.

Mid way through editing and laying out pile of articles, I and my editor Nivedita Mishra came to a conclusion that putting a magazine together is no cake walk. Coming from a co-educational school, St. Bede's was a very puritanical environment.

However, I was impacted by its name, work ethos and its inspiring faculty. And I affirm that when women support each other incredible things happen. Big thanks to this institution, the teachers, my parents for choosing this college for me and my dear friends without whom this couldn't have been possible.



College life is that part of your life which you are going to relive in your thoughts till you breathe your last. We have tried our best to capture your moments and paint your stories because in the end all we really have is 'MEMORIES'.

Hope you have a nice time going through the pages of ECHOES 2K18.

Simran Chauhan
B.Com
VI Semester

THE ADMIRAL'S ADDRESS

The time I served as the Admiral of St. Bede's was a journey full of challenges. Not because of the obstacles I had to face in the college, but it was how I constantly challenged myself to do better. I've learned discipline, patience and passion while I was the Admiral. Dedication towards my college and seeing the Bedeian flag at the pinnacle of success and respect was always my aim.

I have done my duties to the best of my abilities and tried my very best to leave my niche in St. Bede's. I wish all the luck to the coming, proud Bedeians and wish them success in all their endeavours.

I'm leaving the gates of Bede's as a more mature, kind, wise and a humble person and I can never thank Bede's enough for making a proud woman out of me. I promise to always live by our college motto, 'Non Nobis Solum' and carry the Bedeian pride and honour with me wherever I shall go.



—**Sehaddeep Kaur Vohra**
Admiral (2017-2018)
English Major, VI Semester

VICE-ADMIRAL'S ADDRESS

“Coming together is beginning;
Keeping together is progress;
Working together is success.”

-Henry Ford

These three years turned me into a confident woman. Constant support from my Bedeian family helped me to take charge and fulfil my responsibilities to the best of my ability.

My journey in this college was a colourful and exciting experience. The ups and downs I faced here made me a stronger person and taught me a lot about life, lessons that would help me once I graduate.

Like most children, I had a severe compulsion of testing the limits of what I'd be able to get away with and not, Bede's inculcated in me how to set an example by stepping out of your comfort zone and breaking the stereotype.

This place instilled in me that it doesn't matter if you are in a recession, there are still abundant opportunities to give. And when you're great at giving, that is really when that abundance flows towards you. It was a journey full of challenges and crucial moments.

One should live their greatest dream, and full faith and belief in your dream will pave the way. As the year comes to an end, the time of stepping out of the same gate I entered but with a renewed soul, as proud Bedeian- I am left with moist eyes and heavy heart. But I am well acquainted with the fact that life is all about changes and we adapt to the changes offered by life. With an optimistic stance, I set out with memories that I will cherish forever. I whole heartedly thank our principal Dr. (Sr.) Beena John, other sisters, my teachers from teaching and non-teaching staff and peers for believing in me.

—**Unnati Bhutani**

Vice Admiral(2017-18)

English Major, VI Semester

INS VIKAS

“The best leaders not only inspire us, they develop and empower us to lead with passion from whatever position we currently hold in life”

In the session 2017-18, we pledged to take up the responsibility of being the Captain and Vice-Captain of INS Vikas. With this designation came Commitment...commitment not to sustain but to grow. We firmly believe in growing together to achieve a goal and for this we are thankful for the hard work and commitment shown by our shipmates to make INS VIKAS, the best ship of the year. Getting the crown of best ship was not an easy task for us and we had to overcome many difficulties in achieving this great success.



To begin with, various activities were conducted on Hindi Diwas in which Vikas-ians participated enthusiastically to bag prizes. Our ship bagged first position in the skit competition and the winners were Varsha Thakur, Hitaqshi Sharma, Smriti Chauhan, Tamanna Verma, Sanjana, Aamna Tyagi and Pratishtha Thakur followed by first position in Poetry Recitation by Priya Negi.

Aamna Tyagi bagged the first position in singing; Muskan got the first position in Painting competition ; First position in Collage making was won by Ria Verma, first position in Slogan Writing by Pragya Singh, second position in calligraphy by Lalita Verma and second position in Declamation by Pratishtha Thakur.

There were various sports events in which Vikas -ians actively participated and won first prize in Badminton, Second in Table Tennis and second in Basketball.

We were also able to bag many prizes in activities organized by Red Ribbon Club like the first position in Slogan writing bagged by Divanshi, second Position in Poetry Recitation by Pratishtha And Second position in essay writing by Smriti.

We would like to thank all the members of INS VIKAS who showed a great zeal of participation in various activities and gave their best in supporting the ship.

We would like to give the full credit to our ship mistress Ms. Shivani Chauhan and Mr. Dhan Dev Sharma who guided us at each step and showed us the path of victory.

Leadership is not about a title or a designation, True leadership is defined by good team work, enthusiasm and a visionary attitude with sincere commitment towards growth.

—**Sanchita Salwan**
(Captain)
Arshiya Handa
(Vice Captain)

INS-VIKRANT

“A smooth sea never made a skilled sailor.”

Keeping the above inspirational quote in mind, we stayed positive, worked hard and made it all happen. Just as the sea faces a lot of storms, the same were faced by our ship sailors, but we never gave up. It was a delightful journey indeed where each and every member of our ship exhibited the courage, determination, enthusiasm, unity as well as true dedication in order to achieve the big goals. In this academic year various inter-ship activities were held for the students to exhibit their hidden talents.

Foremost, various competitions were held on the occasion of ' Hindi Divas ' . Our girls performed outstandingly well in these competitions.

The list of various ' winners ' is as follows :-

- • Dance : 1st position - Aishna Chauhan
- • Declamation : 1st position - Bhawna Chauhan
- • Monologue : 1st position - Akshika Veer
- • Singing : 2nd position - Sunanda
- • Best actor : 1st position – Kanishka Sharma
- • Creative Writing : 2nd position – Kritika Kashwal
- • Essay Writing : 2nd position – Abha
- • Declamation : 1st position – Kanishka Sharma



Further, our ship stood first in the ' Table Tennis competition ' and on 'World AIDS Day ' our ship bagged the first prize in the ' Essay Writing ' contest. The winners were Joyce , Anupriya , Diksha and Aishna Chauhan respectively. Our ship 'Vikrant' acquired the 2nd position in the race for Best ship amongst all the four ships.

Finally, we would like to thank the authorities for believing in us and supporting us throughout.

—**Kritika Kashwal**
(Captain)
Mitul Singh Chauhan
(Vice Captain)

INS HIMMAT

Shouldering the ship responsibilities, we learnt one lesson : “ Rejoice in your work; never lose sight of the nursing leader you are now and the nursing leader you will become. ” With this flame passed on to us, we were thrilled to set off on our voyage of responsibilities for the academic year 2017-2018.

Our college promotes a competitive spirit and brings out the talent of the students, they are encouraged to participate in various co-curricular activities related to different fields like sports, dance, acting, orating and many more. Our ship HIMMAT won the first position in Basketball Tournament. The players of our team were Sasha Bakshi, Amanat Chauhan, Simran Sharma, Angelina Joseph, Tarkeshwari Prashar and Kamini. Truly their extra efforts and hard-work paid off.

On the occasion of Hindi Divas, the second prize in poetry was won by Aashna Kandhari of our ship. We had certain competitions conducted throughout the week for Hindi Divas in which many Himmatians participated. Manmeet Chhatwal won the first prize for extempore speech. This was followed by the slogan writing and poster making competitions conducted on 'World AIDS Day' in which Areeba Ikram won the first prize for poster - making and Angela Chandel won the second prize in slogan writing.

All the activities were carried out under the supervision of Ma'am Mini, our ship mistress. We would like to thank Ma'am for her constant support and guidance.

Not all the hard-work is paid off by prizes and positions so we must not forget to appreciate the strength and enthusiasm invested by each one of our ship members; for which we thank them whole-heartedly.



—**Manmeet Chhatwal**
(Captain)
Ritika Soni
(Vice-Captain)

INS- CHIRAG

Success does not lie in "Results " but in "Efforts"
"Being" the best is not important,
"Doing" the best is all that matters.

Right from day one when we were entrusted with the responsibility to represent the Ship INS- CHIRAG as Captain and Vice Captain, we were given utmost support by our fellow Shipmates. It was indeed a proud journey from bagging the First position in Poetry, Second position in Skit, Second position in Dance, Second position in Poster Making and many more during "Hindi Divas" to winning the First position in Poetry and Second position in Poster making during "AIDS DAY", Chiragians have shown their consistency in doing good work. It is their support and faith that kept us going through the thick and thin, thus bringing out the best to the forefront.

A big thank you also goes out to our Ship Mistress Ma'am Deepti without whose support it wouldn't have been possible to perform so well. Needless to say "Chiragians, you were amazing!" Thank you for a smashing year. More power and success to the Ship.



—Puneet Chhatwal
(Captain)
Saisha Verma
(Vice-Captain)

NSS ACTIVITIES (2017-18)

Tree Plantation Campaign

On 18th August 2017, N.S.S Unit of St. Bede's College Shimla in collaboration with Forest Department Himachal Pradesh, Shimla organized a **Tree Plantation Campaign** at Five Benches, Jakhu Hills Shimla. Honorable Principal of the college Dr. Sr. Beena John inaugurated the event and asked all the volunteers to take a pledge to protect the environment.

Around 100 NSS volunteers planted more than 100 saplings of Deodar and Baan in that area.

Each volunteer took the responsibility to take care of the plant allocated to her and decided to revisit the area after 6 months to observe the growth of the plant.



International Youth Day

On 28th August 2017, Himachal Pradesh State Aids Control Society organized a campaign against HIV AIDS by celebrating International Youth Day at Gaiety Theatre, The Mall Shimla. The event was graced by the presence of Honorable Health Minister, Thakur Kaul Singh. 60 NSS volunteers of St. Bede's College participated in this programme. The NSS volunteers presented an informative and entertaining skit entitled "Hum Hein Bahubali". Through this skit they conveyed the message that it is possible to,

prevent, care and treat HIV Aids and advised all to stay away from drugs, and unprotected sexual relationships, which are the main cause of AIDS.



• Blood Donation Camp

The NSS unit of St. Bede's College organized a Blood donation camp in collaboration with Almighty Blessings NGO Shimla on September 15, 2017 in the college auditorium. Dr. Ranjana Rao, Senior Medical Superintendent, Deen Dayal Upadhyay Zonal Hospital (Rippon), was the Chief Guest for the event. A PowerPoint presentation by Tanvi Thakur and Pratibha Sharma was then shown to the audience in order to brief them about the working of National Service Scheme (NSS), importance of blood donation and myths and facts related to it. The Chief Guest in her address to the audience appreciated the enthusiasm of the blood donors. Around 85 units of blood were collected.



• One Day Camp

The NSS unit of St. Bede's College organized a one day camp in collaboration with Almighty Blessings NGO Shimla on September 20, 2017 in the college auditorium. Mr. Sarabjit Singh President Almighty Blessings, delivered a talk on the topic "What is real Happiness". He focused on the fact that when you serve unprivileged and destitute people from the core of your heart, you serve the God and it gives you real happiness. He also highlighted the activities undertaken by his NGO like feeding the needy, organizing blood donation camps and facilitating last rites for the dead and also how one can participate in these activities. He also thanked the students of St. Bede's College for participating in his project "Roti Bank" and bringing rotis for the cancer patients and their attendants on every Tuesday.



The NSS volunteers of St. Bede's College participated in program on Women Safety organized by District Administration Shimla On 14.03.2018.

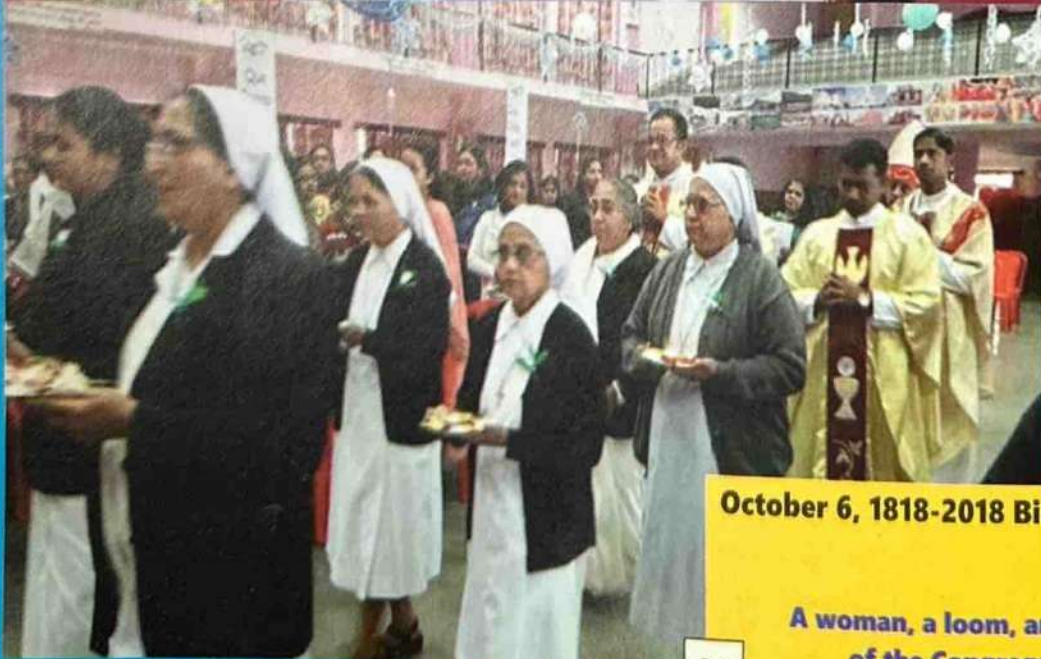
Honourable Chief Minister Mr. Jai Ram Thakur was the chief guest of the function. To empower womenfolk he released the handbook in Hindi, English and Braille on "Mahila Suraksha' (women safety) brought out by the district administration Shimla. The booklet talks about measures required for personal safety and safeguards regarding crimes, including sexual harassment at workplace. It also contains important telephone and helpline numbers.



Dr. Sapna Sharma
NSS Programme Officer



Journeying with Claudine
1818-2018



October 6, 1818-2018 Bicentenary of the Foundation
200 years ago

A woman, a loom, an orphan, were the origins
of the Congregation of Jesus & Mary

WOMEN'S CELL

“Little girls with dreams become women with vision . The empowered women is powerful beyond measure and beautiful beyond description . A woman with a voice is by definition a strong woman.”

The Women's Day programme was organised in the college premises in a befitting manner on 8th March,2018. Presided over by the Principal and staff of the college ; the function was attended by a social activist Mrs. Kalpna as the special guest. The events of the one day-long programme included-A Powerpoint presentation that threw light on various achievements by women in the fields of Politics, Technology, Science, Business, Industry etc.This was followed by the valuable speech of the chief guest. In her speech she made students aware about the complications of breast cancer. Being a counsellor, she encouraged the students to spread awareness about this fatal disease. She also shared some of the preventive measures regarding breast cancer.The function revealed the numerous aspects of Women's Day before the audience and proved to be a great success thanks to the dedicated efforts put in by the organizers.



—**Manseerat Kaur**
(Vice-President)
Akshita Verma
(Secretary)

COMMUNITY OUTREACH CELL

"Without community service, we would not have a strong quality of life. It's important to the person who serves as well as the recipient. It's the way in which we ourselves grow and develop".

Mrs. Anuja Sharma, accompanied a group of Bedeians to Govt. Middle School, Theog on the occasion of World Honey Bee Day, on August 22, 2017. The theme of this awareness programme was "Conservation of Honey Bees and their role in Pollination". The Community Outreach Cell members took this initiative to make the students of the school aware about the silent threat emerging due to the Honey bees being endangered. They interacted and explained through a power point presentation, how honey bees are a boon to the society and why there is a need to conserve them. Life on Earth would finish after four years of annihilation of the bees.

The Principal Dr. (Sr.) Beena John accompanied by the students and Dr. Anjali Dewan visited Government Primary School, Sanjauli on December 5, 2017 to celebrate Christmas with students of the school. Sweaters, inners, socks, mufflers and stationary were distributed to them. They sang songs and interacted with the college students. The Principal and the teachers of the Sanjauli school thanked Sr. Beena for taking out time and coming to the school with so many Christmas gifts for their students.



—**Saumya Chibber**
(Vice-President)
Srishti Chauhan
(Secretary)

HERITAGE CLUB

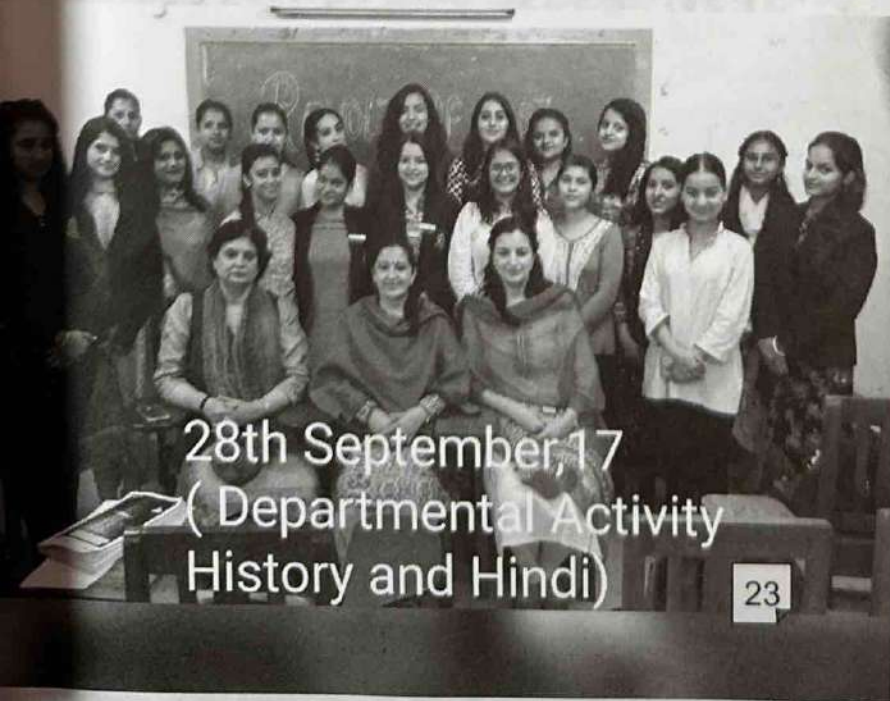
The Heritage Club organised an interactive session on 19th of September, 2017 with the students of Jalna Mahavidalaya (Maharashtra) who came through a student-exchange programme to St.Bedes, along with their teachers. A presentation on "Beauty of Himachal Pradesh" was given by Sindhuja Sharma accompanied by Merilin Baruah to introduce the students to the topography and culture of our state while the Bedeians also got an opportunity to know about their Marathi culture.



On the same day, in the afternoon, the students from Jalna were taken for a Heritage Walk from the college campus to the famous Mall Road. Good company was given by our teachers Ms. Nandini Pathania, Ms. Poonam Chauhan Verma (President Heritage Club) and Mr. Hitesh Sharma.

After the Heritage walk a proper lunch was organised for the students as well as teachers at HIMACHALI RASOI which serves special Himachali cuisine.

On 28th September, 2017 The Heritage Club, in collaboration with The English Department and Hindi Department performed an activity which incorporated a talk on the 'Revolt Of 1857' in India. The talk was held in the presence of our respected teachers Ms. Poonam Chauhan Verma, Ms. Geetanjali Mahendra and Ms. Sangeeta Saraswat.



Being a part of the Heritage Club was a great experience which gifted us with cherishable memories for a lifetime.

—Merilin Baruah
(Vice-President)
Sindhuja Sharma
(Secretary)

ENVIRONMENT CELL

“I alone cannot change the world, but I can cast a stone across water to create many ripples”. These beautiful words by Mother Teresa summarize how each one of us can make a difference, making this world a better place to live in.

The Environment Cell of St. Bede's College focuses on the incorporation of Environmental Education, critical thinking and problem solving approach among the students.

In an attempt to spread awareness about the conservation of Honey bees, the Environment Cell organized a small seminar on 21st August, 2017 in the college auditorium where students of Zoology (Major) gave a Powerpoint presentation on the aforementioned topic. On 24th August, 2017, Bedeians went to four different schools/colleges to spread awareness about “Conservation of Honey Bees”.

The different schools were :

Govt. Model Senior Secondary School

Portmore Govt. Senior Secondary School

Govt. Senior Secondary School, Phagli

Govt. middle School, Theog and Govt. Degree College, Theog.

The students were divided into four teams (4-5 girls in each team) along with one teacher to guide them. For Theog schools and college, Mrs Anuja Sharma from the Dept. of English accompanied the students. The teams got a positive response from everywhere and were given “Certificates”.

On 27th September, 2017 a seminar was organised by the Environment Cell in collaboration with Disaster Management Society of St. Bede's College,

where well-known Environment Activist “Vandana Shiva” spoke about “Biodiversity Conservation and Patent”.

Dr. Vandana Shiva spoke at length about Biodiversity and its various facets. She explained how the notion of Science in humans has changed over time. She added that disruption of our planet's



ability to self regulate has created a climate chaos. She shared her experiences of 11 years on revoking the patents on Neem and Basmati Rice in USA and Europe. In her words- "Change your thoughts and you change your world".

The comperer for the function was Ms. Anuja Sharma. A Vote of thanks was proposed by Mrs. Shubra Banerjee, Senior Scientific Officer, HIMCOSTE and Mrs. Minni Sharma. All the teachers and about 900 students of St. Bede's College actively participated in the function.



Mrs. Alka Verma, Dr. Shweta Thakur, Mrs. Shivan Chauhani, Mrs. Minni, Mrs. Madhu Pahwa, Dr. Neha Gautam along with Preeti Thakur (VicePresident, Environment Cell), Priyanka Sharma (Secretary, Environment Cell), Jaskeen Kaur and Ankita Bansal helped in organizing the function.

It has been a great learning experience. We would like to express our heartfelt gratitude to our principal Dr. Sr. Beena John and our mentors Dr. Sanjeev Sharma, Mrs. Shweta Thakur, Mrs. Shivani Chauhan and Mrs. Madhu Pahwa for their constant support and guidance. We would

like to thank all the students for their dedication, cooperation and active participation.

—Preeti Thakur
(Vice-President)
Priyanka Sharma
(Secretary)



MEDIA CELL

“The mass media molds everyone into more passive roles , into roles of more frantic consuming, into human beings with fragmented views of society. But what it does to everyone , it does to women even more.”

Media cell is the student body of St. Bede's college which is responsible for handling the PR activities of the college.

The cell manages the media relations of the institute and keeps the media updated with the happenings at the institute. This primarily involves covering all the major and minor events within the college campus, writing press releases, taking photographs and ensuring that each and every event of the college gets its due media coverage.

It was a great experience being a part of The Media Cell as we were able to tell the people about the achievements of the college and about the national and international conferences organized and attended.

It was a privilege working with the faculty members of our cell-Dr. Anjali Dewan and Dr. Deepti Pajni who's constant guidance, support and efforts helped our duties to be completed with ease.



—**Shrestha Jeniffer Peter**
Akshita
(Vice Presidents)
Niharika
(Secretary)

HEALTH CLUB

'Health is like money, we never have a true idea of its value until we lose it'

-Josh Billings

The objective of health club is to create awareness among students about the importance of keeping healthy and to make them realize that just because they are not sick, it doesn't mean they are healthy.

Awareness and sensitivity among students about keeping healthy, is a very important aspect in our modern, fast-paced lives.

This year on the occasion of International Women's Day on 8th March 2018, the Health Club in association with Women's Cell organized a lecture on Breast cancer and methods of self-examination.

Breast cancer has become one of the leading causes of death among women because of lack of awareness and the lecture aimed at relinquishing ignorance about the same.

Ms. Kalpana, a social activist who is actively helping women fight cancer by creating awareness and helping women to come forward and report their cases, was invited to give an awareness lecture.

The activities were organized under the guidance of our teacher in-charge Dr. Anita Khanna.

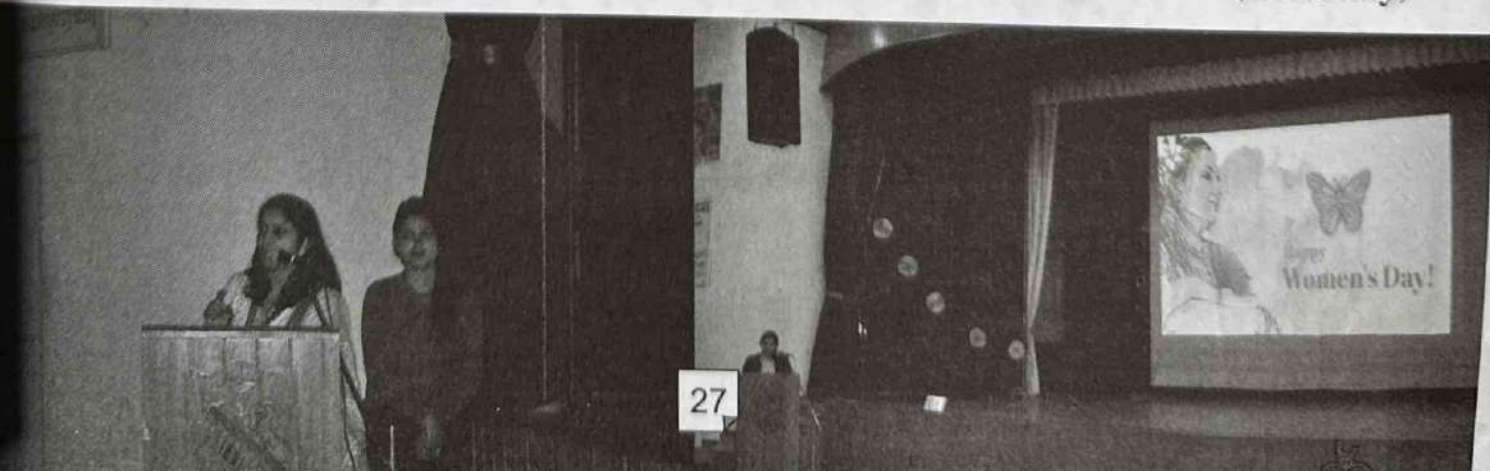


—**Harleen Kaur**

(Vice President)

Chaandini Malhotra

(Secretary)



RED RIBBON CLUB

"It's not the years in your life that count. It's the life in your years".

The Red Ribbon Club was established in St. Bede's College in the year 2011. The club conducts regular activities in the college to encourage voluntary blood donation and spread awareness on HIV/AIDS and its related issues.

Being the members of this Club has given us an opportunity to work for the college and has also helped us to learn many new things.

On August 28, 2017 a State level event was organised at the Gaiety Theatre, Shimla by the Himachal Pradesh State AIDS Control Society on the occasion of International Youth Day in which students from various schools and colleges participated. Students of St. Bede's College performed a Skit which was based on spreading awareness on AIDS and measures to prevent it.

On November 25, 2017 a workshop was organised at Deen Dayal Upadhaya Hospital, Shimla by the Red Ribbon wing of the hospital. Four members including a teacher incharge of Red Ribbon Club of St. Bede's College attended this workshop which was based on spreading awareness among the students of schools and colleges on the rapidly increasing issue of HIV/AIDS and its causes and prevention.

On December 1, 2017 on the occasion of World AIDS Day, Red Ribbon Club of St. Bede's College organised various Intership Competitions in the college which included Poster Making, Slogan Writing, Essay Writing and Poetry Recitation. The Theme for the day was "My Health, My Right". Students from all the ships actively participated in the competitions. The competitions were judged by various teachers of our college and the results were: as follows :

◆ **Poetry Recitation:**

1st Saisha Verma (INS CHIRAG)

2nd Pratishtha Thakur (INS VIKAS)

◆ **Essay Writing:**

1st Aishna Chauhan (INS VIKRANT)



2nd Smriti (INS VIKAS)

◆ **Slogan Writing:**

1st Divanshi Chauhan (INS VIKAS)

2nd Angela Chandel (INS HIMMAT)

◆ **Poster Making:**

1st Areeba Ikram (INS HIMMAT)

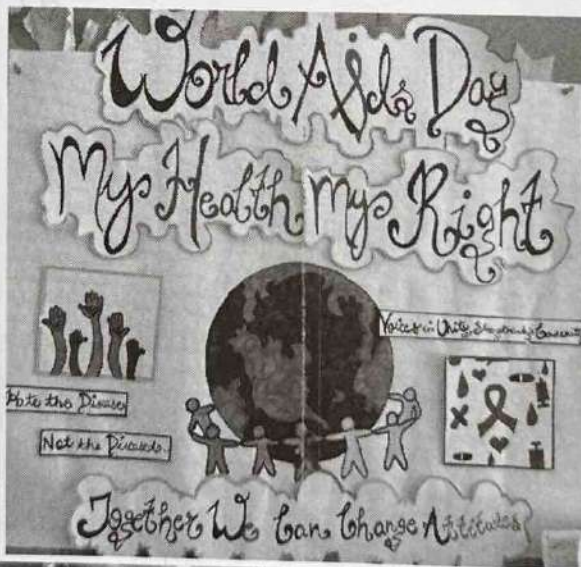
2nd Muskan Kainthla (INS CHIRAG)



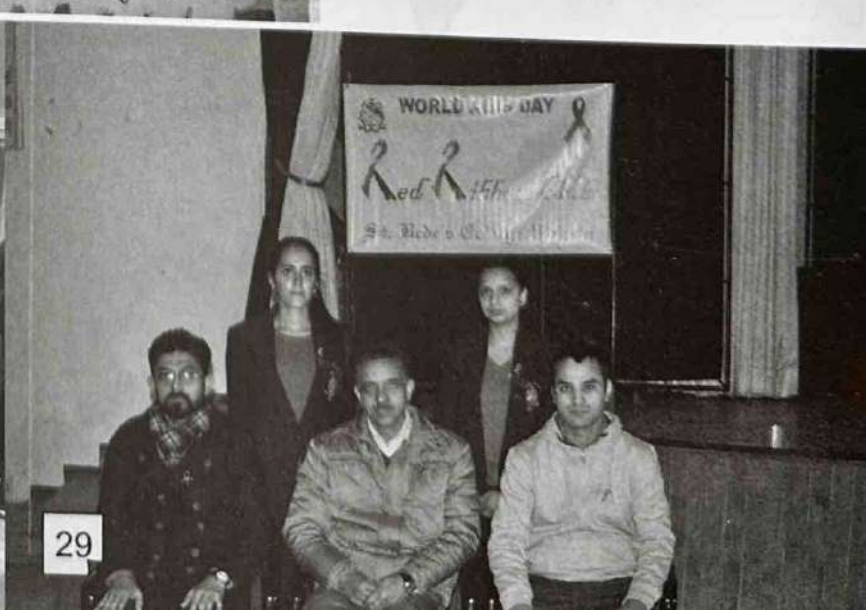
In the end, we would like to express our profound gratitude to our respected Principal Dr. (Sr.) Beena John for giving us an opportunity to work for the college and our Club's Teacher incharges - Mr. V.K. Sanoria, Mr.Kuldeep and Mr.Hitesh Sharma for their constant support and guidance.

We would also like to thank all the students for their active participation

and cooperation.



—**Sonali Rathore**
(Vice President)
Shiwangi Sharma
(Secretary)



DISASTER MANAGEMENT CELL

"Success is never final. Failure is never fatal. It is courage that counts"

Disaster Management Cell of St. Bede's College is responsible for spreading awareness about the management of the natural and hazardous disasters and how to take safety measures in case of natural calamities.

The year 2017-2018 has been a great success with the help of our Principal Dr. Sr. Beena John and our mentor Mrs. Alaka Verma, Mrs. Minni Sharma and Mrs. Neha.

On 27th September 2017, a seminar was conducted on "BIODIVERSITY CONSERVATION AND PATENT" by Dr. Vandana Shiva. She presented the facts and figures of biodiversity and its management and also shared her experiences with the students.

In March 2018, A FIRE AND EARTHQUAKE MOCK DRILL was conducted about safety and evacuation measures in the event of disasters by Shri D.C. Sharma, Station Fire Officer and his team, the Mall, Shimla. It was a very interactive and valuable seminar cum activity based mainly on the usage of fire extinguishers and rescue methods like 'Human clutch' 'Four handed sheet' 'Pick a back' and 'S-Method' etc.. Then a Team from the fire station conducted a fire alarming activity and taught students about the operation of different types of Fire Extinguishers.

A few students who volunteered to participate in the mock drill activities were : Jaskirat kaur, Nimrat kaur, Maninder kaur, Ankita Bansal, Kanishka, Raksha Singh, Jaskeen kaur and Drishti.

In the end, I would like to thank all for their support and encouragement.

—Jaskeen Kaur
(Vice President)
Ankita Bansal
(Secretary)



NATIONAL SPORTS ORGANIZATION (N.S.O)

'Citius, Fortius, Altius'

Keeping in sync with the motto of the Olympics, the Bedeians, bursting with talent in all dimensions took part in several sports activities in the annual academic session of 2017-18.

'Sports Week' was conducted in the college from 2nd -8th August, 2017 in which various Inter ship Sports competitions were held for the games of – Badminton, Basketball and Table-Tennis respectively. The event was inaugurated by the Principal of the college, Dr. Sr. Beena John and all the events were conducted successfully under the able guidance of N.S.O President, Mr. Vijay Sanoria.

The Badminton match conceded in the victory of INS Vikas whereas in Table Tennis, victory was clinched by INS Vikrant. The Basketball match was a tough fight for both INS Himmat and INS Vikas who entered the finals of the competition. Finally, INS Himmat was adjudged the winner with the leading score of 24-18.

Sheetal of Bsc. also brought laurels to the college through her participation in the Taekwondo Competition.

Apart from this, the college also witnessed the introduction of the gymnasium enabling Bedeians to be physically fit so as to contribute to the holistic development of the society.



—Armin Inder Virk
(Vice President)
Amanat Chauhan
(Secretary)

DEBATES AND DRAMATICS

"Debates and Dramatics are ways to stir the soul of our democracy."

Freedom is hammered out on the anvil of discussion, dissent, debate and drama. The 'Debates and Dramatics' society of St. Bede's College aspires to help the students to find and attain the liberty to express their views by providing them with various opportunities to showcase their talent.

This post gave me the honour to chisel this art of speech and expression among the students of St. Bede's College. The Bedeians enthusiastically participated in various Inter and Intra College competitions which included intership plays, debates and declamations held on various important days like the Hindi Diwas, International Women's Day, AID's Day & the Science Day. Students performed exceptionally well by winning various prizes in 'RHAPSODY 2017 AND ENVISION 2017' which were held under the flagship of Himachal Pradesh

University. An AID's related awareness play was also performed at Gaiety Theatre.

Indeed, it was a great experience being a part of the 'Debates and Dramatics' Society as it gave me a chance to enhance the hidden talent of the students and bring it to the fore.

I would also like to thank the faculty members of our society Ms. Madhu Parmar and Ms. Sarasawat for their commendable and untiring efforts in the pursuit of bringing out the best in the Bedeians.



—Pragya Singh
(Vice President)

Tishya Rakshita Sharma
(Secretary)

CULTURAL SOCIETY

“If you stumble, make it a part of dance.”

Various events of the Cultural society were organized throughout the year – be it welcoming the new students on Fresher's Social or celebrating Teacher's Day and Hindi Divas. The cultural events organized by the students displayed the diversity of the Bedeian talent in a spectacular manner.

The students of St. Bede's college also took part in different competitions that were organized by H.P. University, Summer Hill, Avalodge titled “RHAPSODY – Beyond Infinity” in October, 2017. Bedeian's took part in activities like singing, poetry, debates, photography, painting, creative writing, dramatics and dancing.

ENVISION 2K17' was a cultural fest organized by the University Institute of Legal Studies, Shimla . It was a three day event which took place at H.P.U. from 13th September to 15th September 2017. It was

a thrilling three day journey in which many students of St. Bede's College participated and bagged prizes. Over all, the college was awarded the 2nd Best College title in the fest.



—**Mrinal Bhandari**
(Vice-President)
Akshita Parmar
(Secretary)

PLACEMENT CELL

'Let us make our future now, and let us make our dreams tomorrow's reality.'

We embarked on this memorable journey of being a part of the 'Placement Cell' on 29 July 2017. We were visited by many companies this year. A number of students did their internships under well known organizations.

A workshop was also organized by the Securities Exchange Board of India on 16th December, 2017 which imparted the participants with a better understanding of financial products and management of finances. PIBM Pune too visited the campus and did a seminar on 3rd March, 2018 for the students of professional courses-BBA, B.COM and BCA. Our college signed an MOU with them. Our campus was also visited by the Jet Airways.

It was an unforgettable experience being a part of the Placement cell. It gave us an opportunity to help the students shape their careers. I would like to thank my guides, Mr. Manu Mahajan, Mr. Vikesh Kumar, Mr. Sushil Gupta and Anuja Ma'am for their endless support and placing their trust in us. A heartfelt thanks to everyone because a leader is nothing without his team.

I would like to part with the following words :

'Don't put a limit on anything. The more you dream, the farther you get.'

—Riti Sharma
(Vice-President)
Himangi Shukla
(Secretary)



HOSTEL REPORT

We started this year by welcoming the Freshers by conducting an Orientation programme, where the freshers got a chance to showcase their talents, and interact with their seniors for the first time.

Later in the year, for various functions like Bicentenary Celebration and Teachers' Day, all the boarders showed their gratitude towards all the Sisters and the Bearerjis' of the hostel. Through the student-exchange programme, the students of Jharkhand stayed in the Hostel for a week and shared their experiences.

At the end of this successful year, we would like to thank our respected Sister for giving us a chance to show our talent and capabilities to serve.

"If you are working on something that you really care about, you don't have to be pushed. The vision pulls you."

-Steve Jobs.



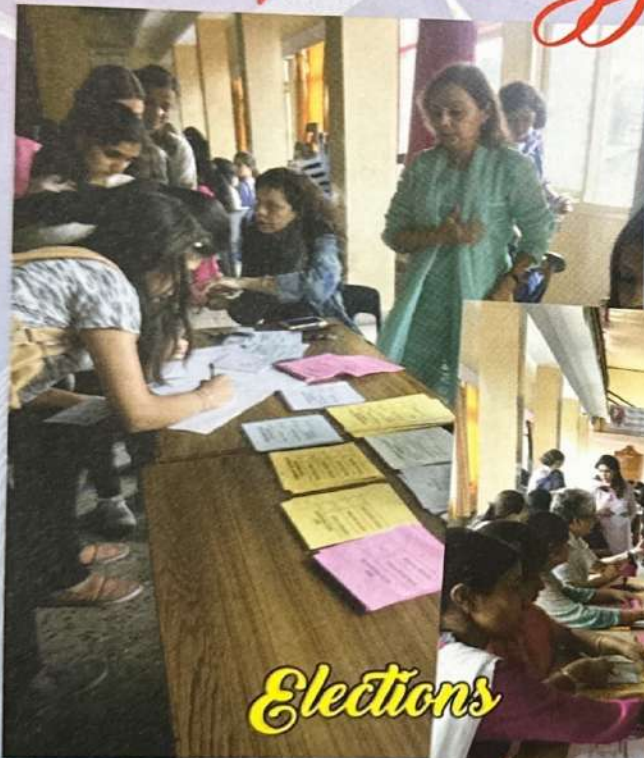
—**Rebecca Paul**
(Hostel Representative)
Swati Punaini
(Vice-Hostel Representative)



Welcome to Sr. Marina



Campus Buzz.....



Elections



Oath Taking



Community Outreach





Contribution to CM Relief Fund



**Hon'ble Minister of Education
Sh. Suresh Bhardwaj at the Annual Day**



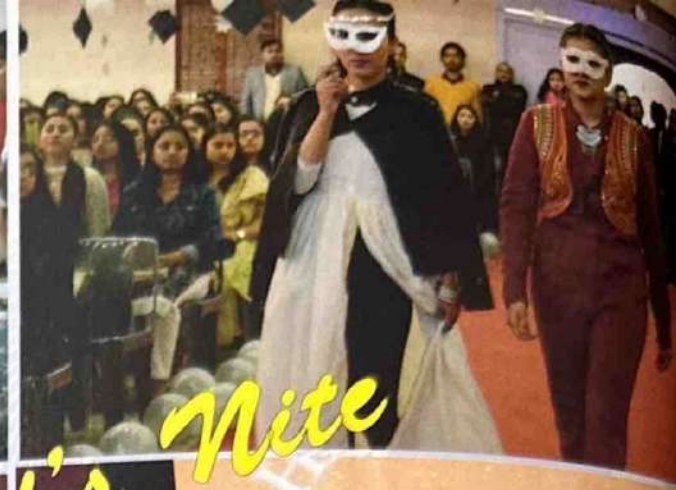
**Sh. S. R. Mardi
Director General of Police Govt. of H. P.**



**Dr. Kavita Mardi Prof. of Pathology
at IGMC gives away prizes at Grad's Nite**



**Ms. Saumya Sambasivan
S. P. Shimla educating the students
on Girls safety**



Grad's Nite



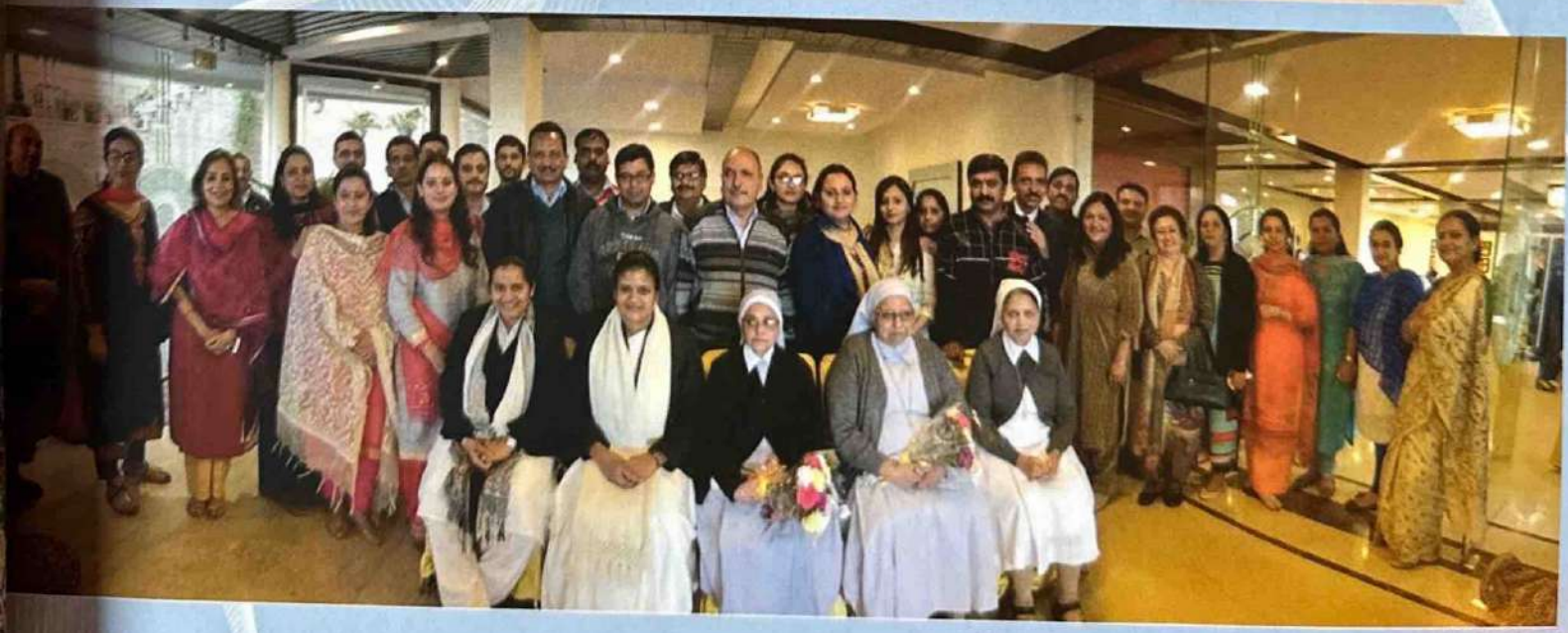
Environment Awareness



Mock Drill for Disaster Management



Farewell





Beyond the Classroom



My Internship.....

My First Step In The Professional World

Any new experience in life brings in excitement and nervousness and my internship was no different. Having just started college, I felt it was important to gain real life work experience.

This winter vacations, I approached MAX hospital in my city to enroll as an intern. I was nervous with so many things playing in my head - will I be given a chance? will I be able to interact? what will I say? how will I travel? will I enjoy ? Having spent 30 days, 60 hours, doing by internship I can say that it was the best decision as it gave me great exposure.

I share my learnings with you all:

- **Be prepared:** Meeting with HR (Human Resource) – the team that takes care of you while you are at work. Make sure you carry your certificates and brief resume. They have details of everybody in the organization so ensure you note down correct names and designations.
- **Be on time:** or preferably be before time. As an intern you are being given opportunity to learn, showing up few minutes before start of day shows your motivation.
- **No mobiles:** I realized while at work, use of mobiles is big no no. Remember, as intern you are there to learn and not play games, ensure that you focus on learning. Check mobiles during breaks only.
- **Your attire:** In college we may be messy attending classes in slippers, uncombed hair but at work its different. You meet a lot of people and are being observed, therefore, a professional approach is must. Dress sensibly as you never know whom you impress and that lands you a job.

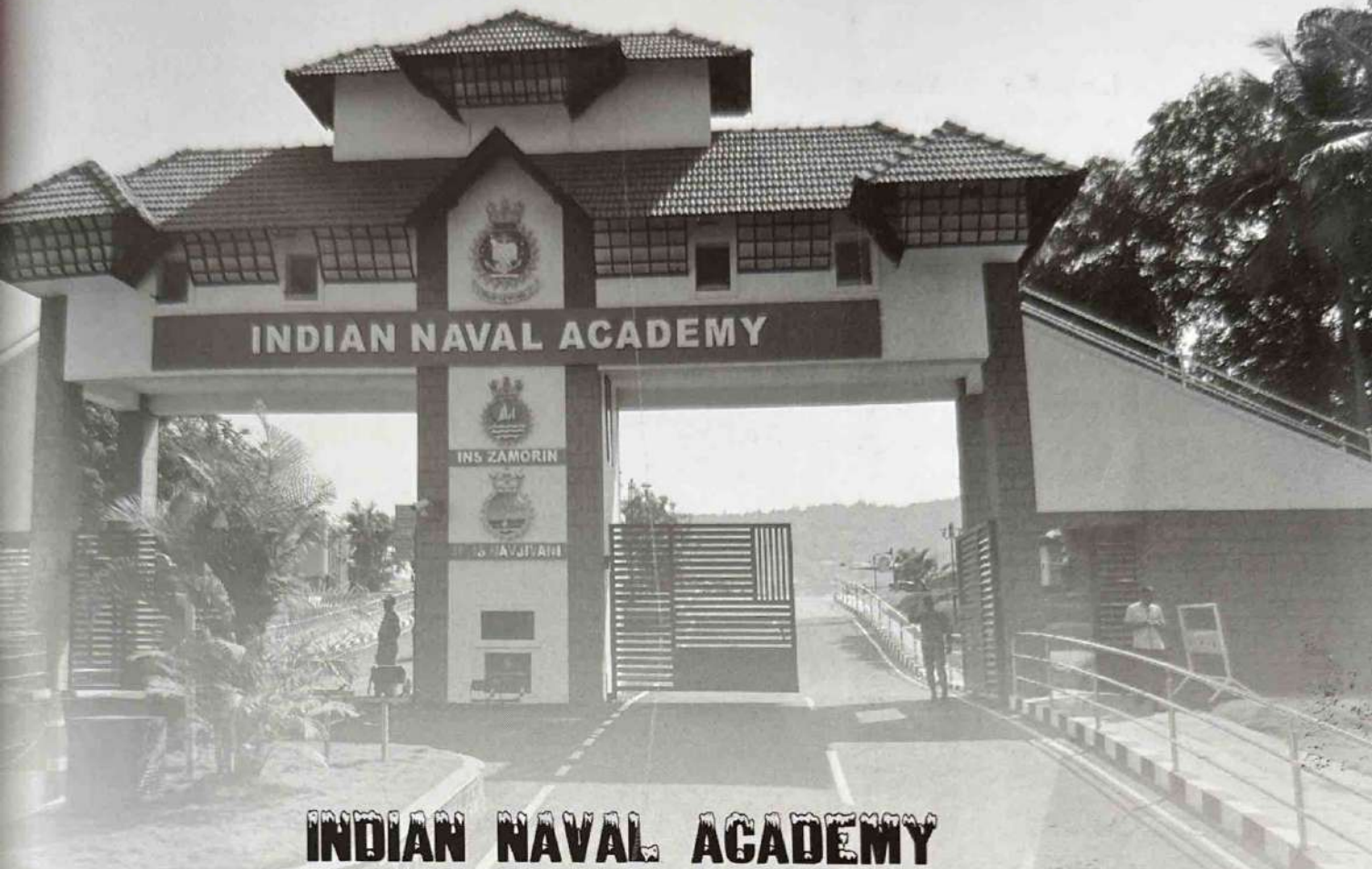


- **Dear Co-workers:** You get to meet a range of people from various departments, ranging from nurses and workers to senior doctors and interacting with them is eye-opening.
- **Asking for more:** my biggest learning as intern has been to ask my seniors for more work and listening to seniors interactions on patient's health. The more you engage the more you learn.
- **Its ok to make mistakes:** Its bound to happen that in a new environment you may make mistake but ensure you learn from it and not repeat it.
- **Dealing with reality:** On my first day I got to observe both depression and anxiety patients along with drug-addict patients. You need to be calm and patient.
- **Your input matters:** It was nice to know that no matter how small task may be, I was helping out and contributing to the whole team. As they say that you start small and work your way up.
- **It's a blessing :** I realized how lucky I was to be a part of the intern programme and understood that it was a lifetime opportunity. I took my time to embrace everyone there and soak in any information that they gave. I appreciate and thank my HOD and team for being such a great support in this journey.
- **The Ultimate:** Receiving the recommendation letter, I was so thrilled!!



Caring for you... for

—Simran Sharma
 Psychology Honors
 II Semester



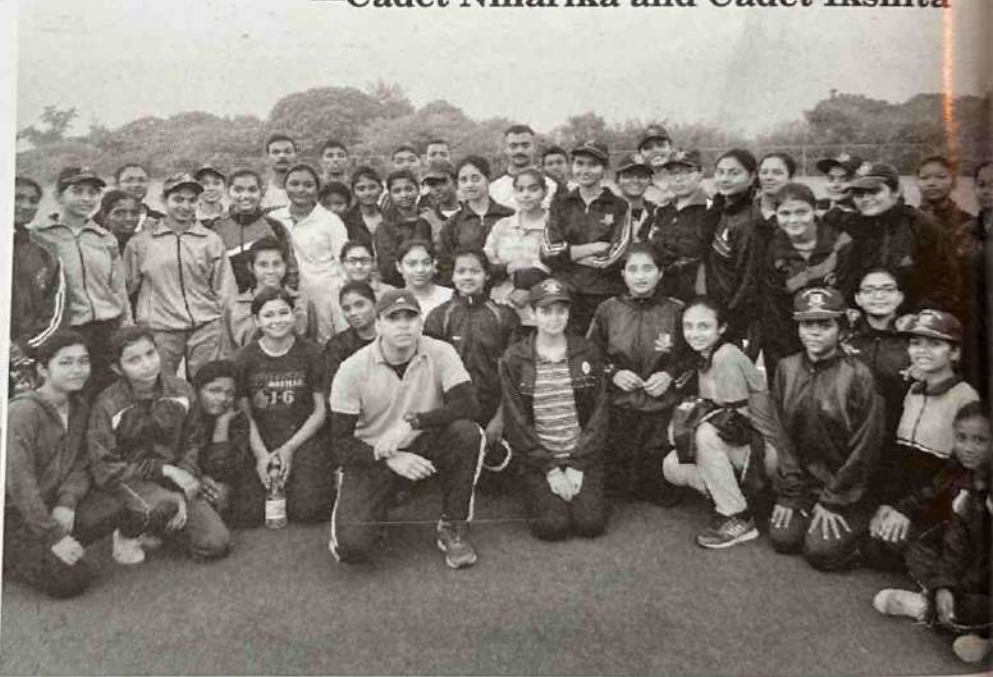
INDIAN NAVAL ACADEMY

We started our journey from 1 Chd. Naval Unit NCC, Chandigarh on 6th January 2018. It was a 3 day long journey to Kannur. We reached our destination that was Indian Naval Academy Ezhimala on 9th January. The Indian Naval Academy is the initial officer training establishment of Indian navy and Indian coastguard. It is also the largest naval academy in Asia. The academy was established on 8th January 2009 and since then it has been producing courageous and determined officers. As we entered the academy we were awestruck by the magnificent campus spread over 2,452 acres. It came as a surprise to us that for the next 12 days we had to live in tents, with cadets from 16 other directorates and without our mobile phones. We pitched our tents ourselves which was a novel experience for us. The camp site was the academy's training area for their cadets. On the 2nd day we had an opening ceremony in which a guest lecture was given by commanding officer of INS Zamorin. We performed various activities like swimming, parade training, boat pulling, firing, physical training etc. We visited INA parade ground, sports complex, auditorium, (Orion) academic blocks (Bhaskara and Aryabhata), administrative block (Nalanda) and the library (Panini). We also went for dawn patrolling along the beach. We learned about fire fighting, first aid, health and hygiene and naval communication in classes. As it was an All India camp, we got the opportunity to understand the culture and beliefs of other states where every state showcased their folk dances and songs every night. We also performed a group song. Various visits were conducted by our camp commander. We visited Defense Security Corps, St. Angelo's Fort, Parassinikadavu Muthappan temple, Holy Trinity Cathedral Church, Payyambalam beach. A special lunch at Katari mess, INA was also organized. On the last day, a cultural event was organized at Orion based on the theme Unity in diversity. Vice Admiral SV Bhokare, was the chief guest for the event which was followed by a tea party with the officials. He encouraged the girls to have an aim in life and



to be independent. This camp taught us a lot about life skills like-discipline, adaptability, importance of real life interaction and it also gave us friends for life. The most important thing that we learnt was even though we are segregated based on our culture and religious beliefs but when it comes to serving the country we don't have these differences at all.

—Cadet Niharika and Cadet Ikshita



Manju Raina, English Honours IV Semester was adjudged the best cadet and got recommended for national level Republic day camp.

AN INTERVIEW OF ROSALIKA

Q1. A Dancer, model, home tutor and a brilliant student-how do you manage it all?

Ans. I live by the motto, 'We live only once' so I feel that since I have this one life, I wish to make the most of every moment I have. I want to achieve a lot in my life and for that I am trying to work as much as possible everyday. I take life and every opportunity that comes my way at my own pace, I have my priorities sorted and more over being a life enthusiast I am always willing to try new things, take up new challenges and just do what my heart says. And if you ask me how I manage everything, well that's somehow a mystery for me as well.



Q2. You have your own dance space 'My Dance Studio', tell us all about it?

Ans2. It's not just a place but it is my second home. It is one of the places where I feel free as a bird, where I can just be myself, with nothing holding me back. Most of all this a place where I get to do one thing that is very close to my soul-Dance. It is a very treasured place for me because this place has given me a beautiful second family, i.e my dance family, people I share my love for dance with.

Q3. What gave you the courage to step into something completely different and take the risk?

Ans3. Honeslty speaking, I have absolutely no idea at all. I never thought that I could do anything different. I had always been a person who had done things strictly by the book, but still there was always that 'special streak' of Dance inside me that was very much visible to my mom. As a result, my mom was the one who guided me and supported me through every thick and thin in life. I owe my life, my love, my dance, my dreams everything to her.

Q4. Who has been your source of strength and inspiration throughout?

Ans4. My mother. She is the one who has always inspired me and taught me to be considerate, patient and most of all to focus and work hard towards achieving one's goal. She has always been my source of strength as she has taught me no matter how difficult the circumstances might be don't give up, instead face it with all your strength and you will surely emerge successful one day.

Q5. What is unique about your dance studio?

Ans5. At this place individuality is given more preference. Stress is laid on one's forte. And as I said it's a place for me and my friends to let themselves loose and rediscover



themselves, beyond pressures, beyond tensions and beyond the restraints and constraints of future.

Q6. Tell us about some of your achievements?

Ans6. My achievements....before stating any of my achievements I would like to thank Bede's for everything it has provided me with....all the opportunities, all the encouragement, all the love and much more. A few of my achievements have been that I have been a part of few inter-college competitions and by god's grace I have been able to bag first or second position every time. I have also been fortunate enough to have been a finalist of a state level competition.

Q7. What are your future plans?

Ans7. I have a lot going in my head as of now..I want to achieve so much in my life that a point comes when I longer will need to introduce myself. I want to fulfill my dreams, explore the world and most of all make my mother proud. In this context a dialogue from a popular movie comes to my mind, and that dialogue is pretty much relevant in my life- 'I want to run, fly, fall but never give up and stop'.

Q8. Any tips you would like to give to our fellow Bedeians who would like to make it big in the Dancing arena?

Ans8. I will just say that just do what you love, follow your heart, experiment with different dance styles, discover yourself and simultaneously loose yourself in the music and let yourself free. Most of all 'Dance to Express and Not to Impress'

Q9. What impact has Bede's had in shaping your dreams and you as a person?

Ans10. After my mother, it's Bede's which has played the most influential role in my life. I have been fortunate enough that I got Bede's.....here I started choreographing dances from a more advanced point of view, not just that Bede's stage is a place that accepted me with open arms to showcase all my talent and has also inspired me to break the stereotypes and experiment more, try something new and add freshness to my performances.

I was an athlete earlier and I never thought I could ever do or even achieve anything in the field of dance. I was so shy of performing in front of people that not even in my wildest dreams I would have ever imagined that I would find my solace in dance. Thus, Bede's has been an integral part of my life-the love, appreciation and encouragement I got from Bede's has played a vital role in turning me into a performer and a confident personality over all.

Q11. How can people contact you in order to polish their dance moves?

Ans11. As for now I am pursuing masters from Bede's itself, so people can find me anywhere inside the college campus.

CÉLÉBRATE THE GIFT OF YOU

*"And your body is the harp of your soul,
And it is yours to bring forth sweet
Music from it, or confused sounds."*

—Kahlil Gibran



Humanity is blessed with a greatest gift and that is the gift of SELF.

Socrates once said, "An unexamined life is not worth living." How many of us actually live a life without any meaning or purpose? The philosophy of Existentialism tries to explain to us the importance of individual existence, freedom and choice. In *"The Myth of Sisyphus"* (1942), Albert Camus, an Existentialist, uses the analogy of the **Greek myth** of Sisyphus (who is condemned for eternity to roll a rock up a hill, only to have it roll to the bottom again each time) to exemplify the **pointlessness** of existence, but shows that Sisyphus ultimately finds **meaning** and **purpose** in his task, simply by continually **applying himself** to it.

It is very important to find the meaning and purpose of our lives. Tao Te Ching once said, "Knowing others is intelligence, knowing yourself is true wisdom, Mastering others is strength, Mastering yourself is true power." Isn't that true? True wisdom comes to us only

when we make an effort to know ourselves and we will have the inner power and strength to conquer any amount of difficulties in the world. Our world is interwoven and we are all interconnected. Deepak Chopra speaks a great deal on the *Law of Dharma*. He says that if we want to experience the *Law of Dharma*, there are several things we can do. First and foremost we should seek the higher Self through spiritual practice and discover our divinity. Secondly, we should find our unique talents and third, we should serve the humanity with the expression of our talents. It is so very important to nurture the divinity within us because that is the source of our existence.

Everything in life is an expression of the miraculous unfolding of the spirit. We are travelers on a cosmic journey. Life is eternal, but the expressions of life are momentary and transient. Buddha once said, "This existence of ours is as transient as autumn clouds....A lifetime is like a flash of lightning in the sky, rushing by like a torrent sown a steep mountain." If we look through our own lives, we find that we have stopped to encounter one another, to meet, to love, to share. If we share with caring, lightheartedness, and love, we will create abundance and joy for one another. And living our life would be worthwhile for we will understand the purpose of our lives in a better way.

The universe on the whole supports our every need and desire, including our need for joy, love, laughter, harmony and knowledge. Everything that comes to us isn't something that we earn, but it is a gift freely given to us by the universe, which means it comes from a deep awareness of what we need. Can we take some time during the day and think of the things that have been freely given to us without even we having to ask for them? When we are grateful, things flow freely in our life. We always think of giving gifts to others in terms of material things. Can we do something different? Our world would be a better place if we would give a gift to everyone we encounter through a smile, a compliment, a flower or a prayer. This will definitely add joy and affluence in our own lives and in the lives of others. How nice it would be if we silently wished everyone the gifts of happiness, joy and laughter! By giving and receiving the gifts of caring, affection, appreciation and love, we will be able to see the change in ourselves as we wish to see it in others. Every day brings the promise of a new beginning and the opportunity to transform every life challenge into a gift. One act of love can make a difference!

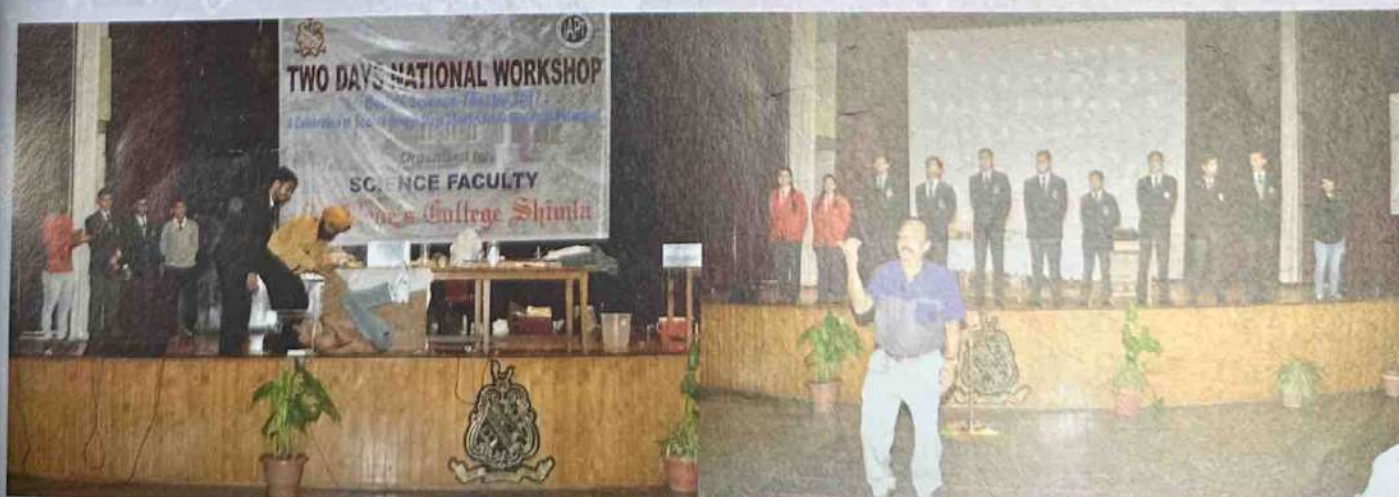
Shakespeare makes an observation in *Henry VI, Part III*:

*My crown is in my heart, not on my head;
Not decked with diamonds and Indian stones,
Nor to be seen. My crown is called content:
A crown it is that seldom kings enjoy.*

— Sr. Divya Miranda RJM
Department of English.

ACTIVITIES OF SCIENCE DEPARTMENT

Science Faculty organized a Two day National Workshop entitled "St. Bede's Science Theatre 2017 A Celebration of Science through Stage Shows, Lectures and Panel Discussions" on 10-11, August 2017. The main objective of workshop was to enjoy the wonderful world of science, to satisfy the curiosity of young minds and to understand how or why certain things happen around us through a format of Theatre Workshop with participation of the audience and the presentations interspersed with action, drama and a sense of anticipation about the secrets of nature in a multimedia mode. Sr. Marina John, Manager and Sr. Beena John, Principal, St. Bede's College Shimla inaugurated the workshop. Sr. Marina underlined the importance of such workshops and shared the vision of the college to open the gates of learning beyond classroom through such workshops. Around 300 science students of the college along with 150 students of various colleges and schools of Shimla attended it. Prof. P.K.Ahluwalia, Department of Physics, Himachal Pradesh University, delivered a lecture on the topic "Graphene: The Queen of Flat Land of Crystals". Prof. T.R. Ananthkrishnann, visiting faculty, International School of Photonics, Cochin, Kerala in his inimitable style demonstrated the experiments of mechanics, optics and electricity and magnetism and centre of mass. Students were encouraged to become active participated in the stage show. Prof. Nivedita Sharma, Department of Applied Science, Y.S.Parmar University of Horticulture, Nauni, Solan, Himachal Pradesh delivered a lecture on the topic "Wonder World of Science: Walk from Past to Future". there was a panel discussion on the topic "latest Trends and Opportunities in Science". The panelist for the session was Prof. P.K.Ahluwalia (HPU), Prof. Nivedita Sharma (YSPU), Prof. M.S.Marwaha (SGGSC) and Prof. Nainjeet Singh Negi (Chairman Physics Department, HPU). Emphasis was to remove that myth that doing science means no career. Prof. M.S. Marwaha, a renowned physicist and former Principal, Sri Guru Gobind Singh College, Chandigarh showed demonstrations on phenomenon of Resonance, Propagation of waves, Duality of matter and waves, reflection, Refraction, Faraday' Law and pressure.





- Students of Physics department on 20th September 2018 visited Punjab University Chandigarh and learnt the working of a Cyclotron.



- Science faculty celebrated the National Science Day 2018 on the theme **“Science & Technology for a Sustainable Future”** on 28.02.2018. Principal Dr. Sr. Beena John inaugurated the event. On this occasion essay writing, poster making and Rangoli making competitions on scientific themes were held. 60 science students participated in these activities. In Rangoli competition Sunanda got first, Harnoor got second, and Anshula got third prize. In poster making Supriya got first, Nikita Chakarborty got second, and Nikita Chauhan got third prize. In essay writing Samriti got first, Apoorva Sood got second and Priyanka Kanwar got third prize. Dr. Anjali Dewan, Ms. Nandini Pathania, Ms. Madhu Parmar and Ms. Alka verma judged these competitions.





On the occasion of World Honey Bee day, August 22, an environment awareness programme on the theme “Conservation of Honeybees and their Role in Pollination” was organized by Zoology Major students. Students also visited Government Schools, Colleges and Mahila Mandal Committee Theog to make the people aware about the silent threat emerging due to honey bees being endangered



A Student exchange programme among the students of Zoology, Botany departments, and students of Badrinarayan Barewale Mahavidyalaya Jalna was held. The topics discussed and presented were : Vermicomposting, Deoli fish farm, “Honey Bee a selfless creature” and Biodiversity of Himachal Pradesh. Students also visited Arboretum of Potter's Hill and IIAS Shimla.



To acquaint students with the flora of different areas of Shimla, botany department organized field visits and excursions of M.Sc. I year students to Jakhoo Hills, Camp Potter's Hill and Regional horticultural research station, Mashobra, in the months of Sept.-Oct, 2017. Students of IV semester attended one month internship programme at Himalayan Forest Research Institute, Panthaghati on plant and animal taxonomy in the month of Jan,2018.



Dr. Robin Endelman, Associate Professor, Mathematics, Fraser Valley, Canada visited Maths department under faculty exchange programme in March 2017

Dr. Sapna Sharma
Academic Coordinator (Science)

Humanities Report 2017-18

The year 2017-18 saw the faculty of Humanities engage in a variety of extra-curricular activities.

The academic year 2017-18 was a busy one for students of the Department of Political Science, from the extra-curricular perspective. Departmental and inter-departmental activities kept them involved as they were exposed to a variety of learning experiences.

Political Science and English department students met together regularly for Book Club meetings. Among the books discussed were "The Palace of Illusions" which led to a spirited debate on Draupadi's version of the Mahabharata and the larger feminist discourse on patriarchy in Indian society.

The film "Monsoon Wedding" was also screened at one of the meetings and drew invigorated response from its viewers. Again, there was an animated dialogue on the characters in the film and the storyline.

The Book Club "Afterthoughts" invited the noted journalist Ms. Chander Suta Dogra to address the students on the topic of Dera Culture and self styled godmen, in the wake of the arrest of the Dera Sacha Sauda chief Gurmeet Ram Rahim Singh. She explained at length the social, economic and cultural roots of the

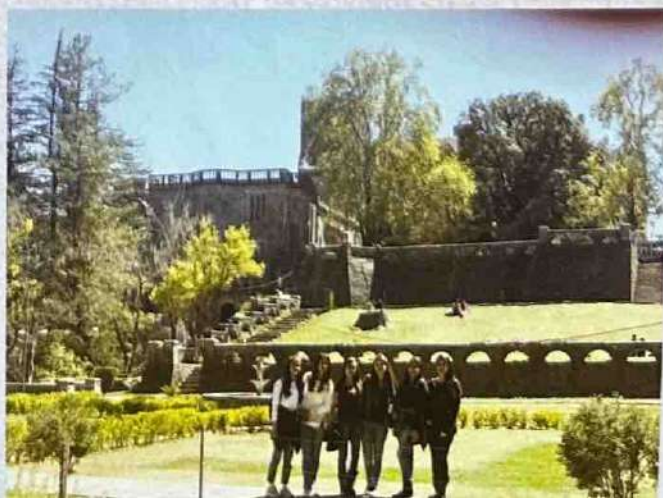


prevailing dera culture throughout North India. The students were enlightened by the talk.

Fifth Semester Political Science Major students Manvi Sehrawat and Ritika Agarwal together edited and brought out the departmental newsletter "The Voice". It was widely appreciated by their peers.

Final year Political Science major students took a trip to the Indian Institute of Advanced Studies in March 2018. It was an eye opener to our colonial period and modern Indian political

history to explore the Institute and its sprawling grounds. This was followed by a Heritage Walk to the Mall via a number of buildings typical of old Simla, such as the Cecil Annexe, Gorton Castle and the Railway Board Building.



Mrs. MadhuParmar and Mrs.Anuja Sharma, Heads, Departments of Political Science and English respectively, visited the Partition Museum at Amritsar in April 2018 as part of the groundwork for the upcoming International Seminar on the Partition of India to be organized by the Departments of Political Science and History in September this year.



Music has been an essential part of our physical and mental well being since the times we were in our mother's womb listening to her heartbeat and breathing rhythms. The Psychology Department and Music Department of the college organised an Interdisciplinary Activity highlighting "Stress management and Music. The faculty of Psychology Department, Dr. Ravi Bhushan, Dr. Shonali Sud, Mrs. Bharti and Dr. Kalpana Sharma of Music Department along with the Major students of Semester Six Psychology and Music students were present.



As Psychology students discussed the root cause of Stress Management, Music students reflected upon the origin of Indian Instrumental music and its magic in alleviating stress. Then both the departments discussed how the biological mechanism responds to music thus reducing stress. Music Department focused on several Ragas;

Raga Darbari- induces Calmness
Raga Todi- reduces high blood press,
Raga Malhar- helpful in Asthma and Sunstroke
Raga Bhairavi- reduces Anxiety
Raga Ahir Bhairav - mitigates Dust Allergy.

It was an enlightening activity where all the students discussed how these small escapes in the form of listening to Indian Instrumental Music rejuvenates us.





Fourth semester English Honours students, were taken to the reserved forest in the Catchment area of Shimla on 27th March 2018. The sanctuary is located to the eastern exit of the Shimla town along the Hindustan Tibet Road. This 'nature walk' of 10 kms was a way to learn and experience Romantic Poetry of Wordsworth, Keats and Shelley. It helped the students to focus on the power of nature, imagination and the interior world of feeling. HOD English Mrs. Anuja Sharma accompanied the students on the walk.



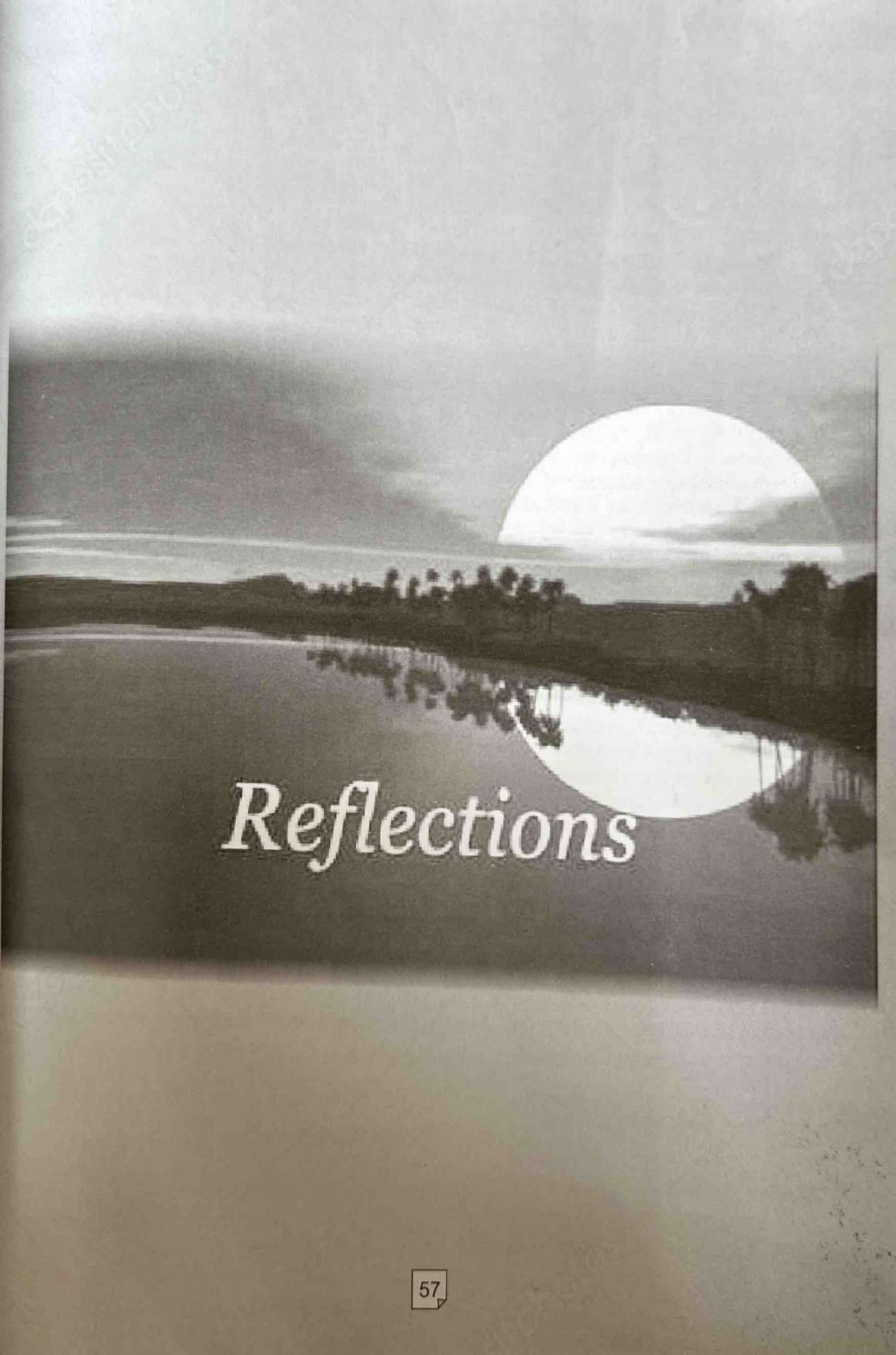


SHIMLA DIARIES

Three years. Three years is a long time. Long enough to know a place and its people. Maybe not completely but considerably. But do we really know anything completely? I believe in the memories and those experiences of unexpected incidences and because time will always have the last say, we may never know anything, anyone or any place 'completely'!

I came to Shimla to pursue my graduation. I was much reluctant towards going to a metro city and that's the only good enough reason I could tell people when they seemed confused and unable to understand my choice of not going to Delhi or Bangalore. Three years in this beautiful place and I have a whole list of reasons for being here and nowhere else. Shimla is peaceful. It is poetic and has some sort of healing effect for whoever comes here. With all its nature, culture and 'open mindedness', this place remains 'undiscovered by most of the outside world', because this place is not merely about 'tourism' but more about 'experiencing emotions'. You cannot know what Shimla is, just by going to Jakhoo or Viceroy's Lodge or the Mall road. Shimla is about the nature walks, treks, star gazing, music, Nati and much much more. It's a place where the pride of 'being Himachali' reminded me and made me miss my own Rajasthani roots. Here the people may not be 'fast' enough, but Shimla's 'slow' pace helps you realize the blessings of being alive, having a family, gratitude for good health and all those things that really matter. It's spirituality is strong enough to mesmerize you and help you rediscover and reconnect with your own lost spirituality and religion. This, my dear reader, is Shimla. The pretty pahari faces with adorable smiles, the old and the young, the stars and the sun, the music and the poetry - Shimla, for me, is a thousand emotions!

—Raksha Singh
Psychology Major
VI Semester



Reflections

SNAPPING AWAY ON SNAPCHAT

"Life's more fun when you live in the moment" says the descriptional quote of our world renowned confectionary store- "The Google Play Store" that too for this app "SNAPCHAT", which is in itself an irony I suppose.

Okay! Think once, like for a second or two about this application "SNAPCHAT". What comes into your mind? People's stories of what they are eating at that very moment. Right? If not that then people uploading the videos from the clubs or concerts they are having fun at, having paid a bunch of thousands, I guess.

Now somebody please tell me how are they living in the moment if all they care about is to upload stories and maintain streaks with those fun and interesting moments, be it at a club or having your favourite dish being served?

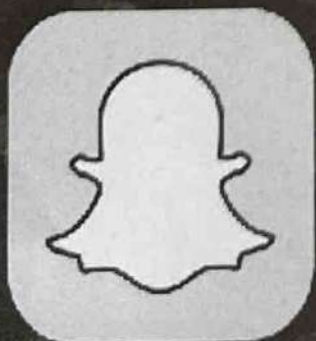
No I am not at all against the app. Infact, even I have an account on it. But yes I felt a slightly weird rush in my blood towards my brain on reading this quote while I was installing this app. It is not at all to tell people not to upload such pictures or stories. I repeat NOT AT ALL. But do you think there is any need for these numerous pictures and clippings of the same excited crowd and the same band performing? Well no doubt! Thanks to SNAPCHAT because of which we stay updated with the whereabouts of our friends. Also because of which we witness certain bands' and rockstars' live performances otherwise not possible. Well the pros and cons of everything go together. Though I am not exactly talking about these pros and cons.

I think we should actually give it a thought. Why can't we LIVE and cherish that moment rather than recording it for display for 24 hours? Why can't we thank God for the meal received than capturing it to show everybody the amount of fun we are having while eating? And yes! If you click the pictures of your delicious dishes as soon as they are served and call yourself a FOODIE; I am sorry but in no way can you be one! Foodies can't even wait for a single second with their already watering mouth and excited glowing eyes to feel the taste of it.

Your grandmother is not on snapchat. Your "LOVE YOU DADI" snap might have people "Aww"ing at you for that love but did that love actually reach the person it was meant for? Did you actually sit with her and spend some quality time, listening to her? Did you lend an ear to her stories and gave her the attention she was missing because you were in the college hostel?

People don't need to stop putting stories. People just need to LIVE their moments, which can lead to a completely different story otherwise! A special one!

—**Ritika Soni**
Maths Major
IV Semester



'I Love Myself and Therefore I Am'

Have you ever enjoyed solitude over the heavy waves of the crowd? Or felt self-conscious about being so different from the madding crowd? Then you also might have ended up believing that there is 'some truth' in the others' beliefs about you being 'boring.' Imagine if a rose and jasmine smelt the same – where would their angelic beauty lie? We as individuals are bursting blossoms in the spring of time – yet often conflicted with colliding thoughts about ourselves especially if we are unsure of treading a path less walked upon. It is time we recognize the wonderful blend of traits that have gone into moulding and carving the very unique 'You.'



A familiar unfamiliarity with the robust crowd comes gushing back whenever I was branded as an 'isolated,' 'unpopular,' 'nerd,' 'loner' by schoolmates back home. We often bury our real selves under the burden of heavy comparisons we make, never realizing that a jasmine can never become a rose and that every bell has a different chime. However, there are always simple things we can do so that we embrace our being without any external validations.

1) Celebrate your strengths:

According to psychologists, we are much better collectors of our shortcomings than our strengths. You may be having a tough time recognizing your strengths. An easy way to do this is to list them out on a piece of paper. You may start with something as simple as 'I am a polite and a kind person.'

2) Embrace your flaws

Smile and embrace not only your strengths, but also little flaws. Love yourself also because of these imperfections. They define your strengths making them shine like twinkling stars in the night sky.

3) Quieten the inner critic:

We often counter our shortcomings with extreme self-criticism. Instead of saying 'I couldn't achieve this because I was incapable,' tell yourself 'I did everything to the best of my abilities.'

So, keep adding to your list of strengths by the day. Wake up every morning loving yourself and staying close to the building blocks of your personality. Say to yourself, 'I Love Myself and Therefore I Am.' Embracing and loving ourselves can furnish and add to our lives in ways unimaginable.

—Aamna Tyagi
Psychology Honours
IV Semester

Self Love Is Best Love



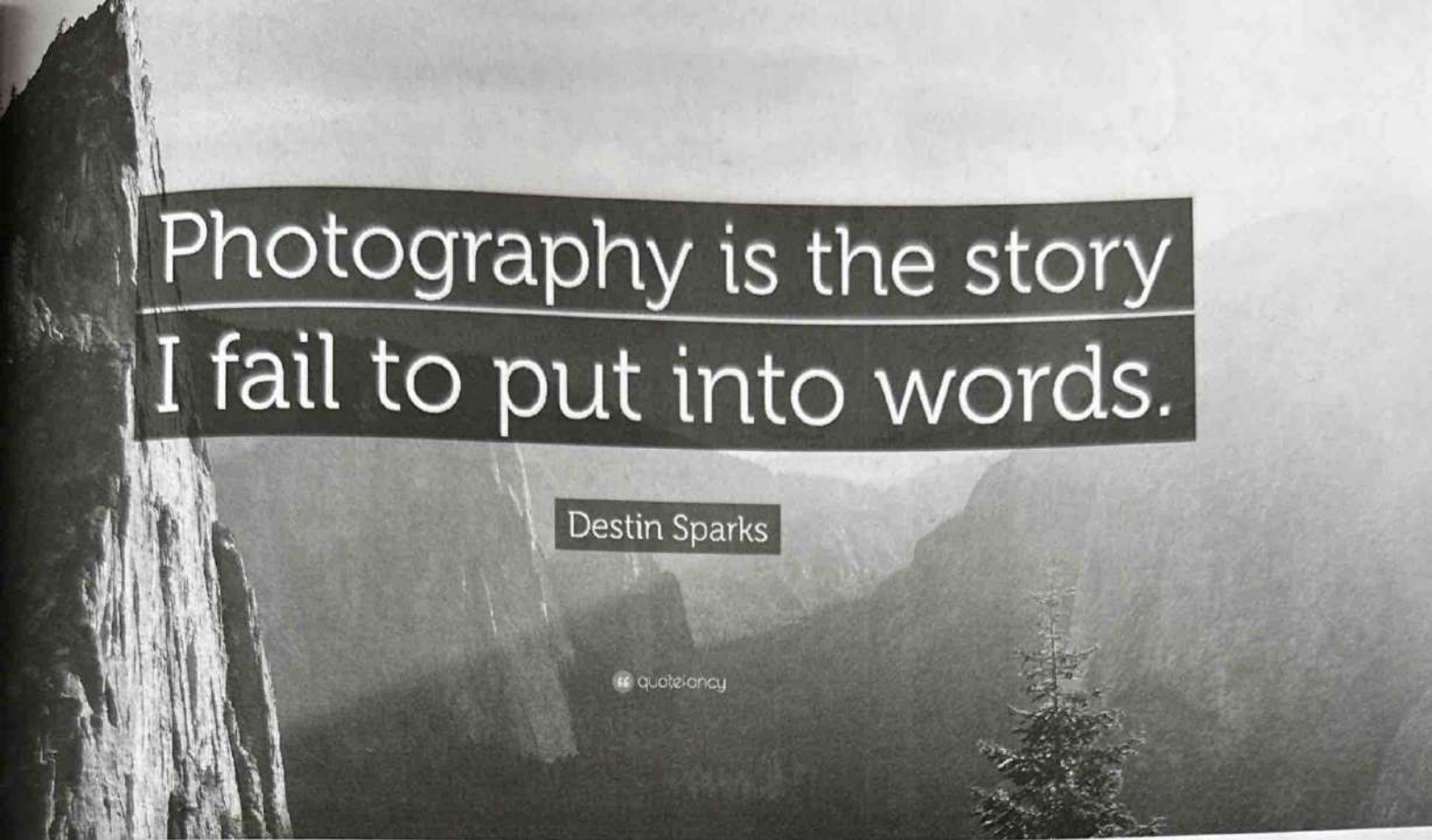


PHOTOGRAPHY

I was in Class five when I started photography. I never thought it would be such an amazing experience being a photographer. I saw things which I never noticed in my day to day life. I started seeing beauty in every aspect of life. The world was so beautiful, there was so much to explore. When I started I didn't have a camera, I used to shoot with the 3.5 mp camera of my phone. At that point of time I never thought that I would end up being so passionate about photography. Soon it was not just a passion; it was my way of communication. The pictures spoke for themselves. A picture is not just a picture; it is a complete story in itself. It is rightly said "beauty lies in the eyes of the observer". When you see the world through the eyes of a photographer, you find it much more fascinating than ever

before. Following are some of my favorite fields of photography

1. **Landscape photography:** I started with landscape photography, it's known as the easiest field in photography. All you have to do is find a nice view with the right lighting and snap away.
 - **Rule of thirds:** Rule of thirds is the best way to guide your composition. This rule thrashes the myth that subject should be in center of the frame. Just imagine dividing your image into thirds, vertically and horizontally. For e.g., if the most interesting part of my image is mountains, I will compose my shot in such a way so that two thirds of the shot is mountain and one third is the sky.
 - **Highlight a point of interest in foreground:** In this image I framed the shot in a way that the lights in the foreground are set against the church. Thus creating a vivid foreground added depth to the shot.
2. **Street photography:** This is my personal favorite, I like to capture emotions of the crowd, these pictures make you pause for a while and notice the day to day activities going on.
 - **Camera settings:** The easiest way to set your camera for street photography is Aperture Mode and selecting ISO manually. On a bright sunny day one can



Photography is the story I fail to put into words.

Destin Sparks

quote:ancy

start around f/16 with an ISO between 200-400.

- Get close to your subject: Blend in the crowd as a part of the environment, rather than just standing out across the street.
 - Take your camera everywhere: Street photography is unstructured and waits for no one. It is a discipline you must practice to make perfect.
3. Black and white photography: Colour is a powerful element in pictures, sometimes so powerful that it undermines the other elements like structure, contrast, tone, shadows and shape. B&W photography captures the soul of a person.
- Shoot in camera raw format: This will make your picture have the maximum dynamic range that is the ability to capture highlights to shadows.
 - Use sunglasses technique: View the scene that you wish to create a black and white photograph of through grey sunglasses or a monochrome filter.

—**Niharika Khajuria**
Psychology honours
IV semester

That Girl

That girl with big innocent eyes and a heart so full of love, that could end wars and cure scars.

That girl, she seems so happy and is filled with grace and passion.

That girl, she's so bubbly. Anyone who takes a look at her, calls her 'lovely'.

That girl, she's so helpful and caring. She never breaks a heart which is mind blowing. She always carries that pretty smile, like a queen's crown.

She has a magical touch, that spreads happiness. She's so bold and courageous.

I must not forget to add, she's absolutely gorgeous.

She's such a beautiful combination of beauty and brain, and she's always standing tall, like a crane.

Always smiling, cracking jokes, laughing with people, hiding she's broke.

That girl with a big heart and a laughter that soothes your heart and relaxes your mind. Oh how perfect her life seems to be!

But who knows? Who knows, if she cries hard every night?

If she's dying inside?

Maybe.

Just maybe, she had a bad past. Maybe she was abused by her family members.

Maybe, she was harassed, or beaten up by one of her closest relatives.

Maybe, she had a messed up love story or an abusive relationship.

Maybe, she has a broken family, or maybe she has killed her dreams because she wanted to fulfill the dreams of her parents.

Maybe she's struggling to live every second.

Maybe, being happy or I should say pretending to be happy helps her to forget about the miserable life she's having.

Maybe, she had some physical issues or some sort of alcoholic addiction.

Maybe, she even wanted to die but couldn't because she knew she'll still be labeled as a loser.

Do you think it's easy for her to go to that college where her classmates make fun of her?



Maybe
lovely

Do you think it's easy to feel like
puppets, dead or lifeless but
pretending to be the happiest?
Do you think it's easy to get body
shamed?

No. It's not easy.

Not easy at all.

But that girl you see. She still
smiles when you look at her.

She's still so kind.

She still manages to stay so
humble. She acts like nothing is
difficult and life is so easy.

Don't you ever think that it's easy
to bear a bad past like that but stay
kind to all.

People like her are not weak. They
are not useless or careless, or what
you call them -'LOSERS'.

They are the strongest.

And this is the biggest problem in
today's world. That we judge people a
lot. We judge them to be what they
are not.

It's easy to pass on comments or to throw shades upon someone. But it's not easy to bear that pain of facing criticism and still staying kind.

It's a request. If you know any such person who's facing any problem, be it a girl or a boy, please respect them.

Don't make fun of them or their problems. They deserve the world. Handle them with care. Don't abuse them or their behaviour because you may never know what they're going through.

Be polite. Be kind.

Kindness looks so beautiful on you.

*Mamta
Lahoria*



—Shivali Rakesh

B.Com

VI Semester

SHE

In her imperfections she is perfect. Surrounded by nervousness she rises up confidently. Heart broken at times she has the courage to smile. She is in love with her curves even when the society labels her fat. Sometimes behind closed doors she cries at night yet in the morning she has the brightest smile. She walks with her head held high ignoring the smirks on the road.

She wears a saree wrapped neatly around her waist for her sister's marriage. For a late night party with her friends she hops into her little black dress. She knows what she wants and works hard to achieve it. She sets her own boundaries and has her goals in mind. She wakes up early to chase her dreams.

She is her own lover. She is her own adviser. She is her own hero. She is her own knight in the shining armour. She sits on her own throne. She has her own sword. She is a soldier. She is a fighter. She is self made. She knows her worth. She knows she is priceless. She knows she is unique. She knows she is different.

She is that woman who has fought the world for her dreams. She is that little girl who was

And though she be



laughed at by the boys in her class. She is that lady who has to prove herself just to get a job. She is that girl who is mocked at due to her maidenhood. She is that woman who sells herself to earn a living. She is that woman who has survived in a patriarchal society. She is a mother. She is a sister. She is a daughter.

She is pure. She is a goddess. She is bold. She is a warrior. She is a child at heart. She is everything real in a world of make believe. She is within you. She is within me. She is you. She is me.

—Anandita Luther
English Honours
IV Semester

but little, she is fierce.



'An Hour Spent Reading Is One Stolen From Paradise'

Books are not only our best friend but also contribute towards wisdom. They provide us the knowledge which can't be extracted by others. They are a man's prized possession. A person not in any way will ever stay alone if he has a great collection of books.

"The greatest thing about books is that there are no commercials."

Almost every person reads a book. Some read novels, some read magazines, some read articles while some take delight in short stories. Every person has a different 'sweet tooth' in books and has the right to choose the book compatible to his/her interest.

The variety of books is as vast as the universe. I was planning to write a book review but then I decided not to. Because writing a book review means choosing a single book and I always fail to decide which one.

"All I have learned, I learned from my Books."

A few books that inspired me:

'13 REASONS WHY' by Jay Asher being on the top of my reads enlighten the fact that when you mess with one part of a person's life, you're messing with their entire life. Everything.....affects everything.

When it comes to biographies '**STEVE JOBS**' by Walter Isaacson depicts the incredible journey of Apple Inc.

A sprawling, comprehensive, multifaceted portrait of a man who could legitimately claim to have changed the world and has brought immense revolution in the world of technology.

Being a commerce student '**STAY HUNGRY STAY FOOLISH**' by Rashmi Bansal has been my personal favourite. It's the story of 25 IIM graduates who chose the rough road of entrepreneurship. All of them had different perspectives but one thing in common; they believed in the power of their dreams.

They are the Believers

The Opportunists

The Alternate Vision

Dreams are made to be followed, life is meant to be lived, books are meant to be read, loved and passed on. '**THE ALCHEMIST**' by Paulo Coelho is one of them. It is an unforgettable story about the essential wisdom of listening to our heart and above all following our dreams.

“Books build a stairway to your imagination”

Fiction has more prominence for me than nonfiction. Books like '**THE FAULT IN OUR STARS**', '**FLAWED**', '**THE GIRL ON THE TRAIN**', '**IT'S ALL IN THE PLANETS**', '**ME BEFORE YOU**', '**THE DURJOY DATTA COLLECTION**', '**THE HARRY POTTER SERIES** will always be my friends forever.

My first book was '**LOVE STORY**' by Erich Segal and then there was no turning back. One book led to another...and another.....and that gave birth to my never ending obsession for books.

My reading list will never finish. Books don't just go with you; they take you where you've never been. The problem with reading a good book is that you want to finish the book, but you don't want the book to finish !!

I DISAPPEAR INTO BOOKS...



—Simran Chauhan
B.Com. VI Semester



Guidelines to be kept in mind while writing a good news story

A good news story, unlike the novel or play, is based on one main idea. That is why it is so important to decide on a focus and stick to it. A well-focused article tells your reader that you worked from a plan. It gives the reader a sense of completeness, a sense that you know what you are doing.

“Leads are magic flashlights that shine down through a story showing the writer what to put in and what to leave out.”

-JOHN McPHEE

- 1. In deciding on this focus, you also are working on your lead. By asking yourself about the main theme for your story, you are deciding how to begin, for often the two—a statement of theme and a lead—are one and the same. Good leads both tell and sell.*
- 2. To help you decide on this theme, sometimes it helps to try the “tell-a-friend” technique. Imagine your friend asking, “What’s your story about?” Answer that question in one sentence that captures the essence of the entire story.*
- 3. Now try to refine your answer so it can do two things. It should capture the essence of your story and do so in a way that encourages the reader to continue. It is your promise to the reader of what is to come. It is your lead.*
- 4. After reading the lead, your reader makes a critical decision: Shall I read on? You have little time, according to Donald Murray, author of *Writing for Readers*. “Three seconds and*

the reader decides to read or move on to the next story," Murray said. "That's all the time you have to catch the reader's glance and hold it; all the time you have to entice and inform."

5. Think of the lead as a baited hook that lures the reader into the story. Think economy. Imagine you are writing the lead while seated on a hot stove, or carving it into a block of oak. Make each word count and include no extra words. One writer said she writes a lead as if each word cost her \$10.



6. There are two main types of leads: direct or delayed. The direct lead reveals immediately what the story is about. It is the summary or statement of the most important events contained in the story. It is the climax, the result of the investigation, the theme. If you told a joke as you wrote a direct lead, you would place the punch line first.

7. The direct lead—also called the summary lead—is usually one sentence, but sometimes two. It answers immediately, in 25 words or less, the main questions of who, what, when and where. It is the workhorse of daily journalism, used at the top of most stories.

8. The best direct leads start with a compelling noun and a strong verb, not with a prepositional phrase. William Caldwell, a Pulitzer Prize-winning reporter, recalled the best lead he ever heard. The year was 1922. "I was on my way home from school and my stint at the local weekly. My little brother came running to meet me at the foot of the street. He was white and crying. A telegram had come to my mother. 'Pa drowned this morning in Lake George,' my brother gasped. I was ashamed to admit my inner response. Before I could begin to sense sorrow, despair, horror, loneliness and anger, before all the desolation of an abandoned child could well up in me, I found myself observing that the sentence my brother had just uttered was the perfect lead. Noun, verb, period, and who-what-when-where to boot."

9. There is a second type of lead that is used mostly on feature stories. It is the delayed or feature lead. It usually sets a scene or evokes a mood with an incident,

anecdote or example. The writer may foreshadow events to come or create a sense of foreboding or anticipated surprise. Essential information is temporarily withheld. The writer teases before she pleases.

10. The delayed lead can be short, perhaps two sentences, or it can be longer, up to four paragraphs. The delayed lead still must fulfill the two roles of the lead: It must capture the essence of the story and do it in a way that encourages the reader to continue. Like the direct lead, it leads the reader straight to the heart of the story. Good leads are like good titles: they shine a flashlight down into the story.

11. When the lead is delayed and does not immediately explain the main point of the story, it is important to include the theme statement somewhere high in the story, usually within the first four paragraphs. If you ask the reader to wait before he learns what the story is about, be sure to reward him with a clear statement of purpose, also known as a nut graph.

12. Leads must be honest. They should never promise what does not follow in the story. Don't begin with a startling or sensational anecdote if it is not organically related to the theme. As writer John McPhee said, "A lead should not be cheap, flashy, meretricious, blaring a great fanfare of trumpets, and then a mouse comes out of its hole."

-Insights into journalistic writing gained by Shivshakti Mehra (M.A English, II Semester) while working with the Times of India.

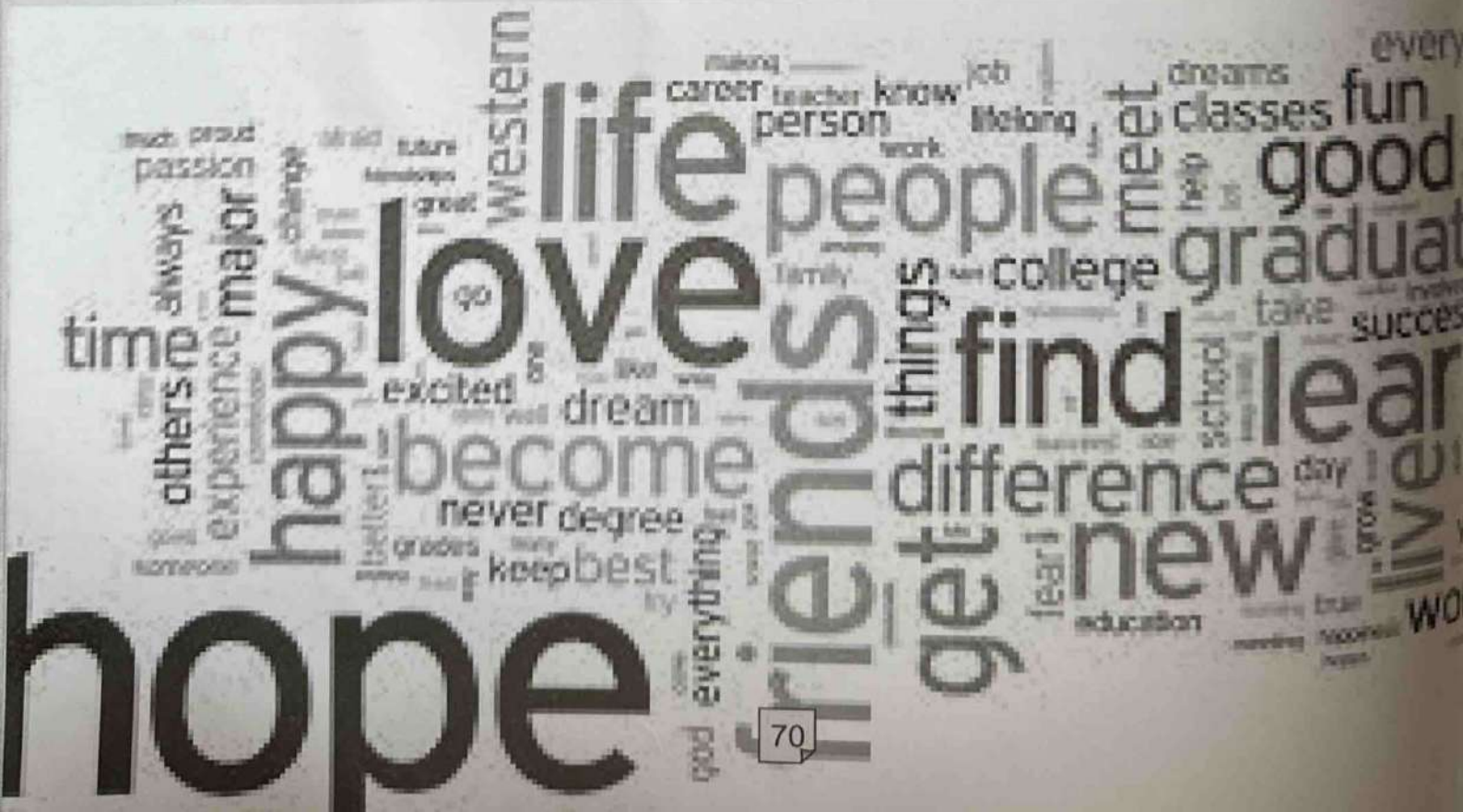
POWER of WORDS

**“All that is visible clings to the invisible,
the audible to the inaudible,
and the tangible to the intangible:
Perhaps the thinkable to the unthinkable.”**

~NOVALIS

Words connect us to our surroundings, our soul and also to our actions. They act as a seal to the mind, voice to the soul and knot to the outside world. These can either build relations or result in loneliness. Words are considered to be the most essential and powerful of all human 'doings'. They help in framing connections with the inaudible, intangible and unthinkable audience by linking directly to their thoughts. So, exactly how can a thought be described? A thought is the formation of opinions which can be related to philosophy sooner or later. Every thought counts in form of ideas and opinions. Man being a socio-interactive creature every time has his own say. Our ideas and opinions which form our words enhance our productivity through them and categorize us on a positive-negative scale.

Words have not been titled powerful, by me or someone else, but they have received this honor by scriptures and the “Law of Attraction”. Law of attraction works on the principle 'as you sow so shall you reap'. This represents that whatsoever man sends out in form of word or deed, it will sooner or later return to him i.e. the thoughts he gives through his words will surely receive him, in the latter path. If he emits hate, he will receive hate; if he



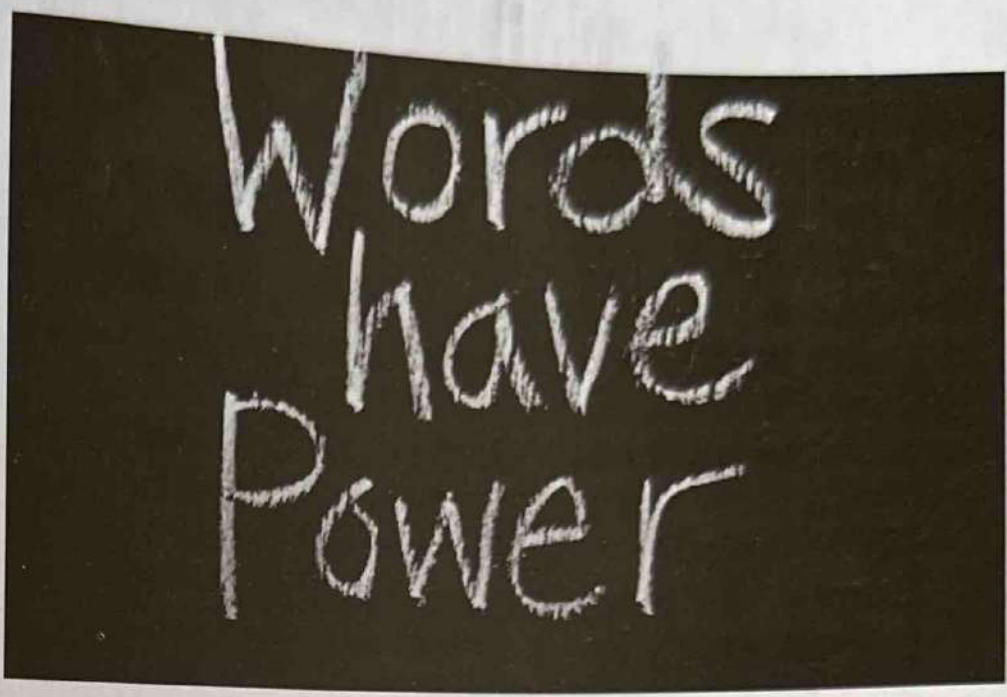
gives love he will receive love and so on, if he measures others with criticism he will receive the same. Therefore, words are your path leading to your rightful or fruitful future.

Words are the seeds, when you speak something out you give life to what you saying. One of the greatest messages from scriptures justifies that God resides in words released from one's

soul to the other. As a soul can't let thoughts out, so it uses mouth to speak out. I would like to tell all the readers that you have a magic wand that will enlighten you and blossom your lives, turning them from hue to abundance. Yes, you do have it. Want to discover it? Yeah,

that magical powerful wand resides in your words. Jesus Christ also emphasized; "By thy words, thou shalt be justified and by thy words thou shalt be condemned," and "death and life are in the power of the tongue." Our words really have that power of changing the unhappiest moments into the best moments ever. The task you need to confine with prefers words which maintain positivity by trusting on whatever you speak, for the change you wish for. I hope from now on we will start dealing with our desires by using the right amount of positive words for blossoming future ahead.

—Kanudha Gupta
M.A English
II Semester



Words are our most
unexhaustible
Source of magic.

THE ENCHANTING PAHARI BEATS

Everyday..... Shimla gives me more reasons to fall for it's beauty and extremely rich culture - with the lovely "pahari topi" complemented with colourful flowers, watching the Pahadi people dance on the breathtaking beats with amazingly synchronized graceful steps. It's simply so pretty-it gives your eyes pleasure and makes you feel stronger about your roots. The "kinnauri dance" depicts all the activities from sowing the crop till its reaping. This journey totally makes you one with the environment and within seconds you too start swinging with the beats, with a beautiful smile on your face.



Moreover the Himachali songs offer a presentation of the mildness of the mountainous zephyr, gushing rivers and the musical swinging of trees.

In the race of coping up with the trending things let's never forget our beautiful culture which we are gifted with as new beats cannot mesmerise you in a jiffy nor compel you to fall for it, as our pahari music does.

—**Kanishka Sharma**
Economics
IV Semester

MOTIVATIONS

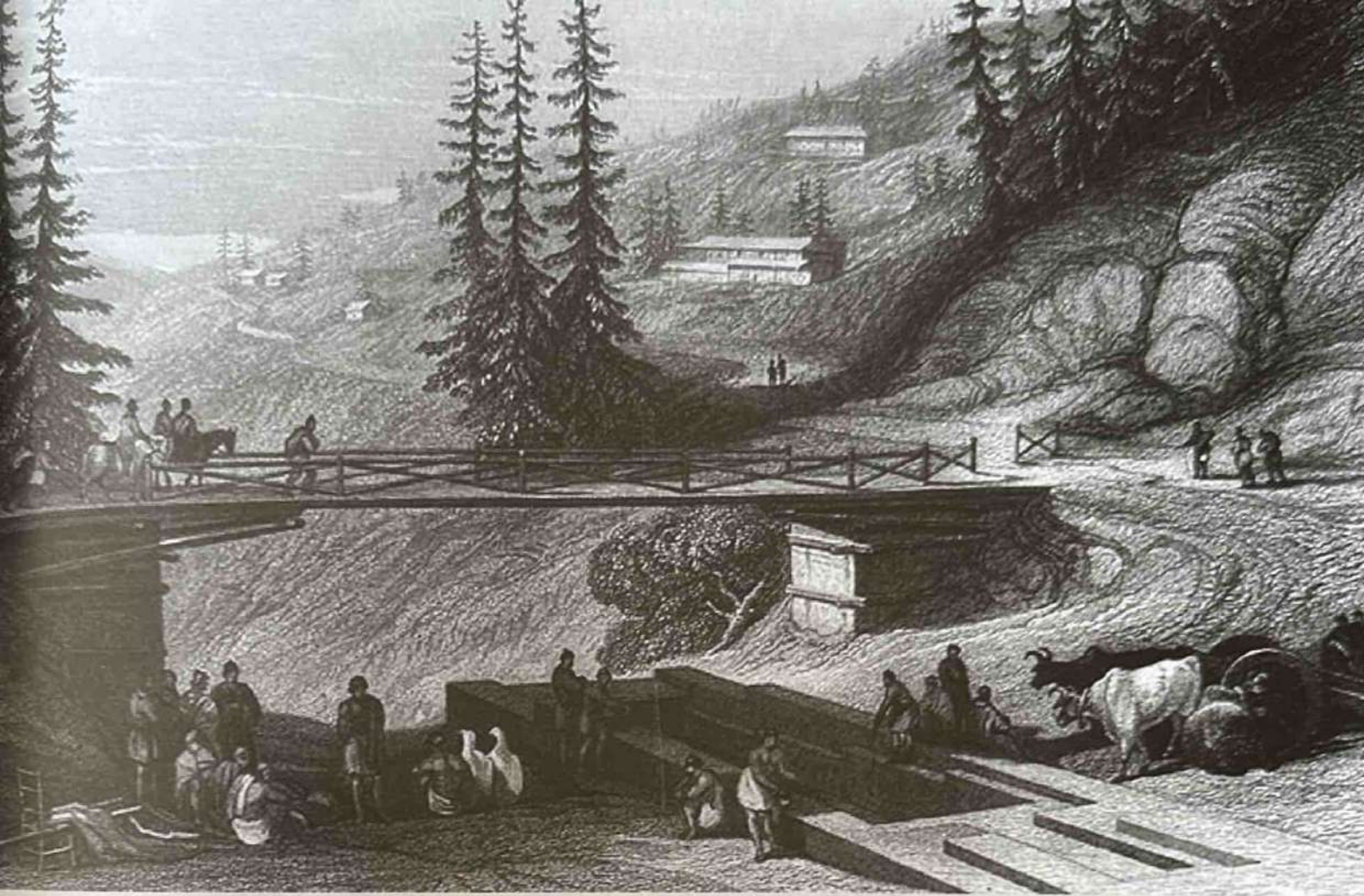
If You have to choose a Parrot or an Eagle, what will you choose?
I know everyone will choose a parrot, because of it's external beauty.
But this time I will choose an Eagle, because

In rain all birds find shelter but an eagle is the one that avoids the rain by flying above the clouds.

"PROBLEMS" come to all,
But "attitude" makes the "DIFFERENCE"
don't be like a Parrot, be like an Eagle.
A parrot speaks but can't fly "HIGH"
But an Eagle is silent and has the willpower to
"TOUCH THE SKY"

—**Sheetal Negi**
Physics Major
VI Semester





A SLICE FROM THE HERITAGE OF SHIMLA

Shimla as we know it today, probably derived its name from the ancient term-Shyam-la (or the dark pass). Being thickly wooded with pines, deodars, oaks and cedars, this region must have been practically inaccessible some 200 years ago. Early chronicles have recorded the presence of the actual hamlet in various pamphlets, letters, travelogues and of course, the gazetteers.

Mr. W. H. Carey mentions in his 'Simla Guide' that Simla derives its name from 'Sheamalay', the house built of blue slate, erected by a fakir on Jakko, the first nucleus of the settlement. However, some people consider this name to be rather fanciful and feel that 'Simlah' or 'Shumlah' as pronounced by the Hill People, is the actual word from which this town takes its present name. In all probability Simla was first brought to notice by a British officer who was moving Gurkha troops from Sabathu to Kotgarh around 1816-1817. He was struck by the cool temperature of this place and felt it was ideal for providing much needed comfort and relief to the sick and the wounded English soldiers and even civilians, for whom the heat of the city, especially in summers, was unbearable.

Gradually, the picturesque glory of the area with its pure mountain air, the glens and the ravines, reached the British officials in the plains. They decided to obtain permission from the local chieftains and set up houses here initially for the sick. Major Kennedy, the political agent here, is credited with having built the first permanent house in Simla. Soon the infrastructure improved and in 1828, Lord Combermere built a fine broad level road round

Mt. Jakko. Apart from this significant achievement, he also got constructed a mountain bridge across a deep ravine which connected the small Simla town with Chhota Simla. This bridge was originally constructed of the huge deodar trees felled from the ravine itself. This was known as the **Combermere Bridge** and still carries this name. Beneath this bridge, a capacious tank was constructed to meet the great scarcity of water. This heavily forested area was rarely used after dark as it was believed to be haunted. The old timers of Simla refer to this area as 'Chudail Baoli' or the ravine housing a witch or some supernatural spirit.

With the passage of time and the modernization of the town, this entire area has been transformed. Today the huge monolithic structure housing the Indira Gandhi Sports Complex has replaced the very romantic 'Chudail Baoli'. It is now a hub of activity and people move about at late hours unmindful of the colorful past of this area. Indeed, the once sleepy hamlet of 'Shyam-la' is relegated to the pages of history. Shimla today is the capital of the state of Himachal Pradesh; a must see tourist destination and of course a place to be in for avid romance and adventure seekers.

—Dr. Davinder Bindra
Deptt. of English





Sin of Ecstasy

This is dedicated to all those people who are suffering or have fought through any kind of mental illness I want to tell you that you all are warriors and there are people who love you so much.

Trigger warnings: Now before you read this I will warn you that this one is loaded and has content that might trigger you and if you think that you might be triggered so please don't read it.

If all is good, then you are good to go ahead and read and understand that mental illnesses are real illnesses and not something to be made fun off, or romanticised.

·One in every four individuals suffers from a mental illness.

·Mental illness starts as early as the age of 14.

·37% of the students suffering from mental illnesses drop out from school.

These are some of the many devastating facts about these suffocating illnesses.

Sin of ecstasy

Some demons scream so loud that they cannot be shushed no matter what, they creep in your mind, body and soul when no one is looking, they sit by your bedside forcing you to stay awake at nights, they make your soul go dark and no matter what, you cannot escape that darkness.

Sitting down on her bed room floor at 3 am blood drops dotting the floor. She was holding a sharp razor blade covered in blood but wasn't even aware of it, thoughts swirling in her head like a hurricane which takes away all traces of life with it. Tears rolling down her cheeks in silence, she was rocking herself back and forth and trying with all her might to fill air into her lungs. It felt like her lungs were filled with cotton and her throat was so dry, no amount of water was able to quench her thirst.

'There were voices in her head saying she was better off dead,

Those demons were real, and so were those monsters, they lived inside her

Head, and for not once but twice they won

It was back again, it was back again in full force, the hurricane in her head that won't just go away and let her live in peace, it comes again and again and destroys any trace of happiness she has gathered by struggling so much Piece by piece she gathers bits of happiness and this hurricane which lives inside of her destroys that in seconds. Right now she could do nothing about that, she couldn't even breathe or think or get up.

And that wasn't even the worst part, the worst part was that now she didn't even care, she didn't care if she survived it this time or if she would make it through the night, the worst part was that beneath all the shadows and darkness of loneliness she had lost herself. She was drowning and she didn't even need water to feel like she was.

Her bones were tired, it was the sadness that was deep down to her bones, bone chilling sadness. She was empty there was nothing left to feel inside her. Her emptiness didn't even make a sound but somehow this feeling of emptiness was the heaviest of all. How was it even possible?

How was she expected to explain this to anyone, when everyone said that it is all in her head, that she just needed to cheer up, be happy, go out, have fun, how can she explain that just because it's all in her head doesn't make it any less real.

They told her every body's soul is a little dark, hers was just a little darker and stranger.

They gave her pill, pills to think, pills to smile, pills to laugh and pills to cry, pills to talk and pills to feel but all at the end that was left was her half corpse hard to heal'.

Despite the pills some days demons won little victories on her skin. Piercing the skin and winning the lines of red red blood leaving behind physical marks of their presence. Because that was the only thing that made this heaviness go away for a little while, this was her sin of Ecstasy.

—Ojaswin Kathuria

B.Com. VI Semester



**I'M THE VIOLENCE IN
THE POURING RAIN
IM A HURRICANE**



Human Hope Foundation

Back in November 2017, I happened to visit the Human Hope Foundation which is situated in New Shimla. Human Hope Foundation is a professionally run non government organization and its sole purpose is to address various

issues faced by underprivileged children including education, livelihood, opportunities, healthcare and youth related issues. The vision of the Human Hope Foundation is to "act as a catalyst in bringing sustainable and qualitative changes in the lives of underprivileged." We, the people of India like every other country want to see a revolutionary change in the society and it can only happen if we begin educating everybody. Human Hope Foundation is one such bringer of change as it focuses a lot on remedial education of underprivileged children who ultimately are going to be assets of the country. If one of the members of the family gets proper education, the whole family experiences growth. They do not just make the children go through text books or simply make them practice sums of math but prepare them to be able to stand on their own feet. The foundation nurtures the children so that they can help their families and not just be an educated burden on them.



Children are like seeds that need to be sown with love and care, given sunlight and water. Human Hope Foundation sows moral values with love and care in them, acts as a sunlight by encouraging them and channelizes their energy so that they grow into a good human being and share their knowledge with others like fruits and help the next generation in becoming better.

Human Hope Foundation does not have any corporate sponsorship or government aid yet they don't charge at all from the students. Instead, they work in acquiring funds through the process of polishing the children. Apart from teaching, it also provides plentiful opportunities such as workshops of art and craft, painting, dance, music, etc. A raddi drive is organized every month in which the members and volunteers collect old newspapers, magazines, used notebooks, etc. and sell it. The money or the funds acquired are invested in organizing workshops for the children. Also, they set up stalls once in a while in various places to sell the jewellery made by children to acquire funds.

Human Hope Foundation has become a huge family and children deeply enjoy coming here



as they learn and play together. The children have found friends in Human Hope Foundation and they really feel confident.

It also organizes medical check-up camps for children and their families free of cost. The adolescents are given a talk about various issues faced by them including hygiene. Apart from learning, they celebrate various occasions like Children's Day, Diwali, Christmas, etc. The students play games, eat, enjoy their heart out and also are given gifts as a token of love.

It was Children's Day when some of my friends and I visited Human Hope

Foundation and I had the time of my life by being around those beautiful children. They greeted us so warmly and I truly felt at ease. I, myself could feel their joy of being a part of the Foundation. I also volunteered for the raddi drive in December. I went with the children to collect old and unused things such as newspapers, notebooks, etc. from the neighbourhood. The feeling of being able to do something for the children was unreal. We all were able to collect around Rs 1200 and it was spent in buying raw materials for jewellery making. I felt overjoyed spending my time at the NGO because it was a heartwarming experience.

Children truly are God's gift and they need love and encouragement.

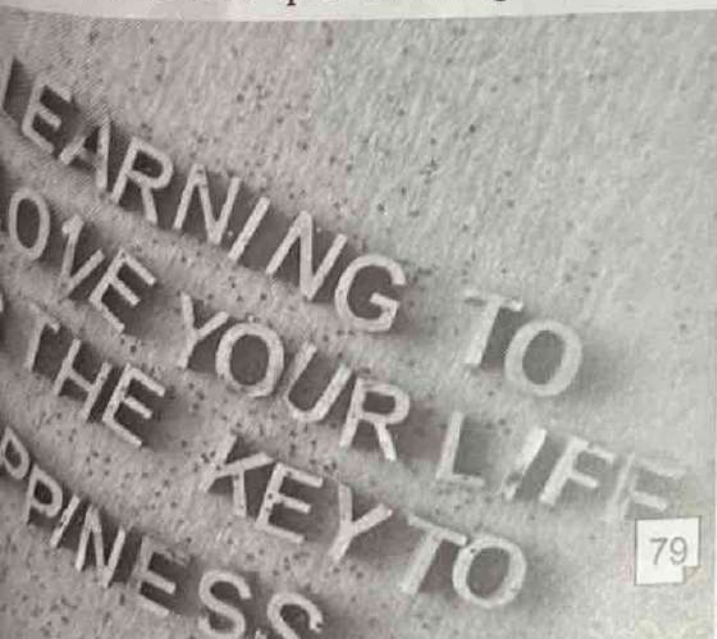
Human Hope Foundation truly makes the kids wonder, act, take responsibilities, be respectful and empathetic. It teaches them to be independent, loving and accepting. More and more people need to appreciate the existence of Human Hope Foundation and try to learn from them. We all need to be able to deliver a vision like them and start serving the mankind without thinking of any reward. Only then, the world would become a better place.

—Sumedha Agarwal
English Honours
IV Semester



Let's rethink the adage

Let's change the old adage, 'Success is the key to happiness' to 'You don't require a key to be happy'. Happiness is the progenitor of the various emotions projecting different levels of felicity. Simple, isn't it? Then why is the meaning of happiness so misperceived? We humans often link our happiness with the bigger achievements in life. We are happy when we win a competition. We are happy when we get a promotion. We are happy when our efforts are appreciated and so on. Literally, all of these happy moments are, in fact, exhilarations. What we feel after acquiring a coveted honour is not happiness but an emotion of a higher degree than happiness because this particular feeling should not depend on an uncertain future happening. Neither should happiness be felt in retrospect. Pluto might wish it was happier while it was still in the planet family. Wouldn't we all be enjoying the present if our pasts were mutable and the future forewarned? What's worse is that we aren't even conditioning our happiness but letting it at the mercy of unalterable tenses. Why can't we feel happy because the weather is good? Why can't we be happy because we just got a text from a friend we haven't talked to in years? Why can't happiness be there when there is nothing? Happiness is a simple concept and so is being happy. It is, quite possibly, the only emotion that can be felt independent of a stimulus. And let's be honest, don't we humans love anything for which we don't have to work hard? We love stress and anxiety, don't we? And even these emotions depend on the happenings of unfavourable events while happiness only requires a message from the subconscious to the brain saying, 'Hey there buddy! The headquarter seems to be not doing well and to be honest, I am sick of this moroseness. Could you change the default mood setting to happy?' And that's it. Only such words said in whichever vernacular your brain comprehends serve as the key to happiness. Happiness is designed in a way that goes well with even the most torpid personalities. Much has been said about being happy and how this will affect your health, personality and social standing while the real marketing lines should reveal that happiness comes with zero downsides. No one is asking us to be jovial and exuberant. The only thing we are being asked is to cut ourselves some slack and enjoy the moment we're in. We owe up to a zillion happy hours for all the distress we've caused to ourselves. So let's quit stressing about the assignment which is due tomorrow, the blabbermouths who can be counted on to speak ill about us and the various other agonies our tragic life has in store for us. Because if life doesn't give us joys we can at least promise happiness to ourselves.



—Vanshika Jain
English Honours
II Semester

Talk to me About a Tree

Someone asked me once to talk about the tree, just some conversation as I tend to go mute for long hours (the silence could be for days and I need a jolt from it.)

But then there are thoughts; mere thoughts.

It's not just leaves and brown really. If I did start talking about the tree I would really speak of everything else but the tree. It's just like you ask someone of love and they tell you a sad story. But I was asked about a tree and I couldn't just speak of the green and the bark. Because I'd want something more to it- the catalysts to complete 'the tree'. And the catalysts don't count as trees.

I'd want to talk of them far off on the hills in front of us with the falls concealed within them and wonder of the witches and hermits that reside taking in the old adages and wisdom they have to offer.

I would talk of the prodigious details; the foreign sounds, the fallen trees; one almost making a bridge in the deep trench, the sunlight stealing through the trunks. The little fur balls that perhaps flee at the sound of the rustling bushes, the silence- oh the silence I would love to talk about that.

And all of this, dependent, inter-woven, all of it- deceiving!

It would go on to abstracts.

I would talk about the whispers of the world in their highest boughs and the roots stretching into galaxies we'll never know of. And then there'd be a conversation shift and you'd talk of how humans connect, perhaps through memories which form roots which will then stretch into galaxies forming a soul-connection. And when we remember the other that'd be the connection of 'our roots'.

I'd tell you about the holiness within the trees and how it emits life more than just through oxygen, how it's a circle and I'd talk of 'The Lion King' and 'the lion eat the antelope and the antelope eat the grass and when the antelopes die they become the grass'... Still not about a tree!

I'll tell you it's a God and we'll argue that I've denied the existence of God previously and then I'll tell you it's easier to say I don't believe because beliefs are personal.

Perhaps then of deforestation but then it'll again come down to human greed but then it'll tell of histories etched in its' ringlets of years; the happiness and the storms.

A witch once told me that the tree with the narrowest rings is the hardest and noblest, but how would she know if she hadn't cut it down herself. But then my thoughts would wander off to the trees concealing the falls high up in the contours, the ones untouched, the indestructible ones, the ideal ones, perhaps; that inspire most words and hide the darkest secrets.





They are the sanctuaries of life and I wonder if I'll really ever sit down and talk to them, they know of a thousand years and perhaps they will tell me of the ancient laws of life. And then a gasp; when they tell you of the year long winter when they were just seeds, that they kept their bodies as temples when we humans just merely said it ('our bodies are temples'). They will tell of the whispering winds that brought news from oceans across of how

humans invaded the temples and charred their grounds. They will tell of how once the Western Winds had a quarrel with them, almost a war, like lovers fighting and reconciling. The trees tell me how she was calmer the next time she arrived, almost dead. But with a sigh they also tell that the realm of men had invaded her temple too. And being in the holy labour to Mother Earth they couldn't do anything to help.

They teach me more than just that, it's of home they talk about the most. Right here on these grounds and of the home within me.

"Home is neither here nor there. Home is within you, or home is nowhere at all."

And perhaps we all could just listen to them, like I was listening then, and I realized I had said none of it aloud. For I didn't just want to speak of a tree but everything else but you just asked me of a tree.

Or should I talk of the dead tree in front of my house or maybe it isn't and is just pretending to be dead and letting the woodpeckers perch on it and listen to their gossip of the hills across. Perhaps it was wiser, shedding away its' leaves earlier for it became well aware of the world long before I did. So it's just standing there mocking, for it fulfilled its' purpose. And we are still dangling in the rat race. Still I haven't spoken of a tree.

And then I'd think of the cactus in the desert, the most anti-social plant which grows alone and yet asks us not to come near it.

And still I can't talk about just a tree.

—Samrta Marks

M.A. English

IV Semester

Beauty Lies Within

"We are all stars wrapped in skin. The light we are seeking has always been within."

We live in a society obsessed with perfection. A girl is expected to have a perfect face, perfect features, perfect skin, perfect complexion, perfect figure...and the list is endless. We all are fast in passing judgements onto someone's physical appearance, caring not whether our opinion is needed or not. We don't even care for the feelings of that person. We become so insensitive.

Well, if we think that beauty is all about having a right set of certain features, then we have no imagination at all. It is absurd to define beauty in such bland terms. Beauty is far beyond pink lips, red cheeks, fair skin and light hair. Beauty is indefinable.

Beauty is to be found in the thoughts, ideas and the most delicate gestures of a woman. It is the way she tucks her hair behind her ears while having a random conversation, it is the way she dances so jubilantly while enjoying the first monsoon shower, it is the way she cares for each and every one she loves, it is when she smiles so sweetly, it is when she keeps on talking and compels everyone to say, "Now stop you chatterbox!" it is in how after an exhausting day she never stops to play with her children and takes care of each and every single need of her family, it is in how fearlessly she voices her opinions, it is in how confidently she wrestles, plays football, badminton, rides a bike and travels alone. It is in how she becomes the reason people believe in hope and miracles, it is in her silences, her imperfections and in her alluring smile even when she is fighting storms inside. Each and every gesture counts in making her truly beautiful.

Why only talk about lips, cheeks and hair when there is so much to admire and adore. Try to look at the beauty of the heart and see how the world suddenly becomes a beautiful place. Everyone is beautiful in their own way. But if I really had to define beauty, I would say-
'Beauty is an essence that dwells in every woman'

—Manjima Bhattacharjee
Psychology Honours
IV Semester



BELIEVE IT OR NOT!!

BELIEVE IT OR NOT - Your skin has bacteria *Bacillus subtilis* always present on the skin that produces bacitracin, a toxic poison that helps it fighting with other bacteria. **BELIEVE IT OR NOT**, there are about 1,000 different species of bacteria, the skin.

BELIEVE IT OR NOT - Your mouth has 600 different species of microbes with varied transitions.

BELIEVE IT OR NOT, they remove hydrogen peroxide in protein oxidation in *S.gordonii*.

BELIEVE IT OR NOT - Ability of bacterial

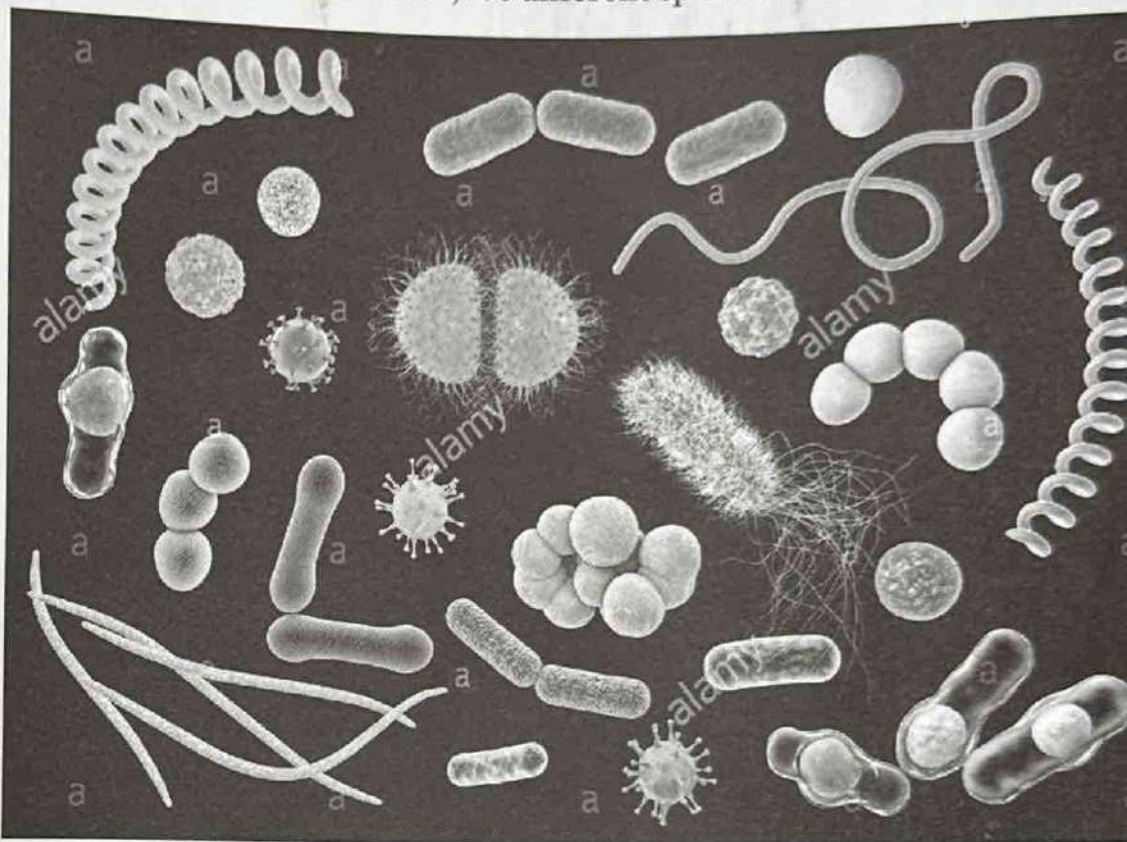
disaccharides to salvage unabsorbed dietary sugars and convert them into short chain fatty acids are used as energy source by colonic mucosa. **BELIEVE IT OR NOT**, the microbiota plays a key role in protecting host from colonisation by pathogenic species.

BELIEVE IT OR NOT - The vaginal microbiota play a key role in the prevention of multiple diseases. *Lactobacillus* species play a key protective role by lowering pH through lactic acid production.

BELIEVE IT OR NOT - The initial microbial colonisation of gut in infants appears to be dependent on delivery mode. Vaginally delivered babies acquire microbiota similar to that of mother's vagina and babies delivered via C- section acquire microbiota similar to skin.

BELIEVE IT OR NOT - The human body has as many as 10 times more bacterial cells than human cells. As humans evolved, bacteria evolved with them too.

BELIEVE IT OR NOT - Harsh chemicals can damage the skin...right? Now there is



a microbial alternative by which you could smell fresh, have younger and spotless skin. Enter a spray of billions of bacteria that you use twice daily bearing the fancy name AO+. *Nitrosomonas eutropha*, a special kind of bacteria seems to have washed away due to shower mad habits. This bug, often found in soils, eats ammonia and works to keep human skin and scalps clean. BELIEVE IT OR NOT, The creator of AO+, David Whitlock, a graduate of M.I.T, took his last shower over a decade ago.

BELIEVE IT OR NOT - Breast milk is the best for proper growth of infants. The milk sugars are the perfect food for the beneficial bacteria called Bifidobacterium. This calorie-rich fare makes sure these bacteria grow to high enough numbers that they form a protective lining of cells that prevents invasion by unhealthy bacteria.

Compiled by:
—Parul Mehra
 Bsc. Microbiology

DIVERSITY IN THE HUMAN MICROBIOME

The Human Microbiome Project has examined bacteria on 242 people. Some of the microbes living in and on the human body:



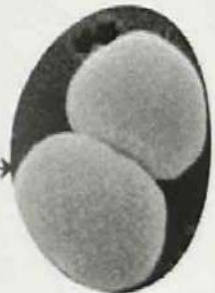
Propionibacterium acnes lives on the skin and nose of most people



Streptococcus dominates the oral cavity



Bacteroides is the most abundant genus in the gut of almost all healthy subjects



Staphylococcus epidermidis colonizes external body sites



E. coli is present in the gut of the majority of healthy subjects but at very low abundance



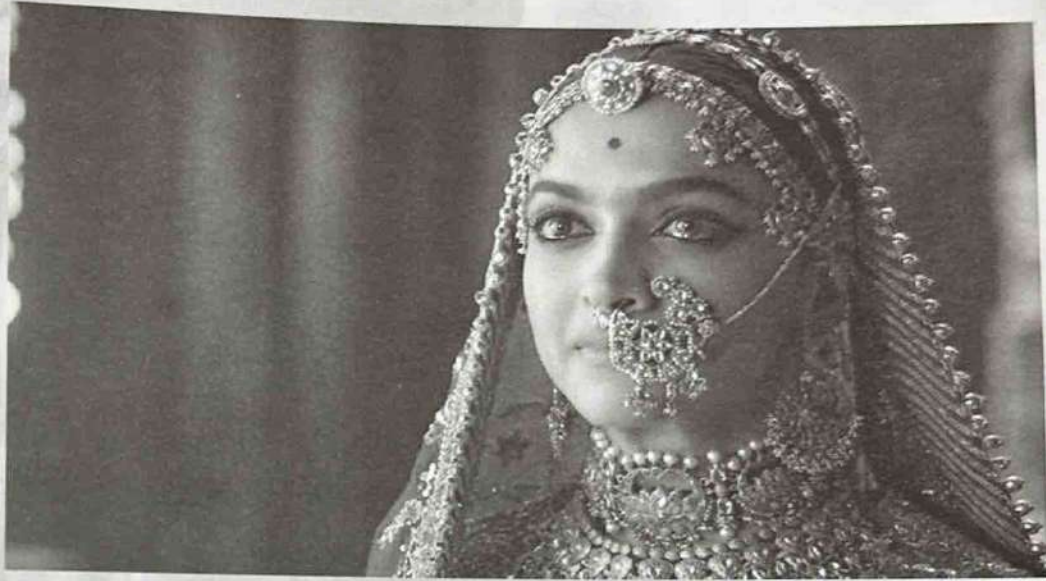
Lactobacillus species are predominant in the vagina

SOURCE: Human Microbiome Project

PADMAVAT : The raging protests with no ground

The warriors and the battles they fought with insurmountable strength and valour, hide beneath them the umpteenth tales of sacrifice and wrath, some known and some unknown to the pages of history.

“Padmavat”, an epic drama film, released on 25th January 2018, can be termed as one such tale, which is believed to be a half-true tale by a few people. It is the story of Rani Padmavati or Padmini, wife of Maha Rawal Ratan Singh, the 14th century king of Chittorgarh. Padmavati, who is believed to be one of the most beautiful woman on earth, sacrificed her life by jumping into the 'Well of Fire' (Johar kund) followed by many Rajput

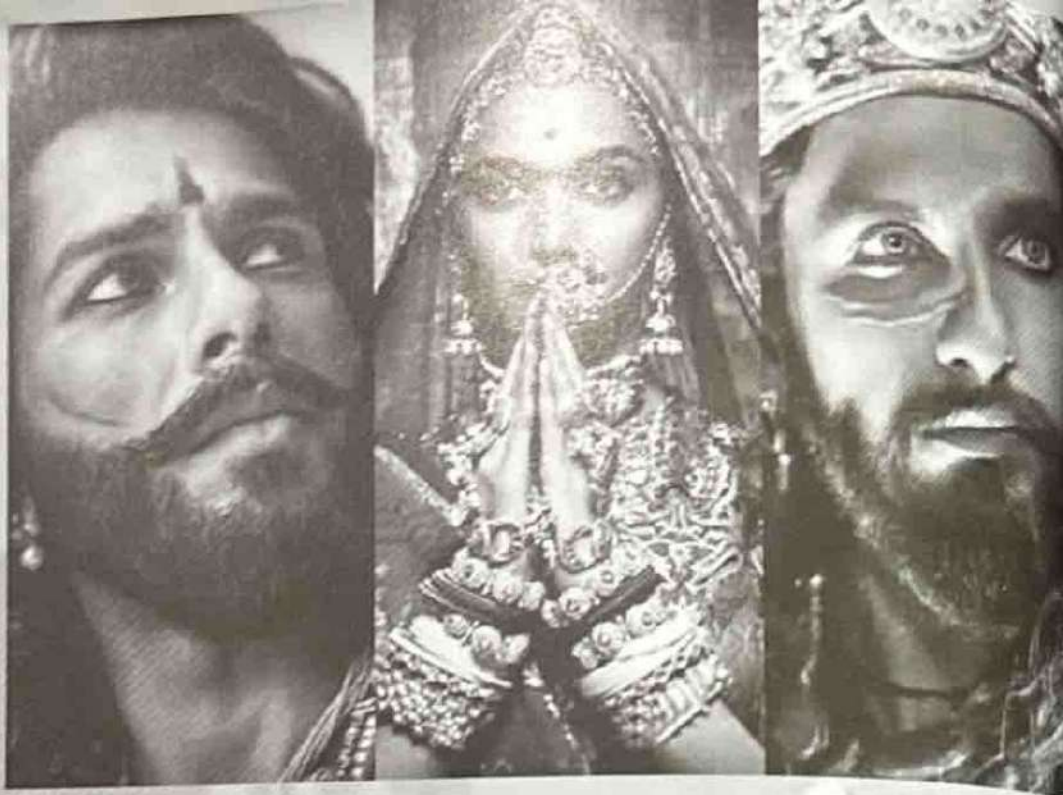


women, in order to protect themselves from the lascivious Allauddin Khilji and his army. As per the film story, Khilji heard about her beauty from Raghav Chetan, the banished Brahmin from the court of Ratan Singh and got so obsessed with the idea of acquiring her that he besieged Chittorgarh Fort and demanded for her, which in turn resulted in a battle between Ratan Singh and Allauddin Khilji .

Deepika Padukone, Ranveer Singh and Shahid Kapoor starrer film “ Padmavat” based on Malik Muhammad Jayasi's epic poem 'Padmavat' and directed by Sanjay Leela Bhansali, caused a lot of buzz not only among national but international media as well . Some Rajput Hindu Organisations and Hindu Extremist groups torched the public buses, blocked roads and even vandalised a theatre in Gujarat, alleging that the film depicts an intimate romantic scene between Allauddin Khilji and Padmavati, who is praised by Rajputs as a Goddess .

Not just this, the protestants came up with various reasons demanding a ban on the screening of the movie. Early this year, in February, the 'i' from the title “Padmavati” was removed and the title was changed to “ Padmavat” on the suggestion of the censor board. Later on, when the music was released, the protesters objected to Deepika's waist which was visible as she was dancing to the beats of 'ghoomar', contrary to tradition, which was later edited by Bhansali.

Not satisfied with all this, they gave death threats to Bhansali and threatened to 'chop off Deepika's nose'. Eventually the movie got released as the ban was removed by the Supreme Court, and some members of Karni Sena (the Hindu extremist group) also went to watch it, during which they realised that there was nothing disgraceful



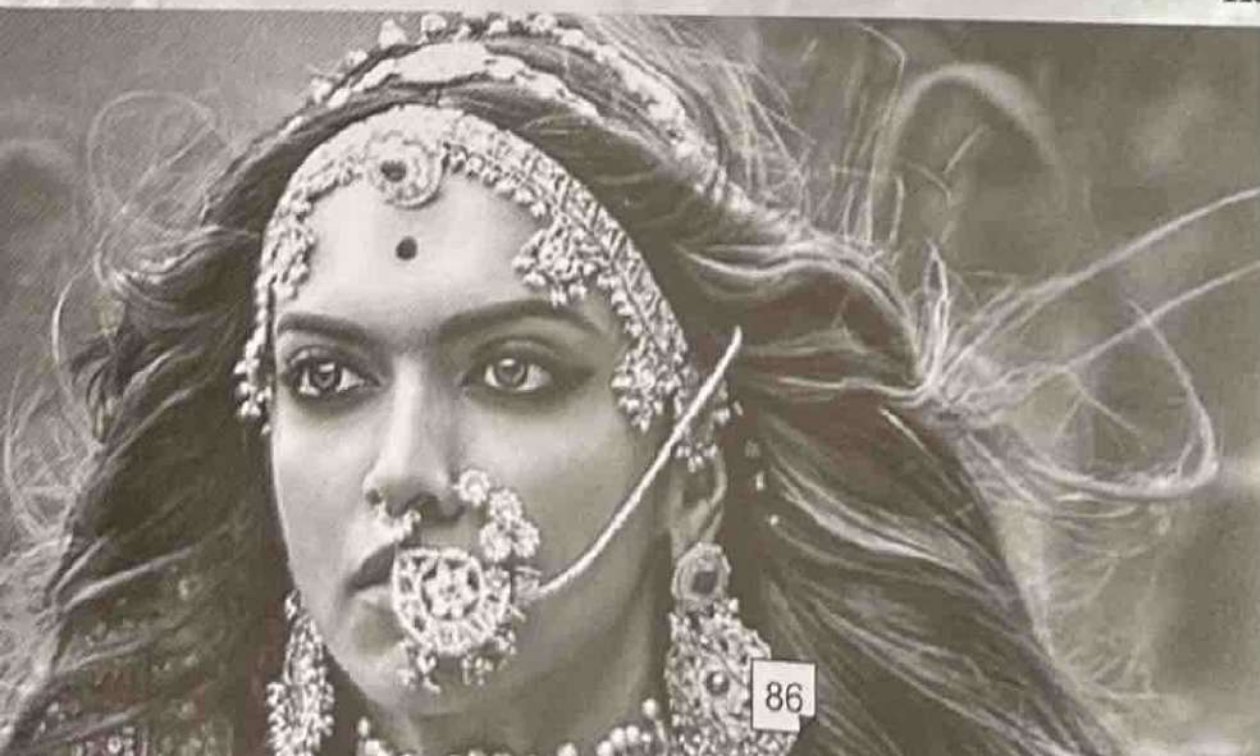
about the Rajput community in it, rather the film glorified the Rajputs.

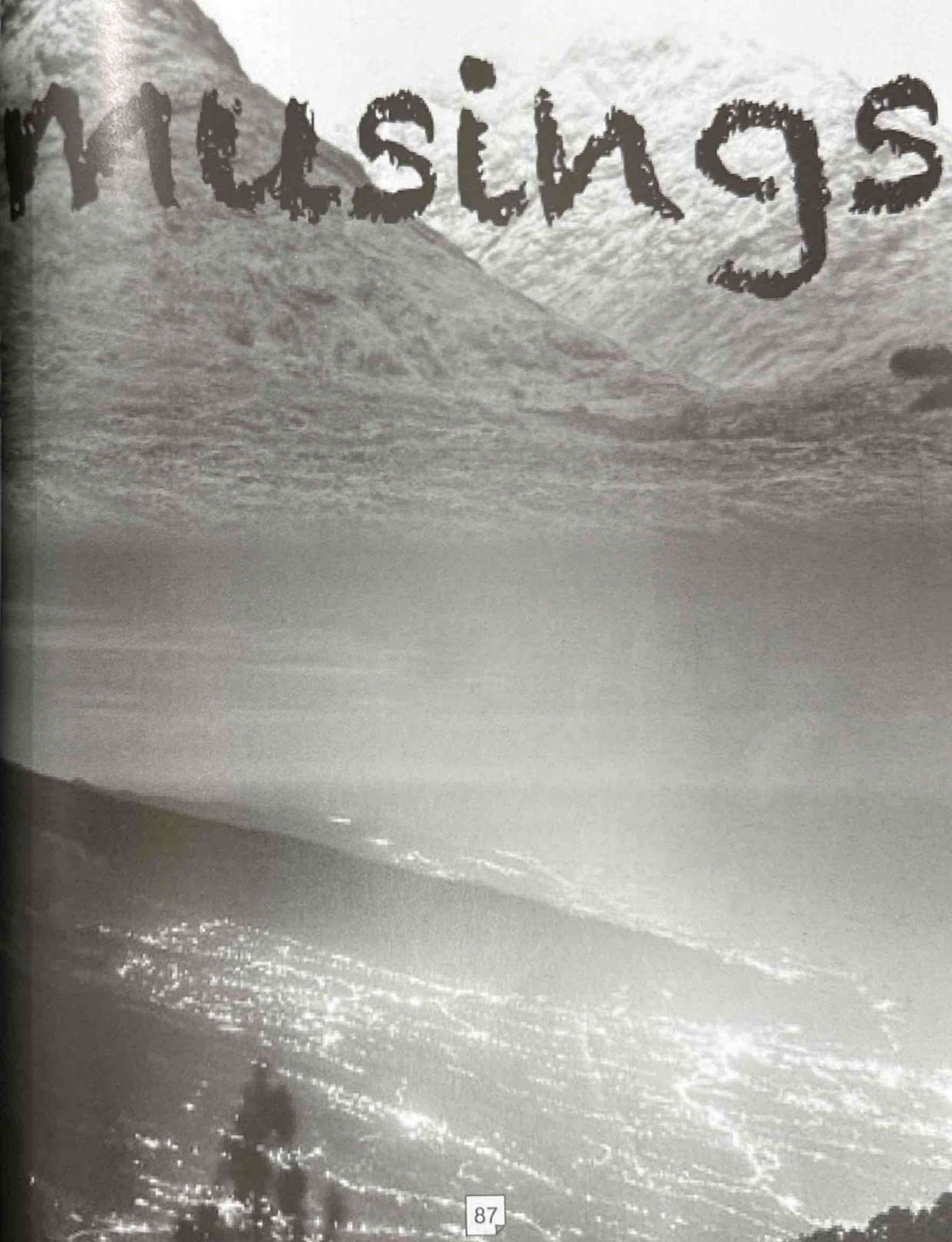
Ironically, this resulted in the film's promotion by the same Karni Sena who was earlier ready to cut throats on its release. The film did a business of 400 Cr., and the credit of its success not only goes to the blazing acting skills of Ranveer and Deepika or the beautiful gigantic sets and graceful costumes, but also to Karni Sena for its promotion.

What can be said of such brilliant minded people, who not only made a travesty of themselves but also vandalized the property of the nation. Can they be expected to learn a lesson from it? I guess there is too much passion within them to take out swords and fight against any spark they see, without putting a second thought into it. This whole incident reminded me of the phrase - 'Much ado about nothing' !!

—Kajal Sanadhya

M.A English
II Semester





musings

The following poem talks about how we should face our fears and never let them hold us back from doing what we wish to do. It also talks about how our fears sometimes make us feel hopeless and sometimes due to this we fall into wrong temptations. It also tells us that to free ourselves from the clutches of our fears we must work hard otherwise we'll always be shackled to our fears.

Shackled to my fears

Drowning allures, awakens a want for chasing that haste,
And then the slow buzzing of bees never fits our taste.

Liberty is the eventuality of strife
Horror, mere hindrances in life.
No moon is always bright;
Neither is all light an angel nor is devil every night.

Dawn is opaque, dusk is delusion
Immortal journey of desert, mirage mere intrusion.
Fire is bright, burns me to death.
Water shuts fire, but when inside takes away my breath.

Devil comes adorned like our momentous desires
Me a moth, Devil's the fire
Devil condemns, Devil forgives
Devil's dead.. undead, Devil lives.

Run, you fall; you fall, you break
Still hold yourself, you mend and you make
Cry cry, an ocean of tears
When the Ocean's dry, face the fears.

—Delsey Hayer
B. Com.
VI Semester



FACE
YOUR
FEARS



Is Called A Teacher!

When lost in the forest of obscurity
The thick and blinding fog of guilt
Surrounded the lone and helpless child
Trudging through the thorny bushes

Lost in her grief was she
That had made her heart forlorn
Abandoned by the ruthless world
And betrayed by her own fate

Lost had she her faith,
On her beautiful yet different mind
That saw things differently than the world
Her creativity, not an ordinary one

Yet the world revelled, as it watched
Her silent tears, staining her cheeks
Yet her struggles and efforts, uncased!

But then, defeating the darkness,
Clearing the cold and blinding fog
There came a ray of light
The light of hope, the light of morality
And the light of knowledge, that made its way
Into the lethal forest of darkness

The light that led her out
Of all the insecurities
The light, so gentle and calm,

The light, so warm and composed
The light, which is called 'teacher'

The sculpture, which resculpted,
The child's mind, into an enthralling
abstract!

The sculpture, who gave wings
to the child's notion

And the world watched,
Spellbound and uncertain
As the child rose, marvellously
Defeating the darkness within
From the dusts of helplessness and failure

Holding the hand of the angel
So calm yet austere for the child' own good
So firm yet soothingly gentle
To sooth her bruised soul!

That angel, that light
Is called 'teacher' in this mortal world
The light of knowledge,
an angel under human skin
The light that affirms, a certain win
The angel that enlightens, a child's mind,
Is known as a 'teacher' in this world pristine!

—Anumita Ray Chowdhary
English Honors
Semester

This is a simple poem which just talks about how a person going through a psychological and emotional crisis sometimes just needs a hug, caring caresses and someone to tell them it's ok and it's all going to get better sooner or later. It also talks about how people hide their inner turmoil because mental health issues are stigmatized in our society.

Hold me close

Falling, Falling out of sleep
Crawling, crawling into the deep
Beating, beating heart's beating.
Retreating, retreating hope's retreating.
It isn't, yes, it isn't what I chose
Just hold me, hold me close.

On top of the mountain, still drowning
Taken a million steps, counting, still counting
Trapped underneath this sky
To unshackle myself I try, yes, I try
The more I suppress, the more it grows
Just hold me hold me close

Past comes rushing, it's rushing in
I'm fighting but the war's hard to win
Cacophonies crashing into my veil
Strength, evanescing, hurt hard to conceal
Tried to deal but I'm tired, this isn't what I chose
Just hold me, Hold me close.

—Delsey Hayer
B.Com.
VI Semester



Beauty

Beautiful.
What is Beautiful?
It is not
Hiding in a glass bubble
Of society's expectations
It is not the Cacophonous Echoes
Of Razor blade words
Ripping other people to ribbons.
No, Beauty is much more than that.
Beauty is
Your mother in the kitchen,
Strong hands making food
For her children that are her world.
Beauty is
The old man at
The end of the scarred concrete road,
Who's mind is marred
With the horror of wars past,
Yet each morning, he has
A joke for you.
Beauty is
A child and her friend
Shaping soft blooms with their hands,
Thriving in the golden era of childhood,
The fate of the world in their small palms.
Beauty is
Millions of people coming together,
To rise above
Tragedy
Hate
Discrimination.
Beauty is not
Something we can wear or put on,
Rather,
It is in who we are
And what we do.
You're Beautiful.

—Arshiya Handa
Economics Major
IV Semester

EmilysQuotes.Cdm

The sign of a
beautiful
person is that
they always
see beauty in
others.

-Omar Suleiman-

Embracing Your Flaws

It is like when you first look at the moon and stand in awe of it.

The next time that you look at it really hard, you start to point out the flaws it has.

The third time when you look at it, you accept the fact that everything which has flaws is in some way beautiful.

The fourth time is when you hold the moon in your palms and say,

"I'll wear all my flaws like the moon and I will wear them with pride".

—Urja Chawla
BBA
II Semester

life

The years of life, used and spent
Taught what life really meant.
As a seedling, precious gold to me, mere glitter.
As a pole, glittering gold to me mere litter.

Real Gold doesn't have to shine
It's value in itself is divine.
It's priceless, can't be bartered or sold
What leaves a mark for eternity is true gold.

Our mistakes may make our hearts burn
But mistakes do not teach us to cease but to learn
If the heart still burns, remember, sun too is a ball of fire
And day you'll meet your every desire.

Denouement of explosions is galaxy's every star
On fulfilment of your endeavours, you'll realise burning lead you that far.
Taste it ,taste the life, it'll taste sweet, it'll taste bitter.
But life is gold, gold that doesn't always glitter.

Have faith in strengths, none in your fears
Because beauty lies in all the joys and all the tears.
And after each day used and spent
I learn for what my life's really meant.
The path we choose and our every action
Will pay off as our satisfaction.

—Delsey Hayer
B.Com.
VI Semester



Illusions Framed By Reality

Some illusions are better than reality
Because
They are the reason for someone's real smile
A smile lost years ago.
They are a reason for someone to live
A desire which faded with time.
They are the lies covered with shinny diamonds
Because sometimes the truth is as dark as coal.
They are someone's light in the dark
Darkness which steals are own shadow.
They are someone's happiness
When they thought they were born to be sad.
They are someone's strength
When they fell weak on their knees.
Therefore,
An illusion is just not an illusion it is the reason for someone's presence.
May be my illusions are my mistake
But
Please don't try to correct them
Because
Let me remind you my friend
Reality is also an illusion we live in.

*Reality is merely an illusion,
albeit a very persistent one.*

Albert Einstein

AZ QUOTES

—Gargi Sood
B.Sc.
II Semester

इसरोच

Being in a chaotic lifestyle
Pushing myself into streams of happiness
Into juggling roads of sadness
Experiencing every bit of survival
Madness of every folly I do
Delusion of my future
Gratitude for my surroundings
I will "SURVIVE"
With happiness,enthusiasm and adventurous spirit.

—Kanudha Gupta
M. A. English
II Semester

"The sun is gone but I have

AT THE BEACH

Hot, soft sand under my feet,
As I walk briskly into the crowded beach.
I can feel each grain of sand,
It falls from air into my hand.
Waves crash the ocean front,
Kissing my feet.
I love the moment when beautiful colours paint the sky,
It's a favourite sight of mine.
And although I hate to see the sun go,
Because I really do enjoy the show.
I walk along the tip of the sea,
That's where my feet leave prints to be.
I walk all the way to the end of the land,
The land that holds this beautiful sand.



—Kritika Verma

Nature

The refreshing air kissing my cheeks
The voice of moths whispering in my ears
The far away hills mesmerizing me
Leaves of trees dancing as if someone
is tickling them
The yellow misty dust of pollen as if is
falling from heaven
The voices of birds as if ordering the nature
The blue sky as if keeping a check on its
tailored scenario
The butterflies as if they are messengers of
love and peace
Nature at its grace is outside my window
As if calling me to come and indulge us

—manseerat Kaur
BSc Biotechnology
VI Semester

India's Daughter

Those eyes made me, cry.
The look they gave,
No matter what I wear.
They scan me completely,
they are everywhere.

The disgusting touch of their body,
It seems they leave something on my skin,
Maybe a sin.
Impure and disgusted, I feel
And somehow unable to heal.

Their voices, echoes in my ears.
The poisoned words they mutter,
Leaves my heart in continuous flutter.

And people say "it'll be okay".
But it will never be.
"You'll get use to it, ignore what they say".
Or ignore what you feel?
"Maybe."

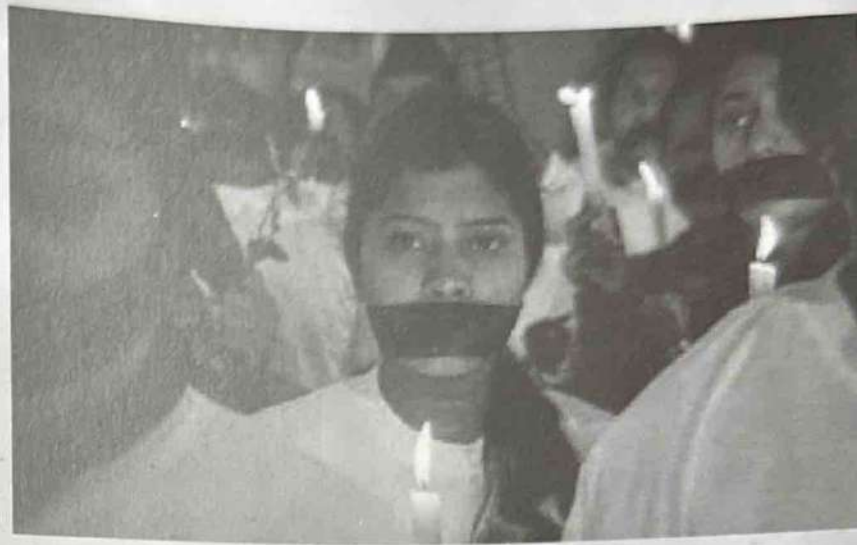
Yet another doll mutilated.
The aggression towards 'boo-boo dolls' was always rewarded.
And to the stories of , "irrational fears" and painful memories you all applauded.

Appreciated bravery but never understood,
The suffering that started from the girlhood.

Boasted their egos, by breaking some souls,
So many devil's in real life she meet.
Another innocence, pushed down the street,
It was Independence Day!.

"But sweetie! Independent you'll never be".

Enough!
I can no longer "Get use to it".
In silence, I won't sit.
No longer I'll be confined in a box or a bin.
I ask, is being India's daughter a sin?



—Megha Mukherjee
Psychology Honours
VI Semester

Transgender Writes.

At the Station Everyday
I perform in a Particular Way
That Clap of Hands
Those Flower Bands
Narrate My Plight
Oh! The Dreadful Fright
At Night,
Under the Luminous Net
With Atmosphere Perfectly Set
This Mistake of the Creator
Scribbles on the Paper
Her Effusive Self
A Cry Voiceless but Bleeding within Itself

"We need to say, with one voice
that **transgender people**
are valued, they are loved,
they are us, they desire to be
treated fairly and equally."

—Puneet Chhatwal
English Major
VI Semester

(On Syria attacks)

Gravity

Gravity pulls me down,
It tells me to stay close to the ground.
You can fly, you can swim,
But the bottom is where you belong.

Stay on the ground,
Before they shoot, lie down.
Fall on the ground,
Let the dirt surround.

Keep you head low,
Breathe, but keep it slow.
Lie down as if you're dead,
Lie on the field that's now red.
It's the only way to survive.
As if I is a sin to be alive.

—Megha Mukherjee
Psychology Major
VI Semester



An AIDS FREE LAND!

Hello everybody!!!

My name is HIV

And let me tell you that this day that we are going to celebrate is because of me!!!!

You see.....I'm toooooo flexible and I'm toooooo smart.....

And once I make home out of your body....you can't rip me apart!

Some bodies I enter through needles and blood transfusions waiting there, concealing silently.....to venture into an all new world. Your little carelessness is my chance to make your body my party place forever....!

While in some I enter as an STD!!!!

You see I'm too good I'm into your system without you even being aware of it! Sometimes you're born with me as I am not detected well in time...so I stay with you Oh yes that's me!!!

And the "trippy hippies" are my best of friends.... there's not much I need to do to be with them!

!!!! Sharing is caring after all!!!!

And and and not to forget society.....!

Lemme tell you a secret.....

They've let me be since ages, by condemning people who have me... which serves as a blessing in disguise

But do you know now I'm being threatened!!!!..

Threatened by awareness!

They're trying to chain me with medicines, free tests, new sterilised needles.....oh how I hate cleanliness!!!

Earlier one little sneeze or cough would mean the end of all pain that there is in the life of the person but now.... They are all changing it.....and I'm dying!!!!

Help me... please... save me...noooooo!

Together we can fight AIDS and work hand in hand,

People who have AIDS are not to be treated as untouchables.... they're as much human as we are..... They're not a low key brand!

We're humans with reason and lets play our parts,

Letting that hope of an AIDS FREE LAND kindle right within our hearts!



—Saisha Verma
English Honours
IV Semester

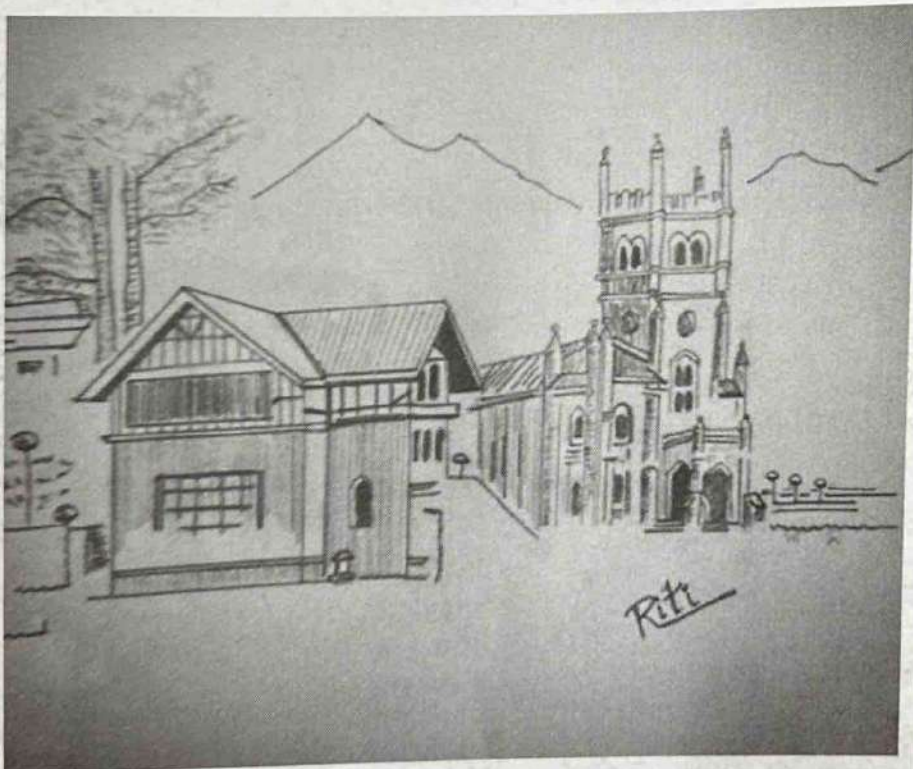


Swati Punaini
B.A. Geography
VI Semester

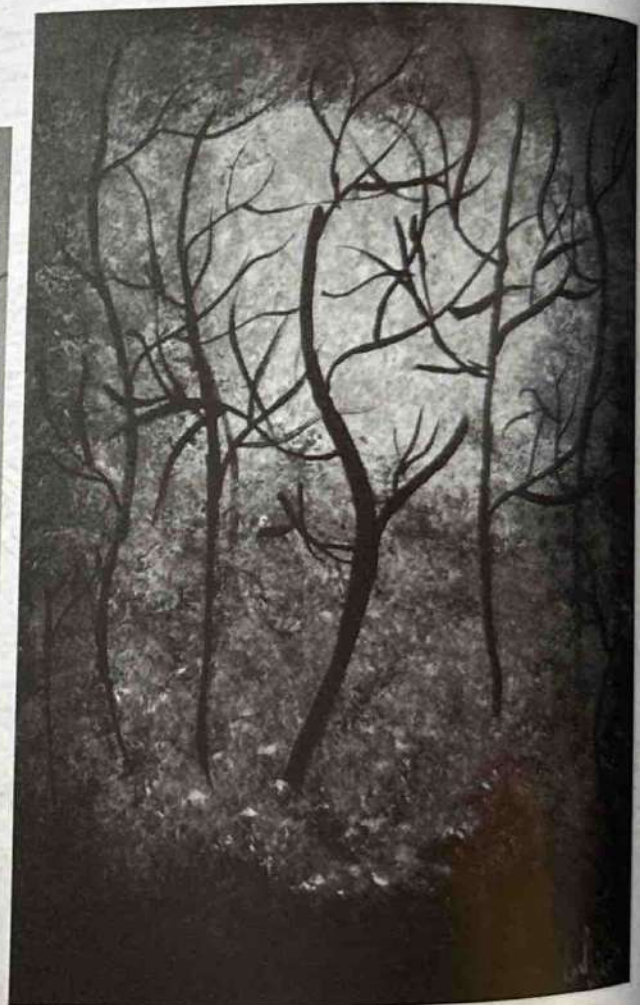


Rimple Kaul
Zoology
VI Semester

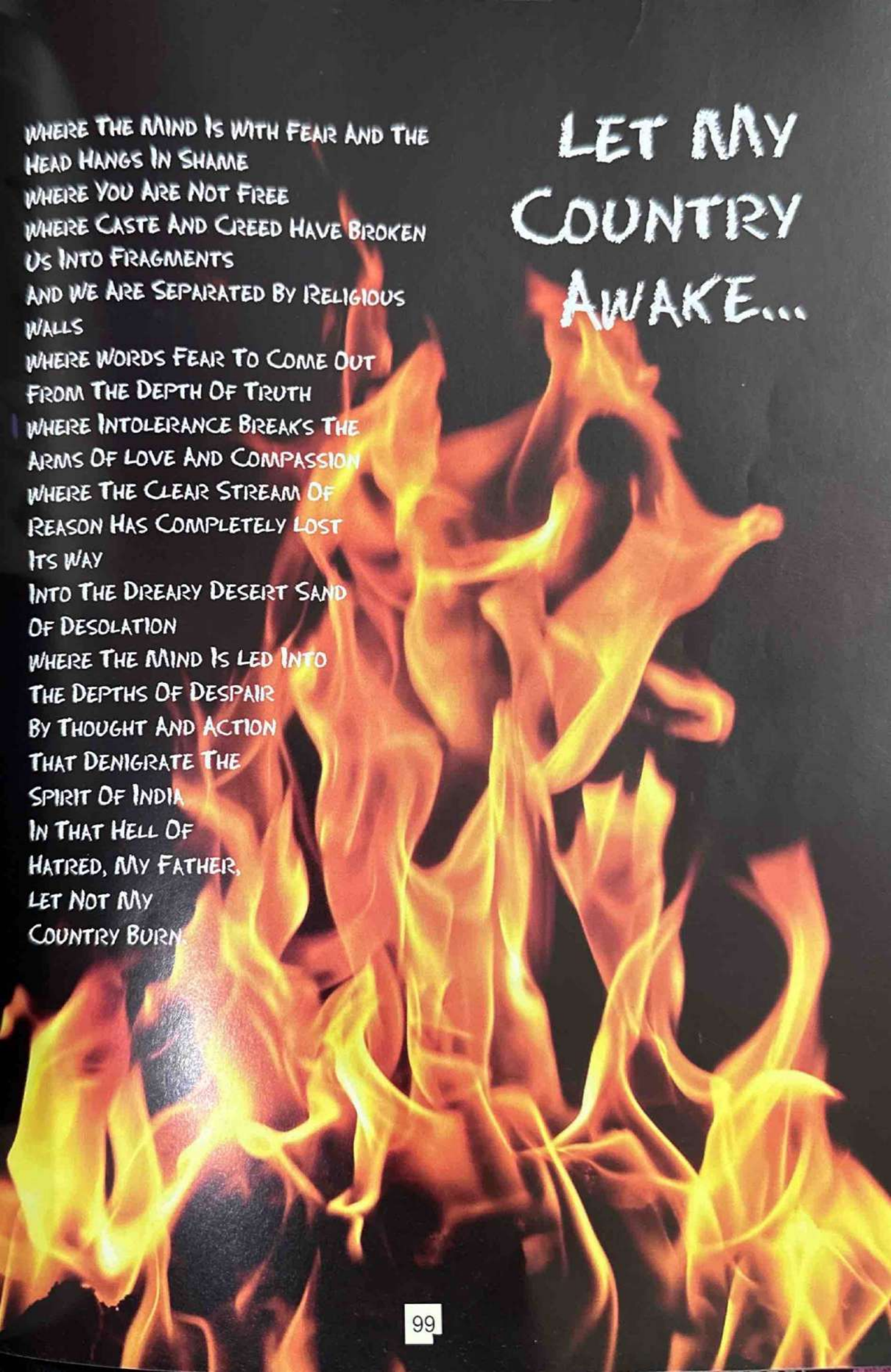
Mindscales



Riti Sharma
B.Com
VI Semester



Harshita Rahi
Microbiology Honours
IV Semester



WHERE THE MIND IS WITH FEAR AND THE
HEAD HANGS IN SHAME
WHERE YOU ARE NOT FREE
WHERE CASTE AND CREED HAVE BROKEN
US INTO FRAGMENTS
AND WE ARE SEPARATED BY RELIGIOUS
WALLS
WHERE WORDS FEAR TO COME OUT
FROM THE DEPTH OF TRUTH
WHERE INTOLERANCE BREAKS THE
ARMS OF LOVE AND COMPASSION
WHERE THE CLEAR STREAM OF
REASON HAS COMPLETELY LOST
ITS WAY
INTO THE DREARY DESERT SAND
OF DESOLATION
WHERE THE MIND IS LED INTO
THE DEPTHS OF DESPAIR
BY THOUGHT AND ACTION
THAT DENIGRATE THE
SPIRIT OF INDIA
IN THAT HELL OF
HATRED, MY FATHER,
LET NOT MY
COUNTRY BURN.

LET MY
COUNTRY
AWAKE...



Travelogue



College Trip to Kerala

A recreational tour to Kerala was organized by our college from 7 March to 15 March, 2018. Our journey began in a bus from Shimla to Delhi airport from where we boarded our flight to Cochin. We were 'warmly' greeted by a gust of hot air as we stepped out of the airbus. We already were in a different world altogether.

Kochi

As anticipated, the tour was filled with breathtaking views, irresistible cuisine and rich cultural delight. A long journey was exhausting; however we felt a surge of new energy as we were all set to explore Kochi on our first day down south. Nestled in district Ernakulam, Fort Kochi has tempted everyone who has stepped its shores – be they traders, travelers and explorers and this has resulted in a magnificent blend of Portuguese, French and Dutch cultures.

The day that followed was packed with action and adventure. A visit to Wonderla was a roller coaster in itself. It was the most electrifying and thrilling part of our visit. A day full of land and water rides left us bursting with excitement and wonder because there couldn't be a place more exuberant.

Munnar

After a vibrant stay at Kochi, we proceeded to the quiet hills of Munnar. The five hour journey to Munnar kept us captivated as lush green trees expanded as far as our eyes could

see. Also being the largest tea producing region of south, a visit to the Lockhart Tea Factory was an inevitable part of the trip. Being over 100 years old and established during the Colonial Rule, the Lockhart Tea Factory is one of a kind to be producing Orthodox Tea the traditional way. It houses a Museum with a collection of priceless photographs, a Tea Sale counter located within its premises and a tea tasting unit where the tourists are informed about the process of tea making within the factory.

A visit to the Mattupetty Dam and the Echo Point added to the charm of the place. Mattupetty Dam functions as a source of water and electricity as well as a haven for wildlife due to its deep forests. The Echo Point is a scenic destination famous for the occurrence of the natural echo phenomena. A real treat to the eyes, we absorbed the tranquil in the lap of nature which was in its best form.

Kumarakom

After soaking in the calm and quiet, we were yet to experience the most awaited part of the trip – the backwater cruise. Our cottages were built on the banks of the Vembanad Lake where we would go boating. The still waters of the lake welcomed us and we were left awestruck by the sight of palms that lined the land which united with the waters. We relished the few moments of solitude far away from the routines and tight schedules.



Kovalam

After the overnight stay in Kumarakom, we continued our journey and arrived at Kovalam on the afternoon of 13th. We were greeted by the cool sea breeze and the soothing smell of salt water from the Kovalam Beach. We spent our evening by the beach as it was the perfect spot to take leisure walks and to witness the magnificent sunset. The sky, hued with different shades of orange could see its reflection mirrored by the beach waters. The famous lighthouse stood tall as it sent signals far-off.

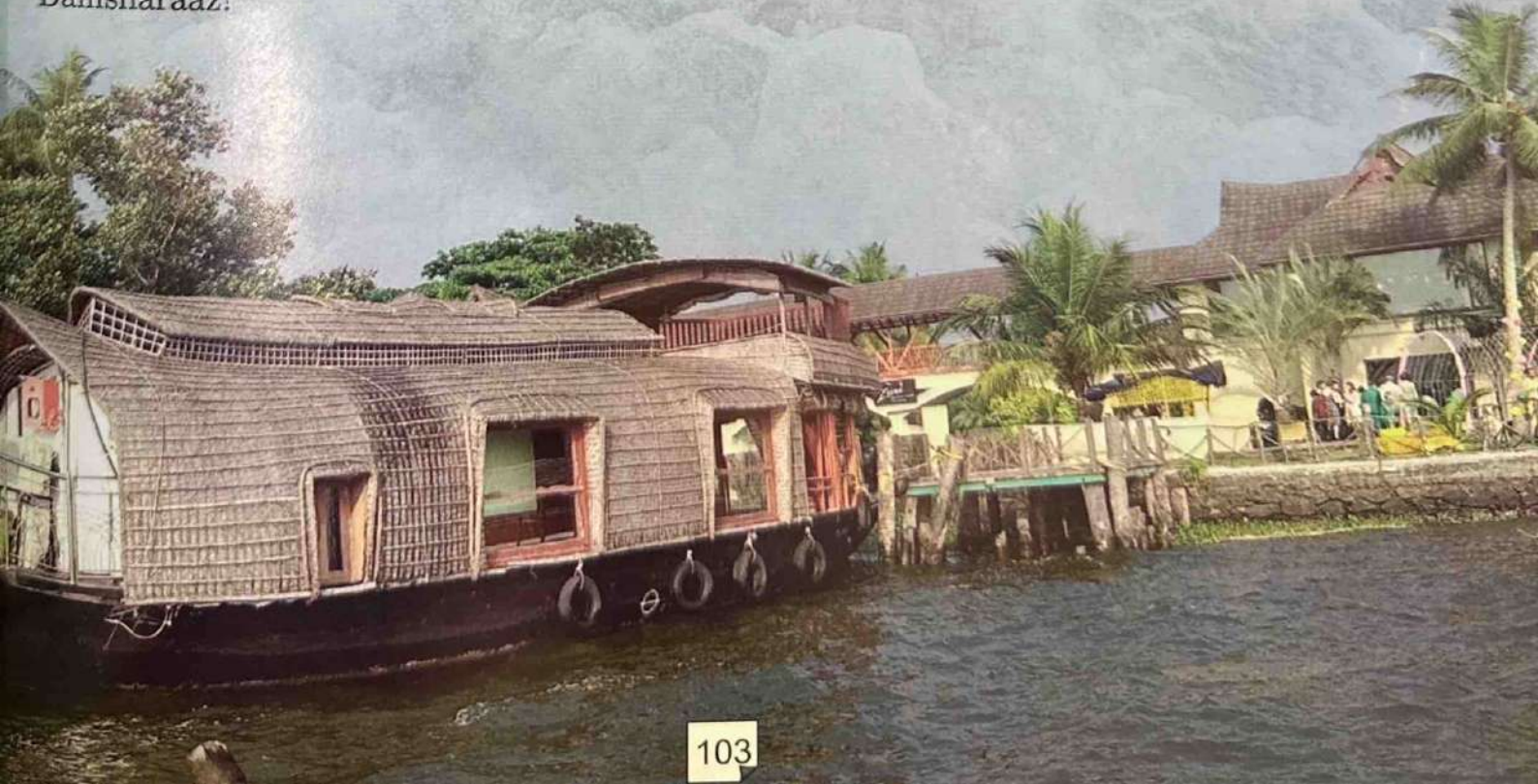
Rows of colourful shops lined the beach with an impressive array of clothing and jewellery and so our day ended with bags full of souvenirs and good memories.

Thiruvananthapuram

Our trip ended with a visit to the Shree Padmanabhaswamy Temple in Thiruvananthapuram which has ruffled feathers in the domains of science and religion alike. Yet, it has a mesmerizing effect on all its devotees.

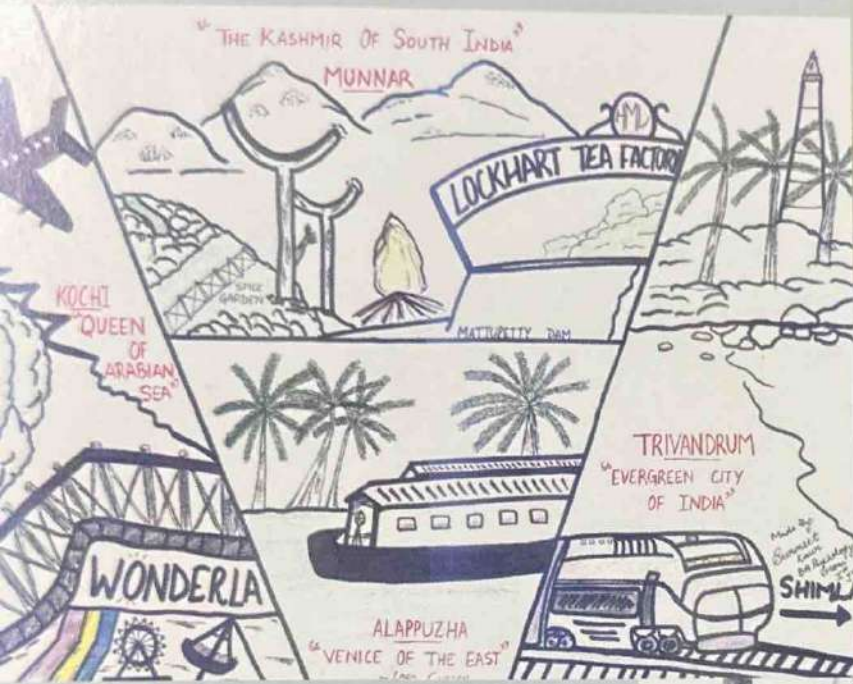
Before we left for the Railway Station, we paid a short visit to the Art Museum which left us awestruck with its collection of artifacts including headgears and paintings from Bali and Greece. Intricate idols of Indian deities stood gracefully displaying art of different periods – of Chera, Pandyas and Keralaputras. Every atom of the air felt heavy with history.

Though our trip was over, we were still left with two and a half days of journey in the train. We were travelling in Rajdhani Express and touched most of the stations as we travelled through the Western Ghats. It was a golden opportunity for all students to interact with the teachers outside the classroom; especially during long sessions of Antakshari and Damsharaaz!



Overall, Kerala proved to be paradise on earth where timeless traditions are kept alive in the face of changing times. It continues to have a magnetic effect over all travelers as it did as far back as in the 14th century. Kerala is indeed 'God's Own Country!'

—Amna Tyagi
Psychology
I Semester



Dealing With The Emotions Of Leaving College



"A College should be a place of light, of liberty, and of learning"

For some students, entering college is a terrifying and a overwhelming experience. It's a case of when the fear of the unknown is the Greatest fear of all. We don't know if we'll ever adjust to a place where every single student has to stand on their own feet and take responsibility for their education and future. The transformation from high school to college is the most significant in our lives. Sadly, some students believe that college is only about finding a job. I admit, I was one of those students but my college experience has helped me realize that college is about finding yourself; who you are as a person and the type of person you want to be. With the passage of time many beautiful memories have been added to my life. My first few days at college were like a new beginning of a new phase. I made new friends and got familiar with the teachers. This was really a year of new experiences. After that I was well known to everyone and I began to become comfortable when I connected to other students. They might come from a different state or a country, but they had the same problems and fears I did. Whether it was having enough money to pay the bills or spending sleepless night for a test. Moreover, having a job alongside college was a difficult thing {haha}. I earned alot- big gang of friends, did silly fights, had fun with friendly teachers, group studies resulting in remarkable marks, justified mistakes were



committed too and sadly..after three years the lovable journey came to an end. It was really fun. College life was just HEAVEN.

In these three years St. Bedes has transformed me into a confident woman and enhanced my leadership skills and I thank my college for that..Life is all about choices you make and St.Bede's College is the best choice I have ever made. And in between 'Freshers' and 'Farewell' life happened.

—**Jaskeen Kaur**
B.Com
VI Semester



“ College is not just a place where you'll learn answers to a lot of life's questions, but also a phase which will make you question a lot of life's answers ”

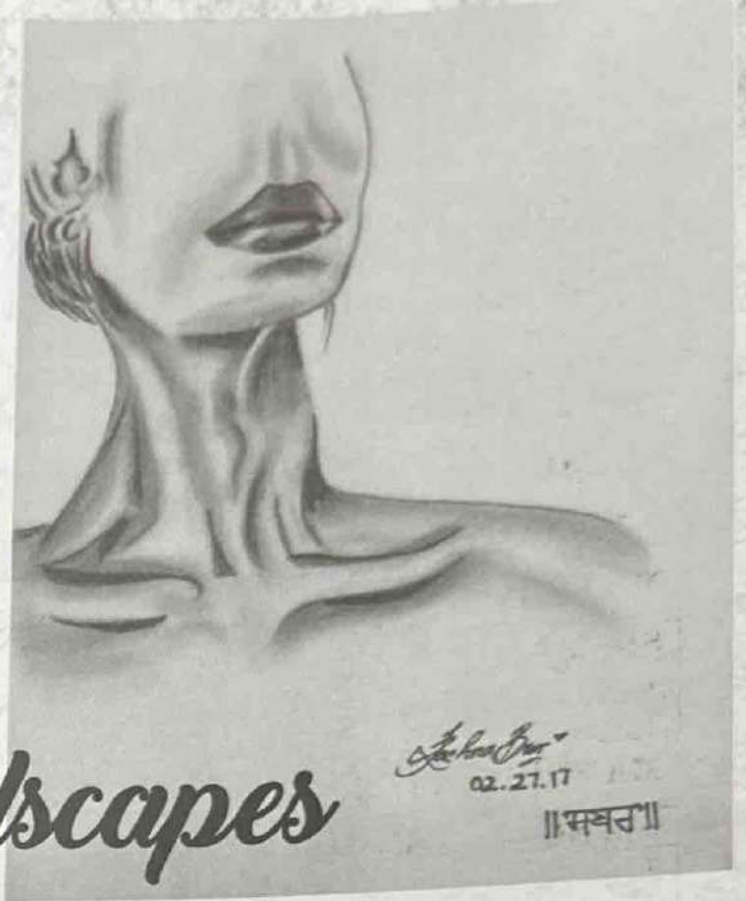
I read this quote before entering this college and was really perplexed at that time of my life but as I spent my three years of life in St. Bede's college as a Bedeian I am now very certain about the answers to the questions of my life . I literally thank my college, my Principal and my teachers for that. This college has really given me a lot be it my enhanced confidence or the bravery to face the hurdles of life.

In the end, I would like to say “Things end but memories last forever”. So I hope and pray Bedeians continue to find answers to their questions and cherish memories made throughtout their lives.

—**Maninder Kaur**
BBA
VI Semester



Megha Mukherjee
Psychology Honours
VI Semester



Rachna Brar
Psychology Honours
IV Semester

Mindscaapes



Samrta Marks
M.A. English
IV Semester



PRIZE DISTRIBUTION ACADEMIC SESSION 2017-2018

ACADEMIC PRIZES

M.COM IV SEM

SR. NO.	POSITION	NAME OF THE STUDENT
1	Ist	ALISHA CHAUDHARY
2	2nd	PRIYA CHAUHAN

M.COM II SEM

SR. NO.	POSITION	NAME OF THE STUDENT
1	Ist	AAFRIN AYAZ
2	2nd	PREETI SHARMA

MA ENGLISH IV SEM

SR. NO.	NAME OF THE STUDENT	POSITION
1	Ist in University, Ist in college	ABHILASHA TEGTA
2	2nd in University, 2nd in college	RAJNI BALI

MA ENGLISH II SEMESTER

SR. NO.	NAME OF THE STUDENT	POSITION
1	Ist in University, first in college	RADHIKA CHAUHAN
2	2nd in University, 2nd in college	DIVYA THAKUR

JBT

SR. NO.	PRIZE	NAME
1	Ist	RENAM
2	2nd	NIDHI SHARMA

PRIZE DISTRIBUTION ACADEMIC SESSION 2017-2018

SUBJECT	SEM	POSITION	NAME
1. BOTANY MAJOR	V	Ist	SAKSHI 9316
		2nd	PREET
2. ZOOLOGY MAJOR	V	Ist	DIKSHA RATHORE
		2nd	TITIKSHA KAMAL
3. CHEMISTRY MAJOR	V	Ist	MONIKA MALHOTRA
		2nd	RIA SHARMA
4. HYSICS MAJOR	V	Ist	NIKITA CHAUHAN
		2nd	KRITIKA VERMA
5. MATHEMATICS MAJOR	V	Ist	SHIVANGI SHARMA
		2nd	KRITIKA KASHWAL
6. MICROBIOLOGY MAJOR	V	Ist	PARUL MEHRA
		2nd	ANAMIKA SHARMA
7. BIOTECHNOLOGY MAJOR	V	Ist	RAJBALA SINGH SHEKHAWAT
		2nd	SHAGUN BHATIA
8.BSC COMPUTER SCIENCE MINOR	V	Ist	TARANNUM
		2nd	SHAGUN
8. GEOGRAPHY MAJOR		Ist	SINDHUJA SHARMA
		2nd	NUTAN

10.GEOGRAPHY Pass course	III	Ist	VAISHALI VERMA
		2nd	NISHA
11.GEOGRAPHY Honours	III	Ist	NITIKA NEGI
		2nd	RISHITA GARG
12.HISTORY	III	Ist	NITIKA NEGI
		2nd	RITIKA SHARMA
13.ENGLISH PASS COURSE	III	Ist	NGURTHANPUII SAILO
		2nd	LALSIAMTHARI
14.ENGLISH HONOURS	III	Ist	1.VARINDA SHARMA 2. SIMRAN KAUR
		2nd	DIVYANSHI BHARDWAJ
15.ENGLISH COMPULSORY	III	Ist	LALSIAMTHARI
		2nd	MITUL CHAUHAN
16.HINDI	III	Ist	NIVEDITA CHAUHAN
		2nd	RITIKA
17.ECONOMICS	III	Ist	RISHITA GARG
		2nd	MITUL CHAUHAN
18.POLITICAL SCIENCE	III	Ist	SAISHA VERMA
		2nd	SUMEDHA AGGARWAL
19.PSYCHOLOGY Pass course	III	Ist	DIVYANSHI BHARDWAJ
		2nd	ANCHAL THAKUR
20.PSYCHOLOGY HONOURS	III	Ist	NANDINI GARG
		2nd	AMANAT DHMOON
21.DANCE	III	Ist	SANJANA
		2nd	
22.MUSIC INSTRUMENTAL	III	Ist	PREETI SHANDIL
		2nd	TAMANNA CHAUHAN
23.B.COM	III	Ist	PRACHI VERMA
		2nd	NEEVIA THALIYARI
24.BBA	III	Ist	LEENA THAKUR
		2nd	YAKTA LAL
25.BCA	III	Ist	BHUVAN THAKUR
		2nd	AMRIT KAUR
SUBJECT	SEM	POSITION	NAME
1.BOTANY	I	Ist	KATYANI SHARMA
		2nd	SARISHTI SHARMA
2.ZOOLOGY	I	Ist	YOGITA THAKUR
		2nd	KATYANI SHARMA
3.CHEMISTRY	I	Ist	ANUJA THAKUR
		2nd	ANUSHKA SHARMA

4. PHYSICS	I	Ist	DIKSHA SHARMA
		2nd	ANUJA THAKUR
5. MATHEMATICS	I	Ist	KALPANA THAKUR
		2nd	MITALI PUNDIR
6. MICROBIOLOGY HONOURS	I	Ist	POOJA KAPOOR
		2nd	SHARISHTI KANWAR
7. BIOTECHNOLOGY HONOURS	I	Ist	SONAL SHARMA
		2nd	ALEFIA JARET
8. NUTRITION AND HEALTH EDUCATION	I	Ist	VANSHIKA JAIN
		2nd	PRATISHTHA THAKUR
9. APPAREL DESIGN AND CONSTRUCTION	I	Ist	GARIMA SHARMA
		2nd	MONITA KAUR
10. GEOGRAPHY Pass course	I	Ist	SUHASINI SHARMA
		2nd	PALAK
11. GEOGRAPHY Honours	I	Ist	MANSI
		2nd	AAYUSHI
12. HISTORY	I	Ist	MITALI VERMA
		2nd	AYUSHI BHIKTA
13. ENGLISH PASS COURSE	I	Ist	ANUJA SHARMA
		2nd	SADHIKA CHAUHAN
14. ENGLISH HONOURS	I	Ist	CHITWAN JAMWAL
		2nd	CHERISHDEEP KAUR
15. ENGLISH COMPULSORY ARTS	I	Ist	KAJOL GERA
		2nd	BHAWNA PANWAR
16. ENGLISH AECC	I	Ist	DHAWANI JASROTIA
		2nd	CHITWAN JAMWAL
17. ENGLISH BSC	I	Ist	HITAQSHI SHARMA
		2nd	KARISHMA VERMA
18. ENGLISH BSC-MICROBIOLOGY/ BIOTECHNOLOGY	I	Ist	SONAL SHARMA
		2nd	POOJA KAPOOR
19. BSC COMPUTER SCIENCE	I	Ist	APOORVA
		2nd	PRIYANKA
20. HINDI	I	Ist	CARROL SONI
		2nd	SISTER ALKA
21. ECONOMICS PASS COURSE	I	Ist	GEETIKA JASWAL
		2nd	MUSKAN RATHORE

22.ECONOMICS HONOURS	I	Ist	BHANU SHARMA
		2 nd	MUSKAN THAKUR
23.POLITICAL SCIENCE	I	Ist	AMISHA CHAUHAN
		2 nd	BHAWNA PANWAR
24.PSYCHOLOGY Pass course	I	Ist	SUHASINI SHARMA
		2 nd	GARIMA AHUJA
25.PSYCHOLOGY HONOURS	I	Ist	AAMNA TYAGI
		2 nd	DIVANSHI CHAUHAN
25.DANCE	I	Ist	MEHAK
		2 nd	PALAK
26.MUSIC INSTRUMENTAL	I	Ist	SONAM CHAUHAN
		2 nd	TABASUM JAVID
27.B.COM	I	Ist	JANVI INSAAN
		2 nd	VANSHIKA SOOD
28.BBA	I	Ist	SANYA KHAN
		2 nd	PREKSHA AHUJA
29.BCA	I	Ist	SRISHTI THAKUR
		2 nd	VAISHALI SHARMA

SPECIAL ACADEMIC PRIZES

There are some special awards given to the students for excellence in various subjects constituted by faculty members.

Prof. R.S. Pathania Memorial Award

- ◆ Botany Topper B.Sc V semester SAKSHI (Regd. No. 9316) gets Prof.R.S. Pathania Memorial Award cash Rs. 2100/-

Excellence in Home Science

- ◆ Home Science Topper B.A. V semester YASHIKA SHARMA gets a cash prize of Rs. 1100/ for excellence in Home Science by Ms Nandini Pathania.

Excellence in Mathematics

- ◆ Mathematics Topper Vth Sem SHIVANGI SHARMA gets a cash prize of Rs. 2000/ for excellence in Mathematics by Mr. D.V.Pathania.

Professor G.R. Sud Memorial Award

Psychology topper B.A V Semester RAKSHA SINGH gets a cash prize of Rs. 1100/ for excellence in Psychology from by Dr. Shonali Sud.

- ◆ Dr. Rana Nayyar Trophy for excellence in English Honours for three years.

This trophy has been constituted by one of our ex-colleagues who is presently serving as a Professor in Panjab University, Chandigarh. ADITI JANDROTIA (Vth) gets this trophy and a cash prize of Rs. 1100/.

Prize Distribution for Session 2017-18

Non Academic

Best User of the Library

S.No.	Name of the student	Class
1.	Aamna Tyagi	B.A. psychology Hons. 2 nd Sem.
2.	Sumedha Agrawal	B.A. English Hons. 4 th Sem.
3.	Mukta Thakur	B.Sc. Microbiology Hons. 4 th Sem.
4.	Ritika Sharma	B.A. Geography Hons. 6 th sem.

Meritorious Students for the year 2017: The central library of the college has initiated the practice of giving special facilities to the Meritorious Students.

- ◆ Deepanvita Bhargava- B.Sc. Microbiology Hons. 4th Sem.

Book Talk Winners

1st Position- Nivedita Mishra- M.A. English 2nd Sem.

2nd Position- Puneet Chhatwal- B.A. 6th Sem.

SHIPS

INS VIKRANT

Various competitions held on "Hindi Diwas" (14/09/2017)

Competitions	Position	Name	Class
Dance	1 st	Aiashan Chauhan	B.Sc 1 st Year
Declamation	1 st	Bhawna Chauhan	B.Sc 2 nd Year
Monologue	1 st	Akshika	BBA 2 nd Year
Singing	1 st	Sunanda	B.Sc 2 nd Year

Class Room Activities (Hindi Saptah)

Prizes for:-

Best Actor 1st Kanishka Sharma BBA 1st Year

Creative Writing 2nd Kritika Kashwal B.Sc 3rd Year

Essay Writing 2nd Aabha B.Sc 3rd Year

Declamation 1st Kanishka Sharma B.A 1st Year

Hindi Diwas:-

Bhashan- 2nd Prize Manmeet Chhatwal

Poem:- 2nd prize Aashna Kandhaari

Declamation- 2nd prize Amisha Sharma

Sports

Table Tennis- 1st Position (Joyce, Anupriya, Diksha)

Basketball 1st Prize

- 1) Sasha Bakshi
- 2) Amanat Chauhan
- 3) Angelina Joseph
- 4) Tarkeshwari
- 5) Simran Sharma
- 6) Kamini

AIDS Day (30/11/17) Competitions

Essay writing – 1st position- Aiashna Chauhan
(Slogan) 2nd Prize- Angela Chandel
(Poster) 1st Prize- Areeba Ikram

Declamation- 2nd prize Amisha Sharma

NCC Activity

- 1st position in Poster making- Ishita
- 1st position in Poster making- Niharika
- 2nd position- in Poster making- Garima Ahuja
- 1st position in Essay Writing- Komal Choya
- 2nd position in Essay Writing- Niharika
- 2nd position in Essay Writing- Ikshita

Department of Home Science

Competition held on the 'Importance of Mothers Milk' on August 4, 2017

- 1st Areeba Ikram (English Hons., Sem.II)
- IInd Surmeet Kaur (Psychology Hons., Sem.II)
- IIIrd Sanjana (B.Com, Sem.II)

Competition of Innovative recipes which were made without cooking:-

- Ist- Cheryl Lal (Sem.II)
- IInd- Pratihtha Thakur (Sem. II)
- IIIrd- Sakshi Luthra (Sem. V)
- Consolation Prize- Ritika Nanta (Sem.III)

National Science Day Activities

Poster making

- 1st Position- Supriya
- 2nd Position- Nikita Chakraborty
- 3rd Position- Nikita Chauhan

Rangoli Making

- 1st Position- Sunanda
- 2nd Position- Harnoor
- 3rd Position- Anshula

Essay Writing

- 1st Position- Samriti
- 2nd Position- Apoorva Sood
- 3rd Position- Priyanka Kanwar

FIRST BEST SHIP: INS VIKAS

SECOND BEST SHIP: INS VIKRANT

*****Awarded by Manju Seth president Ex- Bedeian Association for living up to the college motto," Non Nobis Solum" and a cash ptize of Rs 2500 to Puneet Chhatwal.**

***** Awarded by Manju Seth president Ex- Bedeian Association for consistent performance in curricular and co-curricular activities and a cash prize of Rs. 2500 to Manmeet Chhatwal.**

Special recognition is given to the following students for their "committed and selfless services" to the college

- ◆ Sonali Rathore
- ◆ Rebecca
- ◆ Swati Punaini
- ◆ Simran Chauhan
- ◆ Shalini Sharma
- ◆ Raksha Singh
- ◆ Simran Arora
- ◆ Aditi Jandrotia
- ◆ Sehaj Deep Kaur
- ◆ Unnati Bhuttani
- ◆ Medha Sharma
- ◆ Varsha Thakur
- ◆ Shagun Bhatia

Ex- Bedeians : A link with the past

Some outstanding achievers of St. Bede's creating history and forever inspiring the young Bedeians to transform their dreams into reality through sweat, determination and hardwork.

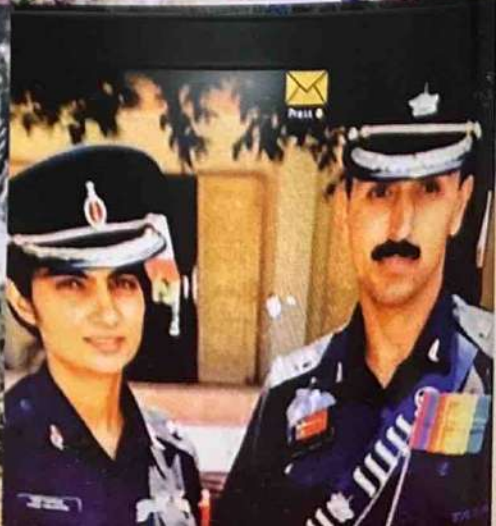
1. Priya Jhingan



Mrs. Priya Jhingan is the **first woman to join as Major in the Armoured Corp of the Indian Army.** She shares that it was her single-mindedness that won her an entry into the Army. Soon after she finished her graduation, she wrote a letter to the then Chief of Army Staff, General Sunith Francis Rodrigues, requesting him to open the doors of the armed services to women. The General wrote back saying the Army was planning to induct women



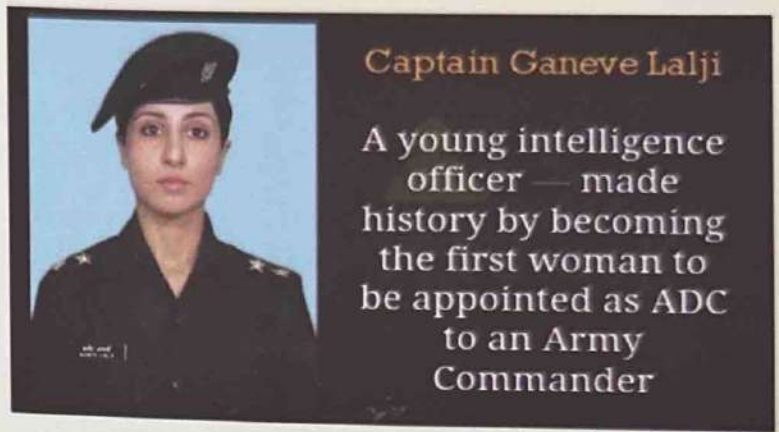
in a year or two. That's all it took for her to strike the career plan of becoming a police officer, like her father and await the Army to stay true to its promise. Years later, the signed letter from the General remains a prized possession for her. After serving for 10 years in Indian Army as a lady officer, Mrs. Priya Jhingan retired on 5th March 2003. Presently, she is teaching in Lawrence School Sanawar, inspiring young students to be successful in life.





2. Ganeve Lalji

Major Ganeve Lalji is the first woman ever to be appointed ADC (aide-de-camp) to an Army Commander. A third generation Army officer, Lieutenant Lalji was commissioned in the Corps of Military Intelligence in 2011 and has recorded several achievements during her 'Young Officers' course in Pune. She was selected as the ADC through a meticulous selection process in 2013. ADCs are officers who serve as a personal assistant of top officers including the Army Chief and Army Commanders.



Captain Ganeve Lalji

A young intelligence officer — made history by becoming the first woman to be appointed as ADC to an Army Commander

3. Nidhi Chawla

Nidhi Chawla, a Criminal Lawyer by profession, and author of the book 'Mask in the Mirror' is presently practising in the High court of Himachal Pradesh, Shimla. She uses her insight into human nature and psychological aberrations to probe a writer's brain.

Mask in the Mirror is a gripping story of self discovery, introspection, and a touching saga of how fictional life can change the real life of an ordinary man.

More power to these magnificent women who have challenged, shaped and smashed the status quo.

Lawyer-turned writer makes debut with fiction

Author: Nidhi Chawla

Book: Mask in the Mirror

She is a criminal lawyer by profession, but she has been writing fiction for some time. Her debut novel 'Mask in the Mirror' is a gripping story of self-discovery, introspection, and a touching saga of how fictional life can change the real life of an ordinary man.

Academy of arts honours creative ambassadors

Progress karma is entered its ills in 1978.

Kidwai is not interested wer play as about trivia.

s more sidelights re broad of Sanjays, especially be kind of ting image dira and jild dicta- a Sultana hi in her s' and su- of shops in

the Turkaman Gate area.

MASK IN THE MIRROR

NIDHI CHAWLA

Cedar Books

Pages: 312

Rs 295

A novel about Writer and writing, it is about how an ordinary person gets transformed by the very process of writing and the mystifying interaction between the author and characters. This is rather indulgent meta-fiction.

and tips

Mask in the Mirror

by Nidhi Chawla. Cedar Books Pustak Mahal

LIVING a writer's life is like straddling two bizarre worlds. The book narrates the journey of an ordinary man who decided to write one day. The first sentence of his book changes his life as he confronts himself.

The writer, a simpleton, realises is complex temperament and abstraction of thoughts as he metamorphoses into a writer. Author Nidhi Chawla, a criminal lawyer by profession, uses her insight into human nature and psychological aberrations to probe a writer's brain.

A Requiem for a Brand

by Pradip Chanda. Roli-Lotus

BRANDS call the business shots in the 21st century.

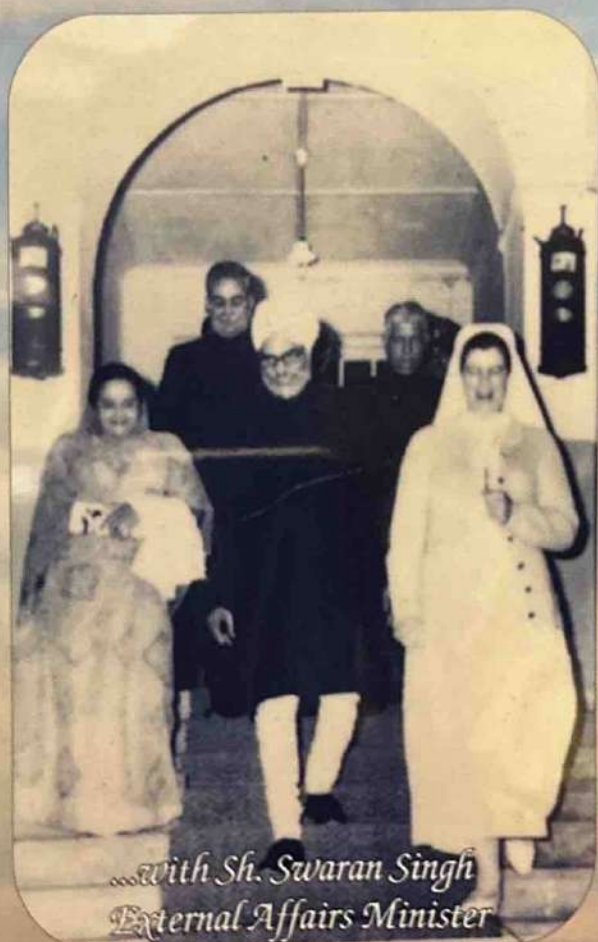
In Memoriam

"The Wind beneath our Wings"

Sr. Agatha was the Principal of St. Bede's College from 1969-1977. We mourn her sad demise in May 2018.



Sr. Agatha McLaughlin



*...with Sh. Swaran Singh
External Affairs Minister*




...with Sh. Suraj Bhan V.C. Punjab University

In fond remembrance



Michael Lawrence

Cherished by students and staff alike Michael was the life and soul of the administrative block at St. Bede's. He will be dearly missed for his sense of humor and his authority over the Bedeians. Rest in peace Michael.



Manju Sethi was the founder President of the Ex-Bedelian Association. A dynamic woman, she actively initiated and carried out the EBA responsibilities. St. Bede's expresses its heartfelt condolences to the family on her untimely demise.

R. I. P.

In Loving Memory of



Mr. Paul Xavier who retired in 2015
December after serving the college
for over 45 years. The Bedeian
community expresses its heartfelt
condolences to the family
on his untimely demise.



हिन्दी अनुभाग



सम्पादकीय



सभी पाठकों को सादर नमस्कार,



भावनाओं की अभिव्यक्ति एक कला है। हृदय में छिपी भावनाओं को व्यक्त करना आवश्यक है चाहे वह किसी भी माध्यम से हो। अपने भावों को अभिव्यक्त करने का एक ऐसा ही माध्यम है हमारे कॉलेज की वार्षिक पत्रिका 'एकोज' जो छात्राओं को हर वर्ष अपनी प्रतिभा

व रचनात्मकता प्रस्तुत करने का अवसर प्रदान करती है। इसका हिन्दी व अंग्रेजी दो अलग अनुभागों में प्रकाशन इसे विशेष बनाता है। हमारे महाविद्यालय की यह वार्षिक पत्रिका अभिव्यक्ति के साथ-साथ छात्राओं की रचनाओं के माध्यम से समाज में बदलाव को भी प्रेरित करती है।

इस सम्पादकीय के माध्यम से मैं उन सभी को आभार व्यक्त करना चाहूँगी जिनकी सहायता से 'एकोज' का प्रकाशन कार्य पूर्ण हो पाया। मैं सेंट बीड्स की उन छात्राओं को धन्यवाद कहना चाहूँगी जिन्होंने अपनी रचनाओं से 'एकोज' में अपना योगदान किया।

साथ ही साथ मैं हमारी हिन्दी अध्यापिका मैम डॉ. संगीता सारस्वत जी की भी आभारी हूँ जिसके मार्गदर्शन के बिना यह कार्य सम्भव नहीं था और मुझे पर इतना विश्वास रखा व मुझे हिन्दी अनुभाग के सम्पादन का कार्यभार सौंपा।

मुझे हमारी वार्षिक पत्रिका 'एकोज' का वर्ष 2017-18 के संस्करण को आप सभी के समक्ष प्रस्तुत करते हुए बहुत प्रसन्नता हो रही है।

मैं आशा करती हूँ कि सभी को हमारे कॉलेज की छात्राओं के प्रभावशाली व रचनात्मक लेखन पसंद आएँगे।

तरु मैहता
वाणिज्य - छठा सत्र

हिन्दी सप्ताह

हिन्दी सप्ताह
अन्तर्यानी प्रतियोगिताएँ
गतिविधियाँ विषय स्थान

नारा लेखन	मातृभाषा का महत्व	सभागार
चित्रकला	प्रकृति के विभिन्न रूप	सभागार
कोलाज	राष्ट्रभाषा का महत्व	सभागार
निबंध लेखन	हिन्दी का महत्व	D9
भाषण	हिन्दी का महत्व	D9
रचनात्मक लेखन		D9
कविता पाठ	विभिन्न कवियों की कविताएँ	D9
संवाद सम्प्रेषण	नाटक के संवाद	D9
सुलेख	हिन्दी भाषा	D9

हिन्दी दिवस के उपलक्ष्य में तथा हिन्दी को प्रोत्साहन देने हेतु हिन्दी दिवस से पूर्व 'हिन्दी सप्ताह' मनाया गया जिसमें अनेक गतिविधियाँ आयोजित की गईं इन गतिविधियों को और रोचक व नया रूप देने के लिए इसे अन्तर्यानी प्रतियोगिता का रूप दिया गया जिसमें छात्राओं ने बढ़-चढ़ कर भाग लिया।

हिन्दी सप्ताह अगस्त अंत में आरम्भ हुआ जिसमें चित्रकला, नारा लेखन, भाषण व निबंध लेखन, कोलाज, कविता पाठ, रचनात्मक लेखन, संवाद सम्प्रेषण व सुलेख जैसी विभिन्न प्रतियोगिताएँ आयोजित करवाई गईं।

कॉलेज की वरिष्ठ अध्यपिकाओं ने इन गतिविधियों में निर्णायक की महत्वपूर्ण भूमिका निभाई व प्रतियोगी छात्राओं में से सर्वश्रेष्ठ प्रतिभागी का प्रत्येक स्पर्धा में से चयन किया गया।



हिन्दी दिवस

14 सितम्बर, 2017 को कॉलेज सभागार में बड़े हर्षोल्लास के साथ हिन्दी दिवस मनाया गया। समारोह का आरम्भ सुबह 10.30 बजे माननीय प्रधानाचार्या डॉ. सिस्टर बीना जॉन, मैम डॉ. संगीता सारस्वत, मैम डॉ. मीनाक्षी शर्मा ने पंचदीप प्रज्ज्वलित कर किया।

सभागार में प्रस्तुत सभी आचार्यों व छात्राओं का स्वागत भाषण द्वारा किया गया जिसमें सभी को हिन्दी भाषा के गौरव से अवगत करवाया गया। साथ ही एक स्वागत नृत्य भी प्रस्तुत किया गया।

हिन्दी दिवस पर अनेकों गतिविधियाँ आयोजित की गईं जिनका उद्देश्य हिन्दी भाषा को प्रोत्साहन देना था।



निर्णायक मंडल

इन सभी गतिविधियों को अन्तर्यानि प्रतियोगिता का रूप दिया गया जिसमें कि यान चिराग, यान हिम्मत, यान विकास व यान विक्रांत की अनेकों छात्राओं ने बड़-चढ़ कर भाग लिया। सर्वप्रथम काव्य पाठ प्रतियोगिता का आयोजन हुआ। इसके उपरांत भाषा, लघु-नाटिका, एकल गान, एकल अभिनय व एकल नृत्य की प्रतियोगिताएँ एक-एक करके आयोजित की गईं जिनका परिणाम कुछ इस प्रकार रहा :

काव्य पाठ :

प्रिया नेगी (विकास), आशना (हिम्मत)

भाषण :

भावना (विक्रांत), प्रतिष्ठा (विकास)

लघु नाटिका :

1) विकास, 2) चिराग



एकल गान :

1) आमना (विकास), 2) सुनंदा (विक्रांत)

एकल अभिनय :

अक्षिका (विक्रांत), वर्षा (विकास)

एकल नृत्य :

आशना (विक्रांत), दृष्टि (चिराग)

सर्वश्रेष्ठ अभिनेत्री :

1) कनिष्का (विक्रांत), 2) वर्षा (विकास)



कॉलेज अध्यापिकाओं ने इन गतिविधियों में निर्णायक की महत्वपूर्ण भूमिका निभाई जिन कॉलेज प्राध्यापिकाओं ने इन गतिविधियों में निर्णायक की भूमिका निभाई वह इस प्रकार हैं : मैम नंदिनी, मैम अनुजा, मैम मधु, मैम अंजली



वधावन, मैम अलका सिन्हा, मैम डॉ. अनुपमा तोमर, मैम डॉ. दीप्ति बजनी, मैम डॉ. गीतांजलि महेन्द्रा। कार्यक्रम का समापन मैम डॉ. संगीता सारस्वत के प्रेरणादायक शब्दों से हुआ जहाँ उन्होंने छात्राओं की प्रतिभा व रचनात्मकता को सराहा और भविष्य में भी ऐसी गतिविधियों में भाग लेने के लिए प्रोत्साहित किया व मैम डा. कल्पना शर्मा के मधुर गीत से हुआ।

इस प्रकार इस सत्र में 14 सितम्बर को मनाए गए हिन्दी दिवस का समापन इस शिक्षा से हुआ कि हम विश्वभर की कोई भी भाषा सीख लें परन्तु अपनी मातृभाषा हिन्दी को निरन्तर व्यवहार में लाकर उसमें कुशलता हासिल करेंगे व मातृभाषा का सम्मान बढ़ाएंगे।

हिन्दी विभाग की अन्य गतिविधियां

अन्तरविषयक, अन्तरकक्षा संगोष्ठियां (हिन्दी, अंग्रेजी, इतिहास)

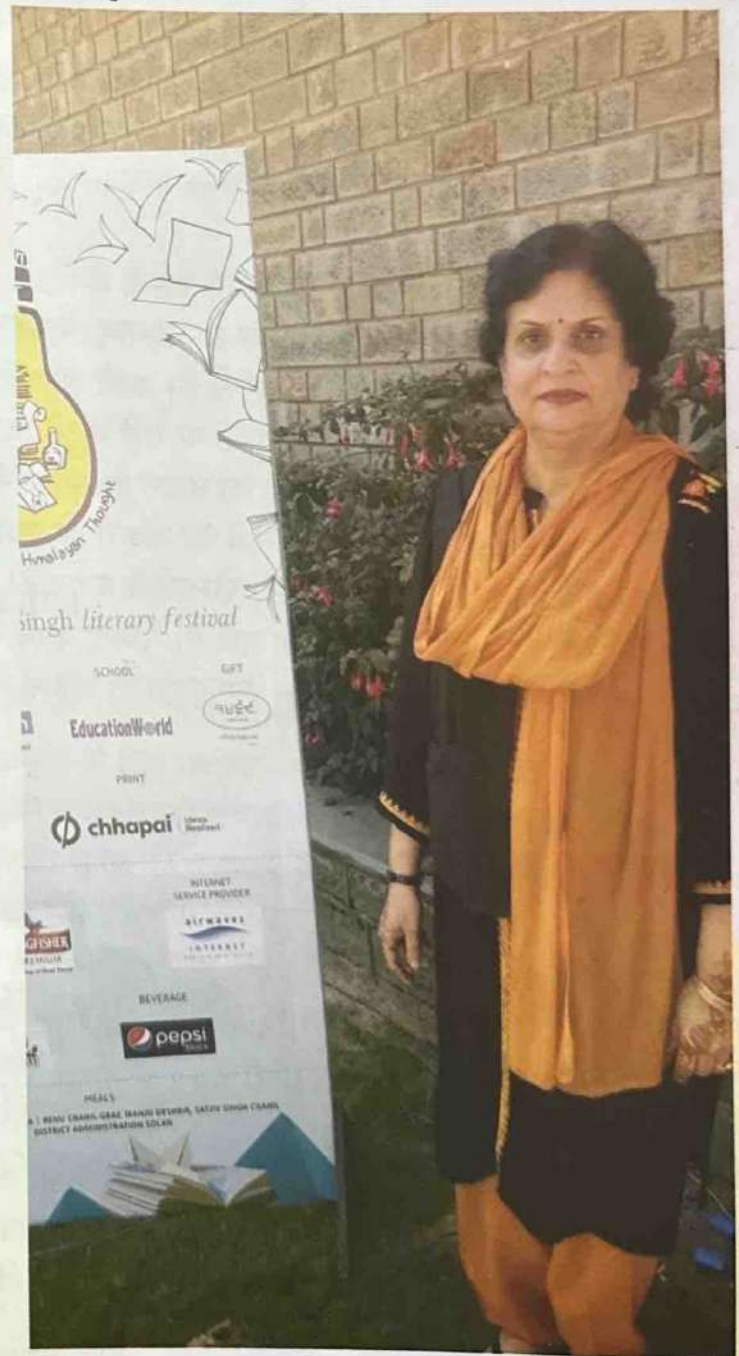
बुक टॉक,





शिक्षक गतिविधियां

खुशवन्त सिंह साहित्यिक पर्व में उपस्थिति



नारी और नौकरी

वर्तमान युग अर्थ प्रधान युग है। भौतिकवादी विचारधारा के विकास के साथ-साथ यह विचार विकसित हुआ कि जीवन का वास्तविक सुख अधिकाधिक उपभोग में है। सुख का आधार है अधिक से अधिक वस्तुओं, पदार्थों का उपभोग। इच्छाओं की पूर्ति के लिए अधिक परिश्रम करके, अधिक धन कमाकर, सुखी हुआ जा सकता है। यही आज के युग का मूल मन्त्र है। जो व्यक्ति आज भी इच्छाओं को कम करने, संयम से रहने की वकालत करता है उसे आज पुरातनपंथी, पिछड़ा हुआ माना जाता है। आज सुखी जीवन का पर्याय है सुन्दर, बड़ा-सा घर, नौकर-चाकर प्रत्येक कमरे में टी.वी., पंखा, एयर-कन्डीशनर, फ्रिज, संलग्न बाथ-रूम, स्टीरियो सिस्टम आदि। अब घर में प्रत्येक व्यक्ति अपने लिए सुविधाएं चाहता है। सप्ताहांत में रेस्तरां में भोजन, सैर-सपाटा और मौज-मस्ती यही आज के सुखी जीवन के आधार हैं। निश्चय ही इन सबके लिए पैस चाहिए। मध्यम वर्ग भी इन सारी वस्तुओं और सुविधाओं को पाने के लिए लालायित रहता है इसलिए घर की महिलाओं को नौकरी करके पैसे कमाने पड़ते हैं आमतौर पर यह कहा जा सकता है कि एक आदमी की आय से घर नहीं चल सकता है। सुखी, समृद्ध जीवन के लिए पत्नी का घर से बाहर जाकर काम करना आवश्यक हो गया है।

आज की आधुनिक, शिक्षित नारी किसी कारणवश काम करती हो, ऐसा नहीं है। बड़े-बड़े अधिकारियों और राजनेताओं की पत्नियाँ नौकरी कर रही हैं। व्यावसायिक परिवारों की महिलाएँ भी नौकरी कर रही हैं। क्योंकि नौकरी करके महिलाएँ यह सिद्ध कर रही हैं कि नौकरी उनके लिए स्वतंत्रता का माध्यम है, अपने स्व को, अपने अस्तित्व को प्रमाणित करने का साधन है।

नौकरी करके महिलाएँ सिद्ध करना चाहती हैं कि वे समाज में उपयोगी काम करके अपनी आजीविका कमा सकती हैं। मध्यम वर्ग की नारी पारिवारिक आवश्यकताओं की पूर्ति हेतु नौकरी करती हैं। आर्थिक आत्म-निर्भरता प्रायः उसके व्यक्तित्व के विकास में साधक बनती है। उसमें आत्मविश्वास पैदा करती है। निम्न वर्ग की महिलाएँ तो सदा से खेत-खलिहान में, मिल कारखानों में, सड़क पर रोड़ी कूटते हुए अथवा मजदूरी करते हुए देखी जा सकती हैं। यही उनके लिए आजीविका कमाने के साधन जुटाने का साधन है। समाज में परिवर्तन की सूचना मध्यम वर्ग में आ रहे परिवर्तनों से ही मिलती है। आज भारत में मध्यम वर्गीय नारी की नौकरी को एक तथ्य के रूप में स्वीकारा जा चुका है और प्रत्येक परिवार अपनी बेटियों, बहुओं को नौकरी के लिए प्रोत्साहित करता है। आज नारी के लिए नौकरी करना गौरव और सम्मान का सूचक है। निन्दा या अपमान का कारण नहीं है। नौकरी करने वाली युवतियों को अच्छा वर, अच्छा घर-बार मिलने में सुविधा रहती है और प्रायः दहेज भी कम देना पड़ता है। महिलाओं की नौकरी को आज सामाजिक स्वीकृति पूरी तरह मिल चुकी है।

—रितिका नान्दा
कला-चतुर्थ सत्र

समय

कितना भी पकड़ लो फिसलता ज़रूर है
ये वक्त है साहब, बदलता ज़रूर है।

समय किसी की दहलीज़ पर नहीं ठहरता। कल किसी का था आज किसी और का है। 'सब समय का ही खेल है' अक्सर लोगों को यह कहते सुना ही होगा। समय राजा को भी रंक बना सकता है और रंक को राजा। समय बड़ा बलवान है। मनुष्य कितना भी प्रभावशाली क्यों न बन जाए समय को मात नहीं दे सकता।

समय गतिमान है। वह निरन्तर अपनी गति से आगे बढ़ता रहता है। वह अपनी गति को न तो किसी व्यक्ति के लिए तेज करता है और न ही किसी के लिए अपनी गति को धीमे करता है। समय न किसी के लिए रुका है, न ही किसी के लिए रुकेगा। यही हमारी सफलता का आधार है। समय के साथ चलने से सफलता मिलती है और पिछड़ जाने से दुःख।

लोग बीते हुए कल के बारे में सोचकर या फिर आने वाले कल की फिक्र में अपने आज के उस समय को बर्बाद कर देते हैं जो उनके हाथ में है और समय की यही बरबादी विकास की राह में सबसे बड़ा शत्रु है। एक बार हाथ से निकला हुआ समय कभी वापस नहीं आता इसलिए जीवन में कुछ बड़ा करने के लिए समय का सदुपयोग ज़रूरी है। क्योंकि वक्त और सागर की लहरें किसी की प्रतीक्षा नहीं करती। जो व्यक्ति समय का महत्व समझते हैं वही विश्व पटल के इतिहास पर सदैव विद्यमान रहते हैं।

- तरु मैहता

वाणिज्य - छठा सत्र

माँ

लोग न जाने मन में क्या - क्या छिपा कर रखते हैं। मन की बात मन में ही नहीं रखनी चाहिए। एक लड़की अपनी माँ के बहुत करीब होती है। अपनी माँ के पास सब कुछ बताती है। अपनी सारी खुशी और सारे गम माँ के साथ बाँटती है। लेकिन वो लड़की क्या करे जिसकी माँ नहीं होती या उन्हें छोड़ के चली जाती है। वो किसे अपनी बात बताए? किसके पास जाकर रोए? वो चाहे किसी से कितनी भी बात करे लेकिन जो सुकून माँ की गोद में मिलता है वो कहीं ओर नहीं मिल सकता। लड़की माँ के जिगर का टुकड़ा होती है। उसकी माँ उसकी हर एक बात जानती है। ये मेरे मन की बात है कि माँ में आपको बहुत - बहुत याद करती हूँ।

- संतोष कुमारी

कला - द्वितीय सत्र

भाषा

किसी भी स्वतंत्र राष्ट्र की अपनी एक भाषा होती है। जो उसका गौरव होता है। इसी भाषा को उसकी राष्ट्रभाषा के नाम से भी जाना जाता है। राष्ट्रीय एकता और राष्ट्र के स्थायित्व के लिए राष्ट्रभाषा की अनिवार्यता किसी भी राष्ट्र के लिए अत्यंत महत्वपूर्ण होती है, क्योंकि यही भाषा शिक्षा के माध्यम तथा सरकारी कामकाज चलाने के लिए प्रयुक्त की जाती है। स्वतंत्रता प्राप्ति से पूर्व कांग्रेस ने यह निर्णय लिया था कि स्वतंत्र भारत की राजभाषा हिन्दी होगी। स्वतंत्र भारत की संविधान सभा ने 14 सितम्बर, 1949 को ही हिन्दी भाषा को भारत संघ की राजभाषा के रूप में मान्यता दे दी थी। किसी भी भाषा को राष्ट्रभाषा बनने के लिए उसमें सर्वव्यापकता, प्रचुर साहित्य रचना, बनावट की दृष्टि से सरलता और वैज्ञानिकता, सब प्रकार के भावों को प्रकट करने का सामर्थ्य आदि गुण होने अनिवार्य होते हैं। ये सभी गुण हिन्दी भाषा में हैं। यह निर्विवाद सत्य है कि व्यक्ति के व्यक्तित्व का समुचित विकास अपनी ही भाषा के पठन व पाठन से होता है, अन्य भाषा से नहीं। विदेशी भाषा के माध्यम से पढ़ने के कारण बालक अपने विचारों को पूरी तरह व्यक्त नहीं कर पाते। हम सबका कर्तव्य है कि हिन्दी को राष्ट्रभाषा के पद पर आसीन करने के लिए हर संभव प्रयास करें। सदा याद रखें कि व्यवहार में हिन्दी भाषा का प्रयोग हीनता नहीं अपितु गौरव का प्रतीक है।

- नेहा चन्देल

कला - चतुर्थ सत्र

संभलना होगा प्रकृति के आक्रोश से

क्या आप जानते हैं हमें ईश्वर की सबसे आकर्षक भेंट मिली है कि हम जिस ग्रह पर निवास करते हैं वही हरियाली से युक्त और परिपूर्ण है।

प्रकृति हमारी सबसे अच्छी साथी है क्योंकि वह हमें धरती पर जीवन जीने के लिए सभी जरूरी संसाधन उपलब्ध कराती है। प्रकृति हमें पीने के लिए पानी, खाने के लिए फल, सब्जी, सांस लेने के लिए शुद्ध वायु, रहने के लिए जमीन, आदि हमारी बेहतरी के लिए उपलब्ध कराती है। हमें बिना इसके पारिस्थितिक संतुलन को बिगाड़े इसका आनंद लेना चाहिए परन्तु आज के दिन में मानव ने इस धरा की सुन्दरता पर कालिख पोत दी है। जिसे देखो इसकी प्राकृतिक सुन्दरता को नष्ट करने पर तुला है। मानव जाति खुद की इच्छाओं की पूर्ति के लए इस धरा की सुन्दरता को दिन-प्रतिदिन समाप्त करती जा रहा है। उसे खुद के अलावा किसी चीज की सुध-बुध नहीं है। जिस धरा पर मानव ने जन्म लिया, जिस धरा ने उसे सब सुविधाएँ दी, आज वही अपनी इस माँ समान धरा का दुश्मन बन उठा ये मानव अपने आदर्शों को कैसे भूल गया? आज की परिस्थिति यह है कि:

सो गया है मानव
जाग उठा है दानव

आज मानव जंगलों को नष्ट करके वहाँ घर, फ़ैक्टरी इत्यादि का निर्माण कर रहा है ताकि उनकी रात दुगुनी और दिन चौगुनी उन्नति हो। पर क्या कभी मानव ने यह विचार किया है कि एक-न-एक दिन तो इस दुनिया से जाना ही है तो यह चकाचौंध किस काम की! वह बस अपनी आने वाली पीढ़ी का जीना और मुश्किल करता जा रही है। आने वाले समय में फल, सब्जी, पानी की कमी इतनी बढ़ जाएगी कि मानव हर चीज के लिए तरसते रह जाएँगे।

मानव को अब समझ जाना चाहिए कि वह जो भी कर रहा है बिल्कुल गलत कर रहा है। वह निर्भीक होकर इस धरा को नष्ट करने पर तुला है पर जब प्रकृति मानव को अपना कहर दिखाएगी तो सारी धरा, अम्बर काँप उठेगा। मानव को इस बात का ध्यान रखनी चाहिएकी उसे भविष्य के बारे में तथा अपनी आने वाली पीढ़ी के बारे में भी सोचना पड़ेगा तभी कुछ संभव होगा नहीं तो बाद में जब प्रकृति अपना आक्रोश व्यक्त करेगी तब कोई भी प्रयास या प्रार्थना काम नहीं आएगी।

हे मानव जाग जा, अभी भी समय है
संभल जा, सुधर जा।

—तरु मेहता
वाणिज्य - छठा सत्र

साँच बराबर तप नहीं, झूठ बराबर पाप

‘साँच बराबर तप नहीं, झूठ बराबर पाप’ अर्थात् सच बोलने से बड़ा दूसरा कोई तप नहीं, झूठ बोलने से बड़ा कोई पाप नहीं। तपस्या अपने आप में अत्यन्त कठिन मानवीय व्यवहार है और उस प्रवृत्ति में सत्य बोलना शीर्ष पर स्थित है क्योंकि सत्य बोलने का अर्थ है अपनी सुविधाओं की चिन्ता किए बगैर तथ्यों को उसी रूप में सामने रखना, जिस रूप में वे विद्यमान हैं।

आज समाज में दिखावा, छल, फरेब, इतना बढ़ गया है कि हम किसी भी व्यक्ति पर आसानी से विश्वास नहीं कर पाते। आज हर इन्सान ने अपना ऊपरी चेहरा इतना बनावटी बना लिया है कि उसकी वास्तविकता का अनुमान लगाना मुश्किल हो गया है। इसका मूल कारण यह है कि हम अपने आपसे, अपने हालात से संतुष्ट नहीं हैं।

किसी दूसरे पर उँगली उठाने से पूर्व हमें स्वयं के गुणों व अवगुणों से परिचित होना चाहिए। हम जिस तरह के लोगों में उठते-बैठते हैं, खुद वैसा होने का दिखावा करते हैं। जिससे हमारी व्यथा उस कौए के समान हो जाती है कि जिसने मोर का पंख लगा लिया, पर मोरों ने अपनाया नहीं, और कौओं ने ठुकरा दिया।

- कृतिका सोनी
कला - चतुर्थ सत्र

यात्रा - नारी

यात्रा यूँ तो हम जीवन में बहुत प्रकार की यात्रा करते हैं। कुछ सिखा जाती हैं तो कुछ जिता जाती हैं।

देखा जाए तो हमारा जीवन भी एक यात्रा ही है। कुछ सरलता कुछ कठिनाइयाँ इस खूबसूरत यात्रा का भाग हैं। ईश्वर इस यात्रा का मौका बहुत कम लोगों को देता है तो मनुष्य का यह कर्तव्य है कि वह इस यात्रा का पूर्ण आनन्द उठाए।

इस यात्रा को हम आसान कर सकते हैं, जब हम घमंड, अहंकार जैसे बुरे प्रभावों वाले भावों से दूर रहें और हम जो है, जैसे हैं, खुद को वैसा ही स्वीकार करे। इस यात्रा के भिन्न पहलू हैं। बचपन की किलकारियों से बुढ़ापे की खाँसी तक। वैवाहिक जीवन से लेकर अपने कार्य जीवन तक एक स्त्री की यात्रा बहुत से प्रकार की ऊँच-नीच, प्यार-दुलार आदि भावों का एक जीता जागता उदाहरण है।

जब एक स्त्री का जन्म होता है तो कुछ लोग इसको तोहफा मानते हैं तो कुछ दुत्कार देते हैं। स्त्री को सदैव ही अपने मान-सम्मान के लिए लड़ना पड़ता है जो कि उसकी यात्रा को और कठिन बनाता है। पर ईश्वर ने स्त्री को कुछ ऐसा बनाया है कि वो हर कठिनाई को न सिर्फ खुद के लिए पर अपने पूर्ण परिवार के लिए आसान कर देती है। आजकल की स्त्रियाँ दुनिया को यह दिखाती हैं कि वह पुरुषों के बराबर नहीं उनसे दो कदम आगे हैं। वे लोग जो इन स्त्रियों का साथ देते हैं वे सच्चे अर्थों में पुरुष कहलाते हैं।

नारी समाज का हीरा है

इसको तुम स्वीकार करो

निंदा करने में ना अपना वक्त बेकार करो

यह मत भूलो कि जिसने तुमको जनमा वह भी नारी है

अगर लक्ष्मी बनके प्यारी तो दुर्गा बनके भारी है

समाज को बनाती है वो तुमको मनुष्य बनाती है

तुमको खाना खिला कर खुद भूखा सो जाती है

कलाई पर राखी बांध कर अच्छाईयाँ गिनवाती है

अपना घर छोड़ तुम्हारे घर में रंग भरने आती है

नारी वो है जो तुमको मनुष्य बनाती है।

- सिमरन कालरा
कला - चतुर्थ सत्र

लक्ष्य

यात्रा शब्द से हम सब परिचित हैं। सभी ने कहीं न कहीं की या यूँ कहें कि किसी न किसी स्थान की यात्रा जरूर की है। पर जिस यात्रा की बात हम यहाँ कर रहे हैं वह इससे भिन्न है। आज मैं बात करूँगी अपनी जीवन यात्रा की।

कहते हैं 'मन का हो तो अच्छा, न हो तो और भी अच्छा'।

मैं अपनी जीवन यात्रा का वर्णन उस समय से करना चाहूँगी जब मैंने ग्यारहवीं में प्रवेश लिया। वाणिज्य कभी भी मेरी पहली पसंद नहीं थी। परन्तु अपने बड़ों से सुझाव लेकर एक निर्णय पर पहुँचना था तो मैंने वाणिज्य को अपना भविष्य बना लिया। सबके मना करने के बाद भी मैंने अपना निर्णय न बदलने का फैसला किया क्योंकि मैं कुछ अलग करना चाहती थी जो मेरे घर पर किसी ने न किया हो।

ग्यारहवीं के बाद बारहवीं कब समाप्त हो गई पता ही नहीं चला। फिर आई स्नातक करने की बारी। मैं भी अपने बाकी दोस्तों की तरह शिमला से बाहर जाना चाहती थी कहीं पढ़ने। अरबी भाषा का शब्द है एक 'मक्तुब' अर्थात् पहले से लिखा हुआ। और जो लिखा हुआ है उसे आप कितनी भी कोशिश कर लें बदल नहीं सकते। ऐसा ही कुछ मेरे साथ भी हुआ। दिल्ली उच्चविद्यालय में प्रवेश लेने के बावजूद भी घर में कुछ ऐसी स्थितियाँ बनीं कि मैं जा नहीं पाई।

फिर मेरी ज़िन्दगी में आया सेंट बीड्ज कॉलेज जहाँ मैंने आगे की पढ़ाई पूरी करने के लिए प्रवेश लिया। पिछले दो सालों में इस जगह ने मुझे बहुत कुछ सिखाया। पढ़ाई के साथ-साथ व्यावहारिक जीवन में काम आने वाली बहुत सी चीज़ें मैंने इसी कॉलेज में सीखीं। इस कॉलेज ने मुझे एक नासमझ बच्चे से समझदार युवती बनने का रास्ता दिखाया है। मैं खुद को अब कमज़ोर नहीं महसूस करती। किसी भी परिस्थिति से जूझने की क्षमता है मुझमें अब। अपने लिए सही निर्णय लेने का साहस है मुझमें और आत्मनिर्भर बनने की क्षमता भी।

मुझे खुशी है इस बात की कि मुझे इस संस्था में पढ़ने का मौका मिला और संतोष है इस बात का जो भी ज़िन्दगी में होगा अच्छा ही होगा क्योंकि भगवान अपने बच्चों के लिए कभी गलत नहीं करते और इस बात पर मुझे इस संस्था में आने के बाद पूरा विश्वास हो गया।

- तरु मैहता

वाणिज्य - छठा सत्र

इतिहास

समाज में नारी और पुरुष दोनों का समान महत्व है। जिस प्रकार एक पहिए से गाड़ी नहीं चल सकती, उसके लिए दोनों पहियों का ठीक होना आवश्यक है। दोनों में से यदि एक भी निर्बल है, तो समाज की उन्नति सुचारु रूप से नहीं हो सकती।

एक समय था जब नारी का स्थान बड़ा ही आदरणीय था पर समय के साथ नारी को तुच्छ समझा जाने लगा। वो भी समय था जब सीता जैसी देवियाँ हर घर में पाई जाती थीं। तब असल में पत्नी को पति की अर्द्धांगिनी माना जाता था। किन्तु समय के साथ यह सब स्थिर नहीं रहा। पूजनीय और आदरणीय के स्थान पर वह अब केवल उपभोग की वस्तु बन कर रह गई।

उसकी स्वतंत्रता अब केवल घर की चारदीवारी तक ही रह गई। अब वह समाज और साहित्य में केवल मनोरंजन की ही वस्तु मात्र बन गई। जो नारी पहले गाड़ी के एक पहिए की तरह मानी जाती थी वह अब नरक की खान मानी जाने लगी। इसके बाद मुस्लिम शासकों ने भारत में नींव रखी। महफिलें सजने लगीं। कवि भी नारी का जननी रूप भूलकर उसके शरीर का चित्रण करने लगे।

नारी को तुच्छ समझा जाने लगा। पर समय के साथ नारी के संघर्ष ने उन्हें अपनी स्थिति सुधारने का मौका दिया। रानी लक्ष्मी बाई जिन्होंने अंग्रेजों के दाँत खट्टे कर दिए थे। कई नारियों ने देश की स्वतंत्रता के लिए अपने घर की दीवारें छोड़ जेल की दीवारें चुनीं। उनका यह योगदान सराहनीय है। सत्य तो यह है कि जब तक नारी का उत्थान नहीं होगा तब तक देश की उन्नति नहीं होगी।

अब नारी भी डरी-सहमी नहीं, वह हर क्षेत्र में अपना लोहा मनवा रही है। देश की प्रथम महिला प्रधानमंत्री श्रीमती इंदिरा गांधी ने भी देश की उन्नति को पहिए लगाए। सामाजिक, राजनीतिक, सेना, पुलिस और अन्य संगठनों में स्वयं को पूर्ण सफल सिद्ध किया है। देश की पहली महिला आई.पी.एस. ऑफिसर किरण बेदी अन्य महिलाओं के लिए उदाहरण हैं। अब यह समाज का फर्ज बनता है कि महिलाओं पर जितने भी प्रतिबंध हैं उन्हें हटाकर, महिलाओं को अवसर देना होगा ताकि देश की प्रगति में कोई बाधा न पड़े और नारी का सम्मान भी हो।

- शिवानी ठाकुर
कला छठा सत्र

मेरे सपनों का भारत

भारत की हर चीज़ मुझे आकर्षित करती है। सर्वोच्च आकांक्षायें रखने वाले किसी व्यक्ति को अपने विकास के लिए जो कुछ चाहिये, वह सब उसे भारत में मिल सकता है। भारत अपने मूल स्वरूप में कर्मभूमि है, भोगभूमि नहीं। मेरा विश्वास है कि भारत का ध्येय दूसरे देशों के ध्येय से कुछ अलग है। भारत में ऐसी योग्यता है कि वह धर्म के क्षेत्र में दुनिया में सबसे बड़ा हो सकता है। भारत ने आत्मशुद्धि के लिए स्वेच्छापूर्वक जैसा प्रयत्न किया है, उसका दुनिया में कोई दूसरा उदाहरण नहीं मिलता। भारत को फौलाद के हथियारों की उतनी आवश्यकता नहीं है, वह दैवी हथियारों से लड़ता रहा और आज भी वह उन्ही हथियारों से लड़ रहा है। दूसरे देश पशु बल के पुजारी रहे हैं, भारत अपने आत्मबल से सबको जीत सकता है। इतिहास इस सच्चाई के चाहे जितने प्रमाण दे सकता है कि पशुबल आत्मबल की तुलना में कुछ नहीं है। कवियों ने इस बल की विजय के गीत गाये हैं और ऋषियों ने इस विषय में अपने अनुभवों का वर्णन करके उसकी पुष्टि की है। यदि भारत तलवार की नीति अपनाये, तो वह क्षणिक सी विजय पा सकता है, लेकिन तब भारत मेरे वर्ग का विषय नहीं रहेगा। मैं भारत की भक्ति करती हूँ, क्योंकि मेरे पास जो कुछ भी है वह सब उसी का दिया हुआ है।

— सुरमीत कौर
कला - द्वितीय सत्र

हिन्दी : हमारा गौरव

हमारी मातृभाषा
हमारी पहचान
हमारा मान
हमारा गौरव हिन्दी

भारतीयों की निशानी
हम सबकी प्यारी
हमारा सम्मान
हमारा गौरव हिन्दी

सबसे साधारण
सबसे कोमल
हमारा अभिमान
हमारा गौरव हिन्दी

जिसको सब सम्मानित करते
अपमान से जिसके हम अपमानित होते
हमारी आन, मान, शान
हमारा गौरव हिन्दी।



— ऋतिका अग्रवाल
कला - चतुर्थ सत्र

राष्ट्रभाषा की व्यावहारिकता

भाषा एक ऐसा माध्यम है जिसके द्वारा हम अपने विचारों का आदान-प्रदान कर सकते हैं। किसी भी देश को स्वतंत्र बनाए रखने के लिए वहाँ के निवासियों की चेतना महत्त्व रखती है। हमारी राष्ट्रभाषा हिन्दी है। देश की राष्ट्रभाषा, राष्ट्रगान, राष्ट्रध्वज और राष्ट्रचिन्ह को बराबर महत्त्व दिया जाता है परन्तु हमारे देश के युवाओं को जाने क्या हो गया है वह अपनी मातृभाषा हिन्दी बोलने में शर्माते हैं और अंग्रेज़ी का प्रयोग करते हैं जोकि हमारे देश के लिए शर्मनाक है।

यदि हम अपने व्यवहार में अपनी भाषा को लेकर आएंगे तो हमारी अपने देश के प्रति श्रद्धा स्पष्ट होगी। हम आजकल के समय में हर जगह यह देख सकते हैं कि अपनी मातृभाषा का प्रयोग बहुत कम किया जाता है, जहाँ देखो वहाँ अंग्रेज़ी का ही प्रयोग हो रहा है।

यदि हम अपने व्यवहार में हिन्दी को लेकर आएँ तो हमारे आसपास भी वैसा ही माहौल बनता जाएगा इसका साधारण-सा उदाहरण हमारा घर और विद्यालय है जहाँ हम अंग्रेज़ी का इस्तेमाल करते हैं, जो हमारी राष्ट्रभाषा नहीं है यदि हम हिन्दी का प्रयोग करें तो वातावरण वैसा हो जाएगा।

देश के कोने-कोने में अंग्रेज़ी का इस्तेमाल किया जाता है हमारी मातृभाषा तो खो-सी गई है। यदि हमें इसे बचाना है तो हर जगह इसका प्रयोग करना होगा। हमारे ग्रंथ सभी हिन्दी अथवा संस्कृत में लिखे गए हैं तो हम क्यों अंग्रेज़ी का प्रयोग करें?

हिन्दी का हमारे जीवन में बचपन से ही रिश्ता है। हमारे बुजुर्ग सभी हिन्दी में बात करते हैं तो यदि हम उनके साथ अंग्रेज़ी में बात करेंगे तो उन्हें अच्छा नहीं लगेगा। सभी विचारों को मिलाकर निष्कर्ष यह निकलता है कि हमें राष्ट्रभाषा को व्यवहार में लाना होगा, तभी हम अपनी भाषा को बचा पाएंगे।

— श्रेया कौशल
विज्ञान-द्वितीय सत्र

हिन्दी का महत्त्व

हिन्दुस्तानी हैं हम, गर्व करो हिन्दी पर

किसी भी राष्ट्र की भाषा तथा संस्कृति उसकी पहचान होती है। विश्व में अनेक राष्ट्र हैं तथा उन सभी की अपनी एक मूलभाषा होती है जिसकी छाँव में वहाँ के लोग पले बड़े होते हैं। जो राष्ट्र अपनी मूलभाषा को छोड़कर किसी दूसरे राष्ट्र की भाषा पर आश्रित होता है उसे सांस्कृतिक रूप से उस अपनायी गयी भाषा का गुलाम माना जाता है। आप कल्पना कर सकते हैं कि जिस प्रकार मनुष्य अपने बचपन से लेकर बड़े होने तक एक भाषा का प्रयोग करता है यदि वही भाषा वह आधिकारिक रूप से भी प्रयोग करे तो उस देश के विकास में कोई बाधा नहीं आएगी। राष्ट्र भाषा की अहमियत को मनुष्य जितना जल्दी समझे उस राष्ट्र के विकास के लिए उतना अच्छा होता है।

हर राष्ट्र की अपनी एक अलग मूल भाषा होती है। भारत एक बहुभाषी देश है तथा यहाँ हर राज्य की अपनी एक अलग बोली तथा भाषा होती है। एक कहावत भी है:

कोस कोस पर बदले पानी,
चार कोस पर वाणी।

14 सितम्बर, 1949 को हिन्दी को राष्ट्रभाषा का दर्जा दिया गया। 26 जनवरी, 1950 में संविधान स्थापित हुआ तथा हिन्दी राजभाषा घोषित कर दी गयी और साथ ही यह भी माना गया कि धीरे-धीरे हिन्दी अंग्रेज़ी भाषा की जगह ले लेगी। हिन्दी भाषा की लिपि देवनागरी है तथा हिन्दी भाषा की जननी संस्कृत को माना गया है। हिन्दी भाषा में कुल 33 व्यंजन तथा 11 स्वर हैं। हिन्दी भाषा को शुद्ध भाषा माना गया है। सम्पर्क भाषा, जनभाषा, राष्ट्रभाषा की

होड़ को पार करते हुए हिन्दी अब विश्व भाषा बनने की ओर अग्रसर है। हिन्दी भाषा से जुड़े वैज्ञानिकों का दावा है कि बहुत जल्दी ही विश्व स्तर पर भी हिन्दी का महत्व हमारे भारत जैसे ही होगा, जब विभिन्न कार्यालयों में हिन्दी भाषा का प्रयोग होगा। यह किसी भी राष्ट्र के लिए गर्व की बात होगी।

आज की युवा पीढ़ी विदेशी सभ्यता से बहुत प्रभावित हो रही है। किसी भाषा को सीखना गलत नहीं है परन्तु यदि आप उस भाषा को अपनी मूलभाषा से ज्यादा महत्व देते हैं तो यह बहुत ही शर्मनाक है। हमें अपनी मूलभाषा का सम्मान करना चाहिए तथा अधिक से अधिक प्रयोग में लाना चाहिए।

किसी भी भाषा को सीखना अच्छी बात है पर अपनी मूलभाषा को नहीं भूलना चाहिए। आज हिन्दी का अस्तित्व खतरे में है। इस स्थिति के लिए भी स्वयं मनुष्य जिम्मेदार है। हमारा कर्तव्य बनता है कि हम अपनी भाषा का प्रचार एवं प्रसार करें तथा बोलते हुए गर्व महसूस करें। भारतीय होने के नाते हिन्दी हमारी मातृभाषा है तथा हमें हिन्दी पर गर्व होना चाहिए। विदेशी भाषा के प्रभाव में आकर अपनी मूलभाषा अथवा अपनी राष्ट्रभाषा हिन्दी को नहीं भूलना चाहिए।

जय भारत, जय हिन्दी

— आभा शीतल
कला - चतुर्थ सत्र

हिन्दी का गौरव

जन-जन में है बोली जाती,
राष्ट्रभाषा, कहते हैं इसको।
यह है प्यारी हिन्दी हमारी ॥

किसी भी देश के विकास के लिए आवश्यक है उसकी राष्ट्रभाषा हमारा देश भारत वर्ष है, इसकी भाषा है हिन्दी। हिन्दी शब्द की उत्पत्ति सिन्धु शब्द से हुई है। सिन्धु का हिन्दू या हिन्द हो गया।

राष्ट्र की भाषा देश को एकता में रखती है। आज हमारे देश में अंग्रेजी का आधिपत्य है। लोगों का कहना है कि हम लोग अंग्रेजी सीखना चाहते हैं, इसी से समाज में हमारा नाम होगा। परन्तु वे लोग यह भूल रहे हैं कि इस अंग्रेजी भाषा के कारण वे लोग अपने देश को प्रगति की राह से पीछे खींचते जा रहे हैं। अगर हम भारत वर्ष में एक स्थान से दूसरे स्थान में आते जाते हैं तो हमें प्रतीत होता है, लोगों से बात-चीत करने के लिए हमारा हिन्दी भाषा का ज्ञान होना कितना आवश्यक है। हमें अपनी भाषा पर गर्व होना चाहिए। देश की 70-80 प्रतिशत जनता हिन्दी भाषा जानती है। उनके लिए अंग्रेजी भाषा पढ़ना-लिखना आसान नहीं क्योंकि भारत वर्ष में किसानों और गरीब वर्ग की दशा का सभी को अनुमान है तो ऐसे में हम कैसे कह सकते हैं कि अंग्रेजी भाषा को बढ़ावा मिले। अगर हम ऐसे में अंग्रेजी भाषा का प्रसार करते रहे तो हमारा देश बहुत पिछड़ जाएगा। देश का विकास होना संभव ही नहीं बल्कि असंभव हो जाएगा।

भारत वर्ष में बहुत से लोग हुए। उन्होंने हिन्दी लेखन की दिशा में बहुत से कार्य किए। उन्हीं में से एक थे भारतेन्दु हरिश्चन्द्र। जिन्होंने कहा था :

निज भाषा उन्नति अहै, सब उन्नति को मूल,
बिन निज भाषा ज्ञान के, मिटत न हिय का सूल

निज भाषा यानी कि हमारी राष्ट्र भाषा देश की उन्नति के लिए आवश्यक है। अपनी राष्ट्र भाषा का ज्ञान क्योंकि बिना हिन्दी के ज्ञान से हमारे हृदय को सन्तुष्टि नहीं मिलेगी। लेखक का कहना है कि दूसरे देशों की भाषा सीखना गलत बात नहीं है परन्तु अपनी राष्ट्र भाषा का ही प्रचार प्रसार करो।

हिन्दी हमारी संवैधानिक भाषा है। 14 सितम्बर, 1949 को इसे आधिकारिक तौर पर अपनाया गया। जितना अधिक हम हिन्दी का प्रयोग करेंगे, उतना अधिक राष्ट्र का विकास होगा। हमें अपने आसपास सभी को हिन्दी भाषा का ज्ञान और उसके महत्त्व के बारे में अवगत करवाना है।

करना है, राष्ट्र का विकास
जन-जन को करो सावधान।
भारत है जननी हमारी, इसका गौरव है हमारा सम्मान,
हिन्दी को है अपनाना, हिन्दी को है लाना आगे।
भारत वर्ष का है यह नारा।।

- कृतिका कशवाल
विज्ञान-छठा सत्र

काश!

काश कि मैं धुंध होती...
काश कि मैं धुंध होती
तो अपने दिल की बात निःसंकोच कह पाती
काश कि मेरे अंदर भी इस धुंध सा साहस होता
जो अपने मन की बात बिना भय के सबको बता पाती।
हम कितनी ही बार अपनी आशाओं, स्वप्नों का गला दबा देते हैं
यह सोचकर कि दुनिया हम पर हंस देगी
बिना यह सोचे कि इस दुनिया ने तो राम, ईसा को भी नहीं छोड़ा
तो हम क्या चीज हैं?
मेरा कभी-कभी मन करता है कि अपने बचपन में भाग कर चली जाऊँ
चली जाऊँ उस दुनिया में जहाँ मुझे कुछ करने से पहले दो बार सोचना नहीं पड़ता था
कोई मुझे मेरे मोटे होने पर, ज्यादा बोलने पर सवाल नहीं उठाता था
एक वो दौर था और एक आज का दौर है
जब मेरे शब्द पैदा होने से पहले ही कहीं छिप जाते हैं
आजकल, बहुत खोजने पर भी मुझे आईने में अपने आप को देखकर
वो महसूस नहीं होता जो कभी हुआ करता था
मुझे अपने हाथों से लहू की बू आती है
मैंने अपने जिन सपनों का कत्ल कर दिया शायद उसकी बू होगी
काश के मैं भी पुष्पों की तरह बिना हिचक अपने रूप से खुश होती
तो शायद मैं भी खुशबू में बदल जाती
और मेरी भी बात बयान हो जाती
और मेरे भी बात दर्ज हो जाती।



- साईशा वर्मा
कला-चतुर्थ सत्र

एक छोटी-सी फरियाद

अक्सर एक बालक को स्कूल जाते देखा करती हूँ
अपनी पीठ पर लादे खुद के बराबर वज़न
स्कूल की ओर चला जाता है
न जाने क्यों रास्ते के बीच मन्दिर के सामने
आते ही ठहर-सा जाता है
एक हल्की सी मुस्कराहट लिए अपनी आँखें
बंद करता है, और अपने दोनों हाथ जोड़ता है
न जाने क्या उसके दिल में है, क्या वो तुझसे चाहता है
मुझे तो उसके चित पर बस तेरी ही तस्वीर नज़र आती है
क्या चाहता है, वो इस बचपन में तुझसे
कैसी मनसा है उसकी
इतनी नन्ही-सी उम्र में जब वो कुछ
समझने के काबिल भी नहीं
तु सुन-कुछ तो सुन, शायद....

- पायल ठाकुर
कला-छठा सत्र

भगवद् गीता के श्लोक का सार

- सदैव सदेह करने वाले व्यक्ति के लिए प्रसन्नता न इस लोक में है और न ही परलोक में।
- क्रोध से भ्रम पैदा होता है, भ्रम से बुद्धि व्यग्र होती है, बुद्धि के व्यग्र होने से तर्क नष्ट होता और तर्क नष्ट होता है तब व्यक्ति के पतन की शुरुआत हो जाती है।
- जो मनको नियंत्रित नहीं करते उनके लिए वह शत्रु के समान कार्य करता है।
- आत्म ज्ञान की तलवार से काटकर अपने हृदय से अज्ञान के सदेह को अलग कर दो, अनुशासित रहो, उठो।
- मनुष्य अपने विश्वास से निर्मित होता है जैसा वो विश्वास करता है वैसा वो बन जाता है।
- नर्क के तीन द्वार हैं - वासना, क्रोध और लालच।
- इस जीवन में मनुष्य न कुछ खोता है न व्यर्थ होता है।
- मन अशांत है और उसे नियंत्रित करना कठिन लेकिन अभ्यास से उसे भी वश में किया जा सकता है।
- व्यक्ति जो चाहे बन सकता है यदि वह विश्वास के साथ इच्छित वस्तु पर लगातार चिंतन करे।
- हर व्यक्ति का विश्वास उसकी प्रकृति के अनुसार होता है।
- जन्म लेने वाले के लिए मृत्यु उतनी ही निश्चित है जितना कि मृत होने वाले के लिए जन्म लेना इसलिए जो अपरिहार्य है उस पर शोक मत करो।
- अप्राकृतिक कर्म बहुत तनाव पैदा करता है।
- मैं सभी प्राणियों को समान रूप से देखता हूँ न कोई मुझे कम प्रिय है न अधिक। लेकिन जो मेरी प्रेम पूर्वक अराधना करते हैं वो मेरे भीतर रहते हैं और मैं उनके जीवन में आता हूँ।

- नंदनी गोयल
कला-चतुर्थ सत्र

आज हालत ये हैं कि हर जगह धर्म के नाम पर लूटमार हो रही है। लोगों को ठगा जाता है।

अगर ये दुनिया किसी धर्म के बिना होती तो सबसे सुन्दर स्वर्ग सी होती। हम सब नये ज़माने के लोग हैं पर संस्कार भूलने नहीं चाहिए। आज हम फिल्में देखते हैं। कई फिल्में हमें बहुत अच्छी सीख देती हैं। हमें उनसे कुछ सीखना चाहिए। हर इन्सान की कदर करनी चाहिए। हर इन्सान एक समान है। किसी भी इन्सान की पहचान उसके धर्म, उसके पहनावे से नहीं होती जरूरी है उनका व्यवहार। छोटा हो या बूढ़ा सबकी इज्जत करनी चाहिए। कोई धर्म किसी भी इन्सान को अलग नहीं करता। मेरे दिल में सबसे बड़ी इच्छा यही है कि काश सब इन्सान एक होते। कोई धर्म, कोई जात - पात, कोई भी चीज इस एकता को अलग न कर पाती। मेरा सपना एक ऐसे देश, ऐसी दुनिया को देखना जिसमें एकता हो।

एक प्यारा सा एक छोटा-सा सपना है

हर इन्सान, हर देशवासी अपना है

अनेकता में एकता हो

काश कभी ऐसा हो

सभी मनुष्य भाई भाई

ऐसी सोच रखने में नहीं कोई बुराई

यह दुनिया एक है, तो इस दुनिया के वासी अभिन्न क्यों? भगवान ने यह दुनिया बनाई आदमी बनाया, धर्म नहीं, हम सब को समान बनाया, तो हम भिन्न क्यों?

— कविता शर्मा
वाणिज्य द्वितीय सत्र

मन की बात

चंचल - सा मन तुम्हारा
क्या कहता जा रहा है
सुना है कभी तुमने
यह अपना हाल बता रहा है

गौर करो इसकी बात पर तुम
तुम्हें सही राह पर यह ले जाएगा
मानों इसका कहना
तुम्हें पते की बात ही यह बताएगा

झाँक अपने मन के अन्दर
है बातों का जो समन्दर
निकाल उसे बाहर, बहने दो उसे
अपना हाल कहने दो उसे

चंचल - सा मन तुम्हारा
क्या कहता जा रहा है
सुना है कभी तुमने



यह अपना हाल बता रहा है

कभी हो अगर तुम मुश्किल में
रखो अपना हाथ तुम दिल पे
मूँद लो आँखें और पूछों अपने मन से
तुम्हारी मदद करेगा वह, दावा है यह मेरा तुमसे

- आयुषी
कला - द्वितीय सत्र

तू अनमोल

सहमती, घबराती, घूँघट में सिसकती
पल्लू में लपेटे हज़ारों ख्वाब बुनती
चीख - चीख कर बयान करना चाहे
फिर फुसफुसाने से भी क्यों घबराए
तू अपने मन की बात

जीवन में आने को कठिनाइयाँ बहुत हैं
समाज में छिपे कटाक्ष भी अनेक हैं
तू रुक मत, न बदल, अपने दिल के जज़्बात
उठ जा ऊपर रुढ़ियों से, बदल जग का रूप दिन रात
बयान कर तू अपने मन की बात

जो खींचे तेरा आँचल
कहे कम है तेरी औकात
साबित कर उनको जिनका हर समय रोना है
धर्म, पैसा और जात का
नहीं है तू किसी से कम
है तू अनमोल
बड़े कीमती हैं तेरे बोल
कीमती है तेरे मन की बात!



- प्रज्ञा सिंह
कला - छठा सत्र

महात्मा गाँधी : मेरी प्रेरणा

महात्मा गाँधी मेरे लिए एक आदर्श हैं जो अभी भी रात के अंधेरे में चाँद से चमकते हैं। उन्होंने भारत को आज़ादी दिलाकर पूरी दुनिया में जनता को नागरिक अधिकारों व स्वतंत्रता के प्रति आन्दोलन के प्रति प्रेरित किया। एक व्यक्ति या कहे सकते हैं कि एक साधारण व्यक्ति कितना असाधारण हो सकता है इसका प्रमाण है महात्मा

गाँधीजी। सत्याग्रह के माध्यम से अत्याचार के प्रतिकार के अग्रणी नेता थे। महात्मा गाँधी भारत के राष्ट्रपिता और आध्यात्मिक नेता कहलाए। महात्मा गाँधी की मूर्ति बाहरी रूप से चाहे कमजोर हो परन्तु उनके अंदर का दृढ़ संकल्प मुझे आश्चर्य चकित कर देता है। मेरे घर की मेज पर एक बहुत महान व्यक्ति की मूर्ति पड़ी है जो मुझे हमेशा प्रेरित करती है और वो मूर्ति है - महात्मा गाँधी की।

महात्मा गाँधी की ऐसी कुछ बातें जो मुझे प्रेरित करती हैं:

महात्मा गाँधी के बारे में एक कहानी बहुत प्रसिद्ध है। जब महात्मा गाँधी अपनी रेल यात्रा में गए तो वह हर स्टेशन में उतरकर गरीबों के लिए पैसे इकट्ठा करते। उनके एक दोस्त कहते कि - "अगर तुमने किसी को लालची होते देखा है तो तुम्हें कुछ देखने की जरूरत नहीं है।" उनका यह लालचपन अपने लिए नहीं अपितु गरीबों के लिए था।

महात्मा गाँधी ने खुद में सफलता का कारण ढूँढ़ लिया था। वह हर मुश्किल में सफलता का रहस्य समझते थे और हर कठिन से कठिन कार्य को पूरा करते थे।

गाँधी जी के अनुसार दान देना सबसे बड़ा सौभाग्य है। महात्मा गाँधी जी का कहना था कि "ऐसा सौभाग्य बहुत कम लोगों के कर्मों में होता है।"

महात्मा गाँधी के विचारनुसार अहिंसा का अर्थ है प्रेम और दान। अहिंसा के मार्ग पर चलने के लिए प्रेम और निडरता की भावना होना अति आवश्यक है।

मुझे इस संदर्भ में कोई संदेह नहीं है कि कोई भी मनुष्य मेहनत करने पर सफलता प्राप्त न करे। गाँधी जी एक बात पर जोर दिया करते थे, "मेरे पास कोई अन्य शक्ति नहीं है। किन्तु कार्य करने के लिए परन्तु मेरी अन्तरात्मा ही मुझे शक्ति देती है।"

महात्मा गाँधी के इन्हीं सभी कार्यों और उपदेशों के कारण मैं महात्मा गाँधी जी से प्रेरित हूँ।

-तितिक्षा कमल
विज्ञान - छठा सत्र

मानसून

मानसून जब भी तुम आते हो
भर-भर बारिश लाते हो
मैं पूरी भीग जाती हूँ
ठंड में कंपकंपाती हूँ
हर साल तुम यूँ ही चले आते हो
क्यूँ तुम एक भी छुट्टी नहीं पाते हो?
जानते हो तुम गीले कपड़े
मेरे यूँ ही सूख नहीं पाते हैं
यहाँ से वहाँ, वहाँ से यहाँ
हवा में उड़ते जाते हैं



जब भी तुम आते हो
थोड़ी चिड़चिड़ी हो जाती हूँ
पर जानती हूँ

हर चीज़ का महत्त्व होता है

इसलिए चुप रह जाती हूँ

रोज़ नहाती हूँ एक बाल्टी से
पर जानते हो, जब तुम आते हो
तो जल से सराबोर हो जाती हूँ।

- हेमा

कला - द्वितीय सत्र

उड़ान

बेटियाँ होती हैं खुदा के भेजे हुए एक अनमोल तोहफे सी
प्यारी सी राजदुलारी सी
उसे गर आज़ादी मिले अपने सपनों को जीने की
तो वो क्या नहीं कर सकती है
नारी तो उस रौशन चिराग का नाम है
जो पूरे जहान को अपने उजाले से रौशन कर सकती है
मैं बेटा हूँ
मैं बेटा बनकर क्यों रहूँ
मैं बेटा हूँ
ऐसा क्या है जो मैं चाहूँ तो नहीं पा सकती?
मैं ही शांति का प्रतीक हूँ, मैं ही जननी, मैं ही भक्ति
नारी प्रेम, विश्वास और आस्था की मूरत है
अपने से पहले दूसरों के बारे में सोचने वाली, उस खुदा की
मूरत है
नारी त्याग का प्रतीक है, सूरज का तेज है
नारी सहनशीलता का सागर है, जीवन का स्रोत है।

- ऋतिका अग्रवाल

कला - छठा सत्र

सुखद यात्रा

यात्रा

जीवन की हो तो
सुखद भली
समय की हो तो
और भली



इस यात्रा में आएंगे कई मोड़
कुछ होंगे मीठे तो कुछ खारे
हिम्मत रखो तो सब हैं प्यारे
न रखो तो दुःखद लगेगे सारे

इस यात्रा में चलो सबका हाथ थामें
सबके साथ जियो, लम्हे प्यारे - प्यारे
यूँ ही सफल हो जाएगा जीवन
यूँ ही लगेगे ये सबसे सुन्दर पल

अपने बड़ों से प्रेरणा लेते चलो,
अपने छोटों को प्रेम बाँटते चलो
सबकी दुआएँ बटोरते चलो
जीवन की माला में मोती पिरोते चलो

जीवन की यात्रा है बहुत बड़ी
पर प्रभु के चरणों तक ले जाएगी यही
ऐ प्राणी तू कर्म करता चल
तू फल बटोरता चल
यात्रा यूँ ही सुखद व सफल हो जाएगी।

- ऋतिका अग्रवाल

कला - छठा सत्र

अबला नहीं सबला

बधाई हो, लड़की हुई है
डॉक्टर बोली
हाय! ये तो अबला होगी
नानी बोली

सामने ही तो खड़ी थी
लड़की के अबला न होने का प्रमाण
फिर भी, न जाने नानी बोली
ये तो अबला होगी

जब बड़ी हुई थोड़ी वो
ये तो अबला होगी, दुनिया बोली
ये तो बेसहारा है
दुनिया बोली

ये तो खिलौना है
दुनिया बोली
चुपचाप कोने में रहेगी
दुनिया बोली

तू पराया धन है
नानी बोली
तू पराए घर की है
सास बोली

फिर जब समाज ने करी अति
तो थक-हार के बेटी बोली
फिर जब ताने सहन न हुए
तो गरज-गरज के औरत बोली

क्या कसूर है मेरा
कि मैं एक लड़की हूँ
क्यों मेरा कोई घर नहीं
क्योंकि मैं एक लड़की हूँ?

ऐ समाज के ठेकेदारो
ज़रा गौर फरमाओ
लड़की क्या होती है
आओ तुम्हें समझाऊँ

मैं अबला नहीं, मैं वो बला हूँ
जिसके कहर से तुम जल जाओगे
मैं बेसहारा नहीं, मैं वो नारी हूँ
जिसके सहारे तुम संभल जाओगे

मैं पराया धन नहीं
मैं हर घर की लक्ष्मी हूँ
मैं तो जहाँ जाती हूँ
वहाँ की ही हो जाती हूँ

अगली बार जब हाथ उठाओ
उससे पहले ज़रा सोच लेना
मैंने ही तुम्हें जन्म दिया
मैं ही भस्म कर जाऊँगी

तुम्हारे कितने रिश्ते मुझसे
मेरे बिना तुम कुछ भी नहीं
मुझे अबला कहते हो
मेरे बिना तुम जी पाओगे नहीं

तुम डरते हो मुझसे
तुम डरते हो मेरे कहर से
जानते हो तुम, मैं खड़ी हुई
तो तुम जल जाओगे

इसलिए मुझे रोकने के लिए
मुझे छोटा बनाते हो
लेकिन मैं डरूँगी नहीं,

डराऊँगी

मैं हारूँगी नहीं हराऊँगी

जब खड़ी हुई होके निडर
तब समझा ये समाज
ये अबला नहीं, ये तो बला है
जो हँसते-हँसते भस्म कर जाएगी

उसे अबला मत समझो
इसे बोझ मत समझो
नाम करेगी ये ही रौशन
इसे परायी नहीं अपनी समझो।

- ऋतिका अग्रवाल

कला-छठा सत्र

रिश्ते और जिन्दगी

रिश्तों की उलझन, रिश्तों की कशमकश
कुछ इस कदर है जिन्दगी में
आगे मुड़ते हैं तो, रिश्ते छूट जाते हैं
पीछे मुड़ते हैं तो, रिश्ते बिखर जाते हैं
कुछ रिश्तों की डोर इतनी नाजुक है
जिन्हें अपनाने से डर लगता है
और कुछ रिश्ते ऐसे जुड़े हैं
जिनके छूटने का खौफ़ रहता है

लोग अकसर कहते हैं -
रिश्तों के धागों को सुलझाते - सुलझाते,
जिन्दगी उलझ जाती है
और मैं कहती हूँ कि -
अगर रिश्तों के धागों को दिल से जोड़ें
तो जिन्दगी खुद - ब - खुद सुलझ जाती है

रिश्तों में अनबन, रिश्तों में उलझन
तो सबके साथ है
पर आनन्द तो उन उलझनों में उलझने से है
जिन्हें सुलझाते - सुलझाते आप जिन्दगी,
का सार सीख जाते हैं
और जो इस सार को सीख जाता है
समझो वो जिन्दगी जीना सीख जाता है।

- आकृति वर्मा
कला - चतुर्थ सत्र

आधुनिक समाज का महान रस - निंदा

प्राचील काल में निंदा करने वाले को नज़दीक रखने की सलाह दी जाती थी, क्योंकि प्रभावशाली व्यक्ति को अपने दोष, गुण - अवगुण जानने का यह एक अच्छा तरीका था। बशर्ते आप इसे जानना चाहें। फिर इन्हें दूर करना ना करना स्वयं की इच्छा व आचरण पर निर्भर करता है। यह सकारात्मक निंदा थी जो सामने की जाती थी। इसके लिए कहने वाले को साहस और सुनने वाले को बड़प्पन की आवश्यकता होती थी।

परन्तु आज इसका स्वरूप बदल चुका है। किसी के पीठ पीछे बुराई करना, दोष निकालना तथा बदनाम करने की प्रवृत्ति इतनी बढ़ चुकी है कि कल्पना से भी परे है। कोई भी किसी अन्य को सफल होते नहीं देख सकता। अपने दुःख से इतना दुःखी कोई नहीं है जितना दूसरे के सुख से है। क्या गरीब, क्या अमीर, महिला हो या पुरुष, घरेलू चाहे कामकाजी, खूबसूरत या बदसूरत, बुजुर्ग हो या जवान, क्या पढ़ा - लिखा, क्या अनपढ़, दोस्त हो या दुश्मन, सब निंदा के कुचक्र में फसे हुए हैं। सभी निंदा रस का रसास्वादन कर के फूले नहीं समाते। आज के मानव जीवन की कल्पना भी इसके बिना मुश्किल है।

तेरी कमीज़ मेरी कमीज़ से सफेद कैसे? ससुराल की तो बुराई होती ही थी अब तो मायके की निंदा के बिना भी भोजन नहीं पचता। वर्तमान में मनुष्य की सेहत का राज़ उनका विटामिन, प्रोटीन सब निंदा ही है।

किसी की अनुपस्थिति में उसके लिए कही जाने वाली कोई भी नकारात्मक, गलत, आपत्तिजनक विचार, उलाहना, चर्चा एवं बातें निंदा होती हैं। सैद्धांतिक रूप से निंदा करने वाले ईर्ष्या की आग में जलते रहते हैं। यही जलन की अग्नि, ज्वाला बनकर जिह्वा से शब्द का रूप धारण कर आसपास के वातावरण को जलाकर राख कर देती है। निंदा उसे क्षणिक आत्म संतुष्टि व शांति प्रदान करती है। पूर्व में, इस निंदा के पीछे हीनता, नकारात्मक सोच एवं दूसरे की जीत व स्वयं की हार कारण हुआ करती थी। परन्तु आजकल तो यह पूर्णतः निरुद्देश्य ही होती है। आज यह मानव के दिनचर्या में, स्वभाव में, हर साँस में, बिना किसी कारण के विद्यमान है। आजकल शायद ही कोई ऐसा है जो इस महारोग से पीड़ित नहीं।

युगों से महिलाओं में निंदा एवं बुराई करना, स्वभाविक एवं प्राकृतिक गुण रहा है, परन्तु अब तो पुरुष वर्ग भी इस रस में डूब चुका है। सभी एक - दूसरे की निंदा करने में संलिप्त है। जहाँ दो लोग मिले नहीं की तीसरे की बुराई शुरू। यही कार्य करने के लिए आधुनिक एवं पढ़े - लिखे होने का दावा करने वाले लोग भी पीछे नहीं। अब तो हालात कुछ इस तरह के हैं कि बिना एक - दूसरे की निंदा किये लोगों के चेहरे पर मुस्कराहट ही नहीं आती।

भगवान भी आसमान से यह बात देखकर ज़रूर प्रसन्न होता होगा कि एक ही रस में सारी मानव जाति किस तरह डूबी हुई है। मगर, वह यह देखकर आश्चर्यचकित भी होता होगा कि उसने इन्सान का क्या रूप बनाया था अब प्राणी कितने चित्र - विचित्र हो गए हैं ?

- तरू मैहता

वाणिज्य - छठा सत्र

नारी

नारी तो शक्ति स्वरूपा
आत्मा की अमर कला है
उसके बल पर तो अब सारा जग चला है
गया वो ज़माना जब नारी होती थी बेचारी
अब तो उसमें शक्ति सारी की सारी
करे जो नारी का अपमान
मान उसे पशु समान
माने जो उसे किसी से भी कम
देख ले वह आकर उसका दम
कमज़ोर समझना उसे है तुम्हारा भ्रम
जहाँ हो नारी, वहाँ नहीं होगा कोई गम
अलग अलग रूप वह बेचारी निभाती है
सबके दुःख - दर्द को वह खुद ही पी जाती है
कभी बेटी, कभी माँ, कभी बहन बनकर
वह सारे कष्ट उठाती है
फिर भी ज़िन्दगी जीने के मायने वो ही सिखाती है
कंधे से कंधा मिला वो मर्दों के चले
आँधी, तूफान आए तब भी न वो अपनी जगह से हिले
ऐसा हौंसला तू सिर्फ नारी में पाएगा
ऐसी हिम्मत तू कहाँ से लाएगा
इसलिए, करो नारी का मान
बढ़ने दो उन्हें आगे



और बढ़ने दो अपनी शान
जितनी आगे जाएगी नारी
इतनी शक्ति बढ़ेगी तुम्हारी।

- आयुषी शर्मा
कला - द्वितीय सत्र

राष्ट्रभाषा हिन्दी

जिस तरह एक मनुष्य दूसरे मानव से भिन्न होता है, एक समाज से दूसरा समाज भिन्न होता है, इसी तरह एक देश दूसरे देश से भिन्न होता है। यह भिन्नता सभी प्रकार की होती है - सोचने - समझने की खाने - पीने की, रहने - सहने की, भाषा की, देश के साथ - साथ कहीं - कहीं प्रदेशों में भी भिन्नता पायी जाती है। भारत के सभी प्रदेशों में अलग - अलग भाषायें बोली जाती हैं और इन सभी का अपना - अपना अस्तित्व है।

लेकिन समस्या यह है कि किस प्रकार प्रादेशिक विशेषता अखण्ड रखी जाए और प्रत्येक प्रदेश को एकता के सूत्र में बाँधकर एक महान राष्ट्र का स्वरूप प्रदान किया जाए। अब हमें देखना यह है कि क्या हिन्दी में वे सभी गुण मिलते हैं जो एक सफल राष्ट्रभाषा में होने चाहिए। कई वर्षों तक गुलाम रहने के कारण भारत की गौरव - परम्परा के साथ हिन्दी भाषा भी उपेक्षित रही है।

जब भारत स्वतंत्र हुआ तब हिन्दी को राष्ट्रभाषा का गौरव प्राप्त हुआ। इस पद की असली अधिकारी हिन्दी ही थी। परन्तु उसके बाद भी लोग राष्ट्र भाषा नहीं बोलते। एक तरफ हिन्दी आगे बढ़ रही है तो दूसरी तरफ हिन्दी कक्षा में पढ़ने वाला छात्र जब अपने शिक्षक से कक्षा में प्रवेश की अनुमति चाहता है तो कहता है 'मे आई कम इन सर'। इतना ही नहीं आज की युवा पीढ़ी अंग्रेजी में वातार्लाप करने में अपनी शान समझती हैं। इसका दुःखद पहलू तो यह भी है कि जो लोग हिन्दी के विकास की बात करते हैं वे स्वयं भी इसका अनादर करने से बाज नहीं आते। लोगों में अपने देश और अपनी राष्ट्रभाषा के प्रति सम्मान लुप्त होता नज़र आ रहा है। अगर यही व्यवहार रहा तो वह दिन दूर नहीं जब हिन्दी भाषा पूरी तरह से लुप्त हो जाएगी।

हिन्दी भाषा हमारी राष्ट्रभाषा, हमारी मातृभाषा है इसलिए हमें मिलकर हिन्दी के उत्थान में सहयोग करना होगा। हिन्दी हमारी मातृ भाषा है और हमें इसका प्रचार करना चाहिए।

हिन्दी है भारत की शान
इसी से है हम सब का सम्मान
राष्ट्रभाषा का करो सम्मान
तभी है इस देश की शान।

- पूजा सिंह
कला - द्वितीय सत्र

सर्वोपरि स्वयं के प्रति सत्यनिष्ठ रहें

“सॉच बराबर तप नहीं, झूठ बराबर पाप” अर्थात् सच बोलने से बड़ा दूसरा कोई तप नहीं, झूठ बोलने से बड़ा कोई पाप नहीं। तपस्या अपने आप में अत्यंत कठिन मानवीय व्यवहार है और ऐसी प्रवृत्ति में सत्य बोलना शीर्ष पर स्थित है क्योंकि सत्य बोलने का अर्थ है अपनी सुविधाओं की चिन्ता किए बगैर तथ्यों को उसी रूप में सामने रखना, जिस रूप में वे विद्यमान हैं।

आज समाज में दिखावा, छल, फरेब, इतना बढ़ गया है कि हम किसी भी व्यक्ति पर आसानी से विश्वास नहीं कर पाते। आज हर इंसान ने अपना ऊपरी चेहरा इतना बनावटी बना लिया है कि उसकी वास्तविकता का अनुमान लगाना मुश्किल हो गया है। इसका मूल कारण यह है कि हम अपने आप से, अपने हालात से संतुष्ट नहीं हैं।

किसी दूसरे पर उँगली उठाने से पूर्व हमें स्वयं के गुणों व अवगुणों से परिचित होना चाहिए। हम जिस तरह के लोगों में उठते-बैठते हैं, खुद वैसा होने का दिखावा करते हैं। जिससे हमारी व्यथा उस कौए के समान हो जाती है कि मोर का पंख लगा लिया, मोरों ने अपनाया नहीं पर कौओं ने ठुकरा दिया।

इन्सान को अपन पहचान, अपनी वास्तविकता को छुपाना नहीं चाहिए। ऐसा हम तभी करते हैं जब हमारे अंदर हीन भावना है। मन अनन्त शक्ति का स्रोत है, उसे सिर्फ हीन भावना से बचाए रखना आवश्यक है। मन की अपरिमित शक्ति को भूले बिना अपनी क्षमताओं में अथाह विश्वास ही सफलता की मूल कुँजी है। तभी हम स्वयं के प्रति सत्यनिष्ठ हो पाएँगे।

सतयुग में भी शिक्षा-दीक्षा प्राप्त करने के लिए राजघरानों के सभी राजकुमार गुरुकुल व आश्रम जाकर, वहाँ की कठिन परिस्थितियों का सामना करते थे। जैसे साधारण घरों के बालक जंगल जाकर लकड़ियाँ काटते व भिक्षा लेने जाते वैसे ही राजकुमारों को भी करना पड़ता था। जीवन को सरलता से जीना सिखाया जाता था। पर आज छोटा सा बच्चा जब स्कूल जाना शुरू करता है, जिसे देखकर मध्यम वर्ग के परिवार का बच्चा गाड़ी लेने की जिद्द करता है। पर बच्चे कच्ची मिट्टी की तरह होते हैं, जैसे चाहो ढाल लो। माता-पिता को चाहिए कि उसे स्कूल बस में जाने की प्रेरणा दें। इससे बच्चों को सब बच्चों के साथ मिलजुल कर रहने का मौका भी मिलेगा। साथ ही उसे अपने आप को सबके समान रहने व दिखावा न करने की शिक्षा भी मिलेगी।

इन्हीं छोटी-छोटी बातों से हम स्वयं के प्रति सत्यनिष्ठ रहने की शिक्षा देकर, अपने बच्चों का भविष्य झूठी शान की चादर ओढ़ने से बचा सकते हैं। जैसा प्रभु ने आपको बनाया, जिस भी हालात में रखा उसके लिए हमेशा हमें उनको धन्यवाद करना चाहिए।

हमारी सरल व साधारण जीवन शैली को झूठ से भरने में फिल्मों और टी.वी. धारावाहिकों का भी बहुत बड़ा योगदान है। पुरानी फिल्मों में हीरो अधिकतर गरीब, ईमानदार व मेहनती दिखाया जाता था। हम लोग जैसे धारावाहिक साधारण परिवारों की कथा बताते थे। पर आज सबकी कहानियाँ अमीरों के बंगले, गाड़ियाँ, विदेशी यात्राएँ दिखाती हैं जिसमें न समाज की बंदिशें हैं और ना ही माता-पिता से आज्ञा या आशीर्वाद लेने का चलन। माता-पिता को दोस्त दिखाया जाता है। जिसे देखकर आज का युवावर्ग अपने माता-पिता को अपने रिश्ते की सच्चाई और गंभीरता को त्यागने पर मजबूर कर देता है। यदि हम अपने समाज में आए इस बदलाव पर यहीं रोक नहीं लगाएँगे तो निश्चय ही हमारा भविष्य अंधकार की ओर जा रहा है।

आज का बच्चा वक्त से पहले बड़ा हो रहा है और बुजुर्ग अपने आप को बड़ों में गिनना नहीं चाहता। यदि सब एक ही उम्र में जिएँगे तो क्या सही क्या गलत है इसकी शिक्षा देने कौन आएगा?

आधुनिक युग के यान्त्रिक समाज में मनुष्य न केवल यन्त्रवत् बन गया है बल्कि विद्यमान उपभोक्तावादी संस्कृति ने उसे भौतिक सुख-सुविधाओं की प्राप्ति के लिए इस कदर बना दिया है कि उसने अपनी सारी नैतिकताओं को ताक पर रख दिया है। इन्हीं में से एक नैतिकता सत्य संबंधी भी है।

- रितिका सोनी

विज्ञान - चौथा सत्र

हिन्दी भाषा

आने वाली पीढ़ी को हिन्दी कैसे आयेगी
जब वो इसे जानना ही नहीं चाहेगी
अपने ही देश में क्यों है वह अनजानी
बाहर वालों के आगे क्यों पड़े उसे मुँह की खानी?
विदेशी भाषा को जरूर जानों
पर लोहा हिन्दी का भी तो मानो
जैसे सीखी तुमने भाषा बेगानी
वैसे ही सीखो तुम हिन्दी अपनानी
हिन्दी भार नहीं, है आधार हमारा
इसे जानना है अधिकार तुम्हारा
हिन्दुस्तानी हैं हम, गर्व करो हिन्दी पर
सम्मान देना व दिलाना कर्त्तव्य है हम पर
क्योंकि
हमारी स्वतंत्रता वहाँ है
हमारी राष्ट्रभाषा जहाँ है।



- तरु मैहता
वाणिज्य - छठा सत्र

मेरी ज़िन्दगी

मेरी ज़िन्दगी कुछ ऐसी है
इसका हर पन्ना अलग है
हर पन्ने पर एक नई कहानी है
हर पल नई चुनौतियाँ है

मेरी ज़िन्दगी कुछ ऐसी है
हर पन्ने पर नए लोग हैं
हर पन्ने पर मेरी रूह का अलग टुकड़ा है
हर पन्ने पर नए जज़्बात हैं

मेरी ज़िन्दगी कुछ ऐसी है
हर पन्ने पर नया मोड़ है
हर पन्ने पर नया किस्सा है
हर पन्ने पर नई भावनाएँ हैं



मेरी ज़िन्दगी कुछ ऐसी है
हर पन्ने पर नई सोच

हर पन्ने पर नई प्रतिज्ञा है
हर पन्ने पर नई इच्छा है

मेरी ज़िन्दगी कुछ ऐसी है?
जो भी पढ़ता है और जानना चाहता है
जो भी पढ़ता है मेरी रूह में बस जाता है
जो भी पढ़ता है एक नया किस्सा बन जाता है।

- ऋतिका अग्रवाल

कला - छठा सत्र

अस्तित्व मिटने नहीं दूँगी

कैसी बन गई है मेरी ज़िन्दगी
एक ही एहसास में तो जी रही हूँ
और वो एहसास है बंदगी
बचपन से सिर्फ दर्द की सिसकियाँ ही भरी हैं
हँसी के ठहाके तो ईद का चाँद हैं इस जीवन में
कभी घुट - घुट के जीना
तो कभी अपमान के आँसू पीना
यही तो यथार्थ की गाथा है
जो हर कोई समझ नहीं पाता है
चमक तो चाँदनी रात में भी है
पर उजाला सूरज ही करवाता है
हमदर्द तो सब बन जाते हैं
हमदर्दी कोई एक आध ही जताता है
कहने को तो चाँद पर भी दाग है
पर उसे थोड़े न कोई मिटा पाता है
अस्तित्व की लड़ाई में अहंकार कभी विजयी नहीं हुआ
ज़िन्दगी भी मेरे संग खेल रही है जुआ
पर संकल्प है मेरा कि स्वयं को हारने नहीं दूँगी
मिट जाऊँगी मगर अस्तित्व को मिटने नहीं दूँगी।

- प्रियंका शर्मा

एम.एस.सी. - बॉटनी

लो आज काली रात आ गई

लो आज फिर काली रात आ गई
उन दरिदों की हैवानियत फिर मेरी
एक बहन की आबरू मिटा गई
दिन के उजाले को वो दरिन्दगी अमावस्या बना गई
फिर एक बेटी का अस्तित्व मिटा गई
लो आज फिर काल रात आ गई
न जाने इन पापियों की आत्मा कहाँ सोती होगी
न हो किसी की बहन, बेटी, माँ तो ज़रूर होती होगी
अरे! ओ नीच हरकत करने वालो सुनो
कोई रोए न रोए तुम पर, तुम्हारी माँ ज़रूर रोती होगी
जब वो अबोध बालिका उन राक्षसों से घिरी होगी
हाथ - पाँव जोड़कर उसने सिकियाँ भरी होंगी
माँ ने घर पर गरमा गरम रोटियाँ पकाई होंगी
पिता ने सारी पगडंडियाँ ताकी होंगी
कौन जानता था कि उस रात वो नन्हीं कली घर न गई
उसकी रूह उन दरिदों के आगे अपना दम तोड़ गई
लो आज फिर काली रात आ गई
उसकी हर चीख यही पूछ रही होगी
आखिर क्या गलती की थी उसने
क्यों उसे ये सज़ा भुगतनी पड़ी
जाते - जाते बस ईश्वर से प्रार्थना कर रही होगी कि
मेरे साथ जो हुआ ना भूलना न भुलाने देना
फिर किसी माँ से उसकी बेटी न छीनने देना
फिर किसी पापा की लाडली को ये न भुगतने देना
किसी और को 'गुड़िया' न बनने देना
लो आज फिर एक बेटी के लिए काली रात आ गई
आज फिर मेरी एक बहन का अस्तित्व मिटा गई
लो आज फिर काली रात आ गई।

- प्रियंका शर्मा
एम.एस.सी. - बॉटनी

ज़िन्दगी

ज़िन्दगी शुरू हुई थी माँ के आँचल में
ज़िन्दगी की आखिरी साँसें भी ली जाती हैं माँ के आँचल में
ज़िन्दगी जीने के तौर तरीके अपने माता - पिता से हैं सीखे
आखिर हौसले मज़बूत गिर कर खड़े होने से ही तो बढ़े
ये सफ़र ज़िन्दगी का जो है बड़ी समझदारी से तय करना है
अपनों के साथ नहीं तो अपनेपन के साथ ही पूरा करना है
नफ़रत तो आसानी से मिल जाती है, मुहब्बत तो ढूँढ़ने पर भी
नहीं मिलती
किसी के पास बहुत कुछ है तो किसी के पास कुछ भी नहीं

ज़िन्दगी हर मोड़ पर सिखाये जा रही है कुछ नहीं तो
प्रकृति के ज़रिए ही नियम बताये जा रही है

स्वाहिशों से भरा है ज़िन्दगी का यह सफ़र
मुश्किलों से भर ही सही मज़िल का भी है अपना घर
कहा जाता है वक्त बदल रहा है असलियत तो यह है
कि वक्त तो आज भी अपनी रफ़्तार से ही बीत रहा है

बहुत छोटी - सी है ज़िन्दगी पता नहीं कब खत्म हो जायेगी
अपने बीते हुए सफ़र में यादों से भरे और इतिहास के पन्नें जोड़
जायेगी

- सुवांशिता शर्मा
विज्ञान - चौथा सत्र

कीचड़

लड़की होना क्या गुनाह हो गया
जुर्म का कीचड़ बेपनाह हो गया
घर में, चौराहे पर चीरहरण हो रहे
दुश्शासन उद्दण्ड लापरवाह हो गया
तुलसी रोप रहे हर घर-आँगन में
धज्जियाँ इज्जत की, झार तबाह हो गया
धरती काँप रही पाप के बोझ तले
इसका धैर्य भी अब बेजुबाँ हो गया
घरों के परदे तो टूक-टूक हो गए
क्यों समाज पापियों की पनाह हो गया
किस किताब के पन्नों को बाँचें अब
कानून का हरफ़ तो खामख्वाह हो गया।



डॉ संगीता सारस्वत
हिन्दी विभाग

हम बदल गये हैं

आज हाथ फैलाती हूँ
तो लोग उठा लेते हैं
जो हथेलियों में होता है
पहले चाँद - तारे
अपने आप ही
उंगलियों को छू जाते थे
इन्द्रधनुष के सात रंग
क्षितिज पर सागर से
अठखेलियां करते हुए
मनमोहक सौन्दर्य के सूचक
आज वह समय है
जब सागर की लहरें
धरती को छूकर

बार - बार प्रश्न पूछती हैं
कहाँ हो तुम मनुष्य?
दूर रेत पर बैठा दिखता है
सफ़ेद बगुला
मुँह में मछली को दबाये
बैठा है अकेला चुपचाप
शायद कोई आये
जिसके साथ
वह बाँट सके
जो उसका है
परिवर्तन होना अनिवार्य है
बदलाव ऐसा कि
आदमी - आदमी का बन
बैठा है अज्ञात शत्रु
दिन दूर नहीं
जब सिमट जायेगी दुनिया
मिट जायेगे मनमोहक नज़ारे
रह जायेगे इधर - उधर
बिखरे कुछ ठूँठ
काले पानी में
चरमराती टूटी नाव
क्षितिज पर आँसू बहाता
मटमैला बगुला
अभी भी मछली
को मुँह में दबाये
किसी के इन्तज़ार में है।

- डॉ. अंजली दीवान
गृह विज्ञान विभाग





The Administrative Staff



ST. BEDE'S COLLEGE

Navbahar, Shimla – 171002

(Himachal Pradesh)

Tel No. : 0177-2842498

Email: bedescollege@gmail.com

www.stbedescollege.in