

Volume 6
2022-23

Aakriti

THE COLLEGE MAGAZINE



75
Azadi Ka
Amrit Mahotsav

SHAHEED RAJGURU COLLEGE OF APPLIED
SCIENCES FOR WOMEN

University of Delhi





**College
Magazine**

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"विद्या वितर्को विज्ञानं स्मृतिः तत्परता क्रिया ।

यस्यैते षड्गुणास्तस्य नासाध्यमतिवर्तते॥"

अर्थात: विद्या, तर्कशक्ति, विज्ञान, स्मृतिशक्ति, तत्परता और कार्यशीलता,

ये छः जिसके पास हैं, उसके लिए कुछ भी असाध्य नहीं है।

“ मुझे अपार प्रसन्नता है कि 'शहीद राजगुरु कॉलेज ऑफ अप्लाइड साइंसेज फॉर वीमेन' अपनी वार्षिक पत्रिका 'आकृति' की महामालिका में एक नवीन पुष्प पिरोने जा रहा है जिसकी विषयवस्तु 'आज़ादी का अमृत महोत्सव' को समर्पित है। वस्तुतः वार्षिक पत्रिका किसी संस्थान का प्रतिबिंब होती है जिसमें उस संस्थान की परंपरा, दृष्टिकोण, उपलब्धियाँ तथा व्यक्तित्व सृजन की क्षमता परिलक्षित होती है। यह संस्थान के प्रयासों का प्रतिवेदन तथा भविष्य की पथ-प्रदर्शिका भी होती है। यह न केवल विद्यार्थियों के लिए, अपितु शिक्षक व अविभावकों के लिए भी प्रेरणा का स्रोत होती है।

आज जब देश में सर्वत्र नारी सशक्तिकरण का स्वर गूँज रहा है तब महिला शिक्षण संस्थान होने के नाते इस महाविद्यालय की भूमिका और महत्त्वपूर्ण हो जाती है। हमारा लक्ष्य ऐसी कर्मठ नारीशक्ति तैयार करना है

जो देश के लिए प्राणपण से समर्पित हो। जो देश को परमवैभव की ओर ले जाने में समर्थ हो। मुझे विश्वास है कि आकृति अपने इस उत्तरदायित्व के निर्वहन में अद्वितीय भूमिका निभा रही है।

मैं महाविद्यालय परिवार के प्रबुद्ध संचालकों, कर्मयोगी शिक्षकों, जिज्ञासु विद्यार्थियों को स्वयं की अभिव्यक्त करने के लिए एक मंच प्रदान करने वाले 'आकृति 2022-2023' के इस अंक में जिन रचनाओं को स्थान मिला है मैं उन सभी रचनाकारों को बधाई व साधुवाद प्रेषित करती हूँ। साथ ही इस नए अंक को प्रकाशन योग्य स्वरूप प्रदान करने के लिए अथक प्रयास करने वाले संपादक मण्डल व अन्य सभी सहयोगी कर्मचारियों को बधाई देती हूँ और उनकी सफलता की कामना करती हूँ। मैं कला, संस्कृति और वैज्ञानिक दृष्टिकोण को अपने में समाहित करती इस रचनात्मक कृत की भूरि-भूरि सराहना करती हूँ। ”



EDITORIAL DESK

With the end of another era, the year 2022-23 has been memorable for us in many ways. It's brought about new beginnings, life lessons, realisations, and so much more. This issue of Aakriti is an amalgamation of our blood, sweat and tears- an attempt on our part to represent the dynamic elements that make up our college. The magazine aims to accomplish its notion of standing true to the college representation.

It is with our deepest pride and greatest pleasure, that we give you the next amalgamation of our efforts, self-expression and ardour for our work in the magazine, Aakriti'23. This year, just like the previous ones, our team of editors, designers, contributors and collaborators work dedicatedly and put their heads together to generate content and bring forth an extensive issue of the magazine showcasing individuality, creativity and passion.

Aakriti not only showcases the creativity, achievements, and vision of the college, but is also a reflection of the students and teachers, and all the hard work and outcomes they hold dear and take pride in. It is their willingness and zeal to share this with the world that allows us to make the magazine possible.

We thank and appreciate the generous amount of time and efforts the contributors have put into making their priceless contributions. To think beyond the fold and reconnect you're your artistic self is the driving force behind this magazine.

In the end, a gracious thank you to all the readers. It is with all our hearts full of love and pride, that we give you this year's issue of Aakriti. We hope you enjoy reading this as much as we enjoyed working towards it!

Happy Reading!
Team Inklings

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Aakriti '23

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&
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शहीद राजगुरु कॉलेज में मनाया हिमालय उत्सव

जासं, पूर्वी दिल्ली : वसुंधरा एंक्लेव स्थित दिल्ली विश्वविद्यालय के शहीद राजगुरु कॉलेज में शुक्रवार को हिमालय उत्सव मनाया गया। साइक्रोबायोलाजी विभाग और सीएमएस के वसुंधरा एंक्लेव ने संयुक्त रूप से मिलकर यह कार्यक्रम किया। कॉलेज की छात्राओं ने वाद्ययंत्रों पर विवाद, भाषण, पेंटिंग और प्रतियोगिता में भाग लिया। कार्यक्रम का संचालन साइक्रोबायोलाजी विभाग अध्यक्ष रेखा मल्होत्रा ने किया। सीएमएस के सदस्य सरोजिनी और वसुंधरा एंक्लेव ने पिछले वर्षों में हिमालय उत्सव में हुए परिवर्तन के बारे में विस्तार से बताया। ग्लोबल वार्मिंग विषय पर लघु फिल्म दिखाई। कॉलेज की प्राचार्य डॉ. पायल मांगो ने कार्यक्रम की शुरुआत करते हुए कहा कि हिमालय के बिना सृष्टि अधूरा है, वहां का जीवन औद्योगिक नगरियों से भिन्न होता है।

प्रकृति का संगम हिमालय में देखने को मिलता है। कार्यक्रम में डॉ. ईश्वर दास, डॉ. यामिनी, कोहिनूर, रिचा, प्राची, नितीश व सौरव सहित कई लोग मौजूद रहे।

When dance met theatre at Shaheed Rajguru College

Jyoti Kanyal TNN | Updated: Mar 24, 2018, 07:58 IST



Sensation, the dance society of Kirti Mai College, showcased their annual production 'The Tempest' (RCCV, Noida) during the competition.

From topics like stereotypes attached to beauty and problem of illiteracy to desires and confusions in one's life, the group dance competition at Karvaan-18, 2018, the annual cultural fest of Shaheed Rajguru College of Applied Science For Women, saw a variety of dance performances with unique themes put up by various colleges of Delhi University. Dance societies of Lady Sri Ram College for Women-1, Kirti Mai College-2, Sri Venkateswara College-1, University College of Medical Sciences and Netaji Subhash Institute of Technology participated in the competition, where LSR emerged the winner.



The dance had a... the... were few... first time. D... better. Us... get repeated, but there... being explained... a student... Rajg... liked the per... eshwara Coll... about... They were the... ed ones. I liked... es and makeup."

'समझ को विकसित करना ही शिक्षा'

जागरण संवाददाता, पूर्वी दिल्ली : वसुंधरा एंक्लेव स्थित शहीद राजगुरु कॉलेज आफ एप्लाइड साइंसेज फार विमेन में दिल्ली विश्वविद्यालय (डीयू) के कुलपति प्रोफेसर योगेश सिंह ने सेंटर फार मल्टीडिसिप्लिनरी रिसर्च, इनोवेशन एंड एंटरप्रेन्योरशिप (सीएमआरआई) का उद्घाटन किया। इस सेंटर का मुख्य उद्देश्य छात्रों को रचनात्मकता, नवाचार, अनुसंधान और उद्यमिता की दिशा में काम करने के लिए प्रेरित करना है।

कुलपति ने 'स्त्रीत्व- भारतीय नारीत्व की कहानियां' तथा 'मशटेल्स-ए मशरूम' नामक दो पुस्तकें और कॉलेज की वार्षिक पत्रिका 'आकृति' का अनावरण किया गया। साथ ही उन्होंने इंटरनेशनल जर्नल आफ इनोवेशन एंड मल्टीडिसिप्लिनरी रिसर्च (आईजेआइएमआर) के साथ केंद्र के लिए वेबसाइट भी जारी की। प्रोफेसर

योगेश सिंह के व्याख्यान के साथ श्रृंखला शुरू की। इसमें उन्होंने छात्रों को परिभाषा बताते हुए कहा कि सीएमआरआई को विकसित करना ही शिक्षा का असली महत्व है। उन्होंने राष्ट्रीय शिक्षा नीति और छात्रों को राष्ट्र के लिए बेहतर नागरिक बनाने के लिए प्रेरित किया। उन्होंने इस बात पर प्रकाश डाला कि हालिया राष्ट्रीय शिक्षा नीति नवाचार, मौलिकता और रचनात्मकता पर केंद्रित है और हमें इस उद्देश्य विकास पर ध्यान केंद्रित करना चाहिए। कार्यक्रम में प्रधानाचार्या डॉ. पायल मांगो ने कॉलेज के बुनियादी ढांचे, पाठ्यक्रमों और अनुसंधान गतिविधियों के बारे में जानकारी दी। इस दौरान शासक निकाय की अध्यक्ष इला श्रीवास्तव कोषाध्यक्ष रविंदर कुमार, प्रियंका देवी, सीएमआरआई के अध्यक्ष डा. प्रोजेस राय और छात्र मौजूद रहे।



सोनाली व समृद्धि ने जीता गोल्ड



ईस्ट जोन बैडमिंटन चैंपियनशिप में किया दमदार प्रदर्शन

■ एनबीटी न्यूज, नोएडा : झारखंड के दुमका में आयोजित ईस्ट जोन बैडमिंटन चैंपियनशिप में नोएडा की सोनाली सिंह और समृद्धि सिंह की जोड़ी ने फाइनल मुकाबले में उत्तराखंड की उन्नति विष्ट और हिमांशी रावत को हराकर खिताब अपने नाम किया। इस समय सोनाली सिंह और समृद्धि सिंह की जोड़ी वावू बनारसी दास बैडमिंटन अकैडमी से खेलती है।



विविधता में एकता है भारत की पहचान : पायल मागो

प्रारण संकल्पना, पूरी दिल्ली : शहीद राजगुरु कॉलेज ऑफ एप्लाइड साइंसेज फॉर वूमन में मार्च में होने वाली संगोष्ठी की विवरणिका का अनावरण

भारत का सपना रहा है कि उसका विकास सतत और समग्र रूप से हो। उन्होंने बताया कि वह संगोष्ठी चार पैमानों पर आयोजित होगी, जिसमें इतिहास, दर्शन शास्त्र एवं भारत की अर्थव्यवस्था पर विशेष ध्यान दिया जाएगा।

कार्यक्रम में मुख्य अतिथि वल्लभ भाई पटेल चेस्ट इंस्टीट्यूट के निदेशक प्रोफेसर राज कुमार ने 'जय भारत' के नारे लगाते हुए कहा कि भारत निश्चित ही हर क्षेत्र में अपना परचम लहराएगा। इस मौके पर भारतीय सामाजिक विज्ञान अनुसंधान परिषद के महासचिव वीके मलहोत्रा और उपनिदेशक डा. अभिषेक टंडन, स्टूडेंट फॉर होलिस्टिक डेवलपमेंट ऑफ ह्यूमैनिटीज के राष्ट्रीय प्रमुख डा. आलोक पांडेय, दिल्ली विश्वविद्यालय दिल्ली मुक्त शिक्षा परिसर के प्राचार्य यूएस पांडेय, शहीद राजगुरु कॉलेज के शासी निवास सदस्य के कोषाध्यक्ष रविंद्र कुमार ने भी विचार रखे।



शुक्रवार को शहीद राजगुरु कॉलेज ऑफ एप्लाइड साइंसेज फॉर वूमन द्वारा आयोजित होने वाली राष्ट्रीय संगोष्ठी की विवरणिका के अनावरण कार्यक्रम में ऑनलाइन हिस्सा लेते अतिथि और अनांशिक लोग

Shaheed
Rajguru
College in
media



घरेलू महिला करना सिख

रश्मि शर्मा

नई दिल्ली। दिल्ली विश्वविद्यालय का शहीद राजगुरु कॉलेज ऑफ एप्लाइड साइंसेज फॉर वूमन कॉलेज अब घरेलू महिलाओं को सशक्त व व्यवसाय करने में सक्षम बनाएगा। कॉलेज के आसपास रहने वाली आम महिलाओं को आर्थिक रूप से सशक्त बनाने के लिए उन्हें मशरूम की खेती की ट्रेनिंग देने की योजना तैयार की गई है। कॉलेज ने सामाजिक उत्तरदायित्व के तहत आर्थिक सहायता के लिए बड़ी कंपनियों से संपर्क साधा है।

शहीद राजगुरु कॉलेज ऑफ एप्लाइड साइंसेज फॉर वूमन कॉलेज में मशरूम की खेती के तरीकों को सिखाया जाता है। कॉलेज की प्रिंसिपल डॉ. पायल मागो ने बताया कि कॉलेज के



मशरूम प्रशिक्षण शहीद ने जि मांगी

आसपास जिसमें कम यदि उन्हें किया जाए



मशरूम की खेती करने को प्रशिक्षित करने की योजना शहीद राजगुरु कॉलेज ने निजी कंपनियों से मांगी मदद

आसपास ऐसा काफी क्षेत्र है, जिसमें कम पढ़ी लिखी औरतें हैं। यदि उन्हें किसी क्षेत्र में प्रशिक्षित किया जाए तो वह छोटे स्तर पर

अपना व्यवसाय कर सकती हैं। तैयार की है मशरूम र इसके लिए कोशिश, व कंपनियों से वह सामा तहत इन आगे आए।

शहीद राजगुरु कॉलेज ऑफ एप्लाइड साइंसेज फॉर वूमन में मार्च में होने वाली संगोष्ठी की विवरणिका का अनावरण

भारत का सपना रहा है कि उसका विकास सतत और समग्र रूप से हो। उन्होंने बताया कि वह संगोष्ठी चार पैमानों पर आयोजित होगी, जिसमें इतिहास, दर्शन शास्त्र एवं भारत की अर्थव्यवस्था पर विशेष ध्यान दिया जाएगा।

कार्यक्रम में मुख्य अतिथि वल्लभ भाई पटेल चेस्ट इंस्टीट्यूट के निदेशक प्रोफेसर राज कुमार ने 'जय भारत' के नारे लगाते हुए कहा कि भारत निश्चित ही हर क्षेत्र में अपना परचम लहराएगा। इस मौके पर भारतीय सामाजिक विज्ञान अनुसंधान परिषद के महासचिव वीके मलहोत्रा और उपनिदेशक डा. अभिषेक टंडन, स्टूडेंट फॉर होलिस्टिक डेवलपमेंट ऑफ ह्यूमैनिटीज के राष्ट्रीय प्रमुख डा. आलोक पांडेय, दिल्ली विश्वविद्यालय दिल्ली मुक्त शिक्षा परिसर के प्राचार्य यूएस पांडेय, शहीद राजगुरु कॉलेज के शासी निवास सदस्य के कोषाध्यक्ष रविंद्र कुमार ने भी विचार रखे।

A MESSAGE TO

Rajguru ji

We are grateful for your immense valour, unwavering pertinaciousness, and unsurpassable sacrifice. The cosmic intensity of your sufferings still proffers an upsurge of goosebumps whenever your heroic strength and endless love for our nation is chronicled. Your fearless patriotic sentiment knew no bounds and has always imprinted the motivation regarding the endeavor for liberation in the minds and souls of our citizens, especially the youth. Your legacy perpetuates to innovate and inspire each and every generation that resides in our country. It is impossible for us to overstate the connotations of your sacrifices and forfeiture. This message is nothing but a mere delineation of our gratitude and sense of obligation. The cosmic intensity your sufferings and sacrifice possess still proffers upsurge of goosebumps whenever your heroic strength and endless love for our nation is chronicled.

Without any agitation for the repercussions, for the amount of pain and hardships you would have to endure, the selfless, altruistic sacrifice you laid down at the feet of Bharat Mata still prevails indebted over our entire nation. The wall of Nationalism and Patriotism you constructed has always shielded us from the evil forces of injustice and severity of inhumane practices. Our nation has achieved its enfranchisement and independence due to the jest of gallant warriors like you who gave rise to a tsunami of revolution and demolished the shackles of incarceration our country was agonized with. We will always be filled with gratitude and gratefulness for your renunciations. We salute you from the bottom of our hearts.



Vishva Guru Bharat

Dawn of Change to Save

Before going through this article, I would like to make a small request to you and trust me it won't be hard for you to do. So, please just move your neck a little left and a little right. Yeah, that's it, now if you have found any bulb which is unnecessarily glowing or any device or instrument which is plugged in though you are not working on it then please unplug it or turn it off. Congratulations!! You have just saved energy, our future, and our planet. And made a very big contribution to save our environment.

Easy isn't it. Yes, just a little attention and willingness to know your surroundings can bring up the biggest and the most awaiting changes which we need in today's era. Think about it, just by letting our lights on and being ignorant about it, we are consuming a large proportion of the energy which is created in fossil fuel power plants that pollute our planet with CO₂.

So, here through this essay I just want to request and inform all the readers that right now, just conducting competitions and debates are not enough, we need more than that. We need awareness, we need unity and not only among kids, who compete but also among our elders. These four walls where competitions are being conducted on different environmental issues are actually restricting our potential. We want the whole world to hear and the whole world to change, to save, to protect and feel the sensitivity of this topic. As it's not about me or you it's about us.

In today's era we all have access to infinite knowledge and all we have to focus on is, it's use in the best way to save our environment.

Renewable energy which is virtually inexhaustible but limited in the amount of energy that is available per unit of time. We should come together to use this energy in such a way that we can receive enough energy per unit time, to fulfill our needs instead of just picking up the easiest available source of energy which is actually contributing to the increase of pollution. We have to bring our brains together in search of a better source of energy which won't harm our surroundings and is renewable.

If we are determined and willing, it is never too late to start. If we start from today there are possibilities, we can save us and our planet. And there are many countries working in this direction like the United States. The United States has increased its total energy consumption from biofuels, geothermal energy, solar energy and wind energy since 2020.

We are part of nature and our activities and interactions do have its effect on our environment. If we humans continue the use of fossil fuels and keep polluting the air then not only are we destroying our planet but also ourselves. About which we really need to think.

We need to focus on environmental management. Still all the waste of factories are getting drained into water bodies and making it almost difficult for marine life to survive. Plastic use is also something to which we all should say no, as there is a lot of plastic waste on the earth today which cannot be destroyed. Every year about 300 million tons of plastic waste is produced by us which either lands up in waterbodies or landfill or it clutters around drains. And we do have a solution to this problem but all we need is contribution and awareness. Plastic roads are the future and a solution to this "plastic problem" we can say. Roads are something which is used for transportation, travel and connect different cities, villages and towns. So, we can make our roads with the help of plastic waste. In this way we will be getting two benefits. Firstly, strong roads will be created and secondly plastic waste will come to its end. And by using this technology we can easily solve our plastic waste problem without polluting our water bodies, air or soil.

Climate change is another rising problem due to our fast, comfortable and luxurious lifestyles. We are developing but this development is not sustainable and will result in our destruction.

We need to change the form of energy, transportation and other systems so that they don't contribute to global warming and climate change. Switching could be difficult but it is possible and we need to do it for our future.

Changes which humans have made in his / her lifestyle in order to go faster, quicker and more productive than the past is actually contributing to our own destruction. In order to get more and more energy, we all have stopped thinking about our planet and it has resulted in air pollution, water pollution, deforestation, global warming and many more environmental issues. Forget about being sensitive, we all have become ignorant about these issues. We think that it is only environmentalists' duty to look after our planet but no it's totally wrong, we all have to make contributions at individual level to protect our planet. And how strange it is, we have to save our planet from ourselves, from our own behavior and from our own greed. And it's not that difficult or costly, rather we will find it more economical. Just planting one tree on our birthdays, decreasing the use of plastic, using cycles for short distances and starting to use electric vehicles can contribute to better our future. And it is nothing like we don't know but the thing is, we don't use it. Changes made at small levels can bring up the biggest changes ever made in human history.

"I can't, you can't but we can and we will."

-Aeshwariya



Azadi ka Amrit Mahotsav

The Azadi Ka Amrit Mahotsav, which translates to "the festival of the nectar of freedom," is a celebration of India's 75th year of independence. This festival is being held across the country to commemorate the country's journey towards freedom and to honor the freedom fighters who sacrificed their lives for the country.

The festival, which began on March 12, 2021, is set to continue for a whole year. It includes various events and programs, such as exhibitions, cultural performances, patriotic film festivals, and digital campaigns. The aim of the festival is to inspire the youth of the country and to educate them about the struggles and sacrifices of the freedom fighters.



Azadi ka Amrit Mahotsav

The festival has a special significance for the college students, as they represent the future of the country. The college students have a unique opportunity to participate in the festival and showcase their talents through various programs and competitions. The festival provides an excellent platform for the students to connect with their roots, to learn about their country's rich history and culture, and to imbibe the values of patriotism and sacrifice.

The Azadi Ka Amrit Mahotsav is not just a celebration of India's independence but also an occasion to reflect on the country's achievements and challenges. As we celebrate the festival, let us remember the sacrifices of our forefathers and pledge to build a better India, free from discrimination, inequality, and corruption. Let us work towards making India a prosperous and inclusive country, where every citizen has equal opportunities and rights. ‘



Rajguru

BLOG SPOT

"A place where we
skipped lectures to study
for those lectures"
-Advika Chaturvedi

"It was a place
where moments
became memories
-Urvī Shukla

"Dear degree,
Why are you playing
hard to get??
I want you!"
- Mahi Chaurasia



HOSTEL

Snippets



जयश्याम
HOSTEL

Fostellers

aakriti / 17



TED^X SRCASW

TEDX SRCASW IS A PLATFORM THAT
AIMS TO INSPIRE AND MOTIVATE
INDIVIDUALS TO EXPLORE
UNCONVENTIONAL CAREERS AND LEARN
ABOUT DIVERSE TOPICS

23rd March 2023
(SRCASW AUDITORIUM)



THE INAUGURAL EVENT WAS HELD FOR THE VERY FIRST TIME IN THE PREMISES OF SHAHEED RAJGURU WITH THE THEME "THE ROAD NOT TAKEN YET CONQUERED: CHOOSING UNCONVENTIONAL CAREERS".

Four distinguished speakers, Mr. Rohit Sharma, Dr. Neha Mehta, Ms. Dhairya Gangwani, and Ms. Shweta Arora, delivered thought-provoking talks on their unique career paths, inspiring the audience with their perspectives.

The success of TEDxSRCASW was made possible by the constant guidance and support of Dr. Twinkle K. Schchan and Ms. Radhika Sharma - the teacher convenors.



[illegible]

Rhythm: JAMMING SESSION

Date: 30th September 2022

The Student Council organized a fun-filled Jamming session for all the Rajguirites on 30th September to come and jam to songs. This event unfolded its melodious wings in the Foyer Area. Student Societies also took part in the same.

Diwali Mela

Date: 18th October 2022

- Utsav'22 inculcated a Donation Drive, followed by outstanding performances by all departments in inter-department group dance competitions, other events included
- Diya Decoration Competition and a Rangoli-Making competition for the faculty members, a surprise performance by the Bhangra Society of SGTB Khalsa College who filled the atmosphere with energy.

Independence Day

Date: 15 August 2022

The Student Council was immersed in the tri-color celebrations when it came to paying tribute to the nation and its freedom fighters on Independence Day.

KARVAAN'23

Day 1- March 28, 2023

This year's Annual Cultural Fest- Karvaan was inaugurated by respected Principal Prof. Dr. Payal Mago in the College Auditorium. The Lamp lighting was accompanied with Ganesh Vandana by Philvra Aarohana, the Indian music society. The cultural societies of the college showcased their talent during the inauguration ceremony. The evening was graced by The Sufi Bandhu presenting a sufi performance in the College Amphitheater. The singers were Mr. Sahaj Sufi Ambavat and Mr. Saurabh Sharma Sadaf.

Day 2- March 29, 2023

Major competitions of Glamfire- the fashion society and Ahaarya the Dance society were conducted in the College Ground. Mr. Rajat Chauhan's Stand-up filled the evening with fun and laughter for all students and staff members. It was followed by a live Dance Performance by dance crew Vivacious. The crowd was energized by their performance.



Oath-Taking Ceremony

Date: 8th February 2023

The student council was given a very warm welcome by the cultural committee and respected Principal Prof. Dr. Payal Mago during the oath-taking ceremony of the student council organized on Feb 8, 2023. All members of the student council were awarded a badge followed by the oath-taking.

Official College Trip

Date: 28th-4th March 2023

- Delhi-Jodhpur-Jaisalmer-Jodhpur-Delhi.
- The student council organized an official college trip to Jodhpur and Jaisalmer from February 28 to March 4, 2023.
- 208 students along with 22 staff members joined the trip.
- The trip included a desert safari, DJ night, cultural night, camel ride, stay-at camp, and local explorations



SOCIETY REPORTS



ahaarya

THE DANCE SOCIETY

The meaning of Ahaarya is 'A way to express'. It is the official Dance Society of SRCASW and has represented the college in many different forums. The aim of this Society is to bring people from different fields and unite them all through one medium that is Dance. Students here work hard to hone their skills and express themselves through their own unique style. Society also conducts their own competitions every year and participates in many Inter - College Competitions.

Activities/ Events/ Participation of the session 2022-2023:

- **15th August 2022-**
Performance on Independence Day.
- **16th September 2022-**
A dance was performed in the memory of Rajguru Ji on Rajguru Day.
- **12th and 14th September 2022-**
First auditions for the next session were held.
- **19th October 2022-**
The Society performed on Diwali Mela and organized Fusomania - Inter dept. Group Dance competition.
- **15th November 2022-**
A Flash Mob was presented by the society in the foyer area to introduce Ahaarya to the first year students.
- **25th and 26th November 2022-**
Auditions of the session were held where a lot of the students participated showcasing their best dance moves. The society members also presented their own choreographies.

ahaarya

THE DANCE SOCIETY

Some individual/duet participations of the society members in different events:

- 1. Duet Dance Competition -
- 4th March, 2023 - 2 members of the society participated in duet dance competition held at Symbiosis College, Noida.
- 2. Solo Dance Competition -
- 26th December, 2023 - Trinity Institute of professional studies
- 6th March, 2023 - IIT Delhi (2 entries from Society)
- 20th March, 2023 - Dyal singh college, DU
- 22nd March, 2023 - Guru Nanak Dev Khalsa College, DU
- 30th March, 2023 - Dr. Akhilesh das gupta institute of Technology and Management
- 6th April, 2023 - NSUT
- 12th March, 2023 - Street Battle, IIT Delhi
- 29th March, 2023 - Street Battle, SRCASW



aahaar

THE FOOD SOCIETY

Aahaar, the food society of Shaheed Rajguru College works towards unifying the students through their common love for food, encourages healthier eating habits, and nurtures creativity and innovation.

- Organized a series of episodes under 'In Conversation with Food Bloggers'
- Initiated Mishka: The Food Donation Drive on 18th April 2022 in collaboration with the Robinhood Army.
- Organized an exhilarating 'Foodie Heads-up' competition on 5th July 2022
- Organized Orientation '22 on 8th September 2022 on 'How to balance nutrition with a pinch of fast food'
- Organized a 'Recipe Formation' competition on 11th September 2022 on the theme: Nutritious twist to an unhealthy food.
- Initiated 'Safe Food Campus' campaign on 16th October 2022.
- Organized its first food fest Mitahara '23, under which a Treasure Hunt Competition and a Foodie Trivia were organized on 28th March 2023.
- Launched its very own monthly food newsletter Tidbits.



ehsaas

THE MENTAL HEALTH AWARENESS SOCIETY

With our vision to create mental health awareness among people, Ehsaas The Mental Health Awareness Society of SRCASW, conducted an array of activities during the session 2022-23.

Ehsaas, in collaboration with Human Cafe, organised an informative talk on “Mindfulness: A Step Towards Positivity” on 12th September 2022. On the occasion of World Gratitude Day, a Gratitude Bingo was organised on 21st September 2022 in the college premises. In order to spread awareness in rural areas, a mental health literacy program was organised in collaboration with UBA on 28th September 2022. Ehsaas celebrated World Mental Health day on 10th October 2022, by creating a wellness box, students were asked to randomly pick a card from the box and apply the recommendation written on it in their lives. For the cultural fest, Karvaan'23, Ehsaas conducted a meme competition- 'Eenie Meenie Meme Mo' and collaborated with Elvira for 'Stain the Square' - a painting activity.



THE FINE ARTS SOCIETY

Established in 2014, Elvira-The Fine Arts Society of Shaheed Rajguru College of Applied Sciences for Women, Delhi University aims at fostering motivation, comradeship, opportunities and a platform to learn and discover new art skills and art forms for budding as well as experienced artists. We have been setting up new milestones, grasping fresh opportunities every year with robust determination. The team energetically participates in inter and intra-college competitions, conducting sessions & workshops, thereby, gathering novel experience. From Karvaan, and Vistoso to Indian festivals like Diwali and Independence Day, Elvira gives you a newfound and tranquil experience. Our Annual Art Gallery- Vista, will undeniably surround you with awe that reflects the spirit, dedication, faith and exuberance that binds this society together and makes it a team. Elvira not only focuses on polishing the artistic skills of its members but also aims at ensuring their personal growth in every arena of their life.



equilibrium

THE ECONOMICS SOCIETY

Equilibrium, The Economic Society of Shaheed Rajguru College of Applied Sciences for Women, strives to extend economic concepts, through a series of multi-disciplinary and mind-stimulating events like real-time economic, and market simulations and data analysis to in-house discussions on relevant economic issues.

The list of activities organised during the academic session 2021-22, in order of occurrence, are as follows:

- In-house GD session- 9th July 2022
- Understanding the economic impacts of financial markets- 28th august 2022
- SDP on POWER BI- 30th sept 2022
- Guesstimate Session- 12th Dec 2022
- SRCASW- MODEL UNITED NATIONS- 23rd & 24th Jan 2023

SRCASW-MUN was a 2-day event with the participation of around 100 people, and has established 5 committees,

- UNHRC (United Nations Human Rights Council) with an agenda 'Agenda assessing sexual and reproductive health and rights with special emphasis on abortion and female genital' having 'Pritthish Roy' and 'Vani Nigam' as an adjudicator,
- AIPPM (All India Political Parties Meet) with an agenda of 'Deliberation upon the state of the economy in light of recent events having Abhinandan Singh and Aditya Pandey as an adjudicator,

equilibrium

THE ECONOMICS SOCIETY

- AIPPM (All India Political Parties Meet) with an agenda of 'Deliberation upon the state of the economy in light of recent events having Abhinandan Singh and Aditya Pandey as an adjudicator,
- UNGA (United Nations General Assembly) with an agenda of 'The right to a Nationality: preventing the phenomenon of statelessness' having Rahul Menon and Lovisha Jindal as an adjudicator,
- ECOSOC (United Nations Economic and Social Council) with an agenda of 'Russia's invasion of Ukraine and Financial Crisis with special emphasis on the cost of war' having 'Aditya Sharma' and 'Hardik Jindal' as an adjudicator, and
- IP (International Press) has 'Garima Rajpal' and 'Vedant Thakur' as an adjudicator.



glamfire

THE FASHION SOCIETY

Glamfire, the fashion society of Shaheed Rajguru College of Applied Sciences for Women, brings together students from different fields who share a common interest in fashion. The fashion society consists of highly driven students who often prefer to let their on-stage presence speak for them, and even the most inscrutable creatives don't lay low when it comes to working diligently for society. It is more than just strutting in stilettos for them! Rigorous and regular practice sessions are held right from the beginning of the year, leading up to the fest season.

Following is a comprehensive list of events that were carried out in the session 2022-2023:

- Outfit Polls: To keep the online audience engaged, Glamfire regularly posted outfit polls on its stories throughout the session.
- Christmas Outfits : This was the task for the members and was organized on 25 Dec'22
- New Year Collection : This was the task for society members to show case their wardrobe collection for new year and was organized on 31 Dec'22
- Dewali Attires : This task was organized on 19 October 2022.
- Spooky Halloweenian Mash: This contest was organized on 31st October 2022.
- Glamfire Orientation: Glamfire conducted its Orientation for the batch of 2022-2026 on 10th December 2022 via Google Meet.
- Glamfire Auditions: Glamfire conducted its offline auditions on 12th December 2022 in the college Amphitheatre.
- Vogue'23 : This is Glamfire's annual flagship event in which fashion societies from different college compete this was scheduled for 29 March 2023 at Karvaan'23, the annual cultural fest of the college

glamfire

THE FASHION SOCIETY

Performances for the session:

- Glamfire was invited to perform on the occasion of DEWALI MELA on 19 October'22
- Glamfire was invited to exhibit its Annual Production titled '#BreakTheBias' on 28th March 2023 at Karvaan'23, the annual cultural fest of the college.
- Glamfire took part in the fashion show at DME College and won 1st prize on 12 Jan'23.
- Glamfire took part in the fashion show flamboyance'23 at Ramanujan College on 24 Mar'23
- Glamfire took part in the fashion show at Rajdhani College on 24 Mar'23
- Glamfire took part in the fashion show at Dr. B.R.Ambedkar College on 30 Jan'23

Individual achievements of Glamfire members are as follows:

- Manisha Sanger 2nd Runner up in Solo Ramp walk in The Gala Affairs hosted by IBS College on 15 Dec'22
- Harpreet Kaur 1st Runner up in Solo Ramp walk in The Gala Affairs hosted by IBS College on 15 Dec'22
- Shruti Rawat won The Best Female Model at Flamboyance'23 hosted by Ramanujan college on 24 Mar'23



mukhauta

THE DRAMATIC SOCIETY

MUKHAUTA - The Dramatics Society of SRCASW aims to create awareness about theatre and its various aspects in young enthusiastic students of the college by bringing together people who are interested in the performing arts on a common platform. Mukhauta organizes its street play event, LALKAAR every year under the annual cultural fest of the college, KARVAAN.

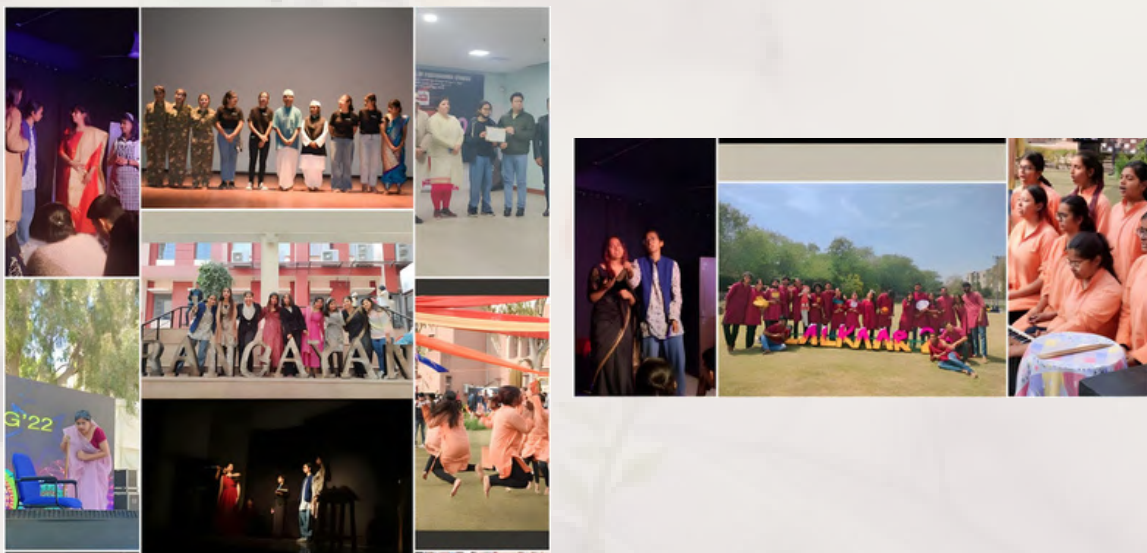
ACTIVITIES/ EVENTS:

- **RAJGURU DAY-** Mukhauta performed a short play based on the life of Revolutionary Shivaram Rajguru with the perspective of his family on the occasion of Rajguru Day to mark his 114th Birth Anniversary.
- **IIT ROORKEE-** The members of Mukhauta participated in the annual stage play competition, Abhivyakti of IIT Roorkee and cleared the preliminary round. The team secured a position in Top 5 finalist teams.
- **Workshop'22-** Mukhauta organised a workshop on 17th November 2022 for freshers to get a glimpse of what we do as a dramatics society.
- **IBS Mono act competition-** The members of Mukhauta participated in the mono act competition at IBS Gurgaon.
- **TIPS Mono act competition-** Mukhauta's team members participated in the mono act competition, Dramaturgy organized under Unmad - The Annual cultural fest of TIPS, Dwarka and team member, Ms. Asmi Dhyani secured the third position.
- **RJTF'23 - The Stage play event -**The members of Mukhauta participated in the annual stage play competition, RJTF'23 of Atma Ram Sanatan Dharma College.
- **Create Theater Festival-** Mukhauta performed its annual stage production 2022-23, Murder Unmurdered at Create Theater Festival: Chapter four on 28th January 2023.
- **INTIFADA'23-** The members of Mukhauta participated in the annual street play competition, INTIFADA of Maitreyi College and cleared the preliminary round. The team secured a position in Top 10 finalist teams.

mukhauta

THE DRAMATIC SOCIETY

- **ABHYUDYA'23-** The team secured a position in Top 7 finalist teams.
- **ODYSSEY'23-** The members of Mukhauta participated in the annual street play competition, HASRATEIN under ODYSSEY'23, the annual cultural fest of IIIT Delhi and cleared the preliminary round.
- **Rangmanch** - The Street play event of BRAC- Rangmanch of BRAC and cleared the preliminary round. The team secured a position in Top 5 finalist teams. .
- **MDI Gurgaon Street play event-** The Annual cultural fest of MDI Gurgaon and cleared the preliminary round.
- **Black Box Theatre Festival Workshop-** The members of Mukhauta attended Black Box Theater Festival Workshops on Character & Psychology Through lights and Makeup matters on 26th March 2023.
- **LALKAAR'23-** Mukhauta organised its annual street play event, Lalkaar under Karvaan'23 on 28th March 2023.



inklings

THE LITERARY SOCIETY

Inklings, the literary society of Shaheed Rajguru College of Applied Sciences for Women, University of Delhi was established in the year 2013. The society is a home to the literary enthusiasts of the college and aims to provide them a sense of belonging. It organises countless events and encourages participation of the team members so as to polish their skills, let emotions flow and express their love for literature. Besides conducting various events, Inklings is also responsible for publishing the annual college magazine, Aakriti, and has a dedicated and diligent team of editors and designers. Inklings also supervises and is in-charge of the Hindi Samaj, which has been formed exclusively to rekindle the interest of the students in Hindi literature.

Alfaz ki Awaz

A guest speaker session, namely 'Alfaz ki Awaz' under Quintessence'23, was organized exclusively for Inklings members to give them first-hand learning experience in the field of public speaking and help them widen their knowledge about screenplay writing and cinema. Inklings proudly hosted Ms Swaty Gupta, who is an RJ at AIR FM RAINBOW and the author of 'Romancing the Microphone: how to be a radio jockey', Ms Apoorva Juneja, author of 'the art of unmasking' and a PhD scholar, and Ms Mukulika, a research scholar at the Department of English, University of Delhi and winner of the prestigious Wingword Poetry Prize 2019.

The session was held on 18th January, 2023 in the Conference room.

Quiz Competition

Quintessence even paved a path for all our Wizarding world enthusiasts to come and manifest their inner fondness into the real life by taking part in the Quiz Competition with the theme of Harry Potter. The students were allowed by individual participation, and strictly on first-come first-serve basis. It was held on 20th January and saw an overwhelming number of interested students. E-certificates were provided to all the participants and winners were given cash prizes of upto Rs. 2000.

Main event

The evening of 20th January blossomed at it fullest in the Rajguru Campus, for which all the credit went to the Inklings Team. A bunch of exciting unfolded 1:30 pm onwards, which included soul-filling Kavi Sammelan, Open Mic Competition and Stand-up Comedy.

Kavi Sammelan

This event which was graced by the presence of mohd. Anas Faizi ji, Abhishayar Geeta Shukla ji, Pradeep Tiwari ji, Dharamveer Gurjar ji and Manu Vaishali ji.

Open Mic Competition

This competition witnessed an overwhelming participation. Open to all colleges for students to come and take the platform to show off their talents. Students performed beat-boxing, recited poems etc.

Stand up Comedy

The main event ended with a hilarious bang with the stand-up comedy show by Aditya Kaushik.

inklings

THE LITERARY SOCIETY

Group discussion

On 19th January under Quintessence (the literary annual fest of Inklings) a group discussion was organized for the ardent members of Inklings. The discussion was conducted on the effects of covid on India's educational system. The discussion turned out to be very insightful and sagacious. Every member added their hypothesis and impression and contributed in making this discussion fruitful.

The discussion was guided and supervised by the Convenor of Inklings MR. Rituraj Anand and ended with his incisive words.

Poetry exchange

On 19th January under Quintessence (the literary annual fest of Inklings) a team-building maneuver was organized for the members of Inklings. Each member recited their ink droplets dripped on the white brown pieces of paper. Their recitation and poetry filled the illimitable sky of the amphitheater of SRCASW with the colors of live, laugh and love. Each word of their recitation causing movement in the particles of the air of SRCASW could be felt in the heart of the audience. The poetry exchange with the support and participation of all the team members turned out to be a great success.

Debate Competition

On 20th January under Quintessence (the literary annual fest of Inklings) an inter-college debate competition was organized in the Conference room, on the topic "Digital and skill-based education is must for Indian students". The competition of bilingual and each participant was given 4 to 5 minutes to put forward their points and insights. All the ebullience participants participated with keen interest and made this debate competition a successful one. All participants were awarded E-certificates and the winner was awarded the prize money of Rs. 1200.

philyra

THE WESTERN MUSIC SOCIETY

This year, with the minimization of COVID restrictions, the college was as normal as it was 3 years ago. With regular offline practice and meet ups, the western music society prepared an array of arrangements that it performed in a number of events. With brimming enthusiasm, we conducted a number of events and activities throughout 2022-23:

Events/Activities:

Diwali Mela -

To kickstart the Diwali celebrations, in the mela organized by the student council, the western music society performed a medley of 'levitating' by Dua Lipa, 'socha hai' by Farhan Akhtar and 'you belong with me' by Taylor Swift.

IIDAIRA'23-

Philyra WMS, to showcase its talent and hard work from all the practice sessions, performed at the Department Technological Fest of Finance and Management studies. The team performed an arrangement of 'Perfect' by Ed Sheeran.

Training sessions-

To hone its vocal skills, the western music society held regular training sessions with our music instructor, Mr. Rahul Sharma. He taught us a variety of warm up exercises and familiarized us with how to create our own arrangement of song with various harmonies, bases and melodies.

IIIT DELHI FEST-

The members of Philyra participated in the annual western music competition of IIIT Delhi and gained the much needed experience and exposure. The team learned how to conduct oneself and where they stood in comparison to the other competitor teams.

philyra

THE WESTERN MUSIC SOCIETY

Performance at KARVAAN'23-

All the members of Philyra WMS came together and put all their efforts in our annual college fest, Karvaan and gave a performance during the Inauguration ceremony. An arrangement of 'I want it that way' by Backstreet boys was performed and was lauded by most.

VIBE'23-

The western music society organized its annual inter-college western music competition for both groups and solo participants in offline mode for the very first time on 28th March 2023.



philyra-aarohana

THE INDIAN MUSIC SOCIETY

PPhilyra Aarohana - the Indian Music Society of SRCASW is back to form after a gap of more than three years. With the constant support of the Convenors Dr Para Dholakia and Dr Saumya Chaturvedi, the society has started representing the college outside too. Regular rigorous practice sessions have given the students confidence in the genre of Indian Classical Music.

Council (2022-23)

1. President - Suha Roy
2. Vice President - Srishti Sen
3. Secretary - Sakshi Sharma
4. Social Media Head - Usha Haldar



philyra – aarohana

THE INDIAN MUSIC SOCIETY

Events and fests in this session (2022-23:

Independence Day:

The students presented a medley of patriotic songs

Performed at **Rajguru Day week** - Plantation and Tree Adoption Drive in association with Kalptaruh Brahmakumaris

Rajguru Day and Convocation: The choir presented Aarambh Hai Prachand and Lehra Do

Navratri Series:

The students made solo covers in different languages to mark the 9-day festival

Diwali Mela :

The students presented a medley of Bollywood festive songs on this occasion

Book Release :

Women Studies and Development Centre of Advanced Studies: On this grand book release event on November 29, Saraswati vandana was performed by our President Ms Suha Roy at the Conference Centre, University of Delhi

Orientation Day for Batch of 2026:

The core team of the society presented hymns from Upanishad - Sangachhadwam Sambadadhwam that spreads the message of unity

philyra – aarohana

THE INDIAN MUSIC SOCIETY

Training sessions under Ms Poorva Joshi on Indian Classical Music on a regular basis from November-February

Inaugural Performance Technical Fest opening week on January 16

Oath ceremony of Student Council (2022-23)

Fest at Sri Aurobindo College (Morning) : The team represented the college at Taleem, the Annual Cultural Fest of Sri Aurobindo College (February 14)

Fest at PGDAV College, DU : On February 15 the students represented the college at the annual cultural fest of PGDAV College

National Conference: Bioentrepreneurship : Academia to Industry - Inaugural Performance by the core team

Represented the college at the annual cultural fest of Ram Lal Anand College, DU- Splendour'23 (March 24)

Represented the college at the annual cultural fest of Indraprastha College for Women, University of Delhi - Shruti'23 (March 27)

Organised Swaradhwani - the Indian Classical Group Singing Competition: This was organised by the society under the Annual Cultural Fest Karvaan '23 which witnessed 10 teams competing and a footfall of around 130 students. The teams presented Indian Classical music compositions and the esteemed judge for the competition was Smt Tanushree Adhikary.

i-hub: ed cell

ENTREPRENEURSHIP DEVELOPMENT CELL

ED cell aims to inculcate ,enrich and nurture the entrepreneurial environment in and around college . It aspires to do so by creating an easily accessible and exhaustive set of resources for the young entrepreneurs , which includes the students -, the budding professional and mentors

The cell encompasses student's involvement in various ideologies of entrepreneurship , followed by contributing in a variety of events. The myriad of activities are conducted throughout the year .

This year we organized a couple of insightful events , mentioned as follows :

Activities 22-23

- 1.Pro Sol Challenge
- 2.Intellectual property rights awareness program
- 3.Webinar on initial steps towards a startup
- 4.Webinar on Entrepreneurship development
- 5.Founder series
- 6.Conquest'23

shuffleshots

THE PHOTOGRAPHY SOCIETY

The session 2022-23 for Shuffleshots began with the Archizo'22, the auditions to be part of our team. Around 10 members were selected after 2 rounds of the auditions..

On the occasion of 75th Independence day, under Har Ghar Tiranga, we put up selfie point/photocorner and clicked over a hundred pictures. Our team along with Inklings, the literary Society of SRCASW also presented a short video on _____

Shuffleshots organised 3 events to commemorate World Photography Day, 19th August. An Intra-College photography competition, An Inter-College reel making competition and a Photowalk to Jantar Mantar were conducted.

On 30th September 2022, we organised a workshop by Mr. Ayush Pathak on the Basics of Photography and Videography for our team members.

On November 21, Shuffleshots conducted an orientation for 1st year students. This was followed by another round of auditions and the result were announced on December 11, 2022.

2 peer workshop were organised on 14 th and 29th December on the Basics of Photography for our members.

Pixomania our first cultural fest, was conducted a series of events from the 18th to 20th of January, 2023.

On Day 1, 18th January, we conducted a workshop on the basics of phone and camera photography by our mentor Mr. Abhay Patel followed by SNAP-UP an inter-college on-the-spot photography competition.

Day 2 of the fest consisted of an inter-college competition Ink-o-Shots in collaboration with Inklings (the literary society), which was unique and literally a Cinematographic experience.

We also conducted an Intra-society competition for our members.

shuffleshots

THE PHOTOGRAPHY SOCIETY

Day 3 started with an insightful workshop by Mr. Kshitij Sheetak, followed by a beautiful array of photos in Photofair, the photo exhibition competition, and an interactive panel discussion on the topic- how to get started with content creation by Ms. Shagun Malhotra, Mr. Ayush Pathak, and Mr. Deepanshu Rana.

Shuffleshots conducted another photowalk in collaboration with Lensation (SSNC), Taber(JMC) Chitragrahini (MLNCEV) and Chimera (ZHDC)- photography societies from 4 other colleges with Mr. Ayush Pathak as our guide. The photowalk included filmmaking depicting life in Old Delhi.

Throughout the session, Shuffleshots also covered over 40 events in our college including Rajguru Day, Convocation 2022, Youth Parliament, VC visit, College Orientation, Spardhaa, TEDex along with several departmental and societal events.



placement CELL

The Placement Cell of Shaheed Rajguru College of Applied Sciences for Women, University of Delhi, a well-established cell operating for over a decade now, is primarily engaged in managing campus placements for the 14 departments of the college at a central level of operation. It offers comprehensive assistance to all the empanelled companies as well as ensures that the students gain an enriching corporate exposure through a wide variety of internships and live projects that are floated throughout the year as well as by conducting training sessions

Activities/Achievements

The cell conducted its first ever job fair in campus, witnessing registrations from 300+ students and graduates across all colleges and universities. The fair was dedicated, however not limited to providing opportunities to differently-able youth of the country. Furthermore, brands like Concentrix, Indigo, Accenture, Cognizant, Amazon, State Bank of India, IBM along with various other companies were on-boarded, which had extended offers to more than 90 applicants.

Taking the number of companies floated in the FY2021-22 as a base, the cell, in the current year, had already surpassed the same by 53%.

As a share of the total number of companies on-boarded in FY2022-23, 70% were categorized as newly converted in comparison to the preceding year.

Tie ups with significant brands such as Acuity Knowledge Partners, D.E. Shaw, Genpact, HCL Tech, ICICI, Tata Consultancy Services, Willis Towers Watson, Aon, Decathlon, Cvent, Indigo and Wipro among others were initiated

In terms of profiles offered, the cell had provided opportunities ranging from Engineering, Data Analytics, Medical, to Finance, Marketing, HR, Research and many more. Moreover, the maximum CTC offered reached INR 36.5 LPA, which marked a decade-high record.

TEAM:

Faculty Convenor - Ms. Sonia Ahlawat
Faculty Co-convenor - Ms. Himani Dua



north-east cell

The North East Cell is a registered cultural society of Shaheed Rajguru College of Applied Sciences for Women, wherein we give the students, not only from the north eastern part of India but from all around the world a platform to express themselves freely and teach them to openly own their identities without any hesitation.

The activities that have been conducted by NE Cell, SRCASW for the session 2022-23 has been listed below:-

Inter College Painting and DIY Competition :

An inter college competition was held on 17th oct, which was judged by Dr. Ruchi. An offline competition wherein entry of more than 10 colleges were recorded.

Rangavalli - The Rangoli Making Competition, held on 26th oct which was judged by the council and faculty of the cell. It was a successful online competition wherein students from all around the states participated.

Sound Healing Session - Conducted by Samantha Bora on 30 Jan, in collaboration with Dept. of Biochemistry. It was a calming and mind opening session.

The Feast Spot :- The Recipe Competition was held on 2nd Feb, which was judged by the convener, faculty and the council of the cell.

Cash prizes were distributed to the winners and the runner-ups.

AIKYAM'23 :- Our annual cultural fest was held on 28th and 29th March under **KARVAAN'23** under which a concert by Eric George, hair braiding stall and a photo booth was made on the theme of Cherry Blossom festival which is celebrated in Shillong, Meghalaya.



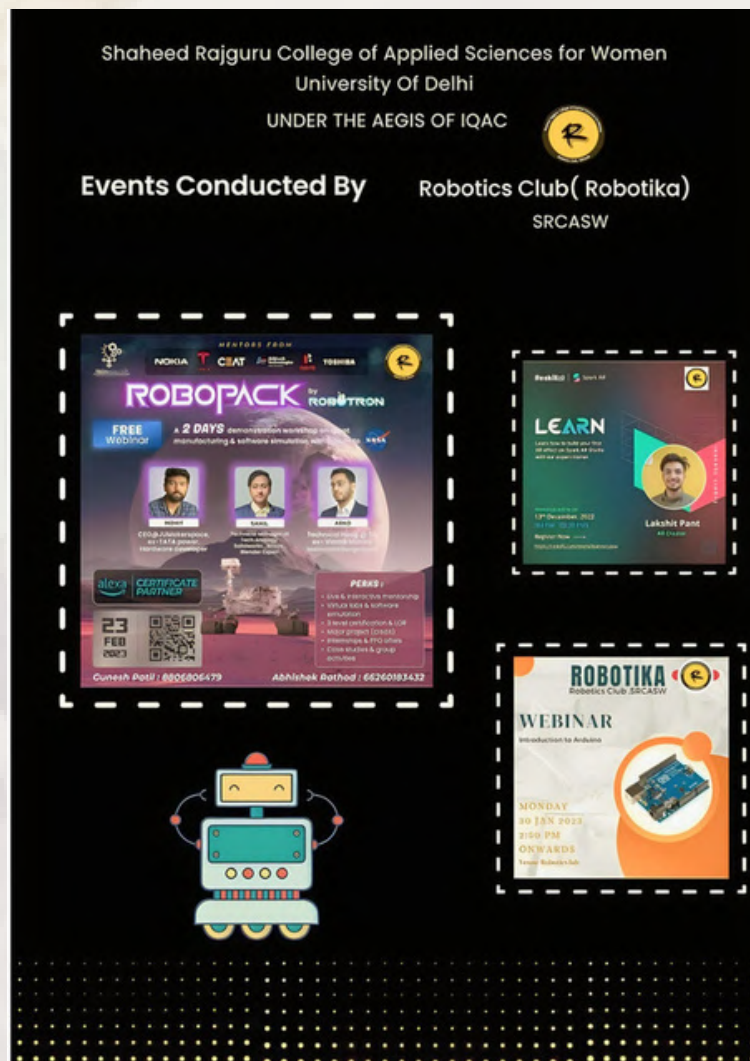
enactus

Enactus stands for Entrepreneurial Action & Us, representing a worldwide, nonprofit community. It brings together a diverse group of stakeholders and students through projects that empower underprivileged communities in sustainable ways. Enactus Shaheed Rajguru is one such initiative which employs high-quality applied learning to uplift the community by nurturing future entrepreneurs and building a sustainable world through our projects - Project Pehchaan, Green Haven and Sugavya. Our beneficiaries include members of the LGBTQIA+ community, underprivileged women, migrant workers and small vendors. Regular field trips are conducted to enhance learning. The quality of Enactus Rajguru's accomplishments is just as impressive as the quantity, which speaks volumes. These include gifting Sugavya products to India's top representatives to being finalists in the Race to Rethink Plastic for Kashida (Project Pehchaan). Through diligent efforts, our Queer beneficiary Nazim ji launched his own brand - New Bharat Cookies and Jams, which inspires us to work even harder! All in all, Enactus Rajguru is a wholesome family, working together to bring a tangible change in the lives of communities and the future of the planet through our persistent efforts.



robotics society

1. Robotics club conducted 2 days demonstration workshop on robot manufacturing and software simulation with tribute to NASA, in collaboration with Team Tech Analogy on 23rd and 24th February, 2023.
2. Robotics club organized webinar on introduction to Arduino with hand on session and building small projects on the basic building blocks of arduino on 30th January, 2023.
3. Robotics Club in collaboration with Reskill Spark AR organized a session on 13th December, 2023 on how to build your first AR effect on Spark AR Studio. This session will be taken by expert trainer of Spark AR Lakshit Pant (AR Creator).



girl up nayaab

Dance movement therapy

For soothing communication through nonverbal gestures and flexible bodily movements, Girlup Nayaab conducted an entrancing dance movement therapy session to facilitate individual expression as well as increase body awareness, spontaneity, creativity and a healthy self-image. A coalition of talk therapy and movement techniques like Mirroring, which entailed imitating another person's motions or tracing a moving balloon by feeling and manoeuvring the whole body in every direction was resorted to by the therapist.

Girlup Nayaab sheds light to various crucial issues through a series of enlightening and knowledgeable themes posted every week on social media in the form of Pink Wednesday, thus spreading immense awareness about any new event or topic such as changes in abortion laws in India or about the exemplary contribution of the Indian women soldier. Thereby, with unique and prominent themes such as body positivity, Girlup Nayaab creates a rostrum to portray and discuss sensitive topics as well as to omit myths and erroneous perceptions present in our society towards women.

N.S.S national service scheme

NSS (National Service Scheme) of Shaheed Rajguru College of Applied Sciences for Women aims to provide a healthy and developing platform with the primary objective of developing young students' personality and character through voluntary community service. Several benefitting events, sessions, and competitions have been organized to help the youth grow tremendously as individuals and as a group too.

Below is a brief overview of the activities organized by NSS SRCASW in the session 2022-23.

- **Webinars:** Webinars have been organized to commemorate Dr. Shyama Prasad Mukherjee and to spread awareness about legal aid.
- **Competitions:** We believe in learning through shared knowledge and thus organized a bunch of exciting competitions like essay-writing, monologue, article-writing and poster-making competitions on diverse topics.
- **Camps:** We have organized a vaccination camp that benefited more than 350 people. Another thalassemia screening camp, organized along with the Department of Biomedical Science, was attended by around 100 people.
- **Workshops:** We organized several sensitization workshops on topics like the Harmful Effects of Tobacco, Women's Rights in East District, and Vigilance Awareness. All our workshops are in collaboration with esteemed government bodies.
- **Pledges:** NSS flourishes when it makes the society an active part of the nation and thus it bridges the space between the nation and citizens by conducting pledge-taking ceremonies on Child Marriage Free India, Unity and Integrity.

N.S.S national service scheme

- **NSS Day:** Marked on 24 September, NSS day was celebrated by NSS SRCASW on 23 September 2022.
- **Projects:** NSS SRCASW under its five projects conducted activities like distribution of gratitude cards to workers, walkathon, plog run, cleanliness drives, donation drive, unity run, mental health board, composting and a DLSA helpdesk setup.
- **Samavesh'23:** Pop-it-off and spill-the-thoughts were conducted under Samavesh'23, a series of events under Karvaan'23.



mark heaven

THE MARKETING SOCIETY

Mark-Haven, the Marketing Society of Shaheed Rajguru College of Applied Sciences for Women. The society is determined to break stereotypes around the concept of marketing and the functioning of a marketer. Along with multitude of team building fun meets, the following are the formal events that the society organized in the academic year of 2022-23

Webinar on “Profile Building for MBA AND IIMs : 15th July 2022

The session was inclusive of a Q&A session with the speaker, Mr. Abhishek Kumar Pathak (Chief Mentor for Delhi-NCR for IMS) towards the end.

Marketing Conclave: 15th-16th September 2022: This was the main highlight event of the tenure, organized on a grand scale. The event lasted for two days wherein the activities were as follows:

Keynote speaker session: The conclave started with a speaker session in which Ms. Archana Chopda, Head of Marketing, Modern Work, Microsoft India, shared her insights on the theme of our conclave, Intricacies of Marketing.

An informative webinar on Artificial Intelligence: The speaker for the webinar on 'Artificial Intelligence: An Emerging Tool of Marketing' was Mr. Samyak Jain, Founder and CEO of MyWays.ai who threw light upon the AI tools that we use in our daily life and explained some of their functioning.

mark heaven

THE MARKETING SOCIETY

Workshop on 'The Art of Writing a Research Paper':

A workshop on 'The art of writing a research paper' by Ms. Varda Sardana, Assistant Professor at SRCC, Ph.D, Research Scholar, University of Delhi. Ma'am shared her own experience of writing research papers and gave us a step-by-step guide as to how we, as students, can come up with topics and establish the foundation of a research paper.

Treasure hunt: - The second day was held offline at the college campus. Prizes worth INR 5000 were awarded to the victors.

Alumni Session: The conclave was concluded by Alumni Session by Ms. Anjali Singh, Co-founder of Mark-Haven and Ms. Ishika Jain, President of Mark-Haven, 2020-21. The alumni gave their instructive inputs about their journey in marketing. We presented our alums with a token of gratitude for gracing this occasion.

Skill Development Program on "Tools of Marketing" : 12th October 2022

The workshop, held in collaboration with the Department of Management Studies, was a paid event and footfall of over 50 exclusive students from colleges all over Delhi. The key takeaways from the session were- Data analytics in marketing, Price prediction through machine learning, Search engine optimization and Marketing automation.

Field visit to the Mother Dairy Milk Processing Plant : 17th October 2022

Mark-Haven organized its first-ever Industry Visit to the Mother Dairy Plant on 17th October 2022, Monday. The students of IIC and the Psychology Department accompanied us with the faculty coordinator as Ms. Juhi Jham and Ms. Nupur. The key takeaways from the visit stood as follows- Interaction/explanation on flow chart of milk & dairy products,

Live project with Uni Square Concepts : March 2023

The members of Mark-haven indulged in a live project with Uni-Square Concepts in the field of content writing and Digital Marketing.

spic macay

THE PROMOTION OF INDIAN CLASSICAL MUSIC AND CULTURE AMONGST YOUTH SOCIETY

SPIC MACAY (Society for the Promotion of Indian Classical Music And Culture Amongst Youth) is a 45 year old, non profit, non political, nation wide voluntary youth movement that endeavours to bring the youth of India closer and closer to the country's rich, diverse and intangible heritage and its multiple cultural traditions. Professor Kiran Seth Founded SPIC MACAY in 1977. He was determined to work towards shaping the young minds to be capable of appreciating classical music, dances and art forms. SPIC MACAY celebrates Nishkaam Seva – the spirit of volunteerism – of giving selflessly without expectation, a value that is intrinsic to our culture and important to nurture in today's world. We the volunteers of SPICMACAY at Shaheed Rajguru College of Applied Sciences for Women organise several programs every year for our college with the constant help of SPICMACAY.

We conducted various activities for the session 2022-23 :-

- **Event 1:-** Online Orientation for SPICMACAY Chapter 2022-23 was organised on 1st February 2022. The session marked the beginning of a new chapter where like minded students were added to the society for its upliftment.
- **Event 2:-** Online Bharatnatyam Dance Recital by Padma Shri Awardee, Vidushi Geeta Chandran- oragnized on 21st February, 2022. The event was surreal in all aspects.
- **Event 3:-** Dr. Alankar Singh, Gurbani Recital – It was organized on April 13, 2022. The recital was very soothful to our souls helping in uplifting, meditating, and serene our lives.
- **Event 4:-** Ustaad Bahauddin Dagar's Rudra Veena Recital – It was organized on August 26, 2022. It was an extremely inspiring and majestic concert, which lifted us out of our ordinary.
- **Event 5:-** "Cycle with SPIC MACAY an Inner Journey...Antaryatra" addressed by Professor Kiran Seth and Dr. Amita Dev(vice chancellor of IGDTUW), Professor M. Jagadesh Kumar(chairperson of UGC) was the chief guest for the event.

spic macay

THE PROMOTION OF INDIAN CLASSICAL MUSIC AND CULTURE AMONGST YOUTH SOCIETY



I Seminar on “Women in Defence: An Ocean of Opportunities”, on 26th July 2022:

Organized a seminar on “Women in Defence: An Ocean of Opportunities”, on 26th July 2022, with esteemed guest speaker, Major General AK Shukla.

II Seminar on “Understanding Workplace Ergonomics to prevent Musculoskeletal Disorders” on 24th August, 2022:

Organized a seminar on “Understanding Workplace Ergonomics to prevent Musculoskeletal Disorders” on 24th August, 2022 with Prof. (Dr.) Uma Kumar. Her esteemed team members for the event included, Ms. Shailendri Dash, Dr. Pallavi Vij and Dr. Maumita Kanjilal.

III Seminar on “Prevention and Screening of Gynaecological Cancer” on 11th October, 2022:

Organized a seminar on “Prevention and Screening of Gynaecological Cancer” on 11th October, 2022 with distinguished guest speakers Dr. Satinder Kaur and Dr. Hemlata Garg.

IV Hosted the Nukkad Natak- Street Play by Asmita Theatre: Group in collaboration with the District Legal Services Authority on the theme of ‘MENACE OF ACID ATTACK’, on 20th January, 2023

V Hosted a fund-raising event “Laugh Beats” through a stand-up comedy show, “Marksheet”, 30th January :

Hosted a fund-raising event “Laugh Beats” through a stand-up comedy show, “Marksheet ” by Sunny Sharma on the 30th January.

VI Seminar on ‘Rights of Women Including Provisions Beneficial for Acid Attack Victims’, An awareness-cum-sensitization campaign in collaboration with the East District Legal Services Authority on 10th February 2023

anubhuti

THE WOMEN DEVELOPMENT CELL



raqam

THE FIANANCE SOCIETY

➤ WEBSITE

- RAQAM launched its official website in the session 2022-23. RAQAM is the first non-organizational society in the college to launch its own website.
- The website provides an insight into the various activities the society conducts including the fests, E-magazines, sessions, etc.
- It is a great platform for members to get their blogs published. It proves to be a better place for the readers to learn something new in the realms of finance periodically. Website : <https://www.raqamrajguru.in/>

➤ OFFLINE MEETS

- RAQAM organized various offline meetings with its members which included icebreaking and bonding sessions to acknowledge the contributions of each member along with the aim of building a strong team.
- These meetings included small mementos to welcome the new members and clicking pictures together.

➤ RAQAM x GROWW SESSION

- RAQAM in collaboration with GROWW, one of the leading finance trading apps, launched a session on 'Basics Of Stock Market Investing' on 21st August'22.
- The members were exposed to the basics of trading such as building their first Demat account.
- The session was taken up by Mr Anish Nandalike who excels in personal finance, crypto, NFT and stocks.
- The webinar concluded on a successful note with positive responses from the students.

THE FIANANCE SOCIETY

➤ LIVE PROJECTS

This year, RAQAM provided the following 3 live project opportunities to its society members, covering various domains:

1. IM Stocks Trading Company, which is India's largest and most trusted trading community
2. True Compound, a startup in the Business Consulting and services sector
3. CoslQ, Shark Tank S1 starrer, provided a live project opportunity in the finance domain.

The live projects gave a corporate and industrial experience to the students.

➤ MAGAZINE

● RAQAM rolls out its monthly E-Magazine, Finatomy, which has been a pioneer of everything finance in the form of games, articles, comics reviews.

● Finatomy proves to be the one stop shop for the finance enthusiasts out there with a current subscriber base of over 2000, read by youngsters and adults.

➤ STOCK MARKET LEAGUE

● In the last week of September 2022, RAQAM organised a Stock Market League which witnessed a participation of over 200 students across the college.

● The league was a huge success with active participation and interest in the field of the students.

➤ REVENIRE'23

RAQAM successfully organized its annual finance fest REVENIRE'23 on 9th and 10th April 2023.

● It consisted of 3 power-packed competitions, panel discussion and a workshop.

raqam

THE FIANANCE SOCIETY

● The fest experienced a footfall of 3000+ from reputed colleges pan India along with a very esteemed and experienced panel of judges. The events are as follows:

- 1: The Big Buy Theory- This competition had 3 rounds, each round being trickier than the previous one. It included mock stock and bidding.
2. The Case Crusade- This was a case study competition with 3 rounds. The finalists presented their case in front of judges.
3. Fin-o-Wiz - This was a 30 mins quiz based on finance and analytical skills, played by nearly 500 teams and emerged to be a great success.

PANEL DISCUSSION

● REVENIRE'23 witnessed a panel discussion on the topic:
ENTREPRENEURIAL JOURNEY: NO ONE TALKS ABOUT

- The following four speakers that participated in Shark Tank India were invited to discuss their opinion on entrepreneurship and startup culture:
- a. Mr. Vaishnav (Aviotron Aerospace)
 - b. Mr. Nimit (Stanlee India)
 - c. Mr. Gulshan (Falhari)
 - d. Mr. Bharat (Nirmalaya)

graced the occasion with their wise words. **WORKSHOP ON EQUITY RESEARCH.**

- A two hour workshop on Equity Research and Valuation was conducted by Mr. Piyush, a teacher and co-founder of Sharksquare Capital. It was a huge hit among students

menstrual cafe

Menstrual Cafe, Shaheed Rajguru College is a campus ambassador program which is meant for students in educational institutions wherein they engage in dialogue and activities with the aim to dismantle stigma and generate awareness around Menstrual Health and Hygiene, Sexual and Reproductive Health Rights and Mental Health.

The following activities have been conducted by the Menstrual Cafe Rajguru for the session 2022-2023:

Webinar on Sexual and Reproductive Health Needs:

Together with Mash Project Foundation, the session was planned. Ms. Nishtha Dholakia and Ms. Madhulika HaHandoo spoke during the ceremony.

Webinar on the Effect of Hormonal Imbalances on Mental Health:

On September 3, 2022, the webinar was held in association with Unwind Delhi. The event's keynote speaker was senior consultant psychiatrist Dr. Sameer Kalani.

"We Bleed"- The Bimonthly Magazine Launch:

The bimonthly magazine of Menstrual Cafe- "We Bleed" was launched in the month of October with the theme "PCOS and Breast Cancer Awareness" followed by a second edition with the theme "Sex Education."

Magazine Cover Design Competition:

The competition was organized in the month of October, 2022 with the theme - "Elimination of Violence against Women."

Cloth Donation Drive:

The drive was held from October 17-24, 2022, in the college's foyer area with the goal of keeping a cloth bank nearby for the students to use in case of menstrual emergency.

Installation of Pad Vending Machine:

In order to reduce the hassle and stress of students having to arrange pads in the event of a menstruation emergency, a pad vending machine was set up in the second floor lavatory of our college in the month of October.

menstrual cafe

Stall at The Period Fest:

Menstrual Cafe Rajguru had put up a stall on 4th February, 2023 at the Central Park, CP under Sachhi Saheli's Period Fest. Awareness regarding menstrual health was created amongst school girls and a healthy interaction was carried out.

Annual Fest - Avshata:

The annual fest of the society - Avshata was conducted in the month of February, 2023. The fest included many competitions and activities: Morii: The Photography Competition, Period-Of-Art and First Period Story Activity.

Pad Donation Drive:

in cooperation with Unnat Bharat Abhiyan, the drive was held at Kondli and Dallupura Village on March 23, 2023. The goal was to increase menstruation health awareness among the impoverished and provide menstrual health supplies.

Interactive Session with Dr.Surbhi :

The meeting took place on March 27, 2023. Dr. Surbhi, a renowned and skilled gynecologist, was the guest. Throughout the lesson, many questions kids had concerning their bodies were answered.



pravridhi

THE ECO CLUB

PRAVRIDHI- Eco-Club of Shaheed Rajguru College of Applied Sciences for Women was begun in 2005 by a group of teachers and active students. It is part of the National Green Corps, a national program under the MoEF & C, Government of India, 2001. Pravridhi aims to create and incorporate the concepts of environmental awareness and sustainable development through various activities in and around the college. Activities and events list organized by the ECOCLUB throughout the session 2022-23:

1. Poster making competition under wildlife week on theme "A shared planet".
2. Awareness on biofuels through social media posts.
3. Organised an intercollege slogan writing competition on the theme "Deleterious pollution".
4. Spread awareness about important days like On November 6, International Day for Preventing the Exploitation of the Environment in War and Armed Conflict, world toilet day, world wetland day through social media.
5. Celebrated many animals and birds day like, big bird day, international polar bear day, international jaguar day, etc.
6. Organised more 10 competitions and 1 talk session on the topic "the necessities of urban forestry and what is missing with the present plantation drives" under the banner of ECOFEST. Competitions' names are as follows:
 - Best out of waste
 - Nature makeup
 - Slogan writing
 - Debate
 - Herbal rangoli making
 - Eco warriors race.
7. Organised Awareness drives: waste segregation, food waste.



COLLEGE PILLARS



**Library
Staff**



**Administrative
Department**

SRCASW in



JODHPUR- JAISALMER

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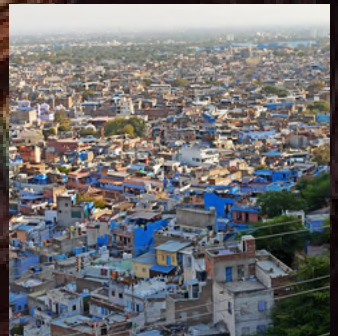
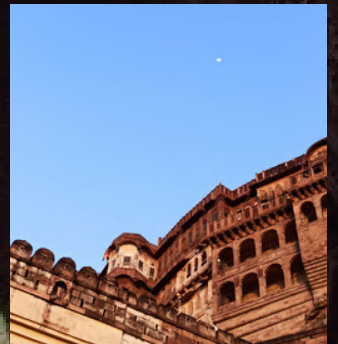


Organising a successful trip feels like having a rainbow in your heart! From booking tickets and accommodations to planning activities and packing bags, the process can be a bit overwhelming, but the feeling of satisfaction when everything falls into place is just simply magically perfect.

So if you're planning a trip, don't be discouraged by the work it takes to make it happen.

"we prioritised responsibility over enjoyment."
-Nimisha
(Vice-President)

"There's a sense of accomplishment that comes with knowing you put in the effort to make something wonderful happen."
- Himanshi
(President)





CREATIVE CORNER

EUNOIA

(N.) Beautiful Thinking, A Well Mind

PAST VS PRESENT: A LOOK AT THE EVOLUTION OF THE

Ramayana

The Ramayana is a beloved Indian epic that has undergone several adaptations to remain relevant to new generations of readers. The original version, written in Sanskrit by the sage Valmiki, is a timeless masterpiece filled with symbolism and metaphor. The characters are complex and nuanced, with their own unique strengths and weaknesses.

Modern versions of the Ramayana have been created to cater to a wider audience, including retellings in modern languages, illustrated versions, and even animated movies and TV shows. These adaptations present the story in a more straightforward manner, with simplified character portrayals that make it more accessible to younger readers.



The original Ramayana is a literary treasure that has inspired countless works of art, literature, and theater over the centuries. It has served as a source of moral and spiritual guidance for millions of people for thousands of years. The original version also reflects the social, cultural, and religious norms of the time it was written, providing valuable insights into ancient Indian civilization and its values.

Despite these differences, both the original and modern versions of the Ramayana have value. The original Ramayana is a timeless classic that is still revered by millions around the world, while the modern adaptations serve as a way to introduce the story to new generations and keep it relevant in today's world.

In conclusion, the evolution of the Ramayana is a testament to its enduring power as a beloved epic. Its ability to adapt to the changing times and remain relevant speaks to its universal appeal and enduring the relevance for generations to come.

- Shivalika Dixit
BA (H) Psychology
3rd Year





DAWN OF CHANGE TO *Save.*

Before going through this article, I would like to make a small request to you and trust me it won't be hard for you to do. So, please just move your neck a little left and a little right. Yeah, that's it, now if you have found any bulb which is unnecessarily glowing or any device or instrument which is plugged in though you are not working on it then please unplug it or turn it off. Congratulations! You have just saved energy, our future, and our planet. And made a very big contribution to save our environment.

Easy isn't it. Yes, just a little attention and willingness to know your surroundings can bring up the biggest and the most awaiting changes which we need in today's era.

Think about it, just by letting our lights on and being ignorant about it, we are consuming a large proportion of the energy which is created in fossil fuel power plants that pollute our planet with CO₂.



So, here through this essay I just want to request and inform all the readers that right now, just conducting competitions and debates are not enough, we need more than that. We need awareness, we need unity and not only among kids, who compete but also among our elders. These four walls where competitions are being conducted on different environmental issues are actually restricting our potential. We want the whole world to hear and the whole world to change, to save, to protect and feel the sensitivity of this topic. As it's not about me or you it's about us.

In today's era we all have access to infinite knowledge and all we have to focus on is, it's use in the best way to save our environment.

Renewable energy which is virtually inexhaustible but limited in the amount of energy that is available per unit of time. We should come together to use this energy in such a way that we can receive enough energy per unit time, to fulfill our needs instead of just picking up the easiest available source of energy which is actually contributing to the increase of pollution.

"I can't, you can't but we can and we will."

- Aishwarya





Identity CRISIS



I am an identity crisis given skin.
I know two languages,
the translation for bandages,
and the capitals of the states I am in.

English is my adopted mother,
A mother quite unlike any other.
I slept in her lap like a child,
Ran free, ran wild,
Her words had me beguiled.

I woke up, and childhood was over.
English was gone; Manipuri had taken over.
Mother left, an Auntie had come.
And thus, my tribulations had begun.

The Auntie turned out to be my birth mother.
Very awkward, because I was like no other.
The others in my class would giggle, because my
tone was strange and would lilt up in the middle.

No two puzzle pieces fitting the same,
No two words to express my shame.
My cousins could laugh over an inside joke while I
stood aside, An ice cube to their flame.

I am an identity crisis given skin.
Not so much an anomaly in the world we live in.
When I've run out of words, And emotions are
all I have, then I must say
The End.

- Adora Thangjam
B. Sc. (H) Chemistry
1st Year



MEMORIES

The subtle scent of summer air, the soft rustling of leaves. The distant chatter of students walking to school reverberating across the light blue sky. Every memory from those days – the good days - sometimes seems to stop at a distance, as I realize those moments were mere memories. That I will never be able to experience them again. Why are memories portrayed as a transcendent state of happiness that we will never again be able to achieve? Is it worth giving up the present trying to hold on to fleeting moments of the past?

It is ironic how some of our happiest moments can also make us sad. Perhaps it is sadder that the elation of happy memories, and the hopelessness of never being able to experience them again entwine into a bridge tainted with monotony. We are left treading everyday life as though constantly playing the same keys on the piano. Our longing for happier memories grows, and we are inevitably trapped within the same cycle never living in the moment, always yearning for something more.

Maybe the reason we are so attached to our memories is that our experiences are all that we know that we, being human, fear the unknown. ‘I fear oblivion. I fear it like the proverbial blind man who’s afraid of the dark.’ – Augustus Waters, *The Fault in Our Stars*.

Perhaps, instead of perceiving memories as an inherent part of ourselves, we should simply perceive them as any other fragments in time, as forming part of a greater whole – our existence. After all, everything fades away with time. But that doesn’t have to mean we will lose that piece of ourselves too. It only means that other, perhaps even happier memories will fill in the gaps. As long as time keeps flowing, so will the moments we live. But in yearning for better days to come along, we cannot give up living in the present. Every moment is unique and has its own place in time. As Steve Jobs said, “You can’t connect the dots looking forward; you can only connect them looking backwards.”

After all, “It does not do to dwell on dreams and forget to live.” – Dumbledore, *Harry Potter and the Philosopher’s stone*.

If I could paint skies



If I could paint the skies,
I would paint it with all sorts of
colours

Colours of happiness and pain
Sunshine and a touch of rain.

If I could paint the skies,
I'd pick brushes of determination,
perseverance and ambitions

I would grab my box of crayons
And colour it with warmth, fun and
positivity

With enthusiasm, optimism, wisdom
and spirituality

Every brush stroke would adorn the
sky with colours

Colours of friendship and peace.

If I could paint the skies,
I'd like to remove the feeling of
alienation

Lessen the screaming of poor children

And console a depressed soul

Remove all clouds of doubts and fear

Sparkle some glitter and

Put a smile there

If I could paint the skies,
I'd wrap off the dark and dusty
corners

Erase the sad past and paint the
canvas of present

If I had enough colours
I could paint the skies and make it a
masterpiece.

DAUGHTER OF THE UNIVERSE

*The sky is my father,
the protector and provider.
For when I cry, it's gloomy
just like it happens in movies.*

*The earth is my mother,
source of origin and caretaker.
She nourished me with love,
and drew my personality as gentle as a dove.*

*The moon is my sibling,
always supporting and loving.
For wherever I walk, it follows me,
offering a sense of security.*

*Everyone called me an abandoned child,
my single step turned into several miles.
Being an orphan was a curse to me,
until in nature I found the glory.*

*In those darkest hours,
my grief vanished in its arms.
That was the moment I observed,
I was - the daughter of the universe.*

- Khushi Kumari
B. Sc. (H) Microbiology
1st Year



WOMEN-THE EPITOME OF STRENGTH

“Education is not the amount of information that is put into your brain and runs riot there, undigested, all your life. We must have life-building, man-making, character-making, assimilation of ideas.”

-Swami Vivekananda

‘Women,’ the symbol of life, have been regarded as “Shakti” in our Indian culture.

She is a pallbearer of various responsibilities and opportunities, which she handles by the courageous traits God has bestowed only on them.

Women play the role of a daughter; from the day she is born. She is also a sister who religiously prays for her brother. Then, she is the sole breadwinner of her family. She then becomes a wife and has to cater to all the demands and challenges of married life.

Her grace lies in accepting all these stages of her life, all the problems and hardships, managing them with skill, and then coming out with beauty and confidence.

True are the words-

“Every girl has her beauty.”

From chronic physical ailments during her monthly menstruation cycles to the pain equivalent to 20 broken bones she experiences while giving birth to her baby, she symbolizes the utmost strength and courage to face all odds of life.


Women are a sign of sacrifice and goodwill. She is a symbol of constant growth and marvellously signifies that we all need to resist and bear all the pains and hardships that life puts in front of us with a smile and everlasting faith in ourselves.

Several women personalities have set up breakthrough examples, justifying-

बालिका अहं बालिका नव युग जनिता अहं बालिका।
नाहमबला दुर्बला आदिशक्ति अहमम्बिका॥

(I am a girl, a girl of modern times. I am not feeble or powerless. I am Aadishakti, I am Ambika.)

Mrs. Indira Gandhi, the first woman Prime Minister of India and an important symbol of women’s empowerment in India, was rightly quoted as-



“To be liberated, woman
must feel free to be herself,
not in rivalry with men but in
the context of her own
capacity and her personality.”

She is considered to be one of the most powerful women in the history of
Indian politics.

Concerning a recent example in which we saw the upliftment of the
backward, tribal communities of India, in the form of our second woman
President, Draupadi Murmu, who truly reflects a dignified persona with an
extremely confident voice.

Since ancient times women have always stood the test of time and have
revolted against all injustices and prejudices with dignity and faith.
The most important issue encircling the plight of women has been, the lack
of education.

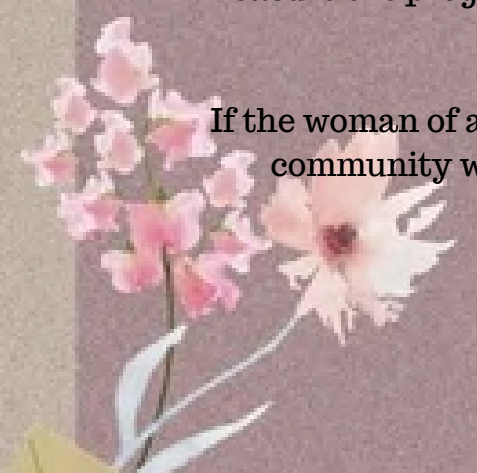
Poor parents who are not able to send their daughters to school are forced to
marry off them at an early age. The in-laws treat them as burdens and thus
they are not respected. They are often subjected to domestic violence which
brings a lot of physical, mental, and psychological pain to them.

In India, 28,000 women were abducted in 2021 for forced marriage and around
3.1% of them were later reported to be victims of domestic violence. Men who
are responsible for such acts of cruelty and hostility are often illiterate or
lack a good educational background.

Thus, education is an important parameter for mankind's development and
should be imparted to each and every section of society without any bias. It
is important to teach women and girls, the importance of being literate and
independent. Similarly, men should be taught to respect women and
contribute significantly to society.

B.R Ambedkar rightly said-

“I measure the progress of a community by the degree of progress which
women have achieved.”



If the woman of a small household is respected and rewarded, the whole
community will do so. Then, society will follow the same norms, and
ultimately the nation will rise and shine.

A Father's Love

They say a father's love is hidden in the smallest of things. It's there, always, surrounding us like an invisible cocoon. It can be felt but never revealed unless we look.

Life has been a little different for me. My parents, both working, have lived separately, in different states my entire life. Consequently, I've had a fair share of experiences of living with them both, separately. My mom has been a constant figure in my life. She has played a major role in my upbringing. Ergo, I have gotten used to having her around. Needless to say, when I got admitted to a school in my dad's city for higher studies, it was hard for me. Incredibly hard.

Uprooted from my hometown, I was apprehensive of the change. Living behind an old set of life and replacing it with a new one was terrifying. New place, new home, new friends, new school, and most of all a new parent.

It hadn't dawned on me until recently that I was so caught up in my world of worries, that I was ignorant of the efforts my dad had made when I moved in with him. I hadn't realized how hard he had tried to make life easier for me while I fussed over the most mundane details.

Just like me, he had to make some major adjustments to his life. He had lived alone for as long as I had been born and was not used to having anyone living with him, let alone one of his kids. But, when he got the chance to be my guardian, he gave it all to make my transition a little bit easier and more comforting. We moved from a 1 RK to a much bigger flat, got a new cooler for my room and even an inverter to beat the scorching heat of the city. It's unbelievable to think that up until then he had lived with a minimal number of things, but everything changed when I moved in. He made those changes for me.

Living with him was so much different than my mother. With my mom, I was a kid growing up to be a responsible adult. But with him, I was a kid all over again. Back at my mom's, I had learned to do the everyday things on my own- polishing shoes, ironing my uniform, getting my breakfast ready, and so on. But with my dad, I didn't have to worry about a thing. My shoes would be polished a night early, my uniforms neatly pressed and I would wake up in the morning to find my breakfast ready at the table and with it the money for my daily ride fare from home to school and vice versa.

He even learned to cook new dishes for me. I still remember those days when he would call up my mom to ask her about the recipes and later, we would click a picture of the little victory.

Despite having the choice to move back with us, he still chooses to live alone until his retirement so that we can have a comforting life. I cannot even fathom the amount of will it takes for him to stay away from us for almost two decades.

I've come to realize now that in that little period, not only did I go through a journey of experiencing new facets of life, but my dad too went on a journey of his own. A journey of learning to be a parent.

So, thank you Abba and all the dads out there for your immense love, for ceaselessly going through endeavors to bring a smile to our faces, and for silently being a pillar to your loving family.

If a mother's love is all-embracing, a father's love is all-accepting;
If a mother's love is deep, a father's love is endless;
If a mother's love is blossoming and nurturing, a father's love is safe and supportive.

Ibtesaam Hafeez
3rd year
B. Sc (Hons.) Microbiology

SCHRÖDINGER AND SNOWBELL

What we picturize in our minds after hearing 'Schrödinger', is a cat that is half-dead and half-alive at the same time. Science memes have featured this cat more than Elon Musk's dogecoin but did you really know that the cat was just imaginary? Excited to know what Schrödinger actually did to his cat? Let the story begin!

Long ago, a male witch in his late 40s had a beautiful white cat which he named 'Snowbell'. He was a good witch who used to love his cat more than anyone else in his world. He had a twin brother who was also a witch, but a cunning one. He had a grudge towards the Son of Odin, Thor Odinson. He was working hard to make a potion that would make him more powerful than his enemy. He needed a cat for that. One day, when his brother is out, he takes advantage of his absence to kidnap the cat to make the potion. How deceptive of him!

Now, the cat should be killed by a radioactive atom to make the potion powerful than Thor's hammer. So, he puts the cat inside a mysterious box that has a radioactive atom and creates a setup that triggers the poison's release to kill the cat. One condition was that he should have the box closed. So, he would never know if the cat is dead unless he opens the box.

Upon knowing what happened, the good witch asked Thor for help. Thor, being in the middle of a battle with the Midgard, first refuses but comes to save the cat since the good witch is a close friend of his. The evil witch couldn't hold back anymore. He reached his limit and was about to open the box but was interrupted by his brother and Thor. They fight for a very long time, but accidentally Thor's hammer fell into the pot of boiling potion and created a huge explosion that blew off the whole planet. Everyone dies in the explosion and no living being survived. But surprisingly, the mystery box was completely unaffected and remained floating in the empty space for eternity...

END OF THE STORY!

Now you may wonder what actually happened to the cat. The cat both survives and dies in the story. How? Because there is no one to open the box! There is no one to care what happened to the cat! Is it a sad ending? Yes and No. Sounds weird, doesn't it? Looks like it works this way in the real world? No. What Quantum Mechanics has to say about this weird story is that there is a probability wave function or a superposition state for all objects that exist at a quantum level – a quanta is a very small quantity, smaller than any elementary particles that you know.

Superposition state consists of all possible outcomes of the event. When there is no observer, this superposition state remains intact. But when someone observes what's going on, the superposition collapses to a single result. In our case, the cat will be either dead or alive depending on the radioactive atom and the presence of an observer.

Now, imagine yourself as the cat. You know you will be dead or alive. How do I know? Because there is no superposition state existing for the radioactive atom in your frame of reference. In other words, you are the observer and you know if the radioactive atom decays or not.

Coming back to the outside world, we can say that the states of the radioactive atom and that of the cat are 'entangled'. What do I really mean when I say 'entangled'? Simple. If you know the state of the cat, you know the state of the atom too, and vice versa. No matter how distant the cat is from the atom, without knowing one's state, you can't measure the state of the other. In technical terms, we call it 'Quantum Entanglement' and Einstein calls it 'spooky action at a distance.' They say physicists have a good sense of humor for a reason, don't they?

This thought experiment was originally performed by none other than Dr. Erwin Schrödinger. The fun fact is that he left Physics and got going with Biology because he was frustrated with the weird result this thought experiment yielded. Our deep condolences to him. He never thought this spooky experiment would become the hot topic of that time. In fact, the experiment, which he thought to be a piece of trash, became the base for all great theoretical phenomena like a parallel universe, quantum computing, and quantum cryptography!

Moral of the story: Never underestimate anything, especially your cat :)

TALE OF THE WIND

The whispering winds have a lot to say,
Tranquil for some and causing havoc, it may.
Rejuvenating the green lives of the brisk monsoon
Sweeps away the crimson autumn hay
And as it flows, it becomes a carrier for some,
The sweet dew and the pollen of the dazzling blossom.
So brisk yet wise, so delicate yet puissant,
Falls on our visage like a beating drum.
Carrying twigs and some conversations,
And oh look how it bows down in deep veneration
In front of the apple orchard,
As it scatters a new scent in jollification.
With every tiny blast of air we find
A million stories of nature and other kinds.
It seems like it whispers it's tales of joy and
melancholy,
For anyone who wishes to seek it and outfind.

Alaska

B. A. (H) Psychology
Year I

*have a good day I
hope you are doing
fine*

DIVERSE LINKS

Love can be defined by diverse links,
it's not for some particular things..
The connection and reverer you make with nature,
The Apprize for God's beautiful creature..
The little droplets you feel of rain,
The roaring thunder which describes its pain,
The chirping birds rattling around the tree,
The silent breeze you felt to get free,
The unsaid words of a known stranger ,
which u can listen but its not definable,
The loitering of plants in their own way,
The utterance which we feel from miles away,
The bond which is not bound with gender,
The warmth of pure soul which we beguile and tender,
The touch of four paw solace critter,
The love of mothers porch which is
esteemed and shines like a glitter...
The strength of father being on your side,
who holds your hand and help you dive....
The unforeseen linkage by the nature
is not only confined to our exposure.

Deepika Purohit
B. SC. (H) Food Technology

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AN ARTIST'S TRUTH

I write best in a sleep drunken haze, stupor, whatever you might call it. I write my best thoughts drunk on sleep and emotions . Words flow loose from my fingers like secrets running and slipping out of a drunk's silver tongue. Maybe it's because my inhibitions are lowered or maybe it's because there is a soft dreamlike state drawing a sharp contrast with my broken words, letters, syllables, laced with guilt, tinged with sadness, written with pain. Maybe it's my mind playing jokes on me and isn't it ironic that I write my best when I feel my worst, sick from exhaustion, burning with the fever of this moronic society with it's ideals, and expectations and false gods which are just statues of money painted with a thin veneer of paint and propriety of herd mentality and social pressure and acceptance, tied into a neat little wool ball of ugliness a false sense of perfection of personal standards imposed by a single person on the wills and minds of billions, that feel like hellfire instead of a few celsius higher. Afterall, all great art is born from heightened emotion, and it all comes crashing down in the end, our own personal Icarus. Sometimes I wonder, if this is what a protagonist in a Dostoyevsky novel feels like, or maybe I'm stuck in a Kafkaesque world, or maybe they were right and it wasn't fiction, just twisted reality they wrote of.

Meera Gupta
B. Sc. (H) Physics
Year I

DEDICATION TOWARDS DREAMS

You call me weak, you call me a low-living butterfly,
Someone who's born with fragile being of skies,
You see me clumsy and I'm full of cons in your eyes,
But you are unaware of the wings I adorn to fly high.

But the waves of oceans cradle and wrap me safe,
I walk on the forest fire in my apparel of strength,
Black flowers slither up my spine as I stiffen my soul,
There's courage in my eyes that keeps me on the track of the
goal.

My stiletto won't fumble in deserts or high hills,
Strap keeping me abreeze with the knock of my gills,
I'll plunge into the darkness to emerge as a Phoenix,
Kindling my eyes with tears that won't ever remix.

From the bottled life, I'll smudge off the splinters,
As I'll stroll across the cosmos with my brave glitters,
Asphalt roads would wipe away the remains of my dead
dermis,
Butterflies on my skin would bloom, petaled with my own
wings.

These stepping stones to success would wake up soon,
Showing you the real me that walks with heels on dunes,
I have willpower and I'll knock off the wrongs,
My wedges will flutter making me more strong!

Varsha Verma
Semi-Professional Assistant
Library

PATIENCE

Have patience, the good will happen to you,
Don't rush, just sit back and watch the show,
Doesn't the Sun take its own sweet time to set?
And didn't you see Moon coming at its best?

Have patience, and enjoy a hot cup of coffee,
Speak through your silence, and don't worry,
Everything happens for a reason, give some time,
Don't rush, just because you want to stay refined.

Have patience, and take out time for yourself,
The world is revolving, at its own soft pace,
Don't hurry, as accidents will happen then,
Take a walk within you, and find out yourself.

You might be tired, just have a mug of patience,
Sleep in the lap of Mother Nature and praise,
Find out your flaws, and search within you,
It'll take time, but the best will cross you soon.

Varsha Verma
Semi-Professional Assistant
Library



हिंदी

समाज

वीरगाथा

हाथ में गीता, मन में सीता
दृढ़ निश्चय कर जाऊँगा मैं
भारत माँ से खेलने वालों
तेरी पीढियाँ याद दिलाऊँगा मैं।

वतन पे प्यार बरसाने के लिए
ज़िंदगी से अपनी खेल जाऊँगा मैं,
और मार ले कोड़े चाहे जितना
देश के उपर एक आँच तक ना आने दूँगा मैं।

तुच्छ अँग्रेजों के सामने
वीरता का रट लगाऊँगा मैं
एक बार नहीं कई बार सही
वीरगाथा इन्हें सुनाऊँगा मैं।

देश प्रेम से कुछ यूँ बंधा
सत बार नमन कर जाऊँगा मैं,
और चाहे ये दें अमृत का प्याला
विषपान भी कर जाऊँगा मैं।

तोड़ने पर भी ना टूटे
बना गुलाम इस कदर जंजीरों का मैं,
दिखा दो दम है तुममे जितना
क्योंकि अब रोकने पर भी ना रूकूँगा मैं।

भले सुना दे मुझे सज़ा-ऐ-मौत
पर वतन के खिलाफ़ एक शब्द ना निकालूँगा मैं,
होगी जब शरहद पर जंग
खून से लिपट कर मौत को गले लगाऊँगा मैं।

ऐ मातृ भूमि
फिर इसी जमीं पर जन्म लेकर
देश का तिरंगा एक बार फिर लहराऊँगा मैं
एक बार फिर लहराऊँगा मैं!!

Kumari Saumya
2nd year
B. Sc. (Hons.) Food Technology

एकता हमारी पहचान -- (75वीं वर्ष: आजादी का अमृत महोत्सव)

एकता एक शब्द ही नहीं,
एक अनोखा, अनूठा अहसास है,
यही हमारी शक्ति और पहचान है,
एकता को बनाये रखना,
हमारे लहू में छिपा एक अहसास हैं
एक है इस राष्ट्र का तिरंगा, विविध भाषा, धर्म,
फिर भी प्रेम की बहती पावन गंगा,
छत्रपति शिवाजी, सम्राट अशोक जैसे,
महान राजाओं का देश है भारत,
हर 50 मील पर रूप, पहनावा, मजहूब, बदलने देश है भारत,
इतनी विविधता, भिन्नता फिर भी एक है भारत
पंजे की अंगुलियों को जोड़ने पर,
बनाने वाली मुठ्ठी की ताकत ही
भारत की वास्तविक पहचान है।
एकता को न मिटूने देंगे,
भारत के सिर को न झुकने देंगे।
"सोने की चिड़िया" फिर से कहलाये भारत
कृषि प्रधान देश" फिर से कहलाये भारत
यही जन-जन की पुकार है।
एकता हमारी पहचान है।
हमारी संस्कृति और सभ्यता,
और देश पर मर मिटने वाले वीर जिसकी शान है।
विविध धर्म, पावन पर्व, ऋतुएं, कानों में गूजती कोयल की कूक,
वेश-भूषा, सभ्यता अनेक, फिर भी भारत एक,
क्योंकि अनेकता में एकता हमारी शान, एकता हमारी पहचान।

Siddhi Singh
B. Sc. (Hons.) Chemistry

अजीब दास्तां है ये

ये ज़िन्दगी की अजीब दस्ता है
जो दूर है उससे मिलने की चाहत है
और जो करीब है उसे खोने का दर
वो दूर होक भी पास है मेरे
कैसे कहूँ वो कितना खास है मेरे

वो एक ख्वाहिश है जो बता नहीं सकती
वो एक ख्वाब है जो भुला नहीं सकती
उसकी खुशी बहुत प्यारी है मुझर
उसके होठों की हसी भी बहुत प्यारी है मुझे
उसे याद करना एक हसीन लम्हा है
तो उसे खो देना एक अजीब सी दास्ताँ
वो दूर होक भी पास है मेरे
कैसे कहूँ वो कितना खास है मेरे

वो एक नूर है जो मेरा सुकून है
वो एक सुरूर है जो मेरा जूनून है
वो एक ऐसी किताब है जिसे समझना बहुत मुश्किल है
लेकिन फिर भी उसे समझना भी मुझे मंजूर है
डाटता भी बहुत है मुझे और कभी कभी तो समझाता भी
बहुत है मुझे
पूछने पर बताता भी नहीं की कितना प्यार है मुझे
लेकिन हाँ मानता भू बहुत है मुझे

मेरे रोने पर बोलता है नाटक मत करो
ताकि फिर कभी दुबारा ना रोने लागु
ऊपर से बहुत कड़क दिखता है खुद को
लेकिन अंदर से उतना ही नरम लगता है मुझे

मई गुस्सा हो जाती हूँ उससे
जब वो किसी दूसरी लड़की से बात करता है
क्योंकि आने स्पेशल पर्सन को शेयर करना मुझे पसंद नहीं है
और हमारे झगड़ो का एक मात्र कारन यही है

जान लेता है वो मेरे मन को मुझसे पहले
आखिर वही तोह है मेरे लिए सबसे पहले
उसकी आवाज़ मेरी खुशी है जिससे राज सुन्ना चाहती हूँ
चाहे कितना भी नाराजगी हो उसके साथ रहना चाहती हूँ

वो एक चिराग है जो भुझे नहीं सकती
वो एक याद है जिसे भुला नहीं सकती
वो एक प्यास है जो अभी भी मेरे पास नहीं है
कैसे बयान करूँ
अल्फ़ाज़ नहीं है

Anjali Arya

B.Sc. (Hons) Food Technology
2nd Year

और क्या लिखू?

कॉलेज में मैगज़ीन छप रही है,
मिला है मुझे समाचार,
सोचा मई भी लिख दालु,
आर्टिकल दो-चार॥

कविता लिखू, कहानी लिखू,
या फिर कोई लेख?
इसी सोच में बैठी मई,
सर घुटनो पर टेक॥

पूछा मम्मी विषय बताओ,
या कोई प्रसंग,
जिसे पढ़े सब बड़े मजे से,
और न हो कोई तंग॥

सोचा बहुत पर लिखने को,
मिली न कोई बात,
इसी सोच में बैठी मई,
सुबह से हो गयी रात॥

इन्ही विचारों में खो कर,
एक तुक्का लगा डाला,
टूटे-फूटे शब्दों में,
इस कविता को लिख डाला॥

शिक्षा श्रीवास्तव
(कंप्यूटर साइंस)
(1st ईयर)

विज्ञान और अध्यात्म - परकू या विपरीत?

वैज्ञानिक तथा आध्यात्मिक ज्ञान एक वृक्ष की दो अलग-अलग शाखाएं हैं, लेकिन दोनों का अपना अस्तित्व है।

जब आप संसार की किसी वस्तु को जानने की जिज्ञासा में यह प्रश्न करते हैं कि "यह क्या है?" तो, किसी चीज़ को इस दृष्टिकोण से जानने की उत्सुकता रखना आपको विज्ञान की ओर अग्रसर करता है। और यदि आप ये प्रश्न करते हैं कि

"मैं कौन हूँ?" तो यह दृष्टिकोण आपको आध्यात्मिकता की ओर अग्रसर करता है।

इस देश में लगभग सभी शास्त्र एक प्रश्न से शुरू होते हैं। प्रश्न पूछने की इस परंपरा से विज्ञान का विकास हुआ है, जो अन्वेषण के सिद्धांत पर आधारित है। ज्ञान की प्रगति के लिए पूछताछ की यह भावना आवश्यक है।

पश्चिम में कहते हैं तुम पहले विश्वास करो, एक दिन तुम्हें अनुभव भी हो जाएगा। उसमें भी कुछ सत्य है। देखिए, जब आपके पास एक बीज होता है और आप वह बीज बोते हैं तब आप विश्वास करते हैं कि बीज अंकुरित होने जा रहा है और एक दिन वह अंकुरित भी होता है। पश्चिम में आप पहले विश्वास करते हैं और तब एक दिन आपको परिणाम मिलेगा। पूर्व में हम हमेशा कहते हैं कि पहले अनुभव करें और तब आप अपना विश्वास स्वयं सिद्ध कर सकते हैं। यह एक कारण है कि विश्व के पूर्व में विज्ञान और आध्यात्मिकता कभी भी एक दूसरे को खंडित नहीं करते।

“सत्य नास्ति परो धर्म” एक प्राचीन संस्कृत कहावत है जिसका अनुवाद किया जा सकता है "सत्य से बड़ा कोई धर्म नहीं है"। विज्ञान और आध्यात्मिकता दोनों का केंद्र सत्य की खोज और वास्तविकता की आवश्यक प्रकृति को समझना है। विज्ञान का लक्ष्य उन मूलभूत सिद्धांतों को समझना है जो भौतिक ब्रह्मांड के सभी पहलुओं को रेखांकित करते हैं। अध्यात्म अन्य लोगों और हमारे आसपास की दुनिया के साथ हमारे संबंध की गहरी समझ तक पहुंचने की खोज है। विज्ञान हमारे मन को प्रबुद्ध करना चाहता है, जबकि आध्यात्मिकता हमें अधिक दयालु और समझदार दृष्टिकोण की ओर मार्गदर्शन करने के लिए आवश्यक है। हालाँकि कुछ लोग विज्ञान को अपने धर्म और आध्यात्मिकता के प्रति विरोधी या विरोधाभासी मान सकते हैं, लेकिन सच्चाई यह है कि विशेष सिद्धांतों और हठधर्मिता के प्रति बाध्यकारी लगाव विज्ञान और आध्यात्मिकता की गहरी अनुभूति दोनों के लिए शत्रुतापूर्ण है। ऐतिहासिक रूप से, विज्ञान अक्सर धर्म के विपरीत दिखाई देता है। फिर भी, आध्यात्मिकता का एक रूप है जो विज्ञान से असहमत नहीं है। इस गहनतम स्तर पर धर्म, विज्ञान और आध्यात्मिकता काफी सामंजस्यपूर्ण और पूरक हैं। हठधर्मिता हमेशा विज्ञान और आध्यात्मिकता दोनों के रास्ते में खड़ी होती है, क्योंकि यह अक्सर सभी सिद्धांतों और सूचनाओं के लिए गलत होती है। विज्ञान और धर्म के बीच ऐतिहासिक संघर्ष इस तथ्य के कारण हैं कि लोग अक्सर धर्म को हठधर्मिता समझने की भूल कर बैठते हैं।

पूर्वी और पश्चिमी रहस्यवाद दोनों में मूर्तिपूजा के प्रचलन के बावजूद, इसके मूल में आस्था का एक बीज है। यह विश्वास वैज्ञानिक दर्शन के केंद्र में भी है, जो मानता है कि हमारी इंद्रियां और बुद्धि विश्वसनीय हैं और वास्तविकता की हमारी समझ को गहरा कर सकती हैं। इसी तरह, पूर्वी दर्शन और पश्चिमी रहस्यमय परंपराएं इस विश्वास को साझा करती हैं कि हमारे दिल और बुद्धि भरोसेमंद हैं और स्वयं की गहरी समझ पैदा कर सकते हैं। अगर हम अपनी इंद्रियों, हृदय और बुद्धि पर भरोसा नहीं कर सकते हैं, तो हम किस पर भरोसा कर सकते हैं?

भविष्य में विज्ञान हृदय और करुणा पर आधारित होगा और यह विश्व का धर्म बन जाएगा। यह जानने के लिए कि जो हमारे लिए अभेद्य है वह वास्तव में अस्तित्व में है, जो स्वयं को उच्चतम ज्ञान और सबसे उज्ज्वल सुंदरता के रूप में प्रकट करता है, जिसे हमारे सुस्त संकाय केवल अपने आदिम रूपों में ही समझ सकते हैं - यह ज्ञान, यह भावना, सच्चे धर्म के केंद्र में है, और यही विज्ञान का आधार भी है। विज्ञान हमारी आध्यात्मिक अनुभूतियों को परिष्कृत और स्पष्ट करता है, वैसे ही जैसे हमारे आध्यात्मिक उपसंहार विज्ञान के विकास को प्रेरित करते हैं। विषय में, इस ज्ञान पर आधारित एक महान ब्रह्मांडीय धर्म होगा, जो आध्यात्मिक और वैज्ञानिक को एक शक्तिशाली तरीके से एकजुट करेगा।

अपूर्वा त्यागी
BBA-FIA
2nd year

वर्तमान समय में मानसिक स्वास्थ्य की आवश्यकता

मस्तिष्क की संरचना यूँ तो कठिन अधिक है,
समस्याएं बड़ी हैं क्योंकि विश्व आधुनिक है
मानसिक स्वास्थ्य संकट में तो है
पर संघर्ष सबल एवं मन दार्शनिक है।

मनुष्य जीवन में स्वास्थ्य का बेहद ही महत्वपूर्ण किरदार है। प्राचीनकाल से ही मानव के स्वस्थ रहने को महत्व दिया जाता रहा है। स्वस्थ होना मनुष्य के बेहतरीन भविष्य का कर्ता माना जाता है परन्तु इस आधुनिक समाज में शारीरिक आरोग्य ही केवल आवश्यक नहीं क्योंकि बेहतर प्रदर्शन एवं परिणाम के लिए शारीरिक एवं मानसिक स्वास्थ्य दोनों ही समान रूप से महत्वपूर्ण है। वर्तमान काल में मानसिक तनाव का जन्म आम इंसान के मस्तिष्क, संचार एवं चेतना पर हानिकारक प्रभाव प्रदान कर रहा है। लोग अक्सर अपने मन की स्थिति की उपेक्षा कर देते हैं यही कारण है कि मानसिक स्वास्थ्य बहुत ही अधिक आवश्यक है। मानसिक स्वास्थ्य की कोई आधिकारिक परिभाषा अस्तित्व में नहीं है अपितु इसका जुड़ाव इंसान की सामाजिक, भावनात्मक एवं मनोवैज्ञानिक सुरक्षा एवं भलाई से है। इसका आसान शब्दों में तात्पर्य है मन एवं चेतना के लिए संपूर्ण आरोग्य उत्पन्न करवाना। मनुष्य जीवन के लिए सबसे महत्वपूर्ण संचालक हैं – मन एवं मस्तिष्क, जिनके सहयोग से ही इंसान अपने विकास एवं बढ़ोतरी की काबिलियत को हासिल करने में सक्षम हो पाता है। ऐसे में मन मस्तिष्क को स्वस्थ रखना आवश्यक हो जाता है ताकि हमारे कार्यों एवं लक्ष्यों की पूर्ति अनियंत्रित ना हो और सरलतापूर्वक हो पाए एवं भावनात्मक रूप से मुश्किल समस्याओं का निवारण भी उचित पद से किया जा सके।

मानसिक स्वास्थ्य में गिरावट का मुख्य कारण है मानसिक तनाव जिससे हमारे सोच, समझ एवं भावनाओं के प्रदर्शन में बदलावों को महसूस किया जाता है। मानसिक तनाव का अर्थ है कठिन परिस्थितियों से सामना होने पर मन पर बोझ, निराशा, हताशा और चिंता के बादलों का छा जाना। आज के समय में जहां बाहरी सुख सुविधाओं की आपूर्ति को जीवन का लक्ष्य घोषित कर दिया गया है और अंदरूनी शांति एवं स्वास्थ्य को नजरअंदाज, वहां मानसिक तनाव का बढ़ना बहुत ही स्वाभाविक है। हमारे व्यावहार में नाराजगी, मतभेद, अवसाद एवं गुस्से का अधिक होना और अंतहीन थकान कुछ ऐसे प्रभाव हैं जिनका आसानी से अवलोकन करा जा सकता है। इनके अलावा भी कई हानिकारक बीमारियों से मनुष्य शरीर को ना चाहते हुए भी अवगत होना पड़ता है- डिप्रेशन, पैनिक, आत्महत्या की संभावना इत्यादि परन्तु ये भी सत्य है की हर व्यक्ति के लिए मानसिक तनाव के कारण अलग होते हैं जो संपूर्ण व्यक्तित्व को प्रभावित करने में शामिल हो कर मानसिक रोगों में तबदील हो जाते हैं। 21वीं सदी में भी मानसिक बीमारी एवं मानसिक स्वास्थ्य एक ऐसे विषय है जिनको कलंक मान लिया जाता है जबकि ये बहुत ही आम है और किसी के लिए भी नुकसानदायक हो सकती हैं। सबसे ज्यादा प्रभावित होता है किशोर वर्ग और युवा वर्ग- जो छात्र छात्राओं के उच्चतम विकास को बाधित करता है। हीनता एवं असुरक्षा का उत्पन्न हो जाना प्रमुख बाधाएँ हैं जिनके नतीजन वे अपना उत्साह, आत्मविश्वास और आजादी खो देते हैं। एक शोध के दौरान ये पाया गया कि केवल 20 प्रतिशत किशोरों को ही योग्य मानसिक स्वास्थ्य चिकित्सा प्राप्त हो पारी है। ये के गंभीर एवं चिंताजनक मुद्दा है क्योंकि किसी भी राष्ट्र का निर्माण एवं विकास उसके निवासियों के स्वास्थ्य के ग्राफ पर भी निर्भर करता है परन्तु अफवाहों एवं जागरूकता की कमी का सिला ये है कि लोग आज भी इस समस्या को स्वीकार करने में कतराते हैं एवं शर्म अनुभव करते हैं जबकि ये बात याद रखना बेहद ही जरूरी है कि मानसिक स्वास्थ्य, मानसिक तनाव एवं मानसिक रोग विनिमय नहीं हैं। समय आ चुका है कि लोगों को मानसिक बीमारियों के परिणामों के बारे में जागरूक होना चाहिए और भौतिक शरीर के सहभाग में ही मन के स्वस्थ होने पर भी अत्याधिक प्रयत्न किया जाये। विश्व मानसिक स्वास्थ्य दिवस जो कि 10 अक्टूबर को मनाया जाता है वह एक ऐसा ही कदम है जिसका उद्देश्य दुनिया भर में मानसिक स्वास्थ्य के प्रति जागरूकता का उत्पादन करना है और समर्थन जुटाना है। हमारे समाज को अब अपनी दकियानूसी सोच एवं धारणाओं को बदलने की शीघ्र अति शीघ्र आवश्यकता है क्योंकि मानसिक स्वास्थ्य को शारीरिक स्वास्थ्य से जुदा नहीं किया जा सकता है। व्यक्तिगत स्तर पर योग, निद्रा क्रिया की पूर्ति, भावनाओं पर नियंत्रण होना, मुश्किल परिस्थितियों में भी सकारात्मक सोच रखना, असफलताओं से परेशान ना होना एवं रचनात्मक मूल्यों पर केंद्रित होना मानसिक स्वास्थ्य की वृद्धि करवाने में सहायक साबित होगा।

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इस युग में वेद और उनका महत्व

वेदों को हिंदू धर्म के सबसे पवित्र ग्रंथों में से एक माना जाता है। उन्हें दुनिया के सबसे पुराने शास्त्रों में से एक होने का दावा किया जाता है। वेद को ज्ञान और ज्ञान का खजाना कहा गया है। यह ध्यान दिया जाता है कि वेद शाश्वत हैं और ब्राह्मणों की दुनिया के बाहरी आयामों में कंपन करते हैं।

उन्हें सृष्टि का बिंदु कहा जाता है। 'वेद' शब्द का अर्थ ज्ञान है, जो मानवता के अस्तित्व का गुप्त विचार है। वेद मानव अस्तित्व के कारण, कार्य और प्रतिक्रिया को इस तरह प्रकट करते हैं जो मुक्ति या निर्वाण को बढ़ावा देता है।

वे ईश्वरीय प्रकृति से संबंधित हैं और किसी विशेष ईश्वर या विचार तक सीमित नहीं हैं। प्राचीन ऋषियों का मानना था कि 'वेद' की अवधारणा हमेशा अस्तित्व में है और समय के विचार से परे है। वेदों को आमतौर पर मौखिक रूप से एक पीढ़ी से दूसरी पीढ़ी तक पारित किया जाता था, जब तक कि वे 1500 सी से 500 ईसा पूर्व के बीच रिकॉर्ड पर नहीं लिखे गए थे, भारत के तथाकथित वैदिक काल।

वेद हजारों सूक्तों का संग्रह है, जो ईश्वरीय रहस्योद्घाटन के अलावा और कुछ नहीं हैं। ये रहस्योद्घाटन भजनों के रूप में थे, जो मौखिक रूप से उनके विषयों पर पारित किए गए थे। वेदों ने अपनी जड़ों को एक ऐसे काल में खोजा जब एक ही सार्वभौमिक भाषा थी और कोई लिपि नहीं थी।

वेदों का एक प्रमुख भाग भजन है, जिसका उच्चारण भव्यता के साथ किया जाना चाहिए क्योंकि मंत्रों का आध्यात्मिक महत्व है। मंत्रों से लाभकारी स्पंदन उत्पन्न होते हैं जो कल्याण और आरोग्यता सुनिश्चित करते हैं। इसे चिकित्सीय अनुभव कहा जा सकता है।

वेदों के बारे में एक रोचक तथ्य यह है कि गीतों के अलावा मंत्रों की ध्वनि का भी एक अर्थ होता है। ध्वनि और गीत समय के साथ एक साथ सन्निहित हैं, जिसके बारे में कहा जाता है कि इसने भ्रष्टाचार और उत्परिवर्तन को चुनौती दी है। वेद अज्ञात और अनंत काल के बारे में सच्चाई सिखाते हैं।

यह इन अनदेखे इंद्रिय अंगों के संज्ञान से संबंधित है - जीवित जीवों (जीव), ब्रह्मांड (जगत), और भगवान (ईश्वर) के संबंध में। प्राचीन संतों और संतों का मानना था कि प्रकृति और उसकी शक्तियाँ ब्रह्मा की अभिव्यक्तियाँ हैं।

वे ब्रह्मांड के निर्माण, संरक्षण और अंतिम विघटन का वर्णन करते हैं। वेद आत्मा के विकास- उसके विकास, नियति, बंधन और स्वतंत्रता से भी निपटते हैं। मुक्ति अवश्यम्भावी है और विस्मरण भी।

वेदों का सार यह है कि वे मनुष्य की चेतना की रोजमर्रा की स्थिति के लिए, मानव बुद्धि से बेखबर एक अतींद्रिय आयाम के बीच की खाई को पाटते हैं। वेद इस बात की वकालत करते हैं कि पदार्थ और आत्मा, ब्रह्मांड और जीवित प्राणियों के बीच एक गहरा संबंध मौजूद है, जिसके पास सभी सांसारिक समस्याओं के उत्तर हैं।

वेदों की सामग्री

वेदों के चार विशिष्ट भाग हैं, जिन्हें कालानुक्रमिक रूप से व्यवस्थित किया गया है। आइए उन भागों या रचनाओं को जानने के लिए नीचे देखें:

संहिता

ये वेदों के सबसे पुराने ज्ञात भाग हैं, जो मुख्य रूप से भगवान की स्तुति में भजनों और प्रार्थनाओं से बने हैं।

ब्राह्मण

ब्राह्मण मुख्य रूप से अनुष्ठानों और प्रार्थनाओं की एक पुस्तिका हैं ताकि पुजारियों को उनके अनुष्ठानों में मार्गदर्शन किया जा सके।

आरण्यक

यह भाग अनिवार्य रूप से पूजा और ध्यान से संबंधित है।

उपनिषद्

उपनिषदों में हिंदू धर्म की रहस्यमय और दार्शनिक शिक्षाएं हैं।

वेदों के प्रकार।
वेदों के संहिता भाग को चार अलग-अलग प्रकारों में विभाजित किया जा सकता है. अर्थात्:

ऋग्वेद

यह वेद का प्राचीनतम रूप है। ऋग्वेद में 1028 सूक्त हैं, जिन्हें 'सूक्त' भी कहा जाता है और यह 'मंडल' नामक 10 पुस्तकों का संग्रह है। ऋग्वेद को 1800-1100 ईसा पूर्व के बीच लिखा गया था और यह वैदिक संस्कृत पाठ का सबसे पुराना ग्रंथ है। 'ऋग्वेद' का शाब्दिक अर्थ है 'स्तुति ज्ञान'। इसमें लगभग 10600 श्लोक हैं। मंडल 1 और 10 ऋग्वेद की सबसे नई पुस्तकें हैं क्योंकि उन्हें 2 और 9 पुस्तकों के बाद लिपिबद्ध किया गया था। ऋग्वैदिक पुस्तकें 2-7 सबसे पुरानी और सबसे छोटी हैं और कभी-कभी उन्हें 'पारिवारिक पुस्तक' कहा जाता है। ऋग्वेद के भजन अग्नि, इंद्र सहित देवताओं से संबंधित हैं और एक ऋषि ऋषि के लिए जिम्मेदार हैं। गायत्री, अनुष्टुभ, त्रिष्टुभ और जगती ऋग्वेद के मंत्रों को बनाने के लिए उपयोग किए जाने वाले छंद हैं।

सामवेद

सामवेद की जड़ें 1200-800 ईसा पूर्व में हैं। यह वेद अनिवार्य रूप से सार्वजनिक पूजा से संबंधित है। सामवेद में कुल 1549 श्लोक हैं जिनमें से 75 ऋग्वेद से लिए गए हैं। केन उपनिषद और छांदोग्य उपनिषद सामवेद से जुड़े हुए हैं। यह भारतीय शास्त्रीय संगीत और नृत्य का मूल माना जाता है, क्योंकि यह मधुर भजनों और मंत्रों का भंडार माना जाता है। सामवेद के तीन अलग-अलग पाठ हैं- कौथुमा, रानयनिया और जैमानिया। सामवेद को पढ़ने के लिए जरूरी नहीं है; यह एक संगीत स्कोर है जिसे सुनने की जरूरत है।

यजुर्वेद

यजुर्वेद को लगभग सामवेद की समान समयरेखा में लिखा गया था, जो कि 1100 से 800 ईसा पूर्व है। यह सर्वशक्तिमान और ज्ञान के लिए अनुष्ठानों, मंत्रों और मंत्रों का भंडार है। यजुर्वेद का अर्थ है 'ज्ञान की पूजा'। यजुर्वेद दो प्रकार के होते हैं- कृष्ण (काला/गहरा) और शुक्ल (श्वेत/उज्ज्वल)। कृष्ण यजुर्वेद शुक्ल यजुर्वेद के विपरीत छंदों के एक अधिक अस्पष्ट और अस्पष्ट विविध संग्रह से संबंधित है, जहाँ छंद हैं शुक्ल यजुर्वेद के विपरीत, जहाँ छंद स्पष्ट और व्यवस्थित हैं। इस वेद के सबसे पुराने संस्करण में 1875 श्लोक हैं, जो ज्यादातर ऋग्वेद से लिए गए हैं। कृष्ण यजुर्वेद के चार जीवित पाठ हैं- तैत्तिरीय संहिता, मैत्रायणी संहिता, कथा संहिता और कपिष्ठल संहिता।

अथर्ववेद

अथर्ववेद 1000-800 ईसा पूर्व का है। अथर्ववेद दैनिक प्रक्रियाओं या जीवन के आचार संहिता और इसके विभिन्न कामों का गठन करता है। इसमें मुख्य रूप से 730 सूक्त/सूक्त, 6000 मंत्र और 20 पुस्तकें हैं। अथर्ववेद के केवल दो ही जीवित पाठ हैं: अर्थात्, सौनकिया और पैप्पलदा। यह वेद अपने जादुई सूत्रों के लिए जाना जाता है और इसमें तीन प्राथमिक उपनिषद शामिल हैं- मुंडक उपनिषद, मांडूक्य उपनिषद और प्रश्न उपनिषद। 20 पुस्तकों को उनमें शामिल भजनों की लंबाई के आरोही क्रम में व्यवस्थित किया गया है। अथर्ववेद को सामवेद के विपरीत अद्वितीय धुनों के लिए जाना जाता है। इन वेदों के मंत्र ज्यादातर आकर्षण या जादू मंत्र हैं जो उस व्यक्ति द्वारा उच्चारित किए जाते हैं जो कुछ लाभ या लाभ चाहता है।

निष्कर्ष

वेदों का दायरा केवल भजनों या प्रार्थनाओं से कहीं अधिक है। वे जीवन को अर्थ देते हैं और जीवन को धर्म या धर्म के मार्ग पर ले जाने की रूपरेखा भी देते हैं। वे संस्कृत साहित्य की सबसे पुरानी परत हैं। लेकिन हममें से ज्यादातर लोगों का अपनी परंपरा और विरासत के प्रति एक स्वर बहरा है, जो निंदनीय है। इसलिए भारतीय संस्कृति के ऐसे अव्यक्त हिस्से को खुले हाथों से अपनाने और विचार के एक अनूठे चश्मे के माध्यम से जीवन को समझने का सही समय है।

मृणालिनी झा
1st वर्ष,
साइकोलॉजी

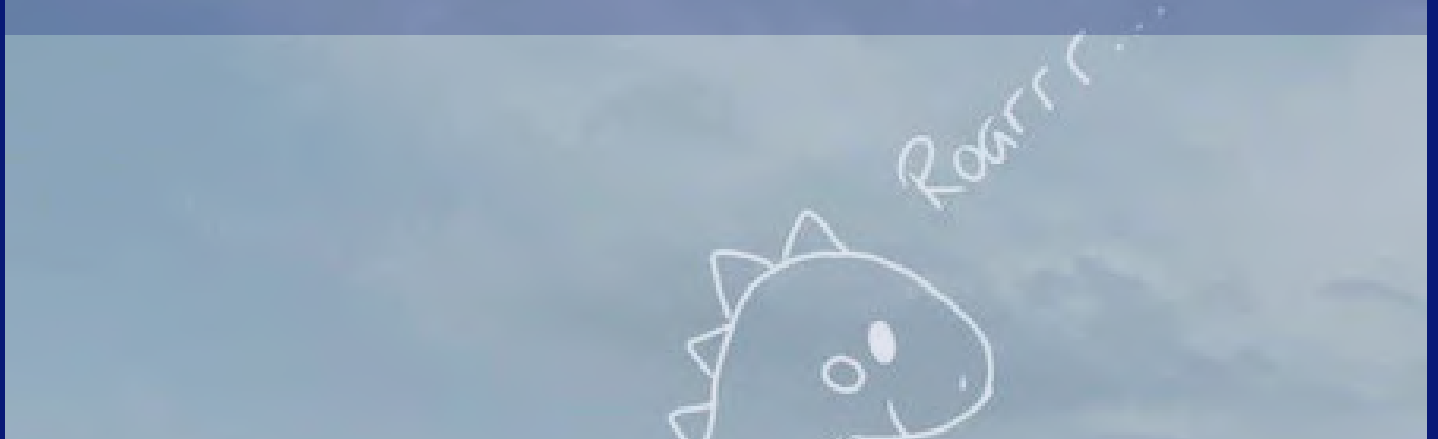
शुरुआत नए सफर की

हर इंसान के जीवन की शुरुआत उसके जन्म होने से मानी जाती है। परंतु इस जीवन काल में ऐसे बहुत से समय आते हैं, जो मानव की जिंदगी का रुख बदल देते हैं। जहां से वह अपने एक नए सफर की शुरुआत करता है। इसमें से एक स्थिति, तब उजागर होती है, जब एक विद्यार्थी अपना स्कूल छोड़ महाविद्यालय यानी कॉलेज की ओर अपने कदम बढ़ाता है। यह ना केवल उसकी शिक्षा के स्तर में बदलाव है, बल्कि वह अपना बचपन छोड़ जीवन के ऐसे चक्रव्यू में दाखिल होने जा रहा होता है, जो उसकी आगे की पूरी जिंदगी बदलने वाला है। जो पाठ, सीख व सबक उसने जन्म से अब तक पढ़े होते हैं, कॉलेज में आकर सही मायनों में उनकी परीक्षा ली जाती है। कुछ शब्दों में कहा जाए तो- जिंदगी की सच्चाई क्या है? उसे कैसे जिया जाता है? यह सब यहीं आकर सीखा जाता है। अच्छे कॉलेज में दाखिला लेना है अपने आप में आज के वक्त में एक कठिन कार्य है। इसके लिए आपको पहले से अपने रूचीनात्मक विषय के बारे में निर्णय लेना पड़ता है। तत्पश्चात एक अच्छे कॉलेज का चुनाव और उस में दाखिले हेतु, उसकी दाखिला परीक्षा में निर्धारित अंक प्राप्त करने पड़ते हैं। इन सब में एक बालक बहुत बार टूटता है, उम्मीद भी हारता है, सबर खत्म होने लगता है, खुद पर शक होने लगता है कि यह होगा भी के नहीं! परंतु ऐसे समय में जो धैर्य रख लेता है उसे सफलता अवश्य मिलती है। यहां से शुरुआत है जीवन में सफल होने के कठिन रास्ते की, जो दिखता जरूर है गुलाब सा खूबसूरत पर गुलाब भी कांटों के साथ ही आते हैं। कॉलेज की शुरुआत से लेकर उसके अंत तक बहुत से लोग आपके जीवन में आते हैं। कुछ अच्छे कुछ बुरे, हालांकि बुरा कोई नहीं पर हां कुछ मतलबी जरूर होते हैं। पर हर इंसान जो आता है वह कुछ ना कुछ सिखा कर ही जाएगा। जो घरवालों से एक मिनट भी दूर नहीं रह सकता, वह अकेला सब संभालना सीख जाता है। बहुत सी यादें बनती हैं, कुछ कमा कर जाते हैं तो बहुत कुछ छूट भी जाता है। आपको एक दिशा मिल जाती है और पता चल जाता है कि हां आखिर इस जीवन में करना क्या है? स्वयं के प्राथमिकता दूसरों से अधिक हो जाती है। अपने आत्मसम्मान का महत्व और खुलकर जिंदगी जीने की कला सीख जाते हैं। अगर संगत विचार एवं सोच सकारात्मक और अच्छे रहे तो एक जिम्मेदार इंसान बनने की राह पर हम अग्रसर हो जाते हैं। विद्यार्थी मिट्टी का एक ढांचा है जिसे विद्यालय घटकर भेजता है अब उसके तपने की बारी है, ताकि कल वह समाज में अपनी अलग मजबूत पहचान पा सके। तथा कल्याण हेतु कार्य कर सके। हां आसान नहीं होता अपने करीबियों को छोड़ शिक्षा और सपनों के लिए एक अनजान शहर में आकर बसना। वह सब कार्य करना जो आज तक किए ना हो। जब वह नाजुक हाथ जो सिर्फ कलम और कागज तक ही रहे हो, वह बाजार की भारी थैली उठाने लगे, कपड़े धोने लगे, हर आधे घंटे में खाने वाला जब खाना खाना भी भूलने लगे, नींद चैन सब त्याग अपना अपने सपनों को पूरा करने के लिए मेहनत करें, तो उसका तप शुरू हो गया है, अब वह बच्चा निकल चुका है एक नए सफर पर, जहां उसने आत्मनिर्भरता का पाठ सीख लिया है।

अभी तो सिर्फ आगाज है इस सफर का,
अभी मंजिल बहुत दूर है,
हिम्मत रख, गिरकर उठो और आगे बढ़ो!
पर हां बुरी संगत से बच कर रहना,
क्योंकि दुनिया आज भी नशे में चूर है,
है रुकावट सफलता में,
यह डर तेरा,
इस से लड़ फिर देख आज भी और कल भी,
सब होगा सिर्फ तेरा....

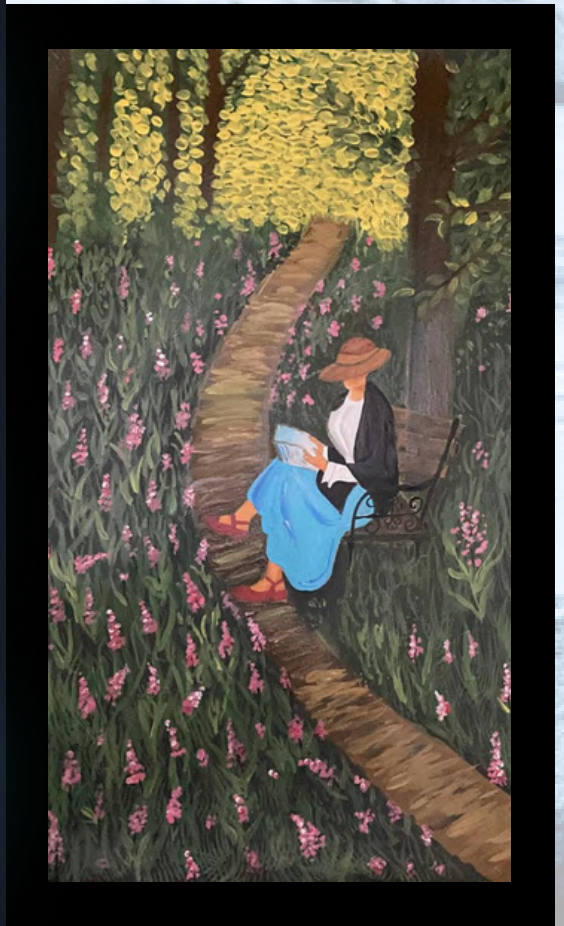


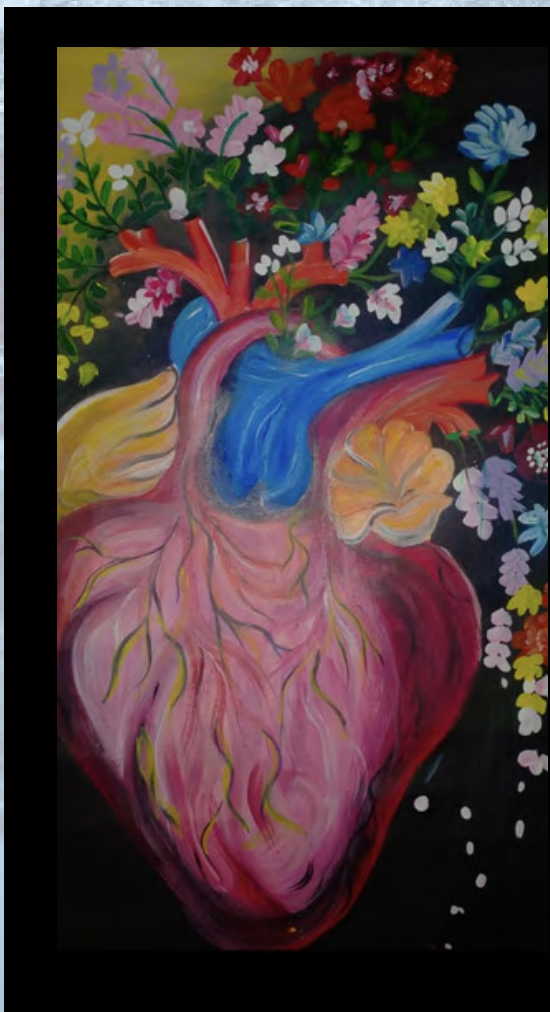
"Art is what you can get away with...."
-Andy Warhol



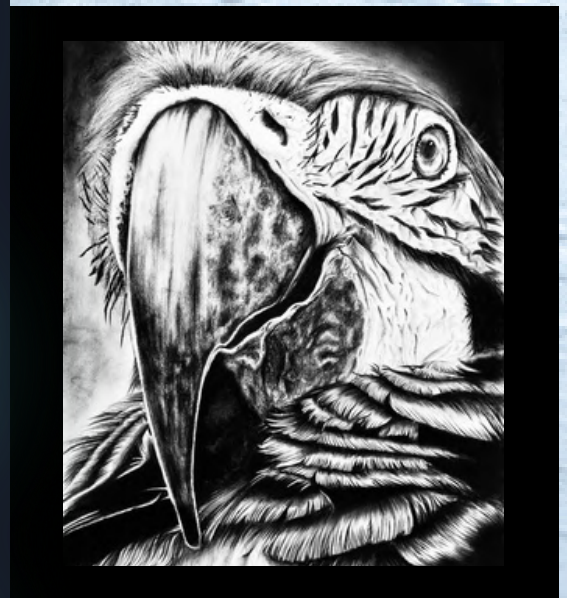
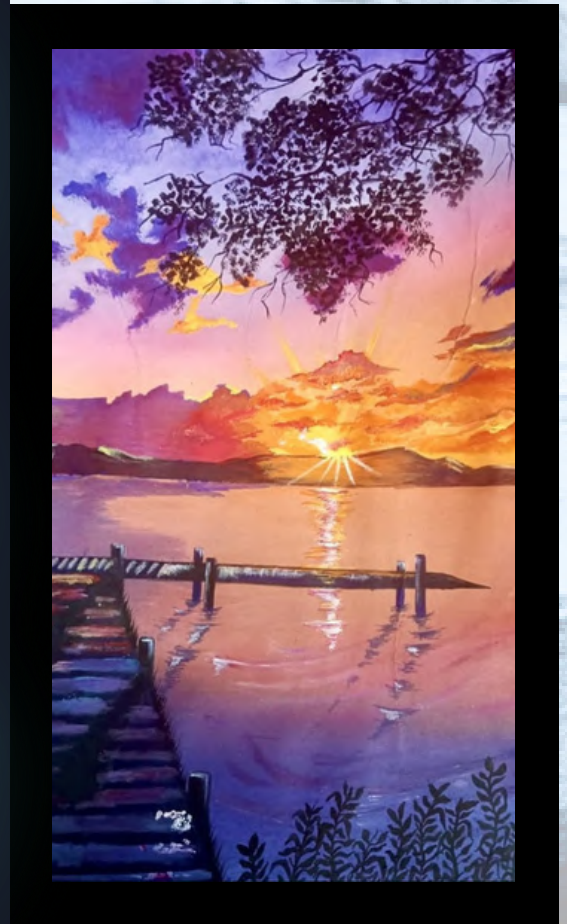


ELVIRA





ELVIRA

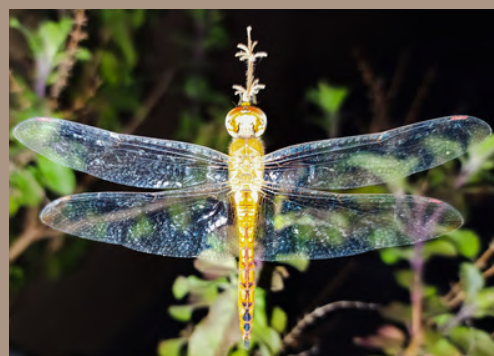


SHUFFLESHOTS

A photograph of an ornate stone tomb in a dark, arched interior, with light streaming in from an opening at the far end. The tomb is highly detailed with carvings and sits on a tiered base. The background shows a series of arches leading to a bright light source.

The Photography Society

S H U F F L E S H O T S



aakriti /99



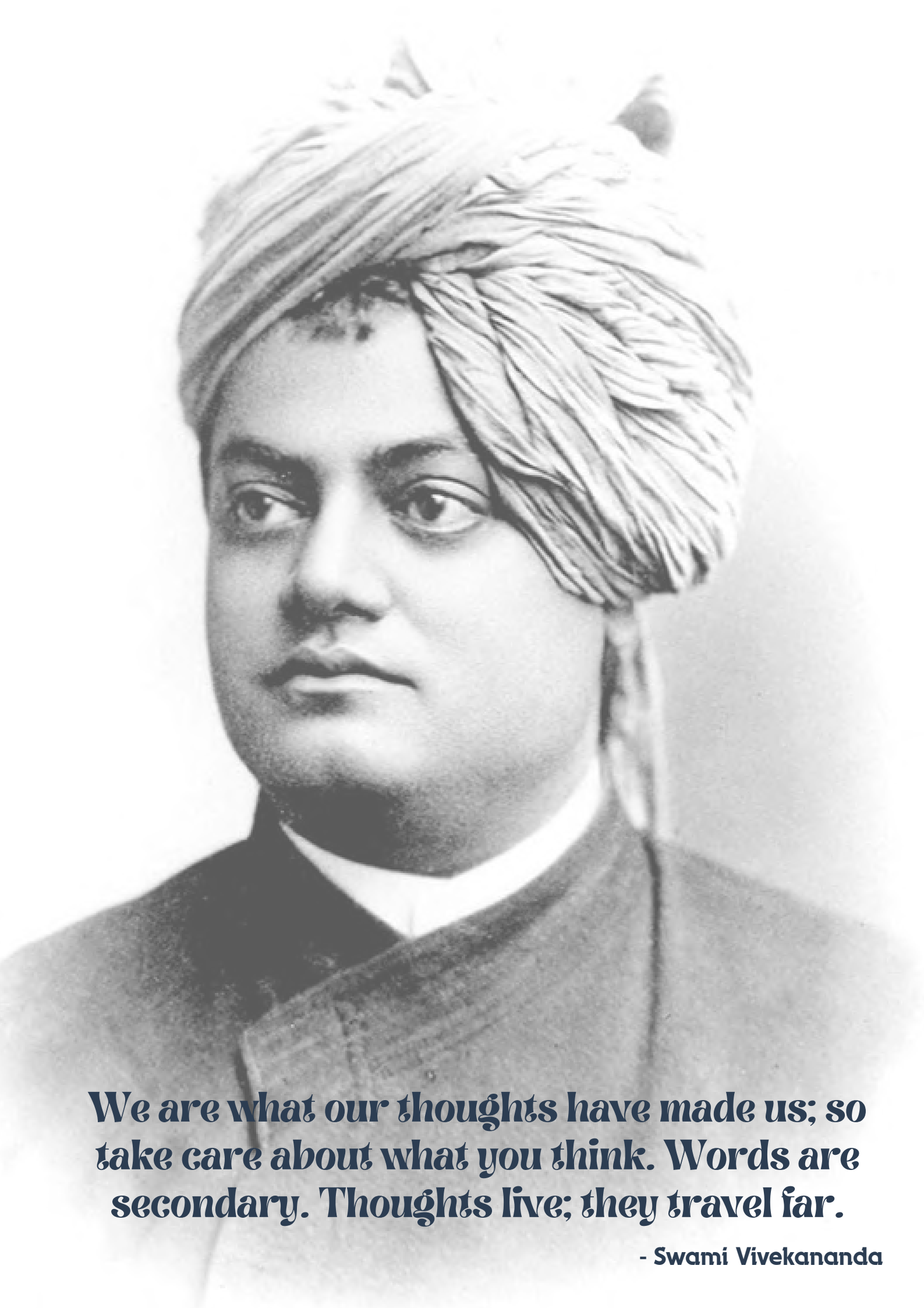
SHUFFLESHOTS





SHUFFLESHOTS






We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far.

- Swami Vivekananda




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