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INSIGHT 2018

ACHARYA NARENDRA DEV COLLEGE

PREPARING FOR THE FUTURE...





Wall painting outside theatre room



Wall painting by Eco-Club

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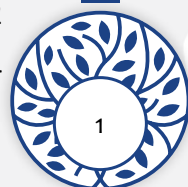
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OBITUARY

Dr. Saumya Saxena*(July 16, 1963 - March 23, 2018)*

Last year ANDC experienced the unpredictable cruelty of life... or death. We lost Dr. Saumya Saxena, Associate Professor, Department of Botany, on March 23, 2017. Saumya had joined the College Faculty in 1994 in the Department of Botany and was one of its founder members. She served in various capacities in different committees during her tenure in the College. Saumya would be remembered for her cheerful personality, sympathetic ear and a helping hand to all, be it teaching or non-teaching staff or her students.

Saumya was a vivacious person who had a zest for life and was always game for all kinds of activities both, academic or co-curricular. She was a person who would just take the good parts of what life

had to offer and enjoy them, and teach those around to do the same. One could describe Saumya as possessing a happy trait who had immense inner strength, was vigorous and energetic, bright-eyed, peppy and high on life. The college would invariably look to her whenever the need for organizing a cultural event would arise. Her repertoire spanned the entire spectrum from classical dance to modern hip-hop. She would be the first to volunteer for taking Departmental excursions since her versatility allowed her to gel with students at their wavelength. She was the 'go-to' faculty for students for all their issues. Her persona elicited such admiration that after her untimely demise the students who had been taught by her over the years, decided to contribute funds to establish an Endowment Fund in her memory called 'Shraddhanjali'. These funds would be used for two scholarships for students in the Department of Botany.

In the untimely death of Dr. Saumya Saxena at the prime of her life, we learnt that we were unprepared and it led us to being overcome with grief. However, as a mark of respect to her we will strive to lead life the way we believe she lived by. All members of the ANDC family will miss her, specially the students she taught!

FROM THE PRINCIPAL'S DESK

As I sit to pen a piece for 'Insight', I feel hesitant – what to include and what not to? I have mixed emotions, as I ponder over the last piece, I would be writing, as Principal, for the College magazine.

At the very onset, I am prompted to use John Dewey's quote: "Education is not preparation for life; education is life itself".

Since taking over as Principal in 2005, I am delighted to have contributed actively in the collective effort to make Acharya Narendra Dev College prosper to become University of Delhi's flagship, undergraduate research-led college, known for excellence in teaching and imparting wholesome education to local, national and international communities.

This is in synchronization with words of famous writer and eminent mathematician 'Shakuntla Devi', "Education is not just about going to school and getting a degree. It's about widening your knowledge and absorbing the truth about life."

As I look to the future one thing is certain – knowledge will be a key resource and will be highly sought-after within the country and around the world. Our challenge would be to help to generate ideas that will benefit society, and to educate and train people to work in fields where they will be valued both for their specialized knowledge, and for their ability to research, communicate and solve problems.

I believe that in order to meet these challenges we need to build on the alliances and collaborative partnerships the College has established with business, government, and other research institutions. As Principal, I have over the years initiated several schemes to benefit all stakeholders in the College. Some of the more illustrious ones include ECPDT, Annual Theatre Production, Entrepreneurship, EL, Th!nk Lab, ELITE, EXPLORE and SAKSHAM and other scholarships. Co-curricular activities like NSS, Sports and Sashakt also got a big boost. The College has become best known for its research – both of the UG students and the faculty who are guiding Ph. D. students. The research infrastructure and library facilities at the college are amongst the best in the University. The efforts have led to students and faculty performing outstandingly in all fora across the University and the country.

In the last 13 odd years the growth of the college also gave me space for personal growth, to a level where I have been able to contribute actively in forums of importance not only at college or University level but at various National and International ones too. I value my work in school education, open education, Creative commons and bird-watching!

The Faculty of the College has attracted opportunities and garnered many research projects, national as well as international, resulting in students getting exposed to state-of-the-art technology in cutting-edge areas of science. Their hard work and efforts have been recognized through various awards and felicitations received by them. The faculty at ANDC is very dynamic, enthusiastic and has zeal to keep themselves updated. All what the college has achieved is the collective effort of the ANDC family.



The cooperative efforts of ANDC family over the years started yielding its fruits in the last few years. ANDC has been among the top 10 Science colleges of Delhi since 2010. Our policies and philosophy got a major boost when we got the Award for Best Practices in all three editions of inter-college competition of University of Delhi - Antardhvani. The quest for excellence made us achieve NAAC Grade "A" with an enviable score of 3.31, which even many well established campus colleges couldn't achieve. Lately, our Science departments have been recognized with STAR status under DBT-STAR college scheme.

As one of the constituent colleges of University of Delhi, ANDC's main challenge is to remain competitive and relevant by offering high quality technical academic programmes and research activities, focusing on its niche areas. The efforts enumerated above will undoubtedly generate lots of interesting and positive results. As we grow, it becomes incumbent on ANDC to produce more high quality researchers and graduates to ensure India reaps the returns from its investments in higher education and in turn, we help in economic growth of the country.

During the 13 years I have been here, I have seen this college growing from a sapling to a mature tree with firm roots and a massive canopy capable of serving society for a long time. I am very content at the way the college has grown over these years. The only grudge which will remain with me is that I couldn't move the college to its own new building and campus despite best efforts.

One of the documentary evidence of growth of students and the culture of college is this magazine Insight. The editorial responsibilities have over time gradually shifted from faculty to the students, with teachers now in more of a guiding role. This magazine is an instrument of expression of the creativity and thoughts of our young minds. The editorial team has also worked hard to improve the quality of this production and bring it out in time. I hope you will enjoy reading this edition of Insight and be inspired to contribute to it in future.

I would like to use this space also to express my thanks to everyone in the ANDC family for all the kind support over these years and I wish you all a very bright future.

Dr. Savithri Singh
Principal

Walt Whitman said, and I quote,

“The art of art, the glory of expression and the sunshine of the light of letters, is simplicity”.

A good piece of writing is never the one with highfalutin words, taken right out of a thesaurus but one which is written with raw feelings, one where the simplest of words strike a chord in the reader’s heart. With the belief, and proof, that given a platform, every person has it in him/her to write on any topic under the sun, we present to you, Insight 2018.

Staying true to its name, Insight provides a mirror to the students of today’s generation. Like every year, we have a variety of themes to offer – from poems about the destruction of Nature due to our greed, to its ever changing and immortal character. Some have written about their experiences while travelling to places, real and imaginary, while some opted for fiction to portray the power of their imaginative minds. Interestingly, many chose to write about the importance of happiness in our lives; the importance of accepting and learning from failures as they come, and the importance of not letting go of our humanity.

Besides the fun of reading and editing a plethora of articles and poems, working with the members of the Editorial Board is an amazing experience. They work with an open heart and creative mind and hence, create extraordinary things. One of these efforts was the survey we decided to conduct on mental health awareness. We dived into it with little hope of getting a positive response but were pleasantly surprised to find that our college students are very much aware and informed. I am grateful for having got the opportunity to work with such a great team and an extremely helpful convenor.

When you reach the last leg of your college life, you start looking back at the decisions you made in the first year and where they have led you. I think it would suffice to say that coming to college to appear for the screening test for new editorial board members (even though I had no class that day) was one of the best decisions I have ever made. I sign off here with the hope that I did my bit into making this magazine likeable and readable, hopefully more than once!

Shrutika Jha
B. Sc. (H) Biomedical Science, Part III
Editor-in-chief (English)



संपादकीय

साहित्य समाज का दर्पण है, समाज का प्रतिबिम्ब है, समाज का मार्गदर्शक है तथा समाज का लेखा-जोखा है। किसी भी राष्ट्र या सभ्यता की जानकारी उसके साहित्य से प्राप्त होती है। साहित्य लोकजीवन का अभिन्न अंग है। किसी भी काल के साहित्य से उस समय की परिस्थितियों, जनमानस के रहन-सहन, खान-पान व अन्य गतिविधियों का पता चलता है। समाज साहित्य को प्रभावित करता है और साहित्य समाज पर प्रभाव डालता है। दोनों एक ही सिक्के के दो पहलू हैं। साहित्य का समाज से वही संबंध है, जो संबंध आत्मा का शरीर से होता है। साहित्य समाज रूपी शरीर की आत्मा है। साहित्य अजर-अमर है।



महान विद्वान योन्नागोची के अनुसार –

"समाज नष्ट हो सकता है, राष्ट्र भी नष्ट हो सकता है, किन्तु साहित्य का नाश कभी नहीं हो सकता।"

"इनसाइट पत्रिका" आचार्य नरेन्द्र देव महाविद्यालय के विद्यार्थियों की लेखन-शक्ति, विचारों-भावों और कल्पनाओं की अभिव्यक्ति करने का सशक्त एवं प्रबल साधन हैं।

पत्रिका महाविद्यालय संगठन की गरिमा को अभिसिंचित करती है। विद्यार्थियों ने अत्यंत उत्साह से बृहत संख्या में अपनी लिखित अभिव्यक्ति की तथा मौलिक चिन्तन शैली का परिचय दिया है।

साहित्य का प्रयोजन सामाजिक रूढ़ियों और विसंगतियों को दूर करना भी है। समय-समय पर साहित्य ने यह करके भी दिखाया है। मध्यकाल में संत कवियों ने समकालीन सामाजिक, धार्मिक, राजनैतिक आडंबरों के खिलाफ आवाज बुलंद की।

"इनसाइट पत्रिका" का उद्देश्य विद्यार्थियों की वास्तविक और काल्पनिक प्रतिभा को उचित अवसर प्रदान करने के साथ-साथ समाज के धार्मिक, राजनीतिक, स्त्री-सशक्तिकरण, वैज्ञानिक मतभेद आदि मुद्दों पर बात करना तथा उचित दिशा-निर्देश प्रदान करना भी है। इसीलिए कहते हैं -

"साहित्य-अपने ज्ञान के अमृत से समाज और संस्कृति को सार्थक दिशा देने का एक सशक्त पर्याय है।"

आज के भौतिक पाश्चात्य कलयुग में युवक के लिए लेखन कला की अभिव्यक्ति करने हेतु सीमित प्लेटफार्म हैं। जो है भी वह नई रचनाओं और रचनाकारों के लिए प्रोत्साहन के स्थान पर हतोत्साहित और निरुत्साहित करने वाले हैं। विद्यार्थियों के इस समस्या के समाधान हेतु आचार्य नरेन्द्र देव महाविद्यालय की "इनसाइट पत्रिका" बहुत कारगर साबित हुई है।

पत्रिका में स्थान-अभाव एवं पत्रिका की सीमा निर्धारित होने के कारण सभी रचनाओं को प्रकाशित नहीं किया जा सका। जिन रचनाओं को स्थान नहीं मिल सका, वे कृपया हतोत्साहित न हो, अपितु वे अपनी सृजनात्मक-लेखन प्रवृत्ति को उत्तोर विकसित, परिनिष्ठित एवं परिमार्जित करने हेतु सतत प्रयत्नशील रहें।

साहित्य का पहला संबंध आत्मा से है, फिर उसकी शुद्धि से है। आत्मा की शुद्धि के बिना साहित्य का निर्माण ही नहीं हो सकता, न ही उसका प्रयोजन पूरा हो सकता है। आत्मा से अशुद्ध व्यक्ति शुद्ध साहित्य का निर्माण कैसे कर सकता है भला?

"साहित्य एवं कला मनुष्य के विचारों की अभिव्यक्ति का प्रमुख माध्यम है।"

मन की इस अभिलाषा के साथ आचार्य नरेन्द्र देव महाविद्यालय की "इनसाइट पत्रिका" का यह अंक आप सभी के लिए प्रस्तुत है। विद्यार्थियों की दिन-प्रतिदिन इस पत्रिका के प्रति बढ़ती रुचि और विभिन्न माध्यमों से छात्रों का बढ़ता हुआ योगदान यह दर्शाता है कि इस पत्रिका ने विद्यार्थियों के बीच में अपना लोकप्रिय स्थान बना लिया है।

संपादक मंडल के सदस्यगण एवं विद्यार्थियों की कर्तव्यनिष्ठा समर्पण और निरंतर प्रयास के द्वारा 'इनसाइट पत्रिका' का प्रत्येक अंक दिन- प्रतिदिन रुचिकर होता जा रहा है | आने वाले अंको में भी उत्कृष्टता प्राप्त करने के लिए हम कृतसंकल्प हैं।
इनसाइट पत्रिका रुपी प्रथम पुष्प अपने मौलिक उपादेयता के आधार पर पुष्पित, पल्लवित एवं फलित होकर सामाजिक जगत को सुवासित कर सकेगा ऐसी मेरी मंगलमय कामना है।

मनीष कुमार
इलेक्ट्रॉनिक (विशेष) , तृतीय वर्ष
मुख्य संपादक (हिन्दी)



ACHARYA NARENDRA DEV COLLEGE (UNIVERSITY OF DELHI) ACCREDITED GRADE 'A' BY NAAC



ANNUAL DAY CELEBRATIONS



ANNUAL DAY 2017



RENDEZVOUS WITH PRINCIPAL MA'AM

Two members of the Students' Editorial Board (Sakshi Saraswat and Kartik Mishra) interviewed Dr. Savithri Singh, who, after a glorious innings as the Principal of Acharya Narendra Dev College, retires at the end of this year. Here is an excerpt from the tête-à-tête.

Sakshi: You must have had some goals when you joined as Principal. To what extent have you been able to fulfil them?

Ma'am: I would say about 80%. I am happy that I could achieve what I did – our college is now recognised as one of the best in the country for UG science teaching and research. It is also a very disciplined institution. One of the areas where I think we haven't done enough is gender sensitisation. I can't say with confidence that the students and faculty members of our college are very gender sensitive. We should have more sensitisation programmes.

Sakshi: You mean, the role Sashakt is playing right now in the college should have come into play a few years earlier?

Ma'am: Sashakt existed even before I joined the college. If I had the time, I would have raised the level of Sashakt further. Even now we get complaints from female students – the girls are not even aware that some of these could be cases of sexual harassment and be reported as a serious offence. Hence, there is a need to create more awareness among the students. 'Gender' as a topic is never a part of the Science curriculum; and ours is a Science college. In the Humanities or Social Sciences, gender discourse is a part of the curriculum.

“the day women stop accepting these biases and start protesting, I'll be the happiest person.”

For example, are either of you in a position to talk about 'gender' and Science? There is a general perception that science education is free of 'gender' biases. I have not been able to take this issue up to the level I wanted to because of severe time constraints. But the day women stop accepting these biases and start protesting, I'll be the happiest person.

Sakshi: If you were given another twelve years, what other changes would you like to incorporate in the college?

Ma'am: One is definitely gender sensitisation and the other would be making NSS more active. I feel we have not done enough... there is little sensitivity and a limited sense of social responsibility among the students. In most of our NSS activities we have not shown sustained efforts! Three/four years back our college committed to support thalassemic children and we did adopt 10 poor thalassemic girls, and provide them blood for replacement. For the first two-three years, NSS was very involved but that effort was not sustained.

Why do you think we organise Sahyog - the Diwali Mela where we work with the differently abled or arrange the Para-Athletics Meet? It is not the help our guests but to sensitise ourselves, to make us realise that despite disabilities everyone has a right to live a dignified life! Being differently abled mustn't prevent anyone from doing what they like or want. When I took charge, there were so many academic and administrative matters that needed urgent attention that social sensitisation as a thrust area had to take a back seat. First and



foremost, I had to prove that ANDC is a good Science college. Of course, along the way I continued to do whatever possible towards social issues.

Sakshi: *Do you think that the students of our college hesitate to express themselves?*

Ma'am: See, most of the students of our college are from a rural background. Many of them had never travelled beyond their native place before coming here for higher studies. They had never ever got opportunities to go on a family holiday due to financial constraints. For such students, we started EXPLORE excursions where the college pays for the travel and lodging. I have made it clear that EXPLORE need not be tied with academics... during the excursion let the children explore their surrounding, observe new cultures and ways of living. The college is also willing to pay them additional funds if the parents can't afford it. Many parents don't give permission even to go on such trips. What they don't realise is that such an exposure is essential in today's world. If children come to me with these problems, I would try and convince the parents.

I always encourage students to think out-of-the-box. Many of our students have not been exposed to theatre but after joining the Theatre Society, they get a platform to express themselves.

Kartik: *Ma'am, you're an avid photographer, so do you think extracurricular activities are as important as studies?*

Ma'am: Tell me one thing, do you get a job based on your marks or your skills?

Kartik: *Hmm....Skills...*

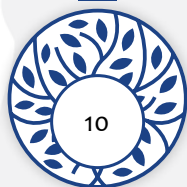
Ma'am: Just imagine that you're both eighty percenters and both of you appear in the college for a job interview. What do you think will help me to differentiate between you?

Firstly, communication skills, verbal as well as body language, are important. While it is important what your opinion is, but more important is whether you're able to express your opinion confidently and defend it. Secondly, the ability to work in a team. Where do such skills come from? Do they ever come out of a classroom? In the classroom, you're often fed information which you mug up and reproduce in the exams. That is why I keep pushing and encouraging students to experiment and explore the world around them. I give members of the Th!nk Lab the freedom to do what experiments they like! Let them do it, I don't care if they some chemicals get used or some time is 'wasted'. Not everybody who works in that lab will turn into a brilliant scientist but some people will definitely come out knowing what Science is! Let them understand what research is. And it will help them take informed decisions later in life. My purpose is to give students a chance so that they know that the world doesn't end if you are not able to do an M. Sc. or a Ph. D. Life provides many more options – you just have to reach out!!

"While it is important what your opinion is, but more important is whether you're able to express your opinion confidently and defend it."

Sakshi: *You're a member of many international associations and fora. How is the approach towards Science different in India?*

Ma'am: Somehow education in India dulls the mind and promotes rote learning! Ever since we've started research at the undergraduate level, things are improving. Our students are now



observant, curious and ask a lot of questions. For Science students, it is important that they ask questions at every level and the absence of an observant and curious mind makes me sad.

Kartik: You've been a supporter of technology in education. In your opinion how receptive is our education system to new technology?

Ma'am: The system is partially receptive – we do have a tendency to loth changes, of any kind. I am a very tech savvy or rather computer savvy person (despite being a Biologist). Unfortunately, I haven't been able to get all our teachers to embrace technology to the extend I wanted to. When I joined twelve years back, I started sending emails but 50% of our teachers didn't have an email account then. Now of course, communication through emails is a given.

Even today, not everybody is equally receptive to technology. Last year, when the Vice-Chancellor visited our college, he was very impressed with the ERP system we have in place. He wanted to implement online attendance all over the University but the proposal fell through. Our college has laptop facility for students but not all laptops are issued all the time! Despite not owning computers or laptops, students don't come forward to issue them; you can understand what that means.

Kartik: How is the DBT Star College Scheme going to open new avenues for undergraduate research?

Ma'am: We do run ELITE as a summer research programme for students but it has limited funding as it is completely sponsored by the college. The Star College Scheme has more funds. Also, the scheme is for augmenting undergraduate teaching and supports undergraduate research. Even in ELITE, the college has funds for 200 students but not all slots are filled up. And the reason behind this is that students are usually unaware of the scheme. Many students don't bother to read the sms's and emails that the college sends.. The Star programme is very good but faculty and students need to take up the opportunities it provides for it to become really useful.

Sakshi: Ma'am, what is your advice for the students of our college?

Ma'am: It's important to do things you like. You have only one life. So, for how long are you going to do things to please your parents, your husband, your wife or meet the expectations of your children? Many students don't know what they would like to do after graduation. When I ask students what they want to "be" in life often their answer is about the courses they want to do. One can go through the three years of undergraduate studies and not have any idea about what he/she wants do in life, or what keeps him/her happy! It is important for each of us to recognize and understand our own strengths and weaknesses; it is also important that when we pursue anything in life, we do it with passion! Unless you love what you are doing it is very difficult to excel in it. Of course, our education system needs some urgent reforms. Though some small progress has been made, a lot still remains to be done...

" It is important for each of us to recognize and understand our own strengths and weaknesses; it is also important that when we pursue anything in life, we do it with passion! "



A SINNER'S TALE



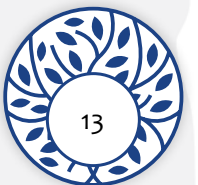
Like a tree standing forlorn
 Along a dusty and beaten road
 With your majestic branches in full bloom,
 You waited.
 Like a long-lost wanderer weak and weary,
 One who is blown by the wind,
 Covered with rags and dust,
 I approached you.
 When I reached you, I rested against your bosom.
 Like a caring father, you let your fruits fall down
 And my stomach stopped wailing.
 Like a loving mother, you cast your shadow over me,
 The heat was straining my eyes and making a
 drought of my skin.
 Like a child I indulged in your abundance
 And slept my worries away.
 As I bid farewell
 You insisted that I stay.
 Still, I left.
 I held back my thanks
 Lest I felt compelled to stay.
 I moved on with my journey
 And should I ever be in need again,
 You will lie in wait I am sure.
 And I shall return,
 A sinner,
 And dwell with you,
 And I shall leave again.

Donglianlal Samte
 B.Sc. (H) Biomedical Science
 Part II

याद आ रहा है बार बार

याद आ रहा है बार बार
उसकी आँखों का विषद अपारा
मिली तो थी उसी राह में
जिसमें जाता हर रोज कहीं,
दिखी जब वो दूर से ही
मन में आवाज उठी नहीं!
आशा में अपने हाथ फैलाए
आकर जब खड़ी हुई समीप,
निगाहें हटा, गर्व से
गिरि शिखर में चढ़ा अदीबा
याद आ रहा है बार बार,
उसकी आँखों का विषद अपारा
गहन विवरों में ठोकरें खाती
बार बार वही पुकार,
खाने को दो वक्त दिन में
करने को यह सपना साकार,
अपने ही हाथों से तब
किया था एक वज्र प्रहार,
चूर-चूर हो गए तब
सोचा, वह दिवा प्रकार
फिर मुड़कर उसी राह में
बढ़ चली वह निराधारा
अब फिर से,
याद आ रहा है बार बार
उसकी आँखों का विषद अपारा।

Rohit Nailwal
B.Sc. Physical Sciences (Computer Science)
Part I



MY EXPERIENCES WITH ANDY

Joining a society in college is a strenuous piece of work, especially after one just comes out of a comfort zone like school. Like many others, I attended the three day orientation programme organized by the college for the newly arrived first year students. During those three days, we all were introduced to different societies, but out of all, the one that stood apart was ANDY (ACHARYA NARENDRA DEV YOUTH), the entrepreneurship cell of the college. Before attending their session, anything related to entrepreneurship was the last thing that used to attract me but this orientation session had a far greater impact than I had ever imagined.

Two weeks after joining college, I found myself submitting the form for the interview session of ANDY. The interview process consisted of a group discussion on various topics. A week later, the results were declared and I was one of the few who got selected. Later, the selected students had a meeting with the convenor, Mr. Sanjay Vohra, a man of utmost dedication and love towards entrepreneurship and skill development, a man whose words and wisdom still inspire me to continue with this venture. He cleared many of my doubts – for becoming an entrepreneur, it's not necessary to have a solid business background but business acumen can be learnt. Thereafter, my journey with ANDY began.

I learnt a lot from the other members and our convenor. Our ability to push forward through deadlines and tough times made us better at managing time. With the support of the senior members, we learnt how to innovate, present our ideas among a group of people manage the resources available to us and most importantly, the art of teamwork. Initially, it was a little hectic for me but gradually I began learning the various skills required for entrepreneurship.

The major highlight of the past year was when I learnt how we can procure and manufacture products like hand wash, sanitizer, silver cleaner and other products. We sold these products at the Diwali Mela and it was an instant hit, especially the silver cleaner, which was praised by many teachers and students. Trust me, the feeling of manufacturing a product with your own hands and selling it to the customer is out of the world!!! You become self-dependent and it kindles the fire of building new things which would benefit society.

Conducting talks and sessions, setting up E-cells in other colleges, collaborating with other budding entrepreneurs are some of the memorable experiences of our beautiful journey. Recently, we registered ourselves on the National Entrepreneurship Network (NEN) which is a global network of startups, entrepreneurs, mentors and investors and the PM-YUVA programme, which aims to create an enabling ecosystem for entrepreneurship development through entrepreneurship education and training across the country. We are currently in collaboration with them and conduct their activities in our college to teach students about entrepreneurship.

An e-Summit was conducted by the e-cell of IIT Bombay in January 2018. Our college sent a team consisting of ANDY members to this summit. I was fortunate enough to be a part of the team. We learnt a lot in this 2-day summit regarding how e-leaders are emerging from India and changing the world with their innovation and vision and how the mentality of the youth is changing from being job seekers to becoming job creators.

In conclusion, I would like to say that ANDY is not just a society but a feeling of accomplishment, teamwork, evolving together through our setbacks. This is how we sow the seeds of entrepreneurship and skill development in our budding entrepreneurs.

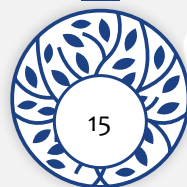
Amit Babu
B.Sc. (H) Biomedical Science
Part I

एक बेचैनी

एक बेचैनी है जिसे सीने में दबाये, मैं हर वक़्त घूमता हूँ,
कभी शब्दों में तो कभी पन्नो में, कभी किसी के मौन में,
खुद का पता सबसे पूछता हूँ,
ये जो खिड़कियों से मुझे दुनिया देखती है,
क्या उनको खुद का पता है?
या सिर्फ मैं ही भटका हुआ हूँ?
खैर छोड़ो; न उनको फ़र्क पड़ता है न मुझे
मगर राहगीर से कभी मंज़िल का पता पुछो,
तो वो निराश होकर चल देता है।
फिर हर रात खुद से मुलाक़ात होती है,
फिर उस बेचैनी से थोड़ी बात होती है।
वो हँस देती है मेरे सामने आकर,
फिर थोड़ा मैं भी मुस्कुरा ही लेता हूँ
बस ऐसे ही अपना दिन चला ही लेता हूँ।
इस बेचैनी के बिना अब बेचैनी सी लगती है,
ये बेचैनी मुझे अब अपनी आदत ही सी लगती है।



Abhijeet Sharma
B.Sc. Physical Sciences (Chemistry)
Part III



BE A LIVING SPIRIT

No one wants to be ignored,
Then why ignore others?
Just a small talk and a hello will change it.

No one wants to be replaced,
Then why replace others?
Just a small place in your heart will substitute it.

No one wants to get hurt,
Then why hurt others?
Just some humanity for someone will heal it.

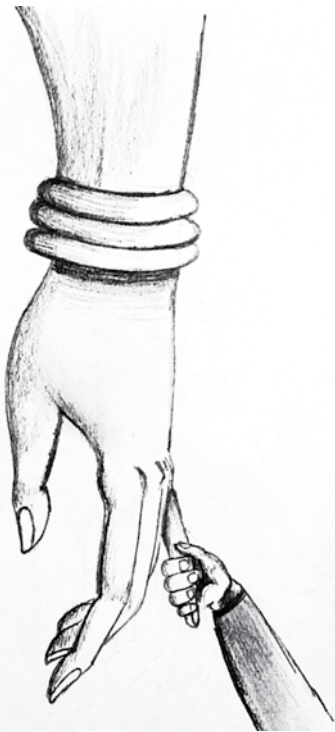
We all are living,
Then why behave as a dead person?
Just forget the problems that need to be solved.

Just take a few minutes
And think how doing these things would solve
The actual problems in the world!
Just try to be a living spirit.

Ankita Jyoti
B. Sc. Life Sciences
Part III



माँ



माँ के साथ बीत रहे समय को मैं रोकना चाहता हूँ,
लेकिन मैं भगवान श्रीकृष्ण नहीं
नियति को बदलने का मुझमें साहस नहीं,
मैं तो जन-साधारण हूँ,
जो वात्सल्य को अपने कटु हृदय में भरना चाहता हूँ।

हर बार छला गया हूँ मैं, इस छलवान 'समय' से,
हर बार ममता बिखरी है, इसकी निरंतरता के 'अंकुश' से,
पर कब तक? मैं इस कपटी का दास बना रहूँगा
दासता में भी इसकी मैं,
माँ के साथ बीत रहे समय को रोकना चाहता हूँ।

Shivam Mishra
B.Sc. (H) Chemistry
Part III

मंज़िल

मंज़िल को जाता रास्ता, वो रास्ता ढूँढ पाना मुश्किल हुआ
मिला जो रास्ता फिर, उस रास्ते पर चल पाना मुश्किल हुआ
थे राह मे काँटे अनेक, उन काँटों से पार पाना मुश्किल हुआ
चुभते गये काँटे, बहता गया खून – पर फिर मन को समझाना मुश्किल हुआ
चला गया जिस राह, बन 'मुसाफिर' – उस रास्ते से फिर लौट आना मुश्किल हुआ
बढ़ रहा था जैसे रास्ता भी वो – रास्ते के साथ-साथ चलते जाना मुश्किल हुआ
मंज़िल जा रही थी दूर मुझसे – फिर मंज़िल की तरफ एक-एक कदम बढ़ाना मुश्किल हुआ
थका हारा पहुंचा जब मंज़िल के पास – तो मंज़िल को पाना मुश्किल हुआ
जीत कर भी हार गया था जैसे – पर हार कर भी जीत जाना मुश्किल हुआ

Vikramjit Singh
B.Sc. (H) Botany
Part I



BEING HAPPY AND INSPIRED

Today, every individual in this world is craving for one thing or the other! Whether that person is among the richest of the rich or the poorest of the poor, he spends his whole life in search of it, even destroys himself in pursuit of it. And when one gets it, it vanishes within a moment even before that person realizes it. What could be that one thing after which all of us are running and can't imagine living without it? One last hint, it is present everywhere, even within you, one doesn't need to find it, all you need to do is to see it and feel it.

It is HAPPINESS!!!!!!!!!!!!!!

We first need to understand how it is connected to everything we do in our life knowingly or unknowingly. So, when do you feel happy? Yes, when things go according to your way or how you had planned it to go, when you get what you had expected. That thought in your mind is your desire. In short, you set a goal in your mind, then you start working for it, and when you reach there, either you are not satisfied because the whole process hadn't come up in the way you had expected it to be or you aren't satisfied with it as the amount of work /struggle you have done for it is far more than what you have got. In either case, your satisfaction is the main issue and your satisfaction is the degree to which your desire got fulfilled. Therefore, ultimately you are setting up your own source of happiness. This is in accordance with the people around you and you keep pushing yourself in order to achieve it but once you get it, you are still not happy...

So, what's the solution for it? Just create your own happiness. Now, how to create one? Just do things that you enjoy doing rather than what makes others satisfied and even if you want to do something for others, like your parents or close friends, then live the process, enjoy the struggle in achieving it. Happiness then will be with you without you even realizing it. Many of us destroy our inner self in the process of conforming to how others want us to be. But there is nothing in the world that would give you happiness at the cost of yourself.

Before joining college, my impression on others was always negative, as someone who is habitually confused, sad, negative, introvert. All this changed after I came to ANDC. Some of my closest friends in college have taught me the real meaning of happiness and I would like to thank them for the incredible change they have brought about in my life. Thanks to Sonanjali Aneja for teaching me no matter how depressing the condition is, you can always find happiness with your creativity, to see and feel it from a different angel. And who knows, for another person, you might become the reason for his/her happiness. Thanks to Shrutika Jha, for making me realize that failure can be celebrated and to move ahead. Thanks to Siddharth Misra for letting me know that one can truly connect with his/her inner self when one is truly happy. Last but not the least, thanks to Khushboo Singh for being an inspirational person and letting me know that even if it is a weird thing that makes you happy, go ahead without caring a straw for what others would think of you... after all, your happiness is of utmost importance.

Sarthak Khurana
B. Sc. Life Sciences
Part III

BRINGING NATURE BACK HOME

It was rightfully stated by Ban Ki-moon, former secretary general of UNO, that “Saving our planet, lifting people out of poverty, advancing economic growth...these are one and the same fight. Solutions to one problem must be solutions for all”.

Balance and extreme resilience are the two factors that Nature operates on. We, as a human community, require similar amounts of resilience as we enter a world that is changing much too fast for all of us, innovations reaching newer heights to satisfy not just our everyday convenience but our greed as well.

Our greed for instant glory has led to many short-sighted decisions. The health of our Nature has always been overshadowed by the prevailing concerns for our economy, business, human health and so on. What we have failed to understand is that industrialization, growing economy, medical growth, etc. will only face saturation after a certain point unless the environment that's supporting it is adequately nurtured.

The condition of the environment of the earth has been in news since decades and the status has only kept deteriorating. If smarter actions are not taken right now, we will be discovered millenniums later as extinct civilizations in history.

Our college's Eco Club, Paritantra, believes in promoting and raising climatic and environmental concerns to engage people, spread awareness and look for solutions. Art speaks what words cannot! A blank wall of 15 metres was used as an opportunity by our Eco Club to send out the message of practicing sustainable development to every individual who passes by it. Being a Science college, the focus is on innovation as well as environment. We wanted this wall to leave an imprint on the minds of every passer-by. I hope this wall is serving and will continue to serve as a reminder for all of us to innovate but never at the cost of our environment's well-being. We have to be passionate about this cause and we have ample reasons to be optimistic about.

The wall was painted to instill in every individual, a sense of belongingness with Mother Earth. It's time to do something to conserve Mother Nature.

*Senjuti Sengupta
B. Sc. (H) Zoology
Part II*

राही

राही, पकड़ी है कौन सी राह
 किस ओर चले हो, सब त्याग चुके हो
 चलते कल-कल, बहते चलते
 प्रचंड वेग है, झरझर निर्झर
 मौन चित्त, मनीषी सोच
 कुटिल शौलि है, वृहत उद्देश्य
 तृष्णित मुख है, उद्भ्रांत हृदय
 राही, पकड़ी है कौन सी राह।

क्यों छोड़ चले यह मायाजाल?
 क्यों ये बना तुम्हारे जी का जंजाल?
 इस कठोर सफर का आशय है क्या?
 इस कठिन अभियान का प्रयोजन क्या है?
 राही, पकड़ी है कौन सी राह।

प्यास है कैसी जो बुझ न सकी आँगन के इनारे से
 भूख है कैसी जो शांत न हुई चूल्हे की रोटी से
 जिज्ञासु मन के स्वामी, वैरागी हृदय तुम्हारा
 परखने दुनिया सारी, जानने वसुंधरा पूरी
 राही, पकड़ी है कौन सी राह।

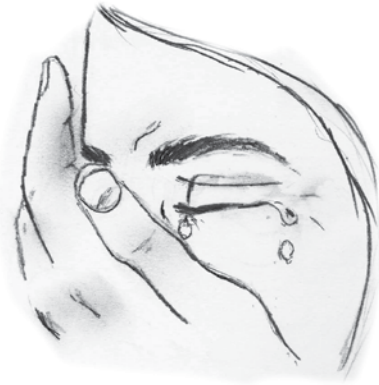
निर्जीव हृदय में जान फूँकने
 तृष्णित मन की प्यास बुझाने
 राही, पकड़ी है जो तुमने राह।

आलौकिक उमंग का संचार हुआ, अनुपम आनंद के प्रकाश से
 हृदय तुम्हारा है फूल उठा, उसी उल्लास की कांति से
 राही पकड़ी है, ये जो सुंदर राह।
 मन तुम्हारा है लोट-पोट
 मोद-प्रमोद से ओत-प्रोत,
 राही पकड़ी है, ये जो सुंदर राह।

Kartik Mishra
 B.Sc. Physical Sciences (Computer Science)
 Part I

अश्क

इस जीवन रण के,
प्रति क्षण में,
प्रति पल में,
मैं अखंड प्रभुता टिकने दूँगा।
मैं अश्क नहीं गिरने दूँगा।
जानता हूँ विश्व में जी रहा हूँ,
प्याले विष के पी रहा हूँ,
पर नीलकंठ सा ग्राही बन,
अस्तित्व नहीं मिटने दूँगा।
मैं अश्क नहीं गिरने दूँगा।



अश्क
Mudira

इक कथा पुरातन तुमको सुनाऊँ,
अपने बचपन में ले जाऊँ,
थे नवजात शिशु अन्जान,
सही गलत का क्या था ज्ञान,
स्वच्छ मन न अभिमान,
बात-बात पर अश्क बहाए,
तब ही बालक कहलाए,
अब हर अश्क में है मान-हानि,
स्वाद है कड़वा सा पानी,
विष भाले नहीं लगने दूँगा।
मैं अश्क नहीं गिरने दूँगा।

चल रो लेते,
चल रो लेते,
हम उन लम्हों पर,
जहाँ दिलो-जान की हानि है,
पर क्या करता?
ये जग बैरण,
हर अश्क की अपनी कहानी है,
ये राज है गहरा,
मेरा मुझ तक,
तुम से नहीं मिलने दूँगा।
मैं अश्क नहीं गिरने दूँगा।

मैं ईश पुत्र,
हूँ जीत सूत्र,
है असफलता का आलिंगन भी,
प्रयास पद नहीं रुकने दूँगा।
मैं अश्क नहीं गिरने दूँगा।

Akash Gupta
B.Sc. (H) Physics
Part III



आधुनिक भारत

आज खड़ा मैं चौराहे पर चारों ओर निहार रहा हूँ
देखकर भारत वर्ष की हालत अपने मन को मार रहा हूँ
क्या यही सपना देखा था, भगत सिंह की फांसी ने
क्या इस भारत को चाहा था उस बापू सन्यासी ने
जहाँ रोज झगड़ा होता मंदिर मस्जिद गुरुद्वारों का।
जहाँ प्रतिभा को रौंदा जाता जातिगत आधारों में
जहाँ राष्ट्रीय प्रतीकों का भी सरेआम खंडन होता है
और राजनीति में गुंडों का भी अभिनंदन होता है।



मैं तो अमर शहीदों की टूटी हुई मजार रहा हूँ
देखकर भारत वर्ष की हालत अपने मन को मार रहा हूँ।
लोकतंत्र में तानाशाही का दौर दिखाई देता है
भ्रष्टाचार का मौसम आदमखोर दिखाई देता है
अन्नदाता स्वयं यहाँ भोजन को मोहताज है
और हिन्दू सभ्यता पर पाश्चात्य का राज है
हिंसा की लाखों लाशें हैं कश्मीर की वादी में
रोज एक कड़ी जुड़ती है भारत की बर्बादी में
मैं सत्ता के लिए बिका हुआ अखबार रहा हूँ
देखकर भारत वर्ष की हालत अपने मन को मार रहा हूँ।

हर मुश्किल का हल केवल तब निकल पाएगा
जब सब धर्मों से बड़ा देश माना जाएगा
दोगली मीडिया को सत कर्म साधना होगा
युवा शक्ति को बन पटेल देश बाँधना होगा
राजनीति न दलदल है सबको आना चाहिए
हर व्यक्ति को पुनः नवभारत बनाना चाहिए
मैं महापुरुषों के आचरणों की दरकार रहा हूँ
देखकर भारत वर्ष की हालत अपने मन को मार रहा हूँ।

Vijay Pratap Singh Rajavat
B.Sc. (H) Botany
Part I

CHANGE OF HEART...

Two books that I have read in the recent past have left a deep impact on me. One soothed my ravaged heart while the other nourished my soul. The first one fell into my lap when I was rummaging through our college library with no particular interest but was probably looking for an escape after a personal tragedy (Libraries are beautiful places for making book-friends). Its cover-page tugged at my heart and after some dilly dallying, my heart obliged. The book is very aptly titled 'Change of Heart'. I found the protagonist in somewhat similar circumstances as I was, struggling with her heart over whether or not to take the heart of the criminal who killed her family to be transplanted for her surviving daughter. My heart was in my mouth, the plot was too much for me to bear. I didn't want to read anything so heartbreaking and my heart sank at the thought of future possibility. But before I could leave the library with a philosophical treatise or anthology, I actually had a change of heart! As I started to read the novel, I was intrigued by its format. I hadn't ever read a novel in such a format. Here, all the characters had their own space and saw the happenings from their own perspective. You could almost feel the breath of the characters around you. While the gruesome murders take place in the family, your own walls look stained, the giggle and the screams of the daughters haunt you and you are amazed by the strength of the ailing girl who knows her days are numbered. If anyone of you attended the lecture by judge Tanvi Khurana delivered in our college, you will recall what she said, "Criminals are the victims of their circumstances". As I made acquaintance with all the characters of the novel, I did develop a soft corner for most of the prisoners but I found myself falling hardest for the criminal himself! The novel has an interesting perspective on relationships too and if you are like me, you can always make a note of a few parenting tips if you read anything that involves parents and children. Do pick it up if you get time, preferably at the start of a semester!

I picked up the next book consciously. I saw it on the table of the library my children visit. I know everyone has heard about the person and has some information on her. I have wanted to know more about her since ages but hadn't actually done that. If you are a procrastinator like me, please read my article printed in Insight 2016 and also pick up this book and feel recharged and motivated. This person is not only blind but also deaf. While reading the book, I remembered a prayer where sight is wished for more than life! I mean, such is the importance of eyes in our lives. Yet to be disabled in this manner and still be able to see and feel the world in a way that many of us with all our faculties intact cannot even imagine, to be so well read, to be able to write so well and to scatter the pages with such gems that one can only marvel at the capacity of her brain and the sensitivity of her heart and soul. As we struggle with the mundane, we realise our obstacles cannot be compared even to pebbles while she moved the rocks. The book motivates you to give your best shot to life and not be bogged down by difficulties. It teaches you perseverance. It teaches you to make light of your shortcomings, own them up and be ready to work on them. It makes you take delight in your achievements and look back at your naiveties and ignorance with a chuckle. It makes you look at life so differently. Two quotes from the book will remain with me forever: "it seems to me that there is in each of us a capacity to comprehend the impressions and emotions which have been experienced by mankind from the beginning. Each individual has a subconscious memory of the green earth and murmuring waters, and blindness and deafness cannot rob him of this gift from past generations



(Sounds like genome imprinting to me!). This inherited capacity is a sort of sixth sense-soul-sense which sees, hears, feels, all in one”, “Silence sits immense upon my soul. Then comes hope with a smile and whispers, “There is joy in self-forgetfulness”. So I try to make the light in others’ eyes my sun, the music in others’ ears my symphony, the smile on others’ lips my happiness.”

The other day, my seven year old was probably blinded after a run and she thought of pulling it on me. “Ma, I can’t see”, she said as she feigned blindness. “Can you hear me?” I asked. When she replied in the affirmative, I said to her: “No worries my darling, if Helen could lead an extraordinary life without sight and sound since the age of 19- months, you can still lead a normal life.” If I may say, I have had a ‘change of soul’ after reading this autobiography. Pick it up anytime! ☺

Dr. Rashmi Sharma
Department of Botany

वो

कहते हैं वो,
धूप में बौछार लेकर आते हैं, सच में!
वो तो धूल छोड़कर ही जाते हैं।
कहाँ रहा? साये में खड़ा होकर हाथ फैलाए है!
वो, तेरी रहमतों की ए.सी. कार में जाते हैं।
सुन! क्या होगा यूँ आँखे बिछाए?
वो तो, बस हाथ जोड़कर चले जाते हैं
क्या हुआ इन कतराती आँखों को समझ जा
वो तो, पीछे-पीछे मकान जोड़ते जाते हैं।
हाथ ऊँचा उठा, हिम्मत कर
वो, दुकानों के फ्रीके पकवान खिलाकर जाते हैं!
वक्त रहते बढ़ा कदम, अंगारों को उठा ले,
कुछ ठान लें हम, तो सारी मीनार हिलाकर जाते हैं।

Rohit Nailwal
B.Sc. Physical Sciences (Computer Science)
Part I

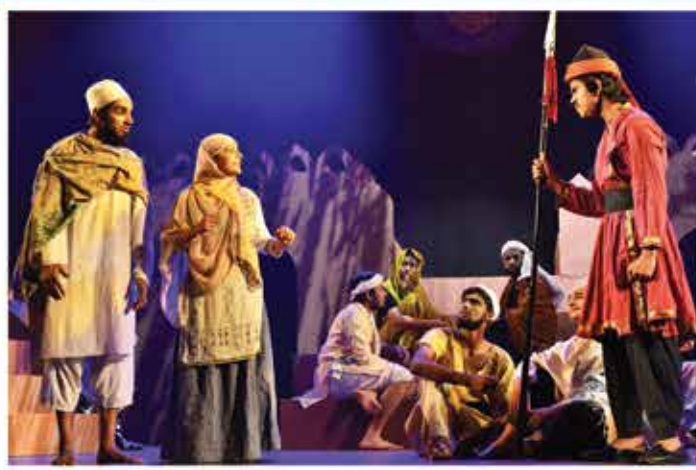
Alumni Meet



AND Memorial Lecture



Tughlaq: Annual Theatre Production





NSS Activities



Viable Alternatives: Free information on the web:

- ✓ Online resources seen as cheaper alternative to the library/ Establishment cost
- ✓ Web seen as easier, more accessible than library databases
- ✓ Growing perception that the physical library alone not



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Ekta Diwas

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LEIOTHRICK 18







EXPLORE



बंधुआ : मजदूरी और मजबूरी

बरसात के मौसम की शुरुआत हर व्यक्ति के मन को प्रसन्न करने वाली होती है। लेकिन यहाँ कोई ऐसा भी है जो इससे दुःखी है, दुःख है काम न मिलने का, दुःख है अपने परिवार के लोगों और बच्चों के लिए खाने की व्यवस्था न कर पाने का। यह है एक ईंट के भट्टे के मालिक के चंगुल में फंसा बंधुआ मजदूर। जो आज बारिश की वजह से मिट्टी गीली होने के कारण ईंट नहीं बना पायेगा, जिसकी वजह से आज कोई मजदूरी नहीं! बंधुआ वे मजदूर हैं जिन्हें ठेकेदार पहले कुछ ऋण देता है फिर वे उस ऋण को चुकाने के लिए ठेकेदार के कहने पर काम करते हैं। मजदूरी बहुत कम होने के कारण वह ऋण कभी चुकता नहीं है और इस तरह मजदूर, ठेकेदार का गुलाम बन जाता है। कभी-कभी तो यह गुलामी एक पीढ़ी से दूसरी पीढ़ी में चली जाती है। भट्टे के मजदूरों के अलावा भी कई प्रकार के बंधुआ मजदूर होते हैं। जैसे- उत्तर प्रदेश के फिरोजाबाद का कांच उद्योग और जिला भदोही का कालीन उद्योग तो बाल बंधुआ मजदूरों की वजह से चल रहा है। इन उद्योगों में बंधुआ मजदूर का पूरा परिवार

बंधुआ मजदूर
Mudita



काम करता है। इसी वजह से बंधुआ का नया स्वरूप बाल मजदूरी भी एक समस्या बनकर सामने आ रही है। बंधुआ मजदूर में अधिकतम बिहार, उत्तर प्रदेश, पं० बंगाल के मजदूर होते हैं जो काम की तलाश में हरियाणा, गुजरात, राजस्थान आदि राज्यों में जाकर ठेकेदारों के चंगुल में फंस जाते हैं। ब्रिटिश शासनकाल में झारखंड के मजदूरों को असम के चाय बागानों में ले जाकर काम करवाया गया और वहीं बसा दिया गया जिन्हें आज भी टी-लेबर कहते हैं। बंधुआ का इससे अच्छा उदाहरण नहीं हो सकता।

आखिर क्या वजह है कि मजदूर बंधुआ बनने को मजबूर हो रहा है। यदि हम इस समस्या की जड़ में जाकर देखें तो केवल दो मुख्य कारण नजर आते हैं। पहला उसकी जानलेवा गरीबी, उसके पास दो वक्त के खाने के पैसे नहीं हैं और किसी भी व्यक्ति की मूलतम आवश्यकता भोजन है। दूसरा कारण शिक्षा का अभाव है जिस कारण ठेकेदार इनका आसानी से शोषण करते रहते हैं। आज इस आधुनिक भारत में बंधुआ मजदूरों की संख्या कम तो हुई है लेकिन समाप्त नहीं। आज भी कई राज्यों में यह प्रताड़ित हो रहे हैं। इनका मानसिक एवं शारीरिक शोषण दिन-प्रतिदिन हो रहा है, नमी वाले क्षेत्रों में काम करने की वजह से टीबी एवं साँस की बीमारी तो इन मजदूरों के लिए आम बात है। लेकिन हमारी कोई राज्य सरकार इन मजदूरों के सही आँकड़े बताने को तैयार नहीं है क्योंकि कोई सरकार अपनी छवि पर प्रश्नचिन्ह नहीं लगवाना चाहती। भारत सरकार के कई प्रयास जैसे जमींदारी प्रथा को समाप्त करना आदि इस दिशा में कारगर सिद्ध हुए। जमींदारी प्रथा समाप्त होने से लाखों बंधुआ मजदूर मुक्त हो गये। इसी दिशा में वर्ष १९७६ में इंदिरा सरकार ने 'बंधुआ मजदूर उन्मूलन अधिनियम' पारित करके बंधुआ मजदूरी को गैर-कानूनी घोषित कर दिया, लेकिन दुःख इस बात का है कि यह अधिनियम आज तक सही तरीके से लागू नहीं किया गया। राज्य सरकारें इसकी अनदेखी करती रहीं। सुप्रीम कोर्ट ने बंधुआ मजदूरी के लिए एक ऐतिहासिक निर्णय दिया जिसमें-मजदूरों

के पुनर्वास कि बात कही गई, इनको खेती के लिए ज़मीन और रहने के लिए घर देना राज्य सरकारों कि प्राथमिकता बताई गयी और न्यूनतम मजदूरी सुनिश्चित की गयी। लेकिन यह निर्णय पूरी तरह कागजी बनकर रह गया। मजदूरों की स्थिति और उनके बारे में सोचने के लिए मानवाधिकार आयोग ने १ मई को 'अंतराष्ट्रीय मजदूर दिवस' घोषित किया। वर्ष २००५ से भारत सरकार ने मनरेगा (महात्मा गाँधी राष्ट्रीय ग्रामीण रोजगार गारन्टी योजना) लागू किया जिसमे चयनित परिवार में एक सदस्य को १ वर्ष में कम से कम १०० दिन काम देने का प्रावधान है। इस तरह की योजनाओं से बंधुआ मजदूरी में कुछ हद तक कमी देखी गई है, लेकिन उन्मूलन अभी भी शेष है।

बंधुआ एक अभिशाप है। एक शिक्षित एवं समृद्ध देश में इसका कोई स्थान नहीं। भारत से इसका उन्मूलन अति आवश्यक है। जब तक इस देश से बंधुआ मजदूरी को पूर्णतः समाप्त नहीं किया जायेगा तब तक कहीं न कहीं इस पर रूढ़िवादी मानसिकता का दाग लगा रहेगा।

Shivam Mishra
B.Sc. (H) Chemistry
Part III

DISTANT FUTURE

Take me away
From the pesticidal spray,
From the horns of cars
From the destruction of wars.

Take me to a place
here people do not have a double face,
Where the cars won't honk
Where no one will need a monk.

Allow me to live in peace
Where the wheels of factories cease,
And let all the beauty come from Nature
While people maintain their own stature.

There life won't run on wi-fi
No one will have a life hi-fi,
Everyone will live peacefully
Someday, I will find such a place hopefully.

Swarnasankha Acharjee
B. Sc. (H) Biomedical Science
Part I

MY GODDESS

From being carried in her arms to moving with her was the beautiful part

From playing with her to disturbing her again and again was the habit

From being beaten by her to having food from her hand was the love

From arguing on small things to getting a kiss on the forehead was the care

From fighting with her to purchasing gifts for her was the priority

From being the best friend to being the solution to every problem was the strength

From waiting till evening to asking how my day was spent was the anxiety

From loving me unconditionally to having faith in me showed her unexpected love

I wish I could have relived those moments but your absence scars me every day Mumma...



Munendra Kumar
B. Sc. Life Sciences
Part II

कई बातें



कई बातें जो कह देनी चाहिए थीं, खामोशियाँ बनकर निकली
पर सुनी कुछ ही गई; बहुत कम हैं खामोश लोग यहाँ।
जो सुन पाते खामोश अल्फाज; कई बातें जो पोषित होती हैं
हृदय के गर्भस्थल में; एक लम्बी व्यवस्था के बाद।
हृदय उन्हें महसूस कर होता है, प्रसन्न बार-बार,
उन्हें बाहर आने की कल्पना कर गढ़ता है; खुद का नया संसार
लेकिन हर बार संभव कहाँ यह, समाज के भय से भयभीत होकर
दिमाग कर लेता है इनकी भी 'भ्रूणहत्या';
अधिकांश बातें जो रचनाएँ सिद्ध होती हैं।
जन्म के समय रोती चिल्लाती नहीं; खामोश ही अस्तित्व में आती है,
इस आशा में कि शायद ;कोई तो सुन ही लेगा।

Sangeeta Verma
B.Sc. (H) Zoology
Part II



संस्कृति संरक्षक भारतीय भाषाएँ

किसी समाज के सोचने, विचारने, कार्य करने, नृत्य, साहित्य, कला आदि के मिश्रण को उस देश की संस्कृति या सभ्यता कहा जाता है। यह सभ्यता एक पीढ़ी से दूसरी पीढ़ी में भाषा के माध्यम से गमन करती है। भाषा ही समय-समय पर संस्कृति को संजोती है, संभालती है। अपनी भाषा स्वतंत्रता और अस्मिता की पहचान होती है। भाषायी प्रेम को देखने के लिए फ्रांस की बालिका का उदाहरण पर्याप्त है – प्रथम विश्व युद्ध में जब जर्मन सेना ने फ्रांस के अधिकांश क्षेत्रों पर अपना अधिकार कर लिया तो जर्मन शासकों ने फ्रेंच भाषा का उन्मूलन करके जर्मन भाषा को वहाँ के नागरिकों पर थोपना शुरू कर दिया। आदेश कर दिया कि विद्यालयों एवं महाविद्यालयों में फ्रेंच की जगह जर्मन भाषा में शिक्षा दी जायेगी। एक दिन जर्मनी की रानी कैथरिन फ्रांस के किसी विद्यालय में निरीक्षण करने गईं वहाँ बारह वर्षीय बालिका द्वारा बनाई कलाकृति को देखकर वह बहुत प्रसन्न हुई। रानी ने उस बालिका को मुँह माँगा इनाम देने की घोषणा की। फ्रांसीसी बालिका ने उत्तर स्वरूप निवेदन किया "रानी साहिबा, यदि आप मुझे कुछ देना चाहती हैं तो मुझे मेरी मातृभाषा लौटा दें।" बालिका के भाषायी प्रेम को देखकर रानी ने आदेश किया कि जर्मन के साथ फ्रेंच भाषा को भी शिक्षा का माध्यम बनाया जायेगा। फ्रांस एकभाषी देश है जिस कारण वहाँ भाषायी मंथन की आवश्यकता नहीं, इसके विपरीत भारत बहुभाषी देश है। जहाँ लगभग ४०० बोलियाँ प्रचलित हैं। जिनमें अनेक को भाषा अथवा उपभाषा का दर्जा प्राप्त है। भारतीय संविधान की आठवीं अनुसूची में २२ भारतीय भाषाओं को शामिल किया गया है। प्रत्येक भारतीय भाषा अपने में अनूठी एवं किसी न किसी सांस्कृतिक धरोहर को संजोये हुए है।

उत्तर भारत के इतिहास, संस्कृति एवं साहित्य को बताने के लिए कई भाषाएँ यहाँ प्रचलित हैं जिनमें सर्वाधिक बोली जाने वाली भाषा हिंदी है। इसके अतिरिक्त संस्कृत, पंजाबी, राजस्थानी, सिंधी, गुजराती, भोजपुरी, उर्दू, कश्मीरी, बंगाली आदि भाषाएँ यहाँ प्रचलन में हैं। उत्तर प्रदेश के काशी में आज भी संस्कृत के श्लोकों की गूँज इस बात का प्रमाण है कि संस्कृत भाषा का इस भूमि से विशेष संबंध रहा है वहीं बात यदि दक्षिण भारत की करें तो तमिल, तेलुगु, कन्नड़, मलयालम भाषाएँ दक्षिण भारत के गौरवपूर्ण इतिहास एवं रीति-रिवाजों को आज भी जीवंत बनाये हुई हैं। भारतीय भाषाएँ लोक-साहित्य का बोध करवाती हैं जिसमें इस देश के लोक-जीवन का रस निहित है। आधुनिक हिंदी साहित्य के प्रणेता भारतेन्दु हरिश्चन्द्र ने सही कहा है- "निज भाषा उन्नति अहै सब उन्नति को मूला।"

भारत की स्वतंत्रता के बाद से ही हिंदी को देश की राष्ट्रभाषा बनाने की बात शुरू हो गई। जिसका कई राज्यों ने विरोध किया इतने विविधतापूर्ण देश में यह विरोध स्वाभाविक था। गैर-हिंदी भाषी लोग हिंदी को थोपे जाने के खिलाफ थे। तमिलनाडु में हिंदी को लेकर विरोध वर्ष 1937 से प्रारंभ हो गया था। जब चक्रवर्ती राजगोपालाचारी ने मद्रास में हिंदी का समर्थन किया। देश में हो रहे भाषायी मतभेद को दूर करने के लिए भारत सरकार ने 'त्रिभाषा सूत्र' लागू कर दिया, जिसके अनुसार- स्कूल में पढ़ाई जाने वाली पहली भाषा मातृभाषा या क्षेत्रीय भाषा होगी, दूसरी भाषा हिंदी भाषियों के लिए अन्य कोई भारतीय भाषा होगी एवं गैर-हिंदी भाषियों के लिए हिंदी होगी। तीसरी भाषा, हिंदी भाषियों एवं गैर-हिंदी भाषियों के लिए अंग्रेजी होगी। भारत की प्रत्येक भाषा का जीवंत रहना परमावश्यक है, यह तभी संभव है जब हिंदी भाषी लोग गैर-हिंदी भाषियों की भाषा को बराबर का सम्मान दें। साथ ही गैर-हिंदी भाषी हिंदी को अपनी सहायक भाषा के रूप में प्रयोग करें। भारतीय विविधता की सुन्दरता इन भारतीय भाषाओं की वजह से है। अपने देश की संस्कृति को संजोकर रखने के लिए इन भाषाओं को संजोकर रखना होगा। भाषा का विरोध और अंत देश की संस्कृति का अंत है।

Shivam Mishra
B.Sc. (H) Chemistry
Part III

DON'T SPEAK

Don't speak, she whispered
Alas! I slowly trembled
A shocking wave crippled the insides of me
I regretted not knowing thee.

Were they mere words?
A dictum or a mind boggling sentence?
Who knows, what it caused
What it created, stillness or a deep silence
Into the void spaces of my heart.

A lesson I learnt
From a couple of words
Thought I was not so ill burnt
Still calming my racing heart.

I settled with a thoughtful expression
And a beautiful glare
Unexpectedly, she smiled at me
Felt surreal with a tinted gaze
Someday, I will surely wonder
Whether those words judged me
Or expressed my intricacy.

Amit Kumar
B. Sc. (H) Mathematics
Part II

स्वागत



शहर के कोलाहल से दूर, गाँव की सड़क किनारे
 पेड़ खड़े हैं, इंतजार में
 बूढ़ी होती आंखें, बिना हलचल के,
 शान्त! प्रातः संगीत सुनाती
 विहगों की आवाजें
 कोटरों में ही रह जाती हैं दब के!
 बाहर निकले भी, तो रह जाए घूमती
 सूनी सड़क पर, श्रोताओं के लिए
 अभी लिपाई किए, महकते घर की देहली
 तैयार है स्वागत को, मिट्टी से लीपे चौके लगाए
 दरवाजे के पीछे खड़ी है, हाथ में थाली लिए
 घर-आँगन, छाँव-आराम, एकांत-उत्साह, श्रम,
 लेकिन रह जाते आंखे फैलाए
 किसी थके पंथी के लिए!

Rohit Nailwal

B.Sc. Physical Sciences (Computer Science)

Part I



FOOTBALL MATCH

The match kicks off
Team Nature playing from right to left
And Team Humans playing vice versa
While the ball is Earth itself.

The goal nets are unique
The net of Nature is
A huge plastic bag
While Humans defend a jute bag.

Team Nature moves forward with Earth
Tree dribbles past defenders
Passes to Oxygen who crosses
And the Mountain puts Team Nature one up.

Team Humans desperate to level the scores
Start pressing harder and harder
Commit fouls,
And are cautioned twice.

Team Nature goes into half time
With a narrow one goal lead
Technology awaits Team Humans in the dressing room
Ready with its ever inspiring pep-talks.

Team Humans go hard from the start of the second half
And keep committing fouls
While Pink Headed Duck, Dodo and Red Rail
Have had to be substituted due to injury.

Since all substitutes were over
And Tree was seriously injured
Team Nature was inevitably reduced to 10
But they maintained their lead.

However, intense passing among
Humans, CFC and Carbon Dioxide
See Team Humans get back
With Urbanisation providing the final touch.

As the game moves towards the end
And additional play time is on
Deforestation puts in a cross from the left flank
And Humans head it in.

The goal net, the Big Plastic Bag
Engulfs the Earth forever
While Team Humans enjoy the victory
Technology and Fireworks join in.

Swarnasankha Acharjee
B. Sc. (H) Biomedical Science
Part I

ख्वाहिशें



यूँ तो रोज बनाता हूँ, सजाता हूँ
फिर धड़ से बिखेर कर बैठ जाता हूँ
हर सुबह चेहरे पर एक नयी मुस्कान से बड़ा आलीशान
ख्वाहिशों का घर बनाता हूँ
ख्वाहिशों का एक अलग मज़ा है
हर रोज इससे जीना सीखते हैं
और ख्वाहिशों को समेट कर, सो जाते हैं
ज़िन्दगी के सफर में तो बोझ बस ख्वाहिशों का है
लेकिन इस बोझ के बिना, सफर रास्ते का,
बिन मंज़िल सा है।

Shubham
B. Com. (H)
Part I

FROM DAY ONE TO BEFORE

Let thy eyes behold
O mortal! The scene
That thou hath seen,
From day one to before.

Let thy senses feel
O mortal! The eternity
Of what thou hath been with
From day one to before.

Let thy tears flow
O mortal! To the sorrow
It hath felt all day
From day one to before.

But why let thy hands
O mortal! To axe
The security that thou hath felt
From day one to before.

Then let thyself think
O mortal! For the moron
That hath been in thee
From day one to before.

Then let thy eyes look back
O mortal! To see thy slayer
Slaying thyself and follow ye
From day one to before.

Ashwin Uday
B. Sc. (H) Biomedical Science
Part I

GETTING BRIGHTER

TRAVELOGUE OF A METEOROID

Day 5

I like this speed, it is pretty fast. I like how it is so quiet, unlike my home. I used to live with my billions of sisters and my mother. My mother is huge, bigger than all of us siblings together. We loved to run around her all the time. We never stopped. I wasn't unhappy but I knew I was destined to be in a better place as I gazed into the endless sky with infinite twinkling spots, occasionally getting a glimpse of larger coloured spheres. They looked like my mother, only smaller. So 5 days back, I saw a blue light coming towards me, getting brighter. It hit me hard, throwing me and some others out, out of our mother's grip.

Day 874

I haven't slowed down, this speed is scary. The silence haunts me. Occasional glance of something like my sisters but they go their own way. Nothing tethering me but this freedom isn't exciting anymore. I have been pacing in the same direction, towards this giant sphere, much bigger than my mother, getting brighter. As is the yellow one in the distance. I sometimes see my mother in the distance as I turn. She seems exactly the same, just smaller. Does she even know that I have left? Does she care?

Day 3111

This place is so nice. It feels good to belong again. This place is just like home, but bigger, more populous, more colourful. A year is longer here. They say the hot yellow sphere is the boss. But I can't feel any warmth. They tell stories of others who have been near him. It's so dangerous that you could die if you went too near. Some old fellas here say that he was not that shiny before, he has been getting brighter.

Day 4290

So, as I got another hit right towards the bright blue sphere, I am here. So near. For the first time in years, I have felt this resistance. It's hot, getting hotter, unlike where I have been. I am almost burning. I can see tiny lights on the surface. Although most of it is dark, they are getting brighter. It will be the greatest part of my adventure, I know.

THE END

Yukti Khanna
B.Sc. Life Sciences
Part II

HIGH SCHOOL GIRL

Your arrival so capricious,
Though made me conscientious.
You seemed a far-flung paradise,
As you made my emotions rise.

Being in a state of solitude
Full of ominous thoughts and ingratitude.
Felt for change, as my emotions
Were kept on the horizon.

Your eyes were hypnotic
So was your beauty unique.
Something in you, I felt for
I was truly spell bound.
Your smile, though riddled
I stared, I adored.
The magical illusion it created
Like the stars in the sky.

How innocent were those feelings,
Though arranged deep down inside.
Perhaps it was a lucid dream,
With repressed emotions and a scream.



Amit Kumar
B. Sc. (H) Mathematics
Part II

I CAN AND I SHOULD ...

Today, after scams, a topic of discussion that merits attention by the media or politicians or activists is pollution. Key to a winning political campaign, often wrongly considered the best topic for debate in any academic institution, critically analyzed for raising TRP on the television, it satisfies one's quest for profound literary knowledge without any brush with a solution or even the will to find one. The need of the hour is awareness but only awareness would not satiate the need. Simple ways in which a common man could and should help to mitigate the menace facing mankind would surely add little drops in the ocean.

To begin with, one should stop wrapping gifts. Just give them with love, they would still be valued. But by saving a wrapping paper, one would save trees. Often a book release involves gleeful tearing off of the shiny colourful cape, only to show the cover which otherwise also is much advertised. Instead, a beautiful handmade cloth can simply be wrapped around the book which can easily be removed and reused till it biodegrades. The endless homework involving chart papers and its flamboyant beautification can be replaced by teaching children how to recycle and reuse paper for their beautiful future. Decorations in the pastry shop or a Mall on Christmas Eve (which would eventually be thrown into the rubbish bin after catching the eyes of a few who make it to the Mall) can be converted into donations of books and stationery to the needy. Indeed, paper should be used for the purpose for which it was converted from its parent tree.

Another grossly misused piece of paper for proving one's identity (which seems to be in crisis, on a lighter note) are visiting cards. How casually we try to thrust our identity on others by shoveling our expensively (in terms of time, money and fuel) designed visiting cards with the impression that the person would keep it with love and care!

We can if we want, refuse the customer's copy printed so unmindfully on the use of any debit or credit card. The transaction would any way reflect on the mobile phone so, why accept a paper copy which would any way find its way in the trash? Customers should consciously deny the copy if not required and sellers should print them only on demand. Writing on the plain side of an old calendar should be encouraged. This would add to the dignity of paper and spare many trees from being felled.

We need to revisit our ancient heritage where nature friendly ways of inscription were used to express one's emotions or thoughts, be it a rock painting, steatite seal, birch-bark, palm-leaves or copper-plates. Besides these, bark, bricks, earthenware, shell, ivory, cloth, etc. were also used as materials for writing, teaching or sharing of thoughts.

As rightly said by an eminent personality, plastic is one of the most wonderful inventions of mankind. It can be reused thousand times instead of depleting resources. It is a bad pollutant, not because of any of its inherent qualities but because of the irresponsible use by human beings. The problem is fixing the responsibility of an individual to use dustbins and keeping the environment clean rather than banning the use of plastic.

We should use blue and green trash bins for segregating our wastes and to generate the much required pure compost but the problem is setting the mind of an individual who is goaded to do so. Solutions are many but will is lacking and every single enlightened being's effort would count in this process.

The existing laws should be strengthened with impact created through exemplary deterrents. This is, no doubt, the need of the hour. Instead of questioning the accountability of the government, let's do our little bit. Digital India and plastic money inevitably are efforts to save endless trees and in addition, increase the efficiency of the process. However, grass root efforts emanating from every house, be it urban or rural, would effectively beat all measures. Trees are not only a natural sink for our ever growing pollutants but also natural safeguards against floods. Preserving them against indiscriminate martyrdom for anthropocentric demands would eventually protect, not Mother Earth, but *Homo sapiens* themselves.

Ms. Sunita Jetly
Associate Professor
Department of Biomedical Science

REDEMPTION

For all the sins she committed,
For all those she neglected,

Thousands of secrets untold,
Well guarded by many folds,
Were freed
By someone too discreet
Possessed by the devils called jealousy and greed.

Misery, pain and all the agony
She caged them behind the bars of mahogany.

She never showed, never did she flaunt
But she knew, she could hear the screams from the haunt.
Her wishes and prayers that no one could grant,
Were the only stunts she put in front.

For the tearless cries and the fearful fights,
She now thrives for the unreachable heights.

Koyel Ray
B. Sc. (H) Biomedical Science
Part I



INTO THE WOODS

Into the woods
It's quiet
A riot of colours
Every sound is a melody
Into the woods
It's crystal clear
Eyes seem dull
Tinged skies are heavenly
Into the woods
Branches spar
Voices go far
Slopes are scarred with falls
Into the woods
The smells are sweet
Everything's discrete
No sign of borders or walls

Into the woods
Gives a chill
Birds on a hill
Distances are relative
Into the woods
Stay forever
In calm or tremor
The walks are sedative
Into the woods
Something's missing
It's you in the woods.

Yukti Khanna
B.Sc. Life Sciences
Part II

पता नहीं क्यों उससे
 बहुत बतियाता हूँ मैं?
 दुनिया भर की बातें
 काम की बातें, बेकाम की बातें
 शास्त्र की बातें, टॉलस्टॉय की बातें
 गाँधी की बातें, तो राम की बातें।
 उसकी बातों का कोई और छोर नहीं, पर
 कोई न कोई मकसद है जरूर।
 ऐसा लगता है जैसे
 सबकुछ जान लेना चाहती है।
 मेरे अंदर जो भी है उसको
 पहचान लेना चाहती है।
 यूँ ही बतियाते कई बार
 ऐसे खामोश हो जाती है जैसे
 यहाँ पर हो ही नहीं
 पर वह होती है, पहले से ज्यादा।
 मुझे सुनती है वह
 गुनती है, तौलती है

अपने छोटे से तराजू पर
 तर्कों की, भावनाओं की बाट से।
 मैं किंचित व्यवस्थित, पर
 बिखर जाता हूँ अक्सर
 उसके मासूम सवालों से,
 निष्पक्ष जवाबों से डरकर।
 सोचता हूँ लपेट लूँ उसे
 अपनी दुनियावी मक्कारी से
 बहका दूँ, फुसला दूँ उसे
 अपनी होशियारी से
 पर कर नहीं पाता,
 चाहकर भी, शायद तभी
 वो मुझसे पूछती है।
 जारी है मेरी अंतरात्मा से
 मेरा संवाद।

Keshav Pratap Singh
 Assistant Professor
 Department of Computer Science

KEDAR AND HIS RIVER

A pouring June morning,
Monster rains in the monsoon-month;
Misery and mordant greyness all around,
Starkly visible for the world to see,
Land of the leopard in utter jeopardy.

The cold air and water,
Warmed by hill-men and women,
Their warmth and generosity seen,
Even in the most punishing circumstances;
Displaying theatrical antitheses,
They remain sedate and spinal.

The muddled multitude of failures and,
Anti-developments
Amidst anti-ecology seizures;
Divulged the inept and decapitated administration
Disclosed the indifference and apathy of the establishment;
Their biased executions and distorted inert reactions,
As the tragedy unfolded.

Why were you silent, Kedar?
Sitting solemn and unmoved,
You were not unloved or bemoaned
Yet you did nothing.
Just standing tall, laughing at the misery
Of your faux devotees and blithe tourists
Your worshippers or
Those pagan seducers and epicurean seductresses.

That morning, a deluge had engulfed the people
Indra's clouds had burst
Vayu's fiery fury invoked
The holy Mandakini in an appropriate rage

Swallowed and gulped everything in her path
The synthetic natural cataclysm
Caused unnatural violent deaths
Induced calamity; claimed thousands
Result:
Untold agony and distress
The spirited existence of the hill folk
Altered by the brisk rage of the revered river.

Unethical structures constructed by the corporate lobbies
And powerful real estate companies
Perturbed notions of growth and
Exasperated greed
Remain unrevised and idempotent
Ideas of the lowest breed.

Same twisted measures destroy
The ecologically fragile hills
Wild rains and tempestuous rivers
Continue serenely
As does the rapacious ventures
Rearing the spectre of the Kedarnath calamity.

Inside your burial vault;
Who buried them Kedar?
Who was the undertaker?
The grave cause of suicidal massacre
Of the men and women who were not to be living
Who were bound to be assassinated
And given a deathless death.
Why Kedar?
Why?

In the aftermath of the catastrophe
I speculate, this was his lesson
The mighty Kedar tried educating us

But it was unlearned and ignored
You will laugh again one day
I am certainly sure
You will still stand staid
And unperturbed at their stabbed inflictions
"They don't know you Kedar, like I do;
No one does"
They never will.

Kedar is silent but
He is not dumb
He won't move
He will speak again
The language we humans don't seem to understand
Our egos will be humbled again
Busted and impaired and broken
We never interpret signs and cues and tokens
We are ghosts who learn not from mistakes but from colossal spectacles
That we brazenly commit over and over again.
We are waiting, Kedar.
Your river will crumple and plunder again.
Mandakini and her sisters will impinge again over her encroachers.
She won't remain quiet.
Neither will you, Kedar.

Kartik Mishra – 'Ghost Particle'
B. Sc. Physical Sciences (Computer Science)
Part I

ζῶ means “to live” and ζωή “life” in Greek. The universe is estimated to be almost 20 billion years old. It is believed that the Earth was formed 4.5 billion years ago, and life on Earth appeared around 4 billion years ago. I am not going to explain about how life came into existence, rather, I would just share my views on life in a philosophical manner.

It is truly said that “Life is to be lived each and every moment.” It is very versatile in nature and has many aspects to it, mainly consisting of happiness and sadness which combine in the most unique manner to balance life.

Speaking of life, it cannot be explained completely without considering death and the main questions we ask about death is how and when we will die. As for me, I want my death to be mysterious which would force others to think again about the bond between life and death. But whenever it comes, surely, I will accept it gracefully.

“For one thing is certain in life: death.”

Life is happiness, it has the sweetness of mint, is as refreshing as water, free as air and smooth as silk. But happiness and sadness go hand in hand. Thus, the mint may become dry, water may be polluted, air be trapped and compressed and silk might have holes.

Problems and failures are not things to be afraid of. We should enjoy the challenges life brings to us every day and even if we fail, we should be proud of facing them and learning from them. They should be enjoyed and celebrated not alone but together. Problem comes in groups, so why stand alone and fight? Face them together, with enthusiasm and have the curiosity to learn from them.

Life is a heterogeneous mixture and is meant to be lived, happiness to be enjoyed, sadness to be shared, problems to be cherished, failures to be learned from and death to be accepted.

So, let's promise to ourselves:

“I choose to make the rest of my life the best of my life.”

Anmol Singh
B.Sc. (H) Zoology
Part I

PATNITOP - THE SILENT ECSTASY

There is a place far, far away from our capital city, hidden somewhere amidst the magnificent mountain ranges of Jammu and Kashmir, in the Udhampur district – Patnitop (originally known as ‘Patan ka Talab’) – a beautiful hill station sheltered on a plateau in the Shivalik range of the Himalayas.

My college mid-semester break had just begun and belonging to a family of wanderers, I couldn’t just sit at home watching Netflix all day, so we packed our bags and headed towards Patnitop.

Wheels screeched and the train stopped at Udhampur station and as I got down, a sense of serenity swept over me... the place was calmer than I had thought it’d be; a clean old railway station with an army base camp nearby and very few people. We booked a taxi upto Patnitop. The excitement was increasing with each passing minute. The roads were silent with a few tea stalls at the corners. It was the month of October and Patnitop was cold enough to make you put on your sweaters!

As we entered Patnitop, I was amazed to see the natural beauty, long stretches of land covered with lush green grass, tall pine and deodar trees, astonishingly beautiful Alpine forests, cool breeze, quiet roads with a few locals selling well designed Pashmina fabrics. We checked into our railways rest house around 10:30 in the morning and noticed that the rest houses were made in the local cottage style. The nearby areas had a few cottages which reminded me of those old English cottages.

Ours was a two-day trip to Patnitop and unlike Shimla, it doesn’t offer you much to see but is less crowded. On our first day, we travelled all the way up to Nathatop, another valley at an altitude of 2711m. The road to the location was very steep and the drive up there was a thrilling one! The beautiful meadows and breathtaking view of the mountains enchant all who visit there. The joy of paragliding and high flying can be experienced from the take-off points at Dwariyai and Nathatop till Kud (landing area). 20 kilometers from Patnitop is Sanasar which has a beautiful lake and also offers a range of activities like paragliding, camping, trekking, abseiling, rock climbing, horse riding and scenic nature walks. It serves as an excellent place for wildlife photographers and adventure seekers.

Next day, we visited all that was around on foot. There is a very old Naag temple carrying an ancient belief of wish fulfilment of the devotees, a market place to buy authentic shawls, bulbul blankets and all winter accessories and an amusement park for children. Walks in the deep woods were the best part of the place.

The best time to visit Patnitop is during winters to see the snowfall and to enjoy activities like ice skating and many more or during peak summers to escape the scorching heat of your city. The main language spoken is Dogri but Hindi is also used. Food is mainly of the typical North Indian style. All kinds of accommodations can be found at Patnitop, ranging from ₹500 to ₹3000 per night. Overall, Patnitop is for those who want to escape the chaos of the cities for a few days to rest in the lap of Nature, for those who seek adventure and enjoy outdoor sports. This is a place to be visited for a memorable, once in a life time experience.

Prarthana Nanda
B. Sc. (H) Botany
Part I

SOLO TRAVELLING



Solo travelling: in search of self! You really never TRAVEL ALONE. The world is full of FRIENDS waiting to get to know you. It not only pushes us out of our comfort zone but also pushes us out of the other's expectations. It lets you explore new cities, exotic food, different cultures, amazing locals and travellers from across the globe, brings you in touch with Nature – mountains, seas, rivers, natural fountains. No mobile phones, hatred or pollution, just peace and you, just you! If you ask me, I was forced to wander, having no one, forced by my nature to keep wandering. It was the only thing I believed in, and the only thing that believed in me. To awaken quite alone in a strange town is one of the pleasantest sensations in the world, it leaves you speechless, then turns you into a storyteller.

Rahul Gaur
B. Sc. Life Sciences
Part III



मैं एक बात पूछूँ

मैं एक बात पूछूँ, तुम बताओगी तो सही
मैं अगर तुम्हें बुलाऊँ, तम आओगी तो सही।
चाहता सबका साथ था पर अब ज़रूरत नहीं
क्योंकि साथ मेरा, तुम निभाओगी तो सही।

मंजिलों के दुर्गम पथ भी तो बड़े अनजान हैं
कोई डर नहीं इनका भले ही हम अज्ञान हैं
साथ चलकर मेरे, मुझे चलाओगी तो सही
मैं एक बात पूछूँ, तुम बताओगी तो सही।

जन्म और मृत्यु के बीच मे दूरियाँ बहुत हैं
मैं इन्हें नहीं मिला सकता, मजबूरियाँ बहुत हैं।
बनकर जीवन इन्हें, तुम मिलाओगी तो सही
मैं एक बात पूछूँ, तुम बताओगी तो सही।

तुम तो धरा हो, भले मैं सुदूर आसमान
और इतनी दूरी के बीच खड़ा ये जहान
पर दूर क्षितिज पर मुझे बुलाओगी तो सही
मैं एक बात पूछूँ, तुम बताओगी तो सही।

मैं चिराग बनकर समस्त अंधकार मिटा दूंगा
समस्त जीवात्म निहित विकार हटा दूंगा।
बनकर चिंगारी इसे, तुम जलाओगी तो सही
मैं एक बात पूछूँ, तुम बताओगी तो सही।

जीवन सुख-दुःख की घटनाओं का सार है,
केवल सुखमयजीवन से सबको प्यार है।
बनकर साकी मुझे, दुख पिलाओगी तो सही
मैं एक बात पूछूँ, तुम बताओगी तो सही।

Vijay Pratap Singh Rajawat
B.Sc. (H) Botany
Part I

अनकही बातें

थोड़ी देर के लिए ठहर जायेंगे
लेकिन वक्त के साथ बदल जायेंगे
थोड़ी सी दिक्कत जरूर होगी
लेकिन फिर से उठ कर खड़े हो जायेंगे।

न इंतजार करेंगे अब
न ही दिल में रखेंगे
लफ्जों में या ख्यालों में कभी आओगे तो
बस थोड़ा-सा मुस्कराएंगे
और भूल जायेंगे।

कभी दिख भी जाओगे तो
एक अच्छे दोस्त की तरह नजर आएंगे
और उस मुलाकात में पुरानी बातें भूल जायेंगे
थोड़ा मुश्किल जरूर होगा
लेकिन साथ में मुस्कराएंगे।

अनकही बातें
Munendra



Munendra Kumar
B.Sc. Life Sciences
Part II

TEARS

Tears are the weapons
Which help us to bear what happens
Through tears our emotions are expressed
They make sure that our feelings
are not suppressed
If you shed tears,
then it does not mean you have fears
But only a human has the ability
to not let his emotions shear.



What you wear does not affect your tears
But your deeds make them reach near
Your tears not only make eyelashes wet
But can also your fears shed.

A need may cause tears
A book may cause tears
But I am sure that your deadly wounds can be easily healed through tears.
Tears have the ability to make anyone's will go weak
There is no way
One can say that he will never shed tears
But all that one can say is
I will not let my tears shear my will.

Purva
B. Sc. (H) Biomedical Science
Part I



Safety Measures and Laboratory Ethics

OpenCon 2018





Eco Club

NESSAND





York University Talk



TARK





Sports Day 2018





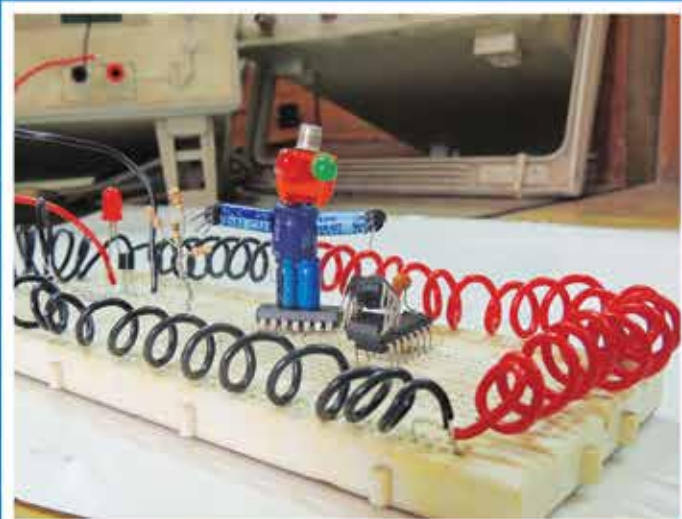
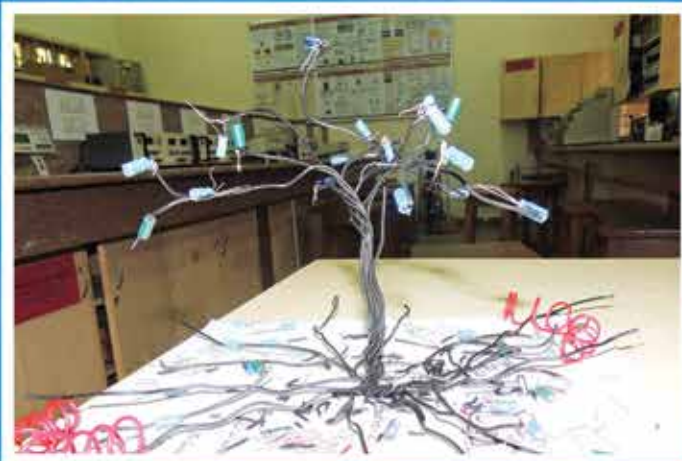


Culmination
of ECPDT





College Activities



Workshops @ ANDC



THE AMAZING POWER OF OUR MIND

Let's compare our mind with the most sophisticated man-made device, THE COMPUTER. It can hold about 250000 pictures, 20000 songs, hundreds of movies. But our mind can perform an estimated ten quadrillion operations per second without you knowing it. Ask yourself right now: what makes your blood flow through your veins with perfect amount of pressure to keep you alive? What's maintaining your body core temperature to a perfect degree to keep you alive? What's doing these 6 trillion things to your 60 trillion cells every single second? It is something called your SUBCONSCIOUS MIND. This is a powerhouse of who you are. Your puppy has it, your cat has it. However, it cannot do one thing. It cannot distinguish between a real event and something you merely think about. It sounds ridiculous. For example, what happens when you have nightmares? You wake up and your heart is pounding, you are sweating. The nightmare existed in your mind, you were not in any danger but your mind didn't know that and your physiology reacted as if the nightmare was actually taking place in reality. Once a study was conducted in England between two groups suffering from degenerative knee disorder. The first group had a surgery design for the scope of the knee and to relieve the symptoms of disorder. The second group, with permission from family, underwent a FAKE SURGERY thinking that it's real surgery. Three main incisions were made but no real surgery was performed. But it's astonishing that both groups reported that the surgery was successful. The trick performed on the second group is known as PLACEBO EFFECT. In fact, researches have shown that 1/3rd of the medical treatment, including surgery, is due to the belief that treatment is going to work. Practically opposite of placebo is NOCEBO EFFECT. The mind, instead of curing the illness, suffers from the Nocebo Effect. That's what hypochondria is. What we observed in the above two examples tell us that whatever we hold in our subconscious mind becomes a reality. This is the principle behind hypnotism.

FREE WILL OF OUR MIND IS JUST AN ILLUSION. Here is a fact which supports this statement. It is a 2-4% chance that you choose what you want to do, you actually make a decision. But 96-98 % you don't, your subconscious mind controls your decision. 96- 98% of the times everything we crave for, desire or act upon, comes from what we hold predominantly in the back of our subconscious mind. Whatever we hold onto is what we are most attracted towards.

Our subconscious mind controls everything but what shapes our subconscious mind? Whatever we feel, smell, taste or see shape it. In his developing years, if a child witnesses an estimated 8000 stimulated murders on TV, these graphic scenes sink in his mind. His extremely intelligent mind perceives such scenes of violence which registers in his subconscious mind. Let's take one more example of the most common topic, GOSSIPING. In order to gossip, you have to hold negative memories and thoughts in your mind. Not only do you witness it but also share it with the person you talk to. In this case, CORTISOL, the stress hormone, is released in the blood which weakens the immune system, inhibits the action of white blood cells which ultimately increases the chances of infections and even promotes weight gain. All these happen because of gossiping and your own thinking. YOU CAN'T GOSSIP WITHOUT HURTING YOURSELF, REMEMBER THIS.

We have 60000 thoughts in a day and the reality is that not only most of these thoughts are the same thoughts we had the day before, but they are negative thoughts, either dwelling on something



bad that happened in the past or a feeling that something bad will happen in the future. In every situation where stress strikes us, CORTISOL IS BEING RELEASED. There is no situation which can cause anxiety but it's your psychological reaction to the situation that can cause you to experience anxiety.

YOU CREATE YOUR ANXIETY, NOT A SITUATION. WHEN YOU TRULY, FUNDAMENTALLY UNDERSTAND THIS TRUTH THAT'S WHEN YOU REALISE THAT YOU CAN CONTROL YOUR ANXIETY NOT THE SITUATION. IT IS ONE OF THE MOST LIBERATING FEELINGS THAT YOU CAN EVER EXPERIENCE.

IF YOU CAN CREATE, YOU CAN TAKE IT AWAY TOO. YOUR THOUGHTS CONTROL YOUR LIFE.
YOU ARE THE CREATOR OF YOUR WORLD.

Choose your thoughts wisely.

DON'T BE FOOLED because every single word that you carry in your mind has vibrational frequency. NEGATIVE WORDS AND INTENTIONS HAVE slower vibrational frequencies and POSITIVE WORDS HAVE HIGHER VIBRATIONAL FREQUENCIES.

Harshita
B. Sc. (H) Biomedical Science
Part I

THE LIVING LEAF

What the rising sun
Shows happily is the
Tender green baby leaf
Filled with dew overnight.

The sun shines brightly
And brings life
Into the leaf and
Makes the dew vanish.

Until then shyly rolled up,
It opens now, to show
The leaf blade with the
Crisscrossing of veins and veinlets.

The sun moves across,
Leaving the living leaf alone
Lonely now, it
Ponders over what next?

Then comes the brave old
Ant, trotting along
The stalk to enjoy a cozy
Sleep, tickling the leaf.

The day moves on
Butterflies and moths
And generations of bees
Come and go, visiting the leaf.

The day ends with
The bright moon
Smiling and singing
A lullaby to eternal sleep.

The next day, the sun
Shines on the new
Dew filled shyly rolled
Living baby leaf.

But it moves across
To see the last day's leaf
Pale and yellow and
Drowning in death.

Once again the day
Passes by, the moon comes
Sings a lullaby for the new
But sadly finds the old withered.

Ashwin Uday
B. Sc. (H) Biomedical Science
Part I



TURTLES AND LIONS

He was an old man
 Small and black and trivial
 And dim and frail.
 Dry, crumpled skin
 Grizzly, misty hair on
 A vegetate, platonic body
 Moving with a stoical, heathen stride
 Containing bloodless, sun baked face
 I see a sea full of chronicles posing
 On a retroflecting face
 A false, putrid hope
 Lionising a buoyant,
 Unbowed dance
 For a weird gothic order
 Virtually chaotic.

Allegedly, he spoke of
 His nights and turtles and
 His sleep; full of ambrosia
 And serenity and calmness
 He'd declare triumphantly
 Dreaming of divine nectar
 And Riviera and booze
 And lions and pride.
 Dreaming of days as old as the
 Stripped sands in an esurient desert
 You could see death and
 Oddity and staleness
 Where old wasn't gold
 And with crystalline clarity that
 Alas! Change is permanent.

He never talked, about
 His days there was nothing

To accomplish or conquer
 Just shallow manoeuvres with
 What was left to do at all
 But he would do something
 With plenitude of affairs
 To desire and dream but, none
 To achieve or to strive for
 Through multitude of failures
 And successes likewise
 He doesn't essay more
 Undertakings. He is
 Above and beyond
 All that there is.

When wide awake, a visibly
 Insouciant, elegant face
 His eyes, yes those eyes
 Twitched with a casual abandon
 Twerked with a nonchalant disregard
 Eyes; the same colour as the
 Deathless abyss of the sea,
 Were cheerful and undefeated,
 Were mordant and dextrous
 Those windows were the
 Epitome of human evolution
 Epithet of sapiens' erosion
 Those were halos of
 An unflawed conjurer
 An illustration of life itself.

Oculus Dexter with its
 Mirror counterpart -
 The sinister, ambles in a
 Strange order, almost chaotic

In Dazzling brightness
And Evangelical sharpness
Solitary hope bejewelled
Those ushers almost like
Lustrous counterpane
Concealing a mythical history
Behind the blue wall of silence,
Beneath a camouflaged portiere
A life replete with inflictions and
Broken hearts and rudimentary desires
After all, a life so well lived.

Though he saw light
At the end of the tunnel
At the end where all lay barren
And violated and ravaged
Though he spoke of hope
And of lions
And of turtles
He spoke not
A word too many
He glimpsed not
A scene too much
Far away from all traps
And ambushes and betrayals
In his own shelled mollusc
Once was an old man.

Kartik Mishra – 'Ghost Particle'
B. Sc. Physical Sciences (Computer Science)
Part I

यादें...

कभी आपको भी तो हमारी याद सताती होगी। हमारी महफिल तो विरान सी लगती है, आपको भी हमारी कमी खलती होगी... दुआ करते हैं कभी हमारे सपने सच हो जाएं, काश हमें फिर से मिलने की वजह मिल जाए...

लगभग एक साल हो गये आपको गये हुए फिर भी एहसास ऐसे है जैसे कल की बात हो। हाँ थोड़ी सी नाराज़गी है आपसे, बिना बताए जो चली गयी, ज़रा सी भनक तक न लगने दी। शिकायत है आपसे पर उससे भी ज्यादा प्यार है, आपके साथ होने का एहसास है। लोगों से सुना है मैंने, अच्छे लोग अगर हमें छोड़ जाते हैं तो वो भले अपनी जिस्मानी सूरत से आजाद हो जाते हैं लेकिन उनकी यादें दिल में हमेशा घर बना लेती हैं।

ऐसी ही कुछ हमारी यादें हैं आपके साथ जिसके बिना दिल का ये घर वीरान सा लगता है। याद है ना, आपको हम पहली बार २०१६ में आनुवंशिकी की कक्षा में मिले थे। शायद आपको याद ना हो, पर मुझे आज भी याद है। आपका ब्यक्तित्व था ही इतना आकर्षक कि कोई भी प्रभावित हो जाए। बालों के ऊपर चश्मा लगाने का अंदाज़ आज भी किसी को देखू तो झट से आपकी याद आती है। आपका ब्यक्तित्व किसी भी इंसान के लिए अब्दुत प्रेणास्रोत है।

आप मेरी जीवन की वह पहली शिक्षिका बनी जिनके लेख में मुझे किताबों की जरूरत महसूस नहीं होने दिया। महाविद्यालय में मैंने आपको एक बेहद सहयोगी और दिलचस्प शिक्षिका के रूप में सराहा वहीं २०१७ के उस कक्षा यात्रा पर मैंने आपके अंदर की माँ को भी महसूस किया। जिस तरह हमारी माँ हमारा ख्याल और चिंता करती है, ठीक उसी प्रकार आपने हमें उस यात्रा पर संभाला। मुझे अब लगता है हमने आपको बहुत परेशान किया था। मैंने आपका, आपके शिक्षक मित्रों के साथ की दोस्ती और गहरे संबंध को भी बहुत निकट से देखा। मैं आज भी बहुत ही आश्चर्य में हूँ कि कोई इंसान व्यक्तित्व में इतना खूबसूरत कैसे हो सकता है !!!

आपके जाने के बाद आपकी वास्तविक खूबसूरती से मेरा रूबरू हुआ। जिस व्यक्तित्व से मैं इतना प्रभावित थी, उसने किसी ना किसी मोड़ पर सभी को प्रभावित किया है। २३ मार्च २०१७ को "आचार्य नरेंद्र देव महाविद्यालय" के वनस्पति विभाग ने अपने एक अनमोल रत्न को खो दिया। इस क्षति को स्वीकार करना आज भी मुश्किल है पर मुझे पता है कि आप भी हमें इतना ही याद करती होंगी जितना हम आपको।

रुखसत हुए आप इस अदा से कि रुत ही बदल गयी है..

थोड़ी और आपकी जुदाई से ज़िंदगी में परेशानियाँ बढ़ गयी है ..

आपके शब्द है याद, अब आप साथी नहीं तो शब्द ही साथ निभाते है.

बस सोचती हूँ यही, कि जिन्हें हम खोना नहीं चाहते वही हमसे क्यूँ दूर चले जाते है....

Rinki Kumari
B.Sc. (H) Botany
Part III

VICTIMS

Amidst every Physics equation,
 there dwells a renowned writer
 whose wings are tied up by the
 agonizing strings of society.

Amidst every chemical reaction, a painter
 who only dreams of creating fine magic
 with that brush.

In every new plant name we mug up,
 there hides a musician
 who can arouse life through the strings
 of his instrument.

The person doing calculus out there is
 actually a wanderer
 ready to give up everything to set himself free.

That Political Science book is often read
 by a 'could be' scientist
 but his parents want him to be a civil servant
 and not an explorer.

Not every History major student wants to be a historian.
 Standing in the Botany lawn, I think of that stethoscope I always wished to wear someday.
 To the guy at the corner, holding a brush seems a lot easier than holding that test tube.
 A potentiometer doesn't excite the dead writer as much as a pen could have.
 We are all captives of each other's mindsets, held by the forces of our own insecurities.
 Futures being decided by people who were themselves the victims of this bar code ritual. In the
 name of experience, we are being fooled by those who themselves got fooled by their elders.
 Little by little, those dreams are becoming fragile and brittle.
 And we are just on the edge of collapsing into a singularity of nothingness.
 O! Set us free from the chains of your frail mentality.
 Give us some air, some sunshine. Along with which, the dreams shall crawl in.
 We were born to shine
 And age like fine wine.



Prarthana Nanda
 B. Sc. (H) Botany
 Part I



WHAT IF GANDHI AND JINNAH HAD SURVIVED...

What if Gandhi had escaped or refused to succumb to the bullet that accounted for his frail body and survived through the fledgling formative years of the nascent Republic? What if debilitating physical ravages had not undone Jinnah in the immediate aftermath of the creation of Pakistan? Would India and Pakistan have evolved differently? A definitive answer would always elude us but attempting to answer this could be interesting, if not rewarding.

Nadine Gordimer's *At the Rendezvous of Victory* could be a relevant reference. It is about a guerilla general who feels neglected and sidelined by his own comrade and now the Prime Minister of the liberated nation after the success of the revolution. The discarded hero – still true to the revolutionary fervour, still a flaming radical – becomes a serious embarrassment. His predicament is acute, his choices getting increasingly limited and his existence turning more and more temporary and intermittent. This finds echoes in real life – like how Che Guevara was done in by Fidel Castro. How about these two gentlemen from Gujarat? What would have been their respective fates?

Unlike Jinnah, who – in case of his survival – would have been at the helm of political affairs in Pakistan, Gandhi would at best have been a moral force, an exalted extension of 'a one man boundary force.' He would not have withered away but tried to influence the course of events in his own way. Whether he would have succeeded or not is a different and an extremely difficult question to answer. Jinnah would have faced tougher questions partly because the promise of a Utopia steeped in sectarianism, tinged with hatred and sustained by deep-seated antipathy towards India would not have materialised anytime soon; and partly because his quintessentially constitutionalist convictions would have faced rough weather in a Pakistan that was insufficiently imagined.

One could argue about Gandhi that he would have tried to solve the communal tangle. During the freedom struggle, he addressed the question of caste and brought it to the forefront of the national consciousness and imagination. However, the communal question remained a knotty problem. The failure of the Congress in mobilising the Muslim masses during the freedom struggle and the unfortunate reliance on Muslim leaders of limited reach and unproven credentials left the field wide open for the Muslim League to wean them away, culminating in the tragic partition of India. Gandhi was acutely conscious of his failure. Had he survived, he would have taken the problem head on. With an impeccably secular Nehru as premier, Gandhi would have strengthened his hands even more.

One area where he might have differed from Nehru is the emphasis on primary education. While Nehru made right noises about it, his heart was more into higher questions. The IITs are a shining example of this commitment and vision. However, the neglect of primary education became an Achilles' heel which still continues to hobble India. Gandhian emphasis on primary education and vocational education might have contributed to the making of a more literate and more skilled India. It is again possible to argue that while reconciling himself with Nehruvian 'temples of modern India', he would have continued to fight for a more genuinely decentralised model of development, rooted not so much in greed but in needs, at peace with ecology and the native genius of people. Gandhi was much more than the aggregation of his fads. Much has been written about his outright opposition to technology which is not exactly a convincing narrative. He was opposed to technicism

and technocracy where technology threatens to become the final arbiter of human ventures relegating human scale and imagination to the background. In the context of independent India, he would have pushed for what is today called MSMEs. It would be worth recalling how newly liberated nations like Korea did wonders using a skilled workforce and appropriate technology.

For sure, he would have addressed the question of women's empowerment but minus the jargons and cacophony. May be, a nationwide yatra – given his fondness for reaching out – would have appealed to his sensibilities. May be he would have been given a short shrift by powers that be but he would have soldiered on. And if frustrated and cold shouldered, he would have created a movement using ahimsa and satyagraha that would have shown a mirror to the party in power.

In Pakistan, Jinnah at the helm would have faced tougher choices. As Pakistan meant different things to different people, this multiplicity of meanings would have complicated his task. His commitment to secularism would have faced extremely rough weather with Pakistan coming into being as a sacred homeland for the Muslims of the subcontinent. In all likelihood, Jinnah would have tried to give a capacious constitution to Pakistan rooted in the rule of law and not in the caprices of theocracy. But he would have found it an impossible task. The likes of Maudidi would have had him running for cover. His sense of unease would have been accentuated mainly because of the discrepancy between who he was (a liberal constitutionalist) and what he sought to be (the champion of a theocratic state).

It is possible to argue that both Gandhi and Jinnah in their respective countries would have felt isolated, alone, solitary, cutting a forlorn figure. Both would have sought to translate their vision into action but given the impossible imponderables, would have faced opposition from the emerging and embedded status quo. This is what predicament is. It is how meltdown happens.

But Gandhi would not have given up. I feel like quoting Aime Cesaire to pay tribute to Gandhi...

For it is not true that the work of man is finished

That we have nothing more to do in the world....

For the work of man is only just beginning and it remains to conquer all,

The violence entrenched in the recess of his passion,

And no race holds a monopoly of beauty, of intelligence, of strength, and

There is a place for all at the Rendezvous of Victory.

*Dr. Subhash Kumar
Assistant Professor
Department of Physics*



CRUSHED PEARLS

In a world full of happiness
There exist corners of poverty,
In the cozy winter mornings
Some are still fighting for what's left of their property.
In a world where we talk about equality
There exist young girls who still lack their fundamental right to education
In the manipulated vision of 'Freedom',
This is all that's left of our nation.
In the world of lousy mornings, and late night parties
There exists a wall beyond which girls lack basic facilities
In a world where we talk about women's empowerment,
There exists a father who shoves off his girl to the pit of darkness,
Pushes her off the cliff, to what could have been a beautiful life
She falls, shouts, seeks for help. Ah! That shrillness!
Pretty girl, unaware of what she will be facing
Sets foot in the vicious world, ready for racing
That young pretty girl, with all her innocence
Is found doing petty jobs, losing all her essence
In a world where the smoke of cigars
Kill what once was an innocent heart
There still exist slums where the mornings are
Spent rolling up cigarettes, tobacco leaves and filling up the carts.
The smoke of the virtually ideal world
Smother the lives of young girls.
What once was considered priceless
Is now crushed down to beads of pearls.

Koyel Ray
B.Sc. (H) Biomedical Science
Part I

This poem got the third prize at the Creative Writing Competition
organized by Sashakt on November 1, 2017

सपनों की आवाज़

माँगी थी माँ ने कुदरत से बेटी,
पर कर दी कायनात ने एक शैतानी।
दिया दान दया का लेकिन, शायद,
किस्मत में ही नहीं है मेरे बनना रानी॥
मैं देख रही न जाने कितने सपने,
पर सामने है वही गरीबी की दुःख भरी कहानी।
लाख कर रही मैं जतन मगर,
मिटा फिर भी नहीं पा रही सबकी परेशानी॥
बीड़ी, सिगरेट के दीवाने अमीर,
पर यही बनी मेरी गरीबी की निशानी।
साथ में है मेरे मासी, माँ, नीरजा,
है हाथ में पत्ते और मसालेदानी॥
धुआँ-धुँआ उड़ रही ज़िंदगी,
ऐसे ही न जाने कितने सपनों ने दी कुर्बानी।
किन्तु अभी तक बनी है हिम्मत,
होती मुझे बस यही हैरानी॥
गरीबी ने सपने उजाड़े कई,
सामने माना है परेशानी।
पढ़-लिखकर, हिम्मत रखकर भी,
मुझे अपनी एक अलग पहचान बनानी॥

Diksha Tiwari
B.Sc. (H) Botany
Part I

This poem got the Second Prize at the Creative Writing Competition organized by Sashakt on November 1, 2017.

MENTAL HEALTH AWARENESS SURVEY

Presently, we are inhabiting a physically conscious age where we obediently keep track of the calories we ingest and burn but unfortunately we forget to oversee our own mental health. We are aware of the Latin phrase, “mens sana in corpore sano”, meaning “a healthy mind in a healthy body”; but the converse is also true! Only when we possess a sound mind, can a healthy well-functioning body exist.

According to the World Health Organisation, around 20% of the world's children and adolescents have mental disorders or problems and about half of the mental health disorders begin before the age of 14. This is a statistic that must prick our ears. Thus, realising the severity of the situation, Insight conducted a mental health awareness survey in the college to gather data on how well we understand the gravity of the situation.

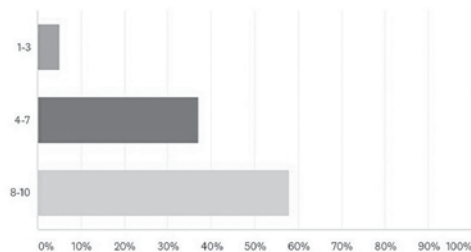
This survey was conducted online among the students of the college and the information we inferred was that, though people are aware that psychological problems exist and seeking medical help is good and acceptable but when the situation requires them to act, they take a step backwards. 55% of our respondents accepted that they know someone who is suffering from a mental health issue while only 30% responded in the affirmative about actually going out and seeking professional help. While, in this age of information, awareness hasn't remained a gigantic hurdle, overcoming the general taboo and stigma attached to psychological issues really need to be worked upon. More than the awareness part, as a society, we need to form a favourable perception among the general masses regarding these issues and overcome the taboos. The hesitation is the monster we have among us and we must decimate it.

“Change the way we all talk to each other about our mental health.” - Kate Middleton

Q1

If you were to rate your mental health score on a scale of 10, it would be:

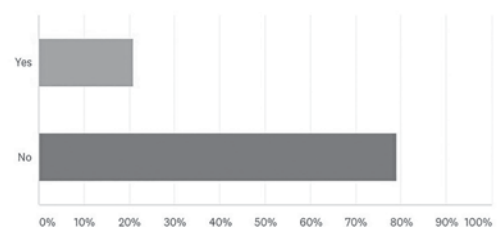
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Q2

Did you know that Mental Health Awareness week is celebrated every year in October?

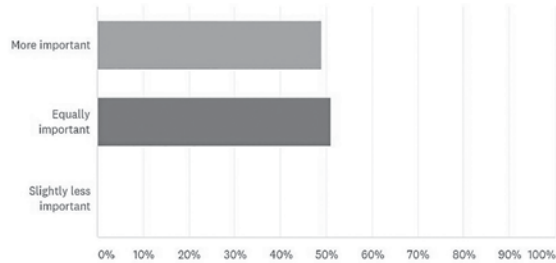
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Q3

In your opinion, how important is mental health compared to physical health?

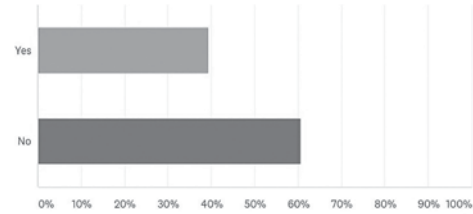
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Q4

Have you ever faced any kind of problems related to mental health?

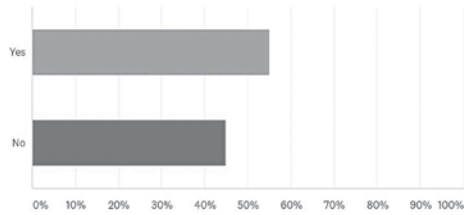
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Q5

Do you know someone in your circle who has undergone/undergoing mental health related issue?

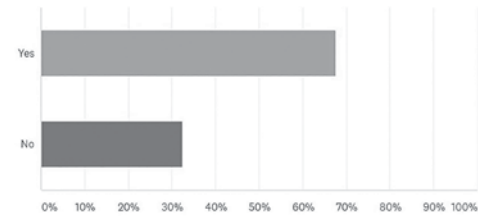
Answered: 100 Skipped: 0



Q6

When you're stressed, do you discuss your problems with someone close to you?

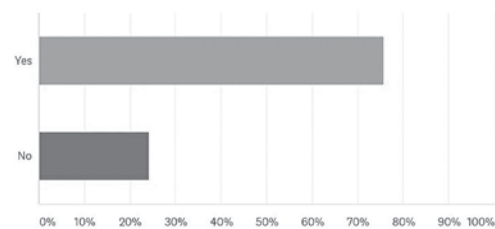
Answered: 99 Skipped: 1



Q7

Do you think seeking medical/professional help is a solution?

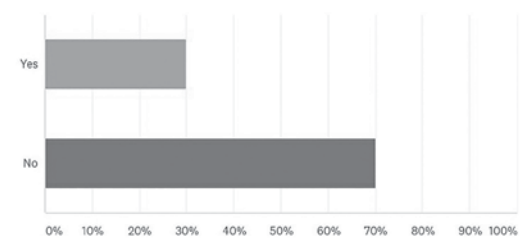
Answered: 99 Skipped: 1



Q8

Have you or someone you know, sought professional help for good mental health?

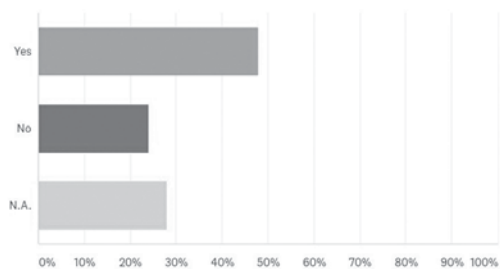
Answered: 100 Skipped: 0



Q9

Do you know that a counsellor/psychologist visits the college every week? If yes, do you feel comfortable in approaching her?

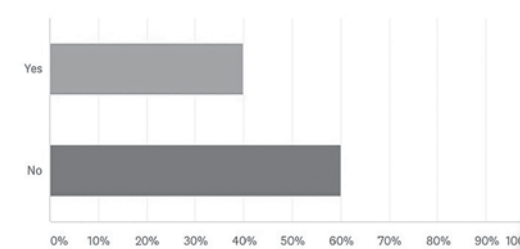
Answered: 100 Skipped: 0



Q10

Do you know anyone of your age who has suffered/suffers from anxiety attacks very often?

Answered: 100 Skipped: 0



THE WOES OF WOMEN

"Maa, Maa, Maa!" I shouted. She was nowhere to be found. I woke up from my cot and itched my right knee. The mosquitoes had bitten me again.

"Look at you! Do you know what time it is now? Get up!" cried Rupa. Her hair smelled like the cheap soap which we had stolen from the garbage last week. She grabbed my shoulders and took me outside. She shoved the bucket of cold water towards me and started bathing me. "It's cold", I cried. Rupa could be mean sometimes. She would always make me get up on time and force me to take a bath so that I could accompany my family to work and when I would complain to Maa, she would just say, "Listen to your sister". "Where is Maa?", I asked as Rupa dried me and threw clothes on my body. "She has gone to drop Babu to school", replied Rupa.

"School. When will I go to school?"

Rupa kept quiet.

"Tell me! Tell me! Tell me!" I yelled.

Rupa hit me.

It was the same story everyday. While Babu went happily to school, I, Rupa and Maa went to Thakur's house. While Babu played with his friends, my only companion was the bucket full of phenyl and the dirty rag with which I wiped their house. While Babu returned with colours and ink splashed on his shirt and face, I returned home with water and dirt on my clothes and hands.

After bathing, we went to take the blessings of Baba. He was working in the fields as usual.

"Baba! I want to go to school", I said.

"School? That's only for boys, my child. You are so naïve". Then he picked me up and kissed my cheek. He patted Rupa on the head.

"Rupa, my child. Today, the groom's family is coming to see you. Make sure that you clean yourself up properly in the evening".

"Yes, father", replied Rupa.

During our walk to Thakur's house, I kept quiet. Usually, I am very chatty but I knew something was disturbing Rupa. I didn't dare to look at her. Maybe Rupa had realised that her hair actually smelt terrible was what I wanted the reason to be. But I knew what actually was happening. As I faced her, I could see tears glistening in her eyes. Rupa had always been a good daughter, always obeyed Baba and Maa, looked after Babu and me, did all her household chores, worked diligently at Thakur's house, but still her parents were punishing her. She was just twelve years old and soon she would be married to the forty-three year old shopkeeper who had eyed her lustfully when we were crossing his shop. I found it demeaning and Rupa had cried her eyes out, but the shopkeeper's disturbing behaviour seemed very pleasing to Baba and so he fixed her marriage with him.

We reached Thakur's place, I saw Maa brooming the verandah. Rupa picked up two brooms and handed one to me. As I started to broom, I glanced stealthily at my mother. She was a stern woman. Wrinkles were etched on her face and her dark black hair was almost covered with grey hair. Time had played a dirty joke on her.

Just then, Thakur entered. I knew he had come to take away Maa as usual. I didn't know the reason. Rupa says that Thakur calls Maa to clean his room. But if so, why the need to close the door?

"Rupa", called Thakur. "I will be needing your services today".

"No!" cried Maa, "No, please. Don't do that to my sweet child".

Thakur was adamant. He grabbed Rupa by her hair. Rupa's face went blank. I thought she would shout but she didn't.

I grabbed a stone and threw it at Thakur's head. "Oh! Sweet Lord!" He cried and fell on the floor. I grabbed a stick and started hitting him with it. At first, Rupa was stunned but then followed. We beat him till he was bleeding.

"What have you done?" cried Maa. Her face went white.

"Society doesn't do anything for women. It's time we women came together and did something for ourselves".

Rupa and I held hands. Maa smiled.

Moral: It's time that all of us came together and built a better society - a society where women can stand together with men, where both men and women earn equal wages, have equal rights and opportunities.

Barsha Changkakoti
B.Sc. (H) Botany
Part I

This story got the First Prize at the Creative Writing Competition organized by Sashakt on November 1, 2017.

माँ का प्यार

आँचल में छिपाकर रखा मुझे,
पलकों पर बिठाकर रखा मुझे।
उस जैसा कोई न मिला मुझे,
आँचल में छिपाकर रखा मुझे॥

माँ जैसा कोई न होगा कभी,
करते हैं जिसको प्यार सभी।
रिस्ता जिससे अटूट सही,
माँ जैसा कोई न होगा कभी॥

दिन-रात वो जागा करती है,
अपने बच्चों की रक्षा करती है।

लौरी जिसकी मनभावक है,
आँचल जिसका मनभावक है।
खुद भूखा रहकर भी,
वो मुझको खिलाया करती है॥

वो घर नहीं खंडहर है,
जिसमे माँ का है प्यार नहीं
प्यार है जिसका अटूट सही,
माँ जैसा कोई न होगा कभी॥

Rajkamal
B.Sc. (Hons) Chemistry
Part II



अपना जहां

वक्त ने ऐसी करवट ली साहेब
 आज फिर से सूरज की किरणें पड़ी
 कुछ के चेहरे पर मुस्कान थी
 तो कुछ के लिए आम दिन
 कुछ खिलौनों में बचपन ढूंढ रहे थे
 तो कुछ फिर से कूड़े में अपना जहां।।
 कदमों में दुःख था
 तो चेहरे पर मुस्कान
 कभी कांटों से गुजरे
 तो कभी पत्थरों से
 न मुड़ कर देखा
 न रुके, बस गलियों
 में भटके।।
 कुछ को रोशनी मिलीं
 तो कुछ को अंधेरा
 कुछ को जीने की आशा मिली
 तो कुछ को फिर से घटना।।
 सपने उन्होंने भी देखें है, साहेब
 बस सहारे की जरूरत है
 उड़ने की तमन्ना उनकी भी है
 बस पंखों की जरूरत है।।
 कोई लौटा दे
 उनका छोटा सा जहां
 तो कोई दे दें
 अपने हिस्से का थोड़ा सा प्यार
 शायद कुछ चेहरे उसी
 में देख ले अपना जहां।

Munendra Kumar
 B.Sc. Life Sciences
 Part II

ऐ मेहनत बस तुझसे यारी है मेरी

लिख दिया क्या लकीरों में,
मुझे पढ़ना नहीं आता।
तेरी इन मुश्किलों से,
मुझे डरना नहीं आता।

बस इतना हौसला दे दे,
कभी ना पाँव यह फिसले।
जिंदगी अगर ये संघर्ष है,
तो कभी ना संघर्ष ये छूटे।
ऐ मेहनत बस तुझसे यारी है मेरी।

जो सपना देखा बचपन में,
वह सच कर दिया तुमने,
उठा के नरक से मुझको,
रख दिया आसमां पे तूने।
ऐ मेहनत बस तुझसे यारी है मेरी।

मिलते थे ताने मुझको,
इस बेदर्द दुनिया से,
बड़ी मुश्किल ये राहें थी मेरी,
आसान कर दिया तूने,
ऐ मेहनत बस तुझसे यारी है मेरी।

संघर्ष ही मुकद्दर है बस मेरा,
सिखा दिया तुमने,
जीतूँगा एक दिन यह दुनिया,
साथ में है जो तू मेरे,
ऐ मेहनत बस तुझसे यारी है मेरी।

Dilkush Yadav
B.Sc. (H) Physics
Part II



EDITORS' SPEAK



I love to read and write but mostly music is the thing that keeps me going. I'm interested in creative writing and debating. Simple things in life make me happy and so does food.

Asutosh Tiwary
B.Sc. (H) Zoology, Part I



महाविद्यालय की पत्रिका में सम्पादकीय मण्डल का सदस्य बनकर काम करना सौभाग्यपूर्ण रहा। प्रतिभाशाली सहपाठियों की रचनाओं को पढ़ने, समझने और सम्पादन का जो अवसर मुझे प्राप्त हुआ उसने मेरी साहित्यिक समझ को और विकसित किया। 'इनसाइट' पत्रिका महाविद्यालय के काव्य-कला प्रेमियों के लिए एक अवसर बनकर सामने आ रही है।

Shivam Mishra
B.Sc. (H) Chemistry, Part III



भावों को लेखन में उतारना ही एक कवि और लेखक की स्मृति को दर्शाता है। सबसे उपर्युक्त तथ्य होता है जब कोई लेखक अथवा कवि की कृतियों का संपादन करता है। आचार्य नरेन्द्र देव महाविद्यालय इस क्षेत्र में महत्वपूर्ण भूमिका निभाता है। मैं बहुत गौरव महसूस करता हूँ कि मैं यहाँ की संपादन पत्रिका का सदस्य हूँ।

Rajkamal
B.Sc. (H) Chemistry, Part II



This is my first year as a member of the Editorial Board and it has been a good experience for a newbie like me. I have always been interested in literature. Reading other people's prose and poetry is a hobby of mine and I like it as much as I like composing one myself. Hence, joining this committee helped me to satisfy my curiosity by finding adventure through others' stories.

Koyel Ray
B.Sc. (H) Biomedical Science, Part I



साहित्य एक प्रकार की कला है और कला एक प्रकार का जीवन है। कुछ लोग जीवन रूपी साहित्य से कार्य करके सीखते हैं और कुछ लोग सीख कर कार्य करते हैं। सम्पादकीय मण्डल का सदस्य बनकर, प्रतिभाशाली सहपाठियों की रचनाओं को पढ़ने व समझने और सम्पादन का अवसर प्राप्त हुआ। साथ ही अपने सहसंपादकों की सहभागिता एवं सम्पादकीय निर्णायक समिति के सहयोग से मेरी साहित्यिक समझ में सुधार हुआ। 'इनसाइट' पत्रिका महाविद्यालय में काव्य-कला प्रेमियों के लिए 'प्रथम द्वार' है।

Maneesh Kumar
B.Sc. (H) Electronics, Part III
Editor-in-Chief (Hindi)



I like to read people's mind but words intrigue me more than anything else. Words aren't just a medium of expression for me; they're rather a source of liberation.

Sakshi Saraswat
B.Sc. (H) Zoology, Part II



With no prior experience at editing, I began a journey last summer that I would really like to continue. Working on the editorial team of Insight has taught me to value others' time, respect commitments, adjust, give principles the preference and be open to criticism. Before anything else, we had to collect literary pieces and that itself was a Herculean task; convincing people isn't a piece of lemon pie! Among the many wonderful pieces that students sent, some made me cringe but most others helped me expand.

Editing is and always will be a work in progress and it is exactly what everybody wishes for, isn't it? I had a rainbow experience reading etchings by someone very different from me and this fortified in me a belief that thoughts and meanings are infinite and consist of myriad colours.

Kartik Mishra

B.Sc. Physical Sciences (Computer Science), Part I



कहते हैं, साहित्य समाज का दर्शन है उसको प्रयोगात्मक रूप से जानने का अवसर सम्पादकीय मंडल का सदस्य बनकर मिला।

साहित्य, भाषण का संगीत और धुन होता है।

अनन्त: आप लोगों से यही निवेदन करना चाहूँगा कि कृप्या लिखना न छोड़े।

Ramanand Sharma

B.Sc. (H) Electronics, Part III



"I have hated words and I have loved them, and I hope I've made them right."

There's nothing I like more than reading and writing and working as a member of the Editorial Board has given me ample opportunities to hone both these skills. It'll be hard to leave!

Shrutika Jha

B.Sc. (H) Biomedical Science, Part III

Editor-in-Chief (English)



It's always a great learning experience, being a part of insight magazine, working with such skilled and knowledgeable people around me has helped me in having Insight in my own life too. The articles I stumbled upon and read gave me such a pleasurable experience seeing other students write so well mostly having no formal training makes me a better writer myself too.

Akash Gupta

B.Sc. (H) Physics, Part III



To have been exposed to a plethora of themes, all born in the minds of our fellow college students and concocted into articles, poems and stories by them, was an experience as profound as it was challenging in its own way. Seeing them actually voicing their feelings and opinions through words to be heard and leave a mark was something very inspiring. Getting the opportunity to polish and refine their raw piece was truly an honour that I'm very humbled to have received.

Aastha Sachdeva

B.Sc. Life Sciences, Part III



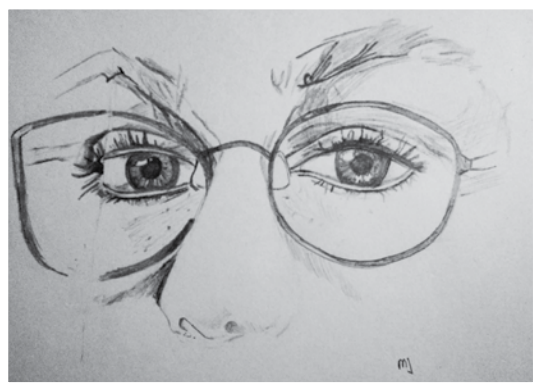
CREATIVE CORNER



Sketch by Surbhi Singh
B.Sc. (H) Zoology, Part I



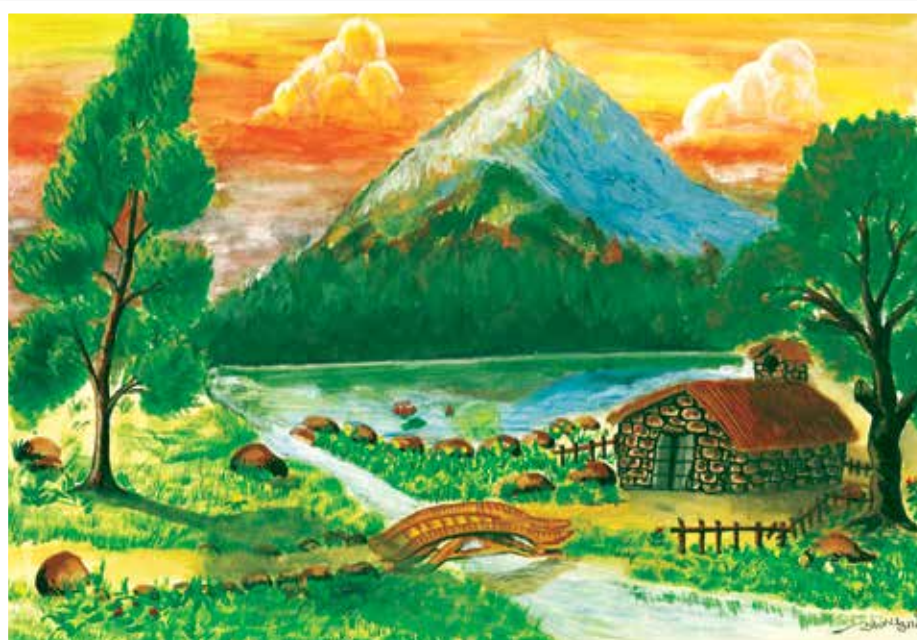
Sketch by Nayan Das
B. Sc. Physical Sciences (Computer Science), Part II



Sketch by Muskan Jindal
B.Sc. (H) Biomedical Science, Part I



Sketch by Sridevi
B.Sc. Physical Sciences (Chemistry), Part III



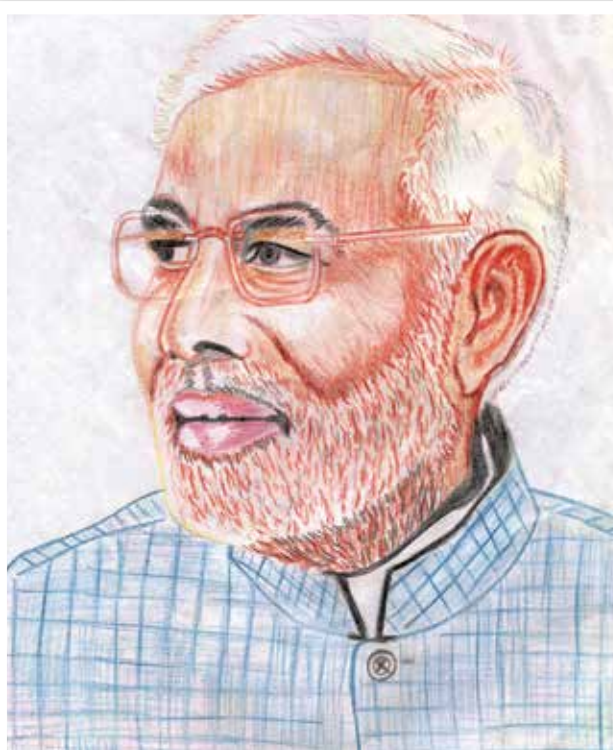
All 3 Paintings by Ajay Yadav
B.Sc. (H) Physics, Part III



Photo by Gaurav Aggarwal
B.Sc. (H) Biomedical Science, Part II



Photo by Senjuti Sengupta
B.Sc. (H) Zoology, Part II



Sketch by Sridevi
B.Sc. Physical Sciences (Chemistry), Part III

College Activities





Youth
Parliament

Student's
Elections





ANDC TEACHING STAFF



ANDC NON-TEACHING STAFF

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