

# Jyoti

## ज्योति

2024-25



लक्ष्मीबाई कॉलेज, दिल्ली विश्वविद्यालय  
**Lakshmibai College, University of Delhi**

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# Principal's Message

“ Infinite patience, infinite unity and infinite perseverance are the secret of success in a good cause.”

**-Swami Vivekananda**



Lakshmbai college fully embraces the vision of Viksit Bharat @2047—built upon the pillars of vibrant youth, empowered women, uplifted poor, and equipped farmers. The college through its nurturing culture of knowledge, values, curiosity, and creativity is committed to add a spirited spring to the country's transformative journey. Aligning with Prime Minister Narendra Modi's vision for greater youth involvement in shaping the country's future, the college is happy to present the multilingual annual college magazine, *Jyoti* - 2024-2025, which harnesses the collective voice of our students.

True to the spirit of its name *Jyoti*, the magazine illuminates diverse perspectives, deliberations and personal reflections expressed creatively by our students who come from diverse backgrounds and regions of the country. Woven around the theme of 'Viksit Bharat and Women', the magazine provides a space for our students to deeply engage with the challenges and opportunities of this ambitious national initiative. The opportunity to express ideas in English, Hindi, Punjabi or Sanskrit and in poems, articles, short stories or paintings, gives our students a chance to voice their concerns and suggest solutions in a language and an art form of their choice.

It gives me immense pleasure to release this edition of the college magazine and take this opportunity to thank everyone who has made the release possible.

Together let us strive forward towards Viksit Bharat!

**Prof. Dr. Pratyush Vatsala**



# **English Section**

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## Head Up in the Clouds: Reality of Viksit Bharat and Women

The Indian government's *Viksit Bharat* scheme envisions a beautiful, progressive India—self-reliant, socially developed, and environmentally sustainable. While aspirational, this vision feels tragically distant from the lived reality of many. In a nation where sexual violence is pervasive, where student suicides lead to community ostracization, and where casual misogyny overshadows outrage against actual crimes against women, the dream of a “developed India” seems almost utopian. These incidents are merely the tip of a vast and deeply troubling iceberg.

Being a woman in Indian society is, to put it mildly, a constant negotiation of safety, freedom, and societal pressures. Despite numerous policies and ongoing discussions surrounding these issues, the same challenges persist. Nearly 80 years after independence, India remains shackled by the systemic degradation of women. This vulnerability extends beyond women; children and even animals are not spared from violence and exploitation.

This pervasive insecurity and vulnerability raise a critical question: How can India truly achieve *Viksit* status when a significant portion of its population experiences such profound inequality and threat? The psychological impact of this constant fear can be devastating. Studies have shown that women in such environments experience higher rates of anxiety, depression, and post-traumatic stress disorder (Herman, 1992). The ever-present fear of violence limits women's freedom of movement, access to education, and employment opportunities. Furthermore, the normalization of casual sexism and misogyny fosters a culture where women's experiences are diminished, and their voices silenced, further compounding the psychological burden (Resick, 2016).

A truly *Viksit Bharat* cannot be built on a foundation of gender inequality and violence. Realizing this vision requires not only economic development but also a fundamental shift in societal attitudes and behaviors. It demands a commitment to dismantling patriarchal structures, challenging harmful norms, and ensuring the safety and well-being of all citizens, including women. Until this happens, the dream of a developed India will remain just that—a dream.

**Vanshika Choudhary**

BA (Hons) Psychology, 3rd Year

## Women: The Architects of a Developed India

She stands at the foundation of change,  
her hands shaping the nation's tomorrow.  
Brick by brick, thought by thought,  
her vision is woven into progress.

*“There is no tool for development more effective than the empowerment of women.”*

She teaches in classrooms where dreams take flight,  
Drafts policies that carve new paths, builds businesses that fuel the economy,  
codes the future with hands that once stitched tradition.

*“Give me an educated mother, I shall promise you the birth of a civilized, educated nation.”*

On fields, in offices, in labs, in courts,  
her voice is no longer an echo,  
but the sound of leadership,  
the rhythm of an advancing land.

*“The best way to change society and the underlying issues is to channelize the power of women in every walk of life.”*

She is the scientist launching dreams into space.

The entrepreneur rewriting success,  
the farmer nurturing both soil and hope,  
the leader carving justice into law.

*“When women are empowered, they immeasurably improve the lives of everyone around them.”*

A developed India rises not on steel and stone alone,  
but on the minds that innovate,  
the hearts that persist,  
the women who build, beyond all limits.

**Prachi Prabhakar**

B.A. (Hons) English, 3rd Year

## Women Empowerment

*"We cannot all succeed when half of us are held back."*

Women empowerment is a crucial and critical affair we all should know about and support. Even after all the demands for justice in the forms of arguments, rallies and protests, women are still subjected to injustice and considered non-existent. It is the need of hour that we, as a society, need to understand the very basic concept of equality on all grounds, especially surrounding the issue of gender. We come across various instances every day where women's rights are thwarted in the patriarchal society. These include but are not just limited to instances like high preferences given to a boy child, assuming a boy to be better at maths than a girl and women being paid 11 percent less than men globally. Women's rights activists in various countries have shown dissatisfaction with lack of prioritisation of gender equality and cases of gender based violences like women being mentally and physically harassed for giving birth to female children to a girl child being deprived of her very own rights and limited access of necessities like food, water, education, healthcare facilities as well as an equal share in property.

There are numerous reasons why society is able to rob women of their rights which needs to be discussed from the very ground level. One of these reasons is poverty. In the patriarchal Indian society, the economic dependence is more on the shoulders of the male members of the household, causing gender disparity. As a daughter, a woman's expenses are paid for by her father and as a wife, her expenses are paid for by her husband. This in itself, creates a sense of authority for men over women. Illiteracy is another reason. It is a sad reality that despite several education reforms and programs in our country, girls are denied the opportunity of education. Women in typical Indian households are considered as burdens and so is spending on their education because it is believed that their ultimate fate is marriage. This mindset needs to be changed. A well-educated woman in the house ensures that other members, especially children, are provided with a quality education.

Social customs, including beliefs and practices are another reason. Till date, families in India as well as in most places all over the globe prefer a boy child over a girl child. Women are considered liabilities and men are assets, provided with quality education and unresisted shares in the property. Lack of awareness is one of the main causes of gender inequality as women themselves are unaware of their fundamental rights. Because of improper education, they lack a basic understanding of how the socio-economic and political forces affect them. They accept all discriminatory practices which they face in their lives as fate. Sometimes, they themselves are ignorant of the life they deserve.

However, strict measures have been taken by the government so as to decrease or diminish practices perpetuating gender inequality like the ban of the Amniocentesis technique until and unless prescribed by a verified doctor in 1994 to reduce female foeticide, a bill passed by Haryana State Government to increase the legal age of marriage for women from 18 to 21 years, the Beti Bachao Beti Padhao Scheme, Women Helpline Scheme, UJJAWALA program and many more. In our country, we have a long history of foresighted reformers like Raja Ram Mohan Roy, who fought for women's rights and the abolition of the Sati Pratha. Another instance is that of Sarojini Naidu, who became the face of women empowerment in India at the mere age of 12 when she attended the University of Madras and also when she founded the Women's Indian Association to fight for equal rights of women as well as inspiring women to join the freedom struggle in 1919. She also worked with Mahatma Gandhi and was a part of the Civil Disobedience Movement in 1925. She worked and fought for empowerment of women till her last breath. Ahilyabai Holkar is another example here. She was married away at a very young age and fought for her right to education, supported widow remarriage and set up a Textile Weaving Industry in her capital which provided job opportunities to lakhs of people, especially women. Even after numerous decades of hard work to change the mindset enabling strict laws, patriarchy still exists. Indian states Rajasthan, Haryana, Madhya Pradesh, Gujarat, Bihar, Jharkhand, Punjab, Uttarakhand and Uttar Pradesh have a higher index of patriarchy as compared to others. We, as a country, are also still behind in terms of gender equality which is definitely a reason for a slower socio-economic growth.

In conclusion, to resolve the issue of gender inequality we must ensure the stern obedience of laws made by the government and as respected and educated citizens, should provide women with their rights and witness them achieve their aspirations. For no woman needs assistance or consent to achieve their aim. What they need is their rights, which is equality.

Women like Kalpana Chawla, the first woman to go to space from India, Shakuntala Devi, a stellar Indian Mathematician who is also popularly known as 'Human Computer', Bachendri Pal, the first Indian woman to reach the Mount Everest summit, Santosh Yadav, who left her home for her dreams climbed Mount Everest twice successfully, Kiran Bedi, a social activist and India's first woman IPS officer also the first Indian Woman to be appointed as a Police Advisor to United Nations Secretary General in the Department of Peacekeeping

Operations have proven themselves in every existing field, no more we should keep them tied inside homes for they have their own wings which just need the right direction.

Every woman has a talent which is her asset, it's time we realise the potential of women and not just see them as a mother, a sister, a wife and a daughter but as a woman who has her own aim to be achieved.

*"Feminism isn't about making women strong. Women are already strong. It's about changing the way the world perceives that strength."*

**Kirtika Sanpal**

B.A. (Hons.) Psychology, 1<sup>st</sup> Year

## Jingle of equality

It's not that men are not multitaskers,  
but it's just that they are looked after.  
But she is thought to be a stone,  
responsible to manage it all alone.  
To fulfill her dreams and serve as a mother,  
she is thought to be made some way another.  
To put aside her passion and profession,  
she is obliged to perform all her roles with perfection.  
Wife, mother, daughter, sister, daughter-in-law,  
she is designated to do it all.  
She is also an asset to country.  
These misunderstandings are all created by patriarchy.  
All of us born with a thing all the same,  
and that is the 'difference' in us that ignites our  
inner flame.  
Born as men or women we are just externally different,  
how will it make a difference in making an  
amendment?  
An amendment to change our country,  
serve it with our wit  
and inventory.  
Men respecting women,  
women respecting men,  
This difference will matter why and when?  
Let's happily live with this identity of gender,  
since all of us are creations of God's meander.  
All are born to make India stride.  
Then who'll see if it's a man or a woman. Together,  
let's abide.  
Abide and empower,  
collide with respect to shower,  
shower the beauty of equality,  
and make this dream a surreal reality.

Extinguishing the flame of patriarchy,  
succeeding and developing by eliminating this hierarchy  
together let's hum the jingle of equality,  
with men women building the nation with their  
individuality...

**Chaitanya Jain**

BA (Hons) Political Science, 3rd Year

## Will I ever be just a Woman?

Disappearing out of my mother's womb to a place that  
didn't look like home,  
was my first learning that as a girl, I belong nowhere.  
Suffocating my voice and laughs to a mere whisper  
To please the so called above me,  
Was when I learned people liked their daughters in  
The shadow of their sons.  
Burning in the anguish of not being able to learn what  
I loved,  
forced to believe cooking and cleaning was my destiny,  
was when I understood how fearful they felt of my  
existence.  
Passed on to a new place like I was a burden they were  
obligated to carry,  
muffling my cries every night to the cruelty of my fate,  
was when I realised maybe I truly am just a piece of  
flesh with a rather beating piece embedded.  
Producing my own and the experience of love where  
for once I was his centre of universe,  
and was once again a piece of furniture kept in a  
room isolated to all when I was no more required as  
a caregiver.  
It was then when with my soul left my flesh,  
I wondered I was a dutiful daughter, a wonderful wife, a  
marvellous mother but never just a woman.

**Kirtika Sempal**

B.A. (Hons) Psychology, 1<sup>st</sup> Year

## Championing Change: Women in Viksit Bharat

India has always had a deep rooted history of patriarchy. However, the transformation witnessed over the past few decades owing to the strong and determined women of the country has been truly remarkable. Whether in politics, business, sports, science, or social activism, contemporary Indian women are breaking barriers and redefining success. Their journeys reflect resilience, ambition and an unshakable commitment to progress.

Business and entrepreneurship is a field wherein we find trailblazing women. For instance, Falguni Nayar, the founder of Nykaa, disrupted India's beauty and lifestyle market as one of the richest self-made women in India. She has shown how vision and innovation can redefine traditional business spaces.

Academia is also a field where we see this progress of Indian womanhood in the forefront. Gayatri Chakravorty Spivak, an eminent Indian scholar and literary theorist was awarded the 2025 Holberg prize for her groundbreaking interdisciplinary research in comparative literature, translation, postcolonial studies, political philosophy and feminist theory.

Science and technology is a field that has also seen progress with the likes of Tessy Thomas, popularly known as the 'Missile Woman of India' and the first woman scientist to head a missile project in India. Her contributions to the development of the Agni missiles at DRDO have made her a role model. Social media is another field wherein women have led on to educate and inspire. For instance, Dr Trinetra Haldar Gummaraju, a trans activist and a digital educator, started sharing her journey on social media to create awareness about the queer community and gender identity.

Strong women in Viksit Bharat are not just inspiring figures, they are agents of change. From politics to sports, science to social activism, they continue to challenge norms, break stereotypes and lead the nation towards a more inclusive and progressive future. Their stories serve as a reminder that no challenge is insurmountable. Their determination and hard work proves that women can achieve anything.

**Joyleena Bhattacharyya**

B.A.(Hons.) English, 3rd Year

## Do you hear me, mama?

I hear your happy heartbeats,  
I hear your fond laughter,  
I love your voice,  
I love your bellypats,  
I love my cosy space.  
Will you hold me forever mama?

I love the ice cream that you feed me,  
I love the songs that you hum,  
I love your giggles when you feel me,  
I love the air that comes from you,  
I love the warmth that surrounds,  
I love being you part.  
I'm your happy, happy baby mama.  
Will you hold me forever mama?

I'll bring you all the good when I grow up,  
I'll keep you so cared and loved,

I'll prepare best ice-creams for you ,  
I'll make good foods for you,  
I'll decorate you with gold and fashion,  
Will you hold me forever mama?

Mama, I woke up early today.  
I feel so ill and suffocated.  
Do I hear you crying mama?  
Should I fight the world for you?  
I'm getting scared mama,

I cannot breathe.  
Are you angry with me, mama?  
Won't you hold me forever, mama?

**Urmika Ghosh**

B.A.Prog (Philosophy+Political science)  
3rd year

## Unveiling Unseen Glory: A Viksit Bharat for All

A Viksit Bharat- one that aspires to global eminence- must predicate its progress on inclusivity, ensuring that no individual is relegated to the peripheries of recognition. Yet, disability, particularly when intersecting with gender, remains one of the most egregiously overlooked facets of our national consciousness. While the Olympics command national pride and media frenzy, the Paralympics, despite their inception in 1960, languish in comparative obscurity. This is no mere oversight; it is symptomatic of entrenched societal biases that conflate physical prowess with human worth. A nation's development cannot be measured solely in economic indices and infrastructural grandiosity but in the equitable acknowledgment of every citizen's triumphs, irrespective of corporeal limitations.

For Indian women with disabilities, this inequity is twofold- not merely against physiological constraints but against a society that habitually diminishes their aspirations. Deepa Malik, India's pioneering female Paralympic medalist, embodies an unassailable spirit. Confined to a wheelchair due to a spinal tumour, she defied medical prognoses and societal scepticism alike, clinching silver in shot put at the 2016 Rio Paralympics. Her journey is a repudiation of the idea that adversity dictates ability. Equally inspiring is Palak Kohli, India's youngest Paralympian at 18, who carved her own niche at the Tokyo 2020 Games, dismantling preconceived notions of capability and limitation.

Yet, sporadic individual triumphs do not constitute systemic progress. A Viksit Bharat 2047 necessitates a shift-one that reimagines inclusion as a foundational principle rather than a tokenistic gesture. Accessibility must be seamlessly integrated into our urban landscapes, sports governance must be recalibrated to offer parity in financial incentives, and corporate patronage must extend beyond the confines of able-bodied athleticism. The zenith of national development lies not in selective glorification but in an ecosystem where the laurels of a Paralympian are celebrated with the same exuberance as those of an Olympian. Viksit Bharat is not merely a vision of economic prosperity but one of profound and unequivocal inclusivity- where perseverance, not physicality, defines the parameters of excellence.

**Dona**

BA (H) English, 3rd Year

## Women: The pillars of Society

I watched my mother balancing her career with the demands of family,

A dedicated teacher she is, shaping the minds of countless students, Gradually guiding them to become the "leaders" of tomorrow.

Then she returns home, embracing her role as a nurturer, nourishing her children, Imparting lessons about life; the contributions of women are immeasurable.

Her hands dance between chalk dust and dinner preparations,

She bears the hopes of the future within her lesson plans, And the aspirations of her family rest heavily on her tired shoulders.

Oh women , do you ever think of your happiness?

Women—intertwining their lives into the very essence of nations,

From boardrooms to kitchens, laboratories to fields,

Their influence evident in innovations that revolutionized industries, Their voices resonating in laws that broadened freedoms.

The grandmother who safeguarded cultural traditions through storytelling,

The aunt who toiled tirelessly to support her sister's education,

The neighbour who initiated a community garden in neglected urban areas,

The pioneering female doctor who broke barriers once thought insurmountable.

In times of war, they kept nations alive,

In times of peace, they rebuilt what conflict had destroyed.

The unseen framework of society rests upon their efforts— Sometimes recognized, often overlooked, but always vital.

I see them in hospitals, pushing through fatigue,

In classrooms, inspiring beyond the standard curriculum,

In courtrooms, advocating for justice,

In villages, walking great distances for water that nourishes communities.

The nation stands tall on their unwavering resolve,

Thrives through their unyielding hope, Heals through their infinite compassion,

Progresses through their steadfast determination.

The narrative of a nation cannot be complete

Without recognizing these countless threads of impact—

Women, holding the world together,

Creating futures both within and beyond boundaries.

**Sania Farhin Laskar**

BA (Hons) History, 3rd Year

## Women in Viksit Bharat: Contributions in Science and Politics

When we talk about Viksit Bharat—a developed and self-reliant India—it's impossible to ignore the role of women. They have not only contributed but led in various fields, proving that progress isn't possible without their involvement. Science and politics, two of the most crucial areas for national development, have seen some remarkable contributions from Indian women. From groundbreaking research to policy-making, they are shaping the future of the country.

Women in STEM have broken barriers, proving that intelligence and innovation have nothing to do with gender. Take Ritu Karidhal and Muthayya Vanitha, who played leading roles in India's Chandrayaan-2 mission. Their work made it clear that space exploration isn't just a man's domain. Similarly, Dr. Tessy Thomas, often called the "Missile Woman of India," has played a key role in India's Agni missile program, making significant contributions to defense technology.

Post-COVID, women scientists have taken the lead in healthcare and medical research. Dr. Geetha Manjunath, founder of NIRAMAI Health Analytix, developed an AI-powered breast cancer screening method that's non-invasive and radiation-free. During the pandemic, she adapted this technology to detect fever and respiratory illnesses, helping in early disease identification. Then there's Dr. Priya Abraham, who, as the director of NIV Pune, led efforts to isolate the COVID-19 virus and develop testing techniques that played a major role in controlling the outbreak.

A major breakthrough in vaccine development came from Dr. Pragya D. Yadav, a scientist at ICMR-NIV. She was part of the team that developed Covaxin, India's first indigenous COVID-19 vaccine. Her contributions earned her the Vigyan Yuva-Shanti Swarup Bhatnagar Award in 2024, making her the first woman from ICMR to receive it. Beyond India, Indian-origin women like Dr. Madhu Bhaskaran and Dr. Ana Baburamani are making strides in STEM, proving that Indian women are leaving their mark globally.

Politics has long been a male-dominated space, but Indian women have been breaking that narrative. Draupadi Murmu becoming India's first tribal woman President was a huge milestone, proving that leadership is about capability, not background. Her rise to the highest constitutional position has inspired countless women from marginalized communities to step into politics. On the other hand, Nirmala Sitharaman, India's first full-time female Finance Minister, has been handling the country's economic policies and reforms, proving that women are just as capable of making tough financial decisions.

A recent political shift saw Rekha Gupta becoming the Chief Minister of Delhi. This was a big deal, as Delhi hadn't had a female CM in nearly three decades. Her leadership is expected to bring major policy changes, focusing on issues like pollution and infrastructure.

One of the biggest steps toward gender-inclusive governance was the Nari Shakti Vandan Adhiniyam (Women's Reservation Bill). With 33% reservation for women in Parliament and state assemblies, this law ensures that more women get a seat at the table. With more representation, women will have a direct role in shaping policies related to education, healthcare, and employment, making governance more inclusive and balanced.

Women in India are not just supporting the country's development—they are leading it. Whether in science or politics, they have proven their capabilities time and again. But there's still a long way to go. True Viksit Bharat can only happen when women are given equal opportunities in every field. The change has already begun. Women are taking charge, breaking barriers, and proving that when they lead, the nation moves forward.

**Nirwani Sharma**

BA (hons) English, 3rd year

## The Feminist Paradox

I for one want to be in a goldilocks state

but idealism is often a longing

I search and search for who I am

I keep on trying to find my belonging

They tell me I can be creative

then shush my feelings and curtail my freedom

They tell me I can dream big

then chop off my wings and question my wisdom

I still dare and I still dream

free will is like a flowing stream

And I am the master of my boat

It's up to me to drown or float.

**Mohi Tripathi**

BA (Prog) Political Science + Philosophy

## Women and Viksit Bharat

Women have always been at the heart of India's progress, shaping the nation through their resilience, leadership, and determination. A Viksit Bharat (Developed India) cannot be envisioned without recognizing the immense contributions of women across all fields.

From history to the present, Indian women have played a defining role in shaping society. Savitribai Phule, India's first female teacher, fought for women's education. Indira Gandhi led the nation with strong political leadership. Kalpana Chawla inspired millions as India's first woman in space. Today, countless women continue to break barriers in science, politics, business, and technology, pushing India forward on the global stage.

Women are also leading the way in sustainability and environmental conservation. Vandana Shiva, a renowned environmental activist, has been a strong advocate for organic farming and ecological balance. In rural India, women entrepreneurs are driving sustainable development by promoting handmade products, organic farming, and eco-friendly businesses. Their efforts are shaping a greener, self-reliant India.

Despite challenges, women with disabilities have defied limitations and achieved greatness. Arunima Sinha, the first female amputee to climb Mount Everest, is a shining example of courage and perseverance. Her journey reflects the strength of Indian women who continue to rise above difficulties and prove that determination knows no boundaries.

Education is the key pillar of development, empowering women to contribute meaningfully to society. Today, more women are pursuing higher education and excelling in STEM (Science, Technology, Engineering, and Mathematics) fields, ensuring India's future in innovation and research. With initiatives like Beti Bachao Beti Padhao and National Education Policy 2020, the government is working towards achieving 100% female literacy and equal opportunities for all.

A truly Viksit Bharat is one where women stand as equal partners in leadership, innovation, and nation-building. As we move towards a developed India, it is essential to continue breaking stereotypes, providing equal opportunities, and ensuring that no dream goes unfulfilled. Because when women rise, the nation rises with them. In short, a truly Viksit Bharat is one where women are empowered, educated, and given equal opportunities to thrive. While progress has been made, continued efforts are needed to break barriers and ensure women play a leading role in shaping the nation's future. When women rise, the entire nation moves forward, creating a stronger, more inclusive India for generations to come.

**Ashi Sahu**

BA (Prog) (History+Political science)

## Breaking Barriers, Shaping the Future

She walks where once only shadows stood.

Carving paths through walls unseen,

lifting the weight of voices unheard,

her footsteps echo change.

*"Dream big and work hard. There is no field that women cannot excel in."*

They said, "stay within the limits".

But she stepped beyond,

where dreams were not whispers

but fires burning in her eyes.

*"One child, one teacher, one book, one pen can change the world."*

From fields where hands till the earth,

to labs where minds craft the stars,

she moves, relentless.

Breaking, building, becoming.

*"If you educate a man, you educate an individual; but if you educate a woman, you educate an entire nation."*

No chains of doubt can hold her.

No tide of silence can drown her song.

She is the leader, the maker,

the pulse of a nation rising.

*"Leadership is hard to define... but if you can get people to follow you to the ends of the earth, you are a great leader."*

A country's future takes her shape.

Not bound by yesterday's fears,

but woven with strength,

with courage, with her name.

**Prachi Prabhakar**

B.A. (Hons) English

3rd Year

## **How in the age of cancel culture, GenZ feminism is effective in holding individuals and institutions accountable for sexist behavior?**

In the new age of technology, GenZ has an upper hand. This generation is known to be tech-savvy and heavily reliant on tools of the internet and technology. While many condemn GenZ to be a doomed generation with a lack of skills, there exists a bigger picture which people of older generations seem to miss out on. Undeniably, there are certain ill effects of being so intertwined and engaged with online platforms but it also brings about a fresh air of hope in the otherwise suffocating world.

GenZ is a generation where people are not afraid to open up and speak their minds. They are more self-aware and there can be seen an increased trend of acknowledgement rather than sweeping problems under the rug. People are more active while voicing their opinions and cancel culture forms a big part of such expressions.

Cancel culture is a social phenomenon where people express dissent by public condemnation and collective withdrawal of support, predominantly facilitated through digital platforms like social media. It unfolds when individuals or entities face widespread criticism due to perceived offensive actions or statements. The process involves public shaming, urging others to boycott or disengage from the targeted individual or organization. Hashtags and trending topics on platforms like Twitter amplify the message, creating a collective narrative around the controversy. The impact of cancel culture extends beyond online criticism, influencing an individual's or institution's reputation, personal relationships, and professional opportunities.

Feminism has emerged as a strong contender when it comes to the long list of GenZ-led social phenomena. Feminism advocates for equality between the genders and a life of dignity and respect for women. Feminism in the contemporary world is a weapon used by the women population to voice their concerns and fight for their rights.

GenZ feminism primarily uses social media platforms to mobilize people, express their issues and share narratives. Therefore, naturally GenZ feminists can be seen to be active participants of the cancel culture. They have used cancel culture to effectively hold individuals and institutions accountable for sexist behavior by leveraging the power of social media and collective activism. GenZ feminists use online platforms to call out and raise awareness about instances of sexism, creating a public dialogue that can lead to consequences for those responsible.

Open and unfiltered public dialogue plays a key role in creating an aware and informed group of people. It also encourages active participation and embraces the democratic paradigm of debate and discussions.

Through hashtags, trending topics, and online campaigns, story telling, blog posts, vlogs, etc GenZ feminists amplify their messages and mobilize support, making it difficult for instances of sexist behavior to go unnoticed. This collective online activism puts pressure on individuals and institutions to address and rectify their actions. It also encourages people to be more accountable and gives other females a sense of empowerment and courage to speak up and share their thoughts, opinions and experiences.

Moreover, GenZ feminists are adept at using such digital tools to convey perspectives, fostering a sense of solidarity among diverse voices. This inclusivity helps build a more comprehensive understanding of the issues, contributing to a broader societal shift in attitudes towards sexism.

While cancel culture has its criticisms, GenZ feminists navigate its complexities to initiate conversations about accountability, promoting awareness and encouraging changes in behavior. The digital age allows for swift mobilization and influence, enabling GenZ feminists to play a significant role in challenging and addressing sexist behavior.

Even though one is free to form their own opinions on topics like these, we can clearly navigate and conclude that cancel culture moreover brings a positive shift and helps call out sexism and other such practices with immediate redressal and consequences, making it a strong weapon for feminists, when used wisely.

**Mohi Tripathi**

BA (Prog) Political Science + Philosophy

## Viksit Bharat Begins With Her

“A strong woman is the lifeline of a progressive society.” These powerful words by Nirmala Sitharaman signify that India’s progress is intertwined with women’s empowerment. As India strives to become a Viksit Bharat (developed India) it is essential to acknowledge that its ambitions cannot be achieved while half of its population remains hindered by inequality, neglect, and oppression. Women are not just contributors to India’s growth; they are the backbone, the leaders, and a vital force driving the nation towards progress.

Throughout India’s history and present, women have consistently challenged the norms, overcome obstacles, and carved out their own paths to attain greatness and success. From Rani Lakshmi Bai, a warrior and freedom fighter who fearlessly fought for freedom, to Kiran Bedi, India’s first female IPS officer who introduced prison reforms during her tenure as Inspector General of Tihar Jail, to Savitri Bai Phule, a social reformer who worked tirelessly to empower women and Dalits. These determined women are living proof that women are not only resilient survivors but also pioneers. Their stories epitomize strength and courage that motivate every girl to stand up for herself, speak up, and dream big.

The success of an educated woman has a profound impact, transforming her individual accomplishments into a powerful catalyst for change. Education empowers women to make informed decisions, participate fully in the economy, and take on leadership positions in their communities. Despite the advances in education, millions of girls are still being deprived of quality education due to societal pressures and poverty. But those who overcome these obstacles go on to change the world. Empowering women through education has a ripple effect, leading to increased workforce participation, well-educated children, and a stronger voice for societal change.

Imagine a Viksit Bharat where every girl child has access to STEM education, language skills, and vocational training—making women engineers, diplomats, and scientists the norm rather than the exception. Building on initiatives like Beti Bachao, Beti Padhao has established a strong base, but now it’s time to create opportunities that reach new heights.

No country can claim to be developed when half of its workforce is underutilized. India’s female workforce participation rate of 20% is significantly lower than the global average of 47%. This disparity is not only unjust but also represents a massive waste of potential. Fully integrating women into the workforce could unleash a significant economic surge. Studies suggest that empowering women economically could enhance our GDP as well. Women entrepreneurs are achieving significant success, from rural self-help groups to urban start-ups. Yet, they encounter various obstacles that impede their growth, and it is essential to eliminate these barriers that restrict their ambition.

For a truly developed India, it is essential that women play an active role and take charge. Yet, women only hold a fraction of potential power, as politics has always been a male-dominated field. The presence of strong female leaders like Indira Gandhi, Sushma Swaraj, Jayalalitha, and Smriti Irani proves that women are not only capable of leadership but also excel in it. To bring about change, we need more women in politics who are not only figureheads but powerful leaders who can craft policies that genuinely address the needs and aspirations of women nationwide.

Unless a woman’s potential is fully prioritized, the vision of Viksit Bharat will remain an illusion. It’s essential to shift our nation’s approach to make women’s empowerment a core component of our development strategy, as neglecting women’s needs will hinder progress. It is imperative that every Indian rises to the challenge of breaking stereotypes, challenging norms, and empowering women at all levels. India’s growth is intricately tied to the empowerment of its women, as their progress and leadership are crucial to the nation’s prosperity and development. The key to a developed India lies in harnessing the potential of its women, and together we can unlock their power and drive the nation forward.

**Sia Kalra**

BA (Hons) English

## **Not All Men, But Every Woman has a Story**

In a world that takes pride in its progressive thinking, one question remains disturbingly relevant: Why are women still blamed for the violence and harassment they face? Whether it is a late-night walk or the clothes they choose to wear, society often questions the victims first rather than addressing the root cause of the problem.

When the victim is a woman in her twenties or thirties, the first questions are almost always the same. What was she wearing? What was she doing out so late? Was she giving him a hint? Was she asking for it? This culture of victim-blaming not only silences survivors but also normalizes harmful behaviors and allows the real perpetrators to escape scrutiny. By focusing on the actions of the woman rather than those of the aggressor, society shifts responsibility away from the people who commit these acts and places an unjust burden on the ones who endure them.

When confronted with these issues, many men respond with the same argument: Not all men. But what women face daily is something they will never fully understand. Women feel unsure every time they want to step out. They are the ones who carry keys between their fingers and keep their thumb on the emergency button when walking alone at night. They walk faster when they find themselves alone in the dark and clutch their jackets and phones tightly while passing a group of strangers. These are precautions that women instinctively take, but men rarely need to consider. While it is true that not all men are threats, it is also true that every woman carries the burden of fear.

She has no choice but to hold her breath and hold back when someone calls her 'baby' in a crowded street. She stays silent when a stranger 'accidentally' brushes against her in the metro or when someone stares at her with an unsettling gaze. If she speaks up, she risks being accused of making a 'scene' or being labeled a 'troublemaker'. This silence is not a sign of weakness but a consequence of a society that is quick to question her truth and slow to hold perpetrators accountable. When she finally does speak, people ask why she did not come forward sooner. They question her credibility with remarks like, Why would he do that? He is so nice, or She is lying because he is handsome. The burden of proof falls on the woman while the man's character is protected without question. Society often holds the woman accountable when she comes forward and points at her about how she's ruining 'his' life? Just by coming forward?

Men will never fully understand what it means to live as a girl or a woman. They will never know the discomfort of feeling uneasy even in the presence of their own family or relatives. They will never experience the need to carry a can of pepper spray alongside their lipsticks or constantly scan their surroundings for potential threats. Men will never truly understand even if he's a Father, Friend, Brother, Partner. No matter how well-intentioned a man may be, he cannot fully grasp why women always keep a watchful eye on the little girl playing in the park when her guardian is nowhere in sight.

For many women, the trauma begins far too early. The once cheerful little girl who went to her uncle's house to play now sits in silence, flinching at the touch of her own parents. She may not fully understand what happened to her, but she knows that something was taken from her. And when she grows older, she carries that memory with her as a reminder that the world is not always a safe place.

This is not about men. This is about women. This is about how we, as a society, must reform our perspectives and challenge the mindsets that enable blame and silence. It is time to shift the conversation from asking what she did to questioning why he did it and to hold the real culprits accountable. The burden of safety should not rest on the shoulders of women alone. It is time for a collective awakening, where we stop normalizing fear and start demanding change.

The truth is, women should not have to live in constant fear. They should not be forced to prove their innocence when wronged. Blame should rest on the perpetrator, not the victim. It is not enough to say not all men when every woman has a story of fear, discomfort, or survival. If we truly want to create a safer world, we must stop asking what she did and start asking why he did it. Only by listening, believing, and demanding change can we break this cycle and create a society where every woman can live without fear. The time for excuses is over, and the time for action is now.

**Tejashwini Kaviya**

BA (P) Sociology and Philosophy, 1st Year

## Earth's Daughters: Women Cultivating a Sustainable Future

Women (Shakti); a power without which Shiva himself is not complete. It is often said that without women nature is incomplete. Now think of a realm where the responsibility of development rests in the hands of women, you must be thinking of a realm where everything is perfect, beautiful, prosperous especially a realm where women are safe. Women have always been at the forefront of sustainability and social change, proving their resilience and transformative power.

Sustainability is not a new concept to India, we are not oblivious to The Chipko Movement, an unforgettable movement started in the 1970s in Chamoli, Uttarakhand when the region was facing rampant deforestation due to commercial activities by outside contractors. Chipko movement was an initiative to save trees by simply giving a hug to the tree. The matter of fact here is that such an impactful movement was not started by a man but a female protagonist, Gaura Devi. Gaura Devi and 27 other women decided to tackle the loggers. She confronted and challenged the men to shoot her instead of cutting down the trees and she described the forest as "Vandevta" (God of Jungle) and her maika (mother's house). About hundreds of trees were saved back then, it is not just a matter of trees but a matter of women empowerment, a matter of environment and a matter of sustainability.

We should not forget that women are still capable of such tremendous work. A great example of this is, Vandana Shiva, a well-known Indian scholar and activist, contends that the takeover of women and the exploitation of nature are inseparably linked. Her ecofeminist worldview resists mainstream systems that value profit over sustainability and justice. She criticizes the Green Revolution for its environmental degradation, loss of biodiversity, and adverse effect on women farmers. Vandana is also against corporate globalization, especially seed patenting, which puts farmers at the mercy of multinational companies. She underlines the value of traditional ecological knowledge, in the possession of many women, for maintaining biodiversity and food security. She also draws parallels between patriarchal dominance of men and the mechanistic world view, where nature is considered a resource to be utilized. With "Earth Democracy," she invites us to redefine progress through ecological well-being and social equity. Her efforts challenge us to see women as central actors for change in the struggle for an equitable and sustainable future.

Indian policymakers have always kept a keen eye on developing India in a sustainable way. We should note that in India it is not only the government which plays a significant role in transforming and developing India, that is, Bharat but also the inhabitants of the nation have played an eminent role. Savitribai Phule is a shining example, she has done monumental work for educating women of the realm. Savitribai Phule was an early social reformer and teacher who campaigned for women's rights and the upliftment of underprivileged sections in India. A native of Maharashtra, she was the first female teacher of India in 1848, after being educated by her husband Jyotirao Phule. She, along with him, founded girls' and lower-caste children's schools defying age-old social prejudices. Savitribai endured intense criticism—individuals hurled dung at her on her way to school, but she persisted, having an extra saree to change into and going on with her work. She also established shelters for widows and poor women and was a driving force behind the Satyashodhak Samaj, advocating social equality. Acknowledged for her work in education, she carried on her mission even after Jyotirao's demise. In 1897, while working among plague patients, she got infected with the disease and died. Her fearless commitment to education and justice ensures her place in history as the mother of Indian feminism.

Women have always been at the forefront of sustainability and social change, proving their resilience and transformative power. From Gaura Devi, who protected forests with her body, to Vandana Shiva, who advocates ecological harmony through organic cultivation, and Savitribai Phule, who planted the seeds of education for an empowered world—women have written history with vision and courage. Their intrinsic bond with nature has predisposed them to being natural caretakers of the world, champions of conservation, diversity, and ecologically sustainable livelihoods. It is through identifying and empowering women that a just, equitable, and sustainable world is made possible—one in which development takes root in concert with nature to have a better planet for generations.

**Aditi Dabas**

BA Prog (Political science and philosophy)

## Women and Viksit Bharat

**“There is no limit to what we, as women, can accomplish.” –Michelle Obama**

India, a land of rich heritage and diverse cultures, has always been home to strong and resilient women. From Rani Lakshmbai's valiant fight against colonial rule to the remarkable achievements of Kalpana Chawla in space exploration, Indian women have been shaping history and contributing significantly to the nation's progress. As India strides towards becoming a developed nation—Viksit Bharat—women stand at the forefront, driving change through education, sustainability, inclusivity, and leadership. Their contributions are not only paving the way for a stronger economy but also fostering a just and equitable society. No matter if MNCs has women CEOs or we get to see rural women kaarigars working for luxurious brands. It's women's world and will always be one.

### **Pioneers of Change**

History is replete with examples of powerful Indian women who have left an indelible mark on society. Rani Lakshmbai of Jhansi, one of India's greatest freedom fighters, epitomized bravery and determination. Sarojini Naidu, the Nightingale of India, was instrumental in India's struggle for independence. In contemporary times, leaders like Kiran Bedi, India's first female IPS officer, and Nirmala Sitharaman, the nation's Finance Minister, have shattered stereotypes and redefined leadership roles for women. Icons like P.V. Sindhu, an Olympic medalist, and Sudha Murthy, a social entrepreneur, continue to inspire millions with their achievements and contributions to society. These women exemplify strength, resilience, and the undying spirit of progress.

### **Disability & Inclusion: The Strength of Perseverance**

Despite challenges, women with disabilities have broken barriers and carved niches in various fields. Arunima Sinha, the first female amputee to climb Mount Everest, is a testament to determination and perseverance. Deepa Malik, India's first female Paralympic medalist, has inspired countless individuals to pursue their dreams despite physical limitations. Laxmi Agarwal, an acid attack survivor, has been a beacon of hope in advocating for women's rights and social acceptance. These remarkable women have demonstrated that disability is not a limitation but a stepping stone to extraordinary achievements. Inclusion is key to a Viksit Bharat, and empowering women from all backgrounds ensures holistic national progress.

### **Viksit Bharat: Women as Architects of a Developed Nation**

A developed India—Viksit Bharat—is characterized by economic growth, gender equality, and technological advancements. Women have been at the forefront of this transformation, contributing across various domains. In the corporate sector, leaders like Indra Nooyi have set global benchmarks for leadership. In science and technology, Dr. Tessy Thomas, India's 'Missile Woman,' has played a crucial role in defense research. The increasing representation of women in governance, judiciary, entrepreneurship, and sports highlights their invaluable role in shaping modern India. By fostering innovation, financial independence, and social empowerment, women are constructing the pillars of a developed and progressive nation.

### **Education: The Cornerstone of Empowerment**

Education is the foundation upon which a Viksit Bharat is built, and women are at its heart. The literacy rate among Indian women has significantly improved, enabling them to participate actively in socio-economic development. Initiatives like Beti Bachao Beti Padhao, scholarships for girl students, and digital literacy programs have been instrumental in empowering women. Educated women contribute not only to their families but also to society by becoming entrepreneurs, professionals, and change-makers. By ensuring quality education for all, India is paving the way for a future where women lead in all spheres of life.

To sum up pretty much everything that makes our hearts fill with pride, women will always be our guiding light. Since we all came from a woman, got our name from a woman, we should definitely praise women. Women are the bedrock of India's transformation into a Viksit Bharat. Their contributions in history, sustainability, inclusivity, economic growth, and education have been instrumental in shaping a progressive nation. As India marches towards a brighter future, the empowerment of women will determine the country's success on the global stage. Investing in women's education, entrepreneurship, and leadership is not just a step towards gender equality but a leap towards national prosperity. By celebrating and nurturing the potential of Indian women, we are building a resilient, inclusive, and developed Bharat—one where every woman has the opportunity to thrive and lead.

**Bhumi Singh**

BA (Hons) Philosophy

1st Year

## Rising Up from the Ashes

They break you and they judge, they make you feel insignificant and frivolous  
 Their words sharp like a sword, piercing through your soul, brain and heart  
 Always focusing on your flaws, they constantly try to rip you apart  
 Your success makes them sick, and they try to Isolate you behind solid bricks  
 Bricks of detestation and envy, they try to suppress your talents for the world not to see  
 But the reality is far different from what we perceive, the truth is they do such things as a result of insecurities  
 Insecurities that someone can outclass them, and prove them wrong  
 Thus they cover themselves in a mask and try to act cogent and strong  
 There will be haters, and people who condemn  
 But they are are the ones having a lack of vision they are superficial and shoal, yes it is them!  
 Rise up from the shallows and prove them wrong...no matter the disturbances be lost in your symphony and  
 sing your own song  
 And yes, do trust yourself no matter what  
 Love who you are, because you own a treasure they do not  
 Be aware that you are awesome including your all your flaws  
 If they do not acknowledge it, know that it's their loss  
 So, rise like a phoenix from the ashes when you fall  
 You are your own competition and inspiration, the others don't matter at all.

**Mohi Tripathi**

BA (Prog) Political Science + Philosophy

## Dreams of the Shy Rose

Where flowers sow their seeds in a garden,  
 A rose blooms, yet even under the moon, it feels shy.  
 Its melodious voice trembles with uncertainty,  
 A whisper of smallness in its petals,  
 Yet it envies the sun's radiant shine.

A gardener walks by, eyes closed tight,  
 Ignoring the silent battles the rose endures.  
 Yet it does not speak.  
 "What do you mean, wilt?" the gardener yawns,  
 Finding fault with the rose for the faintest sounds it  
 makes.

The rose pleads, "Cultivate me."

Not with blame or doubt, nor things to share, but  
 with love.

"Grow, O Lord, in this vast garden, let me rise to  
 new heights,"

It cries, seeking help.

But the gardener, holding such an important place,

Steps back,

Leaving the rose to face the day—both literally and  
 metaphorically.

And so, though the rose remains in the shadows,

It still dreams—

Of the sun's warmth and its gentle rays.

**Pableen Lamba**

B.A. Programme (Psychology+Physical Education)  
 1st Year

## My Mother's Child

I remind the world of my father.  
They say I have his nose and his eyes.  
That I possess his passion and his ability to analyse.  
But then i look at myself in a passing window,  
And I find a woman that's my mother's child.  
A deep set of frown on my face that I very well recognise.  
A frown like my mother that she doesn't even realise.

I see a woman that loves, like the world is about to suffice.  
Someone who has learnt to live without any appetite.  
I see intensity and sentiment but I do also find sacrifice.  
Because yes I am my fathers daughter,  
But am I not my mothers child?  
So I give and then give again all without compromise,  
Because what am I if not endless like a paradise?

Not that i don't dream or that i do not fantasize,  
That is a luxury that I have stolen to survive.  
Afterall i'm a woman of today,  
And I have inherited the skies.  
But that sky is empty and all the gods have bid goodbyes.  
I learn of suffering and of grace from the women in my life.  
How they birth a child who exists in her body to colonize.  
How the ideas of pain and devotion they materialize.  
Their embrace is always warm like a womb,  
And their shoulders are stiff with plight.

They say i have my fathers face,  
But of course my mothers foresight.  
To know the truth but still commit to the lies.  
The empire of devotion alongside the shrine of demise.  
I learnt from my mother that i must wait and check twice,  
Before I walk or stand or exist in a man's sight.  
I am one step ahead of my mother,  
But with the world, always two steps behind.  
I trace the lines of palms and feel the weight of my mind.

Yes I exist and I am alive.  
I am here and from this smoke of inception I breathe life.  
When i look in a mirror under the dim light  
I find my father's hunger suffocated under a dull shine  
And then my mother who burns and melts by design  
So, no this isn't my land but that empty sky is forever mine

**Muskan Jha**  
BA (Hons) English  
2nd Year

## She Builds a Viksit Bharat

She walks with fire, she dreams with light,  
Breaking the chains, claiming her right.  
Once a whisper, now a roar,  
She builds the future, she opens the door.

In classrooms bright, she learns, she leads,  
Planting hope like scattered seeds.  
With books in hand, she writes her fate,  
No longer bound by time or state.

She stands in labs, in courts, in space,  
Her wisdom shaping every place.  
A scientist, a farmer, a voice so strong,  
In every field, she proves them wrong.

She turns the soil, she runs the race,  
With steady hands, she builds the base.  
From mountains high to oceans wide,  
She walks with strength, with love, with pride.

Not just a daughter, a mother, a wife,  
She is the pulse, the heart, the life.  
A Viksit Bharat—bright and free,  
Will shaped by her, by you, by me.

**Divya Bagri**  
BA Programme (History + Political science)  
2nd Year

## Her Resilience Echoes

Pretending to call my father,  
 In a cab, I sat with grace  
 Adjusting my skirt in a confined space.  
 Live location sent, akin to vigilant trail of caution,  
 In the haven't of home, luck embraced like a guardian.  
 I ponder why though, how fortune chose my side?  
 But not an 8-month old, a prey to one's pride.  
 Not a teenager, her uncle's deceit did hide,  
 And a pregnant woman's beg, by 11 men was denied.  
 How did the one who save lives  
 Fall prey to the devil's spite?  
 Revered as Goddesses are the ones who wish to be  
 human alone.  
 Safety they crave, courtesy they plead  
 Yet the headlines scream, catcalled, molested by men.  
 Apologies! "Not all men"  
 Apologies to the clothes that were blamed  
 Apologies to the shattered dreams, within one night  
 condemned.  
 Apologies to all the Nirbhaya(s) the society failed.

**Jahnabi Pathak**

BA (Hons) Sociology, 3rd Year

## Echoes of Her Power

She isn't waiting for a chance to rise  
 She builds her paths, she paints her skies.  
 Not just in stories, she stands so tall,  
 From home to the streets, she conquers it all.  
 She isn't just a dream, she is the fight,  
 Turning struggle into light.  
 In bustling trains, in quiet halls,  
 She lifts the fallen, she breaks the walls.  
 From Delhi's rush to Assam's rain,  
 Her courage echoes again and again.  
 She writes her fate with fearless hands,  
 No chains can hold, no fear withstand.  
 A Viksit Bharat in her sight  
 She fuels the dawn, she owns the night.  
 With courage fierce and heart so wide  
 She is the change, she is the guide.

**Kirti Goswami**

BA (Hons) English, 2nd Year

## Women and Viksit Bharat

In Bharat's heart, bright and bold,  
 Stand the women, a guiding fold.  
 With hopes that shine, fierce and unbound,  
 They mold the earth, they shape the ground.

Rani Lakshmbai, sword at hand,  
 Died for freedom, took a stand.  
 Daring, sturdy, she set the pace,  
 For women to stand, never to sway in place.

Sarojini's voice, a poet's strength,  
 Sing of justice, truth, and right.  
 Her words, a fire, her dreams so broad,  
 Ring across time, past to present.

Kalpana flew beyond the blue,  
 A starry fantasy, she wished to fly.  
 With each blast, her essence stays,  
 A story of defiance, shattering shackles.

Kiran Bedi, steady and sagely,  
 With righteousness shining in her eyes.  
 She trod the way, without fear, no hesitation,  
 An agent of justice, a force for justice.

From Indira's rule to Rani Chennamma's battle,  
 Women have lit their lamps ablaze.  
 Whether Sunita in outer space, or Sudha in nurturing,  
 Their strength and wisdom dominate the atmosphere.

Viksit Bharat, strong and young,  
 Raises on dreams these women conceived.  
 With each girl who dares to fly,  
 India glows for eternity.

So here's to the hands that write and mend,  
 That build, that guide, that break the seal.  
 For in their power, in their elegance,  
 Lies Bharat's bright and limitless space

**Ridhima Arora**

BA English honours

2nd Year

## SHORT STORIES SECTION - ENGLISH

### The New Race: Rabbit and Tortoise in the Modern World

It was a cool evening, and Rabbit and Tortoise were sitting in a coffee shop, their laptops open, preparing for the biggest competition of their lives—a national scholarship exam that could change their future. They glanced at each other and laughed. It had been years since their legendary race. But today, they weren't racing on a track. They were racing in life.

Rabbit sipped his cold coffee and sighed. "You know, Tortoise, I've been thinking about the old days. Back then, I sprinted at full speed, thinking I had it all figured out. I finished all the basic chapters in the first few weeks, aced the mock tests, and then... I got lazy. I thought I had time. I wasted days scrolling on my phone, binge-watching shows. And when the exams got close, I panicked."

Tortoise nodded, tapping steadily on his laptop keyboard. "And I made a different mistake. I was so slow in my preparation. I spent days on a single chapter, reading the same paragraph over and over. While you were speeding through practice tests, I was still figuring out the basics. By the time I realized I needed to speed up, it was too late."

Rabbit leaned back in his chair. "Funny how both of us fell into traps. I burned out early and got lazy at the finish line. You were so cautious that you couldn't keep up with the pace."

Tortoise smiled. "The world has changed, Rabbit. It's not like our old race where slow and steady always won. Now, if you slow down too much, the world passes you by. And if you're fast but inconsistent, you crash before the finish."

Rabbit nodded. "Exactly. These days, success is about consistent speed. You have to keep moving, keep learning, and adapt quickly. Take those coding boot camps, for example—you can't afford to slack off halfway. And in exams, if you don't revise regularly, it all falls apart."

Tortoise looked thoughtful. "It's also about working smart, not just hard. Like using digital tools—apps to plan your study time, online courses to learn faster. I used to think doing things the old way was fine. But now, if you don't use technology, you're already behind."

Rabbit grinned. "Guess we both learned something. You can't just be slow and steady anymore. And I can't just rely on an early lead. We need balance—steady focus with enough speed to stay ahead."

Tortoise chuckled. "Maybe if we studied together, we'd be unstoppable."

Rabbit nodded eagerly. "Let's make a deal. I'll help you speed up your preparation, and you keep me disciplined till the finish line."

And so, Rabbit and Tortoise became study partners, balancing speed with consistency, hard work with smart strategies. Together, they prepared for the exam—not just to win a race, but to build a future.

Moral: In today's fast-paced world, success isn't about just speed or steadiness. It's about smart work, consistency, adapting to new methods, and finishing strong. The balance of pace and discipline is what leads to success.

**Muskan Bhisht**

B.A. (Prog.) Computer Science and Mathematics

1<sup>st</sup> Year

### The Rose of True Beauty

Once upon a time, in a distant kingdom, there lived a prince named Prince Charming. He had everything a person could wish for—a luxurious palace, lavish parties, and servants at his beck and call. But despite all this wealth and grandeur, he was deeply lonely. His life was full of admiration, but no one truly understood him. Everyone loved the idea of the prince, the symbol of power and prestige, but no one loved him for who he was inside.

Charming often found himself staring out of his palace window, longing for something real, something genuine. He wanted someone who would love him not for his crown, but for his heart, someone who would see beyond the throne to the man behind it.

One day, tired of the endless praise and empty admiration, the prince decided to leave the castle. Disguised in common clothes, he ventured out to the village that lay at the foot of his kingdom. He hoped to experience the

life of the common folk—something different from the endless strings of court appearances and royal duties. The village was bustling with life, with merchants selling their wares and children playing in the streets. Charming wandered through the market, observing the simple joys of the people. But amidst all the noise and chatter, something caught his attention—an enchanting fragrance in the air. It was sweet, delicate, and unlike anything he had ever smelt before.

Following the scent, he came upon a beautiful garden nestled at the edge of the village. The garden wasn't grand or well-kept like the royal ones; it was modest, with wildflowers and rose bushes sprawling across the land. At the center of the garden, a young woman, Cinderella, was carefully tending to her roses.

She wasn't dressed in fine silks or jewels. Her clothes were simple, yet they held a certain elegance. Her hands were stained with soil, but there was a grace in her every movement as she pruned the roses. When she noticed the prince standing by the gate, she smiled warmly and walked toward him.

"Hello, sir. Can I help you with something?" she asked kindly.

"I was just admiring your garden," he said, his voice softening. "Your roses are beautiful."

She beamed, "Thank you! Roses are special, aren't they? Each one has its own story. Some bloom early, some bloom late. Some have thorns, and some are delicate, but every rose has its own beauty."

Charming nodded thoughtfully, but then said, "I don't understand. Why do you tend to these flowers so lovingly? It seems so... ordinary."

Cinderella's smile remained, but there was a depth to her eyes as she spoke. "Perhaps, in the eyes of many, it seems ordinary. But for me, these roses represent something deeper. They remind me that beauty isn't just in what's seen. It's in how something makes you feel, how you nurture it with your love and care."

She paused, plucking a rose from a nearby bush. "This one, for example," she said, handing it to him. "This rose, despite its thorns, is still beautiful. It isn't perfect, but it is perfectly itself. Like people, sometimes the most imperfect things hold the most beauty."

Charming took the rose, and as his fingers brushed against the petals, something unexpected stirred within him. For the first time in a long while, he felt a deep sense of calm and connection—something he hadn't felt in years. The rose, with its soft petals and sharp thorns, symbolized something much greater than mere beauty. It symbolized life itself—flawed, yet perfect in its own way.

As the days went by, Charming returned to Cinderella's garden, drawn by both the beauty of the roses and the warmth of her company. He would often sit with her as she worked, talking about life and love, and listening to the wisdom in her words. Cinderella, who by now had recognised him as the Prince, never saw him as a symbol of wealth or power. She saw him simply as a person, with the same desires and fears as anyone else.

One day, as the Prince watched her carefully tending to a new batch of rose seedlings, he asked, "Do you ever wish for more? A grand life, with riches and glory?"

She stopped what she was doing and turned to him. "Of course, I have dreams like everyone else," she said. "But the beauty I find here in my roses... in the simplicity of life... is enough for me. True beauty lies not in the wealth we accumulate, but in how we live and love."

His heart ached. He realized that everything he had been seeking in his life—love, acceptance, and true beauty—was not to be found in the grand halls of the palace or the praise of his subjects. It was in the small, meaningful moments, the quiet acts of kindness, and the authentic connections that could not be bought or earned.

One day, after weeks of contemplation, the prince returned to the village, but this time he didn't disguise himself. He approached her and took her hand gently.

Cinderella," he said, "I've come to realize something profound. For so long, I searched for beauty in the wrong places. I sought it in riches, in grandeur, in the admiration of others. But I now understand that true beauty lies in kindness, in authenticity, in the quiet strength of the heart. It lies in roses like these, which may not have the grandeur of a royal bouquet, but have a beauty far beyond any crown."

She looked at him, a soft smile playing on her lips. "Then, you have found the true meaning of beauty, Your Highness."

From that day, the Prince invited her to live in the palace, not because of her beauty, but because of the love, simplicity, and wisdom she brought into his life. And together, they ruled the kingdom with compassion and understanding, always remembering the lesson of the rose—the reminder that true beauty lies in the eye of the beholder.

**Vanshika Taneja**  
B.A. (Hons.) Psychology, 1<sup>st</sup> Year



# हिन्दी विभाग

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## मां (MAA)

मुझे बेटा क्यों पुकारती हो मां,  
क्या मैं अच्छी बेटा नहीं हूँ मां,  
अच्छा चलो बेटा ही पुकारो मगर,  
मुझे भइया कि तरह तो बोलो,  
उसको जैसे बचपन में पाला तुमने मुझे वैसे क्यों  
नहीं पाला,  
वो देर तक जैसे घंटों बेफिक्र खेला करता है,  
मुझे बांधा उसे इतना आजाद क्यों कर डाला,  
मां तुमने मुझे भइया की तरह क्यों नहीं पाला,  
उसकी ख्वाहिशों को तुमने अपनी आंखों पर डाला  
और मेरी गाड़ी खरीदने की इच्छा को तुमने क्यों  
दफना डाला,  
वो पढ़ेगा, लिखेगा, इंजीनियरिंग करेगा, यहीं कहते  
कहते तुमने मुझे B.A में डाला,  
मां तुमने मुझे भइया की तरह क्यों नहीं पाला

प्रीती (22501189)  
(B.A. Program Hindi + History)

## अगर मैं महिला न होती क्या होता ?

“अगर मैं महिला ना होती तो कितना अच्छा होता मेरा संसार,  
चार दिवारी से निकलकर मैं भी लड़कों की तरह मचाती उफान,  
मैं भी अपने पापा जैसे हुकुम चलाती और कमा कर लाती  
रुपए दो चार,  
अगर मैं न होती महिला तो पहनती अपने मन पसंद की  
पोशाक,  
घर में घुसते ही बहन को कहती ला मेरे लिए पानी का गिलास,  
मर्दों की तरह मैं भी ब्याह कर के घूमती बाहर का संसार,  
अगर मैं महिला ना होती तो मुझ पर ना होता बच्चे पैदा कर  
संभालने का भार,  
कौन लड़ता कौन झगड़ता और कौन गिड़गिड़ाता फिर,  
मुझे भी दो मुझे भी दो मर्दों जितना अधिकार,  
अगर मैं महिला ना होती तो कितना अच्छा होता मेरा संसार....”

प्रीती (22501189)  
(B.A. Program Hindi + History)  
तृतीय वर्ष

## मम्मी जैसी कोई नहीं

मम्मी तो मम्मी होती हैं,  
मम्मी का क्या कहना है ?  
पापा बन जाती हैं,  
मम्मी, भाई कभी तो बहना है ।  
बच्चों की आँखों में आँसू देखके माँ डर जाती है ।  
थोड़ी सी भी चोट लगे तो मम्मी घबरा जाती है ।  
किलकारी भरते बच्चों को देख के बल-बल जाती है ।  
सूखे बिस्तर दे के हमको गीले में सो जाती है ।  
हम जाते स्कूल तो बाहर तक मम्मी भी आती है ।  
लौट के जब तक ना आ जाए  
तब तक वो घबराती है ।  
चेक करे स्कूल की कापी होम वर्क करवाती है  
निज हाथों से खिलाके खाना मम्मी हमें सुलाती हैं ।  
मम्मी तो मम्मी होती हैं मम्मी जैसी कोई नहीं  
जैसे जस्सी तो जस्सी है जस्सी जैसी कोई नहीं ।

सदफ फातिमा  
तृतीय वर्ष, हिंदी ऑनर्स

## मम्मी-पापा

मम्मी बिना जग सूना,  
पापा बिना संसार सूना,  
संभव नहीं ईश्वर का हर जगह होना,  
तभी तो उन्होंने मम्मी-पापा को चुना

मम्मी ने हाथों से खाना खिलाया,  
पापा ने नया खिलौना दिलाया ।

हर सपनों की नयी उड़ान दिलाकर,  
नयनों में नयी जान डालकर,  
हम सबका हौसला बढ़ाया,  
और हर सपने को साकार कराया ।

दोनों ने जी-जान लगाई,  
अपने बच्चों को हर खुशी दिलाई ।

मम्मी बिना जग सूना  
पापा बिना संसार सूना,  
संभव नहीं ईश्वर का हर जगह होना,  
तभी तो उन्होंने मम्मी-पापा को चुना ।

सोनी (24561043)  
Bsc (Hons.) Home Science

## पैमाना

अगर लिंग ही होता पैमाना,  
जिससे देखा जाता जमाना  
तो युद्ध, राज्य क्रांति किस्से,  
सिर्फ नर-नारी तक ही सिमटे होते ॥  
राजा की जय, रानी की गाथा,  
इतिहास बस इतना ही कह पाता ।  
न जाति न वर्ग न धरती संग  
न सत्ता का ही होता कोई और प्रसंग ॥

कभी उसे अबला पुकारा जाता,  
कभी उसी पर सबला ग्रंथ लिखा जाता ।  
पर क्या ही फिर इतिहास होता,  
जिसमें लिंग ही एक निर्धारक कारक होता है ।  
अधीनता या प्रधानता की एक ही डिग्री होती,  
जो रंग, वर्ग, जाति धर्म में न बटी होती ।  
उदारवाद मार्क्सवाद जड़ से ही मिट जाते,  
नारीवाद के ही विचार रह जाते ॥  
अगर लिंग ही होता आधार,  
न कोई वर्ग, न कोई जाति का मारा ।  
परन्तु यह एक कल्पना है, जैसे एक पहिए का गाड़ी,  
जिसका आगे चलना हो भारी ॥

कीर्ति कौशिक (22527013)

## युग

जाना चाहती हूँ उस युग में,  
जहाँ कण-कण में सम्मान हो ।  
बसंत में सुगंध अजब-सी,  
तो वर्षा में भी तान हो ॥

युग में, जाना चाहती हूँ,  
उस युग जहाँ कण-कण में सम्मान हो  
नदियों पर संकट नहीं  
केवल निर्मल जल धार हो ॥

जाना चाहती हूँ उस युग में,  
जहाँ कण कण में सम्मान हो.  
जहाँ नारी ही शक्ति ही नारी  
इस बात का सबको ज्ञान हो ॥

जाना चाहती हूँ उस युग में  
जहाँ कण-कण में सम्मान हो  
रिश्तो में दिखावा नहीं,  
केवल निस्वार्थ प्रेम भाव हो ॥

जाना चाहती हूँ उस युग में जहाँ  
कण-कण में सम्मान हो ।

कीर्ति कौशिक (22527013)

## नृत्य की लय-ताल

मनको छूकर कह जाते हैं ।  
मुद्राएँ, पद और ताल,  
नृत्य करते हैं आराधना और अराध्य ।  
खोकर, मन, मोह, और प्राण,

चरणों की लय-तालसंग,  
नृत्य की कथा चलती है ।  
कभी राधा, कभी मीरा,  
प्रेम में रंगी कथा कहती ।

प्रकृति और भावों का संगम,  
चरणों से जीवन रचा ।  
नृत्य के हर मोड़ पर,  
द्रुत गति से प्रेम बरसा ।

घुँघरू की रुनझुन से गूँजे सारा संसार ।  
सजग मुद्राएँ, सजीव भाव,  
नृत्य करते हैं आराधना और अराध्य ।  
खोकर, मन, मोह, और प्राण

शैलिनी दास (22518027)

## मौन हूँ

मौन हूँ  
निःशब्द नहीं  
आवाज है  
बस बोलती नहीं

पहल न करुं  
किसी से डरती नहीं  
जीत की चाह नहीं  
हार मानती नहीं

जज्बात हैं  
मुंह खोलती नहीं  
चाहत है  
किसी से उम्मीद नहीं

आईना हूँ  
बिखरती नहीं  
दर्द से भरी हूँ  
जीना छोड़ती नहीं

काजल (23501061)  
B.A. PROG. (Adc + Philosophy)

## कलम तोड़ दी

और फिर कलम तोड़ दी मैंने, एक गजल अधूरी छोड़ दी मैंने ।  
मंजिल आंखों के सामने थी, पर अपनी करती मोड़ दी मैंने ।  
उसने कहा था ये मुमकिन नहीं, मैं तुम्हारे हाथों की लकीरों में नहीं,  
तुम अच्छे हो और मेरे बहुत अच्छे दोस्त हो,  
और फिर अपनी सारी अच्छाइयां छोड़ दी मैंने ।  
एक करके आला बुराइयां खुदमे जोड़ ली मैंने ।  
फिर खुद को इतना बेजार किया, मैंने अपना बहुत नुकसान किया ।  
देह का तो क्या ही बयां करुं, मैंने दिल को भी बहुत दर्द दिया ।  
फिर एक दिन खुद से ही ये सवाल किया जीने की ख्वाहिश किस खुशी में छोड़ दी तूने ।  
वो बनना संवारना, वो हंसना हंसाना, वो लड़ना  
झगड़ना, वो रूठना मनाना, वो दोस्तों में किस्से कहानी  
सुनाना, आधा सच बताना कुछ अपना मिलाना, वो यारों  
के बीच हसी ठहाके लगाना, वो सब पर अपनी खुशियां  
लुटाना, वो मां को सताना, उसे अपने पीछे घुमाना, सारे  
दिन का हाल उसे खुलकर बताना, ये सारी हरकतें एक  
झटके में छोड़ दि मैंने, अपनी जिन्दगी में एक गहरी  
खामोशी जोड़ ली मैंने ।  
हां... कलम तोड़ दी मैंने ।

शिवानी माथुर

4 सेमेस्टर

बी.ए. प्रोग्राम (कम्प्यूटर एप्लीकेशन इकोनॉमिक्स)

## यात्रा वृत्तांत

### यायावरी

तपती गर्मी में टंडी हवा की चाहत इस मौसम मे सबका ख्वाब होता है। कुछ चाहते हकीकत में बदलती है, गर्मी के मौसम में पहाड़ो की सैर, हम चाहे तो इसे मिडल क्लास प्रिविलेज कह सकते हैं। पर्यटक पहाड़ो की यात्रा को अकसर प्रचलित शहरों, जैसे मसूरी, नैनीताल, शिमला, मनाली से जादा बेहतरीन मौसम और कहा ही देखने को मिल सकता है। इन पहाड़ी देश के अन्य हिस्सों से जोड़ने वाली ये चौड़ी सड़के ही तो है। लोगों के साथ-साथ कारों की बढ़ती संख्या गर्मी के महीनो में इन पहाड़ी शहरों के लिए एक मुसीबत सी बन गई है। कई लोग मानते है कि इन पहाड़ी शहरों में मैदानी शहरों की तुलना में अब कोई खास फर्क नहीं रहा। वही, भीड़-शोर-शराबा, पंखे और एयर कंडीशनर की जरूरत भी पहाड़ी शहरों में होती है। कई मौको पर गर्मी के महीनों में इन शहरों में आने वाले इतने लोग बढ़ जाती है कि गाड़ियों के प्रवेश पर रोक लगानी पड़ती।

शनिवार की सुबह हम घर से 7.30 बजे निकले थे और रात के लगभग 7:00 बज गए थे जब हम नैनीताल पहुंचे। गाड़ी को होटल से करीब 200 मीटर दूर पार्क की थी। वहा से शुरू हुआ हमारा ट्रेक, तभी बीच रस्ते में सेब, नाशपती, सेब अदि पेड़ थे। पके हुए आडू के फल। आदि ने दृश्य को अद्भुत बनाया। होटल पहुंचते ही शाम ढल चुकी थी, रात का अंधेरा और तेज टंडी हवा, ऐसा लग रहा था जैसे अपने सपनो के घर में आ गए। रात के करीब 9 बजे टंड ज्यादा हुई, तो हमारे लिए बोन फायर का इंतजाम किया गया, एक तरफ दिल्ली में उस दिन 45 डिग्री से उपर था और दिल्ली से 350 किलोमिटर दूर रात के 9 बजे हम आग के पास बैठकर उसकी गर्माहट का मजा ले रहे थे। आस पास के जंगलो से आने वाली कीड़े-मकोड़ो की आवाज बीच-बीच में दूर से आती जंगली जानवरो की आवाज, हमारे लिए इससे खूबसूरत दृश्य नहीं हो सकता था।

अगले दिन सुबह सैर पर निकल गए, ये हमारे लिए सबसे खूबसूरत मॉर्निंग वॉक की गिनती में आई। सुरज की चमकती रोशनी, टंडी हवा और पेड़ो बीच चलना, मेरे लिए स्वर्ग जैसा था। सैर से वापस आने के बाद होटल में नाश्ता किया, उसके बाद घर के लिए निकल गए। रास्ते में पहाड़ों का सुंदर दृश्य, टंडी हवा, पहाड़ों में जाके मैगी खाना।

यह सफर हम सब के लिए बहुत खूबसूरत और यादगार रहेगा। नैनीताल के यह सुंदर दृश्य देखाना हर किसी का ख्वाब होगा जो की हमारा पुरा हुआ। इस सफर ने पहाड़ो की खूबसूरती, पर्यावरण, पैड़, यह सब देखने से मन संतुष्ट हो गया।

आशीता नेमी (23503020)

## कहानी

### मातृबोल: तकनीकी युग में हिंदी का पुनर्जागरण

साल 2075 की दुनिया पूरी तरह से तकनीकी कांति के बीच जी रही थी। डिजिटल उपकरणों और कृत्रिम बुद्धिमत्ता (AI) ने इंसान के जीवन केहर पहलू पर कब्जा कर लिया था। ग्लोबलकाम नामक एक सर्वव्यापी भाषा ने लगभग हर क्षेत्रीय भाषा को हाशिए पर धकेल दिया था। पूरी दुनिया पर ऐसी भाषा में संवाद कर रही थी, जो प्रभावी तो थी लेकिन भावनाओं और, सांस्कृतिक विरासतों से रहित थी। भारत की पहचान और सांस्कृतिक धरोहर मानी जाने वाला भाषा हिंदी केवल कुछ छोटे गाँवों और कस्बों तक सीमट कर रह गई थी।

लेकिन इसी तकनीकी युग में, वेदांत जो खुद एक प्रभावशाली एआई डेवलपर था, इस बदलाव से असहज था। वेदांत की पहचान उसकी भाषा और संस्कृति में निहित थी, और उसे लगा कि भाषा केवल संचार का माध्यम नहीं, बल्कि उसकी जड़ों से जुड़ने का एक साधन भी है। उसने ठान लिया था कि वह हिंदी को इस आधुनिक तकनीकी दुनिया में फिर से प्रासंगिक बनाएगा।

एक दिन वेदांत की मुकालत उसकी बचपन की दोस्त काव्या से हुई, जो स्वयं एक भाषाविद थी। और हिंदी विशेषज्ञ थी। काव्या ने वेदांत से मिलकर हिंदी भाषा पर चर्चा की और उसे बताया कैसे युवाओं में हिंदी भाषा को लेकर उदासीनता है। काव्या ने बताया कि हिंदी केवल संवाद का साधन नहीं, बल्कि हमारी धरोहर और पहचान का प्रतीक है। काव्या के साथ मिलकर वेदांत को विचार आया और उसने, मातृबोल नामक एक एप्लिकेशन का सपना देखा – एक ऐसा प्लेटफॉर्म जो हिंदी को पॉप कल्चर, सोशल मीडिया और डिजिटल मीडिया से जोड़ सके। मातृबोल जल्दी ही एक ऐसा प्लेटफॉर्म बन गया जहाँ लोगों ने हिंदी में सॉर्ट वीडियो, गेम्स, लेख आदि डालना शुरू कर दिया। जल्द ही मातृबोल एक सोशल मीडिया ट्रेंड बन गया। युवा पीढ़ी जो ग्लोबलकॉम से आकर्षित थी, वह अब मातृबोल पर अपने विचारों की अभिव्यक्ति हिंदी में करने लगी।

लेकिन मातृबोल की सफलता ने ग्लोबलकॉम के समर्थकों को असहज कर दिया। ग्लोबलकॉम की प्रमुख कंपनी इन्फिनिलिंग को यह महसूस हुआ कि मातृबोल का तेजी से प्रभाव उसके एकरूपी भाषा के वर्चस्व के लिए खतरा बन रहा था। इन्फिनिलिंग के सीईओ मार्क्स बेंडर ने वेदांत को चेतवानी भेजी “या तो एप्लिकेशन को बंद करो, या हम उसे तकनीकी रूप से बंद कर देंगे” वेदांत और काव्या के लिए यह एक गंभीर चेतावनी थी। मातृबोल अब सिर्फ एक एप्लिकेशन नहीं, बल्कि हिंदी भाषा और संस्कृति का प्रतीक बन चुका था। वेदांत ने अपने तकनीकी ज्ञान और काव्या की भाषाई और विशेषज्ञता का उपयोग कर एक योजना बनाई। उन्होंने मातृबोल में एक उन्तत एआई आधारित अनुवाद प्रणाली विकसित की, जो हिंदी को ग्लोबलकॉम और अन्य भाषाओं के साथ सहजता से संवाद करने में सक्षम बना सके। यह तकनीक हिंदी को वैश्विक मंच पर खड़ा होने का साधन बन गई। इस नई तकनीक ने हिंदी को और सशक्त बना दिया, जिससे अब वह न केवल भारी भारतीयों के लिए, बल्कि दुनिया के लोगों के लिए भी संवाद का माध्यम बन गई। इन्फिनिलिंग के प्रायासों के बावजूद, मातृबोल को नष्ट करना असंभव था। वेदांत और काव्या ने न केवल तकनीकी सुरक्षा को मजबूत किया, बल्कि उसे उन्होंने एक वैश्विक समुदाय बनाया जो हिंदी और अन्य भाषाओं के सह-अस्तित्व का समर्थन करता था।

वेदांत और काव्या ने साबित कर दिया कि अगर किसी भाषा को भविष्य में प्रासंगिक बनाना तो उसे तकनीकी और आधुनिक जीवनशैली के साथ जोड़ना अनिवार्य है। मातृबोल केवल एक ऐप नहीं, बल्कि एक आंदोलन था— एक ऐसा आंदोलन, जिसने साबित कर दिया कि भाषाएँ तब तक जिंदा रहती हैं, जब तक वह बदलती दुनिया के साथ कदम से कदम मिलाकर चलती हैं। हिंदी, जो कभी अस्तित्व के लिए संघर्ष कर रही थी, अब न केवल जीवित थी, बल्कि वैश्विक संवाद और संस्कृति का हिस्सा बन चुकी थी।

आयुषी सिंह (23501497)  
बी.ए. प्रोग्राम (इतिहास हिंदी)

## जीवन की वास्तविकता

हमारे जीवन में माँ का महत्व सबसे अत्याधिक होता है विन माँ किसी बच्चे का जीवन बहुत ही सूना व अधूरा होता है। डोलपुर नामक गाँव में एक बहुत ही समृद्ध परिवार रहता था। उस परिवार में रीता और उसका पति रहते थे। रीता के पति का नाम राकेश था राकेश के साथ उसके माता-पिता भी रहते थे। रीता की शादी को अभी एक साल ही हुए थे। दोनों ही पति-पत्नी का जीवन बहुत ही अच्छे से चल रहा था। एक दिन राकेश की माँ रीता से कहती है कि हमें अब अपने घर में एक बच्चे को लाना चाहिए इस बात से रीता समझ जाती है कि माँ मुझसे क्या कहना चाहती है। वह माँ को ‘ठीक है सोचती हूँ’ कहकर चली जाती है। रीता इस बारे में राकेश से बात करती है तो राकेश भी यहाँ बात करता है कि माँ सही तो कह रही है अब हमें अपना परिवार बढ़ाना चाहिए। राकेश की बात सुनकर रीता भी इस बात को स्वीकार कर इस बारे में हा कर देती है। इस बात के विचार से घर में लोग बहुत खुश होते हैं।

रीता के घर में यह खुशी आ जाती है और वह एक माँ का सौभाग्य प्राप्त करती है। रीता अपने बेटे का नाम शिव रखती है। रीता शिव का बहुत ध्यान रखती है वह माँ के हर वह कार्य करती है जो हर माँ अपने बच्चे के लिए करती है। पाँच साल के बाद शिव बड़ा हो जाता है और वह विद्यालय भी जाने लगता है। शिव का ध्यान रखने में रीता बहुत व्यस्त हो जाती है। शिव का ध्यान रखते-रखते रीता घर इतनी व्यस्त हो जाती है कि उसे इस बात का भी आभास

नहीं होता कि उसके घर में बुजुर्ग माता-पिता भी रहते हैं रीता ने शिव के चलते घर पर से सारा ध्यान हटा दिया था बूढ़े माता-पिता पर कोई भी ध्यान नहीं देता था राकेश के माता-पिता ऐसे ही अकेले एक कमरे में पेड़ रहते थे। राकेश भी उनकी एक न सुनता माता-पिता कुछ भी कहते पर वह हमेशा ही उनकी बात टाल देता था। राकेश ने अपने माता पिता को एकदम अलग कर दिया। देख कर ऐसा लगता था कि वह दोनों इस परिवार का कोई हिस्सा ही नहीं हैं।

एक दिन रीता और राकेश यह बात करते हैं कि माँ हमें दिन-रात कुछ न कुछ काम बता कर टोकती है उन्हें शांत रहना आता ही न हो जैसा राकेश कहता है मेरा तो मन करना है कि मैं यहाँ से चला जाऊँ और अपना घर कहीं दूर बसाऊँ रीता भी राकेश की इस बात पर सहमत होती है और वह राकेश से कहती है कि आप सही कह रहे हैं हम यहाँ से दूर जायेंगे तो हम अपना परिवार और शिव की पढाई लिखाई अच्छे से संभाल सकेंगे। एक दिन राकेश और रीता दोनों माँ के पास जाकर इस विषय में बात करते हैं। कि वह माँ से बात कर लेते हैं परन्तु माँ इस बात से बिल्कुल भी खुश नहीं होती एक पल में उनके सारे अरमान टूट जाते हैं। माँ उन्हें बहुत समझाती है कि ऐसा मत करो। मुझसे दूर मत जाओ अगर जा भी रहे हो तो मुझे साथ लेकर चलो मैं यहाँ अकेली क्या करूँगी और तुम्हारे पिताजी भी ठीक नहीं रहते हैं मैं उनका ख्याल अकेले कैसे रखूँगी। इसका इतना सबकुछ कहने के बाद भी रीता और राकेश पर कोई प्रभाव नहीं पड़ता और वह दोनों माँ की एक नहीं सुनते। वह दोनों सुबह ही गाँव से शहर जाने की योजना बना लेते हैं। राकेश की माँ कितना भी कहे उनपर कुछ असर नहीं पड़ता वह अपनी योजना को लेकर बिल्कुल दृढ़ निश्चय हो जाते हैं। शादी के पहले राकेश अपने पिता-माता की सेवा करता था वह अपनी माँ की हर एक बात मानता था लेकिन शादी के बाद वह बिल्कुल ही बदल जाता है।

शादी होने के बाद लड़कियाँ घर वालों के लिए पराई हो जाती हैं और लड़कों के लिए घर वाले पराए हो जाते हैं लड़के शादी होने के बाद अपने परिवार वालों का महत्व भूल जाते हैं वह केवल अपने बच्चे व पत्नी तक ही सीमित रहने लगते हैं।

**सौम्या (22516008)**

बी.ए. (ऑनर्स) हिंदी

## COMMITTEE AND SOCIETY REPORTS

### ***Internal Quality Assurance Cell (IQAC) Report***

**Faculty promotions:** IQAC coordinated faculty promotions for various Academic Levels (AL) by screening and forwarding the PBAS, and APARs with necessary grading in accordance with University of Delhi Standard Operating Procedure for Promotion as per CAS 2018 and CAS 2010. The files for promotion of 66 faculty members were processed for promotion to AL 11 (n=53), AL12 (n=1) and to Associate Professor (n=12) The process for promotion of remaining faculty members to various academic levels is in full swing.

**Participation in seminars and workshops related to quality assurance:** IQAC Director, Prof. Anita Malhotra and former IQAC coordinator Prof. Alka Harneja from Lakshmibai College attended the North Region workshop on NAAC Reforms 2024, in Lucknow on July 26, 2024. IQAC Director, Prof. Anita Malhotra along with the Principal participated in one day workshop for Principals and Heads of HEI on use of AI, Block Chain and Quantum Technologies in higher education-Scope, Challenges, Ethical Aspects organized by Centre for Higher Education Studies and Training and Society for Education And Economic Development (SEED) on 7th September 2024.

### ***Seminars, Workshops and Talks organized by IQAC***

1. IQAC, Centre for Promotion of Research, Quality Education and Empowerment, Department of Sociology organized a Lecture titled "The role Religious Texts in Shaping the Indian Knowledge System" on August 30, 2024. Speaker: Sanat Kumar Sharma from Central university of South Bihar.
2. IQAC and Department of Sanskrit Organized a lecture on "Administrative Structure and Economic thoughts in Kautilya's Arthashastra" on September 17, 2024 by Prof Ranjeet Kumar Mishra.
3. IQAC, Centre for Promotion of Research, Quality Education and Empowerment, and Department of Sociology organized a Lecture titled "Aging and Social Isolation: Challenges and Solutions" September 26, 2024 by Prof. Arvind Joshi Sociologist and Former Dean, Faculty of Social Science, BHU.
4. IQAC & Rajbhasha Karyanvayan Samiti organized a Workshop on "Rajbhasha: Sadhantiki or Vayavhaar" on October 4, 2024. Speaker: Prof. Pooran Chand Tandon, Department of Hindi University.
5. IQAC organized a Workshop on "Mainstreaming Disaster Risk Reduction in Education" on November, 20 2024.
6. IQAC organized a talk on "Nobel Discoveries for Health and Wellness" by Dr. Subhashish Giri, Chief Scientist Officer (AB Company, UK, USA) on January 27, 2025.
7. IQAC collaborated with Centre for Skilling, innovation, social and cultural enterprise and entrepreneurship to celebrate National Startup Day with a talk by Mr Shonal Gupta on 16th January 2025
8. IQAC, in collaboration with Department of Economics University of Allahabad & Centre for Integrated and Rural Development Banaras Hindu University, Varanasi organized a two-day ICSSR sponsored International Seminar on Strengthening Social Security Programs in India with Special Reference to Drinking Water and Solar Energy: A Pathway to Viksit Bharat@2047, 6-7 February 2025.

### ***Internships, Apprenticeship, Projects, and Community Outreach Committee (IAPC)***

In the academic year 2024-25, the Internships, Apprenticeship Projects, and Community Outreach Committee (IAPC) of Lakshmibai College established the groundwork for providing internships in lieu of Skill Enhancement Courses to the college students. Lakshmibai College collaborated with several renowned organizations, including GVIKSH Womenovator, Sewa Bharti NGO, Global Peace Foundation, Centre for Tribal Studies (CTS), Centre for Hindu Studies (CHS), Centre for Democracy Pluralism and Human Rights (CDPHR), Ram Manohar Lohia Hospital, Gyan Publications, and many others, to offer diverse internship opportunities.

The committee organised an MOU signing ceremony on 7th August 2024, to formally launch the internship program. Internationally renowned academicians, Directors and leaders graced the occasion. The distinguished guests present for the signing ceremony were Prof. Dr Priyaranjan Trivedi from IIEE; Prof G D Sharma Director SEED, Prof. S M Patnaik, Director CTS, Padmashri Dr H R Nagendra from S-Vyasa, Dr. Markandey Rai, Chairman GPF, Sh. Sushil Gupta General Secretary Sewa Bharti, Ms. Rajshri Jain, Leader Wommenovator.

The learned guests shared their views about the importance of internships for creating richer learning environment for shaping a brighter future for students. The academic year saw successful completion of 60 hours of internships by 110 students in the odd semester and another group of 104 students will complete by end of April 2025.

The committee also implemented paid Principal Internships in the college. Nine students were placed in admin office, accounts office, library, as research assistant with Faculty having major research projects and others under clean campus initiative.

The committee is headed by Nodal Officer Prof Dr Alka Harneja along with two members Dr Gitanjali Dey and Dr Ojaswini Hooda.

### ***Add-on Courses Foreign Language Certificate Courses***

The Foreign Languages Centre at Lakshmibai College has been committed to providing students with a comprehensive education in foreign languages, thereby enhancing their career prospects and fostering global understanding. The college offers Certificate and Diploma courses in Chinese, Japanese, Korean, French, German and Spanish languages. Chinese, Japanese and Korean language courses are conducted in collaboration with the Department of East Asian Studies and French, German and Spanish language courses are conducted in collaboration with the Department of Germanic and Romance Studies of University of Delhi.

For 2024-25 session, the College offered a Certificate course in French language at popular demand of the students. The Certificate course in French is specifically designed for beginners, aiming to develop their writing, reading, and speaking skills. The program prepares students to interact in French and acquire fluency in the language. In accordance with the DGRS-prescribed curriculum, students undergo 150 hours of instruction and sit for an examination to receive their certificate. Following positive feedback from students, the College is planning to introduce a Diploma course in French, as well as part-time courses in other foreign languages, including German, Spanish, Japanese, Arabic, and more, in the near future.

The Centre is run under the supervision of the respected Principal of the College and faculty members, Prof. Alka Harneja (Add-on course coordinator) and Foreign Language Course Coordinators, Mr. Abhishek Bhaskar and Ms. Sheena Lama.

### ***Add-on Certificate Training Courses in areas of Holistic Counselling in Practise and in Career Counselling 2024- 2025***

Lakshmibai College offers in house developed add-on certificate training courses on Holistic Counselling in Practise and in Career Counselling. These courses attract undergraduate psychology students from across Indian Universities. These courses aim to equip students with essential skills in guidance and counselling and prepare them for real-world applications in education, mental health, and career guidance. 42 students from various universities across India completed this course in 2024-25. More than 60 students from different universities across India are enrolled in the six month basic certificate course in Career Counselling. These courses have globally renowned experts from India, Australia, Dubai, US, UK and other countries facilitating the course.

### ***Add-on Courses on Skill education***

Lakshmibai College has collaborated with Larsen & Toubro Edutech to offer accessible and affordable skill education to students under its nationwide "Educate India" initiative. The platform offers over 1,500 industry-relevant value-added courses in IT, management, and finance, designed to equip students with practical skills for today's job market. The platform is structured around a one-year membership model, allowing students to engage in meaningful learning pathways that are bundled to enhance their educational experience. The college has enrolled more than 100 students under it.

### ***Internal Complaints Committee (ICC)***

The Internal Complaints Committee (ICC) at Lakshmibai College, University of Delhi, remains committed to ensuring a safe, inclusive, and harassment-free environment for all students, faculty, and staff, in line with the Prevention of Sexual Harassment (POSH) Act, 2013. This report outlines the key activities conducted during the reporting period and confirms that no complaints were received.

### ***Key Activities Conducted***

1. ICC Student Elections & Team Formation
  - a. Elections for student representatives were successfully conducted on September 13, 2024, ensuring student participation in ICC initiatives.
  - b. A new student ICC team was formulated to assist in awareness programs and grievance redressal.
2. POSH Awareness through Poster making Competition
  - a. A poster making competition was organized on November, 13, 2024 to spread awareness about POSH guidelines, gender sensitivity, and redressal mechanisms among students.
  - b. The event saw enthusiastic participation, fostering discussion on safe and respectful campus spaces.
3. Awareness and Sensitization Initiatives
  - a. Information about POSH guidelines, ICC members, and reporting channels was disseminated through notice boards, and college website.
4. Handling of Complaints
  - a. The ICC maintains a strictly confidential and accessible complaint redressal mechanism.
  - b. During this period, no complaints were received, indicating a positive and secure environment at the college.
5. Attending event organized by ICC, University of Delhi
  - a. ICC faculty members participated in the event "Empowering through equality" organized by ICC, University of Delhi on 6TH March, 2025.

### ***Academic Improvement and Initiatives Committee (AIC)***

Academic Improvement Initiatives Committee (AIC) works in collaboration with the departmental in-charges as ex officio members. The committee, under the aegis of the Internal Quality Assurance Cell (IQAC), devises and recommends various initiatives and effective practices to enhance the teaching and learning process, through a series of meetings with the departmental in-charges. On June 08 2024, AIC and IQAC jointly organised an online workshop on "PO CO Analysis" for faculty members. IQAC members, Dr. Ambuja K. Tripathy and Dr. Sucheta Gauba conducted the workshop, providing insights into direct and indirect methods of calculation in CO and PO analysis. The activities for the odd semester commenced with mentor-mentee allocation for the academic year. Department wise mentor-mentee data was prepared and shared to facilitate the interactions of the students with their mentors.

Question Banks for the newly introduced Semester V courses as per the revised NEP syllabus were prepared and existing resources (for Semesters I to IV) were updated. Records of the weekly teaching plans, assessment schedules and course completion were collected from all teaching faculty. Also, records of usage of best practices adopted by faculty members such as innovative teaching pedagogy and suitable remedial measures undertaken to meet specific needs of the learners were also gathered. Course exit forms were shared for learner's feedback on the odd semester courses and in addition, consolidation and Result Analysis of the university exam results was performed.

### ***National Cadet Corps (NCC)***

The vibrant NCC Unit of Lakshmibai College falls under 7 Delhi Girls Bn of NCC, Grp 'B' Delhi Directorate. With 160 enrollment, the persevering and ebullient cadets participated in several activities like training camps, special adventure camps, social awareness drives, rallies, etc. During the session 2024-25. The details are presented below:

### ***Republic Day Camp (RDC)***

CDT *Udita Devi* Palungbam represented Delhi Directorate in the prestigious Republic Day Camp (RDC) 2025w.e.f. 30<sup>th</sup>December, 2024 to 30<sup>th</sup> January, 2025 in the cultural competition. Her contribution played a crucial role in the Delhi Directorate securing 1st position in Ballet and 3rd position in Group Song. She performed in

front of the Hon'ble CM of Delhi. She also had the privilege to interact with the Chief of Army Staff, Defence Secretary, and DG NCC.

SGT *Bhumika Kanwar* also represented Delhi Directorate in RDC in Horse Riding and was awarded as **BEST GIRL RIDER**. She is enrolled with R&V Unit of NCC.

### ***Thal Sainik Camp (TSC)***

*JUO Astha* and *JUO Garima* represented the Delhi Directorate in the All India Thal Sainik Camp (TSC) w.e.f. 15<sup>th</sup> July, 2024 to 13<sup>th</sup> September, 2024 in which Delhi Directorate secured 3<sup>rd</sup> position in the Map Reading event.

### ***Special National Integration Camp (SNIC)***

In two different Special National Integration Camps (SNICs), *SUO Aditi* and *CQMS Tamanna* represented Delhi Directorate at Kevadiya, Gujarat (from 06<sup>th</sup> October, 2024 to 2<sup>nd</sup> November, 2024); while *CDT Sonu* attended the SNIC at Nagaland (from December 11 to 22, 2024).

### ***Ek Bharat Shreshth Bharat Camp (EBSB)***

CDT Mansi represented the Delhi Directorate in the Ek Bharat Shreshth Bharat Camp (EBSB), Tripura (December 16-27, 2024.) She secured First Position in NIAP and was the Social Media head of the Delhi Directorate. She also interacted with the DG of Assam Rifles.

CDT SGT Jyoti Gautam represented the Delhi Directorate in Ek Bharat Shreshth Bharat Camp (EBSB), Dibrugarh, Assam (January 2-13, 2025).

10 Cadets were part of the Ek Bharat Shreshth Bharat Camp (EBSB), Delhi (from October 1-12, 2024 to 12 October 2024.) CDT Kavika Rana was part of the Voice of Red Hackle team that hosted the podcast of Norst-East Directorate. LCPL Kajal got 1st position in Tug of War and 1st position in KHO-KHO. CHM Harshita Yadav was appointed as Camp CQMS. SGT Jyoti Gautam got Appreciation for Yoga. CHM Harshita, SGT Jyoti, SGT Vartika, CPL Kajal Kumari, CPL Muskan, CPL Niharika, CPL Shreya Khushwaha, CPL Parul, LCPL Pooja Joshi and CDT Kavika participated energetically in all the activities held at the camp.

### ***Army Attachment Camp (AAC)***

14 cadets participated in the Army Attachment Camp (AAC) held at Shankar Vihar (from 28<sup>th</sup> August, 2024 to 08<sup>th</sup> September, 2024), in which *JUO Divya Kumari* was the Platoon Senior. *CQMS Tamanna*, SGT Priyal, SGT Sweety, and CPL Kiran Rawat secured 1<sup>st</sup> position in cultural (dance) and SGT Prakriti Malhotra received Appreciation for Social Media.

### ***Prime Minister's Rally (PMR)***

36 Cadets participated in the prestigious Prime-Minister's Rally (PM-Rally) 2025 held at Delhi Cantt . (27<sup>th</sup> January, 2025). Before this, it was conducted at NCC Bhawan, Rohini from January 3 to 29, 2025. All the cadets participated with full enthusiasm and dedication and became a part of the WORLD RECORD. In this camp *SUO Aditi*, *JUO Divya Kumari*, *CQMS Tamanna*, SGT Muskan Sindhu, CDT Akansha Yadav, CDT Anamika, CDT Deepanshi, CDT Jaya, CDT Jaya, CDT Nandini Kumari, CDT Prachi, CDT Sakshi Rawat, CDT Sakshi Sharma, CDT Sakshi Singh, CDT Sargam Meena, CDT Tripti Negi represented all dance forms. CDT Adithya, CDT Anamika, CDT Kritika, CDT Mansi, CDT Manushree, CDT Saviti, and CDT Teena were the members of the props team. Some cadets represented different dance forms which CDT Khushi Nagar, CDT Palak, CDT Ritabhya, CDT Urja performed Lavani, SGT Prakriti Malhotra performed Bhangra, CDT Kanaklata performed Bihu, CDT Sonia performed Kashmiri, CDT Archana performed Kalbeliya, CDT Bhawna performed Haryanvi, LCPL Niharika Bunkar and CDT Vedika performed Kathak. SGT Vartika and CDT Kavika Rana were the part of Administration team.

### ***Chief Minister's Rally (CMR)***

Our 5 Cadets participated in the Chief Minister Rally (CMR) held at Chhatrasaal Stadium, Delhi from August 7 to 15, 2024. *SUO Aditi*, *JUO Divya Kumari*, SGT Prakriti Malhotra, CDT Bhawna, and CDT Neha participated in the CMR with full zeal and spirit.

## **Trekking Camps**

CPL Komal participated in the Ajmer-TREK held at Ajmer, Rajasthan (from Nov. 15 to 20, 2024); while 03 Cadets namely CPL Meenakshi Yadav, LCPL Jaya, and CDT Tanu participated in the Himachal-TREK at Solan (from June 07 to 14, 2024).

## **Combined Annual Trekking Camp (CATC)**

A total of 66 Cadets attended the Combined Annual Training Camp (CATC) held at DG NCC, Cariappa Parade Ground, Delhi Cantt (from 06 May 2024 to 15 May 2024.) In this camp, SUO Aditi was appointed as Company Commander (Alpha) and JUO Divya was appointed as Company 2-I/C.

CDT Kavika Rana secured 1<sup>st</sup> position in Declamation, CDT Mansi and CDT Manushree got Appreciation for Social Media contribution.

34 Cadets attended the Combined Annual Training Camp (CATC) held at NCC Bhawan, Rohini (from November 20-29, 2024) in which JUO Astha was appointed as Company Commander (Charlie) and JUO Garima was appointed as Company 2-I/C. In this camp, JUO Astha got 1<sup>st</sup> position in Volleyball competition, CDT Karina got 2<sup>nd</sup> position in Poster-Making, and CQMS Tammana got 3<sup>rd</sup> position in Firing & 1<sup>st</sup> position in Group Dance competition.

## **Independence Day Camp (IDC)**

20 cadets participated in the Independence Day Camp (IDC) held at Red Fort, Delhi from Aug. 1 to 15, 2024.

ANO Cpt. (Prof.) Seema Kaushik Sharma attended the Refresher Course of NCC (Ref SW-66) w.e.f. July 11 to 30, 2024 at Officers Training Academy (OTA), Gwalior.

Along with the camp training, the cadets also participated in institutional training and community engagement initiatives; celebrated days of National importance, and organized several events throughout the year. These activities are listed below.

## **Community Engagement Initiatives**

- 1. SAVE YAMUNA:** Delhi Directorate NCC launched the 'Save Yamuna' campaign song to empower 47,000 cadets as 'Yamuna Rakshak' on 25<sup>th</sup> Nov., 2024. SUO Aditi and CQMS Tammana participated in the song at the banks of the Yamuna River and India Gate.
- 2. Yoga Camp:** Cadets participated in a week-long Yoga Camp, conducted from June 12-21, 2024 for the NCC and NSS on the occasion of International Day of Yoga under the guidance of Principal Dr. Pratyush Vatsala, Capt. Dr. Seema Kaushik Sharma (ANO), Prof. Sunita Arora, Prof. Rekha Sharma, and Dr. Meenakshi Anand (NSS).
- 3. Establishment of Lakshmibai Regiment:** Lakshmibai Regiment consisting of Durga, Kali, and Chandi Wings was established on 2<sup>nd</sup> Sep., 2024. This included NCC, NSS & Sports wings of Lakshmibai College, led by CDT Neha Yadav, JUO Divya, and CDT Jyoti Yadav.
- 4. Voter Awareness Rally:** A rally was organised on Voting Awareness, Mahila Suraksha, and Save Yamuna on 4<sup>th</sup> Feb., 2025. During the vote awareness rally, our cadets participated by cycling and walking through the streets, spreading the message of civic duty and environmental protection.
- 5. Anti-Drug Day:** The cadets of NCC Lakshmibai College proudly organized a pivotal rally on Drug-Free Day on 28<sup>th</sup> June, 2024. Our cadets took to the streets with colorful posters, took a pledge, and shouted powerful slogans, spreading essential awareness about the perils of drug addiction.
- 6. Ncc Mounteering Expedition:** Mountaineering expedition Kang Yatse-II flag-off ceremony attended by 10 cadets at DG NCC, Delhi Cantt. On 28<sup>th</sup> May, 2024.
- 7. Seminar On "Satellites To Security":** 4 cadets represented NCC Lakshmibai College at the Defence Space Symposium on 20<sup>th</sup> April, 2024 related to space technology in National and Global Security.
- 8. Cleanliness Drive:** The NCC unit of Lakshmibai College organized a cleanliness drive on 1<sup>st</sup> Oct., 2024 at India Gate with 1DGBn and 5DGBn. Along with cleaning, we performed a Nukkad Natak to raise awareness about cleanliness and environmental responsibility.

9. **Tree Plantation Drive:** The NCC unit of Lakshmibai College organized a tree plantation drive on the occasion of World Environment Day on 5<sup>th</sup> June, 2024. Cadets planted the first sapling and held a poster-making competition.
10. **Walkathon & Blood Donation Drive:** On 4<sup>th</sup> August 2024, the prestigious AIIMS, New Delhi, was the venue for a momentous blood donation drive, held in commemoration of Independence Day and spearheaded in along with the enthusiastic 8 cadets of Lakshmibai College.
11. **Armed Forces Flag Day:** 08 cadets took part in a Cultural and Guard of Honour Ceremony at LG house, Delhi in the esteemed presence of the Chief of Army Staff Upendra Diwedi and Lt. General of Delhi on 7<sup>th</sup> Dec., 2024.
12. **CM's Visit:** Cadets of Lakshmibai College were honoured to pilot the CM of Delhi, Atishi Marlena Singh, and provide a guard of honour at NCC Bhawan, Rohini in 2024.

### ***Days of National Importance***

1. **Republic Day:** On January 24, 2025, the Lakshmibai Regiment hosted a celebration attended by Member of Parliament Ms. Rekha Sharma, Mr. Bhisham Singh (DCP of Ashok Vihar), and Dr. Rabindra Mohan Acharya as guests of honour. The event featured a parade and cultural performances by the NCC, including dance and music.
2. **Kargil Vijay Diwas Commemoration:** On July 26, 2024, cadets from the LBC NCC Unit attended a screening of the movie 1971. This was followed by a lecture competition during which cadets expressed their gratitude to the armed forces for their sacrifices.
3. **Teacher's Day:** The NCC unit of Lakshmibai College celebrated Teacher's Day on September 5, 2024, in honour of Dr. S. Radhakrishnan's birth anniversary. ANO, Cpt. (Prof.) Seema Kaushik Sharma, dedicated a few lines to acknowledge the impactful guidance provided by teachers.
4. **Unity Run:** On October 31, 2024, the Rashtriya Ekta Diwas, or National Unity Day, was observed to commemorate the birth anniversary of Sardar Vallabhbhai Patel, the Iron Man of India. The cadets took a pledge during this event.
5. **NCC Day:** The NCC unit of Lakshmibai College commemorated NCC Day on November 23, 2024, at the National War Memorial by paying tribute to the heroes of our nation who sacrificed their lives to protect our country through a Guard of Honor.

### ***Events Organized***

1. **Orientation 2024:** The NCC unit of Lakshmibai College conducted an orientation session for the first years. ANO Cpt. (Prof.) Seema Kaushik Sharma spurred students to take up the mantle of unity and discipline by joining NCC. Volunteers shared QR codes to ensure the wide reach of the Google form that was to be filled by interested students.
2. **Enrollment 2024:** Enrollment for the session 2024-25 was conducted on 20<sup>th</sup> Sep., 2024. It was conducted in three rounds, physical test, interview, and talent round under the guidance and supervision of ANO and PI Staff of 7 Delhi Girls Bn, under the guidance of SM Manjit Dhankar, GCI Dolly & PI staff.
3. **ADAMYA'2024 Annual Fest:** On 24<sup>th</sup> April 2024, the NCC unit of Lakshmibai College escorted the chief guest, ADG-Major General Sunjay P Vishwas Rao who interacted with NCC Alumni of LBC. Group-B Commander Brigadier Devasheesh Chowdhury, Adm. Officer Major Subodh, Sr. GCI Manju, and PI staff were also present during the Fest. The Adamyas-2025 was conducted on 10<sup>th</sup> March, 2025 in which more than 500 cadets participated in different events and were awarded by Col. Yogesh Dugrakoti, the Commanding Officer of 7 Delhi Girls Bn. Events such as Squad Drill, Quarter Guard, Poster Making, Best Cadet, Photography & Videography, and Cultural Competitions were conducted.
4. **Lecture on Rock Sport Adventure:** The NCC Unit of Lakshmibai College organized a lecture on "Adventure" by the Rock sport team on 10<sup>th</sup> Feb, 2024. NCC & NSS wing participated and gained insights on how to become an adventure instructor.
5. **Road Safety Awareness Drive: On 18<sup>th</sup> Feb 2025,** the NCC & NSS wing organized an interactive seminar in collaboration with Delhi Traffic Police related to road safety, zebra crossing, signal lights, road signs, the relevance of helmets and conducted MCQs related to Traffic rules and distributed prizes by Delhi Traffic Police to NCC & NSS.

## **Awards and Honours**

1. Lakshmibai College was awarded the **BEST INSTITUTE OF CULTURALS in PMR 2025** by the ADG in a function held at Delhi Directorate, Rohini.
2. Lakshmibai College was awarded as the **Best Institution (SW)** of 7 Delhi Girls Bn. by the Commanding Officer of 7DGBn.
3. SGT Bhumika Kanwar was awarded with **DG Commendation** for winning **1st position in BEST RIDER GIRLS** (Horse Riding).
4. SUO Aditi received an **ADG Commendation Card** and CQMS Tamanna received an **ADG Appreciation Certificate** for their hard work and outstanding dedication throughout the year.
5. SGT Vartika received the **ADG Commendation Card** and SGT Prakriti Malhotra received the **ADG Appreciation Certificate** for their exceptional professionalism, teamwork, and leadership skills during the Prime Minister's Rally Camp'25 (PMR).
6. CHM Harshita received an **ADG Appreciation Certificate** and CDT Kavika Rana received an **ADG Medallion** for their dedication and discipline in EBSB- Delhi Camp. CDT Kavika received appreciation for her work at VORH.
7. ANO Cpt. (Prof.) Seema Kaushik Sharma got the **Appreciation Letter from the CO** of 7DGBN for her dedicated services to NCC.
8. CDT Kavika Rana and CDT Mansi were selected for the VOICE FOR RED HACKLE (VORH) podcast at NCC Bhawan, Rohini.
9. SGT Jyoti Gautam secured 3rd position and CDT Archana, CDT Harshita, and CDT Palak participated in the YOGA COMPETITION conducted 1 DGBn at NCC Bhawan, Rohini.
6. Fests were organized by different colleges and brought laurels to the college. Our NCC CDT Kavika Rana got 2nd position in debating.

All NCC parades were held regularly, weekly on the college campus by PI staff and ANO. All the details of the NCC activities are available on the blog of the NCC wing of our college, which was created in 2018.

**Captain (Prof.) Seema Kaushik Sharma Aditi**  
Associate NCC Officer (A.N.O) Senior Under Officer (SUO)

## **National Service Scheme (NSS)**

The NSS unit of Lakshmibai College had a remarkable year, undertaking various initiatives that promote social responsibility, environmental sustainability, and civic awareness. With over 100 dedicated volunteers, the unit organised numerous events and activities that have made a positive impact on the campus and broader community.

Some notable initiatives undertaken through various projects of NSS include:

- Swachhata Hi Seva campaign, cleanliness rallies, and poster-making activities
- Nukkad Natak performances on social issues like malnutrition and elderly care
- quiz competition and storytelling session for 25 village students in Wazirpur, reinforcing environmental consciousness.
- Tree-planting drives, environmental awareness programs, and donation drives
- Road safety awareness activities, interactive quizzes, and debates
- Community service projects, including visits to elderly homes and slumsThe Seva Se Sikhe campaign encouraged students to embrace service as a means of learning.
- Documentary screening on environmental issues

The NSS unit has received recognition for its efforts, including awards and participation in national-level events. Through its selfless service, the unit embodies the motto "Not Me, But You," striving to create a more compassionate and responsible society.

The Seva Se Sikhe meeting on 30th September 2024, attended by 13 students, served as a platform for sharing experiences in social work, animal rescue, and NGO volunteering. The NSS unit took active strides toward

community welfare and education through various impactful events. Donation Drives were organised in October 2024 wherein contributions were received from students, faculty, and community members, and essential items were distributed to those in need. On 29th October 2024, 45 NSS volunteers gathered at Major Dhyan Chand National Stadium for the Run for Unity on Rashtriya Ekta Diwas, paying tribute to Sardar Vallabhbhai Patel. NSS volunteers from Team Hunar performed a Nukkad Natak in collaboration with the National Institute of Social Defence, addressing the challenges of aging and social isolation and constitution Day was celebrated in November 2024 .

8 NSS volunteers represented Delhi University at the National Integration Camp in MJPRU, Bareilly in December 2024. NSS Unit also organised a robustness event in collaboration with the Department of Physical Education and NCC. The joy of giving was evident during the Christmas Celebration on 25th December 2024, where 30 volunteers from Projects Shikshika, Sanrakshan, and Sangini hosted storytelling sessions and a drawing competition for underprivileged children. On 26th December 2024, a debate competition on Veer Bal Diwas deliberated on "Preserving our culture is more important than technological progress", followed by an awareness drive in Wazirpur village, paying tribute to historical sacrifices.

The NSS unit embarked on a week-long NSS Camp in Jammu from 3rd to 9th January 2025, promoting community service and cultural exchange. The Global Run, an AIESEC initiative, saw 20 volunteers advocate for fitness and social responsibility on 18th January 2025. On 22nd January 2025, 15 volunteers visited the Earth Saviours Foundation in Haryana, where essential items such as stretchers, bedsheets, and pillow covers were donated by the DLF Foundation for elderly residents. Promoting awareness and well-being, the Healing and Hope activity on 25th January 2025 encouraged students to express themselves through art, fostering positivity. In January 2025, Road safety awareness programmes were organised which included an interactive session with children in Wazirpur slum and a speaker Session featuring Dr. Manu Gulati, a National Award-winning teacher and social media influencer, addressing critical issues of traffic regulations. On 30th January 2025, Project Red Dot launched "Know Your Body: Fact vs. Fiction", an awareness initiative on female hygiene.

Volunteers continued their engagement through the NSS Camp at Seshadripuram First Grade College, Yelahanka, Bangalore, from 9th to 17th February 2025. On 18th February 2025, 50 volunteers, led by Prof. (Dr.) Pratyush Vatsala, participated in an awareness rally, addressing topics such as Voting Awareness, Yamuna – The Lifeline of Delhi, and Mahila Suraksha (Women's Safety). The same day, a Road Safety Awareness Drive was conducted in collaboration with the Delhi Traffic Police.

Furthering environmental initiatives, Project Sanrakshan organized "A Talk on Eco Lessons from Our Elders" on 19th February 2025, inspiring discussions on sustainable practices. Additionally, 25 NSS volunteers actively participated in a plantation drive at Mahavir Mandir, Kailash Colony, organized by DLF, planting 3,000 saplings to enhance greenery and combat pollution.

## ***Society Reports***

### ***Navrang: The Theatre Society***

Navrang, the Theatre Society of Lakshmibai College, has achieved significant milestones in the past year. Its street play production, WhiteWash, was performed at prestigious institutions also securing the second position for Best Production at Symbiosis. Members—Pratibha Raghuvanshi and Suhani Tandon won individual awards, including Best Actor (Female) and Special Mentions for their performances at prestigious institutions. The society has continued to grow, with new members joining through auditions and an intensive workshop conducted by esteemed theatre practitioner Mr. Tarun Kohli. Navrang showcased its talent beyond street plays, securing third position in the annual mime production at Indraprastha College for Women and second place in the mimicry competition. Its latest street play, Khaali Haath, has been performed at several institutions, with upcoming performances scheduled at prestigious colleges.

### ***Shastrartha- The Debate Society***

The 2024-25 session has been remarkable for Shastrartha, with growth, achievements, and excellence in debate and public speaking. The society secured victories in 60+ competitions, and organised many notable events including Manikarnika: Rani Lakshmibai Memorial Running Trophy Conventional Debate on 19 November 2024, Yuvamanthan MUN and Mrityunjaya: Rani Lakshmibai Chal Vajjayanti Sansadiya Vaad Vivaad Pratiyogita, a Hindi parliamentary, in March 2025.

Shastrartha's members demonstrated exceptional prowess in debating competitions, excelling across multiple formats. Shreeya Bansal won top positions at several national competitions, including the 48th Kamalnayan

Bajaj Memorial National Elocution Competition and the Banaras Hindu University Debate Competition. Other members, including Mehak Khanam, Ankita, Samiya, Bhavyaa Thakur and Pranjali Bharadwaj also achieved notable successes in parliamentary and conventional debating. Furthermore, the society's speakers shone at the prestigious Delhi Yuva Samvad, organized by Rajdhani Yuva Sansad at Delhi Vidhan Sabha, where Shreeya Bansal was awarded 1st High Commendation, while Mehak Khanam received 1st Honorable Mention. Shreeya Bansal and Mehak Khanam received the Rev. Chancellor Award, SRISIIM Research Foundation for winning at the 3-Day National Debate. These accomplishments reaffirm Shastrartha's status as a premier platform for intellectual discourse and competitive debating.

### ***Persona- Society of the Department of Psychology***

Persona, the Department of Psychology, Lakshmbai College, organized several events to promote mental health awareness and self-care. On World Mental Health Day (October 10, 2024), Persona hosted an event featuring interactive activities, stalls, including those by Imkaan, which promotes mental health through trauma-informed, arts-based therapy; Outlive, a suicide prevention project targeting urban youth in India; Mindscape, a counseling and psychological well-being center; Karmacare, a team of queer and trans-affirmative mental health professionals; and Youth for Mental Health, a youth-based organization blending art and psychology to advance mental health awareness. The event also featured talks by prominent speakers such as Mehar Pruthi, a counseling psychologist, and Nandani Aggarwal, a PHD scholar who discussed gender gaps in psychology and explored career paths in psychology, mindfulness practices, and self-love techniques.

An Awareness Walk and Interactive Discussion on Mental Health Stigmas was hosted on

On October 25, to challenge mental health misconceptions, particularly focusing on women's mental health stigmas and the historical influence of witch hunts. The awareness walk featured students dressed in Halloween costumes or as psychology topics, opening up discussion on mental health facts or myths, debunking common misconceptions and historical stigmas.

On November 6, Persona hosted an event on the Rehabilitation Council of India (RCI) Guidelines featuring a lecture by clinical psychologist Sanjina Bose and distribution of certificates to previous members of Persona. A session on Relieving Stress Through Art and Music, led by mental health professional Oshin Rakesh Randhawa was also conducted to focus on the therapeutic benefits of creative expression.

On November 13, Persona hosted an event on Child Psychology as a Career, led by Dr. Nilifar Malik, a licensed psychologist specializing in child and adolescent psychology.

Additionally, in February 2025, Persona hosted an NTU Global Summer School Overview Session, led by Dr. Jasmeet Singh from the Department of Psychology at Nottingham Trent University, providing information on online summer courses, and an Expressive Body Movement Workshop, exploring the therapeutic approach to psychological well-being through dance and movement. These events fostered a supportive environment for mental health awareness, self-care, and career exploration in psychology.

### ***The Centre for Skilling Innovation Social & Cultural Enterprise and Entrepreneurship***

The Centre for Skilling Innovation Social & Cultural Enterprise and Entrepreneurship, organised a series of impactful events aligned with the objective and goal of the centre. On June 7, 2024, World Food Safety Day was celebrated in association with the Canteen Committee, emphasizing upon hygiene practices and food safety awareness among students, staff and canteen workers.

Moreover, on September 19, 2024, over 50 students from the B.Sc (H) Home Science and B.A (Prog) Food Technology programs visited Bharat Mandapam, Delhi, during the World Food India Expo-2024, where they explored cutting-edge innovations in food processing and preservation.

Subsequently, on September 25, 2024, in association with the Department of Home Science (RMDA) and collaboration with Swavlambi Bharat Abhiyan, organized an event "Entrepreneurship Ignite". Continuing the focus on innovation, National Startup Day was celebrated on January 16, 2025, under the aegis of the Institution Innovation Council (MoE) and IQAC. The event commenced with a Problem-Solving Hackathon, where students pitched innovative solutions, followed by an expert lecture on "Growth Mindset—Skills for a Scalable Future" by Mr. Shonal Gupta and moderated by Ms. Jyoti Arora.

These initiatives collectively contributed to skill enhancement, entrepreneurial motivation, and industry exposure, reinforcing the Centre's mission to nurture innovation and self-sufficiency among students. These initiatives collectively contributed to skill enhancement, entrepreneurial motivation, and industry exposure, reinforcing the Centre's mission to nurture innovation and self-sufficiency among students.

# MOU WITH UNESCO



**Human Rights Day**  
on "10th December"

In context with  
**SUSTAINABLE DEVELOPMENT GOALS**  
A Historic Collaboration

Memorandum of Understanding  
(MOU) SIGNING CEREMONY  
Between  
Lakshmbai College, University of Delhi  
&  
Resource Centre for UN-NEER,  
UNESCO Association Guwahati

Date: 09-12-2024 Time: 11:30 AM  
Venue: LT-1, Lakshmbai College



## AWARDS & FELICITATION



# AWARDS & FELICITATION



## CONFERENCES & SEMINAR



शिक्षा संस्कृति उत्थान न्यास एवं भारतीय भाषा समीति,  
नई दिल्ली के संयुक्त तत्वावधान में आयोजित  
**डिजिटल युग में भारतीय भाषाएं व संस्कृति:  
चुनौतियां एवं समाधान**  
राष्ट्रीय संगोष्ठी 19-20 मार्च  
उद्घाटन सत्र

  
मुख्य अतिथि  
**माननीय लक्ष्मण आचार्य जी**  
महामहिम राज्यपाल, असम

  
अध्यक्षता  
प्रो. मुरली मनोहर पाठक जी  
कुलपति, केन्द्रीय संस्कृत विद्यापीठ दिल्ली

  
प्राचार्य  
प्रो. प्रत्युष यत्सला  
लक्ष्मीबाई कॉलेज, दिल्ली विश्वविद्यालय

स्थान: गार्गी सभागार, लक्ष्मीबाई कॉलेज दिल्ली विश्वविद्यालय  
दिनांक: 19 मार्च 2025, बुधवार  
समय: सुबह, 10 बजे  
आयोजन समिति  
डा. पी. पाहिनी कश्यप (भारतीय भाषा समीति) डा. प्रियंका कश्यप डा. सनील कुमार



# CONFERENCES & SEMINAR



**Indian Council of Social Science Research**  
**International Seminar**  
 06-07 February, 2025  
**Strengthening Social Security Programs in India with Special Reference to Drinking Water and Solar Energy: A Pathway to Viksit Bharat@2047**  
 Sponsored by  
 Indian Council of Social Science Research (ICSSR), New Delhi  
 Organized by  
 IQAC, Lakshmi Bai College, University of Delhi, Ashok Vihar-III, New Delhi  
 In Collaboration with  
 Department of Economics University of Allahabad & Centre for Integrated and Rural Development Banaras Hindu University, Varanasi

**We Cordially invite you!**

DAY - 1 (06 FEBRUARY 2025)	DAY - 2 (07 FEBRUARY 2025)
<b>Inaugural session:</b> 09:30 AM	<b>Technical Session 2: Role of Solar Energy in Achieving Sustainable Development</b> 10:30 AM
Dr. Shambika Ravi Member of the University Education Commission of the Prime Minister's Office, Secretary to the Government of India	Panel Discussion: Impact of Drinking Water & Solar Energy 11:30 AM
Prof. Sushama Yadav Professor of Economics, IQAC, Lakshmi Bai College, University of Delhi	Dr. Pradyumn Kumar Singh Member Secretary, ICSSR, New Delhi
Prof. Anandh Datta Member Secretary, ICSSR, New Delhi	Dr. Anand Kumar Sharma Member Secretary, ICSSR, New Delhi
<b>Plenary Discussion: Viksit Bharat@2047: A Vision for a Developed India by 2047</b> 11:50 AM	<b>Valedictory Session</b> 02:30 PM
Prof. Pradyumn Kumar Singh Member Secretary, ICSSR, New Delhi	Dr. Anand Kumar Sharma Member Secretary, ICSSR, New Delhi
Prof. Anandh Datta Member Secretary, ICSSR, New Delhi	Dr. Pradyumn Kumar Singh Member Secretary, ICSSR, New Delhi
Prof. Anandh Datta Member Secretary, ICSSR, New Delhi	Dr. Anand Kumar Sharma Member Secretary, ICSSR, New Delhi
<b>Technical Session 1: Impact of Drinking Water on Livelihood</b> 02:30 PM	<b>Panel Discussion: Global Strategies for Advancing Sustainable Development: Vision 2047 for India</b> 7:45 PM
<b>Venue: Gargi Hall, Lakshmi Bai College</b>	
<b>Convener</b> Prof. Pradyumn Kumar Singh Principal, Lakshmi Bai College	
<b>Organizing Secretary</b> Dr. Pawan Kumar Singh Department of Economics, Lakshmi Bai College	<b>Co-Convener</b> Dr. Ashok Kumar Prasad Banaras Hindu University
	<b>Co-Convener</b> Dr. Bibha Lal Meena Political Science Lakshmi Bai College
	<b>Co-Convener</b> Dr. Bharti Devi Department of Economics, Banaras Hindu University

**DEPARTMENT OF PHILOSOPHY**  
**LAKSHMIBAI COLLEGE**  
 UNIVERSITY OF DELHI, DELHI

*Invites all to the Inaugural Function of*  
**A TWO DAY NATIONAL SEMINAR**  
 ON  
**RELIGION, MORALITY AND DIVERSITY OF HUMAN LIFE**

*Sponsored by*  
**Indian Council of Philosophical Research**  
 on 18 MARCH, 2024, 11.30 AM onwards  
 Venue: T-1, Lakshmi Bai College, New Delhi

**Chief Guest**

**Sri Bhagat Singh Koshyari**  
 Former Governor, Maharashtra, Goa  
 Former Chief Minister, Uttarakhand

**Key Note Address**

**Dr. H. R. Nagendra**  
 Former Vice-Chancellor, S-VYASA, Bengaluru

**Guest of Honour**

**Prof. Sachchidanand Mishra**  
 Member Secretary, ICPR, New Delhi

**Anacharya Sri Vivek Mishra**  
 Founder, Anacharya Sushil Mission

**Guest of Honour**

**Anacharya Sri Vivek Mishra**  
 Founder, Anacharya Sushil Mission

**Convener**

**DR. PRADYUMN KUMAR SINGH**  
 PRINCIPAL

**DR. RAJASREE ROY**  
 (TEACHER IN-CHARGE)

**DR. ABHISHEK SINGH**  
 CONVENER



## CONFERENCES & SEMINAR



**लक्ष्मीबाई महाविद्यालय**  
(दिल्ली विश्वविद्यालय)  
एवं  
हिंदी अकादमी, दिल्ली  
के संयुक्त तत्वावधान में  
**हिंदी साहित्य : भाषा, राजनीति, धर्म और दर्शन**  
विषय पर आयोजित दो दिवसीय राष्ट्रीय संगोष्ठी

**प्रथम दिवस - 27 नवंबर, 2024**

प्रथम सत्र - हिंदी का भाषाई परिदृश्य  
समय - 11:00 - 1:30 बजे तक  
स्थान - गार्गी सभागार



अध्यक्ष- प्रो. सुधीश पचोरी



वीज वक्तव्य - प्रो. मोहन



मुख्य वक्तव्य - प्रो. विमलेश कंति वर्मा



वक्तव्य - डॉ. राजकुमार

सामिन्ध्य- प्रो. प्रत्युष बत्सला ( प्राचार्य, लक्ष्मीबाई महाविद्यालय, दिल्ली विश्वविद्यालय)  
संचालन- श्री ऋषि कुमार शर्मा धन्यवाद ज्ञापन- डॉ. प्रियंका कुमारी



**DEPARTMENT OF SANSKRIT**  
**LAKSHMIBAI COLLEGE**  
UNIVERSITY OF DELHI, DELHI

In collaboration with  
**DELHI SANSKRIT ACADEMY**  
GOVT. OF NCT OF DELHI

Invites all to the Academic Session 4 of  
**A TWO DAY**  
**SANSKRIT SAHITYOTSAV**  
(26-27, NOVEMBER, 2024)  
(THEME: SANSKRIT AND NAVCHINTAN PARAMPARA)  
ON  
on 26 NOVEMBER, 2024, 11.45 AM- 01.15 PM  
Venue: T-1, Lakshmi Bai College, New Delhi

Chair



Prof. Bhartendu Pandey  
Dept. of SANSKRIT, DU

Speaker



Prof. Ram Nath Jha  
School of Sanskrit and Indic Studies  
Jawahar Lal Nehru University

Speaker



Shri Vedveer Arya  
Additional Financial Adviser (R&I) &  
Joint Secretary, Ministry of Defense



Organize  
**TWO-DAY NATIONAL CONFERENCE**  
On  
**RECLAIMING BHARTIYA PERSPECTIVES ON VIDESHNITI IN  
ANCIENT AND MODERN HISTORICAL THINKING**  
SEPTEMBER 9-10, 2024  
INAUGURAL VENUE: LAKSHMIBAI COLLEGE, GARGI HALL, 10:30 AM

CHIEF GUEST

Guest of Honour



Professor Sangit Kumar Ragi  
Department of Political Science  
University of Delhi



Shri Ranjit Vikram Savarkar Ji  
Chairman  
Swatantryaveer Savarkar Rashtriya Smarak

Guest Speaker



Neha Khanna  
Deputy Editor and Senior Anchor  
TV9 Network



# EVENTS

**LAKSHMIBAI COLLEGE**  
University of Delhi

**Annual BOOK FAIR**

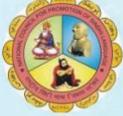
25 February 2025  
11:30 am  
Lakshmbai Vatika



Patron  
Prof.(Dr.) Pratyush Vatsala

Convenors  
Dr.Vatsal P. Pandey  
Mr. Rajesh Kumar

Organisers  
Ms. Tanuja  
Mr. Bhuvan




लक्ष्मीबाई महाविद्यालय (दिल्ली विश्वविद्यालय)  
राष्ट्रीय सिंधी भाषा संवर्धन परिषद (शिक्षा मंत्रालय, भारत सरकार)  
एवं  
रिसोर्स सेंटर फॉर यू.एन.-एन.ई.आर (यूनेस्को, गुवाहाटी)  
के सहितक प्रयासपर नै आयोजित की गयी

**मातृभाषा : हिंदी और सिंधी**

सत्र  
सरिता वातवानी  
अवत, भंग सिंधी केर अण, सँभल सि, सिंधी

सत्र  
दिय्या माधुर  
अवती सिंधी सँभलण, पुनवती सिंधु

संयोजक : डी. प्रमूष वसला  
समन्वयक : डॉ. सुमित कुमार भीरा  
डॉ. पियका कुमारी  
डॉ. रजत शर्मा

एन.टी.-1  
फरवरी 21, 2025

**RUN FOR VIKSIT BHARA**



PROF. YOGESH SINGH  
VICE CHANCELLOR  
UNIVERSITY OF DELHI  
CHIEF GUEST



MR. RAJNIKANT RAO  
GUEST OF HONOUR



MS. DANA NENEEL  
GUEST OF HONOUR



**EXPERT TALK**

**"From Ideas to Impact: Navigating Innovation Development and Technology Readiness"**



**28 JANUARY, 2025**  
**11:00AM - 12:00PM**  
**LALIT KALA PRANGAN**

**Prof. (Dr.) Ravinder Kaur**  
Executive Innovation Officer  
Udhmodya Foundation  
University of Delhi

**Lakshmi Bai College & Delhi Swar Sansar Welfare and Cultural Society**  
Jointly Presents

**गोपाल दास 'नीरज' जन्मशती समारोह Gopal Das 'Neeraj' Birth Centenary Celebration**  
(04 January : 1925 - 2025)

**"आदमी है आदमी से प्यार करता है"**  
सूत चित्र- संशोधी - नृत्य - गायन

Chief Guest : Milan Prabhat 'Gurjan' (Eldest son of Neeraj)  
Special Guest : Malvika Joshi (Poet & Story Writer)  
Rishi Kumar Sharma, (City, Secretary-Hindi Academy, Delhi)  
Speakers : Prof. (Dr.) Pratyush Vatsala, Principal, Lakshmi Bai College, Ashok Vihar, Delhi University  
Dr. Om Nishchal & Dr. Rajeev Shrivastav

**SINGERS**  
Midang Patel  
Disha Sharma

**DANCERS**  
Ankita Samanta  
Tushka Biria  
Santosh Kumar

Cooperat, Vikas & Samant : DR. RAAJEEV SHRIVASTAV, (Dr. Author, Story Narrator & Film Director)  
Master of Ceremony : KISHOR KAUSHAL & DR. VINAY MISHRA, (Director (Hindi) Text & Story Segments)

**Wednesday, January 08, 2025 Time : 11:00 AM to 1:30 PM**  
**Venue: Lakshmbai College, Ashok Vihar, Phase III, Delhi -110052**

Havita Saxena Gaiha  
Patron-in-Chief, Swar Sansar

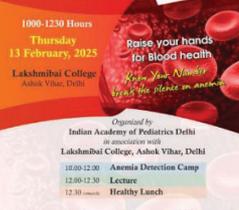
**ANEMIA Awareness Day**  
IRON DEFICIENCY | ANEMIA COMMUNITY

1000-1230 Hours  
Thursday  
13 February, 2025  
Lakshmbai College  
Ashok Vihar, Delhi

**Raise your hands for Blood health**  
Keep Your Number  
Vital's the Planet in anem

Organized by  
Indian Academy of Pediatrics Delhi  
in association with  
Lakshmbai College, Ashok Vihar, Delhi

10:00-12:30 Anemia Detection Camp  
12:30-1:30 Lecture  
12:30- Healthy Lunch



**LAKSHMIBAI COLLEGE**  
UNIVERSITY OF DELHI

IN COLLABORATION WITH  
**RESOURCE CENTRE FOR UN-NER, UNESCO GUWAHATI**

Invites you for a talk on the occasion of  
**International Education Day**

**AI AND EDUCATION:  
PRESERVING HUMAN AGENCY  
IN A WORLD OF AUTOMATION.**

**II am onwards**  
**24 January, 2025**  
**Venue: 6TI**

**KAPIL SINGH MURDIA**  
Co-Founder  
&  
Community Manager  
PRODEEO CAREERS

Patron  
Prof Pratyush Vatsala

Staff Council Secretary  
Prof. Seema Kanshik Sharma

Coordinators  
Ratnakar Kumar, Sheena Lama, & Abhishek Bhaskar

**LAKSHMIBAI COLLEGE**  
UNIVERSITY OF DELHI

Under the Aegis of IQAC  
Lakshmbai Centre For Promotion Of Research, Quality Education & Empowerment  
&  
**DEPARTMENT OF SOCIOLOGY**

Invites You To a Lecture on:  
**"The Role of Religious Texts in Shaping the Indian Knowledge System"**



**AT 11:40**  
**30/08/24**  
**Research Room**

**Esteemed Speaker**  
**Dr. Sanat Kumar Sharma**  
Department of Sociological Studies  
School of Social Sciences & Policy,  
Central University of South Bihar, Gaya





# EVENTS

VIKSIT BHARAT @2047  
**LAKSHMIBAI COLLEGE, UNIVERSITY OF DELHI**  
 Creativity Innovation and Entrepreneurship Cell  
 x  
 Center for Fostering Social Responsibility and  
 Community Engagement  
 Invites you to Celebrate  
**WORLD  
 LAUGHTER DAY**

On the occasion of world laughter day we are excited to announce that ADITYA is performing live.

Stand Up Comedy  
 Crowd Work  
 Fun Games

2nd May, 2024 12:40-1:20 Lalit Kala Prangan

Principal: Prof. Pratyush Vatsala  
 Convenors: Prof. Gayatri, Dr. Kavita Bhatt  
 Student Co-ordinators: Vidhi Allagh, Jiya Chauhan

**LAKSHMIBAI COLLEGE**  
 (UNIVERSITY OF DELHI)  
**NATIONAL CADET CORPS**  
 (7DGBN, GROUP 'B')  
*Celebrates*  
**10TH INTERNATIONAL DAY OF YOGA 2024**  
 On 21st June 2024

7:30 AM to 8:30 AM

Prof. Dh.J Pratyush Vatsala (Principal)  
 Capt. (Prof.) Seema Kaushik Sharma A.R.C.O.  
 Aditi Singh

**LAKSHMIBAI COLLEGE, UNIVERSITY OF DELHI**  
 SHASTRARTHA-The debating and public speaking society  
 Organises  
**YUVAMANTHAN MODEL UNITED NATIONS**

COMMITTEES INCLUDED:-

**UNITED NATIONS DEVELOPMENT PROGRAM (UNDP)**  
**CONFERENCE OF PARTIES(COP-29UNFCC)**  
**ALL INDIA POLITICAL PARTIES MEET(AIPPM)**

Prof.Pratyush Vatsala  
 Co-convenors: Ratnakar Kumar, Rahul Raj Aryan  
 IQAC Co-ordinator: Anita Malhotra  
 Student co-ordinators: Leena Chauhan, Namini Shreeya Bansal, Mehak

**DEPARTMENT OF PHILOSOPHY**  
**LAKSHMIBAI COLLEGE**  
 UNIVERSITY OF DELHI, DELHI  
*Invites all to the 'Inaugural Function of*  
**A TWO DAY NATIONAL SEMINAR**  
 ON  
**RELIGION, MORALITY AND DIVERSITY OF HUMAN LIFE**  
 Sponsored by  
**Indian Council of Philosophical Research**  
 on 18 MAY 2024, 11.30 AM onwards  
 Venue: T-1, Lakshmbai College, New Delhi

Chief Guest  
  
 Sri Bhagat Singh Koshyari  
 Former Governor, Maharashtra, Goa, Former Chief Minister, Uttar Pradesh

Key Note Address: Dr. K. R. Nagesh  
 Guest of Honour: Prof. Sachchidanand Mishra  
 Prof. Pratyush Vatsala (Principal)  
 Dr. Rajarajeev Khy (Vice-Chancellor)  
 Dr. Anand Kumar

**LAKSHMIBAI COLLEGE**  
 (UNIVERSITY OF DELHI)  
**INVITES YOU TO**  
 Collaboration with  
**Sanskar Prerna Manch**  
**Workshop On Cardio Pulmonary Resuscitation (CPR)**

5th April  
 11:30am  
 Venue: Lalit kala Prangan

DR.ANIL K. AGGARWAL  
 PRESIDENT  
 SANSKAR PRERNA MANCHI

Prof. Pratyush Vatsala (PRINCIPAL)  
 Prof. Lata Sharma (VICE PRINCIPAL)

Teacher Coordinators: Prof. Seema Kaushik Sharma, Dr. Sunil Kumar Mishra  
 Student Coordinators: Students of BA, Phys. Physical Education Sem-4 DSC

**DEPARTMENT OF MUSIC**  
**LAKSHMIBAI COLLEGE**  
 IS ORGANISING A LEC-DEM ON  
**हिन्दुस्तानी संगीत में ख्याल गायकी**

BY- PROFESSOR OJESH PRATAP SINGH  
 FACULTY OF MUSIC AND FINE ARTS, DU

PRINCIPAL: PROF. PRATYUSH VATSALA  
 DATE- 28/2/25  
 TIME- 10:30 AM  
 VENUE- MUSIC ROOM 2

TEACHER COORDINATORS: DR. VINAY KUMAR MISHRA (T), DR. RENU JAIN  
 STUDENT COORDINATORS: CHARU BISHT, VASUDHA BARTHWAAL



# EVENTS



**LAKSHMIBAI COLLEGE**  
(UNIVERSITY OF DELHI)

Invites you to Celebrate

**76TH REPUBLIC DAY  
INTERNATIONAL EDUCATION DAY  
NATIONAL GIRL CHILD DAY**

**CHIEF GUEST**  
Ms. Rekha Sharma  
Member of Parliament,  
Rajya Sabha  
Former Chairperson of  
National Commission  
for Women

**GUEST OF HONOUR**  
Mr. Bhisham Singh  
DCP, Ashok Vihar

**GUEST OF HONOUR**  
Dr. Rajindran Mishra Acharya  
Prof. Division of Yoga and Humanities,  
Secretary, YNSA

**24TH JANUARY, 2025  
11:00 A.M. ONWARDS  
LALIT KALA PRANGAN**

Prof. Pratibha Vatsala  
Principal

Prof. Seema Kanshik Sharma  
Secretary, Staff Council

Lakshmi Bai College  
Student Union



# PUNJABI DEPARTMENT

Department of Punjabi  
Lakshmibai College  
University of Delhi, Delhi  
Organizes a **Literary Dialogue**  
on  
**Topic : Aavas , Parvaas ate Sahit**  
**Speaker : Surinder Geet (Canadian Punjabi Writer)**  
**and Book Release**  
SURINDER GEET RACHIT SAHIT : CHINTANI PARIPEKH  
Prof. (Dr.) Jaspal Kaur

CHAIR BY : PROF. MANJIT SINGH  
SPEAKERS : PROF. PRITHVI RAJ THAPAR  
BALBIR MADHOPURI  
DR. MANISHA BATRA



MONDAY | 2 | DECEMBER  
11:00 AM | LT 2

Lakshmibai College  
(University of Delhi)  
**PUNJABI DEPARTMENT**  
Is organising  
*Poem recitation and Poem  
writing competition*  
Date : 11 September 2024  
Time : 11:50 AM  
Venue : Punjabi Department

Student co-ordinator  
Muskan  
8607634044  
Kasak



# HOME SCIENCE DEPARTMENT



## HISTORY DEPARTMENT



# ENGLISH DEPARTMENT

RHETORICIANS  
DEPARTMENT OF ENGLISH

Invites you to a talk by

**DR. ANUBHAV PRADHAN**  
(Assistant professor at IIT BHILAI)  
*Victorian Adventure Writing and the Materiality of  
Colonial Cultural Contact*



Chaired by : **Dr Ruchi Mundeja**  
Associate Professor



**Dr. Deebea Zafir**  
Teacher In Charge

**Ms Vishakha Kardam and Dr Chetan**  
Co convenors

**Dr. Pratyush Vatsala**  
Principal

**Dr. Deebea Zafir**  
Teacher In Charge

**Ms Vishakha Kardam and Dr Chetan**  
Co convenors

Date: 16th January, 2025  
Time: 11:00 am - 12 noon  
Venue : VS-2

**WHISPERS:  
A HALLOWEEN  
SPECIAL**

SUMMON YOUR TALE 'NEATH THE HALLOWEEN VEIL.  
AN EVENT TO MAKE YOUR HALLOWEEN A LITTLE  
LESS SCARY AND A LOT MORE FUN!

DATE- 25 OCTOBER 2024  
TIME- 11:50 AM ONWARDS  
VENUE- VISHWAKARMA BUILDING

[https://forms.gle/1E8toQ1SfzZabbbWxiW8a11TD1Dya2FM9yZwzIBod6yb7\\_0M26a](https://forms.gle/1E8toQ1SfzZabbbWxiW8a11TD1Dya2FM9yZwzIBod6yb7_0M26a)

**LAKSHMIBAI COLLEGE**  
UNIVERSITY OF DELHI

**IN[K]LINATIONS**  
BOOK CLUB

organises  
a book discussion on

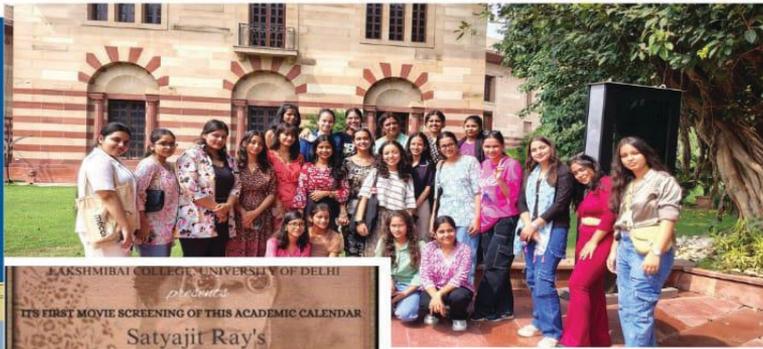
**THE GIFT OF THE MAGI**  
by O Henry  
**THE STORY OF AN HOUR**  
by Kate Chopin

**ECA, 11:50 AM**  
**Friday,**  
**21st February 2025**  
**VS-1**

Teacher Coordinators:  
Dr. Ranjana Nagar  
Dr. Ankita Kumari  
Ms. Sheena Lama  
Ms. Prachi Malik  
Dr. Gjaswini Hooda

Principal  
Prof. (Dr.) Pratyush Vatsala

Teacher In Charge  
Dr. Deebea Zafir



LAKSHMIBAI COLLEGE, UNIVERSITY OF DELHI

presents

IT'S FIRST MOVIE SCREENING OF THIS ACADEMIC CALENDAR

**Satyajit Ray's**  
**CHARULATA**

Invited Expert : **Dr. Smita Banerjee**  
(Associate Professor, Department of English, DCAC,  
University of Delhi)



Date : 24th January, 2025 (Friday).  
Time : 11:00am - 2:30pm  
Venue : LT-2



Women's Development Cell  
Lakshmbai College  
University of Delhi

in collaboration with

**RHETORICIANS**

-The English Department Society-

**THE**  
**CONSONANT**  
**CLASH**  
A Spell Bee  
Competition

5 MARCH

**RULES**

- Team of 2 participants
- There will be 3 elimination rounds
- Spell a given word correctly within the time limit

FOR FURTHER DETAILS CONTACT:  
PURVI SHARMA - 7347240771  
RUSHI - 877864029

THE CONSONANT CLASH - SO YOU THINK YOU CAN SPELL? TEST YOUR ABILITY TO PUT ALPHABETS ONE AFTER THE OTHER, IN THE RIGHT ORDER IN WERE SECONDS.

DEPARTMENT OF ENGLISH, LAKSHMIBAI COLLEGE  
UNIVERSITY OF DELHI

IN COLLABORATION WITH

RESOURCE CENTRE FOR UN-NER, UNESCO  
ASSOCIATION GUWAHATI

THEME : HUMAN SOLIDARITY  
VENUE : VS-14  
DATE : DECEMBER 20, 2024  
TIME : 11:50 A.M.  
LANGUAGE : ENGLISH OR  
HINDI

ORGANISES

SELF COMPOSED POETRY RECITATION  
COMPETITION

TO CELEBRATE

INTERNATIONAL HUMAN SOLIDARITY DAY

**PROF. (DR.) PRATYUSH VATSALA**  
PRINCIPAL

**DR. DEEBEA ZAFIR**  
TIC, DEPARTMENT OF ENGLISH





# LAKSHMIBAI STUDENT UNION 2024-25



## Women empowerment (orange the world)

### इस वहील क्लब दिल्ली अचीवर्स ने किया बच्चियों को जागरूक।



नई दिल्ली (हिमानी गौरी की रिपोर्ट) इस वहील क्लब प्रीक दिल्ली अचीवर्स इंस्टिट्यूट 301 ने दिल्ली के सभासिंह कॉलेज के शत्रु शत्रु के सद्योप से दिल्ली विश्वविद्यालय में "मैरेज द वर्ल्ड" पर कार्यशाला आयोजित की जिसमें 100 के खिलाफ हिंसा को रोका गया। और अगर कोई महिला किसी का शिकार हो रही है उससे कैसे बचे यह बताया गया और उन्हें सज्जन नंबर भी दिए गए। बता दें कि की बच्चों को इस वहील इंस्टिट्यूट में अनमोल टीम से आई पूजा गुप्ता जी द्वारा स्वीच भी दी गयी और बच्चों जागरूक किया गया। वहीं क्लब प्रेसिडेंट स्वाति सेठ ने कॉलेज की पल का स्वागत किया और उन्हें कार्यक्रम में मौजूद होने के लिए शत्रु भी कहा साथ ही क्लब प्रिंसिपल पारट प्रेसिडेंट अरती यादवी ने पूजा 1 भी दिल से सुक्रिया किया वहीं आयोजन को सभासिंह कॉलेज ट आगुपी शर्म जी।

## Oath ceremony of union members



## Republic Day 2025



## Hawan puja with DUSU members



## Freshers 2024 (spectrum)



# NSS



Save Girl child Rally



Swachhata he Seva



Run for unity



National Integration Camp



Cleanliness Drives



Poster Making Competition



Road Safety



National Integration Camp



Plantation Drive



Voting Awareness Drive



Save Submit



7 Days Special Camp



Plantation Drive

## OUR SPORTS ACHIEVERS 2024-25



**POOJA ARYAL**  
Baseball-Sr. National (II)  
Softball-Inter College-I  
Taekwondo-Inter College-II



**VISHAKHA BHADAURIA**  
Baseball-Sr. National (II)  
Softball - Inter College-I



**KAJAL**  
Baseball-Sr. National (III)  
Softball-Inter College-I



**VIDHI**  
Netball-National Games (I)  
All India Inter-University (III)



**KHUSHI**  
Netball-National Games (I)



**EKTA SHARMA**  
Netball  
All India Inter-Univ. (III)



**VANSHIKA**  
Netball-National (III)



**RIYA PANDEY**  
Cross Country-National (P)  
Athletics-Inter College-I, I



**SAKSHI**  
Kabaddi-Jr. National (P)  
& Inter University (P)  
Beach Kabaddi-National (P)



**VANSHIKA SHARMA**  
Kabaddi-Inter University (P)



**PALAK YADAV**  
Kurash-Jr. National (P)  
Wrestling-Inter College-III



**MUSKAN SINDHU**  
Kurash-Jr. National (P)  
Wrestling-Inter College-II  
Judo-Inter College-III



**SONIYA**  
Kurash-Jr. National (P)  
Wrestling-Inter College-II



**KHUSHI**  
Shooting-National (P)



**YAMINI**  
Shooting-National (P)



**ANSHIKA SIROHI**  
Boxing-All India Inter- Univ. (P)  
Inter College (I)



**TANIYA CHAUHAN**  
Boxing-All India Inter Univ. (P)  
Inter College (I)



**SIMRAN PAWAR**  
Wrestling  
All India Inter University (P)  
Inter College (I)



**PREETI**  
Wrestling  
All India Inter University (P)  
Inter College (I)



**ADITHYA D**  
Wrestling  
All India Inter University (P)  
Inter College (I)



**TANISHKA KOLI**  
Kho-Kho-Inter University (P)



**SHIVANI YADAV**  
Cricket Inter University (P)



**PRIYANKA**  
Yoga- National (P)



**PRIYANKA AHUJA**  
Yoga- National (P)



**MAHI TYAGI**  
Yoga- National (P)

## SPORTS TEAMS



SOFTBALL TEAM - 1st Position in Inter College



CRICKET TEAM - 2nd Position in Inter College



BOXING TEAM - 2nd Position in Inter College



ATHLETICS TEAM - 2nd Position in Inter College



KABADDI TEAM - Third Position in Inter College



VOLLEYBALL TEAM - Third Position in Inter College



JUDO TEAM



KHO-KHO TEAM

## SPORTS TEAMS



NETBALL TEAM



TAEKWONDO TEAM



YOGA TEAM



WRESTLING TEAM



WEIGHT-LIFTING TEAM



SHOOTING TEAM

# NCC

## LEADERS AND ACHIEVERS 2024-25



**S.U.O. ADITI**  
(SNIC GUJARAT,  
PMR, CMR, AAC,  
ADG COMMENDATION)



**J.U.O. ASTHA**  
(TSC)



**J.U.O. GARIMA**  
(TSC)



**J.U.O. DIVYA**  
(AAC, PMR, CMR)



**C.H.M. HARSHITA**  
(EBSB DELHI, ADG  
APPRECIATION)



**C.Q.M.S. TAMANNA**  
(SNIC GUJARAT,  
PMR, AAC,  
ADG APPRECIATION)



**SGT. BHUMIKA KUNWAR**  
(RDC,  
DG COMMENDATION)



**CDT. UDITA DEVI**  
(RDC)



**SGT. PRAKRITI MALHOTRA**  
(AAC, PMR, CMR,  
ADG APPRECIATION)



**SGT. VARTIKA TIWARI**  
(EBSB DELHI, PMR,  
ADG COMMENDATION)



**CDT. KAVIKA RANA**  
(EBSB DELHI, PMR, ADG  
MEDALLION)

## NCC : AWARDS & HONOURS



**DG COMMENDATION**



**ADG  
COMMENDATION**



**ADG  
COMMENDATION**



**ADG medallion**



**1ST IN BALLET, 3rd IN group song  
CULTURAL (RDC)**



**BEST INSTITUTION AWARD (PMR  
2025)**



**BEST INSTITUTION IN 700BN (SW)**



**ADG  
APPRECIATION**



**ADG  
APPRECIATION**



**ADG  
APPRECIATION**



**3RD IN MR (TSC)**



**APPOINTED AS MEMBER  
OF VORH**



**NCC: CAMPS AND INSTITUTIONAL TRAININGS**



## DEPARTMENT REPORTS

### ***Bachelor of Business Economics***

The academic session 2024-25 began with the Office Bearers Elections on September 13, 2024. The society actively contributed to college events, starting with the Diwali Mela on October 23, 2024, where Impetus set up Dastaan, a stall offering mehendi, caricatures, tattoos, and meme polaroids, attracting the highest footfall.

On January 29, 2025, "BBE - Bonds Beyond Economics" provided an engaging platform for students to bond through interactive games and team-building activities. The Freshers' Party on February 13, 2025, followed a lively Galentine's theme, featuring vibrant décor, dance performances, and creative title awards, creating an unforgettable experience for first-year students. The session concluded on a high note with Roisters 2025, an inter-college sports competition held from February 28 to March 2, where our students excelled, securing the Overall Champions Trophy with five gold and one silver medal.

### ***Department of Commerce***

The Department of Commerce, Lakshmbai College, had a productive year 2024-25, inspiring and empowering students through knowledge-driven initiatives undertaken by Comspect- the Commerce department society. A speaker session on topic: "Women in Finance", featuring Shivani Gera, was organised on 25th October 2024, who discussed key aspects of financial literacy, career growth, and industry challenges faced by women professionals. On 27th November 2024, the society organised a session on "Monetary Policy and Inflation: The Role of Central Banks" led by economists Dr. Suresh G and Dr. Sairam Moturi.

To enhance career readiness, a 'Resume-Building Webinar' was conducted by career expert Sunil Dua. The session equipped students with essential resume development strategies, interview techniques, and professional presentation skills, preparing them for future job opportunities.

"Imagination Ignition" an Inter-College Case Study competition was also organised in February 2025. The event tested students' problem-solving, analytical, and presentation skills through real-world business case studies. These initiatives provided valuable learning opportunities, fostering academic and professional growth, and preparing students for the dynamic world of commerce.

### ***Department of Computer Science***

The Department of Computer Science, under the aegis of department society, Sanganak, organised various events including workshops on Neural Networks in March 2024, Word Embeddings in October 2024, and Deployment in February 2025, to enhance technical knowledge and provide hands-on training to students. A Research Paper Presentation Competition and a Debate Competition on "Is AI Affecting Critical Thinking?" encouraged research, analytical skills, and critical discussions. The society also focused on career guidance and industry exposure. A Career Orientation Talk featured guest speaker Mr. Ashwini, providing insights into emerging career opportunities. Other events included an Orientation Program for new students, Teacher's Day Celebration, and a Freshers' Event to welcome new students.

### ***Department of Economics***

The Department of Economics initiated the Alumnus Talk Series (ATS) to foster connections with its distinguished alumni. The series commenced with a talk by Ms. Shruti Sharma (Batch: 2012-2015), currently the Program Officer at the UN Better Than Cash Alliance, on November 26, 2024. Ms. Richika Rana (Batch: 2012-2015), an Assistant Professor at Janki Devi Memorial College, University of Delhi, was invited to offer insights on her career path through her talk on January 29, 2025. Ms. Nayonika Sen (Batch: 2013-2016), working with University College Cork, came as a guest to share her perspectives on the topic 'Is a Masters abroad worth it for you?' on March 2, 2025."

È-Parcus, The Economics Society, with the Centre for Scientific Temper, hosted Dr. Kaushalendra Kumar (IIPS Mumbai) discussing the decline in women's employment in India. The society partnered with the Delhi University Literature Festival, where Radhika and Akanksha, its core members, were recognized for their collaborative contributions.

## Department of English

The Department of English began its academic year with an educational excursion for the third-year students to the National Gallery of Modern Art, New Delhi on the 25th of September 2024. The Rhetoricians, the department's literary society, organised a story-telling event "Haunted Whispers" which featured a horror storytelling competition to celebrate the Halloween tradition and foster community engagement. This was followed by an invited lecture by Dr. Anubhav Pradhan (Assistant professor at IIT BHILAI) on the topic: "Victorian Adventure Writing and the Materiality of Colonial Contact". Dr. Pradhan delivered an engrossing talk on the plunder of British conquests and the nature of adventure literature and travelogues.

Synaesthesia, the department's film club, screened Satyajit Ray's *Charulata*. Prof Smita Banerjee, Professor, Department of English, Delhi College of Arts and Commerce, University of Delhi, was the invited expert.

The Department, in collaboration with the Resource Centre for UN-NER, UNESCO Association Guwahati, successfully organized a Self-Composed Poetry Recitation Competition on December 20, 2024, to celebrate International Human Solidarity Day.

Inkinations, the department's book club, convened a thought-provoking discussion on two seminal literary works: O. Henry's "The Gift of the Magi" and Kate Chopin's "The Story of an Hour" on 21<sup>st</sup> February, 2025.. The event brought together book enthusiasts for an in-depth examination of the themes, motifs, and narrative techniques employed by the authors.

## हिंदी विभाग

अकादमिक सत्र, 2024– 2025 में हिंदी साहित्य परिषद् ने छात्राओं के व्यक्तित्व और सर्जनात्मक प्रतिभा के विकास के लिए विभिन्न कार्यक्रमों का आयोजन किया।

हिन्दी साहित्य परिषद्, हिन्दी विभाग द्वारा हिन्दी दिवस के उपलक्ष्य में प्रतियोगिताओं का आयोजन दिनांक 18 व 20 सितम्बर को महाविद्यालय में किया गया, जिनके विषय निम्नलिखित थे।

दिनांक 18 सितम्बर 2024

1. निबंध लेखन प्रतियोगिता
2. सद्यभाषण प्रतियोगिता

दिनांक 20 सितम्बर 2024

1. सस्वर कविता वाचन प्रतियोगिता
2. पोस्टर निर्माण प्रतियोगिता

दिनांक 2 सितम्बर 2024 को राष्ट्रीय आपदा प्रबंधन संस्थान (गृह मंत्रालय, भारतसरकार) द्वारा आयोजित हिंदी पखवाड़े में हिंदी विभाग की छात्राओं ने भाग लिया।

दिनांक 27 एवं 28 नवंबर 2024 को लक्ष्मीबाई महाविद्यालय एवं हिंदी अकादमी, दिल्ली के संयुक्त तत्वावधान में दो दिवसीय राष्ट्रीय संगोष्ठी का आयोजन किया गया, इस संगोष्ठी का विषय था हिंदी साहित्य: भाषा, राजनीति, धर्म और दर्शन इन सभी कार्यक्रमों में प्राचार्य प्रो. प्रत्यूषवत्सलाजी की गौरवमयी उपस्थिति रही। आदरणीय प्राचार्य के मार्ग दर्शन और प्रेरणा से ही सभी कार्यक्रम सफलतापूर्वक संपन्न हुए।

## The Department of History

The Department of History, Lakshmibai College, organized various events, including a spiritual journey to Bangla Sahib Gurudwara in collaboration with Team Delhi Darshan, an Essay Writing & Poster Making Competition on "Importance of Studying History" and "International Day of Peace" in September 2024. The department hosted a seminar on "Contesting Separate Sphere Theory: Women in Political Space in Early India" in October 2024 led by Prof.Smita Sahgal. These initiatives fostered academic excellence, creativity, and a deeper appreciation for history among students.

The department also organized interactive session to facilitate interaction among all the students of B.A. History honours and Programme and cultural events, such as the Ethnic Day celebration. An educational visit to the National Archives of India was organised on October 14th and 18th where Students explored archival storage, file organization, and conservation techniques. A Heritage walk exploring various historical sites in Delhi, was also organised to connect students with India's rich cultural heritage beyond the textbook.

The History Department's educational trip to Amritsar, in February 2025, was a highlight, where 40 students visited iconic sites like Wagah Border, the Golden Temple, and Jallianwala Bagh, deepening their understanding of India's rich heritage and cultural diversity. Upcoming initiatives include a speaker session, an inter-college competition, celebrating Scribble Day, and bidding farewell to outgoing students. The department also plans to explore the archaeological site of Rakhigarhi in Hisar, further fostering academic excellence and a deeper appreciation for history among students.

### ***Department of Home Science***

#### ***Apparel Design and Construction/ Fabric and Apparel Science***

The Department of Apparel Design and Construction/ Fabric and Apparel Science organized a workshop on fabric rendering techniques providing students with valuable insights into textile visualization and surface ornamentation. It also conducted The *Fevicryl Workshop – Paint Your Canvas* which encouraged students to explore their artistic potential using fabric paints. Additionally, a talk-session was organised on *Analysis of Self-Image and Personality – The Big Five Personality Traits*.

The department celebrated *National Handloom Day- 7 th August, 2024*. Several competitions were organised on the occasion-- like creating social media posts/reels in order to spread awareness about our rich cultural heritage and usage of Handloom products. A major highlight was the *Handloom Draping Competition* organized by the University of Delhi on the occasion of the *67th Annual Flower Show*.

In addition, field visits to Bharat Tex, Liva Studio of Aditya Birla Group and Craft-कथा, through All India Artisans and Craftsmen Welfare Association (AIACA) were undertaken.

#### ***Resource Management and Design Application***

The Department of Home Science (Resource Management and Design Application), celebrated World Consumer Rights Day, reinforcing its dedication to consumer awareness and promoting wise buying practices.

They also organised the "Spark Tank" problem identification workshop, where students identified real-world challenges using innovative techniques such as brainstorming, SCAMPER, and mind mapping. Strengthening its entrepreneurial focus, the department organised "Entrepreneurial Ignite," an event in collaboration with Swavlambi Bharat Abhiyan that brought together industry leaders and successful entrepreneurs to share their insights and experiences.

#### ***Food and Nutrition and Food Technology***

The Department of Home Science (Food & Nutrition and Food Technology) at Lakshmibai College enthusiastically celebrated Rashtriya Poshan Maah-2024 throughout September. Focusing on "Anaemia Mukta Bharat, growth monitoring, supplementary nutrition, and the innovative 'Poshan Bhi Padhai Bhi' campaign," the department organized events where students from seven colleges showcased their creativity and knowledge through nutritious recipe displays and informative posters. A key highlight was an insightful talk by guest speaker Dr. Smriti Pahwa, who shared valuable insights on nutrition and dietary habits. Additionally, Dr. Wajiha Mehtab conducted an online session titled "Millet Superfood for Babies." To provide experiential learning on global advancements in food processing, packaging, and sustainability, the department also organized a visit to the World Food India Expo 2024 at Bharat Mandapam, Delhi. The students of B.A (Prog) Food Technology, Semester-5, also showcased their culinary and entrepreneurial skills by organizing a Biscuit and Cookie Sale-cum-Exhibition on 24th October 2024 under the banner of Nutribite.

#### ***Development Communication and Extension***

The Department of Home Science (Development Communication and Extension) conducted two community engagement programs with B.Sc. Honours in Home Science students at Nigam Pratibha Vidyalaya, Satyavati Nagar, New Delhi: The first program focused on the theme of "Girl Child Safety Concerns and Awareness" and was aimed at the female students of Classes IV and V. These included imparting child safety tips through storytelling using scrolls, raising awareness about menstruation and the importance of sanitary pads through a student-made video, and conducting sensitization on the concepts of "Good Touch and Bad Touch" through interactive games. The second community engagement program, held in celebration of Rashtriya Poshan Mah 2024, was focused on reinforcing the importance of nutrition and health awareness. First-year B.Sc. (H) Home

Science students, in collaboration with NSS students, organized a rally to promote these values among the school children.

### ***Human Development***

The Department of Home Science (Human Development) organized a series of enriching events focused on happiness, mindfulness, creativity, and social responsibility. Talks by Dr. Anuradha Sarin, Ms. Pooja Bansal, and Dr. Switi Tembhare emphasized mental well-being, emotional resilience, stress management and self-care. Students also visited the Mahatma Bai Pulhe Memorial Old Age Home, engaging in heartfelt conversations and activities with elderly residents, fostering empathy and social responsibility. A poster-making and slogan-writing competition on “Stages of Human Development” allowed students to creatively showcase the human life journey from infancy to old age.

### ***Department of Mathematics***

The Mathematics Department conducted a seminar on “General Mathematics and MCA Program Success Strategies” by Laghima Gupta, an alumna of Lakshmibai College. The Department of Mathematics hosted a series of engaging events featuring Dr. Madhu Gupta, an Assistant Professor at FLAME University and Prof. Swarn Singh from Sri Venkateswara College, University of Delhi. In association with CypherX, the department visited Satyawati college to attend a seminar by Dr. Kavita Gupta, an Assistant Professor from Kirori Mal College, University of Delhi and later she was invited to the department to conduct an interactive seminar on the topic “Mathematical Insights from Indian Knowledge Systems.”

The department fostered academic engagement through an inter-year quiz competition on pure mathematics, encouraging healthy competition.

### ***Department of Music***

The Music Department and Society have been actively involved in a series of events that contributed to the cultural vibrancy of the institution. Among the many events, the Handloom Exhibition was significant as it showcased a fusion of music and traditional handloom art. The music department, in collaboration with the Political Science department, organized an event discussing the intersection of politics and music. The department hosted Professor Ojesh Pratap Singh for a lecture-demonstration on Indian classical music. Similarly, the inauguration of the Lakshmibai Regiment and the National Seminar “Music and Cultural Heritage” featured musical performances by our students.

Notable achievements of the music society include winning first place at an inter-college group singing competition organised by Cultural Council and Faculty of Music and Fine Arts; performance on the occasion of the Constitution Day as part of the Delhi University contingent at India Gate. They also secured third place at the AIU North West Zone Youth Festival and second place at the AIU National Youth Festival in Indian Group Song, showcasing regional and modern music. The Music Society also collaborated with IIT Kanpur, fostering cross-cultural exchange.

### ***Department of Philosophy***

The Department of Philosophy, under the banner of its departmental society Sophia and in collaboration with the Department of Political Science, inaugurated the 2024-25 academic session by organizing a very successful interactive session with Dr. Vikas Divyakirti on the topic ‘Navigating Your Way to Civil Services through an Integrated Approach.’ The department hosted a feminist ethics session featuring Dr. Reetu Jaiswal on ‘Epistemic Agency and Gender’ and Dr. Astha Mishra on ‘Care Ethics’. The department’s online lecture series featured Dr. Baleshwar Prasad Yadav on Indian Philosophy and Professor Giannis Stamatellos on Socratic chatbots and AI. Continuing the scholarly exploration of connections between Socratic theorems and AI algorithms, the department organized an ICPR-sponsored workshop on March 3rd, 2025, on the topic ‘Greek Philosophy and Its Application in AI,’ led by Prof. Giannis Stamatellos. The Department also organized a talk on ‘Care Thinking in Children’s Pedagogy: A Philosophical Inquiry’ by Dr. Hye-In Ji, a researcher at the Ewha Institute of Philosophy, Seoul, Republic of Korea, building upon the significance of ‘care.’

### ***Department of Physical Education and Sports***

The department of physical education and sports remains committed to nurturing talent and fostering a culture

of excellence in sports. The session 2024-25 was an inspiring journey of achievements and resilience from the point of view of sports.

Lakshmibai College participated in Archery, Athletics, Boxing, Chess, Cricket, Judo, Kabaddi, Kho-Kho, Netball, Softball, Shooting, Volleyball, Taekwondo, Wrestling and Weightlifting in different Inter-College sports competitions organized by University of Delhi. In addition, our students also participated in Yoga, Kurash, Beach Kabaddi, Soft-Baseball, Power-lifting, and Arm Wrestling.

Our students exhibited exemplary dedication, perseverance, and sportsmanship across various disciplines, bringing laurels to the college at the university, state, and national levels.

The sports achievements during the session 2024-25 are listed below:

### **NATIONAL**

Out of 17 representations in the National level sports competitions, our students got 5 gold medals, 3 silver medals and 1 bronze medal, which are mentioned below:

- Netball: Vidhi and Khushi secured Gold Medal in the Traditional category of Netball in the 38th National Games held at Uttarakhand. In the same competition, Vidhi and Khushi secured 1st position in Fast Five Category, while Khushi got 1st position in the Mixed Netball category. Khushi also got 3rd position in the Senior National Championship in Mixed Netball category.
- Baseball: Vishakha Bhaduria, Pooja and Kajal secured 2nd position in 37th
- Sr. National Baseball Championship held at Punjab.
- Cross Country: Riya Pandey represented Delhi State in Sr. National Cross Country Championship.
- Kabaddi: Sakshi participated in Jr. National Kabaddi Championship. Sakshi also participated in National Games, Sr. National and Jr. Nationals in Beach Kabaddi.
- Kurash: Muskan Sindhu, Shreya and Palak Yadav represented Delhi State in Sr. National Kurash Championship.
- Soft-Baseball: Bhumika got 1st position in Jr. National Soft-Baseball Championship.

### **INTER UNIVERSITY**

A total of 11 students represented Delhi in the Inter-University Competitions in different sports. Out of these, 07 at All India level and 04 at North Zone level. Their details are mentioned below.

All India Inter-University: Vidhi and Ekta secured 3rd position in All India Inter University Netball Championship. Simran Pawar, Preeti, and Adithya D. represented Delhi University in the All India Inter University Wrestling Championship; while Anshika and Taniya Chauhan represented Delhi University in All India Inter University Boxing Championship.

North Zone Inter-University: Our 04 students represented Delhi University in North Zone Inter-University competitions in different sports. Out of these, Sakshi and Vanshika participated in Kabaddi, Tanishka in Kho-Kho; and Shivani in Cricket.

### **INTER COLLEGE**

In Team Championships at the DU Inter College Sports Competitions, Lakshmibai College emerged Champion in one game i.e. Softball; secured 2nd position in three games i.e. Athletics, Boxing & Cricket; and got 3rd position in Volleyball & Kabaddi. We also participated in Archery, Judo, Kho-Kho, Netball, Shooting, Taekwondo, Wrestling and Weightlifting.

In Individual sports, our college students won a total of 35 medals, including 9 Gold, 13 Silver and 13 Bronze medals, which are described below:

- ❖ Athletics
  - Gold Medals-04 (Riya Pandey-5000 & 10000, Tanisha Raghav-100 & 200)
  - Silver Medal-01 (Bharti-20km Walk)
  - Boxing

- Gold Medals-02 (Tanya, Anshika)
- Silver Medals-03 (Vandana, Divya Kumari, Sakshi)
- Bronze Medals-06 (Ruchika, Taniya, Vanshika, Muskan, Aayushi, Kasvi)
- ❖ Judo
  - Silver Medal-01 (Kritika)
  - Bronze Medal-02[Muskan Sindhu,Preeti]
- Taekwondo
  - Silver Medals- 02 (Pooja, Aaroshi Khandelwal)
  - Bronze Medals-02 (Nikita, Komal)
- Weight-lifting
  - Silver Medal-01 (Srishti)
  - Bronze Medals-02 (Palak Yadav, Shreya)
- Wrestling
  - Gold Medals-03 (Simran Pawar, Preeti, Adithya D.)
  - Silver Medals-05 (Soniya, Muskan Sindhu, Nandini Sharma, Vanshika, Sanya)
  - Bronze Medal-01 (Palak Yadav)

## **STATE**

Netball: Ananya and Nisha got bronze medal in 1st Delhi State Mix Netball Championship; Sunita got 1st position in Delhi State in Traditional Netball category; Ekta, Nisha, Surbhi, Vanshika, Ananya and Harshita secured 2nd position in Delhi State Senior Netball in Fast 5 category; Ekta Sharma, Nisha, Surbhi, Vanshika, Ananya & Harshita secured 2nd position in Delhi State in Sr. Traditional category; and Shruti Singh got 3rd position in 1st Delhi State Senior Netball Fast 5 category.

Athletics: In Delhi State Annual State Athletics Meet, Tanisha Raghav got 2nd position and Riya Pandey secured 3rd position.

Yoga: Our two students participated in para yogasana in the visually impaired category out of which we got one gold and one silver medal.

Power-Lifting: Our team got the Team Championship in Power-lifting and Dead-Lift.

Arm Wrestling: Our 05 students won the gold medals in Delhi State Arm Wrestling Championship namely Pankhuri, Himanshi, Shristi, Neha Kumari, Sneha.

## **DISTRICT**

Our Kabaddi team secured 1st position in the North East District Kabaddi Championship in Sr. & Jr. Category. Vanshika and Kajal got 1st position in Central District Championship in Senior and Junior Category, Himanshi got 1st position in North District Championship in Senior; while Sakshi got 1st position in West District Championship in Sr. and Jr. category.

## **OPEN TOURNAMENTS**

Judo: In MSCW Invitational Inter College Judo Championship, three of our students bagged bronze medals namely Muskan Sindhu, Preet & Palak Yadav.

Kabaddi: Our team got 1st position in the Open Inter College competition at Jasola.

Volleyball: Our team secured 2nd position in the Invitational Inter College Sports Tournament at IBS, Gurugram; and 2nd position in Spardha - Invitational Tournament organised by NDIM, Jasola.

Taekwondo: Our students won two silver (Pooja, Aarushi) and 02 bronze medals (Harshita, Khushi) in the Erobern (Miranda House Sports Fest).

Athletics (Marathon): Riya got 3rd position in Apollo Tyres New Delhi Marathon 2025 and 2nd position in IPA Neerathon 2025.

Power Lifting: In Shri Bharat Championship Held at Asian Sports Federation, Delhi, seven of our students got 1st position namely Pankhuri, Preeti, Himanshi, Shristhi kumari, Patumeraka Lavanya, Sonam, Sahiba.

### **EVENTS CONDUCTED**

The Department of Physical Education and Sports conducted “Sports Induction Programme” on 30/08/2024; and “Fit India Event” on 17/12/2024.

With renewed enthusiasm, we look forward to another year of success and sporting glory.

### **Department of Political Science**

The Department of Political Science in collaboration with the department of philosophy organised an interactive session on ‘Navigating your way through Civil Services’ by Dr Vikas Divyakirti. The Department also organised a poster making and slogan writing competition on the theme- ‘Gandhian Practice of Non- Violence is the Way Forward’. A debate on ‘One Nation and One Election’ was also organised.

### **Department of Psychology**

The Department of Psychology actively promotes academic excellence and experiential learning through its society, PERSONA, which organizes expert lectures and industry-academia collaborations.

Students demonstrated remarkable achievements this academic year: Tamanna Kalra (B.A. Program, Semester 6) earned Elite NPTEL certifications, contributed to an ICSSR research project, and completed a Clinical Psychology internship at Fortis Healthcare; Our third year students—Vanshika Choudhary, Geetika Sharma, Arya Mani, Shreya Srivastava, and Supriya Bhat—won the Best Paper Award at the Undergraduate Research Meet – SAMVAD for their work on ethical challenges in psychological research. Our sixth semester student, Astha represented the Delhi Directorate in the NCC and secured third position in Map Reading at the All India Thal Sainik Camp (AITSC) held from September 2-13, 2024.

Our faculty members made significant contributions to research and academic development. Dr. Anavila Lochan successfully defended her Ph.D. and received her doctorate degree. Dr. Deepesh Rathore and Dr. Satyanarayan Goud collaborated with RML Hospital and Advitya Centre, facilitating internships for nearly 50 students under IAPC (Internships, Apprenticeship, Projects Committee). Dr. Vandana Gambhir is guiding two Ph.D. scholars and published a Scopus-listed paper this academic year. Dr. A. Radhika and Dr. Vandana Gambhir were appointed as the members of Committee Courses by the Department of Psychology, University of Delhi, for finalizing B.A. and M.A. courses under NEP.

### **Department of Punjabi**

The Department of Punjabi organized a college-level folk singing competition, aiming to help students discover their talents and connect with their heritage. A literary program was organized to discuss the societal changes resulting from migration. Three speakers presented papers on this topic, and a research book on the same subject was also released.

This year, Jyotsna, a third-year B.A. (Prog.) student, won first place in the Intercollege Guru Nanak paper reading competition at Mata Sundri College. The Lakshmibai College Punjabi team also received a consolation prize.

To connect students with books, a trip to the International Book Fair was organized. Jaggo, the Punjabi department’s society, celebrated Mother Tongue Day on February 21, 2025, with competitions in poster making, folk dance and poetry.

### **Department of Sanskrit**

The Department of Sanskrit, through its Sanskrit Sahitya Parishad, began the academic year by welcoming its first-year students with an orientation session and launched a lecture series on the “Indian Knowledge System,” featuring lectures by Prof. Ranjeet Kumar Mishra on “Administrative Structure in Kautilya’s Arthashastra” (August 17, 2024), Dr. Ashutosh Dayal Mathur on the “Indian Legal System” (August 21, 2024), and Dr. Dilip Kumar Jaiswal on “Sanskrit Narratology” (August 28, 2024).

A highlight of the department’s calendar was the Sanskrit Utsav program, held in collaboration with the Sanskrit Academy (Government of Delhi) on November 26-27, 2024. The inaugural session featured luminaries such as Prof. Girish Nath Jha (Director, CSTT, Government of India, and Professor of Sanskrit and Indic Studies,

JNU), Professor Sachchidanand Mishra (Member Secretary, ICPR), and Professor Om Nath Bimali (Director of Hindu Studies and Head of the Department of Sanskrit, Delhi University), who shared their perspectives on “Sanskrit in the Modern Era.” Subsequently, Prof. Bharatendu Pandey (DU), Prof. Ram Nath Jha (Sanskrit and Indic Studies), and Dr. Akhilesh Jha (Joint Secretary, Defence Ministry) discussed the “Mutual Dependency of Sanskrit and Science.”

The Utsav also provided a platform for 50 research scholars and teachers from DU, JNU, and Jamia Millia Islamia University to present research papers on “Indian Knowledge System and Sanskrit Language.”

On the second day, 55 students from various Delhi University colleges participated in three Sanskrit competitions: Bhashan Pratiyogita (speech), Gadya Paath Pratiyogita (prose reading), and Prashna Manch Pratiyogita (quiz).

The valedictory session, attended by Prof. Balram Pani (Dean of Colleges, DU), Prof. Ranjan Tripathi (Joint Dean of Colleges, DU), and Prof. Anju Seth (Principal, Satyawati College), concluded with a cultural program.

The Department of Sanskrit plans to host a Sanskrit play and a series of periodical lectures in the coming months.

### ***Department of Sociology***

The Sociology Department organised a Presentation Competition on Sociological Imagination, held on September 25, 2024. This competition provided students a platform to apply C. Wright Mills’ concept of sociological imagination, encouraging them to analyze personal experiences within broader social structures. Similarly, an Extempore Competition, organized in collaboration with Girl Up Sarthi, challenging participants to articulate their thoughts on gender, society, and current affairs spontaneously, fostering confidence and awareness. The department also hosted Zen, a stress-buster meetup conducted thrice, where students engaged in interactive activities and games to create a sense of community and relaxation amidst academic pressures.

A seminar on the Role of Religious Texts in Shaping the Indian Knowledge System was organized, emphasizing the interplay between religious doctrines and epistemological traditions in India. A lecture on ‘Aging and Social Isolation’ by Prof. Arvind Joshi was held in conjunction with an essay writing competition on the same theme.

One of the department’s key initiatives this year was the launch of ‘Critical Zeitung,’ a social media project aimed at discussing pressing social issues through a sociological lens. This platform covered topics such as the US Elections, Kumbh Mela, the Manipur incident and the debate on Dark Humor vs. Freedom of Speech.

The department also conducted two interactive online sessions, addressing subjects like examination strategies and resolving juniors’ academic queries, along with a dedicated online session on internships.

## **LAKSHMIBAI REGIMENT**

### ***Introduction***

The Lakshmbai Regiment was officially established on September 2, 2024, by the Honourable Prof. Pratyush Vatsala. This regiment unites members from NCC, NSS, and Sports to actively promote women’s safety, combat eve-teasing, and ensure a secure environment within and beyond the college premises. With a focus on discipline, self-defense, and leadership development, the regiment empowers students through rigorous training and awareness programs.

The regiment functions under the esteemed guidance of Capt. Prof. Seema Kaushik, Dr. Meenakshi Anand, and Dr. Rekha. Throughout the academic year, it has conducted multiple initiatives that have significantly contributed to a culture of vigilance and self-reliance among students.

### ***Leadership and appointment:***

Commander-in-Chief: Priya Yadav

Co-Commander: Bharti

The regiment is organized into three specialized wings, each playing a crucial role in maintaining discipline and security:

Durga Wing – Led by Divya, focusing on patrolling and emergency response.

Kali Wing – Led by Jyoti Yadav, specializing in self-defense techniques and training.

Chandi Wing – Led by Neha Yadav, responsible for awareness campaigns and community outreach.

## **Activities Conducted**

### **1. Awareness Rally and Bicycle Initiative**

A large-scale rally promoting women's safety and self-reliance was conducted, with students holding placards and chanting slogans to spread awareness. This initiative was supplemented with a bicycle-sharing system, where 10 bicycles were allocated for faculty and students to navigate within the campus efficiently. The rally took place during Navratras, covering a significant route from Gokul to the Admin office and back, symbolizing strength and resilience. The initiative received an overwhelmingly positive response from students and faculty alike.

Link: <https://www.facebook.com/share/r/3wKSAttN8LUCDWzz/?mibextid=qi2Omg>

### **2. Self-Defense Workshop 1**

To equip students with essential self-defense skills, the first self-defense workshop was held from September 9 to 14, 2024. Trained instructors guided participants through hands-on techniques, ensuring they could effectively respond to potential threats. This workshop focused on real-life scenarios, including defense against grabs, strikes, and threats. The interactive format allowed participants to practice extensively under expert supervision.

### **3. Self-Defense Workshop 2**

In collaboration with Samvardhinee Nyas, the regiment organized an advanced self-defense workshop from October 4 to 9, 2024. Led by renowned martial artist Ms. Harshita Sharma, an international gold medalist and 6th Dan Black Belt, this session delved deeper into specialized defense mechanisms using everyday objects like dupatta, pen, and bag. The session also included a live demonstration on situational awareness and strategic movement in public spaces.

Resource Person: Ms. Harshita Kaushik (Black Belt, International Medalist, National Games Gold Medalist, International Referee)

Date: October 4 to 9, 2024

Timing: 1:00 PM - 2:00 PM

Venue: Lakshmbai Statue Lawn

Registration Link: <https://docs.google.com/forms/d/e/1FAIpQLSfNwBtY9CnFv2PIR1mgbVAJiKX7UxjyHwRtTEtbDqPHP4MHA/viewform?pli=1>

### **4. Voter Awareness Rally**

On February 4, 2025, the regiment partnered with Delhi Police to conduct a Voter Awareness Rally aimed at encouraging students and local citizens to participate in the democratic process. The rally highlighted three key themes:

Mahila Suraksha (Women's Safety)

Yamuna: The Lifeline of Delhi

Voting Awareness

The event saw active participation from faculty and students, with engaging performances and informative speeches to underscore the importance of electoral participation.

### **5. National Girl Child Day, Education Day, and Republic Day Celebration**

On January 24, 2025, a grand event was held to commemorate these three significant occasions. The event was graced by esteemed guests, including Member of Parliament Ms. Rekha Sharma, DCP of Ashok Vihar Mr. Bhishram Singh, and Dr. Rabindra Mohan Acharya.

Event Highlights:

Parade showcasing discipline and teamwork.

Cultural performances by NCC and NSS cadets, including a patriotic dance and musical tribute.

Inspirational speeches emphasizing women's education and empowerment.

## **6. Rockspot Adventure Seminar**

To encourage students to explore adventure sports and survival skills, a seminar was conducted on February 10, 2025, in collaboration with Rockspot Adventure Team. The seminar covered basic survival skills, outdoor navigation, and risk assessment, preparing students for challenging environments beyond the academic setting.

The lecture, delivered by experts in adventure training, emphasized self-employment opportunities for students with a background in NCC, Sports, and NSS. It highlighted how physical skills can be converted into a source of income through activities such as adventure camps. The session focused on how students can utilize their summer and winter vacations by becoming adventure instructors, guiding participants through 10-day to 1-month adventure camps, and earning pocket money alongside gaining valuable leadership experience.

Guest speakers included Captain Dr. Seema Kaushik Sharma, Dr. Meenakshi Anand (NSS), and Prof. Pramila (Hindi Department), who shared insights into the evolving landscape of self-reliance and career-building through adventure-based employment.

## **7. Freshers 2025**

The regiment was entrusted with key responsibilities during Freshers 2025, ensuring the seamless execution of the event. Duties included:

Managing security and crowd control at entry and exit points.

Assisting with seating arrangements and event coordination.

Providing emergency support in case of medical or security concerns.

Our regiment played a key role in supporting college activities, including managing security-related tasks and ensuring smooth operations at key locations.

## **8. Duty Assignments & Schedules**

To ensure safety and discipline, the regiment established strategic duty assignments across key areas of the campus.

Duty Locations:

1. Main Gate (Gate No.1) – Ensuring monitored entry and exit.

2. Bus Stop – Overseeing safe boarding and deboarding of students.

3. Sports Ground – Providing security during physical activities.

4. Statue Lawn – Maintaining order and supervision.

Duty Timings: 12:50 PM - 1:10 PM (Monday to Friday)

Jacket Collection & Return:

Jackets must be collected from the Goods Room at 12:50 PM and returned at 1:10 PM.

Spot checks will be conducted to ensure adherence to duty schedules.



संस्कृत विभागः

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## मम स्वप्ने भारतम्

सत्यधर्मपथे स्थितं सुशान्तमेतद् भारतम्  
 विज्ञानविद्यया युतं सदैव भूयात् भूधरम् ।।  
 न हिंसया जनाः क्षताः, न वै विभेदकष्टता ।  
 न जातिभेद संघटा न दुःखदैन्यविकलता ।  
 कृषीवलाः न पीडिता श्रमं विना न जीवनम्  
 प्रकृत्याः परिरक्षणं न दोषयुक्तं शासनम् ।।  
 विद्यया जागृता जनाः नारीसमाजसंश्रिताः ।  
 समानभावदृग्गतिः, न बालकाः सन्त्यनाथाः ।।  
 युवान उन्नता यतः, न राष्ट्रदैन्यविग्रहः ।  
 स्वयं परिश्रमं विधाय, न अस्ति दीनसंभ्रमः  
 न गोचराः विनाशिताः, न नदीजलविकर्षणम्  
 न मृग्यते परं सुखं न केवलं वित्तगर्जनम् ।।  
 भ्रातृत्वभावसंयुता न कोऽपि हीनवर्जितः ।  
 सहायभावसंयुक्तं जनं सदा सुखे स्थितम् ।।  
 धनं नास्ति परं हितं न मोहकर्मदूषणम् ।  
 सत्पथं सेवया यतः, भवेदयं सतां वनम् ।।  
 सर्वे भवन्तु शिक्षिताः, न कोऽपि ज्ञानवर्तितः ।  
 सर्वे भवन्तु सन्तुष्टा न कोऽपि दुरुखकरितः ।।  
 संघेन राष्ट्रं संवृद्धं, नास्ति कोऽपि भयाकुलः ।  
 सर्वे सन्तु समाहिता, न कोऽपि लोकवर्जितः ।।

अंजलिः बडोला

स्नातक संस्कृत प्रतिष्ठा तृतीय वर्षः

## विकसित भारते महिलानां भूमिका

भारतस्य प्रगतिर्भविष्ये नार्याः योगदानं अतिशय महत्त्वपूर्णं अस्ति । प्राचीनकाले अपि "यत्र नार्यास्तु पूज्यन्ते रमन्ते तत्र देवताः" इति श्रुतौ प्रमाणं दर्शयति यत नारीणां स्थानं समाजे उच्चं भवति । आधुनिके युगे नार्यः केवलं ग्रहिण्यः न भवन्ति । अपितु वैज्ञानिका, चिकित्सिका, अध्यापिका नेत्री च समाजस्य विकासे महत्त्वपूर्ण योगदानं कुर्वन्ति ।

स्वतन्त्रायाः प्राप्तेः अनन्तरं महिलाः विविधेषु क्षेत्रेषु अपूर्वं उत्कर्षं प्राप्तवन्त्यः सुष्मिता सेन कल्पना चावला मैत्रेयी पुष्पा इत्यादयः नारीणां साहसस्य प्रतीकाः सन्ति ।

वर्तमानकाले सर्वकारस्य बेटा बचाओ, बेटा पढाओ इति योजनायाः प्रभावः महत्त्वपूर्ण अस्ति । स्त्रीशिक्षायाः प्रसारः विकसिते भारतस्य आधारस्तम्भः भवति । नारीशक्तिः इत्येषा शक्तिः केवलं वाक्यमात्रं न अस्ति अपितु विकसिते भारतस्य हृदय भवति । यदि नारीशक्तिः सम्यक् रूपेण पोषिता भवेत् तर्हि भारतं महाशक्तिः भविष्यति । यत्र नार्युः सम्मानं लभन्ते, तत्र समाजस्य विकासः अवश्यं भवति । विकसिते भारतं निर्माणे नारीणां अनिवार्यः अस्ति ।

मुक्ता-रैताणी

स्नातक संस्कृत (प्रतिष्ठा) तृतीय वर्षः

## संस्कृतस्य महत्त्वम्

संस्कृतं जननी भाषा, ज्ञानविज्ञानसागरः ।  
ऋषीणां वाणिरमला, वेदानां मूलकारणम् ॥  
मन्त्राणां भाषा पुण्या, योगध्यानप्रदायिनी ।  
वैद्यकं गणितं शास्त्रं, सर्वं तत्र विद्यते ॥  
कालिदासकवीनां रत्नं, रसधारा प्रवाहिनी ।  
गीतारामायणयोः वाणी, जीवनस्य मार्गदा ॥  
संस्कृतिः आधारभूता, दर्शनस्य च कारणम् ।  
संस्कृताय पुनः सम्मानं, भवतु सर्वमानवैः ॥  
संस्कृतं अमृतं पुण्यं, ध्येयं च नित्यं सदा ।  
भारतात् गौरवगाथा, संस्कृतेन प्रसारिता ॥

संवेदना वर्मा

स्नातक संस्कृत (प्रतिष्ठा) द्वितीय वर्षः

## सत्यमेव विजयते

सत्यं जीवनस्य मूलं अस्ति ।  
यत्र सत्यं तत्र धर्मः, यत्र धर्मः तत्र जयः ।  
असत्यस्य मार्गं गच्छन् जनः विनश्यति,  
परं सत्यस्य पालनं कृत्वा सः सफलः भवति ।  
सूर्यः यथा सर्वेषां जीवनं प्रकाशयति,  
तथा सत्यं जीवनं उज्ज्वलयति ।  
अतरु सर्वदा सत्यं वदामः, सत्यं चरामः ।  
“सत्यमेवजयते” इति श्रुतिस्मृतिषु सिद्धं वचः न विस्मर्यम् ।

निहारिका

स्नातक, हिन्दी (प्रतिष्ठा) तृतीय वर्षः

## यमुना मिशनस्य संक्षिप्त वर्णनम्

यमुना मिशनस्य मुख्यं लक्ष्यं यमुना नदीं प्रदूषणमुक्तां कर्तुं अस्ति । एषः कार्यः अत्यन्तं महत्त्वपूर्णं अस्ति, यतः यमुना नदी देहल्याः तस्य च समीपप्रदेशानां मुख्यः जलस्रोतः अस्ति । अस्मिन् मिशने अन्तर्गतं, सर्वकारः विभिन्नाश्च संस्थाः नदीं प्रति पतितं मलजलम् औद्योगिकं च उपमिश्रणं न्यूनिकर्तुं प्रयत्नन्ते । तथैव नदीतीरेषु वृक्षारोपणं स्वच्छतायाः अभियानं च सञ्चालितं भवति यथा यमुना नदीं निर्मलां स्वस्थां च कर्तुं शक्यते । देहल्याः सर्वकारः २०२५ तमे वर्षे यावत् यमुनां पूर्णतया स्वच्छतां कर्तुं लक्ष्यं निर्धारितवती अस्ति ।

रुचिः कुमारी

स्नातक संस्कृत (प्रतिष्ठा) द्वितीय वर्षः

## विकसिता महिला, विकसितं भारतम्

भारतस्य विकासः केवलं अर्थिके क्षेत्रे न, अपितु सामाजिके, सांस्कृतिके, शैक्षिके च क्षेत्रे अपि आवश्यकः अस्ति । अस्मिन् संदर्भे महिलानां भूमिका अतीव महत्त्वपूर्णा अस्ति । प्राचीनकाले भारतस्य समाजे महिलाः उच्चं स्थानं प्राप्तः । गार्गी, मैत्रेयी, अपाला, लोपा—मुद्रा इत्यादयः महिलाः ज्ञानस्य उच्चतमं स्तरं प्राप्तः । किन्तु कालान्तरात् महिलानां स्थितिः हासं गता । यद्यपि आधुनिककाले महिलाः विविधेषु क्षेत्रेषु उत्तमं स्थानं प्राप्तः, तथापि ते सम्यक् अवसराणां अभावं अनुभवन्ति ।

महिलानां सशक्तीकरणं राष्ट्रस्य विकासाय अत्यावश्यकम् । शिक्षा, स्वास्थ्य, अर्थव्यवस्था, विज्ञानं, प्रशासनं च इत्यादिषु क्षेत्रेषु महिलानां सहभागिता अधिकं वर्धनीया । यदि महिलाः शिक्षिताः स्युः, तर्हि सम्पूर्णं समाजं शिक्षायुक्तं भविष्यति । महिलासु आत्मनिर्भरता वर्धते चेत् राष्ट्रस्य आर्थिक वृद्धिः अपि शीघ्रं सम्पद्यते । भारतस्य शासनं महिला सशक्तीकरणाय नाना योजनाः स्वीकृताः, यथा— “बेटी बचाओ, बेटी पढ़ाओ”, “उज्ज्वला योजना”, “सुकन्या समृद्धि योजना” इत्यादयः । अस्याः योजनाः महिलानां जीवनं सुलभं कुर्वन्ति ।

अतः विकसितं भारतस्य निर्माणे महिलानां समानाधिकारः, शिक्षायाः प्रसारः, आर्थिक स्वतंत्रता च अत्यन्तं आवश्यकाः । यदि महिलाः सुरक्षिताः, शिक्षिताः च भविष्यन्ति, तर्हि भारतस्य भविष्यं नूनं उज्ज्वलं भविष्यति ।

सबा

संस्कृत (प्रतिष्ठा) द्वितीय वर्षः

## प्रकृति-संरक्षणम्

नीलाकाशे शशिनः कान्तिः, तारकाणां च शोभते ।  
 गगने गर्जन्ति मेघाश्च वर्षन्ति ससुखं पयः ॥  
 नद्यः वहन्ति सलिलाः, कलकलं कुर्वतीः सदा ।  
 कूलस्य शोभां वर्धयन्ति, पुष्पैः तरुभिर्यताः ॥  
 वनानि काननानि रम्याणि, मृगाः क्रीदन्ति यत्र हि ।  
 मधुपाः गुञ्जन्ति सततं, पिबन्तः मधुसंयुतम् ॥  
 सूर्यः प्रभाम् वितनुते, दिनं सर्वं प्रकाशयन् ।  
 सन्ध्याकाले च रमते, रक्तवर्णं दिशन्तरे ॥  
 पर्वताः स्थिताः गर्वेण, शिखरैः धृतगगनम् ।  
 सरोवरा मनोहारिणः, कमलैः शोभिताः सदा ॥  
 प्रकृतिः अस्मान् शिक्षयति, संयमं धैर्यम् एव च ।  
 यस्य गोदुग्धं पिबामः, तस्य संरक्षणं वयम् ॥  
 धन्या वयं यस्याः गोष्ठे, वसामः प्रेमभाविताः ।  
 संरक्षणं प्रकृतेः कृत्वा, सुखं वासः भविष्यति ॥

नेहा

स्नातक संस्कृत (प्रतिष्ठा) द्वितीय वर्षः

## एवमेव जीवनम्

जने कुत्र भक्तिः आसीत् जीवनस्य?  
 तानि अश्रुपातं मया कदाचित् सुखम् इति चिन्तितम्  
 आसीत्  
 अद्यावधि अकारणं जीवितवान्  
 न जातं यत्, अद्य गन्तव्यम् अस्ति  
 कालस्य एका क्षणमात्रे अस्ति शताब्दीनां सुखम्  
 एवमेव जीवनम्  
 एवमेव जीवनम्  
 यम् अहं कदाचित् सुखम् इति चिन्तितम् ।

सुनैना

स्नातक संस्कृत (प्रतिष्ठा) द्वितीय वर्षः

## गङ्गायाः आह्वानं

हिमगिरिनिष्क्रान्तः धारा शीतला अमृतधारा,  
 जीवनस्य सारं गंगामातुः अङ्के एव निहितम् अस्ति ।  
 निर्मलब्धारा गुगुरेण प्रवहति, पापं प्रक्षालयति,  
 तटे उपविश्य युगकथा रोदिति ।  
 ऋषीणां तपः अस्ति, साधुनां ज्ञानं वर्तते,  
 श्रद्धा भक्तानां गायति स्तुतिः ।  
 मंदिरघण्टाः, आरती आह्वानं,  
 प्रत्येकस्य हृदयस्य आह्वानं गङ्गायाः तटे प्रतिध्वनितम्  
 अस्ति ।  
 परन्तु अद्य मातरं पश्यन्तु, सा कियत् दुःखिता अस्ति,  
 प्रदूषणविषस्य कारणात् सौन्दर्यं नष्टं भवति ।  
 प्लास्टिकस्य अपशिष्टं प्रचण्डमात्रायां प्रवहति,

मित्र! स्वच्छतायाः आह्वानं कोऽपि न शृणोति ।  
 मातुः नेत्रे पश्य, एतावन्तः अश्रुपाताः सन्ति,  
 सः स्वसन्ततिभिः अपि असहायः अस्ति ।  
 कदा अवगमिष्यामः, एषा मातृदुःखः,  
 कदा वयं प्रतियागमिष्यामः तत् मातृगर्व ?  
 एकत्र आगत्य पुनः अस्माकं मातरं स्वच्छं कुर्मः ।  
 स्वसंस्कृति, स्वस्य धरोहर च रक्षतु ।  
 प्रत्येक बिन्दौ जीवनस्य प्रकाशः अस्ति,  
 गंगामातुः सेवा, एषा अस्माकं उद्देशः ।

पुष्पाञ्जलिः सिंहः

स्नातक संस्कृत (प्रतिष्ठा) द्वितीय वर्षः

## पदकाव्यम् “विजयस्य मार्गः”

अग्निरिव ददामः दुःखं  
वायुरिव नयामः बलं ।  
सिंहस्य हृदयं धारयन्तः,  
वयं गच्छामः जयाय सदा ।  
न दीपः तमसि विभ्रमतु,  
न मरुतः मार्गं विघ्नन्तु ।  
मनसः स्थैर्यं धारयन्तः,  
सिद्धिं साधयामहे वयम् ।  
तडितिव दीप्तिमान् भवेत्,  
गरुड इव गगने पततु  
तामोछायाः सन्मानं वहन्तः,  
प्रतियोगितायाम् उत्कर्षं लभामहे ।  
धैर्यं हि यत्र, जयः तत्र,  
संघर्षेण फलं सिध्यति ।  
प्रतिज्ञां स्मरन्तः वयं,  
तामोछायाः कीर्तिं वर्धयामहे ।

चेष्टा

स्नातक संस्कृत (प्रतिष्ठा) प्रथम वर्षः

## प्रकृतिः मम माता

सरितः सागरम् यान्ति वर्षात मेघवृन्दम् ।  
पवनः सुखसंस्पर्शः, शीतलयति च त्वम् ॥  
सौरभं वहति वायुः, पुष्पाणां मनोहरम् ।  
गुञ्जन्ति मधुपा यंत्रं, गीतं मधुरश्रवणम् ॥  
गिरयः धृतिमन्तश्च, सन्ति धैर्यसमन्विताः ।  
अस्मान् शिक्षयन्त्येते, स्थैर्यं कर्तुं सदा सताम् ॥  
प्रकृतिः मम मातेव, ददाति सततं सुखम् ।  
रक्षामः यदि ताम् नित्यं, लभामहे शुभं फलम् ॥

आरती

स्नातक संस्कृत (प्रतिष्ठा) द्वितीय वर्षः

A bouquet of white snowdrops with green stems and leaves is positioned on the left side of the image. The background is a textured, light brown surface with horizontal lines. A large white rectangular box with a dark blue border is centered on the page, containing the title in blue text.

# ਪੰਜਾਬੀ ਵਿਭਾਗ

## ਤੱਤਕਰਾ

ਨੰ.	ਰਚਨਾ	ਲੇਖਕ	ਪੰਨਾ ਨੰ.
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6.	ਰੱਬ ਤੇ ਕੀ ਮੰਗਿਆ (ਕਵਿਤਾ)	ਸਪਨਾ	83
7.	ਧੀਆਂ (ਕਵਿਤਾ)	ਨਿਰਮਲ ਸ਼ਾਹਿਦ	84

## ਸਿੱਖ ਨਸਲਕੁਸ਼ੀ: ਇੱਕ ਅਤਿਆਚਾਰੀ ਇਤਿਹਾਸ

ਸਿੱਖ ਨਸਲਕੁਸ਼ੀ (Sikh Genocide) ਇੱਕ ਅਜਿਹਾ ਦਿਲ ਦਹਿਲਾ ਦੇਣ ਵਾਲਾ ਅਧਿਆਇ ਹੈ, ਜੋ ਸਿੱਖ ਭਾਈਚਾਰੇ ਦੇ ਵਿਰੁੱਧ ਹੋਏ ਅਤਿਆਚਾਰਾਂ ਨੂੰ ਦਰਸਾਉਂਦਾ ਹੈ। ਇਹ ਸ਼ਬਦ ਵਿਸ਼ੇਸ਼ ਤੌਰ 'ਤੇ 1984 ਵਿੱਚ ਭਾਰਤ ਵਿੱਚ ਸਿੱਖਾਂ ਖਿਲਾਫ਼ ਹੋਈ ਹਿੰਸਾ ਅਤੇ ਉਸ ਦੇ ਪਿੱਛਲੇ ਸੰਦਰਭਾਂ ਨਾਲ ਜੋੜਿਆ ਜਾਂਦਾ ਹੈ।

### 1984: ਇੱਕ ਕਾਲਾ ਦੌਰ

1984 ਦਾ ਸਾਲ ਸਿੱਖ ਇਤਿਹਾਸ ਵਿੱਚ ਇੱਕ ਕਾਲਾ ਦੌਰ ਸਾਬਤ ਹੋਇਆ। ਜੂਨ 1984 ਵਿੱਚ "ਓਪਰੇਸ਼ਨ ਬਲੂਸਟਾਰ" (Operation Bluestar) ਦੇ ਨਾਂਅ ਹੇਠ ਭਾਰਤ ਸਰਕਾਰ ਨੇ ਸ੍ਰੀ ਹਰਿਮੰਦਰ ਸਾਹਿਬ (Golden Temple) 'ਤੇ ਹਮਲਾ ਕੀਤਾ। ਇਸ ਕਾਰਵਾਈ ਵਿੱਚ ਬਹੁਤ ਸਾਰੇ ਨਿਰਦੋਸ਼ ਨਾਗਰਿਕ, ਮਹਿਲਾਵਾਂ, ਅਤੇ ਬੱਚਿਆਂ ਨੇ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਗੁਆਈ।

ਅਕਤੂਬਰ 1984 ਵਿੱਚ, ਭਾਰਤ ਦੀ ਤਤਕਾਲੀ ਪ੍ਰਧਾਨ ਮੰਤਰੀ ਇੰਦਿਰਾ ਗਾਂਧੀ ਦੀ ਉਸ ਦੇ ਸਿੱਖ ਸੁਰੱਖਿਆ ਕਰਮਚਾਰੀਆਂ ਵੱਲੋਂ ਹੱਤਿਆ ਹੋਣ ਤੋਂ ਬਾਅਦ, ਦੇਸ਼ ਦੇ ਕਈ ਹਿੱਸਿਆਂ, ਖਾਸ ਕਰਕੇ ਦਿੱਲੀ, ਕਾਨਪੁਰ, ਅਤੇ ਭੋਪਾਲ ਵਿੱਚ ਸਿੱਖਾਂ ਵਿਰੁੱਧ ਹਿੰਸਕ ਹਮਲੇ ਹੋਏ।

### ਹਿੰਸਕ ਹਮਲੇ ਅਤੇ ਨਿਆਇਕ ਵਿਫਲਤਾ

ਇਹ ਹਮਲੇ ਕਿਸੇ ਆਮ ਦੰਗੇ ਨਹੀਂ ਸਨ, ਸਗੋਂ ਇਹ ਇੱਕ ਯੋਜਨਾਬੱਧ ਨਸਲਕੁਸ਼ੀ ਸੀ। ਸਿੱਖ ਪਰਿਵਾਰਾਂ ਨੂੰ ਜੀਵਨਤ ਅੱਗ ਲਗਾ ਦਿੱਤੀ ਗਈ, ਉਨ੍ਹਾਂ ਦੇ ਘਰ ਤੇ ਕਾਰੋਬਾਰ ਨਸ਼ਟ ਕਰ ਦਿੱਤੇ ਗਏ, ਅਤੇ ਮਹਿਲਾਵਾਂ ਨਾਲ ਅਤਿਆਚਾਰ ਹੋਏ। ਹਜ਼ਾਰਾਂ ਨਿਰਦੋਸ਼ ਲੋਕ ਮਾਰੇ ਗਏ, ਪਰ ਅਜਿਹੇ ਅਪਰਾਧਾਂ ਲਈ ਬਹੁਤ ਘੱਟ ਦੋਸ਼ੀਆਂ ਨੂੰ ਸਜ਼ਾ ਮਿਲੀ।

### ਸਿੱਖ ਭਾਈਚਾਰੇ ਦਾ ਸੰਘਰਸ਼

ਸਿੱਖ ਭਾਈਚਾਰੇ ਨੇ ਹਮੇਸ਼ਾ ਹੱਕ ਅਤੇ ਨਿਆਂ ਲਈ ਸੰਘਰਸ਼ ਕੀਤਾ ਹੈ। 1984 ਦੀ ਨਸਲਕੁਸ਼ੀ ਦੀ ਇਨਸਾਫ਼ ਲਈ ਕਈ ਸੰਸਥਾਵਾਂ ਅਤੇ ਵਿਅਕਤੀਆਂ ਨੇ ਲੰਮੀ ਲੜਾਈ ਲੜੀ। ਹਾਲਾਂਕਿ, ਅੱਜ ਵੀ ਕਈ ਪਰਿਵਾਰ ਇਨਸਾਫ਼ ਦੀ ਉਡੀਕ ਕਰ ਰਹੇ ਹਨ।

### ਨਤੀਜਾ

ਸਿੱਖ ਨਸਲਕੁਸ਼ੀ ਇੱਕ ਅਜਿਹਾ ਭਿਆਨਕ ਸੱਚ ਹੈ, ਜਿਸਨੂੰ ਭੁਲਾਇਆ ਨਹੀਂ ਜਾ ਸਕਦਾ। ਇਹ ਸਾਨੂੰ ਇਹ ਸਿਖਾਉਂਦਾ ਹੈ ਕਿ ਇਨਸਾਫ਼ ਦੀ ਲੜਾਈ ਜਾਰੀ ਰੱਖਣੀ ਚਾਹੀਦੀ ਹੈ ਅਤੇ ਇਤਿਹਾਸਕ ਅਤਿਆਚਾਰਾਂ ਨੂੰ ਦੁਹਰਾਉਣ ਤੋਂ ਰੋਕਣ ਲਈ ਸਮਾਜਿਕ ਸਚੇਤੀ ਲੈ ਕੇ ਆਉਣੀ ਚਾਹੀਦੀ ਹੈ।

"ਇਤਿਹਾਸ ਨੂੰ ਜਾਣਨਾ, ਸਮਝਨਾ ਅਤੇ ਇਨਸਾਫ਼ ਲਈ ਲੜਨਾ ਹੀ ਅਸੀਂ ਸੰਨਾਤਨ ਸੱਚਾਈ ਬਣਾਉਣ ਲਈ ਕਰ ਸਕਦੇ ਹਾਂ।"

## ਮਹਾ ਕੁੰਭ ਮੇਲਾ

ਮਹਾਕੁੰਭ ਮੇਲਾ ਭਾਰਤ ਦੇ ਪ੍ਰਯਾਗਰਾਜ ਵਿੱਚ ਹੁੰਦਾ ਹੈ। ਇਹ ਹਰ 12 ਸਾਲਾਂ ਵਿੱਚ ਇੱਕ ਵਾਰ ਮਨਾਇਆ ਜਾਂਦਾ ਹੈ। ਹਰ 144 ਸਾਲਾਂ ਵਿੱਚ ਇੱਕ ਵਾਰ ਇੱਕ ਵਿਸ਼ੇਸ਼ ਮਹਾਕੁੰਭ ਮਨਾਇਆ ਜਾਂਦਾ ਹੈ, ਜੋ ਇਸ ਵਾਰ 2025 ਵਿੱਚ 13 ਜਨਵਰੀ ਤੋਂ 26 ਫਰਵਰੀ ਤੱਕ ਹੋਵੇਗਾ। ਇਸ ਮੇਲੇ ਵਿਚ ਹਜ਼ਾਰਾਂ ਦੀ ਗਿਣਤੀ ਵਿਚ ਭਗਤ ਅਤੇ ਯਾਤਰੀ ਸ਼ਾਮਲ ਹੁੰਦੇ ਹਨ। ਭਗਤਾਂ ਦਾ ਇਹ ਸਮੂਹ ਗੰਗਾ, ਯਮੁਨਾ ਅਤੇ ਸਰਸਵਤੀ ਦੇ ਸੰਗਮ ਤੇ ਨਾਉਂਦਾ ਹੈ, ਜਿਸਨੂੰ ਧਾਰਮਿਕ ਤੌਰ ਤੇ ਪਵਿੱਤਰ ਮੰਨਿਆ ਜਾਂਦਾ ਹੈ। ਮਹਾਕੁੰਭ ਦਾ ਇਹ ਮੇਲਾ ਸਿਰਫ ਧਾਰਮਿਕਤਾ ਦਾ ਪ੍ਰਤੀਕ ਨਹੀਂ, ਸਗੋਂ ਇਹ ਸੰਸਕ੍ਰਿਤਿਕ ਤੇ ਸਮਾਜਿਕ ਏਕਤਾ ਦਾ ਪ੍ਰਤੀਕ ਹੈ, ਜਿਸ ਵਿੱਚ ਹਰ ਕੋਈ ਆਪਣੇ ਅਨੁਭਵਾਂ ਨੂੰ ਸਾਂਝਾ ਕਰਨ ਲਈ ਆਉਂਦਾ ਹੈ।

ਮਹਾਕੁੰਭ ਵਿੱਚ ਬਹੁਤ ਸਾਰੇ ਪ੍ਰਸਿੱਧ ਬਾਬੇ ਆਪਣੇ ਅਨੇਖੇ ਤਰੀਕੇ ਨਾਲ ਲੋਕਾਂ ਨੂੰ ਆਕਰਸ਼ਿਤ ਕਰੀ ਜਾਂਦੇ ਹਨ ਐਵੇਂ ਜਿਵੇਂ ਬਾਬਾ ਰੁਦਰਾਕਸ਼ 11000 ਰੁਦ੍ਰਾਕਸ਼ ਮਣੀਆਂ ਨਾਲ ਸਜੇ ਹੁੰਦੇ ਹਨ। ਇਹ ਬਾਬਾ ਹਰਿਆਣੇ ਦੇ ਹਨ। ਇਨ੍ਹਾਂ ਦੀ ਵਿਲੱਖਣਤਾ ਅਤੇ ਭਗਤੀ ਨੇ ਉਨ੍ਹਾਂ ਨੂੰ ਬਹੁਤ ਪ੍ਰਸਿੱਧ ਕੀਤਾ ਹੈ। ਇਹ 11000 ਰੁਦ੍ਰਾਕਸ਼ ਅੱਠ ( 8 ) ਮਣੀਆਂ ਨਾਲ ਸਜਿਆ ਹੁੰਦੇ ਹਨ, ਜੋ 30 ਕਿਲੋਗ੍ਰਾਮ ਤੋਂ ਵੱਧ ਭਾਰ ਰੱਖਦੀਆਂ ਹਨ। ਇਸ ਤੋਂ ਇਲਾਵਾ ਬਾਬਾ ਨਿਰਾਲਾ ਜੋ ਕੁਟੀਆ ਤੇ ਸੁੱਤੇ ਰਹਿੰਦੇ ਹਨ ਇਹ ਆਪ ਆਸਧਾਰਨ ਤਪਸਿਆ ਲਈ ਜਾਣੇ ਜਾਂਦੇ ਹਨ। ਅਤੇ ਬਾਬਾ ਮੋਖਸ਼ਪੁਰੀ, ਇਹ ਇਕ ਅਮਰੀਕੀ ਕੰਮ ਲਈ ਜਾਣੇ ਜਾਂਦੇ ਹਨ ਅਤੇ ਬਾਬਾ ਮੋਖਸ਼ਪੁਰੀ, ਇਧਰ ਇਕ ਅਮਰੀਕੀ ਸੈਨਿਕ ਹਨ। ਜੋ ਕੀ ਪਹਿਲਾ ਮਾਇਕਲ ਦੇ ਨਾਮ ਤੋਂ ਜਾਣੇ ਜਾਂਦੇ ਸਨ। ਜੋ ਭਾਰਤ ਵਿੱਚ ਆਧਿਆਤਮਿਕਤਾ ਦੀ ਖੋਜ ਕਰ ਰਹੇ ਹਨ। ਉਨ੍ਹਾਂ ਦੀ ਕਹਾਣੀ ਅਤੇ ਬਦਲਾਅ ਨੇ ਉਨ੍ਹਾਂ ਨੂੰ ਮਹਾਕੁੰਭ ਵਿੱਚ ਪ੍ਰਸਿੱਧ ਕੀਤਾ।

ਇਸ ਮਹਾਕੁੰਭ ਵਿੱਚ ਮੇਨਾਲੀਸਾ ਜੋ ਕੀ ਇਕ ਮਾਲਾ ਵੇਚਣ ਵਾਲੀ ਹੈ, ਜੋ ਆਪਣੀ ਅਨੇਖੀ ਮੁਸਕਾਨ ਕਰਕੇ ਪਰਸਿਧ ਹੋ ਗਈ। ਇਨ੍ਹਾਂ ਦੀਆਂ ਤਸਵੀਰਾਂ ਖਾ ਗਿਆ ਵੀਡੀਓ ਸੋਸ਼ਲ ਮੀਡੀਆ ਤੇ ਵਾਇਰਲ ਹੋ ਗਈਆਂ ਜਿਸ ਨਾਲ ਉਸ ਦੀ ਪ੍ਰਸਿੱਧੀ ਵਧੀ। ਮੇਨਾਲੀਸਾ ਨੇ ਆਪਣੇ ਸਦਾ ਜੀਵਨ ਆਟੇ ਭਗਤ ਨਾਲ ਆਪਣੇ ਸਾਂਭਣਾ ਨਾਲ ਸਾਂਝ ਕਰਕੇ ਲੋਕਾਂ ਦੇ ਦਿਲਾਂ ਵਿੱਚ ਇਕ ਖਾਸ ਤੇ ਬਨਾਈ। ਕੀ ਵੀਚ ਮੀਡੀਆ ਦੀ ਵੀ ਬਹੁਤ ਮਹਾਤਵਪੂਰਣ ਭੂਮਿਕਾ ਹੈ। ਇਹ ਸਮਾਜਿਕ ਮੀਡੀਆ ਅਤੇ ਖਬਰਾਂ ਦੇ ਜਰੀਏ ਜਾਣਕਾਰੀ ਨੂੰ ਲੋਕਾਂ ਤੱਕ ਪਹੁੰਚਾਉਣ ਵਿੱਚ ਬਹੁਤ ਸਹਾਇਤਾ ਕਰਦੀ ਹੈ। ਲੋਕ ਆਪਣੇ ਤਜਰਬੇ, ਤਸਵੀਰਾਂ ਅਤੇ ਵੀਡੀਓਜ਼ ਨੂੰ ਸੋਸ਼ਲ ਮੀਡੀਆ ਤੇ ਸਾਂਝਾ ਕਰਦੇ ਹਨ, ਜਿਸ ਨਾਲ ਹੋਰ ਲੋਕਾਂ ਨੂੰ ਘਰ ਬੈਠੇ ਹੀ ਮਹਾ ਕੁੰਭ ਦੇ ਅਨੁਭਵ ਦਾ ਹਿੱਸਾ ਬਣਨ ਦਾ ਮੌਕਾ ਕਿੱਤਾ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ, ਮੀਡੀਆ ਅਤੇ ਮੋਬਾਈਲ ਤਕਨਾਲੋਜੀ ਨੇ ਮਹਾ ਕੁੰਭ ਨੂੰ ਵਿਸ਼ਵ ਪੱਧਰ ਤੇ ਪ੍ਰਸਾਰਿਤ ਕੀਤਾ ਹੈ, ਜਿਸ ਨਾਲ ਲੋਕ ਘਰੋਂ ਹੀ ਪੂਰੇ ਮਹਾ ਕੁੰਭ ਬਾਰੇ ਜਾਣਕਾਰੀ ਲੈ ਸਕਦੇ ਹਨ।

## ਵਿਭਾਗੀ ਅਤੇ ਯੂਨੀਵਰਸਿਟੀ ਚੋਣਾਂ ਦੇ ਮੌਜੂਦਾ ਹਾਲਾਤ

ਵਿਭਾਗੀ ਅਤੇ ਯੂਨੀਵਰਸਿਟੀ ਚੋਣਾਂ ਇੱਕ ਦਿਲਚਸਪ ਨਾਟਕ ਦਾ ਹਿੱਸਾ ਹੁੰਦੀਆਂ ਹਨ, ਜਿਸ ਵਿੱਚ ਕਈ ਵਾਰੀ ਅਸੀਂ ਇੱਕ ਅਜੇਰੇ ਨੇਤਾ ਦੀ ਤਲਾਸ਼ ਕਰਦੇ ਹਾਂ ਜੋ ਸਮਾਜ ਵਿੱਚ ਚਮਕਦਾਰ ਹੋਵੇ, ਪਰ ਨੇਤ੍ਰਵ ਦੇ ਯੋਗਤਾ ਵਿੱਚ ਕਮਜ਼ੋਰ ਹੋਵੇ। ਇਹ ਅਕਸਰ ਵੇਖਿਆ ਜਾਂਦਾ ਹੈ ਕਿ ਚੋਣੀ ਸੁਹਿੰਮਾਂ ਵਿੱਚ, ਉਮੀਦਵਾਰ ਆਪਣੀ ਲੋਕਪ੍ਰਿਯਤਾ ਲੋਕਪ੍ਰਿਯਤਾ 8 ਅਤੇ ਸੋਸ਼ਲ ਮੀਡੀਆ ਫਾਲੋਵਰਜ਼ ਦੇ ਬਲ ਤੇ ਜਿੱਤਦੇ ਹਨ, ਜਦੋਂਕਿ ਉਹਨਾਂ ਦੀ ਅਸਲੀ ਯੋਗਤਾ ਜਾਂ ਕੁਸ਼ਲਤਾ ਸਿਰਫ਼ ਇਕ ਵਿਚਾਰਣੀ ਯਾਦ ਰਹਿ ਜਾਂਦੀ ਹੈ। ਵਿਦਿਆਰਥੀ ਸੋਚਦੇ ਹਨ ਕਿ ਜੇ ਸਭ ਤੋਂ ਵੱਧ ਹੰਸੀ - ਮਜ਼ਾਕ ਕਰਦਾ ਹੈ ਜਾਂ ਜਿਸ ਦੇ ਪਾਸ ਸਭ ਤੋਂ ਵੱਧ " ਲਾਈਕਸ " ਹਨ, ਉਹੀ ਸਭ ਤੋਂ ਵਧੀਆ ਨੇਤਾ ਹੋਵੇਗਾ।

ਚੋਣਾਂ ਦੀ ਪ੍ਰਕਿਰਿਆ ਕਈ ਵਾਰੀ ਇੰਨੇ ਵੱਡੇ ਸਮਾਜਿਕ ਇਵੈਂਟ ਵਿੱਚ ਬਦਲ ਜਾਂਦੀ ਹੈ ਕਿ ਵਿਦਿਆਰਥੀਆਂ ਦੀਆਂ ਅਸਲੀ ਸਮੱਸਿਆਵਾਂ ਇੱਕ ਪਾਸੇ ਰਹਿ ਜਾਂਦੀਆਂ ਹਨ। ਰਾਜਨੀਤਿਕ ਪਾਰਟੀਆਂ ਦੇ ਬਾਹਰੀ ਪ੍ਰਭਾਵ ਤੋਂ ਚੋਣਾਂ ਦਾ ਮਵਰੂਪ ਥ ਬਦਲ ਜਾਂਦਾ ਹੈ ਅਤੇ ਇਹ ਇੱਕ ਵੱਡੇ ਰਾਜਨੀਤਿਕ ਖੇਲ ਵਿੱਚ ਬਦਲ ਜਾਂਦਾ ਹੈ। ਨਤੀਜੇ ਵਜੋਂ, ਜੋ ਉਮੀਦਵਾਰ ਜਮੀਨੀ ਸਤਰ ਤੇ ਸੱਚਮੁੱਚ ਬਦਲਾਮ ਲਿਆ ਸਕਦੇ ਹਨ, ਉਹ ਪਿੱਛੇ ਛੱਡ ਦਿੱਤੇ ਜਾਂਦੇ ਹਨ। ਫਿਰ ਵੀ, ਇਹ ਚੋਣਾਂ ਕਈ ਵਾਰੀ ਸੱਚਮੁੱਚ ਪ੍ਰੋਣਾਦਾਇਕ ਵੀ ਹੋ ਸਕਦੀਆਂ ਹਨ। ਇਨ੍ਹਾਂ ਵਿੱਚੋਂ ਕੁਝ ਨੇਤਾ ਸੱਚਮੁੱਚ ਜ਼ਿੰਮੇਵਾਰੀ ਨਾਲ ਕੰਮ ਕਰਦੇ ਹਨ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਦੀਆਂ ਸਮੱਸਿਆਵਾਂ ਨੂੰ ਖੰਡ ਗੰਭੀਰਤਾ ਨਾਲ ਲੈਂਦੇ ਹਨ। ਉਹ ਆਪਣੀਆਂ ਭੂਮਿਕਾਵਾਂ ਨੂੰ ਸੱਚੇ ਲਗਨ ਅਤੇ ਸਮਰਪਣ ਨਾਲ ਨਿਭਾਉਂਦੇ ਹਨ, ਜੋ ਉਨ੍ਹਾਂ ਦੀ ਕੁਸ਼ਲਤਾ ਅਤੇ ਨੇਤ੍ਰਤਵ ਨੂੰ ਦਰਸਾਉਂਦਾ ਹੈ।

ਇਹ ਚੋਣਾਂ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਲੋਕਤੰਤਰਕ ਪ੍ਰਕਿਰਿਆਵਾਂ ਦੇ ਮੱਰਤਵ ਦੀ ਸਮਝ ਦਿੰਦੇ ਹਨ ਅਤੇ ਉਹਨਾਂ ਨੂੰ ਟੀਮ ਟਰਕ ਅਤੇ ਸਮਾਜਿਕ ਭਾਗੀਦਾਰੀ ਦਾ ਸੱਚਾ ਅਨੁਭਵ ਪ੍ਰਾਪਤ ਹੁੰਦਾ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ, ਜਿੱਥੇ ਇਕ ਪਾਸੇ ਚੋਣਾਂ ਲੋਕਪ੍ਰਿਯਤਾ ਦੀ ਦੌੜ ਵਿੱਚ ਬਦਲ ਜਾਂਦੀਆਂ ਹਨ, ਦੀ ਤੇ ਓਥੇ ਦੂਜੇ ਪਾਸੇ ਇਹ ਇੱਕ ਅਨੋ ਪਲੇਟਫਾਰਮ ਨੇਤਾ ਸਾਮਣੇ ਆ ਸਕਦੇ ਹਨ। ਇਹੀ ਇਨ੍ਹਾਂ ਚੋਣਾਂ ਦੀ ਜਟਿਲਤਾ ਅਤੇ ਖੁਬਸੂਰਤੀ ਦਾ ਹਿੱਸਾ ਹੈ।

ਜਿਓਤੀ ਪ੍ਰਜਾਪਤੀ  
BA Prog.2nd year

## ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੀ ਬਾਣੀ ਵਿੱਚ ਕੂਦਰਤ

ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੀ ਬਾਣੀ ਵਿੱਚ ਕੂਦਰਤ (ਪ੍ਰਕ੍ਰਿਤੀ) ਦਾ ਵਿਸ਼ੇਸ਼ ਸਤਿਕਾਰ ਅਤੇ ਮਹੱਤਵ ਹੈ। ਗੁਰੂ ਨਾਨਕ ਦੀ ਬਾਣੀ ਵਿੱਚ ਪ੍ਰਕ੍ਰਿਤੀ ਨੂੰ ਰੱਬ ਦੇ ਰੂਪ ਵਜੋਂ ਮੰਨਿਆ ਗਿਆ ਹੈ ਅਤੇ ਇਸਦੇ ਰਚਨਹਾਰ ਦੇ ਰੂਪ ਵਿੱਚ ਪਰਮਾਤਮਾ ਦੀ ਵਡਿਆਈ ਕੀਤੀ ਗਈ ਹੈ। ਉਹ ਪ੍ਰਕ੍ਰਿਤੀ ਨੂੰ ਰੱਬ ਦਾ ਪਰਚਾ ਮੰਨਦੇ ਹਨ ਅਤੇ ਸਾਰੀ ਸ੍ਰਿਸ਼ਟੀ ਨੂੰ ਇੱਕ ਰਚਨਾਤਮਕ ਪ੍ਰਭੂ ਦੀ ਅਦਭੁਤ ਰਚਨਾ ਦੱਸਦੇ ਹਨ। ਹੇਠਾਂ ਕੁਝ ਮੁੱਖ ਧਾਰਨਾਵਾਂ ਹਨ ਜੋ ਗੁਰੂ ਨਾਨਕ ਦੀ ਬਾਣੀ ਵਿੱਚ ਪ੍ਰਕਾਸ਼ਿਤ ਹੁੰਦੀਆਂ ਹਨ:

### 1. \*ਕੂਦਰਤ - ਰੱਬ ਦੀ ਰਚਨਾ\*

ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਕਹਿੰਦੇ ਹਨ ਕਿ ਸਾਰੀ ਦੁਨੀਆ ਅਤੇ ਇਸਦੀ ਰਚਨਾ ਰੱਬ ਦੇ ਹੁਕਮ ਅਧੀਨ ਹੈ। ਬਾਣੀ ਵਿੱਚ ਆਉਂਦਾ ਹੈ:

"ਕੂਦਰਤਿ ਕਵਣ ਕਹਾ ਵੀਚਾਰੁ।

ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ।

ਜੇ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ।

ਤੂ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ।"

(ਜਪੁਜੀ ਸਾਹਿਬ)

ਇਸ ਪੰਕਤੀ ਵਿੱਚ ਗੁਰੂ ਜੀ ਪ੍ਰਕ੍ਰਿਤੀ ਦੀ ਬੇਅੰਤ ਖੂਬਸੂਰਤੀ ਅਤੇ ਵਿਆਪਕਤਾ ਨੂੰ ਸਲਾਮ ਕਰਦੇ ਹਨ ਅਤੇ ਦੱਸਦੇ ਹਨ ਕਿ ਇਹ ਸਾਰਾ ਕੁਛ ਰੱਬ ਦੇ ਹੁਕਮ ਨਾਲ ਹੀ ਸੰਭਵ ਹੈ।

### 2. ਪ੍ਰਕ੍ਰਿਤੀ ਵਿੱਚ ਪਰਮਾਤਮਾ ਦੀ ਹਾਜ਼ਰੀ

ਗੁਰੂ ਨਾਨਕ ਜੀ ਮੰਨਦੇ ਹਨ ਕਿ ਰੱਬ ਸਿਰਫ ਮੰਦਿਰਾਂ ਜਾਂ ਧਾਰਮਿਕ ਸਥਾਨਾਂ ਵਿੱਚ ਹੀ ਨਹੀਂ, ਸਗੋਂ ਸਾਰੀ ਸ੍ਰਿਸ਼ਟੀ ਵਿੱਚ ਵੱਸਦਾ ਹੈ। ਉਹ ਕਹਿੰਦੇ ਹਨ:

"ਸਭ ਮਹਿ ਜੋਤਿ ਜੋਤਿ ਹੈ ਸੋਇ।

ਤਿਸ ਦੈ ਚਾਨਣਿ ਸਭ ਮਹਿ ਚਾਨਣੁ ਹੋਇ।"

(ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ, ਅੰਗ ੩੦੦)

ਇਸ ਪੰਕਤੀ ਵਿੱਚ ਉਹ ਦੱਸਦੇ ਹਨ ਕਿ ਰੱਬ ਦੀ ਜੋਤਿ ਹਰ ਜੀਵ ਅਤੇ ਪ੍ਰਕ੍ਰਿਤੀ ਦੇ ਹਰ ਅੰਸ ਵਿੱਚ ਮੌਜੂਦ ਹੈ।

### 3. \*ਪਰਮੇਸ਼ਰ ਅਤੇ ਪ੍ਰਕ੍ਰਿਤੀ ਦਾ ਅਡੰਬਰਹੀਨ ਸਬੰਧ\*

ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਅਮਲਾਂ ਅਤੇ ਰਸਮਾਂ ਵਲ ਧਿਆਨ ਨਾ ਦਿੰਦੇ ਹੋਏ, ਪ੍ਰਕ੍ਰਿਤੀ ਨਾਲ ਜੋੜੇ ਸਾਦਰੀਭਰੇ ਸਬੰਧ ਨੂੰ ਮਹੱਤਵ ਦਿੰਦੇ ਹਨ। ਜਪੁਜੀ ਸਾਹਿਬ ਵਿੱਚ ਉਹ ਦੱਸਦੇ ਹਨ ਕਿ ਧਰਤੀ ਸਾਡੀ ਮਾਂ ਹੈ ਅਤੇ ਹਵਾ, ਪਾਣੀ ਸਾਡੇ ਭਰਾ ਹਨ:

"ਪਵਣੁ ਗੁਰੂ ਪਾਣੀ ਪਿਤਾ ਮਾਤਾ ਧਰਤਿ ਮਹਤੁ।"

ਇਹ ਬਾਣੀ ਸਾਨੂੰ ਪ੍ਰਕ੍ਰਿਤੀ ਨਾਲ ਸਦਭਾਵਨਾ ਅਤੇ ਸਮਰਪਣ ਦਾ ਸੂਚਕ ਦਿੰਦੀ ਹੈ।

### 4. \*ਪ੍ਰਕ੍ਰਿਤੀ ਦਾ ਸਤਿਕਾਰ\*

ਗੁਰੂ ਨਾਨਕ ਜੀ ਨੇ ਸਿਖਾਇਆ ਕਿ ਪ੍ਰਕ੍ਰਿਤੀ ਦਾ ਸਤਿਕਾਰ ਕਰਨਾ ਅਤੇ ਇਸਦੀ ਸੰਭਾਲ ਕਰਨੀ ਮਨੁੱਖ ਦੀ ਜ਼ਿੰਮੇਵਾਰੀ ਹੈ। ਸਾਨੂੰ ਚਾਹੀਦਾ ਹੈ ਕਿ ਪ੍ਰਕ੍ਰਿਤੀ ਨਾਲ ਹਮਦੁੰਬੀ ਹੋਏ ਅਤੇ ਇਸਦਾ ਦੁਰਵਿਚਿਹ ਨਾ ਕਰੀਏ।

### ਨਿਸ਼ਕਰਸ਼

ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੀ ਬਾਣੀ ਸਾਨੂੰ ਸਿਖਾਉਂਦੀ ਹੈ ਕਿ ਪ੍ਰਕ੍ਰਿਤੀ ਸਿਰਫ ਜੀਵਨ ਦਾ ਆਧਾਰ ਹੀ ਨਹੀਂ, ਸਗੋਂ ਪਰਮਾਤਮਾ ਦੇ ਅਸਤਿਤਵ ਦਾ ਪ੍ਰਤੀਕ ਹੈ। ਇਸ ਲਈ, ਸਾਡੇ ਲਈ ਪ੍ਰਕ੍ਰਿਤੀ ਦੀ ਸੁਰੱਖਿਆ ਅਤੇ ਇਸ ਨਾਲ ਪਿਆਰ ਪੂਜਾ ਸਮਾਨ ਹੈ।

ਮੁਸਕਾਨ (ਬੀ.ਏ ਤੀਜਾ ਸਾਲ )

## ਦਿੱਲੀ ਦੇ ਵਿਸ਼ੇਸ਼ ਖਾਣੇ ਅਤੇ ਉਨ੍ਹਾਂ ਦੀਆਂ ਮਸ਼ਹੂਰ ਜਗਾਵਾਂ

ਦਿੱਲੀ ਕੇਵਲੋਂ ਭਾਸ਼ਾਇਨੀਕੀ ਰਿਵਾਜਤ ਨਹੀਂ, ਬਲਕਿ ਇਹ ਭੋਜਨ-ਪਿਆਰਿਆਂ ਲਈ ਇੱਕ ਜੰਨਤ ਵਰਗਾ ਹੈ। ਇਹ ਸ਼ਹਿਰ ਭਿੰਨ-ਭਿੰਨ ਸੰਸਕ੍ਰਿਤੀਆਂ ਦੇ ਸੁਆਦ ਨੂੰ ਆਪਣੇ ਵਿੱਚ ਸਮੇਟਦਾ ਹੈ, ਜਿਸ ਕਰਕੇ ਇੱਥੇ ਹਰ ਕਿਸਮ ਦੇ ਖਾਣਿਆਂ ਦੀ ਵਰਾਇਟੀ ਮਿਲਦੀ ਹੈ। ਦਿੱਲੀ ਦੇ ਹਰ ਕੋਣ ਵਿੱਚ ਪੁਰਾਣੇ ਅਤੇ ਪ੍ਰਸਿੱਧ ਖਾਣੇ ਹਨ, ਜੋ ਸੈਂਕੜੇ ਸਾਲਾਂ ਤੋਂ ਲੋਕਾਂ ਨੂੰ ਭਾਵਦੇ ਆ ਰਹੇ ਹਨ। ਹਰ ਖੁਸ਼ਬੂ, ਹਰ ਸੁਆਦ, ਅਤੇ ਹਰ ਵਿਅੰਜਨ ਇੱਥੋਂ ਦੀ ਵਿਲੱਖਣਤਾ ਨੂੰ ਦਰਸਾਉਂਦਾ ਹੈ। ਆਉ, ਅਸੀਂ ਦਿੱਲੀ ਦੇ ਕੁਝ ਮਸ਼ਹੂਰ ਥਾਵਾਂ ਅਤੇ ਉਨ੍ਹਾਂ ਦੇ ਵਿਸ਼ੇਸ਼ ਭੋਜਨਾਂ ਬਾਰੇ ਜਾਣਦੇ ਹਾਂ।

### 1. ਚਾਂਦਨੀ ਚੌਕ ਦੀ ਪਰਾਂਠੇ ਵਾਲੀ ਗਲੀ

ਚਾਂਦਨੀ ਚੌਕ ਦਿੱਲੀ ਦੇ ਸਭ ਤੋਂ ਪੁਰਾਣੇ ਬਾਜ਼ਾਰਾਂ ਵਿੱਚੋਂ ਇੱਕ ਹੈ, ਅਤੇ ਇਹ 'ਪਰਾਂਠੇ ਵਾਲੀ ਗਲੀ' ਭੋਜਨ-ਪ੍ਰੇਮੀਆਂ ਲਈ ਇੱਕ ਵਿਸ਼ੇਸ਼ ਆਕਰਸ਼ਣ ਹੈ। 1870 ਦੇ ਦਹਾਕੇ ਤੋਂ, ਇਹ ਗਲੀ ਵਿਭਿੰਨ ਕਿਸਮ ਦੇ ਪਰਾਂਠਿਆਂ ਲਈ ਮਸ਼ਹੂਰ ਰਹੀ ਹੈ। ਇੱਥੇ ਤੁਹਾਨੂੰ ਆਲੂ, ਪਨੀਰ, ਮੂਲੀ, ਗੋਭੀ, ਭਿੰਡੀ, ਪੇਠਾ, ਖਜੂਰ ਅਤੇ ਅਜੇਹੇ ਕਈ ਵਿਲੱਖਣ ਪਰਾਂਠੇ ਮਿਲਣਗੇ। ਹਰ ਪਰਾਂਠੇ ਨੂੰ ਦੇਸੀ ਘੀ ਵਿੱਚ ਤਿਆਰ ਕੀਤਾ ਜਾਂਦਾ ਹੈ, ਜੋ ਇਸਦੇ ਸੁਆਦ ਨੂੰ ਹੋਰ ਵੀ ਮਖਮਲੀ ਬਣਾ ਦਿੰਦਾ ਹੈ। ਇਸ ਦੇ ਨਾਲ, ਇੱਥੇ ਚਟਨੀ, ਅਚਾਰ, ਦਹੀਂ ਅਤੇ ਚੋਲੇ ਵਰਗੀਆਂ ਸਾਈਡ ਡਿਸ਼ਜ਼ ਵੀ ਦਿੱਤੀਆਂ ਜਾਂਦੀਆਂ ਹਨ, ਜੋ ਹਰ ਇਕ ਬਾਈਟ ਨੂੰ ਅਣਭੁੱਲਾ ਬਣਾ ਦਿੰਦੀਆਂ ਹਨ। ਇਹ ਥਾਂ ਨਾ ਸਿਰਫ਼ ਦਿੱਲੀ ਦੇ ਲੋਕਾਂ ਲਈ ਪ੍ਰਸਿੱਧ ਹੈ, ਸਗੋਂ ਵਿਦੇਸ਼ੀ ਯਾਤਰੀ ਵੀ ਇੱਥੇ ਆ ਕੇ ਇਸ ਦੇ ਸੁਆਦ ਦਾ ਆਨੰਦ ਲੈਂਦੇ ਹਨ।

### 2. ਕਰੀਮਸ - ਜੰਮਾਂ ਮਸਜਿਦ ਦੇ ਨੇੜੇ ਮਸ਼ਹੂਰ ਮੀਟ ਦੀ ਦੁਕਾਨ

ਜੇਕਰ ਤੁਸੀਂ ਮਾਸਾਹਾਰੀ ਵਿਅੰਜਨ ਦੇ ਸ਼ੌਕੀਨ ਹੋ, ਤਾਂ ਜੰਮਾਂ ਮਸਜਿਦ ਦੇ ਨੇੜੇ ਸਥਿਤ "ਕਰੀਮਸ" ਤੁਹਾਡੀ ਪਹਿਲੀ ਚੋਣ ਹੋਣੀ ਚਾਹੀਦੀ ਹੈ। 1913 ਵਿੱਚ ਸ਼ੁਰੂ ਹੋਈ ਇਹ ਦੁਕਾਨ ਮੁਗਲ ਇਤਿਹਾਸ ਦੇ ਸੁਆਦ ਨੂੰ ਅੱਜ ਤਕ ਸੰਭਾਲੀ ਹੋਈ ਹੈ। ਇੱਥੇ ਦਾ ਮਟਨ ਬਰਿਆਨੀ, ਮੁਗਲਈ ਕੋਰਮਾ, ਬਟਰ ਚਿਕਨ ਅਤੇ ਨਹਾਰੀ ਬਹੁਤ ਮਸ਼ਹੂਰ ਹਨ। ਇਹ ਵਿਅੰਜਨ ਖਾਸ ਮੁਗਲਈ ਮਸਾਲਿਆਂ ਵਿੱਚ ਤਿਆਰ ਕੀਤੇ ਜਾਂਦੇ ਹਨ, ਜੋ ਉਨ੍ਹਾਂ ਨੂੰ ਗੂੜ੍ਹਾ ਸੁਆਦ ਅਤੇ ਸੁਗੰਧੀ ਦਿੰਦੇ ਹਨ। ਸਾਦਾ ਤੰਦੂਰੀ ਰੋਟੀ ਦੇ ਨਾਲ ਖਾਧਾ ਗਿਆ ਕਰੀਮਸ ਦਾ ਕੋਰਮਾ ਤੁਹਾਡੀ ਜੁਬਾਨ 'ਤੇ ਅਜਿਹਾ ਸੁਆਦ ਛੱਡੇਗਾ, ਜੋ ਤੁਸੀਂ ਕਦੇ ਨਹੀਂ ਭੁੱਲ ਸਕੋਗੇ।

### 3. ਲੇਥੀਨ ਰੋਡ ਦਾ ਛੋਲੇ-ਭਟੂਰੇ

ਛੋਲੇ-ਭਟੂਰੇ, ਜੋ ਕਿ ਦਿੱਲੀ ਦਾ ਸਭ ਤੋਂ ਪ੍ਰਸਿੱਧ ਨਾਸ਼ਤਾ ਹੈ, ਉਹ ਤੁਹਾਨੂੰ ਲੇਥੀਨ ਰੋਡ 'ਤੇ ਬਹੁਤ ਹੀ ਵਿਲੱਖਣ ਅੰਦਾਜ਼ ਵਿੱਚ ਮਿਲੇਗਾ। ਇਹ ਭਟੂਰੇ ਤਾਜ਼ਾ ਤੇ ਮੈਟੇ ਹੁੰਦੇ ਹਨ, ਜੋ ਚੌਲੀਏ ਦੇ ਮਸਾਲੇਦਾਰ ਛੋਲਿਆਂ ਨਾਲ ਖਾਧੇ ਜਾਂਦੇ ਹਨ। ਚੁੱਲ੍ਹੇ 'ਤੇ ਪਕਾਈ ਗਈ ਮਿਸ਼ਰੀ ਦੇਸੀ ਘੀ ਦੀਆਂ ਮਿਠਾਈਆਂ ਨਾਲ ਇਹ ਥਾਂ ਵੀ ਭੋਜਨ-ਪਿਆਰਿਆਂ ਲਈ ਇੱਕ ਵਿਸ਼ੇਸ਼ ਗੰਭੀਰਤਾ ਰੱਖਦੀ ਹੈ। ਦਿੱਲੀ ਦੇ ਵੱਖ-ਵੱਖ ਹਿੱਸਿਆਂ ਵਿੱਚ ਛੋਲੇ-ਭਟੂਰੇ ਮਸ਼ਹੂਰ ਹਨ, ਪਰ ਜੇ ਸੁਆਦ ਅਤੇ ਮਸਾਲਿਆਂ ਦੀ ਸੰਤੁਲਨ ਲੇਥੀਨ ਰੋਡ 'ਤੇ ਮਿਲਦੀ ਹੈ, ਉਹ ਹੋਰ ਕਿਸੇ ਵੀ ਥਾਂ ਤੇ ਨਹੀਂ ਮਿਲਦੀ।

### 4. ਖਾਨ ਚਾਚਾ - ਖਾਨ ਮਾਰਕੇਟ ਦੇ ਮਸ਼ਹੂਰ ਰੋਲਸ

ਖਾਨ ਮਾਰਕੇਟ ਦੇ 'ਖਾਨ ਚਾਚਾ' ਦੇ ਰੋਲਸ ਦੀਆਂ ਗੱਲਾਂ ਕਰੀਏ ਤਾਂ ਇਹ ਦਿੱਲੀ ਦੇ ਸਭ ਤੋਂ ਮਸ਼ਹੂਰ ਫੂਡ ਆਈਟਮਜ਼ ਵਿੱਚ ਸ਼ੁਮਾਰ ਹੁੰਦੇ ਹਨ। ਚਿਕਨ ਟਿਕਕਾ ਰੋਲ, ਮਟਨ ਕੇਬਾਬ ਰੋਲ, ਅਤੇ ਪਨੀਰ ਟਿੱਕਾ ਰੋਲ ਇੱਥੇ ਦੇ ਸਭ ਤੋਂ ਮਸ਼ਹੂਰ ਵਿਕਲਪ ਹਨ। ਇਹਨਾਂ ਰੋਲਸ ਵਿੱਚ ਮਸਾਲੇਦਾਰ ਚਟਨੀ, ਤਾਜ਼ਾ ਪਿਆਜ਼, ਅਤੇ ਮੌਸਮੀ ਹਰੀਆਂ ਸੁਗੰਧੀਬੋਟੀਆਂ ਪਾਈਆਂ ਜਾਂਦੀਆਂ ਹਨ, ਜੋ ਇਨ੍ਹਾਂ ਦੇ ਸੁਆਦ ਨੂੰ ਹੋਰ ਵੀ ਵਿਸ਼ੇਸ਼ ਬਣਾਉਂਦੀਆਂ ਹਨ। ਇਹ ਥਾਂ ਵਿਅਸਤ ਹੋਣ ਦੇ ਬਾਵਜੂਦ ਵੀ ਇੱਥੇ ਲੰਬੀਆਂ ਲਾਈਨਾਂ ਲੱਗੀਆਂ ਰਹਿੰਦੀਆਂ ਹਨ, ਕਿਉਂਕਿ ਇਨ੍ਹਾਂ ਰੋਲਸ ਦਾ ਸੁਆਦ ਇੰਨਾ ਵਧੀਆ ਹੁੰਦਾ ਹੈ ਕਿ ਲੋਕਾਂ ਨੂੰ ਇਨ੍ਹਾਂ ਦੀ ਲਤ ਲੱਗ ਜਾਂਦੀ ਹੈ।

### 5. ਨਾਗਪਾਲ ਦੀ ਛੇਲੇ-ਭਟੂਰੇ (ਲਾਜਪਤ ਨਗਰ)

ਸਥਾਨ: ਲਾਜਪਤ ਨਗਰ

ਲਾਜਪਤ ਨਗਰ ਵਿੱਚ ਸਥਿਤ ਨਾਗਪਾਲ ਦੀ ਦੁਕਾਨ ਦਾ ਛੇਲੇ-ਭਟੂਰੇ ਦਿੱਲੀ ਵਿੱਚ ਇੱਕ ਜਾਅਦਾ ਪ੍ਰਸਿੱਧ ਵਿਅੰਜਨ ਹੈ। ਇਸ ਦੁਕਾਨ ਦੇ ਭਟੂਰੇ ਜ਼ਿਆਦਾ ਕਰਾਰੇ ਅਤੇ ਹਲਕੇ ਹੁੰਦੇ ਹਨ, ਜੋ ਮਸਾਲੇਦਾਰ ਅਤੇ ਗਰਮ ਛੇਲਿਆਂ ਦੇ ਨਾਲ ਖਾਏ ਜਾਂਦੇ ਹਨ। ਛੇਲਿਆਂ ਨੂੰ ਸੁਣੀਤਾ ਅਤੇ ਸੁਗੰਧਿਤ ਤਰੀਕੇ ਨਾਲ ਤਿਆਰ ਕੀਤਾ ਜਾਂਦਾ ਹੈ, ਜਿਸ ਵਿੱਚ ਅਲੱਗ ਅਲੱਗ ਮਸਾਲੇ ਅਤੇ ਟਮਾਟਰ ਦੀ ਖੁਸ਼ਬੂ ਹੁੰਦੀ ਹੈ। ਭਟੂਰੇ ਦੀ ਖਾਸੀਯਤ ਇਹ ਹੈ ਕਿ ਉਹ ਕ੍ਰਿਸਪੀ ਅਤੇ ਗੋਲ ਆਕਾਰ ਦੇ ਹੁੰਦੇ ਹਨ। ਇੱਥੇ ਦਾ ਖਾਣਾ ਵਾਕਈ ਦਿੱਲੀ ਵਾਲੇ ਲੋਕਾਂ ਲਈ ਇਕ ਮੰਨਿਆ ਹੋਇਆ ਸੁਆਦ ਹੈ ਅਤੇ ਇਹ ਸਿੱਧਾ ਸੜਕ ਤੇ ਮਿਲਦਾ ਹੈ ਜੋ ਲੋਕਾਂ ਨੂੰ ਅਕਸਰ ਆਪਣੇ ਪੈਰਾਂ ਨਾਲ ਖਿੱਚਦਾ ਹੈ। ਜੇ ਤੁਸੀਂ ਦਿੱਲੀ ਵਿੱਚ ਹੋ ਅਤੇ ਵਧੀਆ ਛੇਲੇ-ਭਟੂਰੇ ਖਾਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਨਾਗਪਾਲ ਦੀ ਦੁਕਾਨ ਤੁਹਾਡੇ ਲਈ ਇੱਕ ਬਹੁਤ ਵਧੀਆ ਵਿਕਲਪ ਹੈ।

### 6. ਰੋਸ਼ਨ ਦੀ ਕੁਲਫੀ (ਕਰੇਲ ਬਾਗ)

ਸਥਾਨ: ਕਰੇਲ ਬਾਗ

ਕਰੇਲ ਬਾਗ ਵਿੱਚ ਸਥਿਤ 'ਰੋਸ਼ਨ ਦੀ ਕੁਲਫੀ' ਵੱਖਰੀ ਤਰ੍ਹਾਂ ਦੀ ਮਿੱਠਾਈ ਹੈ ਜੋ ਆਪਣੇ ਸੁਆਦ ਅਤੇ ਤਾਜ਼ਗੀ ਨਾਲ ਦਿੱਲੀ ਵਿੱਚ ਬਹੁਤ ਮਸ਼ਹੂਰ ਹੈ। ਇੱਥੇ ਤਾਜ਼ਾ ਕੁਲਫੀ ਉਪਲਬਧ ਹੁੰਦੀ ਹੈ ਜੋ ਅਲੱਗ-ਅਲੱਗ ਸੁਆਦਾਂ ਵਿੱਚ ਬਣਾਈ ਜਾਂਦੀ ਹੈ, ਜਿਵੇਂ ਕਿ ਪਿਸਤਾ, ਰਾਜਭੋਗ, ਰਸਬਰੀ ਆਦਿ। ਇਨ੍ਹਾਂ ਕੁਲਫੀਆਂ ਦਾ ਬਣਾਉਣੀਆਂ ਵਿਧੀ ਵਿੱਚ ਤਾਜ਼ੇ ਮੱਖਣ ਅਤੇ ਦੁੱਧ ਦਾ ਸਹਾਰਾ ਲਿਆ ਜਾਂਦਾ ਹੈ, ਜਿਸ ਨਾਲ ਇਹ ਕੁਲਫੀਆਂ ਨਰਮ, ਕ੍ਰੀਮੀ ਅਤੇ ਲਜ਼ੀਜ਼ ਹੁੰਦੀਆਂ ਹਨ। ਰੋਸ਼ਨ ਦੀ ਕੁਲਫੀ ਸਿਰਫ਼ ਆਪਣੇ ਸੁਆਦ ਲਈ ਹੀ ਨਹੀਂ, ਬਲਕਿ ਉਸ ਦੀਆਂ ਸੁਗੰਧ ਅਤੇ ਤਾਜ਼ਗੀ ਲਈ ਵੀ ਜਾਨੀ ਜਾਂਦੀ ਹੈ। ਇਸ ਤੋਂ ਇਲਾਵਾ, ਰੋਸ਼ਨ ਦੀ ਦੁਕਾਨ ਵਿੱਚ ਫਲੂਦਾ ਵੀ ਬਹੁਤ ਪ੍ਰਸਿੱਧ ਹੈ, ਜਿਸ ਵਿੱਚ ਕੁਲਫੀ, ਮਿੱਠਾਈਆਂ, ਤਾਜ਼ਾ ਮੱਖਣ ਅਤੇ ਸ਼ਰਬਤ ਦਾ ਇੱਕ ਸੁਗੰਧਿਤ ਮਿਲਾਪ ਹੁੰਦਾ ਹੈ। ਇੱਥੇ ਆਕੇ ਤੁਸੀਂ ਨਵੀਂ ਤਰੀਕੇ ਨਾਲ ਕੁਲਫੀ ਦਾ ਅਨੰਦ ਲੈ ਸਕਦੇ ਹੋ, ਜੋ ਇੱਕ ਯਾਦਗਾਰ ਅਨੁਭਵ ਬਣਾਉਂਦਾ ਹੈ।

### 7. ਅਮ੍ਰਿਤਸਰੀ ਨਾਨ (ਪਹਾੜਗੰਜ)

ਸਥਾਨ: ਪਹਾੜਗੰਜ

ਪਹਾੜਗੰਜ ਵਿੱਚ ਸਥਿਤ 'ਅਮ੍ਰਿਤਸਰੀ ਨਾਨ' ਆਪਣੇ ਮੱਖਣ ਅਤੇ ਭਰੇ ਹੋਏ ਨਾਨਾਂ ਲਈ ਪ੍ਰਸਿੱਧ ਹੈ। ਇਸ ਦੁਕਾਨ ਦਾ ਖਾਣਾ ਆਮ ਤੌਰ ਤੇ ਪਨੀਰ, ਆਲੂ ਜਾਂ ਮਿਸ਼ਰਣ ਨਾਲ ਭਰਿਆ ਹੁੰਦਾ ਹੈ। ਇਹ ਨਾਨ ਅਮ੍ਰਿਤਸਰ ਦੇ ਵੱਖਰੇ ਸੁਆਦ ਨੂੰ ਲੈ ਕੇ ਦਿੱਲੀ ਵਿੱਚ ਪ੍ਰਸਿੱਧ ਹੋਏ ਹਨ। ਇੱਥੇ ਦਾ ਖਾਣਾ ਗਰਮ-ਗਰਮ ਅਤੇ ਤਾਜ਼ਾ ਮਿਲਦਾ ਹੈ, ਜਿਸ ਵਿੱਚ ਮੱਖਣ ਅਤੇ ਪਨੀਰ ਦਾ ਸੁਆਦ ਹਰ ਕਿਸੇ ਨੂੰ ਮਾਣਿਆ ਹੋਇਆ ਲਗਦਾ ਹੈ। ਅਮ੍ਰਿਤਸਰੀ ਨਾਨ ਦੀ ਖਾਸ ਭੂਮਿਕਾ ਇਹ ਹੈ ਕਿ ਇਹ ਨਾਨ ਬਹੁਤ ਹੀ ਸੁਆਦ ਅਤੇ ਮਾਲੀਮੀ ਹੁੰਦੇ ਹਨ, ਜੋ ਚਟਣੀਆਂ ਅਤੇ ਮਸਾਲਿਆਂ ਦੇ ਨਾਲ ਖਾਏ ਜਾਂਦੇ ਹਨ। ਜੇਕਰ ਤੁਸੀਂ ਦਿੱਲੀ ਵਿੱਚ ਆ ਰਹੇ ਹੋ ਅਤੇ ਵਿਲੱਖਣ ਅਮ੍ਰਿਤਸਰੀ ਸੁਆਦ ਦਾ ਅਨੁਭਵ ਕਰਨਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਅਮ੍ਰਿਤਸਰੀ ਨਾਨ ਦੇ ਇਸ ਦੁਕਾਨ ਦਾ ਦੌਰਾ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ।

### 8. ਸੁਪਰੀਮ ਬੇਕਰੀ (ਸਿਵਲ ਲਾਈਨਸ)

ਸਥਾਨ: ਸਿਵਲ ਲਾਈਨਸ

ਸਿਵਲ ਲਾਈਨਸ ਦੀ ਸੁਪਰੀਮ ਬੇਕਰੀ ਆਪਣੀ ਵਿਸ਼ੇਸ਼ ਕਰਿਸਪੀ ਪੈਟਿਸ ਅਤੇ ਮਿਠਿਆਈਆਂ ਲਈ ਮਸ਼ਹੂਰ ਹੈ। ਇੱਥੇ ਮਿਲਣ ਵਾਲੀਆਂ ਪੈਸਟਰੀਜ਼ ਕਰਿਸਪੀ ਅਤੇ ਪਟੀਆਂ ਹੁੰਦੀਆਂ ਹਨ ਜੋ ਤੁਹਾਨੂੰ ਹਰ ਇੱਕ ਬਾਇਟ ਵਿੱਚ ਮਜ਼ਾ ਦਿੰਦੀਆਂ ਹਨ। ਬੇਕਰੀ ਵਿੱਚ ਮਿਠਿਆਈਆਂ ਅਤੇ ਫਲੇਕ ਪੈਸਟਰੀਜ਼ ਬਹੁਤ ਆਮ ਹਨ ਅਤੇ ਇਹ ਹਰ ਰੋਜ਼ ਹੋਰ ਬਹੁਤ ਸਾਰੇ ਲੋਕਾਂ ਨੂੰ ਆਪਣੀ ਖਾਸ ਤਾਜ਼ਗੀ ਅਤੇ ਸੁਆਦ ਨਾਲ ਖਿੱਚਦੀਆਂ ਹਨ। ਇਸ ਵਿੱਚ ਤੁਹਾਨੂੰ ਬੇਕਰੀਆਂ ਦੇ ਕਈ ਸੁਆਦ ਅਤੇ ਵੱਖਰੀਆਂ ਕਿਸਮਾਂ ਦੇ ਪੈਸਟਰੀਜ਼ ਮਿਲਦੀਆਂ ਹਨ, ਜੋ ਇਕ ਵੱਖਰੇ ਤਰੀਕੇ ਨਾਲ ਸੁਆਦ ਅਤੇ ਖਾਣੇ ਦਾ ਅਨੁਭਵ ਦਿੰਦੀਆਂ ਹਨ। ਬੇਕਰੀ ਵਿੱਚ ਹਰ ਕਿਸੇ ਲਈ ਕੁਝ ਨਾ ਕੁਝ ਖਾਸ ਹੈ—ਚਾਹੇ ਉਹ ਮਿੱਠੀ ਪੈਸਟਰੀਜ਼ ਹੋਣ ਜਾਂ ਸਾਲੀਨ ਪੈਸਟਰੀਜ਼।

### 9. ਬਿਟੂ ਟਿੱਕੀ ਵਾਲਾ (ਕਰੇਲ ਬਾਗ)

ਸਥਾਨ: ਕਰੇਲ ਬਾਗ

ਬਿਟੂ ਟਿੱਕੀ ਵਾਲਾ ਕਰੇਲ ਬਾਗ ਦਾ ਇੱਕ ਪ੍ਰਸਿੱਧ ਸਥਾਨ ਹੈ ਜੋ ਆਪਣੀ ਕਰਾਰੀ ਅਤੇ ਮਸਾਲੇਦਾਰ ਆਲੂ ਟਿੱਕੀ ਲਈ ਮਸ਼ਹੂਰ ਹੈ। ਇਸ ਟਿੱਕੀ ਨੂੰ ਕਰਾਰੀ ਤਰੀਕੇ ਨਾਲ ਤਿਆਰ ਕੀਤਾ ਜਾਂਦਾ ਹੈ ਅਤੇ ਇੱਕ ਵੱਖਰੇ ਸੁਆਦ ਲਈ ਅਮਚੂਰ ਅਤੇ ਚਟਣੀ ਨਾਲ ਖਾਓ ਜਾਂਦਾ ਹੈ। ਅਲੱਗ-ਅਲੱਗ ਪ੍ਰਕਾਰ ਦੀਆਂ ਚਟਣੀਆਂ ਅਤੇ ਮਸਾਲਿਆਂ ਨਾਲ ਇਹ ਟਿੱਕੀ ਹੋਰ ਵੀ ਸੁਆਦ ਬਣਾ ਦਿੰਦੀ ਹੈ। ਇਸ ਨੂੰ ਠੰਡੇ ਅਤੇ ਗਰਮ ਅਨੁਭਵਾਂ ਵਿੱਚ ਖਾਓ ਅਤੇ ਉਸ ਦੇ ਸੁਆਦ ਨੂੰ ਭਰਪੂਰ ਅਨੁਭਵ ਕਰੋ।

#### ਨਤੀਜਾ

ਦਿੱਲੀ ਦਾ ਭੋਜਨ ਸਿਰਫ਼ ਪੇਟ ਭਰਨ ਲਈ ਨਹੀਂ, ਬਲਕਿ ਇਹ ਇੱਕ ਅਨੁਭਵ, ਇੱਕ ਯਾਤਰਾ ਅਤੇ ਇੱਕ ਅਨੁਭੂਤੀ ਹੈ। ਹਰ ਵਿਅੰਜਨ ਵਿੱਚ ਇੱਕ ਅਲੱਗ ਪਹਿਚਾਣ ਅਤੇ ਇੱਕ ਵਿਲੱਖਣ ਸੁਆਦ ਹੈ। ਇੱਥੇ ਮੌਜੂਦ ਵਿਭਿੰਨ ਖਾਣਿਆਂ ਦੀਆਂ ਚੋਣਾਂ ਹਰ ਕਿਸੇ ਨੂੰ ਅਨੰਦ ਦਿੰਦੀਆਂ ਹਨ, ਚਾਹੇ ਉਹ ਮੁਗਲਈ ਹੋਣ, ਦੱਖਣ ਭਾਰਤੀ ਹੋਣ ਜਾਂ ਗਲੀ-ਕੁੱਚਿਆਂ ਦੀ ਮਸ਼ਹੂਰ ਚਟਪਟੀ ਭੋਜਨ ਯਾਤਰਾ। ਜੇਕਰ ਤੁਸੀਂ ਦਿੱਲੀ ਜਾਂ ਰਹੇ ਹੋ, ਤਾਂ ਇਨ੍ਹਾਂ ਵਿਅੰਜਨਾਂ ਦਾ ਸੁਆਦ ਲੈਣਾ ਨਾ ਭੁੱਲੋ, ਕਿਉਂਕਿ ਇਹ ਅਨੁਭਵ ਤੁਹਾਡੀ ਯਾਦਗਾਰ ਯਾਤਰਾ ਦਾ ਇੱਕ ਅਹਿਮ ਹਿੱਸਾ ਬਣ ਜਾਵੇਗਾ।

ਭਾਵਿਕਾ (ਬੀ.ਏ ਦੂਜਾ ਸਾਲ)

### ਰੱਬ ਤੇ ਕੀ ਮੰਗਿਆ (ਕਵਿਤਾ)

ਰੱਬ ਤੇ ਕੀ ਮੰਗਿਆ

ਬਿਨਾਂ ਮੰਗੇ ਮਿਲ ਗਏ ਦਰਦ ਬਹੁਤ

ਅੱਜ ਰੱਬ ਤੇ ਮੈਂ ਤੈਨੂੰ ਮੰਗਿਆ

ਮੰਗਣਾ ਤੇ ਬਹੁਤ ਕੁਝ ਸੀ

ਪਰ ਮੈਂ ਤੈਨੂੰ ਮੰਗਿਆ

ਰੱਬ ਕਹਿੰਦਾ ਹੋਰ ਵੀ ਮੰਗ ਲੈਂ ਤੂੰ  
ਮੈਂ ਕਿਹਾ, ਦੇ ਦਿਓ ਖੁਸ਼ੀਆਂ ਹਜ਼ਾਰ ਓਹਨੂੰ  
ਰਹੇ ਹਸਦੀ ਖਿੜੇ ਗੁਲਾਬ ਵਾਂਗੂੰ  
ਕਦੀ ਦੁੱਖ ਨਾ ਆਵੇ ਉਹਦੀ ਜ਼ਿੰਦਗੀ 'ਚ  
ਉਹ ਮਹਿਕਦੀ ਰਹੇ ਬਹਾਰ ਵਾਂਗੂੰ

ਰੱਬ ਕਹਿੰਦਾ ਹੋਰ ਵੀ ਮੰਗ ਲੈਂ ਅੱਜ  
ਮੈਂ ਕਹਿੰਦਾ, ਦੇਣਾ ਤਾ ਉਹਦਾ ਦੀਦਾਰ ਦੇ ਦੇ  
ਉਹ ਵੀ ਕਰੇ ਪਿਆਰ, ਜਿਵੇਂ ਮੈਂ ਕਰਾ  
ਉਹ ਵੀ ਸੋਚੇ, ਜਿਵੇਂ ਮੈਂ ਸੋਚਾਂ  
ਉਹ ਵੀ ਚਾਵੇ ਜਿਵੇਂ ਮੈਂ ਚਾਹਵਾਂ  
ਬਸ ਹੋਰ ਕੁਝ ਨਹੀਂ ਚਾਹੀਦਾ ਮਾਲਕਾ  
ਉਹਦੀ ਜ਼ਿੰਦਗੀ ਦਾ ਇਕ ਸਾਥ ਦੇ ਦੇ  
ਸਪਨਾ (ਬੀ.ਏ ਤੀਜਾ ਸਾਲ)

## ਧੀਆਂ (ਕਵਿਤਾ)

ਸਕੂਲ ਜਾਣ ਦੇ ਵੇਲੇ ਤੇ  
ਪਾਪਾ ਮੈਨੂੰ ਉਠਾਉਂਦੇ ਸੀ  
ਉੱਠ ਕਾਕਾ ਕਰ ਅਕਲ 'ਚ ਵਾਧਾ  
ਇਹ ਗੱਲ ਖੂਬ ਸਮਝਾਉਂਦੇ ਸੀ

ਪੈਸਾ ਦੇਣਾ ਤਿਆਰ ਵੀ ਕਰਨਾ  
ਸਕੂਲ ਵੀ ਛੱਡ ਕੇ ਆਉਂਦੇ ਸੀ  
ਪਾਪਾ ਦਾ ਪਿਆਰ ਨਹੀਂ ਮੁੜਨਾ  
ਜਿੱਥੇ ਮੌਜ ਮਨਾਉਂਦੇ ਸੀ

ਫਿਰ ਕਾਲਜ ਦੇ ਦਿਨ ਵੀ ਆਏ  
ਪਾਪਾ ਤੇ ਸੋਚਾਂ ਦੇ ਦਿਨ ਵੀ ਛਾਏ  
ਕੱਪੜੇ ਲੱਤੇ ਪਾ-ਪਾ ਬਣਨਾ  
ਪਾਪਾ ਨੇ ਫਿਰ ਫਿਕਰ ਸੀ ਕਰਨਾ  
ਪੁੱਤ ਮੇਰਾ ਜਾਊਗਾ ਬਾਹਰ  
ਕਿੱਥੇ ਹੋ ਨਾ ਜਾਵੇ ਵਾਰ!!!

ਹੁਣ ਸੋਚਾਂ ਵੀ ਵੱਧ ਨੇ ਗਈਆਂ  
ਜੁਆਨ ਦੀਆਂ ਹੁਣ ਹੋ ਨੇ ਰਹੀਆਂ  
ਹੈ ਅਰਜੇਈ , ਸੁਣ ਵੇ ਬਾਬਲਾ  
ਭੇਜੀ ਨਾ ਕਿਤੇ ਮੈਨੂੰ ਬਾਹਰ  
ਆਪਣੀ ਧੀ ਧਿਆਣੀ ਰੱਖ ਲੇ  
ਇੱਕ ਵਾਰੀ ਫਿਰ ਬਚਪਨ ਟਕ ਲੇ ,  
ਇੱਕ ਵਾਰੀ ਫਿਰ ਬਚਪਨ ਤਕ ਲੇ ...

**ਡਾੱ ਨਿਰਮਲ ਸ਼ਾਹਿਦ**





