



Echoes

2018-19

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From the Principal's Desk.....



Eleven years spent at St. Bede's College made one thing very clear to me, that an educational environment has to be friendly, warm and inviting; this basically makes a happy community of teachers and students who go about their activities joyously and yet seriously, focusing on all round quality.

Looking back I am reminded of Elizabeth Gilbert's words:

"In the end, maybe we must all give up trying to pay back the people in this world who sustain our lives. In the end maybe it's wiser to surrender before the miraculous scope of human generosity and to just keep saying thank you forever and sincerely, for as long as we have voices."

Sr. (Dr.) Beena John
Principal

Editorial

Without creativity, there is nothing, but it is not all that counts. A lot more goes into making something worthwhile. Had it not been for the undeterred help and support of everyone involved, especially the hard work of our advising professors, Ma'am Anuja Sharma and Ma'am Madhu Parmar. It has been a tumultuous journey, and it was a blessing to have worked with and under such understanding people. The Editorial has been the principal source of my growth this year and played an instrumental role in

my development as an individual. It is with eternal gratitude that I lay down my pen and would like to close by stating what an absolute honour it has been to have gotten to work in the presence of such brilliant minds.

In a place like Bede's, it is impossible to not walk past a story each day. The people here are as dynamic as its seasons. It would be a shame, if their stories weren't unraveled. My amateur observations would have remained hidden, if not for the guidance of our professors, who saw the potential in me and encouraged me to recite my

thoughts. They goaded me in the right direction, while the Editorial Board gave me the drive to become a better and responsible member of the team. Our journey comprised of both tears and joy. Of all the stories I have seen so far, this one is my favourite.

"Echoes" is such an appropriate name for our college



Editorial Board at work...

magazine because it rightly echoes our legacy and preserves the spirit of all the Bedeians. There were days when I picked up previous years' magazines to get a clear idea about the process and I was thrilled to see how much efforts goes into the making of *Echoes*. It is commendable of our professors for working so tirelessly. Being the editor of *Echoes* (2018-19) was an enriching experience.

I am privileged that I could be a part of Bede's . The term 'writer' was unknown to me till I came here. This institution enhanced and nourished my capabilities.

After two years of continuous bequests, I am able to reimburse simply by being a part of 'Editorial Team'. The journey of being the part of same is an experience to be treasured. There were many creative and visionary experiences that were learnt during this course of service.

Sumedha Agarwal
Vrinda Sharma
Simran Kaur
English Honours VI Semester

Bedeian Log 2018-19

July:

Opening Mass : Fr. Anil Sequeira invoked blessings for the new academic Session.

Celebrations of Mother Foundress Day.

Induction meeting of Diploma in Nutrition and Health Education, IGNOU.

Fresher's Orientation and Anti Ragging awareness.

August:

Society Fair was conducted to allot ships and societies to the newcomers.

Elections - College votes for the Student Council.

Freshers Welcome - 'The Miracle is You'.

Tree Plantation - Our "Green" responsibility.

Art & Craft Workshop. The resource person was Mrs. Neha Grover.

The College celebrated the 72nd Independence Day on August 15, 2018.

The Commanding Officer, Commander Monika Sharma of 1 HP Naval Unit NCC, Bilaspur visited St. Bede's College Shimla.

NCC canteen was organised in collaboration with the Department of Health & Nutrition.

September:

Teachers Day was celebrated with much love and enthusiasm.

A Special Assembly was held on September 10, 2018 to celebrate the Feast Day of Blessed Dina Belanger. Inspiring presentations on her life were shown depicting her kind and helpful nature. NCC Cadets raise funds for the needy.

A Blood Donation Camp was organized in St. Bede's College, Shimla on September 12, 2018. The Chief Guest for the event was Mr. Sarabjeet Singh, a known social activist. He was accompanied by Dr. Victor and his team from Blood Bank, IGMC Shimla.

A National Science Seminar was held at St. Bede's College, Shimla on September 13, 2018. Hindi Divas was celebrated on September 14, 2018 with great enthusiasm.

A Farewell Get-together by the Principal Dr. (Sr.) Beena John and Teaching staff was organized for outgoing teachers comprising of Priyanka Rana, Kuldeep, Dr. D.D Sharma and Dr. Madhavi Joshi on September 18, 2018.

International Seminar "Partition Revisited" organised by Departments of Political Science and History on 19-20 September 2018.

October :

The Librarian, Mrs. Anjali Wadhawan conducted an Information Literacy Programme for B.A/B.SC/B.Com/Hons./M.Sc./M.Com./M.A. from 9th Oct. to 17th Oct. 2018 in the library to provide guidance on accessing E-Catalogue & Infflibnet.

M.A. English : A workshop on Creative Writing was held for PG students.

The Department of English bid farewell to Dr. Mita Biswas.

November :

NCC Day was celebrated from November 22-24, 2018.

End Semester Exams were held.

A Regional Seminar by SEBI was organized in collaboration with the Placement Cell at St. Bede's College, Shimla on November 29, 2018. The theme of the seminar was to create financial literacy among students.

December :

The World AIDS Day was celebrated at St. Bede's College on December 1, 2018. A short documentary for the awareness of AIDS was shown to the students. Some inter-ship activities like poetry recitation, poster making and slogan writing were also held to spread awareness among the college students.

Campaign against Drug Abuse : An event to promote awareness about Drug Abuse was organised on December 3, 2018.

With the theme 'Empowering a woman empowers the next generation' the NSS unit of St. Bede's College, Shimla began a 7-day camp on the December 4, 2018 under the supervision of NSS Programme Officers Dr. Sapna Sharma and Mr. D.V Pathania, with 80 volunteers.

The Library of St. Bede's College, Shimla organized a Book Talk activity on December 6, 2018 under which the students and teachers were given an opportunity to present their self-composed poems, stories, articles, etc. The programme started with Mrs. Anjali Wadhwan, the librarian welcoming the Chief Guest, Professor Vidya Nidhi, a well known writer, translator and a critic.

A Textile Exhibition was held at St. Bede's College, Shimla from December 8-10, 2018. India has a rich heritage of traditional textiles and embroidery. This Exhibition is an effort

to familiarise the students about the traditional crafts. A Gift shop 'Takhleequi' was also inaugurated to encourage entrepreneur skills of the students. A special corner was set up on Himachal showcasing the traditional skills of Chamba Thaal, Mohras, Chamba Rumaal and the traditional weaves of Himachal Pradesh.

On December 18, 2019 Community Outreach Programme was organised at Theog

March:

The Graduation Day 2019, The Bedeian Hues was organized on March 7, 2019 to bid farewell to the undergraduate students of Sixth Semester and the Post-graduate students at St. Bede's College, Shimla. The Chief Guest for the function was Dr. Purnima Chauhan, Secretary, Language Art and Culture, Government of Himachal Pradesh.

A Faculty Development Programme on Education Trends Vision 2030 was held on March 8, 2019 at St. Bede's College. The Resource person was Professor Mike Ivanof of the University of the Fraser Valley, Canada.

A Farewell to Dr. Anjali Dewan Associate Professor of Food and Nutrition, was given on March 9, 2019.

The Annual Prize Distribution function and the Office laying down ceremony was held at St. Bede's College, Shimla on March 11, 2019. The Chief Guest for the function was Dr. Amarjeet K. Sharma, Director, Higher Education, Government of Himachal Pradesh.

April:

From April 5-7, 2019 a field trip for the English Honours students was organised by the Department of English to the Partition of Museum at Amritsar.

Final Exams commence from April 11, 2019





Parting Thoughts

"Think big and don't listen to people who tell you it can't be done. Life's too short to think small."

- Tim Ferriss



For the last three years, my life has been a journey of unique experiences, thanks to my teachers and all my dear Bedeians who have contributed to it. Such is the foundation of our St. Bede's, that I have learned what values, love, care and responsibility actually mean.

It is my honour to be a part of this institution. I am humbled to be in the presence of personalities like that of my principal, teachers and all my collegemates. No matter what the challenges were I have always tried to overcome it with the best of my abilities. I'm glad that in this journey my collegemates and my teachers were such a support to me. I wish all the very best to the coming and the present Bedeians and hope they grow as responsible and nurturing ladies .

The memories that I have gained and gathered, both good and bad, will always be a part of my personality till the day I exist. To every member of this family, I will forever be grateful and I wish for them nothing but the best. To all the budding Bedeians, I would like to say that every day, every moment is an experience, a journey to the unknown. Live it to its potential and always make sure to have no regrets.

Now when I'm heading out of this college, I promise to always carry our college motto "Non Nobis Solum" wherever I will go.

Kanishka Sharma
Admiral (2018-2019)
Economics Major, VI Semester.

INS Chirag

"The strength of the team is each individual member. The strength of each member is the team" — Phil Jackson

The journey of being the Captain and the Vice-Captain was filled with many challenges. Some challenges made us win and some made us learn. But all in all these challenges have made us grow and our ship has eventually overcome all these obstacles only because of the consistent hardwork and dedication of each member. Our ship has performed outstandingly well in all the competitions. We got the 1st position in Poster-making competition on the topic Congregation of Jesus and Mary. We bagged the 2nd position in the Declamation competition on Independence Day. We also got the 1st position in Folk Dance competition and 2nd position in Singing competition on Hindi Diwas. On AIDS Day various activities were held where we bagged 1st as well as the 2nd position in Slogan Writing competition and 2nd position in Poem Recitation competition and many more.

The journey was a learning experience all along. More power to all the Chiragians. May you all shine and grow and keep making our ship "INS-CHIRAG" proud.

Last but not the least we'd like to say a big thank you to our ship mentor, Ma'am Deepti Pajni, who guided us all along. It was indeed an incredible year.



—Pragati Duggal
(Captain)
Kriti Verma
(Vice-captain)

INS Himmat

"I've always believed that success for anyone is all about drive, dedication, and desire, but for me, it's also been about confidence and faith."

—Stephen Curry

Having faith and confidence in oneself is a big achievement. Conquering your own fears would lead to a successful win and a courageous you.

It was quite an honour to serve this prestigious institution as the captain and vice captain of INS Himmat. Dedication and perseverance are the most important elements for attainment of perfection and a reflection of this could be seen throughout the year.

Various inter-ship activities were conducted during the academic year 2018-2019.

On the occasion of Hindi Diwas our ship won the following prizes :

2 nd Prize	Slogan Making	Simran Sharma
1 st Prize	Poem Writing	Simrita Arora
1 st Prize	Collage Making	Areeba

Followed by:

1. Anti Drug Day:

1 st Prize	Poster Making	Harshita Jodha
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2. Anti Corruption Day:

2 nd Prize	Poster Making	Harshita Jodha
1 st Prize	Slogan Making	Ashita Bhamta
3. AIDS Day:

1 st Prize	Poster Making	Ashita Bhamta
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4. International Women's Day:

1 st Prize	Declamation	Ritika Soni
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5. St. Claudine Thevenet Feast:

2 nd Prize	Poster Making	Areeba
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6. Gandhi Jayanti:

2 nd Prize	Poster Making	Harshita Jodha
1 st Prize	Slogan Making	Simran Sharma
2 nd Prize	Poem Recitation	Aayushi Sharma

I would like to thank my ship mistress Ma'am Minni, who had supported me through thick and thin. Thanks to my Vice Captain Ashna Kainthla for being a pillar of strength to me as well as to the ship.

A team makes the dream work.

A special thanks to my team for making the dream work.

—Simran Sharma
(Captain)
Ashna Kainthla
(Vice Captain)

INS Vikrant

In the words of Muhammad Ali : “The more we sweat during practice the less shall we bleed in the battle field.” This is what St. Bede's has always taught us. Taking responsibility has never been easy and if it's the responsibility of a ship it is even more difficult. But then facing the challenges is what our teachers have always taught us.

The hardwork and the pain taken up by the students of this ship was immense. Various competitions took place throughout the year in order to select the winner amongst the four ships and thus the enthusiasm was put to test and following results were achieved.

1. Art Competition	2 nd Sunanda
2. Collage	2 nd Mary Chauhan
3. Sulekh	1 st Kirti
4. Vangaya Kavita	2 nd Sunanda
5. Creative Poem Writing	2 nd Kirti
6. Speech	2 nd Diksha Vashisht
7. Folk Dance(group)	2 nd
8. Poster Making	2 nd Mitul Chauhan
9. Slogan Writing	2 nd Mahima Rathore
10. Badminton	2 nd (4 participants)
11. Table Tennis	2 nd (2 participants)
12. Poem Recitation	1 st Kirti
13. Declamation	1 st Shinjinee Guha

These competitions helped the students in boosting up their confidence level and overall development of their personality. We know that teamwork is the obvious ability that is required to translate any vision into reality and due to the efforts and support of the students of INS Vikrant it was possible for us to bag the 2nd position amongst the four ships.

At the end we would like to thank the authorities for believing in us and supporting us throughout.

—**Mitul Chauhan**
(**Captain**)
Sonalli Manta
(**Vice Captain**)

INS Vikas

“If your path is more difficult, it is because your calling is higher.”

It seems only as if it was yesterday when we took responsibilities as the sailors of a ship which was about to tread on a challenging path. Time goes by too fast.

By pledging as the Captain and the Vice Captain of INS Vikas, we made sure that not only would we work hard for the upliftment of the ship, but we will also bring forth the talent that lies hidden within so many skilful students who belong with us. There were so many challenges that we came across, but the faith and guidance of our Ship incharges Ms. Shivani Chauhan and Mr. Dhan Dev and the ceaseless hard work and willingness of our shipmates kept us going to bestow INS Vikas with the Best Ship Trophy for the session 2018-19.

There were various competitions organised in the college throughout the year, like Hindi Diwas, Gandhi Jayanti, World AIDS Day and Sports Competitions, and we are filled with immense gratitude for all the participants who came forth and gave their level best to win lots of prizes-

- Muskan Chauhan, who has bagged various positions for Poster Making Competitions in Hindi Diwas, and Gandhi Jayanti and World AIDS Day
- Chitwan Jamwal, who won prizes for Slogan Writing completions during Hindi Diwas and World AIDS Day
- Akshita Sharma, who won first prize in singing competition and second prize in story writing competition.
- Sharmishtha Joshi, who won the second prize in poetry recitation on World AIDS Day
- Bhavya Kush, who won first prize in poetry recitation during Gandhi Jayanti
- Pratishtha Thakur, who won various positions for poetry recitation and various declamation competitions.

Apart from these, INS Vikas won first prize in every inter-ship sports event that was organised in the college, which were Basketball, Badminton and Table Tennis competitions. We would specially like to thank Aashima Premy, Geetika, Amisha Negi, Hitaqshi Sharma, and Chitwan Jamwal for excelling in the various events.

Even though success wasn't at our feet every time, and there were times when we had to face dejection too, but we learnt the lesson of learning from our mistakes and realising that failure is success if we learn from it.

There have also been some amazing people who have helped us selflessly behind the screens, and we want to thank them specially! Thank you so much for everything that you have done for us and extending help when we needed it the most. You're the best!

At the end, we would just like to say that all of you have amazing potential within yourselves. Do not let the fire within you be put out by fierce storms. Keep up the hard work Vikasians!

—Arshiya Handa
(Captain)
Pratishtha Thakur
(Vice Captain)

Placement Cell

“A dream doesn't become reality through magic; it takes sweat, determination and hard work.”

This year many companies visited our college. A number of students participated in the activities and did their internships under well known organizations.

A recruitment drive by Tommy Hilfiger and Calvin Klein was held on September 8, 2018. A team of five people came from Bangalore; two rounds were conducted in which students were selected and two girls were selected from B.Com final year.

A workshop was also organized by Securities Exchange Board of India (SEBI) on November 29, 2018 which imparted the participants with a better understanding of the capital market

and management of finances. Stallian Capital Management Company also visited our campus on November 30, 2018. They also selected students for internships in their company.

It was a wonderful experience being a part of the Placement Cell. It gave me 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 Ma'am Anuja for their endless support and for placing their trust in us. A heartfelt thanks to everyone because a leader is nothing without his/her team.



—**Srishti Chauhan**
(Vice President)
Rupal Dhiman
(Secretary)

Media Cell

The word 'media' is derived from the word medium, signifying mode or carrier. In today's world, media becomes as essential as our daily needs. Media of today is playing an outstanding role in creating and shaping of public opinion and strengthening of society.

Media Cell is the student media body of the St. Bede's College which looks after all communication and publications, internal and external, and is responsible for handling the PR activities of the college.

It accomplishes this through engagement with the print media and by facilitating the institute's online presence across various platforms. The Media and PR Cell also manages internal communication by reporting events, happenings and achievements to the administration and the faculty. This primarily involves covering events of the college, writing press releases, taking photographs and ensuring that each and every event of the college gets its due media coverage. It has been a great experience being a part of it and It was a privilege working with the faculty members of our cell, Dr. Anjali Dewan and Dr. Deepti Pajni.



—Niharika
(Vice President)
Anuja Sharma
(Secretary)

Red Ribbon Club

Red Ribbon Club is a movement started by the Government of India in schools and colleges through which students will spread awareness about HIV/AIDS. To achieve this, various activities and awareness programmes are held throughout the year.

The Red Ribbon Club organised a declamation contest on the topics : "Safe Spaces for Youth" and "Importance of HIV Testing", on the occasion of Youth Day on August 30, 2018.

On November 21, 2018 three girls from the college went to attend an awareness training held at Deen Dayal Upadhyay Government Hospital Shimla by the Red Ribbon Committee of Himachal Pradesh, the main motive of which was to make the students aware of the common problems faced by the patients suffering from HIV virus .

On December 1, 2018 on the occasion of World AIDS Day various activities including poem recitation, slogan writing and poster making competition were held in the college. The students of the college were made aware of the various consequences and symptoms of AIDS and its treatment.

The various events throughout the year were organised by the members of Red Ribbon Club committee of the college.

—Parul Verma
(Vice President)
Tamanna Verma
(Secretary)



Growing and Learning from "Mirasaa" the Heritage Club

"History is a kind of introduction to more interesting people than we can possibly meet in our restricted lives; let us not neglect the opportunity." - Dexter Perkins.

Our Heritage Club, Mirasaa conducts plentiful activities throughout the year, giving students wide range of opportunities to learn while working in a team and being creative. An exhibition was organized by the History Department in collaboration with the Home Science Department called "Takhleeki" on December 8, 2018 in the Home Science lab. The History Department put up ancient artefacts of Himachal Pradesh such as Chamba rumaal, Chamba thaal, Kullu and Lauhali shawl, etc. on display for the exhibition. The inter-departmental activity was a huge success and a great source of learning.



A poster making competition was organized by the Heritage Club on February 26, 2019. The judges were Ma'am Unnati Chauhan and Ma'am Punam Chauhan. The first prize was bagged by Kalpana Devi Semester VI)

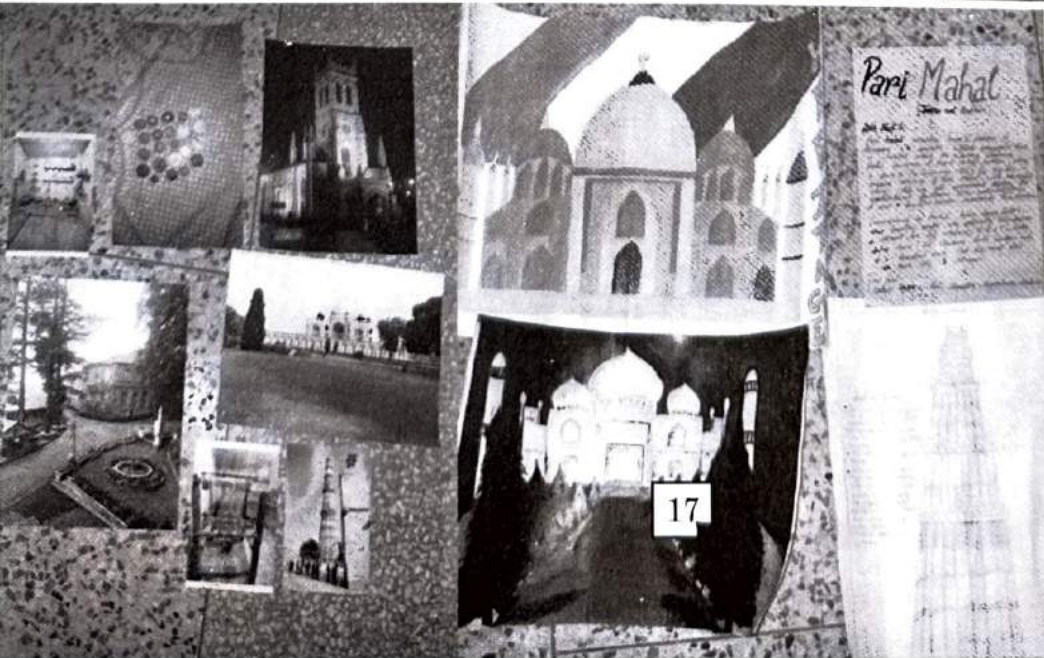


A Photography Competition was also organized on February 26, 2019. The theme was "Our Heritage" and the participants were asked to click pictures of buildings of subjects with historical significance.

Komal Choyal and Divya Sharma of BA III won 1st and 2nd prizes respectively.

The Heritage Club thus engages in various activities that explore an individual's personal and local histories, thus appreciating the cultural interconnectedness of the past, present and the future. It aims at create awareness and a sense of belonging among the students and inculcate in young minds a feeling of pride towards the rich heritage of which they are a part of.

—**Komal Choyal**
(Vice-President)
Divya Sharma
(Secretary)



Community Outreach, December 2018-19

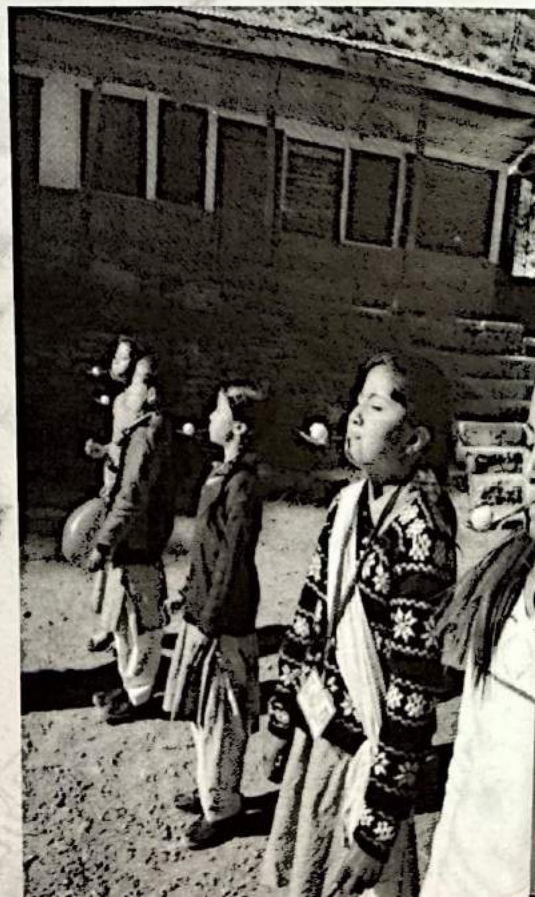
On December 18, 2018, the students and a few staff members of St. Bede's college went to Theog Govt. middle school to conduct activities under Community Outreach. The ten



students were: Saisha Verma, Sumedha Aggarwal, Akshita Verma, Ankita Sharma, Amisha Chauhan, (English Honours), Anita Dogra from Biotechnology, Parul Verma, B.Sc, Anuja Sharma and Garima Sharma, (English Major) The teachers accompanying the students were Mrs Anuja Sharma, Department of English, Mr. Anupam and Mr. Ashish from the Department of Commerce. We were warmly welcomed by the staff and students of the school. The interaction started

with a game of 'Dog n the Bone' where both students and teachers participated. Soon the school children were divided into groups and races for them were conducted. The first race was for the tiny tots, followed by a balloon race for the girls of class 6 and 7. Soon the senior boys were lined up for the 'cardigan buttoning race', for class 4-5 it was the lemon and spoon race. Then the much enjoyed 'passing the parcel' was played and all the 'performers' got a chocolate each and the Musical Chairs was a keenly contested game between the students and teachers, with a student from Theog school winning the hot seat finally!

The generosity and hospitality of the village school is



worth mentioning. Not only were we welcomed with a cup of hot tea and biscuits but were also invited to partake the mid-day meal at the school itself. The day ended well with a lot of learning and gainful experience.



St. Bede's College, Shimla extended its Community Outreach Programme to Spiti in Kaza, Himachal Pradesh

From May 13-17, 2018, three staff members, Ms. Anuja Sharma, Ms. Nandini Pathania and Dr. Anupama Tandon went as Volunteers to Munselling School Spiti. They took the senior section and conducted classes related to :

1. Communication Skills
 2. Personality Development
 3. Pidilite Creative Art
 4. Data Collection and Analysis
 5. SWOT Analysis
 6. Interactive games
- It was a very fruitful collaboration.

Anuja Sharma
Department of English
Incharge – Community Outreach



Report of Science Department

•One Day Science Seminar

The Science Faculty of St. Bede's College Shimla, in collaboration with Indian Science Congress Association (ISCA) Shimla Chapter hosted a one day Seminar entitled 'Celebrating Indian Science : From Past to Future' on September 13, 2018. Around 350 science students of the college along with 100 students of various colleges and schools of Shimla participated in it. These included Government Degree College, Sanjauli, R.K.M.V Shimla, Rajiv Gandhi Government Degree College Chaura Maidan, Convent of Jesus and Mary, D.A.V School, Lakkar Bazaar, St. Edward's School, Loreto Convent Tara Hall, Kendriya Vidyalaya Jakhu, GSS School Sanjauli, Monal Public School, GSS Portmore and Chapslee school.

The main objective of the seminar was to expose young students to the contribution of Indian scientists in different fields of science. Dr. Prof. Neeraj Sharma, convener Indian Science Congress Association (ISCA) Shimla Chapter, inaugurated the seminar. In her address she emphasized on the importance of science in one's life, how scientific research has progressed and what more has to be done. She also highlighted the contribution of ISCA in the development of science and betterment of mankind by organizing various events involving young scientists.

In the first technical session of the seminar, to remember the forgotten heroes of Indian science, a motivational film "The Quantum Indians" showing the journey of these Indian Scientists C. V. Raman, S.N. Bose, Meghnad Saha, who revolutionized physics and Indian science was shown to the students. This was followed by on a spot open quiz based on the film. The quiz was conducted by Prof. P. K.Ahluwalia, Retd. Professor of Physics from Himachal Pradesh University Shimla.

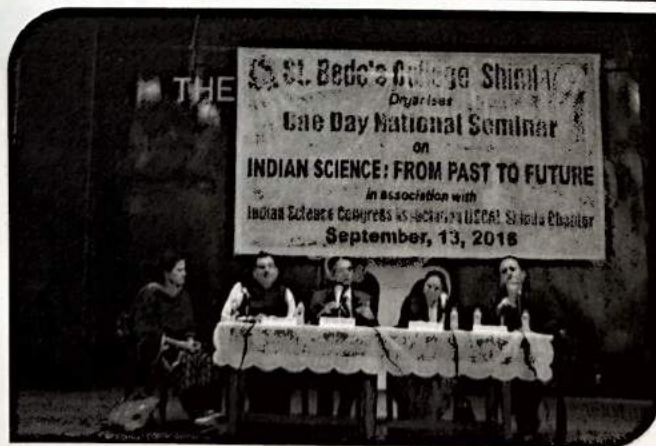
In the second technical session Prof. P.K. Ahluwalia delivered a talk on the topic 'Impact of Innovation on Human Development through Science and Technology: from Past to Future'. In his talk he emphasized that the essence of science is independent thinking and hard work and not the equipment. He presented seven case studies giving glimpses of different scientific discoveries starting from Faraday's electromagnetic induction, Timothy Berners Lee's World Wide Web, Manu Prakash's Foldscope, etc. He emphasized on how discover, invent and make in India will make our country one of the global leaders in scientific research and innovative technology.

The second half of the day started with a talk delivered by Professor Subhash Gupta, Retd. Principal Govt. College Bilaspur, on "Our Journey of Science- Future Ahead". He talked about the beauty of science and nature and how each and every component has an aspect of science in it and how small action can make a big difference.

In the last session Professor Jaspreet Sambi, Botany Department, Panjab University Chandigarh delivered a talk on "Indian Science: Looking back into the Future". She highlighted ancient India's contribution to mathematics, astronomy and medical science and surgery.

To stimulate the idea of controlling pollution and protecting our environment and to share and discuss issues relating to it, there was a panel discussion on the topic "Can Scientific Interventions Help Overcome the Curse of Pollution". The panelists Prof. P.K.Ahluwalia, Dr. Hemant Gupta, Dr. Subhash Gupta, Ms. Manita Sharma and Ms. Sarita Rana responded to the queries of the audience convincingly.

Departments of Physics, Microbiology, Biotechnology, Botany and Zoology also put up an exhibition on different experiments and medicinal plants.



Computer Science Department Report

National Seminar "Let's Frolic with the Technoplenuum"

A one day National Seminar on "Let's Frolic with the Technoplenuum" was held at St. Bede's College Shimla on September 17, 2018 organized by the Department of Computer Science. The objective of the seminar was to bring together the students of classes XI and XII from various schools of Shimla and to make them aware about trends in computing, their applications and the future perspectives of Computer Science after XII standard. Ms. Neha Walia, the Organizing Secretary, welcomed the Chief Guest Dr. Arvind Kalia, Dean of Studies, Himachal Pradesh University Shimla, guests and the students from various schools of Shimla. This was followed by lighting of the lamp by the Principal of the College, Dr. (Sr.) Beena John, Chief Guest and other dignitaries. Ms. Nivedita Bhardwaj then introduced the seminar. The guests were then felicitated. The inaugural address was delivered by the Chief Guest, Dr. Arvind Kalia and the first session was taken up by him on the topic "Trends in Computing".

The second session was held at 11:45 am on the theme "Computer Science: Learning to Program". The resource person for this session was Dr. Akash Deep, University Institute of Information and Technology, Punjab University, Chandigarh.

The third session was held at 1:30 pm on the theme "Career Lanes Post XII Standard".

The resource person for this session was Dr. Vikram Singh, Professor, Department of Computer Science and Applications, Chaudhary Devi Lal University, Sirsa, Haryana.

The certificates of the seminar were distributed to the students of various schools. The vote of thanks was proposed by Ms. Neha Walia. The team of the Department of Computer Science consisting of Ms. Neha Walia, Ms. Nivedita Bhardwaj Sharma, Ms. Priyanka Dhareula Rana, Ms. Madhu Pahwa, Mr. Vikesh Kumar and Mr. Bhupinder Sharma worked tirelessly in making this seminar a great success. The organizing team of the Department of Computer Science under the able guidance of the Principal of the college, Dr. (Sr.) Beena John coordinated the efforts of the team members in making this seminar a memorable experience for all.



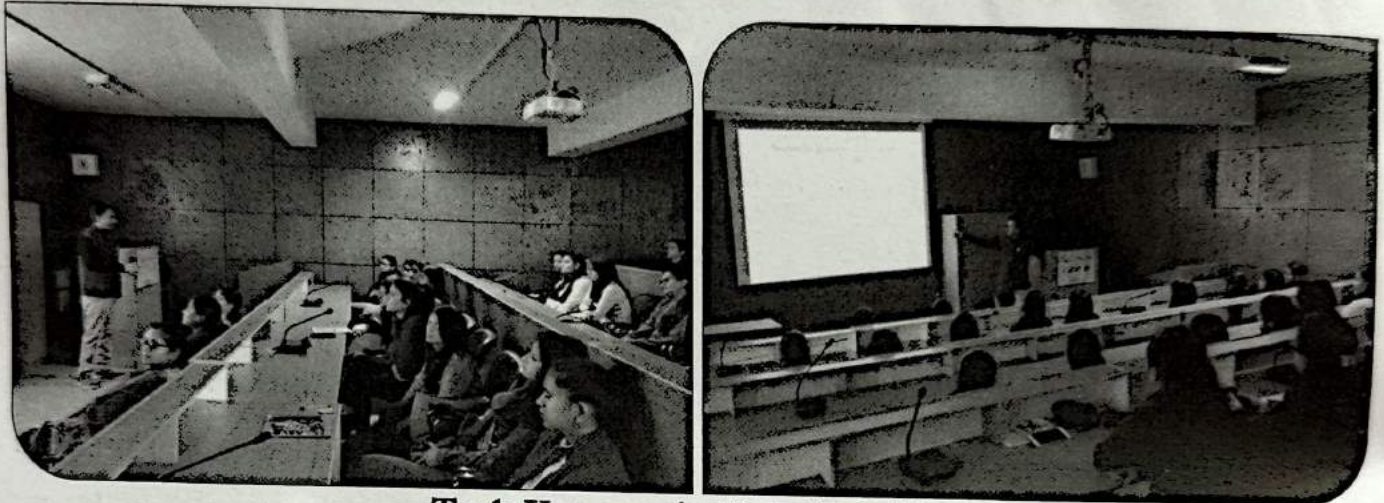
Lecture for M.Com Students

A Guest Lecture was organized on the topic “Tally package” for the students of M.Com Semester II on September 24, 2018 at 1:00 pm in the Computer Lab. Ms. Poonam Thakur from Sai Digitech Institute, Lakkar Bazar, Shimla was the resource person. The objective of the lecture was to make the students aware about the working of the Tally package.



'Internet Technology and Future Networking' Lecture

A Guest Lecture was organized on the topic 'Internet Technology and Future Networking' for the students of BCA on April 2, 2019 at 10:30 AM in the seminar room. Prof. Jawahar Thakur, Department of Computer Science, Himachal Pradesh University, Summerhill, Shimla was the resource person. The objective of the lecture was to make the students aware about the evolution of networks, history of internet, computer network concepts, working of internet, trends in computing and future networking.



Tech Knowow's Club Activities

• Various competitions were organized by the Department of Computer Science in the first week of December 2018 under Tech Knowow's Club. The competitions were held on the following topics:

- Collage Making: "E-waste".
- Essay writing: "Emerging Trends of Technology In India in 21st Century".
- Presentation: "Digital India".
- Poster Making: "Technology :Boon/Bane".

The main objective of the competition was to discover the hidden talent of the students. These competitions were judged by Dr. Neha Gautam, Mr. Susheel Gupta, Mr. Manu Mahajan and Ms. Nivedita Bhardwaj.

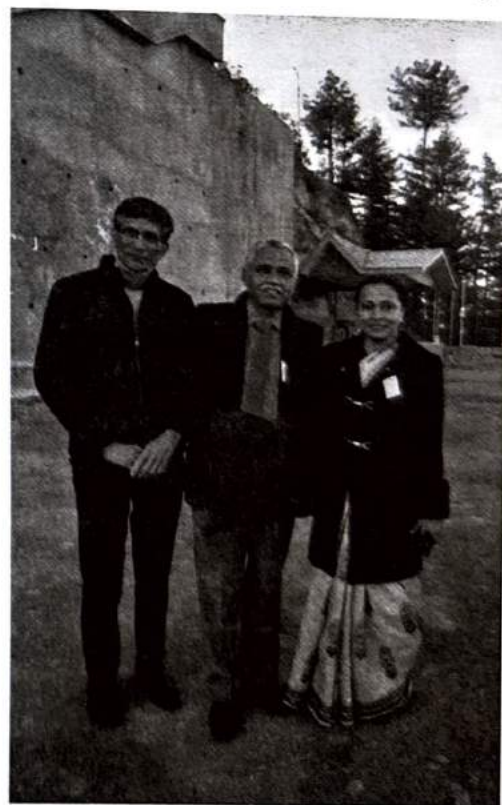
- On December 6, 2018 an activity was organized under Tech Knowow's Club. The Topic was "History of Computers" and the "Effect of social media on the Youth". This activity was attended by all the students of BCA and B.Sc. students. Various generations of computers and the effect of social media on human was discussed.

Department of English : A Report

The month of September presented a challenge to the English Honours students in the form of an International Seminar on "Partition Revisited", organised by the Departments of Political Science and History. The students of English took up the challenge and presented nine papers in one of the technical sessions chaired by Ms. Alaka Verma and Ms. Anuja Sharma.

The month of October started with the new semester and the English Honours students of sixth semester had to study a full paper on partition literature. To acquaint them with the same, two powerful films on Partition, 'Pinjar' a heart rending story by Amrita Pritam and a biopic on 'Manto' by Nandita Das were shown to them.

On December 15, 2018, The ELT@I Shimla (English Language Teachers' Association of India) in collaboration with The English Literary Society, Govt. College Theog, Shimla, organized a National Workshop on "The Changing Face of Language" Ms. Anuja Sharma the HOD of the department was invited to be a panelist along with Dr. Varghese, Principal of St. Stephen's College, New Delhi and Dr. Parveen Kumar, Principal of Govt. College, Sarahan, Sirmaur, H.P.



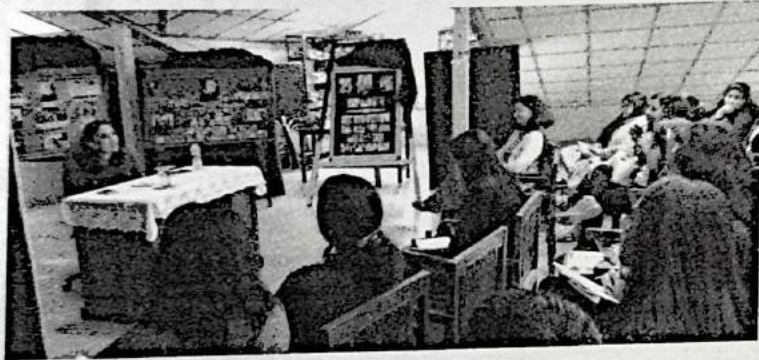
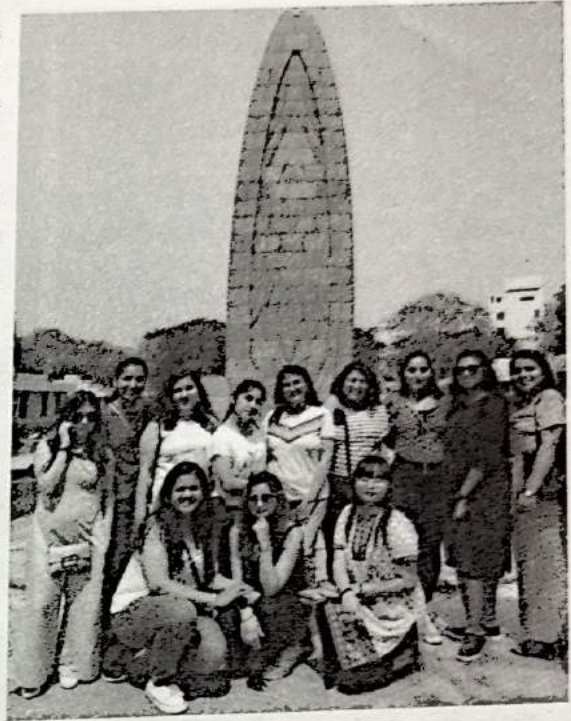
On March 26, 2019, the English Honours students were taken by Mrs. Anuja Sharma, to a Book Launch at Gaiety Theatre Shimla. The book "Undaunted" penned by Bhavana Arora was the subject of discussion. She freely interacted with the students and signed copies of her book.



On the March 17, 2019, Prof. Sudhir from the Department of English, Punjab University, was invited to St. Bede's for a talk on Australian Poetry for the UG and PG students of English Honours.

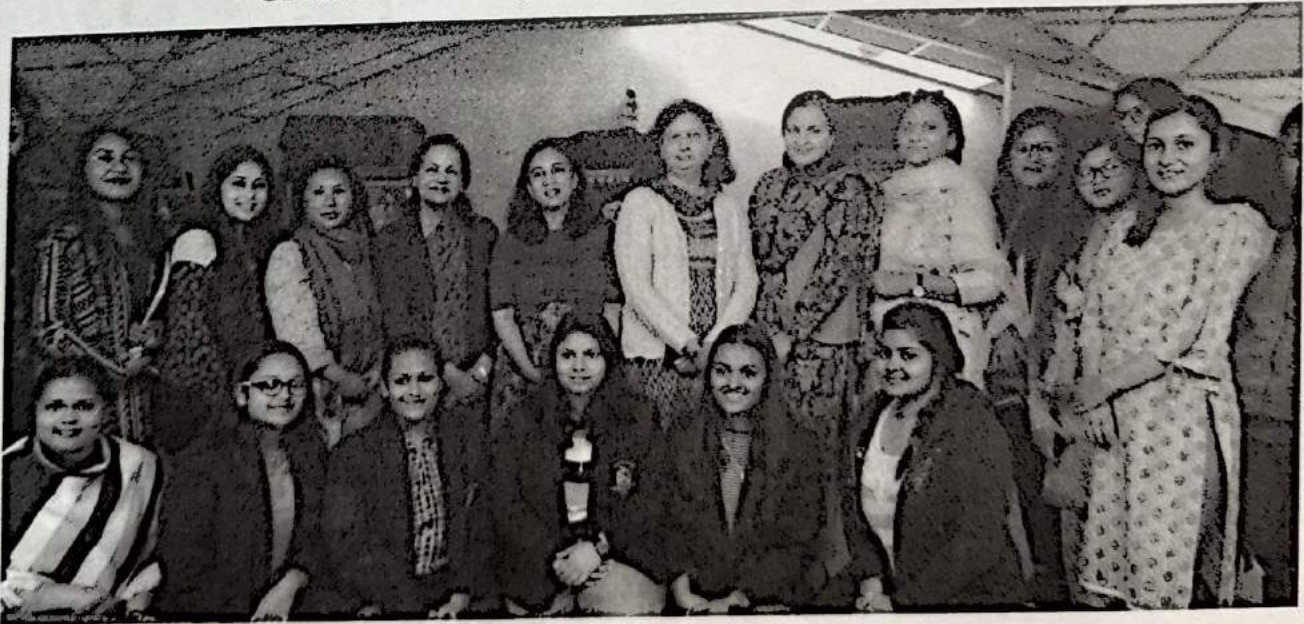


The VI semester, B.A. final year were taught Partition Literature, which is a part of their syllabi for English Honours from April 5-7, 2019, a study trip to the Partition Museum in Amritsar was organized by Ms. Anuja Sharma. Twelve students of English Honours were accompanied by Ms. Anuja Sharma and Dr. Sangeeta Saraswat from the department of Hindi, for the educational trip.



Suneeta Peres De Costa Australian writer was invited by Dr. Gitanjali Mehendra

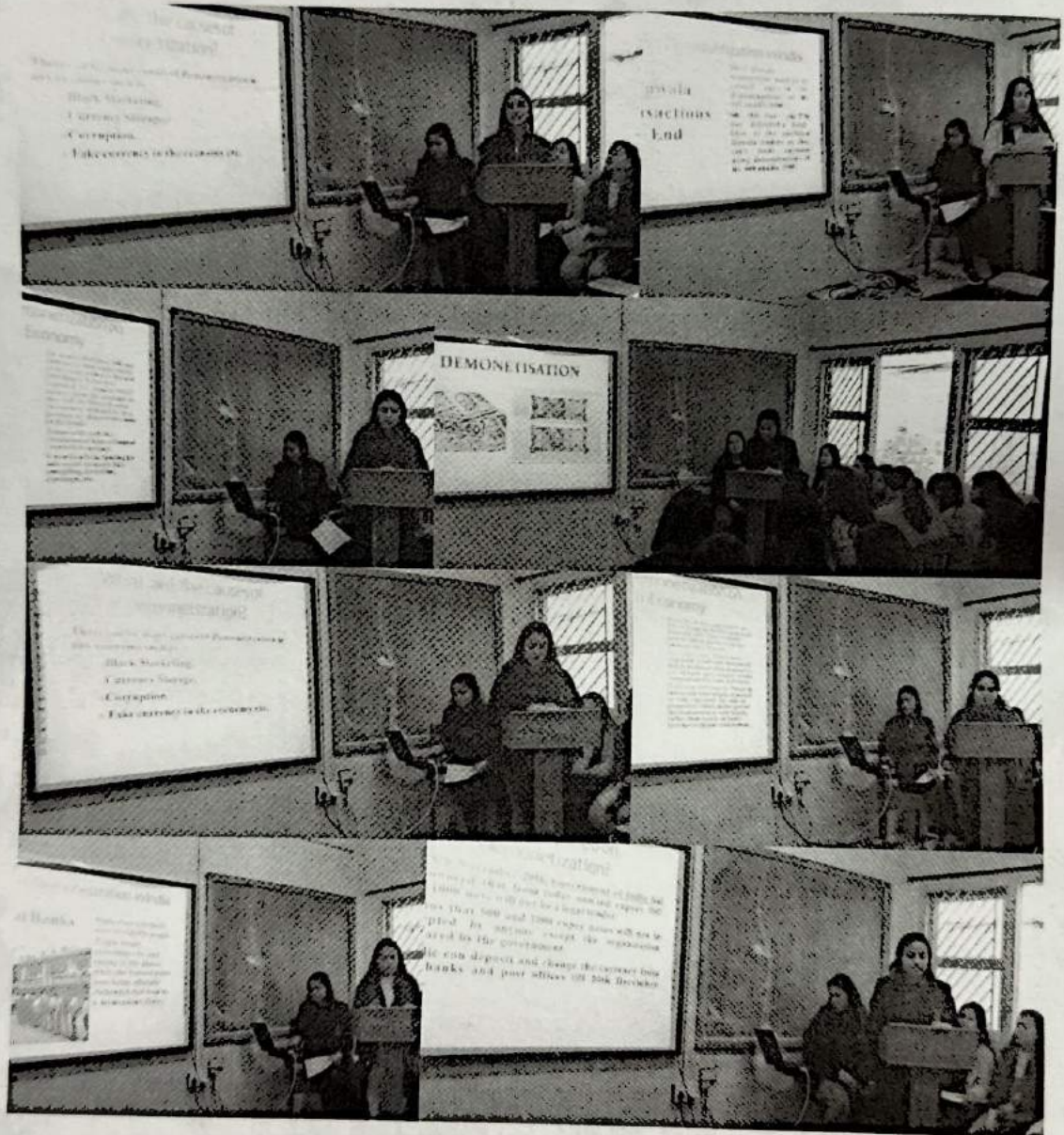
Creative writing workshop for P.G. students



Economics Department Report

★ Inter departmental activity

Ms. Unnatti Chauhan organized an inter-departmental activity with the Department of Commerce on December 5, 2018. The students presented power points on Cryptocurrency and Demonetisation.

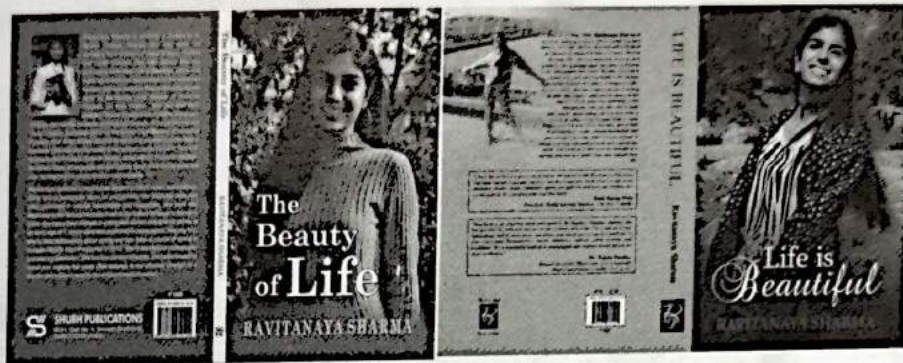


★ Workshop

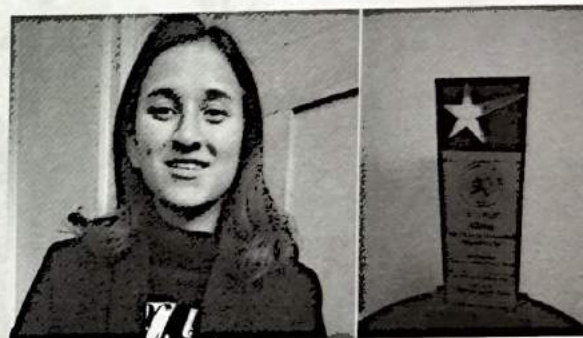
An inter-departmental workshop on National Securities Depository Limited was organized by the Department of Economics and Department of Commerce.



★ **Department Achievers** Ravitanaya Sharma of B.A. I has authored two books- 'Life is Beautiful' and 'The Beauty of Life'. She was awarded 'Focus Himachal Award-2018' by the Hon'ble Chief Minister of Himachal Pradesh, Shri Jai Ram Thakur and 'Swami Vivekananda Pratibha Sammaan-2018' by the Hon'ble Governor of Himachal Pradesh, Shri Acharya Dev Vrat. She has also been bestowed with 'Yuva Pratibha Sammaan-2018' by the former Chief Minister of Himachal Pradesh, Prof. Prem Kumar Dhumal.



★ Khushbu Sharma of B.A first year Economics Honours represented India in a Targetball Tournament held in Phuntsholing, Bhutan, from July 5-11, 2018. The team won the Champions Trophy.



★ Amisha Negi of B.A II year has been participating in Basketball tournaments at the national and state levels regularly. This year she participated in the Open Basketball competition and won the first prize and the Best Player Trophy.



Psychology Department Initiatives

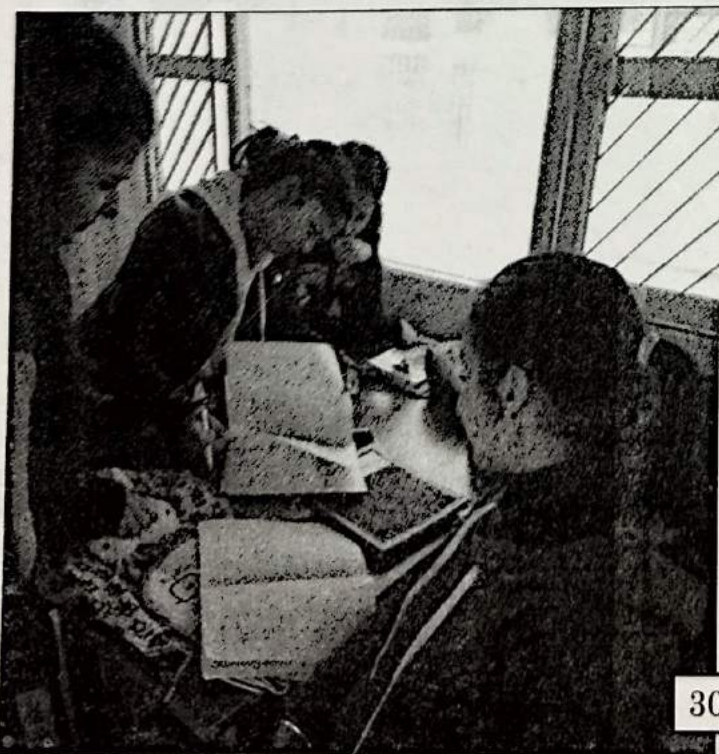
The Department of Psychology organized several activities such as Student Group Presentations, Peer Teaching and Peer Demonstrations, etc. to enhance various learning outcomes.

Group Presentations encouraged a team of students to work together and do independent research on a pre assigned topic. They had the choice to present their work to the rest of the class by utilizing any creative modality of their preference. They were also encouraged to obtain objective feedback about the strengths of their work from the audience.



Peer Teaching Sessions were conducted by VI Semester students for the benefit of junior classes particularly 1st year. Not only did it provide an opportunity to senior batch to enhance their interaction and communication skills but also provided a chance to the juniors to foster an academic bond with their seniors.

Peer Demonstration Sessions helped illustrate the actual performance of an experiment, or use of a psychological test, in measuring various psycho-social variables influencing human behaviour.



Report of the Activities of Department of Apparel Design & Construction and Nutrition & Health Education

A number of activities were organized in the year 2018-2019 by both the departments which are as follows:

- Breast feeding awareness week was celebrated at St. Bede's College, Shimla from August 1-7, 2018 by the Department of Home Science. A number of competitions consisting of cooking, presentations, poster making and quiz were organized by Dr. Anjali Dewan. In the Cooking competition, the students made complementary foods for the infants. Dr. Amit Sachdev from the Department of Community Medicine, IGMC with his team gave a presentation on different aspects of mother's milk. In the Poster competition, there were 74 entries. On August 7, Dr. Anjali Dewan conducted a quiz for the students of Nutrition and Health Education.

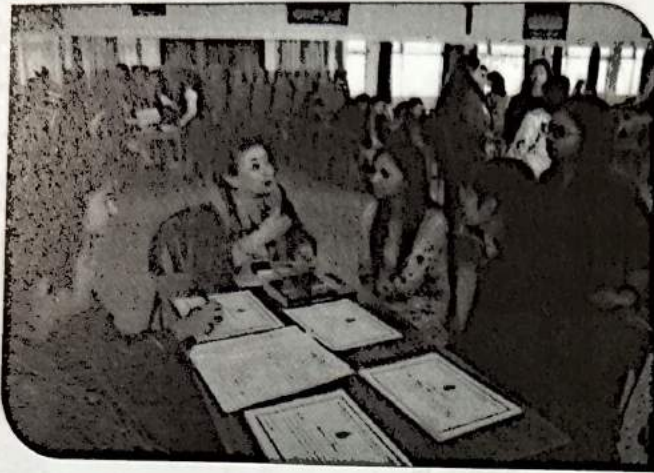


A canteen by the NCC cadets in collaboration with the Department of Nutrition & Health Education was organized on September 21, 2018. A number of snacks were prepared by the cadets and sold to the staff and the students.

Nutrition Month

A number of activities were organized by the Department of Nutrition & Health Education keeping in mind that the month of September was announced as the Poshan Mah by the Hon'ble Prime Minister Sh. Narendra Modi.

- On September 12, 2018 a Blood Donation camp was organized in the college. Dr. Anjali



- On September 13, 2018 a cookery competition comprising nutritious recipes for young children was held for the students of Nutrition and Health (NHE) Course. The judges were Ms. Punam Chauhan Verma, Ms. Anjali Wadhawan, Ms. Monika Bhatnagar and Dr. Bharati Gandhi.



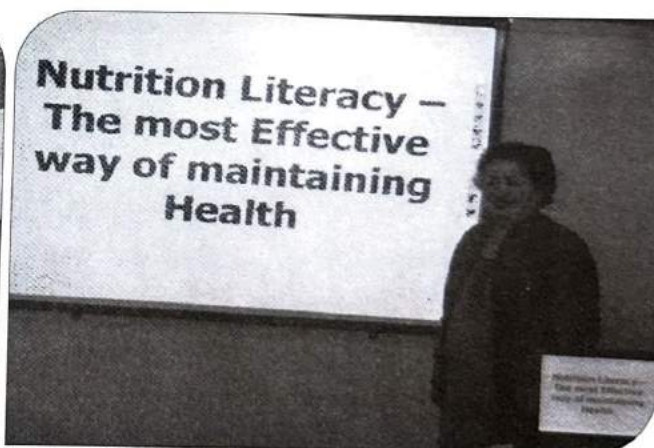
- A discussion regarding various nutrition related diseases was held with the students of MSc (DFSM), IGNOU during their counselling session on September 17, 2018.
- On September 18, 2018 a Poster making competition on different aspects was held. Areeba Ikram was declared the winner.



- On September 19, 2018 a Quiz was held for the students of Nutrition and Health Education (NHE). Questions pertaining to their awareness about nutrition were asked.



- Dr. Anjali Dewan gave a presentation to the students and teachers of MCom., BCom. and BBA on 'Nutrition Literacy – the Most Effective Way of Maintaining Health' on September 26, 2018. It was an interactive session and she answered all the queries of the students. A counselling session on 'Nutrition and its Relevance in our Lives' was held with the students of the Department of Zoology on the same day.



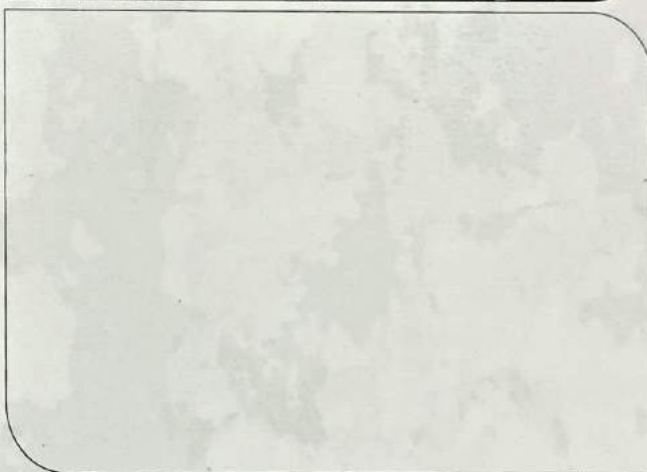
- On September 28, 2018 Dr. Anjali Dewan was invited as a Resourceperson to the State Council of Educational Research and Training (SCERT), Solan to address the school teachers as a part of their Induction Teacher Training Programme. She spoke on 'Nutrition Literacy – the most Effective way of Maintaining Health', 'Health of children – Understanding the Indicators and Challenges of Malnutrition' and 'Stress and Lifestyle Diseases – Need for Appropriate Coping Patterns'.



Activities of NSS (2018-2019)

• Tree Plantation Campaign

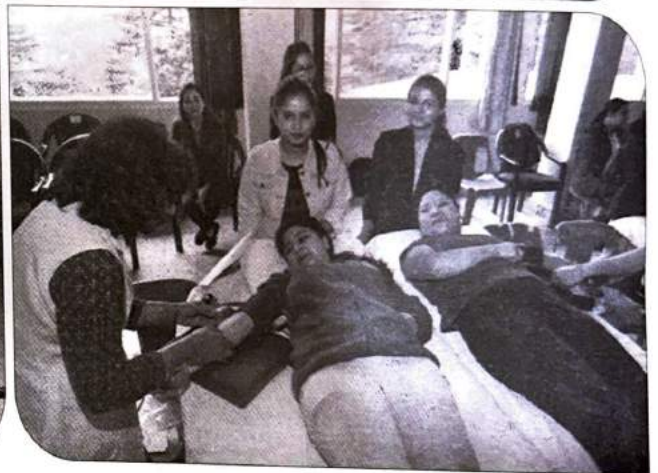
On August 3, 2018, the NSS Unit of St. Bede's College, Shimla in collaboration with the Forest Department of Himachal Pradesh, Shimla organized a Tree Plantation Campaign at Five Benches, Jakhu Hills, Shimla. The Principal of the college Dr. Sr. Beena John inaugurated the event. Around 150 NSS volunteers planted more than 140 saplings of Horse Chestnut and Oak in the area. Volunteers took a pledge to protect the environment.



• Blood Donation Camp

The NSS unit of St. Bede's College organized a Blood Donation Camp in collaboration with the Almighty Blessings organizations, on September 15, 2018 in the college auditorium. Mr. Sarabjit Singh was the Chief Guest for the event. A PowerPoint presentation by Ritika Soni and Pratibha Sharma was then presented before the audience, in order to brief them about the working of National Service Scheme (NSS), importance of blood donation and also the myths and facts related to it. The Chief Guest in his address to the audience, appreciated the enthusiasm of the blood donors and encouraged them to serve their society,

especially the needy. The NSS unit collected more than 100 units of blood making a small but phenomenal change in the service to society.



- **Youth Parliament**

NSS volunteers Saisha Verma, Vrinda Sharma, Aayushi Verma, Ritika Soni, Ikshita and Bhavna participated in the District level Youth Parliament held at Government College Sanjauli, Shimla.

—Dr. Sapna Sharma
NSS Programme Officer

NSS Camp Report

The annual NSS camp on the theme “Empowering a Woman Empowers the Next Generation” was held from December 4-10, 2018 at St. Bede's College. The camp was inaugurated by Mr. Sarabjit Singh, the president of Almighty Blessings organization.

Day 1 (04.12.2018) Tuesday

Morning session of the first day of the camp started with a prayer. In the inaugural session NSS volunteers presented a dance, followed by a skit and a presentation highlighting the activities undertaken by NSS unit throughout the academic year. After that the chief guest, Mr. Sarabjit Singh, delivered the inaugural address. In his address he emphasized on the inner beauty of a person which can be enhanced by good deeds. He appreciated the students for being a part of NSS and encouraged them to always help the underprivileged section of the society.



In the afternoon session volunteers headed for the cleanliness drive and cleaned the college campus, adjoining areas, and the library.





Day 2 (05.12.2018) Wednesday

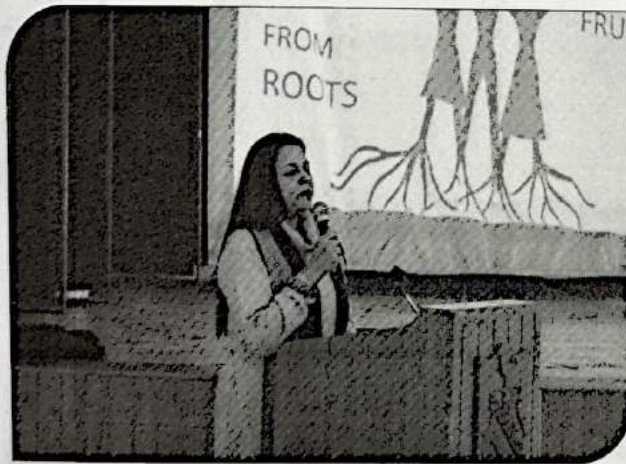
The morning session started with a prayer and a three day workshop on “Yoga cum Meditation”. Ms. Sherry Saraswati, a certified yoga trainer conducted the workshop and discussed the benefits of yoga and how it helps in reinforcing emotional strength and helps to manage various pressures of life. She demonstrated different yoga postures, pranayama and meditation techniques to release stress and rejuvenate both body and mind.

The afternoon session commenced with another three-day workshop on “First Aid”. Ms. Chanchal Sharma, Assistant Professor, Shivalik Institute of Nursing, Shimla, highlighted the importance of First Aid and the role one can play in saving someone's life.

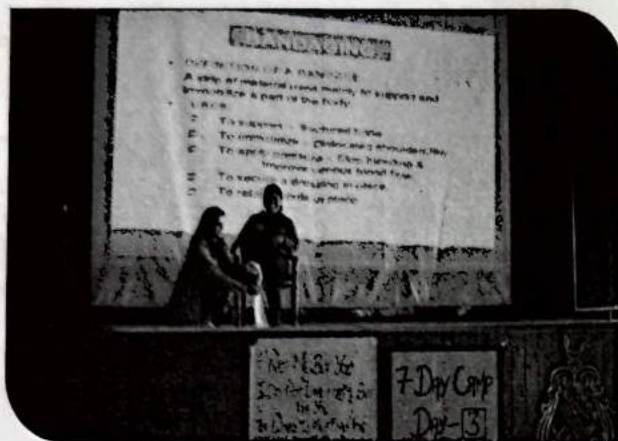


Day 3 (06.12.2018) Thursday

The morning session of third day continued with the workshop on “Yoga and Meditation” by Ms. Sherry Saraswati and her team. After that Dr. Suneela Sharma, Associate Professor, Government College Kandhaghat, delivered a talk on the topic entitled “From Roots to Fruits”. She encouraged the volunteers to understand the real meaning of empowerment and help others to get empowered. She presented the case studies showing how her NGO 'Prayas', helps women to live a dignified life. Her message was that one should have the courage to fight for oneself and the ones in need. Her motto "Success is one step ahead of giving up" was indeed quite motivational.



The afternoon session started with the second day of the workshop on “First Aid”. A presentation by Ms. Parul Sharma, Assistant Professor, Shivalik Institute of Nursing demonstrated what type of First Aid should be provided in cases of nose bleeding, electric shock, epilepsy, insect bite, head injuries, bandaging, fracture, etc.



Day 4 (07.12.2018) Friday

In the morning session the Armed Forces Flag Day was celebrated. After that Ms. Sherry Saraswati concluded the workshop on “Yoga and Meditation” with some more yoga postures and meditation techniques.

To make young women empowered and aware of their fundamental rights and duties Ms. Shilpa Sood, a leading lawyer delivered a talk on “Legal Rights of a Woman”.



In the afternoon the final informative session of the First Aid workshop was conducted by Ms Poonam Thakur, Assistant Professor, Shivalik Institute of Nursing.



Day 5 (08.12.2018) Saturday

To manage any type of interaction and understand others, one needs good communication skills. In the morning session Dr. Gitanjali Mahendra, Associate Professor, Department of English, St. Bede's College conducted a workshop on the topic “Communication skills and soft skills”. She emphasized that being able to communicate effectively has become the most essential skill of life. She also indulged the volunteers in brain storming sessions on communication skills through short stories, games and questionnaires.

In the afternoon session, Dr. Anjali Dewan, Associate Professor Department of Home Science, St. Bede's College delivered a talk on the topic “Importance of Nutrition and a Balanced Diet”. She emphasized on the fact that youth should eat well as nutrition plays a crucial role to grow well in life.



Day 6 (09.12.2018) Sunday

The NSS volunteers along with the programme officers visited the Cancer Hospital, Shimla and distributed food and snacks to the patients. They also interacted with the cancer patients and presented a short cultural programme before them to provide them a little relief from their agony.

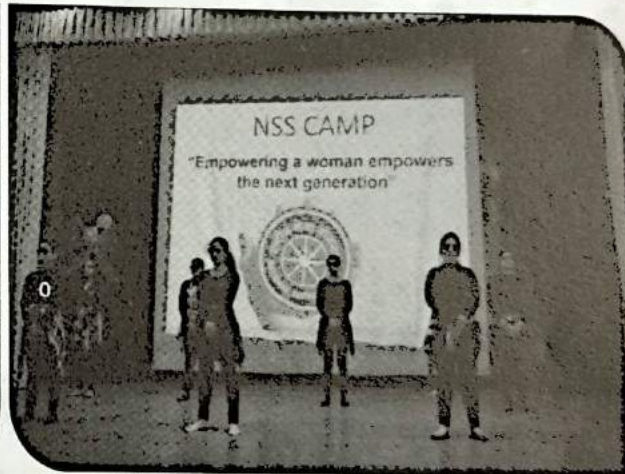
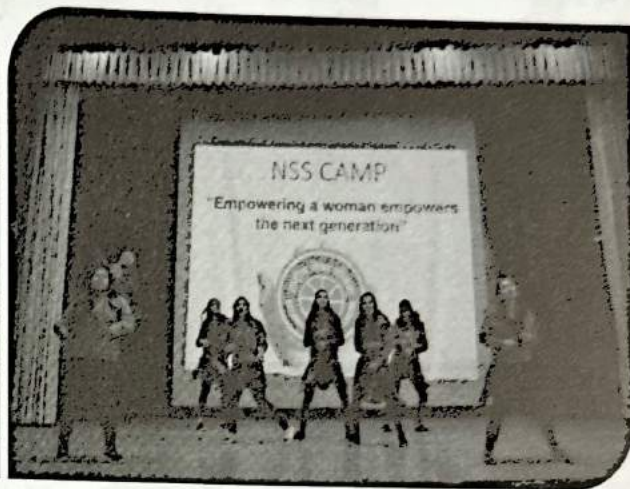
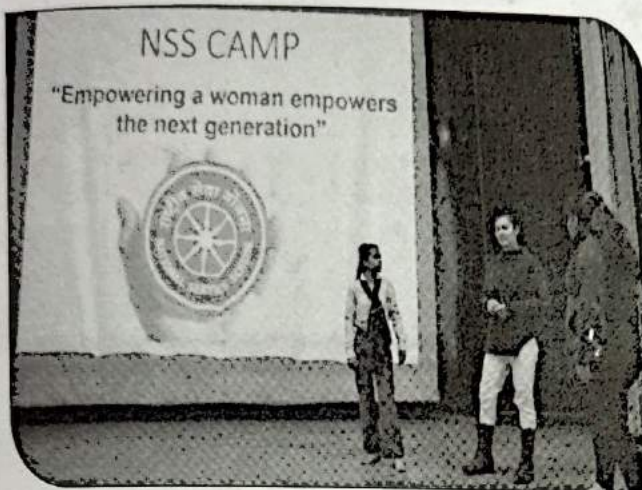


Day 7 (10.12.2018) Monday

The valedictory session of the annual seven days NSS camp began with lighting of the panchdeep. A brief report of all the activities undertaken during the NSS camp was presented by NSS volunteers Aruza and Neevia. A skit on the topic 'Say No to Drugs' was also presented by the NSS volunteers. This was followed by a colourful cultural programme including Western Dance, Pahari Naati and a Lazy Dance prepared by the NSS volunteers.

In the end the Secretary NSS, Garima Sharma presented the vote of thanks to everyone for making the camp a great success.

77 volunteers of session 2017-2018 and 2018-2019 turned up and willingly participated with full zeal and enthusiasm during the Camp.



—Dr. Sapna Sharma
NSS Program Officer



•One Day Workshop

To celebrate Science Day, the science faculty of St. Bede's College Shimla, in collaboration with Jaypee University Wanknaghat organized a one day workshop on the theme "Science for the people and people for science" on February 28, 2019, to mark the discovery of Raman Effect for which Sir C.V. Raman was awarded the Nobel Prize in Physics in 1930.

The first technical session of the workshop started with a talk delivered by Prof Teerath Raj Singh on "Bioinformatics: Applications in Medical Science like Alzheimer's Disease and Cancer".

In the second technical session Dr. Ragini Raj Singh deliberated on 'Recent Trends in Nanotechnology'. She explained how nanotechnology is applied in all aspects of life and how the properties of a material change on changing its size to nanometer. An informative video on properties of nanotechnology was also shown to the audience. Dr. Sanjeev Kumar Tiwari highlighted the importance of science in our daily life.

In the third technical session medical, non medical, biotechnology and microbiology students were divided into small groups and practical demonstrations were given to them.

The topics covered were:

- i. Working of Biogas reactor its fabrication, working and utility, KOH string test
- ii. Molecular Biology: Demonstration on PCR, Restriction Enzymes, Gel electrophoresis
- iii. Plant Tissue Culture: Demonstration of techniques for carrying out micro propagation of ornamental and medicinal plants
- iv. Antigen and antibody based diagnostic techniques
- v. Working of optical fibre, polarization phenomenon, the Michelson Morley experiment.

On this occasion essay writing, poster making, slogan writing and video making competitions on the theme were also held. In slogan writing competition Diksha Sharma, B.Sc. I got first prize. In poster making competition Sunanda, B.Sc. III got first, Swati Sharma got second prize. In essay writing competition Aishna Chauhan B.Sc II got first, Sirishty Thakur, M.Sc. Botany and Anushka Chauhan B.Sc.II got second prize, in video making competition Pratibha Mehta got first prize and Apoorva Sood got second prize. Ms. Madhu Parmar, Ms. Anuja Sharma, Dr. Shramja Munjal, Ms. Preeti Thakur, Dr. Kusum Sharma and Ms. Poonam Thakur judged the competitions.



—Dr. Sapna Sharma
Academic Coordinator (Science)



NCC Cadets Raise Fund for the Needy

The Commanding Officer Commander Monika Sharma of 1 HP Naval Unit NCC, Bilaspur visited St. Bede's College, Shimla on August 20, 2018. She had a meeting with the Principal Dr. (Sr.) Beena John and ANO/CT Dr. Shweta Thakur. She also interacted with the cadets. On August 21, 2018 an NCC canteen

was organised where the cadets made different food items like idli - sambar, fried rice, chowmein, cake and maggi cutlets. In addition to the food items, they also prepared hand made gift items for sale. The students, teaching and non-teaching staff visited the canteen. A total of Rs.13,000 was collected which shall be used for a noble cause. This was done in collaboration with the Department of Home

Science. Mr. Reggie Pappy worked hard with the cadets of NCC and the students of Home Science in preparation of the dishes.



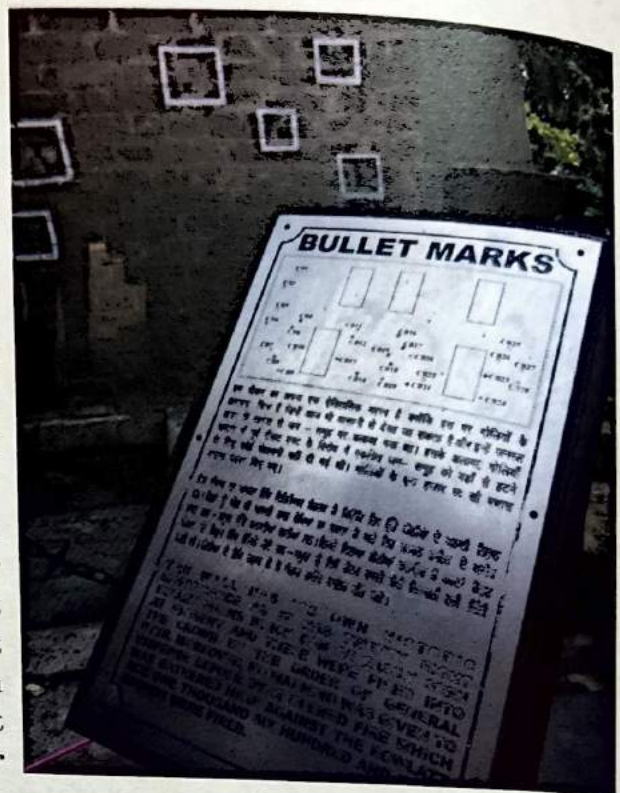
ਬਾਗੇਰ ਠੋਰ ਕਲਾਗੇੜਕਾਰ, ਠੇੜ ਠੋਪੁ ਪਿੀ ਠੋਰ ਠੋੜਠਾਪੁ

Being a student of literature, I understand that history and literature certainly go hand in hand and without either of them, the learning cannot be complete. A group of fourteen students including me from BA English Honors (Final Year) along with Ma'am Anuja Sharma and Ma'am Sangeeta Saraswat went on a short educational trip to Amritsar, translated as "pool of nectar". The main purpose of the trip was to visit the Partition Museum as 'Partition Literature' is one of the papers of our syllabi in the VI semester.



There cannot be enough words to express how this trip was so endearing, insightful and of course, gratifying. Most importantly, unity laid the foundation of this trip and every possible obstacle was overcome. We set out for the trip with profuse enthusiasm. After a ten hour journey, we arrived at our destination, conceivably, with conspicuous curiosity and vibrancy. The same evening was spent on a visit to the Golden Temple, also known as Sri Harimandir Sahib. It is the most sacred temple of Sikhs in India and also a true symbol of brotherly love. The Golden Temple teaches us the lesson of egalitarianism and humility. The next day's itinerary included visits to the Jallianwala Bagh, Partition Museum, and Gobindgarh Fort.

Jallianwala Bagh has an important place in Indian history and today, it stands as a memorial to the hundreds of massacred and silenced unaccounted innocents by General Dywer. The 10 minutes of terror unleashed on a hapless crowd gathered in Jallianwala Bagh on the afternoon of April 13, 1919, only proved that violence was a key aspect of British colonialism. The Jallianwala Bagh atrocity and its aftermath, infamously are one of the chief reasons behind "Punjab disturbances" occupying a distinct place in the annals of colonial Indian history. Inside the Bagh, there is the 'Amar Jyoti' dedicated to the martyrs, preserved bullet marks, the martyr's well and a photo gallery, etc. It was emotionally upsetting to visit a place with such a brutal past and my eyes were moist inadvertently. An apology in the centenary year will assuage pent-up emotions.

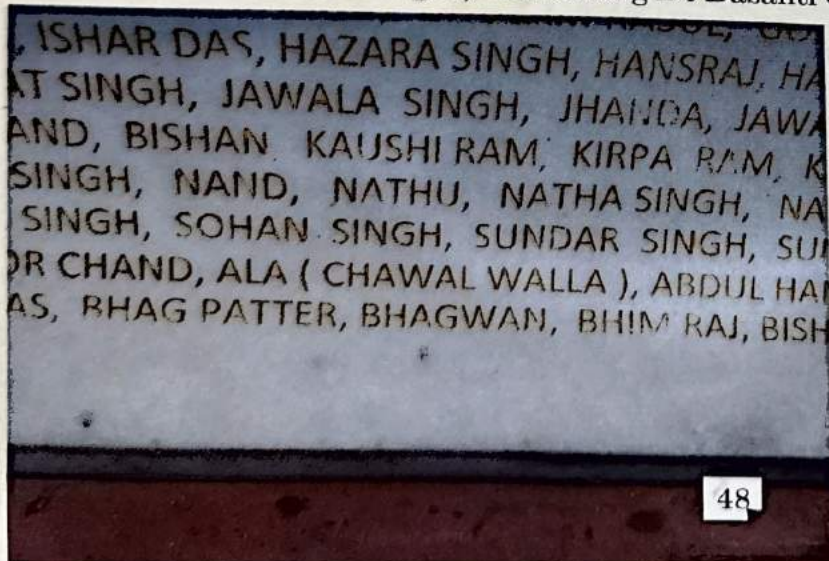


“The Museum is a space of memory, healing and reconciliation. It also memorializes the grit, courage and spirit of that generation,” said Ms Kishwer Desai about her brainchild, the Partition Museum

The next stop was the Partition Museum, opened in 2017, it is the first Partition museum of its kind. The historic Town Hall in Amritsar, a late-19 century building that stood witness to the unrest in Punjab and the Partition, is the most appropriate site of this Museum. The museum is an ode to the trauma, sacrifice, and resilience of the people of undivided India. The museum is spectacular in its structure, design. It is divided perhaps, in four parts, documenting the time period of the 1900s, 1900-1945, Chaos of 1947 and lastly, what followed post-partition, through documents, artefacts, oral histories, photographs, interviews, art, literature, songs, belongings, diary-entries etc. Patriotic songs such as 'Amar Shonar Bangla', 'Mera Rang De Basanti Chola', 'Sarfaroshi Ki Tamanna,' poems of

Amrita Pritam, Faiz Ahmed Faiz, video of a chugging rail engine, etc. are in the background to create virtual reality of those times for the visitors.

The literature and Newspapers with write ups on Partition, have been painstakingly recreated, made all of us curious to know more about 1947, which stirred the conscience of millions. “The real sorrow of the Partition was that it brought to an abrupt end a long history of



communal co-existence.” While independence was greeted by several poets with celebratory odes, quite a few considered it as a 'false dawn'. Writers like Sa'adat Hasan Manto and Faiz Ahmed Faiz expressed their deepest anguish through their writings. Intizar Husain's 'Basti' entails a migrant's experience, a sense of exile within 'home'. It depicts the struggles of tens of thousands who crossed into the infant nation in hope of a dignified



life. Malayalam writer, Lalthambika Antharjanam, wrote docu-fiction on Partition while being a spectator and not a sufferer. In her short story, “A Leaf in the Storm”, she captured the fate of an unfortunate victim of multiple rapes. Women, unfortunately, who became the main target of exploitation and torture hardly have traces in the history of Partition.

The 1947 Partition of East Bengal is significantly different from that of Punjab because of a number of historical, social and political reasons. Bengali writer, Manik Bandhopadhyay, explored the lives of people living in rehabilitation colonies in “The Final Solution”. In Bengali literature, Partition is seen as a 'loss of the world' rather than a 'loss related to prestige'.

In the evening, the final visit of the trip was made to Gobindgarh Fort, which is yet another important site of Sikh history. A spectacular laser-show depicting the Sikh history around the time of Partition was witnessed by us with sheer delight and awe. Not many people are aware of the fact that the fort was the last resting place of the Kohinoor Diamond in India. “More than any other military site, Gobindgarh Fort encapsulates the dramatic rise of Punjab, its golden days and then the collapse of the Sikh kingdom, when faced with the relentlessly expanding British Empire, till its independence.”

As we retraced our steps back to the hotel, carrying with us some sombre yet beautiful memories, I wondered “what happens when there is a disconnect between people and their history?” Amritsar has always been a hub of culture, history, art, divinity, etc and it does need to be explored and lauded for preserving the days of yore.

Sumedha Agarwal
Semester VI (English Honours)

Jalianwala Bagh

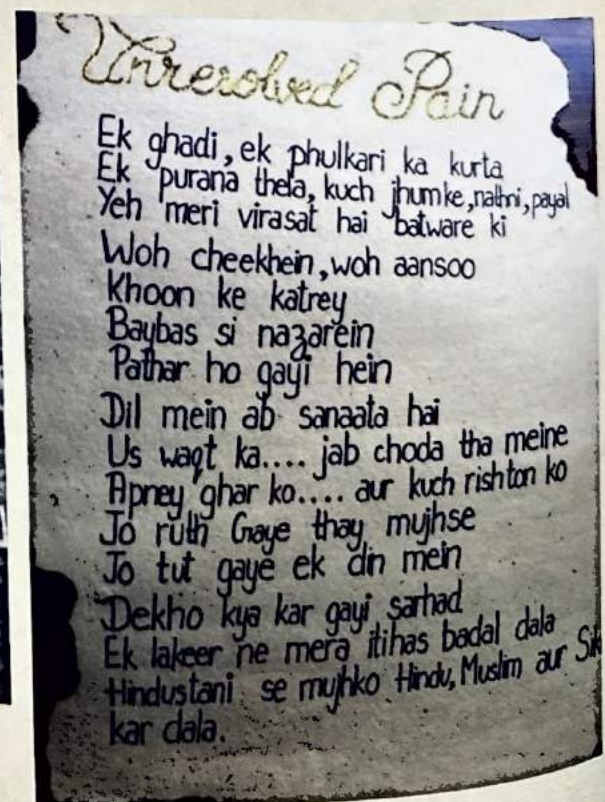
"God is dead", so stated Nietzsche in his famous essay. I never truly believed it, not till I visited Jalian Wala Bagh as part of a class trip. Now, it seems a certainty. This grim certainty was brought on by a name on the list of martyrs, seemingly harmless letters engraved on marble, letters that changed my perspective of the world; this name was 'Bhagwan'. And if God is indeed dead, he died a 100 years ago, on 13th April 1919, in Amritsar along with Bhagwan and the hundreds who were inhumanely massacred with him.

I had been to Jalianwala Bagh once before, but as a child, and back then, the place presented my young mind with little more than morbid fascination. The enormity of the place or its past hadn't really struck me. Having returned as an adult, my entire being struggled to reject the barbarianism I had accepted so readily once.

Living in a free India, it is easy to forget the pain that was once wrought across our country; the humiliation it faced. It is easy to forget, nay, it is painful to remember the past that makes us, the past we so desperately try to shed, and so simply disregard while living out our mundane lives one day at a time.



—Vrinda Sharma
B.A. English Honours VI Semester





Trip to Lyon

The first week of October 2018 witnessed the culmination of the bi-centenary celebrations of the RJMC in Lyon, the cradle of the JM Congregation. What began here diverged into one thousand eight hundred Religious of Jesus and Mary in one hundred and eighty communities across the five continents. Two hundred years later the Religious converged here in gratitude for she 'took the road less traveled by' and that has made all the difference.

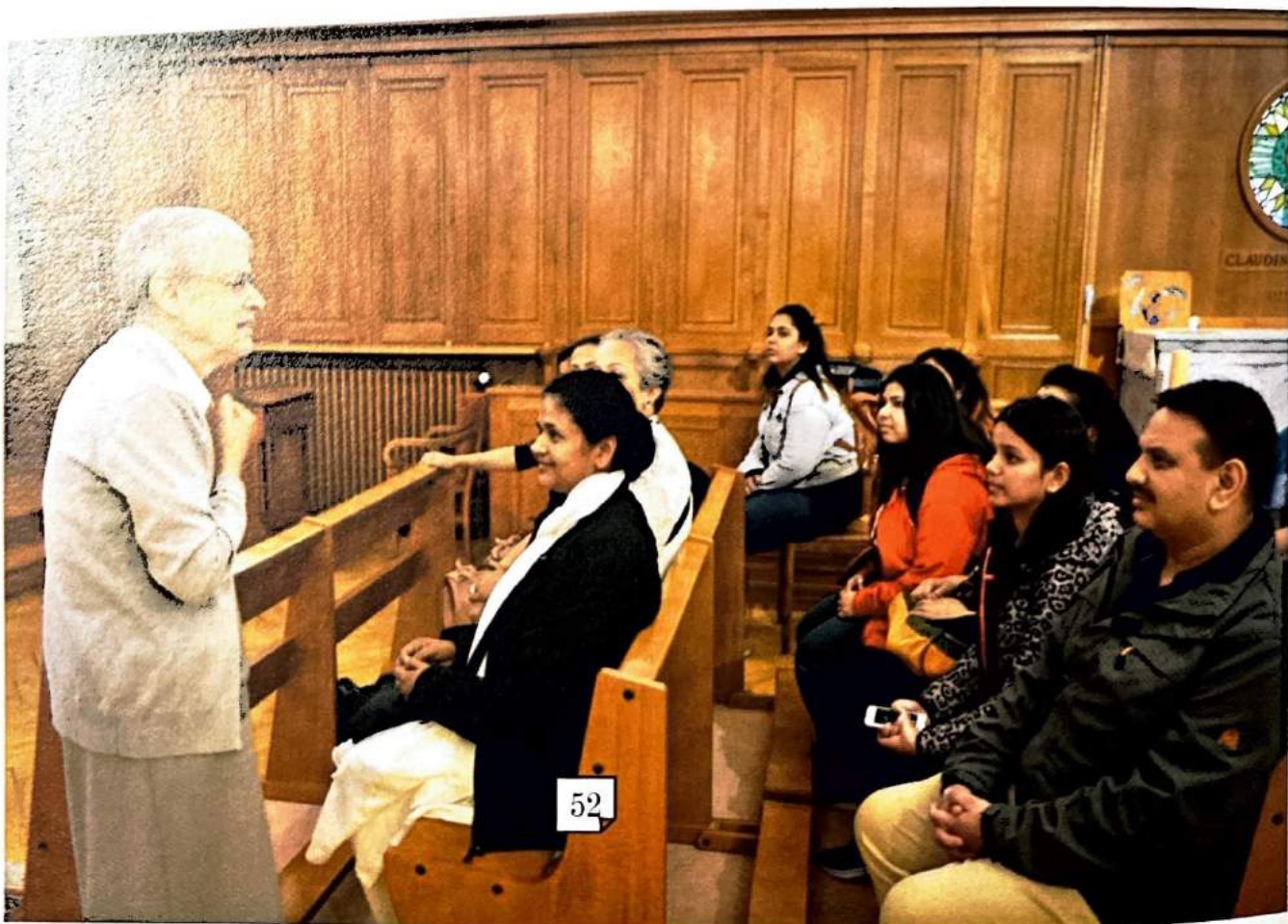
Lyon is the third largest city in France, after Paris and Marseille. A Roman military colony called Lugdunum was founded there in 43 BCE, and it subsequently became the capital of the Gauls. Lyon reached its peak of classical development in the 2nd century A.D. during which time Christianity was introduced. The Renaissance ushered in a period of economic prosperity and intellectual brilliance. By the 17th century it was the silk-manufacturing capital of Europe. Printing was introduced as early as 1473, and Lyon soon became one of the most active printing centres in Europe. The French Revolution brought uneasy times. The collapse of



the domestic market and the closing of foreign markets brought a slump in the silk industry, and in 1793 the city was besieged by republican forces of the Montagnards.

Claudine Thevenet was born in Lyon on March 30, 1774, the second of a family of seven children. "Glady" as she was affectionately known had a

strong influence on her brothers and sisters, thanks to her goodness, gentleness and self-forgetfulness in the desire to make others happy. The French Revolution broke out when she was fifteen. In 1793, she experienced the tragic hours of the siege of Lyons by the government army and she witnessed the execution in revenge of her two brothers after the city fell in January 1794. Their last words, "Forgive, Glady, as we forgive" remained deep in her heart and her mind and were to change the course of her life. Her encounter with a holy priest, Father Andre Coindre, would help her to discover more clearly what God was asking of her and would be decisive in the orientation of her life. When Father Coindre found two little shivering children abandoned on the steps of the church of St. Nizier, he took them to Claudine who did not hesitate to take them into her care. Her compassion and love for destitute children is, therefore, at the origin of the "Providence" of St. Bruno in Lyon (1815).



A few students of St. Bede's College, Shimla, accompanied by their teachers and the principal were fortunate to visit the House in Lyon and see and breathe in the pious precincts of this amazing "Providence". The Sisters we met were so warm and welcoming, their humility and gentleness won our hearts. We also visited Mother General Sister Monica who was equally welcoming and full of enthusiasm as she told us about the journey of Claudine, till her beatification on October 4, 1981 by Pope John Paul II, and a declaration by him which made her a saint on March 21, 1993.



We left the Basilica of Notre-Dame de Fourvière with one thought that forgiveness is the attribute of God; if we possess it, we bring heaven on earth.

Anuja Sharma
Department of English



Blessed are we to be part of this prestigious religious of Jesus and Mary,
And fortunate enough to join the journey with St. Claudine the honorary.
A woman, a loom and an orphan were the origin of the congregation,
It's will of service to mankind spread it in many nations.

Gradually climbing the success ladder, it's bicentenary we've reached,
Love is the beauty of soul, this message it has preached.
It is just the beginning, there are many more glorious years to come,
With love and affection, every difficulty it will overcome.

Creating independent women, was Claudine's noble cause,
Clothed in strength and dignity, an ideal woman she was.
In a violent massacre, two of her brothers she lost,
But forgiveness was the value she would spread at any cost.

Magnanimous was her life and had a grandeur of mighty death,
How good God is! she repeated till her last breath .
Being JMites service to poor are the responsibilities we carry,
We'll keep the banner flying high, long live Jesus and Mary.

Anchal Sharma
B.A. I
Economics Honours

LONG LIVE JESUS AND MARY



A tête-à-tête with Archana Phull

Bureau Chief, *The Statesman*, Himachal Pradesh



Q. How did you decide to pursue journalism and what was your initial journey like?

A. My entry into journalism was just by chance. After completing my post graduation in Agricultural Economics from CSK Himachal Pradesh Krishi Vishvavidyalaya, Palampur in 1991, I took admission in one year Bachelor's Degree in Journalism and Mass Communication (BJMC) at Himachal Pradesh University, Shimla. My father, who is a creative writer and was a Hindi language teacher in Palampur varsity then, was keen that I should do it as it would add value to my education. After doing BJMC, I just went back to Palampur and joined Ph.D Agricultural Economics. Simultaneously, I got a part-time job with a national daily *The Indian Express* and vernacular daily *Dainik Tribune* as correspondent from Palampur. I was good in academics but found news reporting a tough job as I was shy by nature and didn't mingle much with unknown people. Somehow I managed it by writing more on the agriculture sector. In 1994, I got a call from *The Indian Express*, Chandigarh to join as trainee for the newly launched local edition *Chandigarh Newslines*. While my mother told me to pursue Ph.D for stability in life, my father insisted that I should try out a new and adventurous field. As destiny would have it, I left my Ph.D

mid way and went to Chandigarh to explore a purely new area. I kept working with all the hardships of life in an unknown city, with no acquaintance to help me out initially. Coming from a small town, it was tough learning and managing. But I don't know when I turned confident as a reporter. I learnt to compete with myself and never looked back. As the years passed and I got the sweet and sour exposure, handling stories on different subjects in the field, I realized that I was actually made for this profession. As a woman, the support of my family after marriage was a must to pursue this difficult profession, which required running around even in odd hours in those times when mobiles and internet were not there. Twenty six years on, I find myself a passionate journalist with a continuous urge to know more and write for the general good.

Q. How would you define journalism?

A. I think journalism is most powerful medium to inform, educate and make the masses aware. It is about communicating the information objectively with sensitivity. It requires hard work and original research to dig out the truth and convey it in the right perspective in the interest of public, nation. It is not just playing with words to convey impressively, it's about the content and purpose. Journalism has to be done with restraint. If not done in the right perspective, journalism can do more harm than good to the society and nation.

Q. What has been your most challenging assignment and why?

A. My first most challenging assignment was coverage of the militant attack in Kalaban Satrundi (bordering Doda in J&K) in Chamba district of Himachal Pradesh in August 1998. The militants had killed 35 poor labourers, all local Gaddis, who were engaged in construction of the road in that belt, which was used as a safe haven by militants for hiding. I was posted as Staff Reporter with *The Indian Express* at Dharamshala then and had to rush to the spot as it turned out to be national news, being the first militant strike in Himachal. The area was very remote and it was risky to reach the spot and gather information as even the police and other agencies were groping in the dark about the hideout of the militants. I went there without any fears, took pictures and did so many exclusive stories. This wasn't the only challenging assignment that I did. I covered the devastating Satluj floods of 2000 in Kinnaur and parts of Shimla district, while I was posted as State Correspondent for *Hindustan Times* in Shimla. I travelled to Kinnaur by chopper from Rampur to see the spot myself and came back walking along a long broken stretch of road along the violent



Satluj river, getting first hand information. The coverage of plague outbreak in upper parts of Shimla district in 2002 was equally difficult. Being a doctor's wife and an aware citizen, I had already started taking preventive medicine for plague, which is a highly communicable disease. So when the Editor from Chandigarh told me to do spot stories on the outbreak, I had no hitches in travelling to the interior village in Jubbal from where it spread, tracing all the link ups and doing ground stories.

Q. In your opinion, is digital media influencing the judiciary?

A. The digital media is not directly influencing the judiciary. But it is certainly leading to addition in information and knowledge on issues very fast. Many a times the information that travels so fast is not verified for truthfulness and can do all the harm by spreading misinformation. If the information is true, the digital media can help get positive results quickly.

**Q. Is the current reader sensitive?
Comment.**

A. The behaviour of readers has changed in accordance with changes in journalism and its standards as well as modes. The present day reader is in a hurry, who wants to read headlines or alerts for information on mobiles. When I started my career in the 90s, the readers used to go through the news content in one newspaper and would believe it blindly. Today, the readers have the acumen to know whether the news is reliable as they have simultaneous access to different sources of news and information and can compare.

Q. These days the emphasis is on politicians and the state and subjects are neglected. How can media be made more inclusive?

A. It's true that today the emphasis of media is on politicians and the real issues get neglected. I would say that the journalists have easy access to the political news sitting in their cabins and they get popular very soon in power corridors with such kind of reporting. Contrary to this, they have to do hard work to get the real news on state or relevant subjects from the ground which affects people and society on the whole. This may be in the public interest, but may not bring recognition so easily for a journalist. The technology has also played a great role in equipping the journalists with table information conveniently. All that information is secondary and hardly has any impact on development strategies. The media can be more inclusive, if it works on stories, good or bad, from the grassroots with first hand



information. Such reports can actually influence the policy in different sectors and bring about positive changes as per need.

Q. You seem to have written a lot on tribal women. What inspired you?

A. I have travelled to the farthest of areas in Himachal and have seen the lifestyle and culture of tribals in the hill state very closely. The tribals of Himachal are progressive. This aspect fascinated me much and I wrote several stories on changing culture in tribal areas. But one issue where the tribal society of Himachal is stuck in old mindset is that the tribal women have been denied the right to inherit property of the father or husband. The women have been contributing to the economy in tribal areas by working in fields, often more than men, but none is ready to shed this customary law to give them the right to inherit property at par with women outside tribal areas. There is a strong movement in Kinnaur, wherein Mahila Kalyan Parishad, headed by a woman activist from Ribba, Rattan Manjari, is struggling for the basic right for over two decades. Since I have seen the ground realities (by visiting tribal villages several times) as to why the women should get the right to inherit property in the changing times, when they are increasingly suffering because of deteriorating family values, I have been doing stories on the issue off and on. Being a woman journalist, I think I am influenced by the issues related to women in Himachal and I want to cover all of them with sensitivity.



Q. What are your views on paid news?

A. The increasing trend of paid news is a threat to real journalism. In elections, it gets worse as paid news is subtly printed in news columns to influence voters with wrong reasoning. The readers sometimes take the paid news as a news report and believe it. Increasingly, the media houses are governed by commercial interests at the cost of credibility of journalism and the journalists. There is need to have strict norms to check paid news or paid media.

Q. What do the murders of journalists convey about the “freedom of speech” in our country?

A. It is a serious matter. India has dropped two places, to be ranked 140th out of 180 countries, in Global Press Freedom Index, 2019 as per annual Reporters Without Borders analysis. At least six Indian journalists have been killed in 2018 in connection with their work. The journalists who expose or write against the high and mighty are bearing the

brunt. This is one reason that there are not many journalists left now who dare to call a spade a spade when it comes to the influential people.

Q Is the definition of nationalism changing?

A. Nationalism is not taken as a spirit or feeling of pride for the nation now. Unfortunately, it is mixed with religion of late.

Q. Any advice to young aspiring journalists especially those from varied academic backgrounds.

A. It requires lot of hard work to get recognition as a credible journalist. Journalism is a highly satisfying and rewarding field if we are ready to learn before we report or write. If we are ready to dig out truth and are fair and objective in whatever we report or write. We have to be passionate about the subject we choose to write about. A student from any background can be a successful journalist as the education he or she has acquired adds value to the expression. If I were to go by my qualification, I could have become a teacher or scientist in a University. But I think, my science background has helped me do justice to journalism as well as I have better understanding of scientific issues and my approach to any story idea is purely scientific (objective).

**Interviewed by
Sumedha Agarwal
Simran Kaur
English Honours VI Semester**



The Ex-
Bedeians

Alumni Section

Ms. Satwant Atwal Trivedi, IPS

Joint Secretary, NATGRID,
Ministry of Home Affairs, Govt of India.

My Journey at St. Bede's as a student of English Hons....



An IPS Officer of the 1996

batch, Ms. Satwant Atwal

Trivedi graduated from St. Bede's College, Shimla and has the distinction of being the first lady IPS officer of the State of Himachal Pradesh as well as the first lady officer of National Investigation Agency/NIA & Border Security Force/BSF. Ms Trivedi has credited to her name a rich saga of commendable service as a Police Officer in various positions in her cadre of Himachal Pradesh as well as other distinguished police organizations. Furthermore, she has successfully initiated India's first implementation of Artificial Intelligence in Border Security Force and is presently working on a National Level

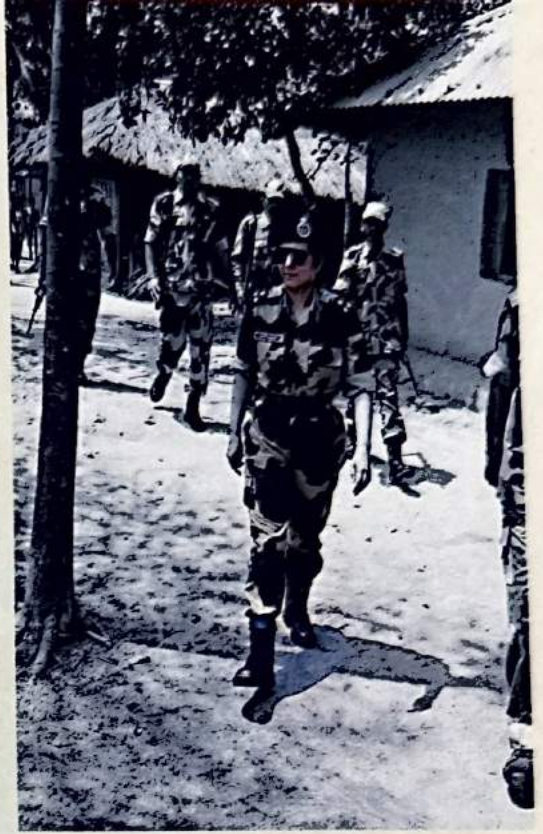
project at NATGRID, Government of India.

Educational Profile

A gold medalist in Clinical Psychology and in German, she also holds the meritorious distinction of a Diploma in Investigation & Leadership from FBI National Academy, Department of Justice, USA.

Professional Profile

- ➔ Headed Distt Police & Armed Battalion at SP/CO Rank.
- ➔ State CID Crime Branch, Intelligence Branch
- ➔ Faculty at National Police Academy, Hyderabad
- ➔ Served in National Investigation Agency (NIA).
- ➔ Headed the Intelligence Directorate of Border Security Force.
- ➔ Presently is Joint Secretary(Operations)at National Intelligence Grid



Ms Satwant Atwal Trivedi has served in various capacities in her cadre state; she is widely acclaimed for her brimming enthusiasm and the zeal to imbibe a solution-induced thinking. She served as the district Police head as a dynamic SP and also had opportunity to work in state CID where she enriched herself in dealing with criminal investigation. Her broad range of work experience as a police officer also includes command of an Armed Police Battalion as commandant. Owing to her exceptional and extensive experience in serving the state police,

she was chosen for the very prestigious assignment of the instructor in National Police Academy, Hyderabad. In her valuable stint of 5 years in the Academy, she imparted the budding IPS Officers with her kaleidoscope of experience. At the academy, she was the faculty for criminology, investigation and gender studies along with teaching English and Punjabi to the trainees. Her professional acumen and skills were rightfully appreciated and she was selected to play a role in the

then newly created National Investigation Agency (NIA), where she serviced for a period of 2 years before going back to her cadre where she served the State CID Crime & Intelligence branch. Her additional charges included Chief Vigilance Officer of Police HQ, head of Works Branch & Communication & Technical Services.

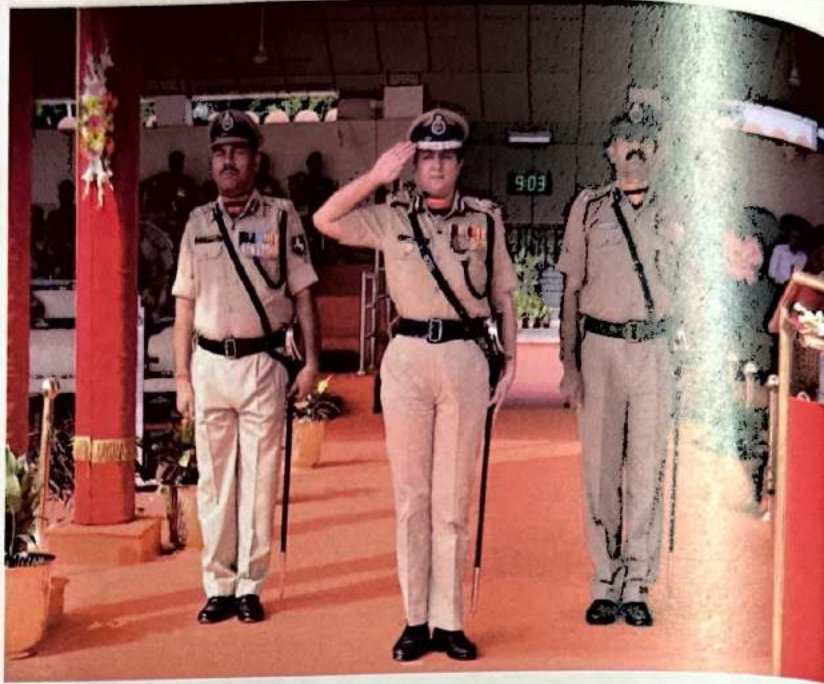
Satwant joined BSF, the largest border guarding force of the world,

in March 2015 and holds the unique distinction of being the first lady officer to join the BSF. Owing to her rich-expertise, meticulous approach and a zeal to excel, she was placed as DIG (G) East wherein she commanded the Intelligence Setup of Eastern Borders of India as well as the Int grid pertaining to counter terrorism in the deployment area of BSF in the North Eastern states along with Tech Int and Public Relations.

She was promoted as IG in July 2016 and whereupon she headed the training directorate and then the the Int setup of BSF in the capacity of IG (G) BSF. As IG (G) of BSF, she supervised the intelligence grid of Indo-Pak and Indo Bangla borders along with the management

of the Int setup of BSF in Anti Naxal Operations in Chhattisgarh and Odisha as well as the Technical Intelligence and Public Relations. With the dexterity in technology and a passion for solving critical problems through technological advancements, she has a vast experience in handling sensitive responsibility to engage heads of counterpart border guarding forces by organizing DG level international conferences between heads of forces.

She has now moved on to work as Joint Secretary (Operations) at the National Intelligence Grid (NATGRID), Ministry of Home Affairs, Government of India. This is an anti-terror framework with a mandate to facilitate information

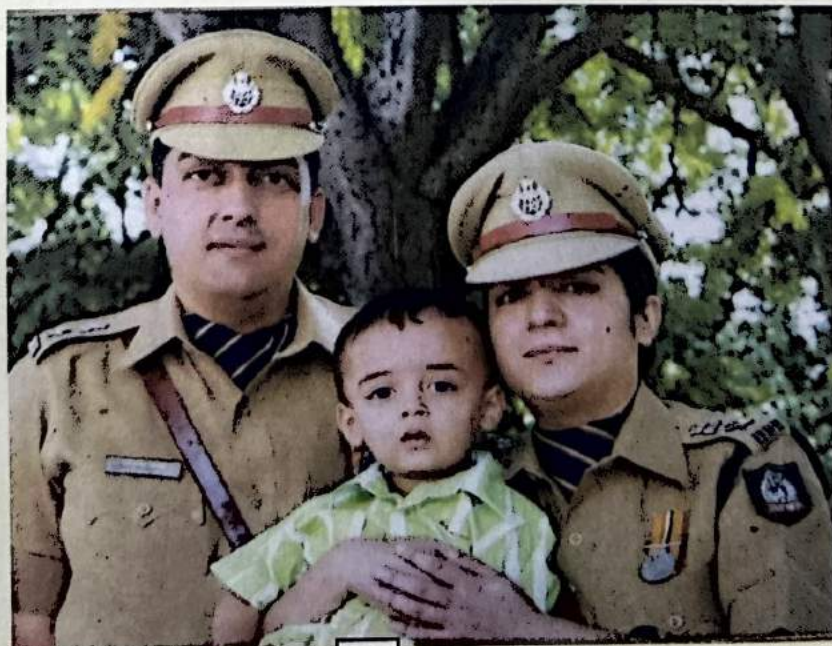


and discern early warning patterns and generate alerts and disseminate information in the right time to all Law Enforcement Agencies.

Professional Fields of Interest

Apart from having interests in professional arena, her interests in other domains, which are of interesting nature, are as follows:-

- ◆ Transcendental Meditation and Transactional Analysis.
- ◆ Study of Ancient Civilizations & Antiquities with special focus on role of women in society over the ages.
- ◆ Eastern perspectives on Mental Health and Stress.
- ◆ Comparative studies of healing systems/ remedies of different ancient civilizations.
- ◆ Writing stories and creating academic syllabi for mentally challenged children.
- ◆ Organic terrace farming & gardening—is a keen greening crusader.
- ◆ Experimental Fusion of Continental & Traditional cooking.



IT'S A NEW DAY

ZEPHYR THE BAND

The Zephyr Band

We share the same dream of being able to touch the hearts of people with our music. We are Himachal's first and only all girls music band. We started our journey when we all were students at St. Bede's College (2014-17). Back in 2013, we were a three member band. The two members who happened to be classmates, Neha Bhatia and Angelina Patrick discovered their mutual passion for music. Both of them thought about forming a band. They asked the Principal, Sister Beena John for her support. She graciously agreed to help and thus, auditions were conducted for more musicians and vocalists. That is how they met Vipasha Dharnani, our vocalist. At present, we are a three member band including Neha Bhatia and Vipasha Dharnani. We are the only band to release three professional covers and an original back to back



on YouTube. Our musical journey has been a period of growth both, personally and professionally. We have got the opportunity to go on air with RJ Albela Amit for a local FM channel as well as RJ Shalini for Big FM which happens to be a national FM channel. We have also been invited as Guests of Honour for Women's Day at Big FM





where we did a livestream with them. We have done multiple live performances at Gaiety Theatre, Amphitheatre, cafes and different college fests. Recently, we hit a total of 500 subscribers on YouTube. We are thankful to St. Bede's for inspiring us and supporting the beginning of our journey

Neha Bhatia (Guitarist)
Vipasha Dharnani (Vocalist)
Angelina Patrick (Former Guitarist)



A Fond Adieu



Goodbye



Fare Thee Well



Where There Is Light

I tread on familiar paths,
Day in and day out
Everything is calm and the same,
But deep down there is restlessness.
I hear a voice say
If you don't change you will not grow,
I wave the voice away.
I had always remained the same,
With no desire to change.
But deep inside the voice that told me grew stronger bit by bit,
Until I felt trapped within my skin.
If I miss the chance I will be like the night,
That longs to embrace the day.
But which side do I move to change,
And spread my wings.
Then the voice within says,
Where There Is Light.

Dr. Gitanjali Mahendra
Department of English

The Fallen Cap

Feet dug into the rigid and dense whites
The gusty wind of frost and flakes rained
They huffed, short of breath and rushed to the sight of gore
Trucks and cars followed, carrying men armed with bandages and stretchers,
and men armed with guns and knives

Alas! Oh Alas!

The hearts had ceased to beat before they could be rescued
Pious blood splattered, hearts bled and eyes shed tears
The soil which nurtured and bred those Bravehearts now held those warriors
As they lay withered, in their mother's lap so secure
Sirens, howls and cries heard after the explosion of horrid false pride and
decayed roots of belief

Blood-stained uniforms, blood-stained snow and yet, a cap lay there,
smeared with pride of a true martyr
Untouched, untainted, glaring at the sky, with true pride and honour of
serving the nation

There laid the undaunted cap of a soldier, worshipping his motherland

*- Anumita Roy Chowdhary
English Honours
IV Semester*



For once,
Let's redefine
What we think of love.
Instead of beating the bushes
To find where love actually is
Let's begin finding love
Within our own selves

Love,
Love the scars
That lie deep within
The skin that seems unblemished
Love the way you laugh
Even when things aren't funny
Love your voice
For it has an unimaginable vigour
Love every inch
Of yourself
Of your body
Your soul
Don't let the words of the world
Keep you clinging to the ground
Let the wings you've been hiding
Behind your timid little smile
Unleash and show,
How high you were made to fly
Love.

But never at the cost
Of losing the charisma within you
Never at the sake
Of losing your self worth
When it suddenly strikes you
That you are enough,
More than enough
You and yourself alone
Have the key to the alchemy
Of a lifetime of happiness,
That's where my dear friend
Your revival begins

Ishita Phillip
B.A. I

LOVE

LOVE
YOUR
SELF



Dreams To Die For

'Dream !' they say and 'Make hay while the Sun shines.'
But how do you dream on cloudless nights... through drab and dreary wintery climes?
'Dream Big !' They say.
If not the moon, at least you'll land up among the stars, later... if not too soon !'

And so I dreamed of something big...biggest of all...
To fight against time..even when my heart knew I was destined to fall.
The struggle wasn't an easy one though, for I had challenged God,
A dream to live half a year more... trying desperately to heal a body, already flawed.

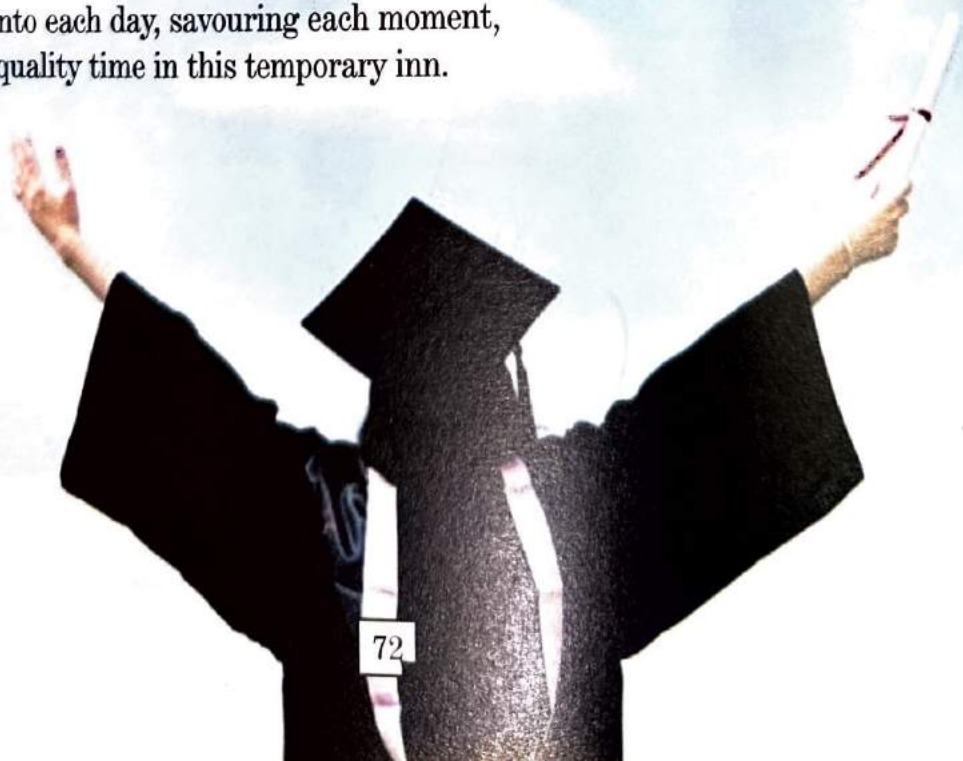
I dreamt of walking down the aisle, dressed in black with a graduation hat,
Treading forward in eloquent style.
It's just been a fortnight since my doctor diagnosed me with this deadly disease..
and that's how my world turned upside down..flinging me hard... onto my knees.

I cried, I tried, I resisted, and then finally, finally I accepted-
That I were to live a short life, my dreams had been severed brutally by a sharp knife.
And so my journey began... to foil, with my efforts-
the tragic horrifying, predestined plan.

I had my weapons ready - grit, determination and will...
And set to work, documenting my journey with my new best friends
my notepad and my quill.

And then it struck me, that I still had hope.
'A short life yes ! But not necessarily small..'
and this little thought gave me immense courage to cope.

I meditated fervently, urging the life forces to fill my hollow body from within,
Clinging onto each day, savouring each moment,
Spending quality time in this temporary inn.



The PRISONER

The mysterious night sky had a story to ,
Of the heaven and the hell,
Long long ago there was a place in the
north ,
Where neither the sun nor the moon and
their shine came forth .
A fellow in the cell cursed for his sins ,
Had no idea where night ends and where
the day begins,
He craved for shadowy effulgence and the
pleasing sky,
His past life deeds always made him cry,
One day when his nostalgic eyes lost their
power and body cease to exist ,
At death's door for the darkness ,
He did resist ,
Killed by the blackness and the Moon's
despair,
He longed for a paradise full of lights and
lights everywhere .

Parul Verma
BSc VI Semester

I-FEEL

I feel comfortable now being alone
I feel relaxed in my own thoughts
I feel humble towards myself
I feel positive towards my dream
I feel ambitious by my own words
I feel happy by helping myself
I feel faithful towards my thinking
I feel complete in my own little world .

Yashika garg
B.Com VI Semester



A Time Will Come

Concept- The following poem romanticises the immortality/perpetuity of love, even though the world is temporary.

A time will come
When you and I will fade away
Like the world, everything will fade
And when the time comes,
Please smile,
Smile for me, smile for us all
So that your precious smile will be
Engraved in my heart forever
A time will come
When we will breathe our lasts
Like the world, we all will fall apart
And when the time comes,
Please do not shed your worthy tears
Just look at me with your eyes full of love
So that your precious eyes will be
Engraved in my mind forever
A time will come
When we will close our eyes forever
And fall into a perpetual sleep
Like the world, we all will disappear
And when the time comes,
Please touch my hands
Intertwine your fingers with mine
Feel my warmth and let me feel yours
So that your precious touch
Will be engraved in my soul forever
Anumita Roy Chowdhary
V Semester



Broken Promises

Made by many,
Fulfilled by none,
Those are Promises.
When made make you cry,
When broken make you cry,
Those are Promises.
If fulfilled it is a dream come true,
If not, it is all a mirage,
Those are Promises.
Made by choice,
Broken by choice,
Those are Promises.
Sometimes act as pain relievers,
Sometimes they are the source to our pain,
Those are Promises.
Something that defines your intentions,
Something that defines your character,
Those are Promises.
To someone they mean everything,
To the other they mean nothing,
Those are Promises.
Mistakes that teach a lifetime lesson,
In both positive and negative way,
Those are Promises.
Gargi Sud
B.Sc IV Semester

"I am growing up"

All the days when I underestimate myself.
I don't doubt my powers now.
The days when I fall off.
I am not afraid to rise again.
The days when I lose my motivation.
I don't doubt my ferocity to do better
the next day.
All of the things always affected me,
They no more afford to pull me down.
Everything which was wrong,
Doesn't affect me.

I AM GROWING UP.

Maybe writing poems like this won't make a difference on you,
But maybe they help me to remind myself that I deserve better than the shit going
around.
Yes maybe I am reminding myself that the friends and the lovers who didn't treat me
right
No more matters.
Maybe the things the words they used no more define me.
Surely yes the way I think about myself matters the most to me.
I am not afraid to face challenges now. I am growing up!
I am not afraid to go back to the person I used to be. Surely I am better than everything
else going around.
Maybe some days aren't mine but then others are mine. I may not be the person that I am
on some but on others I no one better than the person that I am.
Bad days no more makes me feel bad for I am growing up now.
Making myself believe that how effortless I am, won't do anything but would make me
believe that about the person I inculcate.
The bad days are done over and the good days lie here in front of us.



Paridhi Goel
B.A. I English Honours

"Glimpses of my mother"



I remember my mother...

when I see an ecstatic little child asking questions to her father with conspicuous curiosity in her eyes without any reluctance.

when I see a lovely family of three watching a cricket match together, in silence yet very enthusiastically and the woman among them does not keep quiet with her peculiar comments.

when I see a crippled old lady begging for money to fill her empty stomach in a crowd of people, pretending not to hear her but then, a generous hand of a woman appears with some coins, bringing a smile on that old lady's face.

when I come across a woman tirelessly working for the welfare of the society, steering clear of all the nitpickers

when I happen to overhear a conversation involving life lessons like "it's important to be there in

somebody's bad time" or "be grateful to God and not just demanding" etc.

when I observe a parent buying two ice-creams for their child whose demand included just one icecream.

when I see the evening star shining unapologetically in the dark and dreary sky.

when one of my friends forgives me for some of my biggest mistakes without being high-headed or demanding for an apology.

when I see a drawer full of greeting cards, letters, gifts along with their wrappers making it obvious that somebody has been cherishing everything they have received for years and years put together.

when I see a daughter in law taking care of her inlaws with incredible amount of love and dedication.



Sumedha Agrawal
English Honours Semester VI



LATENT PRAYERS.

I felt so special, and you could see it in my grin,
I could notice the change, as I was warmly welcomed in.
No chidings or beatings showered on me unlike the other days,
Suddenly the terrible cage had transformed into a happy place.
My bruised black feet washed, the terrified me, coaxed lovingly,
“Make sure she sits on that beautiful pedestal custommade for her !”
I saw my tormentor transform into an ardent worshipper.
I wasn't alone, I had come with a friend few years elder to me,
Lured her to tag along with the promise of getting a full meal for free.
Unexpectedly, we were showered with deep reverence and care as never before,

Gifts and food and blessings and adoration galore.

Suddenly my friend felt a bit uneasy, she got up, she couldn't stand being queasy..

And then the worshipper saw, to her dread and horror...those scarlet drops of blood.

Wrath engulfed her soul, rationality drowning in the furious flash flood.

And then it was all dark and silent, sinister and darker than the human heart,

As the little girl lay sprawled on the floor, uncomprehending as to where did it all start.

And then 'they' came, in abundance, something she had known forever,

The abuses, the belt, the kicks, the screeching noises and the familiar pain in the head as she was
dragged across by her hair,

As I stood aghast, watching everything with a dead stare.

I wasn't lucky too....I wasn't spared the traumatic treat.

All I remember is watching the saintly couple beat their heads as they screamed something about 'caste'
and 'dire mistake' into my flushed face.

The gifts scattered, the bright red veil in tatters, the broken bangles piercing our skin,

We were thrown out of their luxurious inn.

Had the goddesses within us vanished? Was that life-giving blood the reason we were banished?

'Mother' they call her as they bow their heads in front of the smiling idol,

As the locked little Durga working in their homes await their arrival.

And so I vouch for latent prayers, of seeing the goddess in all her forms within breathing souls..beyond
the conventional societal layers.

Pray through your actions, let the meaning of those mystic chants seep deep into your inner self,

Remember, she's SHAKTI, the creator, the indomitable feminine strength, much more than a picture
placed on that wooden shelf.

Nivedita Mishra
M.A. English IV Semester



Snub Silence

That touch ,
Nothing is worse than that awful
touch,
Them feels,
Nothing burns more than them
hurtful feels,
Those faces ,
Nothing is uglier than those cruel
faces,
Her screaming ,
Nothing can be heard louder than her
dreadful screaming ,
Your silence,
Nothing kills more than your snubbing
silence .

Parul Verma
BSc VI Semester

My Forest

For in my heart
I have planted a forest
A tree for every pain
A plant for every smile
A branch broke
For every heartbreak
Leaves fall for every smile
And I have often smiled in pain.

There the light shines
Filtering through my trees
There the moon glows
Among my leaves
Grass grows green
Grass goes yellow
Until there is nothing left to signify
To my being shallow.

But still the light filters in
Fighting its way through the
Thick and broken branches
Marking the very path
My happiness will walk on.

-TITHI AGARWAL
English Honours
V Semester



I Got Flowers Today

I got flowers today. It wasn't my birthday or any other special day. We had our first argument last night and he said a lot of cruel things that hurt me. I know he is sorry, and didn't mean the things he said because he sent me flowers today. It wasn't our anniversary or any other special day.

Last night he threw me into a wall and started to choke me. It seemed like a nightmare, I couldn't believe it was real. I woke up this morning sore. I know he must be sorry because he sent me flowers today. I got flowers today and it wasn't any special day. Last night he beat me again. And it was worse than all other times.

If I will leave him, what will he do? How will he take care?

I am afraid of him and scared to leave. But I know he must be sorry, because he sent me flowers today. I got flowers today, it was a special day. It was the day of my funeral. Last night he finally killed me. He beat me to death. If only I would have gathered courage and strength to leave him. I would not have gotten flowers today.

Angela Chandel
Psychology Honours
VI Semester

Slipping enough times!

My depression is a void that beckons me. At what time of the month,
day, hour, minute or second is a mystery though.
It keeps banging the door of my brain until I let it in.
And I guess I do so because it sees the sunsets leaving the sky orange to
letting it turn black for the moon to shine, with me.
That is how it is right??
Investing time in the one thing that sticks around for the longest and
so I build myself a palace, where I am the slave to my Master, my depression!
Yes I am a slave, because I don't mind that if I'd be safe.
I put my insecurities on a white sheet and lulled them all to sleep!
And to all human connections, I wanna say I wanna be with you too,
but not in a way you'd want me to!
because you did not listen when I wanted to scream.....
Will you please stop and listen!
Listen to my silence.
Listen to it scream
Listen to listen and not to respond.
Listen to the empty sighs between my words. You will see what I struggle to hide most.

I like my palace all dark.
I envy darkness, how everything's just the same in here.
I hate the windows. I have curtains thicker than my blanket.
I sometimes get so envious of the flowers blooming there in the garden. Because I too am a garden
but no flowers grow here, only leaf blades and mushrooms and cobwebs I guess!
On beachy days, I cannot see the tranquil sea. I've grown accustomed to a lot of things and being
alone is in there.
Some days I feel love and on the other days I feel like crying until I choke and then there are days
where I feel....I feel nothing, not even pain.
And so a slit with a knife, the cloth around my neck, or gulping the pills all at once.
Don't curse them if they ever help me rescue. I am not romanticising death here but, hey!!
Not everyone is gonna help me
and
my depression says.... none.
And I have a thing for how it convinces me to listening to it...
it feels so warm to soak myself fully into it
Death seems to be way better than the chaos, it is certain. All the delight's encapsulated in
uncertainty though, but I hate delight.
To all those who love me I just wanna say
"Promise me a tomb in the garden of your memories."
I am done trying tripping on the urge to feel alive!
And if you still want me to be....
Ask yourself
Are you ready to visit me more often than my depression? Sitting and seeing the sunsets leaving the
sky orange to letting it turn black for the moon to shine with me??
Are you ready to slip enough times because I'm never too tired of spilling enough oil on the marbles
that'll lead you to my palace, my world.....
The place where I am a slave to my master, my depression!!!

Saisha Verma
English Honours
VI Semester

Dear Writer in Me

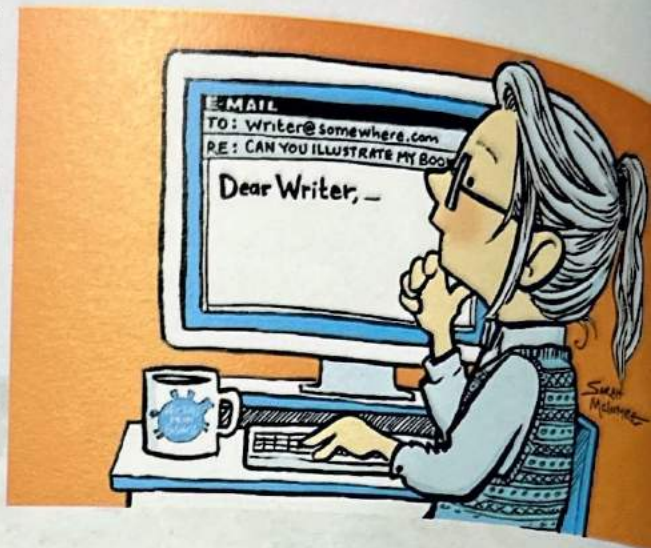
Always, I have placed a detailed eye towards your every stroke and pronouncement. I have constantly been enamoured of you, your personage, your versatile way of penning down the explicit verses, your customary way of captioning your life, your impeccable usage of the tricky words, your excelling way to epitomize yourselves in your each piece of write-up and your exhilarating power to climb the highest peaks in this form of life.

I wholly yearn to remodel myself like your magnetic individuality. My inner soul wants to grab the sole pieces of your perception. I applaud your every demeanour which strives for a mystical power to elevate yourself as an accomplished exemplary being. This cognizance has loaded a natural censor into me while I was readily going down on my spirits.

I was unaware about a torch enduring within me that was an appliance which could be put into function during my pale and dark times. It had proximately escaped from my memory that this sort of light ever existed within me. But after that, you have held my hand; this downheartedness has released the conspiracy of shoving me behind the gloomy bars. Conclusively, I brushed against my introspective esprit and simultaneously could specialize in my psychological behaviour.

This little candle bewailing inside me hankers to burn with the wax of your ardency and forbearance. I am urged to acquaint you with the comprehended fact that you were the only one who could comfort and cure me during my despondent times.

Will always merrily accept this fact that you are my conscience who led me as your shadow and matured me to that extent till which I can buoyantly accept myself amongst the masses. I can now conjure up myself in a segregated range of vision by being the part of same masses. Unequivocally, I will not discover myself as an invisible face. My individuality, by virtue of you; will out lash as a deviating soul from the paths of sheep and shepherds. I will always idolize you for turning me into a ray of sunshine.



Vrinda Sharma
English Honours
VI Semester

Refugee



Quite interestingly, the dawn that unfolded that day seemed to be drastically different. Everything was the same - the same old rusted gate which creaked everytime the employees entered, the aroma of freshly brewed tea that pervaded the crisp winter air intermingled with the pungent cigarette smoke, and the resounding laughter of a group of workers trying to warm themselves up huddled around the burning flame in the right hand corner of the office. Yet something was amiss, for the grapevine had percolated through the four walls of the District Office, and the whispers filling the corridors couldn't escape my attention. I walk into my office, trepidation taking over and my heart beating like a drum....I look at the wooden name plate placed on my glass desk, " Mr. Ashok Patial", the words inscribed in golden calligraphy, a befitting introduction to the high post I held as the 'Director of Refugee Resettlement Office'. There's much to envy about the kind of life I led- me being a respected member of the society, rich, humble and accomplished. My profession gave me a brilliant opportunity to serve the poor and the displaced, and help them start life afresh. Whenever their lands were seized, for the construction of roads or dams in the best interests of national welfare, there were hoardes of wailing villagers and farmers coming to my office, pleading— almost begging me, not to take their lands away. And this was something that never failed to astonish me in my 30 year-long career.

Were they not being compensated well enough ? At times more than enough..for those little plots of land, with withering crops and wilting flowers, too small to be of any economic importance....but the natives would cling to them, the elderly even more adamant...as if their identity was dependent on that piece of land. The money that they would get as compensation could certainly provide them with better prospects. These burning questions, however remained unanswered.



The glorious tenure of my service went by so quickly...30 long years...all over in a jiffy. A big palacious government residence, plenty of helpers running around, security guards, and all the subordinate workers and colleagues willing to go out of their way to get my work done. My smallest of suggestions –a command for them , to be carried out at the earliest. Such was the respect and honour I had been used to, all these years.....up until today.



There is a proverb in English, ' Rome wasn't built in a day'. But in Life, 24 hours are all that's needed for a king to become a pauper and vice versa. I could sense the sneers and evil eyes glimmering with joy, of my opponents. It's been two hours with me sitting in my chair and Ramu is nowhere to be seen with my morning tea. Neither did the peon give me my stack

of newspapers for the day. I felt shocked to see the radical change in the mannerisms of my co workers. On enquiring a bit, I came to know that the message of my sudden transfer had been circulating amongst them, a result of my conflict with a high end politician. That's when I realized that people always salute the rising Sun...all else vanishes into obscurity. Those who made themselves available at my every beck and call, are now turning a deaf ear, unwilling to even talk. Going towards my residence I overheard something which shattered my pride to pieces. "Thank goodness that old lout is going away, always on his toes to inspect our work. What an irritating mad man, always on our heads...had to lose so many bribe offers cause of him..good riddance !!" And this was being said by my favourite, my confidant, my assistant Mr. Rao. I was shell shocked at this bitter betrayal. With my power gone, it seemed as if I had lost my identity.

After a few days, I was keeping my luggage in the car, ready to leave with a sunken heart. The only being who accompanied me till the gate was Moti, the guard's dog. My eyes welled up as now I truly felt the pain of the refugees and the displaced. My questions had been answered. Every step I took away from my workplace, which was more like a religious shrine, I felt restless and rootless. I understood now what it feels like to leave behind your home and start afresh, for now I was no more the 'Bade Saheb' but a simple refugee...too insignificant to be remembered.

Nivedita Mishra
M.A English Semester IV



Song of the Open Road

It was a hot Sunday afternoon when I was coming back home on my bike. The sun was directly overhead and there were no clouds to shield me from its piercing rays. The leaves on the trees were stationary just like the cars in front of me. I wanted to be home as soon as possible. At last the signal light turned to green and all the vehicles rushed like they were in a race. Not wishing to get stuck in traffic again I took another route, although it was long but it was mostly isolated. I was halfway through when my bike skidded to a sudden halt. I looked down to a no fuel sign.

'Great...' I muttered.

I was wondering what to do when I saw a young boy coming my way.

'Hey! Is there any petrol pump nearby?' I asked.

'Yes, I can take you there.' He offered.

'Thankyou.' I started walking behind him dragging my like along.

He was a tall, scrawny kid with sunburned cheeks and a face that reads mischief.

His light grey eyes shone like marbles against his tanned face.

'So what is your name?' I asked. 'Mowgli.'

'Mowgli?' I repeated. He smirked. 'I change my name after every book I read.'

I couldn't help but smile in amusement. 'Do you go to school?' I felt curious to know more about him.

'Not anymore.' He replied in a casual tone.

'Didn't like studying?'

He shook his head. 'I like to learn... under the open sky.'

My mind suddenly rushed to the school memories when I used to get scolded for looking outside the outside the window while the teacher taught.

Startled I realized, now that I'm in college, I don't do this anymore.

The rationality in me was confused so I asked another question.

'If you are not going to study, what are you going to do when you grow up?' 'I'm going to be a writer,' He replied quickly.

'Shakespeare, huh?' I said in a joking tone.

'No, Wordsworth.' He smiled with the blissful innocence of childhood.

'So you plan on becoming a hermit and spending your life in the mountains, worshipping nature.' I was laughing now. He shook his head. 'No. Just stop once in a while, look at nature, listen to it and then walk away. That's it.' He stopped walking and so did I. We had reached the petrol pump.

'Bye!' He said cheerfully. I could only wave back. I stood there watching him go down the road. I replayed our entire conversation in my head and then I walked away smiling.

Simran Kaur
English Honors Semester VI

The deafening silence

"I am capable as a human being first."

My grandfather had four daughters, at a time when sons were prized. People hesitantly congratulated them. Being parents to four daughters is a herculean liability after all!

I can't help but attribute my grandparents' oblivious outlook to the society, that helped them see the capabilities of their daughters, first as a human being; for they carved and glorified but one route for their daughters- their career, which would go on to establish their identity and harness their potential. They brought them up to be strong, fierce and independent individuals with a strong faith in feminist ideologies.

Feminism is nothing more than the common sense and common courtesy with regard to treating other fellow beings which today, unfortunately, the masses don't possess.

Sameness is not equality and Feminism is equality, it starts at home. Society blames the government and the government attributes its silence to the customary morality of the society, thus, way finding and problem solving are somewhere buried between these exhilarating sounds and the deafening silence.

The recent attempts at bringing into light the unheard cries for help have been marred in the shadows. The question raised in the 'ME TOO' campaign seems to find no answer. Are we ready to let go of our ignorance and accept the reality?

There exist two methods of bringing about a change - law changing the society; society changing the law. The former exists in letter but not in spirit. The only method left to us is 'change in the society', which translates to change in our families, schools, colleges, workplace etc., Which also translates to 'change in us.'

What we need to change is very pragmatic and urgent in nature. Our definition of harassment needs to go beyond the physical aspects. It needs to be recognised at an emotional, mental and psychological level.

We live in a world where the question of clothes, lifestyle, independence and victim blaming come before problem solving. Clothing is not feminism but neither is it consent.

"It's an attempt at character assassination." "If it were true they could've come forward earlier." "Rape culture is a myth." Unfortunately, that is the society we live in. I personally applaud all those who've come forward and shared their traumas, for now, they would be forced to relive those very same nightmares. The only question that arises here is, since when does the reporting of a crime come with an expiration date?

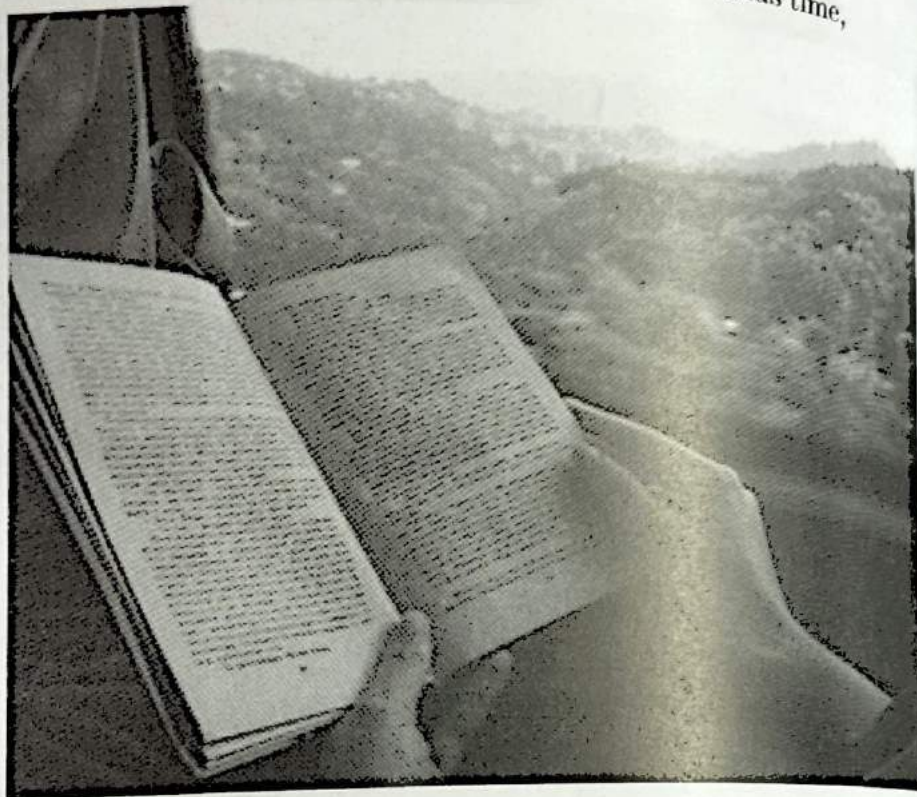
Customary morality cannot be a guide to modern life. Ignorance of the reality would only plunge us deeper into the darkness. Acceptance of the problem and then working for optimal solutions would lead us to the light of change, welfare and equality.

Ishita Chugh
B.A. I

Never judge a book by its cover

Books never demands, like people in our life. Is it really so ? I guess books demands time, time is money, people are mad for money. Just like the genre of a storybook, the stone of our

Life is inscribed with the ink of tragedy, surprise, joy, triumph, failure and every ineffable feeling. And so every chapter of our life opens up with various characters and various experience that teach some values, as we grow older and older we tend to became wise though we become old. It's strange that at some point we realise the real power of wisdom and lacks the time to relive it due to the alarming age that brings forth death, the final chapter of the 'human content', the entire book still left.



Though we crave for wisdom from all mighty, yet at some point we tend to realise as if we have learnt much with the passing time bearing the salt and pepper shades of hair. This realisation open up a world in form of old age where we give up on things and people and actually wind up ourselves from the worldly worries and embrace all the worldly joy which come in small packages. You may not necessaarily hold possessions to enjoy those blissful satisfactions, this is a time where a blooming youth can get the treasure of ideal and experienced advice. This period of time in a person's life is special for the people around them. They may not have their company tomorrow, those tested not have their company tomorrow, those tested advises, that moral support, that scolding to bring out the best and that selfless love. This world demands and full filling these demand we sometimes go far beyond the reach of our aged angels and one day they leave us behind giving a jolt of emmence pain. As I said, books demand time, time is money, people are mad for money, I guess, they are. Take out some time from the chapter of 'earning money' to write a lengthy and memorable chapters of 'satisfaction' in the book of your life.

Naynika Mohan
English Honours
IV Semester

6 Ways To Design Your Tattoo



Do you want to design your own tattoo? An artist like you can definitely do it by yourself and that is why you have landed here. Whether this is your first, last or some random tattoo in the middle of your total number, make it count and creative as well as customised as a design that can be beautifully objectified on your body. Therefore, you don't have to ask someone professional to sketch your designs when you are able to design your own tattoo. The advantage of designing your own tattoo is that it happens to be exactly the way you have imagined, projects your creativity and carries every minute detail in place that you have planned and which wouldn't have been possible in a readymade design. So, here's how you can design your own tattoo:

1. **Think and Analyse:** Find your inspiration and allow the same to be printed on your body. It might be a line from your favourite book or it might be a quote or a one liner or a dialogue from your favourite movie. In spite of these written scribbles, you can go with your favourite anime character or with special symbols or a particular date or any other sign that reflects a part of your life. Make a list of your favourite and the most loved things. This will include your likings for food to your entanglements with different people. Now analyse the list and mark the important things that can be emerged as a tattoo.
2. **Find the Location on your Body:** Consider your body as a wall for graffiti and for a particular piece of art you need to pick up a location. When you plan to get a tattoo on your body, explore your available canvas and take all the areas into consideration. Do you want a tattoo that the entire world can see or you want that only a few can have a look at it? High visibility locations areas include the face, arms, fingers, and legs whereas less visibility location areas include the lower back, shoulders, thighs, stomach, and neck. Once you've determined your desired location you can shortlist the tattoo designs from those that you have finalised in initial stages.
3. **Be Authentic:** No matter how cliched it sounds, the tattoo you are planning to have on your body will be permanent. Therefore, don't go for a trendy piece or style as it can be outdated at any point of time. Stay authentic to your hobbies, interests, and beliefs while choosing a design for yourself. Safe tattoos will include zodiac symbols, floral tattoos, special dates in your life and patterns symbolising your life or nature.

4. **Tattoo Design Software or Website:** There are many websites and softwares that are available to you to sketch your tattoo designs. These sites work just like photo editor sites. You do not have to be a professional to work on these websites or software. The software is helpful enough to transform your simple, normal and unprofessional design of yours into a unique and creative tattoo design.
5. **Otherwise, Draw it:** If you have a creative hand in drawing, spend some time in sketching. While drawing, add the combination of colours that you want to have in your tattoo. While doing so, keep in mind that the more colours you add now, the more you'll need to add later so as to maintain the life of the tattoo. The advantage of drawing your own tattoo is that it happens to be exactly the way you have imagined and it manages to project your ultimate creativity and also, carry every minute detail in place that you have planned which might have not been possible if you have sketched the same in a tattoo design software or website.
6. **Find the right Tattoo Artist:** Once you've created the perfect design to get it imprinted on your body, now, it's time to find the artist who can bring it to life. Don't be lethargic over here. Take your piece to different professionals for expert feedbacks. Meet various tattoo artists and check out their portfolios and ensure that they're licensed. Some artists may also suggest you some professional modifications, so, pay heed to all of them. Sometimes, it may enhance the look of your original piece.

Nandini Goel
B. Com. Semester VI



Inside the tux

We are surrounded by our own and others' abnormalities. And so up to that context that we fail to even consider that a small change in ourselves could do something wonderful. No, It's not about the inner change or change in attitude, which is quite apparent to help.

This is what makes a man truly a man. A tuxedo? No. It's the way it is, along with the entity in it is carried. But who am I to affix guidelines or lay down standards for imperfection in this wildly accommodated arena. No one if taken for granted and someone if to be believed and trusted upon. A man is expected to have attributes such as kindness, altruistic behaviour, a sense of possessiveness, an expected prejudicial favouritism in relations and what not? Keeping in regard the holiness of toned six pack abs body and maybe some extra inches of clothing. This is what keeps us abreast of universal perspective of men. Does what our clothing, outer skin or even for that sake inner beauty is really what defines us? Or is just a passive combination of all three to make us wholly us.

Maybe there's more to it. How hopelessly and sternly we compose an impression of other, not to divulge from ongoing discussion about men, how we eviscerate someone even before an opportunity to create an impression is given. If it is something to be dealt with, how it goes? In generality, this rule is equal for among equals. But having bespoke it for women, by men, and having it complied with, it just creates another prejudice that men notices certain other things in women and forms an impression regardless of abovementioned glorified categories. Speaking of categories, we do really seem to categorise everyone and everything. But why not hold back and before starting with that haphazard mental factory of putting into pieces elements of adjudication, to simply give a chance.

How can we really be this generous with opportunities to be given away before we pass a final verdict? If solution lies in corny, overly avert or horrible honest behaviors then also we are going to wrong places. It's just simply by having a positive approach but not till the extent of fooling ourselves. We just have to literally outsource our true judge. So it comes back to judging people.

How can we judge people without actually judging them?

1. Sense aura. Lame as it sounds but if believed, it does wonders. Aura is energies which you receive when you are around someone. If at the end of conversation, be it even telephonic, if you really feel terrible, and it has happened more than twice, to have reasonableness, it means now you can actually starts to feel something about someone.
2. Look for hygienic elements- A hygienic man from outside is more likely to be hygienic from inside.
3. Cease your checklist- it will just make things worse. Expectations overshadow opportunities.
4. Make a three time rule- Give verdict of judging someone after having a proper interaction at least thrice.

Even if following these suggestions might not really bring a change in your life, it will definitely form some perspective check list. As we all ponder and wonder, what's inside the tux?

Rineet Kaur
English Honours
VI Semester

BHARAT RATNA BISMILLAH OF BANARAS

I was on the brink of losing hope as I snaked my way through the noisy streets of Banaras. I had found my way there with the help of the many locals whose language was incomprehensible, especially when they spoke with their clothes stained and mouths stuffed with the famous Banarasi *paan*. A stench here or a noise there- my senses were fogging with the effort and the callous calls of the crowd. The afternoon slowly gave way to the evening and the melodious muezzin call comforted my ears adding rhythm to the tuneless crowd.

Although I had come to Banaras with my parents for my internship at the Banaras Hindu University, I had many other interests to pursue. One of them was to visit Ustad Bismillah Khan's home - the greatest legend in the history of *shehnai* music in India. Bismillah and the *Shehnai* are synonymous with each other. It was Ustad



Bismillah Khan who elevated the status of the wind instrument from being played at simple wedding ceremonies to the same platform where Hindustani Classical musicians performed. Surprisingly, it was not just his music that captivated me as a child. But it was the mischief in the childlike gleam of his eyes, the bare of his crooked teeth and the welcoming smile which sat perpetually on his face.

Carrying these thoughts, I was a confused traveller in the labyrinth of these maze-like streets in old Banaras. I was saddened by the fact that very few locals recognized the name Ustad Bismillah Khan when I said it; and yet, there was a ray of hope in the man trudging in front of me. He seemed to know where I wanted to go. 'Take a right, left, right and a right,' he pointed out with his old hands. I thanked him and rushed ahead cutting through the directionless swarm of people. I entered into another irregular network of passages. But this time, delight instead of disappointment settled in my heart because I could now see a stone slab and on it was written, "Bharat Ratna Ustad Bismillah Khan Marg."

Following the directions, I was surprised to see such a simple dwelling with steep stairs at the entrance. I would have dismissed it as any other home had I not read the Ustad's name on the letter box outside. What a great man and such a simple life! An adolescent boy greeted us at the entrance and called his father - a short man with humble eyes who carried a streak of similarity to his legendary grandfather. He was Ustad Nasir Abbas Khan, grandson of Ustad Bismillah Khan and torchbearer of Ustad's musical legacy.

The moment I entered, I was even astonished to see that just a small bed and a bench occupied the room. Photographs from Ustad Bismillah Khan's life hung faithfully on to the crumbling walls. His home was a little world in itself. An extraordinary silence resonated loud in that little space. Ustad Nasir began with his memories of Ustad Bismillah Khan as

he knew him. "This was the bed where Ustad used to sit and practice. Everyone was welcome to witness the *mehfil*. Till today, those who sit on this cot feel very light and spiritually elevated."

Ustad Bismillah Khan had the rare privilege of performing at the eve of India's first Independence Day and Republic Day celebrations in 1947 and 1950 respectively. He was also seen in Satyajit Ray's classic movie 'Jalsaghar.'

Although a Muslim, he would often say that he was a devotee of both Allah and Saraswati. He said that he owed his musical talent to Lord Vishwanath and at his doorstep, one can see written in bold Arabic letters, "Mashallah."

"He has performed everywhere around the world," he continued, "but he would always return to Banaras because that is where his roots were. This is also the reason why we are still staying here." Once, a very prestigious American University had offered him citizenship and residence if he would serve as their musician-in-residence. He was just asked to state his terms and conditions. Ustad Bismillah Khan declined the offer humorously by posing to them his condition "Can you bring my Holy Ganga to America?" and cackled away loudly.

This specific anecdote from his life had a hitting impact on my perspective on success. We always interpret a successful person as one who enjoys the privileges it has to offer to the deserving winner of the competition. But here was Bharat Ratna Ustad Bismillah Khan, who barely competed for any awards or honours and yet, continued living in the same crumbling *haveli* even when they came to him. He was the epitome of an inclusive tradition of spirituality in the face of communal disharmonies that were leaving the country distraught.

Every moment of the bare ten minutes that I had spent at his home felt still and expansive. Although he had left the mortal world twelve years ago, I could feel his pronounced presence in his profound absence. As if he was still clinging to his faded bed sheet or strolling in the backyard with his unkempt hair flying in the evening winds. I pictured him on his bed breathing life into the *shehnai* which he often called his *begum* (love) and the omnipresent beam of his grinning face. His world was so raw and yet so captivating that there was a force pulling me back in even as I exited the narrow doors of his home.



Aamna Tyagi
B.A. Psychology (Honours)
Semester IV

ACADEMIC ACHIEVERS 2018-2019

SUBJECT	SEMESTER	POSITION	NAME
BOTANY	V	1 st	Neha Sehgal
		2 nd	Charu Thakur
ZOOLOGY	V	1 st	Jyoti Sharma
		2 nd	Nikita Sharma
CHEMISTRY	V	1 st	Garima Thakur
		2 nd	Umang Singh
PHYSICS	V	1 st	Garima Thakur
		2 nd	Priyanka Sharma
MATHEMATICS	V	1 st	Garima Thakur
		2 nd	Kanika Sankhyan
MICROBIOLOGY	V	1 st	Deepanvita Bhargava
		2 nd	Mukta Thakur
BIOTECHNOLOGY	V	1 st	Priya Sharma
		2 nd	Apoorva Sood
GEOGRAPHY (Honours)	V	1 st	Nitika Negi
		2 nd	Shivani Dipta
GEOGRAPHY(Pass Course)	V	1 st	Nisha Yadev
		2 nd	Vaishali Verma
HISTORY	V	1 st	Komal Choyal
		2 nd	Shritika Kalta
HOME SCIENCE	V	1 st	Simran Sharma
		2 nd	Sahiti Kanwar
ENGLISH	V	1 st	Sahiti Kanwar
		2 nd	Vrinda Sharma
HINDI	V	1 st	Rishali Chauhan
		2 nd	Ritika
ECONOMICS (Pass Course)	V	1 st	Palak
		2 nd	Kanishka
POLITICAL SCIENCE	V	1 st	Divya Sharma
		2 nd	Mrignayani Hira
PSYCHOLOGY (Honours)	V	1 st	Kavya
		2 nd	Akshita Pal
PSYCHOLOGY (Pass course)	V	1 st	Ragini Singh Kanwar
		2 nd	Nisha Roy
DANCE	V	1 st	Sanjana Bhatia
MUSIC INSTRUMENTAL	V	1 st	Preeti Shandil
B.COM	V	1 st	Rupal Dhiman
		2 nd	Neevia Thalvari
BBA	V	1 st	Onisha Bhadoo
		2 nd	Yakta Lal
BCA	V	1 st	Bhuvan Thakur
		2 nd	Amrit Kaur

BOTANY	III	1 st 2 nd	Varsha Ankita Thakur
ZOOLOGY	III	1 st 2 nd	Kritika Pathania Pranjal Kanwar
CHEMISTRY	III	1 st 2 nd	Anushka Sharma Harnoor
PHYSICS	III	1 st 2 nd	Anushka Sharma Kalpana Thakur
MATHEMATICS	III	1 st 2 nd	Anushka Chauhan Kalpana Thakur
MICROBIOLOGY	III	1 st 2 nd	Pooja Kapoor Smriti Sood
BIOTECHNOLOGY	III	1 st 2 nd	Alefia Jaret Sonal Sharma
NUTRITION AND HEALTH EDUCATION	III	1 st 2 nd	Vanshika Jain Pratishtha Thakur
APPAREL DESIGN AND CONSTRUCTION	III	1 st	Garima Sharma
GEOGRAPHY (Pass Course)	III	1 st 2 nd	Palak Keprate Hemavati
GEOGRAPHY (Honours)	III	1 st 2 nd	Aayushi Sharma Nikshubha Bhalaiik
HISTORY	III	1 st 2 nd	Kajol Gera Mitali
ENGLISH	III	1 st 2 nd	Vanishka Jain Chitwan Jamwal
HINDI (DSC)	III	1 st 2 nd	Alka Minz Manisha
HINDI (Compulsory)	III	1 st 2 nd	Amisha Sharma Bhawna Panwar
ECONOMICS (Pass Course)	III	1 st 2 nd	Geetika Jaswal Amisha Sharma
ECONOMICS (Honours)	III	1 st 2 nd	Bhanu Sharma Sonali Manta
POLITICAL SCIENCE	III	1 st 2 nd	Geetika Jaswal Mitali Verma
PSYCHOLOGY (Pass course)	III	1 st 2 nd	Samriti Sharma Ishi V Bhandari
PSYCHOLOGY HONOURS	III	1 st 2 nd	Aamna Tyagi Niharika Joshi

DANCE	III	1 st 2 nd	Palak Mehak
MUSIC INSTRUMENTAL	III	1 st 2 nd	Sonam Chauhan Tanishka Mehta
B A (MATHS)	III	1 st 2 nd	Kriti Verma ---
B.COM	III	1 st 2 nd	Janvi Insaan Ishita Thakur
BBA	III	1 st 2 nd	Sanya Khan Urja Chawla
BCA	III	1 st 2 nd	Shweta Thakur Srishti Thakur
B.Sc COMPUTER SCIENCE	III	1 st 2 nd	Gauri Thakur Priyanka
BOTANY	I	1 st 2 nd	Swati Divya
ZOOLOGY	I	1 st 2 nd	Vanshika Bhardwaj Divya Rana
CHEMISTRY	I	1 st 2 nd	Divya Vanshika Bhardwaj
PHYSICS	I	1 st 2 nd	Pronita Jaswal Smriti Mehta
MATHEMATICS	I	1 st 2 nd	Neha Koundal Riya Pandir
MICROBIOLOGY	I	1 st 2 nd	Megha Puri Shreya Sharma
BIOTECHNOLOGY	I	1 st 2 nd	Ridham Sunidhi Sharma
GEOGRAPHY (HONOURS)	I	1 st 2 nd	Atulya Sharma Pallavi
GEOGRAPHY(PASS COURSE)	I	1 st 2 nd	Gauri Sharma Preeti Sharma
HISTORY	I	1 st 2 nd	Ishita Chugh Jhanvi Bragta
ENGLISH (PASS COURSE)	I	1 st 2 nd	Anaisha Paul Rupali Thakur
ENGLISH (HONOURS)	I	1 st 2 nd	Aarushi Bhavya Pathania
ENGLISH BCA			

(Applied English)	I	1 st	Charu Agsty
		2 nd	Shivalika
ENGLISH BSC (AECC)	I	1 st	Kirti Sharma
		2 nd	Aastha Thakur
ENGLISH BSC MICROBIOLOGY/ BIOTECHNOLOGY	I	1 st	Shinjinee Guha
		2 nd	Kritika Devi
BSC COMPUTER SCIENCE	I	1 st	Kritika Bakshi
		2 nd	Ritika Narwal
HINDI(Compulsory Hindi)	I	1 st	Sakshi Katoch
		2 nd	Himanshi
HINDI (DSC)	I	1 st	Monika Bhingra
		2 nd	Vibhuti
ECONOMICS PASS COURSE	I	1 st	Ravitanya
		2 nd	Angel
ECONOMICS HONOURS	I	1 st	Anchal Sharma
		2 nd	Preeti Sharma
POLITICAL SCIENCE	I	1 st	Ishita Chugh
		2 nd	Ravitanya Sharma
PSYCHOLOGY PASS COURSE	I	1 st	Palak Kumar
		2 nd	Anchal Sharma
PSYCHOLOGY HONOURS	I	1 st	Anjali Menon
		2 nd	Raksha Kanwar
MUSIC INSTRUMENTAL	I	1 st	Sejal Kimta
		2 nd	Aditi
B.COM	I	1 st	Samriti Rohal
		2 nd	Romika Dhingra
BBA	I	1 st	Lobsang
		2 nd	
BCA	I	1 st	Charu
		2 nd	Shivalika



SPECIAL ACADEMIC PRIZES

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

Prof.R.S. Pathania Memorial Award

- For excellence in Botany, CHARU THAKUR (VI SEM) gets Prof. R.S. Pathania Memorial Award and cash Prize of Rs. 2100/-. This award is constituted by Ms. Nandini Pathania in memory of her late father Prof R. S. Pathania.

Excellence in Home Science

- For excellence in Home Science SIMRAN SHARMA (VI semester) gets a Trophy and cash prize of Rs. 1100/-. sponsored by Ms. Nandini Pathania Associate Prof. Department of Home Science.

Excellence in Mathematics

- NEHA SHARMA (B.Sc VI Semester) gets a Trophy and a cash prize of Rs. 2100/ sponsored by Mr. D.V.Pathania Associate Prof. Department of Mathematics.

Dr. Rana Nayyar Trophy for excellence in English Honours.

This running trophy has been constituted by Dr. Rana Nayyar, former lecturer in English at St. Bede's College, Shimla. SIMRAN KAUR and DIVYANSHI (Semester VI) gets this trophy and a cash prize of Rs. 1100/- each.

St. Bede's Girls Shine in M.A English, MSc. Geography & MSc. Botany in

Himachal Pradesh University

Keeping up the tradition of excellence, the students of Post graduate Department of English, St. Bede's College, Shimla secured top results once again in Semester I & III examinations conducted by the H. P. University in December 2017.

Semester I – Shiv Shakti Mehra, Nivedita Mishra & Shivika got Ist, IInd and IIIrd positions in the college respectively with each of them scoring 70 percent marks and above.

Semester III – Radhika Chauhan was declared Ist with 76%, Divya Thakur – IInd and Smarta Marks - IIIrd in the merit list of Himachal Pradesh University. In MSc. (Geography) Semester I, our three students were placed Ist, IInd and IIIrd in the merit list of Himachal Pradesh University namely:

Ist Tanika Thakur - 81.7 %

IInd Nirjala Chauhan – 79 %

IIIrd Kritika Mokta – 76 %

In MSc. (Botany) Semester I, Kalpana Sharma bagged the 10th position in the merit list of Himachal Pradesh University.



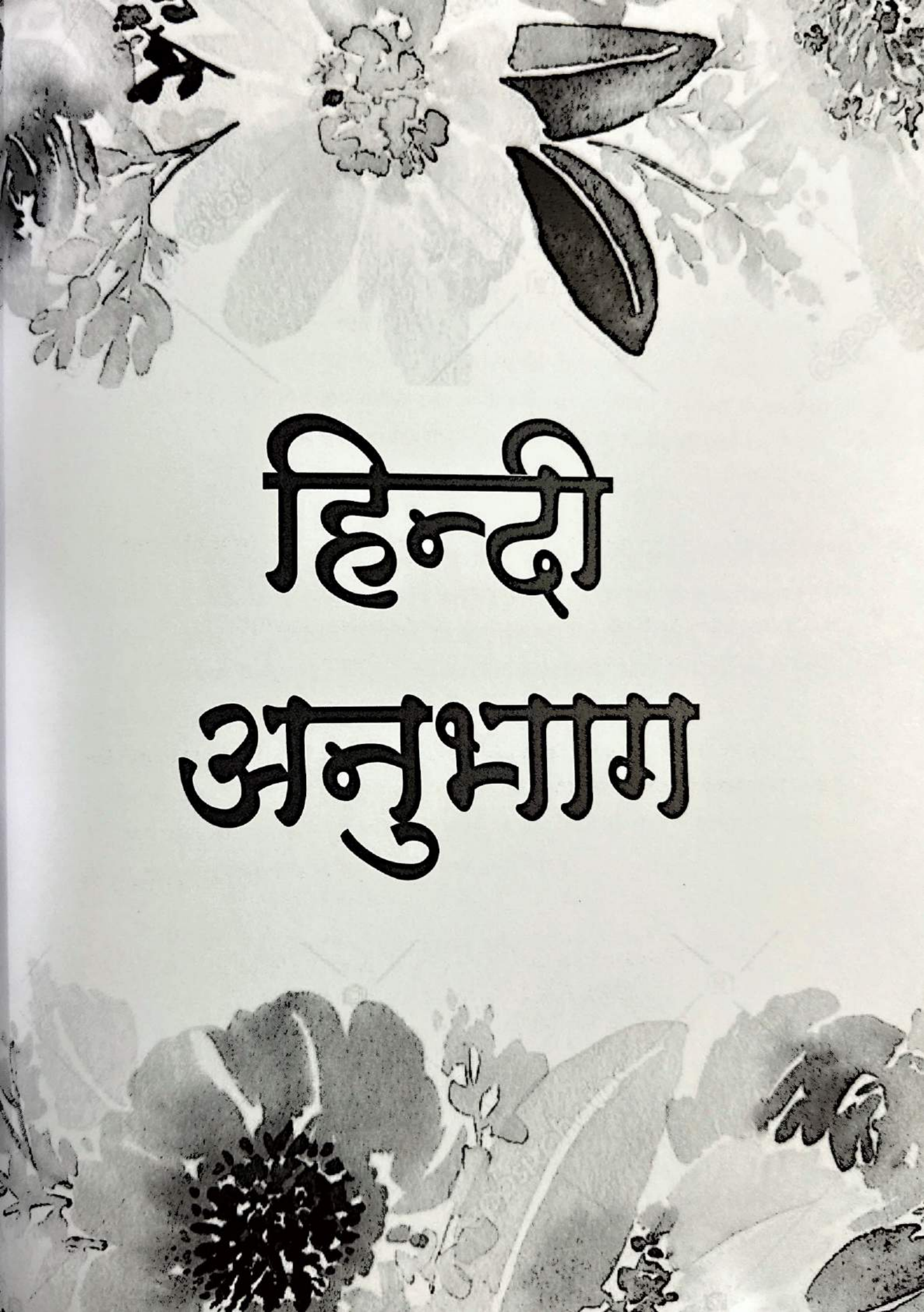
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I, Sr. Beena John, hereby declare that the particulars given above are true to the best of my knowledge and belief.

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हिन्दी अनुभाग

सम्पादकीय

मुझे गर्व की अनुभूति हो रही है कि सेंट बीड्स महाविद्यालय शिमला की वार्षिक पत्रिका 'एकोज' का 2018-19 का अंक प्रकाशित किया जा रहा है। मुझे इस बात की प्रसन्नता है कि मुझे इस पत्रिका के हिन्दी अनुभाग का सम्पादन कार्यभार सौंपा गया है। किसी भी शैक्षणिक संस्था की पत्रिका उसके नवोदित प्रतिभाशाली छात्र-छात्राओं की रचनात्मक प्रतिभाओं को पाठकों के समक्ष अभिव्यक्त करने का सशक्त माध्यम होती है, परन्तु सतत प्रेरणा व उचित मार्गदर्शन के बिना इसका सम्पादन संभव नहीं हो सकता था। इसके लिए मैं हिन्दी विषय की प्राध्यापिका डॉ.संगीता सारस्वत जी का आभार व्यक्त करती हूँ, जिन्होंने मुझे इसके लिए निरन्तर प्रोत्साहित कर मेरा मार्गदर्शन किया है।



इसमें कोई अतिशयोक्ति नहीं है कि संसार में प्रत्येक प्राणी अपने भावों एवं विचारों को किसी न किसी भाषा के माध्यम से व्यक्त करता है। हिन्दी एक सरल व सहजभाषा है। वास्तव में हिन्दी हमारे लिए केवल भाषा नहीं, हमारा हँसना, बोलना, खेलना, खाना-पीना अर्थात् पूर्ण जीवन-यापन है। हिन्दी के इसी महत्त्व, उपयोगिता और अनिवार्यता के दृष्टिगत हम हिन्दी भाषा की उपेक्षा किसी भी दशा में नहीं कर सकते।

प्रत्येक वर्ष की तरह इस वर्ष भी पत्रिका के लिए ढेरों रचनाएं प्राप्त हुईं। पत्रिका के प्रकाशन में छात्राओं ने अपनी प्रतिभा, प्रखर क्षमता का प्रयोग करते हुए अपने भावों, संवेदनाओं और विचारों को शब्दों में पिरोकर उन्हें आलेख, कविताओं, कहानियों और निबन्ध का रूप देकर पाठकों के समक्ष प्रस्तुत किया है।

शुभकामनाओं सहित!

रितिका नान्दा
छात्र-सम्पादिका
हिन्दी अनुभाग

हिन्दी विभाग की गतिविधियां

- सितम्बर 6 से 13 तक महाविद्यालय में 'हिन्दी सप्ताह' का आयोजन हिन्दी विभाग द्वारा किया गया, जिसमें आयोजित विभिन्न-अन्तर्याण प्रतियोगिताओं में छात्राओं ने उत्साह से भाग लिया। रेखांकन, कोलॉज निर्माण, नारा-लेखन, कविता, कहानी, निबंध लेखन, भाषण, संवाद-संप्रेषण, अभिनय आदि अन्तर्याण प्रतियोगिताओं (विकास, विक्रान्त, चिराग एवं हिम्मत यान) में छात्राओं की रचनात्मक प्रतिभाएं उभर कर सामने आईं।
- 14 सितम्बर को लोक नृत्य एवं एकल गान की अन्तर्याण प्रतियोगिताएं हुईं। छात्राओं ने सुन्दर भाव-भंगिमाओं एवं मधुर स्वरों में अपने कौशल का प्रदर्शन किया। उपरोक्त सभी प्रतियोगिताओं का निर्णय महाविद्यालय के विवेकशील प्राध्यापिकाओं द्वारा किया गया।
- हिन्दी विषय की छात्राओं ने प्रदेश की भाषा-कला एवं संस्कृति विभाग द्वारा आयोजित विभिन्न प्रतियोगिताओं में भाग लिया एवं पुरस्कार जीते।
- हिन्दी-अंग्रेजी एवं इतिहास विषय की अन्तरविषयक संगोष्ठियों में हिन्दी विषय की छात्राओं ने 'वैदिक काल से आधुनिक काल तक की नारी की भूमिका' पर शोध-पत्र पढ़े और 'गीता के श्लोकों' पर चर्चा की।
- हिन्दी विषय की सह-आचार्या डॉ. विद्यानिधि (सुन्नी महाविद्यालय) ने हिन्दी-विषय की छात्राओं को 'लेखन में नारियों का योगदान' विषय पर सम्बोधित किया।



शर्मिष्ठा जोशी
सह सम्पादिका
हिन्दी अनुभाग

हिन्दी हैं हम वतन है-हिन्दोस्तां हमार

आज हम हमारे देश में हिन्दी की भूमिका पर प्रकाश डालना चाहते हैं अर्थात् हमारे देश में राजभाषा हिन्दी की क्या स्थिति है?

राजभाषा का अर्थ है-किसी राज्य की भाषा अर्थात् ऐसी भाषा, जिसका प्रयोग देश के हर प्रांत के लोग सरलता से कर सकें, बोल सकें एवं लिख सकें। हमारे देश की राजभाषा है हिन्दी। हिन्दी को संस्कृत की बेटा भी माना जाता है। हिन्दी का प्रमुख गुण यह है कि यह बोलने, पढ़ने-लिखने में सरल है। हिन्दी के प्रसिद्ध विद्वान जॉर्ज ग्रियर्सन ने कहा है कि, “हिन्दी व्याकरण के मोटे नियम केवल एक पोस्टकार्ड पर लिखे जा सकते हैं।”

हम जानते हैं कि किसी भी आज़ाद देश की अपनी एक राष्ट्रभाषा होती है, तथा राष्ट्रीय एकता और राष्ट्र के लिए पूरे देश में उसका प्रयोग होता है। परन्तु आज हमारे देश की नई पीढ़ी थोड़ा अंग्रेज़ी, थोड़ा हिन्दी या फिर कुछ स्थानीय भाषा को साथ मिलाकर बोलती है, जिस वजह से हिन्दी की पहचान कम होती जा रही है।

भारत में प्रतिवर्ष 14 सितम्बर को हिन्दी दिवस मनाया जाता है। आज़ादी से पहले ही यह निर्णय ले लिया गया था कि भारत की राजभाषा हिन्दी होगी। हिन्दी का क्षेत्र विशाल है। हिन्दी की अनेक बोलियां हैं। इन बोलियों में ब्रजभाषा और अवधी प्रमुख बोलियां हैं। यह बोलियां हिन्दी की विविधता हैं और उसकी शक्ति भी हैं।

आज के आधुनिक युग में अंग्रेज़ी बोलना बहुत ही गर्व का विषय माना जाता है। कभी सोचा है कि हम भारत में रहकर अंग्रेज़ी भाषा को आखिर इतना महत्त्व क्यों देते हैं? जिस तरह से हम भारतवासी होने के बावजूद अंग्रेज़ी का प्रयोग करते हैं, ऐसा महसूस होता है कि वो दिन दूर नहीं जब हमारा देश अंग्रेज़ी भाषा का गुलाम बन जाएगा। अंग्रेज़ों से तो मुक्ति मिल गई परन्तु अंग्रेज़ी से नहीं।

नेता हो या अभिनेता, आज प्रत्येक व्यक्ति अंग्रेज़ी में वार्तालाप करता है। यदि किसी व्यक्ति को अंग्रेज़ी भाषा का ज्ञान नहीं होता तो उसे अनपढ़ समझा जाता है। राजभाषा हिन्दी होने के बाद भी हम अंग्रेज़ी में बात करना पसंद करते हैं जबकि विदेशी अपनी राष्ट्रभाषा में ही बात करते हैं। फिर हम अपनी राजभाषा का प्रयोग करने में क्यों संकोच करते हैं?

जब विदेशी राष्ट्रपति-प्रधानमंत्री या अन्य विदेश मेहमान भारत आकर अपनी राजभाषा में भाषण देते हैं तो हमें भी विदेश जाकर अपनी हिंदी को किसी भी भाषा से कम नहीं आंकना चाहिए।

आज हिन्दी का महत्त्व इस कदर बढ़ गया है कि इसे आधुनिक तकनीक में भी अपनाया जा रहा है। अब हिन्दी रोज़गार का सहज साधन बन चुकी है। हिन्दी से जुड़कर हम भारत ही नहीं बल्कि सम्पूर्ण संसार से जुड़ सकते हैं। हिन्दी भाषा सिर्फ भारत में ही नहीं बल्कि संसार में सबसे अधिक प्रयोग की जाने वाली भाषाओं में एक है। इंग्लैंड, अमेरिका, कोरिया, जापान, चीन, नेपाल आदि देशों में लोग हिन्दी को बहुत पसंद कर रहे हैं। अनेक विदेशी विश्वविद्यालयों में हिन्दी में पठन-पाठन हो रहा है। हिन्दी न केवल अपने में एक बड़ी परम्परा, इतिहास, सभ्यता समेटे हुए है वरन् स्वतंत्रता संग्राम व जनसंघर्ष में और वर्तमान के बाज़ारवाद के खिलाफ भी उसका महत्त्व संसार में

प्रसिद्ध है। किन्तु आज भी भारत में हिन्दी राज्य बहुत कम हैं जहाँ हिन्दी को बढ़ावा दिया जाता है। देश के अधिकतर राज्यों में हिन्दी न के बराबर बोली जाती है जिसका मतलब है कि हिन्दी का भविष्य खतरे में है।



हालात कुछ ऐसे हो चुके हैं कि हिन्दी भाषा को हिन्दी दिवस के मौके पर सोशल मीडिया पर 'हिन्दी में बोलो' जैसे वाक्यों का प्रयोग करना पड़ रहा है। कुछ पत्रकारों ने मीडिया से कहा कि कम से कम हिन्दी दिवस के मौके पर तो हिन्दी में बातचीत करें जिससे कि हमारी राजभाषा को कुछ सम्मान मिल सके।

यदि हिन्दी भाषा का विकास करना है तो लोगों को दूसरी भाषाओं को छोड़कर अपने देश की मातृभाषा को स्वीकार करना पड़ेगा। हिन्दी के लेखकों और जानकारों का कहना है अब हिन्दी केवल सरकारी कामकाज तक सीमित रह गयी है। हमारे समाज में कई ऐसे अंग्रेज़ लोग भी हैं जो हिन्दी दिवस के मौके पर लोगों का स्वागत अंग्रेज़ी बोलकर करते हैं। हिन्दी भाषा के प्रचार-प्रसार के लिए भारतेन्दु हरीशचन्द्र के योगदान को भुलाया

नहीं जा सकता। हिन्दी भाषा का महत्त्व भारतेन्दु हरीशचन्द्र के इस कथन से लगाया जा सकता है—“हिन्दी भाषा उन्नति अहै, सब उन्नति को मूल, बिन निज भाषा ज्ञान के, मिटत न हिय को सूल”।

अर्थात् अपनी मूल भाषा से ही उन्नति संभव है। हिन्दी भाषा एक ऐसी भाषा है जिसमें त्रुटि न के बराबर है अर्थात् हिन्दी भाषा जैसी लिखी जाती है वैसे ही बोली जाती है। हिन्दी भाषा का हिन्दी सिनेमा पर भी खास प्रभाव है। सम्पूर्ण भारत में हिन्दी सिनेमा लोगों के दिलों की धड़कन है और हिन्दी गाने तो लोगों के दिल को सुकून देते हैं। हिन्दी भाषा की इतनी मांग है कि दुनिया के सबसे बड़े सर्च इंजन गूगल ने भी वर्ष 2009 में हिन्दी भाषा को अपना लिया। हिन्दी भाषा इंटरनेट की दुनिया में इतनी तेज़ी से बढ़ा है कि इंटरनेट पर गपशप, मोबाईल संदेश एवं अनेक प्रकार के हिन्दी भाषी मोबाइल एप मौजूद हैं।

राष्ट्रीय एकता की कड़ी हिन्दी ही हमें जोड़ सकती है इसलिए हमें हिन्दी से बचना नहीं बल्कि हर्ष से उसे अपनाना चाहिए।

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हिन्दी का गौरव

एक बार की बात है मैं सोशल मीडिया पर एक नाटक देख रही थी। कहानी बहुत ही छोटी थी पर उसका प्रवाह बहुत ही सुन्दर तथा कुछ सिखा देने वाला था। उस दस से बीस मिनट की कहानी से मुझे एक अच्छी प्रेरणा मिली। एक बार एक छोटे से गरीब घर का लड़का अपने सिर ढकने तथा अपने परिवार का पेट भरने के लिए नौकरी की तलाश में किसी दूरभाष की कम्पनी में जाता है। लेकिन वह लड़का ज्यादा पढ़ा-लिखा नहीं था तो पहले उस कम्पनी के मुख्य अधिकारी ने साफ इन्कार कर दिया। जब उसने अपने घर और अपनी गरीबी की हालत के बारे में बताया तब जैसे-तैसे उस लड़के को वहाँ का चपरासी रख लिया गया। अगले दिन करीब दो बजे जब कम्पनी के मुखिया ने उसे चाय लाने को बोला तब जल्दबाजी में उससे चाय का कप नीचे गिर गया। इस बात के लिए उसे बहुत डाँट पड़ी। उसी समय एक पंडित वहाँ आते हैं। वह पंडित सिर्फ हिन्दी बोलना जानता था पर

मुखिया को अंग्रेज़ी या तमिल ही आती थी। इस कारण उसका वार्तालाप होना मुश्किल था। उसी समय उस लड़के ने जिसे हिन्दी बोलनी आती थी उसने उस पंडित से हिन्दी में बात की, जिससे पंडित की बात कम्पनी के मुखिया तक पहुँच गई। इस बात पर मुखिया ने उस लड़के को बहुत शाबाशी दी। पहले जो व्यक्ति को इसलिए डाँट रहा था कि वह गरीब है, अनपढ़ है, कमज़ोर है लेकिन बाद में उसी कम्पनी के मुखिया ने उस लड़के को गले से लगा लिया क्योंकि उस लड़के की वजह से उसका करोड़ों का नुकसान होने से बच गया। इससे यह पता चलता है कि किसी भी व्यक्ति को अंग्रेज़ी न बोलने पर अनपढ़ नहीं घोषित कर देना चाहिए। आजकल का युवा हिन्दी की उपेक्षा करके पश्चिमी भाषाओं की तरफ आकर्षित होता जा रहा है जो कि हिन्दी का अपमान है जबकि हिन्दी हमारी शान तथा गौरव है। इसलिए हिन्दी का गौरव उसे वापिस दिलाने के लिए अनेक प्रतियोगिताओं का आयोजन हिन्दी दिवस के दिन करवाया जाता है, जिससे लोगों के मन में हिन्दी के प्रति प्रेम तथा आदर जाग सके। मुझे तो इस कहानी ने यही बताया कि, “हिन्दी हैं हम वतन है हिन्दोस्तान हमारा”।

जय हिन्द!

नेहा चन्देल

कला स्नातक, छठा सत्र

स्वाधीनता

प्रत्येक जीव आज़ाद रहना चाहता है। मनुष्य हो या पशु-पक्षी सबको अपनी आज़ादी अच्छी लगती है। महाकवि तुलसीदास ने 'रामचरितमानस' महाकाव्य में लिखा था- 'पराधीन सपनेहुँ सुख नाहि' अर्थात् दूसरों के अधीन रहकर सपने में भी सुख नहीं मिलता।



दूसरों के अधीन रहना एक अभिशाप है। पराधीन व्यक्ति को मृतक के समान माना गया है। कोई भी व्यक्ति अपनी आज़ादी को किसी कीमत पर नहीं खोना चाहता। प्रकृति का रोम-रोम भी स्वतंत्र रहना चाहता है, चाहे वो पेड़-पौधे हों या पक्षी, मनुष्य तो फिर मनुष्य है। मनुष्य के पास चिंतन की शक्ति है। अधीनता मनुष्य के मानसिक, बौद्धिक और सामाजिक विकास को रोक देती है। इससे उसमें हीनता और निराशा की भावना उत्पन्न हो जाती है। उसके व्यक्तित्व में असंतुलन आ जाता है।

उसकी बुद्धि मंद हो जाती है। उसके जीवन से सारी खुशियाँ, जीवन का सारा उत्साह खत्म हो जाता है। वह दूसरों की कठपुतली बनके आज्ञा का पालन करने लग जाता है और उसी में अपना जीवन व्यतीत कर देता है। उसके जीवन के कष्टों को अन्य कोई अनुभव नहीं कर सकता।

आकाश में आज़ाद पंछी और पिंजरे में बंद पंछी के जीवन में कितना अंतर होता है यह हम सब जानते हैं। पिंजरे का पंछी बंदी जीवन जीते हुए कराह उठता है- "हम पंछी-उन्मुक्त गगन के, पिंजरबंद न गा पाएँगे।" उसके गायन पर, प्रतिबन्ध लग जाता है। यही दशा अधीन मनुष्य और अधीन देश का भी होता है। स्वाधीन व्यक्ति हर क्षेत्र में उन्नति करता है चाहे वो राष्ट्रीय, राजनैतिक या सामाजिक हो। अंग्रेज़ी के शासन में अधीन भारत जर्जर राष्ट्र बन गया था। सोने की चिड़िया कहलाने वाला देश अधीन रहने से दुर्बल और असहाय हो गया था। प्रत्येक भारतीय के माथे पर अधीनता का धब्बा लग गया था। अधीनता की जंजीरों को तोड़ फेंकने का उद्घोष करते हुए लोकमान्य तिलक ने भारतीयों को ललकारा था- 'स्वतंत्रता हमारा जन्मसिद्ध अधिकार है।'

भारत को स्वतंत्र कराने के लिए स्वतंत्रता सेनानियों ने अपनी जान की परवाह न करते हुए खुशी-खुशी अपने प्राण त्याग दिये थे। हम 15 अगस्त को स्वाधीनता दिवस के रूप में मनाते हैं, जिससे कि हमें स्वाधीनता का एहसास होता रहे। स्वयं को स्वाधीन रखने के लिए मानसिक रूप से स्वाधीनता को जीना आवश्यक है।

भारतीय अधीनता की जंजीरें इसलिए तोड़ पाए क्योंकि उनमें स्वाधीन रहने की ललक थी। प्रत्येक व्यक्ति को अधीनता से मुक्ति के लिए संघर्ष करते रहना चाहिए।

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भारत में हिन्दी का महत्त्व

यह प्रश्न अगर 'भारत में अंग्रेज़ी का महत्त्व' या भारत में जर्मन भाषा का महत्त्व' होता तो समझ भी आता लेकिन भारत में हिन्दी का महत्त्व? यह प्रश्न सभी भारतीयों के लिए चिन्ताजनक होना चाहिए।

अगर भारत में हिन्दी का महत्त्व नहीं होगा तो किसका होगा?

लेकिन आज ऐसी स्थिति बन गई है कि यह प्रश्न भी उठाना होगा क्योंकि हमारे लिए तो टूटी-फूटी ही सही लेकिन अंग्रेज़ी बोलना ज़रूरी हो गया है। आज देश के किसी भी कोने में छोटे से छोटा या बड़े से बड़ा कोई भी इंटरव्यू हो रहा हो वहाँ पर इंटरव्यू में सफल होने में 60 प्रतिशत इस बात पर निर्भर करते हैं कि आप अंग्रेज़ी कितनी अच्छी बोलते हैं।

मेरा अंग्रेज़ी की बुराई करने का कोई इरादा नहीं है पर समस्या यह है कि हमारे लिए अन्य भाषाएं इतनी महत्त्वपूर्ण हो गई हैं कि हमें अपनी मातृभाषा बोलने में शर्म आती है।

भारत एक कृषि प्रधान देश है। यह सबको मालूम होगा, लेकिन आज, भारत में कृषि का अंशदान 20 प्रतिशत ही रह गया है और इसका असर भारत की राष्ट्र भाषा पर पड़ने लगा है। आज भारत में कई ऐसे राज्य हैं जहाँ हिन्दी न के बराबर बोली जाती है। आज भी भारत के कई राज्य अपनी राज्य की भाषा को ही महत्त्व देते हैं जैसे :गुजरात में गुजराती, महाराष्ट्र में मराठी, पंजाब में पंजाबी, नागालैंड में अंग्रेज़ी, सिक्किम में अपनी भाषा ही बोली जाती है।

आज भारत में अंग्रेज़ी के अलावा दूसरी भाषा में पढ़ाई कई लोगों को मुश्किल लगती है। आज भारत में हिन्दी राज्य बहुत ही कम हैं, जहाँ हिन्दी को बढ़ावा दिया जाता है जैसे हिन्दी राज्य मध्य प्रदेश, दिल्ली, उत्तराखंड, हिमाचल प्रदेश, उत्तर प्रदेश आदि कुछ ही गिने-चुने राज्य हिन्दी भाषा को महत्त्व देते हैं। देश के अन्य राज्यों में हिन्दी न के बराबर बोली जाती है।

अणिमा द्विवेदी
कला प्रवीण अंग्रेज़ी

बदलाव

ज़िन्दगी में अक्सर हम इस प्रकार की स्थितियों में खुद को विवश पाते हैं जहाँ से निकलना नामुमकिन-सा लगता है। ऐसे समय में आवश्यकता होती है तो एक आशा की किरण की, जो फिर से हमारे निराश जीवन को रोशन करने का सामर्थ्य रखती हो।

मेरे जीवन में ऐसा पल कुछ 2 वर्ष पहले आया जब मैं दसवीं कक्षा में थी। पढ़ाई में मेरी रुचि अधिकतम थी। मैं खेल आदि से खुद को दूर ही रखती थी पर ज़िन्दगी कम से कम एक बार तो सबको अवसर देती है खुद को पहचानने का और सुधरने का। परीक्षा में अभी कुछ माह बाकी थे और मेरा मन तनाव के कारण पुस्तकों के अलावा कहीं टिकता ही नहीं था। मैं हर हाल में अपने बोर्ड की परीक्षा में बहुत अच्छा प्रदर्शन करना चाहती थी। किन्तु, शायद भाग्य को यह मुकाम इतना आसानी से मंजूर न था। परीक्षा से दो माह पहले ही मैं बहुत बीमार पड़ गई। डॉक्टर ने मलेरिया बताते हुए मुझे दो हफ्ते आराम करने की सलाह दी। आराम करना मुझे बहुत भारी पड़ने वाला था किन्तु और कोई विकल्प न था अतः मैं 15 दिन स्कूल न जा पाई। फिर भी मैंने अपनी पढ़ाई जारी रखी। स्कूल पहुँचकर मुझे ज्ञात हुआ कि मेरा इतने अवकाश लेने के कारण परीक्षा में मेरी



असैसमैट कम लगाई गई है। यह सुनकर मेरा दिल डूब-सा गया। परीक्षा से पहले ही मेरा प्रदर्शन स्तर घट गया, यह सोचकर मेरा हौसला कमजोर पड़ने लगा ही था कि तभी वहाँ मुझे सब ठीक करने का अवसर मिल गया। अगले हफ्ते हमारे स्कूल में बॉस्केटबॉल मैच होना था। जिन बच्चों का चयन उसमें होगा उन्हें परीक्षा में अलग से अंक दिए जाने का ऐलान किया गया। मैंने ठान तो लिया किन्तु मन में एक घबराहट थी क्योंकि मैं इस खेल से अधिक परिचित नहीं थी। जब मैंने मेरी स्थिति मेरी दोस्त को बताई तो उसने मुझे समझाते हुए एक किताब मेरे हाथों में दे दी। वह पुस्तक विश्वविख्यात वैज्ञानिक हॉकिंग की जीवनी थी। मैंने पुस्तक ली और उलझे हुए मन के साथ घर चल दी। घर पहुँचकर जब मैंने वह पुस्तक पढ़ी तो मेरे अंदर एक अलग-सी उर्जा का प्रवाह होने लगा। उस वैज्ञानिक की जीवनी ने मेरे लिये प्रेरणा स्रोत का कार्य किया।

स्टीफन हॉकिंग का सफल जीवन उसके द्वारा झेली हुई अनेक कठिनाईयों की कहानी बयां करता है। स्कूल में आई परेशानियाँ और उसकी बीमारी कभी उसे आगे बढ़ने से नहीं रोक पाई। अपने वैवाहिक जीवन से अलग होकर उन्होंने अपना सारा ध्यान विज्ञान के क्षेत्र में लगा दिया। 20 साल की उम्र में एक सड़क हादसे के कारण उनके सारे शरीर ने काम करना बंद कर दिया, उनकी आँखों और एक उंगली को छोड़कर। इसके बाद भी उन्होंने आस नहीं छोड़ी और उन्होंने ऐसे कम्प्यूटर का आविष्कार किया जो उनके विचार पढ़कर लोगों को बता सकता था क्योंकि वह हादसे के कारण बोल भी नहीं सकते थे। इसके बाद तो वह रुके ही नहीं और आविष्कार पर आविष्कार करते रहे। उन्होंने अंतरिक्ष के रहस्यों को बेपर्दा किया। इतना सब पढ़कर मेरे दिल को बहुत प्रेरणा मिली। जब एक पूर्ण विकलांग व्यक्ति इतना कुछ हासिल कर सकता है तो मैं तो पूरी स्वस्थ हालत में कुछ भी हासिल कर सकती हूँ। बस

फिर क्या था, मेरा मन पूरा दृढ़ हो गया। मैंने प्रतिदिन अपना अभ्यास शुरू कर दिया और मैंने पूर्ण कामयाबी प्राप्त की।

अनमोलदीप

कला प्रवीण (अंग्रेजी) प्रथम सत्र

जीवन एक कला

जीवन के हर मोड़ पर चुनौतियाँ हैं। संभवतः जटिल हैं, मगर जीवन को सुन्दर ढंग से जीना एक कला है। कोई चुनौतियों में खुद को सँवारता है तो कोई हार मानकर बैठ जाता है यह जीवन अमूल्य निधि है और इस तरह हारकर बैठ जाना इस अमूल्य निधि को व्यर्थ गँवाकर हम स्वयं से ही धोखा कर रहे हैं।

सीखते रहना जीवन का मकसद बन जाए तो जीवन को सही दिशा में ले जाने से कोई नहीं रोक सकता। हर व्यक्ति अपने आप में एक अनूठा अनुभव, विश्वास और जज़्बा लेकर आता है। अतः जीवन सबके पास एक है मगर अनुभव अनेक, इसलिए जीवन को इस तरह से जीने की कोशिश करें कि दूसरों के लिए एक उदाहरण बन सकें। पैसे कमाना जीवन का मकसद बना लेना अनुचित है। यह जीवन को अन्दर से ही खोखला बना देता है। अतः जीवन को सुनहरे रंगों से भरें। अच्छे गुणों को अपनाएँ और जीवन को सरल एवं सुगम बनाने का प्रयत्न करें। यही जीवन का सार है, यही जीवन का आधार है।



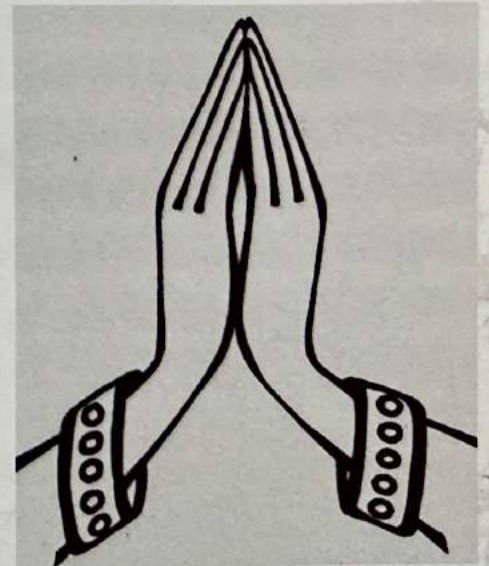
कीर्ति

कला स्नातक, द्वितीय सत्र

धार्मिक महत्त्व

किसी जाति के धार्मिक जीवन का पता भी लोक साहित्य से ही लगता है। लोक गीतों में गंगा माता, तुलसी माता, शीतला माता तथा षष्ठी माता का गान हुआ है। गंगा जी में स्नान करने से तन के पापों के घुलने की बात कही गई है। भजनों में अनित्यता, मानव जीवन की क्षण-भंगुरता तथा वैभव की निःसारता का उल्लेख अनेक बार हुआ है। ग्रामीण जन किन-किन देवताओं की पूजा करते हैं तथा पूजा में जो विधि-विधान सम्पादित किये जाते हैं, इन सबका वर्णन यहाँ पाया जाता है।

बहुरा, पिड़िया, भइया दूज, जीउतिया आदि व्रत सम्बन्धी कथाओं में धर्म के अनेक गुणों में रहस्य छिपे पड़े हैं। समाज में मनु के वचनों या आदेशों का प्रभाव



भले ही न देना पड़े परन्तु इन कथाओं का प्रभाव अवश्य ही पड़ता है। अतः धर्म और नीति की शिक्षा देने के लिए लोक कथाओं का बड़ा महत्त्व है।

लोक गीतों के अध्ययन करने से पता चलता है कि हिन्दू समाज में शिव पूजा की प्रधानता थी। लोग शिव-मन्दिरों में पूजा के लिए जाप करते थे। साथ ही सूर्य की पूजा का भी कुछ कम प्रचार नहीं था। षष्ठी माता का व्रत वास्तव में सूर्य का ही व्रत है। यह व्रत पुत्र प्राप्ति के लिए किया जाता है। इस दिन भगवान सूर्य के उदय होने पर स्त्रियां अर्घ्य देती हैं और पकवान तथा फल उन्हें समर्पित करती हैं।

रूपल धीमान
स्नातक वाणिज्य, तृतीय सत्र

निर्णय

प्रेरण तो कई व्यक्तियों से मुझे मिली है किन्तु एक व्यक्ति जिसने मेरे जीने की राह बदल दी वो हैं मेरे भैया। मेरे भैया मुझसे आयु में चार वर्ष बड़े हैं। मेरे भाई की विद्या में अधिक रुचि नहीं थी अर्थात् वह अपना अत्यधिक समय क्रिकेट खेलने में व्यतीत करते थे। एक दिन भैया ने निश्चय किया कि वह अब अपना ध्यान क्रिकेट में न केन्द्रित करके विद्या में लगाएंगे।



यह बात तब की है जब मेरे भैया दसवीं कक्षा के छात्र थे। मेरे भैया गणित में काफी कमजोर थे लेकिन उन्होंने हार नहीं मानी। उन्होंने खूब मेहनत करी अतः परिणाम स्वरूप मेरे भैया के दसवीं कक्षा में गणित में 100 में से 100 अंक आए। साथ में मेरे भैया को दसवीं कक्षा में छात्रवृत्ति भी लगी। जमा एक और जमा दो की कक्षा में भी भैया ने अच्छा प्रदर्शन किया।

जमा दो मेरे भैया ने 89 प्रतिशत अंक लेकर उत्तीर्ण की। उसके पश्चात् उन्होंने दिन दोगुनी रात चौगुनी उन्नति की, जिसके परिणाम स्वरूप उनका हिमाचल प्रदेश यूनिवर्सिटी में बी.टेक. के लिए चयन हो गया, जिसे देखकर सभी आश्चर्यचकित रह गए। मैं यह देखकर दंग रह गई कि मेरे भैया जो क्रिकेट खेलने में ही अपना सारा समय व्यतीत करते थे आज वो इतनी अच्छी यूनिवर्सिटी से शिक्षा ग्रहण कर रहे हैं। उनसे मुझे बहुत प्रेरणा मिली अर्थात् कुछ बातें जो मैंने अपने भैया से सीखीं जैसे किसी के लिए कुछ भी मुश्किल नहीं होता अगर उसके इरादे बलुंद हों। मजिले उन्हीं को मिलती हैं जिनके सपनों में जान होती है। पंखों से कुछ नहीं होता हौंसलों में उड़ान होनी चाहिए। हम कुछ भी हासिल कर सकते हैं अगर हमने कुछ करने का सोचा है।

मेरी भगवान से यही प्रार्थना है कि वे मेरे भैया को उन्नति के पथ पर हमेशा अग्रसर रखें। अब मैं भी मेरे भाई की तरह अपने माता-पिता का और अपना नाम रोशन करके आगे बढ़ूंगी और इसी कोशिश में आगे बढ़ रही हूँ।

अंशिका धीमान
कला स्नातक, चतुर्थ सत्र

माँ

अगर प्रेरणा की बात कही जाए तो हम कह सकते हैं कि प्रेरणा वह है जिसमें कोई व्यक्ति किसी आम आदमी द्वारा, विशेष व्यक्ति के आदर्शों को अपने जीवन में लागू करता है या उसका पालन करता है।

अगर मैं अपनी बात कहूँ कि मैं अपनी ज़िन्दगी में किससे ज़्यादा प्रेरित हुई हूँ तो मेरा इस बात का उत्तर होगा मेरी माँ। माँ वह होती है जो अपने दुःखों को छुपाकर अपने बच्चों और अपने परिवार को सदा खुश रखती है। माँ मेरी प्रेरणा इसलिए है क्योंकि उससे बेहतर परिवार को संभालने का कार्य और कोई नहीं कर सकता।

मेरा मानना है कि माँ हमारी सबसे पहली अध्यापिका होती है और हमारी सबसे पहली सखी या मित्र भी जिससे हम अपने सारे दुःख-सुख बाँट सकते हैं। वह ज़िन्दगी के हर मोड़ पर हमारे साथ खड़ी रहती है।

मैं माँ को इसलिए एक अच्छी प्रेरणा मानती हूँ क्योंकि अगर हमें जीवन जीना सीखना है तो एक गृहिणी, पत्नी और माँ से बेहतर हमें यह कोई नहीं सिखा सकता। मैं यह कथन ऐसे ही नहीं कह रही हूँ। मेरे पास इसके कई कारण हैं जैसे माँ सहिष्णु होती है जो हर मुश्किल में भी खुद को और अपने परिवार को संयम से संभालती है। माँ खुद चाहे कितनी भी बीमार या दुःखी क्यों न हो वह अपने परिवार को बिल्कुल नहीं जताती और उनकी सेवा के लिए सदा तत्पर रहती है। माँ पूरी ज़िन्दगी अपने सुख से ज़्यादा अपने बच्चों और अपने परिवार के सुखों को ध्यान में रखती है। माँ के लिए इससे बड़ी कोई बात नहीं कि उसके बच्चे हमेशा सुखी रहें।

मेरी माँ ही मेरी प्रेरणा है। मैंने हर रोज़ उनसे कुछ नया सीखा है। वह शांत स्वभाव और सहनशीलता की वजह से मुझे प्रेरित करती हैं। वह हर मुश्किल में मेरा साथ देती हैं जोकि मेरे लिए बहुत बड़ी बात है। मुझे उनसे यही प्रेरणा मिलती है कि जीवन में चाहे कितनी भी मुश्किलें हों हमें सदा उनका डट कर सामना करना चाहिए।

रीतिका नान्दा

कला स्नातक, छठा सत्र

देश की समस्या

हम सभी यह भली-भाँति जानते हैं कि मनुष्य एक सामाजिक प्राणी है। इसलिए मनुष्य की अपनी कुछ ज़रूरतें भी होती हैं। आज हम 21वीं सदी को आधुनिक युग मानते हैं। आधुनिकता का युग न मानकर यदि हम इसे भ्रष्टाचार का युग मानें तो गलत नहीं होगा। विश्व पटल पर स्वयं को सर्वश्रेष्ठ सिद्ध करने के लिए देश में भ्रष्टाचार निरंतर बढ़ता जा रहा है। विकास के नाम पर जनता को मूर्ख बनाया जा रहा है। यूँ तो हम भ्रष्टाचार रूप दैत्य का ठीकरा सरकार के सर पर फोड़ते हैं परन्तु देश के ज़िम्मेदार नागरिक होने के कारण हमारी भी बराबर की

जिम्मेदारियाँ बनती हैं। वर्तमान में हमारी सरकार विभिन्न नीतियों के माध्यम से भ्रष्टाचार को समाप्त करने के प्रति प्रयासरत है।

देश की दूसरी सबसे बड़ी समस्या है सफाई का अभाव। यदि हम कभी भी विदेश घूमने जाते हैं तो हमेशा वहाँ के शहर चमकते हुए नज़र आते हैं। इसका कारण न सिर्फ वहाँ के नागरिकों की सतर्कता एवं जागरूकता है बल्कि वहाँ के नागरिकों को दी गई सभी प्रकार की सुख-सुविधाएँ हैं। चाहे अमीर हो या गरीब, देश के हर नागरिक को गुज़र-बसर करने हेतु आवश्यकतानुसार हर सुविधा दी जाती है।

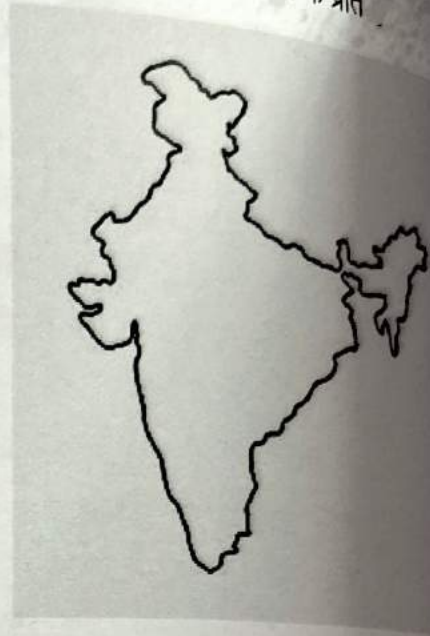
इस समय देश में सबसे ज्वलंत मुद्दा है पलायन का। देश में ज्यादातर गाँववासी शहरों की ओर पलायन कर चुके हैं। इसका सबसे प्रमुख कारण है रोज़गार का अभाव। देश के युवाओं के लिए गाँवों में रोज़गार का कोई साधन नहीं है। यहाँ तक कि अधिकतर गाँवों में बिजली, पानी, गैस की सप्लाई तक नहीं है। मजबूर होकर युवाओं को पलायन का दामन थामना पड़ रहा है। सरकार इसके प्रति गैर जिम्मेदार रवैया अपना रही है जो कि कदापि ठीक नहीं है।

बलात्कार इत्यादि मामलों के लिए भी सरकार को अपराधी के खिलाफ सख्त कानून बनाने चाहिए। उन्हें औरतों की सुरक्षा के लिए अथक प्रयास करने चाहिए ताकि भारतीय समाज में कोई भी नारी देर रात को अपनी नौकरी से बिना किसी डर के घर जा सके। उसे अपने चारों तरफ खतरे का अनुभव न हो।

सरकार को भी अपनी जिम्मेदारियों से भागना नहीं चाहिए। जिस जनता ने उसे देश का प्रतिनिधित्व संभालने का अवसर प्रदान किया है, सरकार को उनकी समृद्धि के बारे में अवश्य सोचना चाहिए। युवाओं को रोज़गार के भरपूर अवसर प्रदान करने चाहिए और सही मार्ग अपनाते हुए कार्य शैली बनानी चाहिए। सरकारी प्रणाली के कठोर नियम व कानून बनने चाहिए जिससे जनता में सजा का डर भी उत्पन्न किया जा सके।

यदि सरकार और नागरिक इसी प्रकार अनदेखी करते रहेंगे तो देश का भविष्य अवश्य ही अंधेरे में चला जाएगा। हम इसी प्रकार एक-दूसरे पर आरोप-प्रत्यारोप का सिलसिला जारी नहीं रख सकते। बल्कि हमें देश के प्रति जिम्मेदार व्यक्तित्व का उदाहरण पेश करते हुए एकजुट होकर इन सभी समस्याओं का हल निकालना होगा। देश इस समय अनेक समस्याओं से जूझ रहा है। इनका हल जल्द से जल्द निकालना ही देश के हित में है।

अगर देश को समस्याओं से मुक्त करना है तो हमें चाहिए कि हम अपने आस-पास के लोगों को भी जागरूक करें। रैलियों और नारों द्वारा जन-जन को देश में चल रही समस्याओं को दिखायें क्योंकि अगर देश में समस्याएं कम होंगी तभी वह देश उन्नति व प्रगति के पथ पर चलेगा।



शर्मिष्ठा जोशी
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सपनों का संसार

सपने, इच्छाएं एवं आकांक्षाएं होती हैं जो हमें एक नई दुनिया की ओर ले जाते हैं। कल्पना का बल ही तो वो वह द्वार है जो एक नई आकाश गंगा की तरफ हमें ले जाता है और ज़रा सोचिए एक स्वप्न को पूरा करने का स्वप्न किसी स्वप्न से कम तो नहीं।

गंतव्य, स्वप्न एवं ख्वाहिशों के बिना जीवन का कोई सही औचित्य दिखाई नहीं पड़ता, जिस व्यक्ति के जीवन में इन तीनों की कमी हो वह प्रवृत्त होता है उस नाव की तरह बनने में जो मझधार में कहीं खो गई हो, जिसका मस्तिष्क बेमतलब की बातों का शिकार हो गया हो, जो अपने जीवन में राग-द्वेष के परिवेश में ही प्रसन्न हो, जिसे केवल एक ऋतु का ही आनंद लेना हो, जिसके लिए दिन-रात, सुबह-शाम, जन्म-मृत्यु सब एक समान होते हैं।

स्वप्न देखना वह कला है जो हर मुश्किल क्षण में हमें जीने की उम्मीद दे। अपने स्वप्नों को पूर्ण करने की आस सभी मुश्किलों का समाधान होती है। सपने देखना हमारे जीवन में कई बंद दरवाजों को खोल देता है, परन्तु महत्वपूर्ण यह भी है कि इन स्वप्नों को पूरा किया जाए। प्रसिद्ध भौतिक विज्ञानी न्यूटन के गति नियम के अनुसार, “प्रत्येक क्रिया की उसके बराबर तथा उसके विरुद्ध दिशा में प्रक्रिया होती है।” ऐसे में यह समझना अत्यधिक आवश्यक बन जाता है कि स्वप्न देखने के साथ उसे प्राप्त करने के लिए उतना ही परिश्रम करना, चमत्कारिक होता है।

स्वप्न देखना केवल एक प्रक्रिया नहीं है, यह एक आदत है। यह वह तंत्र है जो हमें अपने गंतव्य तक पहुँचने का पथ प्रदर्शित करता है।

उन्माद प्रतीत होता है किन्तु उचित यही है कि स्वयं को आप उस स्वप्न का जादू महसूस होने दीजिए, अपने शरीर की हर कोशिका को, अपने ख्वाबों को धूप का गवाह बनने दीजिए, क्योंकि इस क्षण यदि आप नहीं जिए, तो उसमें आपका दोष है।

अक्षिता शर्मा

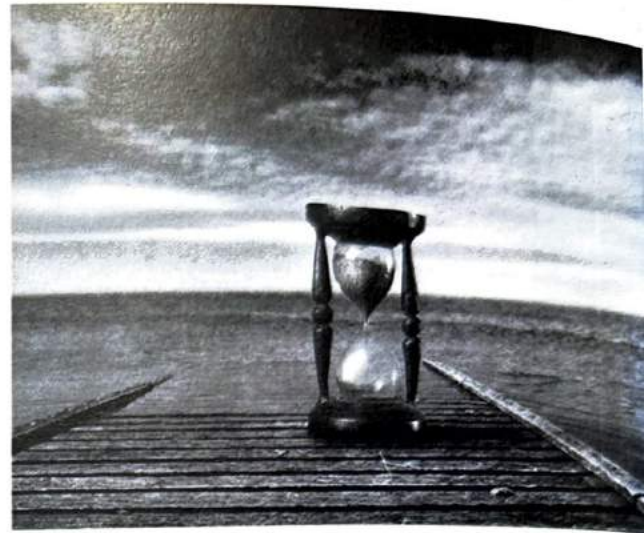
वाणिज्य-द्वितीय सत्र

समय का सदुपयोग

समय का हमारे जीवन में महत्वपूर्ण स्थान है। खोया हुआ धन पुनः अर्जित किया जा सकता है, परन्तु बीता हुआ समय वापिस नहीं लाया जा सकता। समय निरन्तर गतिशील रहता है। समय का सदुपयोग करके जीवन को नई दिशा दी जा सकती है। जबकि इसका दुरुपयोग ‘अब पछताए होत क्या जब चिड़िया चुग गई खेत’ कहने के लिए बाध्य करता है। विद्यार्थी जीवन में तो समय के सदुपयोग का महत्व औरअभी बढ़ जाता है।



यदि विद्यार्थी जीवन में समय का सही उपयोग किया जाए तो जीवन में सफलता अवश्य मिलती है। इसके विपरीत जो विद्यार्थी कर लेंगे या पढ़ लेंगे का दृष्टिकोण रखते हैं, वे असफलता का मुँह देखते हैं। विद्यार्थियों को चाहिए कि वे अपने हर कार्य को निर्धारित समय पर करें जिससे विद्यार्थी बचाए गए समय में दूसरे कामों को करने की रूपरेखा बना सके। खाली समय का भी ऐसा उपयोग करना चाहिए कि वह भी उपयोगी सिद्ध हो। खाली समय में विद्यार्थी अपने बड़ों, शिक्षकों से मार्गदर्शन प्राप्त कर सकते हैं।



समय को यदि हम और विस्तृत रूप से समझें तो कह सकते हैं कि समय ही विश्व का निर्माता और विनाशक है, यह सदैव गतिमान है, किसी व्यक्ति विशेष के लिए भी नहीं रुकता।

आज आधुनिक दौर में व्यक्ति प्रगति की राह पर इतनी तेज़ गति से चल रहा है। समय को बांधकर रखना नितांत आवश्यक है अर्थात् यह आवश्यक है कि समय रहते हम अपने कार्य को तुरंत पूर्णता प्रदान करें। 'समय गया बात गई' यह लोकोक्ति हमें संदेश देती है कि महत्ता समय की ही है।

समय रहते कार्य न किया गया तो बात नहीं बन सकती। इसलिए व्यक्ति को समय की महत्ता समझनी चाहिए। जो व्यक्ति समय को महत्त्व नहीं देता, उसे समय महत्त्वहीन कर देता है। यही जीवन का कटु सत्य है।

इस बात में कोई दो राय नहीं कि समय बहुत ही शक्तिशाली है। कोई भी इसके सामने घुटने टेक सकता है लेकिन इसे हरा नहीं सकता। हम इसकी क्षमता को मापने में सक्षम नहीं हैं क्योंकि कभी-कभी जीतने के लिए एक पल ही काफी होता है और कभी-कभी जीतने के लिए पूरा जीवन कम पड़ जाता है। कोई एक पल में अमीर हो जाता है और कोई एक ही पल में गरीब।

जीवन और मृत्यु के बीच में अंतर के लिए केवल एक ही पल काफी है। सभी पल हमारे लिए स्वर्ण अवसर लाते हैं। हमें तो केवल समय के संकेत को समझकर उसका प्रयोग करने की आवश्यकता है।

हर पल जीवन में नए अवसरों को प्रदान करता है इसलिए हमें इस कीमती समय को जाने नहीं देना चाहिए। हमेशा इसका सदुपयोग करना चाहिए। यदि हम समय के मूल्य व उसके संकेत को समझने में देर करते हैं तो हम अपने जीवन से स्वर्ण अवसर और सबसे महत्वपूर्ण समय को खो देते हैं। हमें सकारात्मक और लाभकारी रूप में समय का प्रयोग करते हुए अपने गन्तव्य तक जाना चाहिए। इतना ही नहीं समय का सदुपयोग करने के उद्देश्य से सभी कामों को सही समय पर करने के लिए समय-सारणी बनानी चाहिए।

रितिका नान्दा
कला स्नातक छठा सत्र

आज क्यों नहीं?

यह कहानी है एक गुरु और शिष्य की। शिष्य पढ़ाई में होशियार एवं अपने भविष्य के लिए जागरूक था। गुरु जी को अपने शिष्य की यह आदत एवं उसका लक्ष्य प्राप्ति का जज्बा अत्यंत प्रसन्नता देता था। गुरु जी और शिष्य आपस में हर परेशानी का हल मिलकर निकालते थे। लेकिन समय के साथ-साथ शिष्य में आलस आने लगा, वह अपने कार्यों से मुँह मोड़ने लगा। वह हर कार्य अगले समय के लिए टालने लगा। यह गुरु जी को अटपटा लगने लगा। गुरु जी चिंतित हो गए।

एक दिन गुरु जी ने उसे एक काम सौंपा और कहा, “यह लो एक पत्थर और तुम इसे जिस भी लोहे की वस्तु से स्पर्श करोगे वह स्वर्ण हो जाएगी और मैं दो दिन के लिए बाहर जा रहा हूँ, यह पत्थर तुमसे सूर्यास्त होते ही ले लूँगा।” यह कहकर शिष्य को पत्थर देकर गुरु जी वहाँ से चले गए।

शिष्य बहुत खुश हुआ और अपने अमीर होने के सपने देखने लगा। वह सोचने लगा कि इतनी सारी स्वर्णिम वस्तुएं होने के बाद वह नौकर-चाकर रखेगा, पूरी दुनिया में घूमेगा। वह एक दिन उसने यूँ ही सोचने-विचारने तथा अपने सपनों में खुश होने में निकाल दिया। अगले दिन उसने सुबह के कार्य

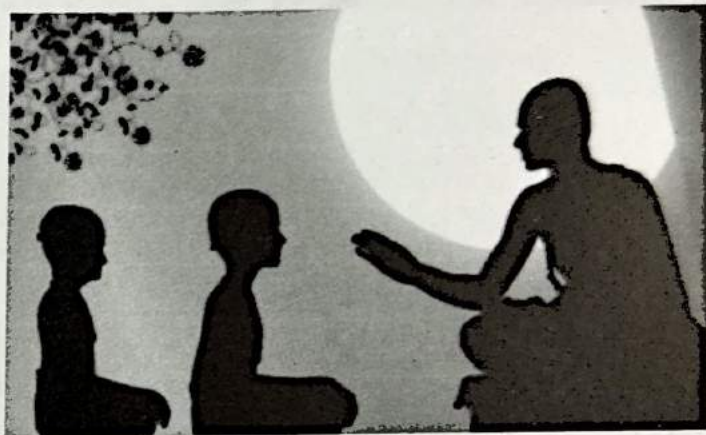
करने के बाद बाज़ार जाकर लोहे के बर्तन तथा अन्य वस्तुएं लाने का सोचा। लेकिन समय को देखने के बाद उसने सोचा कि अभी तो बहुत समय बाकी है और यह सोचकर उसने थोड़ा आराम करने का सोचा। वह आराम करके उठा तो आधा दिन और बीत चुका था। उसने दोपहर का खाना खाकर बाज़ार जाने का सोचा तो उसको फिर आलस आ गया। उसने सोचा अभी तो पूरी शाम पड़ी है थोड़ा और सुस्ता लेता हूँ और वह दोपहर की नींद में सो गया।

जब वह उठा तो सूर्यास्त होने में कुछ ही देर बाकी थी, वह जल्दी-जल्दी बाज़ार की ओर चला, तो रास्ते में गुरु जी मिल गए और उन्होंने उससे पत्थर लेने की बात कही। वह थोड़ा और समय की मांग करने लगा पर गुरु जी ने मना कर दिया और उसके सपने चूर-चूर हो गए। इससे उसने सीख ली कि आलस हमें सफलता नहीं देता बल्कि हमारे लक्ष्य एवं कार्य को खराब कर देता है।

तो मित्रों, मैं आपसे यही कहना चाहूँगी कि कोई कार्य कल पर न छोड़ें और अपने कार्य स्वयं और सही समय देखकर उसी वक्त करें क्योंकि आलस्य जीवन के लिए अभिशाप है।

नंदिनी गोयल

कला स्नातक द्वितीय सत्र



आंगन

वे लम्हे जो
बीत गए,
आंगन में,
आंगन जो गवाह है



हमारे सपनों का
हमारे अपनों का
जाने कब वो लम्हे बीत गए
जब जीवन के
संस्कार किए गए
आंगन में
जाने कब खेल खेलते
किलकारियां भरते बड़े हुए, फिर
विवाह की बलि-वेदी पर चढ़कर
निभाने निकल पड़े - कर्तव्य

आंगन गवाह है

उन खुशियों का
जो बीत गई,
बातों-बातों में, हँसते-हँसते
आंगन गवाह है

शादी, ब्याह,
होली, दीवाली,
रंगों और रंगोली का
जो सजाए गए आंगन में
मनाए गए आंगन में
आज ये लम्हे
जाने कैसे रीत गए
खुशियों के वो पल
जाने कैसे बीत गए

आंगन गवाह है
उन रिश्तों का जो,
सजाए गए उसकी दहलीज पर
रोया आंगन भी साथ
जब समय बदलते,
रिश्तों को निभाते
सब खीझ गए
वो लम्हे जो
बीत गए
आंगन में
जानें कहाँ रीत गए
खुशियों के वो पल
जाने कैसे बीत गए!

डॉ. मीनाक्षी शर्मा
हिन्दी विभाग

नशा

मानव जीवन है बड़ा अमूल्य
क्यों आज के युवा नशे के पीछे भागे चले जा रहे हैं
खत्म करके रख देंगे ये मादक पदार्थ
फिर इससे क्यों दिल लगा रहे हैं

कमज़ोर बना नशा अन्दर से पी जाएगा
तुम्हारी सारी शक्ति निचोड़ कर
तुम्हें खोखला कर जाएगा
क्यों इसके पीछे सब हैं भाग रहे

अकेलेपन या बोझ में
नशा झटपट सबको गले लगा ले
संगत का या फिर हो असर
या हो मौज मस्ती करने की चाह

अकसर नशे की मदहोशी में

भटक जाते हैं सब राह
समाज, देश जो बनता तुमसे है
वहीं क्या छाप छोड़ जाओगे

डूबती कश्ती बन गए हो
औरों को क्या सहारा दिलाओगे
नशा कुछ नहीं देगा तुम्हें
सूख पेड़ से बन जाओगे
न कोई पूछेगा तुम्हें
न किसी के काम आओगे
दूर रहो इससे, औरों को भी शिक्षा दो ऐसा।
पड़े न इस चंगुल में कोई, चाहे विपदा हो कैसी ॥



आयुषी

कला प्रवीण (भूगोल) छटा सत्र

मैं हूँ आज की नारी

मैं हूँ आज की नारी
मैं ही दुर्गा हूँ
मैं ही सरस्वती
मैं, कृष्ण की राध भी हूँ
और सीता भी
फिर भी क्यों,
अक्सर लज्जित भी होना पड़ता है मुझे
मैं बहन भी हूँ और बेटी भी
फिर भी क्यों,
इस समाज में
अक्सर उचित सम्मान अधिकार से
वंचित रह जाती हूँ
मैं हूँ आज की नारी



मेरे दामन में तो बस प्रेम ही प्रेम है
बहन के रूप में, बीवी के रूप में
या फिर बेटी के रूप में
हर रिश्ते के लिए
मेरे दामन में
प्यार, स्नेह और ममता है
मैं हूँ आज की नारी

मैं नियमों पर चलना भी जानती हूँ
और खुद के नियम बनाना भी
इस दुनिया से लड़ना भी
मैं क्रोध भी करती हूँ और विरोध भी
लड़ते-लड़ते थकती भी हूँ
और फिर आगे भी बढ़ती हूँ
मैं हूँ आज की नारी।

मैं खुद के लिए फूल भी खरीदती हूँ
और तोहफे भी
मैं कार भी चलाती हूँ और एरोप्लेन भी
मुझे चॉकलेट, आइसक्रीम भी पसंद है
और प्यारी रूमानी बातें करना भी
मैं अपने कर्तव्य पहचानती भी हूँ
और अपनी हदों को जानती भी हूँ
मैं हूँ आज की नारी।

कृति वर्मा

कला प्रवीण (अर्थशास्त्र) चौथा सत्र

मेरी आदर्श माँ

वह अटल है, वह सबल है
वह अजर है, वह अमर है
वह अगन है, वह तपन है

वह लगन है, वह भजन है
 इन चक्षुओं का मीत है
 वह आत्मा का गीत है
 वह हर पवन का राग है
 वह त्याग है, वह भाग है
 वह प्रेम है, वह धर्म है
 वह तल है, वह मर्म है
 वह जलज है, है जल वही
 वह रोशनी, दीपक वही
 गिरजे की वह है घंटी
 मन्दिर की है मूरत वही
 सागर की है वह सीपी
 इस हृदय में सूरत वही
 वह जो कहे, तो चीर डालूं
 धरा को, और जल बनूं
 वह जो कह दे तो छोड़ दूं
 संसार को, जल कण बनूं
 वह मेरी पूजा, मैं पुजारी
 वह मेरी भिक्षा, मैं भिखारी
 वह रूप है, वह धूप है
 वह बोल है, वह चुप है
 वह आस है, विश्वास है
 वह दर्द है, परिहास है
 वह गगन, वह चन्द्रमा
 वह ज़मी, वह ज्योत्सना है
 माता मेरी पहचान है
 आदर्श मेरा मेरी माँ है।



नैयनिका मोहन
 कला प्रवीन (भूगोल)
 चौथा चत्र

एड्स



दुत्कार गया, फटकार गया
 लोगों की नज़र से नीचे मुझे उतारा गया
 कैसे बदली इस रोग ने जीवन की मेरी रूप-रेखा
 गुज़रा जिस गली से, गौर से मुझे निहारा गया
 गुज़रती हर आँख का एक सवाल पढ़ता हूँ मैं
 पल पल आती मौत से रोज़ अब लड़ता हूँ मैं
 गुज़रूँ जो पास से तो दोस्त दूर हो जाते हैं
 मिलते थे कभी हँस कर गले, अब छूने से भी कतराते हैं
 बीमारी के बहाने से ज़िन्दगी ने भी क्या खूब खेल खेला
 दुश्मन तो दुश्मन, अपनों ने भी दूर धकेला है
 रोग से ज़्यादा दर्द इस समाज से पाया है
 निर्दयी हृदयों ने मुझे बहुत रुलाया है
 घर के एक कमरे में रहने को अब मजबूर हुआ
 बढ़ती बीमारी के मर्ज से अपनों से भी दूर हुआ
 रोता हूँ, बिलखता हूँ,
 अपनों को गले लगाने को तरसता हूँ
 हर पल, हर घड़ी, उन बीते दिनों को याद मैं करता हूँ
 जो पूछ ले मुझे कोई मेरे दर्द की इन्तहां
 इतने में ही खुश होकर ज़रा-सा मैं हँसता हूँ
 महज शरीर का दर्द तो बर्दाश्त कर लेता है कोई
 पर अपनों के बीच पराया होने का दर्द सह न पाये कोई
 दवा और दवाई पर अब दिन मैं घूँ काट रहा
 बैठ अँधेरे में अपनी परछाई से दुःख मैं बाँट रहा
 आइने के सामने आने से भी बचने लगा हूँ मैं
 क्योंकि इन्सान से कंकाल बनने लगा हूँ मैं
 कुछ दिनों की बात होती तो संभल भी जाता मैं
 कल मिलने की आस में अपना आज बिताता मैं
 पर इसका तो कई अंत नहीं है मेरे जीते-जी

ज़िन्दगी जीने की इच्छा नहीं रही मेरे भीतर भी
काश की ऐसा भी कोई पल आता
चारों ओर घरवालों का हुजूम होता
कितनी सरल हो जाती मौत की वो घड़ी
कि अपनों के पास होकर भी मैं उनसे दूर हो जाता।

शर्मिष्ठा जोशी
कला प्रवीण (अंग्रेज़ी)
छठा सत्र

मेरे दादू

अब जो देखती हूँ वो झुर्रियाँ
अपने दादू के चेहरे पर
तो दस्तक देती हैं उन लम्हों की यादें
जो उनके साथ बिताया करते थे
नज़र आते हैं चेहरे की झुर्रियों में उन युद्धों के अनुभव
जिन्हें वो हर रोज़ सुनाया करते थे
उन झुर्रियों में लिखी हैं उस संघर्ष की कहानियाँ
जिसके किस्से वो बताया करते थे
बहुत दूर वो ले जाते थे टहलते-टहलते
और फिर एक टॉफी वो दिलाया करते थे
अपनी वीरता के किस्से सुनाकर
हमें साहसी वो बनाया करते थे।



आज जो हो गए हैं बूढ़े मेरे दादू
कुछ-कुछ बातें वो भूल जाया करते हैं
जो पूछो उनसे उन युद्धों के किस्से
तो खुश वो हो जाया करते हैं
ज़रा दिन तक जो बात न हो उनसे
तो चिंतित वो हो जाया करते हैं
अपनी उन बूढ़ी आँखों से हमेशा
दरवाज़े पर टक-टकी वो लगाया करते हैं

जो देखते हैं वो मुझे जाते हुए घर से
तो मायूस वो हो जाया करते हैं।
अब बूढ़े हो चले वो दो हाथ
सिर्फ आशीर्वाद देने के लिए उठते हैं
भूरे रंग की उस लाठी के साथ मेरे बड़े दादू
कभी-कभी सैर पर निकलते हैं
खुश हो जाती हूँ मैं उन्हें देख
जब बच्चों की तरह वो मुस्कुराया करते हैं।

शर्मिष्ठा जोशी
कला प्रवीण (अंग्रेज़ी)
छठा सत्र

पुलवामा में आतंकी हमले में शहीद हुए वीर जवानों को समर्पित

आसमान भी रोया था
धरती भी धर्यायी थी
किसी को न मालूम था यारों!
किस घड़ी मौत ये आयी थी



माँ का वह एक टक चेहरा
आँखों में बहते आँसू थे
पुत्र थे उनके शहीद हुए
जो मातृभूमि के नाते थे

पत्नी का चीखना-चिल्लाना
सीने में तीर चुभाता था
एक मात्र सहारा था उनका
वह भारत माँ का बेटा था

बेटे के सिर से हाथ गया
चलना जिससे वह सीखा था
कंधों का भी अब राज गया
जहाँ बैठ बढ़ना सीखा था

माँ की सूनी गोद हुई
पत्नी का भी सिन्दूर मिटा
पिता के दिल में आह उठी
पुत्र का हाथ भी छूट गया
गर्व है इन परिवारों को
अपनी उन संतानों पर
मातृभूमि के लिए समर्पित
हुए वीर बलिदानों पर।

वीरों क्यों बैठे हो
बदला लो गद्दारों से
गर खून में गर्मी बाकी है
सर बिछा दो तलवारों से

बदला लो इस वार का तुम
उन वीरों का सम्मान रखो
माता-पिता और पुत्र के सर
मातृभक्ति का ताज रखो।

रितिका नान्दा
कला स्नातक छठा सत्र

कैक्टस

हमें अच्छा लगता है घर के किसी कोने
में कैक्टस रोप देना
फिर हम इतराते हैं-अपने आधुनिक बोध पर
कला पारखी बन जाते हैं
उसकी कंटीली देह और अपने मन में
बहुत साम्यता पाते हैं।
क्योंकि कांटो और सफलता के गीत
हमें बहुत भाते हैं
हम हर प्रकार से स्वयं को आधुनिक पाते हैं
और अवसर आते ही कैक्टस
में बदल जाते हैं।



मातृभाषा

बात यह नहीं कि हम दूसरी भाषा न बोलें
पर क्यों नहीं मातृभाषा के रहस्यों को भी खोलें
जल के स्रोत तो अनन्त हैं मगर क्यों न
संस्कृति के अमृत से भी अंतर्मन भिगो लें
पश्चिम के जंगलों में भटकने से पहले
पूर्व के खज़ानों के मुँह क्यों न खोलें
जीवन को सुन्दर सफल बनाने के लिए
भावों के मोती जीवन के धागे में पिरो लें
बहुभाषा ज्ञान बिना विकास सम्भव नहीं मगर
पहले मातृभाषा का सम्मान हृदय में संजो लें।

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इससे पहले कि

इससे पहले कि हवाओं के रुख बहक जाएं
इससे पहले कि वक्त के तेवर बदल जाएं
इससे पहले कि दोस्तों का हुजूम बिखर जाए
इससे पहले कि अहसासों का जूनून उतर जाए
इससे पहले कि ख्वाहिशें फरियादी बन कर रह जाएं
इससे पहले कि खुशियां उलझनों की कैदी बन रह जाएं
इससे पहले कि सूरज ढलने को तैयार हो जाए
जीवन एक साया और मौत त्योहार हो जाए
जीवन जी लें, बतिया नें, खुशियों को पी लें
लफ़्ज़ों को खोने से पहले, अर्थों को जी लें।



डॉ. संगीता सारस्वत
हिन्दी विभाग

हिन्दी -सप्ताह की प्रतियोगितायें





हिन्दी दिवस
आयोजन
(14 सितम्बर)



निर्णायक मण्डल



अन्तरविषयक
संगोष्ठियां
(हिन्दी, अंग्रेजी,
इतिहास)

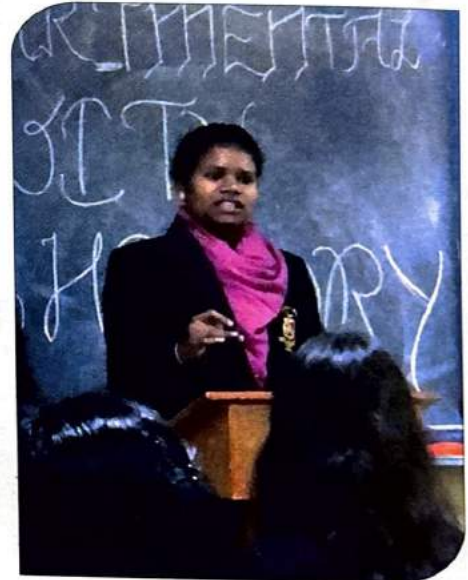




विशेष वक्ता
डॉ विद्यानिधि
(हिन्दी संगोष्ठी)



बुक टॉक



STUDENT COUNCIL





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