



ACHARYA NARENDRA DEV COLLEGE
UNIVERSITY OF DELHI
ACCREDITED 'A' GRADE BY NAAC WITH SCORE OF 3.31
DBT STAR COLLEGE



The background features abstract geometric shapes in yellow and light green. There are four large light green circles and several yellow curved bands and shapes. One yellow shape is a large wedge in the top left, and another is a thick curved band at the bottom.

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insight

2023



contents

10-11

From the Principal's Desk
Prof. Ravi Toteja



12-13

Editorial
Aryama Priya

15-19

Editors Speak
Vivek Kunwar
S Ananya
Arpita Singh
Hirtik Singh
Jay Kumar Sirmoria
Aryama Priya

14

संपादकीय
सुयश बाजपेई

संदीप गुप्ता
अंशिका शर्मा
अफ़शार अजमेरी
अनुभव सिंह
सुयश बाजपेई

20-23

Ed Board Recommends
Aryama Priya

contents

24

I Am Still Catching Up
Diya Bilahari

28

It is Good to be Alone
Shachee

30

माँ की ममता और यादें
मृत्युंजय कुमार

25

I Wish
Akarsh

29

Unspoken Longing: A Tale of Silent
Hearts
Abhishek Kumar Singh

31

ख्याहिशें
अर्पणा

26

कैंपस लाइफ
अंशिका शर्मा

27

आज़ाद भारत में भाषाई विषमताएँ
अभिषेक प्रजापति

32

Adventure
Rahul Majhi

contents

34-39

Creative Corner
Nikhil Saini
Vijayalakshmi P. A.
Nidhi Rai
Abhay Gupta

46

A River
Yash Sharma

41

AI and Humans, a Paradoxical
Relationship
Goransh Bharal

47

A Violet Light of Love Guiding
through Darkness
Abhishek Kumar Singh

42-45

The Impact of the Green
Revolution in India
Jay Kumar Sirmoria

48

A Heart of Darkness, A Love of
Light
Abhishek Kumar Singh



contents

50-53
Nine Travel Books By Women
Ms. Sangeeta Relan

58-59
Historic Milestone in Space
Exploration
Aryama Priya

54
Let's Fact the World

60-61
भारत का सर्वाधिक जनसंख्या वाले देश
के रूप में उभरना
संदीप गुप्ता

55
Facing Addictions in Our Day-to-day Life
Kumar Tarun Singh

62
भावनाओं की द्वंद्विता: हौसला और
हिम्मत के बीच मन का संघर्ष
मृत्युंजय कुमार

56-57
Start-Ups: The New Age Trend
S. Ananya

63
मेरी भाषा
श्री चेतन्य शर्मा

contents

64-65

समय प्रबंधन: उत्पादकता और सफलता
की कुंजी
अनुभव सिंह



66-67

Celebrating the International Year
of Millets 2023
Suyash Bajpayee

74-75

The Man behind the Mask
Dr. Subhash Kumar

68-73

आकाश की कलम से
आकाश

76

Death Comes for Me
Ankur Ghosh

77

Ghost of the Burning River
Pratikshya Panda

contents

78-79

Exploring Career Options: A Scoop
of Advice from Graduates and
Peers
Aryama Priya

80-85

Positive Calendar 2022
Vivek Kunwar and Sandeep Gupta

86-88

हिंदी और हम
अफ़शार अजमेरी

89

Being a Woman
Malika Khanna

90-92

Planting the Seeds of Research in
Undergraduate Minds
Arpita Singh

93

Leiothrixx '23
Hritik Singh

94

All Too Well
Ankur Ghosh

contents

95
Beginning to End
Ankur Ghosh

96
Incomplete but Beautiful
Vishwa Deepak Srivastava

98
The Greatest War
Diya Bilahari

97
Hope This Letter Finds You in
Good Health
Diya Bilahari

99
A Lost Confession
Lav Joshi

100
Midnight's Enchantment: A
Mysterious Gaze
Abhishek Kumar Singh



contents

101

He Looks Different Today
Malika Khanna

102

The Painful End of a Love Story:
Memories and Regrets
Goransh Bharal

104-114

Life as it is Meant to be...
Ms. Sangeeta Relan

115-116

G20 Summit and India's Guiding Stewardship
Suyash Bajpayee

103

हिम्मत
अंशिका शर्मा

117-129

Glimpses of Events in College

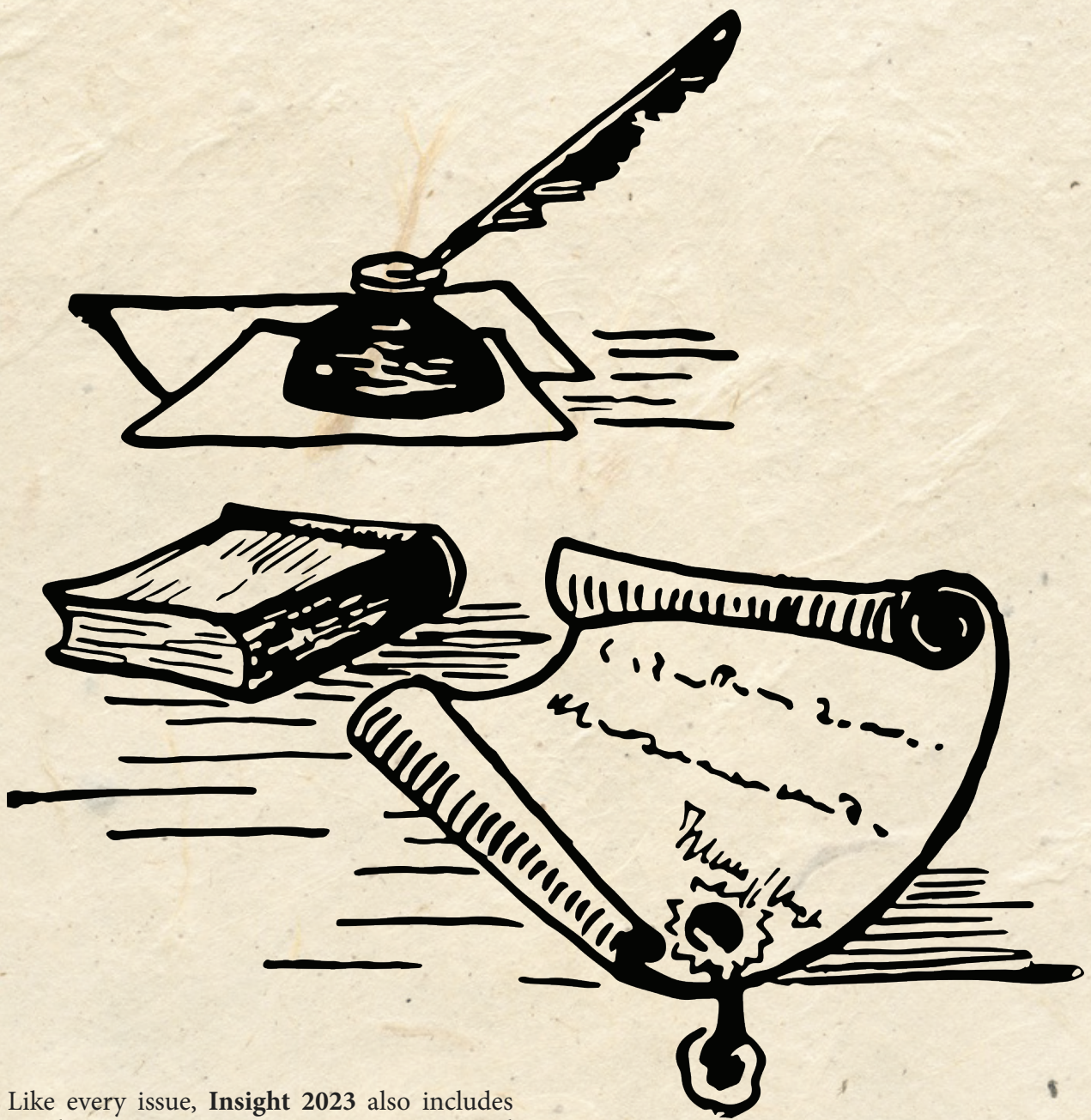
From the Principal's Desk

It is that time of the year when we look back at the academic year gone by and are ready to applaud the achievements of the students and faculty members of the college. We, at Acharya Narendra Dev College, are committed to academic excellence by giving our stakeholders – the staff, teaching and non-teaching, and students an environment where they can grow and flourish. Over the years, the college has helped to unfold the enormous potentialities of the students and empower them to meet the challenges of the future. Though comparatively a young college in terms of the year of establishment, within this short span of journey, ANDC has carved a niche for itself and is considered as one of the top Science colleges in India. Our efforts in providing education with a difference have consistently been recognized. This is evident from the NIRF ranking of 21 and the India Today ranking of 19 in the academic year 2021-22. A young and committed staff together with an eager and enthusiastic group of students is our recipe for success.

The academic year also witnessed the successful implementation of NEP 2020. The much needed restructuring of the education system will surely give a plethora of opportunities to the students to engage in inter-disciplinary studies, hone their skills by preparing them for the future and help them to evolve as more responsible and informed citizens of the country. Overall, I am sure, the experience will be intellectually stimulating and satisfying.



In a predominantly Science college, it is heartening to note that students have a creative bent of mind and a fertile imagination. This is evident from the diverse nature of the entries we receive for *Insight*, the annual magazine of the college every year – from the latest in the field of science and technology to the emergence of India as a global player, from the mundane to the sublime. *Insight* is a collection of all these and some mind blowing artwork which proves that today's youth is not only well-informed and has conviction but also possesses ingenuity and inventiveness. At Acharya Narendra Dev College, we strongly believe in inclusiveness and constant evolution. Our annual magazine exemplifies this belief. Under the able stewardship of the faculty members of the Editorial Committee, the student editors are engaged in the task of inviting entries for *Insight*, editing and proof-reading them besides giving their valuable suggestions and ideas to make every edition better than the previous one.



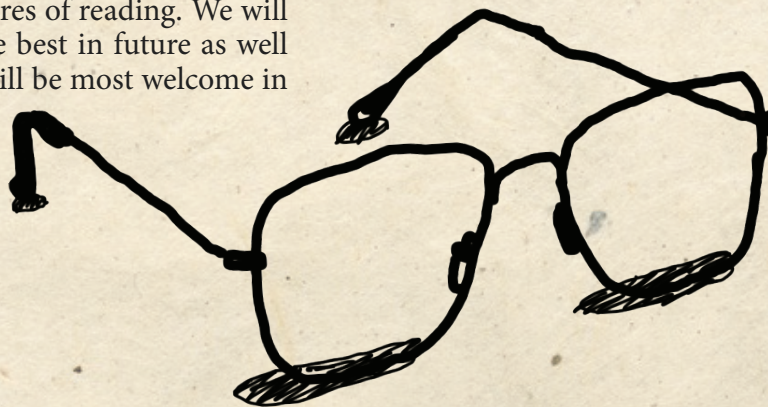
Like every issue, **Insight 2023** also includes articles, poems, stories, opinion pieces and artwork. I hope that this edition of the college magazine will keep you engrossed and give you the innumerable pleasures of reading. We will keep on striving for the best in future as well and your suggestions will be most welcome in this endeavour.

Happy reading!

Best wishes,

Prof. Ravi Toteja

Officiating Principal



Editorial



It was just another evening until I found myself consumed with self-doubt, hitting the submit option. I'd just taken the Editorial Board screening test and I was almost certain I'd tanked this test too (much like all of the other tests I take). It has been three years since I saw my name on the list and the entire experience still feels surreal. Nevertheless, this experience has granted me a wealth of perspectives. I have learned a great deal from my peers, seniors and juniors but most importantly, it was my teachers who showed undying faith in my capabilities. I remember the first time I was handed over a piece to write, I was nervous and unsure about how to go about it. But my seniors were patient with me, guiding me at every step. That's when I realized that being a part of a team meant having each other's back, no matter what. Over the years, we've faced our fair share of challenges. From dealing with writer's block to facing criticism for our work, we've been through it all. However, it was our ability to work together and come up with solutions that got us through tough times. We never let our failures bog us down, instead, we took them as learning opportunities and worked harder to improve ourselves. One of the most rewarding experiences of being on the Editorial Board was seeing our work come

to life in the form of the college magazine. We put in months of hard work and dedication to curate the content that was both informative and engaging. And when we would finally get to see the finished product, it would all be worth it.

The underconfident 18-year-old me who joined the team could never envision myself writing the editorial one day. But as I sit to pen down the editorial, I'm overwhelmed. Wrapping up this piece will officially mark the end of my tenure on the Editorial Board of the college. While it saddens me to think that I will no longer be a part of this team, the experience I have got will be cherished forever. The brainstorming sessions and the long awkward pauses in every meeting had become a ritual of sorts, be it finding new and relevant ideas every year or shortlisting the best pieces for the magazine, I would excitedly anticipate this part of the year. It was the unwavering spirit of my teammates that kept us afloat through the highs and lows. Most importantly, it was a blessing to have Dr. Joita Dhar Rakshit as our convenor, who would go beyond her way to perfect every edition of the magazine. She has been our mentor and guiding light in the truest sense.

All the hard work has come together to give promising results but we hit quite a few bumps on our way. Meeting deadlines when your brain just refuses to produce quality content becomes quite a task but the best part about having to work with brilliant minds is that we never run out of good ideas. Staying true to its name, Insight 2023 provides you with a deep insight into major ideas and events that surrounded us the previous year. It isn't just limited to our lives in college but we've covered

development at national and global levels and how it has affected our lives. We believe that it is essential to have a well-rounded perspective on the issues that affect our community and the world at large.

To my batchmates, as we graduate and step into the next phase of our lives, I'm grateful to each one of you, especially to all those who would selflessly share your notes at the eleventh hour. Now that it's time to leave, I wish to spend just one more day on the campus, hanging out on the grounds, bunk one more lecture to do absolutely nothing with my friends and just one more battle over the last bite of food. I'm not ready to leave just yet but come to think of it, I never will be. For now, I choose to always carry a part of college and its people with me until eternity. The fact that our actual time in college was cut short by the Pandemic, only made us realise the importance of living every moment to its fullest. The memories we've made, the lessons we've learned, and the friendships we've forged will always hold a special place in our hearts.

"I can never read all the books I want; I can never be all the people I want and live all the lives I want. I can never train myself in all the skills I want. And why do I want? I want to live and feel all the shades, tones and variations of mental and physical experience possible in my life. And I am horribly limited."

-Sylvia Plath

These words by my favourite writer have stuck with me as they describe my plight in such an appropriate manner. Similarly, the pages of the magazine feel so limited when you try to accommodate every student's voice. Now that the hard part is over, it is with great pride that I present to you the latest edition of Insight. In this issue, we have striven to encapsulate the adventurous journey of the college, through the past year. I sincerely hope that it turns out to be an enjoyable read.

Bidding adieu...

Aryama Priya

Editor-in-chief (English)



संपादकीय

हर वर्ष की तरह 'इनसाइट' पत्रिका के माध्यम से हमने महाविद्यालय के छात्रों द्वारा रचित कुछ सर्वश्रेष्ठ कृतियों को एकत्रित करके पाठकों के समक्ष प्रस्तुत करने का प्रयास किया है। साथ ही साथ, वैश्विक स्तर पर भारत के बढ़ते गौरव को मदद नज़र रखते हुए, इस वर्ष हमने पत्रिका के विषय के रूप में जी-20 और अंतरराष्ट्रीय मोटा अनाज (मिलेट्स) वर्ष को चुना है। भारत में मोटे अनाज की इतनी विविध पैठ और उतनी ही उनसे जुड़ी पाक विधियाँ हैं पर इन दिनों हमारी रसोई से मोटा अनाज कहाँ गायब है? हम अपने मुख्य आहार में कितना मोटा अनाज खाते हैं? उनके क्या लाभ हैं और मोटे अनाज को हमारी थाली में फिर से अपनी जगह क्यों हासिल करनी चाहिए? इस प्रमुख विषय को संबोधित करते हुए दो लेख आपको इस पत्रिका में मिलेंगे।

इस वर्ष की पत्रिका में हमने कुछ सर्वेक्षण आधारित लेख भी शामिल किए हैं। इसके अतिरिक्त छात्रों द्वारा प्रस्तुत की गई काव्य रचनाओं को पढ़कर यह प्रतीत होता है कि आज के आधुनिक दौर में भी साहित्य के प्रति युवा पीढ़ी का झुकाव क्षीण नहीं हुआ है और हो भी नहीं सकता, क्योंकि आम जनों की रचनात्मकता और क्रियात्मकता आम बोलचाल की भाषा या किसी प्रमुख रूप से बोले जाने वाली भाषा के रूप में ही प्रकट हो सकती है। कुल मिलाकर 'इनसाइट' पत्रिका के लिए काम करने का अनुभव जीवन भर मेरे साथ सुनहरी यादों के रूप में रहेगा। आशा करता हूँ कि भविष्य में आने वाले नए सदस्य इस पत्रिका को नई बुलंदियों तक पहुँचाने में कोई कसर नहीं छोड़ेंगे।

'इनसाइट' के संपादक मंडल का लगातार तीन वर्षों तक हिस्सा रहकर मैं गौरवान्वित हूँ। लगातार दो वर्षों तक मुझे मुख्य संपादक के रूप में चयनित करने के लिए मैं महाविद्यालय के प्रशासन, प्रधानाचार्य महोदय और जोड़ता मैम का सदैव आभारी रहूँगा, जिनके मार्गदर्शन और मज़बूत नेतृत्व के बिना पत्रिका के लिए कार्य करना चुनौतीपूर्ण होता। आशा है कि 'इनसाइट' का यह संस्करण सभी पाठकों को पसंद आएगा।

सुयश बाजपेई
मुख्य संपादक (हिन्दी)



Editors Speak



Vivek Kunwar, B.Com. (H), I Year

My name is Vivek Kunwar and I am one of the English editors of this annual college magazine. I have done my schooling from an ICSE affiliated school. That is why my interest in English was more than in any other language. It is also one of the reasons why I became an English editor. It was a proud moment to work as a member of the Students' Editorial board, that too in the very first year of my college and I wish to be a part of it next year too.



S Ananya, B. Sc. (H) Botany, II Year

Sometimes, you read a book and it fills you with this weird evangelical zeal and you become convinced that the shattered world will never be put back together unless and until all living humans read the book. And then there are books like 'An Imperial Affliction', which you can't tell people about, books so special and rare and yours that advertising your affection feels like betrayal.

I am extremely delighted to be a part of the Editorial Board and to present the latest edition of our esteemed college magazine. Within these pages, you will discover a meticulously curated selection of insightful articles, enlightening interviews and stimulating perspectives. Our dedicated team has invested significant efforts to deliver content that both informs and inspires. I hope the readers indulge themselves in the content of this magazine and trust that it will contribute significantly to your intellectual journey. Your valuable feedback will be instrumental in shaping the future of our publication.

Editors Speak

Arpita Singh, B. Sc. (H) Biomedical Science, II Year

Now that I've completed two full academic years at ANDC, actual time frame notwithstanding, it has made me realize that having a voice of your own in this world which is an abyss of noisy background to my not-so-main lead in a romantic novel-like life is extremely important. Having a platform such as 'Insight' has given me a break from the overwhelming 'Woman in STEM' roleplay I have been performing at all times and taught me how essential it is to have pursuits apart from academics. I am as elated as I was on my first day as a member of the Editorial Board and that we have a medium of collaboration and growth such as 'Insight' within a pure sciences college. It is my heartiest wish for the readers to enjoy our little ode to the college just as much as we did while curating it!



Hirtik Singh, B. Sc. (H) Biomedical Science, II Year



*"It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate,
I am the captain of my soul."*

How moving the lines from 'Invictus' are, right? How William E. Henly depicts such realism and artistic impact through these lines! Hope I've recommended a good read to you all.

So hey fellas, of course, I won't ramble on my literary pursuits but let me disclose here, how my soul dangles between those overtly romantic poems and the binge-worthy period dramas with that adorable tinge of magnificent aura. The larger-than-life stories have always attracted me, for sure.

Now coming to writing, I majorly write panegyric and old-school teenage romantic poems.

As a reader, I'm quite sceptical whether I'm more biased towards thrillers or mysteries or romance but surely, it's something I enjoy doing and recommending.

Moving on, my memories associated with the Editorial Board have been much of learning. Working with talented people and supportive teammates made every day worthwhile. I thank each one for contributing to the success of my very first encounter with the Editorial Board and appreciate their never-withdrawing encouragement.

Happy reading friends



Jay Kumar Sirmoria, B. Sc. (H) Botany, III Year

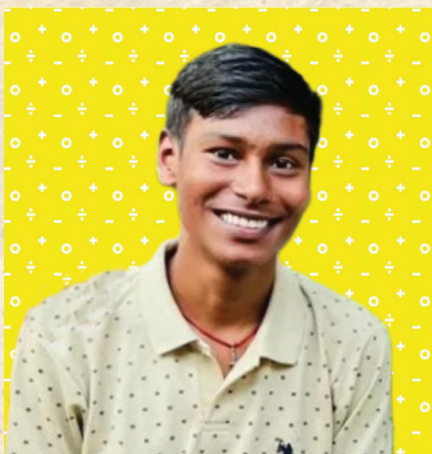
Reading and writing are habits that provide relaxation for some individuals while for others, they ignite a profound passion. My journey with these pursuits began at a tender age when my tutor presented me with an alternative means of communication and expression. Given that Hindi is my mother tongue, mastering English speaking skills was initially quite challenging. In response, my tutor suggested that I jot down my thoughts, facilitating both the practice of fluent speech and the improvement of my writing skills. One of the primary hurdles I encountered during this process was the correct usage of verbs. However, with her patient guidance, I gradually honed my ability to both speak and write proficiently in English, which significantly bolstered my self-confidence. My involvement with writing commenced in the first grade when I contributed short poems and stories for the school magazine. As I matured, the library became my second home, a sanctuary of sorts. Books not only provided comfort but also revealed the boundless potential of imagination. It was during my twelfth-grade year that I delved into scientific literature and from that point onwards, there was no turning back. I discovered my true calling, where my twin interests in Science and writing converged harmoniously. Since then, I have devoured countless scientific papers and even ventured into summarizing them. Today, I proudly hold a position on the Editorial Board of the college magazine, where I can utilize my language skills to the fullest. I owe this growth to the invaluable guidance and mentorship of Dr Joita Dhar Rakshit, who has played a pivotal role in shaping my language proficiency and editorial capabilities.

Aryama Priya, B. Sc. (H) Zoology, III Year

I like to think of the human experience as a great puzzle, with countless pieces scattered across the table. Writing and words are synonymous with the glue that binds these pieces together, forming a coherent and meaningful picture. Without the glue, the puzzle would remain scattered and incomplete. Words and writing are like the keys to a vast and intricate machine that is the human experience. Each word is a unique shape, purposefully built to fit into a specific slot within this machine. When we arrange these words together in just the right way, we unlock new meanings and new insights into ourselves and the world around us. While putting it together might seem like an excruciating task at first, the sheer gratification experienced at its completion can only be felt and not fathomed. Compiling this magazine has helped me witness sheer gratification and I shall remain indebted for it.



Editors Speak



संदीप गुप्ता, बी.एससी. (विशेष) जैवचिकित्सा विज्ञान, प्रथम वर्ष

हिंदी माध्यम का छात्र रहने की वजह से बचपन से ही हिंदी भाषा में बुनी गई कविताएँ, कहानियों एवं विभिन्न रचनाओं को पढ़ने व परखने का शौक रहा है। ऐसे में, महाविद्यालय में आकर हिंदी से दूर रहना भला कैसे संभव था! प्रथम वर्ष में ही संपादक मंडल का सदस्य बनने एवं सहपाठियों द्वारा रचित नवीनतम कविताओं एवं कहानियों को पढ़ने का सुखद अनुभव मुझे सदैव गौरवान्वित करता रहेगा।



अंशिका शर्मा, बी. एससी. (विशेष) जंतु विज्ञान, द्वितीय वर्ष

महाविद्यालय की वार्षिक पत्रिका 'इनसाइट' की रोचक शैली और साहित्य में रुचि के चलते हिंदी संपादकीय मंडल से जुड़ना हुआ। नए लोगों से मिलना, नये कौशल सीखना और दो वर्षों से पत्रिका संपादक के रूप में मिलकर काम करना एक अच्छा अनुभव रहा। पत्रिका ना सिर्फ अपने विचार प्रकट करने का माध्यम है अपितु विज्ञान केंद्रित महाविद्यालय होने के पश्चात् भी चित्रकला, लेखन, संपादन आदि कलाओं के अपयोग और उन्हें निखारने का एक अनोखा माध्यम भी है। आशा करती हूँ कि पत्रिका का यह अंक आपको पसंद आएगा और इसी तरह सभी की अद्भुत रचनाओं के साथ 'इनसाइट' आगे बढ़ती रहेगी।

अफ़शार अजमेरी, बी. एससी. (विशेष)
वनस्पति विज्ञान, द्वितीय वर्ष



संपादकीय मंडल का हिस्सा बनना एक अभूतपूर्व एवं रोमांचकारी अनुभव रहा। बहुत कुछ नया सीखने को मिला और संपादन कार्य के लिए मिलने वाली कविताएँ पढ़कर अच्छा लगा। पिछले वर्ष संपादकीय मंडल की ओर से एक नई शुरुआत की गई जिसमें क्षेत्रीय भाषाओं में भी प्रविष्टियाँ आमंत्रित की गईं, जिससे उन भाषाओं को भी प्रोत्साहन मिला। आने वाले वर्षों में मैगज़ीन के विकास के लिए प्रयासरत रहूँगा।

अनुभव सिंह, बी. एससी. (विशेष)
इलेक्ट्रॉनिक्स, तृतीय वर्ष



मेरा कॉलेज मैगज़ीन के संपादक के रूप में अनुभव सचमुच अद्वितीय और सीखने भरा था। इस योग्यता के दौरान, मैंने न केवल साहित्यिक दुनिया के साथ मिलकर अपने लेखन कौशल को सुधारा, बल्कि टीम के साथ काम करने का और भी मजेदार और साझा अनुभव भी प्राप्त

किया। मैंने यह देखा कि संपादक के रूप में काम करते समय व्यक्तिगत विकास का अद्वितीय मौका मिलता है। लेखन, संपादन और मैगज़ीन की प्रक्रिया के माध्यम से, मैंने नई कौशल सीखे और अपने आत्मविश्वास को बढ़ाया। कॉलेज मैगज़ीन के संपादक के रूप में काम करने से मुझे अपने साथी छात्रों के साथ जुड़ने और उनकी रचनाओं को प्रकट करने का अवसर मिला। यह मेरे लिए एक शिक्षाप्रद और साथीय साझा करने का मौका था, जिसने मेरे कॉलेज जीवन को रोचक और यादगार बनाया। यह अनुभव मुझे साहित्यिक क्षेत्र में नयी ऊँचाइयों की ओर ले गया और मैं इसे हमेशा अभिवादन करूँगा।

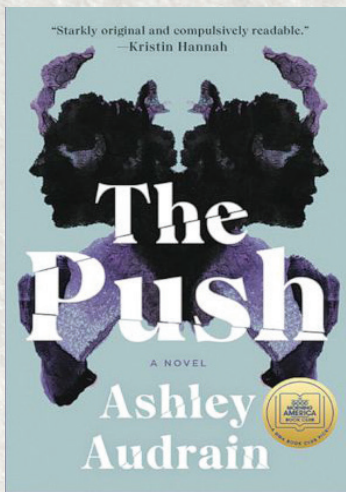
सुयश बाजपेई, बी. एससी. (विशेष)
इलेक्ट्रॉनिक्स, तृतीय वर्ष



लगातार तीन वर्षों तक संपादक मंडल का अभिन्न अंग होना मेरे लिए एक अभूतपूर्व अनुभव रहा। नित्य ही नई रचनाओं को पढ़ने का अवसर प्राप्त हुआ, जिससे समाज में मिश्रित व्यापकता और विविधता का भान होता है। ध्यातव्य रहे कि विज्ञान विशेष महाविद्यालय होने के उपरान्त भी लोगों में साहित्य के प्रति झुकाव देखना अत्यंत प्रशंसनीय है। संपादक मंडल में मुझे कार्य करने का अवसर प्रदान करने हेतु महाविद्यालय का मैं कृतज्ञ रहूँगा।

ED BOARD RECOMMENDS

An avid reader or not, most of us find ourselves grappled by exciting stories. With the rise of OTT platforms, reading has become a thing of the ancient times. But many of those who do read, understand the wholesome experience of reading books. It makes your mind wander into unfamiliar terrains. Relishing a story in its truest form is only possible when your mind is free of preconceived notions and biases. A book provides you with this opportunity – the creative freedom to expand your imagination far and beyond. If you're ready to expand the realm of your imagination, here are a few suggestions:

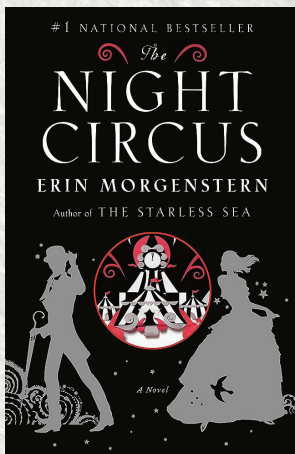
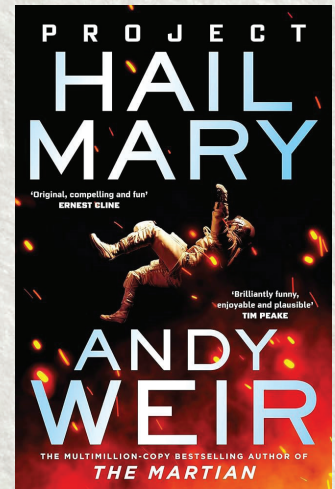


'The Push' by Ashley Audrain

In this spine-tingling psychological thriller, Ashley Audrain delves into the darkest corners of motherhood. Blythe has a creeping suspicion that something is profoundly wrong with her daughter but is it hereditary or nurtured? The novel navigates the haunting exploration of maternal instincts and family secrets, leaving readers on the edge of their seats.

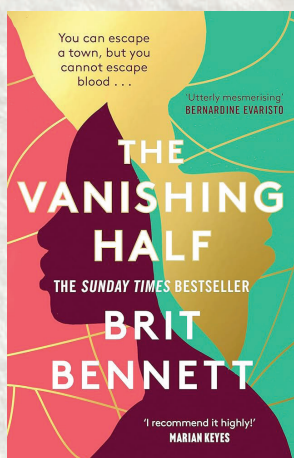
'Project Hail Mary' by Andy Weir

In a gripping science fiction epic, Andy Weir, author of 'The Martian', catapults us into the vastness of space. Ryland Grace, an astronaut, is humanity's last hope as he embarks on a daring mission to save the planet. With a mix of scientific ingenuity, humour, and heart, this tale unfolds as an edge-of-your-seat adventure to preserve our world.



'The Night Circus' by Erin Morgenstern

Step into a world of enchantment where a mysterious and magical circus emerges only at night. This novel weaves together the destinies of two young magicians competing in a fantastical challenge. Erin Morgenstern's exquisite prose and intricate word-building create an atmospheric and mesmerizing story of love, art and enchantment.

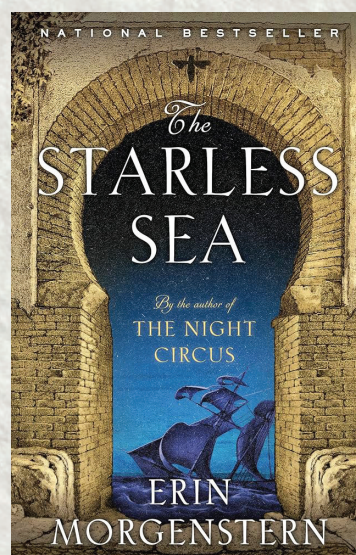


‘The Vanishing Half’ by Brit Bennett

Brit Bennett’s multi-generational family saga follows the lives of identical twin sisters, Desiree and Stella, who choose radically different paths. One lives as a white woman, while the other embraces her Black heritage. This novel delves into the profound themes of identity, race, and the enduring ties of family.

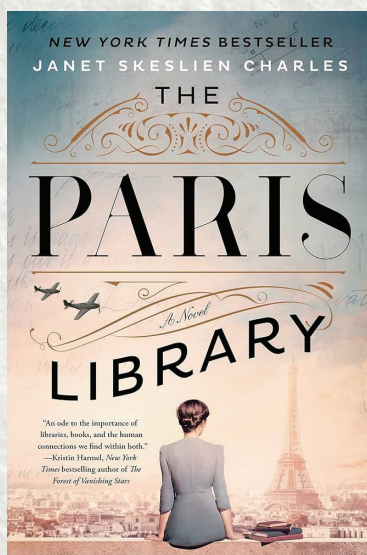
‘The Starless Sea’ by Erin Morgenstern

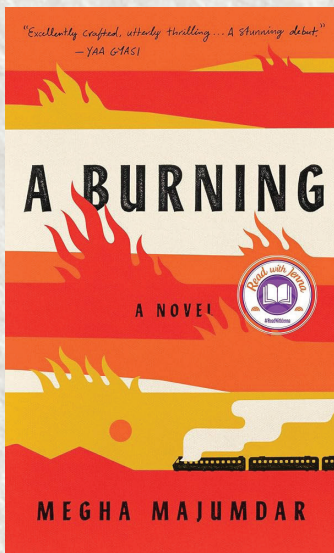
Erin Morgenstern crafts a fantastical and lyrical journey through her mesmerizing tale. Follow Zachary Rawlins as he discovers a mysterious book, a secret underground library filled with magical doors and stories. It’s a breath-taking adventure that combines myth, romance and destiny.



‘The Paris Library’ by Janet Skeslien Charles

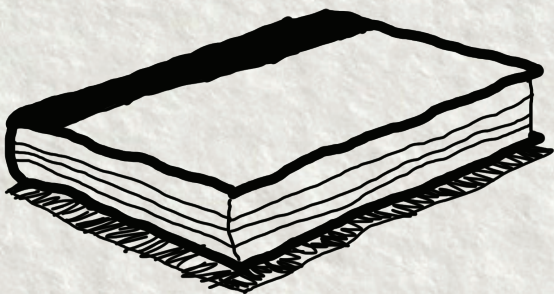
Based on a true story, the novel illuminates the lives of those working at the American Library in Paris during World War II. It intertwines the narratives of its employees and patrons and celebrates the enduring power of literature, friendship and the indomitable human spirit.





'A Burning' by Megha Majumdar

In contemporary India, Megha Majumdar's debut novel intricately weaves the lives of three characters: Jivan, wrongfully accused of terrorism; PT Sir, a gym teacher with political aspirations; and Lovely, a transgender with dreams of stardom. The narrative becomes a compelling exploration of justice, politics and the profound inequalities in society.



If you're looking for some exciting new fiction books to dive into, these titles are definitely worth considering. From the psychological thriller of 'The Push' to the fantastical journey of 'The Starless Sea', there's something for everyone in this list. These books explore a wide range of themes, including family, identity, love, resilience and justice. With such a diverse selection, you're sure to find a book that captivates your imagination and leaves you wanting for more. So, go ahead and explore these new releases for your next literary adventure!

Aryama Priya (Member, Students' Editorial Board)

I am Still Catching Up

I am still catching up
With the haste of what happened
I was still holding on to you
When everything came to an end.
I am waiting by the stairs
While the calendar pages turn
I am the butt of the jokes and stares
And all my letters to you are fated to burn.
I blamed the traps of destiny
When someone told me our odds were rare
I find it hard to look back
But my delusion tells me you're still there.
Why do you know so much yet so little?
Why are sparkly things the most brittle?
If the way home is the most beautiful
Why didn't the road to you lead me anywhere?

All my friends have a bad feeling about you
But I see you in the brightest shade of blue.
They have all been teaming up against you
And I have been polishing my sword too.
I am waiting for an answer
While you are on another page.
There is an old bookmark on your chapter
And a hymn that I prayed.
I cursed the threads of fate
When someone told me our end was near.
I find it hard to turn away
When my delusion tells me you're still there.

Why do you know so much yet so little?
Why are sparkly things the most brittle?
If the way home is the most beautiful
Why didn't the road to you lead me
anywhere?

Diya Bilahari
B. Sc. (H) Zoology
I Year



I Wish

The sky, the wind
Everything reminds of him.
Tears in my eyes, sleepless nights
Tell me how much I miss him.
The conversations we had
The funny things he said to me
It hurts, because it's just a memory now.
I wish, in another world, in another life, I
hold him so tight
That even the Gods, the creator will turn our
ridges together.

Till then, be happy, be safe
And achieve great things in life.

Akarsh
B.Com. (H)
III Year



कैंपस लाइफ

क्लास 12 बोर्ड रिजल्ट से निकलकर शुरू होता है कॉलेज का सफ़र। सफ़र, नई उम्मीदों और सपनों से भरपूर, एक बॉलीवुड फिल्मों वाले कॉलेज की कल्पना करते हुए शुरू होती है कैंपस की ज़िंदगी। अपना शहर छोड़कर आए विद्यार्थियों के लिए कैंपस का अलग ही महत्व होता है।

असली कैंपस लाइफ़ शुरू होती है दोस्तों के साथ, जिनके बिना शायद कैंपस का अस्तित्व ही नहीं है। कैंटीन में बैठकर घंटों गप्पे मारना, क्लास बंक करना, गर्मियों में ए०सी० के लिये लाइब्रेरी में बैठना, शहर का चप्पा-चप्पा घूमना, अपने अंदर छुपे एक नए इंसान से मुलाकात करने का साधन होते हैं ये लोग।

दिल्ली विश्वविद्यालय प्रसिद्ध है अपने कैंपस के लिए- नॉर्थ, साउथ और ऑफ़ कैंपस अपनी-अपनी खूबियों के साथ एक अलग ही ज़िंदगी का प्रतिनिधित्व करते हैं। विभिन्नता होने के बाद भी सभी कैंपस जुड़े हुए हैं विद्यार्थियों से, जो किसी में अंतर नहीं करते और सभी के मूल को एक सा रखे हुए हैं - कैंपस लाइफ़ को जी भर के जीना।

एग्जाम हर सेमेस्टर सोचना कि इस बार शुरू से अच्छे से पढ़ाई करेंगे लेकिन हर बार पेपर से एक दिन पहले ही पढ़ाई करना अपने में अलग ही कहानी है। जो सिलेबस 6 महीने में पूरा नहीं हो पाता वो एक रात में हो जाता है, टीचर का पढ़ाया समझ नहीं आता लेकिन उस समय दोस्त का पढ़ाया समझ आ जाता है। असाइनमेंट सबमिट करने की डेट से दो दिन पहले शुरू करना और आखिरी समय तक लगे रहने का एक अलग ही आनंद है।

फेस्ट डिपार्टमेंटल फेस्ट और कॉलेज फेस्ट खुद में ही एक अलग अनुभव हैं। अपनी नेतृत्व-क्षमता और प्रतिभाओं को निखारने के साथ-साथ कॉलेज लाइफ़ के यादगार पल बनाने के लिए

अच्छे अवसर प्रदान करते हैं। अलग-अलग गति-विधियाँ, अपने एवं अन्य महाविद्यालय के अपने समकक्षों से जान-पहचान बढ़ाने में बहुत सहयोग करते हैं। इनके माध्यम से बहुमुखी व्यक्तित्व के विकास में सहायता मिलती है।

हैंग आउट स्पोर्ट्स नॉर्थ कैंपस की सुदामा टी स्टॉल, टॉम अंकल मैगी प्वाइंट, डोलमा आंटी मोमोज़ अपने खाने के लिए तो साउथ कैंपस अपने मार्केट सरोजनी नगर, सत्य निकेतन के लिए प्रसिद्ध है। कभी काम तो कभी बिना काम के यहाँ पर हर स्टूडेंट दिख ही जाएगा।

विभिन्नता अलग-अलग राज्यों से आए सहपाठियों से मिलने-जुलने का अच्छा अवसर होती है कॉलेज लाइफ़। भारतीय संविधान की खूबसूरती विभिन्नता में एकता का समर्थन करते हुए यादों में जोड़ता है नए आयाम। अलग-अलग राज्य के लोगों से मिलना, उनकी संस्कृति, खान-पान को सीखना-समझना जीवन में एक दूसरे के प्रति सम्मान की भावना को प्रबल करता है।

खट्टी-मीठी यादें देती हैं कैंपस का मज़ा, हाँ एक बेंच पर न जाने कितनी यादें होती हैं, इन सबसे बेखबर अपना समय पूरा कर और यादों को चारदीवारी में छोड़ बढ़ जाते हैं आगे के सफ़र में जहाँ भविष्य की चिंता है, यारों की नामौजूदगी है, अगर कुछ है तो स्कूल-कॉलेज में बिताए उन पलों की याद।

अंशिका शर्मा

सदस्य, संपादक मंडल



आज़ाद भारत में भाषाई विषमताएँ

आज़ाद भारत जहाँ उन्मुक्त विचारों की आज़ादी हो, जहाँ अभिव्यक्ति पर बाध्यता न हो, जहाँ विचार क़ैद ना हों। अभिव्यक्ति का माध्यम क्या है- वह है भाषा। भाषा किसी पर आरोपित नहीं की जाती, भाषा स्वेच्छा से अपनाई जाती है। किन्तु आज़ाद भारत में भाषा शायद अभिव्यक्ति तक सीमित नहीं रही। आज वह सांस्कृतिक विरासत बन चुकी है। भारत में लगभग हज़ारों बोलियाँ बोली जाती हैं और अनेक भाषाएँ जिनका प्रत्येक भारतवासी सम्मान करता है।

भारत में विविधता में एकता के सूत्र की बात यही आती है कि अपनी विरासत के साथ साथ हम कभी दूसरों की विरासत का अनादर नहीं करते, जहाँ हम वसुधैव कुटुंबकम् में विश्वास रखते हैं वहाँ हम भाषाई विविधता को विषमता कैसे कहें? विषमता से पर्याय होता है असमानता होना किन्तु असमानता का तर्क तब आता है जब हम भेदभाव करते हैं। लेकिन भारत का संविधान सदैव ही सभी भाषा और बोलियों को समान देखता आया है, यही कारण है कि आज हम हिन्दी भाषा को राष्ट्रभाषा न कहकर राजभाषा कहते हैं जिससे की भाषाई विषमता प्रकट न हो, अन्य भाषाई जनमानस में हीन भावना या अलगाव की भावना का जन्म न हो।

भाषा की बात कहें तो अनेक ऐसी संस्थाएँ स्थापित की गई हैं, एनजीओ है जो आकलन करते हैं कि कहीं भाषा के आधार पर किसी के साथ शोषण तो नहीं किया जा रहा है, कहीं किसी व्यक्ति से कोई भाषा ज़बरदस्ती तो नहीं बुलवाई जा रही है। उदाहरण के लिए चलते हैं महाराष्ट्र जहाँ मराठी शिक्षा पाठ्यक्रम का भाग है, तमिलनाडु चलते हैं जहाँ तमिल भाषा की शिक्षा दी जाती है, उत्तर में हिंदी की शिक्षा दी जाती है और उत्तर में ही पंजाब में पंजाबी की शिक्षा दी जाती है। भाषा विषमता नहीं, ताकत है भारत की।

जिस प्रकार भारत की संस्कृति विविध है, भौगोलिक स्थिति विविध है, उसी प्रकार भाषा विविध है और बावजूद इसके भारत एकता की मिसाल है। भाषा भारत के विकास में अवरोधक नहीं, सहायक है। वो कैसे? भारत हमेशा ही खोज और शोध का विषय रहा है। सर्वप्रथम, अनेक व्यक्ति भारत पर शोध करने आते हैं कि जहाँ इतनी भाषाएँ हैं वहाँ का निवासी कैसा है, लोगों का ये भी विचारणीय विषय है, तो व्यक्ति अनायास ही भारत घूमने आते हैं और भारत की अर्थव्यवस्था को मज़बूती मिलती है। भारत सरकार भी सभी भाषाओं का पूर्ण विकास हो इसके लिए प्रयासरत रहती है। आज़ाद भारत का जनमानस जानता है कि भाषा अभिव्यक्ति की आज़ादी है और प्रत्येक व्यक्ति को संविधान ने मूलभूत कर्तव्यों में 'राइट टू चॉइस' दिया है।

आज़ाद भारत में भाषाई विषमता नहीं विविधता है और विविधता में एकता भारत की विशेषता है।

अभिषेक प्रजापति

बी. एससी. फ़िज़िकल साइंस (इलेक्ट्रॉनिक्स)

तृतीय वर्ष

It is Good to Be Alone

Amidst the silence, I find my grace,
In solitude's embrace, I trace.
No rush of voices, no crowded space,
Just me and time, in this quiet place.

Thoughts unfurl like petals at dawn,
A symphony of solitude is drawn.
Reflections dance upon the mind,
In stillness, towards wisdom I'm inclined.

The world outside may whirl and spin,
But here, I dive within.
No need for pretence or disguise,
Alone, I'm free to realize.

The gentle whispers of my soul,
In solitude, they take their toll.
In solitude, I truly see,
The essence of what I'm meant to be.

So let the world rush on its way,
I'll cherish the quiet, come what may.
For in these moments, I have known,
It is good, indeed, to be alone.

Shachee

B. Com. (H)

II Year

Unspoken Longing: A Tale of Silent Hearts

Although fate brought us together,
I can't help but wonder whether
You feel the same way as I do,
Or if my feelings are one-sided, too.

I wish I could tell you about
The way you make my heart shout,
How your smile lights up my day,
And how I think of you in every way.

But fear holds me back,
And my heart begins to crack,
As I keep my feelings concealed,
Wishing my love could be revealed.

May be one day I'll find the courage
To express my love with fervour,
And fate will smile upon us once more,
As we walk together through life's open door.

Abhishek Kumar Singh

B. Sc. (H) Botany

I Year



माँ की ममता और यादें



माँ, तेरी यादों में खोया रहता हूँ मैं,
जैसे तेरे साथ बिताए पल वापस लौट आते हैं।
आँखें भर आती हैं जब याद आती है तेरी,
माँ, तू मेरी दुनिया की रौशनी, तेरी यादों में बसा है ये दिल मेरा।

मृत्युंजय कुमार

बी. एससी. (विशेष) जैव चिकित्सा विज्ञान

प्रथम वर्ष

ख्वाहिशें

लम्हों की एक किताब है ज़िन्दगी,
साँसों और ख्वालों का हिसाब है ज़िन्दगी,
कुछ ज़रूरतें पूरी, कुछ ख्वाहिशें अधूरी,
बस इन्हीं सवालों का जवाब है ज़िन्दगी..

अर्पणा

बी. कॉम. (विशेष)

प्रथम वर्ष

Adventure

At dusk, he started to come downhill

He skipped along in excitement

Puffy clouds hovered overhead

Wondering about all shades of coloured flowers

Roses crimson red, and blue Lilies and yellow Daffodils.

He found there

A large number of shepherds

He shouted loud enough

And his words bounced back

To him in echoes

He squinted and scanned the horizon

Beautiful by default!

He could sense the huge stream

And drops of water like the shimmering diamonds

Alright!

His emotions bowed before the natural beauty

That surrounded him

There was a catharsis

A purgation of his being

Which left him in fragments

To only bind him into a whole

With the realization of a new dawn.

Rahul Majhi

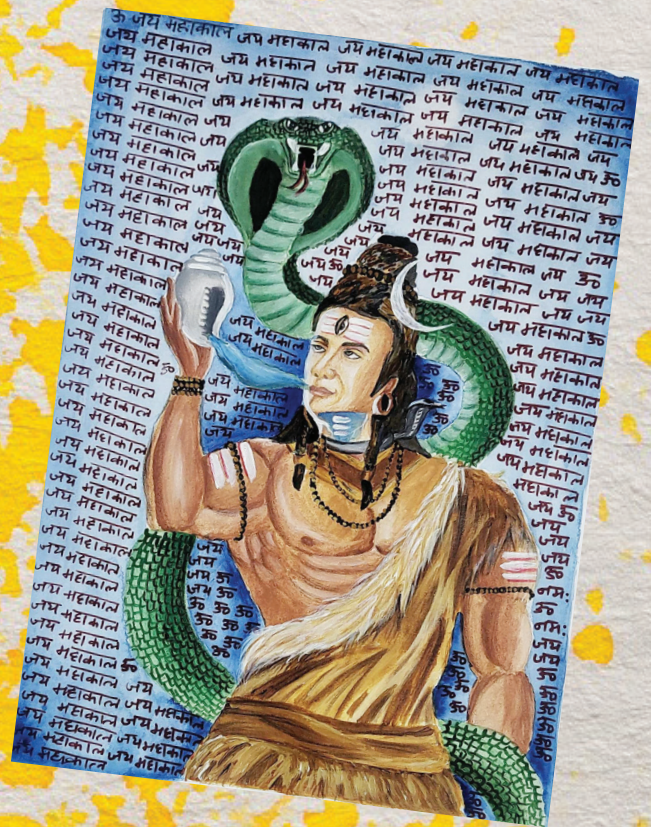
B. Sc. (H) Computer Science

I Year



Creative Corner





Nikhil Saini

B. Com. (H)

I Year

The
Langoor of
ANDC



Vijayalakshmi P. A.
B. Sc. (H) Zoology
I Year

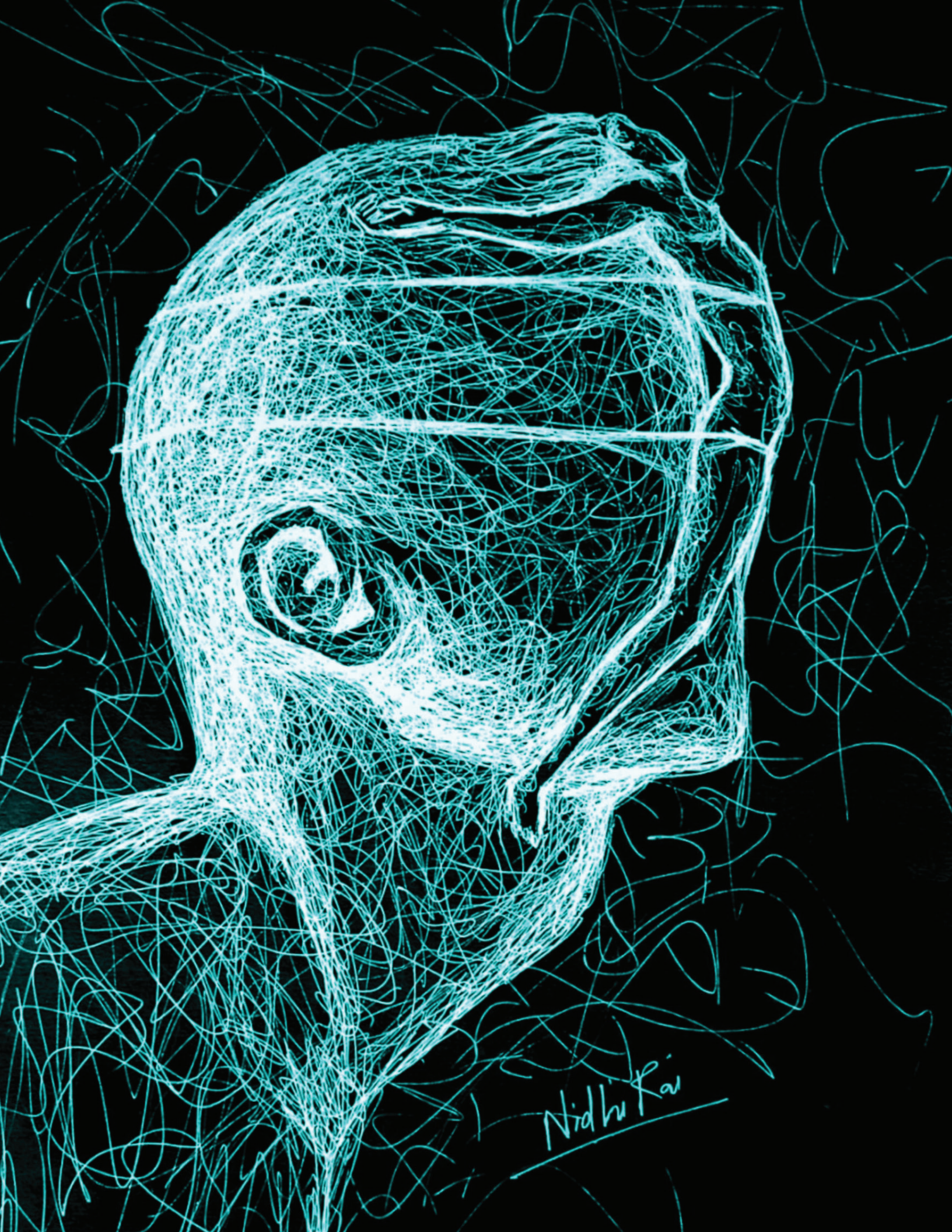


Nidhi Rai
B. Sc. (H) Biomedical Science
III Year





Abhay Gupta
B. Sc. (H) Zoology
II Year



Nidhi Rai

AI and Humans, a Paradoxical Relationship

“Technology can be a great tool to enhance relationships, but it should never replace the human connection that is at the heart of true intimacy.” - Esther Perel

Technology has revolutionized every aspect of our lives, and relationships are no exception. In recent years, the use of AI chatbots has become increasingly popular as a means of communication in relationships. AI chatbots are virtual assistants that can converse with users through text or voice commands. They have become a popular tool for businesses to engage with their customers but they are also increasingly being used in personal relationships. However, the impact of AI chatbots on relationships is complex and not yet fully understood.

AI chatbots can be a useful tool for maintaining relationships. They can provide a sense of companionship and emotional support, especially for those who may struggle with social interactions or have a difficult time expressing their emotions. For example, some people use chatbots to express their feelings and thoughts without the fear of being judged or rejected. Chatbots can also help people to maintain long-distance relationships by providing a constant form of communication.

However, the use of AI chatbots in relationships also raises concerns about the nature of human connection. Can a relationship built on conversations with a chatbot be considered genuine? Does it replace the need for human connection? The answer to these questions is not straightforward, as it depends on the individual and their specific needs.

One potential negative impact of AI chatbots on relationships is that they may reduce the need for face-to-face communication. Relationships thrive on communication, and the use of chatbots may inhibit the development of social skills necessary for building and maintaining healthy relationships. Additionally, chatbots are programmed to respond in a certain way, and they may not be able to understand the nuances of human communication or provide the emotional support that humans need.

Furthermore, the use of AI chatbots can lead to a false sense of intimacy. People may feel connected to their chatbot in a way that they cannot with a human, but this intimacy is artificial and lacks the depth and complexity of human connection. As a result, people may become overly reliant on chatbots, neglecting the importance of human interaction in relationships.

In conclusion, the impact of AI chatbots on relationships is complex and multifaceted. While they can be a useful tool for maintaining relationships, they also raise concerns about the nature of human connection and the potential for reducing the need for face-to-face communication. It is essential to use AI chatbots in moderation and not rely on them as a replacement for human connection. At the end of the day, technology should serve to enhance our relationships, not replace them.

Goransh Bharal
B. Com. (H)
II Year



The Impact of the Green Revolution in India

On the 8th of March in 1968, William S. Gaud coined the term GREEN REVOLUTION in his speech as the administrator of the U.S. Agency for International Development (USAID). He stated, "These and other developments in the field of agriculture contain the makings of a new revolution. It is not a violent Red Revolution like that of the Soviets, nor is it a White Revolution like that of the Shah of Iran. I call it the Green Revolution".

The actual beginning of this remarkable movement happened in Mexico during a period of three decades (1940-70) after the Mexican Revolution, which is believed to have shaped rural Mexico. Henry A. Wallace, the U.S. Vice President, went on a visit to Mexico in 1940. He had a strong agricultural background – he served as U.S. Secretary of Agriculture for two terms; founded a company named 'Pioneer Hi-Bred International' that worked on corn seeds to increase the yield many folds.

In Mexico, he observed that a typical farmer had to spend on average 500 hours to cultivate a single bushel of corn, which is around 50 times more as compared to a farmer sowing hybridized seeds. Influenced by this heartbreaking situation, Wallace persuaded the Rockefeller Foundation to support an agricultural station in Mexico to produce hybrid varieties of corn and wheat. Once the foundation agreed, he appointed Norman Ernest Borlaug. In 1943, International Maize and Wheat Improvement Center (CIMMYT) was established by the Mexican government. Only in a time period of eight years, corn production tripled and wheat production increased five times. This saved two billion Mexican population from starving and hence Borlaug was awarded the Nobel Peace Prize in 1970.

1961 was a menacing year for Indians and the Indian Government due to the insecurity of food grains. Dr. M.S. Swaminathan was the Minister of Agriculture and on the suggestion of his advisor, he invited Norman Borlaug to India. On Borlaug's suggestion and with the collaboration of the Ford Foundation, the Indian Government imported wheat seeds from the CIMMYT. Punjab, in the Indus Plains, being one of the most fertile regions on Earth, was selected as the site for sowing these hybridized seeds. During this period of the 1960s, India not only adopted High Yielding Variety (HYV) Seeds but also began to use mechanized farm tools, irrigation facilities, pesticides and fertilizers.

The main goals included the production of high-yielding and disease-resistant varieties of wheat in India. HYV seeds in combination with better irrigation techniques and the use of fertilizers and pesticides paved an easy path towards the goal. This improved agriculture in India and made it self-sufficient in terms of grain production. Sonalika and Kalyan Sona were introduced which were examples of modern farming techniques along with the high-yielding varieties.

With the beginning of the Green Revolution in India, IR8 - the improved variety of rice developed by the International Rice Research Institute, Philippines was adopted. It is a semi-dwarf variety of rice that is capable of producing more grains per plant in combination with certain fertilizers and irrigation techniques. Indian Agronomist, S.K. De Datta, conducted research on this variety of rice and published his findings in 1968. He found this variety to be yielding about 5 tons of grain per hectare in the absence of any fertilizers, while it yielded about 10 tons when grown in idle conditions. Overall, IR8 was found to be a super success all over Asia and was often designated as a "Miracle Rice". In India itself, rice production increased to 6 tons per hectare in the 1990s from only

2 tons in the 1960s. With this increase in production, the cost of rice came down to \$200 a ton in 2001. This increase in production also made India a large exporter with approximately 4.6 million tons exported in 2006.

The most significant impact of the Green Revolution was its contribution to food security. By increasing crop yields, India was able to feed its growing population and reduce its dependence on food imports. Staple crops like wheat and rice experienced substantial yield increases, enabling the country to become self-sufficient in food production. This newfound food security was a vital step in eradicating famines that had plagued India for centuries.

Moreover, the surplus agricultural production had a positive impact on the economy. Increased crop yields meant higher incomes for farmers, leading to improved living standards in rural areas. The surplus produce could also be sold in the market, generating revenue that could be invested in other sectors of the economy.

The Green Revolution brought about significant societal changes. As agricultural productivity increased, rural communities experienced a transformation. With higher incomes, farmers could invest in better housing, education and healthcare. The Green Revolution played a pivotal role in reducing rural poverty and improving living conditions for many.

However, this transformation was not without its challenges. The adoption of modern agricultural techniques led to changes in land use patterns and farming practices. Moreover, the dependence on chemical inputs raised concerns about environmental sustainability and health issues. While the Green Revolution contributed to increased food production, it also raised questions about its environmental impact. The intensive use of fertilizers and pesticides had adverse effects on soil quality and water resources. Over time, soil degradation and groundwater contamination became significant issues, threatening the long-term sustainability of agriculture.

Despite its accomplishments, the Green Revolution had varying effects on different sections of society. Large landowners with access to resources were the primary beneficiaries, while small and marginal farmers faced challenges in accessing the necessary inputs. This led to disparities in income and opportunities, exacerbating existing inequalities. Furthermore, the Green Revolution's focus on certain regions of India meant that other areas were left behind in terms of agricultural development. This regional imbalance resulted in migration from less developed areas to the Green Revolution centres, contributing to urbanization and overcrowding in cities.

The focus on a few high-yielding crops sometimes led to neglect of traditional, locally adapted varieties, risking biodiversity loss. The introduction of monoculture – cultivating a single crop over a large area – increased vulnerability to pests and diseases. Additionally, the shift towards water-intensive crops strained water resources, leading to concerns about water scarcity, especially in regions with limited access to irrigation facilities.

The focus on rice and wheat during the Green Revolution was driven by the need to address food scarcity and enhance self-sufficiency. While this approach achieved its goals to a considerable extent, it had unintended consequences. The intensified focus on these two cereal crops led to a shift away from the cultivation of millets, which were seen as “inferior” or less productive in terms of

yield.

Millets are a group of small-seeded grasses that have been cultivated since ancient times in India. Sorghum (Jowar), pearl millet (Bajra), finger millet (Ragi), and foxtail millet (Kangni) are some prominent millet varieties that have nourished generations. These crops held a special place in Indian diets due to their hardiness, adaptability to diverse climates, and high nutritional content. In India's history, millets were often considered the "poor man's grain" due to their affordability and ability to thrive in challenging conditions. They were cultivated by small-scale farmers, especially in regions with limited water resources or unsuitable soil for mainstream cereal crops like wheat and rice. Millets flourished in arid and semi-arid regions, helping to secure food supplies even in adverse conditions. Millets are nutritional powerhouses. They are rich in dietary fibre, protein, vitamins and minerals. Ragi, for instance, is an excellent source of calcium and iron, making it an invaluable food item for combating malnutrition, especially among children and pregnant women. The low glycemic index of millets also makes them an ideal choice for managing diabetes and maintaining stable blood sugar levels.

As the impact of climate change becomes more pronounced, and concerns over nutrition and food security grow, the revival of millets has gained importance. Millets' ability to thrive in adverse conditions, their low water requirements, and their nutritional profile make them an essential component of sustainable agriculture. Efforts to promote millets have gained momentum in recent years. Governments, non-governmental organizations (NGOs), and agricultural researchers are collaborating to create awareness about millets' benefits, improve their production techniques, and develop value-added products to attract consumers. The acknowledgment of millets' importance in addressing malnutrition, supporting small-scale farmers, and promoting climate-resilient agriculture is gaining prominence.

Reintegrating millets into mainstream agricultural practices requires a multi-pronged approach. This involves raising awareness among consumers about the nutritional advantages of millets, supporting farmers with improved cultivation techniques, creating market linkages for millet products, and incorporating them into government nutrition programmes. The Indian government declared the year 2018 as the National Year of Millets in India. This initiative was aimed at promoting the cultivation, consumption and awareness of millets across the country.

The National Year of Millets aimed to address several key objectives:

1. **Nutrition Awareness:** The campaign aimed to educate the public about the nutritional benefits of millets, which include being rich in dietary fibre, vitamins and minerals. Millets are also gluten-free and have a low glycemic index, making them suitable for people with various dietary requirements.
2. **Health Promotion:** Millets are known for their potential to combat malnutrition and various lifestyle-related health issues, including diabetes and obesity. By promoting millet consumption, the campaign sought to improve public health.
3. **Biodiversity and Environment:** Millets are climate-resilient crops that require less water compared to major cereal crops like rice and wheat. Encouraging millet cultivation could contribute to sustainable farming practices and reduce pressure on water resources.
4. **Farmers' Welfare:** Promoting millets could benefit small and marginal farmers by diversifying their crop choices and reducing their vulnerability to climate-related risks.



- 5. Research and Development:** The campaign aimed to encourage research and development in millet-based products, processing techniques and value-added products.

Throughout the National Year of Millets, various activities were organized across India to promote millets. These activities included awareness campaigns, workshops, seminars, cooking competitions and exhibitions showcasing millet-based products. Additionally, efforts were made to connect farmers with markets to create a demand for millet products.

On the proposition put forth by the Indian Government, the Food and Agriculture Organization (FAO) and the United Nations have officially designated the year 2023 as the International Year of Millets (IYM2023) to raise awareness about the health and nutritional advantages of millets.

India holds the distinction of accounting for 80% of millet production in Asia and 20% on a global scale. The Union Budget for 2023-24 has allocated funds for the establishment of the Millet Research Institute, showcasing India's commitment to millet-related research and development. Additionally, India has taken measures to distribute millets through the Public Distribution System to support individuals below the poverty line. Notably, Indian diplomats embarked on a dedicated mission focused on millets when visiting Nigeria. Both India and Nigeria have incorporated millet as a staple food in their respective cuisines.

In recent years, India has recognized the need to move towards sustainable and eco-friendly agricultural practices. The negative consequences of the Green Revolution prompted a re-evaluation of agricultural strategies. Agroecology, organic farming and integrated pest management have gained prominence as alternatives to chemical-intensive practices.

The government has been promoting initiatives that focus on soil health, water conservation and sustainable land management. By combining traditional wisdom with modern research, India aims to create a more balanced and ecologically sound agricultural system that can feed its population while preserving the environment.

The Green Revolution left an indelible mark on India's agricultural landscape. Its impact on food security, economic growth and rural transformation is undeniable. However, the challenges it brought to the forefront, such as environmental degradation and social inequalities, underscore the need for a more holistic approach to agricultural development. As India continues to strive for agricultural sustainability, it must find ways to enhance productivity while safeguarding its natural resources. The lessons learned from the Green Revolution guide the nation towards a future where agriculture is not only productive but also environmentally responsible and inclusive.

References -

- Official Government Sources
- News Articles
- Agricultural and Nutrition Organizations
- Academic and Research Journals

Jay Kumar Sirmoria
B. Sc. (H) Botany
III Year

A River

Every man is in prison,
Behind the bars of his thoughts,
He is tied to a rope,
A rope with a million knots.

Unaware of this fact in my adolescence
Like a caterpillar consuming leaves of fantasies,
I didn't even care a dime about myself,
Afraid of being grasped by this disease.

Continuous grinding of my brain,
Lack of spirit and eyes in search of sunshine,
A river of thoughts flowed in my mind,
Good and bad are separated by a fine line.

A river of thoughts,
With lost origin and unknown ends,
Erratically quenching the thirst of my queries,
And my curiosity acting as river banks.

The river is flowing incessantly,
Finding its way from nowhere to everywhere,
I'm getting used to this disease,

The only thing I fear.

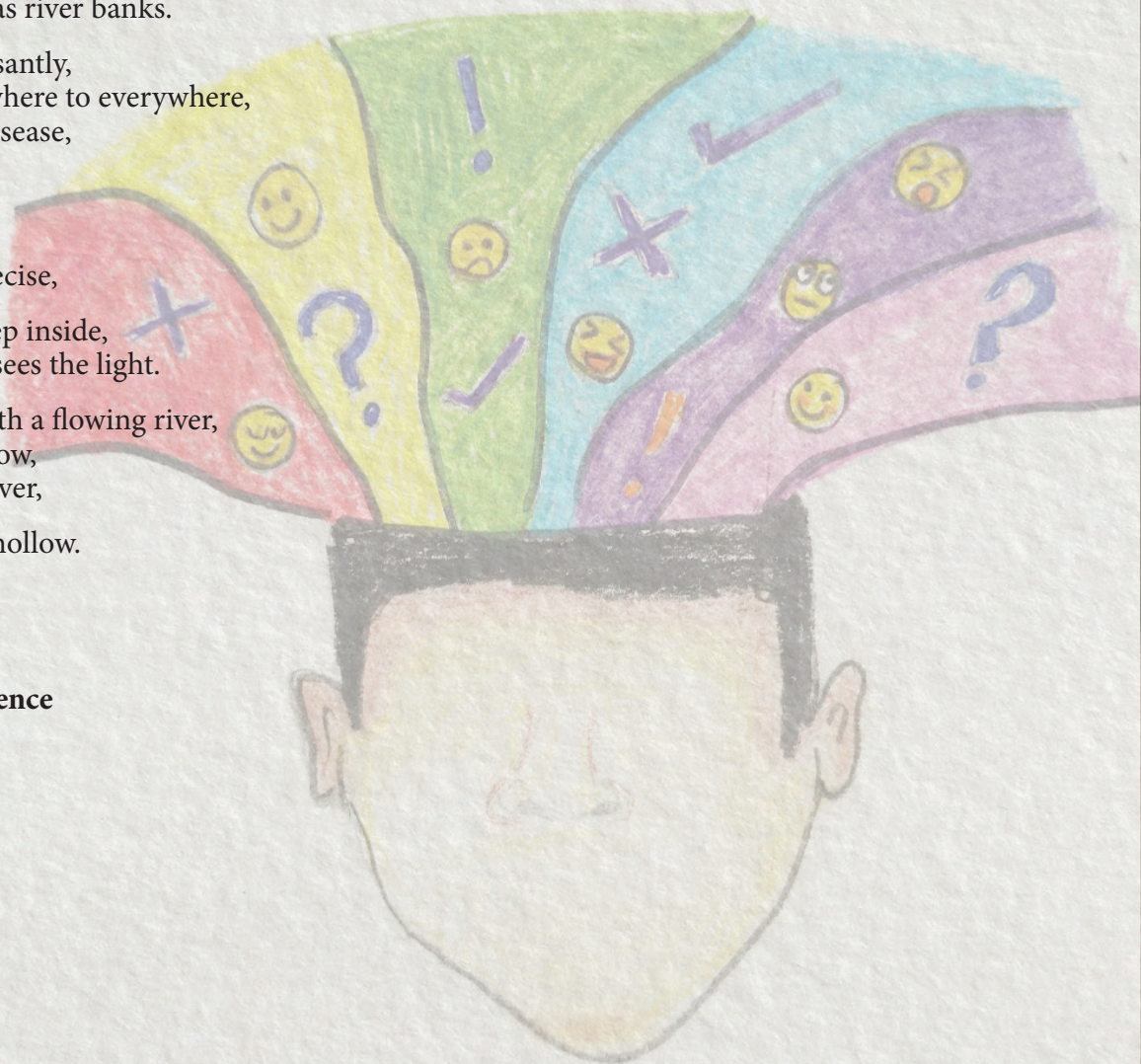
It also has two sides,
A good and evil, to be precise,

The bad one is buried deep inside,
And the good one never sees the light.

There's nothing wrong with a flowing river,
Even though it's not shallow,
But it often makes me shiver,

I feel like it's making me hollow.

Yash Sharma
B. Sc. (H) Computer Science
I Year





A Violet Light of Love Guiding through Darkness

In a world so dark and full of strife,
There shines a light that gives us life,
A violet hue, so soft and bright,
That fills our hearts with pure delight.

This light is love, the strongest force,
That guides us on our noble course,
It breaks down walls and builds up trust,
And turns our doubts into sacred dust.

When all seems lost and hope is gone,
Love's light still shines, forever on,
It leads us through the darkest night,
And shows us that there's always light.

So when the shadows gather 'round,
And fear and doubt begin to pound,
Just close your eyes and look inside,
For love's sweet light will be your guide.

For love conquers all with a violet light,
And makes our world a wondrous sight,
So let it fill your heart and soul,
And watch as miracles unfold.

Abhishek Kumar Singh
B. Sc. (H) Botany
I Year

A Heart of Darkness, A Love of Light

In a world of shadows and despair,
A dark mage lived without a care.
His heart was cold, his soul was dark,
Until she came, like a shining spark.

She was a ray of light, a beacon of hope,
Her love for him, it helped him cope.
He was unworthy, he believed,
But she saw the good and was relieved.

They shared a bond, strong and true,
A love that many never knew.
His darkness faded, in her light,
And for the first time, he felt it was right.

Their love was forbidden, they knew,
But they could not help, their hearts so true.
They fought against the forces that be,
And through it all, their love did not flee.

The darkness tried to pull him back,
But her love was strong, it never lacked.
She gave him hope, she gave him light,
And through her love, he won the fight.

In the end, their love did shine,
A dark mage and his love divine.
Their love was strong and never failed,
A love story that will be forever hailed.

Abhishek Kumar Singh
B. Sc. (H) Botany
I Year



Nine Travel Books By Women

Sometimes before we do something, we need the perspective of a person similar to us. The similarity could be in age, background, socio-economic conditions or gender. This is especially true when we wish to embark on a new venture, an explored territory. Women travelling is nothing new, but what is new is their doing it solo. When I travel solo, I look at the world from a different lens, not coloured by the viewpoint of a family member or a friend.

While the books mentioned below are not about solo women travellers, they represent women's take on different destinations and locations. So, read and get inspired!

These are My Favourite Travel Books Written by Women

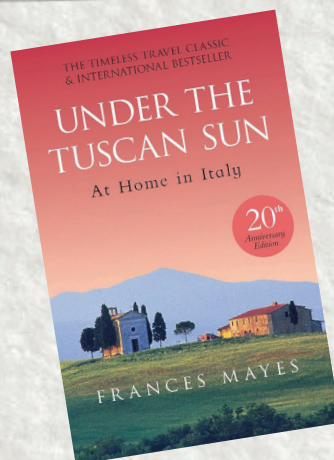
1. Eat Pray Love by Elizabeth Gilbert

'Eat Pray Love' is a popular travel memoir adapted into a film starring Julia Roberts. In her story of a difficult divorce, the author invites us to join her on a journey towards personal fulfilment by seeking out her interests of pleasure, devotion, and balance. Along the way, she becomes enamoured with Italy's culinary delights, discovers the power of prayer in India, and ultimately finds peace in Indonesia, where she meets her soulmate. So, while taking you to these three countries, the author also brings a woman's perspective to the narrative.



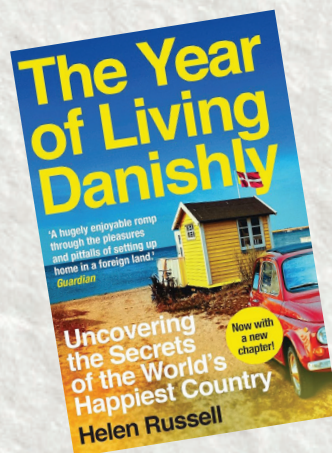
2. Under The Tuscan Sun by Frances Mayes

Want to escape to the Italian countryside? 'Under the Tuscan Sun' makes for the perfect literary getaway. When Frances Mayes set her sights on an abandoned Tuscan villa, she wasn't aware of the challenges ahead. Join her in this warm, witty memoir as she navigates through cultural misunderstandings, legal frustrations and the reality of renovating a house that appears determined to remain a ruin.



3. The Year of Living Danishly by Helen Russell

Eager to get to grips with the secrets of the famously happy Danish, author Helen Russell gave herself a year to uncover the recipe. Embarking on a new life in rural Jutland, she takes us on a beguiling journey that sees her surviving a long, dark Scandinavian winter with the help of cured herring, Lego bricks and pastries. Offering an insightful analysis of the country's childcare, education, cuisine and design, 'The Year of Living Danishly' shows us how we can all benefit from taking a leaf out of the Danes' book.



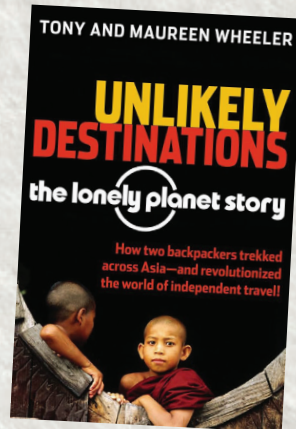
4. Wild by Cheryl Strayed

In her memoir 'Wild', Cheryl recounts her courageous solo journey on the Pacific Crest Trail, which she embarked on after her mother's passing. This poignant and sincere account offers a glimpse into her personal experience. So, if you are one of those who would never attempt to hike a 1,100-mile trail alone, you could get a taste of it by reading about her experiences.



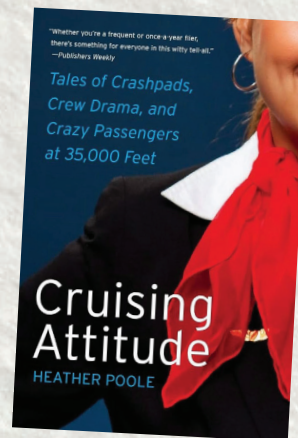
5. Unlikely Destinations by Maureen and Tony Wheeler

Have you heard the story of how Lonely Planet came to be? It all started with a pair of backpackers exploring South-east Asia in the 1970s. Maureen Wheeler and her husband Tony Wheeler wrote and published their first guide book in 1973, eventually leading to the creation of the well-known travel brand Lonely Planet. 'Unlikely Destinations' traces the roots and expansion of Lonely Planet, along with the Wheelers' voyages, blending travel memoir with business history.



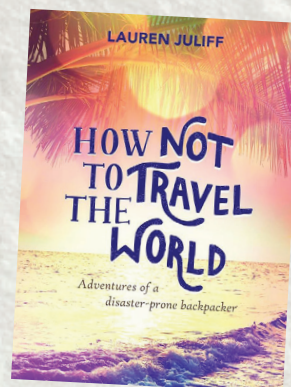
6. Cruising Attitude by Heather Poole

Are you interested in knowing what it's truly like to work as a flight attendant? I'm always curious about jobs related to travel and behind-the-scenes experiences. Check out 'Cruising Attitude' for a fun and informative glimpse into the profession. Heather recounts her fifteen years of experience as a flight attendant in this enjoyable book, sharing stories about chaotic passengers, cramped crash pads, and various crew conflicts.



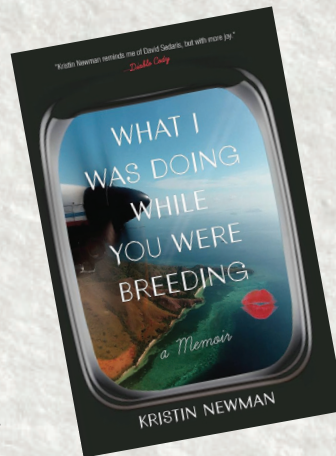
7. How Not to Travel the World by Lauren Juliff

'How Not to Travel the World' is a captivating read authored by travel blogger Lauren Juliff from the website Never Ending Footsteps. It offers an amusing insight into her numerous adventures (and misadventures) while travelling overseas.



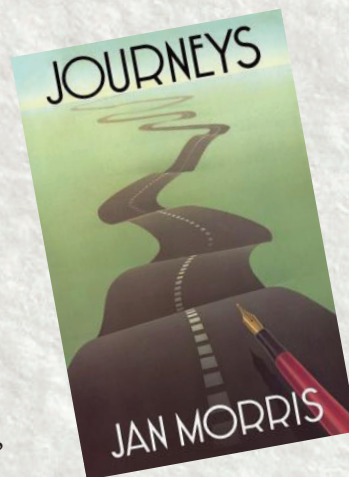
8. What I Was Doing While You Were Breeding by Kristin Newman

In your twenties and thirties, you may feel the pressure to achieve certain milestones, such as finding a job, buying a house, or starting a family. However, Kristin Newman chose a different path and travelled the world solo for extended periods. In her book, 'What I Was Doing While You Were Breeding', she shares her experiences with a diverse range of romantic interests, including Israeli bartenders, Argentinian priests, Finnish poker players, and captivating landscapes. This book may inspire you to plan your next adventure.



9. Journey by Jan Morris

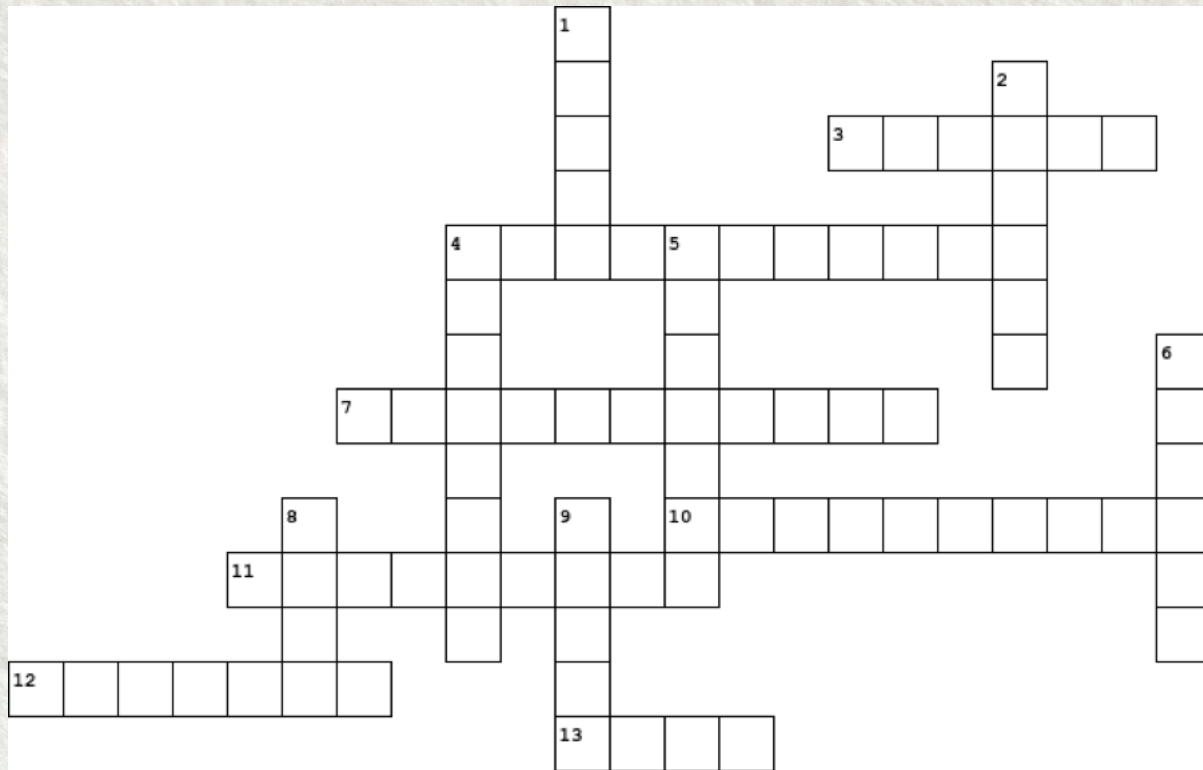
Whether in Las Vegas, Bombay, Athens or Aberdeen, Jan Morris has a unique talent for conveying the essence of a place. In her book 'Journeys', Morris presents a collection of passionate and evocative travel essays that are both historically and politically astute. Reading it, you'll understand why Rebecca West, a doyenne of travel writing, called Morris "the best descriptive writer of our times" and why Alistair Cooke, an equally legendary writer, dubbed her the "Flaubert of the jet age."



Read these travel books written by women and get inspired to travel.

Ms. Sangeeta Relan
Associate Professor
Department of Commerce

Let's Fact the World



Across

3. The second smallest country in the world
- is smaller than the Central Park in
New York City
4. The country in the world without any
river
7. This country's male residents are the
tallest
10. The first nation to give women the right
to vote in 1893
11. The country that can't join FIFA
because of bad weather conditions and
grass cannot grow there
12. This nation has no army and is
recognised as the world's most peaceful
country
13. This tiny island nation is the world's
first and only WIFI nation with nationwide
free access to WIFI provided by the
government

Down

1. The largest city by area in the world
2. This country has the most number of
lakes
4. This nation's official animal is the
unicorn
5. This country has no mosquitoes at all
6. This country has the largest number
of islands in the world, more than
2,21,831
8. This country has 28 capitals
9. This country sells square watermelons

Answers to Crossword

- | | | | |
|-----|------------------------|----|-------------|
| 1. | Nagpur | 7. | Netherlands |
| 2. | Canada | 6. | Sweden |
| 3. | Monaco | 5. | Iceland |
| 4. | Across - Saudi Arabia; | | |
| | Down - Scotland | | |
| 8. | Iran | | |
| 9. | Japan | | |
| 10. | New Zealand | | |
| 11. | Greenland | | |
| 12. | Iceland | | |
| 13. | Nine | | |

Facing Addictions in Our Day-to-day Life

Addictions are thoughts or practices that can distract you from your goals. Distractions further lead to wastage of your valuable time and negatively affect your day-to-day productivity. In addition to just causing distractions, these addictions can lead your life to an undesired path. So, it is necessary to find ways to handle and check these distractions at an early phase.

In this article, I will discuss ways to face and check these distractions -

Distractions can be of many types but one of the most prevalent forms of distraction in today's time is due to social media addiction. Nowadays, smartphones have become a status symbol and almost everyone has one. Growing use of smartphones has also resulted in the exponential increase in social media subscribers.

Any kind of distraction can affect you by altering your focus and diverting your mind away from your goal. So, if you are able to find a way to get your focus back, distractions can be minimized or completely eliminated.

The best way to deal with distractions is to stay away from them. So, it is important to make sure that when you are doing your work, your smartphone is away from your reach. For this, you may give your phone to your parents, or find some other way.

To gain a significant focus for a longer time span, you should start with baby steps, for e.g., you may start with making a to-do list which will help you in scheduling and maintaining discipline. Prioritize your tasks by arranging them from the most important to the least important. In this way, when you get distracted, a glance at your to-do list will help you get back on track.

If you have lost your focus for a longer time span, you should first start doing your work for a short period like fifteen minutes, then take a five minute break. Work for twenty minutes and increase the time span as per your comfort. This technique is called the Pomodoro Technique. You may find out more about this and other related techniques.

Set a goal every day, to complete one task which is the most important. Your chances of success will increase if you focus on one goal instead of many. Make sure not to break your consistency. Work daily and it will improve your subconscious mind. Never do multi-tasking and try to focus on one work at a time to prevent exhaustion and stop losing your focus.

The power of the subconscious mind is unmatched. It can achieve unbelievable results if used wisely. By being disciplined and maintaining consistency, you can make your subconscious mind powerful which will never let you lose focus and will also help you in maintaining it.

Kumar Tarun Singh
B. Sc. (H) Biomedical Science
I Year



Start-Ups: The New Age Trend

In the captivating realm of entrepreneurship, start-ups stand as a source of innovation and daring ambition. These budding ventures, often born from a singular idea and an insatiable desire to make a mark, have become integral to the modern business landscape.

A start-up refers to a young, emerging company that is in its early stages of development. Start-ups often operate in dynamic and rapidly changing environments and aim to scale their operations and reach a wide customer base.

Nowadays, the inclination of majority of the Gen Z youth is towards being a self-established assemblage. Regular nine to five jobs are just a splitting headache to them. They don't just want to entangle themselves within boundaries of a degree based job with a high packaged salary. Making money through the internet has become a piece of cake. Several ways such as trading, drop-shipping, small business, free lancing, start-ups being the most commonly used ones.

Some basic characteristics of start-ups include:

Innovation: Start-ups are known for their focus on introducing new and innovative ideas, technologies or solutions to address specific problems or needs in the market.

High Growth Potential: Start-ups have a strong emphasis on rapid growth and scalability. They aim to quickly expand their customer base and revenue while managing their costs effectively.

Limited Resources: In their early stages, start-ups typically operate with limited financial resources, often relying on the creativity and dedication of a small team to achieve their goals.

Risk and Uncertainty: Start-ups operate in an environment of uncertainty, as there's a significant risk that they may not succeed due to competition, market changes, or other factors.

Venture Capital and Funding: Many start-ups seek external funding from venture capitalists, angel investors, or other sources to finance their growth and development.

The path of a start-up is riddled with challenges that test the mettle of its founders. Securing funding, building a capable team and attracting early customers are just a few of the obstacles that demand creativity and determination. The start-up landscape is not a realm for the faint-hearted but rather a crucible that refines ideas into robust business models. It's through these challenges that start-ups learn to navigate ambiguity, hone their strategies and cultivate resilience.

Here's a list of fields in which start-up ideas are most welcomed:

Personalized Health and Wellness Platforms: Develop an AI-powered platform that offers personalized health and wellness recommendations based on users' genetic data, lifestyle and preferences. This could include tailored fitness plans, dietary advice and wellness coaching.

Virtual Event Experiences: Create a platform that offers immersive virtual event experiences ranging from virtual trade shows and conferences to live concerts and theatre performances. Incorporate interactive elements, networking opportunities and high-quality production.

Elderly Care and Companionship Services: Develop a platform that connects trained caregivers and companions with elderly individuals who need assistance with daily tasks, medication reminders and social interaction, either in-person or through virtual means.

Sustainable Packaging Solutions: Design innovative and eco-friendly packaging solutions for



businesses looking to reduce their environmental footprint. This could include biodegradable material, reusable packaging or unique approaches to minimize waste.

Remote Team Building and Employee Engagement: Offer virtual team-building experiences and activities for remote teams to strengthen collaboration, communication and camaraderie, addressing the challenges of remote work environments.

Personal Cybersecurity Assistants: Create an AI-powered app that provides personalized cybersecurity advice, monitors online activity and educates users about the best practices to protect their digital identities and data.

Smart Home Retrofitting: Develop a service that specializes in transforming existing homes into smart homes by integrating IoT devices for energy efficiency, security and convenience.

Digital Identity Verification: Build a solution that utilizes advanced biometrics and block chain technology to verify individuals' identities securely, aiding industries like online banking, healthcare and e-commerce.

Eco-Friendly Fashion Market place: Launch an online market place that exclusively features sustainable and ethically produced fashion brands, providing a platform for conscious consumers to discover and purchase eco-friendly clothing and accessories.

Personalized Learning Platforms for Upskilling: Develop an online learning platform that uses AI to assess users' skill gaps and preferences, then curates personalized learning paths and resources to help them acquire new skills and advance their careers.

Telemedicine for Specialized Care: Create a telemedicine platform that connects patients with specialized medical professionals for second opinions, consultations and ongoing treatment plans for specific medical conditions.

Rural Connectivity Solutions: Build a start-up that focuses on bringing high-speed internet and digital services to rural and underserved areas, contributing to digital inclusion and economic development.

Food Waste Reduction Solutions: Develop technology that helps restaurants, grocery stores, and households to minimize food waste through smart inventory management, meal planning apps and composting solutions.

Personalized Shopping Assistants: Create AI-driven shopping assistants that help users discover products tailored to their preferences and needs, providing a more efficient and enjoyable online shopping experience.

Mental Health and Emotional Wellbeing Apps: Design apps that offer evidence-based mental health resources, guided meditation, stress management techniques and emotional support to individuals seeking ways to improve their overall well-being.

In conclusion, start-ups epitomize innovation, resilience and the unyielding pursuit of dreams. They inject fresh perspectives into industries, challenge conventions, and fuel economic progress. The world of start-ups is a thrilling rollercoaster ride, complete with exhilarating victories and humbling setbacks. It exemplifies the remarkable power of human resilience and determination. As start-ups continue to shape our world, they remind us that the journey from inception to success is a testament to the strength of conviction and the unbounded potential of a visionary mind.

S. Ananya (Member, Students' Editorial Board)

Historic Milestone in Space Exploration



Battling through innumerable hurdles, our nation has emerged as one of the major super powers on the global scene. As we celebrated our 77th Independence Day, we resolved to take our nation to immeasurable heights. After fighting our failures with resilience, we emerged victorious. On the momentous evening of 23 August, 2023, the world witnessed India successfully land its Chandrayaan-3 on the unexplored south pole of the Earth's only natural satellite. This mission makes it to the glorious pages of history as this is the first-time soft landing has been made possible on the south pole of the moon. This comes just days after Russia's Luna-25 crashed attempting the same. ISRO chief S Somnath expressed joy whilst reporting that the landing was safe and all systems were normal. The celebrations couldn't have come at a better time, right before India is about to host the G20 summit. After the failure of Chandrayaan-2 in 2019, this lunar mission had the hopes of 1.4 billion Indians attached to it.

With its Vikram lander and Pragyan rover, Chandrayaan-3 places India in exclusive company: Only three other nations – the Soviet Union, the US, and China – have accomplished successful lunar landings, and each spent significantly more than ISRO's 6.15 billion rupees (about US \$75 million). And the craft landed in a place no one had ever been before. Vikram is now located close to 70 degrees south of the lunar equator, not far from the south polar region's continuously shadowed craters, where it is expected that there are water ice deposits that could be used by astronauts in the future as fuel and water. It hasn't been proved whether mining lunar ice is profitable yet, but that is now the aim of any mission, to create a permanent presence on the moon. The Indian lander and rover were equipped with half a dozen scientific tools to do this, including an alpha particle X-ray spectrometer and a 10-centimeter probe to measure the soil's temperature characteristics.

In order to increase communication with Earth, Chandrayaan-3's lander module made contact with the Chandrayaan-2 lunar orbiter before the scheduled Moon touchdown. Welcome, friend, the orbiter remarked as it met the lander, according to the Indian Space Research Organisation (ISRO). Also, ISRO shared pictures of the far side of the Moon taken by the lander. "These are images of the lunar far side area taken by the Lander Hazard Detection and Avoidance Camera (LHDAC)," the statement reads. At SAC [Space Applications Centre], ISRO developed this camera to help in the descent's search for a secure landing spot free of rocks and deep pits. Despite Chandrayaan-2's inability to touch down on the Moon's surface, its orbiter operated smoothly and carried out the intended research. It has spent the previous four years in lunar orbit. The orbiter helped find a place for Chandrayaan-3 to land safely and is now prepared to help with communication between the Chandrayaan-3 lander and the ground stations. The lander will transmit data to the Chandrayaan-2 orbiter, which will then transmit it to ISRO's ground stations, according to how the communication network for the Chandrayaan-3 mission has been set up with earth stations. Additionally, the Chandrayaan-3 lander has direct access to Earth communication.





The presence of sulphur in the lunar surface near the south pole has been “unambiguously confirmed” by the Laser-Induced Breakdown Spectroscopy equipment onboard Chandrayaan-3’s Pragyan rover. Through the use of the first-ever in-situ measurements, the Laser-Induced Breakdown Spectroscopy (LIBS) instrument on board the Rover clearly establishes the existence of sulphur (S) in the lunar surface near the south pole. Al, Ca, Fe, Cr, Ti, Mn, Si, and O are also found, as would be predicted. Hydrogen (H) is being sought after.

The success of this mission reinforces hope in all our hearts for the ISRO’s Aditya-L1 mission, which is India’s sun-monitoring spacecraft. It is known to have already crossed a landmark point in its journey by escaping Earth’s sphere of influence to travel in vacuum.

Aryama Priya (Member, Students’ Editorial Board)

भारत का सर्वाधिक जनसंख्या वाले देश के रूप में उभरना

स्वतंत्रता के समय 35 करोड़ की आबादी वाला भारत सन् 2000 में 1 अरब से ऊपर पहुँचना और फिर केवल 10 वर्षों में, अर्थात्, 2011 में 1 अरब 21 करोड़ से भी ऊपर पहुँच गया। संयुक्त राष्ट्र की हालिया रिपोर्ट के अनुसार अप्रैल 2023 में भारत की औसत जनसंख्या 1,425,775,850 हो गई है। यह संख्या अब तक की सर्वाधिक जनसंख्या वाले देश चीन से कहीं ज्यादा है और इसी के साथ भारत सर्वाधिक जनसंख्या वाला देश बनने की ओर अग्रसर है।

भारत में इस तरह से हो रही तीव्र जनसंख्या वृद्धि के प्रमुख कारण निम्नलिखित हैं:

1). प्राथमिक कारण –

भारत में जनसंख्या वृद्धि के प्राथमिक कारण निम्न हैं

- (i). मृत्यु दर में निरन्तर कमी – आधुनिक चिकित्सा सेवाओं के कारण अकाल, महामारी, कुपोषण, भुखमरी से होने वाली अकाल मृत्यु दर में कमी आई है। लेकिन इसके विपरीत जन्मदर में वांछित कमी नहीं आ पाई है और जीवन अवधि भी बढ़ी है।
- (ii). मातृ मृत्यु दर में कमी – जनन एवं बाल स्वास्थ्य देखभाल कार्यक्रम के कारण मातृ मृत्यु दर में कमी आई है। किसी महिला की गर्भ धारण काल में अथवा प्रसव के समय प्रेरित गर्भपात की 42 दिनों के अंदर हुई मृत्यु को मातृ मृत्यु कहा जाता है।
- (iii). शिशु मृत्यु दर में कमी – प्रत्येक 1000 जीवित शिशुओं में से उन शिशुओं की संख्या, जो जीवन के प्रथम वर्ष में ही मर जाते हैं, शिशु मृत्यु दर कहलाती है। बेहतर स्वास्थ्य सुविधाओं के कारण शिशु मृत्यु दर में कमी हुई है।
- (iv). जनन आयु वाले व्यक्तियों की संख्या में वृद्धि – भारत में जनन आयु वाले व्यक्तियों की संख्या दिन प्रतिदिन बढ़ती ही जा रही है, जो तीव्र जनसंख्या वृद्धि का कारण बन रही है।

2). द्वितीयक कारण –

जनसंख्या में तीव्र वृद्धि के द्वितीयक कारण निम्नलिखित हैं –

निरक्षरता/ अज्ञानता

अच्छी स्वास्थ्य सुविधाएँ

खाद्यान्नों की प्रचुरता

सामाजिक मान्यताएँ/ रूढ़ियाँ।

जनसंख्या वृद्धि से अनेक समस्याएँ उत्पन्न हो रही हैं, जैसे- पेट भरने के लिए भोजन की कमी, तन ढकने के लिए कपड़े की आवश्यकता, भूमि पर रहने के लिए स्थान की कमी व सड़कों पर बढ़ती भीड़, विद्यालयों में सीमित स्थान, बेरोजगारी, देश की आर्थिक स्थिति का बिगड़ना, अस्पतालों में सीमित स्थान तथा बढ़ती भीड़ के कारण रोगियों की उचित देखभाल ना होना, इत्यादि।

एक ओर जहाँ लोग यह सोचते हैं कि परिवार में सदस्यों की संख्या बढ़ने से परिवार की आय में वृद्धि होगी, वहीं दूसरी ओर अधिक सदस्य होने के कारण परिवार के प्रतिदिन के व्यय में भी वृद्धि होती है जिसकी वजह से परिवार में आर्थिक तनाव की स्थिति उत्पन्न हो

जाती है जिससे प्रत्यक्षतः एवं अप्रत्यक्षतः परिवार के सदस्यों की शारीरिक स्वास्थ्य एवं मानसिक स्वास्थ्य पर कुप्रभाव डालता है।

यदि परिवार में सदस्यों की संख्या न्यूनतम होगी तो सदस्यों के लिए अधिकतम संसाधन उपलब्ध हो सकेंगे जिससे उनका विकास अच्छे से हो सकेगा। वहीं दूसरी ओर यदि कम सदस्य हैं तो उनमें सामाजिक भावना का विकास पूरी तरह से नहीं हो पाता है जिससे उनका समाज सीधे तौर से प्रभावित होता है। अर्थात् एक छोटे परिवार में बच्चों को अच्छे संसाधन तो उपलब्ध हो जाते हैं, परन्तु उनका सम्पूर्ण विकास अच्छे से नहीं हो पाता है।

हालांकि आधुनिक तकनीकों व कृषि की नई पद्धतियों व नए जैव प्रौद्योगिकी आधारित पादपों को अपनाकर उनसे उत्पन्न होने वाली फसलों से इस बढ़ती हुई जनसंख्या का पालन पोषण किया जाना संभव है, परंतु इसकी वजह से होने वाले जल, वायु व मृदा प्रदूषण हमारे प्राकृतिक स्रोतों को दूषित भी कर रहे हैं जो कई सारी प्राकृतिक आपदाओं को जन्म दे रही है।

अतः निष्कर्षतः यह कहा जा सकता है कि इस तरह तीव्र दर से हो रही जनसंख्या वृद्धि भारत जैसे विकासशील देश के लिए काफी चुनौतीपूर्ण है।

संदीप गुप्ता

बी.एससी. (विशेष) जैवचिकित्सा विज्ञान

प्रथम वर्ष



भावनाओं की द्वंद्विता: हौसला और हिम्मत के बीच मन का संघर्ष

द्वंद्व है आज द्वंद्व है,
मन का आज द्वंद्व है।
कोहरा मन में छा गया आज,
कौनसा यह द्वंद्व है?

यह हौसला है मन का साथी,
फौलादी सीना है।
यह हिम्मत है शेर का,
मन का यह कैसा द्वंद्व है।

यह जुनून है पढ़ाई का,
द्वंद्व है आज द्वंद्व है।



तू आसमान को चीर के आ,
हिम्मत को रगड़ दे।
आज यूँ तो चल, साथी तू,
सबको तू बस दिखा दे।

द्वंद्व है आज द्वंद्व है,
मन का यह कैसा द्वंद्व है।

मृत्युंजय कुमार
बी. एससी. (विशेष) जैव चिकित्सा विज्ञान
प्रथम वर्ष

मेरी भाषा

हम हिन्दी हिन्दुस्तानी हैं, हिन्दी भाषा अनुगामी हैं,
हिन्दी और हिन्द का मान बढे, हर हिन्दू ने यह ठानी है।
संस्कृत से निकली पालि हुई, फिर प्राकृत और अपभ्रंश
हुई,
सदियों की लम्बी यात्रा से, अभिनव हिन्दी उत्पन्न हुई।
इसके पूर्वज थे क्लिष्ट बड़े, भाषा और वर्ण में शिष्ट बड़े,
बहुजन नित होते गए दूर, यद्यपि प्रबुद्धजन साथ खड़े।
हिन्दी ने सबको साथ लिया, जो आया अंगीकार किया,
जो भी बोली-भाषा आई, सबको सादर स्वीकार किया।
हो आँगल, फ़ारसी या अरबी, सबको अपने में ढाल
लिया,
अस्तित्व रहा हिन्दी का ही, विस्तृत अपना साम्राज्य
किया।

बन बैठी जन-जन की भाषा, बोलियाँ बनी इसकी
शाखा,
अवधी, ब्रज, मगही, बुंदेली, हर बोली है हिन्दी भाषा।
हर देश-विदेश में विस्तारित, सम्मानित वैज्ञानिक
भाषा,
है गर्व हमें हम हिन्दू हैं, हिन्दी है जन-जन की भाषा।

श्री चेतन्य शर्मा

अनुभाग अधिकारी (लेखा)

समय प्रबंधन: उत्पादकता और सफलता की कुंजी

समय एक सीमित संसाधन है, लेकिन यह अक्सर हमारे हाथों से फिसल जाने वाला एक अस्पष्ट अवधारणा की तरह महसूस होता है। एक दुनिया में, जहाँ मांगें और विक्षिप्तियाँ हमारे ध्यान की प्रतिस्पर्धा में रहती हैं, समय प्रबंधन की मास्टरी व्यक्तिगत और पेशेवर सफलता प्राप्त करने के लिए एक महत्वपूर्ण कौशल बन गई है।

इस लेख में, हम समय प्रबंधन के मुख्य सिद्धांतों में खुद को डुबोएंगे और आपको व्यावहारिक रणनीतियाँ प्रदान करेंगे जो आपको एक अधिक उत्कृष्ट और सम्पन्न व्यक्ति बनने में मदद करेंगी। समय प्रबंधन बस तकनीकों का एक संग्रह नहीं है; यह एक मानसिकता है जिसमें आप अपने समय को कैसे बिताना चाहते हैं, इसके बारे में सचेत चयन करना मुख्य उद्देश्य होता है। यह आपके कार्यों को अपने लक्ष्यों और प्राथमिकताओं के साथ मिलाने के बारे में है, जिससे आप वह कर सकते हैं जो आपके लिए वास्तविक रूप से महत्वपूर्ण हैं। समय की मूल्य की पहचान समय प्रबंधन का पहला कदम है।

स्पष्ट रूप से परिभाषित लक्ष्य, प्रभावी समय प्रबंधन का आधार होते हैं। बिना जाने कि आप क्या प्राप्त करने की कोशिश कर रहे हैं, आपके प्रयास आसानी से बिखर सकते हैं और अव्यवस्थित हो सकते हैं। छोटी अवधियों और लंबी अवधियों के लक्ष्य तय करें जो विशिष्ट, मापनीय, प्रासंगिक, संभावित और समय-सीमित हों। ये लक्ष्य आपके दैनिक गतिविधियों का मार्गदर्शन करेंगे और आपको उन कार्यों को समय देने में मदद करेंगे जो सीधे आपके उद्देश्यों को प्राप्त करने में सहायक होते हैं।

आइजेनहॉवर मैट्रिक्स एक साधारण और शक्तिशाली उपकरण है जो कार्यों की आवश्यकता और महत्व के आधार पर प्राथमिकता देने में मदद करता है। अपने कार्यों को चार चतुर्थांशों में विभाजित करें: अत्यावश्यक और महत्वपूर्ण, महत्वपूर्ण लेकिन अत्यावश्यक नहीं, अत्यावश्यक है लेकिन महत्वपूर्ण नहीं, और न अत्यावश्यक है और न ही महत्वपूर्ण। अपनी शक्ति को महत्वपूर्ण लेकिन अत्यावश्यक नहीं चतुर्थांश पर ध्यान केंद्रित करने के लिए और आपके दीर्घकालिक लक्ष्यों की ओर काम करने के लिए यह तकनीक उपयोगी है।

समय निर्धारित करने में विशिष्ट कार्यों या गतिविधियों के लिए विशिष्ट समय निर्धारित करना शामिल है। यह तकनीक आपके महत्वपूर्ण कार्यों के लिए विशिष्ट समय देने में मदद करती है और बहुक्रियागता को कम कर सकती है, जिससे कुल उत्पादकता कम हो सकती है। अपने दिन की योजना तैयार करें और विभिन्न गतिविधियों, जैसे कि कार्य, व्यायाम, रचनात्मक व्यवसाय और आराम के लिए समय निर्धारित करें। अपने समय प्रबंधन की रणनीति का सुचारु रूप से पालन करने से संभावना है कि आप अपने समय प्रबंधन के प्रयास में सफल होंगे और आत्मसात की भावना महसूस करेंगे।

पोमोडोरो तकनीक एक समय प्रबंधन विधि है जिसमें काम को अवधियों में विभाजित किया जाता है, आमतौर पर 25 मिनट की अवधि में और हर अवधि के मध्य, एक संक्षिप्त विश्राम का समय भी होता है। यह दृढ़ता से काम करने के लिए मस्तिष्क की प्राकृतिक प्रवृत्ति का उपयोग करता है। प्रत्येक पोमोडोरो अवधि में एक ही कार्य पर काम करने के लिए एक टाइमर का उपयोग करें, और फिर एक संक्षिप्त विराम के साथ अपनी बेलोनी करें। कुछ पोमोडोरो के बाद, एक लंबे समय के लिए विराम लें। यह तकनीक आपकी ध्यान केंद्रित करने की क्षमता को बेहतर बना सकती है और बर्नआउट को रोक सकती है।

हर कार्य को करने के लिए स्वीकार करना आपको बेजोड़ कर सकता है और आपकी समय प्रबंधन की क्षमता को प्रभावित कर सकता है। संविदा और साहसपूर्ण तरीके से न कहना, आपके समय की सुरक्षा करने और उन कार्यों पर ध्यान केंद्रित करने में सहायक होता है जो आपके लक्ष्यों के साथ मेल खाते हैं। नए अवसरों को अपनाने से पहले उन्हें आपके मौजूदा प्रतिबद्धताओं की प्राथमिकताओं की तुलना में विचार करें और उनके साथ आपकी स्थिति की तुलना करें।

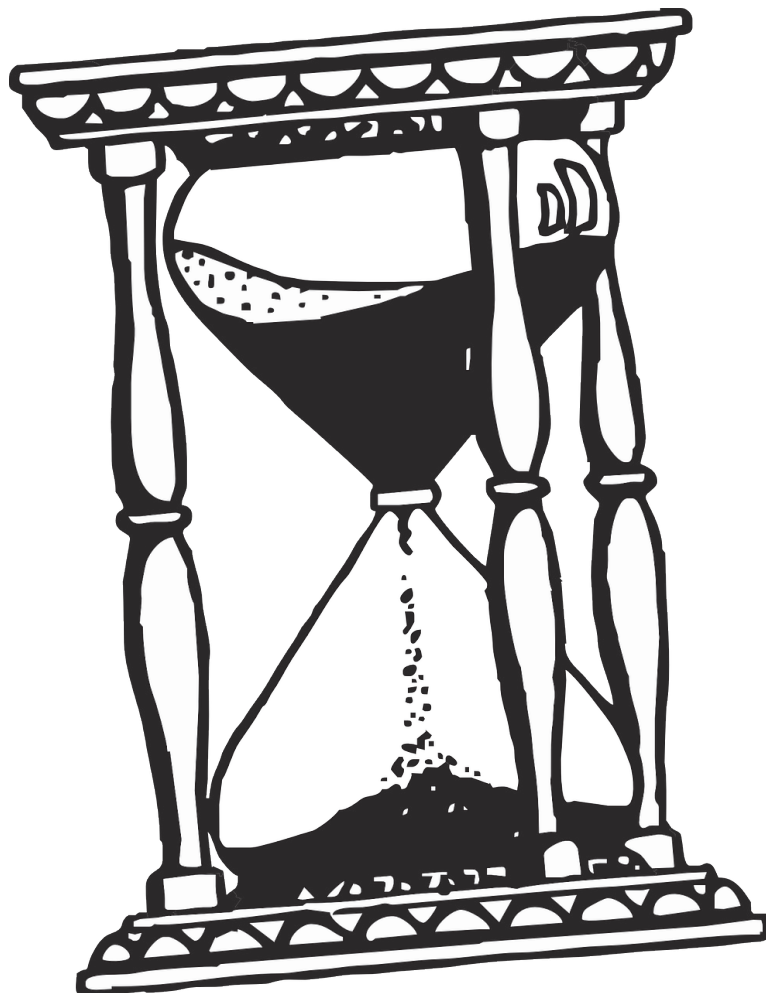
समय प्रबंधन में मदद करने के विभिन्न उपकरण उपलब्ध हैं, लेकिन ये उपकरण मानसिक तनाव और विचलन का स्रोत भी बन सकते हैं। डिजिटल उपकरणों, जैसे कि कार्य संचालन ऐप्स, कैलेंडर ऐप्स, और समय-ट्रैकिंग सॉफ़्टवेयर का उपयोग अपने कार्यों को व्यवस्थित करने के लिए करें। हालांकि, सोशल मीडिया, ईमेल और अन्य संभावित विचलनों पर खर्च करने के लिए समय की सीमा तय करने के लिए सीमाएँ स्थापित करें।

समय प्रबंधन एक नियमित प्रक्रिया है जिसमें नियमित परामर्श और समायोजन की आवश्यकता होती है। प्रत्येक सप्ताह अपने लक्ष्यों की समीक्षा करने, अपनी प्रगति का मूल्यांकन करने और आपकी योजना या प्राथमिकताओं में आवश्यक बदलाव करने के लिए समय निकालें। लचीलापन को ग्रहण करें और परिस्थितियाँ बदलने पर अपनी रणनीतियों को संशोधित करने के लिए खुले मन से तैयार रहें।

अनुभव सिंह

बी. एससी. (विशेष) इलेक्ट्रॉनिक्स

तृतीय वर्ष



Celebrating the International Year of Millets 2023

In an earnest endeavour to restore the historical reverence and nutritional significance of millets, the Ministry of Agriculture and Farmers' Welfare has orchestrated an array of pre-launch events and initiatives leading up to the much-anticipated International Year of Millets 2023. This proactive campaign aims to rekindle awareness and appreciation for these forgotten treasures and to foster a sense of participation across the nation. Under the banner of 'India's Wealth, Millets for Health,' the Millet Startup Innovation Challenge, the engaging Mighty Millets Quiz, and the creatively charged Logo and Slogan Contest, India is setting the stage for a year dedicated to celebrating these time-honoured grains that hold immense promise for our collective health and sustainable future. The concept of the International Year of Millets (IYM) was sown by India and subsequently gained the seal of approval from the Food and Agriculture Organization (FAO) in 2018. The global significance of this initiative was underscored when the United Nations General Assembly officially designated the year 2023 as the International Year of Millets, highlighting their pivotal role in ensuring global food security and nutritional well-being. This international endorsement was backed by a coalition of over 70 nations, attesting to the global consensus on the critical importance of millets.

The International Year of Millets transcends from being a mere symbolic celebration to stand as a concrete platform to address contemporary challenges related to food security, nutritional deficits, sustainability, and research and development. The three core objectives of the International Year of Millets are both illuminating and pragmatic:

- 1.Fostering Awareness:** The primary aim is to educate individuals about the profound role that millets play in both food security and nutrition. In a world where these grains have been overshadowed by modern dietary trends, it's crucial to revive their rightful place in our diet.
- 2.Advancing Sustainability:** The International Year of Millets endeavours to catalyze stakeholders to elevate the sustainable production and quality of millets. These hardy crops have the potential to thrive in challenging growing conditions, making them an environmentally conscientious choice.
- 3.Cultivating Research and Development:** The third pillar underscores the necessity of increased investment in research, development, and extension services. This commitment is pivotal for unlocking the full potential of millets across various domains.

Millets, a collective term encompassing a diverse range of small-seeded grasses, have long been cultivated as vital grain crops. Flourishing primarily in marginal lands of temperate, subtropical, and tropical regions, these grains have woven themselves into the fabric of India's agricultural heritage. Notable among India's variety of millets are Ragi (Finger millet), Jowar (Sorghum), Sama (Little millet), Bajra (Pearl millet), and Variga (Proso millet). With a historical trace going back to the Indus Valley Civilization, millets have held a cherished place as one of humanity's earliest domesticated crops. Today, millets are cultivated across approximately 131 nations, serving as a staple for nearly 60 crore individuals in Asia and Africa. As the world's largest producer of millets, India spearheads the charge, contributing to a staggering 20% of global production and an impressive 80% of Asia's production. Moreover, India, Nigeria, and China collectively contribute over 55% of the world's millet production, underscoring their global prominence. Millets stand as nutritional powerhouses, eclipsing conventional grains such as wheat and rice. Laden with essential nutrients, including protein, fibre, vitamins, iron, calcium, and magnesium, these grains are not only economically accessible but also hold the potential to combat malnutrition. One standout example is Ragi, renowned for boasting of the highest calcium content among all grains. This nutritional

prowess positions millets as a potent tool in combating issues like anaemia, which plagues women of reproductive age and infants in India. Millets also offer modern solutions to contemporary health challenges. Their gluten-free nature and low glycemic index render them a formidable ally against health issues like obesity and diabetes. Their remarkable resilience to climate change is yet another feather in their cap. Thriving without the constraints of specific day lengths for flowering, millets can flourish in poor soils with minimal inputs, thriving even in drought-prone regions with scant rainfall. Furthermore, their low carbon and water footprint accentuates their eco-friendly advantage over water-intensive crops like rice. Recognizing the manifold potential of millets, the government has demonstrated proactive measures to propel their resurgence:

1. Initiative for Nutritional Security through Intensive Millet Promotion (INSIMP): This initiative stands as a pivotal platform for promoting millets to ensure nutritional security.
2. Elevating Minimum Support Price (MSP): The augmentation of the Minimum Support Price serves as a significant incentive for farmers to invest in millet cultivation.
3. Integration into Public Distribution Systems: By integrating millets into the public distribution system, the government is effectively providing a stable market for these grains.
4. Nurturing Input Support: From offering seed kits and inputs to farmers to nurturing value chains through Farmer Producer Organizations, the government's multi-pronged approach is laying the foundation for a robust millet market.

As the International Year of Millets unfolds, it pays homage to India's enduring agricultural heritage while ushering in a renaissance for these time-tested grains. Beyond the festivities and accolades, this year underscores the pivotal role of millets in tackling some of the most pressing challenges of our era. Through heightened awareness, robust investments, and innovative strategies, the International Year of Millets envisions a world where these grains not only honour our past but also chart the course to a healthier, more sustainable future for all. The curtains rise, and the spotlight turns to millets, the golden grains that hold within them the promise of nourishment, resilience, and prosperity.

Suyash Bajpayee

B. Sc. (H) Electronics

III Year

References:

PIB website

Ministry of Agriculture & Farmers' Welfare Website

आकाश की कलम से

1. अच्छा होता है

कभी कम बोलकर ज़्यादा सुनना भी अच्छा होता है,

कभी गलत रास्तों की ओर मुड़ना भी अच्छा होता है।

हकीकत को सोच, ना जाने क्यों उदास बैठे हैं लोग!

कभी ख्वाबों की दुनिया में उड़ना भी अच्छा होता है।

खुद से मोहब्बत करना एक अलग सा जुनून है, मगर

कभी खुद टूट कर दूसरे से जुड़ना भी अच्छा होता है।

दिए जुबान की बहुत कीमत है इस जहाँ में, लेकिन

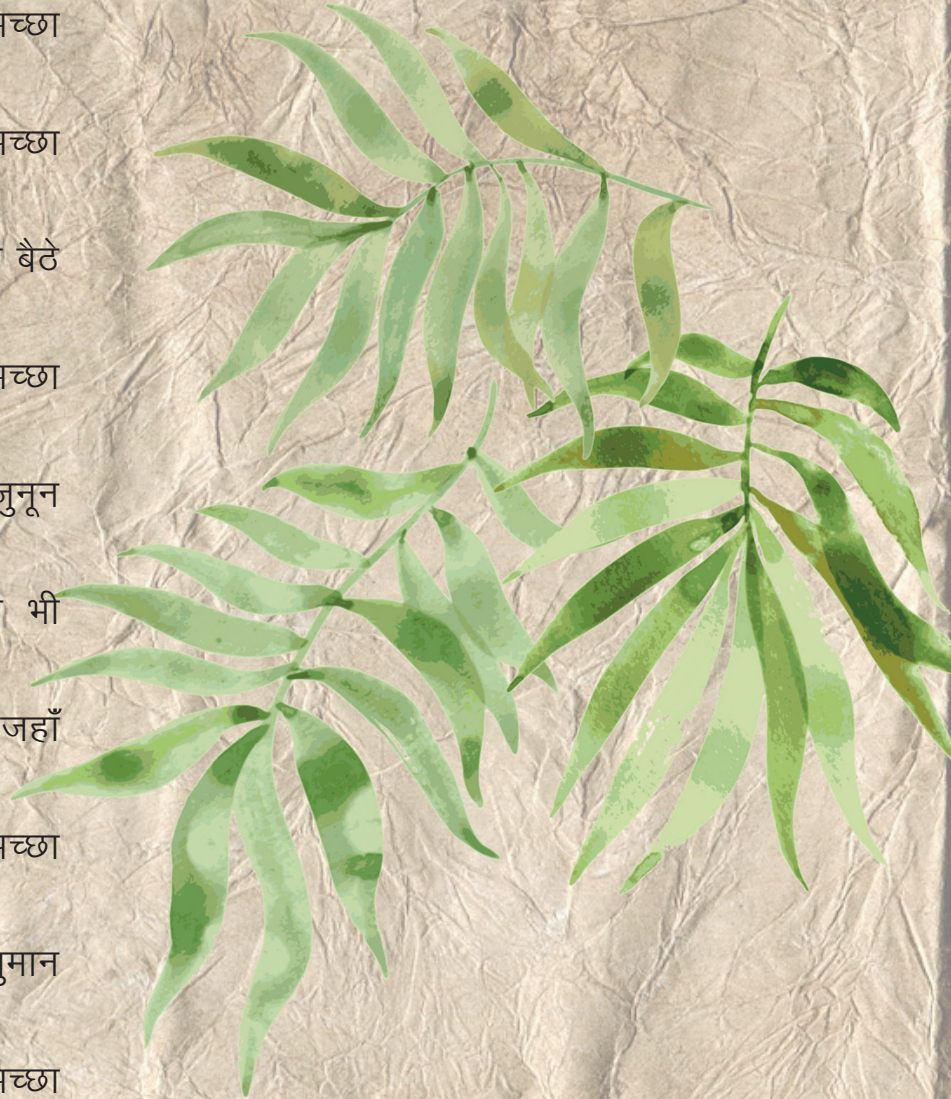
कभी खुद कही बातों से मुकरना भी अच्छा होता है।

कुछ पल की है ज़िंदगी, तो इस पे गुमान क्यों करना?

कभी तो उस रब के आगे झुकना भी अच्छा होता है।

जिस रोज़ टूटेगा ये दिल शायद तभी समझोगे तुम, कि

कभी-कभी नशों का रूह में उतरना भी अच्छा होता है।



2. एक दर्द

एक दर्द है जो अभी तक लिखा नहीं है,
एक ज़ख्म है जो अभी तक सिला नहीं है।

यूँ तो आए मेरा हाल पूछने वाले बहुत मगर,
मुझे हमदर्द यहाँ अभी तक कोई दिखा नहीं है।

मैं अक्सर बात करता रहता हूँ आईने में
खुद से,

मुझमें मैं ही तो हूँ जो अभी तक बिका नहीं है।

फ़ायदा उठाया है मेरे अपनों ने, मेरे निःस्वार्थ होने का,
खैर मुझे खुद से है शिकायत, अपनों से कोई गिला नहीं है।

हम सुनते हैं सबकी और चाहते हैं कोई हमारी भी सुने,

हम तो सबको मिले पर हमें ऐसा कोई मिला

नहीं है।

और शिकायतें तो बहुत हैं मुझे मेरे अपनों से लेकिन,

मैं चीख दूँ, ऐसा दिल मेरा अभी तक छिला नहीं है।

एक दर्द है जो अभी तक लिखा नहीं है,

एक ज़ख्म है जो अभी तक सिला नहीं है।

3. शिकायतें

कि एक रोज उन्हीं गलियों से गुज़र जाना
था हमने,

कल तेरी नज़रों के उस पार झाँका था
हमने,
अपने ख्वाबों का तुझसे बाँधा इक धागा था
हमने,

वो तो हमने संभाल लिया था खुद को दिल
टूटने पर,
के तकदीर में था हमारे कि बिखर जाना था
हमने।

मैं ग़लत था जो ग़लतियाँ बताता रहा
सबकी,
नहीं था मालूम कि इक रोज़ बदल जाना था
सब ने,

अच्छा हुआ जो बच गए थे तेरे इश्क़ की
आँधी से,
यक़ीनन इक रोज़ इस आँधी में उखड़ जाना
था हमने,

और इक दफ़ा तू मेरी ग़लती बताता तो
सही,
यार तेरे तो दिए इक इशारे से संवर जाना
था हमने,

जानबूझ कर नहीं खाई वो सारी झूठी क्रसमें
तुझसे,
एक रोज़ तो कही हर बात से मुकर जाना
था हमने,

हाँ सजा के रखते थे जो तेरी गलियाँ हम,
कौन जाने,

4. ज़िन्दगी की कहानी

अच्छी होती है ज़िंदगी, ज़िंदगी बचकानी भी होती है,
बिकते हैं जज़्बात यहाँ, सही क़ीमत लगानी होती है।

हो जाता है प्यार यहाँ, मोहब्बत जतानी होती है,
इश्क़ करना होता है, दोस्ती निभानी होती है।

और एकतरफ़ा आशिक़ से झूठा कोई इंसान नहीं,
इश्क़ आँखों में होता है, और दोस्ती बतानी होती है।

अच्छी होती है ज़िंदगी, ज़िंदगी बचकानी भी होती है,
बिकते हैं जज़्बात यहाँ, सही क़ीमत लगानी होती है।

मिलती नहीं ज़माने में, यहाँ इज्ज़त कमानी होती है,
इस बेदर्द ज़माने के चक्कर में बर्बाद जवानी

होती है।

बदल जाता है इंसान, यहाँ वक़्त से बनानी होती है,

झूठी मुस्कान के पीछे, गीली नज़रें छुपानी होती हैं।

जिन रातों को हम सो ना सके, वो रातें भुलानी होती हैं,

और भूल कर भी ना भूलें, यार वो यादें पुरानी होती हैं।

अच्छी होती है ज़िंदगी, ज़िंदगी बचकानी भी होती है,

बिकते हैं जज़्बात यहां, सही इक़ क़ीमत लगानी होती है।



5. दर्द-ए-इश्क

ये नज़रें सच बयाँ नहीं करतीं, ये आँसू
दर्द बयाँ नहीं करते,

इश्क तो सब करते हैं यहाँ लेकिन, सब
इश्क बयाँ नहीं करते।

और कुछ इस तरह मुखातिब हैं हम उसकी
झूठी दिल्लगी से

पसंद है नशे से दोस्ती करना, अब हम
इश्क नया नहीं करते।

6.

कहाँ करें हम अपने ग़म की वकालत
आजकल,

मोहतरमा बंद रखती हैं अपने दिल की
अदालत आजकल।

और जो बेमतलब किया करते थे शरारत
हमसे

वो अब हो चुके हैं, किसी और की अमानत
आजकल।

7.

इन मासूम सी आँखों में बहुत राज़ छुपा रखें
हैं तुमने,

हर इक साँस में कई अहसास छुपा रखें हैं
तुमने,

और मैं शायद अकेला नहीं जो डूबा हूँ इन
आँखों में,

सच बताओ मुझ जैसे कितने आकाश डुबा
रखे हैं तुमने?

8.

मौसम बड़ा सर्द है आजकल,
कम ज़रा, ये दर्द है आजकल!
वो था तो एक पल भी चैन न था,
अब तो वक्त ही वक्त है आजकल।

9.

मेरे किए सवाल के दो जवाब हैं तेरे पास,
तेरे इक चेहरे के कई नक्राब हैं तेरे पास,
हमने तो तेरे लिखे अक्षरों को बदन में उतार
रखा है,
तू बता क्या मेरा दिया एक भी गुलाब है तेरे
पास?

10.

माथे पर बिंदिया सी, ये जुल्फें घिरी हैं
तुम्हारी,
खामोश होकर घूरना शायद आदत है
तुम्हारी।
एक तो मासूम चेहरा और ऊपर से हाए ये
नज़ाकत,
यार जब से देखा है तुम्हें, क़सम से हालत
बुरी है हमारी।

आकाश

बी. एससी. (विशेष) इलेक्ट्रॉनिक्स

तृतीय वर्ष



The Man behind the Mask

“In his private heart no man respects himself.”

Mark Twain

At the very least, no one should hold themselves in high esteem. We maintain a façade, employ deceit, put on acts, undertake various tricks, and wear masks – we are a collection of our duplicity and hypocrisy. But here’s the paradox! We perceive ourselves as exemplars of virtue. We present ourselves as if we are the final bastions of innocence, with the world poised to strip away the last shreds of innocence and wisdom with our demise, leaving the universe in utter chaos.

Because we are complex individuals, a blend of various elements, we invariably possess only partial understanding. Our grasp of the world is consistently fragmented. The way we interpret our surroundings often originates from sources that are worn, incomplete, potentially unreliable, or even questionable. We can never be entirely certain about the true state of things. Our knowledge falls far short of the vast expanse of information available. Nevertheless, our debates often teeter on the brink of certainty. When we engage in arguments with others, we fiercely defend our viewpoints as if it were a battle. It’s a form of conflict through alternative means. We resist yielding, shifting, compromising, or acknowledging the validity of opposing viewpoints.

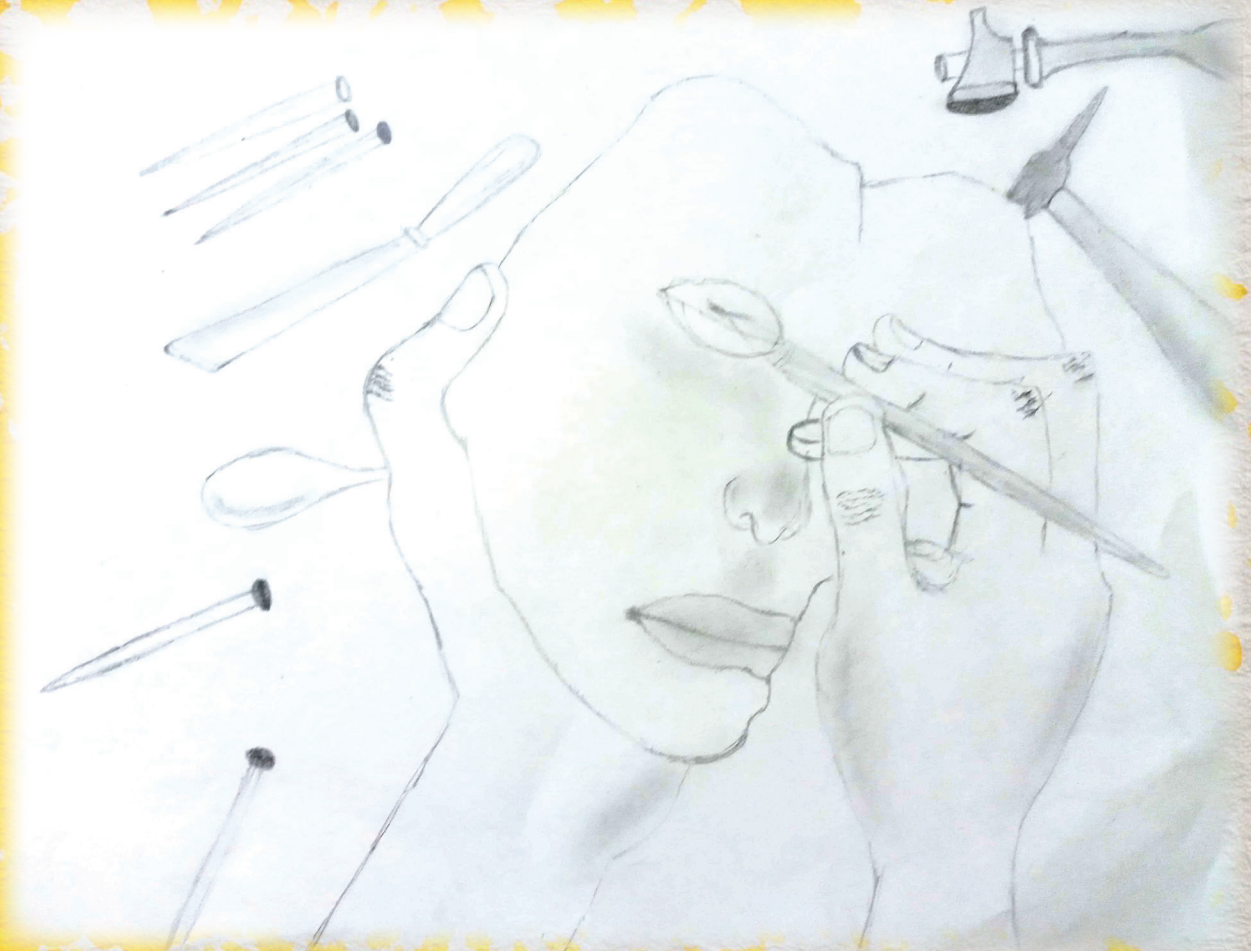
Because we tend to assign blame readily, make snap judgments, and hastily declare someone guilty, we seldom admit our own errors. If by any chance we find ourselves in the wrong, we swiftly generate arguments involving factors that excuse or reduce our culpability. We offer ourselves leniency while demanding compliance from others. This self-righteous attitude lies at the core of the various problems afflicting the world.

Why do uncles estrange themselves? Why do brothers so frequently become adversaries? Why do relatives become expendable? We often label family as a haven for the highest of virtues, but the truth is, behind closed doors, there are abusive uncles, neglected parents, frail elders, mistreated sisters, and hostile in-laws, among other issues. Why does the neighbourhood resemble a battleground? And still, we pretend as though nothing has transpired, maintaining a façade of normalcy. Why should we hold ourselves in high regard when we should be grappling with feelings of guilt and shame?

The intricate issue of identity and the ceaseless conflicts waged in its name persist. Society constantly pressurises us to adhere to a single, exclusive religious identity, leading to the erasure and elimination of others. Holy scriptures have taken on an untouchable status, while human lives become expendable. This includes horrifying atrocities like gas chambers, gulags, lynching, and a grotesque dance of death. Beyond these horrors, there’s a pervasive atmosphere of hatred that we inhale and exhale. In such a context, there is no justification for us to hold ourselves in high regard.

We often disregard rules and allow the institutions we create to deteriorate. Those meant to be servants often become the ones in control. Even those who experience oppression today aspire to attain such power that they can become oppressors in the future. Everything undergoes a process of decay. Then, we anticipate the arrival of saviours and prophets. However, their grand promises and messianic actions often exacerbate the problems and leave behind a path of destruction. The feeling of betrayal and a momentary reality check are short-lived. We return to our old habits. What is there within all of us that deserves respect?

We desire to mock others, yet we lose our



composure when we become the target of laughter. Concepts like humour, dark humour, gallows humour, light-heartedness, and self-deprecation seem foreign to us. Instead, we respond with harsh penalties for cartoons, legal actions for humour, weaponize jokes, and even resort to violence against dissent, often invoking alleged acts of blasphemy without requiring any proof. Considering this, can we genuinely claim to merit self-respect? Are we justified in holding a positive self-image? The self-satisfaction of heroism appears clearly unjustified.

In conclusion, what holds the potential to rescue us from our own shortcomings is the practice of self-deprecation, embracing levity, cultivating a light-hearted spirit, engaging in constructive self-critique, and having the capacity to find humour in our own flaws and foibles.

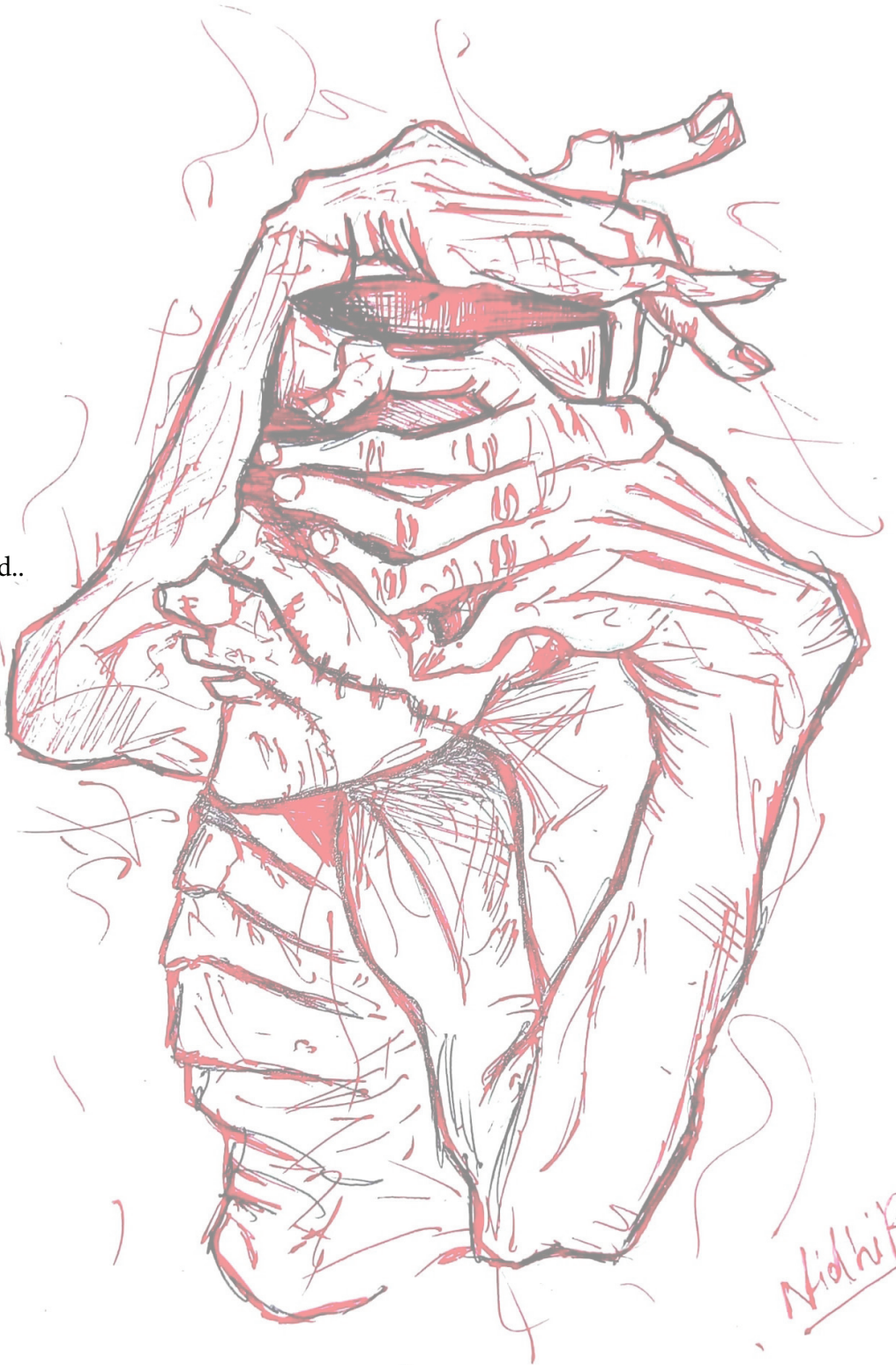
Dr. Subhash Kumar

Professor

Department of Physics

Death Comes for Me

If death comes for me
And I am tired of the cacophony
Please forgive me if
I went away with the flow
Will miss all the people
Some gave good lessons.
As I walk to the Nile, red in colour
Someone calls from behind.
That's my mother
Crying, "Please don't go".
But mother, the time has come
When I must stop holding your hand..
As I step into the water, there comes
The cry of a man, guilt in his voice,
Guilt of not understanding me.
But now it's too late...
Someone comes from the back
Grabs my hand with his little hands.
That's my brother
But I told him to let me go...
There comes the call of my
Friends and I smile
Will play football on the other side.
Good bye!
One last time...
I will play my piano...



Ankur Ghosh
B. Sc. (H) Zoology
I Year

Ghost of the Burning River

The river is loud.

The river is loud and my eyes are burning.

And as I look up into the sky, I can see flecks of
hollowness falling,

It piles up on the floor and creeps under my
feet,

And I feel voids forming inside me.

Orange sunshine dances on the haze that flies
away from my skin,

Swirling and swirling until it gets scattered in
the wind.

Never to be seen again,

Never to be felt again.

I can remember a time,

Perhaps a million storms ago - when the river
wasn't loud.

Instead, it made music.

It made music, just like the same orange
sunshine dancing on its waves.

And I thought that the river was burning.

The river was burning, but still, it was cold,
perfect and beautiful.

And I used to look up into the sky and could
see flecks of bliss falling.

Falling and falling and making layers on my
skin.

May be the sun won't shed flecks of happiness
anymore.

May be I will have to count my time in seasons
and storms forever.

May be I will come here again and again and
again and I will never be able to hear the music
Anymore.



And the river will be obnoxiously and
devastatingly loud.

And it will never burn quietly and so beautifully
again,

But it will be fine.

As long as I get to see the same sunlight and
close my eyes and can almost feel like I don't
have any voids

And the red I always see in my dreams is the
ghost of the burning river.

Pratikshya Panda
B. Sc. (H) Zoology
I Year

Exploring Career Options: A Scoop of Advice from Graduates and Peers

While some of your peers might have mapped out every aspect of their lives on a timeline, you might not even be sure about what to do after graduating from college. When you have no plans for the future, it might seem bleak, but it isn't all that terrifying. Not having a pre-planned strategy might turn out to be quite advantageous for you. For example, if you visit an ice cream parlour set on eating vanilla ice cream, you might never get to taste the beauty of a blueberry flavour. As long as you're trying new flavours, you wield the power to make a choice based on your experience. There is a chance that you might not like the blueberry, but you can always try another and another until you find your favourite flavour. Even if you end up choosing vanilla, you will never look back at the decision with a 'what-if' in your head. I can understand that an ice cream analogy might not be the best way to introduce career choices for you but I've always believed that a scoop of good ice cream can fix almost everything. So, while I can't offer you some ice cream, I took the liberty of curating an opinion piece for you.

This piece is the culmination of the views and opinions of your seniors and peers. This is just to give you a rough idea of all the options available to you. They've been fact-checked wherever deemed necessary. While, 'regret' and 'exhaustion' were the most commonly used terms, most of them said that they'd not change their decision if they had to do it all over again. This was all the reassurance I'd needed to know that I had picked the right set of people for this piece. Most of us grew up surrounded by people who'd tell us that Science opens our minds to new possibilities and our careers to better job prospects. While the former might hold true, there is not much evidence for the latter. Most of my seniors and peers believe that today's job market prefers an impressive skillset over a pompous degree. There've been quite a few of them who've switched their fields entirely to fit into the competitive corporate world. While their

polar opposites seem to enjoy their journey equally. They find a career in the Science field rewarding and fulfilling enough to pursue it. They tend to believe that their success will be worth the wait. While it is a rigorous process, what career choice isn't? Although the answers were diverse, all of them mentioned that nothing is nearly as easy as undergraduate studies. If you choose to continue down the same path, it feels redundant and dull. And if you dare to switch your discipline, you have to start from scratch. Those who've switched fields to choose a different career path have reported that if one decides to go into the corporate world, there are quite a few things one must know. Citing them, "You cannot lose hope upon facing rejections. It is an everyday thing, and it happens to the best of us". "Your rejections will help you improve and make better decisions eventually." "Your skillset will help you land a job but your people skills will help you sustain it. So, working on your skills isn't nearly enough. You need your people skills to be on point as well." While these might be individually important, the common answer among all was, "It is most important to hone your skills. That is what gets you hired. Decent communication skills always helps your case." While one of them even said, "Learn skills as per job market requirements and not as per your preferences, if money supersedes all." The others decided to wait it out. They aspire to work in the private sector but they've chosen an alternative path for the same. The decision to prepare for management entrances hasn't been easy on them, but day-dreaming about a 20 LPA+ package comforts you, or so I've heard.

While there isn't much to go on about preparation strategies, it is quite a popular choice among graduates. But for those of you who excel at aptitude but are eager to land a job right after graduation, government jobs might be the way to go. Quite a few of our peers start their preparation while they're in college itself but an aspirant revealed that for most of these

exams, it should take a maximum of eighteen months of strategic preparation, provided one is truly dedicated to it. Vacancies are released in thousands every year, and while there might be enough competitors to give you cutthroat competition, it is important to keep your eyes fixed on the goal rather than the competition. Consistency matters a lot. The recurring phrase was that consistency is the key, and if you can achieve that, it won't be a hard nut to crack. While there was not much assistance on strategy from the aspirants, the only other common suggestion from all of them was to attempt as many mocks as you can before the exam. It will not only help you assess your preparation in the best way but also help you gain confidence in your answers. Extremes are all right, but the balance can only be set right with the help of moderates. Those who I refer to as moderates are the ones who switched their discipline but ever so slightly. Quite a few of my peers and seniors got into the noble profession of teaching. There is not so much of a suggestion from our student-turned-school teachers but more of a warning: "Kids can get on your nerves at times, especially if your patience runs out quickly." But getting two or more paid vacations in a year tips the scales in their favour again. Additionally, it was the gratifying feeling for most of them that made them choose this course.

A majority of people who've responded to the opinion piece seem to be content with their choices. While it isn't an ideal scenario where most of us graduated into a post-COVID era or a recession, I believe we've made the best of our situation, and we truly believe that all of you do the same. Pursuing a career in the Sciences hasn't been glamourised by society as much, but those who have made that choice have found it to be better than everything else. For those of you who will choose to pursue the same, the entrance battle is awaiting. While a revision of your syllabus is necessary, so is choosing a good college as per your choice of papers. To be in a position where you can make this choice, performing well in your entrance exams is a must. This road might seem tenacious but going the extra mile will most certainly pay off. In today's day and age, when social media is on the rise, it would be ignorant not to acknowledge the importance

of a career in this arena. Because it is the most unconventional of all, there is no set of hard and fast rules that can help you make it here. While we couldn't connect with anyone who was up-and-coming, a handful of them continued to create content as a side hustle. The unconventionality of the profession makes it questionable but the success stories of those who've flourished speak for themselves. As for taking long shots, we've always been taught to shoot for the stars. This is the time to let go of our inhibitions and carve our path. If worse comes to worst, taking a gap year to figure out what's right for you is always an option. While college is a fun-filled experience, exploring internships, networking with professionals in your desired field, or taking online courses to develop new skills will pave the way to a brighter future.

Combing through all the answers repeatedly to compile an opinion piece is truly an excruciating task but if this article helps even 1% of our readers to feel more empowered to take action towards their career goals, the hassle would be worth it. This piece may or may not have helped you find the right path but I truly hope it provided you with a sense of clarity about some of the many options available to you. I hope you find contentment (and boatloads of money) in the avenue of your choice. Graduating from college certainly marks the end of an era for us but it's just the beginning of adult life. Leaving you with a mixed sense of hope and despair, by quoting a slightly altered version of our favourite song by the Rembrandts,

So, no one told you life was gonna be this way

Your job's a joke, you're broke

Your love life's DOA

It's like you're always stuck in second gear

When it hasn't been your day, your week, your month

Or even your year, but you know that

It'll all be O.K.A.Y.

Aryama Priya (Member, Students' Editorial Board)

Positive Calendar 2022

January

- India's startup ecosystem continued to grow in January 2022. India had over 80 unicorns, or startups with a valuation of over \$1 billion, as of January 2022.
- India's vaccination drive against COVID-19 continued to gain momentum in January 2022. Over 1.6 billion doses of the COVID-19 vaccine had been administered in India by the end of January 2022.
- In the space sector, India launched its first private rocket, Vikram-S, in January 2022. This was a significant milestone for the Indian space industry.
- In the agriculture sector, India's wheat production reached a record high of 112 million tonnes in FY-22. This was a major achievement, given the challenges posed by the COVID-19 pandemic.

February

- India's economy continued to grow, with the GDP growing by 8.7% in the fourth quarter of 2021-22. This was the highest growth rate in India's history.
- India's stock market reached new record highs in February, with the Sensex crossing 60,000 points for the first time. This was a sign of investor confidence in the Indian economy.
- India's foreign exchange reserves crossed \$630 billion in February, the highest level ever. This gave the Indian government more flexibility to manage the economy.
- India's sportspersons continued to excel at the international level, with Neeraj Chopra breaking his own national record in the javelin throw and India winning a silver medal at the Winter Olympics.

March

- India won the Women's Cricket World Cup by defeating Bangladesh by 110 runs. This was India's first Women's Cricket World Cup title.
- India outlawed some of the most commonly littered plastic items. This is a significant step in India's fight against plastic pollution.
- India's ace shuttler, Lakshya Sen entered the Top 10 of World Badminton Federation Rankings in Men's singles. This was a major achievement for Sen and for Indian badminton.

April

- India's crude steel output grew to 70 MT in April-September; trend to continue: SteelMint. This is a positive sign for the Indian economy as it indicates that the steel industry is recovering from the COVID-19 pandemic.
- Unemployment rate dipped to 6.6 pc in urban areas in April-June 2022 according to a government survey. This is a sign that the Indian economy is creating jobs and that the unemployment rate is coming down.
- India's exports continued to grow in April, with merchandise exports are increasing by 34.5% year-on-year.
- India's stock market continued to perform well in April, with the Sensex index reaching a record high of 59,250 points.

May

- Indian boxer Nikhat Zareen won the gold medal in the 52 kg category at the 2022 IBA Women's World Boxing Championships. She became the fifth Indian woman boxer to win a gold medal at the World Championships, joining Mary Kom, Laishram Sarita Devi, Jenny R. L., and Lekha K. C.
- India's economic growth was estimated to be 8.9% in the 2021-22 financial year, the highest in a decade. This was despite the challenges posed by the COVID-19 pandemic and the war in Ukraine.
- India launched a number of new initiatives in May to promote renewable energy and sustainable development. These included the launch of a new solar power plant in Rajasthan and the announcement of a new green hydrogen mission.
- In addition to these specific events, there were many other positive developments in India in May 2022. For example, the country's startup sector continued to grow rapidly, with new startups being launched on a daily basis.

June

- Startups: India saw 14 new unicorns in the first six months of 2022, up from 13 in the same period in 2021. This was the highest number of unicorns created in India in a half-year period.
- Sports: Neeraj Chopra won gold in the men's javelin throw at the Stockholm Diamond League Meet, breaking his own national record with a throw of 89.94 meters.
- Education: The Indian Institute of Technology, Madras (IIT-Madras) was ranked 27th in the QS World University Rankings 2023, making it the highest-ranked Indian university in the rankings.
- Healthcare: India's drug regulator approved the world's first intranasal COVID-19 vaccine developed by Bharat Biotech.

July

- Mrs. Droupadi Murmu was sworn in as the 15th President of India. She is the first tribal woman to be elected to the highest office in the country.
- The Indian Railways launched a new scheme called 'RailTel WiFi', which provides free WiFi access to passengers at over 6,000 railway stations across the country. This will help improve the connectivity and experience of passengers.
- The Indian Space Research Organisation (ISRO) successfully launched the PSLV-C53 mission, which carried three satellites into orbit. This was the 53rd mission of the PSLV rocket.

August

- The gross GST revenue collected in the month of August 2022 was ₹ 1,43,612 crore, which is 28% higher than the GST revenue of ₹ 1,12,020 crore in the corresponding month of the previous year. This shows that the Indian economy is recovering well.
- India's space programme made

significant progress in August 2022. The Indian Space Research Organisation (ISRO) successfully launched two satellites, the Polar Satellite Launch Vehicle (PSLV) C53 and the GSAT-24. The PSLV C53 launched three satellites into orbit, including the first privately built satellite in India, the PSLV Orbital Experimental Module (POEM). The GSAT-24 is a communication satellite that will provide high-quality television, broadband and other communication services.

- India also made progress in the field of renewable energy in August 2022. The country's installed renewable energy capacity reached 100 gigawatts, making it the fifth largest renewable energy market in the world. The government has set a target of achieving 450 gigawatts of renewable energy capacity by 2030.
- India also made progress in the field of education in August 2022. The government launched the National Education Policy 2020, which aims to make India a knowledge superpower. The policy focuses on making education more inclusive, equitable and holistic.

September

- The Supreme Court of India held that women, regardless of their marital status, are entitled to safe and legal abortion until 24 weeks of pregnancy.
- India's tourism industry received a major boost with the reopening of the country's borders to international tourists.
- India hosted the G20 Foreign Ministers' Meeting in Bali, Indonesia, in September 2022.
- India launched the Pradhan Mantri Kaushal Vikas Yojana (PMKVY), a skill development programme for youth in September 2022.

October

- India's first indigenous aircraft carrier, INS Vikrant, was commissioned on October 27th. This is a major milestone for India's defence capabilities and is a testament to the country's growing technological prowess.
- India's economy grew by 8.7% in the third quarter of 2022, the fastest pace of growth in Asia. This was a sign that the Indian economy is recovering from the COVID-19 pandemic and is on track to achieve its growth targets for the year.
- India's space agency, the Indian Space Research Organisation (ISRO), successfully launched the PSLV-C53 rocket on October 28th. This rocket carried three satellites into orbit, including one from Singapore.
- The Indian government announced a new scheme to provide financial assistance to women entrepreneurs. This scheme is expected to benefit over 10 million women entrepreneurs across the country.

November

- The merger of Air India and Vistara was completed. This created India's second-biggest airline and is expected to boost competition in the aviation sector.
- India launched its first indigenous aircraft carrier, the INS Vikrant. This is a major milestone for India's ship building industry and will boost the country's defense capabilities.
- India won the Thomas Cup badminton world championship for men's teams. This was India's first ever victory in the Thomas Cup and is a major achievement for Indian badminton.
- India also won the Uber Cup badminton world championship for women's teams. This was India's second consecutive victory in the Uber Cup.

December

- India's space agency, the Indian Space Research Organisation (ISRO), successfully launched the GSAT-24 satellite. The satellite will provide high-speed broadband services to India and its neighboring countries.
- At the 2022 Winter Youth Olympics in Gangwon, South Korea, the Indian contingent won two medals, a silver in ice hockey and a bronze in cross-country skiing.
- The Indian government launched the Ayushman Bharat Digital Mission, a national digital health ecosystem. The mission aims to provide every Indian with a unique health ID and make healthcare more accessible and affordable.

Vivek Kunwar and Sandeep Gupta
(Members, Students' Editorial Board)

हिंदी और हम

व्यक्ति के विचार उसके व्यक्तित्व का द्योतक होते हैं और विचारों की अभिव्यक्ति का माध्यम भाषा है। भाषाएँ अनेक हैं किंतु सबसे विशेष होती है मातृभाषा। हम अपने भावों को जितने सटीक और जीवंत स्वरूप में अपनी मातृभाषा के माध्यम से प्रकट कर सकते हैं, वैसे किसी अन्य भाषा में नहीं कर सकते। मातृभाषा हमारी संस्कृति की धारक होती है, जिसमें हमारा वैभवशाली अतीत संचित होता है, जिसमें हम अपना वर्तमान देखते हैं, जिसमें हम आशापूर्ण भविष्य की कल्पना करते हैं।

मातृभाषा हमारे समाज का आईना होती है। मातृभाषा हमारे राष्ट्र का गौरव, उसकी पहचान, उसकी अस्मिता और उसका आधार होती है।

भारत एक बहुभाषी राष्ट्र है। हर राज्य और हर क्षेत्र में अलग भाषा का चलन है। उन्हीं में से एक भाषा है हिंदी, जो राजधानी दिल्ली एवं आस पास के क्षेत्रों में मुख्य रूप से बोली जाती है और एक बड़ी आबादी की मातृभाषा है। हम बड़े गर्व से कहते हैं कि हिंदी हमारी मातृभाषा है, लेकिन समय के साथ हमारे दैनिक जीवन में हिंदी की प्रासंगिकता कम होती जा रही है। इस समय हिंदी भाषी आबादी की स्थिति बड़ी विरोधाभासी है। हम न तो पूर्णतः हिंदी बोलते हैं, न ही हमें शुद्ध अंग्रेजी का ज्ञान है। इसी स्थिति को समझने के लिए हमने महाविद्यालय में एक भाषा आधारित सर्वेक्षण किया।

यह सर्वेक्षण 50 विद्यार्थियों पर किया गया था। उनसे उनकी मातृभाषा एवं दैनिक बोलचाल से संबंधित कुछ प्रश्न पूछे गए। सर्वेक्षण के परिणामों का संक्षिप्त संख्यात्मक विश्लेषण निम्नवत है।

सर्वेक्षण में भाग लेने वाले सभी विद्यार्थी युवा थे एवं अधिकतर का अध्ययन क्षेत्र विज्ञान था। 80% से अधिक विद्यार्थियों ने हिंदी को अपनी मातृभाषा बताया जबकि सभी ने दैनिक वार्तालाप में उपयुक्त भाषाओं में हिंदी को शामिल किया। इसके बाद उन्हें कुछ सामान्य वस्तुओं के हिंदी एवं अंग्रेजी नाम बताकर पूछा गया था कि वे रोजमर्रा में किस शब्द का उपयोग करते हैं। पुस्तक के बारे में 60% लोग केवल 'Book' शब्द का उपयोग करते हैं जबकि 30% लोग 'Book' अथवा 'किताब' शब्दों का उपयोग करते हैं। वहीं चम्मच को 22% लोग 'Spoon' बोलना पसंद करते हैं और 20% लोग 'चम्मच' एवं 'Spoon' दोनों शब्दों का उपयोग करते हैं। महाविद्यालय के संदर्भ में स्थिति काफी भिन्न है जहाँ 92% लोग 'College' बोलना पसंद करते हैं और शेष 8% भी 'College' अथवा 'महाविद्यालय' का समान रूप से प्रयोग करते हैं। जूतों के बारे में बात करें तो 40% लोग दिनचर्या में 'Shoes' शब्द प्रयोग करते हैं और 28% लोग 'जूते' और 'Shoes' का समान रूप से प्रयोग करते हैं। शेष 32%

लोग 'जूते' बोलना पसंद करते हैं।

इसके बाद कुछ सामान्य शब्दों के हिंदी अर्थ के बारे में प्रश्न पूछे गए थे। 46% विद्यार्थी श्यामपट्ट शब्द से अपरिचित हैं। उसी प्रकार 46% विद्यार्थी इंजीनियर का हिंदी समकक्ष नहीं जानते जबकि 24% लोगों के अनुसार इसे हिंदी में भी इंजीनियर ही कहते हैं और 2% लोग इसे मेकैनिक बताते हैं। विज्ञान विशेष महाविद्यालय के 28% विद्यार्थियों को लैबोरेटरी का हिंदी अर्थ नहीं पता, 14% का उत्तर 'लैब' था और 4% लोगों ने गलत उत्तर दिया।

इसके बाद कुछ सामान्य प्रश्न पूछे गए थे। उदाहरणार्थ, अभिवादन के विषय में 28% लोग अंग्रेज़ी में अभिवादन करना पसंद करते हैं। केवल 16% लोग 'I'm sorry' के बजाय माफ़/क्षमा जैसे शब्दों का प्रयोग करते हैं जबकि 42% लोग ऐसा नहीं करते हैं। 26% लोग ऐसे हैं जिन्हें पूर्णतः अंग्रेज़ी में बात करना कठिन प्रतीत होता है और 22% लोगों को अंग्रेज़ी में वाक्य बनाना या तो कठिन लगता है या उनसे व्याकरणिक त्रुटियाँ होती हैं। चैटिंग करते समय 44% लोग हिंदी एवं 44% लोग अंग्रेज़ी भाषा का उपयोग करते हैं किंतु दोनों ही रोमन लिपि में टाइपिंग करना पसंद करते हैं। हाथ से लिखते समय 40% लोगों को रोमन लिपि सरल लगती है जबकि केवल 8% के

अनुसार देवनागरी सरल है और 48% लोग दोनों को सरल मानते हैं। एक अनुच्छेद लिखने के लिए 34% लोग अंग्रेज़ी को प्राथमिकता देते हैं जबकि केवल 20% लोग हिंदी को चुनते हैं और 44% लोग दोनों भाषाओं में लिख सकते हैं। बोलने के विषय में स्थिति थोड़ी भिन्न है जहाँ 26% लोग अंग्रेज़ी में, 28% हिंदी में एवं 42% दोनों में से किसी भी भाषा में वक्तव्य देना पसंद करते हैं।

उक्त विश्लेषण के आधार पर यह निष्कर्ष निकाला जा सकता है कि हिंदी भाषी समाज इस समय एक भाषाई विरोधाभास के दौर से गुज़र रहा है। हमें न तो पूर्णतः हिंदी आती है और न ही हम अंग्रेज़ी में पारंगत हैं। हमें मामूली सी वस्तुओं के हिंदी नाम नहीं पता है और पूर्णतः अंग्रेज़ी में बात करना भी हमें कठिन प्रतीत होता है। लिखते समय हम अंग्रेज़ी को अधिक प्राथमिकता देते हैं लेकिन अंग्रेज़ी में बोलने से हिचकिचाते हैं। हमें देवनागरी लिपि कठिन लगती है तो अंग्रेज़ी का व्याकरण हमें समझ नहीं आता।

इस स्थिति का कारण यह हो सकता है कि हमारी शिक्षा व्यवस्था में तो सभी विषय अंग्रेज़ी में पढ़ाए जाते हैं लेकिन व्यावहारिक समाज में हिंदी अधिक प्रासंगिक है। इस तरह हमारा युवा वर्ग एक ऐसी स्थिति में विकसित हो रहा है जहाँ वह किसी भी एक भाषा में पूर्णरूपेण सहजता का अनुभव नहीं कर पाता है और उसकी भाषाई प्राथमिकताएँ परिस्थितियों के अनुसार बदलती रहती हैं। ऐसी परिस्थिति ही भाषा के विकृत हो जाने का कारण बनती है और भाषा के साथ विकृत होता है उसका समाज, संस्कृति,

परंपराएँ, इतिहास आदि। किंतु एक पक्ष यह भी है कि परिवर्तन शाश्वत है और समय के साथ भाषा में भी परिवर्तन आता है। नए समाज एवं संस्कृतियों के साथ संपर्क बनने से भाषा के क्षेत्र में भी आदान प्रदान होता है और समय के साथ रूप बदलते हुए एक भाषा नई भाषाओं को भी जन्म देती है। हिंदी भी ऐसी ही प्रक्रिया का परिणाम है तो संभव है आज से कुछ सदी पश्चात हिंदी भी इतिहास बन जाए और उसकी उत्तराधिकारिणी तत्कालीन भारतीय समाज का दर्पण हो जाए। हमें आवश्यकता है हिंदी को उसके विशुद्ध स्वरूप में संरक्षित रखने का संपूर्ण प्रयास करने की और समय के साथ होने वाले परिवर्तन को स्वीकार करने की।

अफ़शार अजमेरी

सदस्य, संपादक मंडल



Being a Woman

The day when she tells her husband that they
are being blessed with a special gift

The day when she feels her tummy is a bit
heavy

The day when she switches from fitted to loose
clothing

The day when she stops having food of her
own choice

The day when she stops treating her pain,

The pain of those severe cramps,

The pain of a body within her body,

The pain that hurts but gives the best feeling.

That first kick made her excited.

Her home became joyful and delighted.

Who realised she goes through thick and thin?

The glow beneath her stretch-marked skin,

We forget how we came to life.

For us, a woman kept her aspirations aside.

The most innocent soul on earth has no money
or luxury; she just needs our love.

Some gestures to show that we care for her.

She will never say how she feels.

Keeping herself concealed.

Dear readers,

Go hug your mother tightly, as she's always
there with open arms to comfort you and a
smile so bright!



Malika Khanna

B. Com. (H)

II Year

Planting the Seeds of Research in Undergraduate Minds

Famously, curiosity killed the cat but it is curiosity itself which continues to pave the way for stellar research in domains such as science and engineering, social sciences, humanities, business and creative arts and culture. Research can stem from a simple “Why” when a child questions the blue colour of the sky, giving rise to something as complicated as Raman Spectroscopy or as complex as a “How” when it came to solving the COVID-19 global pandemic, leading to simple sub-molecular RNA vaccines.

At Acharya Narendra Dev College, we do not believe inquisitiveness and research are at the stake of large companies with hundreds of scientists in their line-up or even prestigious academic institutions boasting of professors and academicians. We reckon that necessity is the mother of all inventions and inventions are not subject to the age of the inventor but only and only their honest intentions and tireless perseverance.

Thus, our institution takes immense joy in promoting a culture of research, innovation and knowledge dissemination that has led us to embark on these transformative initiatives as early as at the undergraduate level. This endeavour not only empowers our students but also contributes significantly to the advancement of scientific understanding and societal progress.

Providing young budding minds coming right out of high school with a platform to channel their research interests is being upheld by many vital objectives proving to be fundamental pillars such as engagement in scientific activities in advanced learning set up inspires young minds to explore beyond the traditional boundaries of passive classroom teaching and channel themselves towards constructive pursuits. Such seamless integration of teaching and learning, aimed at cultivating a shared exchange of insight enriches one’s educational journey. Empowered individuals make independent, informed choices and participating in research projects instils the skills of a self-dependent learner, novel-innovator, key team worker and confident presenter. The collective experiences gained in a scientific environment enrich the intellectual fabric and enhance one’s confidence in every sphere of life.

Acharya Narendra Dev College has always been a pioneer in amalgamating scientific research with conventional educational structures. Our efforts in this regard include 17 specialized research labs in various disciplines such as the Mycobacterial Drug Discovery Laboratory, Chemical Biology Lab, Ciliate Biology Lab, Robotics and many more. These labs are equipped with advanced instruments and each is backed by a grant of Rs. 18,000. Owing to these outstanding research opportunities at the undergraduate level, the students have undertaken a total of 339 research projects, which encompass 141 projects recognised as DBT star projects, 168 ELITE projects and 30 major and minor projects.

ANDC’s unique approach to practical and real-world research project based learning can be seen in its contribution to the scientific world reflected by the 211 research papers published in peer-reviewed journals of national and international repute by our esteemed faculty members and students.

ANDC furnishes a range of research opportunities for undergraduate students of the college through programmes such as ELITE, DBT Star College Scheme, ThinkLab and SPIE.

ELITE (Education in a Lively, Innovative Training Environment) Summer Fellowship

It is a highly competitive summer fellowship scheme at ANDC that allows students to engage in exploratory projects under the guidance of interdisciplinary college professors. Each faculty member can mentor up to five students. All the departments receive a contingency grant of up to Rs. 10,000, and students are provided a monthly stipend of Rs. 1000/- per month. The programme has been designed as an experiential educational opportunity aiming to strengthen the students' knowledge in the area of their research interest.

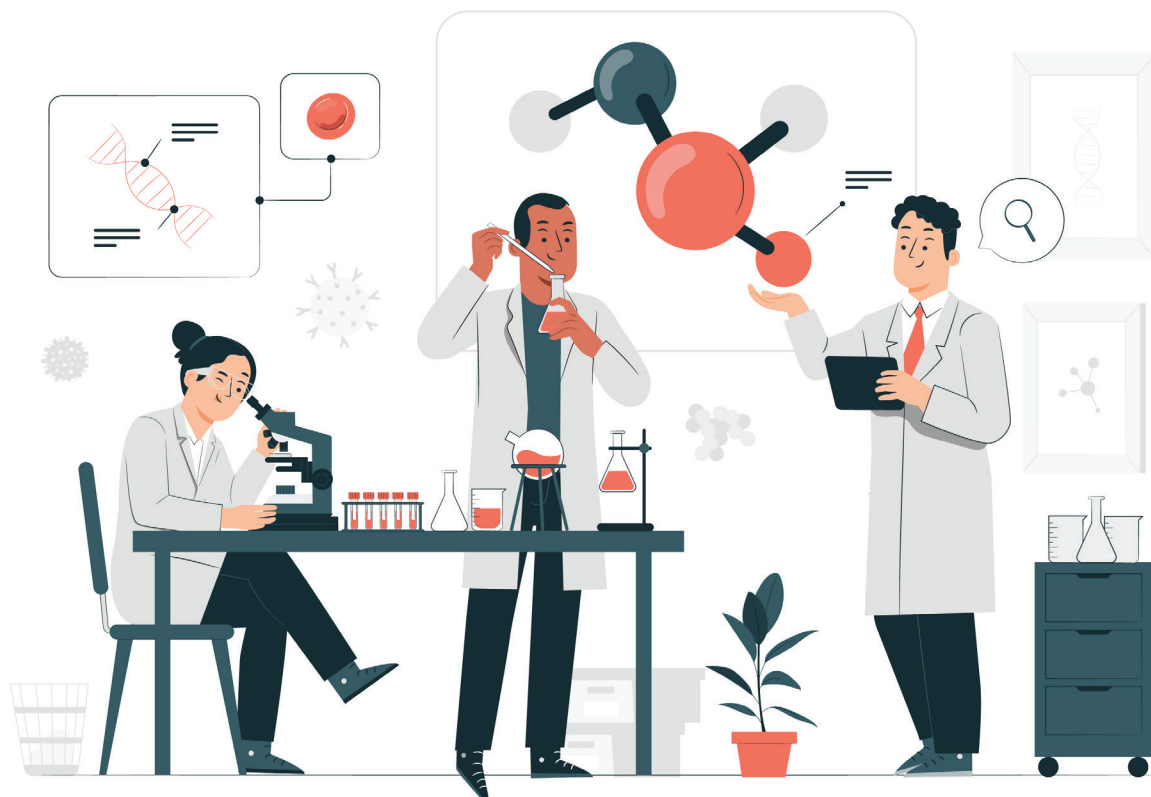
SPIE (Society of Photo-Optical Instrumentation Engineers)

SPIE is a non-profit international society that supports researchers, engineers and professionals across various fields.

The ANDC students' chapter of SPIE stands out as one of the largest global chapters. ANDC is the only college in Delhi University to have its very own SPIE Student Chapter. SPIE has made it possible for its member students to receive grants for participating and competing in many international workshops and seminars. They also have their laboratory equipped with a highly functional 3D printer and many other attractions of the Robotics and Photonics field.

The Department of Biotechnology, Government of India has bestowed ANDC a respected position as a part of the **DBT STAR COLLEGE SCHEME**, which actively engages in diverse interdisciplinary projects aimed at enhancing scientific research opportunities for our budding talents.

With the help of this scheme, the college has been able to partake in several interdisciplinary projects and create virtual labs. Financial support from the star status department has aided in the organization of international conferences and forged several collaborations which have allowed our faculty members and students to achieve a strong foothold in the scientific community.



Think Lab is another innovative concept where students are provided with an exclusive platform to conduct unsupervised independent experiments. This initiative is led by Collaborative Undergraduate Biology Education (CUBE), in collaboration with the Homi Bhabha Centre for Science Education and the Tata Institute of Fundamental Research (TIFR), Mumbai.

Since we've elaborated on the emphasis on research and the plethora of opportunities here at Acharya Narendra Dev College, it's equally important to delve into the accomplishments of the college's stupendous efforts.

Recognizing the paramount importance of financial backing, the college is granted research funds which pave the way for the pursuit of innovative projects and nurtures a sense of ownership and dedication in our academic pursuits.

In the 2021-22 academic year, a cumulative sum exceeding 90 lakhs was received by our institution. In the past five years, more than 200 publications have been successfully published in journals listed in the UGC care list. Additionally, a substantial number of books and edited chapters have been published in both national and international conferences over the past five years.

A standout feature of our research calendar is the facilitation of more than 80 workshops, seminars, and conferences within the last year. The intrigue generated by these events can truly be comprehended through personal experience.

At ANDC, we believe that collaboration is the key to the successful sharing of knowledge and fostering young minds with novel ideas. These steadfast partnerships are pivotal in fulfilling our dedication to providing ample resources for ensuring students' holistic development. To this accord, our college has signed a Memorandum of Understanding (MOU) with several Institutes such as THSTI, IIT Delhi and other industries, private and public organizations, including Science Setu, SPIE, etc. to name a few.

These research projects have directly contributed to expanding our horizons and serve as a bridge between academic pursuits and societal needs, thereby fortifying the tangible significance of research. By fostering curiosity, promoting collaboration, and facilitating impactful research, the research initiatives undertaken by Acharya Narendra Dev College encapsulates our unwavering commitment to academic excellence and societal upliftment. As a collective institution, we are not only shaping the destiny of our college but also contributing to the collective advancement of knowledge and human well-being.

Arpita Singh

Member, Students' Editorial Board



Leiothrixx '23

The Annual Cultural Festival of Acharya Narendra Dev College, Leiothrixx 2023, was an incredibly magnificent and captivating event that the academic session had the pleasure of witnessing. It brimmed with an abundance of joy, allure, grandeur, and exhilarating spectacles that left the audience completely spellbound. From the mesmerizing art of beat-boxing to the enchanting dance performances, every moment was a true sensory delight. The most highly anticipated highlight of this two-day extravaganza was undoubtedly the fiercely competitive Mr. and Ms. Leiothrixx competition, where the college's most glamorous boys and girls passionately vied for the coveted titles. And it wasn't just music and dance that filled the air; the event also showcased the sheer power of words through *Vatsala*, the inaugural edition of slam poetry at Leiothrixx. The audience was completely enraptured by the sheer beauty of the poetry and the enchanting art of *shayari*. In addition to the captivating performing arts, the festival also celebrated various sporting events such as futsal (football) and gully cricket, highlighting their immense significance. The immensely talented painter community also had the opportunity to showcase their skills through captivating graffiti that adorned the festival grounds. The success of the festival was not solely attributed to the incredible events, but also to the vibrant stalls, enchanting ambience and breath-taking decorations that left everyone utterly awestruck. The much-anticipated DJ Night on the first day had all the students dancing and tapping their feet to the infectious music and rhythm. And on the second evening, the star of the show, Karan Randhawa, had his fans going absolutely wild as his melodious tunes transported everyone to a whole new world of bliss. Even a little rain couldn't dampen the spirit of fun; instead, it added a charming touch to the music and festivities.

Overall, the events on both the days were an outstanding success, leaving everyone eagerly anticipating the joyous and fun-filled fest in the years to come.

Hirtik Singh

Member, Students' Editorial Board



All Too Well

You think they know
All too well...
Do they know how it was
Crying on that rainy night?
Drops dripping tip toe,
On the ceiling,
Calling you out.
Every time you feel sad
Do you see a hand rolling
Over your cheeks?

She is the melody
All of them are the notes.
In the little rendition of
Life's piano.
As the melody fades
Everything else also fades...

Still the music bubbles come up
The strings of a violin are struck
In motion,
To and fro...
Past and future...
Lies in the present the
Autumn of life,
Where there is no winter
Cold and harsh...

Ankur Ghosh
B. Sc. (H) Zoology
I Year

Beginning to End

The day I felt life
In me,
I met you on that
Busy street.
You looking into my
Eyes,
I couldn't keep my
Secrets hidden in
My casket.
Lost in that lone void
Of the grey ocean,
You made me live
As if I were never dead.
And it made me feel
Real...

As I write, tears are all
I can see on that
Keyboard.
Dripping and dripping...
Typing emotions that have
Changed.
You have made me full
But now I am feeling empty.
As if you were a weed in my
Pot and I smoked you out.
Let you go...
Standing on that site
Till today,
Waiting for your touch

Again on the cheeks.
Please come back as
It feels lonely
My eyes only look for you...

My heart feels empty
As if it has lost its home.
My eyes are closing now as
I could see you
One more time...
That white Lily in my hands
Remembers you...

The cherry tree is empty
But the carvings of you and me
Are still here.
Tell me once that you are fine,
Help me let you go
As I still want your touch,
Please tell me you are
Mine and only mine...



Ankur Ghosh

B. Sc. (H) Zoology

I Year

Incomplete but Beautiful

In love's realm, Vishwa's tale took flight,
A story beautiful, yet touched by night.
Two hearts entwined, a bond so deep,
But destiny's currents made them weep.

Vishwa and love, a duo so bright,
Moments cherished, love's pure light.
Shadows crept in, their world askew,
An incomplete love, feelings askew.

Promises like stars, once shone strong,
Faded away as things went wrong.
Incompleteness hung like a veil,
Vishwa's love story, a bitter-sweet tale.

Canvas of colours turned to grey,
Vishwa's journey, emotions at bay.
An unfinished chapter, a love unsure,
Beautiful but incomplete, emotions pure.

Each page whispers of love's embrace,

Vishwa's story, a lingering grace.
An unfinished tale, both real and surreal,
Beauty in incompleteness, time will heal.

Each page tells a chapter of love's refrain,
Beautiful moments tinged with a touch of pain.
The story remains unfinished, you see,
A testament to love's complexity.

So cherish the beauty, both perfect and flawed,
For every emotion, every moment awed.
Incompleteness makes the story so real,
A beautiful journey with wounds to heal.

Vishwa Deepak Srivastava

B. Sc. Life Sciences

III Year

Hope This Letter Finds You in Good Health

Hope this letter finds you in good health

A dried rose petal with the smell of October
10th.

Do you ever stop and think about the
moments we spent?

Do you ever pause to take a breath and
repent?

I am a long gone mystery now, the rich old
woman who lived by the lake.

For all I knew, I was always stuck in the
summer of 1998.

The failure who lived off of her father's
inheritance.

For all I knew, you saw me shine like a
tolerable mistake.

Husbands and kids, never got it right.

The last man who left, told me I was a
pathological spite.

If you were here, we would laugh about his
height.

And tell me that it is going to be alright.

I remember your shirt I spilled paint on.

The day my hands felt the warmth of your
wrinkled note.

That said, "Two more weeks and I'll be gone".

That was the very first time we fought.

I stood looking at the tracks that your train
went on.

They were long like the silence we shared
from that day on.

I paced, searching for your address, the first
time I fell in love.

My first job, first child, the first house that I
bought.

Rusty doors interrupt my silence, the way you
used to.

You are in debt of the time you promised to
give me, you're way past your due.

I wonder if our small town remembers the
story of the 'Inseparable Two'.

It all seems like a fever dream I saw in the
winter hue.

That old timepiece we bought that day in
downtown.

It is convicted of being vintage now.

I wonder if time ever hunts down love.

I wonder if one day, you'll come around.

Diya Bilahari

B. Sc. (H) Zoology

I Year

The Greatest War

The flag was red

Like there were blood stains on the face of
freedom

They sang praises with hands on their heart
For soldiers that never came back home.

The sound of bullets has come to cease
But helpless cries echo in barren lands
They fought a war to bring home peace
Now we stand on the ashes of a thousand
dreams.

The wind that roamed around like a vagabond
Carried the scent of a glorious past washed
ashore

They who stood steady to protect what gave
them life

In the face of death, wanted to breathe a little
more.

There lay the brave hearts of the nation
Pushed into the clutches of anonymity
Nights opening eyes to better days
The ocean reclaiming its long-lost tranquillity.

Uniforms that turned crimson red
Speak incoherent tales of once bright days
Smiling faces in abandoned wallets say
For what one does someone else pays.

The ones who remained meaninglessly alive
Became puppets of their worst fears
Haunting hunger and conflicting memories
Finding rescue in tranquilizing tears.

The sword stood tall, mightier than the pen
Blood dripping guns over sugar coated words
Uncertain eyes with a plethora of questions
That can and will never be answered.

Rewards and chants masking up
The brutal face of a pyrrhic victory
Desperate attempts and feigning words
To be inscribed on the right side of history.

Pushing through bottomless voids
Words finally come out of suffocated throats

With neither winners nor losers
THE GREATEST WAR WAS NEVER
FOUGHT.

Diya Bilahari
B. Sc. (H) Zoology
I Year

A Lost Confession

My soul yearns,
In the vacuity of my uncertain
Unpleasant life,
A collarbone
To place my head upon.

The pain earned,
Due to iniquity, my heart
Failed to say
Was foretold
In its own selfishness
Of love, glory, and happiness.
Now remains only the painful solitude,
The burden on my chest,
And is it good
If I speak of it?
But I am too much of a coward.
Or is it better
That I never speak of it?
Why bother to say,
When you simply cannot.

Lav Joshi
B.Sc. (H) Physics
II Year

Midnight's Enchantment: A Mysterious Gaze

Her midnight-coloured hair,
A sight that's quite rare,
A bewitching gaze in her eyes,
That leaves me hypnotized.

In the darkness of the night,
She's like a star shining bright,
Her hair flowing like a river,
A sight that makes my heart quiver.

Her eyes, so deep and profound,
Like a mystery waiting to be found,
They hold secrets untold,
That leave my heart and soul enthralled.

Oh, how I wish to be
Lost in her hair and eyes endlessly,
For they hold a magic that's rare,
Her midnight-coloured hair and bewitching
eyes so fair.

Abhishek Kumar Singh

B. Sc. (H) Botany

I Year

He Looks Different Today

He looks different today.

Perhaps something has changed.

Something has affected him much more than it should've.

And that degraded mental health is now visible physically too.

He looks different today.

It seems like he's trying to be strong.

He's trying to tape the broken pieces together.

But he's taped them so many times that now, nothing can hold the broken pieces together.

It is evident that he wants to be happy again.

He wants someone to just run towards him, hug him, and tell him how loved he is.

Even though he doesn't want it, he deserves all the love the universe has taken away from Him.

So what? He made some bad choices.

But isn't he way too good to be punished this hard?

He's been hurt; he's been broken, but more than that

He's got up and he got up even harder.

Yet the sadness in his eyes makes me want to take away every bit of the not-so-happy oments Of his life.

But he keeps pushing people away due to the fear of falling for one again.

He's afraid of being hurt, broken, and lying down again.

I wish I could just let him know how wonderful it would've been if he could've tried a little Harder to let go rather than holding on.

It's like a rope slipping through your hands.

The more you try to hold it, the more it slips away, leaving behind pain and misery, but once You let go of it, it not only eases the contractions but also lifts away the burden of holding Things that were meant to let go.

Malika Khanna

B. Com. (H)

II Year



The Painful End of a Love Story: Memories and Regrets

Dead, collapsing on the ground! I am losing you, as you fade away in the rain of my tears. Still standing on the same path, we engraved our love hoping someday, I will find you there again by luck or by destiny...Lost in the moment I cannot hold you anymore. You are slipping away from my hand, bit by bit. I know it was my fault that we had to end this, but I never meant to hurt you this bad. The only thing I am holding on to now, are the words you said the last time we met and the gifts you have given me. But then I remember your last words and they make me shiver, I am hit by a strong wind of emotions.

In the end, I wanted to extend my hand for you to hold and to start this again, just this time, we would have done it right. We would have communicated rather than running away from each other. Rather than taking advice from the unknown, we would have listened to each other. You turned away your face and no longer look into my eyes, how could you?

As you fade away, so do the sounds in my head. Tell me, is this how our story's going to end? Tell me you will come back and this time you will stay, telling me it was just another "daymare"... the last tear fell from my eyes and you disappeared. You are gone and the pictures I have in my hands are now getting blurry, cause my eyes are filled with tears again. My heart is broken and the only thing left is memories. My heart seems to cry but my eyes are now too numb, it's hurting now.

Though all the time I had expected this to happen someday, the realization is scarier than expectation. I thought you were my last breath, but how am I still alive? I am holding out my hand for you but I forget, we parted ways. Still, a piece of your love resides in my heart, still I cry for your glance...

Goransh Bharal

B. Com. (H)

II Year

हिम्मत

यूँ हिम्मत ना हार बंदे,
ये दिन भी गुज़र जाएगा,
तेरी मेहनत के ताप से
ये जग भी जगमगाएगा

कर परिश्रम आगे बढ़
काफिला बढ़ता जाएगा,
रख भरोसा अपने पर
ये आसमान भी झुक जाएगा।

हर एक कदम मंज़िल का
रास्ता घटाता जाएगा,
एक छोटा दीपक भी
अंधेरा मिटाता जाएगा।

रख कदम तू शूल पर
फूलों के सुकून को पाएगा,
रहकर बस कीचड़ में
एक कमल खिल जाएगा।

रहा अगर अतीत में
तो क्रंदन करता जाएगा,
एक-दूसरे को कोसकर
पीछे छूटता जाएगा।

उठा मशाल आगे बढ़!
तम को तोड़ता जाएगा,
और एक दिन ऐसे ही
नाम तू कमाएगा।

जिस अपने से आज
तू रुलाया जाएगा,
वो भी एक दिन
तेरे लिए ही आएगा।

अगर गिरा है सागर में
तो मोती लेकर आएगा,
लगा एक डुबकी और
सागर की थाह लेकर आएगा,
यूँ हिम्मत ना हार बंदे।

अंशिका शर्मा

सदस्य, संपादक मंडल



Life as it is Meant to be...

Rhea looked up. She said, "Mom, where were you when I needed you?" My heart broke into a million pieces. Tears welled up in my eyes, and before I could realise, they were rolling down my cheeks. Every promise, every resolve that I had ever made to myself just seemed to be crumbling away. My decision to be strong wasn't able to stick at all. Though I had always known at the back of my mind that I would have to face such a situation at some point, I hadn't expected it to unfold like this, but here it was. The situation was staring me in the face, and I had to respond. And I had no idea how to do that.

The girl sitting in front of me was staring at me. Her eyes had so many questions. I didn't know how I was going to answer them. I didn't even know if she would believe my answers. But then my practical side, my saviour side, took over, and I decided that I would catch the bull by the horns and be as direct and straight as possible. I looked at her and said, "I was here in New York all the time!"

But why did you leave me? The question pierced through me like an arrow, and all my doubts came back. I wanted to tell her that I hadn't left her anywhere. She had been taken away from me. But would she believe me? I didn't know. But I had to try, and most of all, I had to be truthful. So, I looked her in the eye and repeated, "I did not leave you. You were taken away from me."

She didn't respond but just kept looking at me. I could sense that she had many more questions, many more doubts. She looked so vulnerable, so lost. So, I put my hand over hers and squeezed it gently, trying to say all that I felt. We sat in silence, lost in our thoughts. I was thinking about how I had lost my daughter so many years ago, and she was probably thinking about her mother. I was also thinking about how people hurt others, sacrificing their happiness just to prove a point.

Uff...that piercing sound! What is it? My brain is trying to make sense of it. What's happening? Oh yes! Then it occurs to me. That's my alarm.

Even in my half-asleep state, I am asking this question. Today is a Sunday. Then why is the alarm ringing? I couldn't have set it for today. Or had I? Whatever it is, I know I have to put it off before Arvind wakes up. I shouldn't be disturbing him on a Sunday. But my brain is still foggy from sleep. So, if it's a Sunday, why do I have to wake up?

And then....Today is that Sunday! The Sunday that I had been waiting for but dreading too. It could be a life-changing one. It was the day when I was to see my daughter after sixteen long years; my daughter who had been snatched away from me all those years ago but who had always remained in my heart, in my memories.

I was going to see her today, meet her today, and my mind was buzzing with thoughts and questions. Would I be able to recognise her? What would she look like? I did have a picture, but still...How would she react to me? What did she think of me? What had been said to her about me? Did she know the truth? Of course not. She only knew what had been told to her, and it could not be in my favour.

But then she was coming to meet me! That must mean something. I had to focus on the positive, on the bright side. I was sure that she would not be able to consider the lies that must have been fed to her. But then why had she expressed the desire to meet me? I had no answer.

I shake myself and tell myself that I need to stop overthinking and get ready. I will get most of the answers when I meet her. I get up, take a shower, fix myself a cup of coffee and a toast and stand next to the window. Autumn is in the air, the leaves outside are changing colours. The green leaves have taken on various shades of yellow, orange, red, purple and brown. Though the city has been home to me for the last twenty-five years, fall colours never cease to amaze me. The view from my kitchen window is spectacular. Over the previous eight years, ever since we moved into this apartment, I have spent many mornings just gazing out of the window.

Mornings, especially weekend mornings when I have the house to myself before everyone else

wakes up. Everyone else includes Arvind, my husband, Ivana and Kiara, my twin daughters, who are eight years old. This is my world, my happy place, but something is missing. I don't know how I will ever fill the gap.

Weekdays are always a rush-rush affair, with me rushing to drop the girls off to school, getting them to eat, fixing up their breakfast and then getting myself to work. Thankfully Arvind is an independent person and a sweetheart who chips in as much as possible. He is most unlike other Indian husbands, especially Sharad, my ex-husband and the father of the daughter who I am now going to see.

I finish my breakfast, rinse my cup and plate and put on the jacket. There is a nip in the air. In fact, it is more than a nip. It is getting pretty cold, and since I will be meeting her in an open place, I want to be dressed warmly. I head out. I am a little nervous and a little excited too. I am seeing her, my firstborn, after so long! She had just been a baby then. How much I had missed her, cried for her in those early days when she had been snatched away from me. How angry I had been but had not been able to do anything about it.

Life is so unfair sometimes. You are mistreated, and no matter how hard you try, people treating you that way can get away almost scot-free. As I walk towards the park, my thoughts go back to those days when I had been new to this city, the city of New York. I had just landed from India and got used to the city's fast-paced life. I didn't have any friends and was living for a few days with a family friend who wanted me out of their home as soon as possible. I was pretty stressed about it. I needed to look for an alternative accommodation but didn't know how to go about it.

I am so lost in my thoughts that I walk onto the road without realising. A driver honking away brings me back to reality. I look at his angry face, make a gesture of apology and approach the entrance. I pull out my phone to look at the picture and look around to see if I can spot someone matching the face in the image. And then I am taken back to all those years. It is as though I see my younger self.

The exact height, almost the same structure

and hair! The girl is wearing it the same way I used to when I was that age. Long, silky hair, pulled back with a tortoiseshell comb but only from one side. The other side is loose and keeps coming in her way, and she keeps pushing it back, the way I used to. And then I realise! I am standing and gaping! I don't need any matching. That's her, my firstborn. No mistake there!

Oh! I should stop staring! I am making her uncomfortable. I quickly cover the distance between us and walk up to her. She is looking unsure, uncertain, and a little scared. I, too, am all those things but can probably cover it up. I say, 'Hi'. And then stop. What should I say now? I am your mother! What does one say to one's child who one has not seen for so long, a child who doesn't know you, and you now know very little about her.

My "Hi" is met with a gentle, soft Hi from the other side. I lead her towards a nearby bench. We sit down, but there is this awkwardness between us. There is also a lot of tension. But then I take the lead to ask her about how she is and what has brought her to this city. Though a little hesitant to begin with, gradually Rhea, [yes, that's her name] opens up. She tells me that she has just joined NYU for a course in Business.

I am thrilled to know this but wonder how come she is here to meet me. I go back to the call I got on my mobile phone from an unknown number and had almost not taken it. But then, something had come over me and breaking my habit, I had taken the call. The call had revealed that a girl who claimed to be my daughter, Rhea, wanted to meet me. To say that the call had taken me by surprise would be the understatement of the century. I had been standing when I had taken the call. I had to sit on the nearest chair to steady myself. I had about a million questions. Was this some kind of a prank? How could my daughter call me? How did she get my number? How had her father let her do that? And why after so many years? Was something wrong? Had something happened to him or someone else?

For obvious reasons, a call couldn't answer most of my questions. I just got to know that; yes, it was Rhea, mine and Sharad's daughter,

who was on the other side. She had got my number from Anita, one of my oldest friends who was known to both of us and no, her father didn't know anything about it. In fact, he had made her promise before leaving for New York that under no circumstances would she contact me. And I once again said to myself, certain things never change; my ex-husband and his obtuse ways. Sharad had actually believed that after knowing that she and her mother lived in the same city, Rhea would not get in touch with me. Like really? Even if she hated me, she would still be curious to see her mother at least once. All said and done, she was my daughter too!

We sat, and we talked. Initially, I felt that Rhea was very angry with me. Then the more we spoke, the more I realised that she was also hurt, disappointed, felt let down and somewhere felt neglected too. She seemed to have had a not very happy childhood and though she had landed in this city, she seemed to be entirely unaware of the ways of the world. So, I gathered that the girl had had a lonely life but fortunately had been able to devote all her time to academics which had been the best thing.

By now, my coffee and toast had sunk to the bottom of my system, and I was hungry. I asked her if she was ok to walk to a nearby diner where we could sit and chat for some more time. She told me she was free for the day. Something in the way she said it made my heart go out to her. Standing there with the wind blowing at her hair, dressed as she was inadequately for the weather, I could feel the sting of tears in my eyes. Why hadn't Sharad given her appropriate clothes? Did he not know how cold it could get here? But then he was a stingy, penny-pinching person! She was actually shivering. I offered my stole, which was very warm, and then started walking. The sooner we got into a nice, friendly place, the better it would be. In the meanwhile, I called up Arvind telling him I would be late. Knowing where I was, he told me to chill. He would take care of the twins.

I asked Rhea what she wanted to eat, and without batting an eyelid, my daughter said "Burgers". So, I smiled and decided to take her to the nearest Shake Shack, confident that she

would love it. It wasn't something I fancied, but I knew that one couldn't go wrong with their burgers. Being a weekend, we had to wait for a bit, but then we got to our table and sat down. I placed the order and looked at her. She looked a bit lost, but before I could delve a bit deeper, Rhea looked at me and asked, "Why did you leave me?"

The question just threw me off. I had expected it at some point, but not at this point and not in such a direct manner. I looked at her. I had so much to say but didn't know how to. But this question, I knew, had only one answer, which was "I did not leave you. You were taken away from me." She looked at me. I could tell she didn't know whether to believe me or not. But then she said, "That's not true, dad and daadi have told me something different."

I said, of course, they have. So, why wouldn't they say something different? By then, our order had arrived. So, I told her to focus on the burgers, promising that I would resolve all her doubts and answer her questions in time. The girl was hungry. She polished off the food within minutes, and I could tell that she had loved it.

By now, it was almost 3 in the afternoon, and the twins were calling me. They were done with the father and wanted their mother. Rhea, too figured that I needed to leave. So, I asked her if she would like to come home. She refused, saying she wasn't ready to meet anyone else. We spoke for a bit longer when I asked her about her college, dorm, and roommate. I also asked if she needed something, but as expected, she politely declined my offer, and we decided to meet the following Saturday. So we got up, I hugged her, and we both left to go our separate ways.

After such a long time, my meeting with my daughter affected me in many more ways than I had anticipated. As I sat in the cab to go back home, my mind went back to that day almost twenty-five years ago when I had bumped into Sharad at Anita's place. I had been new to the city, and Anita had been my first friend in this strange city. I had just joined the Parsons School of Design, and Anita had been one of my classmates and one of the first people I had befriended. I had just arrived from India,

whereas Anita was a local. Her dad was a cancer specialist at the Sloan Kettering. She had lived in New York all her life. She lived on campus but, on most weekends, went to her parents' house. She and I had connected in the first week of college itself, so much so that she invited me over many times when she went home. I had no other friends, so I didn't mind visiting her. In fact, I loved going over to her place. Her parents were always very welcoming, and on several occasions her mother cooked Indian food for me.

Visiting her exposed me to how an Indian family lived in a place away from India, trying to keep Indian traditions alive while adjusting to the local customs. I learnt that if they celebrated Diwali and Holi, then Thanksgiving and Christmas were equally big for them. On one of these occasions, I met Sharad, who had lived in the city for a few years. He seemed to be a nice guy, easy to talk to and connect with. So we spent the evening chatting up. He showed a great interest in what I was studying and my future plans. At that time, I was too new to the city to have any firm plans, but I knew that I wanted to get a job after graduation and work for a few years. Since we had connected, we decided to keep in touch.

As I learnt during the course of the following few weeks, Sharad had taken a fancy to me and called me often. I was too busy settling into the new way of studying to bother much about him or his calls. He frequently expressed the desire to meet up but I wasn't really keen. I had enjoyed talking to him but wasn't so up to spending an entire evening just with him. But he kept pursuing. And then we bumped into each other at Anita's place. It had been one of my weekend visits, and as luck would have it, Sharad had also dropped by. Seeing me there, he taunted, saying that I had no time to return his calls but had time to meet Anita. I was pretty embarrassed and didn't like his comment.

After that, he regularly kept in touch, though I still didn't have a lot of time between my classes, assignments, laundry, and a thousand other things that I had to do. I had an annoying habit in those days, which persists to date though I am a lot better now. I could never say

no to people. Even if I didn't want to be with them or do certain things, I just went along for fear of hurting their feelings, even though I was uncomfortable about doing all that. So I would squirm, get angry with myself but could never muster up the courage to say a plain and simple no. Life taught me the hard way that I need to work on that. So today, I think I am a shade better than what I used to be in those days.

Out of some misplaced sense of obligation, I continued meeting Sharad. It wasn't that he wasn't good company. He took me to fabulous places, spent money on me and always made sure that I had a good time. I gradually began to see that he and the rest of the world believed that there was more to all this. People thought that we were dating each other when I had no such feelings. For me, he was just a friend.

Anita made me see things the way they were being seen. One evening, we were at her place when she asked me, "Are you and Sharad seeing each other?" Till that point, it hadn't even occurred to me that our meeting each other could be perceived as this. I was visibly taken aback. But then I looked at her and said, "No, we are just friends. He is good company. That's all." She looked at me and, with a smirk on her face, said, "He doesn't think that. He is, in fact, quite serious about you and wants to take this further". I was a mixture of fear, disbelief, shock, and anger simultaneously. I looked at her and said, "Is he mad? I am just in my freshman year! What is he thinking?"

Somewhere I felt that Anita too had been taken by surprise by Sharad and his intentions. She told me to take it easy and stop accepting all his invitations. I did precisely that, and things cooled down for a couple of weeks. I heaved a sigh of relief but not for too long. One day Sharad, who knew my schedule pretty well, caught me while I was sitting on a bench in Washington Square Park catching up on my reading. I was pretty shocked to see him there. I had been refusing to see him for a while now, and I had been under the impression that he had got the hint but apparently not.

He sat next to me and started talking. Though I was quiet and answered in monosyllables, he continued talking. He told me that he had

had a conversation with Anita and that he was sorry for having misjudged the situation. But he said that it didn't mean that we couldn't still be friends. So, I kind of agreed [which I realised later had been a mistake!]

As a result, he managed to stay in touch, if not that often. And then, one day out of the blue, he called to say that his mother was in town and wanted to meet Anita and me. Since Anita was going to be there, I went and met the woman, who seemed to be straight out of a village in Punjab. She was loud and crass, and Anita and I wanted to get away from there as quickly as possible. It wasn't as though she was not pleasant to us but just that I didn't get a good vibe from her.

Time went by, and I forgot all about the meeting. I was in my sophomore year now and was in India for my winter break when I got the shock of my life. Here I was talking to my father about summer internships and jobs when my mom dropped a bombshell. She announced that a certain Simran Singh was coming for lunch the following day. She told me that Simran Singh was the mother of Sharad Singh, who I knew from New York. Also, no matter what, I had to be there for lunch. This got me all suspicious as my mother had no such friend to the best of my knowledge. When had they met? I had met Sharad for the first time in New York. So, how did the two mothers know each other? And then she said that Sharad would also be there and therefore it was all the more important for me to be there.

Now my antennae were all up. Why were they coming? And why was my mom so enthusiastic about it? I was well aware that my education in the US didn't really mean much to my mother. According to her, it was a passport to getting into a good family in terms of matrimony. Though we strongly disagreed, it made no difference to her. I was pretty sure that this lunch was a step in that direction. And I could smell connivance in it. So I quickly called Anita, who agreed with me. But she also told me that I would not be able to get out of the lunch, so the only option was to be a part of it. I decided to do that but expressed my concern and disapproval to Sharad. He tried making it seem like an innocent meeting with no hidden

agenda, but I knew better.

Then when I was in my Junious year, my mother came to New York for the summer. That summer, I had not gone home as I had got an internship in New York. While there, she made a plan to meet Sharad and then gradually started sliding in the idea of my getting married to him at some point. I was not only against the idea of getting married to anyone at that point but the idea of getting married to Sharad was totally unacceptable. I told as much to my mother, who just refused to take me seriously. She kept trying to persuade me by praising Sharad and his family, telling me about how well-known they were in Chandigarh, how wealthy they were and how it was a perfect match for me. In all this, my plea that I didn't like him one bit fell on deaf years. He, too, now started visiting us more often. He and my mother seemed to love each other's company.

By the time my mother went back, he was as good as a son-in-law as far as she was concerned. He also started to believe that I would too fall in line now that my mom was in his pocket. It was just a matter of time. Then his mother also came to visit, and she too had that same confidence in her. For some reason, they had all decided that I was to get married to him and my feelings were of no consequence. But I wasn't prepared to toe the line. Instead, I categorically told Anita that I would fight tooth and nail to get out of the alliance.

But as they say, Man proposes, God disposes. Life took such a turn that I was left with no option but to give in to all their wishes. One day while I was attending a class, my professor told me that I had been called to the office. I was pretty surprised because it wasn't very often that people got called out of class like that. So I went where I was told that my mother needed to speak with me urgently. By now, I was worried sick. Why would my mother do that? And where was she calling from? Was she in town?

With all these questions tormenting me, I tried reaching her but couldn't get through. You see, in those days, one didn't have mobile phones. One had to book a call to speak. And while I was struggling, Anita came rushing with

Sharad in tow. Then, holding my hands, she broke the worst possible piece of news. My dad had succumbed to a massive heart attack and was no more. She didn't have any more details other than the fact that he had been on his morning walk when he had collapsed. I was numb with shock. I had just spoken to him the night before; how could that have happened.

I quickly collected my things. And from then on, it was as though nothing was in my control. I was in a trance. I went back to India to be with my family, with Sharad and Anita accompanying me. And I was back in less than two months with being married to Sharad Singh.

Now when I think about it, I can see how it all must have happened. My mother and I were in a state of shock and disbelief. We had not been in a condition to understand what had happened. And if I may say so, Sharad and his mom taking advantage of the situation had convinced my mother to get me married to Sharad. And I, in my zombie-like state, had agreed. I now remember Anita telling me to think about it, but I, taken in by all the emotional blackmail I was being subjected to, had quietly agreed to get married.

Back in New York, as days went by, the enormity of what I had done started to hit me day by day, minute by minute. Sharad's mom also moved to New York to live with us, which was the biggest undoing. As it is, I wasn't in love with my new husband. On top of that, I was expected to play the part of the proverbial Indian daughter-in-law, which I wasn't prepared to do. So, there was trouble from day one.

The only saving grace was completing my course and starting work, which proved to be a boon for me. My mother-in-law wanted me to stay at home, cook, clean, and look after them, but somewhere Sharad knew that I could contribute more if I could go out to work. So though I had my freedom during the day, my evenings, my weekends were spent waiting on the mother-son duo. And then, six months into the marriage, I realised that I was pregnant. It was like a bolt from the blue. I wasn't prepared for it, but there was no way out. However, there was one saving grace.

My pregnancy brought some respite from the sharp tongue of my mother-in-law and the never-ending household chores. My mother-in-law believed that I needed to be kept happy for the child to be healthy which she thought was going to be a boy. But then, as luck would have, that didn't happen.

I gave birth to a girl who I fell in love with the moment I saw her but who my mother-in-law could not accept. My mother-in-law was quite a stubborn woman. She always wanted her way and somehow had always managed to get it all her life, and whenever she couldn't, she tried every trick in the book to get it. And when it didn't happen, as in this case, she would just blame someone else. And though it was ridiculous, she blamed me for giving birth to a daughter. She actually believed that all that she made me do, the prayers, the fasting, the chanting, the food, should have ensured a male child and when it didn't, it was my fault.

So after my baby girl came into this world, my life became worse than before. It was as though she wanted me to pay for the fact that I had denied her a grandson. Though Sharad tried to make her see sense, gradually, Sharad too found it convenient to blame me. My life became miserable. I was left with no time between my work, the household chores, and child care. Nobody ever came forward to help. All this started taking a toll on my health. Anita jolted me out of my zombie-like existence and told me to start putting my foot down and ask Sharad to help in the house.

Though it made no difference to Sharad, her advice made me get up and note what was happening to me. I was perpetually stressed, had lost a lot of weight and was always irritable. I was like a machine doing everything that was expected of me with no respite. So while the mother-son duo regularly went out, I had no such luxury. My outing meant going to work, grocery shopping, and a few trips to the park as Rhea started growing up. My mother-in-law never felt that she needed to chip in at all. So, I had to put Rhea in child care the day I started work. She just refused to look after her.

Though I continued to carry on with my life, Anita's wake-up call made me realise that not only was my husband of no help, he had

also started coming back late from work and travelling quite a bit. And as was bound to happen, I soon realised that he was having an affair with a girl who worked with him. And horror of horrors, when I confronted him, he didn't even deny it. And his mother put the blame squarely on my shoulders, saying that since I had no time for my husband, his having an affair was natural.

It all seemed so unreal and crazy to me. My house was not a home for me. It was like a madhouse. I was finding it impossible to cope with all my duties and responsibilities. And then, one day, Rhea woke up with a high fever. I had an important presentation, and there was no way I could miss work. But I didn't want to leave her in day care. So, I requested my mom-in-law to take care of her, but she refused. She had some plans which apparently couldn't be cancelled. I looked at Sharad, expecting some understanding and support, but none was forthcoming. His going to work was even more critical. He walked out of the house, telling me to manage.

I was absolutely livid with the two of them. How was I supposed to manage? I was in tears, knowing very well that if I missed work, it would spell disaster. So what was I to do? Left with no choice, I called up Anita, who stepped in like an angel. She told me to bring Rhea to her house, where she and her mother would care for her. I quickly collected Rhea's stuff and took a cab to her place. I was looking like a wreck. She offered me a cup of tea and something to eat. I had forgotten to eat in all that drama, which was normal in my life.

Since someone was taking care of my child, I could spend some time getting ready for work. It was an important presentation, and I needed to look presentable. In the bathroom of Anita's house, I realised that I had aged quite a bit in the one year since Rhea had come into my life. I had lines under my eyes, and there was also a touch of grey in my hair. Imagine I had never had the time to notice this before!

This visit to Anita's house affected me and my life in several ways. First, it ensured that my presentation went off very well, for starters. And then it opened doors for many more visits to her house. Her mom offered to step

in whenever I needed help with Rhea. Not only that, it renewed my friendship in that we started meeting over coffee and drinks, where I got the opportunity to pour my heart out to her. Though she had a fair idea about my life, she wasn't aware of the details. She was shocked to know about how Sharad had turned out to be. She felt that he was allowing his mother to get away with anything and everything, which wasn't right at all. He owed something to his wife and daughter but didn't seem too bothered about that.

Both Anita and her mother convinced me to work as hard as possible and save money. Auntie, in fact, made it clear that at some point, I may have to leave my husband as she didn't see any point in my living with him. I also realised he had no interest in Rhea or me and had started leading a life independent of ours. No matter how hard I tried to make him see my point or understand my situation, he just refused to do that. It wasn't that he couldn't understand; he was not interested in me or what happened to me.

One day after an argument that had turned very ugly, he asked me to leave the house if I couldn't abide by his mother's wishes. I also told him that I would do exactly that. I would move out, taking Rhea with me. I told him that I would file for divorce and get rid of him and his mother. I realised later that that had been a colossal mistake. By revealing my plans even though at that time they were just in my head, I had given him the time to prepare himself. But I could have never imagined what he planned to do.

Life went on the way it had been. The only difference was that my mother-in-law had started talking about going to India as she was missing home. Initially, it sounded strange as she had been in the US for many years. In fact, a part of me was pretty happy as I felt that with her going away, Sharad and I might have a chance to work on our relationship. I remember discussing this with Anita and her parents, who felt that going away would make things better for us. But...

Soon after that, I learnt that Sharad had also decided to go to India to drop his mother. I did not suspect anything at all as I felt that since

she was pretty old by then, it made sense for the son to drop his mother. What a fool I was!!! I should have been able to see through their intentions, but I couldn't.

I have realised that our thoughts and actions are driven by our ethics and values in life, so if you don't think evil, you can't even spot it. You cannot think like those whose minds are evil. I was in my world imagining a peaceful month when both mother and son would be gone, and I would be able to lead a peaceful life with my daughter. What did I know about the mal intentions of the mother-son duo? How I wish I had! But it wasn't something that I could have ever imagined!

As the day of their departure arrived, the house seemed to be in an uproar. My mother-in-law was packing most of her stuff, saying that she didn't want to return. Then, along with her own stuff, she also picked up some of Rhea's things, saying she wanted something of her granddaughter. That was laughable as she had never spent much time with the granddaughter. Little did I know that she was going to have the last laugh!

I let her take whatever she wanted. Meanwhile, Sharad was also packing away as if there was no tomorrow. And then, to my surprise, the weekend they were to leave, Sharad took us all out for dinner – the last family dinner as he termed it! I was surprised, but then I felt he was doing it since his mother would not return.

The Monday after the weekend was as typical as can be. I left for work, taking Rhea with me to drop her off at the day care. The day went off as usual, and as luck would have it, I got free a little earlier than expected. Happily, I went to collect Rhea, thinking that I would take her to the park and then for an ice cream. We could spend some time together before going home.

Imagine my shock when I went to collect her! I was told that my husband had already picked her up. In fact, the lady there said to me that he had come to pick her up very soon after I had dropped her. On asking, he had told her that he was doing that as there had been an emergency in the family. Now I was baffled. What emergency?

I called up home, but no one answered. I called Sharad on his cell, but it wasn't reachable. So, I called up his office but was told that he had not reported at work. And when I spoke to his boss, I learned that he had put in his papers. He had done that six months ago and served the notice period.

Now the alarm bells started ringing. I called up Anita and told her to rush to my house and I also took a cab to get there as quickly as possible. I entered, and there was this eerie silence in the house. Most of the house was empty. With my heart in my mouth, I entered Rhea's room and saw that her closets were open and there was nothing of hers anywhere in the room. By now, I was panicking. At that moment, Anita entered the house. I saw her and started blabbering.

I can't find Rhea. Sharad has taken her somewhere. His phone is not reachable. I don't know what to do. Anita quickly called her dad, who realised the enormity of the situation and rushed to Sharad's office. He could somehow smell a rat. He met a few of Sharad's colleagues, and though most of them had no clue, one of them had an idea. He was an Indian by the name of Arun. He told him that Sharad had probably left the US for good. He was booked on a flight to go in a couple of hours. But he had no idea about Rhea.

Uncle, expecting the worst, rushed to pick us up, and we rushed to the airport. I somehow had a feeling that he had taken Rhea with him. Meanwhile, Anita called the cops and I filed a kidnapping complaint against the mother and son. It was a bad traffic day, and it took us almost two hours to get to the airport.

Finally, we got there, and then horror struck! We realised that the flight to Delhi had just taken off! On request, we got to have a look at the passenger list. And on that list, I read three names – two were adults and one an infant. And I knew then who that infant was.

I was filled with rage. I couldn't believe that Sharad had done this to me. He had told me he was going to drop his mother. It had all been a lie. He had left the country, taking our daughter with him. But could he do that? Wasn't there any law that could stop him from doing that?

I was hysterical. I couldn't stop crying. It was a part of me that had been snatched away from me! How would I be able to live without Rhea, and more importantly, how would she live without me? Sharad and his mother had never cared for her; why would they do it now?

My girl would be feeling so lost! How could they have done this? Eventually, Anita's dad gave me a sedative to help me sleep. The next few days were about talking to lawyers, to the cops, to our friends, anyone and everyone I thought could help. But no one could. As my lawyers explained, the US authorities could take no action against Sharad as he was no longer in the country. He could be charged with kidnapping, but then that wouldn't hold, as he was the father.

I called my mother to tell her to let me know if they went to their house. My mother, who had thought the world of the two of them, was shocked by the reality. I was pretty rude to her as I blamed her squarely for putting me in this situation. I said as much to her. I told her to be on the alert and let me know if they came to Chandigarh. But of course, they were way more intelligent than I was.

They did not go back. I had no idea where they had gone; other than knowing that they had taken the flight to Delhi, I had no idea about their whereabouts. It was such a helpless state to be in. I would not wish it for my worst enemy. It now seems to be a scene from a movie but I had no clue about my daughter's whereabouts for the next three months. I ran from pillar to post, got in touch with the Indian embassy, spoke to friends and family in India to look for her but to no avail.

Anita and her family were my pillars during those horrible months. I couldn't eat, sleep or function at all. And then, to add to my misery, I got to know that our house had been sold away. My signatures had been forged by Sharad to do that. And so, I found myself with no family and no roof over my head. My job had also gone as I had not been able to work. I was utterly broken. My world had come apart in the worst possible way. I had no option but to move in with Anita.

Though it seemed unbelievable and unreal,

gradually, I came to realise that I could not do anything. Nobody could help me. My daughter had been snatched away and I could not do anything about it. But, in hindsight, I could see that there had been red flags that I had refused to see; the extra love and affection towards me and Rhea, the family dinner, my mother-in-law's taking away Rhea's things, it had all been planned. They had lied to me all along. The plan had always been for the mother and son to leave the country for good, taking Rhea with them.

I had not been able to see through their tactics but it was all spilt milk now.

And then, six months later, we got a clue. A friend of mine, Neela, spotted Sharad in a bar in Delhi. As she had been surprised to see him, on asking around, she figured that he was often seen there with one woman or the other. But she had no idea where he lived or what he did. I wanted to rush to Delhi but then better sense prevailed. But, till the time I didn't know where he lived, what would I achieve. So, I implored her to find out his address.

As luck would have it, it wasn't long before she was able to find out. She found that he had a few friends with him who seemed to live off him on most days. That wasn't surprising since he had a lot of money and loved to impress people with it. Neela started visiting the bar more often to get more information about him. It wasn't long before she figured that he lived in Greater Kailash. She overheard him telling his friend. I needed to know if Rhea, too, lived with him.

It took her a while to get that piece of information. Since she knew the area well and had friends there, she started checking with them if they knew of a family that had recently relocated from the US. And it was a matter of time before she got to know. So, she found out his address and confirmed that Rhea was with him.

I packed my bags. I didn't know what I would do or could do, but I wanted to give it a shot. Anita accompanied me. My mother also joined us. We took a room in a guest house very close to where Sharad lived. We didn't want him to discover us, so we maintained a

low profile, only stepping out when necessary. I was desperate to see Rhea but didn't want to act rashly and warn Sharad.

Meanwhile, a cousin of mine also came to help us. He had a few contacts in the police, and we thought of confronting Sharad by barging into the house one day with the cops. Though we had no case against him, being the mother, I had a right to see my daughter. We even hired a lawyer. But then, the powers that be were not on my side. Everything went off as per plan. We reached the house, met Sharad but neither his mother nor Rhea was to be seen anywhere. When our lawyer asked about them, he behaved as if he didn't know what he was talking about. On further questioning, he said that his mother had died two months ago and he had no family left now.

I looked at him and asked, "Where is Rhea?" To my shock, he pointed an accusing finger at me and said, "You should know where she is. I left her with you!" Before I could even wrap my head around this absurd statement, he started screaming and shouting. He ran out of the house and started crying, saying that I had first kidnapped his daughter and now was accusing him of something he could have never done.

All this commotion had an apparent effect. People came out of their houses to see what was happening. It seemed like it was a marital dispute and his screaming and my standing there in a befuddled state made people believe him. But that wasn't the point. As a result of the drama, I could not find out where my daughter was. I couldn't even catch a glimpse of her. By then, the cops also thought it was just a drama, they left and we too had no choice but to leave. So, I was beside myself with anger, fear and disgust. I couldn't get over the audacity of the man! After having taken away Rhea from right under my nose, he had the cheek to accuse me of the very same thing!

We all spent a sleepless night mulling over our next course of action. Our lawyer couldn't find a way out. The reason was that Sharad and I were still married, he was Rhea's father and Rhea was not to be found anywhere. What action could we possibly take? So, we decided to watch the house to see if we could detect some movement, some trace of Rhea but to no

avail.

And then one day, when my mother, who had stepped out to buy something from the local market, got the shock of her life. She was accosted by a man who threatened her with dire consequences if we did not leave and forget about Rhea. My mother got terrified. And fearing for our lives, she suggested that we drop everything and go back to our respective homes. I was not prepared to do that.

But then she looked at me and said, "Certain things are best left alone. You have to have faith in the powers that be. If Rhea is meant to be with you, she will find a way to reach you." Anita, too, felt the same way. Ultimately I too realised that Sharad was not a guy to be messed with. He was an evil person who could go to any length to have his way. I also felt that I could not put my mother's or Anita's life in danger. And so, with a heavy heart, I went back to New York and filed for a divorce. Everyone felt that I needed to break up with the man if I wanted to lead a normal life.

The separation from my daughter gnawed at me; it was a wound that continued to fester though time went by as it was meant to be. I learnt to live with the unfairness, the unjustness of the situation. I got back to work. Time went by, I met Arvind and fell in love with him. Though it took me a while to get over the experience with Sharad, as they say, time is a great healer. Arvind, who was the exact opposite of my ex-husband, managed to make me get over Sharad and find love. We got married and soon I gave birth to the twins.

We humans, I feel, are incredibly resilient and flexible too. Even though sometimes it seems impossible to accept a situation, eventually, we learn to take it in our stride and live with it. The event lives on in some part of our mind but other things take over and that incident gets relegated to the background.

This is what happened to me. My life as a wife and mother took over, and I learnt to live without Rhea. My husband and the twins became my world, and it was a joyful world.

And then.....

I got a call from Anita, who told me about

Rhea being in the city and wanting to meet me. After that meeting, everything got rekindled and with that came back my determination to get my daughter back. But first, I needed to understand what I was up against. So, I decided to start meeting Rhea more often. I didn't want to push but I wanted my daughter back.

So, I called her one day, and we decided to meet. I wanted her to open up with me. It wasn't as tricky as I had anticipated. Rhea was equally keen to meet me. In fact, we started meeting once a week over coffee or a meal and I could sense that she wanted to share a lot with me. She started telling me about her life, from her college life to her childhood. I learned that she was highly hard-pressed for money and though initially reluctant to accept anything from me, I could help her out with time.

I learned that Sharad had become an alcoholic and didn't care too much about her. Apart from paying her fees, he gave her very little money. She had taken to small-time jobs around the campus to see her through. He didn't even want her to visit him. His mother had passed away many years ago.

This riled me no end. I couldn't understand why he had to take her with him if he couldn't see through his responsibilities towards her. But then I figured that there was nothing that I could do about it. It would be best just to let go. Fate had made my daughter come back to me and I was going to make the most of it. Gradually I convinced her to visit my home and meet Arvind and the twins. Though hesitant at first, she got used to the idea with time. Arvind liked her a lot and the twins...well, for them, she was an elder sister with whom they could share anything and everything.

Whatever it was, Rhea had turned out to be a loving and caring individual. She, too, loved coming over and gradually started spending the weekends with us. I would cook her favourite dishes, sometimes take her out, and with time, we all started doing it as a family. Kudos to Arvind, who welcomed her into the fold and, in a way, stepped into the shoes of her father.

Slowly, she opened up enough to tell me about

what Sharad and his mother had told her about me. Apparently, I had fallen in love with a colleague of mine and then eloped with him, leaving everything behind. And the two of them had been so ashamed of my action that they had to leave the country and go back to India. The story was so hilarious but right up Sharad's alley. He probably couldn't think of anything better!

But my daughter had my genes too, and gradually between Anita and I, we told her about everything that had happened. The girl was horrified and couldn't believe they could have done all that. But then she probably realised that if Sharad could break off ties with her, his own flesh and blood, he could very well have done that with me.

Sometimes in life, you don't have to try too hard. I realised this when I figured that Rhea did not doubt me at all. So, justice did prevail though it took its own sweet time. My daughter came back and decided to break off all contact with her father. It made me realise that things happen when they are meant to happen in life, not before, not after.

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G20 Summit and India's Guiding Stewardship

In the intricate tapestry of global economic discourse, the Group of Twenty (G20) stands as a beacon of cooperative international statesmanship, encompassing 19 sovereign nations along with the esteemed European Union. This confluence of economic giants and visionary minds weaves a symphony of influence, shaping the contours of global economic policies with a finesse that resonates far and wide. Eclipsing the mundane, the G20 commands the stage, contributing to approximately 85% of the world's Gross Domestic Product (GDP), orchestrating over 75% of worldwide trade, and embracing almost two-thirds of the Earth's human inhabitants. From these constituent parts emerges a paragon of international economic collaboration, none other than the G20, where minds meet, economies intertwine, and futures are shaped. Radiant among these gathering of minds is the illustrious G20 Summit, a yearly symposium of brilliance, artfully choreographed under the aegis of a rotating stewardship. In this grand convocation, the towering pillars of the global economic order convene, embarking on high-level dialogues that traverse the realms of economic and financial matters with an earnest elegance. Nestled within the calendar, the present G20 Presidency of India, spanning from the vibrant days of December 2022 through the mellifluous autumn of November 2023, stands resolute and grandiloquent. It heralds forth an ambitious mosaic of priorities and initiatives, a clarion call to confront the very visage of pressing global dilemmas.

The annals of the G20's inception unfurl like a tale of phoenixes rising from the ashes of adversity. Rooted in the aftermath of the Asian financial tempest of 1999, this forum's nascent days were oriented towards conversations amongst erudite Finance Ministers and venerable Central Bank Governors. Yet, it was the global financial cataclysm of 2007 that spurred an alchemical transformation. From this crucible emerged the G20, ascending to the echelons of Heads of State and Government.

This ascension, a venerated metamorphosis, anointed the G20 as the quintessential cradle of international economic synergy, a vantage point from which to fathom and navigate the economic straits of our shared planet. A rich and variegated assemblage of nations constitutes the G20, a pantheon of economic potency and population sway. Within its umbrella are giants like the United States, China, Japan, Germany and India. United by a common commitment to forge harmony in economic policies, nurture sustainable progress, and unflinchingly confront challenges such as the chimerical climate conundrum and the nettlesome nettles of inequality, the G20 forges a fabled tableau of cooperative discourse. At the epicentre of this grand operatic lies the annual G20 Summit, a moment of zenith, graced by the nation holding the G20 Presidency. During this summit, leaders of these powerful nations gather, their minds engaged in an opulent symposium spanning economics, finance, and the socio-political fabric that envelops us all. The G20 Presidency, an emblem of revolving leadership, transmits the reins annually, allowing each member nation to steer the ship, unfurl the sails, and set a course for collaborative enterprise. Now, as the baton is passed to India, the G20 stage transforms into a forum of strategic marvels and transcendent ambitions. Beneath the resplendent banner of "Vasudhaiva Kutumbakam" – the resounding chorus of "One Earth · One Family · One Future" – India unfurls its grand tableau of priorities. The vision encompasses not just its own interests, but the greater arc of global well-being, sustainable trajectories, and the ethos of inclusivity. A cornerstone of India's Presidency is the symphony of environmental sustainability and climate guardianship. In a world that grapples with the reverberations of a pandemic entwined with climate quakes, India's "LiFE" (Lifestyle for Environment) initiative stands forth, a fabric woven from age-old traditions, beckoning societies and markets to embrace ecologically conscious tenets. This lyrical endeavour harmonises seamlessly with the overarching G20 motif, echoing the deep interconnections of all life and the very orb we inhabit. Yet, India's G20 stewardship aspires to heights more aspirational still. It casts a limelight on nurturing all-encompassing and

resolute growth, a vision that embraces the micro, the small, and the medium, weaving them into the global trade fabric. It champions the rights of labourers, and through the alchemy of agricultural value chains, sketches a scenario where sustainable advancement is not the privilege of the elite few, but a promise woven into the destinies of all nations. As time passes by, we find ourselves at the convergence of the G20's zenith and the hallowed crossroads of the 2030 Agenda for Sustainable Development. Amidst a world grappling with the pandemic's imprints, India's commitment to the Sustainable Development Goals (SDGs) remains unwavering, its lantern a beacon even through tempestuous gales. India's resolve to rekindle the pledge to the 2030 Agenda heralds its persistent dedication to kindling an era of balance and prosperity.

Furthermore, India's role as the torchbearer of G20's crucible exemplifies a philosophy anchored in the human narrative of technological progress. Through a clarion call for the exchange of insights, ideas, and collaborations across digital landscapes and financial labyrinths, India illuminates a path where technology's embrace nurtures the orchards of progress. This ardour particularly finds a canvas in sectors like agriculture and education, where technology's paintbrush creates masterpieces that enrich the human experience. For the grand stage of the G20 does not merely echo in the corridors of the global elite; it resonates within the heartlands of the hosting nation. India's panorama unfolds across a canvas as vast as its soul, spanning over 200 gatherings across 50 cities and 32 workstreams. An embodiment of the "all of government" doctrine, this grand exposition is a vivid mosaic woven from India's rich cultural legacy. The tableau unfurls with the grace of dance, the cadence of art, and the wisdom of academia. From the hallowed halls of universities to the sanctums of art galleries, from the stage's proscenium to the market's agora, India paints its heritage in vibrant hues, a panorama as majestic as it is diverse. As India claims the spotlight during its G20 Presidency, the world bears witness to a convergence of ideals, a symphony of shared priorities poised to confront the thorniest challenges of our age. From climate crises to development

narratives, from the digital frontier to the inclusive arc, India's stewardship channels the rivers of cooperation, the streams of mutual comprehension, and the wellsprings of a more equitable, more prosperous world. United under the aegis of a theme that heralds unity and interconnectedness, India's role in the G20 beckons the world to acknowledge that only through the crucible of combined endeavours, the cauldron of shared understanding, can the variegated tableau of global tribulations be rewoven into a more just, more vibrant world order.

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Glimpses of Events in College









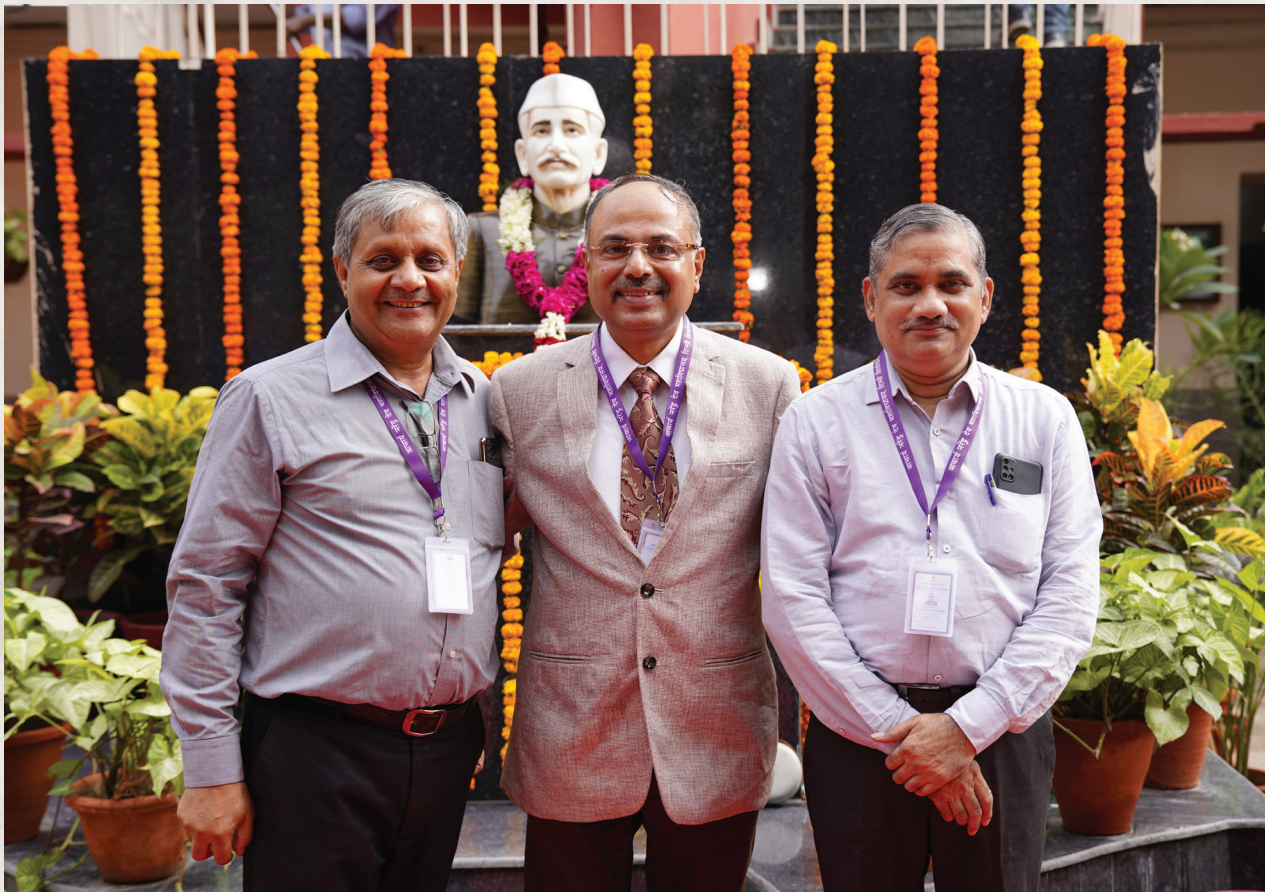


















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