

# The Digital Spectrum S. G. Govt. Degree College Doongi

www.gdcdooongi.ac.in



Established in 2019
Affiliated to University of Jammu

"Education opens doors to opportunities and transforms potential into achievement"



Prof. (Dr.) Jaipal Singh
Patron

### **Teaching Faculty**



Prof. Ahsan Ahmed Wani Department of Economics



Prof. Kajal Samyal Department of Dogri



Prof. Samina Khan Department of English

### **Non-Teaching Faculty**



Mr. Shokit Hussain Lab Assistant



Mr. Ashish Kumar Account Assistant



Mr. Manzoor Hussain Sr. Assistant



Mr. Satish Kumar Orderly













### Rajeev Rai Bhatnagar



Advisor to Lt. Governor Jammu & Kashmir

D.O. No. <u>Ps/Adv(B)/319/202</u> Dated <u>31/08/2024</u>.

### Message

I am delighted to address the upcoming e-publication of "The Digital Spectrum" by S.G. Govt. Degree College Doongi. This magazine is a shining example of the vibrant academic and extracurricular landscape of your esteemed institution.

It is inspiring to witness the dedication, creativity, and scholarly pursuits of your faculty and students, beautifully captured through their insightful articles and diverse contributions. "The Digital Spectrum" stands as a testament to your college's unwavering commitment to fostering intellectual growth, creativity, and academic excellence.

It not only highlights the achievements and innovations within your community but also serves as a platform for intellectual and artistic expression. Such initiatives are crucial in nurturing a well-rounded educational experience and promoting a culture of continuous learning and exploration.

I extend my heartfelt congratulations and best wishes for the success of this edition. May "The Digital Spectrum" continue to inspire, engage, and reflect the true spirit of your institution.

(Raveej Rai Bhatnagar)





Principal Secretary to the Government Higher Education Department Civil Secretariat, Jammu/Srinagar Phone No:0191-2542880, 0194-2506062.

### **Message**

I am delighted to address the forthcoming e-publication of "The Digital Spectrum," a remarkable initiative by Shaheed Ghanisham Government Degree College Doongi. This magazine reflects the vibrant academic culture and dynamic spirit of your institution, capturing the essence of both curricular and co-curricular activities. It is truly inspiring to see dedication and creativity of your faculty and students coming to life through insightful articles and diverse contributions.

"The Digital Spectrum" not only serves as a platform for intellectual expression but also as testament to the collective efforts of academic community. This e-publication will undoubtedly leave a lasting impression on its readers, fostering a deeper appreciation for talents and endeavors within your college.

I extend my best wishes to Principal, Staff and Students of the college on this occasion. May "The Digital Spectrum" inspire and engage, reflecting the true spirit of learning and collaboration.

Alok Kumar (IRS)



### UNIVERSITY OF JAMMU

JAMMU - 180 006 (INDIA)

(NAAC Accredited A' University)

Prof. Umesh Rai FNASC, Vice Chancellor



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### MESSAGE

I am pleased to know that S.G. Govt. Degree College Doongi is bringing out the maiden edition of the College e-magazine "The Digital Spectrum" on the College website.

This magazine is a testament to the vibrant academic and extracurricular life of your institution, showcasing the dedication and creativity of the faculty and students through insightful articles and diverse contributions. It reflects the essence of the college's commitment to fostering intellectual growth, creativity, and excellence.

I extend my heartfelt best wishes for the success of this edition and hope it continues to inspire and engage the entire college community.

Prof. Umesh Ra





Abdul Majid Bhat Director Finance Higher Education Department

### Message

I am delighted to extend my heartfelt congratulations to S.G. Govt. Degree College Doongi on the release of its maiden issue of the e-magazine, "The Digital Spectrum."

This milestone is a testament to the hard work, dedication, and innovative spirit of the college's faculty, staff, and students. In an era where digital platforms play a crucial role in education and communication, the launch of "The Digital Spectrum" marks a significant step forward in fostering creativity, knowledge sharing, and academic excellence within our community.

I am confident that this e-magazine will serve as an invaluable platform for showcasing the talents and achievements of the college's students and staff, and will contribute to the enrichment of our district's educational landscape.

Once again, congratulations to everyone involved in this remarkable achievement. I look forward to reading the inspiring articles and stories that "The Digital Spectrum" will undoubtedly feature. Best wishes for continued success.

Abdul Major Byde





Sh. OM Parkash Bhagat (JKAS) District Development Commissioner Rajouri

### Message

It gives me immense pleasure to extend my sincere greetings to S.G. Govt. Degree College Doongi on the release of its inaugural e-magazine, "The Digital Spectrum."

In today's digital era, where online platforms play a crucial role in education and communication, the launch of "The Digital Spectrum" signifies an important advancement in fostering innovation, knowledge dissemination, and academic excellence within our community. This milestone is a testament to the College's dedication, creativity, and the hard work of its faculty, staff, and students.

I am certain that this e-magazine will serve as a wonderful platform for highlighting the talents and accomplishments of the College's students and staff, enriching the educational fabric of our district.

Congratulations once again to everyone involved in this significant achievement. I eagerly anticipate exploring the inspiring articles and stories featured in "The Digital Spectrum."

Om Prakash Bhagat (JKAS) Deputy Commissioner Rajouri





Prof. (Dr) Jaipal Singh Principal

From Principal's Desk

Dear Students, Faculty and Esteemed Readers,

It is indeed a matter of great pleasure and pride for our institution that Shaheed Ghanisham Government Degree College, Doongi, Rajouri, is launching its maiden e-magazine, "The Digital Spectrum". This initiative marks a significant milestone as we embrace the digital age and promote e-learning making efficient use of our resources and infrastructure.

Since our establishment in the year 2019 in a make shift building at GGHSS Sasalkote, Doongi, we have made considerable strides till date, in a short span of time, under the Choice-Based Credit System (CBCS) and NEP 2020. The academic year 2022-23 was particularly noteworthy with the implementation of the National Education Policy (NEP) 2020. This progressive policy has been instrumental in shaping our academic framework and aligns with the Skill India initiative under the PM Vision @2047, emphasizing the importance of equipping students with practical skills.

Our commitment to holistic education in accordance with our vision and mission is further supported by various clubs and activities, including the Eco Club, NSS, Sports Club, Cultural Club and Red Ribbon Club. These initiatives foster personal growth and community involvement, enriching the educational experience beyond the classroom. Our academics is strengthening day by day with the highly dedicated and experienced faculty and supportive staff. This year our third UG pass out Batch will leave the college to serve the nation in future with its knowledge and wisdom. The launch of our e-magazine is a testament to our ongoing efforts to enhance educational practices and embrace modern technology to equip youth with the modern skill. We are confident that this digital platform will serve the purpose and work as a valuable resource for students and faculty alike.

I extend my heartiest thanks to every individual involved in this endeavour and look forward to strengthening our journey of excellence, innovation and innovative skills for skilling India.

Warm regards,
Prof. (Dr) Jaipal Singh
Principal









Prof. Ahsan Ahmed Wani C0-ordinator, IQAC

Message

### Dear Readers,

It is with great pleasure that I extend my warmest greetings to all of you as we present the latest edition of our college e-magazine, The Digital Spectrum. This platform is a reflection of the vibrant academic and creative spirit that thrives within our institution.

The Internal Quality Assurance Cell (IQAC) is committed to fostering an environment of continuous improvement, innovation, and excellence in education. We believe that quality is not just a goal but an ongoing journey that involves every member of our college community—students, faculty, and staff alike.

In this issue, you will find a diverse range of articles, poems, and stories that showcase the talent and insights of our students and faculty. The themes explored within these pages reflect not only the intellectual curiosity that we encourage but also the social consciousness that we hope to instill in our students.

I would like to take this opportunity to thank all the contributors who have made this edition possible. Your dedication and creativity are truly inspiring. I also extend my gratitude to the editorial team for their hard work and commitment to bringing this publication to life.

As we continue to navigate the challenges and opportunities of the modern world, let us remember that quality education is the cornerstone of our success. Together, let us strive to maintain the high standards that define our college and continue to push the boundaries of knowledge and creativity.

With warm regards, Prof. Ahsan Ahmed Wani





Samina Khan Editor-in-chief

Message

Dear Readers,

It gives me immense pleasure to present the maiden issue of our college magazine, "The Digital Spectrum." Despite starting in a temporary setup at High Secondary School Doongi, our college is steadily advancing towards academic excellence each day.

I would like to express my deepest gratitude to our Principal, Prof. (Dr.) Jaipal Singh, for his enthusiastic support for the online publication of this e-magazine. It is under his esteemed guidance that this e-magazine has come to fruition. His leadership has been instrumental in our college's success not only in academics but also in various curricular and co-curricular activities.

I would also like to extend my appreciation to my fellow editors: Dr. Anuradha (Punjabi Section), Prof. Kajal Samyal (Dogri Section), Dr. Khalid Hussain (Urdu Section) & Ms. Sanjogita Kumari (Hindi Section) Their significant contributions have been vital to this publication. Additionally, I am grateful to all the faculty members and students who submitted articles and write-ups.

It is truly encouraging to see the remarkable articles contributed by the students of S. G. Govt. Degree College Doongi. This collection of literary pieces, akin to a bouquet of diverse flowers, includes poems and articles on various topics. "The Digital Spectrum" aims to offer a platform for aspiring poets and to foster analytical and logical thinking among students, equipping them for a brighter academic and professional future.

The primary objective of this online publication is to identify and nurture literary talent within our student body. We hope that we have made some progress towards this goal. It is our aspiration that "The Digital Spectrum," now featuring five language sections in its debut edition, will continue to be published in the coming years and will become a cherished literary resource for our students.

Happy Reading to you all!

Samina Khan Editor-in-chief







### Union Territory of Jammu & Kashmir Office of the Divisional Commissioner, Jammu (Rail Head Complex, Jammu) (0191-2478991, 2478999, Fax-2478997, e-mail: divcomjammu@gmail.com

Transfer of State land measuring 75 Kls 07 Mls bearing Khasra Nos. 165 min situated at Subject: village Sasalkote, Tehsil and District Rajouri, in favour of Higher Education Department for establishment of Government Degree College at Doongi (Rajouri).

I. HE/Plan/GDC-Sasalkote/2018 dated 22.01.2018 of Higher Education Department.

II. DCR/SQ/3275-82 dated 12.02.2018, DCR/2020-21/SQ/2087-90 dated 21.10.2021 and DCR/2023-24/SQ/55 dated 07.06.2023 of Deputy Commissioner, Rajouri.

III. Govt. Order No. 30-Rev(S) of 2019 dated 05-03-2019.

Order No: 83 - LS/DIVCOM (J) of 2023 Dated: 11.09.2023

Sanction is hereby accorded for the transfer of State land measuring 75 Kanal 07 Marla bearing Khasra Nos. 165 min situated at village Sasalkote, Tehsil and District Rajouri, in favour of Higher Education Department for establishment of Government Degree College at Doongi (Rajouri), subject to the following conditions:-

1. That the land shall only be used for the purpose for which the sanction of transfer has

2. That the transfer of State land shall be put to use after obtaining necessary permission (as it may be required) from Administrative Department/ Competent

3. That transfer of State land is subject to the adherence of such other provisions of laws relating to Revenue/ Forest/ J&K Water Resource (Regulation & Management) Act, 2010/ Housing & Urban Development Deptt. etc.

4. That no diversion of transferred State land for any other purpose is allowed without gbtaining approval of Competent Authority.

That the transferred State land will be fenced by the Indenting Department in order to protect it from any encroachment & incursion.

6. That if the transferred State land is not used by the Indenting Department for the indented purpose within the period of five years, the land so transferred shall be restored back to State (Sarkar).

That the land is being transferred solely for the Government/ Public purpose.

By Order of the Divisional Commissioner, Jammu.

**Divisional Commissioner** Jammu

No. 502/3113/T/Degree College/241763/R/23/1099

Dated: 11.09.2023 Copy to the:-

Financial Commissioner (Rev), (ACS), J&K for kind information.
 Principal Secretary to Govt., Higher Education Department, J&K for kind information.

3. Secretary to Govt. Revenue Department, J&K for kind information.

Deputy Commissioner, Rajouri for information.

5. Director Colleges, Higher Education Department, J&K, Jammu for information and necessary action.

Pvt. Secretary to Chief Secretary J&K Govt. for kind information of worthy Chief Secretary.

Office file, for record and reference.

(Angrey Singh) JKAS, Assistant Commissioner (Central) With Divisional Commissioner

09

### Editorial Board PROF. (DR.) JAIPAL SINGH PATRON

Prof. Samina Khan (HOD English)
Chief Editor

Prof. Kajal Samyal (HOD Dogri)
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Editor (Hindi Section)

Dr. Anuradha (Department of Punjabi)
PSPS GCW Gandhi Nagar
Editor (Punjabi Section)

### NAME OF THE COLLEGE

(S. G. GOVT. DEGREE COLLEGE DOONG)I

### YEAR OF ESTABLISHMENT

(2019)

### **LOCATION**

(Sasalkote, Doongi Brahmana, Teh. & Distt. Rajouri)

### **PINCODE**

(185151)

### VISION

The College is driven to provide excellent educational opportunities that are responsive to the present day need of our students, and empower them to meet and exceed challenges as active participants in shaping the future of our world.

### **MISSION**

- 1. To provide students with quality education, educational experiences (academic and non-academic) and support services (NSS, RRC, Sports, Cultural Activities) that lead to the successful completion of courses and basic skill proficiency.
- 2. To foster academic and career success through the development of critical thinking, effective communication, creativity and cultural awareness in a safe, accessible and affordable learning environment.
- 3. To inculcate moral values, ethical consciousness, sense of equity, accountability & rational thinking in students.
- 4. To impart training in entrepreneurial skills for enhancing employability under NEP 2020.

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### A Brief History of College Site in JK UT

District Rajouri comprises 13 tehsils, 19 blocks, and 385 villages, covering a total area of 2,630 square kilometers. The population density is 240 people per square kilometer, with a total population of 642,415 according to the 2011 census. The district has a sex ratio of 899 females for every 1,000 males and a child sex ratio of 867 girls for every 1,000 boys.

Rajouri is bordered by the Line of Control between Indian and Pakistani-administered Jammu and Kashmir to the west, Poonch to the north, Reasi to the east, and District Jammu to the south. The region is known for its famous Kalari, a delicacy made from milk. The land in this area is both fertile and mountainous, with maize, wheat, vegetables, and rice (in some areas) being the main crops. The Tawi River, originating from the Pir Panjal mountains, is the primary source of irrigation.

Doongi Brahmana is a block within Rajouri District, where S.G. Govt. Degree College Doongi is situated. The college operates out of a temporary building at GGHSS Sasalkote, just 8 kilometers from the National Highway at Kallar. The area is surrounded by mountains on all sides.





### A Brief History of College

The Government Degree College, Doongi at Kallar was sanctioned by Govt. order number 48HE of 2019, dated 05-02-2019, and was established in the makeshift building of GGHSS Sasalkote in the same year. Later, college was renamed Shaheed Ghanisham Government Degree College Doongi (S. G. GDC Doongi) in honor of the martyr Dy. SP Ghanisham Khajuria vide Govt. order no: 1161-JK(GAD) of 2021 dated 29-10-2021, with reference to administrative council decision no: 117/15/2021 dated 19-10-2021. Initially, the college operated with just three to four classrooms. In the 2019-20 academic session, the college began with the enrollment of 31 students in the first semester of the Bachelor of Arts (BA) program under the Choice Based Credit System (CBCS). This modest beginning was supported by a dedicated team of two staff members, under the pioneering leadership of the college's first Principal, Prof. Dr. Javaid Ahmed Qazi.

The enrolment gradually increased over the subsequent years, rising from 31 students (CBCS) in 2019-20 to 105 (CBCS) in 2020-21, 183 (CBCS) in 2021-22, and 213 (CBCS & NEP) in 2022-23. Over the years, the college has developed into a multidisciplinary institution, offering a range of undergraduate courses in the Arts. During the 2023-24 academic session, the enrolment across various semesters was 43 in semesters I/II, 50 in semesters III/IV (under NEP), and 37 in semesters V/VI (under CBCS). The college has maintained a good record of academic results and is on track to graduate its fourth batch in the 2024-25 academic session, which concludes in 2025.

The college currently offers major subjects such as Hindi, Urdu, and Education, with minor subjects including English, Sociology, History, Geography, Economics, Dogri, Environmental Science, and others within the Arts stream. These subjects were available in different combinations under CBCS and NEP-2020 until the 2023-24 academic session. However, from 2023-24 onward, the college has been permitted to offer only three major subjects—Hindi, Urdu, and Education—under NEP 2020. A request to introduce Sociology as a major subject for the current academic session 2024-25 has already been initiated. Students seeking admission to the first semester of the Four-Year Undergraduate Program (FYUGP) in Arts at SG GDC Doongi, Rajouri, are exempt from CUET.

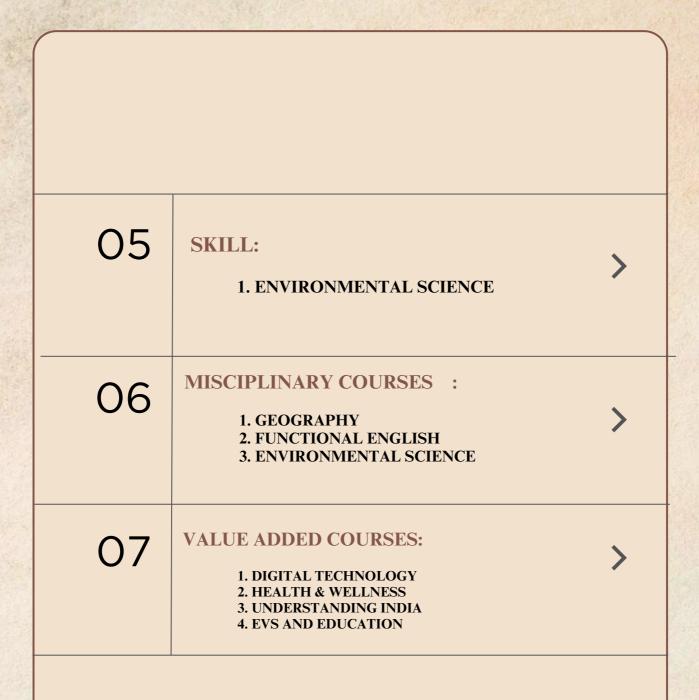
It is pertinent to mention that over the past five years, the college has also experienced significant growth in extracurricular activities. These include the establishment of an NSS unit for both boys and girls, the Red Ribbon Club, the Career Counselling Cell, the Women Development Cell, the Sports/Yoga Club, the Eco Club, the Innovative Club, the Literary Club, the Socio Club, and others. All these clubs have been actively functioning to equip students with the necessary skills to face future challenges.

# STREAMS AVAILABLE IN THE COLLEGE (ARTS)

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			NDER FYUGP NE	D 2020
SUBJECTS		HIR. C C DI .I .B.C B. I	NIJHR HYLLEPINH	P /II/II
SCHOLCIS				1 4040

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01	MAJOR: EDUCATION MINOR: 1. HISTORY 2. SOCIOLOGY 3. ECONOMICS 4. ENGLISH	>
02	MAJOR: URDU MINOR: 1. GEOGRAPHY 2. ECONOMICS 3. HISTORY 4. SOCIOLOGY	>
03	MAJOR: HINDI MINOR: 1. DOGRI 2. GEOGRAPHY 3. ECONOMICS 4. ENGLISH	>
04	AECC:  1. ENGLISH 2. HINDI 3. DOGRI 4. URDU 5. PUNJABI	>

"YOUR JOURNEY TO KNOWLEDGE STARTS HERE"



"EACH SMALL STEP FORWARD FUELS THE JOURNEY TOWARD GREATNESS"

## SUBJECTS TAUGHT IN THE COLLEGE UNDER CBCS (SEMESTER 5TH)

01	DSE 1:  1. GEOGRAPHY 2. EDUCATION  DSE 2:  1. SOCIOLOGY	>
02	GENERIC: 1. HISTORY	>
03	AECC:  1. HINDI 2. URDU 3. ENGLISH	>
04	SKILL:  1. ENVIRONMENTAL SCIENCE	>
	"DIGITAL MINDS, BRIGHTER FUTURES"	

### Highlights































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### Foreign Institutional Investment in India

Prof. Ahsan Ahmed Wani Department of Economics

In 1996-97, several changes have been made to the SEBI (Foreign Institutional Investors) Regulations, 1995 to diversify the foreign institutional investor base and to further facilitate inflow of foreign portfolio investment. The changes have also aimed at facilitating investment in debt securities through the FII route. Foreign Institutional Investors (FIIs) are investors or entities seeking to invest in the financial markets of a country other than their own. FIIs are important to emerging economies because they bring funds and capital to businesses in developing countries.

The term foreign institutional investor is probably most commonly used in India, where it refers to outside entities investing in the nation's financial markets. FIIs can include <a href="hedge funds">hedge funds</a>, insurance companies, pension funds, investment banks, and <a href="mutual funds">mutual funds</a>. Companies in India that have many FIIs are Car Trade Tech, HDFC, PB Fintech, Axis Bank, Kiri Industries, ITC, ICICI Bank, and Standard Industries.

The difference between FDI and FII is FDI" refers to "foreign direct investment," which is the investment made into a foreign country, usually an investment in a foreign company. "FII" refers to "foreign institutional investor," which is a person or institution that invests in a foreign market, usually the stock market of another country.

FIIs can be important sources of capital in developing economies, yet many developing nations, such as India, have placed limits on the total value of assets an FII can purchase and the number of equity shares it can buy, particularly in a single company. This helps limit the influence of FIIs on individual companies and the nation's financial markets, and the potential damage that might occur if FIIs fled en masse during a crisis. The benefits of FIIs to countries are that FIIs bring in foreign capital, which boosts the economy of a nation. This spurs growth and shores up foreign reserves. It also helps the FIIs as it allows for greater diversity and exposure to foreign markets.



### Generation Z and Generation Alpha: A Journey from Homo sapiens to Techno sapiens

Prof. Samina Khan
Department of English

"Technology is so much fun but we can drown in our technology. The fog of information can drive out knowledge."

Daniel J. Boorstin

Children who belong to Generation Z (born between 1995 and 2012) are often referred to as Digital Natives, having been born into a world already dominated by digital technology. They are highly tech-savvy and seamlessly integrate new applications into their daily lives. For Generation Z, gadgets are not just tools but essential elements of their daily routine, as indispensable as any basic need.



### **Gadget: A Sweet Poison**



As time progresses, Generation Alpha (born between 2013 and 2025) is likely be even more immersed in technology, having been surrounded by it since birth. This generation is growing up in an environment where screens and digital devices their ubiquitous, influencing and daily development routines. Parents often rely on gadgets not only as a source of entertainment for their children but also as tools to manage behavior, especially in public settings. This practice has led to a new dynamic in parenting, where technology plays a central role in both education and discipline.

There are few factors that would lead to an excessive usage of gadgets such as the place where the children are growing up from either urban or rural areas. Parents always established the idea of having gadgets for their children as an obligation, parallel with modern life. However, parents should understand their responsibility to weigh the pros and cons of giving gadgets to their children as it can be harmful or beneficial depending on how they use them.

Having gadgets for children can be beneficial as the children can be creative through mobile games or with a stimulus for their senses and imagination through some creative applications. However, the overuse of gadgets can make their children rely on them and it also can lead to addiction as if they use them without proper guidance from the parents.





### Use of Gadgets by Children in India: An Overview

Gadget usage among children is worrisome because according to a survey 83.2 percent of Internet users are children between the ages of 5 to 17 years old. To illustrate, 93 percent of Internet users are children using smartphones to access YouTube, WhatsApp, Telegram, and any other applications that have a communication element.



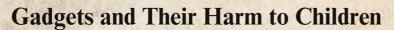
Furthermore, studies found that 75 percent of children do not get enough sleep in their daily activities, which would affect their development due to the impact of the use of gadgets. In addition, it is also found that 60 percent of parents that has a child aged 12 years old are also occupied with gadgets. To elaborate, 30 percent of them are using gadgets concurrently, while 36 percent of them did not know the long-term implication of using gadgets too much.

Children use gadgets to do several things, such as listening to songs, online chatting, video gaming, and browsing through the Internet. In other words, children rely on gadgets to be the source of their entertainment, use them to explore information on the Internet, and spend most of their time on gadgets. Therefore, if the children are left without the supervision of any adults, they tend to selfneglect. causing unwanted consequences to their vision and health.

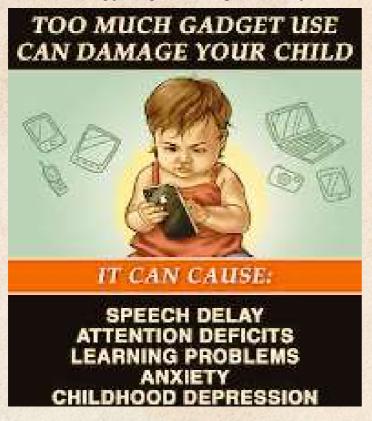
### Covid-19 lockdown Increased the use of Gadgets

During the Covid-19 lockdown, the usage of gadgets among children has increased. Children spend hours on gadgets, watching YouTube videos and movies, listening to music, and playing games. Hence, when children use gadgets for a long period of time, they tend to be aggressive, furious, and disrespectful most of the time because they are attached to the gadgets since they did not know what else to do while being in lockdown.





The children as young as one year old are being surrounded by gadgets that become their incentive to behave well in public. Parents are introducing their children to gadgets, and because children as young as one year old are full of curiosity, as time goes by, they get addicted. The excessive usage of gadgets among children may affect their social skills. For example, they might become introvert and prefer being alone instead of talking to their friends. Moreover, when gadgets become part of their routine, it might also affect their health, causing joint pain, back pain, and eyestrain.





Gadgets also might affect children's speech development if they just focus on videos rather than communicating with their peers verbally. On a side note, the excessive usage of gadgets could also affect the way children learn, write, and read, depending on their cognitive skills. When children are occupied with gadgets, they are reluctant to learn and understand basic knowledge in school, which in turn can affect their cognitive skills. The effects of gadget addiction can lead to emotional stress and poor international relationships, as people who are addicted to gadgets tend to be very passive and alienated from their surroundings.

### **Generation Alpha: A New Species**

This excessive usage of technology has turned Gen Alpha into techno sapiens, new species resulting from Homo sapiens' integration with technology. These Techno sapiens are not like Homo sapiens' they are anti-social and lack emotional management, so they tend to have tantrums in public or in their own home. Hence, they may become introvert, have lower self-esteem, and keep away from their peers. Even during family gatherings, they keep themselves occupied with gadgets. Due to this unrestricted screen time they have trouble communicating with their peers and even family. This is because when they are too occupied with gadgets, they have a limited vocabulary; hence, it may lead to stuttering because they did not practice speaking in real life with actual people.





### **Parents Should Take Charge**

Now is the time when parents should take charge and mend the behavior of their children before its too late. They can use several ways to assist children in using gadgets, namely limiting children's time in using gadgets, choosing safe content according to the child's age, balancing the use of gadgets with children's activities, setting rules for using gadgets for children and parents need to adapt to the development of this era to assist children in using gadgets.



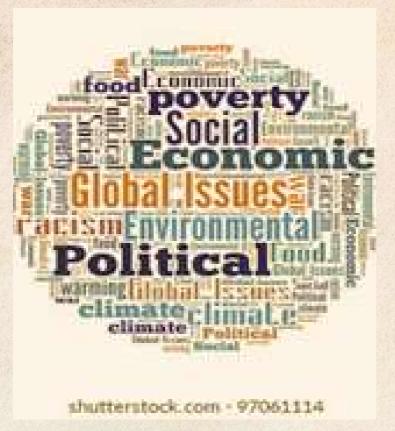
In today's digital age, it's crucial for parents to actively monitor and manage their children's use of gadgets to balance the educational and entertainment benefits with the potential risks, such as exposure to inappropriate content, cyberbullying, and internet addiction. By setting clear rules, using parental control features, and fostering open communication about online experiences, parents can help their children develop healthy tech habits. Regular check-ins on gadget use, designating tech-free zones in the home, and demonstrating balanced technology use themselves are effective strategies parents can employ. This proactive involvement not only protects children from online dangers but also teaches them responsible gadget use, ensuring their digital experiences are safe, healthy, and positive.





Dr. Rajni Devi Department of Sociology

The present article attempts to understand the shifting configurations between culture and identity and its implications on polity and society in India. Conventional notions of unity and diversity are questioned along with emergence of identity politics. The resurgence of 'identity politics' tears apart the deep rooted cultural fabric along with voices to the ethnic, gender, minority and caste groups in India.





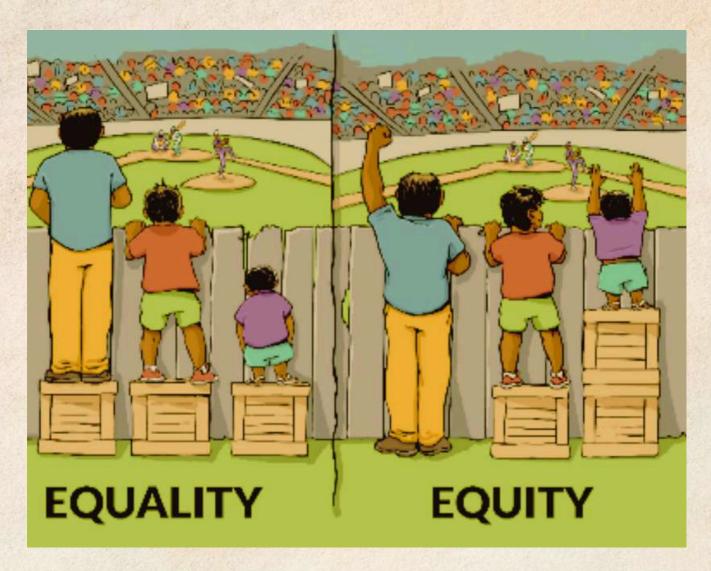
Politics is something fundamental in every country in the world. It is necessary for the governance of a country. People achieve democracy through voting for the political party they think would govern their country best. Without political parties, there can be no democracies. The power of political parties comes from the fact that they are a group. If there are no political parties, all the candidates for election would be individual and an individual would have significantly lesser power than a group of people. As a party, they would be able to govern the country in many different aspects and they would be able to make big promises when it comes to policy changes. Also, when there is a group, opinions and views would differ from one another and they would have to discuss and come to a cohesive decision that must be in favour of all the citizens. It wouldn't be a onedecision where biases judgement can possibly cloud the person's mind when making a decision.

Politics has a major impact on society, from our local communities to the world stage. It shapes how we live, how we interact, how we think, and how we perceive the world around us. From the way we vote, to the way we form relationships, politics has a significant influence on our lives and our beliefs. In recent years, politics has become more and more intertwined with social issues and global events. We have seen an increase in the number of people taking part in political debates and rallies, and a greater awareness of the power of politics and the potential for change.





The rise of social media has also made it easier for people to express their opinions and ideas, and for political discourse to spread quickly. This has enabled people to take part in political conversations from all around the world and share their views with others. The political landscape has also changed dramatically. We are now living in a more diverse and complex world, where different cultures, beliefs, and opinions clash. This has led to increased political tensions, as well as increased political engagement.



Finally, politics has a huge impact on the way we think. We are more likely to be influenced by political opinions and ideologies, and to form our own opinions from them. This can lead to a more informed and engaged society, one that is more open to change and progress.





### **Climate Change**

Dr. Pratima Bhushan Department of EVS

Climate change is a major global challenge today, and the world is becoming more vulnerable to this change. Climate change refers to the changes in Earth's climate condition. It describes the changes in the atmosphere which have taken place over a period ranging from decades to millions of years. A recent report from the United Nations predictedthat the averageglobal temperature could increase by 6° Celsiusat the end of the century. Climatechange has an adverse effecton the environment and ecosystem. With the help of this essay, students will get to know the causes and effects of climate change and possible solutions. The climatic conditions on Earth are changing due to climate change. Several internal and external variables, such as solarradiation, variations in the Earth'sorbit, volcanic eruptions, plate tectonics, etc., are to blame for this.





There are strategies for climate change reduction. If not implemented, the weather might get worse, there might be water scarcity, there could be lower agricultural output, and it might affect people's ability to make a living.

In order to breathe clean air and drink pure water, you must concentrate on limiting human activity.

These are the simple measures that may be taken to safeguard the environment and its resources.

### **Reasons of Climate Change**

Some of the reasons of climate change are:

- ·Deforestation
- ·Excessive use of fossil fuels
- ·Water and soil pollution
- ·Plastic and other non-biodegradable waste
- ·Wildlife and nature extinction





### When Did Climate Change Begin

It is possible to see signs of climatechange as early as the beginning of the industrial revolution. The pace at which the manufacturers produced things on a large scale required a significant amount of raw materials. Since the raw materials being transformed into finished products now have such huge potential for profit, these business models have spread quickly over the world. Hazardous substances and chemicals build up in the environment as a result of company emissions and waste disposal.

Although climate change is a natural occurrence, it is evident that human activity is turning into the primary cause of the current climate change situation. The major cause is the growing population. Natural resources are utilized more and more as a result of the population's fast growth placing a heavy burden on the available resources. Over time, as more and more products and services are created, pollution will eventually increase.

### **Consequences of Climate Change**

All kinds of life on earth will be affected by climate change if it continues to change at the same pace. The earth's temperature will increase, the monsoon patterns will shift, the sea levelwill rise, and there will be more frequent storms, volcano eruptions, and other natural calamities. The earth's biological and ecological equilibrium will be disturbed. Humans won't be able to access clean water or air to breathe when the environment becomes contaminated.

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### **Effects of Climate Change**

Climate change has adverse effects on the Earth's environment, including:
1.Effect on Forests: Forests play a crucial role in maintaining environmental balance by absorbing carbon dioxide. However, many tree species are unable to adapt to changing climates, leading to mass extinctions and reduced biodiversity.

2.Effect on Polar Regions: The polar regions, which are critical for regulating global climate, are particularly vulnerable to climate change. Continued changes could result in the extinction of life in these regions. Melting ice caps are a visible sign of these changes.

3.Effect on Water: Climate change has disrupted water systems worldwide, leading to extreme rainfall patterns that cause floods and droughts in various regions. The melting of glaciers due to rising temperatures exacerbates the issue, contributing to rising sea levels.

4.Effect on Wildlife: Numerous species, including tigers, African elephants, Asian rhinos, Adélie penguins, and polar bears, have seen their populations decline due to changing weather patterns. Many are on the brink of extinction as they struggle to adapt.





### Steps to be Taken to Reduce Climate Change

We need to look out for drastic steps to stop climate change since it is affecting the resources and life on our planet. We can stop climate change if the right solutions are put in place. Here are some strategies for reducing climate change:

- · Raising publicawareness of climatechange
- · Prohibiting tree-cutting and deforestation.
- · Ensure the surroundings are clean.
- · Refrain from using chemical fertilizers.
- · Water and other natural resource waste should be reduced.
- · Protect the animals and plants.
- · Purchase energy-efficient goods and equipment.
- Increase the number of trees in the neighborhood and its surroundings.
- Follow the law and safeguard the environment's resources.
- · Reduce the amount of energy you use.

During the last few decades especially, climate change has grown to be of concern. Global concern has been raised over changes in the Earth's climatic pattern. The causes of climate change are numerous, as well as the effects of it and it is our responsibility as inhabitants of this planetto look after its well-being and leave it in a better conditionfor future generation. The Government of India has taken many measures to improve the dire situation of Climate Change. The Ministry of Environment and Forests is the nodal agency for climate change issues in India. It has initiated several climate-friendly measures, particularly in the area of renewable energy. India took several steps and policy initiatives to create awareness about climate change and help capacity building for adaptation measures. It has initiated a "Green India" programme under which various trees are planted to make the forest land more greenand fertile.

We need to follow the path of sustainable development to effectively address the concerns of climate change. We need to minimize the use of fossil fuels, which is the major cause of global warming. We must adopt alternative sources of energy, such as hydropower, solar and wind energy to make a progressive transition to clean energy. Mahatma Gandhi said that "Earth provides enough to satisfy every man's need, but not any man's greed". With this view, we must remodel our outlook and achievethe goal of sustainable development. By adopting clean technologies.

### Conclusion

The environmental impacts of climate change are becoming increasingly evident. Researchers attribute much of this change to human activities over the past few decades. To mitigate climate change and maintain a healthy environment on Earth, it is imperative to control human influences. This requires a collective effort to reduce carbon emissions, adopt sustainable practices, and prioritize environmental conservation. Preserving the planet's climate is a shared responsibility, and it is essential to work together to secure a sustainable future for our world and its inhabitants. Climate action, as outlined in the Paris Agreement, is a crucial step in addressing this global crisis.





## Transforming Education: Exploring the National Education Policy 2020

Dr. Zahoor Ahmed

**Department of Education** 

The National Education Policy (NEP) 2020 is a landmark policy document introduced by the Government of India to revamp the country's education system. It replaces the previous policy which was formulated over three decades ago in 1986. NEP 2020 aims to address the evolving needs and challenges of the 21st century by providing a comprehensive framework for the development of education from early childhood to higher education. It emphasizes several key areas including holistic and multidisciplinary education, flexibility and choice, skill development, technology integration, equity and inclusion, and research and innovation. NEP 2020 is designed to transform the education system to ensure quality, equity, accessibility, and relevance for all learners, fostering a culture of lifelong learning and enabling India to emerge as a global knowledge superpower.



### New National Education Policy 2020 (NEP 2020)







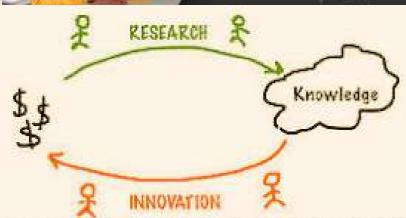
Transforming Education: Exploring the National Education Policy 2020" delves into the comprehensive reform agenda outlined by the NEP 2020 and its potential impact on the Indian education system.

- 1. Holistic Development: The policy emphasizes holistic development by integrating academic, extracurricular, and vocational education. It recognizes the importance of nurturing the physical, cognitive, emotional, and social aspects of learners to prepare them for life beyond the classroom.
- 2. Skill Enhancement: NEP 2020 focuses on skill enhancement to equip students with 21st-century skills such as critical thinking, creativity, communication, and collaboration. By moving away from rote learning towards competency-based education, the policy aims to foster a culture of lifelong learning and adaptability.
- 3. Technology Integration: The policy underscores the transformative potential of technology in education and advocates for its effective integration into teaching and learning processes. This includes leveraging digital tools for personalized learning, online education, and teacher professional development, thus enhancing access, equity, and quality in education.



4. Equity and Inclusion: NEP 2020 prioritizes equity and inclusion by addressing disparities based on gender, socio-economic status, geography, and disability. It seeks to provide equal opportunities for all learners, promoting inclusive education practices, and ensuring access to quality education for marginalized communities.





- 5. Teacher Empowerment: The policy recognizes the pivotal role of teachers in driving educational reforms and prioritizes their empowerment through continuous professional development, autonomy, and support systems. By enhancing teacher quality and motivation, NEP 2020 aims to improve learning outcomes and educational experiences for students.
- 6. Research and Innovation: NEP 2020 fosters a culture of research and innovation in education by promoting collaboration between academia, industry, and government. It encourages the establishment of research institutions, innovation hubs, and partnerships to drive educational excellence, entrepreneurship, and socio-economic development.
- 7. Stakeholder Engagement: The policy emphasizes the importance of stakeholder engagement, including parents, communities, civil society, and private sector organizations, in shaping and implementing educational reforms. By fostering partnerships and participatory processes, NEP 2020 seeks to ensure ownership, accountability, and sustainability in education initiatives.



Overall, "Transforming Education Exploring the National Education Policy 2020" underscores the significance of NEP 2020 as a catalyst for reshaping the education landscape in India, driving inclusive growth, and preparing learners to thrive in the knowledge economy of the 21st century.



# Doongi Block its Physiography, Climate, Drainage and Vegetation: An Overview

Department of Geography

Rajouri is a district in the Union Territory of Jammu and Kashmir. It is located in the northwest of the Jammu province. The Line of Control lies to its west, with Poonch district to the north, Reasi district to the east, and Jammu district to the south. The district comprises thirteen tehsils and nineteen blocks.

Doongi block is one of the blocks within Rajouri tehsil. Tehsil Rajouri is bordered by Manjakote and Thanamandi tehsils to the north, Darhal tehsil to the northeast, Budhal tehsil to the east. Kalakote tehsil to the south, and Nowshera and Qila Darhal tehsils to the southeast. The block located is approximately 29 km away from the main district headquarters in Rajouri. Geographically, the block extends between the latitudes of 33.22661 and longitudes of 74.12047.

Rajouri district is a mountainous and hilly region with various small and mountain ranges running through it. The Pir Panjal range, the longest range of the Middle Himalayas, is one of them. Doongi block is situated just at the foothills of the Pir Panjal range. This block is surrounded by high mountains on all sides, which act as a climatic barrier. These mountains block the winds coming from the Pir Panjal range, influencing the climatic conditions of the region. The highest peak in this area, known locally as Bhadeshwar, is located very close to the Line of Control.



Veer Badeswar Temple is situated at an altitude of 1,534 meters above sea level. The temple is accessible year-round, although winters can be challenging due to the mountainous terrain. Despite the weather, the temple sees a steady stream of devotees who visit annually.

The climatic conditions in this region are generally similar to those found throughout the district, with the exception of areas that are situated close to the Pir Panjal range, where the weather patterns can differ significantly. This region enjoys a full cycle of seasons, including warm summers, vibrant autumns, cold winters, and refreshing springs. The variation in altitude and proximity to the mountains creates a diverse climate, with cooler temperatures and more pronounced seasonal changes in areas near the foothills of the Pir Panjal range. These factors contribute to the unique microclimates that can be found across different parts of the region, offering a variety of weather experiences throughout the year.





The temperature in this region tends to be higher in summer and lower in winter compared to surrounding tehsils, particularly Nowshera, Kalakote, and Qila Darhal. Both the Western Disturbance and the Southwest Monsoon influence the region, affecting the climate in winter and summer, respectively. The region receives the most rainfall during summer due to the Southwest Monsoon, while the impact of the Western Disturbance is less pronounced. During winter, precipitation occurs primarily as rain, with snowfall being rare and typically limited to the peak of Veer Bhadeshwar mountain, where it does not occur regularly.

Doongi block is drained by a single river, locally known as Doongi Nallah. This nallah originates from Chitti Bakri hill and is perennial, flowing throughout the year, although its volume decreases in May and June. Doongi Nallah serves as the primary source of irrigation for the region. It eventually discharges its flow into the Manawar Tawi River, the main river of Rajouri District. In addition to the nallah, there are numerous small streams that flow throughout the region, contributing to its drainage system.

Doongi block is traversed by a single river, locally known as Doongi Nallah, which originates from the Chitti Bakri hill. This river is perennial, flowing throughout the year, although its volume decreases in May and June. Doongi Nallah is the primary source of irrigation for the region. It ultimately flows into the Manawar Tawi River, the main river of Rajouri District. Additionally, numerous small streams crisscross the region, further contributing to its drainage system.

Transhumance and nomadic pastoralism are deeply rooted traditions among the tribal communities of this region, especially the Gujjars and Bakarwals. These groups have long practiced seasonal migration, moving with their flocks to higher altitudes during the summer to access fresh pastures, and returning to lower elevations in the winter to avoid harsh weather conditions. This way of life is not only a means of livelihood but also a cultural heritage passed down through generations.

In addition to pastoralism, the region is also known for its horticultural activities. The fertile soil and favorable climate conditions support the cultivation of various tropical fruits. Mango, banana, pear, and guava are among the most commonly grown horticultural crops, thriving in the warm temperatures of the area. Although the region primarily focuses on these tropical fruits, there is also some cultivation of citrus fruits such as oranges and lemons. However, the presence of citrus orchards is relatively limited compared to other types of fruit cultivation.

The vegetation in this region is primarily of tropical origin, dominated by tropical deciduous forests. These forests shed their leaves during the autumn season. Key tree species include pine and oak, among others. The region boasts a rich diversity of forests, home to various plant species, contributing to its ecological wealth.





## Women in Early Politics of Kashmir

Dr. Shafia Bilkees
Department of History

One of the most significant and surprising aspects of the early Kashmir polity was the power that women enjoyed. Several women have played a significant role in shaping the political history of Kashmir. Some of them carved out a permanent place for themselves in political history through their efforts and ability. The original myths of Kashmir identity start with Goddess Parvati's material manifestation. According to Kalhana, Yashowati the first women ruler of Kashmir is supposed to have been crowned by Krishna himself. She was a shadow of presence. The exercise of formal authority by women rulers of Kashmir is automatically validated by this comprehensive divine endorsement. Unfortunately, description of Yashowati's reign is not available, but the paucity of details on her persona could be linked to the fact that she became the mother of future heir Gonanda 2nd.

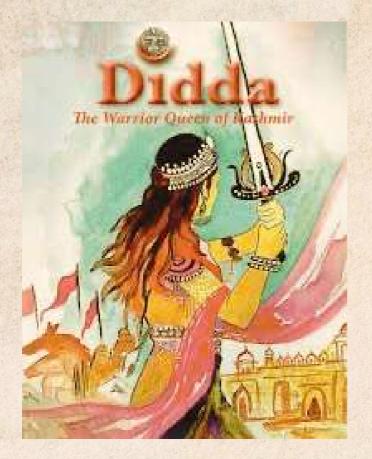


# Yashovati The first Queen of Kashmir

The next was the Sugandha Devi, who ruled at the beginning of the tenth century, first as a regent and then directly. She was the chief queen of king Sankaravarman the son of the famous King Awantivarman of the Utpala dynasty. According to Kalhana, queen Sugandha was the first queen who not only entered the political arena but also exercised her power. After the death of Sankaravarman the other performed Sati but Sugandha choose to survive. She took over the reins of administration in the name of her minor son Gopalavarman. She fully exercised her powers for managing the affairs of the state. She was helped by her minister Prabhakaradeva. Kalhana says that the capture of power was also the beginning of her moral downfall. She fell in love with the minister, who was killed through black magic.

After two years of her rule she was dethroned and Samkata, who was the son of Sankaravarman, was placed on the throne but he too died after a few days. In A. D. 904, Sugandha assumed royal power again and tried to please her subjects through acts of religious merits like the construction of temples and installation of images. She successfully completed her next two years of rule but she could not handle her enemies strongly and was deposed in A. D. 906 by Tantrins and a minor son of Nitjitavarman was placed on the throne. She stayed at Hushkapura for the next two years and at last was imprisoned and ultimately was put to death.





After a half century, Kashmir witnessed another queen's phenomenal rise, whose name was Didda, the third women ruler of Kashmir. She was a remarkable ruler in many ways and dominated the political scene of Kashmir, particularly for about half a century. Interestingly, Didda was a one sided paralytic and was carried around by a porter woman Valga. As a disabled, she did not let this deter her in her quest for authority. She represents the rule of women's power in Kashmir. She has been called the Catherine of Kashmir like the Catherine of Russia who was ruthless and ruled for a long period with her favorites, whom she purged from time to time. Even, before becoming regent Didda had considerable influence in state affairs and coins have been found that appear to show both her name and that of her husband Kesmagupta.





### **Youth Suicide: Causes and Control**

Youth suicide in India is growing problem. Many Young people are feeling so stressed and overwhelmed that they see no other way out. Here are some of the main causes:

- 1)Academic Pressure: High expectations from parents and society to excel in exams can lead to immense stress.
  2)Family and Social Problems: Family conflicts, relationship issues, and social isolation are significant contributors to youth suicide. These problems make young people feel unsupported and overwhelmed.
- 3)Economic Stress: Financial difficulties can add to the stress, especially for students whose families have invested heavily in their education with the hope of future returns.
- **4)Early Marriage for Women:** Early marriage is a significant cause of distress for young women. It often leads to the loss of educational and career opportunities, increased domestic responsibility, and in many cases exposure to marital abuse. This can create a sense of hopelessness and isolation, contributing to suicide thoughts.

#### **Control:**

- 1)Mental Health Support: Increasing access to mental health resources, including counselling and therapy, is crucial. Schools and colleges should have mental health professionals available to support students.
- **2)Reducing Academic Pressure:** Educational institution should create a more supportive and less competitive environment. This can include offering alternative assessment methods, providing career counselling, and promoting a balanced approach to education.
- 3)Awareness and Education: Promote mental health awareness and provide education about suicide prevention in school and communities.
- 4)Support System: Encourage the development of strong support system for youth including family, friends, teachers and mentors.

#### Conclusion

By addressing these causes and implementing supportive measures, it is possible to reduce the incidents of youth suicide in India and provide young people with the help they need to navigate their challenges.

Paramveer Datta Semester 4th



## Hijab

Hijab is what is in my heart
The headscarf is what I want it to be
Every culture interprets it differently
A turban or beanie

The way culture raised me
A way to stay safe.
My modesty faith is my crown
A sign of empowerment

All my sisters wear it in the heart
No one can tell me about my body.
I'm proud of their steadfast strength
In finding spirituality
And working on being a better person,
We will continue to raise each other up
Without judgement
of our choices and our thinking.

Hijab is between me and Allah About protecting myself, I can identify myself and my experience By how I feel about it I always ask myself why I choose to wear it I will follow my faith and renew my intention.

> Noreen Aziz Semester 2nd

## **Echoes of Student Life**

In the halls of learning, I find my place, A second semester student, in life's vast race. With books and dreams, I start my day, Chasing knowledge in every way.

Lectures and notes, a daily grind, Yet within these walls, I find peace of mind. Friends and laughter, bonds so new, In this journey together, we grew.

Assignments come, deadlines near, But with each challenge, I face my fear. Professors guide, their wisdom bright, In the pursuit of Knowledge, we ignite.

Campus paths, where footsteps blend, Stories of growth, around each bend. From dawn till dusk, in classrooms' light, We chase our dreams with all our might.

Though trials come, and stress may stay, In every struggle, we find our way. For every lesson, big or small, Shapes our future, one and all.

Life as a student, in this second round, Is more than grades, it's where we're bound. With hope and courage, we stand tall, Embracing every rise and fall.

So here's to learning, every single day, In the quest for wisdom, come what may. For in these moments, we define, The path ahead, our future's line.

> Sakshi Sharma Semester 2nd



## **Tackling Unemployment Together**

#### **Understanding Unemployment:**

Unemployment refers to the condition in which individuals who are willing and able to work are unable to find employment. Imagine waking up each day, prepared to contribute to the workforce and earn an income to support yourself and your family, only to find that no job opportunities are available. This scenario is challenging and dis heartening.

#### The importance of Addressing Unemployment:

The impact of unemployment extends far beyond financial constraints. It can lead to feelings of sadness, anxiety, and even a sense of worthlessness among those affected. Furthermore, unemployment does not only impact individuals; it also affects families. Picture parents struggling to provide for their children for young adults feeling uncertain and stagnant about their future. This situation is distressing for everyone involved.

#### **Strategies to Mitigate Unemployment:**

Despite the gravity of the issue, there are viable solutions to address unemployment. One of the most effective strategies is to ensure that individuals have access to education and opportunities to acquire new skills relevant to the current job market. This can be achieved through schools, colleges, and vocational training programs. Investment in education is paramount.

Supporting small businesses within our communities is another crucial step. Small enterprises often create numerous job opportunities. By shopping locally and endorsing small entrepreneurs, we contribute to the creation of employment opportunities.

Additionally, efforts to assist individuals in finding employment are essential. This assistance could include providing career advice, connecting job seekers with available opportunities, or offering training programs to help them develop new skills. Every effort contributes to alleviating unemployment.

#### The Importance of Collaboration:

However, the most crucial element in tackling unemployment is collaboration. When various stakeholders—government entities, businesses, educational institutions, and community members—work together, significant progress can be made. By sharing ideas, resources, and support, we can foster a more inclusive and prosperous society. This collaboration ensures that everyone has a fair chance to secure employment and build a better future for themselves and their families.

Amandeep Singh Semester 2nd





## **Sports and Fitness**

The ultimate guide to sports and fitness for college students.

#### The ultimate guide to sports and fitness for college students:

College life is bustling with classes, assignments social events and various responsibilities, often leaving little room for health and fitness. However maintaining an active life style is crucial for both physical health and mental well being. Here's a comprehensive guide to staying fit and active while managing a busy college schedule.

#### The Benefits of Staying Active

Engaging in regular physical activity offers numerous benefits including:-

**Improved mental health:** Exercise reduces stress, anxiety and depression while boosting mood and cognitive function.

Enhanced physical health: Regular activity strengthens the heart, muscles and bones, improves immune function and helps maintain a healthy weight.

Better academic performance: Studies have shown that students who exercise regularly tend to perform better academically.

Social connections: Participating in sports and fitness activities can help you meet new people and build lasting friendships.

#### **Finding Time for Fitness**

Balancing academics and fitness can be challenging, but with some planning, it's entirely possible. Here are some tips.

Schedule Workouts: Treat your workouts like any other important appointment. Set aside specific times each week for physical activity.

Combine Socializing with Exercise: Join a sports team, a fitness class, or invite friends for a workout session.

Active Study Breakouts: Use study breaks for quick workouts or stretches to keep your mind and body active.

Make it a Routine: Consistency is key find activities you enjoy and make them a regular part of your routine.





#### **Campus Fitness Resources**

Most college offer various resources to help students stay active:

Fitness centers utilize the campus gym facilities which often include weight rooms, cardio equipments, and fitness classes

Intramural Sports: Join intramural sports teams to stay active and meet new people.

**Outdoor Activities:** Take advantage of campus trails, parks and recreational areas for activities like running cycling and hiking.

Group Classes: Participate in group fitness classes such as yoga, pilates, zumba and more.

#### **Conclusion:**

Balancing sports and fitness with college life requires effort, but the benefits are well worth it. By utilizing campus resources, scheduling regular workouts, staying motivated, you can maintain a healthy, active lifestyle that enhances your overall college experience.

Razina Koser Semester 4th





## **Manifesting Goals and Taking Actions**

"what becomes real in your mind will become real in your life"

-Vex King

Achieving your dreams and aspirations often begins with a blend of mental focus and concrete actions. This dual approach combines the power of manifesting your goals with the determination to take consistent steps towards them. Many of us have a series of excuses ready to explain why something can't be done. Often, you'll hear people relay their doubts or explain how they lack time, expertise, resources, money etc. But when we want a goal badly enough, we make sacrifices in other areas to make it possible.

We have to realize that it's not necessary to have lots of free time to achieve a dream. The same goes for money and other resources. What do you need is a vision a belief in it, and serious dedication. You'll find a way if you keep taking action. We might not want to sacrifice our luxuries or undergo the pain of hard work to get our desired outcome. We don't want to step out our comfort zone.

We accept mediocrity while we simultaneously complain about it. But then that outcome will remain out of reach.'Im not ready, we say. But when will you be ready? Dr. BR Ambedkar was oneof the prominent personalities of the India. His struggles to uplift and fight for his community shows us his dedication towards his goal. He received his basic education when social taboos like untouchability were at its peak.

Once he wasn't allowed to sit with his classmates because he was from lower caste. But he never felt discouraged he kept fighting against societal evils. And now, if we look at his achievements we get astonished. He is known by several titles like chief architect of Indian constitution, champion of Dalits.

Mohd Asif Semester 4th



## Life is a Canvas

Life is a canvas, vast and grand,
A masterpiece crafted by our hand.
With every stroke, each hue and shade,
A tale of wonder is displayed.

From dawn's embrace to twilight's gleam,
We weave our hopes, we chase our dream.
Moments fleeting, yet profound,
In life's embrace, our hearts are bound.

Through joy and sorrow, love and pain,
We dance through sunshine and through rain.
Each chapter penned with laughter's song,
In this journey where we belong.

Mountains high and valleys deep, Memories cherished, ours to keep. Every heartbeat, every sigh, A whisper of our souls' reply.

Kindness shared and bonds that grow, In life's garden, seeds we sow. With every choice, a path we pave, In the tapestry of life, so brave.

The sun may set, the night may fall,
But life's spirit stands tall.
In dreams renewed and hearts that strive,
We find the pulse that keeps us alive.

Life is fleeting, yet so grand,
A gift to cherish, understand.
With every dawn, a chance to start,
To paint the world with all our heart.

Zarina Koser Semester 6th





## **Importance of Teamwork**

As students, we often hear about the importance of teamwork. From group projects to sports teams, working together is a big part of our school experience. But what makes teamwork so important? Let's explore why teamwork matters and how it benefits us in many ways.

#### **Learning to Collaborate**

Teamwork teaches us how to collaborate with others. In school, we often have to work with classmates who have different ideas and strengths. Learning to listen to others, share our own thoughts, and find a common solution is a valuable skill. It helps us understand that everyone has something unique to contribute.

#### **Building Communication Skills**

Effective communication is key to successful teamwork. When we work in a team, we learn how to express our ideas clearly and listen to others. Good communication helps prevent misunderstandings and ensures that everyone is on the same page. These skills are not only useful in school but also in everyday life.

#### **Developing Problem-Solving Skills**

Teamwork often involves solving problems together. Whether it's figuring out how to complete a project or strategizing during a game, working as a team helps us think creatively and critically. We learn to look at problems from different angles and come up with solutions that we might not have thought of on our own.

#### **Learning Responsibility**

Being part of a team means that we have responsibilities. Each team member has a role to play and tasks to complete. This teaches us accountability and the importance of doing our part. When we know that others are counting on us, we're motivated to work harder and be more responsible.

#### **Building Trust and Respect**

Trust and respect are the foundations of a good team. When we work with others, we learn to trust them to do their part and respect their ideas and contributions. Building trust and respect makes the team stronger and more cohesive. It also creates a positive and supportive environment where everyone feels valued.





#### **Achieving Common Goals**

One of the most rewarding aspects of teamwork is achieving common goals. When we work together and succeed, it feels amazing. Whether it's winning a game, completing a project, or solving a problem, reaching our goals as a team is a great feeling. It shows us that together, we can achieve more than we could alone.

#### **Learning to Adapt**

Teamwork also teaches us how to adapt to different situations and people. In a team, things don't always go as planned, and we might have to change our approach. Learning to be flexible and open to new ideas helps us become more adaptable. This skill is essential not only in school but also in our future careers and personal lives.

#### **Enhancing Social Skills**

Working in a team enhances our social skills. We learn how to interact with different personalities, handle conflicts, and support each other. These social skills help us build better relationships, not just in school but also in our personal lives. Being a good team player makes us more approachable and helps us connect with others.

#### **Preparing for the Future**

Teamwork is a skill that we'll need throughout our lives. In college, at work, and in our communities, we'll often be part of teams. The teamwork skills we develop in school prepare us for future success. They help us become better collaborators, leaders, and members of our communities.

#### Conclusion

Teamwork is an essential part of our school experience. It helps us learn to collaborate, communicate, solve problems, and take responsibility. It builds trust, respect, and a sense of accomplishment. Most importantly, teamwork prepares us for the future, teaching us valuable skills that we'll use throughout our lives. So, let's embrace teamwork and make the most of the opportunities to work together.

Shabnam Shabir Semester 2nd





## Caring for Your Mind: A Student's Guide to Mental Health

As students, we often focus on grades, extracurricular activities, and future plans. While these are important, it's equally vital to take care of our mental health. Mental health affects how we think, feel, and handle stress. Here's why it matters and how you can take steps to maintain it.

#### What is Mental Health?

Mental health refers to our emotional and psychological well-being. It influences how we handle stress, relate to others, and make decisions. Just like physical health, mental health needs attention and care. Good mental health helps us face challenges, work productively, and enjoy life.

#### Why is Mental Health Important for Students?

As students, we deal with academic pressures, social expectations, and planning for the future. These challenges can sometimes feel overwhelming. When our mental health is in good shape, we're better equipped to handle these pressures and perform well in school. On the other hand, poor mental health can affect our focus, energy levels, and motivation.

#### **Common Mental Health Challenges**

Students often experience stress, anxiety, and sometimes even depression. These feelings can be triggered by exams, deadlines, or social situations. It's important to recognize the signs of these challenges, such as trouble sleeping, feeling constantly worried, or losing interest in activities you used to enjoy.

#### How to Take Care of Your Mental Health

- 1. Build Healthy Habits: Exercise, a balanced diet, and good sleep are fundamental for maintaining mental health. Regular physical activity boosts your mood, while a nutritious diet and adequate sleep provide the energy and focus you need.
- 2. **Practice Mindfulness:** Techniques like meditation, deep breathing, and yoga can help manage stress. These practices allow you to stay calm and centered, even when things get hectic.
- 3. Talk About Your Feelings: Sharing what you're going through with friends, family, or a counselor can be incredibly helpful. It's important to have someone to talk to, whether you're feeling down or just need to vent.
- 4. **Set Realistic Goals:** Break down your tasks into manageable steps. This approach makes it easier to handle your workload and reduces the risk of feeling overwhelmed.
- 5. **Stay Connected:** Maintaining strong relationships with friends and family provides emotional support. These connections help you feel less isolated and more understood.
- Balance Work and Play: Make sure you have time for relaxation and hobbies. Engaging in activities you enjoy can refresh your mind and improve your mood.





#### When to Seek Help

Sometimes, despite our best efforts, we might still struggle with our mental health. It's important to seek professional help if you feel consistently overwhelmed, anxious, or depressed. Talking to a school counselor, psychologist, or mental health professional can provide the support you need.

#### The Benefits of Good Mental Health

When you take care of your mental health, you're likely to feel more motivated, focused, and ready to take on challenges. Good mental health helps you build better relationships, perform well in academics, and enjoy life to the fullest.

#### Conclusion

Mental health is as important as physical health. By paying attention to it and taking proactive steps, we can ensure that we're not just surviving, but thriving. Remember, it's okay to ask for help, and taking care of your mental health is an essential part of being a successful student. Let's make mental well-being a priority and support each other in this journey.

Sapna Kesar Semester 2nd



## The Homework Houdini

I sat down to do my homework, I swear,
But then I saw my cat in the chair.
She gave me that look, you know the one,
Like, "Why work hard when we could have fun?"

My books lay open, waiting for me,
While I battled dragons on the screen, so free.
Math and science drifted away,
As I saved the world, or so I say.

The clock ticked on, as time does fly,
And my homework still didn't catch my eye.
Dinner time came, and I felt no dread,
"Hey, maybe I'll do it before bed?"

But after eating, I felt quite full,
The couch looked cozy, the lighting dull.
Just one short nap, or maybe two,
Then I'll tackle that homework, it's true!

The next thing I know, it's morning light,
My homework untouched, oh what a sight!
I grab my bag and rush to school,
Hoping the teacher's feeling cool.

She asks for the homework, I give a sigh, And say, "Well, you see, I really did try, But the cat, the game, and the nap, you see, They all conspired to get the best of me!"

> Palvi Sharma Semester 6th

## The Mysterious Case of the Missing Pen

There I was, ready to write,
But my pen had vanished, just out of sight!
I searched my bag, I searched the floor,
It was here just a moment before.

I asked my friend, "Have you seen my pen?"
They shrugged and said, "Not since ten."
I checked my pockets, my books, my chair,
But that sneaky pen was nowhere.

Maybe it ran off, decided to flee, Tired of all the notes it had to see. Or perhaps it's hiding, playing a trick, Pens can be sly, they disappear quick!

I borrowed a pencil, just to survive, But it didn't feel right, it didn't quite jive. The words didn't flow, the writing was slow, Where did that mischievous pen decide to go?

Then suddenly, as if by magic or fate,
I found it hiding under my plate!
How it got there, I'll never quite know,
But at least I could finish my homework show.

So next time you lose your pen, don't fret, It's probably off on an adventure, I bet.

Just be patient and look around,

That sneaky pen will soon be found!

Saloni Bala Semester 6th



## My Mother, My Guiding Star

In your arms, I find my peace,
A love that never seems to cease.
You guide me when I'm feeling lost,
No matter what, you pay the cost.

Your smile brightens up my day,
Chasing all my fears away.
You're my strength, my heart, my friend,
A bond that nothing can bend.

When I stumble, you're my guide,
Always standing by my side.
You cheer me on, you lift me high,
Like a bird learning to fly.

In your care, I feel so free, Thank you, Mother, for loving me. You're my sunshine and my star, My dearest mother, the best by far.

When the world feels cold and wide, I know you're there, arms open wide. Your gentle words, your loving touch, Mother, you give me so much.

> Sumit Sharma Semester 6th

## Facing the Exam Battle

The books are piled up high,
Notes and papers by my side.
Exams are near, the pressure's on,
The days are long, the nights are drawn.

Questions dance inside my head, I study hard, but still, I dread. Will I remember all I've learned, Or will my mind be quickly turned?

I sit and scribble, time flies by,
I do my best, I always try.
But in my heart, I know it's true,
Exams are tough, but I'll push through.

The bell rings loud, the time is up, I hand it in, my paper's done. Relief washes over me like a tide, Exams are tough, but I survived.

But when it's over, and stress fades away,
I realize it's just another day.
These tests won't define who I am,
They're just a part of life's big plan.

With every challenge, I grow strong,
And though exams feel endless and long,
I know I've got the strength to win,
And face the next one with a grin.

Khushal Raina Semester 6th

## The Wacky Sports Day

It's Sports Day at school, oh what a sight,
We're ready to run, jump, and fight the good fight.
In our bright uniforms, we line up with pride,
But some of us wish we could just hide!

The whistle blows, the races begin,
Everyone's trying their best to win.
But I trip on my shoelace, tumble and fall,
As my friends cheer me on, "Don't crawl, just stand tall!"

The tug-of-war rope is thick and so tough, We're pulling so hard, but it's never enough. We grunt and we groan, we're giving our best, But we all end up in the mud, what a mess!

The egg-and-spoon race is next on the list, Balancing that egg is a twist of the wrist. I'm steady, I'm careful, I'm almost halfway, Then the egg rolls off and I yell, "Not today!"

At the end of the day, though we didn't all win, We're laughing so hard, our faces all grin.

Sports Day is fun, no matter the score,
We're just here to play, and maybe some more!

Sakshi Sharma Semester 6th



## Embracing the Digital Age: A Student's Perspective

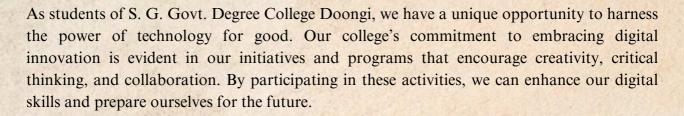
In today's fast-paced world, the digital age has become an integral part of our lives. As students, we are at the forefront of this technological revolution, constantly adapting and evolving with the changing times. The influence of technology on our education, social interactions, and everyday experiences is undeniable, and as we navigate this landscape, we discover both opportunities and challenges.

One of the most significant changes we've witnessed is the shift in how we learn. Gone are the days when education was confined to textbooks and chalkboards. Today, learning is a dynamic process that takes place across multiple platforms. Online courses, digital libraries, and virtual classrooms have opened up a world of possibilities, allowing us to access information and resources that were once out of reach. This digital transformation has made education more inclusive and accessible, enabling students from all walks of life to learn and grow.

However, with these advancements come new responsibilities. The convenience of technology can sometimes lead to distractions. Social media, online gaming, and streaming services are just a few of the digital temptations that can divert our attention from our studies. It's crucial for us, as students, to strike a balance between our digital lives and our academic pursuits. Time management and self-discipline have never been more important.

Moreover, the digital age has reshaped our social interactions. While social media platforms have made it easier to connect with friends and family across the globe, they have also introduced new challenges. The pressure to maintain a certain online image, the constant barrage of information, and the risk of cyberbullying are just a few issues we face today. It's essential to remember that behind every screen is a real person with real feelings. Being mindful of our digital footprint and practicing empathy in our online interactions can help create a positive and supportive digital community.





In conclusion, the digital age is here to stay, and it is up to us to make the most of it. By embracing technology responsibly and thoughtfully, we can enhance our learning experiences, build meaningful connections, and contribute positively to our community. As we continue to explore this digital frontier, let's remember to stay curious, stay disciplined, and most importantly, stay human.

In

Tarvinder Singh Semester 4th





College life can be exciting and full of new experiences, but it also comes with its fair share of stress. Balancing coursework, social life, extracurricular activities, and sometimes even a part-time job can feel overwhelming. However, learning how to manage stress is an essential skill that can help us make the most of our time in college.

One effective way to manage stress is by staying organized. Keeping track of assignments, deadlines, and responsibilities can prevent last-minute panic and reduce anxiety. Using a planner or a digital calendar to schedule our time can help ensure we stay on top of our tasks and have time for relaxation and self-care.

It's also important to take breaks and recharge. Whether it's going for a walk, listening to music, or spending time with friends, taking a moment to step away from our studies can help clear our minds and reduce stress levels. Engaging in physical activity, practicing mindfulness, or pursuing hobbies can also be great ways to manage stress and maintain a healthy balance.

Remember, it's okay to ask for help when we're feeling overwhelmed. Reaching out to friends, family, or college counselors can provide support and guidance during challenging times.

By learning to manage stress effectively, we can create a more enjoyable and productive college experience. Let's prioritize our well-being and find balance in all that we do. Additionally, embracing a positive mindset and focusing on the aspects of college life that bring joy and fulfillment can make a significant difference. Celebrating small victories, maintaining a sense of humor, and staying connected with what motivates us can help keep stress in perspective and make our college journey more rewarding.

Harpreet Singh Semester 4th



















## <u>ਈਰਖਾ</u>

ਜਿਸ ਅੰਦਰ ਤਾਤ ਪਰਾਈ ਹੋਵੇ, ਉਸਦਾ ਕਦੀ ਨਾ ਹੋਏ ਭਲਾ । ਉਸਦੇ ਆਖਿਆ ਕੋਈ ਨਾ ਲਗੇ, ਨਿਤ ਉਜਾੜੀ ਪੁਕਾਰੇ ਖਲਾ ।

ਈਰਖਾ ਦਾ ਅਰਥ ਹੈ ਦੂਸਰੇ ਦੀ ਉਨੱਤੀ ਨੂੰ ਵੇਖਕੇ ਜਲਣਾ। ਈਰਖਾਲੂ ਵਿਅਕਤੀ ਹਮੇਸ਼ਾ ਹੀ ਦੂਜਿਆਂ ਦੀ ਬਰਬਾਦੀ ਬਾਰੇ ਸੋਚਦਾ ਹੈ। ਉਹ ਆਪਣਾ ਘਰ ਉਸਾਰਨ ਦੀ ਥਾਂ ਦੂਜਿਆਂ ਦਾ ਘਰ ਤਬਾਹ ਕਰਨ ਦੀ ਤਰਕੀਬਾਂ ਬਣਾਉਦਾ ਹੈ। ਈਰਖਾਲੂ ਵਿਅਕਤੀ ਦਾ ਦਿਲ ਬਹ**ੁਤ ਛੋਟਾ ਹੁੰਦ**ਾ ਹੈ ਤੇ ਇਸ ਕਾਰਨ ਉਸ ਦਾ ਨਾ ਹੀ ਕੋਈ ਮਿੱਤਰ ਹੁੰਦਾ ਹੈ ਨਾ ਹੀ ਕੋਈ ਦੂਸਰਾ ਉਸਦੀ ਮਿੱਤਰਤਾ ਨੂੰ ਕਬੂਲ ਕਰਦਾ ਹੈ। ਉਹ ਦੂਸਰੇ ਦ**ਾ ਨੁਕਸਾਨ ਕਰਨ ਤੋਂ ਕਿਸੀ ਗੱਲੋ ਨਹੀ ਸੰਗਦਾ।** ਈਰਖਾਲੂ ਵਿਅਕਤੀ ਦੂਜੇ ਦੇ ਲਾਭ ਨੂੰ ਵੇਖਕੇ ਖੁਸ਼ ਨਹੀ ਬਲਕਿ ਦੂਸਰੇ ਦੇ ਨੁਕਸਾਨ ਵੇਖਕੇ ਖੁਸ਼ ਹੁੰਦਾ ਹੈ।

ਇਕ ਵਾਰ ਦੀ ਗੱਲ ਹੈ ਕਿ ਇਕ ਈਰਖਾ ਕਰਨ ਵਾਲੇ ਵਿਅਕਤੀ ਨੂੰ ਵਰ ਮਿਲਿਆ ਕਿ ਉਹ ਜੋ ਵਰ ਮੰਗੇਗਾ ਉਸ ਨੂੰ ਘਟ ਤੇ ਉਸਦੇ ਗੁਆਂਢੀਆਂ ਨੂੰ ਉਸ ਤੋਂ ਚੁਗਣਾ ਮਿਲਰੇਗਾ। ਉਸਨੇ ਈਰਖਾ ਵਿਚ ਡੁੱਬ ਕੇ ਤੇ ਗੁਆਂਢੀਆਂ ਦਾ ਦੁੱਗਣਾ ਲਾਭ ਹੁੰਦਾ ਵੇਖ ਕੇ ਈਰਖਾਲੂ ਨੇ ਆਪਣੀ ਇਕ ਲੱਤ ਤੇ ਇਕ ਅੱਖ ਖਰਾਬ ਹੋਣ ਦਾ ਵਰ ਮੰਗਰਿਆ ਤਾਂ ਜੋ ਉਸਦੇ ਗੁਆਂਢੀ ਆਪਣੀ ਜਾਇਦਾਦ ਦਾ ਅਨੰਦ ਨਾ ਮਾਣ ਸਕਣ ਤੇ ਇਸ ਤਰ੍ਹਾਂ ਉਹ ਆਪਣੀ ਵਾ ਨੁਕਸਾਨ ਕਰ ਲੈਂਦਾ ਹੈ।

ਇਸ<sup>°</sup> ਤੋਂ ਸਾਨੂੰ ਪਤਾ ਲਗਦਾ ਹੈ ਕਿ ਈਰਖਾਲੂ ਵਿਅਕਤੀ ਤਰੱਕੀ ਕਿਉ ਨਹੀ ਕਰ ਸਕਦਾ। ਉਹ ਈਰਖਾ ਦੇ ਕਾਰਣ ਅੰਦਰ ਹੀ ਅੰਦਰ ਸੜਕਾ ਰਹਿੰਦਾ। ਇਸ ਲਈ ਸਾਨੂੰ ਕਦੇ ਵੀ ਈਰਖਾ ਨਹੀ ਕਰਨੀ ਚਾਹਦੀ। ਇਸ ਦੇ ਕਾਰਨ ਸਾਡਾ ਲਾਭ ਨਹੀ ਸਗੋਂ ਨੁਕਸਾਨ ਹੀ ਹੁੰਦਾ ਹੈ।

> ਅਮਨਦੀਪ ਸਿੰਘ ਸਮੈਸਟਰ-ਦੂਜਾ, ਰੋਲ ਨੰ.

## <u>ਮਹਿੰਗਾਈ</u>

ਜਿਨ੍ਹਾਂ ਮਾਵਾਂ ਦੇ ਪੁੱਤ ਸ਼ਹੀਦ ਹੋ ਗਏ, ਪੁੱਛੋ ਉਨ੍ਹਾਂ ਨੂੰ ਕੀ ਲੜਾਈ ਹੁੰਦੀ । ਬੱਚੇ ਆਉਂਦੇ ਨੇ ਜਿਹੜੇ ਵਿਚ ਮੈਰਿਟਾਂ ਦੇ , ਪੁੱਛੋਂ ਉਨ੍ਹਾਂ ਨੂੰ ਕੀ ਪੜ੍ਹਾਈ ਹੁੰਦੀ । ਮਾਹੀ ਜਿਨ੍ਹਾਂ ਦੇ ਪ੍ਰਦੇਸ਼ ਜਾ ਕੇ ਵੱਸੇ, ਪੁੱਛੋਂ ਉਨ੍ਹਾਂ ਨੂੰ ਕੀ ਜੁਦਾਈ ਹੁੰਦੀ । ਬਾਲ ਜਿਨ੍ਹਾਂ ਦੇ ਰੋਟੀ ਨੂੰ ਤਰਸਦੇ ਨੇ, ਪੁੱਛੋਂ ਉਨ੍ਹਾਂ ਨੂੰ ਕੀ ਮਹ*ਿ*ੰਗਾਈ ਹੁੰਦੀ ।

## <u>ਲੀਡਰ</u>

ਅੱਜ ਦੇ ਲੀਡਰਾਂ ਦੀ ਸੁਣ ਲੈ ਗਲ ਭਾਈਆਂ, ਬਿਆਨ ਇਨ੍ਹਾਂ ਦੇ ਲੋਕਾਂ ਨੂੰ ਪੱਟ ਜਾਂਦੇ ।. ਰੰਗ ਬਦਲਦੇ ਗਿਰਗੱਟਾਂ ਵਾਂਗ ਵੇਖੋ, ਆਪ ੇ ਥੁੱਕ ਕੇ ਆਪ ਹੀ ਚੱਟ ਜਾਂਦੇ । ਲੋੜ ਪਵੇ ਤਾਂ ਗੱਧੇ ਨੂੰ ਬਾਪ ਆਖਣ, ਮਤਲੱਬ ਕੱਢ ਕੇ ਪਾਸਾ ਇਹ ਵੱਟ ਜਾਂਦੇ । ਚੋਣਾਂ ਵੇਲੇ ਤਾਂ ਕਹਿਣਗੇ ਭੈਣ ਭਾਈ, ਮਗਰੋਂ ਗੱਲ ਸੁਣਨੀ ਇਹ ਸਾਡੀ ਹੱਟ ਜਾਂਦੇ ।

> ਤਰਵਿੰਦਰ ਸਿੰਘ ਸਮੈਸਚਰ-ਚੌਥਾ, ਰੋਲ ਨੰ.

## <u>ਪ੍ਰਦੂਸ਼ਣ ਹੀ ਪ੍ਰਦੂਸ਼ਣ</u>

ਵਾਤਾਵਰਣ ਮਲੀਨ ਹੋਇਆ, ਹਰ ਪਾਸੇ ਪ੍ਰਦੂਸ਼ਣ ਨਾਲ, ਸਾਹ ਲੈਣ ਵੀ ਔਖਾ ਹੋਇਆ, ਜੀਣਾ ਵੀ ਹੋ ਗਿਆ ਮੁਹਾਰ।

> ਰੁੱਖਾਂ ਨੂੰ ਅਸੀ ਕੱਟਦੇ ਜਾਂਦੇ, ਨਾ ਅੱਗੇ ਹੋਰ ਲਗਾਉਂਦੇ, ਕਿਵੇਂ ਸਮਝਾਈਏ ਲੋਕਾ ਨੂੰ, ਰੁੱਖ ਪ੍ਰਦੂਸ਼ਣ ਕੋਲੋਂ ਬਚਾਉਂਦੇ।

ਮੋਟਰਾਂ ਗੱਡੀਂਆਂ ਦਾ ਧੂੰਆਂ ਵੀ, ਹਰ ਦਿਨ ਢਾਉਂਦਾ ਕਹਿਰ, ਵਾਤਾਵਰਣ 'ਚ ਘੁੱਲ਼ਦਾ ਜਾਂਦਾ, ਹਰ ਰੋਜ ਕਿੰਨਾ ਜਹਿਰ,।

> ਛੋਟੋ-ਛੋਟੋ ਪੰਛੀ ਵੀ ਕਈ, ਪ੍ਰਦੂਸ਼ਣ ਦੀ ਮਾਰ ਹੇਠ ਆਏ, ਬਚਣ ਲਈ ਉਨ੍ਹਾਂ ਨੇ, ਕਿਤੇ ਹੋਰ ਜਾ ਡੇਰੇ ਲਾਏ।

ਦਿਨੋ ਦਿਨ ਹੀ ਵੱਧਦਾ ਜਾਂਦਾ, ਫੈਕਟਰੀਆਂ ਦਾ ਸ਼ੋਰ, ਜੀਣਾ ਮੁਸ਼ਕਿਲ ਹੋ ਜਾਊਗਾ, ਜੇ ਹੁਣੇ ਕਰੀ ਨਾ ਗੋਰ।

> ਪ੍ਰਦੂਸ਼ਣ ਤੋਂ ਬਚਣਾ ਜੇ ਬੱਚਿਓ , ਆਓ ਕਸਮਾ ਖਾਈਏ, ਇਕੱਠੇ ਹੋ ਕੇ ਆਪਾ ਸਾਰੇ, ਇੱਕ-ਇੱਕ ਰੁੱਖ ਲਗਈਏ ।

ਹਰਪ੍ਰੀਤ ਸਿੰਘ ਸੈਮਸਟਰ ਚੌਥਾ. ਰੋਲ ਨੰ.4

## ਅੰਰਤ

ਔਰਤ- ਇੱਕ ਛੋਟਾ ਜਿਹਾ ਸ਼ਬਦ ਪਰ ਇਸ ਛੋਟੋ ਜਿਹੇ ਸ਼ਬਦ ਵਿੱਚ ਸਮਾਇਆ ਬਹੁਤ ਕੁਝ ਹੈ। ਜੇਕਰ ਇਸ ਸੰਸਾਰ ਵਿਚ ਔਰਤ ਨਾ ਹੁੰਦੀ ਤਾ ਇਹ ਸੰਸਾਰ ਇਨ੍ਹਾਂ ਖੂਬਸੂਰਤ ਨਾ ਹੁੰਦਾ। ਔਰਤ ਦੇ ਕਈ ਰੂਪ ਹਨ – ਉਹ ਕਿਸੇ ਦੀ ਮਾਂ ਵੀ ਹੈ, ਭੈਣ ਵੀ ਹੈ, ਪਤਨੀ ਵੀ ਹੈ ਤੇ ਮਹਿਬੂਬਾ ਵੀ ਹੈ। ਉਸਦੇ ਇਨ੍ਹਾਂ ਰੂਪਾਂ ਵਿਚ ਉਸਦਾ ਮਾਂ ਦਾ ਰੂਪ ਸਭ ਤੋਂ ਵੱਧ ਸਤਿਕਾਰਿਆ ਹੈ।। ਹਰ ਮਨੁੱਖ ਦੀ ਉਨੱਤੀ ਪਿੱਛੇ ਕਿਸੇ ਨਾ ਕਿਸੇ ਔਰਤ ਦਾ ਹੱਥ ਜਰੂਰ ਹੰਦਾ ਹੈ। ਇਸ ਔਰਤ ਨਾਲ ਹੀ ਇਹ ਸੰਸਾਰ ਚਲ ਰਿਹਾ ਹੈ। ਪਰ ਫੇਰ ਵੀ ਇਸ ਸੰਸਾਰ ਵਿਚ ਔਰਤ ਨੂੰ ਉਹ ਸਥਾਨ ਕਿਉਂ ਨਹੀ ਮਿਲ ਸਕਿਆ ਜਿਹੜਾ ਕਿ ਮਰਦ ਨੂੰ ਪ੍ਰਾਪਤ ਹੈ? ਅੱਜ ਦ**ੀ ਔਰਤ ਹਰ ਉੱਚੀ ਪੋਸਟ ਤੇ ਕੰਮ ਰਹੀ ਹੈ। ਆਪਣੇ ਘਰ-ਬਾਰ ਨੂੰ ਚਲਾਉਣ ਲਈ ਬਰਾਬਰ ਦੀ ਹਿੱਸੇਦਾਰ ਹੈ।** ਪਰ ਫੇਰ ਵੀ ਇਹ ਮਰਦ ਔਰਤ ਨੂੰ ਆਪਣੇ ਤੋਂ ਨੀਵਾਂ ਕਿਉਂ ਸਮਝਦਾ ਹੈ ? ਉਸ ਤੇ ਅਤਿਆਚਾਰ ਕਿਉ ਕਰਦਾ ਹੈ ? ਕਿਉਂ ਉਹ ਇਹ ਚਾਹੁੰਦਾ ਹੈ ਕਿ ਔਰਤ ਉਸਦੀ ਗੁਲਾਮ ਬਣੀ ਰਹੇ ?

ਇਹ ਔਰਤ ਕਦੇ ਦਹੇਜ ਦੀ ਬਲੀ ਚੜ੍ਹਦੀ ਹੈ ਤੇ ਕਦੇ ਸਤੀ-ਪ੍ਰਥਾ ਦੀ। ਅੱਜ ਵੀ ਭਾਵੇਂ ਅਸੀਂ 21 ਵੀ ਸਦੀ ਵਿੱਚ ਜੀ ਰਹੇ ਹਾਂ, ਪਰ ਫਿਰ ਵੀ ਔਰਤ ਤੇ ਜੁਲਮ ਘੱਟ ਨਹ*ੀਂ* ਹੋਇਆ। ਅੱਜ ਵੀ ਸੱਸ ਆਪਣੀ ਨੂੰਹ ਨੂੰ ਘੱਟ ਦਾਜ ਲਿਆਉਣ ਲਈ ਸਾੜਦ*ੀ* ਹੈ ਪਰ ਮੈਨੂੰ ਇਹ ਗੱਲ ਸਮਝ ਨਹੀਂ ਆਉਂਦੀ ਕਿ ਉਹ ਸੱਸ ਆਪਣੀ ਨੂੰਹ ਨੂੰ ਸਾੜਨ ਵੇਲੇ ਇਹ ਕਿਉਂ ਨਹੀਂ ਸੋਚਦੀ ਕਿ ਉਹ ਵੀ ਤਾਂ ਔਰਤ ਹੈ। ਉਹ ਵੀ ਕਦੇ ਕਿਸੇ ਦੀ ਨੂੰਹ ਸੀ। ਕੀ ਇਹੋ ਜਿਹਾ ਭਿਆਨਕ ਕੰਮ ਕਰਦੇ ਹੋਏ ਉਸਦਾ ਕਲੇਜਾ ਨਹੀਂ ਕੰਬਦਾ।

ਭਾਵੇਂ ਅੱਜ ਸਮਾਜ ਵਿਚ ਕੁਝ ਔਰਤਾਂ ਪੜ੍ਹ-ਲਿਖਕੇ ਆਪਣੇ ਪੈਰਾਂ ਤੇ ਖੜੀਆਂ ਹੋ ਗਈਆਂ ਹਨ ਤੇ ਉਹਨਾਂ ਨੇ ਸਮਾਜ ਵਿੱਚ ਆਪਣੀ ਥਾਂ ਬਣਾ ਲਈ ਹੈ। ਪਰ ਫਿਰ ਵੀ ਪਿਛੜੇ ਇਲਾਕਿਆਂ ਦੀਆਂ ਔਰਤਾਂ ਅੱਜ ਵੀ ਜ਼ੁਲਮ ਸਹਿਣ ਕਰ ਰਹੀਆ ਹਨ। ਇਹਨਾਂ ਔਰਤਾਂ ਨੂੰ ਜਰੂਰਤ ਹੈ ਕਿ ਸਿੱਖਿਆ ਦੁਆਰਾ ਇਹਨਾਂ ਨੂੰ ਇਸ ਲਾਇਕ ਬਣਾਇਆ ਜਾ ਸਕੇ ਕਿ ਇਹ ਆਪਣੇ ਪੈਰਾਂ ਤੇ ਖੜੀਆਂ ਹੋ ਸਕਣ ਤੇ ਸਮਾਜ ਵਿਚ ਵਸਦੇ ਦਰਿੰਦਿਂਆਂ ਦਾ ਮੂੰਹ ਤੋੜ ਜਵਾਬ ਦੇ ਸਕਣ।

ਦਲਜੀਤ ਕੌਰ ਸਮੈਸਟਰ-ਦੂਜਾ, ਰੋਲ ਨੰ.















## किश कलियां तेरे नांऽ रूझाने दी द्रिश्टी कन्नैः इक झांक

कवता दा सरबन्ध चित्तै कन्नै होंदा ऐ। माह्नू दी कवता घड़ने दी प्रतिक्रिया कदें बी सोची समझी दी नेईं होंदी। ओह् ते माह्नू दे ऐसे भाव न जेहड़े आप मुहारें प्रकट होन लगदे न, फ्ही उ'नें भावेंगी कवि द्वारा शब्दें दा लाबा पोआइयै कवता दा रूप देईं दित्ता जंदा ऐ। भावें गी अभिव्यक्त करने दा सूक्षम तरीका गै कवता ऐ। इस लेई कवतां इक नेहां माध्यम ऐ जिस राहें माह्नू अपने भाव गी इक रूप च आन्नी सकदा ऐ। इ'यां गै डोगरी साहित्य जगत च कवतां साहित्य गी इक मकाम हासल ऐ। इस खेतरा च केडयें कवियें रलियै डोगरी गी अनसम्भा साहित्य भेंट कीता। डोगरी दे सशक्त प्रेमियें च जितेन्द्र उधमपुरी हुंदा बी इक टकोह्दा थाह्र ऐ। डोगरी साहित्य, डोगरी भाशा, अज्ज जिस म्यार तगर पुज्जी दी ऐ, ओह् सब्ब इ'नें कवियें, लेखकें दी अनथक्क साधना दा गै परिणाम ऐ। सभनें दुए साहित्य प्रमियें साही उधमपुरी होरे बी अपनी कान्नी दे जोरै कन्नै डोगरी साहित्य गी समृद्ध कीता ते अपना फर्ज़ अपनी मातृ भाशा आस्तै पूरा कीता। डोगरी साहित्य च इ'नें गजलें दे खेतर च बी बडा नांऽ कमाया। गजलें गी इक नमां रूप-रंग, नमी दिशा आदि दित्ती। उधमपुरी होरें गजलें दे कन्नै-कन्नै डोगरी च मता पद्य साहित्य सिरजेआ, सबने थमां पैह्ले उ'नें 'चाननी' लघु काव्य राहें अपनी पद्य साहित्य ताई पैह्ली गैंपुट्टी। मगरा इंदे चार कवतां संग्रैह् प्रकाशत होए- 'बनजारा', 'चेतें दे सुरजमुखी', 'इक शैह्र यादें दा' ते 'किश कलियां तेरे नांऽ'। इंदे चा 'इक शैह्र यादें दा' साहित्य अकादमी द्वारा पुरस्कृत बी कीते दा

ऐ। उधमपुरी होरें काव्य दे खेतर च अपना योगदान देइयै उसगी समृद्ध गै नेईं कीता, उस च इक जान पाई दित्ती। इं'दी कवतां च हिरख, शंगार, कुदरती शलैपा, मनै दी बेबसी, घुटन, चुभन, जीवन दे यथार्थ गी इ' नें हुबहु अपनी कविताएं च चित्रित कीते दा ऐ। उधमपुरी हुंदा जीवन संघर्षपूर्ण रेहा ऐ। इसदी तसबीर उं'दी कवताएं च लभदी ऐ। उनें अपनी मजबूरियें, तांगे, उम्मीदें, समाज दे रूप गी बी बांदे कीता। इ'नें सारी गल्लें गी उ'नें अपनी कविताएं च इस चाल्ली सरलता कन्नै प्रकट कीते दा ऐ, पाठक दे समाने कवतां पढ़दे बेल्ले इक तसबीर आई खड़ोई जंदी ऐ, ओह्दा अनुभव होन लगदा ऐ। इस लेई पाठक गी उं'दी कवतां समझने आस्तै मती दमाकी कसरत दी लोड नेईं पौंदी। कवि ने अपनी कवताएं च भाशा च सरलता, शब्दें दा चुनांऽ बी बड़ा सोची समझियै पाठकें गी ध्यान च रखियै कीते दा ऐ। अपने इन्नें सारे गुणें कन्नै गै उं'दी कवता डोगरी कवता साहित्य दे खेतर च वक्खरा थाह्न बनाने दी समर्थ रखदी ऐ। उं'दी कवता गी समझियै उसी मसुसिये उसदी गेह्राई तगर पुजना इन्नां मुशकल नेईं होंदा। इक किव तां गै अपने मकसद च कामयाब होई सकदा ऐ, जिसलै ओह् किश अपने मनै थमां सिरजै ते पाठक उस गहराई च पुज्जै। इस चाल्ली दी धारणां उधमपुरी लेई सफल सिद्ध होंदी ऐ।उधमपुरी हुंदे दु'ए कवता संग्रैह् दे कन्नै-कन्नै डोगरी कवता साहित्य जगत च 'किश कलियां तेरे नांऽ' कवता संग्रैह बी सराह्ने जोग ऐ।

इस कविता संग्रैह् च उधमपुरी होरें मुक्ख तौरा पर 'हिरख प्यार' कन्नै सरबन्धत कवता रची दियां न। हिरख दे बी बक्ख-बक्ख रूपें दा

वर्णन कीते दा ऐ। कुतै कवि ने अपने हिरखी भावें गी इस चाल्ली अभिव्यक्ति दिती ऐ की ओह अपने हिरख भरोचे रिश्ते मझाटै होने आह्नी दुरियें दा कारण अपने आप गी दस्सदा ऐ, ते कृतै कवि ने अपने भाव इ'यां बांदे कीते दे न की उन्न ओह् कल्ल मकल्ला रेई गेआ, ते अपने दिला दा हाल कुस्सी दस्से, कोह्दे कन्नै ओह् अपने दिलै दे सुख-दुख सांझे करै। जिस माह्नू कन्नै दिल लगदा ऐ, उसदे कन्नै मिलने कन्नै मन किन्नां बी दुखी, उट्टेआ- हरिआ की नेई होए, ब उसी अपनी प्रेमिकां दे दो मिट्ठे बोल इक ठंडी छां साही आनंद दिंदे न। उस कन्नै उसदे सामने किन्ने बी दुख की नेईं आई जान जेकर उस कोल अपनी प्रेमिका ऐ फिर उन्नें दुखें कन्नै मकाबला करने दी हिम्मत दुगनी होई जंदी ऐ। इस लेई हिरख-प्यार दा ठंडा फनाका इक ब्योगी मनै आस्तै उसदा सब किश बनी जंदा ऐ। ते उस बिजन सब फिक्का गै फिक्का लभदा ऐ। हिरख दे कोमल भावें गी उधमपुरी होरें अपनी स्थिती जां व्यवस्था च मसुसदे होई कान्नी राहें प्रकट करदे न। उं'दी कवता 'उमर-कैद' च कवि ने एह् समझाने दी कोशश कीती दी ऐ। कुसै दी नजरां, रूप, व्यवहार, आदि माह्नु गी म्हेशा ताई कैद करी लैंदियां न। इक हिरखी भावें कन्नै अस दुए माह्नू गी अपनी बक्खी खिच्चिये इस चाल्ली अपने कन्नै अनत्रृद्रा, रिश्ता बनाई सकनेआं जिस थमां ओह् कदें दूर नेईं होई सकै। इस्सै गल्ल गी कवि ने इ'यां आक्खेआ की कुसै दे मनै गी कैद करिये रखने आस्तै संगला, बेड़ियां, उच्चियां कन्धें दी जरूरत नेईं होंदी ऐ, अपने प्यार कन्नै बी कुसै गी कैद कीता जाई सकदा ऐ। कवि दे बोल, कवता च किश इस चाल्ली न-

"ब कदें-कदें इक फुल्लै दी कोमल खिच्च बी कैद करी लैंदी ऐ कैद इक मानू गी उमरें-उमरें ताई।"

कवता 'इक साधन जीने दा'च किव ने अपने जीनें दा साधन अपनी प्रेमिका दी यादें गी मनदे होई, आक्खेदा ऐ जे उ'ऐ मेरी आक्खरी उम्मीद ऐ, जेह्ड़ी उसी इक होंसला दिन्दी ऐ ते इत्थै किव ने उसदी तसबीर सामने रिखयै उसी साधन ग्लांदे होई कवता रची।

कविता दे बोल -

"उमरी दे

इस रेगिस्तानी

अथाह सागरै अन्दर

बस इयै ते इक साधन ऐ

लंगार सीने दा

होने-जीने दा।।"

हिरखी भावें कन्नै लोट-पोट कवता 'तेरे गम मेरे नांऽ च कवि ने

अपनी वेदन, घुट्टन अपनी प्रेमिका दे खालीपन उसदी दूरी कन्नै पौने आह्नें प्रवाहें दा वर्णन बड़े गै मार्मिक ढंगै कन्नै कीते दा ऐ। कवता दे बोल-

''फुंगे दी ही बरखा बरदी, ते सागर जन मेरी त्रेह्। तेरे रंगले सुखने अन्दर,

दस्स, मेरी औकात ही केह्।।"

इस्सै चाल्ली किव ने अपनी स्थिती दी इक्क पासे तुलना उनें लोकें कन्नै किती, जिन्दे कोल हर सुख सुविधा ऐ, उत्थै गै दुई बक्खी किव ने अपने जीवन च दुखें गी कटदे होई अपनी मनोदशा गी दर्शांदे होई अपनी कवता च गलांदे न। कवता दे बोल-

''तेरा गास ऐ उच्चा- चैड़ा।

मेरी धरत अत नमानी,

तेरे हिस्से हासे-खुशियां।

मेरे हिस्से पीड-परानी।।"

इ'यां गै किव अपने विचारें गी व्यक्त करदे न की मिगी हुद इ'नें दुखें दी आदत होई गेई ऐ। अपने दुखें कन्नै दोस्ती करदे होई किव होर गलांदे न, के उन्दे दुख हुन उन्दे साथी आह्ले लेखा उन्दे कन्ने रोंह्दे न, ते उन्दे कन्नै रैह्ना किव ने हुन सिक्खी लैते दा ऐ- "दर्द मेरे गी छोड़ तू अड़िये, में मुण्ढै शा इसदा आदी। ए दुख मेरे हानी मड़िये

इ'यै मैह्रम इयै तादी।।"

समाज दे इक पैह्लु गी दिखदे होई समाज दी परिस्थितियें दा अनुभव करदे होई किव ने उसगी अपनी का'न्नी दा लाबा पोआइयै चित्रित कीते दा ऐ, की समाज दा इक नेहा पक्ख जेहड़ा सच्चाई गी अपनांदा ऐ जां उस सच्चाई गी पक्का निश्चा करियै उस उप्पर चलदा ऐ। किव ने समाज दे उनें लोकें गी दस्से दा ऐ जेहड़े आपू शकार होई, फांसी चड़ी जन्दे न। ब जेहड़ा इक सभ्य समाज च दिक्खने गी नेई मिलदा। कवता दे बोल -

"ए बी

पक्क ऐ जे

सच्च बोलने आलें गी

गलाई

मुजरिम बागी

विद्रोही अपराधी

जां फी

कोई नक्सलवादी

ते मढ़ी

देस-द्रोही दा अलजाम

चाढ़ी दित्ता जन्दा ऐ फांसी।"

किव ने अपनी बेबसी मजबूरी वेदना, तंगी दे हालातें कन्नै लड़दे होई बी हिम्मत नेईं हारदे होई अपनी सोच म्हेशां आशाबादी रक्खी ते इ'यै उम्मीद रक्खी जे कोई ना कोई रोशनी दी किरण जरूर नजरी औग ते कोई नमीं बत्ता उस आस्तै जरूर निकली आनी ऐ, इस्सै आशावादी सोच गी लेइयै रचि गेदियां किवता दे बोल-

"हुट्टेया- हारेया

खीरी साहें दा प्रौह्ना

जीवन

चुप-चाप

लगा ऐ झांकन

पिंजरे शा बाह्र

केह्

कुतै उग्गाने गी ऐ-

भयाग?"

इ'यां गै आशावादी द्रिश्टीकोण कन्नै रची गेदी कवता 'थोड़ी चुप्पी तू

लेई लै' च किव जागरुक होने आस्तै प्रेरत करदा ऐ। उस लेई कोई बी नेहा जरिआ जिस कन्नै अग्गे बधने जां जीवन च नमां बदलाव मिलै, उन्नें सारी गल्लें गी अपनाने दा प्रयास करदे रौह्ना चाह्दि। किवता दे बोल-

"मेरी चुप्पी

मेरी वेदना

थोड़ी घुटन

लेई लै तूं

ते अपनी

सुर-संगीत

ए अमर-गीत

थोड़ा सारा

देई दे मिगी

झर-झर करदेया झरनेया।।"

किव ने अपनी कवताएं च क्रान्तिकारी भावें गी बी थाह्र दिते दा ऐ, जेकर किश हासल करना होऐ तां उस आस्तै तत्ती अग्गी परा बी लगना पौंदा ऐ, अपनी जान तगर बी गोआनी पेई जंदी ऐ। कवता दे बोल -

"कलम जे डुब्बै

लहुआ अन्दर

तां जाइयै इतिहास लखोंदे

चार-चफेरै

गूंजन नगमें

तां जाइयै अहसास मठोंदे।"

इस चाल्ली निश्कर्श दे तौरा पर अस आक्खी सकनेआ जे किव ने अपनी किवताएं राहें अपने भावें गी अभिव्यक्त करने दा जेहड़ा रस्ता अपनाए दा ऐ, ते बक्ख-बक्ख विशें गी अपनी कवता दा आधार बनाइयै अपनी पौथी गी इक नेह्ा थाह्र दोआया जेहड़ा इन्नी समर्थ रखदा ऐ जे हर परिस्थिति च इक सफल साधना दा परिणाम गै सिद्ध होग। उं'दियें कवतायें च इक अपनी गै रूहानगी ऐ, अपनी गै इक दिशा इक अपना गै वजूद ऐ जेहड़ा इक सफल किव दी प्रतिभा दा सबूत दिंदी ऐ। एह् गुण उधमपुरी दी कवता च लब्भदा ऐ ते इ'नें सारी विशेश्तां राहें गै उं'दी पोथी सराह्ने जोग सिद्ध होंदी ऐ।

डोगरी विभाग

काजल सम्याल

















## اردوز بان کی اہمیت دافا دیت

زبان اظہار رائے کاسب ہے حسین اور بہترین ذریعہ ہے۔ کسی بھی ملک کی قومی زبان نصرف اُس کی پیچان ہوتی ہے بلکہ اتحاد وترتی کی ضامن بھی ہوتی ہے۔ زبان اس ملک کی معاشرت اور تہذیب وتدن کی اساس بھی ہوتی ہے۔ کسی بھی قوم اور ملک کی رقی اس قوم کی قومی زبان پر مخصر ہوتی ہے۔ آج امریکہ جرمنی ، جاپان اور فرانس اسی لیے ترقی یا فتہ مما لک کی فہرست میں شامل میں کہ انھوں نے اپنی اپنی قومی زبان کو ذریعہ تعلیم اور سرکاری زبان کے طور پر فروغ دیا۔ ایک اور مثال عظیم ملک چین کی ہے جنہوں نے اپنی چینی زبان پر بھروسہ کر کے دنیا کو دکھا دیا ہے کہ انگریزی زبان تی کی ضامن نہیں ہے ترقی تواپنی زبان میں بھی کی جاسکتی ہے۔

اردوزبان کی تاریخ بہت شاندار ہے اردولفظ ترک زبان کے لفظ''اوردو'' سے ماخوذ ہے جس کے معنی''لشکریا فوج'' کے ہیں۔عربی زبان ہندوستان میں ۱۲ء میں محمد بن قاسم اورعرب تا جروں کے ذریعے پینچی۔ چندصدیوں بعدعر بی فاری بولنے والے افغان بادشاہ سلطان محمود غزنوی نے ہندوستان پر فبضہ کرکے فاری زبان کوسرکاری زبان کا درجہ دیا۔اس کی تقلید مثل بادشاہوں نے بھی کی اور مغلیہ دور میں ہی اردو نے فروغ پایا۔ یہی وجہ ہے کہ اردوزبان کو برصغیر کے مسلمانوں سے منسوب کیا جا تا ہے جبکہ اردوزبان کی بناوٹ اورتشکیل کے متعلق سب سے بڑا نظریہ محمود خان شیرانی کا ہے انھوں نے اردوزبان کا ماخذ پنجابی اور فاری زبان کوقر اردیا جس کی تا ئیدا قبال نے بھی کی ہے۔

اردوزبان ہندوستان کی کی ریاستوں میں بولی کھی اور مجھی جاتی ہے جن میں جموں وکشمیر بھی شامل ہے۔ ہندوستان کے قانون کے مطابق اردو کاان بائیس زبانوں میں استعال ہوتا ہے جن کو دفتری زبان کا درجہ حاصل ہے۔ ہندوستان کے تقریباً پانچ فیصد لوگ اردو کا مادری زبان کے طور پر استعال کرتے ہیں۔ اردو زبان کو بام عروج تک پہنچانے میں شاعروں ،ادیبوں ،صوفیوں اور انگریزوں کا بڑا ہاتھ ہے۔ پوری دنیا میں خالص اردو بولنے والوں کی تعداد گیارہ کروڑ سے زائد ہے جس کے لئاظ سے اردود نیا کی نویں بڑی زبان کی حیثیت رکھتی ہے۔

لفظ اردوکی اگرہم بات کریں تو یہ لفظ سب سے پہلے غلام ہمدانی مصحقی نے ۱۷۸۰ء کے آس پاس اپنی شاعری میں استعال کیا جن کا تعلق دبستان لکھئو سے تھا۔ اردو کو مختلف ناموں سے پکارا جاتا رہا مثلاً ہندوی، ریختہ، دہلوی، دکنی، گجراتی، کھڑی بولی وغیرہ۔ بقول داغ دہلوی:

	اردو ہے جس کا نام جمیں جانتے ہیں دائغ		
	ہندوستان میں دھوم ہماری زباں کی ہے		
	نہیں کھیل اے دا <del>ئ</del> ے یاروں سے کہددو		
	كدآتى ہاردوزہاں آتے آتے	77.04	
		بقول مصحَّفَى:	
	زبان دیکھی ہےہم نے میر کی مرزا کی واللہ		
	کہیں ہم سطرح کہ صفحتی اردو ہماری ہے		
	ين٠٠ ٥٠٠٥ د ٥١٠٠١٥٠٠		
		منوررآنا:	
	سگی بہنوں کا جورشتہ ہےارد واور ہندی میں		
	کہیں دنیا کی دوزندہ زبانوں میں نہیں ملتا		
		منیش شکلا:	
	2	.16=0=	
	بات کرنے کا حسیں طور طریقہ سکھا		
	ہم نے اردوکے بہانے سے سلیقہ سکھا		
	10 W M	احمدوصی:	
		.0.22	
	وہ کرے بات تو ہر لفظ سے خوشبوآئے		
	الیں بولی وہی بولے جھے اردوآئے		
	وہ اردو کا مسافر ہے یہی پیچان ہے اس کی		
	جدھرہے بھی گزرتا ہے سلیقہ چھوڑ جاتا ہے		
		b. /a.	
		اشوك ساحل:	
	اردوکے چندلفظ ہیں جب سے زبان پر		
	تہذیب مہرباں ہے مرے خاندان پر		
		منصورعثانی:	
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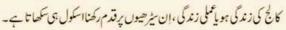
جہاں جہاں کوئی اردوزبان بولتا ہے وہیں وہیں مراہندوستان بولتا ہے

اردوزبان کی اہمیت وافادیت کو دیکھتے ہوئے مغلیہ دور کے آخری عبد یعنی ۱۸۳۲ء میں ہندوستان میں انگریزی کے ساتھ اردوکوبھی سرکاری زبان کا درجد دیا گیا اور زیادہ ترکام اسی زبان میں ہونے لگا جس کی مثال ہمارے سامنے فورٹ ولیم کالجی، دلی کالجی اورعلی گڑھ مدرسہ کی ہے۔ اردواور ہندی میں سب سے بڑا فرق رہم الخط کا ہے۔ اردونستعلیق رہم الخط اور ہندی دیونا گری رہم الخط میں کبھی جاتی ہے۔ اردوزبان کا جدید زبانوں میں شار ہوتا ہے اس کے باوجود دنیا کی تمام اصناف ادب کا مواداس میں ماتا ہے۔ اردوزبان نے اپنے اندر فارس اور عربی الفاظ کوفوقیت دی جبکہ ہندی نے سنسکرت زبان سے زیادہ الفاظ لینا شروع کیے۔ انگریزی زبان کے الفاظ کواردواور ہندی زبانوں نے فراخ دلی سے قبول کیا ہے۔

اردوزبان کی اہمیت وافادیت کا اندازہ اس بات سے بھی لگایا جاسکتا ہے کہ ہندی آج تک ہندوستان میں عام لوگوں کی زبان نہ بن سکی ہندی کے بیشتر الفاظ تو ہندی بولنے والوں کی سمجھ میں بھی نہیں آتے۔ بھارت کی فلم انڈسٹری دنیا کی سب سے بڑی انڈسٹری ہاں میں زیادہ تر فلمیں اردو میں ہی بنتی ہیں۔ گانوں کی شاعری تو سوفیصد اردو میں کی جاتی سب سے بڑی انڈسٹری ہاں میں زیادہ تر فلمیں اردو میں ہی بنتی ہیں۔ گانوں کی شاعری تو سوفیصد اردو میں کی جاتی ہے۔ اردوزبان کے فروغ میں سرسید، حالی شلی ، نذیر احمد، پریم چند، کرش چندر، فراق گورکھپوری، میرتقی میر، اقبال ، صحفی ، عالب، جیسے ادیوں وشاعروں نے لازوال محنت کی ہے۔ ان سب باتوں سے ہم اندازہ لگا سکتے ہیں کہ آج بھی اردوزبان کی اہمیت وافادیت اس طرح برقر ارہے جس طرح اس زبان نے عودج کی منازل طے کی تھیں۔

ڈاکٹر خالد حسین کیکچرار گورنمنٹ ڈ گری کالج ڈ گگی، راجوری





ایک ہے گانشو و فہا میں اسکول کا کردار کتاا ہم ہے؟ یہ سوال ہرانسان خود ہے ہو چھے۔ یہاں سکھائی جانے والی ہا تیں اے زندگی مجریا درہتی ہیں۔
کہتے ہیں کہ والدین بچوں کے پہلے استاد ہوتے ہیں لیکن اساتذہ ان کے دوسرے والدین ہوتے ہیں۔ ایک بچے اسکول میں اساتذہ کے ساتھا تناہی وقت گزارتا ہے جتناوہ اپنے گھر میں والدین کے ساتھ ۔ اسکول بچ کو منظم تعلیم فراہم کرتا ہے اور اس کی ذہنی ،جسمانی اور نفیا تی نشو و فہا کوفروغ و بتا ہے۔ یہاں انسان سکھتا ہے کہ ٹیم ورک کیا ہے ، اجھے اطاق کیا ہوتے ہیں ، اتحاد کی طاقت کیا ہے ، اشتراک کے کہتے ہیں اور ذمہ داریاں کیسے نبھائی جاتی ہیں۔ جسی تربیت وہ اسکول میں حاصل کرتا ہے ، وہ اس کے کردار میں تکھار پیدا کرتی ہے جو عمر مجراس کے ساتھ رہتی ہے ۔ اسکول کے احاطے میں انسان اپنی فطری صلاحیتوں کو دریا فت کرتا ہے اور انہیں فروغ دینے کی کوشش کرتا ہے ۔ یہ تمام تجربات اس کی خوداعتادی میں اضافہ کرتے ہیں جو مملی زندگی میں اسے ایک کامیاب انسان مینے میں معاون خابت ہوتے ہیں۔ جانے ایک انسان کی زندگی میں اسکول کی کیا انہیت ہوئی جائے :

نالج از پاؤر: یہ پاور بعنی طاقت انسان کوسب سے پہلے اسکول میں ملناشروع ہوتی ہے۔ یہاں انسان کی ذہنی پرورش ہوتی ہے۔علم کیا ہے؟ اس کے متعلق اسکول کی چار دیواری میں آگا ہی ہوتی ہے۔انسان مختلف علوم سیکھتا ہے تا کہ آئندہ زندگی میں بیاس کے گام آئیں علم حاصل کر کے ایک انسان دوسر سے انسان کی بہتر طریقے سے مدوکرنے کے قابل بنتا ہے۔

کالج کی سیرهی:اسکول،کالج میں جانے کی سیرهی ہے۔اسکو لی تعلیم کے بغیرانسان کالج میں نہیں جاسکتا۔کامیاب زندگی گزارنے اوراپے خوابوں کو پانے کیلئے کالج انتہائی اہم ہے۔اعلی تعلیم کے بعدانسان اچھی ملازمت حاصل کرسکتا ہے اور بہتر زندگی گزارسکتا ہے۔ایک طالب علم کیلئے اسکول میں گزرا ہر لمحد اہم اور کارآ مدہونا جاہئے جس میں وہ ہروقت کچھ سیکھتا رہے۔

معاشرے میں رہنے کا ہنر: تعلیم کے بغیرانسان معاشرے میں سیجے طریقے ہے رہنے کا ہنرنییں سیجے سکتا۔ اسکول میں اے ساج کے مختلف طبقات کے طلبہ سے جند کو سے بند کو سے بند کو سے بند کو سے بند کو دوست بناتا ہے اور میدود ہوتا عمر قائم رہتی ہے۔ اگر انسان اسکول نہ جائے تو شایدووا پنی عمراور ساج کے دیگر طبقات کے لوگوں نے بیس ل سکے گا۔ اس طرح اس کا ساجی دائر ہمحدود ہوجائے گا۔

اسکول کے بغیرزعگی: کیاانیان ایی زندگی کے بارے بین سوچ سکتا ہے جس بین ابتدائی عربین کرنے کیلئے کچھ نہ ہو؟ اسکول نہ جانا ہو؟ سارا دن گھر بین روکروہ کیا کرے گا؟ کیاا ہے انسان کی ذبخی، جسمانی اور نفیا تی نشو فا درست طریقے ہے ہو سکے گی؟ ابتدائی عربین جب تک انسان اپنے آپ کومخلف اور درست کا موں بین مشغول نہیں رکھے گاوہ کا میاب زندگی نہیں گزار سکے گا۔ اس بات چیت کا سلقہ آئے گا نہ وہ آسان حساب کتاب کر سکے گا۔ اس کی زندگی بوجل ہوجائے گی اور وہ اکتاب کے شکار ہوجائے گا۔ اسکول نہ جانے والا بچیاسکول جانے والے بچوں سے بالکل مختلف نظر آئے گا۔ اس کا بات چیت کا طریقہ مختلف ہوگی۔ طریقہ مختلف ہوگی۔ موجوئی ترقی خاس میں گئی تبدیلیاں بیدا کی ہیں۔ انسان کی زندگی میں اسکول کو وہ انہیت حاصل ہے، جو آج سے پہلے بھی نہیں تھی۔ اسے کی زندگی کا پہلا اور سب سے اہم قدم مانا جاتا ہے۔ آج اسکول استے ہائی ٹیک ہوگئے ہیں۔ اور نصاب میں ایس تبدیلیاں بیدا کی ہیں۔ اور نصاب میں ایس تبدیلیاں کی گئی ہیں کہ والے ہیں۔ اور نصاب میں ایس تبدیلیاں کی گئی ہیں کہ والے ہیں۔ اور نصاب میں ایس تبدیلیاں کی گئی ہیں کہ والے ہیں۔ اور نصاب میں ایس تبدیلیاں کی گئی ہیں کہ اس کی طریقہ ہیں۔

Sager Ahmed

B.A Sem-2nd SG GDC Doongi, Rajouri



بهترینی کوشهرت، ہمیشہ کا سفر ہے۔ تكليفول كى غلبت، ہمیشہ کا سفر ہے۔ بارون کی تحمیل، فتح كاسفرې۔ ختیول کی راه میں، را ہوں کا سفر ہے۔ ہوتی ہرات بھی، سونے کی جاہتیں۔ ر لیکن اہم ہےروشنی، راستول كاسفرب-برمشقت كى رات مين، چىكتى باميدون كى جاندنى\_ ناامىدى كى دھوپ ميں، استقامت كاسفرب\_ بِمقصدتبين، برقدم بمنزل كاطرف أثفائ جيول جلوه، ہمیشہ کا سفر ہے۔ Sobia kosser B.A Sem-5th SG GDC Doongi, Rajouri

## كامياب لوگوں كے كامياب تجرب

ڈاکٹرائے بی جےعبدالکلام

سابق مندوستاني صدر،ساعنسدال

میں ایک اوسط طالب علم تھا جے ریاضی اور سائنس سب ہے مشکل مضامین معلوم ہوتے تھے۔ اسا تذوے اکثر کہتا تھا کہ مجھے بیدونوں مضامین بالکل پسنوئیس ہیں۔ میں نے ریاضی اور سائنس سکھنے کیلئے اسکول کے مختلف کمروں اور چھوٹی ہی لائیر بری میں کافی وقت گزارا ہے۔ اگر اسکول میں ان مشکل مضامین پر توجہ نہیں دیتا تو شاید ایک سائنس داں بننے کی جانب میرار جھان بھی نہیں ہوتا۔ اسکول نے مجھے طاقت دی تھی اور میری یا دوں میں میرااسکول میری سب سے بدی طاقت بن کر بمیشہ زندہ درے گا۔

بارك اوبامه

سابق امریکی صدر

اسکول میں میں ایک بنجیدہ طالب علم نہیں تھا۔ میرے گریڈ بھی اچھے نہیں آتے تھے۔ میری والدہ نے ای اسکول کے احاطے میں جھے کی بار سمجھایا کہ اسکول کیا ہے اور تعلیم کیوں ضروری ہے۔ آج بھی احاطے میں بعض والدین اپنے بچوں سے بھی کہتے ہوں گے۔ یبال میں نے اپنی زندگی کا مقصد طے کیا اور کا میاب ہونے کیلئے مسلس جدوجہد کا آغاز کیا۔ خودکو چیلنے دیئے۔ جب مدد کی ضرورت پڑی دوستوں اور اساتذہ سے مدد ما تھی۔ اسکول کی یا دیں ہمیشہ میری یا دواشت کا حصد رہیں گی۔

أنجلينا جولي

ادا كاره اورامن كى علمبردار

اسکول میں مُیں مشہور طالبہ نہیں تھی۔ ایک عام می طالبہ تھی جس کے گریڈ بھی اچھے نہیں آئے سے کیکن جن مضامین میں کمزور تھی انہیں بھنے کیلئے اسکول کی چھٹی ہونے پراسکول کی لائبر رہی میں گھٹوں وقت گزارتی تھی۔ کاس روم کے بعد میری پسندید وجگہ لائبر رہی ہی تھی۔ زندگی میں اسکول او تعلیم کی امیت کا انداز واس وقت ہوا جب مئیں نے ہائی اسکول پاس کرلیا۔ لیکن یہاں کا میدان، کیٹئین اور لائبر رہی مجھے ہیشہ یا در ہے گی کیونکہ یہ وہ جگہیں ہیں جہاں میں نے سب سے زیاد ووقت گزارا ہے۔

رچیڈیٹس

برطانوى صنعت كار

اسکولی تعلیم کے دوران معلوم ہوا کہ مجھے ڈسکٹھیا (پڑھنے میں مشکل پیش آنا) کا مرض ہے گراسا تذہ اور دوستوں نے بھی احساس نہیں ہونے دیا کہ میں ان سے مختلف ہوں۔ انہوں نے ہمیشہ میری مدد کی۔ اسکول کی ہر دیوار اور ہر کلاس روم مجھے ہمیشہ یا در ہے گا کیونکہ یہیں پر مئیں نے پڑھنا لکھنا سیکھا۔ اگر میر ااسکول اور وہاں کیلوگ میری مدنہیں کرتے تو شاید زندگی میں مئیں اتنا کا میاب بھی نہیں ہوسکتا تھا۔ اسکول کی یا دیس تکلیف دہ بھی ہیں مگر اچھی یا دیس تمام بری یا دوں کو بھلادیتی ہیں۔

Razina kouser B.A Sem-4th

SG GDC Doongi, Rajouri

استاد

ڈاکٹر چاہتاہے کہ ہر مخص بیار ہو،

وكيل كى خوابش ہوتى ہے كہ ہر شخص جھگڑ الوہو،

پوليس والا چا بتا ہے كه برو برخض مجرم بو،

تھيكىداره چاہتاہے كە برشخص مزدور ہو،

شراب فروش چاہتاہے کہ ہر شخص شرابی ہو،

سیای لیڈر چا ہتا ہے کہ ہر خص بھولا بھالا اور معصوم ہے ہو،

جھولا چھاپ عامل جا ہتا ہے کہ ہر خص بھوت پریتاور جادو<mark>ٹونے پریفین رکھنے والا ہو،</mark>

لیکن،استاد ہی ہے جس کہ ہمیشہ یہی خواہش ہوتی ہے کہ قوم کا ہر مخص تعلیم یا فتہ ہواورزندگی میں کامیاب وکا مران ہواورخود کی ترقی کے ساتھ ساتھ اپنے خاندان کی اپنے ملک کی اور پوری انسانیت کی جھلائی چاہتا ہے۔

Raza Ahmed

B.A Sem-2nd

SG GDC Doongi, Rajouri

# كمپيوٹر كى تعليم وقت كى اہم ضرورت

موجودہ دور میں کمپیوٹر ہماری زندگی کا اہم حصہ بن گیا۔کمپیوٹر نے آج دنیا کواپی گرفت میں کرلیا ہے۔کمپیوٹر جدیدا بجاد ہے، جو ہر شعبے میں اپنی گرفت مضبوط کرتا جارہا ہے۔ آج کے ڈیجیٹل دور میں کمپیوٹری تعلیم وقت کی اہم ضرورت بن چکی ہے۔ ہماری زندگی کے تمام پہلوؤں میں ٹیکنالوجی کے بڑھتے ہوئے استعمال کے ساتھ، مواصلات سے لے کرتعلیم اور کا روبار تک، کمپیوٹر کی بنیادی سمجھ کا ہونا ہر عمر کے افراد کیلئے ایک ضرورت بن گیا ہے۔جدید دور میں وقت کی مناسبت ہے کمپیوٹر کی بنیادی سمجھ کا ہونا ضروری ہے۔

کپیوٹر اور انٹرنیٹ کی مدد ہے ہم دنیا میں کہیں ہے بھی کسی بھی موضوع پر معلومات حاصل کر سکتے ہیں۔ اس نے تعلیم کومزید قابل رسائی بنادیا ہے، اور اب آن لائن نئی مہارتیں سکھنا اور حاصل کرناممکن ہے۔ زیادہ تر ملازمت کے کرداروں کیلئے ضروری کپیوٹر اب زیادہ تر ملازمتوں کیلئے بھی جن کیلئے روایتی طور پر کپیوٹر کی مہارت کی ضرورت نہیں تھی۔ مثال کے طور پر کپیوٹر کی مہارت کی ضرورت نہیں تھی۔ مثال کے طور پر نیادہ تر ریٹیل اسٹورز کپیوٹر اکٹر ڈیوائٹ آف بیل سسٹم کا استعمال کرتے ہیں اور یہاں تک کہ چھوٹے کاروباری بھی اپنے مالیات کا انتظام کرنے کیلئے کپیوٹر کا سہارا لیلتے ہیں۔ اس ممل سے ہماری زندگی کے مسائل آسانی سے طل ہور ہے ہیں۔

کمپیوٹر کی تاریخ 19 ویں صدی ہے شروع ہوئی جب ریاضی دانوں اور موجدوں نے حساب کتاب کرنے کیلئے میکینکل آلات کے امکانات کو تلاش کرنا شروع کیا۔ 20 ویں صدی کے وسط میں ، الکیٹرا تک کمپیوٹرز تیار ہوئے اور وہ 1960 اور 1970 کی دہائیوں میں زیادہ وسیع پیانے پر دستیاب ہوئے۔ اس کے بعد سے کمپیوٹرز کا ارتقاء تیزی ہے ہوا ہے ، اور اب ہمارے پاس طاقتور لیپ ٹاپ اور اسارے فونز ہیں جو پیچیدہ حسابات اور عمل کو انجام دے سکتے ہیں۔

جدید دور میں کمپیوٹری تعلیم ہماری زندگی کے تقریباہر پہلومیں لازمی ہے۔ بیضروری ہے کہ ہم کمپوٹری تعلیم میں سرماییکاری جاری رکھیں تا کہ آنے والے مزید ڈیجیٹل دور میں کامیابی کے لیے ضروری مہارتوں ہے لیس ہوں۔ کمپیوٹر مختلف مقاصد جیسے تفریح ، مواصلات، تعلیم ، محقیق اور کام کے لیے استعمال ہوتے ہیں۔ گرچہ کمپیوٹرزنے زندگی کوئی طریقوں سے آسان اور زیادہ کارآید بنایا ہے۔

لہذا کمپیوٹرانسانوں کے مقابلے میں بہت تیزرفآرے کام انجام دے سکتے ہیں،اوروہ کلی ٹاسک کرسکتے ہیں، یعنی ایک وقت میں کئی کام کر سکتے ہیں۔کہپیوٹرز کا ایک اور فائدہ ان کی مواصلات کو آسان بنانے کی صلاحیت ہے۔ای میل،فوری پیغام رسانی،اور ویڈیو کا کانفرنسنگ کے ذریعے،کمپیوٹر اوگوں کو ان کے مقام سے قطع نظر ایک دوسر سے جڑنے کی اجازت دیتے ہیں۔اس سے لوگوں کے لیے خاندان، دوستوں اور دورر ہنے والے ساتھوں کے ساتھ تعلقات برقر اررکھنا آسان ہوگیا ہے۔اس لیے کمپیوٹر ہماری زندگی کے لیے لازم و ملزوم ہے۔

Name: Waheeda Koser Class: B.A Sem-4th SG GDC Doongi, Rajouri

















# हिंदी भाषा का महत्त्व और जम्मू कश्मीर में हिंदी की स्थिति

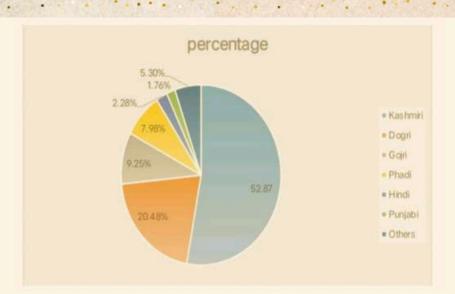
एक भाषा के रूप में हिंदी न सिर्फ भारत की पहचान है बल्कि यह हमारे जीवन मूल्यों, संस्कृति एवं संस्कारों की सच्ची संवाहक, संप्रेषक और परिचायक भी है। बहुत सरल, सहज और सुगम भाषा होने के साथ हिंदी विश्व की संभवतः सबसे वैज्ञानिक भाषा है जिसे दुनिया भर में समझने, बोलने और चाहने वाले लोग बहुत बड़ी संख्या में मौजूद हैं। यह विश्व में तीसरी सबसे ज्यादा बोली जाने वाली भाषा है जो हमारे पारम्परिक ज्ञान. प्राचीन सभ्यता और आधुनिक प्रगति के बीच एक सेतु भी है। हिंदी भारत संघ की राजभाषा होने के साथ ही ग्यारह राज्यों और तीन संघ शासित क्षेत्रों की भी प्रमुख राजभाषा है। संविधान की आठवीं अनुसूची में शामिल अन्य इक्कीस भाषाओं के साथ हिंदी का एक विशेष स्थान है।देश में तकनीकी और आर्थिक समृद्धि के साथ-साथ अंग्रेजी पूरे देश पर हावी होती जा रही है। हिन्दी देश की राजभाषा होने के बावजूद आज हर जगह अंग्रेजी का वर्चस्व कायम है। हिन्दी जानते हुए भी लोग हिन्दी में बोलने, पढने या काम करने में हिचकने लगे हैं। इसलिए सरकार का प्रयास है कि हिन्दी के प्रचलन के लिए उचित माहौल तैयार की जा सके।हिंदी बहुत ही सरल भाषा है। आज के समय में भले ही अंग्रेजी भाषा काफी प्रचलन में आ रही है। अंग्रेजी भाषा को लोग भले ही अपना फैशन समझते हैं लेकिन आधुनिक भारत में हिंदी का बड़ा ही महत्व है । हमारे भारत देश में हिंदी काफी प्रसिद्ध है। आजकल इंटरनेट पर भी हिंदी में सबसे ज्यादा वीडियो आर्टिकल आदि हमें देखने को मिलते हैं।हिंदी की ओर लोग काफी तेजी से आकर्षित हो रहे हैं। हिंदी भारत देश में लगभग हर एक राज्य में जाने वाले होते हैं। भारत की राष्ट्रभाषा हिंदी है इसलिए पढ़े-लिखे लोग तो हिंदी जानते ही हैं। हिंदी स्कूल एवं कॉलेजों में पढ़ाई जाती है। हिंदी में हमारे भारत देश में कई साहित्य में पढ़ने को मिलते हैं।

वास्तव में हमारे जीवन में एवं इस आधुनिक युग में हिंदी का बड़ा ही महत्व है। हिंदी भाषा आज के समय में लोग इंटरनेट पर भी पढ़ना पसंद करते हैं। अंग्रेजी भले ही आज प्रचलन में हैं एक तरह से अंग्रेजी बोलना फैशन बन गया है लेकिन वास्तव में मातृभाषा हिंदी है इसलिए लोगों को हिंदी पढ़ना और सुनना ज्यादा पसंद है।

हिंदी की वैश्विक स्तर पर उपयोगिता विभिन्न क्षेत्रों में है। यह भारत की आधिकारिक भाषा है और भारतीय सबकुछ और सभी विभागों के लिए महत्वपूर्ण है।हिंदी का अध्ययन और उपयोग विश्वभर में भारतीय दिवसीय समुदायों के लोगों के बीच संवाद को बढ़ावा देता है। यह विभिन्न विभाषाओं के लोगों के बीच सांविदानिक, वाणिज्यिक और सांस्कृतिक आदान- प्रदान को सुनिश्चित करने में मदद कर सकता है। विज्ञान, वाणिज्यिक, साहित्य, और सामाजिक क्षेत्रों में हिंदी का सबसे अधिक उपयोग होने वाला विषय है, जिससे विभिन्न क्षेत्रों के लोग एक दूसरे के साथ सांविदानिक और सांस्कृतिक रूप से संवाद कर सकते हैं। हिंदी की उपयोगिता वैश्विक स्तर पर बढ़ रही है, क्योंकि यह भाषा एक बड़े भूगोलिक क्षेत्र में बोली जाती है और भारत की एक प्रमुख भाषा है। यह व्यापक रूप से बातचीत, वाणिज्यिक गतिविधियों, और सांस्कृतिक आदान-प्रदान में भी उपयोग होती है। हिंदी का अध्ययन और इसका उपयोग अंतरराष्ट्रीय स्तर पर संवेदनशीलता बढ़ा सकता है और भारतीय विचारधारा को विश्व में प्रस्तुत करने में मदद कर सकता है।

जम्मू कश्मीर में हिंदी की स्थितिः

जम्मू कश्मीर में कुल भाषाओं का प्रतिशत आलेख में दर्शाया गया हैं



हिंदी भारत की राजभाषा है और भारतीय संविधान में इसे आधिकारिक भाषा के रूप में मान्यता प्राप्त है। हिंदी को समझने और बोलने वाले लोग देशभर में हैं।जम्मू कश्मीर भारत का एक संघ शासित क्षेत्र हैं। यहाँ अनेक भाषाएँ बोली जाती हैं जैसे उर्दू, कश्मीरी, डोगरी हिंदी और अंग्रेजी।

जम्मू और कश्मीर में हिंदी भाषा की स्थिति विवादास्पद है, क्योंकि यहां कई भाषाएं बोली जाती हैं। हिंदी को राजभाषा घोषित करने के संबंध में विभिन्न मत हैं और स्थिति बदलती रहती है।

जम्मू और कश्मीर में हिंदी भाषा का प्रचलन है, राज्य की आधिकारिक भाषा उर्दू है, लेकिन हिंदी को समर्थन मिलता है और स्थानीय लोग इसे संवेदनशीलता से बोलते भी हैं । जम्मू और कश्मीर में हिंदी भाषा का प्रचलन है, लेकिन यहाँ अन्य भाषाएँ भी बोली जाती हैं, जैसे कि उर्दू, डोगरी कश्मीरी, और अंग्रेजी। जम्मू कश्मीर में सबसे अधिक कश्मीरी 52.85 प्रतिशत बोली जाती है उसके बाद डोगरी बोलने वालों की संख्या 20.48 प्रतिशत है, गोजरी 9.25 और पंजाबी भाषी लोग 1.79 प्रतिशत हैं और हिंदी भाषा केवल 2.28 प्रतिशत ही बोली जाती है ।हिंदी भाषा का प्रचार -प्रसार अलग- अलग क्षेत्रों में भिन्न हो सकता है, लेकिन राज्य के कुछ

हिस्सों में लोग हिंदी का अच्छे से बोलते हैं और इसका उपयोग भी करते हैं। जम्मू और कश्मीर में हिंदी एक अनुवाद की भाषा के रूप में पहचानी जाती है, लेकिन यहाँ अनेक भाषाएं बोली जाती हैं, जैसे कि कश्मीरी, डोगरी, और उर्दू ।जम्मू कश्मीर में ज़्यादा प्रचार प्रसार उर्दू,और डोगरी,कश्मीरी का ही हैं हिंदी भाषा को बोलने वालों की संख्या अभी भी कम हैं जबिक यहाँ के लोगों का समर्थन भी हैं। हिंदी राज्य की भाषाओं में से एक होते हुए भी वह स्थान नही हासिल कर सकी जो उसे मिलना चाहिए। क्योंकि कुछ लोग हिंदी को नालायकों की भाषा समझते हैं उन्हें लगता है हिंदी बोलने से हम पढ़े लिखें नही समझे जाएंगे, इसीलिए अपने बच्चों को भी अंग्रेजी मध्यम स्कूलों में भेजते हैं।और आजकल तो अंग्रेजी का कुछ अधिक ही प्रचलन है सब अंग्रेजी बोल कर अपने आप को मॉडर्न कहलवाना चाहतें हैं तो हिंदी भाषा को अपना स्थान बनाने में थोड़ी परेशानी तो आएगी ही। हिंदी का उपयोग शिक्षा, संवाद और सरकारी कार्यों में होता है, लेकिन वह भी थोड़ा क्योंकि यहाँ भी कई अन्य भाषाएं संवैधानिक पहचान प्राप्त करती हैं।

2020 में जम्मू-कश्मीर के लिए पांच-भाषा फॉर्मूले पर केंद्र के दबाव ने न केवल उर्दू की एकमात्र आधिकारिक भाषा के रूप में स्थिति को समाप्त कर दिया, बल्कि इसे भविष्य में हिंदी को लागू करने की दिशा में एक मध्यस्थ कदम के रूप में भी देखा जा रहा है।

अब कालिजों में हिन्दी के ऐच्छिक विषय के रूप में पठन पाठन की व्यवस्था हुई हैं ।जम्मू एवं कश्मीर के विश्वविद्यालयों में हिन्दी के छात्र-छात्राओं तथा शोधार्थियों की संख्या बढ़ती जा रही है। कश्मीर विश्वविद्यालय के हिन्दी विभाग ने अनेक शोध प्रबंध हिन्दी संसार को दिए हैं।

कश्मीर सरकार के द्वारा संस्थापित 'कल्चरल अकादमी' ने बीसियों हिन्दी ग्रंथ प्रकाशित किए हैं। अनेक हिन्दी लेखकों को अपनी पुस्तकें प्रकाशित करने हेतु आर्थिक अनुदान दिया है। कहने का आशय यह है कि हिंदी भाषा जम्मू कश्मीर में धीरे -धीरे अपना स्थान बना रही है और वह दिन दूर नहीं जब जम्मू कश्मीर में भी इसका उच्च स्थान होगा।

हिंदी विभाग संजोगिता कुमारी





# भारतीय संस्कृति की विशेषताए

संस्कृति शब्द 'संस्कार से बना माना गया है। इस कोई प्रत्यक्ष, मूर्त या साकार स्वरुप नहीं हुआ करता, वह तो मात्र एक अमूर्त भावना है। भावना भी सामान्य नहीं, बल्कि गुलाब की सी ही कोमल, सुंदर और सुंगधित भी। वह भावना जो अपने अमूर्त स्वरूप वाली डोर में न केवल केसी विशेष भू- भाग के निवासियों, बल्कि उससे भी आगे बढ़ सारी मानवता को बांधे रखने की अदभुत क्षमता अपने में सजोए रहती है। विश्व के और किसी भू-आग (देश) की संस्कृति की यह सर्वाधिक प्रमुख एंव पहली विशेषता रेखांकित की जा सकती है। तभी तो जहां रोम-मिस जैसी सभ्यतांए और संस्कृतियां आज इतिहास या नुमाइश की वस्तु बनकर रह गई हैं, हमारी यानी भारतीय संस्कृति जिसे आर्य संस्कृति भी कहा जाता है। अपनी मूर्त-अमूर्त दोनों प्रकार की प्राणवत्ता में आज भी जीवित है। सारी भूली-भटकी मानवता के लिए प्रेरणा स्त्रोत बनने की क्षमता आज भी इसमें विद्यमान है। वास्तव में कुछ ऐसी ही बात भारतीय संस्कृति का आधारभूत तत्व है कि जो कई- कई बार आए भयानक, सर्वहारक तूफानों के बीच भी इस देश को अडिग, अटल रखकर जीवित बनाए हुए है। उसी सब पर यहां से क्षप्त विचारकरना है।

हमारी इस प्राणवान संस्कृति की अनेक विशेषतांए रेखांकित की जाती है। उनमें से समन्वय-आव या समन्वय-साधना भारतीय संस्कृति की पहली विशेषता मानी गई है, यह बात ऊपर भी कही जा चुकी है। अनेकता में एकता बनाए रखने की दृष्टि इसी मूलभूत विशेषता की देन है। यहां प्रकृति ने ही भौगोलिक स्तर पर अनेकत्व का विधान कर रखा है। कहीं घने जंगल है तो कहीं उंचे बर्फील पर्वतों की पंक्तियां, कहीं रेगिस्तान हैं तो कहीं दूर-दूर तक फैल रहे घने पठार। इनमें भिन्न वेशभूषा, खान-पान, रीति-रिवाज और भाषा-आषी लोग निवास करते हैं। उनके धर्म, मत, पंथ, और संप्रदाय भी अलग-अलग है, फिर भी हम सब मलकर अपने आपको भारतीय कहने में ही गौरव का अनुभव करते हैं। इसी प्रकार यहां भिक्ते, कर्म, जान, लोक-परलोक, स्वार्थ-परमार्थ आदि को भी एक जैसा महत्व प्रदान किया जाता है। दुख का स्वागत भी उसी उत्साह के साथ किया जाता है कि जिसके साथ सुख का। यही नहीं, यहां की प्रकृति भी हमारी समन्वय-साधना की सांस्कृतिक विशेषताओं में हमारा साथ निभाती है। रंग-रूपों का वैविध्य लेकर वह एक-दो नहीं, प्रत्येक वर्ष में छः छः रूप बदलती है। कहीं कोई व्यक्तिक्रम ठीक उसी प्रकार नहीं कि जैसे विभिन्न मत-वादों, धर्मों, रीति-रिवाजों के कारण हमारी सांस्कृतिक एंव राष्ट्रीय चेतना में नहीं। सभी जगह समता, समानता का भाच, सभी के प्रति अपनत्व एंव सम्मान का भाव जैसी विशेष बातें भारतीय संस्कृति की देन है, जिनका महत्व आज का सारा विश्व भी स्वीकारने लगा है।

आदर्श घर-परिवार की कल्पना को भी हम केवल भारतीय संस्कृति की ही विशेषता और महत्वपूर्ण देन कह सकत हैं। परिवार का प्रत्येक सदस्य अपनी सदिच्छा के अनुसार चलने को स्वतंत्र है, फिर भी हम एक परिवार हैं। एक सदस्य का संकट दूसरे के लिए अपने आप ही असहम बन जाया करता है। एक की प्रसन्नता दूसरे के होठों की मुस्कान बनकर तैरती दीखने लगती है। घर-परिवार का यही व्यवहार भारतीय जन को अन्य प्रांतों और पूरे राष्ट्र के साथ जोड़ता हुआ सामूहिक या समस्त मानवता की हित-साथना का संकल्प बनकर इस वेद वाक्य में स्वतः ही प्रगट होने लगता है:

सर्वे भवंतु सुखिनः सर्वे संतु निरामयः।

सर्वे भद्राणि पश्यंतु मा कश्चिदुख भाग भवेत।।'

इस प्रकार सहज मानवीय स्नेह-संबंधों की सारी मानवता को घेर लेना, उसके आयंत शुभ की कामना करना भारतीय संस्कृति की एक बहुत बड़ी उपलब्धि, विशेषता और विश्व-मानवता को अनोखी देन है। भारतीय संस्कृति इन तथ्यों के आलोक में जहां अद्वेतवादी है, वहां वह जीवन जीने के लिए अनेकविध वे तवादी सिद्धांतों पर भी विश्वास करने वाली है। वह फूल के साथ कांटों, भक्ति के साथ कर्म, पुरुषार्थ के साथ भाज्य, कोमल के साथ कठोर आदि तत्वों को भी समान





महत्व प्रदान करती है। तभी तो निष्काम कर्म जैसे सिद्धांत सामने आ पाए। वह हमें सहज मानवीय स्तर पर जहां फूल के समान कोमल, मौन, शांत बने रहने की शिक्षा देती है, वहीं राष्ट्रीय एंव मानवीय संकट-काल में वज़ से भी कठोर बन जाने के लिए भी तैयार रहने की बात कहती और समझाती है। ऐसी बातें भला अन्य किस संस्कृति में पाई जाती है?

दया, क्षमा, शहनशीलता, निर्लोभ, उदारता, अहिंसा, असंचय, आदि विशेष बातों पर केवल भारतीय संस्कृति ही बल देती है, अन्य कोई नहीं। प्रमुखतः इन्हीं विशेषताओं के कारणों से भारत हर संकट से उबरता रहकर विश्व रंगमंच पर आज भी अपनी पहचान बनाए हुए हैं। जब तक इन तत्वों का अनुशीलन होता रहेगा, हमारी राष्ट्रीयता, सभ्यता और जीवन-मूल्यों को कभी कोई आंच नहीं पहुंचा सकेगा। देश-भक्ति, विचारवनाता, नमता, नैतिकता, आदि वे सभी गुण एंव लक्षण जो किसी भी पाए जाते हैं। आज भी अपनी संपूर्ण ऊर्जा में ज्यों-के-त्यों बने हैं। यही हमारी शक्ति है, अस्तित्व और जीवंतता का प्रमाण है। इन समस्त आंतरिक और समन्वित ऊर्जाओं के कारण ही विश्वभर की संस्कृतियों में भारतीय संस्कृति अजेय एंव अमर है।

Aditya tara

4th semester





#### आखिरी प्रयास

एक समय की बात है। एक राज्य में एक प्रतापी राजा राज करता था। एक दिन उसके दरबार में एक विदेशी आगंतुक आया और उसने राजा को एक सुंदर पत्थर उपहार में दिया। राजा वह पत्थर देख बहुत प्रसन्न हुआ। उसने उस पत्थर से भगवान विष्णु की प्रतिमा का निर्माण कर उसे राज्य के मंदिर में स्थापित करने का निर्णय लिया और प्रतिमा निर्माण का कार्य राज्य के महामंत्री को सौंप दिया।

महामंत्री गाँव के सर्वश्रेष्ठ मूर्तिकार के पास गया और उसे वह पत्थर देते हुए बोला, "महाराज मंदिर में भगवान विष्णु की प्रतिमा स्थापित करना चाहते हैं। सात दिवस के भीतर इस पत्थर से भगवान विष्णु की प्रतिमा तैयार कर राजमहल पहुँचा देना। इसके लिए तुम्हें 50 स्वर्ण मुद्रायों दी जायेंगी।" 50 स्वर्ण मुद्राओं की बात सुनकर मूर्तिकार ख़ुश हो गया और महामंत्री के जाने के उपरांत प्रतिमा का निर्माण कार्य प्रारंभ करने के उद्देश्य से अपने औज़ार निकाल लिए। अपने औज़ारों में से उसने एक हथौड़ा लिया और पत्थर तोड़ने के लिए उस पर हथौड़े से वार करने लगा। किंतु पत्थर जस का तस रहा। मूर्तिकार ने हथौड़े के कई वार पत्थर पर किये, किंतु पत्थर नहीं टूटा।

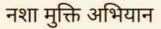
पचास बार प्रयास करने के उपरांत मूर्तिकार ने अंतिम बार प्रयास करने के उद्देश्य से हथौड़ा उठाया, किंतु यह सोचकर हथौड़े पर प्रहार करने के पूर्व ही उसने हाथ खींच लिया कि जब पचास बार वार करने से पत्थर नहीं टूटा, तो अब क्या टूटेगा। वह पत्थर लेकर वापस महामंत्री के पास गया और उसे यह कह वापस कर आया कि इस पत्थर को तोड़ना नामुमिकन हैं। इसलिए इससे भगवान विष्णु की प्रतिमा नहीं बन सकती। महामंत्री को राजा का आदेश हर स्थिति में पूर्ण करना था। इसलिए उसने भगवान विष्णु की प्रतिमा निर्मित करने का कार्य गाँव के एक साधारण से मूर्तिकार को साँप दिया। पत्थर लेकर मूर्तिकार ने महामंत्री के सामने सौंप दिया। पत्थर लेकर मूर्तिकार ने महामंत्री के सामने ही उस पर हथौड़े से प्रहार किया और वह पत्थर एक बार में ही टूट गया। पत्थर टूटने के बाद मूर्तिकार प्रतिमा बनाने में जुट गया। इधर महामंत्री सोचने लगा कि काश, पहले मूर्तिकार ने एक अंतिम प्रयास और किया होता, तो सफ़ल हो गया होता और 50 स्वर्ण मुद्राओं का हक़दार बनता।

सीख मित्रों, हम भी अपने जीवन में ऐसी परिस्थितियों से दो-चार होते रहते हैं। कई बार किसी कार्य को करने के पूर्व या किसी समस्या के सामने आने पर उसका निराकरण करने के पूर्व ही हमारा आत्मविश्वास डगमगा निराकरण करने के पूर्व ही हमारा आत्मविश्वास डगमगा जाता है और हम प्रयास किये बिना ही हार मान लेते हैं। कई बार हम एक-दो प्रयास में असफलता मिलने पर आगे प्रयास करना छोड़ देते हैं। जबिक हो सकता है कि कुछ प्रयास और करने पर कार्य पूर्ण हो जाता या समस्या का समाधान हो जाता। यदि जीवन में सफलता प्राप्त करनी है, तो बार-बार असफ़ल होने पर भी तब तक प्रयास करना नहीं छोड़ना चाहिये, जब तक सफ़लता नहीं मिल जाती। क्या पता, जिस प्रयास को करने के पूर्व हम हाथ खींच ले, वही हमारा अंतिम प्रयास हो और उसमें हमें कामयाबी प्राप्त हो जाये।

Tania khajuria

2nd semester





नशा मुक्ति अभियान हमारे समाज के लिए एक महत्वपूर्ण सामाजिक अभियान है जिसका उद्देश्य भारतीय जनता को नशीले और मादक पदार्थों (जैसे शराब, सिगरेट, गाजा, भाग आदि) से दूर करना है। मुख्य लक्ष्य मादक पदार्थों और बीमारियों से लोगों को बचाने के लिए,भारत सरकार ने कई अभियान चलाए हैं। जैसे- "नशा मुक्त भारत अभियान"

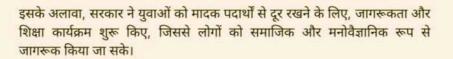
नशामुक्ति अभियान के तहत लोगों को नशा से दूर करने के लिए केंद्रीय और प्रादेशिक सरकारों द्वारा, निम्नलिखित प्रकार की योजनाएं या अभियान चलाए गये हैं, जैसे-प्रशिक्षण कार्यक्रम, जागरूकता कार्यक्रम और बचाव की सुविधाएं इत्यादि। इसके अलावा, शराब और मादक पदार्थों के खिलाफ समाज में कई संगठन भी बनते हैं।

भारत में नशा मुक्ति अभियान की शुरुआत

15 अगस्त 2020 को भारत सरकार ने नशा मुक्ति अभियान की शुरुआत की, जिसमें उन्होंने मादक पदार्थों के खिलाफ लड़ाई को गंभीरता से लेने के लिए नियम बनाए और देश भर में नशा मुक्ति की दिशा में एक नई पहल की।सरकार ने नशामुक्ति के लिए,कई योजनाएं और कार्यक्रम शुरू किए हैं, जो निम्नलिखित हैं:-

- 1 नशीली पदार्थों के व्यापार पर रोक
- 2. विक्रय और उपभोग पर प्रतिबंध
- 3. नशे के खिलाफ जागरूकता कार्यक्रम
- 4. नशा मुक्ति साथी केंद्रों की स्थापना
- 5. नशा उपचार सुविधाओं का प्रदान
- 6. नशामुक्त जीवनशैली को प्रोत्साहित करना
- 7. नशीली पदार्थों से दूर रखने के लिए शिक्षा कार्यक्रम
- 8. नशा मुक्ति संगठन की स्थापना
- 9. मादक पदार्थों के प्रति जागरूकता कार्यक्रम (आदि)





### नशा सेवन के दुष्प्रभाव:-

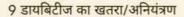
नशा करना न केवल हमें शारीरिक रूप से कमजोर बनाता है, बल्कि हमें सामाजिक, मनोवैज्ञानिक और आर्थिक रूप से भी कमजोर बनाता है। इसके सेवन से शरीर के कई अंगों, जैसे दिल, फेफड़ों, गुर्दे, मस्तिष्क, मुह, गला आदि को भी नुकसान पहुंचता है, जो एक गंभीर बीमारी का संकेत है।नशा परिवारिक, सामाजिक और व्यक्तिगत संबंधों में भी बाधा डालता है। यह नाराजगी, विश्वासघात और भारी संघर्ष जैसे कई समस्याओं को जन्म दे सकता है और जीवन को खराब कर सकता है। जब हम आर्थिक समस्याओं की बात करते हैं, तो इसे खाने से नौकरी खोना, आर्थिक संकट आदि जैसे समस्या उत्पन्न होती हैं।

### तंबाकू के सेवन से होने वाले बीमारियां

तम्बाकू उत्पादों में लगभग पांच हजार से भी ज्यादा जहरीले पदार्थ पाए जाते हैं, इनमें सबसे ज्यादा हानिकारक निकोटीन, टार और कार्बन मोनोआक्साइड हैं, जो निम्नलिखित बीमारियों को जन्म देते हैं।

- 1 फेफडो का कैंसर
- 2 दिमाग से सम्बंधी बीमारियां
- 3 दिल का दौरा
- 4 मृह का कैंसर
- 5 दांत का खराब होना
- 6 पैरो की नशो में रुकावट
- 7 इरेक्टाइल डिस्फंक्शन
- 8 लिवर का कैंसर





#### 10 हृदय का रोग

अगर आप ऊपर बतायी गयी बीमारियों को जानते हुए भी नशा करते हैं, तो आप स्वयं से जिम्मेदार हैं, लेकिन आपके साथ-साथ आपके परिवार (मता-पिता, पत्नी, पुत्र-पुत्री आदि) को भी इसका भुगतान करना होगा। अगर आप अपने परिवार और रिश्तों से प्यार करते हैं, तो शराब पीना और नशा करना छोड़ दें और इसके बारे में दूसरों को भी बताएं। तािक आपका समाज, रिश्ते-नाते और परिवार नशे से मुक्त हो सके।

#### मादक पदार्थ

भारत में कई मादक पदार्थ हैं, जिनमें से कुछ प्राकृतिक है तो कुछ मानव निर्मित। मानव निर्मित मादक पदार्थ जैसे सिगरेट, तम्बाकू, हुक्का आदि होते हैं और प्राकृतिक रूप से प्राप्त मादक पदार्थ जैसे गाजा, भाग, धतूर, सूर्ती आदि होते हैं।तम्बाकू निम्नलिखित रुपों में या तरीकों से खाया या पीया जाता है।

सिगरेट (धीरे-धीरे हत्या करता है),बिडी (भारत में आम है) ,हुक्का (यह नशा शहर और गांव दोनों में आम है) गाजा ,और ई-सिगरेट आदि ।

नशा से दूर रहने का तरीका या उपाय:-

समाज को नशा से बचाने का सबसे बड़ी उपाय यह है कि उन्हें नशा से होने वाली बीमारियों के बारे में बताया जाए, और यह कि नशा आपकी सेहत, पर्यावरण, आपके परिवार और आने वाली पीढी पर कैसे बुरा असर डालता है।नशाखोरी महिलाओं को शिशु जन्म देने में भी परेशानी हो सकती है। महिलाओं का नशा करना बाझपन, समय से पहले जन्म, मृत शिशु का जन्म या गर्भस्राव जैसी कई गंभीर समस्याओं को जन्म दे सकता है।

नशा को रोकने के लिए सरकार द्वारा बनाए गए कानून और नियम।

नशे को नियंत्रित करने के लिए सरकार ने कई नियम बनाए हैं; अगर किसी को सार्वजनिक स्थान पर शराब पीते हुए पकड़ा जाता है, तो उस पर कठोर कार्रवाई की जाती है, मई 2003 को सरकार ने राष्ट्रिय तम्बाकू नियंत्रण कानून पारित किया है। कानून सभी तंबाकू पदार्थ पर लागू होगा। जैसे-गुटखा, सिगरेट, पान मसाला, खैनी, इत्यादि।



नशा रोकने को रोकने वाले धाराएं और कानून निम्नलिखित है।

1 धारा 4:-धूम्रपान करना सभी सार्वजनिक स्थानों (जैसे स्कूल, अस्पताल, होटल, रेलवे स्टेशन, सिनेमाघर, बस स्टैंड) पर गैरकानूनी है।

2 धारा 5ः किसी भी प्रकार का तम्बाकू उत्पादों का,आडियो, प्रिंट और विजुअल मीडिया के विज्ञापन पर प्रतिबंध लगाता है।

3 धारा 6 (ख) कहती हैः आप इस धारा के तहत 100 गज या किसी भी शैक्षणिक संस्था केआसपास तम्बाकू नहीं बेच जा सकते हैं।

4 सातवां खंडः सभी तम्बाकू उत्पादों पर इस धारा के तहत स्वास्थ्य चेतावनी का लेबल लगाना अनिवार्य है।

5 धारा सात, या पांचः सभी तम्बाकू उत्पादों के पैकेट पर निकोटीन और टार सामग्री की अधिकतम सीमा होनी चाहिए। तथा पैकेट पर पूरी तरह से दिखाया जाना चाहिए।

कोमल शर्मा

2nd सेम



### भ्रष्टाचार

प्रस्तावना : भ्रष्टाचार अर्थात भ्रष्ट आचार।भ्रष्ट यानी बुरा या बिगड़ा हुआ तथा आचार का मतलब है आचरण। अर्थात भ्रष्टाचार का शाब्दिक अर्थ है वह आचरण जो किसी भी प्रकार से अनैतिक और अनुचित हो।जब कोई व्यक्ति न्याय व्यवस्था के मान्य नियमों के विरूद्ध जाकर अपने स्वार्थ की पूर्ति के लिए गलत आचरण करने लगता है तो वह व्यक्ति भ्रष्टाचारी कहलाता है। आज भारत जैसे सोने की चिड़िया कहलाने वाले देश में भ्रष्टाचार अपनी जड़े फैला रहा है।आज भारत में ऐसे कई व्यक्ति मौजूद हैं जो भ्रष्टाचारी है। आज पूरी दुनिया में भारत भ्रष्टाचार के मामले में 94वें स्थान पर है। भ्रष्टाचार के कई रंग-रूप है जैसे रिश्वत, काला- बाजारी, जान-बुझकर दाम बढाना, पैसा लेकर काम करना, सस्ता सामान लाकर महंगा बेचना आदि।

भ्रष्टाचार के कारणः भ्रष्टाचार के कई कारण है। जैसे

- 1. असंतोष जब किसी को अभाव के कारण कष्ट होता है तो वह भ्रष्ट आचरण करने के लिए विवश हो जाता है।
- 2. स्वार्थ और असमानता: असमानता, आर्थिक, सामाजिक या सम्मान, पद-प्रतिष्ठा के कारण भी व्यक्ति अपने आपको भ्रष्ट बना लेता है। हीनता और ईर्ष्या की भावना से शिकार हुआ व्यक्ति भ्रष्टाचार को अपनाने के लिए विवश हो जाता है। साथ ही रिश्वतखोरी, भाई- भतीजावाद आदि भी भ्रष्टाचार को जन्म देते हैं। भारत में बढ़ता भ्रष्टाचार: भ्रष्टाचार एक बीमारी की तरह है। आज भारत देश में भ्रष्टाचार तेजी से बढ़ रहा है। इसकी जड़े तेजी से फैल रही है। यदि समय रहते इसे नहीं रोका गया तो यह पूरे देश को अपनी चपेट में ले लेगा। भ्रष्टाचार का प्रभाव अत्यंत व्यापक है।जीवन का कोई भी क्षेत्र इसके प्रभाव से मुक्त नहीं है। यदि हम इस वर्ष की ही बात करें तो ऐसे कई उदाहरण मौजूद हैं जो कि भ्रष्टाचार के बढ़ते प्रभाव को दर्शाते हैं। जैसे आईपील में खिलाड़ियों की स्पॉट फिक्सिंग, नौकरियों में अच्छी पोस्ट पाने की लालसा में कई लोग रिश्वत देने से भी नहीं चूकते हैं। आज भारत का हर तबका इस बीमारी से ग्रस्त है।

भ्रष्टाचार को रोकने के उपाय:-

यह एकसंक्रामक रोग की तरह है। समाज में विभिन्न स्तरों पर फैले भ्रष्टाचार को रोकने के लिए कठोर दंड-व्यवस्था की जानी चाहिए। आज भ्रष्टाचार की स्थिति यह है कि व्यक्ति रिश्वत के मामले में पकड़ा जाता है और रिश्वत देकर ही छूट जाता है।

जब तक इस अपराध के लिए को कड़ा दंड नहीं दिया जाएगा तब तक यह बीमारी दीमक की तरह पूरे देश को खा जाएगी। लोगों को स्वयं में ईमानदारी विकसित करना होगी। आने वाली पीढ़ी तक सुआचरण के फायदे पहुंचाने होंगे।

उपसंहार : भ्रष्टाचार हमारे नैतिक जीवन मूल्यों पर सबसे बड़ा प्रहार है। भ्रष्टाचार से जुड़े लोग अपने स्वार्थ में अतः यह बेहद ही आवश्यक है कि हम भ्रष्टाचार के इस जहरीले सांप को कुचल डालें। साथ ही सरकार को भी भ्रष्टाचार को दूर करने के लिए प्रभावी कदम उठाने होंगे। जिससे हम एक भ्रष्टाचार मुक्त भारत के सपने को सच कर सकें।

Neelakshi devi





#### मानव का एक ही धर्म एवं कर्म

जो व्यक्ति अपने जीवन को मानवता की सेवा में समर्पित कर दे, वही सच्चा सेवक है। आज ज्यादातर लोग भौतिक वस्तुओं को पाने के लिए अपना पूरा जीवन व्यतीत कर देते हैं, लेकिन जब वे इस दुनिया से विदा होते हैं तो वे अपने साथ कुछ भी नहीं ले जा पाते। उनकी सारी कमाई यहीं रह जाती है। अगर वे कोई चीज अपने साथ ले जाते हैं तो वह है उनके अच्छे कर्म और लोगों की दुआएं।

मनुष्य का एक ही कर्म व धर्म है और वह है मानवता। हम इस दुनिया में इंसान बनकर आए हैं तो सिर्फ इसलिए कि हम मानव सेवा कर सकें। पूरे विश्व में ईश्वर ने हम सभी को एक-सा बनाया है। फर्क बस, स्थान और जलवायु के हिसाब से हमारा रंग-रूप, खान-पान और जिंदगी जीने का अलगअलग तरीका है। आत्मभाव से हर मनुष्य एक समान है। गुरु नानक देव जी कहते हैं कि एक पिता की संतान होने के बावजूद हम ऊंचे-नीचे कैसे हो सकते हैं। हम सब एक ही मिट्टी के बने हैं। एक जैसे ही तत्व सबके भीतर हैं। जिस दिन यह सच्ची बात हमारे मन में स्थापित हो जाएगी तो फिर सभी भेद मिट जाएंगे और तब हम इंसानियत की राह पर अग्रसर होकर भाई- चारा स्थापित करने लगेंगे। कोई धर्म शास्त्र आपस में वैर रखना नहीं सिखाता।सभी एक ही संदेश देते हैं कि मानवता की सेवा ही सच्चे अर्थों में ईश्वर की सेवा है। एक बार स्वामी विवेकानंद जी अमेरिका प्रवास पर थे तो किसी ने उनसे कहा कि कृपया आप मुझे अपने हिंदू धर्म में दीक्षित करने की कृपा करें। स्वामी जी बोले, महाशय मैं यहां हिंदू धर्म के प्रचार के लिए आया हूं, न कि धर्म-परिवर्तन के लिए। मैं अमेरिकी धर्म-प्रचारकों को यह संदेश देने आया हूं कि वे अपने धर्म-परिवर्तन के अभियान को सदैव के लिए बंद करके प्रत्येक धर्म के लोगों को बेहतर इंसान बनाने का प्रयास करें। इसी में हर धर्म की सार्थकता है।

वर्तमान में हमने मानवता को भुलाकर अपने को जाति-धर्म, गरीब- अमीर जैसे कई बंधनों में बांध लिया है और उस ईश्वर को अलग- अलग बांट दिया है। धर्म एक पवित्र अनुष्ठान भर है, जिससे चेतना का शुद्धिकरण होता है। धर्म मनुष्य में मानवीय गुणों के विचार का स्रोत है, जिसके आचरण से वह अपने जीवन को चिरतार्थ कर पाता है। मानवता के लिए न तो पर्याप्त संसाधनों की आवश्यकता होती है और न ही भावना की, बल्कि सेवा भाव तो मनुष्य के आचरण में होना चाहिए। जो गुण व भाव मनुष्य के आचरण में न आए, उसका कोई मतलब नहीं रह जाता है।

Niharika sharma

2 nd sem

















"Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny."

Mahatma Gandhi

