



SANT HIRDARAM GIRLS COLLEGE, BHOPAL

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Affiliated to Barkatullah University, Bhopal

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SANT HIRDARAM GIRLS COLLEGE, BHOPAL

यशस्विनी



2023-24

*An Annual Literary Magazine
Published by
The Research Committee,*



*Sant Hirdaram
Girls College, Bhopal*

संत हिरदाराम साहिब जी



बूढ़े, बच्चे और बीमार, है परमेश्वर के यार।
करो प्रेम भावना से इनकी सेवा, पायेंगे लोक परलोक में सुख अपार।।

Vision :

The Vision of the Institution is to work for the betterment of the society through Education By Generating Skilled Knowledgeable Human Resource

Mission :

To empower Young Women to Grow As Valuable Assets of Global Society By Providing Them To Develop High Intellectual Level With Spiritual, Cultural And Ethical Values

Broad Objectives :

- 1. To develop the Institution across a set of quality parameters.*
- 2. To diversity academic canvas by including new job oriented market driven courses.*
- 3. To inculcate healthy work culture.*
- 4. To nurture human ethical values in students.*
- 5. To empower students to be worthy global citizens.*
- 6. To make students better employable by providing them Education as a balanced blend of knowledge and skills.*
- 7. To retrospect at regular intervals to identify strengths and weaknesses, opportunities & threats and to plan diagnostic remedial measures.*

यशस्विना

2023-2024

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Dear all,

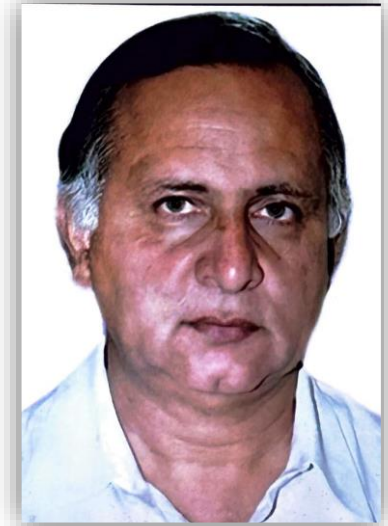
Education is the most powerful tool to bring desirable changes in our personality and also to bring positive changes in our society. It is the only medium which enables us to move from darkness to brightness. Today the role of an Educational Institution is not only to pursue the academic excellence but also to motivate and empower the students to be lifelong learners, critical thinkers and productive members of an ever-changing global society.

At SHGC, all efforts are made to convert every individual into a self-reliant and independent citizen with a zeal to excel in life, inspiring the search for new vistas and innovation in all works of life.

I am pleased to learn about the publishing of the **College Annual Magazine “Yashaswini”**. A college magazine is a record of all the activities that have taken place in the academic year and also a platform to display creative thoughts and literary talents. I do appreciate and applaud the editorial team for the successful completion of this tedious task of putting together the multitude thoughts and dream of students into a meaningful and delightful visual fest.

With blessings!

Hotchand Dhanwani (Shradhey Siddh Bhauji)
President, SHKES



Warm Greetings,

SHGC has tried its best to excel in all spheres of student's growth. Over the years, the institution has provided the students with opportunities to explore and grow, through situation that challenge them to identify their strength and reinforce them.

I am delighted to know that SHGC is publishing the

Annual Magazine "Yashaswini". It is in the corridors of our institutions that the leaders, entrepreneurs and innovators of tomorrow are taking shape. Freedom to express freely and without fear is what they need to learn from here. Initiatives like this go a long way in providing such opportunities to the students and encourage their creative talents.

SHGC will always strive hard for excellence and will set high standards in all sectors of education. I wish all the best to all the students for their carrier and academic pursuits.

With greetings!

Shri Hero Gyanchandani
Vice President, SHKES

Dear Readers,

I feel extremely happy to speak to you through this College Magazine, as SHGC brings out the Annual College Magazine “**Yashaswini**” for the academic year 2023-24. Publishing a magazine is indeed a tedious and herculean task. The College has grown over the years and continues to be a prestigious, persuading excellence and professionalism. It has provided and continues to provide an ideal environment for each one of you to blossom into the flowers: whose fragrance should spread wherever you go. The Guru Mantras of success are positive attitude, perseverance, passion, commitment and self-belief.

As you scan through the pages, it will enlighten you with the important milestones that College has achieved this year. Besides, our budding talents have expressed their thoughts, ideas, hopes, feelings and aspirations in a creative way. On the whole the Magazine mirrors the true credentials of the students and the faculties.

I extend my heartfelt congratulations to everyone for putting in their best in bringing out this issue of our College Magazine.

Best wishes!

Shri Ghanshyam Bulchandani
Secretary, SHKES

Message from the Principal



During the last decade of its existence, the Sant Hirdaram Girls College, Bhopal has made tremendous strides in all the fields and is consistently looking forward to greater achievements in the year to come with “excellence” as its motto. Many students, who have already passed out of the portals of our institution, have found their feet in various sectors of society, not only on account of their qualifications but also on their human qualifications. This is a testimony to the perennial spiritual and human values SHGC tries to inculcate in its students along with all the modern information it imparts. The institution is steadily marching in the direction of being one of the most sought after institutions of higher education. The focus of skill development is taking our college to the zenith of excellence. However, the thrust of spiritual and human values is the hallmark of our esteemed institution. We at SHGC, explore the possibilities in each and every student, hone their skills and make them capable in pursuit of worthy goals in the service of the nation and humanity.

I know that this is the inception year of College Magazine “**Yashaswini**” and everyone has put in lots and lots of efforts as teamwork is the trademark of SHGC. I am very sure that through collaborative effort we can achieve more to benefit our students who are the future leaders of tomorrow. I wish this magazine "**Yashaswini**" may continue to flourish as years go by. I want this magazine to be a great success.

With best compliments!

Dr. Dalima Parwani
Principal, SHGC

Editorial



Hi dear Readers!

Welcome to the issue of official college magazine Yashaswini. It is a narrative symbol of students. We have tried our best to make sure this magazine of SHGC helps you in recapitulating your eventful journey of this year. It is a compilation of the immense effort put forward by invincible SHGCians and is also a specimen of their creativity. It tries to bind together each and every aspect of our own SHGC family. This was another splendid year, with our students bringing laurels to the institution in all possible spheres. Their achievement were so vivid that all our efforts to include their accomplishments in one issue went in vain. For you, we have worked hard to bring up an exhilarating flashbacks of the college in the form of glimpses of the session 2023-24.

Isn't it rightly said, "A flower makes no garland". Thus, this magazine is not the outcome of the effort put in by an individual, but is the immense effort put forward by first and foremost, our very own Principal Dr. Dalima Parwani, and then the Editorial Board, all the faculty members and dear students. We apologize for short comings and hope you will cherish our attempts.

We have for you, from students and faculties, a wide range of poetry, and some informative articles.

Happy reading!

Dr. Neha Gupta
(Editor)

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संत हिरदाराम कन्या महाविद्यालय

(मध्यप्रदेश शासन और राष्ट्रीय शिक्षक प्रशिक्षण परिषद्
द्वारा मान्यता प्राप्त तथा बरकतउल्लाह विश्वविद्यालय,
भोपाल से सम्बद्ध और विश्वविद्यालय अनुदान आयोग द्वारा
विश्वविद्यालय अनुदान आयोग अधिनियम 1956 की धारा
2(F) तथा 12(B) में मान्यता प्राप्त)

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THE SPIRITUAL ESSENCE OF FOOD: HOW THOUGHTS AND ENERGY SHAPE OUR HEALTH

The universe is always listening to you. As a dietician and a professor, my beliefs should be objective, relying on proof and tests. But on the other side, as a person, I believe in spirituality. Diet and health are not new to anyone. The WHO states, "Health is a complete state of physical, mental & social well-being." It has three dimensions - physical, mental, and spiritual. If we particularly talk about the spiritual dimension of health, the concept goes right into the pocket of the abstract. But the human mind has no limit to imagination. And the universe is beyond imagination. So the question arises: how do you connect food with spirituality? It's simple: what you eat is what you think and what you are. The food nourishes a person's soul as well. Have you ever come across your favorite ice cream after a long, tiring day? You feel good even at the sight of it. Your eyes will be gleaming like a small child. But we also have another aspect of this incident: your favorite person serving your favorite ice cream. So here we are talking about a person, not the food. Let's assume she is your mother, coming with a smile, and serving your favorite ice cream. Now this sight is delightful. Your day is complete, and you can sleep peacefully.

Now rewind, and imagine again your favorite ice cream served by your mother, but this time your mother is angry, with continuous blabbering. All her negative thoughts are inculcated in it. Now will you be delighted to have the same ice cream? Of course not. Let's take another example: a student is going for an exam, and her mother is preparing breakfast for her and keeps on thinking - "She hasn't studied anything; what will she do in the exam? She will surely fail." And serving the same food to her daughter. All the negativity is transferred to her. And now maybe she will forget everything in the exam. The same applies to the self. When we eat food, our thoughts affect it. Food not only carries nutrients but also a person's thoughts and energy. So whoever is handling it is inculcating their energy and thoughts into it.

A French immunologist, *Jacques Benveniste*, gave the "memory of water" theory in the late 1980s, and the debate is still on. This is obvious; food is made of water, and water carries memories. Also, this theory very well explains our Indian concept of 3 types of food - Satvik, Rajasik, and Tamasik foods.

Satvik food is made with purity. People preparing food were asked to enter the kitchen after taking a bath and wearing clean clothes. There was no use of excessive spices and oil. Simple cooked food, with no excess time. A person eating Satvik food will have a peaceful & quiet mind and soul. Rajasik food is made with lots of spices, and oil or ghee. Consuming the time and energy of the chef as well. One who is having Rajasik food will have a flickering and anxious mind, and at last, a person taking Tamasik food will be of criminal tendencies. Of course, because the person who cooked it has killed a creature just to satisfy their taste buds. Isn't it obvious to get criminal thoughts in mind? Many people will not agree with this because non-vegetarian food also has health benefits.

In conclusion, it must be emphasized that cooking and serving food are integral parts of a nutritious diet. Thoughts and energy can be transmitted from one person to another through the culinary process. Therefore, it is recommended to embrace our Indian tradition where cooking is considered worship, infusing every dish with positive thoughts and love, not only for those we care for but also for ourselves.

Dt. Riya Goyal
Alumni
Food and nutrition dept. (SHGC)
Batch - 2018-2020



Yashika Pariyani
B.C.A. I Year

जिंदगी और मौत कि गुफ्तगू

एक शाम "जिंदगी" गा रही थी, मुस्कुरा रही थी,
वहीं दूर बैठी "मौत" उसे निहार रही थी,

"मौत" को यूँ मौन बैठा देख,
जैसे ही "जिंदगी" ने पास जाना चाहा,
"मौत" ने तुरंत रोका,
अभी मत आना मेरी राह,
"जिंदगी" वहीं थम गई,
बोली अरे! आज तुम्हें क्या हुआ?

बताओ तो ज़रा.....
हमें भी तो पता चले, आखिर क्या है माजरा????

"मौत" ने कहा तो ध्यान से सुनो मगर, मत आना इधर,
वहीं दूर बैठो उधर.....

देख तुम्हें आज मन में प्रश्न एक आया,
बहुत विचार किया मैंने फिर भी उत्तर न पाया,
आखिर मुझे गढ़ने का विचार क्यों ईश्वर को भाया????
तुम्हारे आगे खुद को मैंने छोटा पाया ,

मेरी मौजूदगी किसी को नहीं भाती,
मुझे देख सब की आँखें हैं भर आती,
हर जगह मातम छा जाता है,
मेरा होना किसी को नहीं भाता है,

जिसे देखो वो रोता ही जाता है,
वहीं "जिंदगी" तुम कितनी प्यारी हो,
जहां भी तुम जाती हो खुशियां ही लाती हो,
तुम्हें पाने को सभी आतुर रहते हैं,
तुम्हारे स्वागत में तो बाजे बजते हैं,
तुम्हारे होने से ही है, यह दुनिया,
और मैं हमेशा तन्हा अकेली ।।

सुन के "मौत" की बातों को,
"जिंदगी" जोर से खिलखिलाई,
बोली क्यों हो तुम आज पगलाई?

तुम बिन मेरा वजूद नहीं,
जो तुम न हो तो मैं भी नहीं,
तुम्हीं तो मेरा "अटल सत्य" हो,
कैसे भूल गईं तुम ये सब???
"सत्य" का तेज़ हर कोई कहां सह पाया है???
इसलिए तो हर कोई तुम से घबराया है.....
बिन तुम्हारे तो नवनिर्माण संभव ही नहीं....

सुन के "जिंदगी" की बातों को "मौत" फिर बोली.....
पर ये भी तो सत्य है जिंदगी ,
कि तुम "आरंभ" , मैं "अंत" हूं,
तुम "प्रकाश" , मैं "तम" हूं....

इस बार जिंदगी नाराज होकर बोली,
मेरी बात ध्यान से सुनो और समझो हमजोली....
तुम हो "सत्य" और मैं "भ्रम",
ये इंसान तो आता है तब भी रोता है,
और जब जाता है, तब भी रोता है,
न तो कुछ लाता है, न कुछ खोता है,
तुम्हें पा कर भी रोता है,
मुझे पा कर भी रोता है,
"भ्रम" में फंसा भ्रमित है बेचारा,
वो खुद न जाने आखिर ऐसा क्यों होता है???

"जिंदगी" "मौत" की गुफ्तगू में रात हो गई,
जिंदगी को थोड़ी थकान हो गई,
नींद के झोंके से जैसे ही "जिंदगी" थोड़ा सा डगमगाई,
तुरंत मौत ने थामा जिंदगी का हाथ,
"जिंदगी" "मौत" की और "मौत" "जिंदगी" की हो गई....

आरती मैना
एम.एस.सी. बायोटेक्नोलॉजी
2 सेमेस्टर



THE TERROR OF DIETING

“DIETING”; What does this word suggest to you? What's the first word that comes to your mind when you hear the word “diet” or “dieting”? I'm sure you all associate this word with something like starving, giving up every favourite food, a journey which is very difficult to follow!

But wait!!

What if I, a qualified Dietitian, tell you that all these are very wrong interpretations of “dieting”. Yes, you heard it right! DIETING is nowhere related to starving. And let me tell you this, we all living beings do diet in one or the other form!!

Now first of all let me make you understand what actually is the correct meaning of this word we've been talking about for long. Let's take an example here: we breathe everyday and the process is known as breathing, similarly, we eat food everyday, so, my dear, whatever you eat in your daily routine, no matter what quantity, what quality, no matter healthy or unhealthy but whatever you eat is known as your diet and the process is known as dieting. Shocked! I'm sure you must be.

There's this unnecessary terror related to dieting in the market which is actually preventing many people to start a healthy journey of nutrition to nourish their bodies and minds. People are terrified more by the concept of dieting rather than the lifestyle diseases such as diabetes, hypertension, Alzheimer's etc. which can actually be prevented by following correct diet. Again, the opinion of a qualified Dietitian here, if you start your healthy eating journey with the help of a qualified Dietitian or Nutritionist, I'm sure you'll find this journey very easy to follow and its not at all boring. Correct nutrition surely means a relationship with healthy food but it doesn't mean forever breakup with your favourite food items. Infact healthy eating means sustainability, allowing you to consume all kinds of food in a healthier manner. It is when you take advise from quacks or follow silly diet trends from internet that you create difficulty for yourself which let me tell you is not going to give you results in the long term.

You must know here that every human being's body has a different range of nutrient requirements depending on various factors such as age, sex, physiological condition, activity levels, BMR, weather conditions etc.

Don't get baffled by this. Following healthy diet as much as crucial for optimal health is that much simple as well. A qualified Dietitian is a person to seek advice to and he/she will definitely make you a roadmap which will make achieving your body goal not only easy but also very much effective.

So next time when you hear this word “diet” or “dieting” or hear about any absurd diet trend, don't get terrified but run straight to your dietitian or nutritionist, not to forget, a qualified one with a valid degree or licence not just some timepass certificates.

Remember, to remain healthy, you don't just need to DIET but you need to a CORRECT DIET suitable for your unique bodily requirements.

Cheers to healthy dieting and happy eating!!

*By Husaina Loomwala
Alumni : M.Sc. Food and Nutrition
Batch of 2023*



*By Ayushi Namdev
BCA Ist Year*

VOICES OF LADAKH: THE FIGHT FOR STATEHOOD AND TRIBAL RIGHTS

In May 2024, significant protests erupted in Leh, Ladakh, as residents demanded statehood and inclusion under the Sixth Schedule of the Indian Constitution. The demonstrations, organized by the Leh Apex Body and Kargil Democratic Alliance, saw thousands of participants and a complete shutdown of the region. These groups have consistently sought to secure greater autonomy and protection for the tribal population of Ladakh.

The demand for statehood arises from concerns about losing political representation and local governance powers. When Ladakh was designated a Union Territory (UT) following the abrogation of Article 370 and the bifurcation of Jammu and Kashmir in August 2019, it lost its legislative assembly, which has led to direct rule by a Lieutenant Governor appointed by the central government. This has fueled fears of marginalization and lack of representation in decision-making processes, particularly regarding developmental projects that could impact the region's fragile ecosystem.

The Sixth Schedule of the Constitution, which provides for autonomous administrative regions with legislative and judicial powers, is seen as a crucial safeguard for Ladakh's tribal communities, which comprise over 97% of the population. This status would help protect their cultural heritage, land rights, and employment opportunities from external influences and exploitation.

Protesters are also demanding job reservations for locals and separate parliamentary representation for Leh and Kargil to ensure their voices are heard in the national legislature. These demands have been repeatedly raised in talks with the central government, but so far, no concrete resolutions have been achieved. The protest leaders argue that without these protections, the demographic and cultural fabric of Ladakh is at risk from increased migration and industrial projects.

Environmental concerns are another significant aspect of the protests. Ladakh's residents are alarmed by the potential impact of proposed mining and industrial projects on the region's pristine environment. Prominent activists, like Wangchuk, have highlighted the threats posed by these developments and the need for sustainable policies that prioritize the local ecosystem and community needs.

The Ladakh protests teach us the criticality of inclusive governance, the need to safeguard cultural and environmental integrity, the importance of meaningful dialogue, and the strength found in unity and collective advocacy.

In summary, the protests in Leh reflect deep-seated concerns about political representation, cultural preservation, and environmental sustainability. The residents of Ladakh are calling for constitutional safeguards and autonomous governance to ensure their unique way of life and fragile environment are protected for future generations.

Babita Goswami
Assistant Professor, Food and Nutrition
SHGC, Bhopal



**Shakespeare
once said:**

I cried when I had no shoes, but I stopped crying when I saw a man without legs. Life is full of blessings sometimes **we don't value it.**

THE MIRACLE OF THE BANANA

The banana is packed with all the nutrients you need for a quick recharge. You have probably seen tennis players munch on the fruit in between sets, only to return with that ace serve and win the games. It could be the potassium, the vitamin B6 or its low to medium glycemic index or it could simply be the fact that all this goodness comes together to make the banana so special, almost as if nature packed and sealed all its performance-aiding nutrients in a tiny, tiny package. The potassium ensures that blood pressure doesn't rise and that your intra- and extracellular environment is equipped to quickly expel all the metabolic waste. The vitamin B6 is a metabolism enhancer and prevents brain fatigue from setting in. The fibre and the low glycemic index of the banana ensure that blood sugar rises in a slow, steady rate so there's no risk of a slump unlike a caffeine/nicotine energy fix. The banana is simply the best snack you can have for yourself any time of the day, the ultimate accessory in your handbag.

And that's not all. It also:

1. **Is nature's own stomach-soother:** From diarrhoea to constipation to IBS to everything in between, the fruit works at improving your gut health. The pre-biotic is at work here, yes, the one you will find in fancy bottles online, but nothing comes close to this natural beauty.
2. **Strengthens bones:** The minerals, the electrolytes and fibre help not just the bone mineral density but can positively reduce menstrual cramps too.

Fact vs Fiction

Fiction	Fact
It is high on sugar	No its all natural sugar in the form of fructose and comes loaded with vitamin B.
Avoid if you are diabetic	With a low to medium glycaemic index, the banana is not just safe but even recommended by the American Diabetic Association for its multiple health benefits.

Avoid if you have blood pressure	Naturally high in electrolytes, it makes for a great mid meal snack, especially when you feel that you are coming down with a throbbing headache
Avoid if you want a flat stomach	Rich in fibre and pectin, it allows for a good build-up of healthy bacteria which in turn reduces your chances of looking or feeling bloated.
Its fattening	Real low on fat but magically carries some plant sterol that not just helps fat – burning but even prevents plaguing of arteries and reduces cholesterol.
Okay but I am trying to loose weight	Then nothing better than this gods own fruit. High in vitamin B6, minerals and fibre, this is one fruit that will pull you out of this frustration of losing weight and fill you with enthusiasm for workouts and it would not let you go mad for a pastry or chocolate.

***Rohini Chaurasiya
Alumini, SHGC
Batch: 2020-22***

हां वो ही नारी है

हां वो ही नारी है
जो सब जग की रखवारी है
वो ही विनाशकारी भी और
वो ही सर्व अवतारी है
प्रेम भाव सरलता से बनी
वह जीवन मरण पर भी भारी है
उससे ही वर्तमान चमकीला
वही भविष्य रचने वाली है
उसे पर ही है विकास जगत का
विनाश पर भी क्रोध उसका ही भारी है
हां वही नारी है, जो जहां रचने वाली है।

आरंभ करें जब सतयुग से
तब भी नारी ही शक्ति थी
हर तरफ थी नारी की कीर्ति
उनके होने से ही सृष्टि थी
तब भी ना सह सकी अपमान
खुद के प्रियतम पर ना आने दी आन
छोड़ कालों के काल को
वह खुद अग्नि में समाई थी
खुद के जीवन की कमान उन्होंने
स्वयं महाकाल को भी ना थमाई थी
हां वह सती भी नारी थी, जो शिव शक्ति कहलाई थी।

बढ़ते चले जब त्रेता युग पर
महिलाओं का ही दौर था
कैकई से मंथरा तक सारी
नारी का ही युग में शोर था
खुद काल के भक्त रावण को
मंदोदरी ने रखा सुरक्षित था
खुद विष्णु अवतार को भी
महिला ने ही वनवास कराया था
देव अर्धांगिनी होकर भी
सीता ने मनुष्य देह खुद ही त्यागा था

हां वह सीता भी नारी थी , जो अग्नि परीक्षाओं से भी ना हारी थी।

द्वापर युग भी बाकी की तरह
महिला को ही समर्पित था
अवतार यहां भी श्री विष्णु का
कभी राधा कभी रुकमा को अर्पित था
ऐसे ही महाभारत का कारण
द्रौपदी का ही अपमान था
लिया था पांच पांडवों से वादा
सो कौरवों संग युद्ध लड़वाया था
उसके ही तो बाद श्री कृष्ण ने
अर्जुन को सीख सिखलाई थी
हां वह भी नारी ही थी, जो कौरवों से भी ना घबराई थी।

अगले युग में भी नारी का
सम्मान देवी वाला ही था
पुरुषों को होती कमान काम की
पर निर्णय नारी का ही भारी रहा
10 वर्ष की जो थी कहानी
अंग्रेजों में डर रानी लक्ष्मी का था
बांध पुत्र को पीठ पर
उन्होंने रणभूमि में भारत जीता था
हार सकती थी वह भविष्य प्रजा का
पर रानी होने की लाज बनाई थी
हां लक्ष्मी बाई भी नारी थी, जो हिम्मत कभी ना हारी थी।

केवल भारत देश की नहीं
पूरे विश्व की नारी महान है
आज तक भी विज्ञान जगत में
मैरी क्यूरी का विख्यात नाम है
करके वर्तमान में खोज
भविष्य सशक्त उन्होंने बनाया है
साथ कीर्ति बढ़ाते हुए कल्पना ने
चावला नाम अंतरिक्ष तक पहुंचाया है
किया था भविष्य ही उज्ज्वल
सम्मान नारी का ही बढ़ाया था
हां यह भी नारी ही थी, जिन्हें विज्ञान भी हरा ना पाया था।

नारी से ही सम्मान जगत का
नारी जगत की रचनाकारि है
है वही बलवान सभी से
और समय अनुसार क्रांतिकारी है
नहीं रही अब अबला लाचार
महिला तो शक्तिशाली है
पहले थी रोक-टोक जिन पर
अब तो वह पर्वत फतेह करने वाली है
और छोड़ संसार की बन्दिशों को
वह भविष्य अपना खुद रचने वाली है
हां यह असली नारी है, जो रोक-टोक से ना रुकने वाली है।

महिला तो विख्यात समुद्र सी
चंद्र पंक्ति में कैसे सिमटने वाली है
उनसे है परिवार सभी के
वह परिवार वृक्ष की अहम डाली है
सतयुग में सती की तरह महान
द्वार में रावण कुल संहारी है
त्रेता में दिलवाए उद्देश्य दानव को
फिर कभी मैरी क्यूरी तो कभी लक्ष्मी सी बलशाली है
फिर इंदिरा कल्पना और किरण बेदी सी
भारतवर्ष में नाम वाली है
हां यही नारी है हां यही नारी है
हां यही नारी है हां यही नारी है।

— अवनि शर्मा
एम.एस.सी (चतुर्थ सेमेस्टर)

INDIA'S SYMPHONY OF DEMOCRACY: A PEEK THROUGH IT'S ELECTORAL JOURNEY

INTRODUCTION:

India the land of magnificent and the largest democracy in the world where elections unfolds as a splendid tribute to the shared dreams and passionate commitment of its citizens. Here in India they are not just mere political events but rather a grand carnival of democracy, a vibrant occasion to celebrate the voices and choices for sovereignty through referendum

HISTORY:

It's journey dates back to 1951-1952 when independent India held it's first ever general election under the guidance of Mr. Sukuma Sen

Earlier the year of election which was 1950 The core of what was to become the Election Commission of India was established in January 1950 and subsequently, Mr. Sen was appointed as The first Chief Election Commissioner of India (CEC) in March. Of that year.

India was preparing itself as it was for the first time that one-sixth of the world's population was casting its franchise to elect its political representatives in a free and fair spirit ,

The parliament passes The Representation of the People Act, 1950, which established voter qualifications and electoral roll procedures and The Representation of the People Act, 1951, outlined member qualifications, election processes, expenses, and more.

With all the preparations with enthusiasm of the newly independent nation the elections were completed successfully with The Indian National Congress winning a landslide majority with 364 seats and 45% of the total votes polled.

MAJOR SHIFTS IN ELECTORAL SHPERE :

Through out the years since we attained independence India has faced major shifts and reforms in the electoral sphere after accusations and issues regarding electoral politics be it money power ,muscle power, Criminalization of Politics and Politicization of Criminals or Misuse of Government Machinery or simply Lack of Moral Values in Politics and henceforth the government and election

commission have made several changes to protect the ethics and sanity of Indian democracy and some of them are:-

1. Lowering of Voting Age from 21 to 18 in the 61st Amendment Act.
2. Employing EVMs in election
3. Elector's Photo Identity Card (EPIC): ECI providing photo identification cards to voters nationwide in 1993 to prevent fraudulent voting
4. Voting by postal ballot: in action since 2013 for special voters , people on election duty and oversea diplomats
5. The creation of NOTA : none of the above as a ballot choice in 2013
6. Voter verifiable paper audit trail (VVPAT) introduction.
7. And recently the scrapping of an opaque, election funding system of India the electoral bonds which are now nullified and banned.

ADVANCEMENTS IN VOTING METHODS :

The voting methods in India have advanced from ballot papers to EVMs Through past years only just transformation in voting methods but various innovative approaches are also induced in the electoral system to facilitate and ensure the ease in functioning and conduction of the celebration of Indian democracy, “the elections”.

1. During the initial two elections, distinct ballot boxes were placed in the polling booth, each designated with the name and symbol of a candidate. Voters were required to deposit their blank ballot paper into the box corresponding to the candidate they wished to endorse.
2. Following the second election, the voting process transitioned to each voter receiving a ballot paper featuring the candidates' names and symbols. Subsequently, each voter was obliged to place their ballot paper into a shared, central ballot box.
3. Electronic Voting Machines (EVMs): The Electronic Voting Machine debuted in Kerala, India, in 1982. By 2003, all state elections utilized EVMs, prompting their use in the 2004 Lok Sabha elections. EVMs enable voters to cast their votes by selecting the candidate's name or image and pressing a button. With the introduction of Voter Verifiable Paper Audit Trails (VVPATs), transparency becomes the cornerstone, as citizens witness their choices etched in ink, affirming their faith in the sanctity of the ballot.

4. Paper Ballots: also known as mail-in ballots, allow registered voters to cast their votes by mail instead of physically going to a polling station, special voters, absentee voter Or people on duty on election day are the eligible voters To apply for a postal ballot, eligible voters must apply, Form 12 D.

5. Multi Constituency Remote Electronic Voting Machine: included in the remote voting options this method would allow people who migrate within the country for employment and opportunity (almost 450 million, as per the latest 2011 census) to vote for their home constituencies from remote locations.

6. Braille Ballots: the Election Commission have also introduces ballot paper in Braille for visually-impaired voters to ensure the elections are facilitated for people with visual disability without any hindrance
it was first introduced in Meghalaya, Braille-enabled ballot papers will be made available at all polling booths to ensure wider participation in 2019 Lok Sabha elections.

CONCLUSION:

Through the years since independence, India and it's people have see tremendous ups and downs of it's very own electoral system from introduction of EVMs to abolish of electoral bonds or fighting against the corruption inside the system it's people have strive toward the betterment of the country not just to maintain the sovereignty integrity and democracy but to make the country a safe and sound place a breathable nation with trust and peaceful coexistence of diversity, it would not appropriate to remark that any nation is free from all the social, political Or capitalistic influence but that's what make India the largest democracy in the world and give it's people strength to raise it's voice in grandiose harmonious opportunity with each electoral cycle to reaffirm it's commitment to the ideal approach of democracy irrespective of caste, religion or social background and that's what the electoral journey of India have witnessed ever since the independence by the and people for the people.

Bhumika Panwar

BCA II Year

CELEBRATING DIVERSITY : CHERISHING WISDOM OF LIFE

During the making of greatest of epilogue ever sung and heard in the passage of history, Lord Krishna on his chariot whispered the elixir of life to Arjuna



“Every selfless act, Arjuna, is born from Brahman, the eternal, infinite Godhead. He is present in every act of service. All life turns on this law, O Arjuna. Whoever violates it, indulging his senses for his own pleasure and ignoring the needs of others, has wasted his life. But those who realize the Self are always satisfied. Having found the source of joy and fulfillment, they no longer seek happiness

from the external world. They have nothing to gain or lose by any action; neither people nor things can affect their security. Strive constantly to serve the welfare of the world; by devotion to selfless work one attains the supreme goal of life. Do your work with the welfare of others always in mind.”

‘Culture’ plays a potent role in shaping the way a society lays its foundation, grows and prospers. I was born and brought up in the cradle of Indian ideology and culture. Thus in every saying of my mother I was taught a lesson, the books of folklore and the Panchtantra also instill a sense of a life lesson. The streets of my nation bustle with the voices of millions of its folk with a variety of intermingling ideologies. The entire tune mingles in a harmonious song that christens every aspect of my growth. Thus when it comes to learning and inculcating certain habits from my culture there are many. As I embark on my journey through the pages of the epics like Mahabharata and Ramayana or the shlokas of Geeta there are many anecdotes to learn from.

For the growth and fostering of any organization it is skills such as cooperation and togetherness that are quite imperative. To make the idea of “our commonwealth” a triumph we need to learn from the best of the cultures around the world. Dozens of religions, languages and ethnic groups have shaped incredible India the land that’s a living example of unity and diversity serves at its best to learn from.

The Mahabharata, an ancient Indian epic, isn't just a tale of historical events and heroic battles; it's a treasure trove of profound life lessons and insights that

hold relevance for generations to come. Rooted in a time when dharma (righteousness) and karma (action) were the guiding principles, the Mahabharata offers a wealth of wisdom that continues to resonate with the complexities of modern life. Let's delve into some of the valuable lessons and takeaways that this epic imparts to the present generation.



Selflessness and Compassion

Kunti, the mother of the Pandavas, exemplifies selflessness and compassion. When her sons were struggling and living in a village after the war, she didn't hesitate to send her son, Bhima, to help a Brahmin family. Her actions remind us of the importance of helping others even in the face of personal challenges. In my cultural persuade I can acknowledge that qualities such as compassion and selflessness are a milestone in a successful venture of any organization. Institution before individual is my motto in life and as I see mother Kunti let me present another extract from the history. The lore of Panna dhai nursemaid of Prince Udai Singh of Mewar, son of mighty Rana Sanga. After the defeat at the battle of Chittor Vikramaditya deceived a vicious plan to kill Prince Panna Dhai for the succession of Mewar replaced his coeval son Chandan in the cradle. Only the dream aftermath can send chills across spine. Long lived the kingdom of Mewar and so our commonwealth. "Service Before Self" is the motto of the Indian Army, also known as Seva Asmakam Dharma. The motto means that soldiers should prioritize the safety and security of the nation, and inspire the youth to love and respect the country.

The Role of Mentorship

The Mahabharata highlights the significance of mentorship through the relationship between Krishna and Arjuna. Krishna's guidance and wisdom serve as a valuable source of inspiration and counsel. This dynamic underscores the transformative impact of mentorship and the importance of seeking guidance from experienced individuals in our personal and professional journeys. Mentor or guru is considered as an incarnation to lord in Indian culture. The mentor shows the righteous path to the civilization. A correct guide and expertise can move mountains and so it's imperative that for a consortium to foster we need a right set of mentors and more than that we need the respect towards mentor. Eklavya in Mahabharata chopped his right thumb and gifted as his educator's fees to Guru Dhorna.

Sometimes we may wonder, "What does the Bhagwat Gita teach us in modern times?" The ancient wisdom from the pages of Bhagavad Gita is very relevant to today's life. A succinct answer to the question of what the Bhagavad Gita teaches

is that it teaches us Universal principles for yourself, any services, business or work.

Being Successful

The Bhagavad Gita teaches you the technique of productivity by unraveling the formula for success, which is based on three essential disciplines of concentration, consistency and cooperation. Furthermore, the chapter on karma yoga spells out exactly how one should act to maximize productivity and achieve success: by letting go of ego (ownership of your work) and focusing on the action, rather than the results (or rewards) that accrue.

Indian communication theory is also centered on the concept of levels of language, which is based on the Rig Veda. These levels are Para, Pasyanti, Madhyamika, and Vaikhari, and are suited to different types of minds, temperaments, and intellectual capacities. Indian communication is known for being polite and indirect, and people may speak in an appeasing manner to avoid conflict with those they don't know well. In business settings, people may try to make initial contact indirectly through intermediaries because they may be reluctant to do business with strangers. In India, credibility is built through relationships, and there is no business without friendship.

My fundamental stands uprights and are gleaming bright to see us together building a strong commonwealth. During my journey through the pages I have delved from the battlefields of Panipat to the streets of India and finalized the best of the practices around my culture. There are many more to learn and many more to practice.

“Culture is the name for what people are interested in, their thoughts, their models, the books they read and the speeches they hear” by **Walter Lippmann**.

Princi Pahlwani
(B.com IInd year)

DE-STRESSING TIPS FOR STUDENT LIFE

Student life is a unique and exciting phase, but it often comes with its share of stress and pressure. Balancing academics, extracurricular activities, social life, and sometimes even part-time jobs can be challenging. Here are some effective tips to help students manage and reduce stress, ensuring a healthier and more enjoyable student life.

1. Time Management

Effective time management is crucial for reducing stress. Create a schedule that includes time for studying, breaks, and leisure activities. Prioritize your tasks and avoid procrastination. Using planners or digital tools can help keep track of deadlines and assignments, ensuring you stay organized and focused.

2. Regular Exercise

Physical activity is a powerful stress reliever. Exercise releases endorphins, which improve mood and reduce stress. Whether it's a gym workout, yoga, jogging, or even a brisk walk, incorporating regular exercise into your routine can significantly enhance your physical and mental well-being.

3. Healthy Eating

A balanced diet plays a vital role in managing stress. Avoid excessive caffeine and junk food, which can lead to energy crashes and increased anxiety. Instead, focus on eating nutritious foods like fruits, vegetables, whole grains, and lean proteins. Staying hydrated is equally important, so drink plenty of water throughout the day.

4. Adequate Sleep

Getting enough sleep is essential for stress management. Lack of sleep can negatively impact your concentration, memory, and overall health. Aim for 7-8 hours of sleep each night and establish a regular sleep schedule. Creating a calming bedtime routine, such as reading or meditating, can help improve the quality of your sleep.

5. Take Breaks

Taking regular breaks is necessary to prevent burnout. When studying, use techniques like the Pomodoro Technique, which involves working for 25 minutes and then taking a 5-minute break. Engage in activities you enjoy during these breaks, such as listening to music, going for a walk, or chatting with a friend.

6. Positive Thinking

Maintaining a positive outlook can significantly reduce stress levels. Practice positive self-talk and focus on your strengths and achievements. Setting realistic goals and celebrating small victories can boost your confidence and motivation.

7. Social Support

Connecting with friends and family is essential for emotional well-being. Don't hesitate to talk about your stress and seek support when needed. Joining clubs, groups, or activities that interest you can also provide a sense of community and belonging.

8. Hobbies and Interests

Engaging in hobbies and interests outside of academics can be a great way to relax and de-stress. Whether it's painting, playing a musical instrument, gardening, or any other activity you enjoy, spending time on your hobbies can provide a much-needed break and enhance your creativity.

9. Mindfulness and Meditation

Practicing mindfulness and meditation can help calm the mind and reduce stress. These techniques involve focusing on the present moment and letting go of negative thoughts. There are many resources available, including apps and online videos, to guide you through mindfulness and meditation exercises.

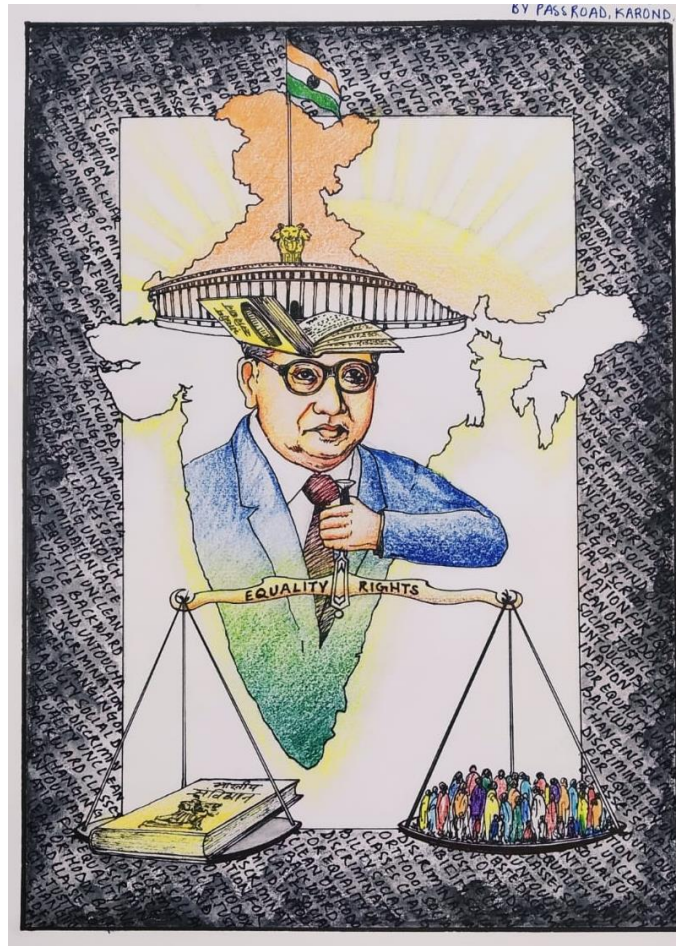
10. Seek Professional Help

If stress becomes overwhelming and starts to affect your daily life, don't hesitate to seek professional help. Counselors and therapists can provide support and

strategies to cope with stress. Most educational institutions offer counseling services, so take advantage of these resources.

Stress is an inevitable part of student life, but it can be managed effectively with the right strategies. By incorporating these tips into your daily routine, you can create a balanced and healthier lifestyle. Remember, taking care of your mental and physical well-being is crucial for academic success and overall happiness. Prioritize self-care and don't be afraid to seek help when needed.

Dr. Madhavi Gaur
Head, Department of Zoology

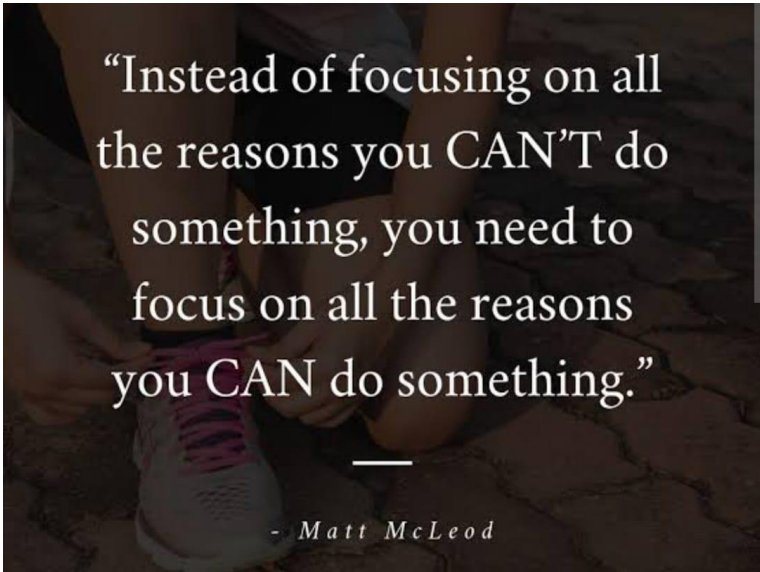


Ayushi Namdev
BCA I Year

DEAR ABBA

*Memories of you are mine to keep
In all my hopes and dreams
These emotions still run deep
Everything that you left behind
Is more than enough for a lifetime
Your smile,
Your laughter,
Your voice,
That calmness on your face
That patience and that grace
It lingers all over my space.*

**Ms. Bushra Khan
Alumni**



“Instead of focusing on all
the reasons you CAN’T do
something, you need to
focus on all the reasons
you CAN do something.”

—
- Matt McLeod

सिंधी भाषा और संस्कृति - एक अनुभव

इन चौदह वर्षों में, मैं जितना सिंधी भाषा और संस्कृति को जान पाई हूँ,
उन्ही कुछ सुंदर भावों को, शब्दों की माला में पिरोकर आप सभी के समक्ष ले आई हूँ।
विस्थापन के दंश से, समाज के उबरने का प्रयास कमाल है,
संघर्षों के बीच शून्य से शिखर तक पहुंचना बेमिसाल है।।
राष्ट्रवाद के परम हितैषी, कठिन परिश्रम व मृदुभाषिता इनकी पहचान हैं,
सिंधी युवा विशेषकर इस समृद्ध विरासत के हकदार हैं।।

हरि ॐ] जय झूलेलाल, भाऊ जी का अभिवादन और संबोधन, बड़ों के लिए सम्मान हैं,
डाडो- सुटठो जैसे प्यारे शब्द, सिंधी भाषा की खूबसूरती और मान हैं।।
चेटीचंड, थदरी, तीजड़ी, गोगा, तिरमुरी जैसे प्रमुख त्यौहार, सिंधी संस्कृति की पहचान हैं,
सिंधी कढ़ी, चौपे, डोडे, दाल - पकवान जैसे सिंधी व्यंजनों के स्वाद बेमिसाल हैं।।
उद्यमिता के क्षेत्र में यह दे रहे अनुकरणीय योगदान,
रोजगार सृजनकर्ता ये, व्यवसाय इनकी खास पहचान।।
शिक्षा - स्वास्थ्य से जुड़कर करते सामाजिक सरोकार के अतुलनीय काम,
देश - विदेश में रहकर भी बड़ा रहे देश का गौरव और मान।।
युवाओं से अनुरोध है इतना सीखे और सहेजे सिंधी भाषा और संस्कृति को,
वरिष्ठजनों से विनय यही है, बनकर सिंधी भाषा और संस्कृति के संरक्षक,
युवा पीढ़ी में इसके संवाहक बने।।

सादर

प्रो. दीपिका सक्सेना
प्राध्यापक, वाणिज्य
संत हिरदाराम गर्ल्स कॉलेज, भोपाल

STOP PLASTIC POLLUTION



Divya Prajapati
B.C.A., III Yr.

नेतृत्व के मुद्दे: जबकि राहुल गांधी विपक्ष का एक प्रमुख चेहरा बने हुए हैं, मोदी के बराबर एकीकृत और करिश्माई नेतृत्व की कमी विपक्ष के लिए एक महत्वपूर्ण कमी रही है। इस नेतृत्व अंतर ने विपक्ष के लिए मतदाताओं के सामने एक एकजुट विकल्प पेश करना चुनौतीपूर्ण बना दिया है।

हिंदू-मुस्लिम संबंध: मोदी द्वारा अयोध्या में हिंदू मंदिर के उद्घाटन ने हिंदू मतदाताओं के बीच उनके समर्थन को और मजबूत किया है, लेकिन इससे सांप्रदायिक तनाव भी बढ़ गया है। हिंदू राष्ट्रवाद पर भाजपा के फोकस ने मतदाताओं का ध्रुवीकरण कर दिया है, जिसका विभिन्न क्षेत्रों में मतदाता व्यवहार पर महत्वपूर्ण प्रभाव पड़ा है।

संक्षेप में, कल्याणकारी पहलों, मजबूत राष्ट्रवादी बयानबाजी और रणनीतिक जाति संरेखण के संयोजन की विशेषता वाला मोदी का नेतृत्व, 2024 के आम चुनाव में मतदाताओं की धारणाओं और व्यवहार को महत्वपूर्ण रूप से आकार देते हुए, भारतीय राजनीतिक परिदृश्य पर हावी है।

सोनम जैन
सहायक प्राध्यापक, मैथमेटिक्स डिपार्टमेंट



By Soumya Saxena
B.B.A. I Year

"नारी शक्ति"

नअबला हू ,न बेचारी हू
गोर से देखो तुम मुझे मैं नारी हू;
न अबला हू ,न बेचारी हू
गोर से देखो तुम मुझे मैं नारी हू;
मैं पायल की झंकार हू, मैं तलवार की तत्कार हू
मैं सौम्या रत्य हू दुर्गा का,मैं रड़ चांदी का अवतार हू
मैं शिव की शक्ति हू, मैं देवो की भक्ति हू
मैं उन्नति की उपवक्ति हू, मैं जीवन की अभिव्यक्ति हू;
बचपन से ही नारी अपना हर फर्ज निभाते है
कभी वो माता कभी बेटी कभी वो पत्नी बन जाती
साथशील वो सहनशील वो हर रंग में रंग जाती है
मुसीबत जो आए उसपे नारी अपनी शक्ति दिखलाती है ;
के ए समाज अब तू मान, नारी शक्ति का कर समान
तभी तो कहलाएगा, यह देश महान;
के अवनी चतुर्वेदी वाली तुम साहस भरी उड़ान हो
लता दीदी वाला तुम मां सरस्वती का वरदान हो
कल्पना चावला की आस हो
एक पर से एवरेस्ट चढ़ी उस अरुणिमा का विश्वास हो;
थीसिस थॉमस की मिसाइल , ऐश्वर्या का ताज हो तुम
गोरा देवी बनकर जन्मी उन करोड़ों पेड़ों की आस हो तुम
दीपा मालिक साबन हो, पी. टी उषा जेसी आंधी हो
तुम्ही तो दुश्मनों पर हत्यार चलाने वाली वो इंद्रा गांधी हो;

जो सितारे आज आसमान पर चमकते हैं
उन्हे २००१० लाने लाज वाली किया की हूँ मैं
अखाड़ पर
हराने वाली गीता हूँ मैं;
कुछ लोग जो मुझे कमजोर समझते हैं
शायद उनकी सोच से भी जहर हूँ मैं
क्या सोच रहे हो वो पुरानी
नहीं नहीं आज की नारी हूँ मैं;
क्या सोचते हो तुम मुझे मारकर पीटकर
यूँ बदनाम कर दोगे ?
तुम्हारी इसी सोच पर अब
अल्पविराम हूँ मैं;
जो मुझे कुछ नहीं समझते
उनके लिए क्वेश्वन साहू मैं
और जो मुझे कुछ समझा हैं
उनके लिए एक मिसाल ही मैं;
जो जुल्म सदियों से करते हुए आ रहे हो
, और हमारे हृदय में आग लगा रहे हो
उस आग से निकली हुई कगार मैं
कोई कमजोरी बेचारी या अबला नहीं हूँ मैं
आज की नारी हूँ मैं, आज की नारी हूँ मैं;
आओ अब करलो मुकाबला काबला
किसी से कम नहीं हमें
आओ अब ५०००८ ७००अु काबला
किसी से कम नहीं हूँ मैं;
तुम्हारे घर में तो क्या इस देश के बॉर्डर पर भीह मैं

जहा न्याय मिलता है उस अदालत में भी हू
और जहा जीवन दान मिलता है
उस अस्पताल में भी हू मैं;
घर 2 कोई मेरा अधिकार छीन नहीं सकता
अब मुझे कोई मरने के लिए मजबूर नही कर सकता
अब मुझे कोई दहेज के लिए जला नहीं सकता
अब मुझे कोई राहों में अकेला देख मुझसे खेल नहीं सकता
क्योंकि उन सबको पता है अब उन सबके लिए एक सजा हू मैं
कोई कमजोर बिचारी या अबला ही हु मैं
आज की नारी हू मैं आज की नारी हू मैं...।
धन्यवाद

Sakshi Israni
B.Sc. I Year



Ayushi Namdev
BCA I Year

SOCIAL MEDIA AND MENTAL HEALTH

Information and communication technology has changed rapidly over the past 20 years, with a key development being the emergence of social media.

The pace of change is accelerating. For example, the development of mobile technology has played an essential role in shaping the impact of social media. Across the globe, mobile devices dominate in terms of total minutes spent online. They put the means to connect anywhere, at any time on any device in everyone's hands.

Human beings are social creatures. We need the companionship of others to thrive in life, and the strength of our connections has a huge impact on our mental health and happiness. Being socially connected to others can ease stress, anxiety, and depression, boost self-worth, provide comfort and joy, prevent loneliness, and even add years to your life. On the flip side, lacking strong social connections can pose a serious risk to your mental and emotional health.

In today's world, many of us rely on social media platforms such as Facebook, X (formerly Twitter), Snapchat, YouTube, TikTok, and Instagram to find and connect with each other. While each has its benefits, it's important to remember that social media can never be a replacement for real-world human connection. It requires in-person contact with others to trigger the hormones that alleviate stress and make you feel happier, healthier, and more positive. Ironically for a technology that's designed to bring people closer together, spending too much time engaging with social media can actually make you feel more lonely and isolated—and exacerbate mental health problems such as anxiety and depression.

*Ms. Gresy Singh
B.Com Ist Year*

CHALLENGES AND TRIUMPHS-MY COLLEGE ODYSSEY

A great philosopher, Amelia Earhart, once said, 'The most difficult thing is the decision to act. The rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the procedure, the process is its own reward.'

The quote mentioned above made me realize that the initial step of deciding to act is often the most challenging part. However, once we commit to a decision and take action, the subsequent journey is built on determination and perseverance. It assured me that the challenges and obstacles we face become surmountable.

Reflecting on my journey from being a keen student to a confident performer, I am writing this article to express my heartfelt appreciation towards my college. The education, resources, and support I received throughout my time there played a crucial role in helping me groom my personality. My college journey was incredibly fulfilling, and I was able to accomplish everything I had ever hoped to achieve as a student. I strongly believe that every individual has some hidden potential within themselves, waiting to be discovered. They just need a mentor who can guide and instill confidence in them. I am grateful to my esteemed professor, Dr. Neha Gupta, who recognized my potential for public speaking and showed me a way to hone my skills by selecting me to be a part of the SHGC's literature committee. Our committee strives to empower literary enthusiasts by organizing various events to showcase their talents. Through which have successfully created platforms at both intra and inter-college levels for students to exhibit their lesser-known skills.

Being a part of this committee has been a great opportunity for me, as I have had the privilege to represent my institution at various public speaking competitions and enhance my knowledge.

I am proud to share my accomplishments in the field of oratory. Over the course of my journey, I have participated in more than ten debates, group discussions, PowerPoint presentations, and other similar competitions held in Bhopal. Despite facing various challenges and nerve-wracking situations, I have emerged victorious and have been awarded numerous trophies and certificates. The competitions have always been intense, with highly talented and well-prepared contenders. However, the learning and growth that I have experienced have been incredibly rewarding. Two of my most cherished achievements include winning a

state and district-level debate competition. The state-level competition was organized by the Madhya Pradesh Forest Department, where I secured the first position. When I went up on stage to receive my award from the Forest Minister of Madhya Pradesh, Mr. Vijay Shah, I could feel it that my hard work had paid off. The Forest Department of Madhya Pradesh sponsored a one-day trip to the Satpuda tiger reserve for all the winners, which was the most exciting part as it was my first self-earned trip. Secondly, I participated in the district-level debate competition organized by the “Pandit Kunjilal Dubey Rashtriya Sansadiya Vidhyapeeth” and won a cheque of Rs. 5000/-. The experience of presenting my arguments in front of eminent judges, including government officials and journalists, was exceptional.

I also received a merit certificate in a national-level essay writing competition organized by the UNI Information Center for India and Bhutan. It is an unexpected highlight of my journey. Additionally, I still cherish the moment when our principal, Dr. Dalima Parwani, gave me the title of Miss Charismatic at the valediction ceremony. The list of good memories that I took from SHGC goes on and on, but most importantly, it helped me understand that by facing our fears head-on, we can discover our capacity to achieve and overcome them.

Our esteemed Bhauji has been an exceptional spiritual leader, shaping the character of the students of our college with strong ethics and values. The entire faculty of Sant Hirdaram Girls College has worked tirelessly in all areas, including education, socialization, emotional and physical well-being, spirituality, and behavior. Their efforts aim to equip each student with the skills necessary to

become a valuable asset for future generations and have truly embodied the true essence of their vision of “Women

Empowerment”.

As an alumna, I am thrilled to stay connected with SHGC and promise to continue its legacy.

*Shema Mehfooz
Alumni*

**EMBRACING EARTH: A POETIC JOURNEY THROUGH
NATURE'S SPLENDOR**

*In realms where wildflowers whisper dreams, Lit by the morning's gentle beams,
Nature crafts her silent songs,
In fields where tranquility belongs. Rising with a stately grace, Mountains carve the
sky's embrace,
Echoing the ancient breeze,
Guardians of the quiet seas. Beneath the forests' verdant crown, Life whispers
secrets, old and profound,
Birds weave melodies, clear and bright,
Orchestrating the dance of light. The ocean's heartbeat, deep and strong, Cradles the
earth, sings the moon's song,
Its waves kiss shores in rhythmic grace,
A timeless waltz in nature's embrace. Under starlit skies so wide, The world breathes
out at eventide,
Here, amid the vast serene,
We touch the beauty, pure, unseen. In each verse that nature pens, From mountain
heights to wooded dens, Lies a story, rich and vast,
In her beauty, truths are cast.*

**Saniya Ali
B.Sc Final Year**

लोकतंत्र की ताकत: युवाओं की भागीदारी और मतदान का महत्व

'युवा किसी भी देश की संपत्ति होते हैं और राष्ट्र निर्माण में उनकी भूमिका को नजरअंदाज नहीं किया जा सकता। भारत जैसे लोकतांत्रिक देश में युवाओं के लिए यह अत्यंत महत्वपूर्ण है कि वे अपने अधिकारों को अच्छी तरह से समझें और लोकतांत्रिक प्रक्रिया में सक्रिय रूप से भाग लें। मताधिकार का प्रयोग इस प्रक्रिया का एक महत्वपूर्ण पहलू है, जो न केवल उनके अधिकारों के प्रति सजगता का प्रतीक है, बल्कि स्वयं के और देश के भविष्य को विकास और प्रगति प्रदान करने का एक माध्यम भी है।'

भारत विश्व का सबसे बड़ा लोकतांत्रिक देश है जहां संघीय सरकार प्रत्येक पांच वर्ष के अंतराल पर चुनाव के माध्यम से चुनी जाती है। इस प्रक्रिया में देश के नागरिक सीधे तौर पर भाग लेते हैं, और हर एक वोट मायने रखता है। लोकतंत्र तभी फलता-फूलता है और जीवंत दिखता है जब हर नागरिक, विशेषकर युवा, इसमें भाग लेते हैं।

18 वर्ष की आयु पूर्ण कर चुके युवाओं के लिए यह अनिवार्य है कि वे अपना नाम निर्वाचन आयोग में दर्ज कराएं। युवाओं को यह समझना होगा कि उनके मत का अधिकार उन्हें अपने देश के भविष्य को निर्धारित करने का शक्ति देता है। हमें अपनी लोकतांत्रिक मर्यादाओं का सम्मान करते हुए, धार्मिक, जातीय और वर्गीय भेदभाव से ऊपर उठकर, देश के हित को ध्यान में रखते हुए अपने मत का प्रयोग करना चाहिए।

सरकार चाहे कोई भी हो, शिक्षा के क्षेत्र में सुधार अत्यंत आवश्यक है। किसी राज्य की शिक्षा की बुनियाद मजबूत नहीं है तो वह राज्य विकास नहीं कर सकता। इसके साथ ही, सड़कों, पेयजल, स्वास्थ्य जैसी मूलभूत सुविधाओं की ओर भी ध्यान दिया जाना चाहिए। समाज को शिक्षित कर युवा वर्ग को रोजगार प्रदान करना अत्यंत महत्वपूर्ण है। इसी सोच के साथ युवा अपने वोट का सही इस्तेमाल कर सकते हैं और एक ईमानदार प्रत्याशी का चयन कर सकते हैं।

नए मतदाताओं का नया दृष्टिकोण और एक युवा मतदाता की ऊर्जा चुनावी परिदृश्य को जीवंत बना देती है। साथ ही, उत्तरदायित्व की भावना को बढ़ा देती है। युवा निर्वाचित प्रतिनिधियों को जवाबदेह बनाने और जनता से जुड़े मुद्दों का समर्थन करने के लिए सोशल

मीडिया का प्रभावी ढंग से प्रयोग कर सकते हैं। इस प्रकार वे लोकतंत्र को मजबूत करने में अपनी महत्वपूर्ण भूमिका निभा सकते हैं।

देश में इन दिनों आम चुनाव हो रहे हैं और ऐसे में युवाओं की महत्वपूर्ण भूमिका की तरफ ध्यान आकर्षित करना आवश्यक है। प्रधानमंत्री नरेंद्र मोदी ने अपने मासिक रेडियो कार्यक्रम 'मन की बात' में चुनावी प्रक्रिया में युवाओं की सहभागिता के महत्व पर जोर दिया है। पहली बार मतदाता बने युवाओं के लिए लक्षित निर्वाचन आयोग के 'मेरा पहला वोट देश के लिए' अभियान के महत्व को भी उन्होंने रेखांकित किया है। उन्होंने भारत के युवाओं के जोश और उत्साह की सराहना की है और उन्हें सक्रिय रूप से मतदान में भाग लेने की अपील की है।

छात्रों को चुनावी प्रक्रिया की तरफ आकर्षित एवं शिक्षित करने हेतु महाविद्यालयों के एनएसएस स्वयंसेवक 'मेरा पहला वोट देश के लिए' अभियान में सक्रिय रूप से सहभागिता कर रहे हैं। यह जिम्मेदारी उठाने और अपनी सामूहिक आवाज की ताकत का उत्सव मनाने के लिए हमें एकजुट होना चाहिए।

युवा भारत का भविष्य हैं और उनकी भागीदारी लोकतंत्र को मजबूत बनाने में अत्यंत महत्वपूर्ण है। इसलिए, प्रत्येक युवा को अपने मताधिकार का प्रयोग करते हुए देश के विकास और प्रगति में योगदान देना चाहिए।

डॉ. वर्षा मंडवारिया
विभागाध्यक्ष, गणित विभाग



Ayushi Namdev
BCA I Year

DREAM JOB AND HAPPINESS

Finding happiness in our careers is a universal desire. Many of us spend a significant portion of our lives working, so it's natural to seek fulfillment and satisfaction in our professional endeavors. One key aspect of this quest for happiness is the concept of the "dream job."

What is a Dream Job?

A dream job is more than just a source of income; it's a role that aligns with our passions, values, and interests. It's the kind of work that excites us, motivates us to excel, and gives us a sense of purpose. While the specifics of a dream job vary from person to person, the underlying theme is the same: it's a job that brings joy and fulfillment beyond the paycheck.

The Importance of Pursuing Passion

One of the main reasons why a dream job is linked to happiness is because it often involves pursuing our passions. When we're passionate about what we do, work doesn't feel like a chore; it becomes a source of joy and inspiration. Whether it's writing, painting, coding, or helping others, following our passions in our careers allows us to tap into our full potential and experience a profound sense of fulfillment.

Consider the example of Aarav, a young software engineer who turned his love for technology into a thriving career. By pursuing his passion for coding, Aarav not only found success in his professional life but also discovered a deep sense of happiness and contentment.

Fulfillment and Satisfaction

Beyond passion, fulfillment and satisfaction play crucial roles in the pursuit of happiness in our careers. When we feel fulfilled by our work—when we know that our efforts make a difference, when we see the impact of our contributions—it brings a sense of accomplishment and pride.

Research has shown that individuals who find meaning and purpose in their jobs are more likely to experience higher levels of happiness and life satisfaction. Whether it's helping others, solving complex problems, or creating something meaningful, finding fulfillment in our work is essential for overall happiness.

Balancing Work and Life

While finding a dream job is important, it's equally crucial to maintain a healthy work-life balance. No matter how fulfilling our careers may be, happiness also stems from our relationships, hobbies, and personal well-being. A balanced life allows us to recharge, pursue other interests, and spend time with loved ones, all of which contribute to our overall happiness and fulfillment.

In conclusion, the pursuit of a dream job is intricately linked to the pursuit of happiness. By following our passions, seeking fulfillment in our work, and maintaining a healthy work-life balance, we can create a life filled with meaning, joy, and contentment. So, as you embark on your career journey, remember to chase not just success, but also happiness.

Ruchi Malviya
B.Com I Year



Soumya Saxena
BBA I Year

बचपन

वो दिन भी क्या दिन थे
जब हम बच्चे थे
हां अक्ल के थोड़े कच्चे थे
पर मन के बड़े सच्चे थे
ना थी किसी बात की फिक्र
करते थे हर बात का जिक्र
ना थी जिंदगी की भाग दौड़
टीचर होमवर्क ना करने पर
पकड़ती थी कान और देती थी मोड़
हर किसी के लिए अनमोल होते हैं
ये बचपन के पल
अब जब याद करते हैं उन दिनों को
तो लगता है जैसे बीता हुआ कल
दोस्तों के साथ खेलने का अलग ही मज़ा था।
जिंदगी ऐसी मोड़ लेगी कि बिछड़ जाएंगे बचपन के यार हमें क्या पता
था।
बस यही है जिंदगी की रीत
बड़े होकर गाते हैं बचपन की कहानियों का गीत।

एकता कालरा
एल्युमिनी

WOMEN'S HEALTH AND WELL BEING : ADVOCATING FOR COMPREHENSIVE CARE AND RIGHTS

Introduction-

Numerous studies show that, generally, women deal with more health issues than men. Women have many conditions to watch out for, including osteoporosis, menopause, and mental health. However, one should always know that there are several things women may take to shield themselves from contracting any health condition. Women's health and well-being are integral components of societal progress and prosperity. However, despite significant advancements in healthcare, women around the world continue to face unique challenges and disparities in accessing comprehensive care and exercising their rights. In this essay, we will explore the importance of advocating for women's health and well-being, discuss the barriers they encounter, and propose strategies for achieving equitable healthcare and rights for all women.

Definition & Scope-

Women's experience of health and disease differ from those of men, due to unique biological, social and behavioral conditions. Biological differences vary from phenotypes to the cellular biology, and manifest unique risks for the development of ill health. The World Health Organization (WHO) defines health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". Women's health is an example of population health, the health of a specific defined population.

Women's health has been described as "a patchwork quilt with gaps". Although many of the issues around women's health relate to their reproductive health, including maternal and child health, genital health and breast health, and endocrine (hormonal) health, including menstruation, birth control and menopause, a broader understanding of women's health to include all aspects of the health of women has been urged, replacing "Women's Health" with "The Health of Women". The WHO considers that an undue emphasis on reproductive health has been a major barrier to ensuring access to good quality health care for all women. Conditions that affect both men and women, such as cardiovascular disease, osteoporosis, also manifest differently in women. Women's health issues also include medical situations in which women face problems not directly related to their biology, such as gender-differentiated access to medical treatment and other socioeconomic factors. Women's health is

of particular concern due to widespread discrimination against women in the world, leaving them disadvantaged.

Understanding the importance of Women's health

Women's health can be a barometer of a nation's progress. Countries afflicted by poverty, corruption, war or weak governance often neglect their most vulnerable citizens. Frequently these are women. When women are unhealthy, their productivity is lowered and their children and families are less secure. This has an economic impact. So investing in women's health makes sense from both an economic and a human rights perspective.

Women live longer than men, statistics show, but they may spend a greater proportion of their lives in poor health for a variety of reasons, attributable less to biological differences than to poverty and gender discrimination. Poor families may invest less in their daughters, giving them less nutrition, health care and education than their sons. Such disadvantages early in life have long-term consequences for girls' health and well-being. For example, adolescent childbearing, common in countries and communities that condone child marriage, poses health risks and limits life prospects for the teen mothers and their children. If women are undernourished they risk having low birth-weight babies who, in turn, face a higher risk of early death and poor health. An added threat to the health of women and girls exists in countries where there is a cultural preference for sons, such as China and India. Sex-selective abortions and female infanticide are responsible for millions of "missing girls."

The good news is that today women are marrying later throughout the developing world. They are delaying first births and having fewer children than their mothers did. These trends reflect the fact that more girls are staying in school and more women and couples are practicing family planning. But there still is a large unmet need for family planning. Improving women's health starts by recognizing that women have different needs from men and unequal access to health care. Focusing a "gender lens" on health services is necessary to reveal and address the inequalities between men's and women's care. This means paying more attention to girls, adolescents and marginalized women who suffer from poverty and powerlessness and changing the attitudes and practices that harm women's health. Also, men should be partners in promoting women's health, in ensuring that sex and childbearing are safe and healthy and in rearing the next generation of young leaders — both girls and boys. **Women's health** differs from that of men's health in many unique ways. Women's health is an example of population health, where health is defined by the World Health Organization as "a state of complete physical, mental and social well-being and not merely the absence of disease or

infirmity". Often treated as simply women's reproductive health, many groups argue for a broader definition pertaining to the overall health of women, better expressed as "The health of women". These differences are further exacerbated in developing countries where women, whose health includes both their risks and experiences, are further disadvantaged. While the rates of the leading causes of death, cardiovascular disease, cancer and lung disease, are similar in women and men, women have different experiences. Lung cancer has overtaken all other types of cancer as the leading cause of cancer related death in women, followed by breast cancer, colorectal, ovarian, uterine and cervical cancers. While smoking is the major cause of lung cancer, amongst nonsmoking women the risk of developing cancer is three times greater than among nonsmoking men. Despite this, breast cancer remains the most common cancer in women in developed countries, and is one of the major chronic diseases of women, while cervical cancer remains one of the most common cancers in developing countries, associated with human papilloma virus (HPV), a sexually transmitted infection. HPV vaccine together with screening offers the promise of controlling these diseases. Other important health issues for women include cardiovascular disease, depression, dementia, osteoporosis and anemia. Women's reproductive and sexual health has a distinct difference compared to men's health. Even in developed countries, pregnancy and childbirth are associated with substantial risks to women with maternal mortality accounting for more than a quarter of a million deaths per year, with large gaps between the developing and developed countries. Co morbidity from other non-reproductive diseases such as cardiovascular disease contributes to both the mortality and morbidity of pregnancy, including preeclampsia. Sexually transmitted infections have serious consequences for women and infants, with mother-to-child transmission leading to outcomes such as stillbirths and neonatal deaths, and pelvic inflammatory disease leading to infertility. In addition, infertility from many other causes, birth control, unplanned pregnancy, rape and the struggle for access to abortion create other burdens for women.

Life Expectancy-

Women's life expectancy is greater than that of men, and they have lower death rates throughout life, regardless of race and geographic region. Historically though, women had higher rates of mortality, primarily from maternal deaths (death in childbirth). In industrialized countries, particularly the most advanced, the gender gap narrowed and was reversed following the industrial revolution. Despite these differences, in many areas of health, women experience earlier and more severe disease, and experience poorer outcomes.

Despite these differences, the leading causes of death in the United States are remarkably similar for men and women, headed by heart disease, which accounts for a quarter of all deaths, followed by cancer, lung disease and stroke. While women have a lower incidence of death from unintentional injury and suicide, they have a higher incidence of dementia.

The major differences in life expectancy for women between developed and developing countries lie in the childbearing years. If a woman survives this period, the differences between the two regions become less marked, since in later life non-communicable diseases (NCDs) become the major causes of death in women throughout the world, with cardiovascular deaths accounting for 45% of deaths in older women, followed by cancer (15%) and lung disease (10%). These create additional burdens on the resources of developing countries. Changing lifestyles, including diet, physical activity and cultural factors that favour larger body size in women, are contributing to an increasing problem with obesity and diabetes amongst women in these countries and increasing the risks of cardiovascular disease and other NCDs.

Women who are socially marginalized are more likely to die at younger ages than women who are not. Women who have substance abuse disorders, who are homeless, who are sex workers, and/or who are imprisoned have significantly shorter lives than other women.

Reproductive & Sexual health-

Women experience many unique health issues related to reproduction and sexuality and these are responsible for a third of all health problems experienced by women during their reproductive years (aged 15–44), of which unsafe sex is a major risk factor, especially in developing countries. Reproductive health includes a wide range of issues including the health and function of structures and systems involved in reproduction, pregnancy, childbirth and child rearing, including antenatal and prenatal care. Global women's health has a much larger focus on reproductive health than that of developed countries alone, but also infectious diseases such as malaria in pregnancy and non-communicable diseases (NCD). Many of the issues that face women and girls in resource poor regions are relatively unknown in developed countries, such as female genital cutting, and further lack access to the appropriate diagnostic and clinical resources.

Menstrual cycle-

Women's menstrual cycles, the approximately monthly cycle of changes in the reproductive system, can pose significant challenges for women in their reproductive years (the early teens to about 50 years of age). These include the physiological changes that can effect physical and mental health, symptoms of ovulation and the regular shedding of the inner lining of the uterus (endometrial) accompanied by vaginal bleeding (menses or menstruation). The onset of menstruation (menarche) may be alarming to unprepared girls and mistaken for illness. Menstruation can place undue burdens on women in terms of their ability to participate in activities, and access to menstrual aids such as tampons and sanitary pads. This is particularly acute amongst poorer socioeconomic groups where they may represent a financial burden and in developing countries where menstruation can be an impediment to a girl's education.^[128] In the Middle East and North Africa, period poverty and stigma have an influence on girls' education and general well-being. Misinformation and a lack of fundamental knowledge cause girls to miss school during their menstrual cycle and contribute to the prevailing stigma around getting your period.

Comprehensive Care and Rights of women's-

1. **Healthcare Access:** Women should have access to comprehensive healthcare services, including reproductive health services, maternal care, and preventive care. This encompasses access to contraception, prenatal care, safe childbirth, postnatal care, and screenings for conditions like breast and cervical cancer.
2. **Reproductive Rights:** Women should have the right to make informed choices about their reproductive health, including access to safe and legal abortion services. This also includes access to family planning resources and education.
3. **Equal Treatment in Healthcare:** Women should receive equal treatment in healthcare settings, free from discrimination or bias based on gender. This includes addressing issues such as unequal treatment of women's pain and ensuring respectful and dignified care.
4. **Education:** Women have the right to education and information about their health and rights. This includes access to comprehensive sex education, which can empower women to make informed decisions about their bodies and health.
5. **Legal Rights:** Women should have legal protections against gender-based violence, discrimination, and harmful practices such as child marriage and female genital mutilation. Legal frameworks should be in place to uphold women's rights and hold perpetrators of violence and discrimination accountable.

6. **Economic Empowerment:** Women's rights also encompass economic empowerment, including access to employment opportunities, equal pay for equal work, and support for entrepreneurship and economic independence.
7. **Political Participation:** Women should have equal opportunities for political participation and representation, both as voters and as elected leaders. This includes advocating for policies that promote gender equality and address women's specific needs.
8. **Social Support Systems:** Comprehensive care for women should also include social support systems that address the diverse needs of women, including access to affordable childcare, support for caregivers, and resources for women facing poverty or homelessness.
9. **Intersectionality:** It's important to recognize that women's experiences are diverse and intersect with other aspects of identity such as race, ethnicity, class, sexual orientation, and disability. Comprehensive care and rights for women should be inclusive and address the intersecting forms of discrimination and marginalization that women may face.

Overall, ensuring comprehensive care and rights for women requires a multifaceted approach that addresses health, legal, economic, social, and political dimensions of women's lives. It's essential to promote gender equality and create a more just and equitable society for all.

Conclusion:

Advocating for comprehensive care and rights is essential for promoting the health and well-being of women worldwide. By addressing the challenges and barriers they face, including access to healthcare, reproductive rights, mental health stigma, and intersectional discrimination, society can empower women to lead healthy, fulfilling lives. It is imperative that governments, healthcare providers, civil society organizations, and individuals work together to prioritize women's health and rights as integral components of global development and progress. Only through collective action and commitment can we create a world where every woman has the opportunity to thrive and realize her full potential.

*Ms. Neha Goel
Librarian, SHGC*

EXPLORING THE ROLE OF GUT MICROBIOTA IN DIGESTION AND OVERALL HEALTH

Our bodies house countless tiny organisms, especially in our digestive system. These tiny organisms are called gut microbiota, and they play a crucial role in maintaining our health. Gut microbiota includes millions of bacteria, viruses, fungi, and other microorganisms living in our digestive tract. Though some might seem scary, most of these microorganisms are essential for our well-being.

Gut microbiota greatly aids in digestion. They help break down complex carbohydrates, proteins, and fats that our stomach and small intestine cannot fully digest. Furthermore, these microorganisms produce essential vitamins like Vitamin K and some B vitamins, which are vital for our health. They also play a crucial part in supporting our immune system by helping it recognize the difference between harmful and beneficial organisms.

The influence of gut microbiota extends beyond digestion to our overall health. Studies have shown a connection between gut health and mental health, linking the gut and the brain through what is known as the gut-brain axis. Healthy gut bacteria can promote the production of serotonin, a hormone that makes us feel happy. Additionally, the balance of gut bacteria can affect our weight. Some bacteria help break down fiber into fatty acids, regulating fat storage in our bodies. On the other hand, an imbalance can contribute to weight gain and obesity. A significant part of our immune system is located in our gut, and a healthy gut microbiota can ward off harmful bacteria and viruses, making our immune system stronger.

Supporting a healthy gut microbiota is essential and can be done in several ways. Eating a balanced diet rich in fruits, vegetables, and whole grains provides the fiber that good bacteria need. Including probiotics, found in yogurt and fermented foods, and prebiotics, found in garlic, onions, and bananas, can also support gut health. Limiting processed foods, staying hydrated, and exercising regularly are additional steps that promote a healthy gut environment.

In summary, gut microbiota plays a vital role in both digestion and overall health. Maintaining a balance of these tiny organisms through a healthy lifestyle can improve digestion, mental health, weight management, and immune function. Making small changes in diet and lifestyle can significantly impact our gut health, leading to a healthier life. Taking care of our gut microbiota is an essential step towards overall well-being

Rashmi Vishwakarma
(Msc. Food and nutrition II sem)

GOLDEN ERA

In a moment when you step out of your school tree, And old friendships that stayed back on the same streets. There you chose to face the world, By stepping into another furl.

New faces, new relations to be mended, You find out your company to be bonded.

Teachers become deans, professors your new mothers, and classes lectures, There felt a wave that you are new creators.

Stepping into a new era, There begins your life's GOLDEN ERA.

You prove, you try, you fail and cry, though it's sweet and fair, It's your gaining step upon the success stair.

So let us cherish each precious moment every day,

In this warm and secure era, let's make our unforgettable stay. For college life, a fleeting phase,

Leaves memories of the Golden Era that forever blaze.

THANKYOU

Ayushi Saxena
Alumni

HUMANS AND SPIRITS

*The Blue Skies turn to Grey,
No more Stories,
Since you've gone away.*

*The Echoes of Your Smile,
Everything that made Life worthwhile.*

*Like a Light that Guides a way,
May we always find our way.*

*Please take time to listen,
Hear what I have to say,
I'm not really that far away.*

*Whether a journey on earth
Or a Knock on Heaven's Gateway.*

*The Keeper of a very special key
Called the love that still holds a rays*

*For love never fades with time
Only you've known the Darkest of times
Where your light always had shined.*

Hanisha Dadlani
B.Ed. I Year
Session 2023-24

HOSTEL - (THE ANOTHER HOME)

*In the bustling corridors of hostel life,
Where friendships bloom amidst the strife,
Each room a haven, a sanctuary found,
In the heart of chaos, a calming sound.*

*Dormitory walls echo with laughter's song,
As memories are made and troubles prolong,
From late-night chats to early morning woes,
In this shared space, a camaraderie grows.*

*The kitchen's aroma, a symphony rare,
As culinary adventures fill the air,
With pots and pans clinking in harmony sweet,
In culinary quests, we find our retreat.*

*Sleepless nights fueled by caffeine's embrace,
As deadlines loom, we pick up the pace,
Books spread like constellations in the night,
As we navigate through knowledge's might.*

*Yet amidst the chaos, a sense of belonging,
In this transient world, our spirits are thronging,
For in each other, we find our tribe,
In the ebb and flow of hostel life.*

*From whispered secrets to heartfelt confides,
In these shared spaces, our souls collide,
With each passing day, a new tale to tell,
In this microcosm, where we dwell.*

*The clang of doors, the patter of feet,
In this symphony of life, each beat,
A reminder of the bonds we hold dear,
In this transient world, so crystal clear.*

*For hostel life is more than just a place,
It's a tapestry woven with threads of grace,
Where strangers become family, and moments define,
In the mosaic of memories, we intertwine.*

*So here's to the hostel, our home away from home,
Where friendships flourish and hearts roam,
In the tapestry of time, forever enshrined,
Hostel life, an odyssey of the heart and mind.*

Ayushi Makhija
BBA II Year

IN THE SHOES OF MY FATHER

*In the shoes of my father, I walk with pride,
Following his footsteps, side by side.
Each step he took, a lesson to learn,
In his guidance, my respect will always burn.*

*His shoes, worn with stories of toil and care,
Through struggles and triumphs, he did bear.
In their sturdy soles, his journey etched deep,
A legacy of love and wisdom to keep.*

*I fill his shoes with gratitude and grace,
Honoring his path, his strength I embrace.
In the shoes of my father, I find my way,
Guided by his love, come what may.*

**Rasha Hashmi
BSc II Year**

आज के परिवेश में विद्यार्थी जीवन तथा चुनौतियाँ

विद्यार्थी जीवन . सभी के जीवन का सबसे महत्वपूर्ण समय है वो समय जब हम अपने जीवन को एक दिशा प्रदान करते हैं है यदि हम चाहे तो इस समय का सदुपयोग करके अपने जीवन को सोना बना सकते हैं और चाहें तो सोने में गुज़ार सकते हैं है आज के परिवेश में समाज में जो मानसिकता है उसके चलते अधिकतर विद्यार्थी शिक्षा को केवल नौकरी प्राप्त करने का एक साधन मानते हैं है वर्तमान समय के विद्यार्थियों के मस्तिष्क में केवल एक ही धारणा होती है की वह पढ़.लिखकर एक अच्छी नौकरी प्राप्त कर लें है आज के समय में विद्यार्थी सामान्यतः किताबी ज्ञान को अधिक महत्व देते हैं है जबकि आवश्यकता है व्यावहारिक ज्ञान को भी उतनी ही गम्भीरता से समझने की है विद्यार्थियों को यह समझना होगा कि एक अनुकूल जीवन के लिए या किसी भी अच्छी नौकरी के लिए किताबी ज्ञान के साथ ही व्यावहारिक ज्ञान का होना भी उतना ही आवश्यक है है दोनों के तालमेल से ही हम जीवन में आगे बढ़ सकते हैं ।

चुनौतियाँ . आज के इस इंटरनेट के दौर में विद्यार्थियों के पास शिक्षा के साधन की कोई कमी नहीं है है इंटरनेट पर पढ़ने के लिए तथा सीखने के लिए कई चीज़ें उपलब्ध हैं परन्तु आवश्यकता है विद्यार्थियों को अपने भविष्य के प्रति गम्भीरता से सोचने की है मौजूदा समय के विद्यार्थियों ने टालमटोल को अपनी आदत बनाकर अपने व्यक्तित्व में शामिल कर लिया है है इस आदत को छोड़कर समय की कीमत को समझना अति आवश्यक है है साथ ही विद्यार्थियों को अपने व्यक्तित्व में आत्मविश्वास तथा धैर्य जैसे गुण शामिल करने चाहिए है एक ही क्षण में सफलता हासिल नहीं होती है हर सफलता के पीछे लम्बे समय की कड़ी मेहनत होती है इसलिए विफलता से निराश न होकर निरन्तर प्रयास करते रहना चाहिए है सच्ची लगन और कड़ी मेहनत के साथ किये गए प्रयास कभी विफल नहीं होते ।

उपसंहार . तकनीकपूर्ण वातावरण में अनुशासन तथा धैर्य के साथ खुद पर संयम रखना समय की मांग है है यदि आज का युवा इसी तरह घंटों तक स्क्रीन पर बैठकर समय बर्बाद करता रहेगा तो भारत कभी भी एक विकसित देश नहीं बन सकेगा क्योंकि भारत का युवा ही उसकी परम शक्ति है ।

स्क्रीन टाइम काम करके मानसिक शक्ति को बढ़ाने पर बल देना होगा है

व्यावहारिक ज्ञान को महत्वता देनी होगी ।

कला कौशल तथा शारीरिक संतुलन पर ध्यान देने की आवश्यकता है ।

कशिश सोनी
बीसीए द्वितीय वर्ष

NATURE'S TAPESTRY

In fields where colors dance and play, The beauty of a flower holds sway. Petals soft as morning dew, In hues of red, in shades of blue.

Their fragrance sweet, a gentle breeze, Guides wandering souls with ease. Each bloom a story, a tale untold, In nature's tapestry, a sight to behold.

And in the forest, where shadows creep, The beauty of a leaf runs deep. Veins like rivers, patterns divine, A masterpiece crafted by design.

From emerald green to golden hue, Each leaf a marvel, each shade anew. Whispering secrets to the passing wind, In silence, their beauty is pinned.

So let us marvel at nature's art, In every petal, in every part. For in the beauty of flower and leaf, Lies the essence of joy, beyond belief.

Mahak Jain
BSc II Year(Mic)

MENTAL STRESS RELIEF : STRATEGIES FOR WELLNESS

Mental stress is a common challenge in today's fast-paced world, impacting overall well-being. To alleviate stress, practicing mindfulness through activities like meditation, deep breathing, or yoga can promote relaxation and clarity of mind. Engaging in regular physical exercise releases endorphins, reducing stress levels and boosting mood. Prioritizing self-care by maintaining a balanced diet, getting adequate sleep, and setting boundaries to manage workload effectively can also mitigate stress. Seeking social support from friends, family, or a therapist provides an outlet for expressing feelings and gaining perspective. Additionally, hobbies and leisure activities offer enjoyable distractions and promote a sense of fulfillment. By incorporating these strategies into daily routines, individuals can cultivate resilience and better manage mental stress for improved overall health and happiness.

Saniya Khalid
B.Com Honors 3rd year

LEARNING FROM MY FATHER'S WISDOM

All throughout my life, my father has been a lot of things: my protector, my supporter, my confidante, my role model and my inspiration. I've learned many lessons from my father's wisdom— some taught with words and some shared through unspoken moments. I've watched my father rise and fall, and I've seen him overcoming struggles that I didn't even know about at the time. No matter what has happened to me in my life, my father has always shown himself to be the person I can always count on.

Working Hard is an Expectation of Life:

I think the biggest lesson I ever learned from my father's wisdom is that working hard is an expectation of life. As I have grown up, I've watched my father being a series of things: a mentor, a guide, a writer, a College Professor and an entire encyclopaedia of knowledge. Sometimes, I've even watched him being multiple of these things at once, holding down more than one job at a time while still showing up for his family.

I've never had to wonder what hard work looked like – one look at my father, and you would know exactly what it means to be dedicated to what you're doing. He never does anything without giving less than 110% of himself.

I learned from him that working hard is important, but often times people treat hard work as a passive attribute. It becomes a trait that “ some people have and some people don't”. But from what I've seen and witnessed my life, I don't think that's true.

Working hard is an expectation of life, a requirement for fulfilling your duties as a member of society - especially if you're taking care of someone other than yourself. Being lazy is a privilege many people don't have, and it's important to create a positive work ethic within yourself in order to be a good and responsible human being.

Love isn't always Loud:

Some of my father's wisdom was taught to me through his actions rather than his words. My father was very verbal about his love and pride for me- he never shied away from physical or verbal affection. But much of my father's love for me was expressed in unspoken ways.

Considering the five primary love languages, first: words of affirmation, second: quality time, third: physical touch, fourth: acts of service and fifth and final: receiving gifts. My father's was definitely quality time and acts of service. He wouldn't always say "I Love You" out loud, but would always be ready to find my favourite food, may it be my favourite ice cream, or being ready to take the entire family out for quality time or buy whatever apparel's I wished for.

Love isn't always loud – it's not always spoken words or physical affection. Sometimes, love is doing what you can to make sure that the people around you who matter to you are happy. This is another quality my father had and I acquired it wholly.

Trying Something Different isn't the Same as Giving up:

Growing up, I watched my father take on different works. I saw him work on computers, play Ludo with kids, and go to College and University full time. And throughout my entire life, for me my father was a successful person, a book writer and tennis player.

He has followed various paths and considered many dreams. But life doesn't always turn out how we expect it, sometimes we have to re-evaluate what we want our lives to look like. What I learned from his wisdom was that trying something different wasn't the same as giving up – you were simply reconsidering what was important.

My father has never gained a world renowned reputation for his passion of sports, but he had never stopped playing until his health permitted. He was not only an excellent Guru but also taught me so many things about being a good teacher.

He taught me that having to change your mind about different situations in life is not always a bad idea – it simply means that your view of happiness and fulfilment is different than it used to be.

Love what you Love Unapologetically:

One thing I've always appreciated about my father— and another lesson I learned from his wisdom was that never be ashamed of the things you enjoy in your life and never regret it. As we grow older, many times society tells us what we can and what we can't do in life. We become too old to enjoy the things that we liked when we were kids because they're "childish". My father never let the words of

others stop him from enjoying every interest that brings him happiness. Due to this quality, I admire his self-assuredness and have immense respect in his confidence for being who he was.

Being Kind is One of the most Important Things you can be:

Of all the lessons I ever learned from my father's wisdom, this is by far the one I consider to be the most important. He was so many things—talented, soft spoken, hardworking, loving and fun. But the most of all, my father was a kind gentleman.

He was the person you call when you need someone urgently, he was someone sweet and charming, immediately there to help anyone in need. He was willing to go the extra mile for his friends and family and take care of people in need.

Another quality was that he would never hold a grudge and would always be incredibly generous and forgiving. If I gain nothing else from him, I hope I can be half as kind as he was. The world isn't always the nicest place, so having people like my father who are willing to be a warm shoulder to lean on can really brighten up even some of your darkest days.

Learned having Positive Attitude:

My father was a great person or rather a great father and not less than God to me. He was and always will be an inspiration. I learned to move forward in my tougher times from him. He always used to say that anything can be achieved with a positive attitude and without harming anyone. He quoted: "Start early, follow ethics, think positive, use sense and just do it".

The Gift I Received from My Father's Wisdom:

My father gave me two precious things or gifts for my whole life to help me keep going during troublesome times of life. One was love with sacrifice; and the

second was education with spirituality. He taught me the importance of selflessness and inner peace in understanding oneself.

Conclusion :

Through his life and ultimately even his death, my father taught me that no obstacle is too large to overcome if I put my mind to it. On the road of life there are often many ups and downs, but they are part of the journey and experiencing them makes us who we are. In the end, all that matters is doing what we enjoy and sharing our life with the people we love.

To conclude I would like to quote:

“Father is a person who

Let’s you experiment life on your own

Weighs and pulls you up when you fall.

Let’s you get angry on him and loves

You more after that.

Let’s you see things your own way and

Then gives his view point.

Is with you always,

Specially when you need him!!!”

Dr. Neha Gupta
Head, Department of Language

NOURISHING YOUR MIND: THE GUT-BRAIN CONNECTION

In the complex world of human biology, the relationship between our gut and our brain is a fascinating area of study. While we often think of these two organs as separate entities, studies suggest they are closely interconnected, influencing not only our physical health but also our mental well-being. The gut-brain axis refers to the bidirectional communication pathway between the gastrointestinal tract and the central nervous system. This communication occurs through a network of nerves, hormones, and biochemical signaling molecules, allowing the gut and the brain to exchange information and influence each other's function. So, how does this connection impact our health?

***Gut Health and Mood:** Have you ever experienced "butterflies" in your stomach before a big presentation or felt a "gut feeling" about a decision? These sensations are not just figments of our imagination; they are manifestations of the intimate relationship between our gut and our emotions. Research suggests that the microbes living in our gut, known as the gut microbiota, play a crucial role in producing neurotransmitters like serotonin, which are involved in regulating mood. An imbalance in gut bacteria has been linked to mood disorders such as depression and anxiety.

***Nutrition and Mental Health:** What we eat can deeply impact the health of our gut and, by extension, our mental health. Diets high in processed foods, sugar, and unhealthy fats can disrupt the balance of gut bacteria and contribute to inflammation, which is associated with conditions like depression and cognitive decline. On the other hand, a diet rich in fiber, fruits, vegetables, and fermented foods can nourish our gut microbiota and support optimal brain function.

***Stress and Digestion:** The gut-brain axis is also influenced by stress. When we experience stress, whether physical or emotional, it can affect the motility of our digestive system, leading to symptoms like stomach cramps, diarrhea, or constipation. Chronic stress can disrupt the balance of gut bacteria and increase the permeability of the intestinal barrier, contributing to inflammation and gastrointestinal disorders.

***Therapeutic Interventions:** Understanding the gut-brain axis has led to new therapeutic approaches for improving mental health. Strategies such as probiotic

supplementation, prebiotic foods, and dietary changes aimed at supporting gut health have shown promise in alleviating symptoms of mood disorders and enhancing overall well-being. Additionally, practices like mindfulness meditation and stress management techniques can help modulate the stress response and promote gut-brain harmony.

In conclusion, the gut-brain axis highlights the complex connection between our digestive system and our mental health. By prioritizing gut health through nutritious eating habits, stress management, and lifestyle changes, we can nurture a symbiotic relationship between our gut and our brain, paving the way for improved mood, cognition, and overall quality of life. So, let's start nourishing our minds from the inside out.

Zenab Hussain
B.Sc. CND, 3rd year

OCEAN OF LOVE - MAA

Those are fortunate who have their parents and so they have their blessings and lots of love. Maa, a wife, a daughter, a daughter-in-law and many other roles she plays in our lives. She plays every role in its perfect manner.

She is Google, a Calendar, a Memory Gadget, a Caretaker and so she is called Homemaker. Yeah, a homemaker, without whom home is just a building of bricks and cement. She sacrifices her sleep, time for herself and much more which is uncountable. She does all those things which makes her family happy. She makes sure that her efforts contribute in achieving her husband's dreams and children's dreams.

She is the epitome of patience, beauty and perfection. She brings joy to our life and makes it lively. She is the one with whom we share all our happy and sad moments and she is the solution provider to all problems.

The peace in her lap and in her hug makes our lives. She is the "Annapurna" who makes food delicious. She makes us realise the importance of family, priorities, positive attitude, of being spiritual and forgiving attitude.

As we have already heard that God can't reach everywhere so he created mothers. Genuinely, she is next to God because of whom this Earth is heaven and a comforting place to live on.

Salute to all mothers, their positive vibes and their selfless attitude.

A very Happy Mother's Day to Everyone!!

- *Preeti Kukreja*
Alumni

COLLECTION IN THE DIGITAL ERA

There are so many questions that may arise in our minds like , will a digital tax system lead to job losses in tax offices? Will the digital tax system be more secure than the current system? How will the transition to a digital system impact those who are not comfortable with technology? and many more.

For generations, tax filling has been a necessary ritual to follow every accounting year that includes frustration, extensive paperwork along with the deadline. Traditional procedure has been so hectic for each one of us, however, the digital adaptation has made our life easier, probably in every way. Tax authorities worldwide are embracing the future powered up by software, data analysis and cutting edge technologies.

Thinking about the shift from papers to online procedures, there are multiple questions that may arise in our mind. Keeping in mind the security of the data, easy procedures, and lot many things, so, this shift promises a standard change in tax collection, with the potential to transform it from a long tough and hectic process into a well organized, effective and efficient experience for both taxpayers and governments.

In this article, we will try to explore and understand the transition from a list of pros and cons. some of them are,

The Digital Advantages:

Boost in Efficiency

Recurring tasks like some constant personal data, calculations can be automated that can be time savior and make complications easier.

Digital platforms with pre filled forms and automated calculations can substantially reduce errors, save time reduce the doubts along with the saving of resources of both taxpayers and authorities.

It can result in instant tax paying, i.e., the tax paid can be instantly be received by the authorities that will reduce the time taken by procedure.

Better Clarity

Technology (software and data analytics) can help in the identification of tax avoidance or evasion if tried by any citizen who is eligible for paying tax.

Digital transactions leave a clear evidence and a tracing function can help authorities to know if the income is been hidden and the decreased opportunities of fraud.

Online platforms can provide 24/7 access to the relevant information for taxpayers, a better convenience to them.

Some Other Important Benefits:

Direct communication between taxpayer and authorities to resolve their issues and queries.

Less paperwork and services can help a taxpayer to save money as well as time , also it brings a self dependency.

Reducing the burden on tax payers, paying tax will be easier as digital platforms are been set as in the most understanding way and less time consuming.

Increase in revenue generation for authorities as it reduces the possibility of hiding income levels or tax evasion.

Some Challenges/ Hurdles to overcome:

Shifting to a digital mode will be a challenge for uneducated/ less educated taxpayers. Government need to focus more on the education so that the most benefit should be taken from the facilities provided.

Internet may play a role that is beneficial and challenging as well. Authorities need to be updated (for example, Artificial Intelligence) with the exact data securities measures that should be taken.

There is always a risk of data that can be leaked through cyber attacks or any other way, the privacy should be maintained in a good level.

It will reduce a human interaction that may result in the loss of job opportunities.

By embracing new technologies and encounter all the problems faced by taxpayers and authorities as well, government can create a more efficient and equitable tax system.

As the future of tax collection is likely to be a dynamic, government, tax authorities and technology companies can come up together to ensure a smooth and safe tax procedure. It should be ensured that the tax system remains fair, efficient, reliable and capable of meeting the needs of a digital world.

- *Palak Rohra*
Alumni

मेरा सुकून मेरी माँ

तू ही तो जीने की वजह है माँ तेरा चेरा आखों में बसा है,
तू दिल में बसी है कि तेरा चेहरा आखों में बसा है,
तू दिल में बसी है तेरे होने से ही तो मेरी जिंदगी है माँ ।

तू डांट ले डपट ले चाहे कुछ भी कह ले
तू चाहे डांट ले डपट ले कुछ भी कह ले
तेरा कहा सब अच्छा लगता है माँ
मैं तुझसे लड़ती हूँ झगड़ती हूँ तेरे संग हस्ती हूँ
तुझसे अपना हर दर्द बयां कर लेती हूँ माँ
मुझमें तू बसी है तुझमें मेरा पूरा आसमां है ।

तेरे चेहरे की मुस्कान से मेरा पूरा दिन बन जाता है
तेरे बिना एक पल भी जीना गवारा नहीं है माँ
तेरी फिक्र में ये दिल लगा रहता है
चाहे मैं तुझसे कितना ही दूर रह लूं मेरे दिल पर तेरा ही राज़ रहता है माँ
तू मेरी जरूरतों का खजाना है तुझसे जो सुकून मिलता है वो सुकून पूरे जहान में नहीं है
माँ ।

तेरे आंचल में मेरा जहां है तू मेरे हर ज़ख्म की मरहम है माँ
तेरे साथ से ही तो मुझे हौसला मिलता है माँ
ये खुशकिस्मती है मेरी कि तेरी कोख से मैंने है जन्म लिया
तेरा शुक्रिया तूने है मुझे है जन्म दिया शुक्रिया तूने है मुझे जन्म दिया ।

By : Pallavi kushwaha
B.com CA 1st year

PACHMARHI

*In the heart of India, nestled in the embrace of the Satpura Range,
Lies a jewel of nature, a paradise serene and strange.
Pachmarhi, the queen of hills, where beauty knows no bound,
A symphony of sights and sounds, where peace and tranquility are found.*

*Amidst the verdant forests and cascading waterfalls,
Lies a world of wonder, where nature endlessly calls.
The melody of the birds, the whisper of the breeze,
Echo through the valleys, beneath the ancient trees.*

*At dawn, the sun paints the sky in hues of gold and red,
A canvas of splendor, where dreams are often led.
The mist dances on the hills, like veils of mystic charm,
Enveloping the landscape in a cloak soft and warm.*

*The fragrance of wildflowers fills the air with sweet perfume,
As butterflies flutter by, casting spells of bloom.
The gurgling streams meander through the lush greenery,
Inviting weary souls to rest in their sanctuary.*

*In the heart of Pachmarhi lies Pandav Caves, ancient and grand,
A testimony to legends, where tales of valor stand.
Echoing with whispers of the past, they stand tall and proud,
Guarding secrets untold, amidst the misty shroud.*

*Jata Shankar, where Lord Shiva resides in a sacred cave,
A place of devotion, where pilgrims come to pray and rave.*

*The natural Shivalinga, carved by nature's hand,
A symbol of divinity, in this enchanted land.*

*Dhoopgarh, the highest peak, where the sun bids adieu,
Painting the sky in hues of orange and blue.
A spectacle to behold, a sight that inspires,
As the day meets the night, amidst celestial fires.*

*Pachmarhi, where adventure beckons at every turn,
With trekking trails and caves, there's so much to learn.
From Handi Khoh's rugged cliffs to Apsara Vihar's gentle cascade,
Every corner tells a story, of nature's escapade.*

*The Bison Lodge Museum, a treasure trove of history untold,
Preserving relics of the past, in halls adorned with gold.
From tribal artifacts to colonial memorabilia,
It's a journey through time, a tale of Pachmarhi's saga.*

*And as the night descends, painting the sky with stars,
Pachmarhi comes alive, with its mystical memoirs.
The bonfires crackle, as stories are shared,
Underneath the blanket of stars, in the cool mountain air.*

**Ayushi Makhija
BBA II year**

दोस्ती का अनमोल खज़ाना

दोस्ती एक अनमोल रिश्ते का नाम है,
जहां खुशी और गम की पहचान है.
ये है मुस्कुराहट में छुपी खुशी,
और आंसुओं में छुपी दर्द की जुबान है।

ये है वो हाथ, जो कदम से कदम मिलाये,
और वो आवाज़, जो अँधेरों को मिटाए।
ये है वो रास्ता, जहां साथ चलते हैं,
और वो कहानी, जो हम साथ में सुनते हैं।

ये है वो हंसना, जो दिल को हल्का कर दे,
और वो रोना, जो दर्द को हल्का कर दे।
ये है वो बात, जो कहकर सुकून आए,
और वो खामोशी, जो सब कुछ बयान कर दे।

दोस्ती है खुशी का दोस्त,
और दुख का एक भरोसा.
ये है वो बंधन,
जो कभी टूट नहीं सकता.

ये है वो खुशी, जो साथ मिलकर मनाते हैं,
और वो यादें, जो हमारे दिल में बसाते हैं।
ये है वो वादा, जो हर मुश्किल में निभाते हैं,
और वो राह, जहां मिल कर आगे बढ़ते हैं।

दोस्ती एक ऐसी दोर है,
जो दिल से दिल को बांधता है.
ये एक ऐसा खज़ाना है,
जिस दुनिया की कोई चीज़ नहीं तोड़ सकती।

Tatheer Fatima
BBA 1 year

युवा: शिक्षा, संयम और समझ

ऐसा हम सब सुनते आए हैं कि युवा किसी भी राष्ट्र का एक महत्वपूर्ण अंग होते हैं, वे समाज की उस रीढ़ की हड्डी की भांति होते हैं जिनके सहारे समाज में उत्कृष्ट बदलाव और राष्ट्र में सर्वोत्कृष्ट विकास कर युवा विश्व में उस राष्ट्र का एक कुशल नेतृत्व करते हैं।

हाल ही में भारत ने आबादी के परिपेक्ष में चीन को पीछे छोड़ दिया और इसी के साथ भारत सबसे अधिक युवा जनसंख्या वाला देश भी बन गया। ऐसे में जाहिर है कि युवाओं से बेहद आशाएं भी हैं। नवीन विचार, असीम ऊर्जा और बेबाक व्यक्तित्व रखने वाले युवाओं का सहयोग राष्ट्र के उत्थान में आखिर किस प्रकार होना चाहिए?

उत्तेजित!, तटस्थ!, निष्पक्ष!, या उदार!?

जोश निश्चित ही आवश्यक है परंतु पूरे होश के साथ और होश की इस दौड़ती भागती रेलगाड़ी में आप तटस्थ तो नहीं रह सकते। निष्पक्षता एक अच्छा विचार है परंतु क्या पूर्णतया प्रामाणिक बन सकेगा? इस पर प्रश्न चिन्ह तो है! और उदारता जिस पर पूर्ण निर्भरता तो नहीं रखी जा सकती।

तो आखिर एक युवा किस प्रकार राष्ट्र के विकास में अपना योगदान कर सकता है? और प्रश्न तो यह भी आवश्यक है कि समाज, राष्ट्र के परिपेक्ष में युवाओं से क्या आशाएं रखता है?

इसके तीन महत्वपूर्ण स्तंभ कहे जा सकते हैं— पहला 'शिक्षा', शिक्षा की शक्ति का महत्व तो हमें लोकतंत्र के महत्वपूर्ण स्तंभ का निर्माण करने वाले भारत के संविधान निर्माता डॉ. भीमराव अंबेडकर जी ने भली-भांति समझा दिया था। उनका यह मानना भी था कि शिक्षा का उद्देश्य मनुष्य की पश्चिम प्रवृत्तियों को हटाकर उसे एक सफल सामाजिक व्यक्ति बनाना है, जो विनम्रता और सदाचार से संपन्न होकर निश्चित ही शिक्षा एक कुशल समाज और विकसित राष्ट्र की मजबूत नींव की तरह कार्य करती है। युवा किसी भी राष्ट्र के भूत और भविष्य के बीच सेतु का कार्य करते हैं; उनके पास नए विचार हैं, प्रयोग हैं, अवधारणाएं हैं, रचनात्मकता है और शिक्षा इन सभी चीजों को एक साथ बखूबी निखार देती है।

दूसरा स्तंभ है 'संयम', संयम जीवन की उस रोशनी की तरह है जो जीवन के हर अंधेरे को आसानी से पार करा देता है और हमारी सनातन परंपरा में तो संयम को संस्कृति का मूल माना गया है, युवाओं के लिए जीवन के हर परिपेक्ष में संयम अति आवश्यक है, चाहे वह लक्ष्य हो, कर्तव्य पालन हो, संबंध हो या राष्ट्र का उत्थान क्योंकि यदि संयम नहीं रखा गया तो 'अधीरता' वह विनाशकारी कारक है जो अच्छे से अच्छे कार्य, लक्ष्य, बुद्धि और संपत्ति को नष्ट कर सकता है। युवा संयम अवश्य रखें और यह आप यदि ध्यान से समझेंगे तो पाएंगे कि संयम तो शिक्षा का ही एक प्रतिफल है, शिक्षा मनुष्य में एक ऐसी परिपक्वता पैदा करती है जो व्यक्ति को संयम रूपी एक उपहार प्रदान करता है।

और अंतिम स्तंभ 'समझ', समझना होगा कि राष्ट्र हमसे है और हमसे ही राष्ट्र है और इस राष्ट्र के उत्थान हेतु हर निर्णय एक समझदार युवा की आवाज की गुहार करता है और अपेक्षा करता है कि वह पूर्ण उत्साह एवं समझदारी से समाज के उत्थान एवं राष्ट्र के विकास के लिए हर भरसक प्रयास करेगा। युवावस्था जीवन का वह पहलू है जिसमें एक अलग उत्साह और उल्लास होता है; हम सबसे अधिक परिश्रम करते हैं, गिरते हैं, संभलते हैं, उठते हैं, थकते भी हैं पर रुकते नहीं और उन सब परिस्थितियों के अनुभव से जो सीखते हैं वह अमूल्य है। वह न केवल हमारे भविष्य बल्कि राष्ट्र के उज्ज्वल भविष्य को भी जगमगा देता है।

जिस प्रकार 'संयम' शिक्षा का एक प्रतिफल है, 'समझ' उन दोनों का एक मिश्रित फल है इसीलिए युवा जागरूक रहें, अपनी शिक्षा पर विशेष ध्यान देते हुए संयम धारण करें, पर्यावरण एवं परिस्थितियों को समझें और सबसे महत्वपूर्ण अपने अनुभवों से निरंतर सीखते रहें, आगे बढ़ते रहें!

युवा देश की हम युवा आवाज!
हमसे कल था हमसे कल है और हमीं से आज,
शिक्षा, संयम और समझ से,
निरंतर सुसज्जित करते रहेंगे राष्ट्र का यह ताज!!!

प्रज्ञा गुप्ता
एम.एस.सी., 2 सेमेस्टर

जीवन सूत्र मोबाइल गेम से

कहते हैं अगर सीखने की अभीप्सा हो तो व्यक्ति जीवन की हर घटना, परिस्थिति, वस्तु से कुछ न कुछ सीख ले सकता है। अक्सर हम किसी प्रसिद्ध और सफल व्यक्ति के जीवन से प्रेरणा ले जीवन की किसी चुनौती को जीतते हैं। वर्तमान में सोशल मीडिया के माध्यम से अनेकों आम व्यक्ति भी अपने किसी विशेष ज्ञान के कारण ख्यास बने हुए हैं, और अनेकानेक व्यक्ति पर्यावरण संरक्षण एवं सतत विकास के विभिन्न तरीकों के विषय में सीख रहे हैं, कुछ फिल्में, डाक्यूमेंट्री, बायोपिक हमें जीवन की चुनौतियों से लड़ने की प्रेरणा दे जाती हैं। आज समय है GenX का, AI का, स्मार्ट फ़ोन, स्मार्ट वॉच, स्मार्ट टी वी आदि न जाने कितने उपकरणों का। ऐसे समय में हम जिससे ज्यादा जुड़ाव रखते हैं क्यों न उससे ही शिक्षा लें।

हममें से बहुतों ने एंग्री बर्ड, ज़ूमा डीलक्स, स्पॉट द डिफरेंस, सुपर मारियो जरूर ही खेला होगा। चलिए इन्हीं से कुछ जीवन सूत्र निकालते हैं-

सफलता के लिए निरंतरता जरूरी है: जब से हम जन्म लेते हैं जीवन यात्रा शुरू हो जाती है ठीक वीडियो गेम की तरह, अब आपको निरंतर कदम-दर-कदम, लेवल दर लेवल आगे बढ़ते जाना है। वरना आपका निश्चित समय खत्म हो जाएगा और गेम या ज़िंदगी अधूरा रह जायेगा। सो जीवन ठहरने का नहीं चलने का नाम है, रुकिए तभी जब उससे कुछ बेहद महत्वपूर्ण प्राप्त होने वाला हो अन्यथा रुके नहीं कि 'टाइम अप' हो जायेगा।

जीवन में आशीर्वाद पुण्य और अच्छे कर्म आगे बढ़ने में सहायक हैं: जीवन यात्रा में बुद्धिमत्ता की आवश्यकता तो होती ही है पर आशीर्वाद, पुण्य और अच्छे कर्म मोबाइल गेम या वीडियो गेम में मिले प्लस पॉइंट की तरह होते हैं। इनसे लाइफ मिलती है जीवन में, दूसरे मौके मिलते हैं, जो आपके कठिन समय में काम आते हैं। आपको कभी कभी असफल होने के बाद भी एक मौका और मिल जाता है अपनी गलती सुधारने या उसे नए सिरे से जीने के लिए। दूसरी ओर अगर आपके पास बड़े बुजुर्ग का आशीर्वाद नहीं है तो जीवन में हर कदम पर मुसीबतें उठाना पड़ती हैं, कभी कभी आप इनसे लड़ते लड़ते थक जाते हो और जीवन हार देते हो।

अपने किये का फल खुद ही भुगतना होगा: निचिरेन बुद्धिज्म में कहा गया है व्यक्ति अपने हर कर्म के लिए खुद जिम्मेदार है, उसका फल अच्छा हो या बुरा वह उसे खुद अर्जित करता है। इसी तरह गेम में अगर आप एक या दो गलती करते हो तो कोई खास फर्क नहीं पड़ता पर यदि लगातार गलती करते जाते हो तो न केवल गेम बल्कि पूरा लेवल हार जाते हो। जीवन के आर्थिक मामले भी ऐसे ही हैं, थोड़ा पैसा गुमाया या गंवाया तो कोई बात नहीं पर अधिक आर्थिक नुकसान आपको मध्यम से निम्न स्तर पर ले जा सकता है। अक्सर गेम्स में एक काल्पनिक प्रतिद्वंद्वी भी होता है, आपकी गलतियों से उसे फायदा होता जाता है। अपनी गलतियों का फल आप ही भुगतते हैं।

प्रतिद्वंद्वी काल्पनिक होते हैं: मोबाइल गेम में अक्सर एक अजीब से अलोकप्रिय नाम वाला काल्पनिक प्रतिद्वंद्वी भी होता है। जो दरअसल खेलते हुए दीखता तो नहीं पर हमेशा उसके पॉइंट्स हमसे ज्यादा होते हैं। जीवन में भी

हमारा प्रतिद्वंदी वास्तविक न होकर हमारे मस्तिष्क में होता है और जब हम गलतियां करते हैं उसके पॉइंट बढ़ते जाते हैं। जब हम गेम जीतते हैं ये काल्पनिक प्रतिद्वंदी अलोप हो जाता है। इसी तरह अगर जीवन का खेल इस काल्पनिक मानसिक प्रतिद्वंदी से जीतना हो तो अपनी गलतियों पर काबू रखें। आपने ईर्ष्या, निंदा, कुंठाएं पाली नहीं कि आपके प्रतिद्वंदी को अतिरिक्त नंबर मिल जायेंगे।

जीत और हार भी हमारे मन में ही होती है जब गेम मज़ेदार हो प्रतिद्वंदी के स्कोर पर ध्यान ही नहीं जाता। इसी तरह जब हम जीत जाते हैं सब हमारी खुशी में शामिल हो जाते हैं, फिर कोई द्वन्द नहीं रह जाता।

जीत सदैव मेहनत करने वालों की होती है: आप पूरी तन्मयता से कोई खेल खेलते हैं, अपने प्रतिद्वंदी के स्कोर की ओर नहीं देखते हो तो स्वतः जीत जाते हो। जीवन हो या वर्चुअल वर्ल्ड जीत हमेशा मेहनत करने वाले की होती है।

जीवन में निराश नहीं होना चाहिए हमेशा एक नई शुरुआत करी जा सकती है: वीडियो गेम या मोबाइल गेम में आप कई लेवल जीतने के बाद हार जाते हो और एकाएक फर्स्ट लेवल पर गिर जाते हो पर हार नहीं मानते फिर शुरू हो जाते हो इसी तरह जीवन में भी हार जाने पर घबराइए मत फिर शुरू किये और इस बार आप काम समय में और भी आगे तक चले जायेंगे क्योंकि आपके पास अनुभव रहेगा। बस खेलना ईमानदारी से होगा। सफलता का कोई शॉर्टकट नहीं होता।

अति सर्वत्र वर्जयेत: किसी भी चीज़ की अति बुरी होती है, गेम की लत मत लगाओ, अगर आप उसके आदि हो जाते हो तो उसमें पैसे खर्च करने लगते हो और यही आर्थिक नुकसान का कारण बनता है, सीमित समय के लिए खेलना बुरा नहीं है। इसी तरह लत या बुरी आदतें जीवन में किसी इंसान की बर्बादी का कारण बन जाती हैं, चाहे वह शराब की हो या जुए की।

अनुशासन विजय दिलाता है: अनुशासन और अधिकतर स्व अनुशासन विजय का पथ दिखाता है। कोई देखे न देखे, हमें महत्त्व दे न दे, अंत में अनुशासन के रिवॉर्ड पॉइंट कोई नहीं छीन सकता और अगले लेवल या जीवन के अगले मौके पर ये पॉइंट हमें विजय दिलाते हैं।

सीखने की क्षमता हो तो इंसान नकारात्मक घटनाओं से भी सकारात्मक शिक्षा ले लेता है: सीखने की क्षमता हो तो इंसान नकारात्मक घटनाओं से भी सकारात्मक शिक्षा ले लेता है: गेम में अक्सर गलतियों से शिक्षा ले हम आगे बढ़ते जाते हैं। जीवन में भी यही फिलॉसफी अपनाओ कुछ से सीखो क्या करना है कुछ से सीखो कि जीवन में क्या करना है ? कैसे करना है ? बाकियों से क्या नहीं करना है वह सीखो।

प्रो. विभा खरे
विभागध्यक्ष, आहार एवं पोषण विभाग

ROLE OF NUTRITION ON OUR MENTAL HEALTH

Depression is very common serious medical illness that negatively affects how you feel, the way you think and how you act.

It is important to note that nutrition plays a significant role in supporting mental health and managing depression. Depression and nutrition are closely linked, as what we eat can have a significant impact on our mental health.

1) Vitamins and Minerals

(i) OMEGA 3 FATTY ACIDS - found in fatty fish, flax seeds, chia seeds and walnuts Omega3 fatty acids are essential for brain health and may reduce symptoms of Depression.

(ii) VITAMIN D - low level of Vitamin D has been associated with depression. sunlight is a primary source of vitamin D but it can also be obtained from fortified foods and supplements

(iii) B VITAMINS - folate (B9), B12 and other B vitamins plays an essential role in neurotransmitter Synthesis thus they help in managing depression.

(iv) MAGNESIUM - Found in nuts, seeds, whole grains, and leafy greens, magnesium supports nerve function and mood regulation.

(v) ZINC- Involved in neurotransmitter function, zinc-rich foods like meat, shellfish, legumes, and seeds may benefit mood.

2.) Gut Health-The gut-brain axis is a bidirectional communication system between the gut and the brain. A healthy gut microbiome, supported by a diet rich in fibre, prebiotics, and probiotics, may positively impact mood and reduce symptoms of depression.

3.) Inflammation- Chronic inflammation has been linked to depression. Diets high in processed foods, sugars, and unhealthy fats can promote inflammation, while a Mediterranean-style diet rich in fruits, vegetables, whole grains, and healthy fats may help reduce inflammation and support mental well-being.

4.) Blood Sugar Balance- Fluctuations in blood sugar levels can affect mood and energy. Eating regular, balanced meals that include complex carbohydrates, proteins, and healthy fats can help stabilize blood sugar levels and support a more stable mood.

5.) Mindful Eating- Being mindful of eating habits can promote a healthier relationship with food and reduce emotional eating, which is often linked to mood fluctuations. On the other hand, diets high in processed foods, sugars, and unhealthy fats may contribute to an increased risk of depression.

By concluding I would like to remind you that nutrition alone may not be a sole treatment for depression, adopting a balanced and nutrient-dense diet can complement other therapeutic interventions and promote overall mental well-being.

Sameen Fatima
M.sc. IV Sem (Food and Nutrition)

SHAPING MY PATH: REFLECTIONS ON SHGC AND BEYOND

"Maya Angelou once said, 'Success is liking yourself, liking what you do, and liking how you do it.' My journey from SHGC to where I stand today echoes these sentiments, as every experience has shaped not just my achievements, but also my sense of self."

In the heart of the city's vibrant energy, Sant Hirdaram Girls College (SHGC) stood as an oasis of education and personal growth. Entering its corridors marked the commencement of an extraordinary journey of self-discovery and transformation.

As a young student, I was eager to soak in all that SHGC had to offer. From the vibrant classrooms to the serene greenery that adorned the campus, every aspect of the college resonated with a sense of purpose and possibility. It was here that I pursued my Bachelor of Commerce (Honours) and Master of Commerce degrees, immersing myself in the world of academia and knowledge.

But SHGC was more than just an educational institution; it was a nurturing ground for dreams and aspirations. The dedicated faculty and mentors at SHGC played a pivotal role in shaping my intellect and character. Their unwavering support and guidance instilled in me the confidence to navigate through the challenges of academic rigour and personal growth.

Beyond academics, SHGC offered a plethora of opportunities for holistic development. From cultural festivals to sports events, from debates to community service initiatives, every moment spent at SHGC was a lesson in exploration and self-discovery. It was here that I learned the importance of resilience, teamwork, and leadership.

As I reflect on my journey from a wide-eyed student to a confident professional, I am filled with gratitude for the foundation laid by SHGC. It was the nurturing environment, the enriching experiences, and the invaluable lessons learned within its walls that prepared me for the road ahead. Today, as a Post Graduate Teacher

of Commerce at Navnidh Hassomal Lakhani Public School (NHLPS), also a part of the esteemed Shaheed Hemu Kalani Educational Society, I carry with me the values and principles instilled by SHGC. My journey from SHGC to NHLPS is not just a transition in career, but a continuation of the legacy of excellence and dedication to education.

In every classroom, in every interaction with students, I strive to embody the spirit of learning and growth that was fostered at SHGC. It is a testament to the profound impact that a nurturing educational environment can have on an individual's life.

In the midst of academic pursuits and extracurricular engagements, my journey at Sant Hirdaram Girls College (SHGC) was further enriched by my achievements as a merit scholar of Barkatullah University. This recognition not only validated my dedication to academic excellence but also fueled my passion for continuous learning and growth.

Participating in numerous inter-level competitions provided me with a platform to showcase my talents and abilities beyond the confines of the classroom. Whether it was debates, quizzes, or cultural events, each competition served as a stepping stone towards self-discovery and personal development. Winning accolades in these competitions was not just a moment of triumph, but a testament. As I embark on this new chapter, I remain forever indebted to SHGC for shaping me into the person I am today – a confident, compassionate, and lifelong learner, ready to make a difference in the world.

In contemplation of my journey, I am reminded of the words of Nelson Mandela: 'It always seems impossible until it is done.' Indeed, my path, like many others', was paved with challenges, but it's overcoming them that defines true success."

*By Deepshikha Lalwani
~ Alumna of SHGC*

GLORY OF SHGC

Sant Hirdaram Girls College is not just a college it's a place which given me the opportunity to **know who am I** – help me in identifying my potential and showcase my personality in real world.

SHGC is the platform for me which turned my life and ambitions in totally different direction. In this college I learnt how to grasp opportunity earliest and take first come advantage. Here, I learnt how to be a public speaker and connect with diverse people without hesitating once.

SHGC holds the potential to convert their students from **nothing to everything**. I am glad to be the part of this family as the name fame I owned there was a proof how we are being motivated and allowed to express our views in my own way.

The co-cultural activities, debates and skits at inter level allow us to analysis **where we are and where we want to be**.

I personally believes that just studying is not the motto as academic material not going to stick with us for being a succeed personality what reminds with us is **something extra what make us different from others** and that extra is added by SHGC in our personality.

The ambiance of SHGC is the most exciting thing I would like to talk about as it is **EYE-CATCHY** if said in one word. The classrooms, labs and corridors are so spacious and happening. The greenery and gardens are quiet attractive and warmth giving. It can be said just perfect place to be chosen for higher studies.

Let me express the **heart of SHGC** is their **FACULTY**. They are the best. The faculty of SHGC is so supporting and motivating that makes SHGC - a proper place to invest time to get the brightening future results. **Special thanks to Literature committee** who has given my identity in **SHGC FAMILY**.

*Neha Achhara
Alumni*

STEM CELL TECHNOLOGY

* Stem cells are cells with the potential to develop into many different types of cells in the body. They serve as a repair system for the body. Stem cells are a special type of cells that have two important properties. They are able to make more cells like themselves. That is, they self-renew. And they can become other cells that do different things in a process known as differentiation.

Stem cells are different from other cells in the body in three ways:

- * They can divide and renew themselves over a long time.
- * They are unspecialized, so they cannot do specific functions in the body.
- * They have the potential to become specialized cells, such as muscle cells, blood cells, and brain cells.

There are several sources of stem cells:

*Embryonic stem cells :- These stem cells come from embryos that are 3 to 5 days old. At this stage, an embryo is called a blastocyst and has about 150 cells

* Adult stem cells :- These stem cells are found in small numbers in most adult tissues, such as bone marrow or fat. Compared with embryonic stem cells, adult stem cells have a more limited ability to give rise to various cells of the body.

studying stem cells to see if they can help to:

*Increase understanding of how diseases occur By watching stem cells mature into cells in bones, heart muscle, nerves, and other organs and tissue, researchers may better understand how diseases and conditions develop.

*Generate healthy cells to replace cells affected by disease (regenerative medicine) :- Stem cell therapies also might benefit people who have aplastic anemia, immunodeficiencies and inherited conditions of metabolism.

Stem cells are being studied to treat type 1 diabetes, Parkinson's disease, amyotrophic lateral sclerosis, heart failure, osteoarthritis and other conditions.

Stem cells may have the potential to be grown to become new tissue for use in transplant and regenerative medicine. Researchers continue to advance the knowledge on stem cells and their applications in transplant and regenerative medicine.

With the help of stem cell we can do therapies and come up with disease.

*~Mariyam Saify
B.Sc. Biotechnology 3rd year*

SUPERFOODS : UNVEILING THE REALITY BEHIND

The world of nutrition is rife with buzzwords, and "superfoods" is one of the most popular. These are foods claimed to be overflowing with exceptional health benefits, promising to fight disease, boost brainpower, and even aid weight loss. But what's the truth behind the hype?

The Allure of Superfoods

The concept of superfoods is appealing. We all want simple solutions for a healthier life, and the idea that a single food can be a magical bullet for our well-being is certainly attractive. Berries, kale, quinoa, and salmon are all commonly cited as superfoods, and they're not wrong! These foods are packed with vitamins, minerals, and antioxidants – all essential for good health.

Science Backs Certain Stars

There's definitely scientific evidence to support the health benefits of some superfoods. Leafy greens are loaded with vitamins, minerals, and antioxidants that contribute to overall health. Cruciferous vegetables like broccoli and cauliflower contain compounds linked to a reduced risk of cancer. Berries are antioxidant powerhouses with potential benefits for brain health. Nuts and seeds offer a

However, it's important to debunk the myth that superfoods are a magic bullet. A balanced diet is key to good health, and relying solely on superfoods can lead to nutrient deficiencies. For example, focusing on berries for antioxidants might mean missing out on the calcium found in dairy products or the vitamin D in fatty fish. Superfoods shouldn't replace other important food groups.

Beyond the Label: A Deeper Look

The term "superfood" itself is a marketing term, not a scientific classification. There's no official definition, and some foods get placed on the pedestal based on trends or limited research. It's more valuable to understand the specific nutrients a food offers and how it fits into your overall dietary needs.

Building a Balanced Plate

So, how can you leverage the power of superfoods without getting caught up in the hype? Here are some tips:

*Think Variety: Instead of chasing the latest superfood trend, focus on incorporating a wide range of fruits, vegetables, whole grains, and lean proteins into your diet.

*Don't Discount the Ordinary: Many everyday foods are nutritional powerhouses. Sweet potatoes are rich in beta-carotene, while lentils are a great source of plant-based protein and fiber. Look beyond the exotic and explore the potential of what's readily available

*Moderation is Key: Even superfoods can be overdone. Enjoy them as part of a balanced diet, not as a replacement for everything else. A handful of berries is great, but a smoothie with a cup of berries might be too much sugar.

*Focus on Whole Foods: Many processed foods are labeled as "superfood"-infused, but these often lack the full spectrum of nutrients found in the whole food itself. Opt for fresh or minimally processed options.

*Consider Cost and Sustainability: Some trendy superfoods can be expensive and have a high environmental impact due to transportation or cultivation methods. Look for locally-sourced, seasonal options that are affordable and eco-friendly.

*Don't Forget About Gut Health: The trillions of bacteria in your gut play a vital role in digestion and overall health. Incorporate prebiotics (like fiber-rich fruits and vegetables) and probiotics (like yogurt or kefir) to nourish your gut microbiome.

*Enjoy Your Food: A healthy diet shouldn't feel like punishment. Explore different flavors, cultures, and cuisines to make healthy eating enjoyable and sustainable in the long run.

By adopting a balanced approach, you can reap the benefits of superfoods while ensuring you get the full spectrum of nutrients your body needs to thrive. Remember, a healthy diet is about building a foundation of variety and moderation, with superfoods playing a complementary role in your overall well-being.

Shelley Jain
M.Sc., Food & Nutrition

THE ADVENTURE OF HOSTEL LIFE: A BLEND OF FREEDOM AND CHALLENGES

Today, I pleased to share insights into a journey that many of us embark upon at some point in our lives – The hostel life. This unique chapter is not just about having a place to stay; it's about the lessons we learn, the friendships we forge, and the memories we create.

"HOSTELS" ... Those bustling hubs of camaraderie and independence, shape our formative year and leave an indelible mark on our memories. Moving from comfort of home to hostel is a significant transition- one that brings both excitement and apprehension.

The dimly lit common room becomes your sanctuary. Here you discuss life, love and existential questions. You bond over instant noodles, share secrets and laugh until dawn.

There will be nights when nostalgia creeps in. You will long for mom's cooking or your childhood bed.

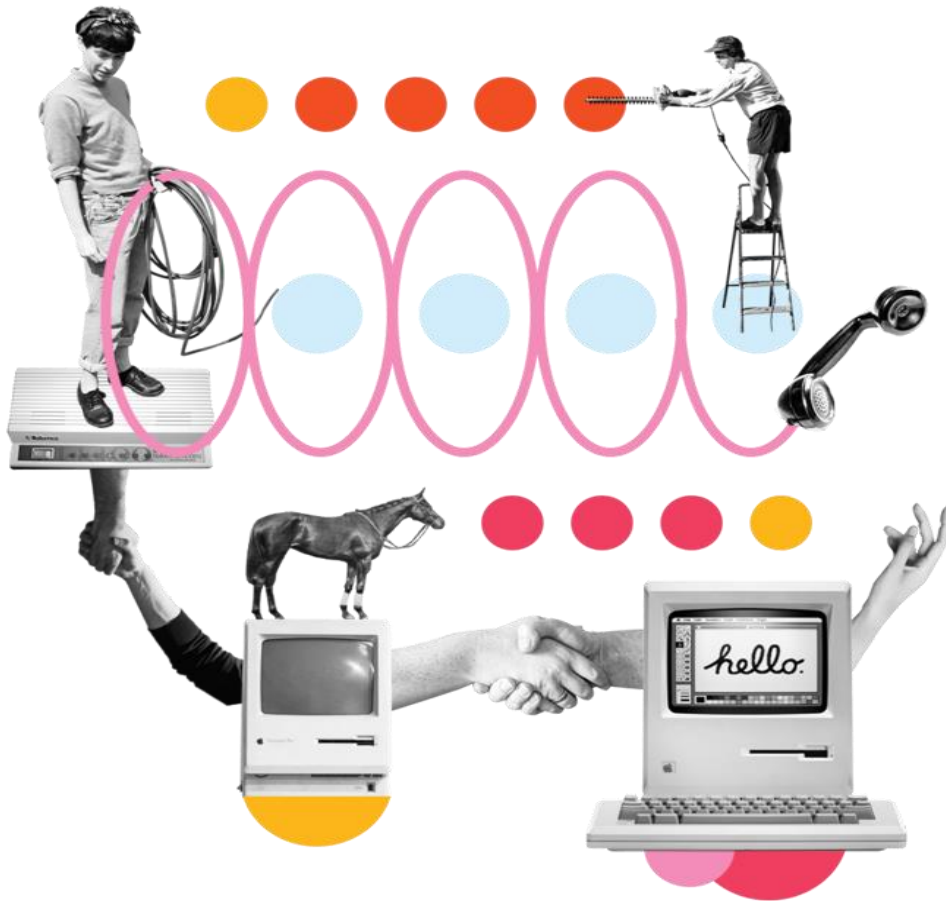
In hostel, friendship blooms like wildflowers after monsoon. You bond over late night study sessions, impromptu dance-offs, celebrating birthdays at midnight, and shared secrets. They become one family - one who celebrates your victories and lend a shoulder during tough times.

Hostellers will also become financially wise, suddenly, every rupee matters. You learn to stretch your pocket money, bargain at local stores, and surviving on street food.

If I want to summarize HOSTEL LIFE I would say it's - a kaleidoscope of emotions like - joy, frustration, love, longing etc, A backpack full of memories that last for a lifetime, A mini rollercoaster ride of adulthood, The trailer of life.

Anushka Dubey
B.Com II Year

THE WORLD OF ALGORITHMIC POETRY



A new form of poetry has emerged in the constantly changing landscape of literature, one which marries precision code with beauty verse. Traditional notions of authorship, creativity and language boundaries are challenged by algorithmic poetry, which is frequently the result of computer algorithms. In this article, we delve into the realm of algorithmic poetry, exploring its history, techniques, creative potential, and impact on the literary world.

Algorithmic poetry has its roots in the early experiments in computational creativity and literary avantgarde movements. From the combinatorial poetry of

Raymond Queneau and the Oulipo group to the algorithmic experiments of the digital age, poets and programmers have sought to explore the possibilities of using algorithms to generate poetic texts.

Algorithmic poetry is made using various algorithms, each with its specific approach and techniques. Among the tools that imitate poetry styles, structures and themes are Markov chains, neural networks, genetic algorithms and rules based systems. These algorithms analyse existing texts, identify patterns, and generate new poetic sequences based on known patterns and rules.

Algorithmic poetry blurs the line between human creativity and machine creativity, often serving as a collaborative tool rather than as a replacement for human poetry. Poets are involved in a number of projects, working alongside algorithms, guiding the creative process, and infusing the output with their own sense of humor. This collaborative approach opens up new avenues for poetic expression and exploration.

One of the most fascinating aspects of algorithmic poetry is its ability to mimic different poetic styles, voices, and forms. From traditional sonnets and haikus to experimental free verse and concrete poetry, algorithms can generate texts that emulate the aesthetic and linguistic features of human-authored poetry. For algorithmic poets, however, it is still a major challenge to capture the subtleties of human emotions and experience.

Algorithmic poetry has sparked debates within literary circles, with some questioning its authenticity, creativity, and the role of the poet. Critics argue that algorithmically generated poetry lacks the depth, insight, and emotional resonance of human-authored poetry. Proponents, on the other hand, see algorithmic poetry as a tool for exploration, experimentation, and innovation, pushing the boundaries of what poetry can be.

Algorithmic poetry finds applications in various domains, from generating poetry for social media to creating personalized poetry collections for readers. Its impact

on the literary landscape is significant, challenging traditional notions of authorship and originality. Algorithmic poetry has the potential to democratize poetic creation, allowing individuals to engage with and contribute to the poetic tradition in new ways.

As with any form of artificial intelligence, algorithmic poetry raises ethical concerns regarding attribution, copyright, and bias. Questions arise about who owns the rights to algorithmically generated poetry and how to ensure fair and equitable representation in training data. Poets and programmers must grapple with these issues and work towards solutions that uphold ethical standards and promote diversity and inclusion.

The future of algorithmic poetry is both exciting and uncertain. Emerging technologies such as natural language processing, machine learning, and generative adversarial networks promise to push the boundaries of what is possible in poetic creation. As algorithms become more sophisticated and capable of understanding and emulating human emotion, the line between human and machine-authored poetry may continue to blur, opening up new possibilities for creative expression.

Algorithmic poetry represents a convergence of art and science, where code and verse intertwine to create something new and unexpected. As poets and programmers continue to explore the possibilities of algorithmic poetry, they challenge us to reconsider our preconceptions about creativity, authorship, and the nature of poetic expression. In this ever-evolving landscape, one thing is certain: the world of algorithmic poetry is rich with potential and ripe for exploration.

Prof Manju Devnani
Department of Computer Science

A SUCCESS ROADMAP FOR NAVIGATING EDUCATION, DEGREES, AND CAREERS

Introduction: Education, degrees, and careers are closely related in today's fast-paced world and are essential for success in the workplace. In this article you can explore the importance of education, the worth of earning a degree, and the ways in which these factors influence job paths.

The Value of Education: Having an education is essential to seizing opportunities and reaching one's full potential. It gives people the fundamental abilities, information, and viewpoints required for both personal and professional development. Every stage of education, from early childhood to higher education, gives people the skills they need to overcome obstacles in life and make valuable contributions to society.

The Worth of a Degree: Getting a degree is frequently considered a significant accomplishment in a person's academic career. Regardless of a bachelor's, master's, or doctorate degree is just one kind of education that has advantages of its own. Degrees are an indication of not just academic success but also of commitment, tenacity, and subject-matter competence. They provide access to a plethora of professional options, empowering people to follow their passions and forge prosperous careers.

Selecting the Appropriate Degree: Making the correct degree choice is essential to laying the groundwork for a successful career. It necessitates giving much thought to one's strengths, interests, and objectives for a profession as well as market demand. It's critical to match educational choices with future job ambitions, whether seeking a degree in business, liberal arts, STEM (science, technology, engineering, and mathematics), or any other field. Completing in-depth study, asking mentors for advice, and examining internship options might assist people in making well-informed decisions regarding their academic endeavors.

Developing a Career: Getting a degree is the first step toward a successful job, but it's not the end of the process. It takes a combination of education, experience, talents, and networking to successfully navigate the job market. Volunteer work, part-time employment, and internships can make a person stand out to companies and offer practical experience. Maintaining relevance in today's ever changing

employment environment also requires ongoing education and professional growth.

**Adapting to Change:* Career trajectories are rarely linear in the fast-paced world of today. Adaptability and resilience are required due to the rapid improvements in technology, changes in market patterns, and movements in the global economy. valuing lifelong learning, developing transferable skills, and keeping up with changes in the industry innovations are essential to maintaining agility and competitiveness in the workplace.

**Conclusion:*

In conclusion, there exist connections between the domains of personal and professional growth such as education, degrees, and careers. They give people the groundwork to follow their passions, accomplish their objectives, and contribute significantly to society. Through education, degree selection, and ongoing development, people can have rewarding careers and prosper in a world that is changing all the time.

*Niharika Vishwakarma
B.Com(C.A.) II year*

A PROUD SHGC STUDENT

I would like to start by thanking each and every person of SHGC, special thanks to Bhauji for starting this institution, big thanks to my teachers Firdous mam, Poornima mam, Varsha mam, Nupur mam, Veena mam, Jyoti mam, Manju mam and Madhu mam and all the other members of this college. When I was 18 years old, I completed my 12th board exams I was dreaming about my college life like every other student. After the results, I applied in so many colleges and universities in Bhopal, I got admission in IEHE, I was so excited. But life has different plans for me, my parents, with a recommendation of their friends took me for a college tour in SHGC, and I was like I will never join this college. But my parents were fully convinced that this college is perfect for me as it has blessings of Saints, a good environment for girls and safety etc. They just made me join here, I was so angry at the start, it was like a school, going daily to college wearing uniform, it was completely opposite to what I would imagine as my college should be. With time I got used to the new life in college, every other schoolmate will make fun of me, that I am wasting my time in this college, it's boring we had lectures in auditorium, but until I met by best friends in college, Rakshan and Trishta and that changed my whole perspective about college. College became fun, we used to fight for 1 mark. People around me thought I was going to school and not college, but I enjoyed it. I used to travel 25 km every day for my college daily and it was so much worth it, as because we did not had any distractions, hence we were able to focus on career, we sat in library for hours to understand what courses, extra learnings can be done to get into IT, our teachers were supportive, staff gave us all the facilities we needed, the course of making a website costed 18 thousand rupees outside, and our college provided that as an internship which costed 1500 rupees. Not only that, but we also went for off-

campus interviews in the final year (all arranged by SHGC), our college provided buses for us. Me and my friends cracked jobs before we completed our final year. I remember it was so overwhelming when I got my joining date for TCS (Tata Consultancy Services). People who made fun of me came and asked me, what did I study, where did I go to college for. My schoolmates took 1-2 years to get jobs, but I had a job before even when my graduation wasn't complete. After TCS, I worked at Amazon, Apple and now I am working at Microsoft, I completed 3 years here as a Data Annotation Analyst in AI. Sometimes I think what if I would have joined college of my choice, I don't know what would happen, because it's easy to be distracted and lose the path. The values I got from this college, the struggle I had at that time, maybe this is what I'm getting paid for.

I would like to advise all the students that please do not lose focus at this age. We will enjoy it when people around us are good, it does not need to be glamorous. Trust me, I have only beautiful memories of my college with me now with zero regrets.

Warm Regards,

*Vanisha
Alumni*

GENDER EQUALITY

In this century, women and men enjoy the same privileges. The perception is changing slowly but steadily. People are now becoming more aware of their rights and what they can do in a free society. It has been found that when women and men hold the same position and participate equally, society progresses exclusively and creates a landmark. Gender equality is the belief that men and women should be treated and perceived as equals in society, including all areas such as education, employment, and in decision-making positions. It is a fundamental human right and a necessary foundation for a peaceful, prosperous, and sustainable world. Gender equality can only be achieved when both male and female individuals are treated similarly. But discrimination is a social menace that creates division. We stop being together and stand together to tackle our problems. This social stigma has been creeping into the underbelly of all of society for many centuries. It simply means giving equal rights to everyone no matter what gender they are. Give equal education, equal opportunities, equal career, equal financial stability, equal choices, equal rights, and most importantly equal respect. That is how the future society of a powerful country.

Varsha Vinjani
B.Ed. I Year

WHEREVER YOU ARE, BE ALL THERE

Do you ever think if there's a moment in your day when your mind isn't filled with thoughts? We're so used to this constant mental noise that we hardly ever take a break from it.

We often overthink things, constantly worrying about what someone said, what they think of us, or if we did something right. This constant thinking can make us feel tired and stop us from enjoying what's happening right now. We also spend a lot of time thinking about the past, thinking 'I should have done that instead of this,' and simply worrying about the future. But what about the present? Present means existing or happening now. It's absolutely rightly named 'present.' Being fully present in the moment is truly a present (gift), isn't it? It's the most beautiful gift you can give to yourself.

We spend a lot of energy overthinking things. That's where mindfulness comes in. It's about learning to quiet the mind. It's about bringing our full awareness to the here and now, without judgment or distraction, and embracing each moment with a sense of wonder and gratitude.

It's not about clearing our minds completely, but about watching our thoughts without getting stuck in them. With practice, we can feel calmer and clearer, which helps us focus on what's happening around us and find peace, even when life is busy.

Finding meaning in everyday moments starts with looking at things differently—being willing to slow down, take a break, and really enjoy what's happening around us. Whether it's enjoying a cup of coffee in the morning, taking a relaxed walk in nature, or just stopping to watch the sunset, each moment gives us a chance to appreciate the beauty and wonder of life.

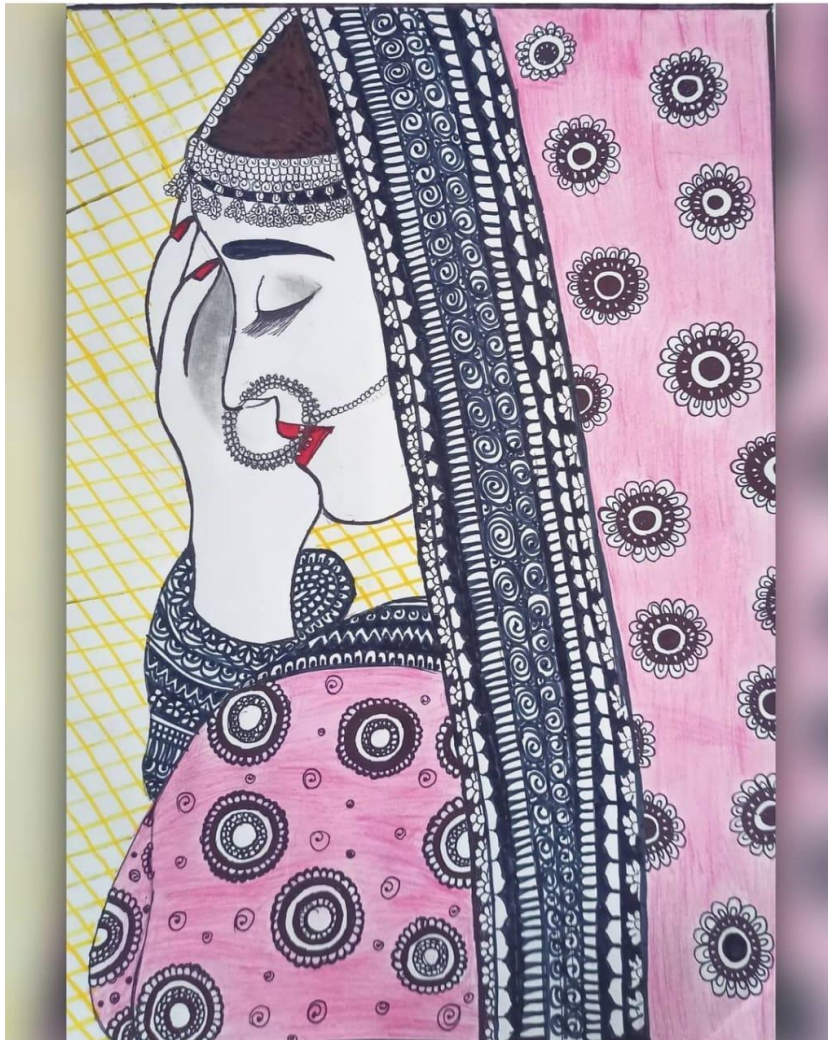
A simple way to be more mindful every day is by focusing on our breathing. Just pay attention to how we breathe, and it helps us stay in the moment and feel calmer, even when life gets busy.

One of my favorite quotes about being mindful is "Wherever you are, be all there." It means focusing completely on what you're doing at that moment. For example, when riding a bicycle, just focus on riding without thinking about other things like going home or pending tasks. This doesn't mean neglecting other responsibilities; it's about being aware of them while fully immersing yourself in

the present activity and enjoying what you're doing right now. That's what mindfulness is all about.

In the end, mindfulness helps us live each day with more presence, peace, and purpose. So let's slow down, take a deep breath, and enjoy the beauty of each moment. That's where we'll find the true meaning of life.

Priya Bhojwani
B.Sc. Biotechnology 1st year



Yashika Pariyani
BCA I Yr

WINGS AT RISK : THREATS OF VULTURE

The vulture, often overlooked but crucial to ecosystems, faces a myriad of threats that jeopardize its very existence. In this title we delve into the precarious situation facing these majestic scavengers. Vultures, vital for ecosystem health, are confronted with an array of threats endangering their survival. From habitat loss to poisoning, this concise exploration highlights the pressing challenges vultures face and the urgency of conservation efforts to safeguard their populations.



Poisoned carcasses . this widespread practice , coupled with the illegal use of poisons to eliminated wildlife, has resulted in significant vulture mortality.

3. COLLISIONS :

Vultures are prone to collisions with man-made structures such as power lines , wind turbines and vehicles . These collisions cause fatalities and injuries , particularly in areas where vultures flight patterns intersects with human infrastructure .

4.ILLEGAL WILDLIFE TRADE

:

There are some problems and threats that vultures are facing :

1. HABITAT LOSS & FRAGMENTATION :

Vultures rely on vast, open habitats for foraging and nesting . However , rapid urbanization, agricultural expansion , and deforestation are fragmenting and destroying their habitats , leading to dwindling population .

2. POISONING :

Deliberate poisoning , often targeting predators of livestock such as wolves and feral dogs , inadvertently kills vultures when they scavenge on Vulture body parts are sometimes sought after for traditional medicine or cultural purpose , driving illegal trade and further endangering already vulnerable population .

5. DISEASE :

Vulture are susceptible to disease such as avian influenza and diclofenac poisoning , the latter being a result of consuming carcasses of animals treated with the veterinary drug diclofenac , which is toxic to vultures .

6. CLIMATE CHANGE :

Climate change poses indirect threats to vultures by altering their habitats and prey availability , leading to potential shifts in distribution and abundance .



RED-HEADED VULTURE (Critically endangered)(*Sarcogyps calvus*)

HABITAT PREFERENCES : Open areas , semi-desert , scrubland

NESTING PREFERENCE : Tall trees

THREATS : NSAIDs [Nonsteroidal anti-inflammatory drug] reduced food availability, pesticides in agriculture, loss of nesting sites

INDIAN VULTURE (Critically endangered)



(*Gyps indicus*)

HABITAT PREFERENCES : Forests , grasslands .

NESTING PREFERENCE : cliffs , but in absence of cliffs , tall trees

THREATS : NSAIDs[Nonsteroidal anti-inflammatory drug] , reduced food availability

, loss of nesting site due to decrease in the number of tall trees , disturbances near cliffs .



WHITE-RUMPED VULTURE (Critically
endangered)(*Gyps bengalensis*)

HABITAT PREFERENCES : Forests , Shrub land , Grassland

NESTING PREFERENCE : Trees and cliffs

THREATS : NSAIDs poisoning reduced food availability , Removal of old
trees and nesting sites

CONCLUSION :

"Wings at Risk: Threats of Vulture" delves into the precarious situation facing vulture populations worldwide. Addressing these threats requires collaborative efforts involving governments, conservation organizations, local communities and the public to enact policies, mitigate human-wildlife conflicts, combat illegal activities and promote habitat conservation and restoration.

Without immediate action, vultures face the risk of extinction, with dire consequences for ecosystem health and functioning. We can work towards securing a future where vultures continue to soar the skies, fulfilling their crucial ecological roles.

-Angel Rose
B.Sc. I Year

SELF LOVE IS IMPORTANT

If the sun still rises and the moon still glows and the tides still rush forward and back and the bees still hum and the earth still blooms and the wind still gently kisses your cheeks then there are still reasons to be grateful.

It's not necessary that if you need light in your life you need sun sometimes you can find the light in the mirror too It's not necessary that if you need love in your life you need someone you can find the love for yourself It's not necessary that if you need motivation you need someone' success you can also find the motivation in your failure.

All that glitters is not gold Sometimes things are not way we want them to be That doesn't mean they are not meant for us We have to understand that sometimes sun can also not remove the darkness That doesn't mean that the darkness is forever

You deserve to be loved You deserve to be cared You deserve to be happy But all you need is self love Love your flaws Love your failures Like a bird called dove .

Yakshika Pariyani
BCA I Year

UNSAID IMPORTANCE OF TEACHERS

The light of the world the beacon in the dark and the hope that gives us strength to survive is our **TEACHER**.

As one looks at the great impact on the growth development and well being of the students and nation one must agree that teaching is a noble profession. There is a saying that teachers are greater than the parents as parents give both to the child whereas teachers mould that child's personality and provide a bright future.

As we all know that these words are not enough to define teachers but the importance of them in student's life can be understood by the following lines-

आपसे ही सीखा, आपसे ही जाना ।
आप ही को हमने, गुरु है माना ॥
सीखा है सब कुछ, आपसे ही हमने।
कलम का मतलब, आपसे है जाना ॥

Yashika Yadav
Alumni

IS THAT ME DOWN THE LANE?

What calls you here?
The light in you or the spark?
Getting down at one thing again and again,
Is that me down the lane.....

Distracting me from the path I wanted
Is that really a thing to get worried?
Simplifying things and thoughts
Still they mingle and tangle a lot...!!
Fighting those away,
Remembering everyday,
Still in the same play,
Proving each day.

The experiences drag upwards,
But then the mind force me downwards.
Questioning again, is that me down the lane?
Listening to everyone and understanding everything.

Many ideas affect me, but I am dreaming...
Dreaming of the best,
which could build my nest,

Passing or failing through every test.
Still I become the best!
Thoughts provoke me to say it
What will I get it?
The girl's standing, thinking
Don't move a step just rhyming...
Getting down at one thing again and again,
Is that me down the lane....

The bottle's still filled, the lights shin
bright, am I going towards the right?
Yes I am,
Leave it all, move along
Everyone has gone
So, its my chance now....!!!
Questioning again, is that me down the lane.

*By Chetali Chandwani
B.Com 2 Year*



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Glimpses of NSS Activities



Glimpses of Literary Committee Activities



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