

A A K R I T I

2019-20

आकृति



SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN
(UNIVERSITY OF DELHI)

Principal's Desk



Almost a century and half ago, in 1881, an 18-year-old teenager came to seek guidance from the highly acclaimed Indian mystic, Sri Ramakrishna, at a temple in Dakshineswar and engaged him in insightful questions about existence. This interaction later came to be known as the mere beginning of the making of the man who would go on to be known as Swami Vivekanand around the world.

This anecdote elucidates that it is never too early to ponder upon the significant questions a person may face and what small change you can bring about in this world. This is the fundamental principle we hope to impart to our students. A successful education is one that not only enhances knowledge but also encourages every individual to be creative and innovative since these are one of the founding stones of the intellect of mankind. Innovation in the educational system is the need of hour and our consistent endeavours at Shaheed Rajguru College of Applied Sciences for Women, ensure that the teaching process does not get monotonous. We believe in dispensing high quality education to the youth which is a rather substantial, potent and conscientious task. It goes without saying that women are an invaluable human resource; their role is crucial for the development of a nation and therefore, having the opportunity to guide brilliant young women of our college, certainly feels rewarding.

SRCASW family, our mission and our vision - every element is focused on benefiting and developing each one of our students. I wish for the students of our college to be imparted an all round education so they develop a multidimensional point of view and avoid being one-dimensional. We ensure this by providing a platform where our students can take up the opportunities and challenges which would enable them to rise to their maximum potential. Since the future of the nation depends on technological empowerment of the youth, we recognize that the fundamental role of an educational institution is to channelize the energies of youth towards productive and creative goals through an unfettered knowledge.

In this very essence, the college brings to you the latest issue of its magazine, 'Aakriti 2019-20'. The college magazine, in its true sense, can become a tool for the manifestation of the talents and the gifted aptitude of the students and staff of the Rajguru family. This creative endeavour is brought forward with the hope that everyone gets to express their artistic skills and tap their scientific potential.

I wish the editorial board and the staff all the luck and I also wish them success. I also extend my sincere appreciation for this creative work of art, culture and scientific attitude to the team.

Dr. Payal Mago
(Principal)

में कैसे सीताराम भजूं

प्रस्तुत कविता की रचना कुछ वर्ष पूर्व की गई थी, जिसमें की भारतभूमि के हर जनमानस की रामलला को उनके घर वापस लाने की बरसों से भीतर बसी असीम लालसा को उजागर किया गया है। आज जब हम सभी ने अपने घरों में प्रभु के आगमन की खुशी में घी के दिये जलाए हैं, तब यह भी ज़रूरी है की हर राष्ट्रवादी की पीड़ा, संघर्ष, तप और धैर्य को याद करें, तथा आगे भी हिंदुस्तान के लिए डट जाने के लिए आगे वाली पीढ़ियों को इस कविता के माध्यम से प्रेरित करें।

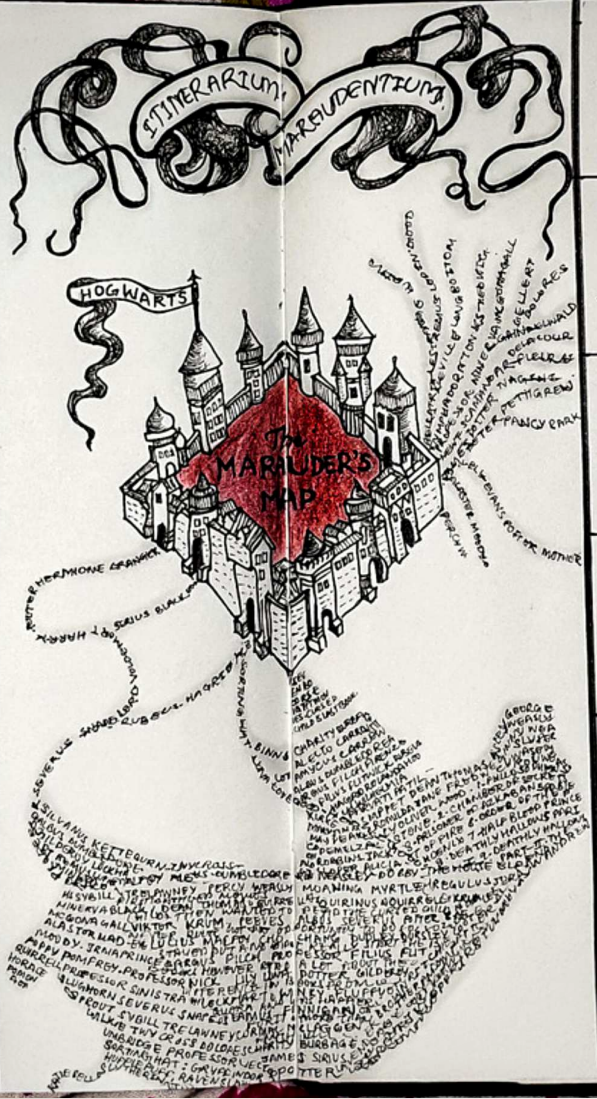
में कैसे सीताराम भजूं
जब राम ना हो अपने घर में।

जनकनंदिनी का संगी
सेवक जिनका हो बजरंगी।
जब जन्म भूमि से निष्कासित हो
जब दर - दर ठोकर खाते हों।
न्यायालय जब खुद अपने भक्तों से
न्याय की गुहार लगाते हों।
तब मैं कैसे सीताराम भजूं
जब राम ना हो अपने घर में।

एक विदेशी आतंकी
जब मेरे घर को ही ध्वस्त करे।
और मेरा अपना भाई
जब मुझसे ही प्रश्न अनंत करे।
तब मैं कैसे सीताराम भजूं
जब राम ना हो अपने घर में।
तब राम मिले थे तुलसी की चौपाई में।
तब राम मिले थे दशरथ की परछाई में।
तब राम मिले थे कौशल्या की ममता में।
तब राम मिले थे मां सीता की निष्ठा में।
तब राम मिले थे शबरी के झूठे बेरों में।
तब राम मिले थे बजरंग बली के सीने में।

अब हृदय कलुषित सा लगता है
सीने में हर पल एक ज्वार धधकता है।
जब न्यायपालिका का हरकारा अगला केस
"राम लला विराजमान" बताता है।
तब मैं कैसे सीताराम भजूं
जब राम ना हो अपने घर में।

~ डॉ पायल मागो
(प्रधानाचार्य)



BY: SAKSHI SINGH
 BMS (MANAGEMENT)
 1ST YEAR

"Art is too important not
 to share."

- ROMERO BRITTO



Editorial Desk

“Hold fast to dreams
For if dreams die
Life is a broken-winged bird
That cannot fly.”

With immense joy and pleasure, we put forward the next dynamic piece of creativity, freedom, self-expression and enthusiasm of our year’s work in our Annual Magazine AAKRITI. The Magazine is an amalgamation of an year long work of talented souls along with a blend of unique taste from everyone who has contributed for this magazine.

AAKRITI is more than just a magazine to exhibit the potential, talents, achievements and vision of our college. This is that gratifying moment where our teachers and students take pride in their hard-work and cherish their fruits of sincerity of the year that has gone by. It certainly results in positive energy within us and motivates us to make sincere efforts to make this association continue for a lifetime.

It is often seen that one of the biggest blocks to creativity can be our mind’s inability to allow a thought or insight to have the space to become a possibility. Some of the most inspired ideas are the ones that started off as unthinkable concepts and were deemed ‘crazy’. Therefore, it is vital that we prevent our mind from immediately shooting down a seemingly crazy idea by judging and analysing it too soon, which in turn blocks or stifles creativity. To unlock your creativity and reconnect with your artistry is our sole purpose and positive drive behind this magazine.

We express our considerable appreciation to all the authors and creators of the articles and artworks in this magazine. We acknowledge the generous amount of time and effort that must have gone into making these invaluable contributions. It is this willingness to share knowledge, concerns and special insights with fellow beings that has made this magazine possible.



" Art is the
elimination of the
unnecessary. "

- PABLO PICASSO

By: Sakshi Singh (Management
(BMS), 1st Year)



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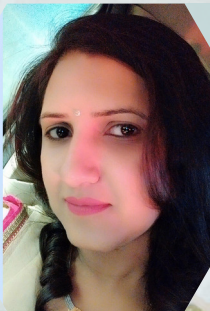
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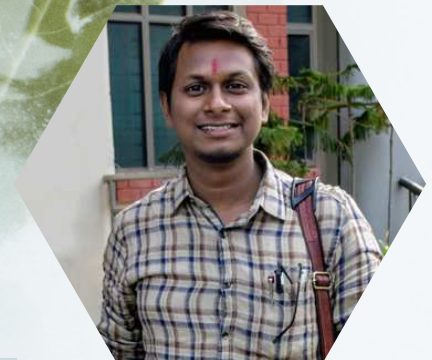
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Saima's
C. Wall



Department of Biochemistry

Talks, Lectures and Workshops:

- Department conducted a career counseling program for the students which was organized by “Career Endeavor Academy” in September 2019 to give information about various competitive examinations and opportunities after graduation.
- The department of Biochemistry in association with “Students for Holistic Development of Humanity (SHoDH)” organized a workshop “Train the Trainers” for the faculties and research scholars. The workshop was facilitated by Dr. Bal Ram Singh (Professor, Institute of Advanced Sciences, Dartmouth, USA) on 10th February 2020.
- To develop time management skills in the students, a lecture on “Time management” was delivered by former principal of our college Dr. Lakshmi Devi on 30th January 2020.
- A one-day workshop on “IPR Alternate Career Path” was conducted by the Department on 17th February 2020 in association with IPRGENIE LLP Dr. Aruna Tiwari (IPR scientist), Dr. Anjali Menon (IPR consultant) and Dr. Anjali Jaitley were the resource-persons for the workshop.

Excursions:

To provide students a refreshing experience outside their academic life, the Department organized a four-day excursion to “QUEEN HILLS OF MUSSOORIE AND DEHRADUN” from 25-28th September 2019. Around 55 Students along with faculty members went for the trip.

Extracurricular Activities:

- TEACHERS DAY CELEBRATION AND DEPARTMENTAL FRESHERS CELEBRATION ON 5th September 2019.
- The Department of Biochemistry, Biomedical Sciences and Microbiology of the college jointly organized their annual Tech-fest PLEXUS-2019 with the theme Neuroscience on 3rd to 4th October 2019.
- As a mark of respect to goddess Saraswati, the department organized “Saraswati Puja” on the occasion of “Vasantotsav-2020” on 30th January 2020.



Department of Biomedical Science

The Department of Biomedical Sciences has nearly 125 students, with a council of 18 students. Under the guiding light of Dr. Radhika Bakshi, the Teacher In-Charge of the Department of Biomedical Sciences, the department organised various seminars and workshops. It also organised numerous events and trips to provide the students a reprise from the studies.

Events and Seminars:

- On 5th September, the students organised a short but interesting programme for the teachers. A number of students enthusiastically participated and it was a successful show.
- On 18th September, the council organised a talk by Dr. S. P. S. Khanuja. Dr. Khanuja talked to the students about the “Entrepreneurship Opportunities for Life Science Graduates”, and the need for the introduction of technological advances at grass-root levels.
- On 4th October, the most awaited event of the academic year, Plexus’2019, the technical fest of the departments of Biomedical Sciences, Biochemistry and Microbiology was organised. The theme of the fest was ‘Neurosciences’. The event started with engrossing and interactive talks by Dr. Manjari Tripathi (Department of Neurology, AIIMS, Delhi) and Dr. Aparna Dixit (Assistant Professor for Molecular Neurobiology, Dr. Ambedkar Centre for Biomedical Research, DU). Dr. Tripathi talked to the students about “Neuroscience: Basic Concepts”, followed by Dr. Dixit, who was engrossed everyone with her talk on “Understanding the Molecular Mechanisms underlying Drug Resistant Epilepsy”. After a short break following the talk, the departments organised various games and fun activities. The day ended on a high note.
- The Department of Biomedical Sciences organised a talk by Dr. Archana Singh (Associate Professor, Department of Biochemistry, AIIMS, Delhi) on 18th October, 2020. The topic of the talk by her was “Scope of work for Biomedical Scientists in Public Health Specialisations”. Dr. Singh elaborately explained the scopes and job opportunities in the public health sector for life science graduates.
- On 21st October, the department organised a workshop on the topic "Industry and Research Career Options for Life sciences". The guest speaker for the day was Dr. Safdar Ali, who is also an alumnus of our college, from the department of Biomedical sciences itself. Dr. Ali illustrated the various job and academic opportunities available to science graduates.
- This year on the occasion of World Cancer Day, observed on 4th February, the department of Biomedical Sciences invited Dr. Anant Narayan Bhatt (Senior Scientist, INMAS) and Dr. Nidhi Gupta (Research Associate, AIIMS, Delhi). The topics of the talks were “Altered Metabolism: The Hallmark of Cancer” and “Targeting of stromal versican by microRNAs inhibit multiple myeloma progression : A Therapeutic approach” respectively. Following the informative and engrossing talks, the department also held an intra-college extempore competition, in which a lot of students participated with high enthusiasm and zeal

Trips and Excursions:

- On 27th September, the department organised a day trip for all the three years, and the staff. The department took a trip to 'Mojoland', an Adventure-cum-Water Park near Sonipat. The students were accompanied by professors of the department, Dr. Radhika Bakhshi, Dr. Shruti Banswal, Dr. Indu Arora, Dr. Manisha Khatri and Dr. Varsha Mehra. A full day of fun and of creating memories that would be cherished forever is exactly the reprise from academics that the students needed, and everyone enjoyed themselves thoroughly.
- The department offered the second and third year students to attend the Leadership Dialogue Series organised by DBT and BIRAC in partnership with AIIMS. The programme had been organised at AIIMS, New Delhi. The speaker for the day, Dr. Trevor Mundel (President of Global Health, Bill and Melinda Gates Foundation) delivered a lecture about "Innovating for Impact: How India can Lead in Helping Solve Some of the World's Toughest Health Challenges".
- The students of second and third years were given the opportunity to attend the AIIMS Annual Exhibition, held on the occasion of its 64th Foundation Day. The theme of the exhibition was "Universal Health Coverage".
- On 8th January, the National Immunological Institute, New Delhi, held a talk on "From Human Genome Project to Precision Medicine". The esteemed guest speaker for the day was Dr. Eric Green, director of National Human Genome Research Institute. A number of students from the Department of Biomedical Sciences attended the talk.
- International Summit on Women in Stem, Visualising the Future: New Skylines was held at the India Habitat Centre from 23rd January, 2020, till 24th January 2020. Eminent speakers from all around the world, including Dr. Renu Swarup (Secretary, DBT), Dr. Simon Kay (representing Wellcome Trust, UK), Dr. Glenda Gray (President and CEO South African Medical Research Council), Ms. Harinder Sindhu (Australia High Commissioner), Prof. Gagandeep Kang (executive Director, Translational Health Science and Technology Institute), our Founder Principal, Dr. S Lakshmi Devi, and many others. From the department, the students that attended the programme were Anshika Kansal, Apoorva Roy, Devika S. Kumar, Deepal, Nidhi Rawat, Piya Rawat and Vinita Sharma.
- The department also participated in the Third National Conference on Emerging Synergistic Trends in Ayurveda and Biomedical Sciences, organized by Bundelkhand University, Jhansi on February 19-20, 2020. The department was represented by Dr. Ansari and Dr. Kardam, along with the students Shruti Chauhan, Shivam Yadav and Nidhi Rawat. As a part of the conference, the students also participated in poster presentation competition and presented a poster on the topic 'Ayurveda and Biomedical science in Alliance'

- The Departments of Biomedical Sciences and Electronics together organised a 3-day 4-nights trip from 19th February to 23rd February to Dalhousie. 16 students from Biomedical Sciences and 22 students from Electronics went to this trip, and all the students were accompanied by five teachers from the Electronics Department. The students had a lot of fun visiting churches, mall road and other monuments. They also got the opportunity to go for a trek and also visited Khajjiar to see the snow lined mountains. The trip was a success and the students of the two departments bonded together and enjoyed a lot.

The encouragement and support of the teachers and technical staff has been invaluable in the success of these events. The council of the department, Chimera, is headed by the president, Ishi Jain. The other pillars that help hold up the council, and thus the department, are Mansi Sahni (General Secretary), Lovely Pal (Treasurer), Devika S. Kumar (Vice President) and Anshika Kansal (Joint Secretary). The other members of the council aid in running the department under their headship.



Department of Computer Science

" COMPUTER SCIENCE IS THE OPERATING SYSTEM FOR ALL THE INNOVATIONS. "



▶ Summer School Workshop

A "**Summer School Workshop**" was conducted on 17 and 18 June 2019. Ms. Urmil Bharti and Ms. Tina Sachdeva delivered sessions to 25 students of Geeta Bal Bharti School, Delhi. Topics of the sessions were Python Programming, SQL and MongoDB.

▶ IPR Workshop

A technical talk on "**Intellectual Property Rights- A kaleidoscope of opportunities**" was organised on 2nd August 2019. The talk was delivered by Dr. Chitra Arvind, advocate and partner, LEX IP CARE. She discussed various types of patents and how can one attain copyrights, trademarks, indications, etc.



▶ Chatbot Workshop

Google Developer Student Club conducted a Cloud Fest on "**Building Chatbots for Voice Assistants and Messaging Platforms**" on 2nd Aug'19. The workshop saw a participation of 60 students, including students from six University of Delhi Colleges

▶ How Processor Executes Code?

A talk on "**How does a processor executes my code?**" was organised on 7th August, 2019. Mr. Alok Govil, principal engineer at Amazon delivered this invigorating session where he took the students through the working of this whole process right from the fundamentals of physics to the advanced concepts of machine code execution.



▶ CV Building and Interview Skills

A session on "**CV Building and Interview skills**" was conducted on 17th September, 2019 collectively by Department of Computer Science and Food Technology . The guest speaker for the occasion was Dr. Shivani Khurana from The Institute for Integrated Learning in Management (IILM)

▶ Ethical Hacking And Cyber Security

A two days (6 Hrs) workshop was organised on 26 and 27 September 2019 titled "**Ethical Hacking and Cyber Security**". Objective of the workshop was to apprise students about latest security threats and its solutions. The workshop trainer was Mr. Sonu Husain, Microsoft Cyber security Certified Trainer.



▶ TechMelange'20

Inter-College technical fest **Tech Melange** was organised on 4th October 2019 . Fest had many technical events like Lan-O-Mania ,Hardcode ,e-Tambola ,Ideathon ,Tech Charades ,Crack and Swap and Brain Wreck. The event was attended by students from various colleges of University of Delhi and as well as form other renowned colleges across NCR.

▶ Violence Against Women

An awareness talk on "**Violence Against Women: Interpersonal and Digital Inteface with Special emphasis on Delhi Victim Compensation Scheme**" was organised on 22nd January 2020. The talk was delivered by Mr. Pawan Kumar, Secretary, DSLA East, Karkardooma Courts, Delhi.



▶ Career Counselling Talk

A career counselling talk was delivered by Ms. Bhanvi Shukla, Agile Software Engineer ,Tribalscale,UAE on 31 January 2020. The session was divided into 3 parts, first '**Her Story**' , second '**Our Story**' and last was the '**Queries session**'

Department of Chemistry

"Chemistry itself knows altogether too well that - given the real fear that the scarcity of global resources and energy might threaten the unity of mankind - chemistry is in a position to make a contribution towards securing a true peace on earth"- by Kenichi Fukui, a Japanese Chemist and the first Asian to be awarded Nobel Prize in Chemistry, in 1981 (co-recipient with Roald Hoffmann). Alchemy, the chemistry society of Shaheed Rajguru College of Applied Science for Women turned three this year! Alchemists along with their mentors organised various talks and events with great enthusiasm.

Alchemy, the chemistry society of Shaheed Rajguru College of Applied Science for Women turned three this year! Alchemists along with their mentors organised various talks and events with great enthusiasm.

- A workshop on Basic and Applied Science, was jointly organized by Departments of Computer Science, Microbiology and Physics, for Class 11th and 12th students of Geeta Bal Bharti School, from June 17th - 26th, 2019.
- On 5th September 2019, teacher's day was celebrated and departmental elections were organized, to appoint the student council for the session 2019-20.
- Freshers party was organized on 20th September, 2019: 2nd and 3rd year students welcomed 1st year students, by organizing fun games and Miss Fresher contest.
- Department organized Summer Internship for college students under DBT Star College Scheme, from June 1st - July 31st, 2019.
- Technical Fest 'TRAP' was jointly organized with Departments of Mathematics, Physics and Statistics on October 3rd - 4th, 2019. An interactive talk was given by Mr. Alok Bansal, Career Counsellor, on Career Options in India and Abroad. He encouraged students to have a long-term perspective and to start working on it, timely. Mr. Bansal further edified students about the global universities and the various careers which they can pursue. Second talk on Everything about Relationships was delivered by Mr. Harjas Singh, an author, a TEDx speaker and a life skills coach. He enlightened students about healthy and unhealthy relationships. Mr. Singh further shared his thoughts in dealing with relationships and gave students an insight to the true essence behind living a happy life. Various technical and fun events were organized in which students from various colleges of University of Delhi participated.
- Department organized a workshop for Class 12th students of G. D. Goenka School, Karkardooma, in collaboration with Departments of Microbiology and Physics, on November 1st, 2019.
- Students of Chemistry Department procured 3rd position in interdepartmental march-past competition in annual sports fest, Spardhaa '19, held on January 16th - 17th, 2020.

- A seminar was organized on Combating Hazards through Safety and Sustainability, on 11th February, 2020, comprising of two talks and a workshop. Dr. J.L. Sharma, Retired Associate Professor, Kirori Mal College (University of Delhi) and Vice-Chairman, Indian Society of Analytical Scientists, delivered a talk on Safety Issues related to Chemicals. He cautioned the gathering about chemicals used in household items like hair-dyes, deodorants, shampoos, sunscreen lotions, toilet cleaners, air fresheners, paints etc., and their toxic effects on our health. He further discussed ways to minimize the usage of hazardous chemicals, importance of lab safety instructions and first aid measures to be taken, in case of accidents. Dr. Narendra Kumar, Director, Swalamban delivered a talk on Reducing Carbon Footprint through Composting of Organic Waste and conducted a workshop on Kitchen and Community Composting. He introduced the concept of carbon foot print by taking examples from day to day life and ways to reduce it. He further discussed solid waste management laws, global warming and the importance behind the three R'S (reduce, reuse and recycle). Dr. Kumar also conducted a workshop on preparation of compost from kitchen and garden waste
- A trip was organized to Jaisalmer- Jodhpur, from February 27th - March 1st, 2020 in collaboration with Departments of Mathematics and Physics.

It has been remarkable year for the department. The spirit is still on and the dynamic council of the department is looking for an array of events and activities to contribute more to college.



Department of Electronics

Keeping up the same legacy, the Department of Electronics of Shaheed Rajguru College of Applied Sciences for Women has always been keen towards working hard. I feel so proud to enlist all the events organized by the department in the session 2019- 2020.

- Maintaining the spirit of nationalism, the department celebrated Independence Day as the teachers and students gathered together and expressed their gratitude for our freedom fighters through poetry and singing.
- The department successfully organized the departmental elections on 22nd August, 2019, to appoint the student council for the session 2019- 2020.
- Moreover, the department celebrated teacher's day. Students organized a few activities for the teachers with some twists and fun. There were few Quiz related to electronics and students asked questions related to culture and traditions of India. Also students presented dumb charades in an interesting way in which teachers are asked to enact some electronics words. Not only this, students presented singing and dance performances followed by cake cutting and a surprise gift for the teachers to thank them for their immense love and kind support throughout our college journey. Students put their best to make this day memorable and in all we had a great time together.
- Departmental freshers - The department organized its fresher's party "NOVOTA FIESTA" to welcome fresher's on 18th September, 2019.
- VIDYUT - The Electronics Students Society successfully organized its Annual Technical Fest "Electromania2K19" on 3rd October 2019. There were several technical events like Innovision - Presentation Based Event, Coding Mania - The Programming Event, Circuitron - The Circuit Designing Event, Memory Nomads- The Fun Event, Race - O - War - The Lan gaming Event, Photo Phactory - The Online Photography Event and Fun Games like Spin Fortune & Minute to win it. All the events saw huge participation from many colleges from Delhi NCR including Dyal Singh College, IIT Delhi, Maharaja Agrasen College, Maharaja Agrasen Institute of Technology, Rajdhani College etc. The valedictory function marked the end of the technical paradigm which was presided by our senior faculty members, Mrs. Preeti Singhal and Mrs. Venika Gupta. In all the events, winners were awarded with certificates, cash prizes and gift hampers. Students coordinator and volunteers were awarded with appreciation certificates.
- Department of Electronics in collaboration with Department of Physics, organized a one day National Seminar on Laser Dynamics and Fiber Optics held on 07th January 2020. Professor Ajoy Ghatak (Meghnad Saha Fellow of National Academy of Sciences, India Formerly Professor of Physics at IIT - Delhi) was the Guest of Honour and keynote address was delivered by Professor Rupamanjari Ghosh (Vice - Chancellor, Shiv Nadar University), Mr. Atul Bhardwaj (Scientist - E, LASTEC, DRDO), Professor M. R. Shenoy (Department of Physics Indian Institute of Technology Delhi) and Professor R.K. Varshney (Department of Physics, IIT-Delhi).
- The department bagged first position in the March Past among all the departments of the college during its Annual Sports Fest - SPARDHAA'2020 held on 16 - 17th January 2020.

- Under the aegis of IQAC, the Department of Electronics organized a seminar on “Internet of Things (IoT)” held on 24th January 2020. The guest of honour for the day was Mr. Uma Shankar from CETPA.
- Under the aegis of IQAC, the department organized a seminar on “Introduction to Micro - Electromechanical Systems (MEMS)” on 3rd February, 2020 delivered by Dr. D.K Bhattacharya superannuated as Scientist H, DRDO.
- An excursion trip to Dalhousie was organized in collaboration with the Department of Biomedical Science from 19th - 23rd February 2020. A group of 40 students from both the departments along with 5 faculty members went for the trip.

Electronics is looking forward to contributing more to the college with full enthusiasm.



Department of Food Technology

The Department of Food Technology of Shaheed Rajguru College of Applied Sciences for Women organized a number of activities in the financial year 2019-20 under the departmental headship of Dr. Deepa Joshi.

- The year started with an interactive workshop organized on 23rd Aug, 2019 by the department and the company Tag Taste as our very first event in which they provided us with viable information about their budding start-up. They also gave us some mind-boggling information about the sensory palette and its attributes.
- The national nutrition week is observed throughout the country in the first week of September and to provide students with information regarding the importance of nutrition our department organized a seminar whereby the very eloquent speaker Dr. Anupa Sidhu was invited and the students were enthralled to listen to her prudent words on the topic of “Maternal and Child Nutrition” she told us about the current scenario in the country and the ways to combat issues regarding the topic. An Inter-college recipe contest was also organized where the students had to prepare novel recipes using healthy ingredients where active participation of the students of various departments was seen.
- The most awaited event of the year i.e the annual departmental fest “World Food Day ” was” was organized on 3rd Oct, 2019 in which multiple events like Food Trivia (quiz), Food Shooters (online photography contest), Act-Enact, Sense to Bence (Tasting contest), Doodle the Hunger, Recipe Contest, Extempore, Waste to Best took place. Along with such interesting events we were also blessed to here from Dr. Sushma Swara and Dr. Shalini Gaur Rudra were invited in the inaugural ceremony as the chief guest they addressed the young minds with their prudent words that emphasized upon the “Importance of Maternal and Child health care and nutrition”.
- Later in the month of November a Fish Formulation Competition was organized for 2nd year students of our department under the guidance of Ms. Prabhjot Kaur Sabharwal to check and enhance the culinary skills of students. Dishes were judged by Dr. Puneeta Saxena and Dr. Deepa Joshi.
- Students of the 1st year started a social initiative under the name IMPACT between Nov 2019 - Jan 2020. A brief description of the various social initiatives that were taken up is given below:
 - PROMOTING A HEALTHIER LIFESTYLE - On 07/11/19, Muskaan, Tanishka, Vamika and Agrani visited Red Rose School and carried out an interactive session with the children through a skit featuring two fictional superheroes Master Sehat and Miss Sehat.
 - AWARENESS PROGRAM ON FOOD HYGIENE AND SANITATION IN SCHOOLS - On 21/01/2020, Lata, Shagun, Mahima, Parul, Priyanka Sahu and Aakanksha went to spread awareness regarding food hygiene and sanitation at Karl Huber School, Noida Sector 62. They organized a quiz too amongst the children and their happy faces made it a success.
 - WASTE MANAGEMENT - On 24/01/20 Lavanshi and Fanoos interacted with NSS children of age group 4-14to spread awareness on waste management.
 - SWACHH BHART, SWASTHA PAKWAAN - On 25/01/20, Ananya, Jampel, Rhythm, Payal and Shalu visited the industrial areas of Noida Sector - 11 and Vasundhara Enclave to spread awareness on safe street food to the street food vendors.



- NUKKAD NATAK ON CLEANLINESS - On 27/01/20, five students - Sakshi, Anjali, Rakhi, Tenzin and Himanshi performed a play on issues related to cleanliness and solutions thereof.
- BASIC FOOD SAFETY GUIDANCE - On 30/01/20, Rashmi, Rozee, Aashi, Garvita and Ritika undertook an initiative to sensitize slum children through a play and educated them about the basic safety rules like checking the manufacturing and expiry date, searching for logo of FSSAI, etc. A quiz was also held.
- BUYING SAFE AND HEALTHY FOODS - Priyadarshini, Chandana, Sanjana, Vipasha and Akanksha took an initiative to sensitize consumers to buy safe and healthy food through short survey among teaching and non-teaching staff of SRCASW. They made them aware about the benefits of fortified foods, difference between Best Before, Use By and Expiry Date, and cleared misconceptions on canned, dried and frozen foods.
- ANAEMIA AND ITS EFFECTS - Anshika, Aryama, Sayani, and Stuti sensitized a group of girls from Bal Bharti Public School about the symptoms and possible cure of Anaemia. They did this through a play and questionnaire. They introduced them to the concept of NSS providing free regular blood check-ups.
- CLEANLINESS DRIVE IN SLUM SCHOOL - Priyanka, Kanika and Arshi aimed to spread awareness among slum school students and Learning centers in Ghaziabad about the cleanliness, personal and public hygiene for a healthy environment where swine flu, COVID-19, and malaria have been spreading at an alarming rate.
- On occasion of SPARDHA - the annual sports fest of our college i.e., on 16th & 17th Jan, 2020 a competition known as food-o-preneur was held where the participants had to sell their product and make profit out of it. This event also turned out to be a great success and students learnt about real life business.
- Lastly the department organized an IPR (Intellectual Property Rights) workshop along with collaboration with the department of biochemistry on 17th Feb, 2019. This workshop was conducted by IPRGENIE LLP wherein students gained knowledge on Trademark, Copyright, Patents, Monopoly rights and many more topics. It was a very knowledgeable and well-informed workshop.
- Events like the fresher's, teacher's day and the departmental trip were held to provide the students with the much-needed break they deserved from their daily academic schedule.

It is health that is real wealth and not pieces of gold and silver.

- Mahatma Gandhi



Department of Instrumentation

The Department takes initiative for overall development of students. Various activities conducted by the department focussed on imparting practical knowledge along with its application in the practical world.

- The Department of Instrumentation in collaboration with the Department of Biomedical Science and Department of Chemistry organized a training program for 10 students of St. Joseph's College for Women (A) Visakhapatnam, Andhra Pradesh.
- The Department of Instrumentation under DBT star scheme visited All India Institute of Medical Sciences (AIIMS) to attend the Leadership dialogue series organized by DBT and BIRAC in partnership with AIIMS.
- The Department of Instrumentation organized a one day talk cum interaction session with Alumni under activity 'Vyakhyan'.
- The Department of Instrumentation organized a one day industrial visit to Waters India Pvt. Ltd.
- Department of Instrumentation in collaboration with IEEE EDS Delhi Chapter jointly organized IEEE EDS Distinguished Lecture Talk on 'Nanotechnology Science and Engineering Amalgamation Emerging Liberalism of Homo Sapiens'.
- The Department of Instrumentation organized an inter-college technical fest, 'Technexus'.
- The students of the Department of Instrumentation attended a 3-day Global Bio-India Summit organized by the Department of Biotechnology (DBT), Ministry of Science and Technology, Government of India and its Public sector undertaking, Biotechnology Industry Research Assistance Council (BIRAC).
- The Instrumentation Department attended a 2-day International Summit on Women in STEM at India Habitat Centre, organized by International Centre for Genetic Engineering and Biotechnology (ICGEB), New Delhi on the theme Visualizing the Future: New Skylines.
- The Department of Instrumentation conducted two days of Hands-On Workshop on the topic 'I-SENSO BOTZ for Embedded System Design'.
- Department of Instrumentation, organized a one-day Mini Colloquium on 'Nano-electronics and advanced semiconductor devices for future electronics' in collaboration with IEEE EDS Delhi Chapter.



DEPARTMENT OF MANAGEMENT AND FINANCIAL STUDIES

Talk on Soft Skills: The Department of Management and Financial Studies conducted a talk on soft skills on 3 September 2019 in collaboration with ITM to talk about makers while appearing for an interview such as the importance of choosing the right words, non verbal communication, tone and body language.

Teachers Day: The Management and Financial Studies Department of Shaheed Rajguru college of Applied Sciences for Women celebrated the Teacher's Day program in the basement hall, on September 5, 2019. The event consisted of lively interactive session, beautiful dance performance, melodious and soothing and giving titles to the teachers.

ORIENTATION DAY: Department of Management and Financial Studies organized the orientation and appreciation ceremony on September 7, 2019 in college auditorium to introduce the new batch to the college and the faculty and distribute appreciation certificates to the 2nd and 3rd year students for their contribution towards the department and college.

Fresher's party: Fresher's Party was organized by the Department of Management and Financial Studies on 13th September 2019 to welcome the new batch to the college and to acquaint them with their seniors.

Soft Skills for Employability: The Department of Management and Financial Studies organised a talk Soft Skills for Employability in collaboration with ICFAI Business School, Gurgaon on 19th September 2019 for the students to enhance their knowledge and learning skills and to be better prepared for the corporate world.

Talk on Indian Economy: Opportunities and challenges ahead: The department of Management and Financial Studies organised a seminar on "Indian Economy - Opportunities and Challenges ahead" on September 23, 2019 hosted by Prof. Ram Singh of Delhi School of Economics in the college auditorium.

Merger/Acquisitions - Process and Research: The Department of Management and Financial studies organized an informative and interactive session on mergers and acquisitions on 24th September 2019 led by Mr. Harsh Gupta, Assistant Director, Moody's Analytics Knowledge Services.

Seminar on Career Prospects: The Department of Management and Financial Studies organized a seminar on Career Prospects in association with IMS learning resources on 26th September 2019 hosted by Mr. Abhijit Chowdhury, graduate Bsc. Mathematics from Mumbai University, to talk about the importance of planning in advance about the future, higher education and options available to the students after their graduation.

IIDAIRA (TECHNICAL FEST): The technical fest of department of management and financial studies was held on 4th October 2019. Various competitions like:- Market to Mark it, De case it, Hogwarts war, Saude Baazi, Markfin Express, Perfect Match, Min O Pedia , Stalls. Various informative and fun events like Keynote Address by Dr. Ram Gopal Agarwala on India Vision: 2047, Literary Performance by Days of our lives (Adnan Mughal and Rajat Sood), Standup comedy by Mr. Harsh Gujral were also organised.

Diwali Pooja: The Department of Management and Financial Studies wore a festive look and celebrated Diwali by holding a "Pooja" on 23rd October 2019.

Seminar on Budget 2020: The department of management and financial studies organised a session on the union budget of 2020 and its key features hosted by Dr. Kumar Bijoy, a renowned chartered financial analyst

Departmental Trip: The department of management and financial studies along with department of psychology organised a 4 days and 5 night's trip to Jodhpur and Jaisalmer. A group of 69 students along with 9 teachers visited the Mehrangar fort, clock tower market in Jodhtpur. In Jaisalmer they enjoyed the sand dunes through jeep and camel safari and the Jaisalmer fort, Kuldhara village, Gadisar Lake.



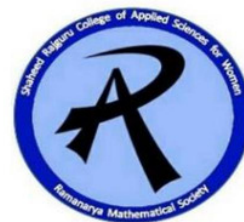


DEPARTMENT OF MATHEMATICS

SRCASW

2019-20

A reflection of the past; as a remembrance for future



VISION

The Department of Mathematics of Shaheed Rajguru College of Applied Sciences for Women envisions the empowerment of the young minds with knowledge, wisdom, visions and upsurges the vibrant exemplar of holistic development. With this vision, the mathematical society RAMANARYA has elected its new council members.

ACADEMICS

The faculty of the department in their pursuit for excellence ensures high standards in teaching with special emphasis on skill development within the students. The results reflect the glory as **Kajal Chauhan, Mitali Garg, Jyoti, Nisha, Prachi** and **Rupali** secured **top 5 positions** in the University of Delhi.

DEPARTMENTAL ACTIVITIES

- The department organized a **talk by Prof. S.C. Arora** (former head of Department of Mathematics, University of Delhi) on '**Applications of Mathematical Logic**'.
- A two day inter-college festival **TRAP** was organised in collaboration with Departments of Chemistry, Physics and Statistics.
- '**Ed-Heads**' organised by Ramanarya in the technical festival was a 3-levelled game including quiz, rapid fire and relay.
- The Department of Mathematics also organized a two-day project oriented workshop on the software **MATLAB** in association with **CETPA InfoTech Pvt. Ltd.**
- The Department is also running a project called '**Utthan**'; which means **upliftment**; for the underprivileged sections of the society.



STUDENT ACTIVITIES

- The elected members of Ramanarya are - **President-** Sanya Gupta, **Treasurer-** Bhawna Goswami, **Vice-President-** Tripti Sharma, **Secretary-** Priya Singh and **Joint-Secretary-** Khushboo Jain.
- The department celebrated teacher's day on September 5, 2019 to honour the role of a teacher in every student's life.
- The department organized a departmental fresher's party - **Frematics** on September 11, 2019 to welcome the new members to our family.
- A 5 day trip to Jaisalmer-Jodhpur had been organised by the department, which gave a refreshing, enlightening, adventurous and tremendous learning experience to the students and teachers.



STUDENT ACHIEVEMENTS

- Prachi Shukla, a student of 3rd year was elected as the **Treasurer of Student Council of SRCASW**.
- Archana, a student of 2nd year was elected as the **Vice President of the Sports Council**.
- Namita Walia, a student of 2nd year was elected as the **President of Elvira- The Fine Arts Society**.
- Apurva Bajaj, a student of 2nd year was elected as the **Vice President of NSS unit of SRCASW**.
- A third year student Anshika, second year students Archana, Namita, Priya, Aayushi, Apurva, Ishika and first year students Harshika and Khushboo brought laurels for our department by securing various positions in different inter-college competitions organized by colleges in and around Delhi.



DEPARTMENT OF MICROBIOLOGY



The following activities were organized by the department in the past year :

- The department organized a workshop on **'Basic and Applied Sciences'** for students of Geeta Bal Bharti School from 17th to 26th June, 2019.
- The students participated at the **Open day at THSTI, Faridabad** on 15th July, 2019.
- The department organized a - "**Celebrating Himalayas**" festival in collaboration with CMS VATAVARAN, Environment and Wildlife International Film Festival and Forum on 2nd August, 2019 . Events like Green theater skit ,Slogan writing ,Rangoli making and Poster making were held.
- The 3rd year students visited the **Bioinformatics centre at National Institute of Plant and Genomic research, New Delhi** on 9th August, 2019.
- A talk by Mr. L. V. M. Kishore , Vice President, Times of India and State coordinator Sri Satya Sai Seva organization was organized on the topic **'Life is a game play it'** , on 12th September, 2019.
- An Intracollege Debate Competition **'Debate it up'** was organized on 19th September, 2019 on the topic 'The house believes that private healthcare system is better than public healthcare system'.
- A talk by Dr. Ravi Tandon, Assistant Professor, School of Biotechnology, Jawaharlal Nehru University, New Delhi was organized on the topic **'Natural history of HIV infection from pathogenesis to current treatment'** on 25th September, 2019.
- An intracollege poster making competition was organized on the topic **'Microorganisms - Friends or Foe'** on 25th September, 2019.
- The Annual technical fest **PLEXUS'19** was

organized with Biochemistry and Biomedical sciences departments on 4th October, 2019 on the theme 'Neuroscience'. - Alongside other student activities, the department organized Just a minute .

- The second edition of the **departmental magazine 'Evanescent - A Vision Beyond Invisible'** was released on 4th October, 2019.
- The students visited the fermentation facility at the Department of Microbiology, UDSC on 1st October, 2019.
- A talk by Dr Rajendra Gupta, Associate Professor (Retd), Department of Botany, University of Delhi was organized on the topic **'Social and Ethical consequences of Biotechnology'** on 23rd January, 2020.
- A **cancer awareness campaign** was organized involving distribution of information leaflets in the college on World Cancer Day , 4th February, 2020.
- A Talk on the topic **'Science and Religion'** was delivered by Dr. Rajendra Gupta, Associate Professor (Retd), Department of Botany, University of Delhi on 10th February, 2020.
- The department organized an **educational visit to NIFTEM, Sonipat** on 13th February, 2020.
- The department organized a **corona virus awareness campaign** within the campus to aware students and faculty regarding the same from 10th to 14th February, 2020.
- The department organized the first **National seminar and Research Fest'20** On **'Antimicrobial Therapy: Challenges And Future Trends'**, The students from various colleges participated in poster presentation and innovative idea presentation.

Department of Physical Education and Sports Sciences

Physical Education is "education through the physical". It aims to develop students' physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle. It also develops students' confidence and generic skills, especially those of collaboration, communication, creativity, critical thinking and aesthetic appreciation.

The Department of physical education and sports Sciences organised the 4th annual sports fest at the 2020 from 16 to 17 January 2020 in college campus. The fest served a huge platform for the participants to exhibit the sports talent, leadership and comradery besides others. These are the achievements of some students from department of physical education and sports Sciences:

- In 2019, Bhawna Yadav secured first position in Discus Throw in Delhi University athletic Inter College meet organised by Delhi University sports council on 8th November 2019 at Polo Ground University of Delhi.
- In 2020, Aerobic steam secured second position in aerobics in the annual sports meet organised by Miranda house on 11th Feb 2020 at Miranda House.
- Bharti Rana and Shivani secured first position in Yoga in Zakir Hussain sports fest on 22nd Feb 2020 at Zakir Husain College, Delhi.
- Yastika Kalra secured third position in Dr Bharat Ram sports first organised by LSR college from 13th-15th feb at LSR college.
- Vidhi Kaushik secured first position in Poorvi Delhi Khel Parisar organised by Delhi Development Authority on 27th September at DDA sports complex.



Department of Physics

The department of Physics at Shaheed Rajguru College of Applied Sciences was founded in 2016. In such a short amount of time since its inception, the department has come a long way.

- On 3rd September, 2019 the department of Physics organized a talk on “E-nose to smell Tuberculosis” , delivered by Dr. Ranjan Nanda, Group leader, Translational Health Group, International Centre for Genetic Engineering and Biotechnology (ICGEB), Delhi. The talk was followed by a Q & A session where students clarified their doubts and curiosity.
- On 21st October 2019, the department organized a talk on “E-waste: Hazardous Effects and Recycling Process” by Mr. Shekhar Sharma, CEO Hindustan e-waste management and Mr. Ravi Bhushan.
- The Physics society TACHYONS organised its Annual Technical Fest TRAP 2019 in collaboration with departments of Mathematics, Chemistry and Statistics on 3rd and 4th October 2019. The event was inaugurated on 3rd October 2019 at 10:00 am by Mr. Alok Bansal, Mr. Harjas Singh, Dr. Payal Mago principal SRCASW, Departmental TICSs and respective presidents.
- On 4th October 2019, the Physics society TACHYONS organised various events. The main events consisted of Quizzigar 2.0 – the science quiz competition and Best Out of E-Waste. Besides the two main events, the fest also included fun and exciting events such as Walk the Plank and Quick Buckers. The final event ‘Treasure Hunt’ was organised in collaboration by the four departments after which the fest was concluded, leading to success due to the enthusiasm and hard work of the organisers, faculty, volunteers and the students. The department also organized a talk on "Physics and Mathematics of bacterial cell growth and division" by Prof. Sanjay Jain, Head of the Dept. of Physics and Astrophysics, University of Delhi on the same day.



Department of Psychology

The year began with high spirits and enthusiasm with now all three years of the Psychology Department dedicated to making this year a fruitful one for all.

- On 12th September, 2019, Psymenia, the students association of the Department of Psychology of SRCASW conducted a seminar on 'Relevance on Psychology in Victimology: Indian Context'. The esteemed speaker for the day was Dr. Marc Groenhuijsen, Professor of Victimology and Criminal Law at Tilburg University in The Netherlands. The seminar covered many insightful topics like what exactly is victimization, number of crimes and their consequences, society's response to victims and lastly, how to prevent victimization. Dr. Groenhuijsen highlighted the fact that it affects the trust of the victim and makes him/her scarred for life. Lastly, the students were made aware of the steps to prevent victimization.
- Dedicated towards the annual technical fest, Trezire'19, all students were seen engaging in the preparations for making this the best one yet. Held on 3rd October 2019, this year's theme "An ode to misfits" made the fest even more special and meaningful by celebrating individuality and being a voice for the unheard. The fest started with an interactive session by the guest speaker, Ms. Divya Dureja, a renowned LGBTQIA+ activist which involved discussion about the aftermath of the removal of IPC section 377 and the struggles of the LGBTQ+ community. No fest is complete without a bit of healthy competition which Trezire provided with, 'PSYCHOSWAP'- a turncoat extempore debate, BRUSH-OFF- the brushless painting competition and RE-PSYCH-LE, a twist on the average best out of waste competition. Along with games such as 'Abide and Die' and 'वन टु का फोर' which saw enthusiastic participation, the fest was a tremendous success.
- With many of us desiring to pursue our higher education abroad, Psymenia had a career counselling session on 24th January 2020 by SI-UK's team comprising of Ms. Rajni, Assistant Business Development Manager and Ms. Aakshi Vashishth the UK Education Counselor. Ms Aakshi addressed the august gathering and talked about everything and anything including expenses to top universities, scholarships available, how to navigate which courses to choose and switching to a job visa.
- The drive to learn continued throughout and could be seen when Psymenia had a talk on Depression under IQAC by Dr Sanjay Siddhartha from Miramichi Hospital, Canada on 27th January 2020. The discussion followed depression being used as a misnomer, the disorder as a clinical entity, touching upon its symptoms and how one of the authors of DSM IV emphasized that the symptoms of depression were present "all day, everyday". The talk also covered details such as the doubts regarding the cause of depression as well as multiple treatment methods including the effects of different antidepressants.

- The Department held a workshop on 'Publishing a Research Paper' conducted by Dr.Tushar Singh on January 31st, 2020.The main aim of the workshop was to educate students about the research process as well as discuss issues and challenges faced during research. Every topic was grounded with interesting illustrations and we were serenaded by the inspiring tales of diligent researchers, personal anecdotes and real life challenges encountered in research. Research and publishing in India was summarised with a few important tips that advised students to go for novelty in their research topics and explore unknown ideas in the field.
- An educational visit to Sheroes Home, a rehabilitation centre for the acid attack survivors by Chhanv Foundation, Noida was organised for the fourth semester students of the Department on 16th February, 2020. The objective was to provide a hands-on exposure to the students and enhance experiential learning by documenting the experiences of acid attack survivors from a social psychological perspective. It also aimed to hone their research skills and gave them an opportunity to understand the nuances of fieldwork
- Under the social outreach programme, a group of students visited Sheroes Hangout in Agra, a cafe run by acid attack survivors, on 22nd February, 2020. It was an attempt to celebrate the women and their lives by listening to their stories, understanding and empathizing with their struggles, conducting fun games and activities including dance and music, with an aim to spread happiness and embrace diversity and inclusiveness.
- With continued enthusiasm, a Departmental trip to Jodhpur and Jaisalmer in Rajasthan was organized from 23rd February to 28th February, 2020. The students were taken to the Haunted village of Rajasthan- Kuldhara along with historic monuments including Jaisalmer Fort and Mehrangarh. Students accompanied by their faculty rejoiced numerous adventurous and fun filled activities including desert safari, camping, boating, pool party and had a memorable trip.



Department of Statistics

Statistics is the body of scientific principles and methodologies that are used to extract useful and comprehensive information from data to draw conclusions about any phenomenon and is a discipline that studies the best ways of dealing with randomness, or more precisely and broadly, variation. The Department of statistics founded in the year 2017 which is the deep interplay between application, computation and theory, as well as the backbone of data science. It renders a good combination of pure and applied statistics with software skills, enabling students to successfully participate in professional life by gaining knowledge. Statisticians are high on demand have exhaustive placements in recent era.

In 2019, the Statistics Department welcomed the freshers with an entertaining departmental fresher's party 'Bayesian Bash 2k19' which was enjoyed by all.

The academic year of 2019-20, PARASTIKA, the active Statistical council society of Shaheed Rajguru College of Applied Sciences for Women organized a range of several talks, seminars, workshops, versatile trainings based on skills developments and interesting activity of events to make students aware about this astounding field. In Statistics department various activities are organised from time to time.

- The department of Statistics organized a seminar on the topic entitled as 'Python and its Applications ' by CEPTA Info Pvt. Ltd. on 28th August, 2019.
- The department organized a one month workshop on the topic entitled as Python and its Applications ' in collaboration with CEPTA Pvt. Ltd. from 12th September to 5th October, 2019. This workshop was very beneficial to our students as an upcoming demand of this trending language in placements and the students had benefitted with the basics knowledge of this skills development software based trending language.
- The department organized talks on the topics entitled as 'Population Census of India: Demographic Analysis of Data' by Dr. Dipak Roy Choudhary, Former Deputy Registrar General (Census), Govt. Of India and another entitled as 'Retail Banking and Digital Payments System' by Dr. Ashish Das, Department of Mathematics, IIT Bombay on 27th September, 2019. Through these talks both the speakers shares their knowledge and experiences of surveys that has been obtained in their studies.
- The department organized another talk held on 30th September regarding to 'The Joint Admission Test for MSc (JAM)' by Alpha plus, a coaching institute. Through this lecture students got encourage to attempting the IIT-JAM entrance examination and got the suggestion that how can do preparation to pass this exam with logical tricks.
- The department organized its technical fest "TRAP'19" on 3rd and 4th October, 2019 which provided a platform to students to enhance their managerial skills. This fest included many events like several talks by career counsellor and life skills coach, respectively and occupied by multiple fun games activities. DEBATE competition was also held in which people from different colleges participated with zeal and zest.
- The department organized a seminar on "Data Science with Python" on 21st October, 2019. The seminar was very informative and was enjoyed by all the students and faculty.

- To start 2020 with a bang, the Department also showed its enthusiasm by participating in various games during SPARDHAA, the annual sports fest of the college held on 16th and 17th January, 2020. The students showcased their skills in the inter-departmental March Past Competition and grabbed 2nd position in the competition.
- The student of the B.SC. (H) Statistics Semester VI, Ms. Shreya Goenka have got placed as Business Development Associate in Planet Spark Company through Placement Cell.
- A trip (Five days and three nights) to Jodhpur & Jaisalmer was organized by the department of Statistics from 23rd February to 27th February, 2019.

We are grateful to all the people who supported us. Looking forward to more seminars, talks events and field walks in this year 2020.





The Shading Tales.

By - Dr. Shuchi Dhingra, Assistant Professor,
Department of Chemistry Mentor: Ms. Mehak Babbar,
Founder, Mehak Babbar Art Studio.

Societies

Ahaarya

About the Society:

Ahaarya is the official dance society of Shaheed Rajguru College of Applied Sciences for Women. The word Ahaarya means 'a way to express'. The society was founded on 21st May 2014 with just 10 members and now has a legacy of over 35 members. The society has been associated with some of the best dance clubs and the members are trained by renowned artists like Aastik Tewatia, Sangram, Rakshit Arora, Gaurav Rawat, Abhibhav Sharma, Yogi Verma, Kunal Shrivastava, etc. Ahaarya isn't just a dance society but a beautiful golden platform that not only provides budding artists with great opportunities in the field of dance but also helps them learn various other skills and valuable lessons of life. Our dance society is a family that eats together, laughs together, sticks together, and stands up for each other; we are always there for each other for not just dance but also for lessons on academics, personal development, and life in general.

Vision:

The society has always worked to create a synergy of talents in the field of dance and increase the pool of skills, create a 360° exposure for its team members and keep its eye on maintaining the name and prestige of the college. We motivate the will of all the individuals to identify the spark in themselves, polish it by striving harder and pushing the limits to make them a better and confident version of themselves. We offer a plethora of avenues for the development of each member of our family. Ahaarya let its unique awesomeness and positive energy inspire confidence in others. Ahaarya surely is a temple of learning, field of happiness, source of good vibes and a lantern of optimism.

Activities:

Ahaarya has always enthusiastically participated in various events and activities of our college:

- To kick off the year, we welcomed all the pumped up freshers to the first session of their golden college days with a splendid performance and briefing an introduction of our society on the Orientation Day.
- Next, we had a spectacular performance, a 'Flash Mob' to showcase our vibrant and colourful wings to the freshers.
- Next came out patriotic performance on Rajguru Day, soon followed by a stunning performance on Fresher's Party for giving an extra dosage of energy to the crowd buzzing with excitement and boosting the happiness of beautiful Rajguruites.

The society conducts auditions to incorporate fresh talent into the team every year. Around 60 individuals are selected every year. Selected students get a chance to get trained in different styles, like locking, house, hip-hop, electro, trumping, etc., by renowned choreographers. After training of the individuals we aim towards enhancing the skills of an individual and after all this, the dance team performs in various colleges all over in Delhi like SRCC, Sri Venkateswara college, Sri Aurobindo College, Mata Sundari college, Kirori Mal college, CVS, Hansraj college, in almost all of the colleges of Delhi University and some private universities as well. In addition, the team also performs atoutstationfestlike in IIT Jodhpur, IIM Rohtak, etc.

Events Organized by Ahharya:

Ahaarya organises various dance events in the college premises throughout the year. This year Ahaarya organised intra-college western and classical dance competitions on Diwali Mela in the college premises. We also organised a very exuberant solo dance battle - Backstreets, during the annual cultural fest. The battle was a great success with participants coming in from all over Delhi. We also had the honour of having Abhibhav Sharma (a renowned dance artist) as our judge, as well as DJ - Puppeteer (known for his amazing work) and Anchor - Agam Anand (an open hearted person and a great dancer of dancehall style). Ahaarya also organised dance events like Dancellenium - solo and duet dance competition; Kinesthesia - choreography dance competition; and Beat Puppets - western group dance competition.

Few Achievements of 2019-2020:

- **1st position:** Krishna engineering college , Ishaan music college , SFS institute Shree Guru Gobind Singh Tricentenary University , Rawal institutions of engineering and technology.
- **2nd position:** Technia institute, unique dance competition, talent trial season 3.
- **3rd position:** All India dance championship, IIMT group of colleges, IIT Jodhpur.



Elvira

About the Society:

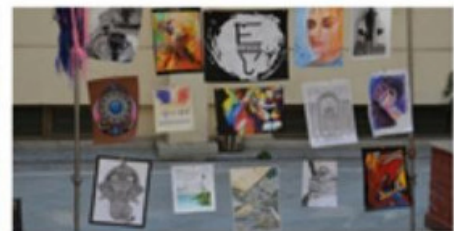
Elvira is the Fine Arts Society of Shaheed Rajguru College. Their aim is to represent not the outward appearance, but the inward significance. With this perspective since 2014, the team has been reflecting the true value of existence of every single unit that surrounds you with the flair of their vision. The ingenious team can give you the tranquil experience on all the college events with their expertise. The secret is not only the technical know-how but also the spirit, commitment, trust and the energy that binds this society together and build it as a team. The team members' active participation in competitions, paid with an unrivalled exposure and kept the society on the top-notch. The practice sessions revamped the potential as well as brought the harmony to the team not only throughout the session but for life.

Activities:

S.No.	EVENT	CATEGORY	DATE
1.	Art shop	Workshop	07-08-19
2.	Independence Day	Decoration	14-08-19
3.	Rajguru Day	Decoration	27-08-19
4.	Convocation of Batch 2017	Decoration	27-08-19
5.	Fresher's	Decoration	30-08-19
6.	Card Making	Session	04-09-19
7.	Newspaper Dressing	Session	12-09-19
8.	Quilling	Session	30-09-19
9.	Diwali Mela	Decoration	23-10-19
10.	Scribble The Fiddle	Mandala Competition	23-10-19
11.	Art Gallery	Session	17-12-19 to 20-12-19
12.	Carnival Season	Painting Competition	06-01-20
13.	Face Painting	Session	07-01-20
14.	T-Shirt Painting	Session	08-01-20
15.	Paper Cutting	Session	09-01-20
16.	Newspaper Dressing	Session	10-01-20
17.	Live Sketching	Session	11-01-20
18.	Brushless Painting	Session	13-01-20
19.	Karvaan	Decoration	03-03-20
20.	Vistoso	Decoration	03-03-20
21.	Rang Amaizi	Painting Competition	03-03-20
22.	Skica	Sketching Competition	03-03-20
23.	Concentrica	Mandala Competition	03-03-20
24.	Cover it Up	Book Cover Competition	03-03-20
25.	Paper Majick	Crafting Competition	03-03-20
26.	Costume Drama	Newspaper Dressing	04-03-20
27.	Vista	Art Exhibition	03-03-20

Achievements:

S.NO.	YEAR	EVENT	COLLEGE	PARTICIPATION	DATE	PRIZE
1	2019-20	MANDALA	DTU	INDIVIDUAL	4-10-19	FIRST
2	2019-20	RANGBAZI	IIT- BHU	TEAM	19-1-20	SPECIAL MENTION
3	2019-20	FACE PAINTING	IIT- BHU	TEAM	19-1-20	SPECIAL MENTION
4	2019-20	VASTRA SHILP	IIT- BHU	TEAM	19-1-20	FIRST
5	2019-20	VASTRA SHILP	IIT-BHU	TEAM	19-1-20	SPECIAL MENTION
6	2019-20	RANGOLI	DSEC	TEAM	17-2-20	THIRD
7	2019-20	FACE PAINTING	BHARTI COLLEGE	TEAM	18-2-20	SECOND
8	2019-20	SKETCHING	PGDAV	INDIVIDUAL	18-2-20	FIRST
9	2019-20	NEWSPAPER DRESSING	DSEC	TEAM	19-2-20	FIRST
10	2019-20	NEWSPAPER DRESSING	DSEC	TEAM	19-2-20	THIRD
11	2019-20	COMICON	ANDC	TEAM	20-2-20	SECOND
12	2019-20	PLATE PAINTING	BCAS	INDIVIDUAL	25-2-20	SECOND
13	2019-20	CARNIVAL PAINTING	SRCASW	INDIVIDUAL	6-1-20	FIRST
14	2019-20	TABLE DECORATION	FLOWERSHOW	INDIVIDUAL	29-2-20	THIRD
15	2019-20	TABLE DECORATION	FLOWER SHOW	INDIVIDUAL	29-2-20	SPECIAL MENTION
16	2019-20	EASTERN STYLE	FLOWERSHOW	INDIVIDUAL	29-2-20	SPECIAL MENTION
17	2019-20	RANGOLI	FLOWERSHOW	INDIVIDUAL	29-2-20	SPECIAL MENTION
18	2019-20	WESTERN STYLE	FLOWERSHOW	INDIVIDUAL	29-2-20	SPECIAL MENTION
19	2019-20	NEWSPAPER DRESSING	MAC, DU	TEAM	5-3-20	THIRD



Glamfire

Glamfire, the Fashion Society of Shaheed Rajguru College, brings students from different streams together who have an interest in fashion. The fashion society includes a passionate and creative team of students who work as models, makeup artists and designers all at the same time. We go through rigorous practice sessions right from the beginning of the year.

We try to depict a particular theme each year through fashion with an aim to leave an impact on the society. This year Glamfire's annual production was named 'Soch', through which we depicted the struggles women face and how they emerge as warriors from the web of all the problems faced by them.

The society was headed by Preet Yadav and Isha Pokhriyal and assisted by Maryam Jawwad for the session 2019-20. The society is being convened by Dr. Ritika Chopra along with Ms. Asha Yadav.

List of Societies activities include:

- A Workshop was conducted during the session 2019-20 followed by a Flash mob.
- Auditions were undertaken which were judged by the President Preet Yadav, Vice President Isha Pokhriyal and former Vice President Harshita Kapoor.
- Organised an intra college competition Miss Ethnic on the occasion of Diwali Mela which was judged by Prateek Verma, President of Bandwagons (Sri Aurobindo College Fashion society).
- Performed at Diwali Mela.
- Organised an inter college group fashion event 'Vogue' which was judged by Justin Rufus, IMG Mr. India 2017 finalist. He has also won the title of Mr. Teen India and Mr. Delhi walks several times.
- Organised Mr and Miss Karvaan which was judged by Shivangi Kalakoti and Preet Yadav. Performed the annual production of the society 'Soch' on the first day of Karvaan'20.
- Performed as a Guest Performer at the annual fest of the Women Development Cell of Deen Dayal Upadhyaya College.



Glamfire's Achievements for the session 2019-2020 are as follows:

- First Position at Kashiyatra, Indian Institute of Technology(BHU).
- First Position at Impulse, Commerce fest of Satyawati College(Evening).
- First Position at Coerenza, South Asian University.
- First Position at ICDP, Shaheed Bhagat Singh College.
- Second Position at Aurora, Satyawati College (Evening).
- Third Position at La Karmesse, Management education and Research Institute.
- One of our models bagged the title of Miss Aloha at the annual cultural festival of Delhi Metropolitan Education.



Globetrotters

It is often said that a man cannot discover new oceans unless he has the courage to lose sight of the shore. We, at Globetrotters: Travel and Tourism Society of Shaheed Rajguru College of Applied Sciences for Women, with the very same spirit, started our new session last year, with our society's orientation on the 13th of September. We invited a budding prodigal cinematographer and traveller Mr. Shivam Sharma, where he shared his experiences on how he dealt with his struggles and travel-career based dilemmas that confronted him on a daily basis both personally and financially, in the process, motivating and giving an improvised way of thinking and doing, to students who wished to pave a career in this field or just simply, wanted to travel/explore a bit more.

Our next event was our very first society fest, RAAHI 2019 on the 27th of September. The fest included bringing together and showcasing the vibrant and lively cultural diversity of our motherland. It was very cooperatively organised with the north-east cell of our college, and began with our prime guests actively participating in a podcast organised by our members about their struggles with travelling from the northern most of our country to the southernmost tip on a scooty thus inspiring the students of how nothing really beats perseverance and how bad you want to achieve a feat, being followed by an educational presentation by the north east cell of the diversity among the seven sisters and their each individual culture while maintaining their unity.

Next up to with amazingly refreshing and energetic regional/traditional dance performances, the members of our society as well as our very enthusiastic participants captured the audience entirely, also thereby a deeply enriching and thought provoking patriotic poem was presented by one of our participants and the fest concluded with a laugh riot - stand up show by our members, thus leaving our audience with a smile on their faces and a successfully concluded fun and educational event.

At the start of our new year 2020, Our next progressive feat was organising our college trip to Udaipur in collaboration with our student council, it was a great learning experience for both the councils and the trip ended very successfully providing a great feedback from our students who had their relaxing and rejuvenating fun organised stay at the great city of palaces.

The next one, followed with our individualistic participation in our college fest KARVAAN 2020, with various fun engaging activities and attractive stalls such as the selfie trip, Dastaan 2k20, the rock paper hop game and so on, grabbing students attention and marking a separate presence for the society and its members among great hustle bustle of the fest. Thus marking another great organising and participating spirit among our members and the invigorating spirit of our society as we continue to look forward to many such more.



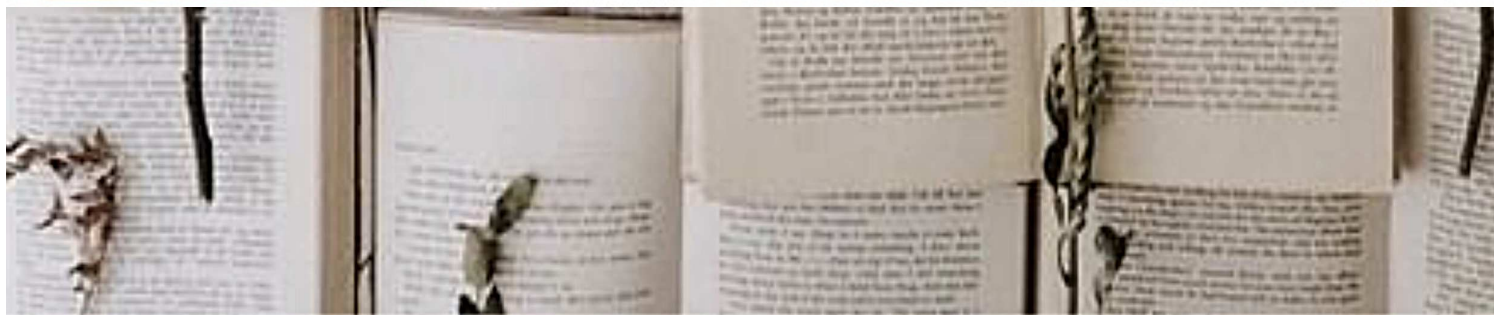
Inklings

Established in 2013, Inklings, the literary society of Shaheed Rajguru College of Applied Sciences for Women has been spearheading the creative side of Rajgurites and has always been striving to inculcate in them a sense of belonging with the vast universe of literature. Inklings has successfully served its purpose of providing all the logophiles and bibliophiles, one of the best platforms to showcase their talent where it can not only get the due appreciation but also act as the stepping stone for those who want to pursue literature as their career. Inklings organizes a plethora of events which includes:

- **Hindi Diwas:** Hindi Essay Writing, Poetry Writing competitions and a short quiz for the audience were held on 17th September, 2019. Along with that, a skit was performed by the members of Inklings highlighting the need and importance of Hindi as a language in the Indian culture.
- **Ramayana 2.0:** A storytelling competition- An intra-college event was held for the students of Shaheed Rajguru College on the occasion of Diwali Mela on 23rd October, 2019.
- **National Education Day:** An inter college essay writing competition was held on 11th November, 2019.
- **Quintessence 2020:** The annual literary festival, Quintessence 2020 was held on 28th January, 2020. Events organized during Quintessence'20 are as follows:
 - **Mukhatib:** An open interaction with a published author and other light attractions. Ms. Advaita Kala, the award winning screenplay writer of “Kahaani” and “Anjaana Anjaani” was the Chief Guest. Mr. Adnan Mughal and Mr. Rajat Sood also enthralled their audience with their Shayaris and stand-up comedy respectively.
 - **Jaadu-e-Alfaaz:** Slam Poetry Event. Mr Adnan Mughal and Mr Saqib Ansari were the distinguished judges for the same.
 - **Creative Writing Competition:** Participants had to show their creativity on the theme “Infinity in Iota” for the topics given on the spot.
- **The Conventional Debate**
- **Silent Strokes:** In collaboration with the online writing platform Wattpad, an online writing event was conducted where the participants had to weave a short story for the given prompts.
- **Microtale:** An online writing event was held where participants had to write a story for the given topics within the provided word limit.
- **Eloquentia 2020:** The Literary Event organized under the annual cultural festival of Shaheed Rajguru College of Applied Sciences for Women, Karvaan 2020 was held on 3rd March, 2020. An Open Mic event was conducted where entries ranging from Poetry, Storytelling, Rap, Music and Stand-Up Comedy were received.

Inklings achievements through the session 2019-2020 are as follows:

- Shruti Sadual: Envecologic Article Writing Competition-1st Prize, was also offered a summer internship as a web content developer for their e-magazine: Sustainability Today.
- Juhi Swami: Winner of online poetry writing competition in English Category organized under Khwabeeda 2.0 by the English Literary Association of SGTB Khalsa College.
- Megha Rai: Got special mention in Let(ter) It Out, an online open letter creative writing competition organized under Seshat'20, the annual Literary Fest of Sri Guru Gobind Singh College of Commerce.
- Pragya Singh: Got consolation prize at Mata Sundari College in Slam Poetry event organized by the Travel and Tourism Department. Got the chance to perform pieces for Your Quote, Your Voice and The Social House: the biggest poetry platform of India. A poetry by her on the topic of Homosexuality crossed 1 lakh views and 2 other videos on Child Abuse and Transgender Community crossed 10K views in YouTube.
- Khushi Khandelwal: Performed as the guest performer in the slam poetry competition conducted by Ehsaas- mental health awareness society of the college.



Mark-haven

Mark-Haven, The Marketing Society of Shaheed Rajguru College of Applied Sciences for Women, aims to facilitate an all-round development of the students in the field of marketing and keep them abreast with the latest happenings in the said domain. We believe to achieve our aim through a plethora of initiatives taken by the society ranging from knowledge sharing sessions to guest lectures by industry experts.

We at Mark-Haven always strive to provide the students with cutting-edge set of skills, not only in the field of marketing but also in other real-life skills like leadership, management, creativity along with teamwork and has proved its bearing with its achievements. In the very first year of its functioning, Mark-Haven organised Transcend'20, its annual marketing fest with participants from the top universities from all over Delhi- NCR and various IIMs.

We are proud of the whole team that made it possible to pull off our very first fest successfully receiving positive feedback from participants.

With immense pride we share the society's achievements:

- Competition Name - Baby and Boujee, GARGI College
Winner's Name - Anusha Goel
Position Obtained- 2nd Position
- Competition Name - Brandboozled, CVS
Winner's Name - Ishika Riwaria
Position Obtained- 2nd Position
- Competition Name - Catch me if you can, CVS
Winner's Name - Radhika Malhotra, Ayushi Goyal
Position Obtained- 3rd Position
- Competition Name - Banking Rip Off, SGGSCC
Winner's Name - Radhika Malhotra, Ayushi Goyal
Position Obtained- 2nd Position
- Competition Name - VENYOU, VIPS
Winner's Name - Aarushi Singh, Priya Makkar, Avni Goel and Ishika Jain
Position Obtained- 1st Position
- Competition Name - Call for War
Winner's Name - Navya Rohatgi
Position Obtained- 4th Position

Mark-Haven believes in growth through experience and hands on training, that is why an organisation associated with conduct of digital marketing sessions for the students is the priormost agenda of the society.We believe that, in this new age powered by technology, commerce as a field, including its marketing aspects, is ever changing and evolving.

Therefore, it is important to prepare the youth, who are not just theoretical prepared but also have the practical knowledge and hands on training in the field. The Sessions and workshops are organised by inviting eminent personalities from the industry with insights to guide the members. Earnest efforts are made to deliver practical knowledge to the students through the live projects and increased number of sessions that will help in their holistic development.We also look forward to collaborating with various organisations which can benefit us with hands-on learning and training. Speaker sessions by a diverse group of marketers is also on our list.

With this, Mark-Haven has taken upon itself the responsibility to contribute in as many ways as possible for the upliftment of the students. The progress of this society would not have been possible without the support of the college authorities. We pay our sincerest gratitude to the college authorities and appreciate the efforts of our team members, the Mark Haven family members.



Mukhauta

Mukhauta, the Dramatics Society of Shaheed Rajguru College was established in the year 2012 to bring light to the unnoticed problems our society is facing. We work together as a team to learn and evolve using theatre as an art form and use our opinions and voice to make a social change, even if it targets a smaller audience. Known for our dedication, commitment and hard work, we have been widely appreciated for our work over the years. We work not just for the applause, but also for people to introspect and work to become better versions of themselves. In the process of making a social impact, we ourselves turn into a loving family who stand by each other through thick and thin. The craziness, memories and endless love we get here leaves a mark on us for the rest of our lives. From teaching us acting skills to teaching us life skills, this family has given us all. Mukhauta's achievements through the session 2019-20 are as follows:

- 1st position at the Annual Street Play event of Symbiosis Law School.
- 1st position at the Annual Street Play event of the School of Architecture and Planning.
- 1st position at Hindi Department fest of Bharti College, Delhi University.
- 1st position at the Annual Street Play event of Delhi Institute of Advanced Studies.
- 1st position at the Annual Street Play event of Asian Educational Group.
- 2nd position at the Annual Street Play event of Aravali College.
- 2nd position at the Annual Street Play event of Gitarattan International Business School.
- 3rd position at NSS Fest of Daulat Ram College, Delhi University.
- 3rd position at the Annual Street Play event of Kalindi College, Delhi University.
- 3rd position at Annual Street Play event of Bharati Vidyapeeth Institute of Management and Research.
- 3rd Best Music Award at Noida Rang Mahotsav. Special Mention at Annual Street Play event of Maharaja Surajmal Institute.
- Divyanshi Kumar bagged the Best Female Actor Award at Maharaja Surajmal College.
- 1st Consolation Prize at Udaan.
- Got an opportunity to perform at Manthan- The largest Street Play Festival by Shaheed Sukhdev College, Delhi University.
- Got the opportunity to perform at National School of Drama.
- Best Script Award at Annual Street Play event of Aryabhata College, Delhi University.



Philyra

- **FLASHMOB**

- On 1st of August, 2019, Philyra, The Music Society of Shaheed Rajguru College had innovatively come up with the idea of flash mob for announcing the beginning of PHILYRA, the western Acapella which was highly enjoyed by the staff and students of the college.

- **RAJGURU DAY & CONVOCATION**

- The Rajguru family celebrated Rajguru day and the convocation ceremony was held on 23rd August, 2019 in the amphitheatre. The event was again marked by Philyra Performance collaborating various melodies.

- **FRESHERS DAY**

- Fresher's party was organized on 30th of August, 2019 to welcome newcomers for the session 2019-20. Philyra had set up a captivating performance sync with the theme of the freshers day: "Halloween".

- **ANNUAL FEST - KAARVAN 2020**

- The student council of SRCASW organized the annual fest, Kaarvan. Philyra had organized 3 events namely, NIRVANA: Indian Solo, CADENZA: Western Duet, CHORALE: Indian Classical Choir competition. These events were judged by Mr. Anshuman Bhattacharya, Ms.Para Dholakia and Ms.Tyesha Kohli.

- **OFFICE BEARERS OF PHILYRA**

- Co-Presidents: Sakshi Bhasin and Samarpita Debnath
- General Secretary: Jigisha Jindal
- Treasurer: Sapna Bhandari






Raqam

RAQAM- The Finance and Investment Society of Shaheed Rajguru College of Applied Sciences for Women, was founded in August 2019 by the students of the Department of Management and Financial Studies, and has come a long way since the inception.

The society aims at providing the right platform to the students in order to gear their interest towards the correct and possible avenues that exist in the field of finance. The motto of the society is to “impart in-fin-ite knowledge” not only in the field of finance but also by showcasing and developing skills like teamwork, leadership, management, communication, creativity, etc.

In the very first academic year, the society has conducted various Knowledge Sharing Sessions, Workshops and Seminars, the highlight being its first Finance Fest- REVENIRE'20, which consisted of engaging competitions and witnessed participation of students from colleges across Delhi/NCR and IIMs . The society received positive feedback from both the participants and the college faculty for the fest and it would be conducted with the same enthusiasm and zeal every year.

Laurels brought by the society members, which has made our foundation stronger:

- Anjali Singh, Vanshika Sharma- 1st Position (Case Study Competition, NSUT).
 - Itika Agarwal & Bhavna Bansal- 1st Position (Pictomania, Delhi Technological University).
 - Anusha Goel- 1st Position (Coronamics, Maharaja Agrasen College, DU).
 - Vanshika Jain- 2nd Position (Mock Stock, SCMS,Noida).
 - Navya Rohatgi, Ashna Puri- 3rd Position (BrainOVita, Maharaja Agrasen College, DU).
 - Vanshika Jain- 3rd Position (Mock Stock, Dr.Bhim Rao Ambedkar College).
 - Riddhi Sharda- 3rd Position (Corona Act, Maharaja Agrasen College, DU).
 - Sunishtha Arora, Riddhi Sharda- 4th Position (Back to the Future, Shaheed Bhagat Singh College).
 - Navya Rohatgi, Gracy Babbar, Anusha Goel- Top 7 teams (Pictomania, Delhi Technological University).
 - Diksha Kapoor, Priya Makkar- Top 14 out of 100 Teams (Chronicles of Corporates, Kirori Mal College).
 - Anusha Goel- Top 15 out of 100 Teams (F.U.N.D.S. by SGGSC).
 - Vanshika Jain- Top 15 out of 100 Teams (F.U.N.D.S. by SGGSC).
 - Ridhi Uppal, Anjali Singh- Top 15 out of 100 Teams (Trade-O-Mania, Gargi College).
 - Vanshika Jain, Ridhi Uppal- Top 80 out of 300 Teams (Stock-A-Demic, Keshav Mahavidyalaya).
- 

The future prospects of the society includes taking this lineage to greater heights under the guidance of Mrs. Sanjana Monga (Convener), along with other faculty members and with joint efforts of the society council and its Members.



Shuffleshots : Capturing life, Creating Art

Shuffleshots is the photography society of Shaheed Rajguru College of Applied Sciences for Women. We aim at serving as an ideal platform to share and gain photography knowledge and enhance photography skills of budding photographers by organizing competitions, workshops, photo walks for the practical implementation and exhibition thus providing exposure to its enthusiastic cohort of photographers.

For the first time, Shuffleshots stepped into the world of Film Making by organizing Short Film Making Competition on Karvaan'20.

Here are few highlights of our session:

- Hosted its first ever photography exhibition “NAZAARA” providing a platform for students to showcase their creativity and talent on Diwali Mela'19 displaying 150+ pictures on various themes like abstract, nature, Black & White, Architecture etc.



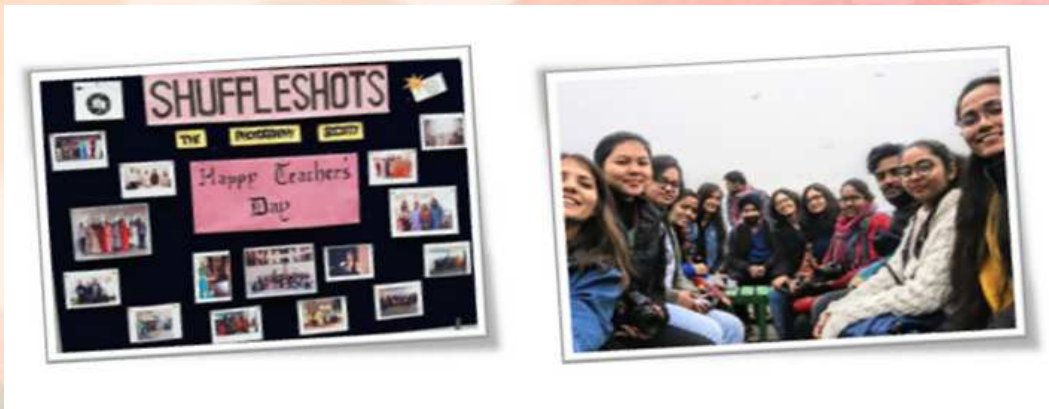
- Organized 2 photo walks to Humayun's Tomb, Yamuna Ghats and Chandni Chowk and a workshop on Basic, Portrait and Street Photography by Mr. Harmeet Singh.



- Covered many of the college's official events such as Independence Day, Convocation Ceremony, Rajguru Day and Oath Taking Ceremony with Chief Guest Honorable Gautama Gambhir and participated in the 62nd Annual Flower show of University of Delhi.



- Shuffleshots organized various photography Competitions on International Women's Day, Republic Day, Gurupurab, Christmas day, Diwali Mela and Karvaan, annual cultural festival.



- Society members also took part in various inter college online Competitions by IIT Roorkee, IIITM Gwalior, ABES, IIT Delhi, IIFT, IGDTU, SGTB Khalsa College, Gargi College, Miranda House etc making our college proud.

Youth Parliament



The agora of our society is the platform for all the contemporary gladiators on a quest of envisioning political issues, which our country is facing today. The Society of Youth Parliament laid its pious foundation in the premises of the college on July 2016 and has been blossomed ever since.

We aim to associate the young people of India with one another with the sentiment of "Vaisudhaiva kutumbakam".

On 26 November, CONSTITUTION DAY, we had small event of preamble reading. Our Students attended live session addressed by our Honorable Prime Minister Narendra Modi. We had an interactive session on "Constitution of India" by Dr. Ritu Kohli, Associate professor, Dept of Pol Sc, Maharaja Agrasen college, University of Delhi.



10th Bhartiya Chhatra Sansad

Bharatiya Chhatra Sansad along with MIT School of Government organised a four-day Bharatiya Chhatra Sansad or Indian Student Parliament, New Delhi in which 4 of the members of The Society of Youth Parliament namely, Shivani Chaudhary (Statistics, year 3), Diksha Bohra (Bsc Hons physics, year 2), Mehak Sharma (Bsc Hons physics, year 2) and Garima Sati (Bsc Hons physics, year 3) participated. The Sansad commenced in the capital of India from February 20th to February 23rd, 2020 at Vigyan Bhavan, New Delhi. Over 2,000 students from across 24 states and 400 universities participated in the 10th BCS. The 4-day conference saw noted parliamentarians and society icons. The 10th Bharatiya Chhatra Sansad included eight sessions, around a diverse range of topics.

On 28th January, Our Youth Parliament Society organised an Essay writing competition with certain topics, which were;

- Indian Constitution is federal in nature and unitary in spirit
- Rigidity and flexibility of constitution
- Education and Politics

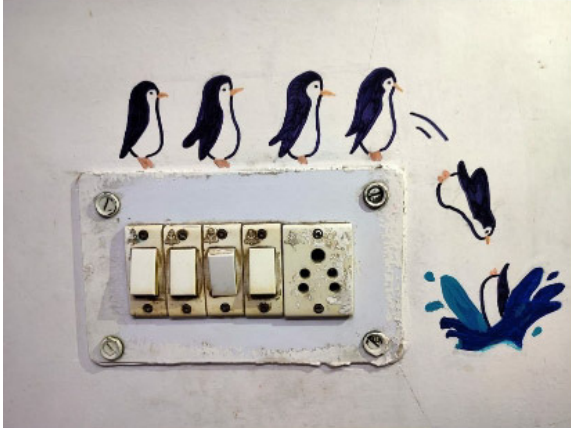
Sudeeti Kapadia secured 1st rank and Srijaya Maity secured 2nd rank.

India under lockdown, but talents-uprising:

During this lockdown period, on 14th of April, we organized an event on the occasion of Ambedkar Jayanti to welcome slogans from our college students on the theme "Lockdown". Also we welcomed WRITE UP on the topic "My Vision for Present India". It was great pleasure for us to have view of our country from individual's eyes. Apart from the college, our members shined out outside as well during lockdown;

- Diksha Bohra (B.Sc. (Hons) Physics, 2nd Year) secured 2nd position in Vivekananda Youth Parliament declamation competition week 3 and 1st position in debate competition organised by Uttarakhand Chhatra Sansad on June 20, 2020.
- Mehak Sharma (B.Sc. (Hons) Physics, 2nd Year) was one of the Top 10 in the declamation competition organised by Himachal Kala Manch.





"THE PAINTER HAS
THE UNIVERSE IN HIS
MIND AND HANDS."

-LEONARDO DA VINCI

By : Richa Jaiswal (B.sc Psychology(H),1st year)

Initiatives

EHSAAS- The Mental Health Awareness Society

EHSAAS - The Mental Health Awareness Society of SRCASW, aims to encourage people to seek help and stop shaming mental illness. The aim is not just to spread awareness but to also bring people out from the raven shade. The society is working out together to fight the battle of societal negligence and norms over mental health. EHSAAS has reached many lives through organizing inter and intra-college events which have proved generative. A rally on 'suicide prevention' was organized in which many students from the college participated. The society also organized a short-play written by its members to spread awareness on mental health.

In October, the society organized an interactive session on 'Mental Health First Aid'. The speaker of the session was Ms. Jigyasa Tandon, who introduced the concept of Mental Health First Aid and emphasized on how anyone can be mental health aider. Following this, later in October, the society organized events like 'Do-meethe-bol' and 'Crack-it-down' on the occasion of 'Diwali Mela' held in the college. Both these events aimed to spread happiness and gratitude.

In January, a 'Music Therapy' workshop under the guidance of Ms. Meena Gupta and Ms. Radhika was conducted that turned fruitful in letting down the daily routine stress of students and achieve peace of mind.

The society also actively participated in the annual fest of the college, 'KARVAAN'20'. The society organized a Slam Poetry competition based on the theme of 'Self Awareness'. Alongside, the society organized an activity, 'The Wall of Kindness', where participants wrote their kind deeds and were asked to spread the generosity with others.

The society is now looking forward to command the society over the taboos and stigmas of mental illness. Our current endeavors include a 'Peer Counseling Project', where the already trained members of the society will provide the same information to the students of the college, and together create a peer counseling support group in the campus. Very soon we aim to start community outreach programs with the objective of creating a mentally safe environment. It's time for us to bring a change in our environment and our thought process, for the betterment of humankind. With this vision, our society will keep serving ahead.



Enactus

Shaheed Rajguru College of Applied Sciences for Women is one of the most coveted colleges of The University of Delhi. The students have brilliant minds, empowering vision and the zest to change this world. In order to put these minds to work and bring a small change in the world, Enactus Rajguru was established in January 2018. Enactus Rajguru believes that it is not just mankind which is entitled to respect and power; not just womankind who should have equal rights and opportunities, but the entire humankind. Therefore, we chose to make this world amiable for the LGBTQIA+ community by initiating Project Pehchaan.

- *Pehchaan*: Making members of the LGBTQIA+ community self-sustainable by training them to take up entrepreneurial activity.
- *Skill Development Program*: Yoga, beauty, computer, English, and stitching sessions are conducted free of cost. Nine beneficiaries have successfully completed the SDP, which has served as a means of earning for them. SDP 2.0 has also been commenced.
- *Sehej*: Produces healthy, and organic cookies and jams with the key ingredient, millet which benefits the health. A zero waste producing business enterprise, it also contributes to environmental conservation. Sehej is currently employing 2 members. Deducting all costs, it makes about 24 rupees per unit.
- *Cafe Sehej*: Serves freshly prepared delicacies and brings millets back on our plates. Tentatively to be set up in next 3 months.
- *Kashida*: Cloth and Jewellery brand, launched on 12th February 2020 to empower female sex workers. Enactus is currently working on receiving incubation from the Ministry of Micro, Small and Medium Enterprise (MSME).
- Put up stalls for sale of products at various colleges like Miranda House, MDI Gurgaon, Delhi Technology University etc. which are received with great zeal and enthusiasm.

Enactus Achievements:

- Fetched a sponsorship of Rs 50,000 from KPMG last year and qualified among the top 50 teams for Enactus Nationals.
- Sehej has a strong foundation in the market now. The estimated break even point is 2,274 in units and 2,86,550 in rupees.
- Secured the third position along with a special mention at ESUMMIT by IIT Hyderabad.
- Participated at E SUMMIT organised by Delhi Technology University.
- Participated in B-Plan Competition organised by Symbiosis, Noida.

Enactus believes that we all win and Enactus Rajguru strives everyday to ensure that this world has everyone as winners and equals.



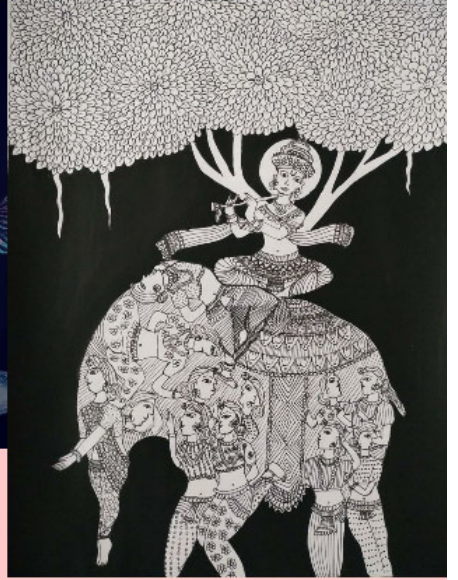
National Service Scheme (NSS)

The NSS unit has been trying to spread love and kindness in their society by engaging in social service. The Motto of NSS "Not Me But You", reflects the essence of democratic living and upholds the need for self-less service. NSS helps the students' development & appreciation to other person's point of view and also show consideration towards other living beings.

In this regard, NSS unit of Shaheed Rajguru college of Applied sciences for women has organised various rallies on themes, abolishing plastic, saving earth, saving girl child etc. Various seminars on topics like, road safety, legal aid on sessions on topics like: workplace harassment, free legal aid, fundamental rights. The unit has also worked on raising awareness through campaigns like: Election Awareness Campaign, Fit India campaign etc. A 7-day NSS camp was also organised in the college to teach the true meaning of giving and selflessness. The volunteers have tried to do their bit for the society under various drives. They taught under privileged students under literacy, slum adoption; made regular visits to old age homes and orphanage visits; started working on the initiative of starting Vermicomposting in college under the Vermicomposting drive; ensured cleanliness in and around the college campus under the cleanliness drive; collected various items like notebooks, clothes, sanitary napkins, etc. for the under privileged as part of the collection drive and worked towards empowering women under the women upliftment drive.

The volunteers under NSS have tried and also tried to teach others to be kind by doing small bits from their end hoping that it leads to bigger change in the future.





**“CREATIVITY TAKES
COURAGE”**



-HENRI MATISSE

Top Row (left to right) : Apurva Bajaj (B.sc
Mathematics(h) 2nd year)

Middle And Bottom Row: Jyoti
Mittal (B.sc Biochemistry(H) , 1st
year)

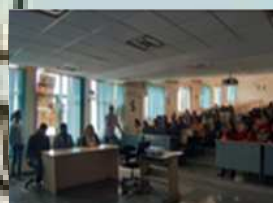
Clubs

Robotics Club

Robotics Club aims to make students aware of Robot technology and use their programming skills to program Robots. It started with Faculty members participating in a Teacher's Robotics Competition held at IIT Bombay under E-Yantra, an MHRD initiative. Since then every year students participate in the E-Yantra student competition. For the session 2019-20, four teams from Robotics Club were participating and selected for the competition. Now, there are 30 members of Robotics clubs.

In order to enhance the skill on Robotics Engineering, Robotics Club in collaborating with Department of Instrumentation of Shaheed Rajguru College of Applied Science for Women has successfully organised Two days Hands - On Workshop on the topic "I Senso Botz for Embedded System" on 17th and 18th February, 2020. The Workshop was conducted by Harshit Verma Sir, Research and Development Engineer in Robosol - for a cause and it was sponsored by IEEE.

In this Workshop, 51 students from different departments such as Electronics, Instrumentation, Computer Science and Physics had participated. In this workshop, the main idea is to increase the basics of the students about the Arduino Uno and its interface device, and also to aware its application. Participants in this workshop have learnt about the Arduino Board, Arduino uno software, coding on it, circuit making with other interfaced devices and Embedded systems. At the end of the Workshop, a coding competition on Arduino Uno was organised among the participants. The felicitation program has been performed at the end of the workshop on 18th February, 2020.



Pravridhi - Eco Club

Pravridhi - Eco Club of Shaheed Rajguru College is always cognizant and active towards building an environment-friendly campus that is sustainable and green. This includes taking care of the cleanliness in and around the campus, waste minimization, promotion of an effective recycling program, working on finding conventional sources of energy for its daily power needs and in organising workshops and training programs to spread awareness at ground levels. Thus, the institute takes an opportunity in redefining its environmental culture and in developing paradigms by creating sustainable solutions to the environmental, social and economic needs.

Students form the key part of a nation and its progress. The momentum that comes from youth in schools, colleges to solve environmental crises is one of the best ways to create an environment friendly atmosphere in their immediate surroundings and neighborhood.

PRAVRIDHI, eco-club of Shaheed Rajguru College of Applied Sciences for Women was established in 2005 with a group of twenty students and faculty members. It aims to generate awareness on the environmental crisis in college, surrounding localities and builds connections with other colleges and schools in Delhi. This engages participation of students, teachers/non-teaching staff members, local people, and students from other colleges and schools as well.

This helps in sensitization and in creating a sense of responsibility towards various environmental issues as a component of holistic growth of the college.

Following is the list of year-round events and activities organized by eco club:

- **Himalaya Day:**

2nd August, 2019 In collaboration with the CMS Vatavaran 'Environment and Wildlife International Film Festival and Forum' an inter-departmental fest was organized on the theme 'Celebrating Himalayas' on 2nd August, 2019. Students from different colleges participated in the various events like poster making, sloganeering, model creation, rangoli competition, skits etc.

- **Tree Plantation Drive: 16th September 2019**

In a continuous effort to enhance the green cover in the campus, 'tree-plantation drive' was organized on the Ozone day, 16th September 2019 by Pravridhi, the eco-club of SRCASW in association with 'Harela Foundation' and 'Shakti'. Event showed participation of 350 students and academic and non-academic staff at large. More than 50 saplings of different fruit trees e.g. guava, peach, jamun, amla, mango, lemon etc., ornamental plants e.g. moringa, neem, peepal, ashok, kachnar, champa, bottle brush etc. were planted throughout campus, in herbal gardens, fringes of ground etc.

- **#Green Month Celebrations:**

1st - 27th October 2019 To sensitize and motivate the students, staff and teachers at large, green month was organized by the eco-club of SRCASW that was divided into four week celebrations:

WEEK 1. Plastic Free Campus; 1st - 6th October, 2019

WEEK 2. Stop Energy Waste; 7th - 13th October, 2019

WEEK 3. Clean Campus; 14th - 20th October, 2019

WEEK 4. Green and Clean Diwali; 21st - 27th October, 2019



Members of eco-club and students from the different departments participated in spreading the awareness throughout the college through posters, banners, slogans, public displays etc. This served following purpose:

- Motivation and sensitization of the students.
- Implementation of the changes, like preventing unusual wastage of water, electricity etc.
- Plastic utensils used in the canteens like plastic cups, spoons and plates were replaced with steel utensils. Teachers and students brought their own utensils, water bottled and jute/cloth bags.
- Unusual throwing and wastage of papers. Focusing more on reusing and recycling it.
- Home driving message to increase green cover at homes like local gardening.
- Awareness on waste management and segregation.
- Celebrating Diwali with earthen lamps. No to crackers.

• **Workshop on 'Environmental Leadership and Sustainability': 21st October 2019**

Awareness on how Environmental Studies can bring entrepreneurship, can create jobs and can cover different fields from clothing, to waste management etc. a one day workshop was organized on 21st October, 2019. The workshop was organized by the eco-club of SRCASW in association with 'Sashakt Bharat', an NGO that works at bringing out innovation and creativity out of waste. The event was graced by the presence of joint director, IARI, Dr. J. P Sharma. Event covered discussion and talks by several eminent speakers and young innovators on 'Eco-Entrepreneurship', 'Sustainable Business', 'Creating Sustainable Alternatives for Better Future' and the 'Role of Doodlage as an industry leader of fashion'. The event showed participation of more than 150 students from various departments.

• **Intra-college activities/competitions:**

Month of January, 2020 Every year PRAVRIDHI organizes a month long intra-college activities to encourage participation from different departments in the college. The different activities aim at bringing out creativity, spreading awareness and sensitizing students by utilizing day to day simple and household things in sorting out environmental problems.

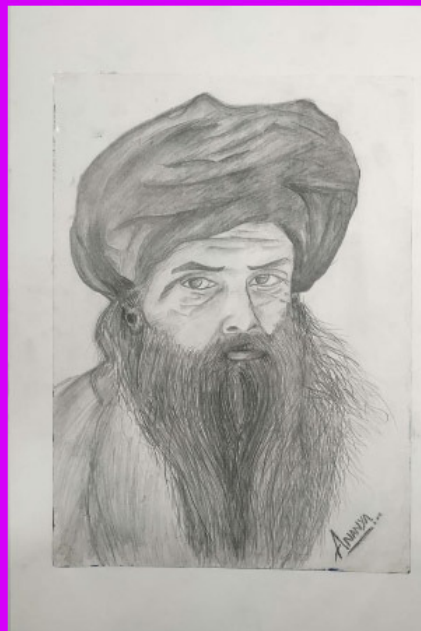
This year in the month of January, 2020 up to 5th February 2020, entries were invited for different events. Encouraging participation was observed from different departments like Chemistry, Biochemistry, Psychology, Microbiology, Management, Mathematics, Instrumentation, Computer Science, and Statistics. Attractive cash prizes were kept for the events Best out of waste, Eco jewelry, Paperless Posters, Paperless Slogans, MeMe competition, B-Plan competition and Vegan recipe. The team of judges did the judgement of the entries. The names of the winners were recorded to felicitate them on eco-fest.





“ART ENABLES US TO
FIND OURSELVES AND
LOSE OURSELVES AT
THE SAME TIME.”

—THOMAS MERTON



Top to bottom (left to right) : Prachi Rani (Business management, 3rd year) ; Sumedha Basu (Biomedical science, 1st year) ; Ananya Kaira (Mathematics, 1st year)

Cells

Anubhuti : Women Development Cell

- Organised a seminar on "Menstrual hygiene" under the aegis of IQAC and in collaboration with NGO, Youth for Sew (YFS) on October 16th, 2019 in SRG. The speakers included Ms. Adeeba Hoor (College Relations Coordinator-Delhi-NCR, YFS, Ms. Nikita Kashyap, College Relations Coordinator-Delhi, YFS and Ms. Shalini Shukla, Volunteer Management Coordinator-Delhi, YFS. The students were made aware about menstrual hygiene.
- Two faculty members of WDC and two students of college have attended Program on "Women Safety & Security Programme" on October 23, 2019 | FICCI, New Delhi.
- Organised a legal aid session on "Fundamental rights and Fundamental duties" for the awareness of students about legal aid with NSS unit of the college on 8th January 2020.
- Mr. Advocate Charan Jeet , a Panel Advocate Karkardooma court was speaker. The students were briefed about Fundamental duties and fundamental rights.
- Organised a movie screening on February 5th, 2020. A Movie "Hidden Figures" was shown. This Movie is about three female African-American mathematicians play a pivotal role in astronaut John Glenn's Launch into orbit and how they deal with gender discrimination at work.



Entrepreneurship cell

- ED cell organized an orientation program on 6th September, 2019 for the newly admitted students to provide them insights of ED cell and a brief on the objectives and functioning of society. Mr. Saurabh Chaturvedi, the CEO of Innolabz Ventures and Mr. Dev Bhardwaj from National Agrepreneur were the chief guests for this event who added their valuable experience to arouse the interest of young students.
- A certificate workshop on “Entrepreneurship Development” was conducted on 26th September 2019. The workshop was guided by Prof. S.K Palhan, the founder director of Great lakes institute of management, who shed a light on the importance of framing the business plan through different activities.
- In an Outreach activity a group of teachers and student coordinators went to five different adopted villages in Delhi-NCR on 2nd October,2019to expound the disadvantages of using plastic and to proffer alternatives for the same.
- During Diwali Mela, an intra college competition named Plastic surgery was organized on 23rdOctober,2019 in which participating teams were required to make useful products out of plastic waste and sell it in the college premises.
- A series of pre-Eureka business model workshops entitled ILLUMINATE, was organized in collaboration with E-CELL of IIT- BOMBAY on 31st October,2019. The speaker Mr.Sidharath Parimoo & the vice president of TikonaInfinet gave the participants insights into entrepreneurship and the challenges faced in business. Certificates and start-up kit with business model canvas were provided at the end.
- A workshop titled “Is College right time to start up” was conducted on 15th January 2020 with speakers Mr. Sanchit Agarwal and Dr. Rupesh Tyagi, co- founder of startup Ayata Intelligence. They shared their experiences and views in the path of venturing start up.
- ED Celltook the plunge of organizing a field visit to the nearby villages DALLUPURA, HAROLA and GHAROLI on the 3rd of January 2019. Objective was to generate a sense of awareness about the technological advancements linked to entrepreneurship among the small business operators of the village as well as the residents.
- A team of 10 students from ED Cellparticipated in the National Entrepreneurship Competitionentitled “E-Summit, IIT-B”organized by IIT BOMBAY on 1st and 2nd February, 2020 and baggedAIR-5 with being the only female dominated college in the advanced category to garner a top position.
- The ED Cell was awarded with Technology Based Incubator from medium and small scale Enterprises (MSME). One Of the startups on MUSHROOM CULTIVATION is being incubated in this.
- The ED Cell in collaboration with Institutions Innovation Council (IIC), Ministry of Human resources and Development organized SMART INDIA HACKATHON on 8th February 2020. The best solution of problem statements was conveyed to the SIH team for further approval.



North East cell



- **North-East cell** aims to address issues and concerns of students from North-Eastern states studying in the college, so as to ensure them a homely environment far away from home.
- It also provides a platform for North Eastern students of the college to showcase and spread awareness about the diverse and magnificent, yet less known, cultures and traditions of North East states.
- It has been organising events in collaboration with "Ek Bharat Shrestha Bharat" to promote and uphold cultural as well as educational exchange.
- The North East Cell organised an event "**TOURISM SHOWCASE**" as a celebration of World Tourism Day on Friday 27th September, 2019 in collaboration with Globetrotters (Travel and Tourism Society of SRCASW).
- The theme of the NE program for this year was "**Unexplored Slice of Paradise**".
- In this event, members of NE cell delivered talks on their representative state including information about their culture, communities, festivals, tourist spots, foods, etc.
- All the members showcased their traditional attires as a symbol of the Eight Sisters.
- The North East Cell also organised a '**painting competition**' on the theme "**Glimpses of North-East**" and a '**logo making competition**' for the North East Cell on 27th February, 2020.
- This event enhanced and showcased the creativity of the students and helped people to understand the beauty of North East states.
- The students and faculty also attended a national seminar held at Maharaja Agrasen College, University of Delhi on the "Migration of Youth from North-East India to Urban Metros" in August 2019.
- North East Cell also presented a '**food stall**' during Karvaan- Annual Cultural Fest of the College. The stall was set up to promote and showcase north eastern delicacies.



Training and Placement Cell

Shaheed Rajguru College has a well-established Training and Placement Cell for almost a decade now which recently became more structured and functional from the academic year 2019-20. With a prominent placement policy and placement brochure in place, we are all set to make a mark in the fields of both placement as well as training. The cell is headed by:

- The Principal – Dr. Payal Mago
- The Training and Placement Officer – Mrs. Ritika Tandon
- Convenor – Ms. Sonia Ahlawat
- Co-convenor – Mr. Amit Aggarwal

The cell is composed of 40 active students and around 14 faculty members from 14 different streams. We feel privileged to be associated with more than 25 reputed companies in the academic year 2019-20, like Wipro, TresVista, Jaro Education, Google and Vodafone to name a few. We have achieved to cover almost all the sectors from IT to Management/Consulting to provide relevant placement opportunities for students.

Here are a few glimpses from the placement season 2019-20:

Highest Package as of February 2020: 5.25 LPA (Business Development Associate, Planet Sparks).

Total Placements as of February 2020: 126 students (with total registrations of 274).

Average salary package as on February 2020: 3.3 LPA

The placement cell also provides both, soft and hard skill training to the students to make them better equipped with skills. A few sessions conducted for us by the industry experts are:

Ms. Meenakshi Prasad, Associate Director, Advisory Services, Ernst and Young LLP

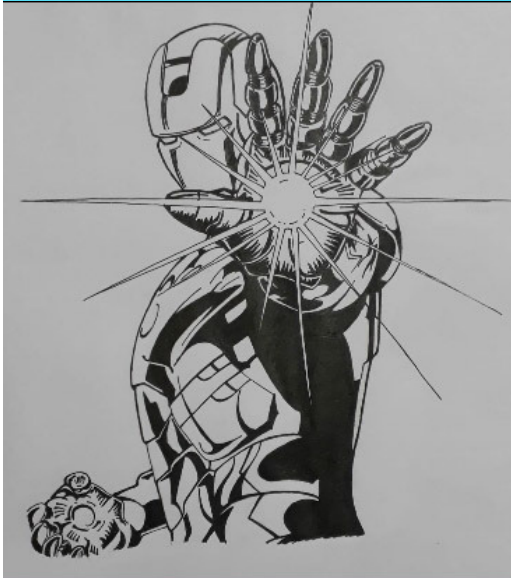
Mr. Naresh Kumar, HR Head, Crystal Travel

Mr. Ravi Malhotra, GMR Aviation Academy

Mr. Sameer Kapoor, Ex-VP, Bank of America

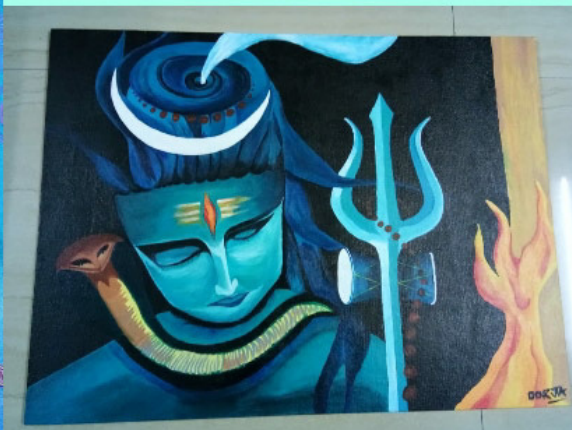
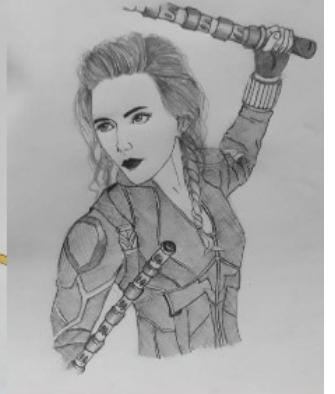
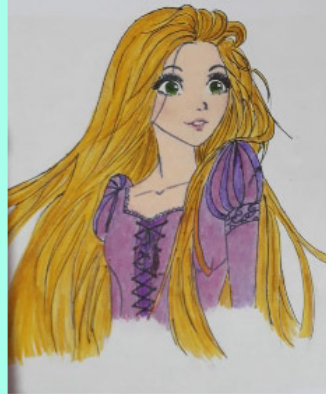
We have also been associated with TEMPLE by Mr. Gaurav Sharma, to conduct regular workshops to groom our students. “Excelling Campus to Corporate” is one such two-day rigorous program appreciated both by students as well as the faculty. We hereby look forward to working harder in the coming year to both train our students efficiently and accordingly place them in organizations of high repute.





"Learn the rules like a pro, so you can break them like an artist."

-Pablo Picasso



Top Row: Sayani Nag
(B.sc Food
Technology(H), 1st
year)

Bottom Row:
Dorja Gund (B.sc
Instrumentation
(H), 3rd year.

Rigidity and Flexibility of Constitution

“Constitution is not a mere lawyers document, it is a vehicle of Life, and its spirit is always the spirit of Age.” - Dr. B. R. Ambedkar This is how the Father of Indian Constitution defined the Constitution. It is not a mere code of conduct, but a living embodiment of collective conscience and reason. For our discussion, we make a distinction between the Constitution and the Constitutional morality. We argue that the Constitution is a legal meta-document, which forms the basis for subsequent laws in a State. The law of the land, which reflects the collective conscience of the people of its time, keeps on changing. The Constitutional morality on the other hand is based on reason and hence remains unchanged. This Constitutional morality includes guiding principles for subsequent laws to be framed. We stick to Indian Constitution for our discussion.

What are the guiding principles of Indian Constitution? As recognized by its preamble, Liberty, Equality, and Fraternity are the guiding principles upon which its democracy is structured. However there is a distinction between political and social democracy. Though the Indian polity remains democratic, its society is still largely feudal.

Therefore, these guiding principles do not reflect the collective conscience of present India. The dream however remains to achieve social democracy, i.e. the guiding principles of the Constitution become a way of life. Why? Because “political democracy cannot last unless there lies at the base of it social democracy.”

But it doesn't end here. There lies a paradox that no matter how well intended the Constitution is framed, it is always in danger of being misconstrued by those in power to undermine the very essence upon which it is based. Our founding fathers were well aware of this fact. Dr. Ambedkar once said, “it is perfectly possible to pervert the Constitution, without changing its form by merely changing the form of the administration” and “make it inconsistent and opposed to the spirit of the Constitution”. This ‘the spirit of the Constitution’ is what we earlier referred as the Constitutional morality. This is the reason why we distinguish it from the Constitution itself, i.e. it is very much possible to undermine the Constitutional morality without changing the Constitution itself. Then the question arises that who will ensure that the Constitutional morality is not undermined?

Abraham Lincoln famously said, “we the people are the rightful masters of both Congress and the courts, not to overthrow the Constitution but to overthrow the men who prevent the constitution.” Our own preamble starts with “we the people...”. The responsibility to safeguard the Constitutional morality ultimately falls down on the shoulders of the people of the land. Along with laying down the guiding principles, the Constitution also provides its people with tools, known as Fundamental Rights, to ensure the flexibility of the administration. We discuss this point later in detail. Therefore, with the inclusion of Fundamental Rights of individuals, the Constitution makes the people, not the state, its rightful owner. Thus, in case, those in power selectively interpret the Constitution with the intention to undermine the constitutional morality, the people become its custodian. “When injustice becomes law, resistance becomes duty” - Thomas Jefferson.

Next, we address whether the rigidity and flexibility of the Constitution are in contradiction with each other. We argue that they are not. The Constitutional morality is categorized as the basic structure of Indian Constitution by the Supreme Court in a landmark judgement of Kesavananda Bharati case. Under the basic structure doctrine, some features of the Constitution, including its guiding principles, are recognized as basic structure features, which cannot be abrogated even by a constitutional amendment. Thus, the guiding principles of Indian Constitution remain rigid. Similarly, the Fundamental Rights of the citizens are semi-rigid (they require special majority, 2/3 of each House votes to be amended). Fundamental Rights ensure the flexibility of the administration. The flexibility of the administration in turn ensures the rigidity of the Constitution. When the state administration tries to undermine the Constitutional morality, by selectively interpreting the Constitution, the people become its custodian, through their exercise of Fundamental Rights. Therefore, rigidity of the Constitutional morality is the end and flexibility of the administration is the means to the end. Thus, rigidity and flexibility of the Constitution complement, not contradict each other.

Next, we explain how Indian Constitution is unique in striking a balance between the Constitutional Supremacy and the Parliamentary Sovereignty. On the one hand, the US has a rigid Constitution as a fundamental law which has been amended only 33 times so far in its 243 years of independence. Britain, on the other hand, does not have a codified constitution. Rather its parliament is sovereign to define the principle of the British Constitution. Indian Constitution is in unique agreement with both principles. Indian Parliament derives its sovereignty from the Constitution, making the Constitution supreme, not the Parliament. Meanwhile, the sovereignty of the Parliament as a lawmaking body is still maintained. That is why it was possible to amend the Constitution 103 times since its enactment in 1950. India chose a middle path between the rigidity of the US Constitution and the flexibility of unwritten convention of the British Parliament. This middle path seems to be inspired by Buddhist philosophy of Madhyamāpratipada or Noble Eightfold path. This unique approach also reflects the Indian ethos of unity in diversity.

To conclude, the mixed approach of maintaining the balance between rigidity and flexibility while framing the Constitution is best suited for India. A simpler, one-dimensional approach would have either undermined the diverse nature of Indian society or would have failed to address the feudal social structure of India.

“I look upon death to be as necessary to our constitution as sleep. We shall rise refreshed in the morning.” - Benjamin Franklin, Founding Father of the US.

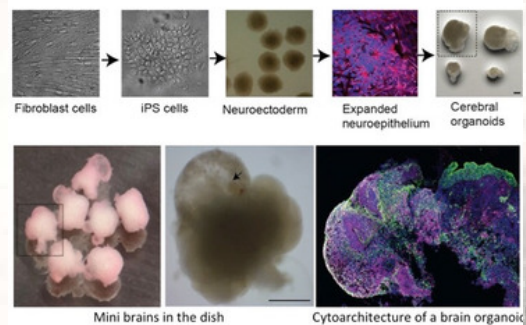
Shrijaya Maity
B.Sc. (Hons) Physics
1st Year

Human Cortical Organoids: Mini-brains in a Petri Dish

An organoid is a simplified, three-dimensional version of an organ, produced in vitro to show realistic micro-anatomy. Cortical organoids are three-dimensional bundles of neurons and neuroglia (helper cells for neurons) grown in a dish from induced pluripotent stem cells, and look a lot like tiny brains. The human brain is the most intricate organ, both in terms of structure and function, and has puzzled mankind for centuries. We owe most of our current understanding of this complex structure to various in vitro and in vivo models that reveal brain development, functions and diseases. Recent developments in stem cell technology have opened up a new avenue for researchers to directly study human cells and human cell-derived tissue. Stem cells exhibit an intrinsic ability to assemble into organized 3D structures in vitro. Taking advantage of this ability, human embryonic stem cells (hESCs) can be coaxed into forming brain or cerebral organoids that mimic important structural and functional features of the developing embryonic cerebral cortex. Furthermore, human isogenic and human-induced pluripotent stem cells (hiPSCs) can be used to model a variety of neurodevelopmental, neurodegenerative, and neuropsychiatric diseases that are caused by one or more genes. Organoids built from these cells can provide a window through which to study the molecular mechanisms underlying these disorders via a variety of exciting biological tools. There are many neurological diseases that can be modeled through human organoids. Since the resemblance of animal models to human biology is limited because of by special differences, human brain organoids are particularly suitable for addressing biological issues or questions that would benefit the understanding of human biology and medicine. For instance, brain organoids have been used to examine cell division orientation in human radial glial cells and human cortical progenitor expansion, processes that might be uniquely regulated in humans as compared to other species. Although animal models have been a powerful tool for understanding the roles of identified mutated genes in diseases, many of cognitive or psychiatric disorders, such as autism and schizophrenia, are of polygenic etiology and are difficult to study with the currently available animal models. Human PSCs can differentiate into different cell types and self-organize into specific 3D structures, thus recapitulating the main features of human brain. Brain region-specific organoids are particularly important for the study of neurological conditions where certain brain regions are specifically or more severely affected. Human brain organoids represent an unprecedented opportunity to model complex polygenic neurological disorders, including those with unidentified genetic defects, and to study epigenetic changes that connect genes and environment underlying neurobiology of diseases.

Meenakshi
B.Sc. (Hons) Microbiology
3rd Year

Generation of iPSc-derived
human brain organoids



Education and Science

John Fitzgerald Kennedy once said, "The goal of education is the advancement of knowledge and dissemination of truth." Education is truly a weapon that we all have, and science is its trigger. Billions of years ago, Earth was just a molten mass implanted in the Milky Way galaxy of our mystifying universe. As the years passed by calmly and nonchalantly, life started appearing from the stardust on our arcane planet. Isn't that the biggest mystery that our minds demand an answer for? The evolution, the discovery of the elements and various chemical substances, numerous inventions etc. have always been a conundrum issue. The answer to these perplexing questions is 'science'. Science has explained every single phenomenon that exists in our world. The knowledge of science is the knowledge of life. It magnifies the significance of solving the unsolved, making the uncertainty certain and acknowledging our inquisition. With the education of science, our brains grow and we explore more to satisfy our everlasting curiosity. Everything we see around here is science- from the falling of glistening water into river rivers to the functioning of our complex body systems. It gives us an explanation to the questions that we always wanted an answer for.

Music is a beautiful melody that enriches our soul and uplifts our mood in an instant, and it travels in the form of waves, in varying frequencies making us capable of sinking in the mellifluous flow of its beauty. Our body releases certain hormones that travel along the flow of blood and makes us happy, angry, sad and much more. It truly makes you appreciate science to great extents when you realise that it is hidden amongst everything that makes life beautiful. With various experimentations available, people get a chance to actually see how a certain phenomenon is taking place. This understanding of science is embedded in evidence. We perform an experiment, observe the results and analyse the data which helps us gain knowledge about various perspectives logically and systematically. A sound knowledge of science not only helps in understanding our surroundings but also ourselves. It relates the living and non- living organisms as well as the energies present around us.

This brings us another intriguing question, the possibility of existence of extra-terrestrial life. Are we alone in this enormous universe? Is Earth the only planet that sustains life? Stephen Hawking favoured the idea of extra-terrestrial life. He believed it will be one of the greatest discoveries ever. Numerous headlines have made it to the front page of newspaper dailies regarding the same, evoking major attention from people. It will be extremely interesting to gather some deep knowledge about this issue. Science is saving our lives daily! Yes, you read it right. From the advancements in medical science, new ways are being developed to cure a multitude of ailments ranging from the development of drugs to surgical procedures.

Inventions stem from science. A 14-year-old girl named Kara Fan invented a liquid bandage using nano-silver technology to lessen the risk of superbug infections caused by the overuse of antibiotics. This renders us an evidence that science can lead to significant inventions not only by huge scientists of renowned research institutes but also young minds like Kara. It encourages the youth to inculcate interest in science which has the potential to nurture the future of the world and help build a thriving nation.

As we already know that our planet is drowning in this imbalance of nature that humans have created, Earth has become more prone to natural calamities like cyclones, floods, earthquakes and much more. Science rings a bell of fortune and warns us about upcoming dangers of such calamities. It helps in implementing proper disaster management techniques, helping millions of people get out of harm's way. It also provides a way to create alternative products that are harmless to the environment and sustainable at the same time. For instance, the formation of bioplastic, mesh bags, greenlight matches etc.

We may not be immortal physically, but thanks to science, parts of us can be immortal, namely our knowledge, memories and intelligence. Blue brain or virtual brain is a profound outcome of artificial intelligence. It is a device that can store all our brain's information. The loading of our brain to blue brain can be carried out by nanobots which could travel through our circulatory system to our spine and brain. This initiative could be helpful in Parkinson's disease, short term memory loss and volatile memory due to old age. Artificial intelligence aims at providing new healthcare services, banking facilities, security and faster performance in tedious tasks. This will make our lives much more effortless and reach the areas which were earlier undiscovered. Scientific knowledge is a power that directs us to understand the concept of life, technology and the cosmos. It brings these components closer and enhances our discernment towards diverse phenomena transpiring in life. It is therefore of utmost importance to educate people about the myriad conceptions of science. Education is not only gathered from books; education is a learning of the real world. And this learning is procured from the conviction of wisdom and lore. Wisdom belongs to humanity, it is something that is abundant in nature and we are free to decide how much we would like to have. It enlightens us with its eternal light of knowledge and expertise. Science moulds our reality and makes us more conscious of our environment.

Meghna

B.Sc. (Hons) Biochemistry

2nd Year

GMOs: How a Consumer Sees it and the Reality

GMOs or Genetically Modified Organisms are trending more than ever before. Scientists who worked hard in labs to deliver foods with increased crop yields, reduced need for pesticides, enhanced nutrient composition, better food quality, resistance to pests and diseases as well as greater food security and medical benefits have done wonders in fulfilling the needs of the present and future generations in times when climate change is at its worst.

However, the consumers are skeptical about the consumption of genetically engineered crops, or any food labeled as GMO. It's human nature, it seems, to resist change and fear the unknown. Looking from the perspective of consumers who buy food items generally based on its phenotypic traits; a pink pineapple, a multicoloured corn or golden rice might not be the preference while buying groceries. It is obvious that the consumers in mass would be hesitant about trying genetically engineered food that tends to develop various queries along with fear; lack of awareness and scientific knowledge being the most likely possible reasons.

In the decades since the first genetically modified foods reached the market, no adverse health effects amongst the consumers have been found. Not to say there are none, but no research has yet identified any such effects. About 90% of the scientists believe that GMOs are safe. However, in stark contrast to this only one third of the consumers share this belief. The fears of GMOs are still theoretical, like the possibility that insertion of one or a few genes could have a negative impact on other desirable genes naturally present in the crop. According to Robert Goldberg, a plant molecular biologist at the University of California, Los Angeles, such fears have not yet been quelled completely, despite "hundreds of millions of genetic experiments involving every type of organism on earth and people eating billions of meals without a problem."

Consumers concerned about the growing use of GMOs in the foods they depend on might consider taking a more nuanced approach than blanket opposition. Rather than wholesale rejection, take some time to learn about how genetic engineering works and the benefits it can offer now and in the future as climate change takes an ever greater toll on food supplies. Consider supporting efforts that result in safe products that represent improvements over the original and focusing the opposition on those that are less desirable.

Zoya Quddoos
B.Sc. (Hons) Microbiology
2nd Year

Technology, Tea and the Turn of Events

The most significant challenge that the world faces today is a g kirave imbalance as our efforts to calibrate the progress of the plenary are becoming increasingly derelict and inefficacious. As the world undergoes a tech metamorphosis, some people still don't have access to basic rights and amenities. We must hold the integration of the environment and sciences in high precedence. Only when the contemporary developments in science and technology are availed to refine the human condition globally and harvest a superior discernment of the environment's needs, can we truly call ourselves a progressive species. Sir Richard Trevithick fashioned the steam engine, yet it was not until goods and people alike could be transported across barren lands that we truly perceived how imperative it had been to attain our present situation. Our actions are closely tied to our evolution and thus, it is our paramount responsibility to be considerate of our actions and grateful for our present dispositions. We must take everyone in stride as the world emerges from its tech chrysalis into a neoteric epoch.

Present-day technological advancements and innovations hold the potential to largely minimize greenhouse gas emissions as well as provide unprecedented levels of insight and data to counter climate change. However, without proper care and consideration, large scale automation could be disastrous and prove detrimental to the environment by sky-rocketing consumption and in turn, gas emissions. In the last few decades, human activities have contributed to releasing large amounts of greenhouse gases into the atmosphere, mostly due to burning fossil fuel to generate energy. These emissions (especially gases like CO₂, methane, CO, various oxides of nitrogen, etc.) envelop the earth and catch the energy, thus warming the Earth. This is called the 'greenhouse effect' and is a natural phenomenon. The problem arises when the amount of gas emissions becomes precariously large and threatens to change the climate at a radical rate, one which would force many ecosystems to collapse should they fail to adapt at this rapid pace. Obscure as it may seem, climate change is an imminent issue. The longer world leaders refuse to acknowledge evidence that a paradigm shift is indeed underway as far as the climate is concerned, directly affecting the world's ecological dynamic, the farther we move from salvaging what is left of our planet. These more and more frequent episodes of floods, earthquakes and drastic changes in temperature extremes are proof enough to supplement what climatologists have been saying over the past few years. Our oceans are warming and becoming acidic, glaciers are melting, and sea levels are rising rapidly. On a global scale, a change that I am keen to see materialize is worldwide regulation of clean energy, embracing renewable electricity generation methods and bringing in laws to fight and prevent plastic toxicity.

One major contributor to environmental degradation and by extension, climate change has managed to evade the spotlight to date: Teabags. Worldwide, 25,000 cups of tea are consumed per second – 2.16 billion cups per day – and 96% of the tea we consume is made using tea bags. The fact that tea bags are easy to use and depending on form, sell at a premium prices only adds to their popularity. Renowned beverage brands use a vegetable fibre – abaca/manila hemp to make the teabag, which is then bleached with chlorine to make it appear white rather than its natural unappealing grey.

Furthermore, tea bags are treated with a heat-sealable thermoplastic such as PVC or polypropylene on the inside to prevent them from bursting open during transit or in the cup. These thermoplastics do not compost, even after a few years and thus, they add up to paper waste to a great extent as well, particularly when a vast majority of the tea bags are pyramid-shaped – the most wasteful design for a tea bag. The teabag making process has attracted criticism too because minute amounts of toxic by-products such as dioxins and furans- chemicals which cause harm when ingested, remain in the paper and leak into the cup. According to a study published by Canadian researchers in the American Chemical Society's Journal of Environmental Science and Technology, there are serious health-related concerns by medical researchers that even tiny amounts of these chemicals could be linked to cancer, hormone disorders, and developmental problems. Large-scale cutting down of trees to procure paper for tea bags leads to deforestation, while improper disposal of only partially degradable tea bags generously contributes towards plastic toxicity of the soil, considering that 2.07 billion single-use tea bags are used per day. Countries of the developing world are already riddled with a plethora of issues overshadowing every aspect of life such that hot topics like climate change take a back seat. In such dire times, we must let the democratic process lead us and rightfully demand that our elected leaders declare a climate emergency. A move like this would be considered risqué in most developing nations where small scale industries are still struggling to gain a toehold and would encourage national debate. Engaging in active dialogue is the first step to developing feasible solutions.

In India, we are losing shocking amounts of water to leakage. I, for one, have never seen a water tanker not leaving a trail of water behind it. There are thousands of similar tankers on the roads of every state across India which have a surprisingly easy fix, but no one deems it necessary because of their sheer ignorance about the seriousness of this issue. 70% of our population is employed in agriculture. Climate change threatens to impact land fertility, water retention, nutrient richness and in turn the quality and quantity of produce. It takes a serious hit on a sector of our economy that contributes about 20.5% to our GDP. Immediate measures need to be put in place to counteract climate change. This can only happen if we vow to change the general narrative. In India, whenever a natural calamity strikes, the same set of people who immerse non-biodegradable idols of gods and dispose off materials left behind post-veneration into the water-bodies are the first ones to blame the government instead of trying to analyse what might have caused it in the first place. Rampant urbanization has given rise to concrete jungles, where due to lack of greenery or forest cover, soil erosion is at an all-time high. Industrial waste, especially toxic waste and sewage, that is being released out into the environment without proper treatment is contributing to air, water, and land pollution too. All health and environmental concerns are being overlooked in lieu of the revenue generated and the profits pocketed. People across the globe have begun addressing climate change by reducing their carbon footprint through less consumption and advanced technology. However, the unsustainable human population can overpower these efforts leading us to believe that we may not only need smaller footprints but fewer feet.

A study published in 2009, by Paul A. Murtaugh and Michael G. Schlax of Oregon State University determined the relationship between population growth and climate change by stating that “the carbon legacy of just one child can produce 20 times more greenhouse gas than a person will save by driving a high-mileage car, recycling, using energy-efficient appliances and light bulbs, etc.” India is a population of 1.3 billion. Come the festival of Diwali, many of us take to the streets to burst celebratory firecrackers and later complain of shortness of breath due to poor air quality and how the authorities are corrupt and lousy. I thus implore you to commit to a sustainable personal routine, for change starts with you!

Kalyani Kholia

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2nd Year

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What Nobody Tells You About Learning.

Apart from the essential life skills we need to learn throughout our lives, the process of learning in itself is something I find very subjective. Learning, in the books, is defined as the acquisition of knowledge or skills through study, experience, or being taught. But, How do I know I have learned something? How do I conclude that learning something made me a better person? You might say, this has obvious answers. What nobody tells you about learning is that it makes you insane, it causes you to lose an aspect of yourself, you might have an objective when you start but you may start questioning its authenticity during the process.

Before you start learning a new skill, take a step back and breathe. Learning is no script, and often learning requires to take risks and to do uncertain things. It is therefore important to know your capabilities and to take time every day and introspect every work that has been put to grow and learn better. Remember it is okay to learn one skill and be content than to learn a hundred skills and have no time for yourself. Today you will be met with a bubbly, positive, and confident young woman, but the journey to get to where you are now is not an easy one. Some days will be rewarding and some may not. Choose to practice gratitude. Be thankful for all of the wonderful things you have, instead of wasting time thinking about what you don't.

There is nothing to expect when it comes to learning, just as you do not worry about the calories when you dig into your favorite ice cream, you should not worry about the outcomes. Learning is meant to make you a better person, success comes in handy. Start to learn now. But don't beat yourself up for what you yet managed to achieve. Focus on everything that you have done well. You're doing better than you think you are, I promise you that.

"I've come to the conclusion that people who wear headphones while they walk are much happier, more confident, and more beautiful individuals than someone making the solitary drudge work without acknowledging their own interests and power." - Jason Mraz

Nikita Joshi

B.Sc. (Hons) Microbiology

3rd Year

The Truth of Self Harm

“Crimson red strewn on her arms
The agony shrouded by a luscious smile
She questions, her desire for the paint
It remains the only thing to keep her sane”

The term self-harm is quite self-explanatory. It refers to the pain that is inflicted on someone, by themselves. People who engage in such behaviours often find themselves cutting, punching, burning with cigarettes, matches, or candles, pulling out hair poking objects through body openings or even breaking bones or bruising. Drinking alcohol or doing drugs while hurting yourself increases the risk of a more severe injury than intended.

The frequency of people who self-harm is saddening, with millions of such cases emerging every year. While the young adult age group is most affected by this, women are more likely to succumb to self-harm than men.

But why do people self-harm and who are these people? There are no fixed rules about why people self-harm. It is very different for everyone. Self-harm can be associated with certain experiences. There are many reasons why young people may start to self-harm - family reasons, such as frequent fights with other family members or separation of parents. Self-harm can be triggered by issues regarding sexuality, culture or religion. Bereavement, current or previous experience of abuse in childhood or stress as a result of bullying or internal or external expectations to perform academically can all lead to self-harm. Low self-esteem and feeling of isolation is also common with such individuals. For others, the reasons are less clear and can be harder to make sense of. As it turns out, it is often used as a way to regulate mood. People who hurt themselves do it as a means to distract themselves from distress or to quickly release anxiety. This method of cutting and hurting one's own self can occur due to the inability to express intense emotions. Self-harm is a way of expressing and dealing with distress or deep emotional pain. It may seem counter-intuitive, but the fact is, self-harm can actually make one feel better. It is often the sole way of coping with feelings like sadness, self-loathing, emptiness, guilt, and rage. Another, rather startling reason as to why people turn to self-harm, is they find it, a way of punishing themselves, for the transgressions they have committed, or even because they perceive themselves as being not “good enough”. Self-harm is something that anyone can do, there is no one typical person who hurts themselves. It could be anyone around you, in your family or a friend, or an acquaintance.

Like many other mental illnesses, self-harm is treated like a taboo subject and thus several myths still surround this topic. The biggest myth about self-harm, is that self-harm is attempted suicide, which is completely untrue since people who self-harm, are actually using it as a method of coping or dealing with the vicissitudes of their life. However, if self-harm continues, the chances of the person having a mental breakdown increase which may lead to suicide, if the person does not receive any sort of help. Another common myth regarding this issue is that people who self-harm are trying to get attention.

This belief is controverted by the fact that people who self-harm are found to keep this painful truth a secret. They would wear long sleeves shirts, even in hot summer just conceal the scars on the arms. And lastly, the belief that such people are 'crazy' or 'dangerous', which is Misleading because a scar on one's own arm is not a sign that they want to do the same to others, but rather, a silent, excruciating cry for help. Discovering that a friend or relative self-harms can be extremely unsettling at first. It can be hard to understand why a person would want to deliberately hurt themselves. But is imperative to understand, that such a needs help. Listen to the person, try to read in between the lines, understand their trauma and pain that exists beyond the scars, because it is the person that matters not the scars.

It can be very difficult for a person to stop self harming, but there are simple things that can be done to help the individual. The first step is to ask them about their feelings. In the process of understanding the person, it is essential to remain non-judgemental and also not make them feel guilty or ashamed of what they have done. Let them know, that you want to listen to them and ready to help in whatever way possible. If the person says they want to stop self-harm, you can discuss with them, several alternative, healthy ways to overcome the distress they are going through. And lastly, when they do discuss their issues with you be compassionate and respectful to what the person is tells you, even though you may not understand or find it difficult to accept what they are doing. Understand that it is a long and hard journey to stop self-harming but be aware that someone will only stop self-harming when they feel ready and able to do so.

Kriti Budhiraja
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3rd Year

The Stinkiest Bacteria in Your Mouth Don't Live on Your Teeth

In the 1970s, Joseph Tonzetich of the University of British Columbia analyzed human breath for the first time using a gas chromatograph, which separates gases into their individual chemical ingredients. Since then, researchers have found about 150 different compounds in our breath, with some, but not all, of them stinky. The smell of your breath comes mostly from the waste produced by bacteria, who dine on the leftover food particles and dead skin in your mouth. The bacteria that live on your teeth are 'gram-positive'; that is, bacteria with simple cell walls. Gram-positive bacteria are often responsible for wearing down enamel, but don't emit many noxious odours. It's the gram-negative bacteria -- those with impenetrable cell walls -- that live mostly below the gum line and on the tongue, which spew the smelliest scents. Bacteria such as Treponema denticola, Bacteroides intermedius, and Porphyromonas endodontalis, are the heaviest producers of hydrogen sulfide, which smells like rotten eggs, and some also produce methyl mercaptan, which smells like rotting cabbage are the primary contributors of bad odour from your mouth.

Srishti Sood
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3rd Year

Religious Fanaticism: The Bane to the Society

Religious fanaticism refers to the uncritical zeal and obsessive enthusiasm related to one's own devotion, beliefs and religion. For a very long time, people have been committing heinous crimes, and have trying to justify their action by classifying it under the banner of religion. History is proof that the splendours of human civilization have always been overshadowed by religious fanaticism.

For centuries, fanatics all over the globe have used God to justify the unjustifiable, and the acts of terrorism and wars continue to plague the world. From the Roman Crusaders suppressing paganism and trying to establish the Catholic Church in the 11 th century to the terrorist attacks on the Twin Towers, also known as the 9/11 attack, religious zealots have always continued in their path towards bigotry. Religious fanaticism stems from the fact that people are very stand-offish and unreceptive towards other religions. In fact, people are of the opinion that any tradition, belief, opinion or heritage that contradicts or is in any way different from theirs is somehow inferior. This further gives rise to the mentality that they alone are right and superior, which consequently leads to a fall out amongst groups of different beliefs.

India is a multi-lingual, multi-religion, secular republic that has always been home to a very diverse population, and has also been hospitable to everyone. However, even in this nation, the heinous crimes and acts of fanaticism are almost as old as the civilisation itself. Destruction of the Nalanda University, raid of the Surat Temples, the numerous wars between the rulers and many such incidences have costed innocent people their lives. No doctrine teaches violence, no god preaches that slitting throats gets you into heaven, and no religion says that it is morally correct to treat anyone as if they are beneath you; and yet the people who do believe in these teachings claim to be working in accordance with 'God'. It is very dismal to acknowledge the fact that the modern India is doing nothing to pull out this particular thorn from its side even in this day and age. In fact, recently, India has grown even more hostile towards certain minority groups. Majority of the people in India have somehow got the idea that India is, or must turn into, an absolute Hindu Nation, which goes completely against the doctrine of secularism spelled out in the constitution of India. Acts of terrorism, riots, mass killings, and many other crimes have been committed against many minority groups. To illustrate, cow lynching had been particularly high a few months ago. People argued that since cows are sacred to Hindus, they must not be slaughtered for their meat. They strongly felt that anyone who ate beef wronged the whole country, and deserved to be punished.

What they did not know, or rather, did not acknowledge, was the fact that not only non-Hindus, but even Dalits (a caste amongst Hindus) as well as certain Hindu communities from the East of India traditionally eat beef. This not only shows how people are misinformed, but also that many conflicts are completely baseless. It is the twenty first century, and it is high time that people realised that, as Voltaire said, "Fanaticism is a monster that pretends to be the child of religion." People must learn to accept the diversity that exists around the globe, and must stop having prejudices and biases. For once, we must let humanity win over fanaticism.

Arushi Choudhary

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1st Year

It Is All Around!

Ever felt like attempting a stunt from a movie?

Or attempting the catwalk in order to imitate those ramp models in fashion shows?

Or purchased new gadgets due to the absolutely irresistible TV commercials?

If you responded 'yes' to any of the questions above, then you are acknowledging the dominance media has over your life! The influence of media is getting more intense each passing day; the competition among the advertisers and producers gets tougher as they struggle to come up with new ways to catch people's attention through their newspapers, magazines, websites, social media sites and commercials. Thanks to the ongoing amelioration and advancement in technology, the rate at which the news is spreading across the globe is increasing every day.

A glance around and you'll know that one can't simply circumvent the media; it is all around us!

Social media has been in effect since the 1950s, commencing with the phone era - thus, it's not a new concept to the society - it has only been recently mainstreamed into our culture and business world. A new seed has been planted in this generation of technology with the alarming rise in the popularity of social media - due to which, latest news and information from anywhere around the globe can be reported at the click of a button. However, before the presentation of a news article on television, the articles are often edited a number of times and in some cases - maneuvered (this shouldn't come across as an astoundment, right?).

Through the media, news can be manipulated in order to gain benefits - misleading the general audience. For instance, a girl in Delhi, India, accused a man of eve-teasing her while she was crossing the road. With that one allegation, this story went viral in a few hours, particularly with the netizens which led to people expostulating on the streets. However, a few days later, an actual report came out - stipulating that the denunciation by the lady was invalid and that the man had merely been her partner, with whom she had had a fallout. This example proves that the media can be so impactful that it can change the minds of such a huge population in hours - it has the power to build people's opinions!

In some cases, the media can even provoke violence! Especially in young children, when they start to think that it's alright to hurt someone and get away scot-free with it. The reason? Well, that's what they saw the male lead doing in a movie that he watched with his family. Children often tend to imitate their most-preferred personality. Thus, the media serves as a platform to showcase several similar acts of violence. Many parents think that if their child is not using the internet as an essential necessity of his life, they need not worry about their child misconducting. What they don't realise is, although the child doesn't have access to the internet, there are other forms of media, doing a similar job. A large part of the population remains satisfied with mass media - thanks to its highly informative content.

However, the general audience doesn't even give another thought to the authenticity of the information which leads to misinterpretation on their part.

Broadly speaking, media not only affects an individual's perceptions but may also impinge on their behaviour. Nowadays, the children's eagerness of wanting to pull off the stunts, or imitating the ramp models has become ordinary and parents do not see it as an influence of the media on their children. Adults need to be vigilant towards the early signs of this domination by the media. This may include ensuring that their child's perceptions are built on the values learnt from the parents and not greased by the media. So, the next time should you let your children glue their eyes to the TV screen? No, obviously! Although, chances are that they'll end up brainwashed, iPhone-loving zombies anyway, so what difference does it make? The road from the TV screen to the retail store is straight and short!

Sakshi Singh
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1st year

Human Ancestors Could Have Consumed Hard Plant Tissues Without Damaging Their Teeth

Hard plant foods may have made up a larger part of early human ancestors' diet than currently presumed, according to a new experimental study of modern tooth enamel. Scientists often look at microscopic damage to teeth to infer what an animal was eating. This new research—using experiments looking at microscopic interactions between food particles and enamel—demonstrates that even the hardest plant tissues scarcely wear down primate teeth. The results have implications for reconstructing diet, and potentially for our interpretation of the fossil record of human evolution, researchers said. They found that hard plant tissues such as the shells of nuts and seeds barely influence microwear textures on teeth.

Traditionally, eating hard foods is thought to damage teeth by producing microscopic pits. But if teeth don't demonstrate elaborate pits and scars, this doesn't necessarily rule out the consumption of hard food items. Humans diverged from non-human apes about seven million years ago in Africa. The new study addresses an ongoing debate surrounding what some early human ancestors, the australopiths, were eating. These hominin species had very large teeth and jaws, and likely huge chewing muscles. All these morphological attributes seem to indicate they had the ability to produce large bite forces, and therefore likely chomped down on a diet of hard or bulky food items such as nuts, seeds or underground resources like tubers.

Kaushiki Tiwari
B.Sc (Hons) Microbiology
3rd Year

Media Bias In India

Media is deemed as the watchdog of democracy as it ensures transparency in the democratic processes. Every form of media, be it electronic media or print media, play a pivotal role in the development of the country and this is why it is also called the fourth pillar of democracy.

Indian media has so far contributed a lot to the making of India and its people. It has ensured free and fair elections in the country by reporting the real scenario of polls. It has brought into light many big scams, exploitation of weaker sections of society and other such kinds of stuff. Indian media has helped in generating and voicing public opinions. There are some questions which this article intends to ask from the common people of India. Has Indian media delivered every significant incident that had occurred in the past?

Is Indian media completely reliable? One who has been through the reality, scholars and media experts would definitely say 'NO' to these questions.

"Selective Reporting" has become a trend in media houses. Many serious issues are not being reported either due to fear of governing bodies or for the sake of television rating points (TRPs). For instance, Irom Sharmila is known to all for her 16 years long hunger strike that she ended in 2016. We all are aware that she had done the strike for the abolition of the Armed Forces Special Powers Act, 1958, but we do not know why her demand went unaddressed even after the persistent efforts of 16 long years. Media channels didn't support her cause, and they reported about it until they got TRP for it. In this case, the fourth pillar of democracy failed to mobilize enough public support for Irom Sharmila.

Reporters are supposed to deliver the facts and information only and rest processes of deciphering the report and making a conclusion are the job of the viewer. But Television reporters are now so advanced that they also give complete analysis and justification of the report on the basis of which they draw a conclusion which is pre-decided. Obviously, such type of reporting is done to promote a particular ideology or propaganda. "PaidNews" are those fake news that doesn't exist in reality but is sold by some group of people to media houses for the dissemination of biased thoughts. Such practices have commercialized journalism and so an honest and just reporting is hard to expect in today's world.

Newsrooms are dominated by a particular section of society that doesn't let the issues of underprivileged sections come to the mainstream media. Oppressions faced by tribal people and Dalits often go unreported. Even the most reputed media channels have been indulged in biased reporting.

If the media houses continue to deliver biased news and facts, then the very essence of democracy will be endangered. It is the high time when mainstream media need to realize that the media channels would never flourish by putting democracy on stake.

Pragya Singh

B.Sc. (Hons) Electronics

1st Year

If You Could Do It, I Will Too

Last time, when I saw blood before that morning, I fainted. It was my mistake. I was 11 year old, then. Papa and I were having fun when I, mistakingly, hit him on nose and he feigned as if he was very hurt. I got concerned for him, but then he laughed it off and I was merry again. After a minute or so, I noticed that his nose started bleeding. The sight of blood terrified me. A sudden rush of adrenaline flooded through the body; and he casually wiped it off. That very moment, I felt dizzy and was about to fall when he held me and gave a glass of water to drink. He asked me to calm down as he laid himself keeping his head up-straight, so as to stop further bleeding. It was not much blood, but the very sight of blood filled me with a fear that I carry, since then.

I'm a Papa's daughter! Well, that's literal and metaphorical, both. Literally, as my mother left us when I was about to turn three and metaphorically, because everything I am today, is all because of him. I don't remember much now, but I've a very distinct vision of her, as she used to hold my hand and make me dance. Why won't she? She was a dance teacher in a nearby school. She also had some neighborhood students, who she used to teach in the evening, at our home. My father fed me with all the information about my mother as I grew up. He would pick up one of her trophies and proudly call me to recite one of his many old stories of mother's achievements and performances. "Oh! The whole auditorium stood up for ovation when she finished", he'd say, with so much light in his eyes that it glittered in a while, after which he would just kiss my forehead and keep his hand on my head. These affairs happened mostly on the weekend evenings.

On weekends, he'd wake me up early in the morning. We'd go out for a walk and then have tea, together. He always gave an off to the cook on weekends because he loved to cook all by himself and make me eat all sorts of scrumptious food that he was fond of cooking. He had his own secret recipe, I guess. That's one of the many things he'd say that my mother loved about him. "We never went out to celebrate any of her performances. She used to demand my home cooked food on those occasions. Let me prepare something for you which she relished the day she performed in front of Padma Vibhushan-Pt. ..I've forgotten his name now. Am I growing old, Khushi?" I would look up to his face and say, "Don't become one." I, still, don't understand why I said those words for the first time but it became a ritual remark from my end, whenever he uttered something like that. As I grew up, I felt he embraced those words of mine. Even at the hospital bed during his final days, he tried making funny facial expressions as if I was still a child; and when I just sat by his side and didn't respond to his activity, he asked me his same old question- "Have I grown old, Khushi?"

That morning, I was getting ready for school as usual. I went to the bathroom. I was about to undress when I felt my skirt damp at the back. I got confused with what it was. Initially, I took it to be sweat. I tried looking back and subconsciously thinking about how I had been getting some sort of acerbic fishy smell since the time I was lying half woken up on the bed. A day before that I took an off, because I had my unit test the next day and also I had been feeling uneasy and painful around abdomen for a day or two. I couldn't exactly tell what it was, so I popped a pill from the medicine box that I used to take when I had stomachache. I didn't complain about the same to my father as I didn't want to worry him. Though the housemaid asked me the evening before, if I was feeling alright then. I spotted stains of blood on my baby pink skirt I was wearing that morning. It was a gruesome for me. I instantly shrieked in the

newly realized pain after witnessing the blood all over my inner thighs and called for my father. I was holding the washbasin and sitting on my knees, as I heard my father's hurried footsteps and indistinct concerned voices of my father and the cook aunty. A lot of things kept hitting my mind. I realized in those moments all the conversations I had, at times, with two of my friends. I ascertained within that it might be what they often talked about. I used to wonder what that 'tough days' meant in the advertisements of 'Carefree pads' on the television, until one day, two months back, Sneha took Aastha and me to the washroom in the break time. She had a paper pouch in her hand. I kept asking her on our way from classroom to the washroom what it was. Aastha also seemed confused. When we reached inside, she opened it and showed us one of those pads that I saw in the advertisements. Before, we'd ask anything further, she wrapped it back and signaled us to move out. Throughout the break that day, she told all about her bloody experience of what she named as 'Periods' and then, even Aastha knew a lot about it and spoke some undiscovered facts to us that I had no clue about it. They told me that it would happen with Sneha every month now, when I innocently asked if it had some cure as if it was some illness that Sneha was going through. When we asked Aastha, how she knew so much about it without even experiencing anything unlike Sneha, who had officially experienced it. Aastha told that her mother had talked about it often and similarly, Sneha also said that even her mother had shared some information earlier. That was one day when I direly felt the absence of my mother. I wished that I would have also known everything just like Sneha and Aastha. That whole day we kept talking about it and out of excitement, hesitatingly, we even skimmed some pages of 'Reproduction' chapter in our science book. All these memories started storming my brain.

"What happened, Khushi? Open the door!!" "Say something, I'm here." I heard my father and I could just muster the courage to prompt- "Blood, papa! I'm scared. What should I do?" Just then I heard aunty on the door who asked me to let her in. I felt bit comfortable and I opened the door. I just glanced towards my father who was standing by my bedside, and then aunty entered with a towel. My face had a mortified look, but she soothed me by holding me and making me sit and then she asked if I was having too much pain. She told me to wash myself and dry. Then, she came back with a pad and taught me how to use it. I wished if my mother would have been here, I would have not panicked this much. Aunty made me lie down and gave me hot-water bag to keep near abdomen, if I felt cramps. She told me that I can lie in Fetal position if it'd pain much and that it would give me some relief. She even showed me how to do that, before she left.

That day, my father took an off from the office work. I heard him and aunty speaking with each other outside. Though I couldn't understand what they were talking about, yet I could infer concern in his voice. Once she left, he came inside the room and asked me if I was feeling any better. I nodded in assertion. He sat beside me on the bed and caressed my head, and told me to relax. He went to the kitchen and came back with a cup of coffee. I was really conscious of facing him when I came out of the bathroom, but then my father made everything so easy for me. While sipping coffee he told me about some do's and don'ts, and he also shared that my mother used to take a good care of herself during her menstrual days and it helped her to manage all the work during those days. He started narrating my stories about my mother's experiences and with it, feeding knowledge into me about the Menstrual cycle. I kept listening to him, with my head on his shoulder and holding a pillow. I am not sure when I dozed off. When I woke up, it was already evening and to pamper me my father was ready with some

chocolates and Rajma-chawal which he cooked for me. He left for market when aunty came to prepare dinner. He told aunty to take care of me and that he'd be back in some time. He returned after half an hour and aunty left, after giving me bunch of advices. That night when we finished our dinner, my father handed over a gift box to me. I was surprised and overwhelmed. He told me to open it and when I opened it, I found a pack of sanitary pads and a small box which had a watch. Before, I could say anything; he hugged me and told me to remember this day as the onset of my womanhood. He also said that the watch would always remind me to be strong and face every difficulty in life as a superwoman, the way I did that day. With teary eyes, I didn't have much to speak after that as I felt completely content with the love and care he bestowed on me. Then all of a sudden he said smilingly, "Do I sound like an old man, Khushi?" To which, I hugged him more tightly and said, "Papa, never become one." Despite being in pain and discomfort from the pad as it was for the first time I used it, I slept that night with an excitement. I knew that it might be difficult for me initially to walk around in school carrying it; but then my father's stories about my mother filled me with courage. The thrill was to share my experience with Sneha and Aastha, and also show them my new watch.

Last Monday, when my daughter returned from the school and cried for an hour before narrating how it happened with her in school and she had to be taken to the medical room, and that she spent all day alone; I felt glad and thankful to my father, for being there that morning. I comforted her with this experience of mine and since then, she started feeling better. She said, "If you could do it, I'll too."

Rituraj Anand
Assistant Professor
Department of English



"Art is not
what you
see, but
what you
make
others see."
-Edgar
Degas

By : Pragyanshree Nayak (B.sc Microbiology(H), 1st year)



Willing Victims

The day was long by me,
And the summer long past-
When her face came to mind
As I saw her last.

She was standing in a meadow
In a dress of blinding white;
With eyes that shone like stars
On a bleak and hopeless night.

She held a jar of glass,
And whispered in my ear-
“Would God it come to pass
If I trapped your soul in here?”

She spun her words like gold,
As soft as summer air
And when my heart was hers
She trapped me in her snare.

Now I stand in Pandora’s Jar,
Enthralled forevermore,
Another willing victim
Of Pandora’s magic lore.

Sakshi Singh
BMS Management
1st Year

Take me, Great Ocean

A great crashing wave
Cascading over me
Lie still, beating heart
Let it take my memory.

A great cloud of haze
Drifting above my mind
Eyed cast on that maze
Transfixed by wispy design.

And the seagulls they break
Every crash of every wave
And soundlessly they take
The peace I’ve tried to save.

The salt of the sea
Settling on my clothes
And the white sea foam upon me.
Every wave sends me crashing
Back into the throes
Of that murderous, violent sea!

Oh, how I long to live in
The lonely heart of that sea.
Where the waves are a weary din
And sun’s shadow a blue canopy!

Let the water carry me under
To that sacred space
Piece by piece asunder
Break away from life’s race.

Take me, great Ocean
To the land that lies deep under
This dreary wake, this weary din
This life to you I surrender.

Sakshi Singh
BMS Management
1st Year

Broken Bride

She was once a smiling bride,
Cheeks flushed with rouge,
And eyes adorned a sparkle.
She looked beyond the horizon,
A Kaleidoscope of love and life,
Finally, her dream man was making her his wife.
Her smile lit the whole world up,
Her laughter echoed like a beautiful melody of the day.
Life is a story; plot twists do come in the way.
She sang a song every night,
Her cheeks coloured very bright,
Her hands so bony,
With the tingling tune of her bangles clashing softly.
But Her eyes masking something.
No one knew what;
No one knew which was the song she sang.
Because the truth was eased up and painted with soothing lies.
The songs overlap her agonising cries,
The bright cheeks, an expensive blush,
Caresses her bruised visage.
Her wrist had bangles shadowing the marks of violence,
Her hands fought and are a victim of constant pain.
Her eyes so blue, their nerves red with trauma.
When she looks at him, she wonders,
Does his heart still beat, or is it in coma?
She crosses her fingers to freedom,
But an 18-carat diamond lies on it;
A rock she once craved, now looks and sighed
She's now the broken bride, the truth she has to hide.
Only if she could breath,
Only if she could escape,
Only if this wasn't the case of a martial rape.

Aiswarya Rani

B.Sc. (Hons) Biomedical Science

1st Year

Racing with the wind
Cutting through the waters
I have left the world behind
Because pace is all that matters

Working all day long
But when night comes I walk among kings
Break me down I will build again
I am a bird with strong wings

I have walked through all the roads I could
I have come a long way from home
I have seen the world rise from nothing
I did things I never thought I would

I found the answers I never sought
I came with more questions than the answers I peeped
I fought more to earn my living
Than the times I actually lived

Some say wisdom is wasted on old
Some say power on youths
I learned strength was needed to make the decisions I made
And wisdom is a gift of all the times I failed.

Annu Priya
B.A. (Hons) Psychology
1st Year

The Traffic

All that we see is blurred,
When your vision is filled with dust,
A lot of thoughts coming toward,
Yet you can't move forward.
Just like a car in traffic,
You feel suffocated with all that verse,
Being stuck at a point makes you urge,
And tells you the need to reverse.
But when the path is all but blocked,
And you become the part of a flock,
Just keep calm, and do your part;
Take a step back and heal your heart.

Chandrika

B.Sc. (Hons) Biomedical Science,
2nd Year

Since Forever

I have seen this world change bit by bit,
I am time, the one you all invest so much in.

I have witnessed the gases meet,
And I have seen how the deep sea formed,
And have noticed how life evolved.

From nothing to everything,
From all that matters now,
And all that had mattered ages ago.

There was this process,
That made me go with the flow,
But I have regrets now,
I wish I didn't have to flow,
I wish I could stop myself from moving anymore.

I saw ram going off with his beloved Sita,
I saw him fight for her, when Ravan did the inhuman misdeed.

I saw him restore her back to her position,
And I saw him cry for his lost love and grieve.

I saw Jesus die for his people,
And saw every other great deed and person,
Who gave me hope to let it flow.

I thought maybe they'll all recover,
I knew that learning would give them trouble,
And that the lessons would make them stronger.

Yes, they did get stronger;
Yes, they did survive, but I never knew,
That they would become demons in the masks of humans.

I now wish I didn't have to flow,
I wish I could stop myself from moving anymore.
With the life that was so genuine when it started,
I wish it'd have stayed the same until the end arrived,
With smiles on their face and fear nowhere,
Yet all I find now is scariness in this atmosphere.

From clean air and the clothes on the body,
All is ruined; not just the atmosphere,
But even the thoughts are polluted.
The feel of comfort is all but gone,
And all I see are pretty faces with hearts of demons,
That loves to tread on the soul of the innocents.
And I still haven't found the reason of this mess;
So, I wish I didn't have to flow,
I wish I could stop myself from moving anymore.

Chandrika
B.Sc. (Hons) Biomedical Science,
2nd Year

Me or You?

Hearing through the dark,
This space is a bit too dark.
It's not the under-construction site,
With loads of cement fight.
It's not an empty bus,
Filled with some random thugs.
It's not the gloomy place,
Putting the dirty mud on my face.
And not even that terrace place,
That was out of everyone's space.
It's the deepest hole on the earth,
From where the core erupts,
It's from the dark hole,
That could eat the body as a whole,
It's not the deepest scar,
But something that made the scar,
It's something that broke me down,
Broke her down, broke him down,
But we are all still going on,
It's not the heartbreak,
It's the mental breakdown,
That came from the first step down,
The memories are still so deep,
No matter how much we try to sweep.
With so many unknown and the bunch of knowns,
The fear is still not gone,
And we are not happy to hold,
But every time the secret unrolls,
The eyelids roll, without a call.
Everytime feels like we just fall,
Don't know when the heartache would stop.
But don't you worry,
You have something to pull you up,
So, bring the smile back to your face,
And ask the darkness to just fade away,
Cause it's not you and me,
It's both of us, it's all of us,
And we will surely pass this through.

Chandrika

**B.Sc. (Hons) Biomedical Science,
2nd Year**

Mirror

Tick....tock....tick,
The time passes me by as I feel my anxiety overcome me,
Was it not good enough?
Am I not good enough?
Why is no one commenting?
.....are they all laughing?
I open it again,
Falling down the rabbit hole,
I can see the face tuned,
But somehow my insecurities look past it,
.....look past the overdone work
The fake lips, the fake hips.
All I can see is me never measuring up,
All I can hear is "you'll never be good enough"
I close my eyes,
Try to relax,
to breathe in; to breathe out,
And then, suddenly, I hear my phone ring,
.....finally someone commented,
....someone at least cares.
I lay back down,
Embracing my harsh reality,
Finding validation in some faceless reel-ity.
I indulge my own addiction,
A pity party thrown to honour me,
A funeral disguised to be a celebration,
It's sad, scary... pathetic.
I touch my face and I can't feel it,
I try to smile and it feels fake,
I look in the mirror and I can't recognize her,
So I put on a show, to forget myself.

Gopika Gopinath

**B.Sc. (Hons) Biomedical Science
1st Year**

Your Gods are Sick

I am scared of my mother;
And my mother, she is scared of God.
She believes that her Gods going to punish me,
For not serving him every day,
Because I'm busy doing my work instead.
She says that we need to serve God,
For the sake of God.
On days when I read articles,
Screaming about the number of lives lost, to hunger and starvation,
I ask her to not waste another bottle of milk,
On her rock-and-metal God,
Because look, look how so many people dying of starvation,
Are often found on the gates of her God [temple],
And the gatekeeper [priest], won't let them in,
For the sake of God.
When I told her about the headlines,
Flashing on a Sunday morning, "300 houses burnt" "250 killed in riots"
She tried consoling me and she said, "It's their destiny, the catastrophe"
I am sure that a ruined Sunday
Of Aman and Abdul [8 year olds on the riot site]
Was not their destiny.
So, this one last time with all my courage,
Let me put this here,
Your Gods were meant to go places, to heal and to be healed.
Because your God, you see, is sick and tired and stuck,
Stuck in the chains of religion and kept in the corner,
Of a room you call the temple.
He cries in different languages,
And you call it the sacred blessings.
It's time to, for the sake of God, set your God free.
[And let him serve humanity.]

Khushi Khandelwal
B.A. (Hons) Psychology
2nd year

50 Shades of Womanhood

She seems like a free flowing river,
And sometimes, like a reflecting mirror.

Rude and arrogant, she is never.

She is loving, caring, smart and clever.
She is like an ocean, deep and accepting;
She is like a bird, ambitious and soaring.

She is like Earth, kind and generous.
She is like wind, strong, motivating and moving.

She is snow, beautiful yet messy.

She is fire, hot and sexy.

She is rock, huge and steady.

She can be dangerous and lovey dovey.
Soft she is, but don't presume her weak!
Cause her help is what you need and seek.

She is sugar, she is spice;

She is made up of everything nice.

You can't beat her,

You can't cheat her.

Once she is determined,

You can't defeat her!

Yes you guessed me right,

She is your friend, mentor and guide.

She is your daughter, mother, sister,

And even your lover and wife!

Agrani Kulshreshtha

B.Sc. (Hons) Food Technology

1st year

Reflection of Freedom

A month or two ago,
There came someone annoying.
Who started the trend of social distancing.
I thought of him, as an enemy
Because that's what the Man had told me.
But later on, I came to know,
He was just my knight in shining armour.
He has made the roads clear.
For he, became man's biggest fear.
All the hustle bustle disappeared.
And the air got cleared.
Smog gave way to the blue skies
There's an increased activity in marine life.
No one to disturb the beautiful creatures.
Pollution levels have dropped
All a consequence of reduction
In carbon and nitrogen emission.
Today, the man is locked in,
Just like, once, he had locked me in.
But I am free to sit on any tree
To fly in a sky, which is pollution free.
And the man is at home,
Coming out for him is a big no no
And he can't stop my friends and I
From moving on our own accord.
Now the man shall see
How I, Earth can bounce back to life,
If ever had allowed he.
From today I shall thrive,
Even amidst the margins of
Man's urbanised existence.
I hope this comes out as a reflection
And the man understands,
that he was traveling on a path of self
destruction.
For he lives on my existence,
So he should realize this
And move in the right direction.

Agrani Kulshreshtha

B.Sc. (Hons) Food technology

1st Year

From Mount Everest in Nepal to Victoria falls in Zambia,
Grand Canyon in USA and great barrier reef in Australia,
From Paricutin volcano to northern lights and harbour of Rio de Janerio,
The wonders of earth never fail to fascinate us.
The mysteries of the Dead sea and the Bermuda triangle,
Secrets of point pleasant and Blood falls in Antarctica,
Never leave a chance to run our mind's horses.
And yet, they're followed by the sad truth of doom of our planet,
Responsible are humans for whose termination.
An unrealized fact is left unsaid,
That heaven is under our feet as well as over our heads.
The joy and happiness we experience in nature's lap is slowly going to end.
The fantasies of child and adult are endangered and threatened.
Ever wondered where will you build up a tree house without a single canopy remaining?
With summers becoming longer and winters getting shorter,
Ever thought of not experiencing that cold winter breeze anymore?
With monsoon getting humid and rains turning acidic,
How can you not expect Earth to turn to a chemical ball?
Where else would you build your mansions if you haven't got a tolerable planet to put it on?
How long can you burden the land beyond its carrying capacity?
So STOP.
Stop because no generation has a freehold on this earth.
Stop because all we have is life tenancy with a full repairing lease.
All we think about is destroying nature to build up a place according to our own comfort and ease.
Present world is an era of responsibility in which a healthy environment is our passport to future.
With an unforgettable fact that we've borrowed this earth from our children,
Not inherited it from our forefathers.
So get up, raise up your voice and ask your inner self that what if,
What if someday this Earth takes revenge of everything being done to it,
And then do something to save this ailing planet.

Khushi Khera
B.Sc. (Hons) Microbiology
1st Year

Friendship is Like a Rose

Friendship is like a rose,
Tend to it and it grows,
But if you ignore it, it'll die.
Friendship is like a rare possession,
Which helps you in every situation.
When in darkness you blindly grope,
It'll always give you hope.
We should always make friends in life,
Without them there is no life.
Friendships are like glass,
So handle it with care,
Once broken you can't repair.
The stage has no self to call his own,
He makes the people his self.
To the bad also I treat with goodness,
Thus goodness is attained.
To the faithful I act with faith,
To the faithless I act also with faith.
Thus faith is attained.
The human body is the true temple,
Have no anxieties, have no doubts,
The lord himself lives there,
Enter within and see.
Your body is made of fine elements,
It can be big or small,
Young or old, it's no less,
The self within is ageless, deathless.
Your time was wasted meeting others,
For they could not give you love.
Love comes only when you meet yourself.

Varsha Verma
Administration Office

The Missile Man!

Born in Tamil, died in Shillong;
Oh! 'People's President!', you worked for so long.
As a child, he used to spend hours on his studies,
And was the favorite of all his buddies.
Then, he devoted himself to the Indian Space Research,
And gave the country missiles, which caused a sudden lurch.
In his 'Wings of Fire', he said that the beauty lies in one's heart
And advised to enjoy the life as a tart.
He also commented on 'Hardship' and an 'ideal leader';
And said to be good books regular reader.
He never had a better-half;
Just to focus only on the country's behalf.
He was the man not only with words,
But with all his emotions towards their worth.
He was the one and will always be so;
Oh! Missile Man, we all respect you so, so and so.

Bharti Arora
B.Sc. (Hons) Statistics
2nd Year

Walking through the road, making her way,
falling and tumbling, dying to say.
Tirelessly trying, night and day,
ripping her edges, till they turned fray.

Struggling to cope up with the idea infused by the society,
Wondering who set these epitomes and benchmarks of beauty.
Sabotaged when she isn't able to reach any,
she isn't the only one, there are many.

I wish I could bathe their eyes in the charm,
that drips through their bodies and does no harm.
I'd bring their might to the light,
not reflected or refracted from someone else's sight.

The dusky shade of your glimmering skin,
means you're earth's favourite quin.
And your face covered with scars,
reminds me of the night time stars.

The dark brown eyes you hide behind the shades,
seem to me like the heaven's gates.
And tears they shed just like pearls,
are as beautiful as your natural curls.

The curves that sneak from your corset,
inspire me to break through the conquest.
The flight of your hair bouncing in hurry,
takes me back to medusa's fury.

The lips you that you've hated throughout your existence,
feel like flowers blooming from distance.
And that lipstick you put on with utter precision,
create illusions of the changing seasons.

Every inch of you, inside out,
makes me want to shout,
that I have never seen a human prettier than you.
So I am wondering why do you go through,
all the scrutiny that you do.

Muskan Mishra
B.Sc. (Hons) Microbiology
2nd Year

Beyond the Visible Life

Coming from emptiness, moving in the silence,
When everything was still and we didn't feel anything,
A moment arose, when there was nothing like time,
Beyond the senses of mind, silence is singing from behind,
We are all shapeless, colorless, dancing to an unknown rhyme,
Beyond the visible life, beyond the visible life!!

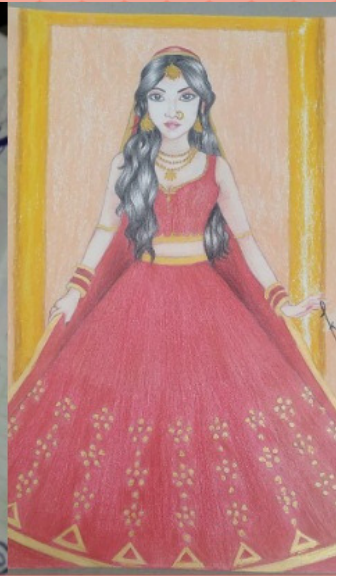
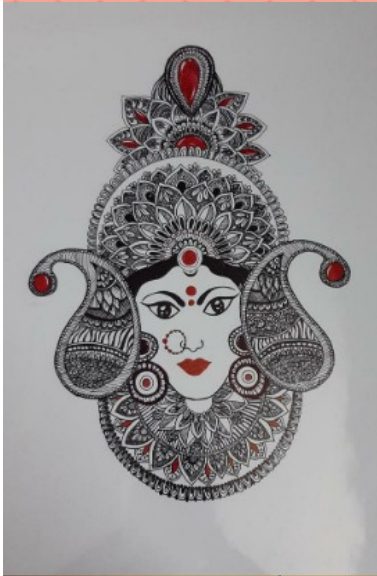
Mr. Nitin Chauhan
Assistant Professor
Department of Microbiology



Changing States...

When, like falling leaves, hopes too, sink down to the ground into the dust,
When after the dusk, the lonely little soul waits for the terrible darkness,
When after sunset, night is sure to come,
When there is no ray of hope and no way of escape to this fall of life,
When the ocean of fears and doubts suddenly floods up the mind,
When the romance in life slowly fades away,
When life comes to an edge,
Then your toughest breaths leave you and hold you,
Just count the number of times you breathe in and out
It requires great effort to take fresh and healthy air in,
And exhale the impure and unhealthy air,
Likewise, nurture fresh and healthy thoughts in your mind,
And shoo away the nerve wrecking impure doubts,
When misfortunes befall, patience lingers on.
Life is a flowing river,
It goes on and on, despite the stones and pebbles, rocks and mountains.
Nothing in the world stays,
And neither will your current state,
You never know where and how,
The hard and cold snow of life melts in the warm daylight.
And there comes a turning point,
A change in the state of matter or mind,
From a chilly solid to the warm fluid.

Dr. Shalini Choudhary
Assistant Professor
Department of Psychology



"I dream my painting and I paint my dream."

- Van Gogh

TOP ROW (LEFT TO RIGHT) :
PRACHI AGARWAL (B.SC
COMPUTER SCIENCE(H), 1ST
YEAR : VARSHA VERMA :
KOMAL NAG (B.SC
MATHEMATICS (H), 1ST
YEAR)

BOTTOM ROW: SRISHTY THAKUR (B.SC ELECTRONICS(H),
1ST YEAR)

मेरी डायरी से: 'भूख'

खिड़की पर टंगे पर्दों के बीच से बचते-बचाते सुबह की अधपकी धूप आँखों पर पड़ रही है। कूलर के चलने का शोर, जो अब तक न जाने क्यों सुनाई नहीं दे रहा था, अचानक कानों को तकलीफ़ देने लगा। नींद से उठने पर ध्यान आता है कि आज लॉकडाउन का 48वां दिन है और मैं घर से दूर दिल्ली के एक फ़्लैट में अकेले रह रही हूँ। हाथ स्वयं फ़ोन को तलाशने लगता है। फ़ोन को हाँथ में लेते ही उसकी स्क्रीन पर व्हाट्सपप नोटिफ़िकेशन तलाशने लगी। मन ही मन खुश हो गयी कि आज जूम पर कोई क्लास नहीं है। इसी खुशी और आलस के मिले-जुले षडयंत्र ने कब मुझे नींद के आगोश में वापस धकेल दिया पता ही नहीं चला। तभी फ़ोन की घंटी अलार्म का काम करती है। शर्लाक होल्म्स वाली रिंगटोन मुझे स्वप्नलोक से सीधा यथार्थ के धरातल पर ला पटकती है। देखा तो मम्मी का कॉल आ रहा है। बची-कुची नींद मम्मी की कभी न खत्म होने वाली डांट ने भगा दिया।

दिन के दो बज रहे हैं। लैपटॉप खुला हुआ है। अंग्रेज़ी का एक असाइनमेंट पूरा कर रही हूँ। दूसरे टैब में यूट्यूब खुला हुआ है। उस पर गुलज़ार का 'एक अकेला इस शहर में' गाना बज रहा है। वह गाना समाप्त होते ही ऑटोप्ले में होने के कारण 'बादशाह' का नया गाना 'गेंदा फूल' बजने लगता है। वह टैब खोल कर देखती हूँ तो सुझाव में 'जाने भी दो यारों' का क्लाइमेक्स सीन आ रहा है।

यह फ़िल्म देखे हुए बहुत दिन हुए। मगर विशेष रूप से यह सीन हास्यजनक होने के कारण अभी तक याद है। इस सीन में एक मंच पर महाभारत के द्रौपदी के चीर-हरण का प्रकरण चल रहा है। तभी मंच पर कौरवों की जगह फ़िल्म के नायक और पांडवों की जगह खलनायक ले लेते। कौरव द्रौपदी का छल से हरण कर चुके हैं और किसी भी क्रीम पर उसे पांडवों को वापस सौंपने को तैयार नहीं। पांडव भी द्रौपदी के लाभ-हानि की चिंता छोड़, आपस में लड़ पड़ते हैं कि वे सारे इसके 'शेयर-होल्डर्स' हैं। इस सारे गोलमाल के बीच, सिंहासन पर विराजमान अंधा धृतराष्ट्र केवल "यह क्या हो रहा है?" दोहराता रह जाता है। हद तो तब होती है जब नाटक एक बेतुका मोड़ ले लेता है। इन सब हंगामे के बीच मुग़लिया सल्तनत के बादशाह जलालुद्दीन अकबर और उनके शहज़ादे सलीम भी मंच पर तशरीफ़ ले आते हैं।

तभी मुझे महाभारत के इस पैरोडी वाले सीन का वास्तविक अर्थ ज्ञात होता है। लाचार द्रौपदी, जिसे पांडवों ने दांव पर लगा दिया, देश की बेवकूफ़ जनता है। कौरव, जो द्रौपदी का चीर-हरण कर लेना चाहते हैं, वो देश के अपराधी व अराजक तत्व हैं। पांचों पांडव, जो द्रौपदी पर केवल अपना-अपना अधिकार जताने में व्यस्त हैं, इस देश के विभिन्न राजनीतिक दल हैं। अंधा धृतराष्ट्र इस देश की अंधी न्याय-प्रणाली है, जो इस गोलमाल में भले ही बराबर की भागीदार नहीं, परन्तु एक मूक-दर्शक से ज़्यादा भी कुछ नहीं। फ़र्श पर बिछी चौसर की काली-सफ़ेद बिसात इस देश की चुनाव-प्रणाली है। और यह सारा मंच इस देश का जनतंत्र है। अंत में इस नाटक में अकबर और सलीम का अप्रासंगिक प्रवेश आज के दौर में टीवी न्यूज़ चैनल पर चलने वाले बेतुके हिन्दू-मुस्लिम बहस की ओर इशारा करता है।

शाम की चाय का कप हाथ में है। खिड़की खोल रखी है। ठंडी हवा अंदर को आ रही है। आकाश की ओर देखा तो धुमैले रंग के बादल छाए हुए हैं। शायद बारिश होने वाली है। सड़क के किनारे सख्ती से खड़े पेड़ कहानियों के 'ओल्ड वाइज मैन' जान पड़ते हैं। हवा का झोंका उन पेड़ों के कानों में गुदगुदी कर रहा है। बादलों से छन कर सूर्य की टेढ़ी किरणें हरे मखमली चादर जैसे पर्तों पर पड़ रही है। पर्तों की परछाईं नीचे सड़क पर नृत्य कर रही है। तभी मेरा ध्यान सड़क के दोनों ओर खड़े लोगों की लम्बी कतारों पर जाता है। मैं खिड़की से सर बाहर निकाल कर उन कतारों का सिरा खोजने की विफल कोशिश करती हूँ।

पचास कदम की दूरी पर एक स्कूल है। सुना है वहां ज़रूरतमंद लोगों को सरकार राशन बाँट रही है। ये लोग उसी राशन को लेने के लिए क़तारबन्द हैं। उनमें बूढ़े-बच्चे, मर्द-औरत सभी शामिल हैं। एक-दो हवलदार भी घूम रहे हैं, जो थोड़ी-थोड़ी देर पर लोगों को दूरी बनाये रखने के लिए डांट लगा रहे हैं। लोग भी आज्ञाकारी बच्चों की तरह डांट सुन कर क़तार सीधी कर लेते हैं।

एक दो-तीन साल का बच्चा है, जो सड़क को खेल का मैदान समझ कर इधर-उधर दौड़ लगा रहा है। मन विचार करने लगा कि इस बच्चे को इस स्थिति की गम्भीरता का कोई बोध नहीं। सरकार प्रतिदिन लॉकडाउन से सम्बंधित नए-नए दिशा-निर्देश जारी कर रही है। इन निर्देशों का न पालन करने वालों को दण्डित करने की चेतावनी भी दे रही है। फिर भी यह बालक उनकी खुली अवहेलना करने का दुस्साहस कर रहा है? तभी हवलदार के चिल्लाने की आवाज़ आती है। एक नवजात शिशु को अपने सीने से लगाए एक औरत उस बच्चे के पीछे भागती है। बच्चा अपनी माँ के हाथ आ जाता है। वह काम जो सरकारी चेतावनी न कर पायी, माँ की एक मार ने कर दिया। माँ की क्रूरता अपेक्षित है। बच्चा अब अनुशासित होकर माँ का आंचल पकड़े चुपचाप खड़ा है। शायद रो भी रहा है।

मन न जाने इस कतार में किस को ढूँढ रहा है। तभी याद आता है कि हमारी 'रसोई' जो हमारे प्लैट पर भोजन पकाने आती थीं, उनका कल कॉल आया था। वह भी पास ही कहीं रहती हैं। उनको देखे लगभग दो महीने हो गए। पूछ रही थीं कि वह कब से वापस काम करने के लिए आएँ। दिल्ली सरकार राशन के लिए कोई ऑनलाइन फ़ॉर्म भरवा रही है। कल वही फ़ॉर्म उन्होंने मुझसे भरवाया था। मन उस भीड़ में शायद उन्हीं को तलाश रहा था।

अलग-अलग स्रोतों से समाचार आ रहे हैं कि किस तरह बड़े-बड़े शहरों से प्रवासी मज़दूर हज़ारों किलोमीटर पैदल चल कर अपने गावों-कस्बों को लौटने पर विवश हो चुके हैं। मुझे नहीं मालूम कि इतिहास की किसी किताब में स्वतंत्र भारत में इतने बड़े पैमाने पर ग़रीब-मज़दूरों का पलायन उल्लेखित है। मैंने तो बचपन से यही सुना और पढ़ा है कि पलायन गावों और छोटे शहरों से महानगरों की ओर होता है। इस लॉकडाउन ने मानो काल-चक्र को उल्टा कर दिया हो। मन विचार करने को उद्वेलित हो जाता है कि क्या यह लॉकडाउन इतना ही आवश्यक था? क्या इस महामारी को रोकने का कोई और रास्ता नहीं था? आखिर अमीरों द्वारा आयातित बीमारी की मार ग़रीब क्यों झेले? सुना है सरकार विदेशों से प्रवासी भारतीयों को लाने के लिए विशेष विमान की व्यवस्था कर रही है। फिर कड़ी धूप में भूखे-प्यासे पैदल चलने वाले इन ग़रीबों के लिए क्यों कुछ नहीं करती? दोष हवाई-जहाज़ का था तो उसकी भरपाई हवाई-चप्पल क्यों करे?

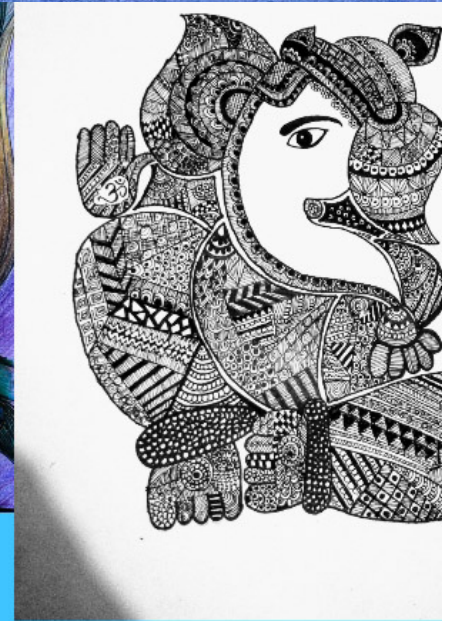
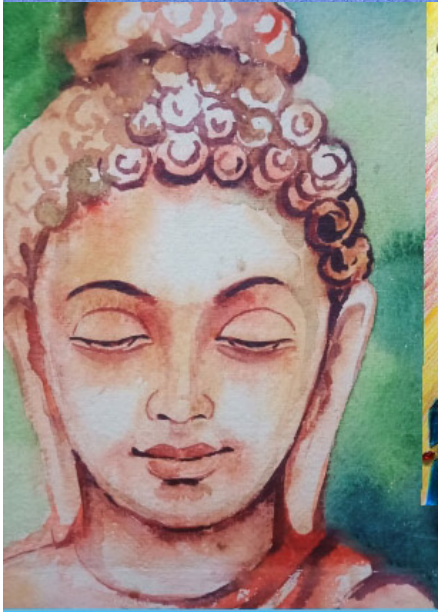
अभी-अभी एक भयावह घटना सुनने को आयी है। महाराष्ट्र के औरंगाबाद जिले में पैदल घर को लौट रहे 16 श्रमिकों की माल-गाड़ी के नीचे आ जाने से मृत्यु हो गयी है। इस दुर्घटना से जुड़ा एक चित्र इंटरनेट पर वायरल हो रहा है। चित्र दुर्घटना स्थल का है। घटना में मारे गए श्रमिकों के सामान रेल की पटरियों पर बिखरे पड़े हैं। और उनके बीच मुँह चिढ़ाती बिखरी पड़ी हैं रोटियाँ। वह रोटी जिसके लिए वो अपना वतन छोड़ आये थे, आज वही उनके मौत का कारण बन गयी। वह पराया शहर जिसे उन्होंने अपनी मेहनत से सींचा था, आज वही उनके खून का प्यासा बन गया। घर की ओर जाने वाली वही रेल की पटरियाँ स्वर्ग की ओर जाने वाली सीढ़ी बन गयी। शून्य में विलीन होता, उम्र से लम्बा वह खालीपन औंधा आकाश बन गया। उस औंधे आकाश में अपनी पिशाचिनी चांदनी बिखेरती वह रोटी चाँद बन गयी। और इन सब के बीच भूख के अंधे कुंवे में उस चाँद का प्रतिबिम्ब उनकी मौत का साक्षी बन गया।

इस सब के दौरान शहर में यह बिसरा सन्नाटा जैसे काटने को दौड़ता है। क्यों कुछ कोई नहीं बोलता? आज के निराला, दुष्पंत, दिनकर कहाँ हैं? इन भूखे-प्यासे बेज़बान लोगों की आवाज़ बनने वाला क्या कोई दूसरा प्रेमचंद पैदा नहीं हुआ? मन की स्याही इन्हीं विचारों में उबलती रही। कब सूर्यास्त हुआ पता ही नहीं चला।

बाहर हलकी बारिश हो रही है। बारिश की बूंदें खिड़की के कांच से टकरा कर उसका आलिंगन कर रही हैं। सामने मेज़ पर पड़े कप में अधूरी चाय ठंडी हो चुकी है। कागज़ और कलम पड़े हैं। एक कविता लिखने बैठी हूँ। एक घंटा होने को आया है और अभी तक केवल दो पंक्ति लिखी है....

दुःख के साम्राज्य में भूख के महल के अंदरसिंहासन पर नाचता है मौत का सिकंदर

श्रुजया मैती
फिजिक्स डिपार्टमेंट
प्रथम वर्ष



"ART IS NEVER FINISHED,
ONLY ABANDONED."

- LEONARDO DA VINCI



top row: Janhavi Singh (Business Management, 2nd year) ; Akanksha Singh (B.sc Food technology, 1st year) ; Prachi kalm (Business Management, 3rd year)

Bottom row: Sumedha Basu (B.sc Biomedical Science, 1st year)

मरते रोज़ हज़ारों में हैं
पर हमने नहीं पहचान की।
एक जान के जाने के बाद ही
हमने हैप्पी सराउंडिंग की बात की।

आज तो कहते हो तुम
please, talk about your problems
क्या एक फंदा ज़रूरी था
to talk about problems.

क्या मानसिक तनाव ज़रूरी है
to talk about our problem's?

हां, वो चला गया
ना जाने कितने ही लोग
ऐसे ही चले गए और जाएंगे।

लेकिन हमने कहां बात की?
हमने तो एक उभरता सितारा खो दिया
तब जाकर mental health की बात की।

बरखा यादव
माइक्रोबायोलॉजी डिपार्टमेंट
द्वितीय वर्ष

ओह, चिड़िया रानी
तेरी चहचहाट कहीं खो सी गई थी
या मैं ही कहीं और
मग्न हो गई थी।

यो यो के गानों में इतने मग्न हो गए
की शंख की नाद तक भूल गए

ये पेड़ भी नाचते हैं हवा के संग
पहले इन्होंने दिखाया ही नहीं
या हम इतने खो गए
की हमने इन्हें देखा ही नहीं।

हवा भी अब कुछ कहती है
धरा भी कुछ बदल रही है।
पानी भी गति बदल रहा है
हमारे बंद होने से
सब कुछ कितना महक रहा है।
सब कुछ कितना फ़ल रहा है।

बरखा यादव
माइक्रोबायोलॉजी डिपार्टमेंट
द्वितीय वर्ष

मंज़िल के डर से
सफ़र पे ना निकलोगे?
माना बे - दर्द है दुनियां
तो क्या तुम मोहब्बत ना करोगे?

कहां पता होता है उस मुसाफ़िर को
की मंज़िल मिलेगी या नहीं?
ना पता होता उस आशिक़ को
की मोहब्बत मुकम्मल होगी या नहीं?

फ़िर भी दोनों की आंखों में
आशा की एक चमक होती है।

एक को अपनी मंज़िल
तो दूजे को अपने महबूब के तस्सवुर की ललक होती है

वो ललक जो डगमगाते हुए रास्तों में
हौसलों से खड़े रहने की उम्मीद देती है।
कांटों भरे पथ पर फूलों सा आनंद देती है।
अंधेरी रातों में, रोशनी की चमक देती है।
निराशा भरे जीवन में, आशा की लहर देती है।
उसे पता है, टूट चुके हो तुम
फ़िर भी वो तुम्हें समेटने का
हर प्रयत्न करती है।

मत डरो! उठ खड़े हो जाओ
निकल पड़ो अपनी मंज़िल की तलाश में
देखना! सफ़र कितना खूबसूरत लगेगा।
देखना! उसका तस्सवुर आत्मा को तृप्त कर देगा।
देखना! जीवन कितना सुखद लगेगा।
देखना! सब कुछ कितना आनंदमय होगा।

नेहा राजोरिया
बायोमेडिकल साइंस डिपार्टमेंट
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मेरी कलम!

किसी शायर की कल्पना का हिस्सा नहीं मैं
खुश हूँ तेरे एहसासों की स्याही से भरकर।
किसी सपने की दुनियां को उकेरती नहीं मैं
खुश हूँ तेरे दिल की गहराइयों से भरकर।
बाज़ार में बिकाऊ नहीं मेरी कारस्तानी
तेरा ज़हन - ए - हाल बयां करती है मेरी कलम दीवानी।
तेरा शौक हूँ मैं
तेरे अधूरेपन को दूर करता वो खूबसूरत सा नूर हूँ मैं।
मुझसे अलग भी तो, पूरा नहीं तू
खुश हूँ मैं तेरी ज़िंदगी का अहम हिस्सा बनकर।
तेरी कलम हूँ मैं
खुश हूँ मैं तेरे इन हाथों में ठहरकर
खुश हूँ मैं
तेरे हाथों को अपने हाथों में पाकर।

कल्पना

कल्पनाओं की उमड़ती लहरों पर
हिलोरे मारती मेरे मन की कमज़ोर कश्ती
कभी किनारे आ लगती
तो कभी आगे जा बढ़ती।
बड़ा सुन्दर नज़ारा दिखता सामने
जिसे सच समझने की मेरी भूल
वहां पहुंचते ही उसे धूमिल कर देती।
मानो कभी समझ आ भी जाता
कल्पना का सच
फ़िर भी इतने यतनों से आंखें कहां खुलती है तब?
ज़िंदगी में भी ऐसे ढेरों मुकाम आते हैं
जब कल्पनाओं के सहारे ही हम आगे बढ़ते जाते हैं।
या तो आंखें नहीं खुलती है।
या देर हो जाती है।
अंत में कुछ बचता है तो केवल संताप और गम।
यही तो जीवन जीने का राज़ है
ना रेत के घरोंदों में नींव होती है
ना होती है कल्पनाओं के आकाश की ज़मीन।
"हकीकत" में जीना सीख लो
क्योंकि वही देता हर मोड़ पे साथ है।

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हर रीत, हर रस्म का आईना हूं मैं।
तेरे कुल की धरोहर, तेरे समाज का मान हूं मैं।
तेरे घर की शान, तो किसी के आंगन की पहचान हूं मैं।
फ़ैसले लेना का कोई हक़ नहीं मुझे
बस सबकी सुनती रहने वाली दबी हुई आवाज़ हूं मैं।
सदियों से होती आई हर जंग का तू दोषी बनाता है मुझे
फ़िर पग - पग पर ये साबित करता है कि अबला बेबस हूं मैं।
पवित्रता का सारा दायित्व है मुझी पर
फ़िर भी सबसे ज़्यादा अपवित्र हूं मैं।
तेरी ज़रूरत अनुरूप कभी देवी, तो कभी घृणा का रूप हूं मैं
काश! तू जान पाता कि तेरी कहानी का
सबसे महत्वपूर्ण पात्र हूं मैं।
बहुत सहा है, अब और नहीं सहूंगी मैं
एक ऐसे समाज का निर्माण करूंगी जहां ज़्यादा कोई बदलाव नहीं
बस मेरी जगह तू, और तेरी जगह खड़ी होंगी मैं।

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बैठा हुआ मैं उसकी तन्हाई को निहारता
हर बार यही सोचा करता हूं
गमगीन ज़िंदगियों में घुलती ये ठंडी शाम
क्या पैगाम लाती है?
कभी उसके चेहरे पर सुकून
तो कभी मानो उदास छवि बन जाती है।
यूं तो वो चहकता है छोटी - छोटी खुशियों में भी
मगर शायद कोई याद है जो उसका चैन ले जाती है।
कभी देखता हूं उसके चेहरे की मासूमियत
जब वो सोता है रातों में
और कभी उसकी निर्मल आंखें मेरा भरम तोड़ जाती है।
ये शक्स कोई खास नहीं
आप और मैं ही हैं
खुश रहना भूल गए हैं शायद
सूनी पड़ी निगाहें ये बताती हैं।

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काबिलियत वर्णमाला के अक्षरों की इकाई नहीं बनाती
ना किसी के सवालों से हारती है।

ज़िंदगी की कीमत भले मेरे तुम्हारे लिए ना हो
मगर किसी की ज़िंदगी हमारे - तुम्हारे लिए उम्र गुजारती है।

उस भविष्य का गला घोटना गुनाह है
जो बरसों तुम में अपने भविष्य की सुखद राह देखता है।

माना काबिल होना, समाज में नाम पाना ज़रूरी है
पर इस तरह गिर जाना मज़बूरी नहीं, कमज़ोरी है।

आपकी ग्लानि की कदर करता हूं में, सोचना भी ज़रूरी है
पर ज़िंदगी सब कुछ हासिल करने का नाम मात्र नहीं
कुछ ख्वाहिशें अधूरी रहना भी ज़रूरी है।

भले प्रजा राजा के नाम को जपती हो
मगर रणभूमि तो सिपाही के बिना सदैव अधूरी है।

फ़िर राजा ना बनने पर इतना संताप क्यों?
जब जगह के हिसाब से ही हर ओहदे को मंजूरी है।

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एक मां चाहिए दुलार करने को
एक बहन चाहिए सज़ा से बचाने को।
एक दोस्त चाहिए हौसला बढ़ाने को
एक पत्नी चाहिए साथ निभाने को
और एक तवायफ़ चाहिए मन बहलाने को।
इन सबके रास्ते जुदा हो तुम्हारी शान बचाने को
फ़िर भी तुम उलाहने दो अपना स्वार्थ छुपाने को
इन सबके बाद भी तुम इनका स्तर गिराओ
अपना अहम - मान बढ़ाने को
फ़िर सिर्फ़ पुरुष बनकर रहो तुम
ज़िद ना करो इंसान कहलाने को।

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तेरी नन्ही उंगलियों से राबता हुआ
जाने कब अक्स मेरा।
शायद जब तेरे होंठों पे खिला
मुस्कुराहट सा रक्स ज़रा।
खास क्या है ?
इन नन्हे - नन्हे हिस्सों में तेरे
जब भी झलक दूर होती है
लगता है कुछ छूट गया पीछे मेरा।
मेरे गले से माथे तक ही तो है
अस्तित्व तेरे जिस्म का
फ़िर भी जब तेरे आगोश में होता है
मुझे ये सारा जहां लगता है मेरा।
जबसे समझने लगी हूँ तेरे आंखों की चमक को मैं
लगता है अंकपत्र सबसे अक्वल मेरा।
कैसे बयां करूं हाल - ए - दिल
की क्या है तुझसे रिश्ता मेरा?
नज़रें भी दे नहीं पाती जवाब - ए - सवाल
जो इस दिल ने है उकेरा।
काश! इतना बड़ा होता दामन
की छुपा लेती मैं ये नन्हा सा जहान मेरा।

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सतरंगी आसमां के तले सर उठाए
जो शान से हर पल लहरता है
वो तिरंगा मेरी संस्कृति, मेरे अभिमान
मेरे अस्तित्व का परिचय देता है।
कल - कल करती अनेकों नदियां
नित्य पांव पखारती जिसके
सभ्यता का सबसे सजग स्वरूप है हिस्से में इसके।
चरक, आर्यभट्ट, चाणक्य जैसे विद्वानों की
भूमि है ये हिंदुस्तान मेरा।
रात के चंद्रमा को निस्तेज करे, ऐसे इतिहास का निर्माता
सूरज की भंगिमा को ललकारता,
सैकड़ों करोड़ की जनसंख्या का भाग्य विधाता
अनेकता में एकता को दर्शाता
अनेकों विविधताओं को समेटे खड़ा है भारत मेरा।
इस मिट्टी के आंचल को
खून से सींचने को तैयार खड़े
निडर होकर जो वीरता से उठाए इसकी रक्षा का भार
ए मेरे देश के लाल
राविद करता है तेरा सम्मान।
इस आर्यावर्त पर मर मिटने के ख़्वाब लिए जो आंखों में
ना खबर है दुनियादारी की, शमशीर लिए वो हांथों में।
लाल रंग है होली जिसकी
बारूद की शमा दीवाली है
ज़िंदगी देश को अर्पित है
गिरवी उस सुहागन की लाली है।
एक मां की कोख को सुना करके
धरती मां की जान बचाए जो
ए वीर तेरे बलिदानों की सारी दुनियां आभारी है।
कल भी था आर्यावर्त
आज भी है भारत मेरा।
नतमस्तक है तुझे मेरी पवित्र भूमि
कभी कम ना होगा
जहान में रुतबा तेरा।

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युवा को समझ ना होगा, छलावा से बचना होगा:

युवा को समझ ना होगा,
भ्रम नहीं,
दिखावा नहीं,
अब सच को स्मझणा होगा,
ज़िन्दगी मिली ह, धुएं में उड़ने को नहीं,
दिखाएं जिस राह पर सिगरेट,
वो रहा स्कूल से ही तो नहीं,
शटा कभी थी सूटा कभी,
सब कॉलेज के दोस्ती से थी,
अब ज़िन्दगी गए,
तो सोचती हू
की काश ना लिया होता।
वो पहली सिगरेट
तो आज होती म भी पंछी सी आजाद,
अब नशे में डूब चुका ह,
इसको नहीं किसी का होश,

समय अभी गया नहीं,
बहुत कुछ पीछे छूटा नहीं,
रहा ह अगर सीने में दिल,
तो एक बार अपने हिम्मत को जगा कर देख,
माना नशे ने कर दी हालत करना
परिवार के संग समय बीता कर तो देख
देशभक्ति का रंग चढ़ा कर तो देख,
कुछ नया कर के था देख,
सुकून मिलेगा जिस दिन रूह को,
युवा वहीं,
जो सुकून सी ज़िन्दगी दे भविष्य को।

इस धुएं की ज़िन्दगी से निकाल तो।शी
कभी ये दिखावा छोड़।
खुद की सुन तो सही,
कभी ये दूसरों के बातों में ना आकर
सिगरेट की झग खुद को रक तो सही,

धुएं सी ज़िन्दगी को रंग से भर तो सही
इस ज़िन्दगी का कुछ उपयोग कर तो सही।

ज़िन्दगी को जी नहीं रहे
हवा में उड़ा रहे ह।
वो हम ही तो ह जो भगवान से पहले खुद को
मिटा रहे ह
युवा की शक्ति को सबने ह जाना
बस इससे ही इसे ह बचना,

हवाओं का रुक बदलने वाले ने
हवा का ही रुख बदल दिया।
स्वच्छ हवा को इसमें धुएं से भर दिया,

ना जाने ये गलती किस की ह,
की गलती मेरी ह या किसी और की ह,
जो आया ना इस दुनियत में इसने ने भी इस धुएं
को सूंग लिया।
केसे मरेग ये पता नहीं,
खुद की नज़रों में गिर कर या खुद को दूसरों की
नज़रों में गिराकर,
जिस युवा को होना चाइए सबसे पहले स्वस्थ
,वो ह सबसे पहले स्वर्ग,
स्वर्ग कहा मैने, हा स्वर्ग कहा मैने,
कक्युकी यहां तो जिते जी नर्ग बना दिया हमने,
भगवान भी सोचता होगा, की किसको अक्ल दी
मैने,
होते हुए अक्ल भी, कर रहा धुआ।

अब बहुत हुआ,
बस बहुत हुआ,
बचना ह मुझे,
म करती नहीं सेवन tobacco का ना करती
सेवन nicotine का,
फिर क्यों मरू म इनकी मौत, जिनको नहीं खुद
के होश।
होश में होता तो देखता छलावा
इन इंडस्ट्री का जो बेच रहा ह धुएं में मौत इनको
भरके सिगरेट के रुप।

लगता इन्हे ह।
की ज़िन्दगी बहुत लंबी ह इनकी
पता नहीं स्सायद इनको की ह नहीं ह इनकी
इनकी थी तब तक,
जब तक ये नहीं थे tobacco सेवन का सिकार,
अब तो ह ये ज़िन्दगी यूं उद्योग के नाम।

तुम करो सेवन
सास मुझे ना आए,
Aastham मुझे हो जाए
ये ज़िन्दगी मेरी ह,
युवा ह हम, देश को बदलना ह
रुख हवाओं का बदलना ह।
धुएं से भरना नहीं lung!...

...ये ने डोर को ने सी पतंग,
ए cigrate या flavor गम
जहर तो जहर ही होता
चाहे हो,
किसी भी रंग
मिला दो किसी म भी,
जान तो लेगा बेखबर

यही हाल ह
Tabacoo हो चाहे हो nicotine
कुछ नहीं हमारे संग,
संग रहेगा तो एक अभिशाप ह ये,
दूर रहे तो सतरंग ह,
ज़िन्दगी भी।
उड़ते धुएं सी ह ज़िन्दगी
जिस रुक हवा ले जाए।
वहीं दिशा ये जाना जाए।
वहीं ह हमारे संग
जिस तरह हम बनाए ज़िन्दगी अपनी
चाए वो tobacco से बचकर या बचाकर।

युवाओं को समझ ना होगा,
छलावा से बचना होगा।

बरखा यादव
माइक्रोबायोलॉजी डिपार्टमेंट
द्वितीय वर्ष

नए रंग भर रहे हैं
ज़िंदगी की डोर में।

सूखे पत्तों का दामन
छूट रहा है
इस नए से विभोर में।

आशा की किरणें
आशा के पत्तेदिख रहे एक तहनी पर।
समेटा हुआ है विभिन्न रंगा
कहीं हरा,तो कहीं
किनारे के संग।

इस लॉकडॉउन में
धरा भी बदल रही है अपने रंग
ताकि एक बार फिर
हम चल सके उसके संग।

बरखा यादव
माइक्रोबायोलॉजी डिपार्टमेंट
द्वितीय वर्ष

कुछ तो है जिसे नियामत कहते हैं
इसी उम्मीद में सब तेरा " जुल्म - ए - सितम सहते हैं।
जानते हैं सभी की खानकाहों में पत्थर ही बसते हैं
फिर भी ना जाने तेरे दीदार को आंहे भरते हैं।
हम कहेंगे ऊंची आवाज़ में जब मिलेगा मौका हमें
की खुदा बस नाम है ख्वाबों की परछाइयों का
असल में उन घरों में तो अंधे - बहरे पहरेदार रहते हैं।

अपराजिता तिवारी
कंप्यूटर साइंस डिपार्टमेंट
द्वितीय वर्ष

भरे पैमानों को और क्या भरें?
आखिर में छलक ही जाएगा।
भले छूकर ही निकले वो पैमाने को
ज़मीन पर आकर उसका अस्तित्व बिखर
ही जाएगा।
रोशनी में कीमत नहीं उस शमा की
जिसे अंधेरा छूकर ही सिमट जाता है।
दुनियां में कहां कोई अदाकार
अदाकारी की असली कीमत पाता है।
आंखें मीचने से भी क्या होगा?
जब सारा जहान ही यहां अंधा है।
गौर से देखिए तो सही
किसी मयखाने से कोई मौलवी ही बाहर
आएगा।

अपराजिता तिवारी
कंप्यूटर साइंस डिपार्टमेंट
द्वितीय वर्ष

भीषण रण

भीषण रण है जग में जारी , शत्रु 'एक' पर सब पर भारी !
जीवन - मरण के इस द्वन्द में, संघर्ष कर रही पृथ्वी सारी !!

अस्त्र विहीन इस युद्ध में , जैविक प्रहार से आघात हुआ !
देश , धर्म , अर्थ, आधार पर नहीं कोई पक्षपात हुआ !!

भस्म हो रहे लाक्षाग्रह , टूटी वैभवता की दीवारें !
शक्ति संपन्न कहने वाले , घुटनों पर आ गए हैं सारे !!

ये क्षण नहीं है वाद- प्रतिवाद का !
अपेक्षा , उपेक्षा या अवसाद का !!
ये मानवता का संग्राम है, मानव को ही लड़ना होगा !
संयम और विवेक से , शत्रु भय से लड़ना होगा !!

लक्ष्मण रेखा खींच के , घर को अपने दुर्ग बनाये !
स्वच्छ अभेद आक्रमण से ही , रिपुदमन निश्चित कर पाये !!

आओ इस विकट समय में , मिलकर साथ प्रहार करें !
खुद की रक्षा , पर की सुरक्षा , और भारत की जयकार करें !!

वर्षा वर्मा
एडमिनिस्ट्रेशन ऑफिस

दिसंबर

उम्र की डोर से
फिर एक मोती
झड़ रहा है।
तारीखों के खत्म होने से
दिसंबर फिर उतर रहा है।
कुछ चेहरे हटे, चंद्र यादें
जुड़ गई वक्रत से
उम्र का पंछी नित दूर
और दूर निकल रहा है।
गुनगुनी धूप और
सर्द रातें जाड़ों की
गुज़रे लम्हों पर
झीना - झीना सा
एक पर्दा गिर रहा है।
ज़ायका नहीं लिया
और फिसल गई ज़िंदगी
वक्रत है कि सब कुछ समेटे
बादल बन उड़ रहा है।
फिर एक दिसंबर गुज़र रहा है।।

वर्षा वर्मा
एडमिनिस्ट्रेशन ऑफिस

मेरे पिता

क्या लिखूं पिता के बारे में,
मैंने कोई पिता से कठोर नहीं देखा,
जब दर्द होता है हमें तो उस से कमजोर नहीं देखा,
मैंने जहान में पिता से बड़ा दिल नहीं देखा,
दोस्त के रूप में किसी को पिता से काबिल नहीं देखा,
जब दुख हजार आए तब मैंने किसी और नहीं देखा,
मैंने कोई पिता से कठोर नहीं देखा,
ज़रूरत पड़ी जब पैसों की तो पिता से अमीर नहीं देखा,
जब हम बरबाद करने लगे पैसों को तो पिता से फकीर नहीं देखा,
मैंने मेरे पिता से बड़ा ज़मीर नहीं देखा,
मैंने मेरे पिता से अमीर नहीं देखा,
कभी अपना दुःख बताता नहीं है वो,
कभी अपना प्यार जताता नहीं है वो,
जब दुःख आए हजार मैंने किसी ओर नहीं देखा,
मैंने पिता से कठोर नहीं देखा,
आपका ही हूं जज़्बात लिख नहीं पाता,
परेशानी में आपके सिवा मैं कही नहीं जाता,
उम्र लगे आपको सारे जहान की ये मैं कह नहीं पाता,
बस एक बात है मैं आपके बिना रह नहीं पता,
मैंने पिता से बड़ा दुखो का चोर नहीं देखा, मैंने पिता से कठोर नहीं देखा।।

वर्षा वर्मा

एडमिनिस्ट्रेशन ऑफिस

देखो वसंत ऋतु आई
खेतों में सरसों ने ली अंगड़ाई।
कोयल कुहू - कुहू करती आई
बसन्ती चादर ओढ़े धरती इठलाई।
मीठी ठंड से अोत - प्रोत है आंगन
मां सरस्वती का हम करते अभिवादन।
देखो कैसी है वसंत ऋतु की सौगात
सजी है धरती पर मनमोहक बारात।
क्यों ना इस बारात में हम सब भी जाएं?
हर्शोल्लास से वसंत ऋतु का उत्सव मनाएं।

डॉ. साधना जैन
एसोसिएट प्रोफ़ेसर
बायोकेमिस्ट्री डिपार्टमेंट

मामूली.. ओह! मामूली

वो मामूली सी दुनिया
समझते न बनती
वो मामूली सी ज़िंदगी
सिखाती हमेशा

वो मामूली सा गम
ज़ाहिर चेहरे पर
वो मामूली सी मुस्कान
मिटाती हर शिकन

वो मामूली सा वादा
बेपरवाही में बोल दिया
वो मामूली सा जुनून
साँसे थमने तक निभाने का

वो मामूली सी रात
अंधेरा ही तो था
वो मामूली सा चाँद
होना ही काफ़ी था

वो मामूली सी प्यास
समंदर भी कम
वो मामूली सी बूँदें
पिलाई जो माँ ने

वो मामूली सा ज़ख्म
जान पर भारी
वो मामूली से सहारा
पिता ने जीवन सँवारा

वो मामूली सी बातें
न कहते जो बनती
वो मामूली सी रज़ाई
छुप, भाई को जीवन सुनाई

वो मामूली सा धागा
कलाई में तारे
वो मामूली सी मुश्किलें
सुन, बहन ने खत्म किए सारे

वो मामूली सा काफ़िला
कश्तियों में बच निकला
वो मामूली हाथ कोई
थाम, मझधार की पार

वो मामूली से ख्वाब
बाँधे हैं खुद से कब तक
वो मामूली सा एहसास
कुछ नामुमकिन नहीं

ऋतुराज आनंद
सह प्रधायक
अंग्रेज़ी विभाग

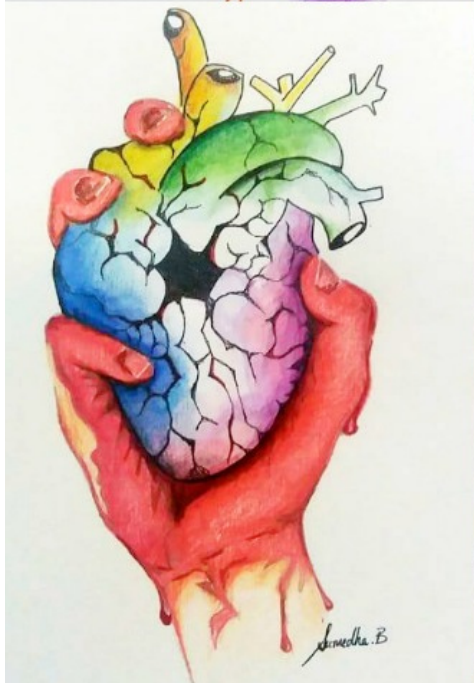
वृक्ष

था बीज,
फूटे अंकुर मेरे,
मैं छोटा सा,
नन्हा सा,
लिपटा था माटी की गोद में,
बढ़ा मैं,
और कद मेरा,
भरा मैं,
हरा-भरा,
खुद के पैरों,
पर खड़ा,
कभी पुचकारा मुझे,
चंचल पवन ने,
लहराया मेरी डाली को,
महकाया जग को,
गुदगुदाया मेरी हरियाली को,
फिर तपिश ने भी आराम दिया,
पर गुस्से में लाल,
मुझको भी झुलसाया,
कई दफ़ा,
वो बारिश की बूंदों,
ने मुझे नहलाया था जो,
आनंद में मैं खिल उठा,
लगा तृप्त तन हो गया मेरा,
फलों को मेरे,
तोड़े थे जब,
दर्द नहीं,
खुशी मिली,
उनके पेट भरते,
फूलों से जब सुगंधित,
आँगन हुए अनेक,
अच्छा लगा,
शामिल होकर त्योहार में,
चढ़कर ईश्वर के कमल-चरणों में,

कितने मित्रों-प्रेमियों के,
भावनाओं का स्मारक बना,
भाँति-भाँति के पक्षी-पशु,
का मैं बसेरा बना,
और मैं घना, मेरी छाँव
में जाने कितने राहियों को सुकूं मिला,
एक दिन कुछ स्वार्थ-लिप्त,
मुझे नोचने लगे,
झंझोड़ने लगे,
तोड़ने लगे,
कभी यहाँ, कभी वहाँ,
काटा-बाँटा, फेंक दिया,
आज वो हिस्से मेरे,
तुम्हारे घर मे पड़े,
निर्जीव हो गए हैं,
अब मैं ना रहा पेड़,
मैं महज़ लकड़ी हूँ,
तुम इंसान नहीं,
निर्मम पशु कोई

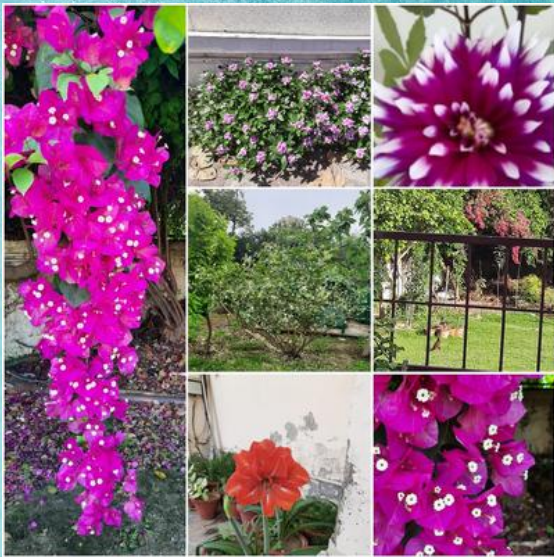
**ऋतुराज आनंद
सह प्राध्यापक
अंग्रेज़ी विभाग**

"LIFE IS SHORT, THE ART LONG."
- HIPPOCRATES



TOP TO BOTTOM:
SUMEDHA
BASU(BIOMEDICAL
SCIENCE, 1ST YEAR) ;
DIVYA (BIOCHEMISTRY,
2ND YEAR)

Quarantine: In-House Adventures



Principal's Message

Dear Students and Colleagues,

I hope these words find you and your families in the best of health and spirit. I completely apprehend that the world is facing a very difficult situation. Life in times of Corona virus is quite complicated. I believe you all are strictly following the lockdown instructions issued from time to time by the competent agencies. Lockdown in the four walls of our houses is the best immunization and protection for our wellbeing in the present state of affairs. Keeping healthy is more than just protecting yourself from COVID - 19; it also means managing your health and wellbeing.

Dear Students, ever since lockdown began, your teachers have been fervently engaged in innovating several methods to stay in constant touch with you. Hope you are making good use of the study materials provided to you in the form of E-text resources, PowerPoint presentations, Audio/Video lectures and live Visual online classes using various applications. I feel bad for those who reside in zones of poor connectivity.

Dear Students, apart from taking all the precautions to save yourself from exposure, you are advised to follow all the instructions of your teachers. Stay in touch with them. Keep studying, prepare well for exams and if you feel low at any moment, contact the mentor assigned to you. Keep checking website of the college regularly.

Dear Students and colleagues this time is blessing in disguise. It is the time to pause and think, internalize, ask questions from yourself, plan for future and indulge in all those indoor activities which you always thought of and dreamt. Be it painting, singing, dancing, writing, cooking, helping your parents, spending time with siblings, talking with your old friends in leisure, reveling the chirping of birds and clear sky or any other activity you always dreamt of doing in time of convenience. It is the time to self introspect our unintentional activities that has ruined our mother earth.

I have a strong feeling that you must be missing the campus life. I seize this opportunity to thank the Para Teaching Resident Staff of our college, Security Guards, Hostel Mess Staff and the college Electrician; that in this difficult time, all of them are not only strictly following the lockdown but also taking care of the green area of our campus.

Dear friends, it may not be part of their duty but they are putting all their efforts to keep the campus clean, trees well-pruned, grass trimmed to be in its best, weeds uprooted and flowering pots blooming; waiting for normal campus life to revive. I am sharing some of the appreciable efforts put in by Rajguru Residents and other members for maintaining the campus to their best.

Your suggestions are much awaited. My best wishes to all of you; stay safe and healthy. See you soon!!

Dr. Payal Mago
Principal

DEPARTMENT OF BIOCHEMISTRY

■ ONLINE WEBINAR SERIES

A webinar series was organized on 15th May 2020 & 18th May 2020 on the following topics:

1. Scientific Approach for solving societal problems by Prof. Alok Bhattacharya, Head of Department of Biology, Ashoka University
 2. Yoga for healthy body & mind by Mr. Ram Sahu, Yoga instructor at Isha Foundation
 3. Basic Scientific research and its societal relevance by Prof. J.K. Roy, Head of Department of Zoology, BHU
- Another webinar was organised on 20th April 2020 on the topic:
Embracing Traditional Knowledge: Indian Vedic Immunoboosting Practices by Prof. Balram Singh, Director at Institute of Advanced Sciences, USA

■ ART WORK/ POEMS/OTHER ACTIVITIES

Students of biochemistry manifested their flair and came up with commendable art work & cooking skills while some uncovered their dancing & singing. United by the sense of responsibility, we made a collage giving an inspiring lockdown message and the other celebrating Earth Day. Here's a glimpse at some of the art work:

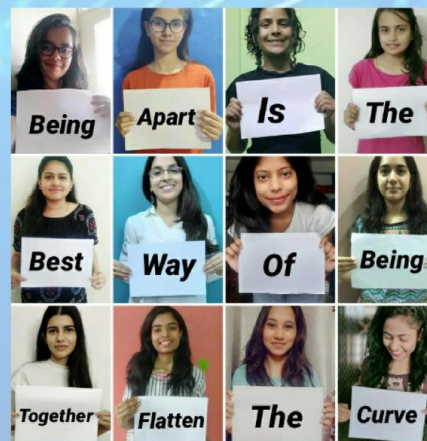
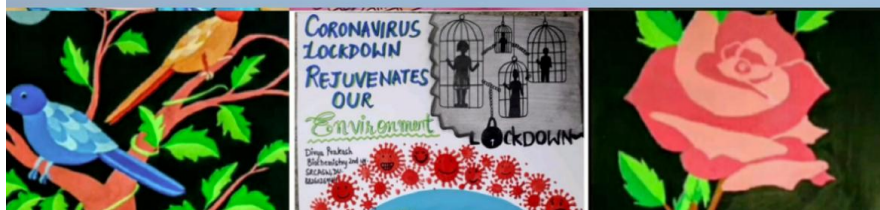
■ PRIZES WON IN VARIOUS ONLINE COMPETITIONS

- Salvi Gupta, II year- One of the Top 30 winners in 'Quiz of Biodiversity' by Vigyan Prasas
- Priya Bansal, III year- 3rd position in 'Just a Memer' competition by Maharaja Agarsen College - Won scholarship in VSB scholarship online quiz
- Diksha, III year- 2nd position in JNU essay writing competition.
- Diya, II year- 1st position in Anubhuti Photography competition
- Sonali Dehuri, I year- Cash prize worth Rs.300 in Mask Making Competition
- Jahanvi, II year- 1st position in Biodiversity Quiz by Vigyan Prasas -Cash prize worth Rs.300 in Mask Making Competition
- Anamika, I year- 1st position in 30-sec yoga competition
- Khushi, II year- 3rd position in Open Mic Contest by



■ VIRTUAL FAREWELL

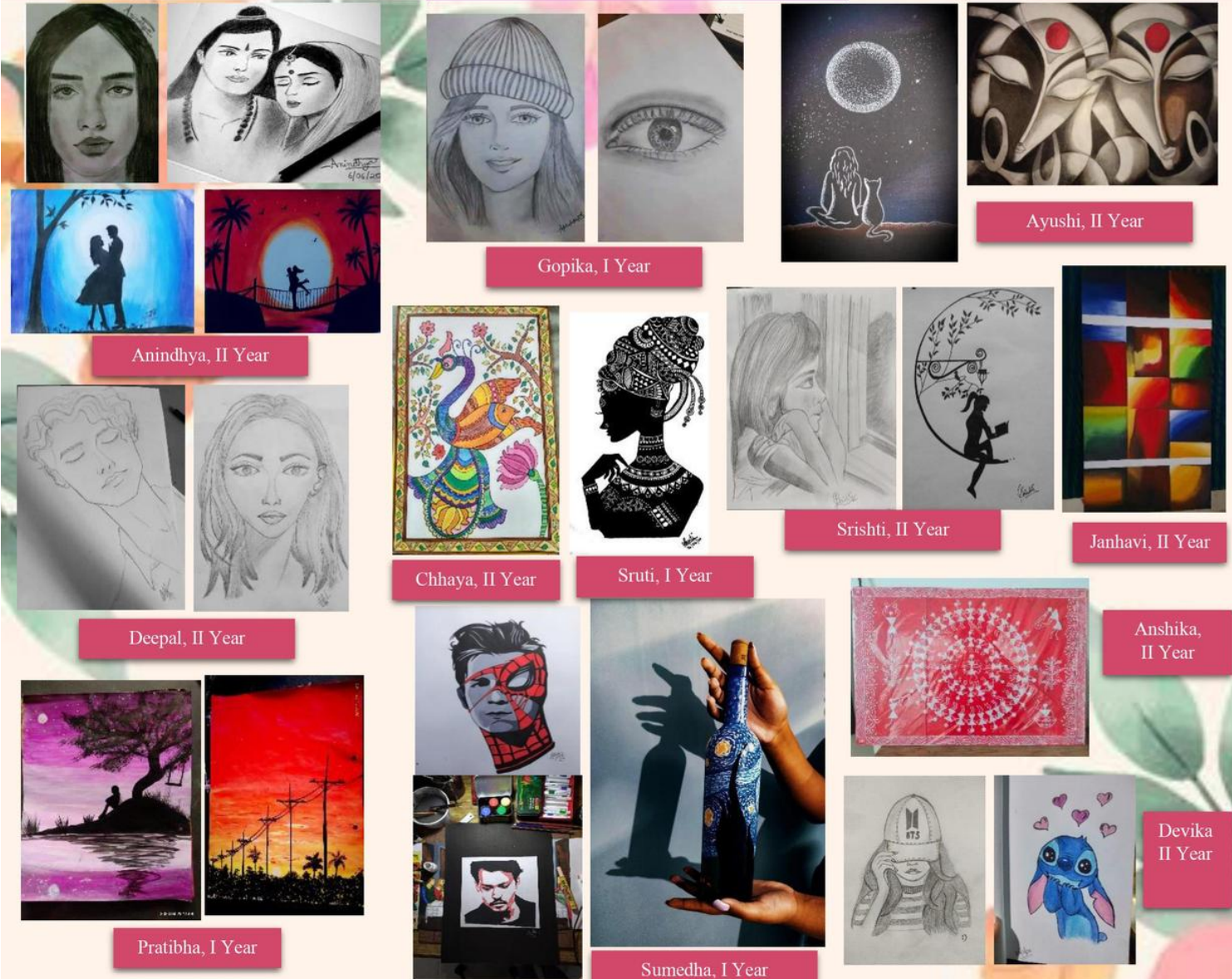
A virtual farewell was organized for the batch of 2020 with utmost zeal and enthusiasm! Students were given fun titles and were asked to share their memorable college experiences. A poem about college life was recited and dance & journey video was shown. It ended on a sweet note with worthwhile messages from the teachers.



In this together!

DEPARTMENT OF BIOMEDICAL SCIENCE

Masterstrokes



Achievements

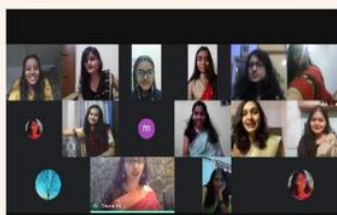
- Chhaya, II-year student, completed course on Digital Marketing and won certificates of participation for online Art competition, My Art My Passion 2020 and for a COVID-19 Awareness Quiz organized by Kendriya Vidyalaya Sangathan, Delhi Region
- Prajwali, III-year student, participated in an article writing competition on the topic "Life after Lockdown"
- Deepal Varshney, II-year student, received certificate as a part of Health Emergencies Programme organized by World Health Organization (WHO)
- Ishi Jain, III-year student, participated in "The Art Project" under the photography category, an online competition organized by HDFC Bank
- Devika S Kumar, II-year student, won a certificate for successfully completing a quiz on COVID-19 Awareness organized by Kendriya Vidyalaya Sangathan, Delhi Region

Webinars and Workshops

- Ishi Jain, III-year student, attended Leadership Webinar series – SAMVIT 2020 organized by IIM Sabalpur with various industry experts
- Several second-year students participated in the SPARC-INDO-US Immunology Workshop jointly organized by Indian Institute of Technology (IIT) Ropar, India and The George Washington University, USA, and received certificate of participation for the same
- Devika, II-Year student, attended an International Webinar on "Epidemiology, Diagnostics and Therapeutic Approaches to combat COVID-19", organized by Eco Club of Bhaskaracharya College of Applied Sciences, under the aegis of IQAC and BCAS.

DEPARTMENT OF BIOMEDICAL SCIENCE

Virtual Farewell

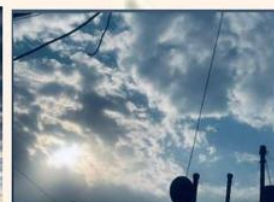


An exciting one-of-a-kind farewell party for the beloved batch of 2017-20 was organized on GoogleMeet. Everyone participated with much enthusiasm and seniors sat beautifully draped in their lovely sarees in front of laptops and mobiles to enjoy this event. There were virtual dance and music performances, fun games, title presentation, emotional farewell messages and videos, e-gifts and blessings from dear teachers.

Picturesque



Deepal, II Year



Anindhya, II Year



Ishi Jain, III Year



Kalpna, I Year



Anshika, II Year



Srishti Singh, I Year



Pratibha, I Year



Devika, II Year

Department of Chemistry: Activities During Pandemic Period

March – June 2020

- Artwork prepared by students and faculty members was compiled as a video and uploaded on Facebook page of college, on 26th April, 2020.
- A poem expressing “Self Exploration” was submitted by Ms. Preeti Singh, from B.Sc. (H) Chemistry, IInd Year and uploaded on Facebook page on 26th April, 2020.
- Ms. Chhaya Prajapati, from B.Sc. (H) Chemistry, IIIrd Year, secured 2nd position in social media competition in theme “Think for Wildlife in Lockdown”, organized by Students for Development, JNU.
- An online farewell party was organized on 20th June, 2020, for the outgoing batch of the department, 2019 – 2020.

A few glimpses are as under:



Department Of Computer Science (being positive during COVID-19 break)

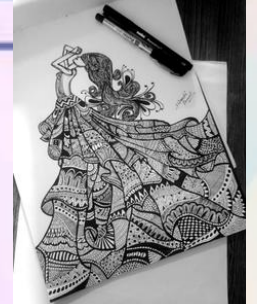


Sivanshi Porwal
2nd Year



Webinar on Internet of Things

A webinar on "The Internet of Things (IoT) Applications in Smart Agriculture" was organised on 24th April 2020. The speaker of the webinar was Dr. Anuradha Chug, Assistant Professor at USCIT, GGSIPU. The session witnessed participation of 127 students and faculty members from various renowned colleges across Delhi NCR.

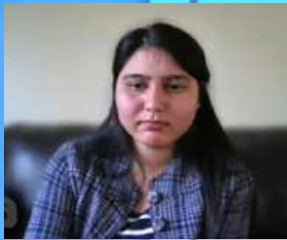


Sivanshi Porwal
2nd Year



Shrinkhala '20

Talk on "Studying Abroad-Opportunities and Challenges" was organised on 5th May 2020. The speaker for the occasion was Miss Priya Bedi, PG in Computer Software and Database Development, Lambton College, Canada. It was attended by third year students in which she discussed regarding procedure and other pre-requisites for studying abroad.



Aavya Gupta
2nd Year



Virtual Farewell

A virtual farewell was organised for the batch of 2020 on 18th July 2020 using Google Meet platform. This virtual farewell took them down the memory lane to relive all the classroom memories and cherish those moments weaved in the campus premises.

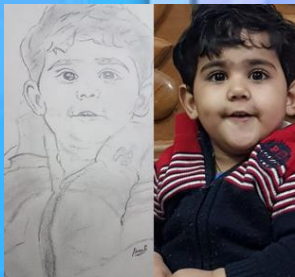
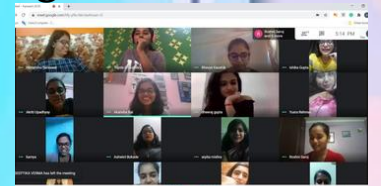


Divya Tyagi
1st Year



Webinar on Building Actions for Google

GSDC organized a webinar on building Actions for Google Assistant on 13 April 2020 and was delivered by Hunar Batra (Developer Students Club (DSC) lead). It was attended by 220+ students and has been viewed 5000+ times on YouTube. The workshop elucidated the three D's of building voice applications: Design, Develop and Deploy.

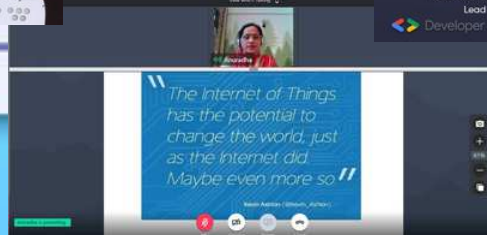
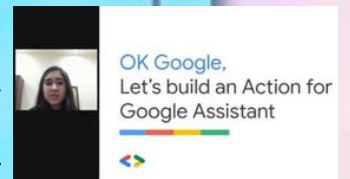


Shruti Rastogi
2nd Year



Achievements in Quarantine

- Kanika Gupta of first year successfully presented her first Research Paper "FROM REPRESENTATION TO RE-PRESENTATION : A STUDY OF DISABILITY IN LITERATURE AND CINEMA" on 18th June 2020.
- Harshita Kathuria of second year showed tremendous talent in poetry and with musical instruments.
- Jyoti Rawat of first year received participation certificates for yoga, poster
- Heema Priya of second year wrote several fascinating poems on seasons.



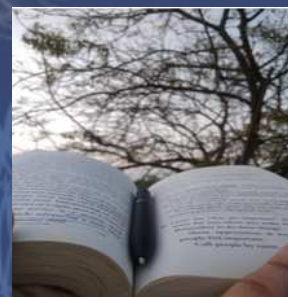
Department of Electronics

Declared as 'Lockdown - A Golden opportunity for Education' COVID-19 lockdown, the country came to standstill.

Everyone talked about what should be done by children/students, teachers and parents during the lockdown to be 'productive'. Department of Electronics, both faculty members and students completed the session through online teaching and taking assessments from time to time and not only engaged the students to learn and showcase themselves but also made faculty members learn the new technology to meet the requirement of this new age of COVID-19.

Students of the department made articles such as art work, articles, poems, essays during lockdown phase to showcase what they mean where their life is heading in this pandemic scenario. We got so many creative minds. Students utilized this period by pursuing some courses of their interest.

Students made the lockdown fruitful by pursuing courses of their interest. Most of them explored several ways to add on to their skills and enhance the already acquired ones. They started sketching and several forms of art work. Some of the students also learnt cooking skills. Few of them utilised their time to do blogging, photography and write poetry. We compiled these activities in a video and shared on the college's Facebook page. Here are some works:

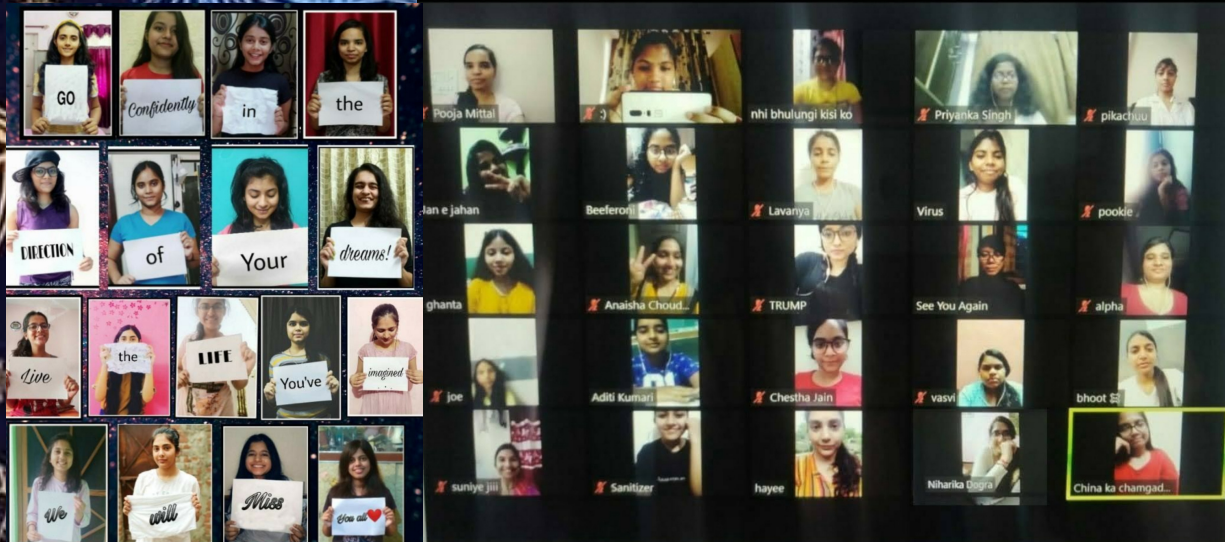


Ms. Agreemita Gupta, student of B.Sc. (Hons.) Electronics, 2nd year, secured following position in poetry competition held in various colleges:

- 1st position, poetry competition on the occasion of The World Environment Day held on 5th June, 2020 in Bhagini Nivedita College.
- 1st position in Corona fighters held by Radio Mayur 90.8.
- 1st position in Kavita Lekhan Pratiyogita by NZM Poetry, Sri Guru Nanak Dev Khalsa College
- 3rd position in Online poetry Competition in Vivekanand College.

Ms. Himanshi Vaishya, student of B.Sc. (Hons.) Electronics, 2nd year, secured 2nd position in the Online quiz "Quarantine 2020" organised by Sensor Society of the Department of instrumentation of Bhaskaracharya College of Applied Sciences held on 19th May, 2020.

Many Seminars and webinars were attended by students as well as faculty to cope with the existing scenario.



“It was never so quiet. So quiet that one could clearly hear the chirping of birds at noon time, as if this were a bird-filled orchard.”

Here comes the time for Farewell to the seniors, the final year students. Farewell almost looked impossible with everyone being at home, but the students arranged it and pulled it off really wonderfully. 1st and 2nd year organized online farewell fest for 3 days. Platform chosen was Zoom and an Instagram page, too, was created.

On the first day, session with them on Zoom to memorize their College Life. On the second day, the session was with their teachers to give blessings for the upcoming journey. They also had a farewell contest to make it more interesting one and ended with games and few performances by the juniors for them. Ms. Sonia Thathong, was declared Ms. ELECTRONICS'2020.



Department of Electronics and Department of English organised a five Workshop on Moodle Learning Management System 8th - 12th June, 2020 from 11:00am to 13:30pm. Around 60 participants from 17 colleges attended the workshop. The workshop was presented on the Google Meet platform. The resource persons were Dr. Avneesh Mittal, Department of Electronics, Bhaskaracharya College of Applied Science, and Dr. Nityanand Agasthi, Department of Chemistry from Deen Dayal Upadhyay College.



**Department of Electronics & Department of English
Shaheed Rajguru College of Applied Sciences for Women
(University of Delhi)**

Accredited By NAAC With "A" Grade | NIRF College Rank-31

Under the aegis of IQAC presents

A Five-Day Workshop on

MOODLE LEARNING MANAGEMENT SYSTEM

(For Faculty & Staff)

ABOUT THE WORKSHOP

The current unprecedented situation of COVID-19 has resulted in a paradigm shift in education throughout the world and India, in particular. Online education system has become an indispensable requirement to sustain our education system. Hence, the educators must be equipped with online teaching skills so as to meet the need of the hour and to create a learning-friendly environment for students even during their traditional classroom mode. This workshop aims to impart the knowledge on creating and developing online courses and deliver the same online, through Moodle LMS.

'Moodle is a learning platform designed to provide educators, administrators and learners with a single robust, secure and integrated system to create personalized learning environments.'
- <https://moodle.org/>

REQUIREMENTS

- Desktop/Laptop with good internet speed and necessary data pack.
- Functional webcam, microphone & headphones are required.

WORKSHOP SCHEDULE

- June 8 to 12, 2020 | 11:00 am to 12:30 pm.
- Attendance is mandatory in all the sessions.
- E-certificates will be given to the participants after the successful completion of Workshop.

MODE OF DELIVERY

- Live web session through Google Meet.

REGISTRATION

- Kindly register at:
https://docs.google.com/forms/d/e/1FAIpQLScZ9miRqP4RVNXIU_ki-RH_lbhTjZzyDntgSCXWAArBy19Yg/viewform?vc=0&c=0&w=1
- Last Date for Registration: 6 June, 2020 (Saturday).
- A confirmation e-mail of registration with certain guidelines will be shared by 7 June, 2020



Dr. Avneesh Mittal
Asst. Professor
Department of Electronics
Bhaskaracharya College of
Applied Sciences
University of Delhi



Dr. Nityanand Agasthi
Asst. Professor
Department of Chemistry
Deen Dayal Upadhyaya
College
University of Delhi

For queries, contact:
Mr. Rituraj Anand (8802219419)

Mrs. Preeti Singhal
Associate Professor
(Coordinator)

Dr. Payal Mago
Principal
(Chairperson)

Mr. Rituraj Anand
Assistant Professor
(Co-Coordinator)

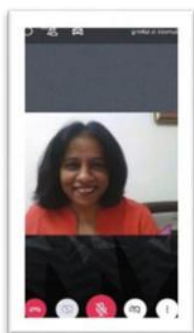


Department of Food Technology

Activity Report During the Period of COVID-19 Pandemic

“Adversity can be change to opportunity simply by adjusting our attitude and perception” – Gail Lynne Goodwin. The Department of Food Technology organized a number of activities and webinars ensuring that the students can get something productive out of the ideal time we have right now. The very webinar was organized on 25 April on “**The role of the food industry during the COVID-19 pandemic**” in collaboration with IQAC wherein we learned that as the world suffers from the effects

of a global pandemic, something that remains constant is the need of the very basic necessity that is food. As the institutions try to ensure adequate food to every individual is becomes essential to consider the hygiene aspect even more importantly. The imminent speaker for the day was **Ms. Suneeti Toteja**, who is a senior scientist in the food and agriculture department of the Bureau of Indian Standards, who explained the topic using very articulate PowerPoint presentation. The next webinar was on “**Food for the mitigation of COVID-19**” organized by the department in collaboration with IQAC on **30th April**. The eminent speaker the day was **Mr. Rajat Mittal**, who is the Head of Operations and Research, Testament Innovations Pvt. Ltd and had also been a part of DRDO in development of holocaust productions.



On 3rd may, 2020, the Department of Food Technology organized an interactive webinar on “**Career guidance, Future prospects and Experience sharing**” with the Alumnae Batch 0f 2017. Another webinar on “**Mission Admission- The Road Ahead**” was organised on 13th may with the Alumnae Batch 0f 2018,2019. The webinar included words of wisdom from our talented seniors about Career guidance, Future and other experiencesThe interaction we had with our seniors was worth every second and we will always be obliged to them and the teachers of our department of providing us with such an opportunity. Another important workshop i.e., “**Implementation of HACCP**” was organized by the Department of Food Technology in collaboration with **CII-FACE**, under the aegis of **IQAC**. The training was completed in two days, 19th and 20th May 2020, and was attended by interested students and the department faculty. HACCP is a system which identifies, evaluates and controls hazards which are significant for food safety.

Also, not to be forgotten, even in the situation of lockdown, some of the students i.e., **Agrani (1st year)- Poetry, Shalu (1st year)- Poetry, Muskan (1st year)- Essay, Saumya (2nd year)- Poetry, Anushi (2nd year)- Poetry** prepared them to show some gratitude to the people fighting with the situation. Finally, the student council along with the support of the first, second year students and the teachers, organized an online **farewell** for our beloved seniors. We had fun activities and games, the titles of Miss Farewell and Miss Charismatic were also given alongwith some gifts.



Department of Instrumentation

Activities held during pandemic period

Webinars:

- **National Webinar on Role of technocrats in healthcare emergencies like nCovid-19:** Instrumentation Department organised a National Webinar on 20th April, 2020 on the topic “Role of technocrats in healthcare emergencies like nCovid-19” by inviting an eminent speaker, Dr. Pankaj Parashar, Department of Physiology and Nodal Officer for Biomedical Engineering unit, MGM Medical College and MY Group of Hospitals, Indore. The session was conducted on the CISCO WebEx application with the active participation of 65 attendees across India. He discussed various innovative examples from multiple places that have been crucial against the pandemic fight. The Department is looking forward to organising such programmes in the near future in order to make the students more aware and to be productive in this pandemic situation.
- **VYAKHYAN 2020 (First session):** Department of Instrumentation, under the aegis of IQAC, organized an online alumni interaction session under the activity ‘Vyakhyan’ on the topic “Exploring the future endeavours in the field of environmental studies” on May 2, 2020 at 3 PM IST via GoToMeeting application. Dr. S. Lakshmi Devi, Founder Principal of the college gave the welcome address to the all, enlightening the various aspects in which students pursuing bachelor’s in Instrumentation can proceed further, highlighting the importance of conducting such seminars and the impact it casts on the students. In the session, eminent alumni Dr. Kusum Lata Jain (Team leader, Mitigation impact assessment support unit at United Nations Climate Change Secretariat (UNFCCC)), Dr. Deeksha Katyul (Assistant Professor, GGSIPU), Ms. Poonam Kumari (Research Scholar, AcSIR, CSIR-NEERI) and Ms. Lovleen Kaur (Centre of Excellence on Clean Air, IIT Delhi) was invited. They explained the role of environmental studies in both natural systems and human systems and the impact of interaction between human population and life forms on water, energy, pollution and climate change. They further emphasized on future opportunities in the field of environmental studies like an environmental consultant, climatologist, toxicologist, environmental lawyer or reporter and many more.
- **VYAKHYAN 2020 (Second session):** Department of Instrumentation, under the aegis of IQAC, organized an online alumni interaction session under the activity ‘Vyakhyan’ on “Career Guidance, Future Prospects and Experience Sharing” on May 23, 2020 at 3 PM IST via Google Meet application. In the session, eminent alumni Ms. Deeksha Agarwal (Associate Product Manager, Lambda Test), Ms. Chitra Sharma (Student of MSc. Electronic Science, University of Delhi) and Ms. Shalini Pant (Computer trainee, WIPRO Ltd.) were invited. They discussed about the continuous competitive and learning spirit that is needed to work in the IT industries with countless niches and specialties because technology changes constantly, and company needs well equipped IT staff to meet the growing demands of consumer base and outpace the competition. They encouraged students to start working on the projects related to their core subjects as it helps to understand the topics deeply and thoroughly and further told about the disciplines that need to be studied to crack the entrances for pursuing master’s degree in Instrumentation and Electronics. Around 70 students of Instrumentation Department attended the webinar.

Activities:

- Department of Instrumentation organised a competition for maintaining personal hygiene both at home and outside. Where Students showcased their creativity by making a short video clip, demonstrating innovative homemade tips to make masks, hand gloves and sanitizers.
- In order to pay gratitude to seniors the students of department of Instrumentation organized virtual Farewell on 25th June 2020 on Google meet platform, they have unlocked couple of surprises and memories to cherish for their seniors.

On-going projects:

- Project 1 on Covid-19 pandemic:
 - Title: An innovative approach to assess psychological impact of the COVID-19 pandemic on college/university students in India.
 - Project Team:
 - Dr Daya Bhardwaj, Assistant Professor, Dept. of Instrumentation, SRCASW
 - Dr. Sarul Mallik, Assistant Professor, Dept. of Instrumentation, SRCASW
 - Ms. Aastha Jain, Psychologist, SRCASW
 - Somya, Student (III year), Dept. of Instrumentation, SRCASW
 - Shalini, Student (III year), Dept. of Instrumentation, SRCASW
- Project 2 on Covid-19 pandemic:
 - Title: Effect of environmental factors on the spread of novel corona virus in India: With the prevailing confusion regarding the interdependence of environmental factors and COVID-19 it is valuable to study the relationship between them in one the worst affected countries with large populations and diverse weather conditions like India.
 - Project Team:
 - Dr. Sarul Mallik, Assistant Professor, Dept. of Instrumentation, SRCASW
 - Dr Daya Bhardwaj, Assistant Professor, Dept. of Instrumentation, SRCASW
 - M. Pavitra, Student (III year), Dept. of Instrumentation, SRCASW
 - Lakshmi Gayatri, Student (III year), Dept. of Instrumentation, SRCASW
- Project 3 on Covid-19 pandemic:
 - Title: A mathematical modelling of Covid-19 cases in India using MATLAB
 - Project Team:
 - Dr. Sarul Mallik, Assistant Professor, Dept. of Instrumentation, SRCASW
 - Dr. Daya Bhardwaj, Assistant Professor, Dept. of Instrumentation, SRCASW
 - Aarushi, Student (II year), Dept. of Instrumentation, SRCASW
 - Stuti, Student (II year), Dept. of Instrumentation, SRCASW

Students Creativity Collage



Webinars and Activities Collage



Activities by Department of Management and Financial Studies during Lockdown

- Employee Value Propositions in the Experience Era: The Department of Management and Financial studies organized an online session on 9th April 2020 via Zoom on the topic, "Employee Value Propositions in the Experience Era" hosted by Mr. Suraj Sudhakar, Sr. HR Manager with SAP, an IT MNC.
- Review Of Epidemiology And Clinical Manifestation On COVID-19: Department of Management & Financial Studies conducted a webinar on Covid-19, which was a comprehensive Review of Epidemiology & the Clinical Manifestations by Dr. Simardeep Gill on 13th April 2020.
- Prospects In Digital Marketing:The department of Management and Financial studies organised an online session on, "Prospects in Digital Marketing" on April 15, 2020 conducted by Ms. Swati Gupta.
- Career Prospects of HRM: The Department of Management and Financial Studies of Shaheed Rajguru College of Applied Sciences for Women organized an interactive Zoom webinar on the topic "Career Prospects of HRM". It was hosted by Ms. Mollshree, associate manager- people and culture with Shiv Nadar foundation, on April 26th, 2019.
- Career Prospects in Finance: The Department of Management and Financial Studies of Shaheed Rajguru College of Applied Sciences for Women organized an instructive webinar on the topic "Career prospects in Finance", on April 29th, 2019 conducted by Mr. Jaspreet Dhingra, founder of Bizzvitals Technologies and cofounder of Outgrow Consulting.
- Importance of Marketing and the Need for Talented Marketers: The department of Management and Financial studies organised an online session on, "Importance of Marketing and the Need for Talented Marketers" on May 1,2020 conducted by Mr. Mayank Jain,Titan National Sales Operation and Retail Marketing team.
- Impact of Covid on Financial Services:The Department of Management and Financial services organized a webinar on the topic, "Impact of Covid of Financial Services" on 2nd May 2020 via Zoom hosted by Mr. Sandeep Sonpatki, partner at Deloitte Touche Tohmatsu India LLP along with his colleague Mr. Shubham Gupta.
- Understanding Global Business: The Department of Management and Financial Studies organized a Webinar on "Understanding Global Businesses" on Google Meet on 4th of May 2020, with Professor Aman Agarwal & C.A. Anil Sharma.
- Revival of Economy post covid: Department of Management and Financial Studies and RAQAM (Finance Society) of Shaheed Rajguru College of Applied Sciences for Women, conducted a webinar on the topic: "Revival of Economy Post Covid" on 5th May 2020 presented by Dr. Rajesh Kothari, President ICFAI Business school Jaipur.
- Top soft skills for a success full career:The department of management and financial studies along with mark-haven (marketing society of SRCASW) organised a webinar on google meet on 7th may, 2020, with Professor Upasana Dhanda on the topic "top soft skills required for successful career".
- Societal Marketing: The New Normal: The department of management and financial studies in collaboration with Mark Heaven (the marketing society) organized a webinar on google meet and live stream on YouTube on 15th May 2020, with Mr. JAYANT SHAH on the topic "Societal Marketing: The New Normal".
- Virtual Farewell: The Department of Management and Financial Studies organised a virtual farewell for its graduating batch on 15th June 2020 and also launched the first yearbook.
- Informal Interactions: The professors of Department of Management and Financial Studies organised various informal sessions with the students of all years to stay in touch and help them cope with the lockdown.

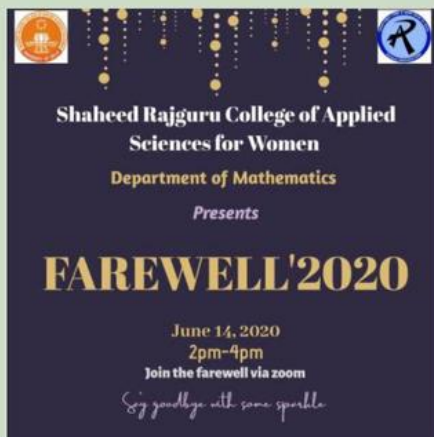


ACTIVITIES BY THE DEPARTMENT OF MATHEMATICS DURING THE LOCKDOWN PERIOD

During the national lockdown period in 2020, the Department of Mathematics, Shaheed Rajguru College of Applied Sciences for Women has organized a webinar on "Clock Arithmetic and Secure Communications" addressed by Dr. Manu Kaur, Professor, Benedictine University, Chicago on May 12, 2020. In this webinar, students were assimilated with Encryption, Decryption, Caesar Cipher and RSA cryptosystem. It was a very interactive session for the students to learn about the ways of securing information and data.



During this time, students have developed their hidden skills including cooking, sewing, dancing and others.



The Department of Mathematics has organized an online farewell ceremony for the batch of 2017-20 through Zoom on June 14, 2020. A series of competitions and games were held including the Ms. Farewell competition, monologue Competition, 5 Second game and others to entertain the students. Through Google forms, students made it possible to celebrate the Scribble Day. The event was full of fun and excitement for students of all the years. Though, they all missed to celebrate it together, but they enjoyed a lot. The hard work of all the council members and volunteers made the event a great success.

Lockdown Art



Department of Physical Education

Online Web Series:

- Webinar on Physical and Mental Wellness



SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN
UNIVERSITY OF DELHI
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS UNDER
THE AGEIS OF IQAC
Organizes
A WEBINAR
PHYSICAL AND MENTAL WELLNESS DURING LOCKDOWN
On 28th April 2020, Tuesday at 2 PM

SPEAKER
Mr. Dev Choudhary
(Yoga Acharya)

Registration Link: <https://forms.gle/3UMhSjhnwne4mKM6>
Last Date for Registration: 27th April till 2 PM

For Any Queries:
Mansi Sahni (9582503584)
Bharti Rana (9958704381)

Organizing Secretary
Dr. Bimla Pawar

- Webinar on Aerobics



SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN
UNIVERSITY OF DELHI
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS UNDER
THE AGEIS OF IQAC
Organizes
A WEBINAR ON
FITNESS AEROBICS SESSION
On 5th June 2020, Friday at 10 am

Registration Link:
<https://forms.gle/3UMhSjhnwne4mKM6>
Last Date for Registration: 4th June till 11 PM

For any queries:
Mansi Sahni(9582503584)
Ashwini(9717568138)

Organizing Secretary
Dr. Bimla Pawar

Principal
Dr. Payal Mago



- Yoga Camp



SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN
Department of Physical Education & Sports
Under the aegis of IQAC
Organizing a YOGA CAMP
From 11 -20 June, 2020 at 4-5 PM
21 June(International Yoga day) at 8-9 AM

<https://forms.gle/3UMhSjhnwne4mKM6>
Last date of registration: 11th June 2020 till 12 pm

For any queries:
Bharti Rana(9958704381)
Shivani Sharma(8595249884)

Dr. Bimla Pawar
Organizing secretary

Dr. Payal Mago
Principal

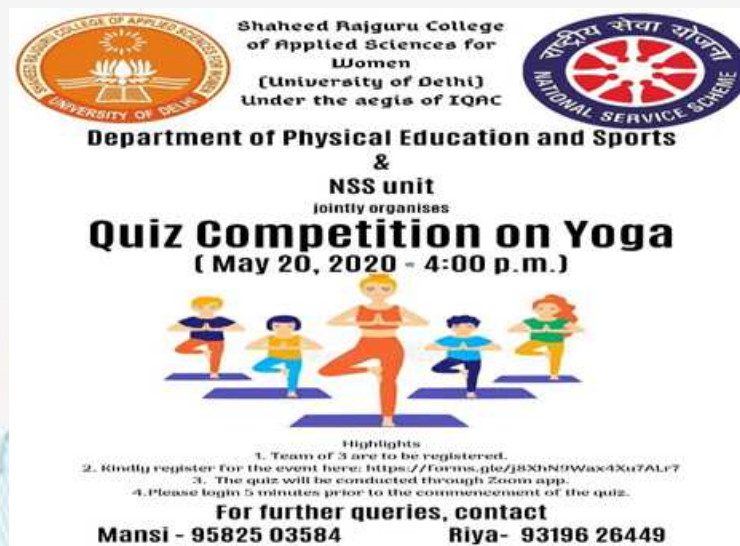


- International Yoga Day celebrated on 21 June, 2020



- **Quiz Competition on Yoga**

- The NSS unit of Shaheed Rajguru College of Applied Sciences for Women along with the Department of Physical Education and Sports organised an intra-college Quiz Competition to celebrate International Yoga Day on 21st June. The competition was conducted on 20th May, wherein 8 Teams with 3 students each participated. The winning team was awarded a cash prize, while all the participants were awarded with participation certificates.



The poster features the Shaheed Rajguru College of Applied Sciences for Women logo on the left and the National Service Scheme logo on the right. The text in the center reads: 'Shaheed Rajguru College of Applied Sciences for Women (University of Delhi) Under the aegis of IQAC Department of Physical Education and Sports & NSS unit jointly organises Quiz Competition on Yoga (May 20, 2020 - 4:00 p.m.)'. Below the text is an illustration of five people in various yoga poses. At the bottom, there are four highlights: 1. Team of 3 are to be registered. 2. Kindly register for the event here: <https://forms.gle/J8X6N9Wax4Xu7ALr7> 3. The quiz will be conducted through Zoom app. 4. Please login 5 minutes prior to the commencement of the quiz. Contact information for Mansi (95825 03584) and Riya (93196 26449) is provided.

Shaheed Rajguru College of Applied Sciences for Women
(University of Delhi)
Under the aegis of IQAC

Department of Physical Education and Sports
&
NSS unit
jointly organises

Quiz Competition on Yoga
(May 20, 2020 - 4:00 p.m.)

Highlights

1. Team of 3 are to be registered.
2. Kindly register for the event here: <https://forms.gle/J8X6N9Wax4Xu7ALr7>
3. The quiz will be conducted through Zoom app.
4. Please login 5 minutes prior to the commencement of the quiz.

For further queries, contact
Mansi - 95825 03584 Riya- 93196 26449

Department of Physics: Activities During Lockdown

Skill development and enhancement was necessary because:
"Dancing economy are the beats
Novel coronavirus is doing Bhangra for our unemployment
No pollution:
Clear skies are to shade the long queues in front of employment exchange offices."

"Whirlpool of thoughts,
With gush to reach unknown homes.
Our notions like the water of oceans
Should:
Bury the icebergs of guilt,
Advance the cruise of joy!
Where words:
Only words can float me out."

Mehak Sharma
2nd Year

आज पूरे विश्व के सन्नाटे और सूनी सड़को ने बताया हैं,
इंसानी ने प्रकृति को क्या खूब सताया है,
आज प्रकृति ने अपना रोद्र रूप दिखाया है !

इंसानो ने जानवरो को कभी कैद किया, कभी पीटा,
कभी मारकर खाया और कभी जिंदा जलाया,
आज चींटी से भी छोटे वायरस ने इंसानो की औकात को दिखाया
उन्हें खुद के ही घरों में कैद कराया,
आज प्रकृति ने अपना विराट रूप दिखाया !

इंसानो ने ध्वनि,जल और वायु प्रदुषण को हर तरह से बढ़ाया
कभी पेड़,पौधो को काटा तो कभी जीवाश्म ईंधन को जलाया,
आज एक छोटे से वायरस ने इंसानो को हर सांस के लिए तड़पाया,
आज प्रकृति ने अपना रोद्र रूप दिखाया

नेहा हुड्डा
तृतीय वर्ष

सौ साल बाद फिर एक महामारी आई ।
जिसने पूरे देश में आफत बरसाई ॥

मानव ने धरती पर आकर अजब खेल रचाया ।
और एक वायरस ने फिर देख उसे कैसा नाच-नचाया ॥

मोदीजी ने *lockdown* की लक्ष्मण रेखा पूरे देश में लगवाई।
और समय-2 पर *Task* देकर जनता में खुशहाली भी फैलाई ॥

वो अप्रैल की दीवाली, वो हाथो से बजती ताली को कभी ना भूल पायेंगे ।
और बाहर आते ही पुलिस के डंडे हमेशा याद आयेंगे ॥

"Stay home Stay Safe" के नारे सब ने लगाये...
पर इन जातियों की हरकत से हिन्दुस्तान कैसे बचपाये?

"जान है तो जहाँ है।" आज बताती दुनिया सारी...
कही पड ना जाये तुम पर भारी, इसलिए इससे!
बचने की कर लो तुम अब तैयारी॥

आस पास बना लो तुम अपने लम्बी दूरी।
क्योंकि *social distancing* है सबसे जरूरी॥

मंदिर मस्जिद बंद हो गये, अब एक सहारा नजर आता है।
आज हर कोई जान बचाने डॉक्टर के पास जाता है ॥

आज अर्थव्यवस्था रोज घटती जा रही और बेरोजगारी रोज बढ़ती जा रही
ना जाने कितने भूखे पेट सोये होंगे, बस विनती इतनी की!
किसी ने अपनी जिंदगी से हाथ ना धोये होंगे ॥

एक बार उन वीरो को दिल से प्रणाम ...
जो कोरोना की जंग में देकर अपना बलिदान,
बचा रहे हम सब की जान ।
ऐसे वीर(डाक्टर, पुलिस)तो है भारत का स्वाभिमान ॥

Prachi tyagi...

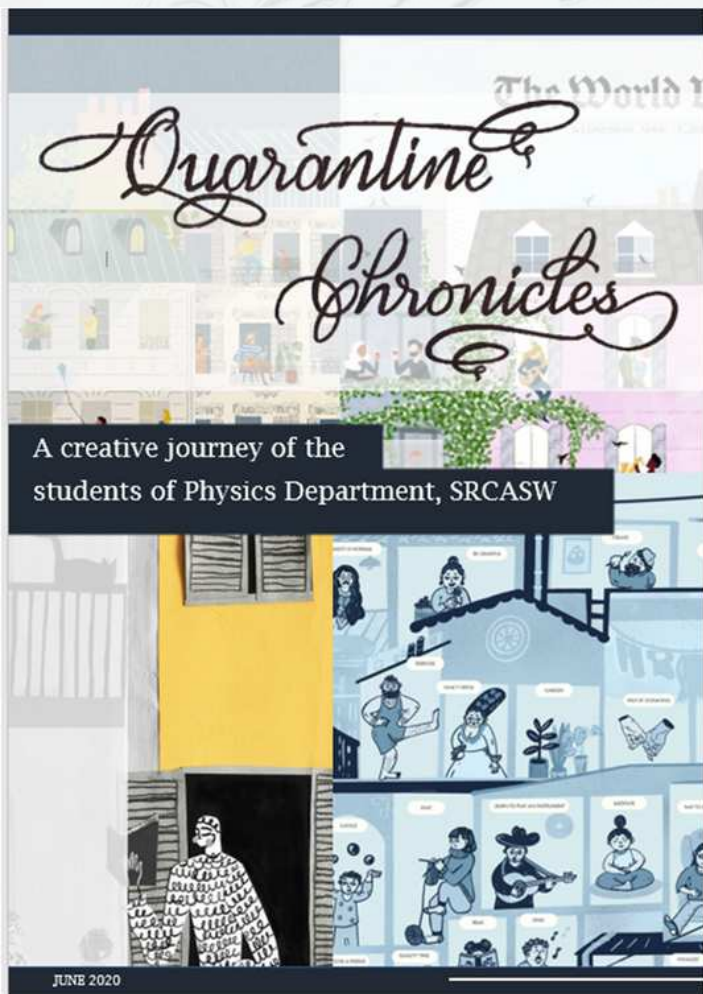
Creation of e-magazine, quarantine chronicles:



Pranjal Verma, 3rd year



Samarpiya Debnath, 2nd year



Jyoti Rao, 3rd year

Shobhangana Singh, 1st year



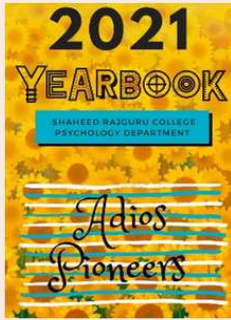
Lucky, 1st year



Maitri Rautela, 2nd year

Department of Psychology

Covid-19: Lock Down Diaries



This pandemic has been very challenging in many aspects, out of which the most important has been Mental Health. Department of Psychology in this endeavor made an effort to cope with this in their own good way. To overcome the quarantine stress some of the activities which the students engaged in included practicing yoga, painting, reading novels, writing poems, cooking and if nothing then introspecting and indulging in self-love.

Nothing could stop them to stay connected and they bid adieu to their first batch of Psychology through a virtual farewell.

The juniors made memorable dance and music videos and brought all their memories together into virtual means. The titles to each of their seniors were given virtually and the beautiful memories were shared with them of each moment they had with the faculties, peers, juniors and in the college. To mark the day of the farewell and as a memorable gesture the juniors gave their passing batch an e-yearbook, which showcased each of their stories of the wonderful days of Rajguru they have had in the college. They tried their best to compensate for a real farewell, the senior most batch was overwhelmed to receive so much of love from their juniors.

Apart from this as a regular feature during the lockdown, the students also shared their innovative ideas and hobbies they are indulging in to stay in peace during the crisis on their Instagram page of PSYMENTIA. Some of which includes, Psychology Myth Busting Series, COVID-19 Awareness Posts, Awareness regarding Mental Health etc. They also shared the activities which students engaged at their homes during quarantine period.

Psychology students have always tried to spread positivity around them and they tried doing the same under these crises.

Apart from this, the Department of Psychology organized a talk for the faculties on “Maintaining Mental and Physical Health: A Positive Approach” by Prof. Dr. N.K Chadha, an eminent speaker, former head of the Department of Psychology, DU. Understanding the importance of staying healthy is important for all, the talk focused on the need for various methods one can incorporate in our lives to stay mentally and physically by changing our psychological mindset. Sir suggested easy and mindful ways to cope with anxiety and stay happy in our lives.





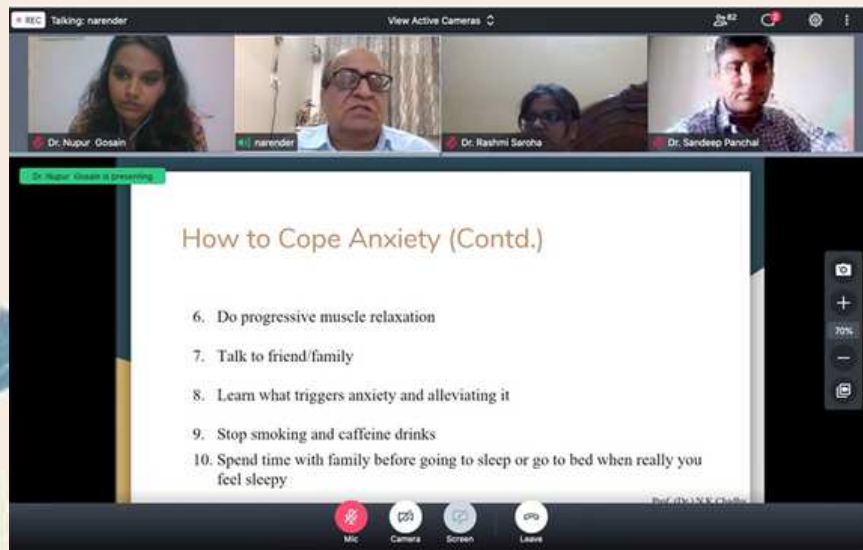
**Shaheed Rajguru College of Applied Sciences for Women,
Department of Psychology,
University of Delhi
Under the aegis of IQAC**

**WEBINAR
on
"Maintaining Mental and Physical Health: A Positive Approach"**

by

Prof. Dr. N.K Chadha

Dean, International Relations & Chairperson, Council for Doctoral Program, MRIIRS
Fr. Senior Consultant, UNDP, Chief Psychometrian, MINDLER
Former Prof. and Head, Psychology Department, Delhi University
nksdell@gmail.com, nks_du@yahoo.co.uk




STAY SAFE


AMIDST THE CURRENT SITUATION THAT WE'RE FACING, PSYMENTIA THE DEPARTMENT OF PSYCHOLOGY IS HERE TO HELP YOUR 'QUARANTINE' DAYS BE A BIT BRIGHTER. 🌞

WE INVITE ALL SORTS OF CREATIVITY HERE WHETHER ITS A NEW RECIPE, AN AT HOME WORKOUT OR SOME POETRY.

SEND US YOUR ENTRIES ON WHATEVER MAKES YOU HAPPY AND ANYTHING THAT YOU WANT TO CONVEY. 📝 🎨 🧘

WE'RE ALL IN THIS TOGETHER. 🌈
#ALONEYETTOGETHER

PSYMENTIA, DEPARTMENT OF PSYCHOLOGY

COVID-19 12w

Do you ever forget to take care of yourself?

This quarantine period has really taught me to give time to myself. I began to take care of myself better, scheduling in time alone :) I got to know myself better and know what I needed—not just to function, but to flourish.

Self-Care Isn't a One-Time Deal
The best way to do this is to implement tiny self-care habits every day. To regularly include in your life a little bit of love and attention for your own body, mind, and soul.

I would love to cover Self care throughout this period and share tiny bits of what we can do for ourselves. 🍷
Today it's about SKIN CARE, some easy DIY face masks for u'all
•When in Quarantine apply face masks ✓

SWIPE!
Lots of love, stay safe, takecare and LOVE YOURSELF!
Xxx Ruchika

LET'S KEEP IN TOUCH

@ruchica

Entries From Faculty



"These photos are of when we were going to clean our temple during lockdown which is located near Bhadyuni village, Kathgodam. This place is near our kul devta temple."



Manish Dekhati
Laboratory Assistant
Department of
Instrumentation

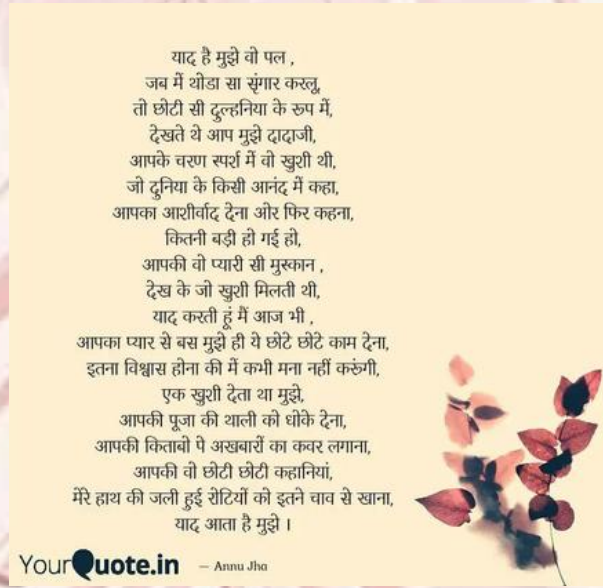
Abhimanyu
Assistant Professor
Department of Management and Financial Studies





प्रेम उस आसैनिक की तरह होता है,
जो कम मात्रा में लो तो दवा है,
और अत्यधिक मात्रा में लो तो विष ।
धीरे - धीरे डूबने का एक अलग ही आनंद है,
एक दूसरे को जानने से लेकर,
वो पहला स्पर्श,
और उसी तरह, एक दूसरे को इतना जान जाना,
की उसकी एक सिंखकी भर से भांप लेना,
की क्या चल रहा है उनके समुद्र रुपी मन में,
बिना बोले भी,
अनुमान लगाना की क्या चाहते है वो,
और धीरे से चुपके से,
उसको पूर्ण करने की कोशिश में जुट जाना,
भले वो हमेशा संग रहे ना रहे,
परंतु उनको साथ महसूस करके,
प्रसन्न होना ही तो प्रेम है,
और धीरे - धीरे इतना मग्न हो जाना,
की खुदको इतना भूल जाना,
की उनके जाने पे, खुदको हानि तक पहुंचा देना,
प्रेम करना एक भाव है,
अत्यधिक प्रेम हो तो गलत नहीं,
परंतु खुदको हानि पहुंचा बैठना,
उस से कहीं गलत ।

YourQuote.in



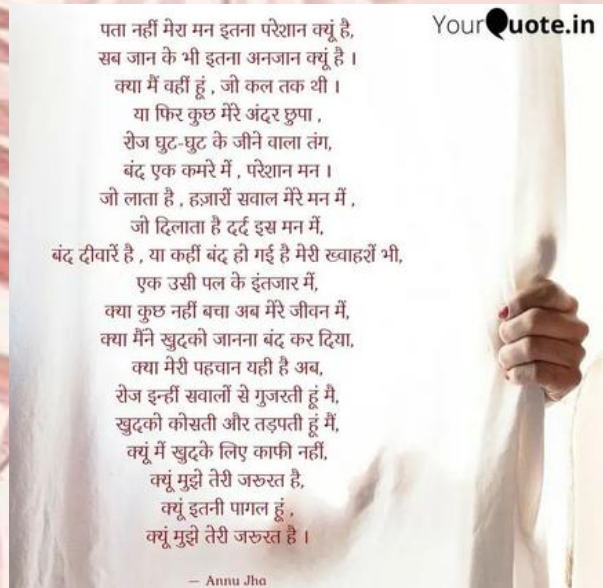
याद है मुझे वो पल,
जब मैं थोडा सा संगार करलु,
तो छोटी सी दुल्हनिया के रूप में,
देखते थे आप मुझे दादाजी,
आपके चरण स्पर्श में वो खुशी थी,
जो दुनिया के किसी आनंद में कहा,
आपका आशीर्वाद देना और फिर कहना,
किन्तनी बड़ी हो गई हो,
आपकी वो प्यारी सी मुस्कान,
देख के जो खुशी मिलती थी,
याद करती हूं मैं आज भी,
आपका प्यार से बस मुझे ही ये छोटे छोटे काम देना,
इतना विश्वास होना की मैं कभी मना नहीं करुंगी,
एक खुशी देता था मुझे,
आपकी पूजा की थाली को धोके देना,
आपकी किताबों पे अखबारों का कवर लगाना,
आपकी वो छोटी छोटी कहानियां,
मेरे हाथ की जली हुई रेंटियों को इतने चाव से खाना,
याद आता है मुझे ।

YourQuote.in — Annu Jha



नारी मैं, अभिमान भी मैं,
मीरा सी जोगन भी मैं,
कभी काली सी भद्र मैं,
कभी दुर्गा सी कोमल भी मैं,
रूप मैं, संगार मैं,
चाह मैं, प्यार मैं,
कभी मां का प्यार,
कभी दिल का दुलार मैं,
कभी सुंदर मैं,
कभी कठोर मैं,
कभी प्यार भरा नमस्कार मैं,
कभी बहन रुपी, संसार मैं,
कभी प्रेमिका मैं,
कभी दुष्ट मैं, कभी दुश्मन मैं,
कभी सुंदर- सी अभिनेत्री मैं ।

YourQuote.in — Annu Jha



पता नहीं मेरा मन इतना परेशान क्यूं है,
सब जान के भी इतना अनजान क्यूं है ।
क्या मैं वहीं हूं, जो कल तक थी ।
या फिर कुछ मेरे अंदर छुपा,
रोज घुट-घुट के जीने वाला तंग,
बंद एक कमरे में, परेशान मन ।
जो लाता है, हज़ारों सवाल मेरे मन में,
जो दिलाता है दर्द इस मन में,
बंद दीवारें है, या कहीं बंद हो गई है मेरी ख्वाहशें भी,
एक उसी पल के इंतजार में,
क्या कुछ नहीं बचा अब मेरे जीवन में,
क्या मैंने खुदको जानना बंद कर दिया,
क्या मेरी पहचान यही है अब,
रोज इन्हीं सवालों से गुजस्ती हूं मैं,
खुदको कोसती और तड़पती हूं मैं,
क्यूं मैं खुदके लिए काफी नहीं,
क्यूं मुझे तेरी जरूरत है,
क्यूं इतनी पागल हूं,
क्यूं मुझे तेरी जरूरत है ।

— Annu Jha



Annu Jha



"Art is
the
proper
task of
life."

-Friedrich
Nietzsche

**By: Dr. Manisha Khatri ,
Dept. of Biomedical Science**



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