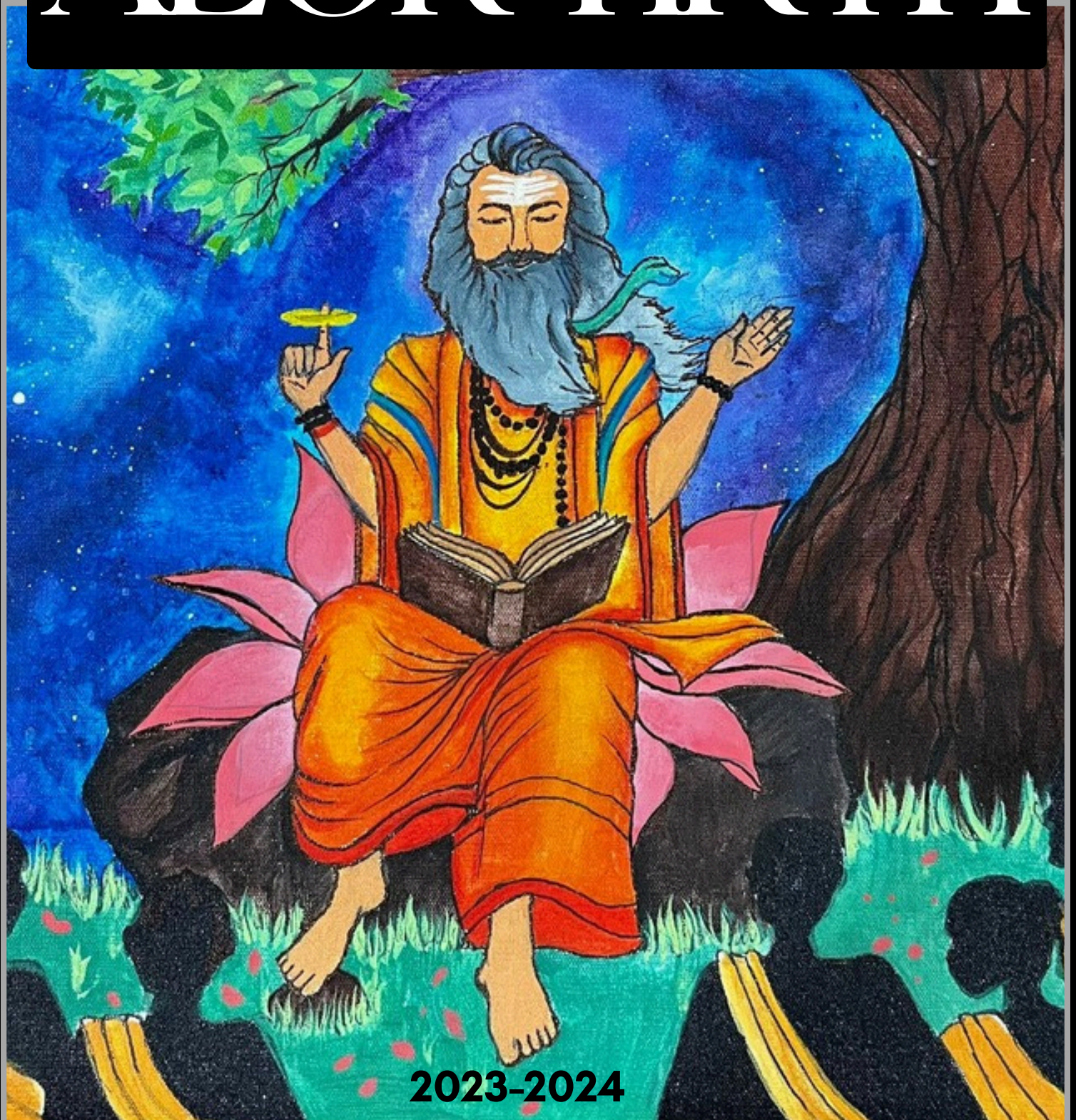


ANNUAL MAGAZINE  
**RAMANUJAN COLLEGE**  
(ACCREDITED GRADE A<sup>++</sup> BY NAAC)  
(UNIVERSITY OF DELHI)



# ALOK TIRTH



**2023-2024**

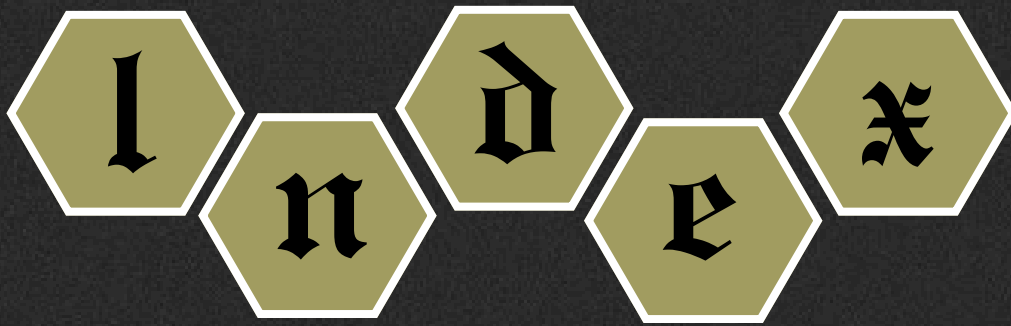




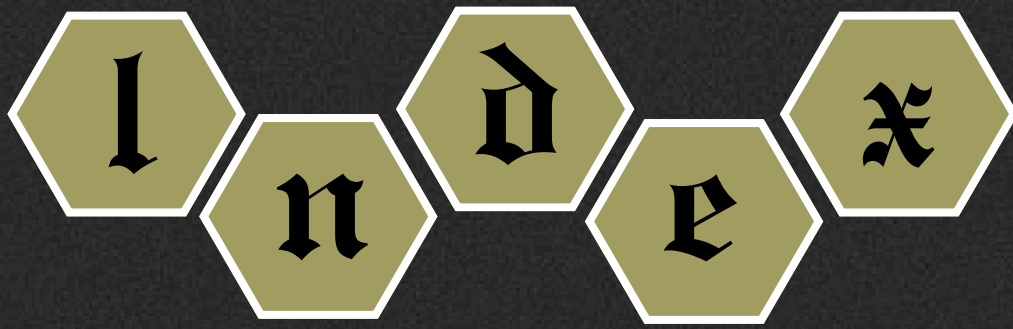








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- विहान

- अनुच्छेद

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- पर्यावरण संरक्षण हमारी जिम्मेदारी, हमारी भागीदारी
- राष्ट्र के लिए स्थायी भविष्य बनाने की दिशा में

- A TRIBUTE TO OUR WORKERS





# Chairman's Message

**Dear Students and Teachers,**

I am extremely proud and happy with the new edition of our college's annual magazine. "Aloka Tirtha". This publication not only reflects the creativity of the students, teachers and administrative staff of the college, but also mirrors their buoyant spirit and laudable conceptualisation. While going through the pages I'm left amazed by the diverse skills, passions and interest areas that our students own. Multiple voices echoing through divergent tales enchant the mind to see things differently, yet the magazine as a whole is a symbol of our collective endeavor and zeal.

The Editorial team and the writers have delved deep to present varied insightful perspectives on one of the major themes of the magazine: "Vishwaguru Bharat". From having a rich cultural heritage to being an enlightened land, from having an unparalleled knowledge system to being ready to become the global leader, the articles of the magazine capture the unprecedented vigour and potentiality of our nation, Bharat.

I once again congratulate the students, teachers and the Editorial team for offering such an illuminating and exuberant experience through this edition of "Aloka Tirtha".

**Best Wishes,**

**Dr. Jigar Champaklal Inamdar**



**DR. JIGAR CHAMPAKLAL  
INAMDAR  
(Chairman)**





# Principal's Message

## प्राचार्य का संदेश,

आप सभी के समक्ष हमारे महाविद्यालय की वार्षिक पत्रिका “आलोक तीर्थ” का नया संस्करण प्रस्तुत करते हुए मैं बहुत गौरवान्वित अनुभव कर रहा हूँ। यह पत्रिका हमारे छात्रों और शिक्षकों की रचनात्मकता और उनकी अकादमिक गतिविधियों की जीवंतता का प्रतीक है। महाविद्यालय की यह पत्रिका न केवल लेखों और रचनात्मक कार्यों का संग्रह है, अपितु यह उन बौद्धिक और सांस्कृतिक गतिविधियों की विवरणिका भी है जो हमारे संस्थान में निरंतर होती है। यह पत्रिका हमारे छात्रों और शिक्षकों को उनकी अपनी प्रतिभा को प्रदर्शित करने, विचारों को व्यक्त करने और अपनी उपलब्धियों को साझा करने का एक उपयुक्त मंच प्रदान करता है।

आज के डिजिटल युग में जहाँ संचार के कई साधन विद्यमान हैं, यह पत्रिका हमें चिंतनशील लेखन, कलात्मक अभिव्यक्ति और सामुदायिक सहभागिता के शाश्वत महत्व की याद दिलाती है। इस पत्रिका का प्रत्येक पृष्ठ हमारे छात्रों और शिक्षकों की ऊर्जा, उनकी रचनात्मकता और उनके समर्पण का प्रतिबिंब है यह महाविद्यालय परिवार के प्रत्येक सदस्य के सहयोग से निरंतर समृद्ध हो रही है।

बीते वर्ष हमारे संस्थान के छात्रों और शिक्षकों तथा अन्य सदस्यों ने अकादमिक, खेल, कला और सामुदायिक सेवा तथा जीवन के सभी क्षेत्रों में अपना उत्कृष्ट योगदान दिया है, और यह पत्रिका उनकी यात्रा, चुनौतियों और सफलताओं का प्रमाण है।

साथ ही, यह पत्रिका महाविद्यालय द्वारा किए गए उन सभी प्रयासों को भी उजागर करती है जो महाविद्यालय परिवार के सभी सदस्यों को एक समरस और सकारात्मक वातावरण प्रदान करते हैं, जिससे वे न केवल अध्ययन, अध्यापन और अनुसंधान में उत्कृष्टता प्राप्त कर सकें, बल्कि एक उत्तरदायी नागरिक बनने के क्रम में स्वयं में आवश्यक कौशल और मूल्यों को भी विकसित कर सकें।

मैं पत्रिका की संपादकीय टोली के प्रति उनके इस दुःसाध्य श्रम और समर्पण के लिए हृदय से आभार प्रकट करता हूँ। उनके अथक प्रयासों से इस पत्रिका का प्रकाशन संभव हो सका है। सभी योगदानकर्ताओं - छात्रों, शिक्षकों और अन्य सदस्यों को मेरी शुभकामनाएँ और साधुवाद, जिन्होंने अपने उत्साह और रचनात्मकता से इस पत्रिका को सार्थक बनाया।

जब आप इस पत्रिका के पृष्ठ पलटेंगे, तो मुझे पूर्ण आशा है कि आप हमारे महाविद्यालय की सतत, समावेशी और उत्कृष्टता की ओर निरंतर बढ़ने वाली इस भाव धारा को अपने अंतः में अनुभव करेंगे।

आप सभी के प्रयासों के लिए अशेष बधाई और शुभकामनाएँ।

शुभकामनाओं सहित,

प्रो. रसाल सिंह



PROF. RASAL SINGH  
(Principal)





# Editor-In-Chief's Message

**Pranam,**

As an Editor-in-Chief, I see the commitment of an annual magazine no longer just as a source of information but as an effective medium to pressure awareness and inspire high quality change in society. The motive for that specialize in key issues including परिवार प्रबोधन (Family Enlightenment), स्व का जागरण (Awakening of the Self), पर्यावरण संरक्षण (Environmental Conservation), नागरिक शिष्टाचार (Civic Etiquette), and अर्थव्यवस्था (Economy) is rooted inside the imaginative and prescient of positioning Bharat as a Jagat Guru, where India can lead the sector through example in more than one spheres of lifestyles.

The combination of strong family systems, self-awareness, respect for the environment, civic responsibility, and a thriving economy represents the holistic wisdom India can share with the world. Through these interconnected values, India can not only showcase its ancient cultural heritage but also present modern solutions to global challenges.

The family is the foundation of society. Strengthening family values, fostering unity, and imparting moral education are critical for social harmony and the nurturing of responsible citizens. When families are enlightened, they raise individuals who are compassionate, responsible, and contribute positively to society. Self-awareness and personal growth are central to human development. It is about understanding one's role, duties, and inner potential to contribute to the world. Focusing on individual spiritual and mental awakening can help people realize their full potential. This leads to a more self-sufficient and confident society, which can position India as a leader in intellectual and spiritual realms.

Environmental sustainability is no longer a choice but a necessity. Given India's ancient reverence for nature and the current environmental crises, promoting the importance of conservation is crucial. Creating awareness around environmental protection will inspire sustainable living and preserve natural resources, aligning with the global call for action. India's leadership in environmental conservation could set an example for the rest of the world. Civic sense and etiquette define the quality of life in a nation. Promoting respect, discipline, and civic responsibility will ensure that public spaces, institutions, and social structures function efficiently. By encouraging good civic behaviour, we can improve urban living conditions, reduce corruption, and promote collective responsibility. This elevates India's global image as a cultured, disciplined, and morally upright nation. A strong economy is the backbone of a prosperous nation. Understanding the nuances of economic growth, entrepreneurship, and financial literacy will empower citizens to contribute to the country's development. With these themes, the magazine plays a pivotal role in shaping responsible, awakened citizens who can contribute to India's global leadership and reinforce the country's ancient ethos in a modern context.

**Thank You,**

**Dr. Moirangthem Jiban Singh**



**DR. MOIRANGTHEM JIBAN SINGH**  
(Editor-in-Chief/Convenor)

# **ALOK TIRTH EDITORIAL TEAM (2023-2024)**







**DR. NAWAB  
SINGH**

MEMBER



**DR. MOIRANGTHEM  
JIBAN SINGH**

CONVENOR



**DR. HEMALATA**

MEMBER

TEACHER'S  
EDITORIAL TEAM  
(2023-2024)



**MR. KUMAR  
UJWAL**

MEMBER



**DR. SWATI  
SAINI**

MEMBER



**DR. PALLAVI  
MAHAJAN**

MEMBER



**ANIL KUMAR**

GUEST



**VINOD KUMAR**

GUEST

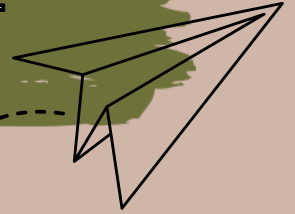
# **ALOK TIRTH STUDENT'S EDITORIAL TEAM (2023-2024)**





# MEET THE TEAM

## (2023- 2024)



**SRISHTI GUPTA**

STUDENT  
COORDINATOR



**PRIYANSHI**

DEPUTY  
COORDINATOR



**ANUSHKA**

ASSISTANT  
COORDINATOR



**AISHWARYA  
RAMESH**

EXECUTIVE



**SACHEST**

EXECUTIVE

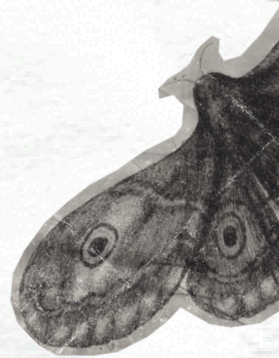


**DHANANJAY**

GUEST  
(BRUSHSTROKES - STUDENT COORDINATOR)







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# POEMS

Poems





# A Bond Beyond Words

When this world is full of strangers,  
Siblings are the biggest adventures.

The elder one will tease you,  
The younger one will annoy you,  
But the best part is,  
They will always be there for you.

No one can replace their position,  
As no one is in the opposition.  
They are the blessings of our life,  
Without them, we can't survive.

They will fight with you over petty things,  
But you're thankful for the smile it brings.  
Whenever you feel dull and bored,  
They'll try to cheer you more and more.

Many relationships exist in this world,  
But this relationship is the purest one.  
No one can beat this relationship,  
Whether in joy or any hardship.

For the memories they create,  
For the childhood they made,  
For the secrets they share,  
This sweet bond is so rare.



**SHREYA JAIN**  
**Bachelor Management Studies**



## The Tale of Green Hair

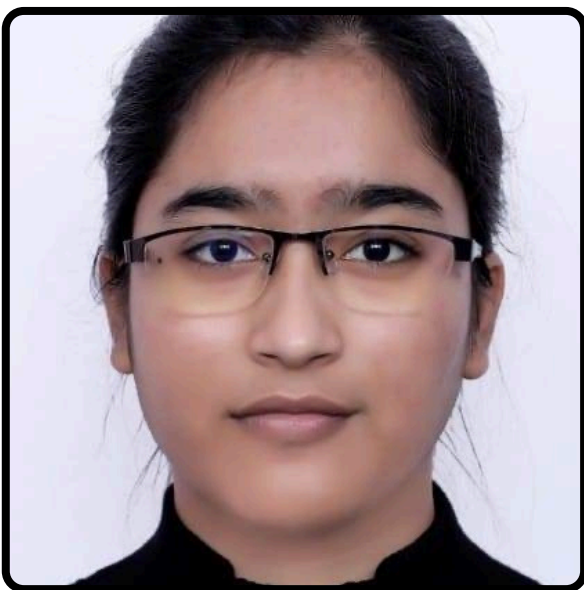


He was there,  
No matter it was day or night,  
Or everyone who are walking outside,  
Or when the clouds cried,  
And the Sun shone bright.

He was there,  
Always peeping inside the windows,  
Standing firmly on its two toes,  
The dogs barked and the cats meowed,  
Even the birds had nests on his hairy brows,  
The skies turned yellow from indigo.  
If he had plans to shift, i dunno

He was always there!  
So we named him Green Hair.  
Its been years since he has been a regular here.  
But, one day, one fateful day,  
He was NOT there, at all!  
Everyone was whispering.

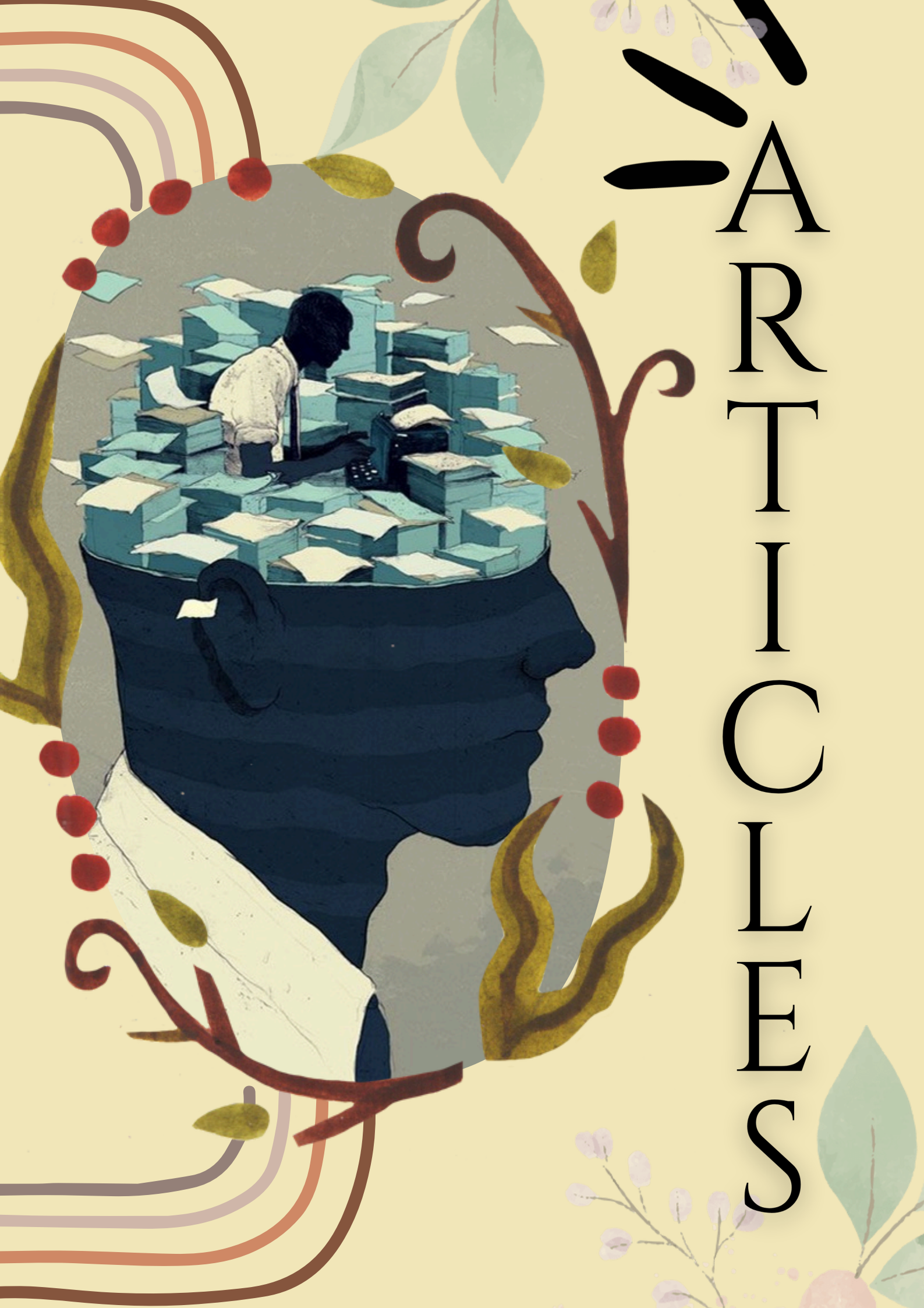
Green Hair was no more!  
Because he was cut by a cruel hold.



**ASHI SINGH**  
B. Sc. Environmental Science



# ARTICLES



# AWAKENING OF SELF



**Harneet Kaur**  
**B. Sc. Environmental Science**

*I'm not pretty like her. I'm pretty like me.*

*I'm saying no when i used to say yes, to protect my peace.*

I'm choosing to put my goals at the top because I deserve to reach them. I'm no longer allowing others to control my emotions and actions. I'm starting to trust myself every day.

*I'm not pretty like her, I'm pretty like me.*

As a member of Gen Z, I initially turned to social media in an attempt to fit in and connect with others. However, this led me down a troubling path of constant comparison. I found myself scrolling through images of seemingly flawless people, which gradually eroded my self-esteem and made me increasingly dissatisfied with my body. I yearned to embody that Instagram-perfect aesthetic, unaware that much of what I was seeing was heavily edited and far from reality.

As I grew older, I started to develop a clearer understanding of the distinction between genuine beauty and the curated illusions presented online. This realization marked a turning point for me, allowing me to reclaim my confidence and view myself—and those around me—from a more authentic perspective. I began to embrace self-love and shifted my focus toward my personal goals, recognizing that I deserved to pursue and achieve them. Ultimately, I am making this journey for myself, prioritizing my own aspirations and well-being.

*I'm saying no when I used to say yes, to protect my peace.*

I'm choosing to put my goals at the top because I deserve to reach them.

That quote really resonates with me! It reminds me that looking good isn't as important as doing well in my studies. It pushes me to focus on my education and work hard to achieve my goals, whether they're academic or personal.

I'm currently on a journey of self-discovery, still figuring out who I am and what I want in life. This process includes developing my personality and gaining knowledge, which gives me a sense of accomplishment. Every step I take to improve myself makes me proud, and I can see how far I've come. When I think about my younger self, I know she would be amazed at the person I am today.

I've faced challenges along the way, but each one has taught me something valuable. I've learned the importance of perseverance and the rewards of hard work. It's not always easy, but knowing that I'm growing and becoming a stronger person motivates me to keep going.

This journey of growth is ongoing, and it feels great to realize that I'm constantly evolving. I believe that with dedication and effort, I can achieve even more in the future.

I'm no longer allowing others to control my emotions and actions.

I'm no longer letting others control my emotions and actions, which marks an important step in my journey of self-discovery. I've realized that my feelings and responses are my own, not dictated by what others say or do. By setting clear boundaries and focusing on what truly makes me happy, I'm reclaiming my power.

This shift allows me to think before I react, fostering greater inner peace and confidence. I'm learning to trust my instincts and make decisions that reflect my true self, rather than seeking validation from others. This newfound freedom has led to more authentic connections in my relationships, as I engage with others from a place of honesty and self-assurance.

Ultimately, this journey is about creating a life that resonates with who I am and what I value.

*I'm starting to trust myself every day.*

I'm starting to trust myself more every day, and this transformation is an essential aspect of my self-awakening journey. Each day presents new opportunities to listen to my inner voice, and I'm



beginning to recognize that my instincts are not just fleeting thoughts but valuable guides that deserve my attention. As I face various challenges—whether in my personal life, studies, or relationships—I find myself reflecting deeply on my choices and experiences.

This reflection allows me to embrace my decisions with increasing confidence, rather than second-guessing myself as I once did.

With each small victory, I'm learning to celebrate my progress. This newfound self-trust encourages me to step outside my comfort zone and take risks that I previously hesitated to pursue. It's a process of shedding doubt and embracing authenticity, helping me to align my actions with my true values and desires. By nurturing this trust in myself, I'm awakening to my true potential and discovering strengths I didn't know I had. Ultimately, this journey is about more than just self-assurance; it's about creating a life that feels genuine and fulfilling, allowing me to move forward with purpose and clarity.

Self-awakening is a powerful journey of rediscovery and growth, reminding us that we have the ability to shape our own lives. It encourages us to peel back the layers of external expectations and societal pressures, revealing our true selves beneath. This process allows us to embrace our strengths, confront our fears, and honor our needs, leading to a deeper understanding of who we are and what we truly want. Each step taken on this path of self-awareness empowers us to live authentically and make choices that align with our values. As we awaken to our own potential, we create space for joy, fulfillment, and genuine connection. Remember, the journey of self-awakening is not just about reaching a destination; it's about embracing the growth and transformation that comes along the way.

*So, take that first step today, and allow your true self to shine!*



# Self-Awakening through Mindfulness and Emotional Intelligence

Every one of us has a secret superpower that is just waiting to be revealed when we combine emotional intelligence with mindfulness. Together, these two powerful forces of personal development have the power to completely transform our lives by raising our level of self-awareness, strengthening our bonds with others, and promoting general wellbeing. However, what precisely are emotional intelligence and mindfulness, and how can they combine to have such a potent effect?

The discipline of being totally present in the moment while maintaining an impartial awareness of our thoughts, feelings, and environment is known as mindfulness. It's similar to sitting in the front row of your own mental theater and watching the performance without becoming engrossed in the drama. Conversely, emotional intelligence refers to our capacity to identify, comprehend, and regulate both our own and other people's feelings. It functions similarly to an advanced GPS system for navigating the intricate terrain of human emotions.

These two ideas work in concert to produce a transformational effect in both our personal and professional lives. Imagine possessing the mental clarity to recognize your emotions as they emerge, along with the ability to effectively control them and feel empathy for others. It's similar to having a superpower that enables you to face obstacles in life with poise and knowledge.

## The underpinnings of Mindfulness: A Chronological and Methodological Journey

The idea of mindfulness is not some novel one created by contemporary self-help gurus. Oh no, these practices have thousands of years of history, mostly stemming from Buddhist traditions. It's crucial to remember, though, that mindfulness in its contemporary form has been secularized and adjusted for contemporary living, making it available to individuals from a wide range of backgrounds and religious views.

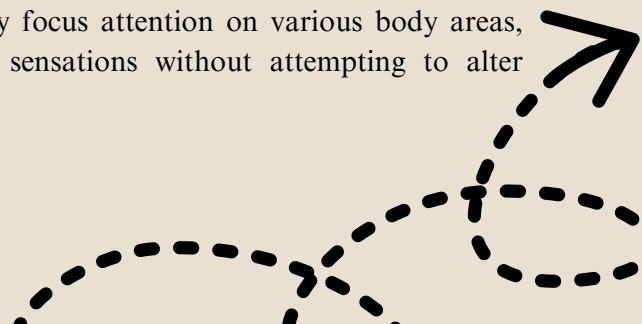


**Mr. Kumar Ujwal**  
Dept. of Psychology

The fundamentals of mindfulness are surprisingly straightforward but have a big influence. Fundamentally, mindfulness is about being open, curious, and accepting of the current moment while paying attention to it. It involves paying attention to your thoughts and emotions without becoming sucked into them or making an effort to alter them. Consider it as a companionable, unbiased observer of your own inner world.

Regular mindfulness practice has nothing short of amazing benefits. Mindfulness has been demonstrated to improve mental and physical health by lowering stress and anxiety as well as increasing focus and emotional regulation. It strengthens your capacity to remain mindful and resilient in the face of life's obstacles, much like a daily mental workout.

However, how may mindfulness be practiced in real life? Well, there are many of methods and workouts available. One of the most popular is mindful breathing, in which you just concentrate on the way your breath enters and exits your body. The body scan is another well-liked method in which you methodically focus attention on various body areas, noting any sensations without attempting to alter them.





# ***Cracking the Code of Emotional Intelligence: A Five-Step Solution***

It is now time to focus on emotional intelligence because it plays a very pertinent role in the overall development of the individual. The five main elements of this theory - which was made popular by psychologist Daniel Goleman - are self-awareness, self-regulation, motivation, empathy, and social skills. It's similar to a five-piece puzzle that, with the right pieces put together, can depict emotional mastery.

The foundation of emotional intelligence, self-awareness, is the ability to identify and comprehend your own feelings as they arise. It provides you with a continuous internal climate report, akin to an internal emotional weather report. Since it serves as the basis for all other facets of emotional intelligence, this knowledge is essential.

Another important component of Emotional Intelligence is social skill development and empathy. While social skills help us to easily traverse challenging social circumstances, empathy enables us to comprehend and share the sentiments of others. When combined, these abilities can greatly improve our social interactions and relationships. According to Neurodiversity and Emotional Intelligence: Exploring the Unique Interplay, these abilities can be especially helpful in comprehending and valuing the various viewpoints and experiences that exist.

It is impossible to overestimate the importance of emotional intelligence for both personal and professional success. Individuals with high emotional intelligence typically lead more fulfilling lives overall, have stronger relationships, and perform better at work. It is like to possessing a secret component that improves every facet of your existence.

## ***When Emotional Intelligence and Mindfulness Collide***

This is where things start to become pretty exciting. Emotional intelligence and mindfulness work together to produce a powerful force for personal development. It's similar to combining chocolate and peanut butter; while each taste delicious on its own, the combination is just tempting!

By teaching us to watch our thoughts and feelings without becoming engrossed in them, mindfulness improves our self-awareness. Our emotional intelligence is naturally enhanced by this heightened awareness, which makes it easier for us to identify and comprehend



the feelings we are experiencing. It's similar to adjusting the emotional monitor within us to a higher resolution. Additionally, mindfulness is a fantastic tool for controlling emotions. By engaging in mindfulness practices, we can learn to establish a mental space that separates stimuli from response, allowing us to take control of our emotions instead of letting them rule us. One of the most important aspects of emotional intelligence is the capacity to control our emotions, which can greatly enhance our general wellbeing.

Our interpersonal interactions can be significantly enhanced by practicing mindful communication, which blends mindfulness principles with skillful communication techniques. In interactions, we can gain a deeper understanding of others' viewpoints and respond with greater empathy if we are really present and listening. This is a great fit for the emotional intelligence component of social skills.

## ***Inculcating Emotional Intelligence and Mindfulness in Your Everyday Activities***

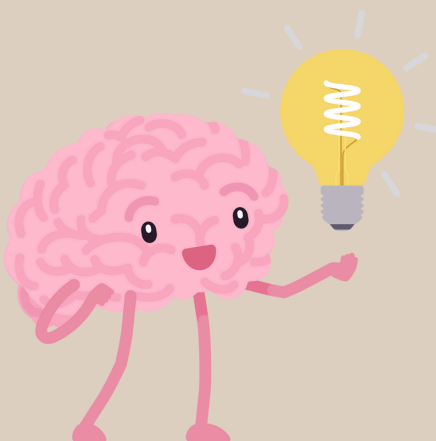
So, how can we genuinely apply emotional intelligence and mindfulness in our day-to-day activities? The good news is that we can hone these abilities using a plethora of useful techniques and activities.

Mindful eating is an easy approach to start incorporating mindfulness into your everyday routine. Try giving your food your whole attention, including its flavour, texture, and aroma, rather than wolfing down your lunch while thumbing through your phone. It's a fantastic method to work on being in the moment and may even help you have a better connection with food.

Exercises in self-reflection can be very beneficial for increasing emotional intelligence. Consider maintaining an emotion diary in which you track your feelings throughout the day and consider what brought them on. You can become more self-aware and recognize patterns in your emotional reactions by doing this.

Another effective technique that blends emotional intelligence and mindfulness is mindful listening. Try focusing entirely on the other person during a discussion the next time, taking note of not only what they are saying but also their body language and tone of voice. Engaging in this activity can greatly enhance your interpersonal and communication abilities.

There are a ton of apps and digital resources available to help you on your road towards emotional intelligence and mindfulness in today's tech-savvy world. With tools like mood monitoring applications and guided meditation apps, technology may be a great ally in your personal development. But it's crucial to keep in mind that they are only instruments. The main labor is done in your daily contacts and in your head.





# MINI FOREST

## A Triumph of Ecological Restoration at Ramanujan College

What was once a barren, degraded plot of land on our campus-left desolate after construction and used as a dump for waste-has now transformed into a vibrant, lush mini forest. This once-forgotten area, a stark visual and ecological void, is today the most cherished corner of our college, a triumph in land restoration and a testament to the power of sustainable action initiated by Department Environmental Science, this mini forest represents a powerful union of biodiversity, sustainability, and ecological restoration.

### The Beginning: Restoring Hope to Barren Land

On October 20, 2023, the first step toward transforming this neglected space into a mini forest began. Located in front of the administration office, the area had been left barren after construction, littered with waste debris that stripped the land of its natural vegetation. Restoring such a site would seem challenging, but with determination and a deep understanding of nature's processes, the project proved that restoration can be simple, economical, and incredibly rewarding.

### A Vision Takes Root: A Diverse Ecosystem in the Making

The restoration began with a detailed assessment of the land's soil quality, vegetation, and other factors vital to rejuvenating the space. The goal was not just to restore, but to create a mini ecosystem that would enhance the campus environment, attract local wildlife, and serve as an urban oasis for biodiversity.

The vision for the mini forest included several key elements:

- A butterfly conservatory designed to attract and support a wide variety of butterfly species.
- A dragonfly habitat centered around two small ponds, complete with aquatic plants such as broad-leaved pondweed (*Potamogeton natans*), hydrilla (*Hydrilla verticillata*), and water lilies (*Nymphaea tetragona*) to sustain aquatic life, including snails, frogs, and fishes.



**Mr. Gaurav Barhodiya**  
Dept. of Environmental Science

- A succulent mount featuring unique species like Devil's backbone (*Kalanchoe daigremontiana*), agave (*Agave virginica*), and pencil cactus (*Euphorbia tirucalli*), adding both texture and visual interest.
- A designated area for ferns, bringing diversity in plant form and serving as a moisture-loving contrast to other plant species.
- A lily and hydrilla pond serving as a central feature for aquatic biodiversity, attracting dragonflies, damselflies, and other wetland species.

### A Flourishing Ecosystem: Native Plants and Urban Wildlife

A wide array of native vegetation was planted, carefully chosen for its ability to attract local birds and urban wildlife. Species like curry leaves (*Murraya koenigii*), yellow elder (*Tacoma stans*), reetha (*Sapindus mukorossi*), bael (*Aegle marmelos*), and bryophyllum (*Kalanchoe pinnata*) not only enrich the ecosystem but also provide vital food and shelter for a growing community of avian species, butterflies, and small wildlife.

Together, these sections create a thriving ecosystem, with urban wildlife—from birds to insects—making the mini forest their home. It has become a place where students can witness firsthand the interactions between flora and fauna, and where local species, often overlooked in urban settings, can flourish.

## A Living Classroom: Nature's Comeback

Restoration is an ongoing process, requiring regular monitoring, watering schedules, and de-weeding. Yet even in its early stages, the mini forest has already become a hotspot for biodiversity. Students and faculty alike have been documenting new species, from butterflies like the common Mormon (*Papilio polytes*) to dragonflies such as the blue ground skimmer (*Diplacodes trivialis*), proving that the restored land is capable of supporting a wide range of life.

Bird species, including the Oriental white eye, Coppersmith barbet, white-throated kingfisher and the tailorbird, now frequent the area, drawn by the native vegetation and the small aquatic ecosystems established within the forest.

## The Legacy: An Urban Oasis of Sustainability

This mini forest is more than just a green space - it has become an urban wildlife oasis, demonstrating the possibilities of environmental restoration even in small, urbanized areas. The success of this initiative lies in its diversity: the butterfly section, dragonfly ponds, succulent mound, fern area, and lily pond collectively contribute to a balanced ecosystem. The forest now provides refuge for local species, enhances campus beauty, and serves as a rich educational resource.

For the students involved, it has been a hands-on learning experience, linking classroom theory with real-world application. The project exemplifies how academic institutions can lead the way in environmental sustainability, transforming not only land but also mindsets. As the mini forest continues to grow and evolve, it serves as a beacon of collective action and the power of restoration, proving that nature can flourish even in the most unexpected places.





# The Hidden Power of Micro-Habits: Small Steps, Big Impact

## Introduction

In a world where everyone is focused on big goals and major achievements, we often fail to recognize the power of the small, unnoticed habits that shape our everyday actions. Micro-habits those tiny, effortless actions have the potential to bring about significant change in our personal lives and even at a broader societal level.

## What Are Micro-Habits?

Micro-habits are the small, easily overlooked actions that we perform daily. Unlike larger habits, these are simple to integrate into your routine. A quick breathing exercise before a meeting or reading just one page of a book every night are examples of how these small habits build over time to create lasting change.

## The Science Behind Micro-Habits

Research from psychology and neuroscience indicates that long-term change often stems from these small, consistent actions. The “compound effect” explains that even the tiniest repeated actions can lead to substantial results over time, making micro-habits an Important tool for self-improvement.

## Impact on Personal Development

By focusing on micro-habits, individuals can gradually reshape their routines and improve their lives. For instance, waking up just a few minutes earlier each day can lead to creating a more productive morning routine. Similarly, cutting back on one small indulgence can slowly improve overall health.

## Social Impact of Micro-Habits

Micro-habits don't just affect personal growth; when practiced collectively, they can lead to significant social change. Simple actions like reducing daily plastic use or conserving water can, when adopted by a larger group, have a meaningful impact on environmental sustainability.



**Mr. Summit Suhag**  
Senior Assistant

## Practical Micro-Habits for Students:

For students, micro-habits can be particularly beneficial. Small actions like reviewing class notes for just five minutes each day or dedicating a short time to brainstorming can greatly enhance academic performance without overwhelming effort.

## Conclusion

The real power of micro-habits lies in their simplicity and consistency. While grand gestures are often fleeting, small, daily actions can create meaningful, long-lasting change both in our personal lives and in the wider world.



# LIBRARIES IN MODERN EDUCATION AND SOCIETY

Libraries transcend their role as mere repositories of books and information; they are dynamic institutions integral to the education, development, and cohesion of modern communities. Amidst the digital revolution, libraries continue to provide invaluable services that extend far beyond the provision of physical books. This article delves into the multifaceted importance of libraries, highlighting their contributions to education, community development, personal growth, and the preservation of cultural heritage.

## ***Educational Resource Centre***

Libraries are quintessential educational hubs. They offer access to a broad spectrum of materials, including books, academic journals, databases, and multimedia resources. For students, libraries are indispensable in supporting their learning and research endeavours. They provide a tranquil and structured environment conducive to studying and offer resources that may be inaccessible elsewhere.

Academic libraries are particularly vital as they bolster curricula with textbooks, reference materials, and supplementary readings. They also facilitate research by providing access to extensive academic databases and interlibrary loan services. The expertise of librarians in assisting with research strategies and information retrieval further enhances the educational support provided by libraries.

## ***Promoters of Information Literacy***

In the digital age, the ability to navigate and critically evaluate information is paramount. Libraries play a critical role in fostering information literacy. They teach users how to differentiate credible sources from unreliable ones, conduct effective searches, and assess the relevance and accuracy of information.

Libraries conduct information literacy programs and workshops designed to equip individuals with the skills necessary to manage the overwhelming influx of online information. By promoting digital literacy and critical thinking, libraries enable users to become informed and discerning consumers of information.

## ***Community Hubs***

Libraries function as vibrant community hubs that foster social interaction and engagement. They host a variety of programs and events catering to diverse interests and demographics. From author talks and book clubs to cultural events and educational workshops, libraries provide spaces for individuals to connect, learn, and grow collectively.



**Sachin Kumar**  
Library Attendant



For many, libraries represent safe and welcoming spaces where they can access resources and engage in community activities. They frequently serve as venues for local organizations and support community initiatives. By offering such spaces, libraries strengthen community bonds and enhance social cohesion.

## ***Catalysts for Personal Development***

Libraries are instrumental in supporting personal development. They provide access to resources that encourage lifelong learning and self-improvement. With materials spanning personal finance, health, career development, and hobbies, libraries enable individuals to pursue interests, acquire new skills, and enrich their personal and professional lives.

Programs offered by libraries, such as language learning classes, computer skills workshops, and job search assistance, are designed to help individuals achieve their personal and professional aspirations. Through these resources and services, libraries contribute significantly to the personal growth and empowerment of their patrons.

## ***Guardians of Cultural Heritage***

Libraries play a crucial role in preserving and promoting cultural heritage. They house historical documents, rare manuscripts, and archives that offer valuable insights into the past. Through special collections and exhibitions, libraries protect cultural artifacts and make them accessible to the public.

In addition to preserving physical collections, libraries also digitize historical materials, making them available online to a global audience. This not only ensures the preservation of cultural heritage but also broadens access to historical resources, allowing people from diverse backgrounds to engage with their heritage.

## ***Facilitators of Digital Access***

As our world becomes increasingly digital, libraries are essential facilitators of digital access. They provide free access to computers, the internet, and digital resources for individuals who may lack these tools at home. This digital inclusion is vital for bridging the digital divide and ensuring that everyone has equal opportunities to access information and participate in the digital economy.

Libraries also offer digital literacy training, helping users navigate online platforms, protect their privacy, and utilize digital tools effectively. By providing these services, libraries play a significant role in ensuring equitable access to technology and information.

## ***Support for Research and Innovation***

Libraries support research and innovation by offering access to a wealth of scholarly resources and research tools. They provide databases, academic journals, and research materials essential for scholarly work and technological advancement..

Moreover, many libraries now feature maker spaces, technology labs, and collaborative work areas. These facilities enable users to engage in hands-on projects, experiment with new technologies, and collaborate on innovative ideas. By fostering research and creative endeavours, libraries contribute to the advancement of knowledge and technological progress.

## ***Support for Research and Innovation***

Libraries provide safe and neutral spaces for individuals to explore new ideas and engage in intellectual discourse. They offer a non-judgmental environment where people can seek information, learn, and express their viewpoints freely. This open access to knowledge and ideas fosters critical thinking and encourages intellectual curiosity.

During periods of social and political upheaval, libraries serve as bastions of free expression and democratic values. They uphold principles of intellectual freedom and provide access to diverse perspective and viewpoints.



# ***Environmental Sustainability***

Increasingly, libraries are adopting practices aimed at environmental sustainability. They incorporate green practices into their operations, such as energy-efficient lighting, sustainable building materials, and waste reduction initiatives.

By promoting sustainability, libraries set a model for the community and contribute to broader environmental conservation goals. Libraries also provide resources and programs related to environmental awareness and sustainability. They offer educational materials on topics like climate change, conservation, and sustainable living, helping to raise awareness and encourage responsible behaviour.

Libraries are indispensable institutions that provide a plethora of benefits to individuals and communities. They are crucial educational resources, promote information literacy, and act as community hubs that enhance social engagement. Libraries facilitate personal development, preserve cultural heritage, and ensure digital access while supporting research and innovation.

As our world evolves, libraries continue to adapt and expand their services to meet the needs of their patrons. They play a vital role in ensuring equitable access to information, fostering lifelong learning, and promoting intellectual and cultural growth. Supporting libraries and advocating for their continued development contributes to a more informed, connected, and empowered society.



# RIVER Ebbs: The Reflection Of Women's Agony



**Bhawna**

**B.Sc. Environmental Science**

*“Like a river’s gentle flow, women's tears have been flowing for centuries carrying with them the weight of their silent sorrows.”*

The arrival of a baby girl is akin to the emergence of a nascent river: innocent, pure, gentle, sensitive and delicate, yet society introduces jarring juxtapositions on this auspicious event, similar to the abrasive impact of rocks on rivers flow potentially harming her tender core. Birth of a girl is mourned and lamented, shrouded by gender based prejudice and societal norms analogous to plight of landowner whose property is usurped by a newly formed river precipitating a sense of dispossession and despoliation. She commenced her growth with a gentle yet resilient trajectory, navigating formidable obstacles with fortitude. As she progressed, she began to ambulate with increasing steadiness, ingest nourishment with voracity, and illuminate her surroundings with effervescent giggles, akin to the soothing reverberations of a meandering brook.

However, her maturation was circumscribed by numerous constraints on her articulation, gait, and demeanor, akin to the external levees, barrages, and dams that regulate the river's flow, thereby stifling her natural efflorescence and spontaneity. With the onset of puberty, she embarked on the natural flux of life, a gift from nature, marked by menarche, the inaugural menstrual cycle. However, this physiological milestone was juxtaposed with societal constraints, perpetuating the paradox of purity, wherein she was expected to tolerate both somatic and emotional pain to bring forth new life, much like the river's flow nourishes the surrounding ecosystem, yet is deemed disruptive by those who benefit from it, akin to the trees that absorb its waters and the fish that thrive in its depths.

She is relocated to a new territory to establish a new domicile and initiate a novel familial unit, akin to a river's trajectory being deliberately altered by human-constructed barrages, which abruptly divert its flow into unexplored terrain. This sudden change in environment rendered her a transient inhabitant in the new territory, while her native territory perceived her as an extrinsic entity, akin to a foreign asset.

In a new landscape, surrounded by unfamiliar faces and an uncharted environment, she was expected to embrace everything with effortless ease, like a river's continuous flow, adapting seamlessly to the unfamiliar terrain. Yet, the enormity of this transition weighed upon her, as she struggled to nourish and cherish this new world, like a river nourishing the lands it touches, while yearning for the comfort of her native shores. Until she embraces another's identity as her own, a new transition unfolds in her life.



A new life stirs within her, like a river flowing into a lush forest, bringing vibrancy and growth.

Yet, she faces immense pain and resistance as she strives to bring this new life into the world. Only her own resilience and determination can navigate her through this challenging phase, just as a river carves its path through the landscape, shaping its own destiny. She now dedicates her existence to nurturing that new life, sustaining it with her own essence, just as a river provides water to the living beings that depend on it. With unconditional love and devotion, she nourishes her child, just as a river unreservedly quenches the thirst of countless creatures, fostering millions of lives within and around it, without hesitation or resistance. In this selfless act, she embodies the river's boundless generosity, surrendering herself to the greater purpose of sustaining life.

Despite her selfless devotion, she receives a paradoxical reward. On one hand, she's revered as a goddess, her nurturing spirit celebrated and worshiped. Yet, on the other hand, she faces exploitation, harassment, and emotional turmoil, her sentiments crushed like the effluent and sewage that pollute a river. The weight of societal expectations and judgments is like a plastic bag that not only suffocates her identity but also distorts and shakes her very core, leaving her questioning her own worth and existence.

A poignant realization dawns: rivers are called mothers because, like women, they're expected to nurture and sustain life, yet they're also vulnerable to exploitation and abuse. Despite being the lifeblood of their territories, rivers are polluted and degraded, blamed for the waste and toxicity that others dump into them. Similarly, women are often treated as dumping grounds for men's anger, frustration, and aggression, their bodies and minds bearing the brunt of societal toxicity.

This parallel reveals a painful truth: the same forces that destroy rivers also destroy women, perpetuating a cycle of exploitation and abuse.

Amidst the turmoil, remember that silence is not synonymous with weakness. The quiet strength of a river's steady flow can be deceiving, for when the waters finally break, they can sweep away everything in their path. If the injustices continue to mount, a flood of tears will eventually burst forth, shattering the barricades of oppression and washing away the embankments of stereotypes. The deluge will bring with it a transformative power, eroding the foundations of discrimination and carrying with it the promise of a new dawn. The river's journey is a testament to the transformative power of resilience and determination. May women's voices be heard, and their stories be told, as they carve their own paths towards a brighter future.



*“In the end, it is not the river that needs to change course, but the world that needs to change its ways. May we learn to respect and honor the flow of life, in all its forms.”*





# Awakening The Inner Voice: Finding Clarity in a Chaotic World

Who are we really? In our daily lives, we juggle countless roles—friend, family member, employee, or student—each with its own set of expectations. We become so entangled in these roles that we often forget the core of who we are. Beyond these societal roles and external influences, there exists a deeper, more authentic self. A self that is not defined by titles or obligations, but by inner values, desires, and purpose. Self-awakening is the journey of peeling back these layers, to reconnect with that true self, and discover the essence of who we are beneath the surface.

In the rush to meet expectations—whether in academics, employment, or our personal lives—the pressure to perform can become overwhelming. We strive to achieve goals, often set by others, and lose sight of our true essence. The constant comparison with peers and the fear of failure makes us doubt our abilities, chipping away at our confidence. We forget how special we are, how unique our journey is, and instead, get caught in the cycle of self-doubt and self-criticism.

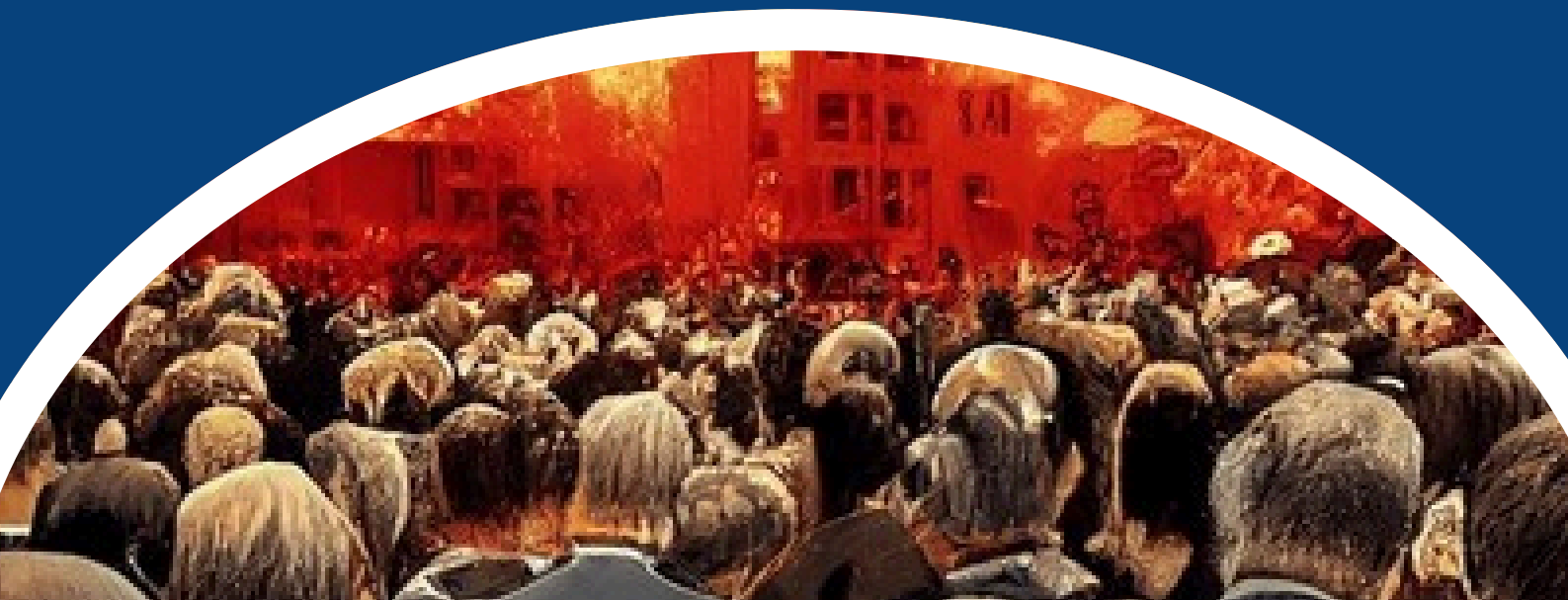
This leads to unhappiness, as we no longer value or appreciate ourselves. Instead of acknowledging our efforts, we fixate on what we haven't achieved. It becomes difficult to see how effortlessly we accomplish tasks that others might struggle with—tasks that people may admire in us but we fail to recognize. This lack

of self-appreciation creates a disconnect between who we are and who we think we should be.

On the surface, the idea of self-awakening might sound like some spiritual or philosophical pursuit. However, in my view, it's far more grounded than that. Awakening the self is about becoming aware of who we truly are, outside of the roles and labels assigned to us by society. It's about recognizing the inner voice that has often been silenced by the noise of expectations and judgments.

At the core of the awakening process is self-awareness. It's a conscious effort to look inward and reflect on what drives us, what we value, and what we want from life. For many, this journey begins with simple questions like, "Am I happy with where I'm headed?" or "What do I truly enjoy doing?" These questions may seem basic, but they open the door to deeper introspection. Often, we may find that the answers aren't as clear-cut as we'd expect.

The process of awakening the self involves stripping away the layers of conditioning we've accumulated over the years. These layers include the expectations placed on us by family, society, and even ourselves. We're constantly told what we "should" do—study hard, get a good job, be successful—and while these are important, they often overshadow our own desires and dreams. Awakening the self means peeling back these



layers to uncover what truly matters to us on an individual level. Self-awareness is at the heart of this journey. Without it, there's no way to recognize whether we're truly living according to our values or merely going through the motions of life. For me, self-awareness has always been about asking the right questions: "Why do I react this way in certain situations?" or "What drives my decisions?"

Mindfulness practices like journaling or even just setting aside time for quiet reflection can help cultivate self-awareness. Personally, I've found that journaling allows me to express thoughts and emotions I may not even realize are affecting me. When I put pen to paper, I start to notice patterns in my thinking-patterns that, when left unchecked, can lead me down a path that doesn't align with my true self.

Awakening the self requires a willingness to be honest with oneself. It's about acknowledging the parts of ourselves we might not like the fears, the doubts, the insecurities. But instead of avoiding these uncomfortable truths, self-awareness asks us to confront them head-on. Only then can we begin the process of growth and transformation.

As empowering as it is to awaken the self, the process isn't without its challenges. In fact, it can be downright uncomfortable at times. Many of us have spent years building up a sense of identity based on external factors: our careers, our achievements, and even our relationships. But what happens when we realize that these external markers don't define who we are?

This realization can be both liberating and terrifying. On one hand, it gives us the freedom to rewrite our own stories, to live life on our terms. On the other hand, it requires letting go of the safety nets we've built around ourselves. For instance, during my time at university, there was constant pressure to meet certain standards-whether it was academic performance or securing internships. While these achievements are important, I began to ask myself whether they truly reflected my passions and interests, or if I was simply doing what was expected of me.

Fear of the unknown is a huge obstacle in the process of awakening.

We're so used to living in a world that values certainty and control, and the idea of stepping into uncharted territory can feel overwhelming. But as I've learned, growth can only happen when we're willing to embrace uncertainty. By facing our fears, we allow ourselves to move beyond our comfort zones and experience the world in new and unexpected ways.

The goal of awakening the self is to live a life that feels authentic and true to who we are. But what does that mean in practice? For me, authenticity is about aligning my actions with my values. It's about making choices that reflect what's important to me, rather than simply following the crowd.

Living authentically doesn't mean rejecting the external world or its demands-it means finding a balance between the external and internal. For instance, in my pursuit of a career in data science, I've come to realize that while the technical skills I'm learning are important, so too are the values that drive my work. I want to make a positive impact through my knowledge of technology, and I believe that data science can be a tool for solving real-world problems. This realization has helped me stay grounded in my studies and motivated by a sense of purpose beyond just achieving good grades.

Another aspect of authenticity is embracing vulnerability. This is something I've had to work on over time. It's easy to put up walls and present a perfect image to the world, but true authenticity requires us to let down those defenses. It's okay to admit that we don't have all the answers or that we're still figuring things out.





In fact, it's in these moments of vulnerability that we often experience the greatest growth.

As we go through the process of awakening the self, our relationships also begin to shift. When we start living more authentically, we no longer feel the need to conform to the expectations of others. This can lead to deeper, more meaningful connections, as we engage with people from a place of honesty and openness.

At the same time, awakening the self can also bring to light relationships that no longer serve us. When we become more self-aware, we start to notice which connections feel supportive and which ones feel draining. This doesn't mean that we need to cut ties with people, but it does mean that we become more intentional about who we allow into our lives and how we spend our time.

One thing I've learned is that true relationships are built on mutual respect and understanding. When both parties are able to show up as their authentic selves, the connection becomes much stronger. We're no longer trying to impress or outdo one another—we're simply sharing in each other's journeys.

In a world that's increasingly focused on outward success, the concept of self-awakening feels more relevant than ever. We're constantly bombarded with messages about what we should achieve, how we should look, and what kind of life we should lead. But amidst all of this noise, the process of awakening reminds us to return to ourselves—to listen to our inner voice and follow a path that feels true to us.

Of course, this isn't always easy. It takes time, effort, and a lot of self-reflection. But the rewards of awakening the self are profound. By cultivating self-awareness, we gain clarity about who we are and what we want from life. We start to make decisions that align with our values and priorities, and in doing so, we create a life that feels more fulfilling and meaningful.

The journey of awakening the self is one that never truly ends. It's a process of continual growth, reflection, and learning. As we become more self-aware, we open ourselves up to new possibilities and experiences. While the path may be challenging at times, the rewards of living authentically and in alignment with our true selves make the journey worthwhile.

**Archita Singh**  
B. A. Programme





### Introduction

The awakening of self is a profound and transformative experience that enables individuals to discover their true nature, purpose, and potential. It is a journey of self-discovery that awakens one's consciousness, fostering a deeper understanding of themselves and their place in the world. In this article, we will explore the concept of self-awakening, its benefits, and practical steps to embark on this transformative journey.

## Dr. Madhu Monga

### Dept. of Commerce

### What is Self-Awakening?

Self-awakening is the process of recognizing and realizing one's true identity, beyond the limitations of the ego and conditioning. It involves cultivating self-awareness, introspection, and mindfulness to uncover one's authentic self. This awakening enables individuals to:

1. Recognize their strengths, weaknesses, and passions
2. Let go of negative patterns and limitations
3. Discover their life's purpose and meaning
4. Develop emotional intelligence and resilience
5. Cultivate compassion, empathy, and understanding

### Benefits of Self-Awakening

The benefits of self-awakening are numerous and profound:

1. Increased self-awareness and confidence
2. Improved relationships and communication
3. Enhanced creativity and productivity
4. Greater sense of purpose and direction
5. Reduced stress and anxiety
6. Increased emotional intelligence and empathy
7. Spiritual growth and connection

### Practical Steps to Self-Awakening

Embarking on the journey of self-awakening requires commitment, patience, and dedication.

## The Awakening of Self: A Journey of Discovery





### Here are some practical steps to guide you:

- Mindfulness and Meditation: Practice mindfulness and meditation to cultivate self-awareness and inner peace.
- Journaling: Reflect on your thoughts, emotions, and experiences through journaling.
- Self-Inquiry: Ask yourself questions like “Who am I?” “What are my values?” and “What is my purpose?”
- Self-Care: Prioritize physical, emotional, and mental well-being.
- Seek Guidance: Consult spiritual teachers, mentors, or therapists for support.
- Nature Connection: Spend time in nature to foster a sense of unity and interconnectedness.
- Gratitude Practice: Cultivate gratitude and appreciation for life's experiences.

### Challenges and Opportunities

Self-awakening is not without challenges. You may encounter:

1. Resistance to change
2. Fear of the unknown
3. Emotional turmoil
4. Self-doubt and uncertainty

However, these challenges also present opportunities for growth, learn and transformation.

### Conclusion

The awakening of self is a transformative journey that empowers individuals to discover their true potential, purpose, and nature. By cultivating self-awareness, mindfulness, and introspection, you can embark on this profound journey, unlocking a life of authenticity, fulfillment, and inner peace.

### Quotes to Inspire Your Journey

“You are not a drop in the ocean, you are the entire ocean in a drop.” -Rumi

“The greatest discovery of all time is that a person can change their future by merely changing their attitude.” - Oprah Winfrey

“You alone are enough. You have nothing to prove to anyone.”  
- Maya Angelou.

Remember, self-awakening is a lifelong journey, and every step forward is a step closer to realizing your true self.





# SELF-AWARENESS

## UNLOCKING ONE'S TRUE POTENTIAL THROUGH

*It is easy to work for others but for yourself. It is easy to know others but the SELF.*

In today's busy world, we often get caught up in work, responsibilities and chasing success but we rarely take the time to look within and understand ourselves. Amid the chaos of modern life, we often forget to pause and look at one of the most important aspects of our existence, that is ourselves.



Everyone is busy fulfilling the demands of work, family, and social life. People always want to meet the expectations of society and always have the pressure of maintaining a perfect image to the world. In short, ***we are too busy to realize our presence on this earth.***

The modern world in which we have social media amplifies this pressure by making people feel as if they are always being watched and compared. People think themselves inferior seeing others doing good in their lives by seeing them on social media as a result people measure their worth by likes, comments, and followers. This relentless scrutiny leads to anxiety, self-doubt, and disconnection from our true selves.

Around 70% of adults experience stress, anxiety, or anxiety disorders according to American Psychological Association and over 60% of employees feel burned out or overwhelmed according to Gallup and over 45% of teenagers experience online harassment according to Pew Research Center.

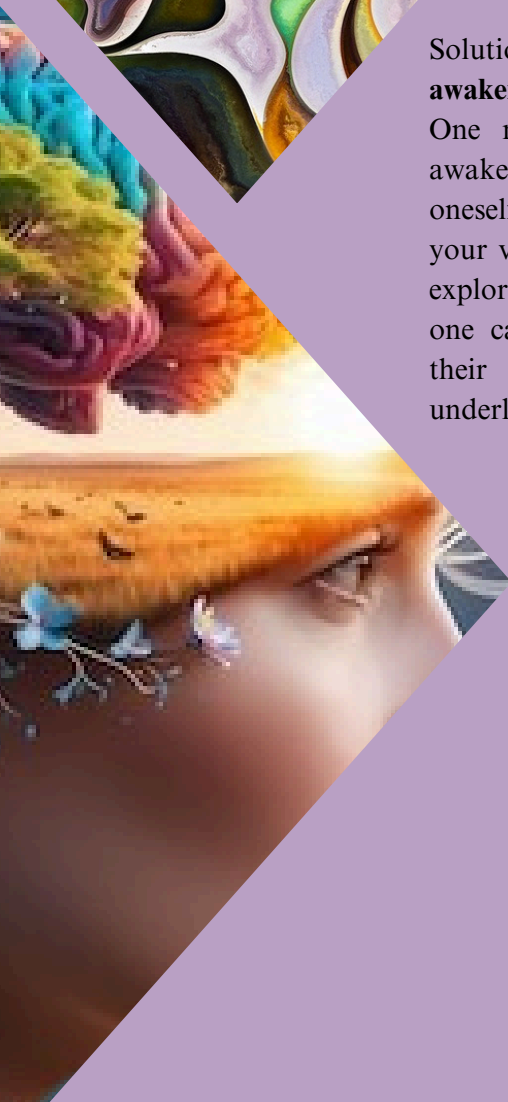
As we struggle to keep up, we lose sight of our inner values and purpose. We constantly seek external validation, experiencing stress, self-doubt, and physical illness. We feel anxious overwhelmed, and disconnected from our true selves, in this chaotic world, its essential to take a step back and reassess our priorities.





Anxiety disorders affect 1 in 5 adults reported by National Institute of Mental Health and Depression affects 1 in 10 adults reported by World Health Organization. American Heart Association reports says that chronic stress increases risk of heart disease, diabetes, and obesity.

**Bhagwat Gita** wisely says, *“one must elevate, not degrade oneself. The mind can be a friend or an enemy depending on how it is nurtured.”* this quote from Bhagwat Gita reminds us that our mind is a powerful tool capable of both empowering and limiting us.



Solution to these problems is **self-awakening**:

One must recognize the need to awaken oneself by introspecting oneself, by exploring your thoughts, your values, and your emotions. By exploring one's internal landscapes, one can gain an understanding of their motivations, beliefs, and underlying desires.

One must be aware of one's actions, it is essential to pay close attention to one's actions and the choices that have shaped one's life. The things you have driven through, the things which control you and the habits which hold you back. By examining our actions, we can gain valuable insights into our motivations, habits, and the impact we have on the world around us. Identifying the forces that drive our behavior, whether they are external pressures or internal desires, empowers us to make conscious choices and break free from negative influences.

Recognizing the habits that hold us back is crucial in our journey towards self-awareness. These may include procrastination, perfectionism, or unhealthy coping mechanisms. By acknowledging these patterns, we can develop strategies to overcome them and cultivate more positive habits.


And lastly, the goal of self-reflection is to transform ourselves into the best possible versions of ourselves. It is a continuous process that requires patience, perseverance, and a willingness to confront our inner demons. By understanding our strengths and weaknesses, we can unlock our full potential and live more fulfilling lives.

Embracing self-awareness leads us to:

- Develop emotional intelligence
- Improve relationships
- Make informed decisions
- Enhance personal growth

India's spiritual traditions have emphasized self-awareness. From meditation to yoga, our ancient texts offer guidance on nurturing the mind and soul.

The concept of self-awakening is different for every individual as the sense of self refers to the sense of who we are and what makes us different from everyone else. Self-awakening is about discovering and understanding our true selves. It is a journey of:





- Introspection
- Mindfulness
- Self-compassion
- Courage

Everyone has different meanings and methods of Awakening. For some, it can be Spiritual such as; Meditation, self-inquiry, yoga for others it can be Religious such as; Devotion, Pray, Mantra chanting.

But we all have a different world inside. Where we visit time to time, and it helps to survive in this wicked world. And it is also the first step, to know yourself you must dive deep within and understand from

- Increase self-awareness
- Enhance emotional regulation
- Improve relationships
- Boost confidence

Self-awakening offers a powerful solution to modern life challenges by understanding ourselves we can

- Break free from societal expectations
- Find inner peace and fulfillment
- Cultivate meaningful relationships
- Live a life of purpose and passion

To be self-awaken one must do certain things few of them are:

- Practice mindful meditation - Mindful meditation involves stillness of the body, focusing on one's breathing and controlling your thoughts.
- Engage in journaling - Journaling helps process thoughts, emotions, and experiences.
- Take breaks from social media- Regular social media breaks reduce comparison, stress, and distraction.
- Connect with nature- Nature connection improves mental well-being and reduces stress.

In conclusion, the world that relentlessly pushes us to achieve more, do more, and be more self-awakening offers a powerful solution to the pressures of constant striving. People are facing countless challenges with the rapidly changing and complex world, and trying to cope with it, in their own ways. Today, we see the rise in the inner challenges related to mental illness, family instability, loneliness and psychological disorders. People are looking for new ways to overcome such problems whereas they need to look within themselves.

By taking the first step towards understanding ourselves, we can unlock our true potential and break free from the constraints of societal expectations.

Embracing self-awareness allows us to connect with our inner selves, discovering our unique strengths, passions, and values. Self-awakening also offers a path to inner peace and tranquility. By cultivating mindfulness and self-compassion, we can reduce stress, anxiety, and negative emotions. This inner harmony creates a solid foundation for building meaningful relationships with others, based on empathy, and understanding.

Ultimately, self-awakening empowers us to live a more fulfilling life. It helps us align our actions with our values and pursue meaningful goals.



**Aryan Chauhan**  
**Manya Choudhary**  
**B. Sc. Environmental Science**





# From Revolution to Rolls Royce's: The Decline of Delhi University's Student Politics



**Mr. Umang Jain (Alumnus)**  
**(Batch- 2014-2017)**

There was a time when student politics in India was not just a training ground but a direct ticket to national politics. Leaders like Mamata Banerjee, Lalu Prasad Yadav, Nitish Kumar, Sitaram Yechury, Bhajan Lal Sharma, Mohan Yadav, and Revanth Reddy all began their political journeys as student leaders, later rising to prominence on the national stage.

Today, let's focus on the Delhi University Students' Union (DUSU) elections. Students of Delhi University (DU) voted on September 27, yet they still await the announcement of their new student union. The results, originally scheduled for September 28, have been delayed by a Delhi High Court stay on the counting process, citing rampant damage to public property as the reason.

Interestingly, DUSU has produced stalwart political figures, such as Arun Jaitley, who was DUSU president in 1974, just one year before the Emergency was imposed in India. Other prominent leaders like Ajay Maken, Vijay Goel, Alka Lamba, Amrita Dhawan, and Nupur Sharma also once held office in DUSU. However, the scenario today is vastly different. From 2010 to 2023, only one DUSU president, Rocky Tuseed, has managed to contest further elections, albeit unsuccessfully. Tuseed, who won the DUSU presidency on an NSUI ticket, was a Congress candidate for the Rajinder Nagar assembly constituency in 2020. He garnered just 3,941 votes compared to AAP's Raghav Chadha, who secured 59,135 votes.

Other recent DUSU presidents are either busy with family businesses or involved in basic organizational roles within political parties-far removed from the national political arena. The key question arises: In this digital age, when communication has never been easier, why are today's student leaders failing to make their presence felt? Barring Ravindra Singh Bhati, no recent student leader in India has sparked a nationwide movement or drawn significant media attention.

The answer may lie in the High Court's observation. The court criticized DUSU candidates for widespread damage to public and private property, plastering posters and banners all over Delhi. The Lyngdoh Committee recommendations, implemented in 2006, provided guidelines for conducting student elections, including a minimum attendance requirement for filing nominations, a spending limit of ₹5,000, and a ban on printed materials such as posters and banners. Ask any DU student or resident living near a DU college, and they will tell you how blatantly these rules are ignored. DUSU election spending has skyrocketed to crores of rupees. Candidates can be seen in luxury cavalcades featuring cars like Rolls Royce and Porsche. The city is plastered with printed posters and banners. University campuses are buried under heaps of paper waste from the endless flyers distributed daily. Some candidates even hire professional PR agencies, complete with drone cameras, to manage their campaigns.

It's astonishing that the administration seems to either deliberately overlook these violations or remain blissfully ignorant.

This ignorance has enabled a blatant disregard for the recommendations of the Lyngdoh Committee, which was chaired by former Chief Election Commissioner J.M. Lyngdoh. The excuse given by the administration does, even more, astonish - "spelling errors". Yes, deliberate spelling mistakes on campaign posters allow candidates to bypass the rules. For example, a candidate named "UMANG" might spell their name as "UMANGG" on posters, creating just enough difference to skirt the regulations while maintaining the correct pronunciation.

This loophole has been exploited for over a decade. The last time DU took serious action was in 2009 when both the leading parties, ABVP and NSUI, had their candidates' nominations cancelled for rule violations. We must consider the larger damage being done. Posters can be removed, and walls repainted, but what about the political culture? Student politics once fostered critical thinking and produced leaders who could hold governments accountable. Leaders of the past had few resources and campaigned across campuses with just a handful of pamphlets. Their speeches reflected a deep understanding of national issues, sparking debates and discussions that transcended mere electoral promises. Consider the courage of student leaders like Sitaram Yechury. In October 1977, Yechury, then JNU's student union president, led a march to Indira Gandhi's residence, demanding her resignation as the university's chancellor. Such acts of defiance and political activism seem unimaginable for today's student leaders, who are more focused on distributing freebies like movie tickets, amusement park tickets, fast food and even cosmetics such as kajal and mascaras to secure votes.

The political activism that once nurtured a critical, progressive, and questioning mindset is now laying the foundation for corruption. Students today, lured by burgers and pizzas, may one day contribute to scandals like "cash-for-votes." DUSU elections are also marred by caste dynamics. Only a few dominant castes, or rather, wealthy students belonging to these dominant castes of the NCR region, can afford to contest these elections. A common student with humble means cannot imagine becoming DUSU president, let alone securing sponsors to fund their campaign.

The next time the judiciary intervenes; it should not only address the physical damage done to public property but also examine the deteriorating political culture in universities. While DU is one example, the situation is similar across other institutions like Allahabad University, Punjab University, and Rajasthan University. The administration's role extends beyond merely conducting elections-they must ensure these elections are free, fair, and aligned with the principles of political integrity. Political parties should reflect on why an increasing number of students are opting for NOTA in DUSU elections. Most importantly, students themselves must recognize the true power of their vote and work collectively to revive the political culture that once gave India leaders like Arun Jaitley and Sitaram Yechury. The larger vision of student politics and its role in national development must not be forgotten.

# Equal opportunity (Economy) in India

## by Dr. B.R. Ambedkar



**Ram Prasad Jana**  
**Administration**

It is most note that our Political democracy can not last unless there lies at the base of it social democracy . We are raise the question that what does social democracy mean ? However, it mens a way of life which recognizes;

- Liberty
- Equality
- Fraternity- as the principals of the life.

We are Indian, proud that Dr. Bhimrao Ramji Ambedkar, popularly known as Babasaheb Ambedkar, was a visionary leader, jurist, and social reformer who dedicated his life to fighting against social discrimination and inequality. His tireless efforts toward social justice, equality, and empowerment of marginalised communities have left an indelible mark on Indian society. Every year, on April 14, Ambedkar Jayanti is celebrated across India and around the world to commemorate his birth anniversary.

Dr. Ambedkar firmly believed in the principle of equality for all individuals, irrespective of their caste, creed, religion, or gender. His message resonates strongly in today's world, where discrimination and prejudice still prevail in various forms, that every individual is treated with dignity and respect. He advocated for the eradication of caste-based discrimination and the establishment of a society where every individual has equal opportunities to succeed by social justice.

Dr. Ambedkar's important economic ideas included advocating for a gold standard, decentralizing government finance to each level of government to raise its own expenses and consolidating land holdings in agriculture to achieve economies of scale. His ideas on India's agricultural economy remain relevant today.

Dr. Ambedkar's indicate the studied in great depth the works of Karl Marx. He considered him as the father of modern socialism or communism. Karl Marx believed in labour theory of value as the economic basis of class struggle under capitalism and on the basis of his theory of surplus value, he builds the superstructure of his analysis of economic development. In present scenario, India is also following the mixed economic policy for development and its beyond doubt that our Indian economy is one of the fastest growing economy in the World. Dr. Ambedkar had contributed not only his thoughts but also fought for the up-liftment of poor and exploited section of society. His economic vision can be used as solutions of economic problems and measure of development in India.

Not only above but also different transformative power i.e Education , Human right , Unity of Diversity etc. of all people, regardless of their differences. Dr. Ambedkar emphasized on the construction of a virtual bridge between all classes of the society. According to him, it would be difficult to maintain the unity of the country if the difference among the classes were not met. He put particular emphasis on religious, gender and caste equality. He was successful in receiving support of the Assembly to introduce reservation for members of the scheduled castes and scheduled tribes in education, government jobs and civil services.





# The Role of Media in Shaping Public Perception and Effective Media Relations Strategies

## INTRODUCTION

For many years, the media has been a strong force for any organisation to overcome in shaping public perception and opinion. From the core roots of television, newspapers, and radio, how information and views are expressed on a given issue or organisation has changed. Social media has become a real platform to shape the public's opinion instantly and to increase the scale and speed of communications.

PR campaigns are very crucial in managing organisational images. Using such tools as press releases, media kits, and relationships with journalists, the PR specialist develops a story line that supports the goals of the organisation while taking care of the best interests of the media. Media relations have today become very important, given that organisations have to experience increased public scrutiny and competition for attention from the media.

This literature review will analyze how media relations strategies have an influence on public perception through the use of press releases, media kits, journalist relations, and social media.

## LITERATURE REVIEW

Media has shaped public opinion for a very long period, and that is why communication studies have so long debated the relevance of this topic. According to McCombs and Shaw (1972), agenda-setting theory would be “what problems do they think about.” Instead of telling people what to think, the media tells them what to think about. The more important issues are in the flow of coverage of the mass media, the more important are issues according to the public. This power has traditionally been held by traditional media: the newspapers, television, and radio, which have acted as gatekeepers of information and influencers of what the public talks about.



**Aryav Thirwani**  
**B.A(Hons) Economics**

Whereas traditional media acted as such for a long time, social media has revolutionized the platform. As Kaplan and Haenlein point out, such platforms as Twitter, Facebook, and Instagram democratize communication and allow everyone to take part in the news cycle. By enabling real-time and user-generated content uploads that can virtually instantly mould public opinion, it facilitates the influence of social media not only in the consumption of information but also in the production and sharing of it. According to Kietzmann et al. (2011), this paradigm shift enables the public not only as receivers of information but also as participants in the production and sharing process, which would make it more dynamic and decentralized.

Public relations campaigns are a crucial component for organisations looking to impact public opinion. The two-way symmetrical model of Grunig and Hunt (1984) speaks to how mutual understanding and dialogue between organisations and their publics enhance the communication process. The relationship-based, trust-based communication strategy is supported in this model over just having one-way communication through controlled messages. With symmetrical communication, it is more dynamic and responsive in its relationship with the public, and hence organisations can change their strategies according to feedback as well as public sentiment.

Press releases are one of the most frequently used instruments in PR to craft media narratives. According to Newsom and Haynes (2016), a press release is a concise, newsworthy message from an organisation targeted to news organisations. A good release should be as clear and to the point as possible, informative, and targeted to the most appropriate news outlets for maximum pick-up and distribution. According to Wilcox et al. (2015), when timing is everything, press releases should strike and coincide with the cycle of news to maximize mileage.

Other key PR tools include media kits. These are mostly applied by industries that depend highly on visual storytelling example, the fashion, entertainment, and technology sectors. A media kit typically includes fact sheets, executive biographies, descriptions of the products or services, as well as high-quality images or videos, providing the journalist with all of the information they need for a story. Media kits can make the job easier for the journalist, Cutlip, Center, and Broom (2015), but make sure that the organisation's messaging is presented in the best and most controlled light

Besides press releases and media kits, building relationships with journalists is viewed by most practitioners as an important ingredient in any successful media relations. According to Grunig and Hunt (1984), trust and openness would be essential for a positive relationship between the communications program and the media. organisations that have powerful media networks, White and Hobsbawm say, get considerably more positive and truthful coverage during crises. The retention of these relationships through constant interactions, including one-on-one interviews or invitations to events, serves to get the organisation better press when it is needed.

Social media has, of course, become a vital factor in the media relations strategy. According to Meerman Scott (2017), platforms such as Twitter and Instagram enable an organisation to send its press releases directly to the mass media and even reach the public directly. As much as social media provides organisations with an opportunity to tell their story in real-time, it also opens them up to new risks. As Smith puts it in the year 2020, worst decisions on social media can quickly go viral and create negative impressions which are very hard to reverse



## CASE STUDIES

Case studies will point out how organisations have employed media relations strategies to manage the perception of the public towards them successfully. For instance, Apple announcements show "the science of timing" and engagement with the media. For example, the company time-stages its press releases and events parallel to the most prominent high-tech summits so that media exposure becomes broad and public excitement builds up. Such can be Nike's 2018 Colin Kaepernick campaign, which was amplified through social media. Since it started from controversy, there were millions of impressions on social media generated by the campaign, deepened the brand identity for Nike, and thereby hugely increased sales.

These studies, however, do not fill all the existing gaps in the literature. Therefore, where Grunig and Hunt's symmetrical model emphasizes relationship-building for organisations, little research is available when media bias or misrepresentation is involved. In addition, as more influence is being exerted by digital influencers and bloggers, there is hardly enough knowledge on how to strategize through change on the media scene with organisations.



# ANALYSIS

Literature has reiterated that the relationship between the media and the influence it creates on public opinion is proportional. The dissemination tools information, such as media kits, which include resources like social media, allow the organisations to have control over the presentation of the media. Newsom and Haynes (2016) have stated that press releases are a means of direct communication where information is relayed from the source to the media and hence to the public. One deficit of this literature is that too little attention was given to how media bias or misrepresentation can change the intended meaning of such press releases. Although this literature states that organisations do have control over the meanings of messages, it is silent on how organisations deal with the risks of media misinterpretation or bias. Further research as to how organisations might be able to counter negative press coverage or misreporting could fill that gap.

It also furthers the notion that the most effective strategies involve building relationships with journalists, timely releases, and thorough media kits. Heath and Palenchar (2018) emphasized the materials the quality to be given to journalists, and Grunig and Hunt (1984) pointed out the need for trust to be developed in securing favourable coverage. The literature falls somewhat short, however, of a discussion of how organisations go about establishing such relationships in today's increasingly fragmented media environment where digital influencers and bloggers are increasingly part of the landscape. Expanding research to include newer forms of digital media and influencers could give a fuller picture of current practices in media relations.



# CONCLUSION

Media is the most potent agent in building public opinion, and no organisation can afford to be passive in its interface with traditional and social media. It has to involve a critical amount of media relation strategies, using various techniques such as press releases, media kits, and, of course, building relationships with journalists to secure favourable stories. The rise of social media added a new dimension to media relations challenges and opportunities for organisations to directly influence the public's perception. Successful media relations campaigns, such as those by Apple, Nike, and Tesla, have shown that strategic communication can go a long way in building and maintaining a positive image of an organisation across diverse industries.





# AWAKENING OF SELF

**Ananya Mahajan**  
B.Sc. Environmental Science



Have you ever thought of self awakening or realization? Let's make it even simpler, in other words, have you ever thought about who you are and what kind of person you want to be in life? I have, let's start with what exactly is awakening of self. Self awakening is a very complex process that begins with self-realization and completely psychological phenomenon when you clearly find yourself out there with a goal in your life rather than lurking in shadows and lost in darkness. Self awakening includes a person to wake up without external help but is philosophical that rousing up not just from sleep but also in real life. It involves getting aware of one's inner self.

Self awakening as we read it, can be decoded easily by breaking it into "Self & Awakening"; meaning literally to awaken/enlighten oneself about his own personality or existence. As I derive inspiration from Shrimad Bhagwad Geeta which is collection of Lord Krishna's sermon to Arjun, describing and asking Arjun to self-realize, do Karma by taking a rightful path and hence one's duty towards society, mankind and towards one's own self is to perform karma, if you want to exist meaningfully. This may appear a normal concept of awakening but not many people are actually able to awaken or actualize themselves in their whole lifetime, as this is a complex cognitive process. In simpler words, this concept demands oneself to explore inner personality traits, attributes etc to garner knowledge on one's strength and weakness area and then chart out a roadmap to future.

It involves personal growth and development that shifts one's mind to higher state of subconsciousness. People who are struggling with their lives or feeling being lost due to the many challenges and obstacles of life find it hard to awaken themselves. People who are self awakened have had gone through self-improvement, gratitude, flourishing careers, thriving business, free from diseases, healthy

relationships and everything at a balance with most important factor peace of mind and healthy lifestyle. It is when they get finally back on track leading a happy life hence, self-awakening often leads us in a direction towards leading a healthy and happy life and encourages ourselves to find the purpose and meaning of life; let's say to avoid conflicts, maintaining healthy relationships at workplace and homes, working on ourselves, setting goals, eating healthy, avoiding negativity in life etc. One important characteristic of people who are self awakened includes resilience; Resilience allows us to recover and turn an obstacle into an opportunity by changing the perception and rather than looking it as a challenge turning it into a test which one must pass to overcome it and come out of it even stronger, that is exactly how the ignited minds of self awakened people work and hence making it the best way of living life and overcoming the challenges. Self awakened people do not sink into distress when obstacles appear rather, they conquer it and become even more determined to break it, this is how they turn an obstacle into an opportunity.

The factors that contribute to self-awakening includes psychological stress, environment, motivation, time perception. Nobody can awaken a person until the person himself realizes what he is capable of achieving in life that's what makes self awakening even more interesting is that the person is on his own to fight for his life without any other person's help. For example, a person who is facing depression needs a psychologist but until and unless

he realizes his worth on his own no doctor can help the person to recover, that is where awakening of self is needed the most. When a person is addicted to social media, he just finds a way to escape the reality rather than facing it, that's when self awakening is needed the most. Psychological stress can be very painful and at the same time can disbalance mental stability, it is one of the most important factors that compels a person to be self awakened because every one or the other person is facing some kind of stress in life. Self awakening comes from within without any external influence. For instance, a person having complications at workplace needs to awaken himself and find solutions to the problem, for him this is what self awakening would mean.

When I was having a hard time last year, for me self awakening was that I realized what my worth was and I discovered my skills. I realized that the challenges in life need to be overcome and getting even stronger after coming out of it and facing them, I also believed that my challenges were nothing in front of my father's so the sense of maturity is also what I feel was self awakening to me. The inner voice of an individual that rouses him up from a dream and in reality, is what awakening of self means. To be able to discover your likes and dislikes, working on your skills, having a healthy relationship with people, setting goals, aiming in life etc all that counts to development is a part of awakening of self. Sometimes, a person may feel lost but the way to right path is always going to get him there by his inner voice itself not by any external influence. As Jack Kornfield, an American writer said "Awakening is the recognition that our true home is not found in external circumstances, but in the sacred space of our own hearts". Getting to know your true self is what self awakening makes possible. Self discouraging personality is the most difficult to heal. They allow their past to haunt them or define them and they carry negative voices, fear and shame. When they face any challenge, they blame others or themselves for their misfortune.

Some qualities of self awakened people include self-improvement, gratitude, healthy relationships etc. They are hungry for growth, they do not complain but rather carry a sense of positivity and gratitude, they avoid negative and unhealthy relationships and communication.

Sometimes, therapy works well for people who find it difficult to heal on their own and meditation is always the best option to begin your journey. A person should spend time alone with themselves for a while every day to settle down the issues in mind and to be at peace. Practicing yoga everyday early in the morning calms the soul of an individual. Trying to heal on your own is the best solution when you awaken yourself, starting from eliminating bad habits and making the day productive by engaging in physical activities, developing skills, working on yourself, maintain physical and mental wellbeing, having your family around, spending time with your parents or siblings, sharing your feelings and emotions can be the best way to heal and self-awaken.

Thus, concluding Awakening of self is a feeling that arises from within that allows the person to discover himself and his true self that leads to the path of self-development and soothes the soul. In practical world, this awakening can be carried out to understand your thought process, ability, intent, tolerance level, greed, jealousy etc and then find ways to get rid of bad attributes to gain best output. This helps us decide on fixing your Karma Bhumi(area of work), ways to reach there rightfully and sustain. This process can be obtained by doing various offline/online available tools like self-assessment test, psychoanalytical test etc but also practicing yoga, meditation, healthy eating habits and doing some sort of physical activities make the day productive and calms the body and mind to think. Awakening of self is needed in life because nobody would know you better than you know yourself. You need to scan yourself in and out and know yourself.

# THE EMERGENCE OF ECONOMIC DIPLOMACY AND THE ROLE OF TRADE POLICY



**Rishit Mittal**  
B.A(Hons) Economics

## INTRODUCTION

In December, the Hindustan Times emphasized India's growing diplomatic strength, noting its ability to deliver a common global vision amidst global power competition. This reflection on India's standing through the G20 summit urged a deeper analysis of the evolving role of economic diplomacy in the country's global positioning. Historically, diplomacy was focused on maintaining peaceful relations and forging strategic alliances during times of crisis. Trade policies were traditionally concerned with domestic and national affairs. However, globalization has transformed trade into a key driver of international relations. Today, diplomacy is more interconnected and interdependent, with countries competing for resources, markets, and legitimacy. Economic diplomacy has thus emerged as a critical aspect of foreign policy, influencing both economic success and political standing.

## FROM PROTECTIONISM TO OPEN MARKETS: THE RACE FOR ECONOMIC PROSPERITY

In the mid-20th century, many newly independent nations adopted protectionist policies, particularly import substitution. This approach sought to promote local industries by imposing barriers on foreign imports and limiting the operations of foreign firms. However, as global economic dynamics evolved, many countries transitioned to more liberal trade policies, often with transformative outcomes.

One of the most notable examples is Singapore, which strategically embraced economic openness.

By allowing 100% ownership of companies by foreign entities, establishing free trade zones, providing tax exemptions, and reducing income taxes, Singapore attracted foreign investment and built a strong domestic industrial base. These initiatives helped Singapore transform from a resource-poor country into one of the world's most prosperous economies. This shift illustrates the power of well-crafted trade policies, as countries that embrace globalization and liberalization often experience significant economic growth.

## ECONOMIC DIPLOMACY: THE TRADE OF WORDS

In today's multipolar world, economic diplomacy has become a tool for fostering economic growth, securing peace, and improving living standards. However, it is also used as a strategic weapon to apply pressure and influence outcomes in global conflicts. The first major wave of economic diplomacy came with the creation of the General Agreement on Tariffs and Trade (GATT), which later evolved into the World Trade Organization (WTO). Though meant to be neutral, the WTO was largely dominated by developed countries that persuaded emerging economies to adopt liberalization measures without offering reciprocal concessions. This led to many developing nations opening their markets to foreign competition, often at the cost of local industries.

## ECONOMIC DIPLOMACY: THE TRADE OF WORDS

In response to the perceived failures of global institutions like the WTO, many countries formed regional trade blocs such as ASEAN, SAARC, and EAEC. These blocs were designed to promote mutual growth and cooperation, not only in trade but also in political and social matters. Nowadays, Free Trade Agreements (FTAs) are widely used to negotiate mutually beneficial terms that reduce or eliminate barriers to trade and investment. FTAs often target specific industries or sectors, protecting domestic interests while encouraging international investment. Economic diplomacy also serves as a defensive tool, used to counter adversaries through mechanisms like trade sanctions, regulatory barriers, and economic boycotts.



By using such strategies, nations can influence international politics and safeguard their own economic interests.

### INDIA'S PATH: THE EMERGING LION

Since its independence, India has followed a non-aligned and independent foreign policy. From navigating Cold War tensions to positioning itself in today's complex global order, India has evolved into a key player in the Global South. India's participation in trade and diplomatic blocs like BRICS, QUAD, the Trans-Pacific Partnership, and APEC has had significant economic and political implications. These alliances have provided India with greater access to foreign markets, diversified sources of investment, and integrated value chains, strengthening its manufacturing sector and creating jobs domestically. Additionally, India's engagement in these blocs has enhanced diplomatic and military ties, contributing to regional and global stability. For developed nations, India represents a substantial market and resource base, while for developing countries, India provides critical aid and support.



### INDIA'S STRATEGIC USE OF ECONOMIC DIPLOMACY

India's global presence has grown through strategic diplomatic initiatives, particularly through foreign aid and loan diplomacy. During the COVID-19 pandemic, India demonstrated its leadership by developing the indigenous Made in India vaccine and distributing it to needy countries through the Vaccine Maitri initiative. During the COVID-19 pandemic, India demonstrated its leadership by

developing the indigenous Made in India vaccine and distributing it to needy countries through the Vaccine Maitri initiative. Additionally, India has provided humanitarian assistance to countries affected by natural disasters, such as its Operation Dost, which sent rescue and relief teams to Turkey and Syria. India has also extended loans to economically troubled nations like Sri Lanka and the Maldives, promoting Indian-made goods in the process.

India is now positioning itself as a defence exporter. With projects like the Tejas fighter jet and the BrahMos missile system, India is showcasing its capabilities on the global stage. Collaborations between companies like Adani Defense and Elbit Systems, as well as Boeing and Tata, further emphasize India's ambition to become a global defense player. India's provision of credit lines to countries like Vietnam for defense equipment purchases, and its offers to establish Tejas manufacturing plants in countries like Egypt and Malaysia, mark its transition from a defence importer to an exporter.

### MAKE IN INDIA: A VISION FOR GLOBAL MANUFACTURING LEADERSHIP

In 2014, the Government of India launched the Make in India initiative, aimed at transforming the country into a global manufacturing hub. This initiative sought to create a favorable investment climate, modernize infrastructure, and open new sectors to foreign capital. With a focus on 25 key sectors, the program aimed for a 12-14% annual growth rate in manufacturing, the creation of 100 million new jobs by 2022, and an increase in the manufacturing sector's GDP contribution to 25% by 2025. To achieve these goals, the Indian government introduced a range of policies, including Atmanirbhar Bharat (self-reliant India) and the Production-Linked Incentive (PLI) scheme. The PLI scheme, with an investment of INR 1.97 lakh crore, has attracted substantial investments and advanced technologies. The initiative has transformed India from a mobile phone importer to the second-largest exporter, with INR 90,000 crore worth of mobile phones exported in 2023. Similarly, the PLI scheme in the solar module sector is expected to boost India's manufacturing capacity to 60 gigawatts by 2025.

These initiatives have spurred job creation not only in manufacturing but also in the tertiary sector. The PLI scheme's success underscores India's potential to become both self-reliant and a global leader in key industries. The government's vision of Atmanirbhar Bharat and Vishwaguru (global leadership) continues to drive economic growth and position India as a major player on the world stage.

## CONCLUSION

India's trade and economic policies are critical to its development, particularly as it faces challenges from neighbors like China. China's Belt and Road Initiative and its "String of Pearls" strategy, which involves establishing military and commercial facilities in the Indian Ocean, threaten India's trade routes and defense strategy. However, the rising tensions between China and the West have prompted multinational corporations to adopt a "China +1" strategy, seeking alternative manufacturing hubs. India, with its large market and favorable investment policies, is emerging as a top destination for these companies. India's resurgence on the global stage will require a careful balance of economic policy and diplomacy. By continuing to refine its trade strategies and strengthen its global alliances, India is well-positioned to become a formidable player in global affairs.





# HASDEO ARAND

## LUNGS OF CENTRAL INDIA



**Sabhyata Sai**  
B.Sc. Environmental Science

Have you ever felt the heat radiating off the asphalt on a scorching summer day? It's like the whole city is pulsing with energy, with the warmth of the air and the exhaust from motors creating a dynamic exchange of thermal energy. This constant interplay of heat and energy not only affects our immediate surroundings but also plays a crucial role in shaping weather patterns and impacting the performance of various equipment.

Understanding thermal energy isn't just about practical applications like heating and cooling systems; it also provides insights into the natural processes that govern our planet.

India is among the largest producer and importer of coal, and the availability of coal in the form of affordable price and sustainability is one of the important links with regard to energy security for India. It accounts for 55% of the country's energy need. Coal deposits in India, the world's second largest consumer of coal after China, play a crucial role in the country's energy landscape. The most targeted states for extracting mine from India are Chhattisgarh, Jharkhand and Odisha. Despite being the most used and abundant fossil fuel, it is a really concerning thing about environment that coal field power is one of the dirtiest fuel resources on the planet but a plus point for corporations. Though electricity enhances our quality of life, ensures safety and security, facilitates transportation and contributes to medical processes.

It is therefore a basic need but it shatters away the original beauty of environment also the life of people living near these mining blocks. This article will mainly discuss about the biodiversity, corporations, threat of coal, importance, impact of coal extraction on the environment and measures to control coal mine methane in Chhattisgarh.

### BIODIVERSITY

**THE BIODIVERSITY OF HASDEO FOREST: A NATURAL HAVEN FOR UNIQUE FLORA AND ENDANGERED FAUNA**

In the heart of central India lies the pristine forest of Hasdeo, a sanctuary for unique plant species like epiphytic orchids and smilax, as well as endangered animals such as sloth bears and elephants. Towering sal trees dominate the landscape, reaching towards the sky and creating a haven for countless forms of life.

Chhattisgarh is richly endowed with forest covering 44% of its total geographical area. The forests are the crucial key of all biodiversity, mineral resources, tribal population, crop diversity and much more. Due to this rain, many stream/nalas will flow and become rivers since these forests act to attracting the same. Forests stabilize soils and purify the air from pollution.

The forest consists of 82 species of birds, 167 vegetation types (18 threatened), and threatened butterfly species. The forests are home to elephants (Lemru Elephant corridor) and a key migratory corridor with the presence of tigers also confirmed. Indian Council of Forestry Research and Education has on record described it as - "the largest unfragmented forest in Central India consisting of pristine Sal and teak forests..."

Hasdeo River is the largest tributary of Mahanadi River. The river flows in the state of Chhattisgarh. It joins Mahanadi River near Shiladehi (Birra) a village in Janjgir-Champa district. Minimata Dam which commonly known as Hasdeo Bango Dam is constructed across this river near Bango village.

### HISTORY

**INDUSTRIAL CORPORATIONS AND DEVELOPMENT AND OPERATION OF PEKB COALFIELDS FOR ELECTRICITY GENERATION**

3 of the mines are in Chhattisgarh's Korba district: Gevra mine, Kusmunda mine and Dipka mine. Kusmunda mine flows adjacent to hasdeo river, which makes it a particularly vulnerable area. The coalfield was recommended to be mined in by the Chhattisgarh GOVT.



In 2010 by diverting 1,898.39 hectare of forest to Parsa East Kanta Basan (PEKB) coalfields which would be then allotted to Rajasthan Rajya Vidyut Utpadan Nigam Ltd (RRVUNL) an electricity generation company of Govt. of Rajasthan. On April 13, 2013 Adani Enterprises announced that its subsidiary Adani Mines would be the developer and operator for the PEEKB coalfields mine under a deal agreed with RRVUNL to tap into the 450 million tonnes of coal reserves of the mine. The PEEKB phase I coalfield is almost totally depleted. While initially forecast as holding a reserve of 137 million tonnes of coal and thus lasting for 15 years; however, it was found that 55 million tonnes of that was unmineable.

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## THE LOOMING THREAT OF DEFORESTATION AND MINING IN HASDEO ARAND COALFIELD

The Hasdeo Arand Coalfield, is spread over an area of 1,879.6 sq. kilometers and contains 23 coal blocks. Deforestation and mining approved by the government have the indigenous tribe and threaten the freedom and livelihoods of tribal communities in the area. Earlier, ICFRE had deemed Hasdeo Arand as 'no-go area'; it was to be left undisturbed; no mining would be legally possible. But however illegal business has been legalized, exploration of minerals has certainly increased. The Gond, Oraon, and other tribes living in Hasdeo know what coal mining means: existing coal mines have wrecked the lands and lives of neighboring communities, displaced local elephant populations, leading to dangerous encounters, and polluted the water and air, causing profound health and environmental problems.

### IMPORTANCE

#### THE CRUCIAL ROLE OF COAL IN POWERING INDIA'S ECONOMY

Chhattisgarh-based Coal India subsidiary South Eastern Coalfields Limited (SECL) Gevra and Kusbunda coal mines have secured the 2nd and 4th spot in the list of the world's 10 largest coal mines released by WorldAtlas.com. This shows that how coal is so essential for our economy's backbone. 200 GW of our installed capacity is coal-based, that says it provides more than half of our primary energy needs, it is the essential spinal structure in backboneing our industries. During the last ten years, thermal power (mainly coal-based) has been contributing more than 70% of our total power generation. Following the government clearances, the PEEKB is expanding slowly. The coal is needed to fire up Rajasthan's power stations and generate cheap electricity for the state.

#### GENERATES EMPLOYMENT

As far as 4 million people are directly or indirectly employed in India's coal industry according to report from Brookings institution. It's the lifeline of the locals which are some of India's poorest. The many families who were forced to leave their homes decades ago for the mines. If these mines are closed down, the same people will be at risk of losing everything again. If we stop coal production because of pressure from the world, how can we support ourselves.



The UN climate change conference held in France from November 30 to December 11, 2015, stands out as a monumental and historic gathering, with representatives from 196 countries coming together to address one of the most pressing global issues of our time. This conference marked a significant step forward in the global effort to combat climate change, and its impact will undoubtedly resonate for years to come.

#### INDIA'S COAL MINING EXPANSION THREATENS ENVIRONMENTAL AND WILDLIFE CONSERVATION EFFORTS

More than 5 billion tons of coal sitting under the pristine forest, is no less than a jackpot for the economy of India. Obviously, the problem with coal does not end with extraction, as a consumer of it, India also the 3rd largest emitter of greenhouse gases. India's plan to increase coal mining by 2030 will markably impact methane emissions because high emission. as a result, aggregate coal mine methane emissions will jump 106% since they were last measured nationally in 2019. This will simultaneously destruct the ozone layer and an increase in greenhouse gases. Elephants caused damage to homes and crops in villages. Mining impacted more than just elephants with dynamite blasts harming homes, infrastructure, and causing noise pollution. Lowering groundwater levels eliminated the tradition of collecting water from public wells. Conflicts threaten 40+ species due to human-wildlife conflicts from habitat loss. Hasdeo river faces pollution and irrigation issues. Replacing forests with plantations doesn't compensate. Mining in regional area has really impacted, especially indigenous communities relying on forests for sustenance, culture, and identity.

#### PARIS AGREEMENT

Paris agreement: the agreement includes major GHG emitting countries to cut their climate- altering pollution and to limit the earth's temperature increase below 2 degree celsius, with an aim for below 1.5 degrees Celsius relative to pre-industrial level.

#### EFFECTIVE STRATEGIES FOR METHANE EMISSION REDUCTION IN COAL MINING OPERATIONS

According to an article by International energy agency (IEA 50), methane emissions are generally higher from underground mines as they extract deep

coal seams that often have higher levels of methane than shallow ones. Abatement measures, such as degasification {the removal of dissolved gases from liquids, especially water or aqueous solutions} through capture wells and drainage boreholes, can preemptively target and remove high methane concentrations during mining operations, reducing emissions from coal deposits. This also include efficiency improvements, high combustion efficiency at flares, gas engines and related equipment through process control systems.

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In essence, we must understand this article emphasizes our role in promoting for change as fossil fuel will deplete, urging the transition to sustainable living for environmental benefit and cost efficiency.





# BORDER TENSIONS BETWEEN INDIA AND CHINA

*"Actions around the border area are not limited to the military but affect the economy overall"*

To address this issue and dive deep into the Economic issues that arise when there are border tensions, we first need to know what actually geopolitical tensions are:

-Geopolitical tensions means political issues between two or more countries that cause unrest or tensions. Through this article, I would like to throw light on the recent incidents that took place in Galwan Valley and how such incidents affect country's economy.

Recently in December, 2022, some actions around Galwan valley was noticed where Indian and Chinese troops clashed along yangste river in tawang sector. Now, this incident holds particular importance and should be studied thoroughly as there are specific reasons why China is concerned about the Tawang sector.

## WHY CHINA IS INTERESTED IN TAWANG SECTOR

Tawang is a critical point between Tibet and Brahmaputra valley and also tawang provides strategic entry into north eastern region . The world's largest monastery is situated in Tawang and China claims that the monastery is the evidence that district once belonged to Tibet( part of people's Republic of China). This is a ringing bell for India, as it needs to be alert regarding the Tawang borders to safeguard Arunachal Pradesh. Further, it needs to build robust infrastructure that will support in the cause of safeguarding interests of the country.

These were the actions around the border area and the concerning matter here is:

## HOW THE "INDIA- CHINA" BORDER CONFLICT IS AFFECTING INDIAN ECONOMY:

Indian imports from China includes engineering goods, electronics, pharmaceutical, automobiles, nuclear reactors, machinery and parts. China is India's biggest trading partner in the world and India has the largest trade deficit with China, which means



**Priyanka Chauhan**  
B.A(Hons) Economics

that, India imports more from China than it's exports. Any disruption in relations between India and China will heavily affect India in terms of FDI (Foreign Direct Investment). For example, Chinese multinational tech company, Alibaba has invested in Indian companies such as Snapdeal, Paytm, Zomato, Ola.

Conflicts around the India-China border are likely to affect the investments.

Recently, India changed it's FDI policies in April and according to the new policy, the neighbouring countries have to get centre's approval for investing in Indian market.

All of us know, Xiaomi is one of the leading smartphone companies in India, but do you know how much share the company holds in Indian market?

China's Xiaomi leads India smartphones market with 30% shares in market. 30% is a huge number when it comes to share holding and Investment, it clearly shows how deep the Chinese roots lie in Indian markets.

Thus , if there's any announcements regarding or forcing Chinese businesses to shut in India, it will lead to rise in unemployment. Unemployment is still one of the main areas around which many Indian policies are centred.

But, the consequences of this conflict is not one-sided, instead the conflict will affect both the countries.

Even China has a lot to lose in this conflict. They will lose one of the most easily accessible markets for their finished products. Owing to the fact that,



in the past 5 years, India has emerged as the biggest overseas market for Chinese mobile phone companies, China has a lot to lose and little to win in this war.

ACCORDING TO "BUSINESS STANDARD"

Xiaomi smartphone makers have embraced Prime Minister's "Make in India" programme. Xiaomi locally manufactures 95% phones that it sells in India.

Beijing based Xiaomi has been compelled to partner with Dixon for smartphone assembly as India is compelling Chinese companies to localize everything from manufacturing to distribution of services.

This partnership of Xiaomi with Dixon will provide a boost to Dixon, which is among the companies vying to become India's answer to Foxconn (most famous as the key maker of Iphone)

In the history of quartet of China, India, US and Russia. China and India has never been military and diplomatic partners, this is one of the reasons why there's always a gap between both the countries.

To conclude, India's focus on "Make in India" policy is a profound way to manage the economy and to make India self sufficient. India is in a delicate situation while previous successive Indian governments have tried to ensure friendly relationship with China, the growing appetite of the dragon has already started making those efforts look in vain and this isn't only for India but for much of the world itself.

India has to tread on a fine line for now as it depends heavily on exports of China, a natural solution for it is to manufacture domestically which in recent years has been a area of focus for government. For now the situation will keep on evolving and a close eye has to be kept for India to ensure its interests are safeguarded.





# Onam: A Symphony of Tradition, Song, and Culinary Diversity

Onam is not just a festival; it is an emotion that resonates deeply within the hearts of every Malayali. Rooted in the legend of King Mahabali, whose reign was marked by equality and prosperity, Onam is a reflection of Kerala's cultural richness and communal harmony. It transcends mere rituals, extending into vibrant Onapattu, sumptuous feasts, and a joyful coming together of families and communities.

## The Ten Days of Onam: From Atham to Thiruvonam

Onam is celebrated over ten days, beginning with Atham and culminating on Thiruvonam, each day bringing its own unique significance and activities. The first day, Atham, marks the start of the preparations, with the first layer of the Pookalam (floral arrangement) being laid. The Pookalam grows larger each day, symbolizing the welcoming of King Mahabali.

As the days progress, excitement builds, with each day having its own set of rituals. Chithira, Chodhi, Vishakam, and Anizham follow, with preparations intensifying as families begin gathering, and local markets buzz with people shopping for new clothes, flowers, and ingredients for the grand feast.

On the day of Anizham, the much-anticipated Vallamkali (boat races) begin, showcasing the true spirit of teamwork and the fierce energy of the participants. The oarsmen, in perfect unison, row the majestic snake boats to the rhythm of traditional songs, creating a spectacle that captures the heart of Kerala.

Thiruvonam, the most important day, is when the festival reaches its peak. Homes are adorned with larger, more intricate Pookalams, families gather in new traditional attire, and the much-awaited Onasadya is prepared. It's a day of joy, unity, and gratitude, where the grand feast is not only about the abundance of food but also about the abundance of love and togetherness.

## The Harmony of Onapattu: Songs of Celebration

One of the most enchanting aspects of Onam is the tradition of Onapattu, or Onam songs, that echo through the air during the ten days of celebration. These songs, passed down through generations, capture the essence of Onam and Mahabali's rule. The melodies speak of the golden age, when kindness and prosperity were abundant. Sung during the creation of the Pookalam (floral designs) and in gatherings, Onapattu serves as a cultural bridge, connecting the past to the present.



Each region in Kerala has its unique collection of Onam songs, with subtle variations in tone and tempo that reflect local traditions. The Onapattu of the Malabar region are known for their upbeat rhythms, often accompanied by folk instruments, while the Travancore region presents more melodic renditions. These songs are more than just music; they are a poetic ode to Kerala's collective history and the shared longing for unity and peace.

### **A Feast for the Ages: The Many Faces of Sadya**

The Onasadya, or the grand feast, is an integral part of the Onam celebration, and it is as diverse as the land of Kerala itself. While the Sadya generally consists of over 20 dishes served on a banana leaf, the variety and preparation of these dishes vary across Kerala's districts, each bringing a unique flavor to the table.

In the Palakkad district, the Sadya features dishes like Parippu (lentils) and Kootu (vegetable curry) prepared with less spice and more emphasis on traditional recipes passed down through families. In contrast, the Malabar region, particularly known for its coastal flavors, infuses the Sadya with coconut-based gravies like Theeyal and richer, more aromatic curries like Sambar made with freshly ground masalas.

The Travancore Sadya, with its royal history, presents a more lavish spread, with dishes like Olan, a mildly spiced coconut milk-based curry, and a variety of pickles like Naranga Achar (lemon pickle) and Manga Achar (mango pickle) adding zest to the meal. The sweet Paalada Pradhaman and Ada Pradhaman are staple desserts that complete the feast in many households here, highlighting the region's love for indulgent, jaggery-rich payasams.

In Kollam, my hometown, the Sadya stands out with a subtle balance of flavors. Kollam's Sadya often includes the specialty dish Chena Mezhukkipuratti, made with yam and coconut, alongside the traditional Kootu Curry. The generous use of coconut in the dishes here

gives the meal a distinctive richness, while the tangy Pulissery brings a sharp contrast to the sweet Payasam. Each family may add their own local variations, reflecting the diversity even within districts.

No matter the regional variations, the unifying essence of the Onasadya is its representation of Kerala's agricultural wealth, a tribute to the harvest season and an act of gratitude for nature's abundance.

### **The Diverse Joy of Onakalikal**

Onam is also a time for fun and games. The traditional Onakalikal include energetic sports like Vallamkali (boat race), Pulikali (tiger dance), and Uriyadi (pot-breaking game). These games invoke a sense of nostalgia, often transporting older generations back to their childhood, while introducing the younger ones to the vibrant traditions of Kerala.

The Vallamkali, or snake boat race, is perhaps the most iconic of Onam games, with its grandeur and excitement drawing crowds from all over the world. The synchronized rowing of oarsmen, accompanied by the rhythmic chants of the team, is a sight that epitomizes Kerala's connection to its waters and the spirit of teamwork.

Pulikali, with performers painted like tigers and leopards, is another exciting spectacle, bringing the streets alive with color and energy. This dance, rooted in the belief that it brings prosperity, is a playful reminder of our connection to nature and the wild.

ഓണം



## A Celebration of Unity and Tradition

At its core, Onam is about the joy of coming together. It transcends religious and social boundaries, fostering a sense of inclusiveness and community. Families gather, old friends reconnect, and villages unite in celebration. The essence of Onam lies not only in the customs but in the spirit of love, respect, and unity it fosters.

Whether it is the elderly narrating tales of Mahabali or children immersed in games, Onam is a time when joy is collective, and memories are woven into the fabric of tradition. The festival's emphasis on simplicity and abundance teaches us a valuable lesson about cherishing the moments that bring us together, rather than the materialistic pursuits that often divide us.

### The Timeless Spirit of Onam

Onam remains a festival that not only honors Kerala's rich cultural legacy but also serves as a timeless reminder of unity, gratitude, and shared joy. From the melodious Onapattu that unite voices, to the grand Sadya that varies with each district's flavors, and the playful Onakalikal, Onam serves as a beacon of Kerala's enduring spirit.

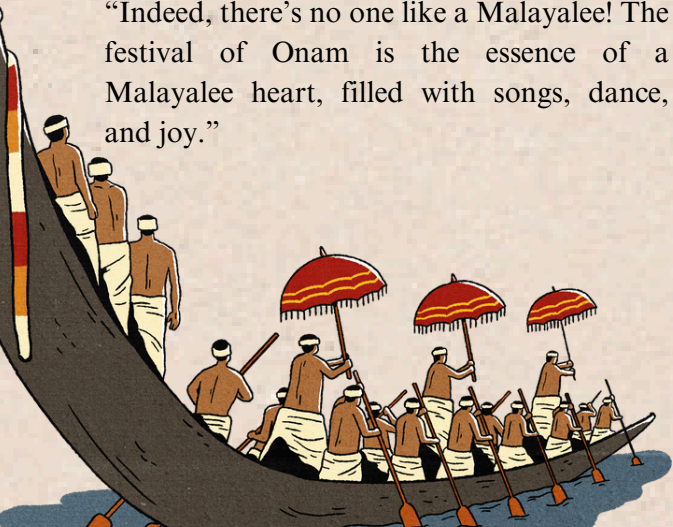
In the spirit of King Mahabali's reign, may we all strive to create a world where peace, prosperity, and happiness flourish as they do during this vibrant and cherished festival.

### As the saying goes:

"അല്ലേലും, മലയാളി പൊളിയല്ലേ!  
ഓണത്തിന്റെ ഉത്സവം, പാട്ടും നൃത്തവും  
നിറഞ്ഞ മലയാളി മനസ്സിന്റെ  
തനിമയാണ്."

### Translation:

"Indeed, there's no one like a Malayalee! The festival of Onam is the essence of a Malayalee heart, filled with songs, dance, and joy."



**Lekshman Raj**  
(World Record Holder)  
B.Sc. Environmental Science





# Empowering Women's and Economies: The Economic Implications of Gender Equality



**Priyanka Chauhan**  
**B.A(H) Economics**

If there is one thing about growth, it is equality and inclusion, voice and representation. The same thing goes for economic growth, it is important to have inclusive growth, with equal rights and opportunities for every individual. Gender equality is more than a moral term, it is a foundational base of sustainable economic development. Gender equality goes beyond gender and recognizes the worth of an individual, irrespective of their gender. It ensures that all have equal opportunity to contribute to society and benefit from it. This article is about gender equality and its economic implications, exploring its role in the reduction of poverty, fostering economic growth and empowering women in various fields. This article is about the economic implications of Gender Equality and its role in reducing poverty.

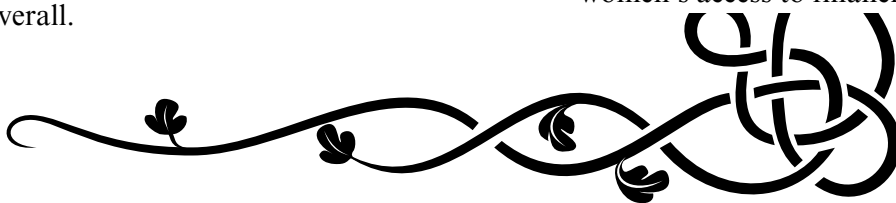
Research from the International Monetary Fund suggests that narrowing the gender gap in labor markets could increase GDP in emerging markets and developing countries by almost 8%. The gains from fully closing the gender gap would be even higher, lifting GDP in those countries by 23% on average. In other words, equal roles and contributions in work by women bring about great results, both individually and for the economy. The question remains intact, how does gender equality solve poverty? Gender Equality acts as a catalyst for poverty reduction. A study by UN Women reveals that, more women than men are living in poverty overall.

Currently, more than 10% of women globally are trapped in a cycle of extreme poverty, living on less than USD 2.15 a day. At the current rate of progress, as many as 342 million women (8%) will still be living in extreme poverty by 2030.

Women's poverty is fueled by discrimination in the world of work, and limited access to resources and financial assets that limit women's participation in education, decent employment, and decision-making while burdening them with a larger share of unpaid care and domestic work. By breaking down these barriers and providing quality education, resources, and employment opportunities to women, gender equality can significantly reduce the rate of poverty.

Participation of women in the workforce is a powerful tool to drive economic growth, when women have access to education, training, and employment opportunities, they can contribute their skills and talents to the economy thereby, increasing productivity and innovation. Women's economic participation promotes agricultural productivity, and enterprise development at the micro, small, and medium enterprise levels, as well as enhances business management and returns on investment. In addition to boosting economic growth, investing in women pr effect - women reinvest a large portion of their income in their families and communities. Women also play key roles in creating peaceful and stable societies - important factors for economic growth. Unfortunately, these benefits have not been universally recognized and have therefore not translated into women's full economic participation. Women still face obstacles when trying to establish new businesses or expand existing ones. Among the biggest hurdles are discriminatory laws, regulations, and business conditions, as well as women's lack of access to property rights, finance, training, and networks. This study also explains how investments are made to advance women's economic opportunities, they are in the fields of finance, agriculture, enterprise, and business leadership.

**Financial Inclusion:** Support efforts to increase women's access to financial services, such as



credits, savings, insurance, and payment systems through better regulation and technology.

**Women and Agriculture:** Highlight women's vital role in advancing agricultural development and food security and encourage policy and programmatic support for female farmers and agricultural businesses owned by women.

**Enterprise Growth:** Support NGOs, industry associations, and corporations advocating for policy and programmatic solutions that enable women's economic participation, including reforming discriminatory laws and practices that hinder access to capital, land tenure, and inheritance rights and encouraging a policy climate conducive to the growth of women-run SMEs.

**Business Leadership:** Encourage best practices to increase women's representation in senior management positions, including corporate boards.

Addressing the barriers to Gender Equality

Significant efforts have been made to achieve equality; however, barriers still exist that hinder this process. These barriers include, gender-based discrimination, unequal access to education and employment opportunities and gender-based violence.

**Gender-Responsive policies:** To promote gender equality and ensure equal opportunities, the Government of India has introduced "gender-responsive" policies.

A number of legislations have been passed both at Central and state levels that address the issue of gender disparity and aim to secure equal rights for women in various spheres of social and personal life. These legislations are also called 'women-oriented' or 'women-centric/specific' legislations. Some examples of such legislations are the Protection of Women from Domestic Violence Act, 2005; the Commission of Sati (Prevention) Act, 1987; the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013; the Immoral Traffic Prevention Act, 1956; the Indecent Representation of Women (Prohibition) Act, 1986, etc. At the international level, India has ratified and endorsed various conventions, instruments, initiatives, and strategies that aim to secure equal rights for women, the most significant among them being the Convention on Elimination of All Forms of Discrimination Against Women (CEDAW) which was ratified by India in 1993.

Status of goal 5 as per SDG India Index & Dashboard 2020-21(Third Edition)

**WOMEN IN LEADERSHIP:** On average, 8.46% of total seats in legislative assemblies are held by women.

**Target Number:** 50% of seats each for men and women. The Legislative Assembly of Chhattisgarh has the highest representation of women at 14.44%, followed by West Bengal at 13.61%. Nagaland and Mizoram are the worst performers with no women representation.

**WOMEN IN MANAGERIAL POSITIONS:** For every 1000 persons in managerial positions, 190 are women. Target number: At least 245 women for every 1000 persons. The highest number of women in managerial positions was recorded in Puducherry with 615 women. The lowest number of women in managerial positions was recorded in Meghalaya (111) and J & K and Ladakh (100).

**FEMALE LABOR FORCE PARTICIPATION:** As of 2018-19, the ratio of Female to Male LABOUR FORCE Participation Rate (LFPR) is 0.33. Target number: The ratio of female to male LFPR is the highest in Himachal Pradesh at 0.8, while it is the lowest in Bihar at 0.06.

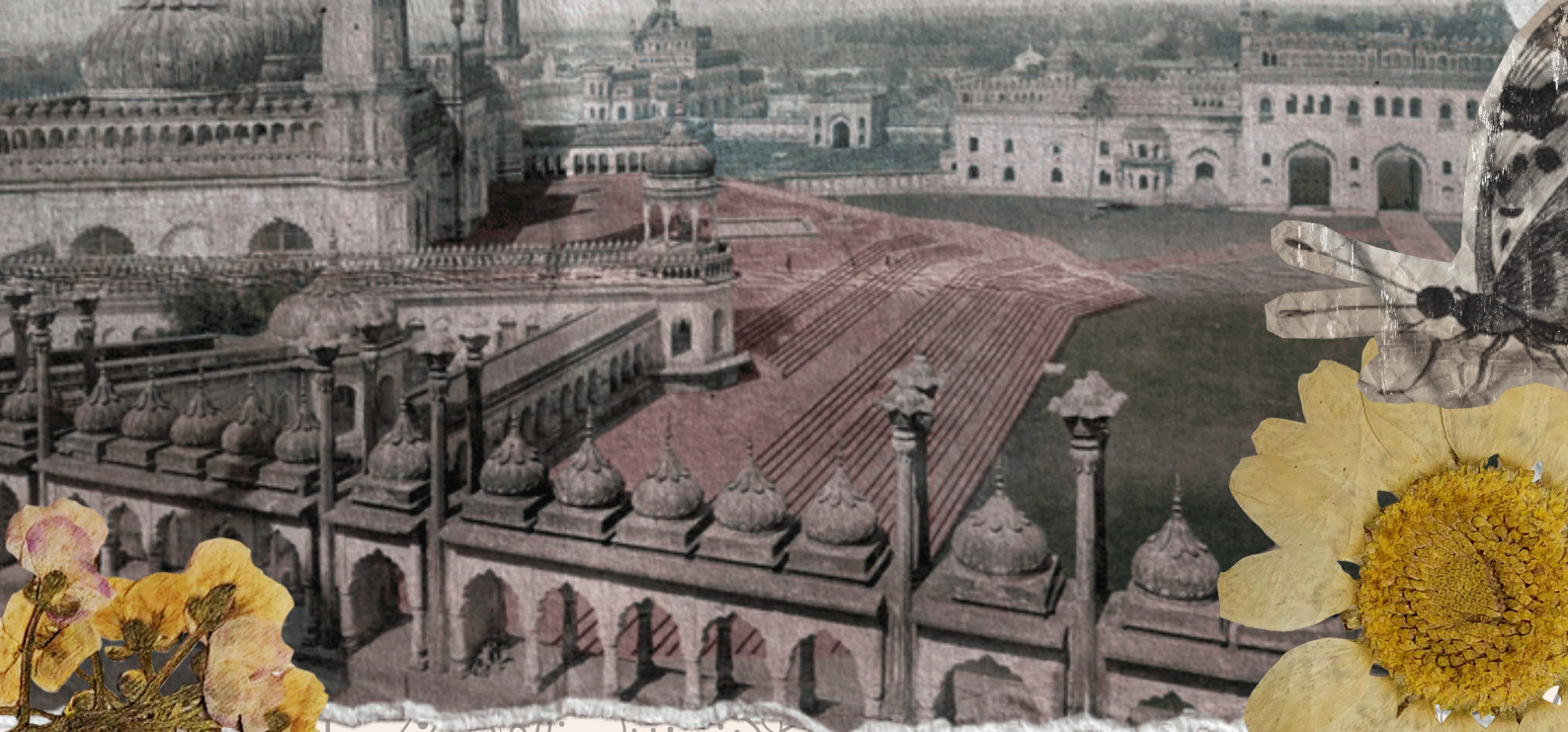
### Conclusion

While India has been making significant efforts towards bringing "Gender Equality" and eradicating the gender gaps in every step possible, it is important to track down the growth and efficiency of the programs at each step. The path forward requires a multi-faceted approach including, financial inclusive incentives, women's participation in agriculture and entrepreneurship. Within this survey, India's score for "Women in Trade Facilitation" reached 77.8 percent, marking a notable improvement from 66.7 percent in 2021. The UN survey attributed this increase to India's trade facilitation efforts, which in turn improved women's participation in trade and women's representation in the National Trade Facilitation Committee and similar governing bodies.

By working together, with Government, businesses, NGOs and individuals, a better place can be created, where economies thrive and achieve their goals.







# कविताएँ





# अंतिम यात्रा

हम मंजर के काफ़िले को अक्सर माटी से जोड़ते चले गए,  
सूझ-बूझ के साथ इस आत्मा का मोल जानकर भी,  
इन बंधनों में उलझते चले गए

जब आत्मा अमर थी, फिर क्षणभर के माटी के बंधन का क्या मोल था  
किसी ने फर्ज समझा, तो किसी ने कर्ज या फिर किसी ने बीते वक्त का  
लेखा-जोखा

अब जिंदगी झूठ सी लगती है, या सिर्फ दिखावा  
या खुली आंखों से एक अंधेरी दुनिया जीने के बराबर  
क्योंकि शायद हम मंजर के काफ़िले को, अक्सर माटी से जोड़ते चले  
गए थे

और यात्रा के अंतिम पथ पर, ये माटी भी मुझ तक सीमित  
न थी

हुई वो भी क्षण में राख सी, वही सत्य का प्रमाण थी  
आंखों में दिखती आग सी, मन में उठे वैराग्य सी ।।  
जानो तो जीवन ब्रह्म नहीं, मानो तो जीवन तन नहीं ।



**Khushi Gupta**

**B.Sc. Environmental Science**





# विहान

उदय हुआ है सूर्य का पर्वतों की ओट से  
प्रभातियाँ गा रही है कोयलें भी शौक से  
मंदिरों की घंटियों में गूँजें राग भैरवी  
फिज़ाओं में भी गूँज है हवा के मीठे तान  
की वृक्ष ने बाहे फैलाए सूर्य को नमन  
किया प्राणवायु का प्रसाद प्राणियों ने पा  
लिया

वसुंधरा विहंस उठी राग सुन विहाग  
की लालिमा विहान की बिखर रही  
निखर रही प्रयाण हो रहा है अब  
कालिमा का व्योम से लालिमा की  
दीप्ति से पुलक उठे हैं प्राण सब सकल  
जगत को कह रही उठी तिमिर ढल  
गया तम का नाश हो चुका अब सूर्य  
का उजास है तम का नाश हो चुका  
अब सूर्य का उजास है।



**Lalima Mishra**  
B.Sc. Environmental Science

# અનુચ્છેદ





# नैतिक शिक्षा



**डॉ. अजय कुमार**  
**राजनिति विज्ञान विभाग**

मेरे घर से कुछ कदम की दूरी पर एक व्यक्ति रोजाना बिना कोई अवकाश किए हुए, सुबह-सुबह तड़के छह बजे उठकर स्कूटर पर आता और कुछ कागज की प्लेटों में सड़क पर अलग-अलग जगह पर रखकर उन्हें दूध से भर देता (कभी-कभी खीर भी लाता) तो आजु-बाजु की गलियों के पंद्रह-सोलह कुत्ते वहां इक्ठ्ठा हो जाते और चप-चप करके दूध पीने लगते। इसी तरह रोजाना कुत्तों को दूध पिलाना या कभी-कभी उन्हें खीर खिलाना, मानों उसका धर्म बन गया था। एक दिन अनायास ही सड़क पर टहलते हुए, मैंने उस महाशय से पूछ लिया-सर आप यहीं-कहीं आस-पास रहते हैं? महाशय ने कहा-हाँ, मेरा घर सड़क के उस पार है। मैंने मुस्कुराकर पूछा ओह, आपके बच्चे क्या करते हैं? महाशय ने कहा-मेरे दो बेटे हैं, एक डॉक्टर है, तो दूसरा एक बड़ी फार्म में एम.डी. है। मैंने कहा-कितना अच्छा लगता होगा जब इंसान अपने भरे-पूरे और सफल परिवार के साथ रहता है। तब महाशय तपाक से बोले-अरे नहीं साहब, मेरे दोनों बच्चे तो अमेरिका में हैं। दो या तीन महीने में या फिर होली या दिवाली पर ही तीन-चार दिनों के लिए हमसे मिलने आते हैं। मैंने कहा-अच्छा, तो आप अपने माता-पिता के साथ यहां रहते होंगे। चलो कोई तो है, जो है आपके साथ में। महाशय ने फिर मेरी बात काटते हुए कहा-नहीं साहब, वो भी मेरे साथ कहां रहते हैं।

मैं अपना पुस्तैनी मकान छोड़कर यहां एक फ्लैट में रहता हूँ, क्योंकि बच्चों ने कहा था कि पापा स्टेटस बनाना है तो ये घर छोड़ो और वहां रहो जहां सभी अमीर लोग रहते हैं अर्थात किसी पॉश एरिया में रहो। इसलिए हम यहां रहने लगे, पर क्या बताऊं यहां आया तो पता चला कि न तो पड़ोसियों के माता-पिता उनके साथ रहते हैं और न ही वे लोग आपस में किसी से कोई मतलब रखते हैं।

इसलिए मेरे माता-पिता ने भी ज़िद की कि वे दोनों अपने पुस्तैनी मकान में वापस जाना चाहते हैं, लेकिन मैं मजबूर था, क्योंकि उस पुस्तैनी मकान को बेचकर तो मैंने ये फ्लैट खरीदा था इसलिए मैंने माता-पिता को वृद्धाश्रम में भेजने का निर्णय लिया जहां उनकी उम्र के लोग उन्हें मिल गए हैं और मैं प्रत्येक व्यक्ति के हिसाब से उनके लिए पैतालीस-पैंतालीस हजार रुपये हर महीना वृद्धाश्रम में भेज देता हूँ। मैंने मन-ही-मन सकुचाना शुरू किया और पूछा, तो फिर वे भी त्योहारों पर ही आपसे मिलने आपके घर आते होंगे? महाशय ने फिर मेरी बात काटी और बोले-नहीं साहब, हमें ही जाना पड़ता है उनके पास, क्योंकि वे तो मुझे उनके पुस्तैनी घर को बेचने का दोषी मानते हैं। मैंने कहा लेकिन वे अपने पोते-पोतियों से तो प्यार करते होंगे? उन्होंने फिर मेरी बात काटी, अजी पोते-पोतियों के पास समय कहाँ? उनका तो यहाँ आना, न आना एक बराबर, वे तो अपने माँ बाप से बात करलें तो गचीमत है, नहीं तो, उनके फोन कॉल्स और लैपटॉप ही उनके साथी होते हैं। अच्छा, मैं चलता हूँ (उन्होंने कहा), जैसे ही वह महाशय जाने लगे उनके सामने एक फटेहाल व्यक्ति आया, वह व्यक्ति देखने में काफी गरीब और दुखी लग रहा था, वह कहने लगा कि पहचाना साहब, मैं वही हूँ जिसने छह महीने पहले आपके घर की छत पर प्लास्टर किया था। महाशय ने उसे पहचाना और कहा कि-मैं कहीं भागा जा रहा हूँ, मिल जायेंगे तेरे पैसे।

वह गरीब व्यक्ति बोला कि दे दीजिये साहब, छह महीने से टालमटोल हो रहा है, इन दिनों मेरे पास काम भी नहीं है, आप मेरे साथ ऐसा न करें। महाशय बोले, भई देने से मना थोड़ा ही किया है, ले लेना। वह गरीब व्यक्ति टकटकी लगाए महाशय को देखता रहा, मानों मन ही मन उन्हें कोस रहा हो। उस गरीब व्यक्ति ने कहा साहब ऊपर वाले से डरो, मेरे सात हज़ार रुपयों से आपका कोई भला नहीं होने वाला, लेकिन वह मेरे परिवार के लिए बहुत कुछ है। महाशय तलखाये हुए बोले, अबे तू मुझे अधर्मी बोल रहा है, यदि मैं अधर्मी होता तो नारायण मुझे उठा न लेते, वे अधर्मियों को हर हाल में दण्डित करते हैं, चाहे उन्हें कितने ही अवतार क्यों न लेने पड़ें। मेरा धर्म सच्चा है इसलिए तो मैं सुखी हूँ और तू दुखी है क्योंकि तुमने न जाने कितने ही पाप किये होंगे। अच्छा ठीक है कल आ जाना। ... और वह महाशय अपना स्कूटर स्टार्ट करके चलते बने।

कुछ देर बाद वह व्यक्ति भी कुछ बड़बड़ाता हुआ चलते-चलते दूसरी गली में मुड़ गया। परन्तु उस वाक्य ने मन में न जाने कितने ही सवाल छोड़ दिए। क्या यही होती है जिंदगी? क्या जिंदगी के असली मायने यहीं हैं? कि बस, पैसा कमाओ और इंसानी जज्बातों का मोल चुकाते रहो। मैं जानता हूँ हर व्यक्ति ऐसा नहीं है, लेकिन हर व्यक्ति पैसा तो कमाना चाहता ही है, अथाह पैसा।



मैं सोचने लगा कि यह कैसा देश है ? जहाँ एक समृद्ध व्यक्ति किसी निर्धन व्यक्ति की सहायता करने से पहले कई बार संदेह की निगाह से उसे देखेगा, और उसकी समस्या सच्ची होने पर भी उसकी सहायता करने से पहले उसे कई और विकल्प बताने लगेगा, या फिर लताड़ कर एक कोने में खड़ा कर देगा, लेकिन उन बेजुबान जानवरों को खाना खिलाना या दूध पिलाना नहीं भूलेगा और न ही ऐसा करने में संकोच करेगा, क्योंकि यह तो धर्म का काम है जबकि प्रकृति ने जानवरों (मवेशियों को छोड़कर) को इस लायक बनाया है कि आप उन्हें न भी दें, तो भी वे अपना भरण-पोषण स्वयं कर सकते हैं। मैं जानता हूँ कि इस बात पर भी लोग मुझे दलीलें देने से हिचकिचाएंगे नहीं। फिर मैं सोचने लगा कि आखिर किस चीज़ की कमी है? जो लोग इस तरह के होते जा रहे हैं, जहाँ न तो पड़ोसी ही पड़ोसी से बात करता है, न बच्चे माता-पिता से बात करते हैं, न समाज के लोग इकट्ठे होकर दिल खोलकर बातें करते हैं (हालाँकि इसका जिम्मा भी सिर्फ कुछ रिटायर्ड वृद्धों ने ले लिया है)। इसके विपरीत जब किसी मासूम लड़की के साथ दुष्कर्म होता है तो उसके लिए न्याय मांगने और दोषी को फांसी की सजा कराने के लिए हज़ारों लोगों की भीड़ सड़कों पर उमड़ पड़ती है, लेकिन फिर भी उस कमी की ओर किसी का ध्यान नहीं जाता कि वह कौन-सी चीज़ है जिससे ये समस्याएं कंट्रोल में आ जाएँ।

नहीं, इसके दोषी हम ही हैं, हम ही चाहते हैं कि हम गरीब न रहें, हमारा भी रुतबा बढ़े। अमीर होने की होड़ में हम अपनी गरिमा और मूल्यों को तिलांजलि दे चुके हैं। हर समाज विकसित होना चाहता है ताकि देश विकसित हो सके। देश इसलिए विकसित होना चाहता है ताकि पुरे विश्व की शक्तियाँ हमारे कंट्रोल में रहें। न जाने, कितनी ही बड़ी-बड़ी चीज़ों को कंट्रोल करने के चक्कर में हम छोटी-छोटी चीज़ों को कंट्रोल करना भूल गए हैं।

कहते हैं, कि व्यक्ति के सबसे पहले शिक्षक उसके माता-पिता होते हैं, लेकिन वे भी अब समय के अभाव में बच्चों को हाई-स्टैण्डर्ड स्कूलों में डालकर ये सोचते हैं कि मुक्ति पाली, परन्तु वे चाहते ज़रूर हैं कि हमारे बच्चों को हर महीने स्कूल की तरफ से कोई न कोई 'टोकन ऑफ़ अप्रिसिएशन' मिलता रहे। स्कूल भी भारी भरकम फीस और इन्वेन्शन लेने के लिए उन बच्चों के माता-पिता की इच्छा पूर्ति करते हैं। इसके लिए वे बच्चों को किसी न किसी कम्पीटीशन में फर्स्ट या सेकंड लाते रहते हैं। बच्चों को प्रतिस्पर्धा में आगे लाने के लिए पेरेंट्स में भी गजब की होड़ लग जाती है।



हायर रैंक मिलते ही मानों पेरेंट्स की ड्यूटी ही समाप्त हो जाती है कि बच्चों को कुछ और भी सिखाना है, वे तो बस ये चाहते हैं कि हर पेरेंट्स-टीचर मीटिंग में टीचर उनके बच्चों के होंसलों की दाद देता रहे, तब कहीं जाकर पेरेंट्स की चिंता कुछ हद तक खत्म होती है। मार्कशीट में मार्क्स का आधार बता देता है कि बच्चों को किसी की जरूरत नहीं, कॉलेज तक पहुँचते-पहुँचते पेरेंट्स को तो यह भी पता नहीं होता कि बच्चे को किस स्ट्रीम में जाना है? बस, बच्चों ने जो निर्णय लिया उसी के साथ हो लेते हैं।

यहाँ मेरी बातों को अन्यथा न लें, मैं उनकी बात कर रहा हूँ जहाँ रूपये-पैसे की कोई कमी नहीं है, और अगर पेरेंट्स को पता चल जाये की कॉलेज में भी हमारा बच्चा स्कोरिंग है तो उनकी चिंता बिलकुल खत्म...और सब कुछ ऐसे ही चलता रहता है, और एक दिन बच्चा विदेश चला जाता है, माता-पिता अकेले रह जाते हैं, बस फोन और मैसेजेस से बातें करके मन को तसल्ली देनी पड़ती है। पेरेंट्स सोचते हैं कि बच्चों को अच्छे संस्कार स्कूल के टीचर दे रहे हैं, स्कूल टीचर सोचते हैं कि हमें तो इतनी तनख्वाह में सिर्फ बच्चे को प्रोत्साहन देना जारी रखना है, संस्कार तो माता-पिता दे ही देंगे या आगे चलकर कॉलेज के प्रोफेसर इनको व्यावहारिक ज्ञान देंगे, जीवन को जीने का सलीखा सिखाएंगे। लेकिन यह क्या ? कॉलेज टीचर और प्रोफेसर तो सिर्फ सरकारी नियमों की पूर्ति करते नज़र आते हैं। अन्यथा न लें, यह सिर्फ मेरा विचार है।

कुछ ईमानदार व्यक्तियों को छोड़कर (चाहे वे माता-पिता हों, स्कूल के या कॉलेज के टीचर या प्रोफेसर हों), जो चल रहा है, उसी के साथ चल देते हैं। वे कभी ये नहीं सोचते कि किसी विशेष कम्युनिटी के लोग अपराधों में क्यों लिप्त हैं या किसी विशेष कम्युनिटी के लोग चुनावों में बार बार क्यों दिखाई देते हैं या किसी विशेष कम्युनिटी के लोगों को ही समाज और देश की इतनी फ़िक्र क्यों है? स्कूल, कॉलेजो या फिर समाज में दादागिरी दिखाना इस बात का सूचक है कि उन व्यक्तियों या बच्चों को जो संस्कार मिले हैं, उसके लिए उनके माता पिता, समाज, उनका खुद का समुदाय, स्कूल टीचर या फिर कॉलेजों के प्रोफेसर दोषी हैं।

किसी भी नेता की अकड़ बता देती है कि उसका रुतबा क्या है और वह जनता के कितने निकट है। आप सब परेशान न हों, बस ध्यान दीजिये हिंसा, जबरदस्ती, धमकी, असुरक्षा, सत्ता में पहुँचने की लालसा, ये सभी कहीं से भी नैतिक तो हैं नहीं। लेकिन ये अवगुण व्यक्तियों में पहले भी थे और अभी भी हैं। व्यक्ति अच्छा भी है, बुरा भी, स्वार्थी भी है और विवेकशील भी, नादान भी है और चालाक भी। लेकिन यह विवेकशीलता, स्वार्थ और चपलता अपने ही समाज का नाश कर दे तो इसके लिए कौन दोषी है? जो लीडर एक व्यक्ति के पैर छू रहा है, वही कहीं किसी विपक्षी दल के लीडर को धमकी भी दे रहा है।...बाकि बहस के कई आयाम हैं।

मुझे याद है कि पहले बच्चों को नैतिक शिक्षा (मोरल एजुकेशन) के नाम से एक सब्जेक्ट पढ़ाया जाता था, कभी उसमें ईमानदार लकड़हारे की कहानी होती, तो कभी एकता में बल, तो कभी लालच बुरी बला है या फिर मित्र वही जो मुसीबत में काम आये। यह तो प्रौद्योगिकी, तकनीकी और अंततः ग्लोबलाइजेशन की महिमा है जिसके कारण ये आदर्श अब बेमानी हो गए हैं। आज के लोग तो इन कहानियों में ही कमियाँ निकाल देंगे।



ऐसा भी होता था जब स्कूल में प्रार्थना सभा होती थी उस दौरान स्कूल के प्रिंसिपल लगभग रोज़ कोई न कोई ऐसी अच्छी बात सुनाते थे जिससे बच्चों को नैतिक बने रहने की प्रेरणा मिलती थी। जो विद्या कभी देवी होती थी और बच्चे स्कूलों में प्रवेश करने से पहले स्कूल को विद्या का मंदिर मानकर उसकी सीढ़ियों को छूते थे। पहले स्कूल बदल जाते थे लेकिन आदतें नहीं बदलती थीं। जो विद्या कभी देवी थी, आज कम्प्यूटर और नेटवर्किंग के ज़माने में विद्या का सर्टिफिकेट आप कहीं से भी ले सकते हैं। इसलिए अब लोग स्वयं ही स्वयं के टीचर बन गए हैं। आज नैतिकता की बातें सिर्फ नेता लोग करते हैं, वह भी चुनावों के समय पर। कोई भी माता-पिता बच्चे के स्कूल से लौटने पर उससे नैतिक शिक्षा की बात नहीं करते। करें भी कहाँ से, उनके पास समय ही नहीं है, वे तो पैसा कमाने में दिन-रात एक कर रहे हैं। ऐसा नहीं है कि स्कूल-कॉलेजों में अब नैतिक शिक्षा की बात नहीं होती, लेकिन वह उतने समर्पित तरीके से नहीं होती जितना पिछले दशकों में हुआ करती थी। कुछ लोग तो इसमें भी अपने स्वार्थ को खोज लेंगे कि उन दशकों में तो फलां पार्टी की सरकार थी, लेकिन यह भी गौर करना होगा कि उनकी पार्टी हो या कोई दूसरी पार्टी, नैतिक शिक्षा का पतन कोई एक दिन की बात नहीं है।

यदि आप अपने आसपास की चर्चाओं पर ध्यान दें, तो पता चलेगा कि रुपया कमाने पर बात होती है, लेकिन यह कि कम वक्त में और कम मेहनत से कैसे कमाएं। आर्टिफीशियल इंटेलिजेंस, साइंस और टेक्नोलॉजी की बात होती है, लेकिन मानवता या इंसानियत बची रहे इस पर बात नहीं होती। राजनीति की तिकड़मों के किस्से गपशप का विषय बनते हैं लेकिन सिद्धांतों की कोई बात नहीं करता। धर्म का जिख खूब हो रहा है लेकिन उसके मूल में जो है, त्याग और परोपकार उसकी किसी को परवाह नहीं। प्रेम तो सिर्फ सेक्स की अभिव्यक्ति बनकर रह गया है। मुनाफा व्यापार के केंद्र में है, लेकिन नैतिकता किसी की पावर प्रजेंटेशन में जगह नहीं बना पाती।

आप स्वयं से ही पूछिए कि क्या किसी के पास धन-दौलत, रुतबा, ज्ञान, और ताकत है लेकिन नैतिक मूल्य और चरित्र नहीं, तो क्या आप उसे अपना आदर्श बनाना चाहेंगे? रेप और मर्डर जैसे जुर्म करने वाले धर्मगुरु हों या तरह-तरह के अपराध करने वाला राजनेता, या ठगी करके भागे बिज़नेस टायकून हो, या तो जेलों में सजाएँ काट रहें हैं या फिर भागे छिपे फिर रहें हैं। उनके पास न तो धन की कमी थी न ही ताकत की। ज्ञान और रुतबा भी खूब था, लेकिन नैतिक मूल्यों और चरित्र की कमी के कारण कहाँ पहुँचे।

जहाँ तक मेरी समझ है, आज सभी लोगों ने सत्तावादी अवसरवादिता का जामा ओढ़ लिया है, सभी को यह पता चल चुका है, सत्ता है, तो सब कुछ ठीक है, सत्ता नहीं, तो दौलत, रुतबा, पद, ज्ञान, ताकत, मुनाफा कुछ नहीं। इसलिए सभी छुटभैय्ये नेता बन चुके हैं, वोटर्स की संख्या ढूँढने से नहीं मिल रही। पहले सरकारें 'सभी का भला हो', इस नैतिक नियम के साथ चलती थी, अब लोगों को सरकार का फायदा उठाना आ गया है। सभी अपना भला सरकार से करा पा रहे हैं, बस थोड़ी से स्मार्टनेस चाहिए। लेकिन क्या इस स्मार्टनेस का कोई भविष्य है? क्या यह अवसरवादिता हमें गर्त में तो नहीं ले जाएगी, जब से लोगों को अपनी कीमत पता चली है, वे स्वयं को बेचने पर आमदा हैं।

इन बातों का निष्कर्ष तो शायद ही निकल पाए, लेकिन शिक्षा को गुलाम बनने से बचाना होगा ताकि इस शिक्षा से स्वयं को बेचने वाले गुलाम पैदा न हों। अगर शिक्षा की प्रक्रिया शुद्ध है तो हर प्रकार की शिक्षा नैतिक है और इसका निर्णय शिक्षा का उद्देश्य करता है। जो शिक्षा व्यक्ति को स्वतंत्रता, समानता, और बंधुत्व का पाठ न पढ़ाये उस शिक्षा का ध्वस्त हो जाना ही अच्छा। परन्तु हमें याद रखना होगा कि हर चीज़ की सीमा होती है स्वतंत्रता, समानता और बंधुत्व की भी सीमा है। शिक्षा वही है जो सभी की स्वतंत्रता और खुलेपन का सम्मान करे, शिक्षा वही है जो सभी को मानव समझकर उनमें मानवता का भाव एक समान पैदा कर सके। शिक्षा वही है जो समाज में एक दूसरे की पीड़ा को समझकर बंधुत्व का रूप धारण करे।

एक शिक्षक का कर्तव्य समझाने के लिए मैं एक किसान का उदाहरण लेता हूँ। एक शिक्षक की तरह उसके सामने भी बहुत कुछ करने को होता है, बहुत सारे स्रोत होते हैं, और बहुत सारी बाधाएँ भी होती हैं, लेकिन इन परिस्थितियों की अपनी प्रकृति, बाधाओं और स्रोतों की अपनी स्वतंत्र संरचना और कार्यात्मकता होती है, जो उस किसान के उद्देश्य को सफल बनाएंगी या असफलता की ओर ले जाएँगी। वह बीज बोता है, वर्षा आती है, सूर्य निकलता है, कीड़े फसल को बर्बाद करने के उद्देश्य लिए होते हैं, मौसम बदलते हैं। लेकिन एक किसान का उद्देश्य सामान्यतः इन विभिन्न परिस्थितियों का उपयोग करना होता है ताकि इन विपरीत परिस्थितियों में उसकी गतिविधियाँ या उसकी ऊर्जा बेकार न जाये। उसकी मेहनत तब भी बर्बाद हो जाएगी यदि वह भूमि, मौसम, और पौधे की वृद्धि का आकलन न करे। इसका मतलब उस किसान का उद्देश्य यही हुआ कि वह अपनी दूरदर्शिता से इन सभी चीज़ों का गहनता से निरीक्षण करके ही, बीज बोये ताकि उसके स्रोत और ऊर्जा बर्बाद न हों। यही दूरदर्शिता उसे दिन-रात बनाये रखनी पड़ती है। संभव परिणामों की दूरदर्शिता ही प्रकृति और उसके कार्य निष्पादन के गंभीर निरीक्षण, अन्वेषण और उसकी परवाह का मार्ग प्रशस्त करती है। इसी प्रकार शिक्षक को भी एक योजना के तहत अपनी सारी गतिविधियों का निष्पादन करना पड़ता है। लेकिन चाहे माता पिता हों, स्कूल टीचर हों, या फिर कॉलेज के प्रोफेसर हों, सभी को यह बात ध्यान रखनी चाहिए। सभी विधाओं के पाठ्यक्रम का अन्तःकरण बच्चों को मानवता का अध्ययन कराना होना चाहिए क्योंकि मानवता का ध्वंस करने वाली शिक्षा मानवता की ही शत्रु नहीं, बल्कि स्वयं की भी शत्रु है। इसलिए शिक्षा का उद्देश्य बच्चों को प्रयोजनवादी बनाना होना चाहिए न कि सत्तावादी अवसरवादी बनाना।

जरा सोचिए, जैसी शिक्षा वैसा समाज। व्यक्ति चाहे किसी भी पद पर आसीन क्यों न हो, अपनी जिम्मेदारी सही तरीके से नहीं निभाएगा तो हमें किसी भी अन्य व्यक्ति को कुछ कहने का अधिकार नहीं रह जाता। इसलिए व्यक्ति को स्वयं के नियम और सिद्धांत पैदा करने होंगे जो मानवता की भलाई के लिए हों, परन्तु संदेह इस बात से है कि क्या व्यक्ति का लालच उसे ये सिद्धांत बनाने देगा ?

# स्व का जागरण



**प्रोफेसर मीना शर्मा**  
**हिन्दी विभाग**

स्व का जागरण ही था जिसने महान कवियों की रचनाओं को जन्म दिया। जो आज भी स्व के जागरण में अपना महत्व रखती हैं। जब भी हम स्व की, देश की मजबूती की बात करते हैं इन कवियों की ओर लौट पड़ते हैं। अपने साहित्य, धर्म, महान व्यक्तियों के विचारों में स्व का जागरण खोजने लगते हैं। निर्गुण कबीरदास जी कहते हैं कि स्व के जागरण के लिए मन, वाणी को वश में करने की आवश्यकता है।

कबीरदास जी का मत है कि-

”मन के मते न चलिए, मन के मते अनेक।

जो मन पर असवार है, सो साधु कोई एक।।”

मन के मत में न चलो क्योंकि मन के अनेक मत हैं। जो मन को सदैव अपने अधीन रखता है वह साधु कोई विरला ही होता है।

इंडिया टीवी कबीर के दोहों के बारे में लिखता है।

“ऐसी वाणी बोलिए, मन का आपा खोए।

औरन को शीतल करे, आपहुं शीतल होए।।”

कबीर दास जी कहते हैं कि व्यक्ति को हमेशा ऐसी बोली बोलनी चाहिए जो सामने वाले को अच्छी लगे और खुद को भी आनंद की अनुभूति हो।

साई बाबा ने स्वयं की प्राप्ति पर बहुत जोर दिया है, साथ ही नाशवान चीजों के प्रति प्रेम की अवधारणा की आलोचना की। अपने उपदेशों में साई बाबा ने सांसारिक मामलों से लगाव किए बिना अपने कर्तव्यों का पालन करने और स्थिति की परवाह किए बिना संतुष्ट रहने के महत्व पर जोर दिया। साई बाबा ने दान और साझा करने को प्रोत्साहित किया।

उसने कहा:

“यदि आप प्यासे को पानी , भूखों को रोटी , नंगों को कपड़े और अजनबियों को बैठने और आराम करने के लिए बरामदा देंगे तो श्री हरि भगवान निश्चित रूप से प्रसन्न होंगे।”

इस स्व के जागरण में बुद्ध के विचार मन को प्रेरित करते हैं। 'महात्मा बुद्ध के शब्दों में मनुष्य स्वयं अपना स्वामी है। उसे खुद ही अपने आपको प्रेरित करना चाहिए। वह स्वयं अपनी चैकीदारी करे। वह स्वयं ही अपनी गति है। इसके लिए अपने को संयम की शिक्षा देनी होगी। पारस्परिक संबंधों के बारे में धम्म में कहा गया है कि विजय से दूसरे के साथ बैर जन्म लेता है और पराजित आदमी सुख की नींद सोता है, किंतु जो जय और पराजय, दोनों से परे रहता है वह चैन से सुख की नींद सोता है।

शांति से बड़ा कोई सुख नहीं होता। महात्मा बुद्ध की सीख है कि अक्रोध से क्रोध को, भलाई से दुष्ट को, दान से कंजूस को और सच से झूठ को जीतना चाहिए। चूंकि सबको अपना जीवन प्रिय होता है और सब जीव अपने लिए सुख की कामना करते हैं इसलिए बुद्ध कहते हैं कि मनुष्य अपनी ही तरह सबका सुख दुख जानकर न तो खुद किसी को मारे और न दूसरों को मारने के लिए उकसाए।”

यही स्व का जागरण है जो महात्मा बुद्ध के शब्दों से निकला है। मनुष्य को प्रेरित कर रहा है।

स्वामी विवेकानन्द ने स्व का जागरण क्या होता है? इस पर विचार किया और पाया कि इससे देश के युवाओं को जाग्रत किया जा सकता है। उन्होंने कहा है -

“उठो जागो और तब तक मत रुको जब तक कि लक्ष्य प्राप्त न हो जाए। स्वामी विवेकानन्द द्वारा प्रवर्तित यह उत्प्रेरक मंत्र युवा जागरण का प्रतीक है। उन्होंने युवाओं का आह्वान किया तथा उनमें राष्ट्र के प्रति समर्पण और स्वाभिमान भाव भरने का संकल्प लिया। जिसका केन्द्रीय भाव है ज्ञान प्राप्ति। इसके अभाव में न मानव पूर्ण हो सकता है और न मानवता। यही संकल्प सिद्धि का द्वार भी है और स्वाभिमान रक्षा का शस्त्र भी। इसके लिए चित्त की एकाग्रता और समर्पण आवश्यक है। उन्होंने युवा शक्ति को ललकारते हुए कहा था ' यह संसार कायरों के लिए नहीं है। स्मरण रखना आपका संघर्ष जितना बड़ा होगा, जीत भी उतनी ही बड़ी होगी। जिस दिन आपके मार्ग में कोई समस्या न आए, समझ लेना आप गलत मार्ग पर चल रहे हो।' विश्व धर्म संसद तक पहुँचने में उनके मार्ग में कितनी बाधाएं आईं, इसका उन्हें कटु अनुभव था, परंतु देश को मिले उन गौरवमयी पलों से उन्होंने समस्त विश्व को मां भारती के चरणों में झुकने पर मजबूर कर दिया। यह मां के चरणों में उनकी दिव्य वाणी के सुवासित पुष्प थे। फिर उन्होंने देश सेवा का वह व्रत लिया, जो युवाओं को सदा प्रेरित करता रहेगा। उनकी आयु की गणना भले ही कम हो, मगर उसका आयतन और घनत्व बहुत अधिक है। इतना अधिक कि उसकी थाह नहीं ली जा सकती। वास्तव में स्वामी विवेकानंद देश के युवाओं के शाश्वत आदर्श, मार्गदर्शक एवं प्रेरणा स्नेत हैं।”

आम्बेडकर जी ने स्व जागरण के लिए शिक्षा पर बल दिया। उन्होंने बुद्ध के प्रेरक वचनों को अपनाया और देश की भलाई में महत्वपूर्ण योगदान दिया। आम्बेडकर बौद्ध धर्म को पसन्द करते थे क्योंकि उसमें तीन सिद्धांतों का समन्वित रूप मिलता है जो किसी अन्य धर्म में नहीं मिलता।

“बौद्ध धर्म प्रज्ञा, करुणा, और समता कि शिक्षा देता है। उनका कहना था कि धर्म का कार्य विश्व का पुनर्निर्माण करना होना चाहिए ना कि उसकी उत्पत्ति और अंत की व्याख्या करना। वह जनतान्त्रिक समाज व्यवस्था के पक्षधर थे।”

उन्होंने संविधान का निर्माण किया। अपनी जाति के उत्थान के लिए संघर्ष किया। उन्होंने संगठित रहकर, कार्य करने पर बल दिया।

ऊपर वर्णित सभी विचारों को अपनाकर हम स्व का जागरण करने में सफल हो सकते हैं। भजनों के द्वारा भी स्व का जागरण में सहायता मिलती है। इससे जब मन शांत हो जाता है तब वह जागरण की, कुलगीत की बातें करता है और जन गण मन को स्व का जागरण के, विकास के मार्ग पर ले जाता है।



# आज के युवा का वर्तमान और भविष्य



**डॉ. देवेंद्र कुमार**  
**पर्यावरण विभाग**

आज संसार तकनीक के संक्रमण काल से गुज़र रहा है, आज की युवा पीढ़ी को अगर सही रास्ता नहीं दिखाया गया तो युवा पीढ़ी अपने उद्देश्य से भटक जाएगी। वर्तमान की अधिकांश युवा पीढ़ी उद्देश्यहीन है इस स्थिति के लिए वे स्वयं ही जिम्मेदार नहीं हैं साथ में माता-पिता, शिक्षण संस्थान व शिक्षकों की भूमिका, बच्चों के आसपास का वातावरण और सोशल मीडिया भी जिम्मेदार है।

## **सोशल मीडिया का अत्यधिक व नकारात्मक प्रयोग:**

वर्तमान के इस भौतिकवादी युग में जिस तरह से सोशल मीडिया जैसे फेसबुक, इंस्टाग्राम, व्हाट्सएप आदि के गलत और अत्यधिक प्रयोग से बच्चों पर नकारात्मक प्रभाव पड़ रहा है। यह हमारे समाज और देश के लिए घातक सिद्ध होता दिखाई दे रहा है, यदि सोशल मीडिया से संबंधित सभी प्लेटफॉर्म का सकारात्मक तथा कुशलता पूर्वक प्रयोग किया जाए निसंदेह देश की युवा पीढ़ी सकारात्मक दिशा की तरफ अग्रसर होंगी, तथा ये युवा पीढ़ी भविष्य में देश के निर्माण में महत्वपूर्ण भूमिका अदा करेंगी। जिससे देश समर्थ और वैभवशाली बनेगा लेकिन आज हमारे देश के अधिकांश युवा सोशल मीडिया का ना तो सकारात्मक दिशा में, ना ही उचित तरीके से प्रयोग कर पा रहे हैं और इसके गलत प्रयोग से छात्र वर्ग पर बड़ा नकारात्मक प्रभाव पड़ रहा है अगर सोशल मीडिया को सही दशा तथा सही मार्ग दर्शन से सीखा जाए या इस्तेमाल किया जाए तभी यह बच्चों के ज्ञान की वृद्धि और मानसिक विकास दोनों को बढ़ाते हैं लेकिन अगर इसकी दिशा सकारात्मक नहीं है तो इसके नकारात्मक प्रभाव देखने को मिलते हैं।

## **माता-पिता की भूमिका:**

सर्वप्रथम युवा पीढ़ी के माता-पिता द्वारा अपने बच्चों से नियमित और परस्पर संवाद का अभाव होना तथा साथ ही साथ माता-पिता द्वारा अपने बच्चों की

प्राकृतिक प्रतिभा को नजर अंदाज करके अपने स्वार्थ और सामाजिक उद्देश्य की पूर्ति के लिए बच्चों को प्रतियोगी परीक्षाओं के लिए बाध्य कर देना तथा जानकारी का अभाव और तकनीकी ज्ञान की कमी के कारण माता-पिता अपने बच्चों को सही मार्गदर्शन नहीं कर पाते, जिससे ज्यादातर बच्चे अपने उद्देश्य पर सफल नहीं हो पाते और बच्चे गलत रास्ता अपना लेते हैं जिससे वे अपना समय और ऊर्जा दोनों व्यर्थ करते हैं

## **शिक्षण संस्थान:**

आज के अधिकांश शिक्षण संस्थान के शिक्षक युवा बच्चों से परस्पर संवाद नहीं कर पाते जिसके बहुत से कारण हो सकते हैं जैसे अपने विषय पर महारथ ना होना, कॉन्फिडेंट ना होना, अपने ट्यूशन का बढ़ावा देना, तकनीकी ज्ञान की कमी होना आदि साथ ही साथ बहुत सारे शिक्षण संस्थान पर इंफ्रास्ट्रक्चर का ना होना, स्टाफ की कमी, खेल क्रीड़ाएं ना होना, सांस्कृतिक गतिविधियां का अभाव, अनुशासन समिति का अभाव, नियमित पुस्तकालय की अनुपस्थिति, प्लेसमेंट सेल का अभाव होना, महिला समिति का प्राय ना होना, नियमित कक्षा की संख्या कम होना।

ऑनलाइन कक्षा को बढ़ावा देना जिससे देश की युवा पीढ़ी जो मुख्यतः ग्रामीण क्षेत्र से आती हैं तकनीकी ज्ञान व साधनों की कमी की वजह से मौजूदा संसाधनों का फायदा नहीं उठा पाती हैं, साथ साथ ऑनलाइन कक्षा से बच्चों का अपने शिक्षक से ज्यादा संपर्क नहीं हो पता और बहुत सारे कॉन्सेप्ट क्लियर नहीं होते तथा बच्चे मेटा एआई पर आश्रित हो जाते हैं जहां पर जितने भी साइंस कोर्स जैसे डायग्राम संबंधित पाठ्यक्रम भूगोल, पर्यावरण, जीव विज्ञान, कृषि विज्ञान आदि उनसे बेसिक कॉन्सेप्ट क्लियर नहीं होते।

## **वातावरण (परिवेश):**

आज के युवा बच्चों पर जिस आसपास में वह रह रहे हैं उसका विशेष प्रभाव पड़ता है अगर उसका कोई मित्र कम मेहनत या कम संघर्ष पर कुछ अलग प्रकार के कारणों से वह अच्छे साधन संपन्न हो जाता है तो आज के युवा बच्चे उसको आदर्श मानने लगते हैं और वह अपनी पढ़ाई या मेहनत पर कम ध्यान देकर शॉर्टकट अपना रास्ता अपना लेते हैं और जल्दी ही साधन संपन्न बनने की कोशिश करते हैं जिससे वह गलत मार्ग पर चले जाते हैं इसमें एक अलग कारण यह भी है जितने भी सफल व्यक्ति या सफल बच्चे हैं वह सफलता के बाद समाज से पृथक हो जाते हैं और अपनी युवा पीढ़ी को अपने साथ जोड़ नहीं पाते।

### युवा पीढ़ी द्वारा तकनीकी ज्ञान का कुशलता पूर्वक प्रयोग ना करना:

आज की युवा पीढ़ी अपने स्कूल या शिक्षण संस्थान में किसी भी अध्यापक या शिक्षक द्वारा किसी विषय या कॉन्सेप्ट का क्लियर ना होना या किसी कारण से स्कूल न जाने की वजह से विषय पर ज्ञान न होने पर आज की युवा पीढ़ी उस विषय को गूगल या विकिपीडिया पर देखने की अपेक्षाएं, या विषय के एक्सपर्ट की वीडियो देखने की अपेक्षाएं युवा पीढ़ी यूट्यूब पर गाने बनाना, गाने सुनना, फिल्म देखने पर समय और ऊर्जा खराब करते हैं।

### मानसिक दुर्बलता:

आज की युवा पीढ़ी दिन प्रतिदिन टेक्नोलॉजी पर आश्रित होती जा रही है जैसे लैपटॉप, कंप्यूटर, मोबाइल, कैलकुलेटर, इंटरनेट इत्यादि बच्चे अपने माता-पिता के साथ समय ना देना, दोस्तों को समय ना देना, अपने रुचि के अनुसार खेल में समय ना देना, अपने दोस्तों के साथ विषय पर चर्चा ना करना, सांस्कृतिक गतिविधियों में भाग ना लेना, एनएसएस तथा एन सी सी जैसी समितियां पर भाग ना लेना इससे बच्चे सांस्कृतिक मूल्य, सामाजिक मूल्य और नैतिकता को भूलते जा रहे हैं। जिससे धीरे-धीरे बच्चे मानसिक दुर्बलता की ओर चले जाते हैं और वे भविष्य में किसी भी तरह के दबाव को नहीं झेल पाते इसी कारण वर्तमान पीढ़ी में आत्महत्या जैसी घटनाएं बढ़ रही हैं।

सुझाव - आज जिस तरह से ज्यादातर युवा बिना उद्देश्य के, बिना लक्ष्य के दिखाई दे रहा है या फिर लक्ष्य को जल्दी प्राप्त करने की भागदौड़ मची रहती है अगर आज हम सभी अपनी जिम्मेदारी पूर्णता के साथ निभाएंगे चाहे जो माता-पिता की जिम्मेदारी, शिक्षक की जिम्मेदारी, शिक्षण संस्थान के जिम्मेदारी तभी हमारी युवा पीढ़ी सही दिशा में आगे बढ़ेगी और अपने लक्ष्य को प्राप्त करेंगी हम सभी को संकल्प लेना है कि युवा पीढ़ी के मार्गदर्शन के साथ-साथ टेक्नोलॉजी का सदुपयोग, सोशल मीडिया का सकारात्मक प्रयोग तथा साथ-साथ में शिक्षण संस्थानों द्वारा बच्चों को अच्छा माहौल अच्छा शिक्षक और अच्छी शैक्षिक सुविधा देने का प्रयास करेंगे तथा साथ-साथ में माता-पिताओं को भी आगे बढ़कर अपनी जिम्मेदारी पूरी दृढ़ता के साथ निभानी है तभी भारत देश भविष्य में परम वैभवशाली और सामर्थ्य बनेगा।





# पर्यावरण संरक्षण हमारी जिम्मेदारी, हमारी भागीदारी



**डॉ. बेबी**  
**पुस्तकालयाध्यक्ष**

हम सब जानते हैं कि सभी ग्रहों में पृथ्वी सिर्फ एक ऐसा ग्रह है जहां पर जीवन है, और यह जीवन बहुत सी बातों पर निर्भर करता है, जिनमें से एक है पर्यावरण। पर्यावरण उन सभी स्थितियों और परिस्थितियों को कहते हैं जिनसे हम घिरे हुए हैं। वर्तमान समय में पर्यावरण असंतुलन सबसे बड़ी चुनौती है जो कि आने वाले समय में और अधिक गंभीर हो सकती है, अगर हमने आज इस को संरक्षित करने को जिम्मेदारी नहीं समझी। जलवायु परिवर्तन, प्रदूषण, जंगलों की कटाई, वन्य जीवों को नुकसान और जैव विविधता को नुकसान जैसे कई चुनौतियाँ हैं जो लगातार पर्यावरण को असंतुलित कर रही हैं। मनुष्य की गति विधियाँ ही मुख्य रूप से जलवायु परिवर्तन का कारण हैं, कई प्रकार का प्रदूषण जिससे निरंतर खतरा उत्पन्न हो रहा है, अपनी जरूरतों को पूरा करने के लिए जंगलों की कटाई की जा रही है जो कि वन्य जीवों का घर होते हैं और पर्यावरण का मुख्य घटक होते हैं। वन्य जीवों को भी हम नुकसान पहुंचा रहे हैं जिसका असर सीधे-सीधे पर्यावरण पर पड़ता है। हमें पर्यावरण संरक्षण के प्रति जागरूक होने की जरूरत है। अपने दैनिक जीवन में छोटे-छोटे परिवर्तन करके हम पर्यावरण को बचा सकते हैं। वाहनों का कम से कम प्रयोग, जल संचयन, ऊर्जा की बचत, वृक्षारोपण, प्लास्टिक का कम से कम उपयोग, शिक्षण संसाधनों द्वारा छात्रों को जागरूक करके एवं सरकारी नियमों एवं कानूनों का पालन करके हम पर्यावरण को संरक्षित कर सकते हैं। भारत में पर्यावरण संरक्षण को लेकर कुछ नीतियां सरकार ने बनाई जिनमें से वन्य जीव संरक्षण अधिनियम 1972, वन संरक्षण अधिनियम 1980 और पर्यावरण संरक्षण अधिनियम 1986 प्रमुख हैं।

समय-समय पर सरकार कई अभियान भी चलाती है जिनमें से एक "एक पेड़ मां के नाम" प्रमुख हैं। सरकार की इन नीतियों में सहयोग करना हमारी सबसे बड़ी जिम्मेदारी है। हमें अपनी भागीदारी से पर्यावरण को संरक्षित रखने में महत्वपूर्ण योगदान देना होगा। अगर हम आने वाली पीढ़ी को कुछ देना चाहते हैं तो वह एक साफ सुथरा, स्वस्थ पर्यावरण। विश्व स्तर पर भी पर्यावरण संरक्षण को लेकर कई अभियान चलाये गए हैं, जिनमें से एक है "विश्व पर्यावरण दिवस" जो कि हर साल ५ जून को मनाया जाता है।

पर्यावरण असंतुलन का सीधा प्रभाव जन जीवन पर पड़ता है, इसलिए हमारी जिम्मेदारी और भागीदारी दोनों ही बनती है कि हम इस दिशा में अपना योगदान दें। पृथ्वी को बचाना है तो आज ही हमें अपने जीवन में बदलाव करने होंगे ताकि भविष्य में चुनौतियां कम से कम हों। पृथ्वी के फेफड़े कहे जाने वाले वनों को हमें बचाना होगा ताकि जैव विविधता को नुकसान ना हो और संतुलन बना रहे।

बचाना पर्यावरण को हम सबकी है जिम्मेदारी, संभव होगा तभी जब सबकी रहेगी भागीदारी।



# राष्ट्र के लिए स्थायी भविष्य बनाने की दिशा में



डॉ. शैलेंद्र पाठक  
राजनीति विज्ञान



डॉ. कमलेश कुमार रघुवंशी  
संगणक विज्ञान

लोक उत्थान पहल फाउंडेशन एक गैर सरकारी संगठन हैं जो भारत के शहरी और अर्ध-शहरी क्षेत्रों में शिक्षा, रोजगार और पर्यावरणीय स्थिरता के कार्यक्रमों के माध्यम से बदलाव लाने पर केंद्रित है।

संगठन के राष्ट्रीय अध्यक्ष डॉ. कमलेश कुमार रघुवंशी के अवचेतन में एक ऐसे संगठन की रचना का विषय आया जो समाज में सामाजिक संबंधों और उनके हितों का पोषक हो साथ ही सामाजिक उत्तरदायित्वों के प्रति सदैव सजग हो, इसी भाव को ध्यान में रखकर उनके मार्गदर्शन में लोकहित उत्थान पहल फाउंडेशन की स्थापना की गई। समग्र विकास को बढ़ावा देने के मिशन के साथ, यह फाउंडेशन वंचित वर्गों के जीवन की गुणवत्ता सुधारने और स्थायी आजीविका का निर्माण करने की दिशा में कार्य कर रहा है।

शिक्षा के क्षेत्र में, लोक उत्थान पहल फाउंडेशन ने प्रतियोगी परीक्षाओं की तैयारी, केंद्रीय विश्वविद्यालयों में प्रवेश के लिए परीक्षा की तैयारी, जो विधार्थी अच्छा प्रदर्शन कर रहे हैं उन्हें सम्मानित करना और सामुदायिक शिक्षा के प्रसार की दिशा में कई कार्यक्रम शुरू किये हैं जिससे शिक्षा की अलख जगाकर समाज में शैक्षिक अंतर को न्यूनतम किया जा सके। आर्थिक आत्मनिर्भरता को बढ़ावा देने के लिए, फाउंडेशन सिलाई और कंप्यूटर कौशल जैसे क्षेत्रों में व्यावसायिक प्रशिक्षण कार्यक्रम चलाता है, जिसका उद्देश्य युवाओं और महिलाओं को लक्षित करना है। महिला स्वयं-सहायता समूहों (SHGs) को उनके कार्यों के लिए सम्मानित करने के साथ साथ फाउंडेशन छोटे छोटे प्रयासों के माध्यम से समाज में जागरूकता प्रसार का भी महती कार्य कर रहा है जिससे युवा और महिलाएं आर्थिक स्वतंत्रता प्राप्त कर सकें। शिक्षा और रोजगार के माध्यम से स्व के जागरण, अर्थव्यवस्था पर इसके प्रभाव और साथ ही नागरिक कर्तव्यों के अनुपालन को माध्यम बनाकर समाज जीवन के प्रति अपनी गहरी निष्ठा को व्यक्त करता है।

पर्यावरणीय स्थिरता पर भी लोक उत्थान पहल फाउंडेशन जोर देता है। यह जल संरक्षण, कचरा प्रबंधन और जागरूकता कार्यक्रम संचालित करता है, जिससे समुदाय पर्यावरण-अनुकूल प्रथाओं को अपना सकें। वृक्षारोपण अभियान और जैविक खेती तकनीकों जैसी पहलों के माध्यम से प्राकृतिक संसाधनों का संरक्षण और भूमि की दीर्घकालिक उत्पादकता में सुधार के लिए निरंतर जागरूकता कार्यक्रमों को संचालित कर रहा है।

इस समग्र दृष्टिकोण के माध्यम से, लोक उत्थान पहल फाउंडेशन व्यक्तियों को सशक्त बना रहा है और सतत विकास को बढ़ावा दे रहा है। शिक्षा, व्यावसायिक प्रशिक्षण और पर्यावरण संरक्षण को जोड़कर, फाउंडेशन समुदायों को मजबूत और आत्मनिर्भर भविष्य बनाने में सक्षम बना रहा है। यह फाउंडेशन समुदाय-आधारित विकास का एक उदाहरण है, जो देश के लिए एक उज्ज्वल, स्थायी भविष्य बनाने की दिशा में कार्य कर रहा है।

लोक उत्थान पहल फाउंडेशन अपने लक्ष्यों और उद्देश्यों के प्रति सदैव सजग रहे और अपने अभीष्ट को प्राप्त करे इसी आशा और अपेक्षा के साथ अनंत शुभकामनाएं।





# A Tribute to Our Workers



## Unseen Hands

In quiet steps and whispered grace,  
They pass via every crowded space.  
With each sweep, with every fold,  
A silent story, courageous and formidable.

Every floor gleams underneath their care,  
A soft touch in each chair.  
Their palms develop hard, their backs may  
additionally ache,  
Yet they give, for others' sake.

In early mild, they push upward unseen,  
To preserve each room and corner easy.  
Although bodies tire, and voices stay low,  
It's their heart in every project they display.

And while others bypass without a look,  
I see the beauty of their stance.  
For they shine with a humble mild,  
Guardians of consolation, day and night.

So right here's to folks that provide and attempt,  
The coronary heart and soul that keeps us alive.  
Unseen with the aid of most, but now not by way  
of me,  
For I see well the worth in all they be.



**Dr. Moirangthem Jiban Singh**  
Department of Environmental Science

Towards the JAGAT GURU Again.....

