



SOMBHADRA

2025-26



Govt. College Una (H.P.)

NAAC ACCREDITED B+

(Regd. No. 18006 with 14-1-69 RNI)

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Message
From the Pen of Director Higher Education

It gives me immense pleasure to know that your College is going to publish the magazine "Sombhadra".

College magazine is an important medium to depict the college activities. It offers vast opportunity to young writers to express their views on various topics and creative talents.

I earnestly, hope the entire student community of the college will make the best use of this opportunity by contributing to the college magazine and the readers will benefit from the knowledge and contents of the Articles published in the magazine.

I wish your institution and magazine a great success

Dr. Amarjeet K. Sharma
Director (Higher Education)
Himachal Pradesh



Message from the Principal

Dear students and faculty members

“Education is the most powerful weapon which you can use to change the world.” — Nelson Mandela.

It gives me immense pleasure to present the latest issue of our college magazine *Sombhadra*. Each page of this publication captures not just words, but moments of thought, creativity, and expression that reflect the spirit and culture of our institution.

A college magazine is more than a collection of articles—it is a platform where ideas take shape and voices find confidence. It reflects the curiosity of young minds and their willingness to see the world from diverse perspectives. In many ways, it becomes a testament to evolving thought—both intellectual and personal.

I am delighted to see the enthusiasm and sincerity with which students, faculty, and the editorial team have contributed to this endeavour. Their collective effort has brought together a rich and thoughtful compilation that enriches the academic and cultural ethos of the institution.

I hope this magazine encourages us to pause, reflect, and continue nurturing our ideas with clarity and purpose.

I congratulate all contributors and extend my best wishes for the continued success of this publication. May it grow as a meaningful platform for expression, reflection, and inspiration.

Wishing all our students a future filled with learning, confidence, and purpose.

Dr. Meeta Sharma
Principal



Message from the Chief Editor

Dear Readers ,

I hope you find these pieces engaging, insightful, and enriching in this edition of “SOMBHADRA”. Your continuous support and feedback motivate us to strive for excellence.

With great enthusiasm, I present this edition, thoughtfully curated to inform, inspire, and engage you. Each article carries a unique voice, reflecting not only creativity but also the depth of ideas and perspectives that make our publication meaningful.

As an editor, it is truly rewarding to witness how words come together to tell stories, share knowledge, and spark reflection. This edition is a collective effort, shaped by dedication, teamwork, and a passion for excellence. In a world that is constantly evolving, may these pages offer you a moment to pause, think, and connect. I encourage you to explore, reflect, and carry forward the thoughts that resonate with you. Your support and feedback remain invaluable to us as we continue this journey of expression and growth.

Dear students, as young editors and writers, you hold the power to shape ideas, inspire minds, and give voice to perspectives that truly matter. Your words are not just sentences on a page—they are the reflections of your thoughts, creativity, and courage to express. Editing teaches you precision and responsibility, while writing allows you to explore imagination and truth. Together, these skills make you thoughtful communicators and confident individuals. Continue to write with honesty, edit with care, and never hesitate to share your voice with the world. Every great writer once began just where you are today.

I extend my heartfelt gratitude to our respected Principal, Dr. Meeta Sharma for her constant encouragement and support. My sincere thanks to the editorial team for their commitment, and to our faculty advisors for their invaluable guidance throughout this journey. I also want to deeply appreciate all the contributors whose ideas and efforts have made this edition truly special.

This publication stands as a collective achievement, reminding us of the power of collaboration and expression. May this edition inspire you, engage your thoughts, and leave you with a sense of pride in the remarkable talent we nurture together.

Keep creating and keep shining through your words.

With pride and best wishes,

Happy reading! Warm regards

Dr. Ruchy Sharma
Chief Editor

SOMBHADRA

2025-26

ENGLISH SECTION



Anita Kumari
Assistant Professor
Department of English



Abha Mankotia
M.A. Eng. 4th Sem.
Student Editor

GOVT. COLLEGE, UNA
DISTT. UNA (H.P.)

From the Editor's Desk : The Weaver's Loom

Literature is not merely a collection of words on a page; it is the rhythmic pulse of our shared humanity, a mirror that reflects both the brilliance of our aspirations and the shadows of our solitude. As we unveil this edition of our college magazine, we invite you to step into a sanctuary where language transcends the mundane, becoming something visceral and enduring.

In the English Section, we have sought to curate voices that honour the timeless traditions of the written word while embracing the bold, unfiltered energy of the contemporary. Within these pages, you will find prose that interrogates the quiet corners of the heart and poetry that dances on the edge of the sublime. Our contributors have not simply written; they have excavated digging deep into the soil of experience to bring forth insights that are as haunting as they are beautiful.

As you navigate this collection, may you find a phrase that resonates with your own unspoken truths, or a metaphor that changes the way you view the horizon. We believe that stories are the only bridges capable of spanning the chasms between us, and it is our privilege to provide the architecture for those connections.

Let us continue to celebrate the power of the ink, the weight of the pause, and the infinite possibilities found within a single, well-placed word.

Anita Kumari
(Assistant Professor)
Department of English

Student Editorial

It is with great pleasure that I present this issue of our English Literature magazine. Literature is a powerful medium that reflects human emotions, culture, history, and imagination.

Through stories, poems, essays, and critical writings, writers share their thoughts and experiences with the world. This magazine brings together creative and thoughtful works that highlight different themes of life, society, and human values. Each piece reflects the talent, creativity, and dedication of the contributors.

I sincerely thank all the writers, editors, and readers who made this publication possible. I hope this issue will inspire readers to think deeply, appreciate literature, and continue exploring the beauty of words.

Happy reading!

Abha
M.A. English 4th Sem.

Between Deadlines and Dreams

College life is a journey filled with pressure and hope. Every student lives between deadlines and dreams. Deadlines test our patience, while dreams give us the strength to move forward.

Deadlines are a part of daily student life. Assignments, exams, and presentations often make us feel tired and stressed. Sometimes we feel like giving up. But these deadlines teach us discipline, responsibility, and time management. They prepare us for the challenges of real life.

Dreams are what keep us alive during difficult times. Every student carries a dream in their heart-to become successful, to make their family proud, and to build a meaningful future. When we feel lost or exhausted, our dreams remind us why we started.

College is not only about books and marks. It is about learning from failures, gaining confidence, and discovering our true potential. Friendships, struggles, and experiences shape our personality. Every mistake teaches a lesson, and every effort brings us closer to success.

Life between deadlines and dreams is not easy, but it is beautiful. If we stay focused, believe in ourselves, and keep moving forward, our dreams will one day come true.

College life ends, but the courage it builds stays with us forever.

Saksham Vasudev
B.A. 3rd Year

Life

Life is a road with changing skies,
 of hopeful dreams and silent cries.
 It teaches strength through every fall,
 And helps us rise when we feel small.
 Not all days shine with golden light,
 Some are wrapped in darkest night.
 Yet even pain has truths to show,
 And seeds of growth in wounds we grow.
 Life whispers softly: move ahead,
 With faith alive and fears long dead.
 For every breath, both deep and true,
 Is proof that life begins a new.

Samriti, M.A. English 4th Sem.

How College Shapes Our Future

College is an important stage in a student's life. It is not only a place to study different subjects, but also a place where students learn many life lessons. The experiences and knowledge gained during college help students build a strong foundation for their future.

First of all, college provides education and knowledge. Students learn new ideas, theories, and skills related to their subjects. This knowledge helps them choose their career paths and achieve their goals in life. College education also improves critical thinking and problem-solving abilities.

Secondly, college helps in building confidence and personality. When students participate in activities such as debates, presentations, cultural programs, and sports, they develop communication skills and self-confidence. These activities prepare them to face challenges in the real world.

Another important aspect of college life is meeting different people. Students interact with classmates, teachers, and people from different backgrounds. These interactions help them learn new perspectives and develop social skills. Friendships formed in college often become lifelong connections.

In conclusion, college plays a very important role in shaping our future. It provides knowledge, builds confidence, develops social skills, and prepares students for their careers and life ahead. The lessons learned in college remain valuable throughout our lives. Therefore, students should make the best use of their college years to learn, grow, and prepare for a successful future.

**Priyanka
B.com 3rd Year**

Role of Poetry in English Literature

Poetry is one of the oldest and most expressive forms of English literature. From the earliest ballads and sonnets to modern free verse, poetry has always played an important role in expressing human feelings, thoughts and experience. It uses rhythm, rhyme, imagery and figures of speech to convey deep emotions and ideas in a beautiful and artistic manner. Through its musical quality, poetry appeals not only to the mind but also to the heart.

"Poetry is the spontaneous overflow of powerful feelings, making English literature emotional, musical and meaningful."

One of the main roles of poetry is to reflect human emotions and inner life. Poets express feelings of love, joy, sorrow, hope, fear and despair in a powerful way. Poetry helps readers understand the emotional depth of human emotions, while John Keats explored beauty, imagination and mortality. Shelley used poetry to express idealism and hope for social change.

Poetry also plays an important role in presenting philosophical and moral ideas. Many poems explore profound questions about life, death, time, nature and the soul. Through symbolic language and imagery, poets express complex thoughts in a simple yet meaningful form. W.B. Yeats, for instance, used poetry to reflect on history, spirituality and the changing modern world. Another important function of poetry is to enrich the English language. Poets experiment with words, sounds and structures, which adds beauty and flexibility to the language. Poetry improves imagination, sensitivity and critical thinking in readers. It also preserves culture and tradition by recording the spirit of different ages. In conclusion, poetry plays a vital role in English literature by making it emotional, musical and meaningful. It deepens our understanding of life and human nature and continues to inspire readers across generations.

Triambak Kaushal
M.A. English 4th Sem.

The Spirit of College Life

College life is not merely a phase of academic pursuit, it is a journey of self-discovery and transformation. Within the walls of a college campus, students encounter diverse cultures, ideas and perspectives that broaden their outlook on life. Lectures, seminars and libraries sharpen the intellect, while debates, cultural fests and sports cultivate confidence and leadership. This period teaches lesson that textbooks cannot, Friendships formed during college often last a lifetime, offering support, laughter and shared memories. Challenges such as examinations, deadlines and competition prepare students for real-world responsibilities. Failures, too, play an important role, teaching resilience and perseverance. College encourage independence. Away from the protective shelter of home, students learn to manage time, finances and emotions. They begin to shape their identities, values and ambitions. Every experience-be it success or setback-contributes to personal growth. In essence, college life is a blend of learning and living. It equips students not only with degrees but also with wisdom, adaptability and confidence to face the future. These years, once gone, remain etched in memory as the most vibrant chapter of life.

Abhishek Rana
M.A. English 4th Sem.

Who is He?

His eyes are like a forest
Green and dark, taking a rest.
His voice is like a song to me
Melodious and sweet, like a cup of tea.
He walks like a lion
Quiet and confident but without a crown.
He sleeps like a child
Calm and lovable, even sometimes smiled.
He is like a star or a moon in my life
The reason for my joyful life.
Wait! Who actually is he?
He is the one who tells me what love actually is.
He is the king of my house, who loves to eat mice.

Rohan
B.A. 3rd Year

Born to Rise

Like buttercups, I bloom in the wild meadows
Clasping the light, subduing the darkest shadows
Those who doubted were proven quite silly
I was a wildflower; they mistook me for a lily
I was never defeated; it was just a sabbatical
Emotions reigned and drowned what was practical
But now I unfold, like an unyielding hawk
Striking with talons, leaving no room for talk
Maim one wing, and I'll still soar with the other
I rise as your fiercest foe; you won't find another
Bring it on! The sky belongs to all
See my biggest rise after my biggest fall.

Shivangi
M.A. English 2nd Sem.

Women Empowerment in Modern Society

Women empowerment means giving women the freedom, rights and opportunities to make their own decisions and live their lives with dignity. In modern society, women empowerment has become an important topic because women play a significant role in a nation's development.

In earlier times, women were often restricted to household work and were not given equal opportunities in education or jobs. Many women were not allowed to express their opinions or follow their dreams. However, with time, society has started to change. Today, women are becoming doctors, teachers, scientists, entrepreneurs and leaders in many fields.

Education is one of the most powerful tools for women empowerment. When a woman is educated, she becomes more confident and independent. She can make better decisions for herself and her family. Education also helps women understand their rights and responsibilities in society.

In conclusion, women empowerment is essential for a fair and progressive society. When women are empowered, they not only improve their own lives but also contribute to the growth and prosperity of the entire nation. A society that respects and supports women will always move towards a brighter and more successful future.

Isha
B.A. 2nd Year

Start Again

Starting again is not failure.

It is choosing yourself in a world that wants you to settle. Beginning again is not something to be ashamed of; it is an opportunity- a rare chance to correct what went wrong, to realign your life with who you have become. The science of letting go and beginning again shows this could be one of the most powerful decisions we ever make.

You are not alone in this journey, and even if you are, it is still okay to walk this path by yourself. Choosing yourself does not mean being selfish- it means refusing to live with regret. Bad days are normal. Falling is part of growth. Taking time off is not laziness; it is self-respect. This is your life, and you are allowed to pause, reflect, and restart. Sometimes the most intelligent and bravest thing you can do is begin again. You are not erasing your past- you are building upon it with new understanding, experience, and strength. Starting again is not an end; it is a quiet declaration of hope.

Nivedita, M.A. English 4th Sem.

A Quaint Home

Lavish villas and fancy wheels,
Regal pearls and dainty bells,
Croeds in clubs or high-end meals,
My heart never longed for any of these.
A cottage nestled where the grass is green,
Sunlight dancing through windows serene.
Just Nature and I, no one in between.
I yearned for a life with a soft simple routine.
Hares and lambs come out to play.
I pluck the fruits through golden day.
The birds all dance, the trees gently sway.
Larks and canaries keep worries away.
To live a life that's earthy and raw,
Among the souls who see past each flaw,
Where rules fade and love is the law,
And joy blooms in the touch of a paw.

Shivangi, M.A. English 2nd Sem.

Lord Shiva : The Supreme God of Transformation

Lord Shiva is one of the principal deities of Hinduism and a central figure of the Trimurti, along with Lord Brahma (the Creator) and Lord Vishnu (the Preserver). He is known as the Destroyer, but his destruction is not negative; it symbolises transformation and renewal of the universe. Lord Shiva is also called Mahadeva, meaning the "Great God." He represents truth, detachment, meditation, and inner peace. Unlike other gods, Shiva lives a simple life, wearing a tiger skin, residing on Mount Kailash, and meditating for the welfare of the world.

Lord Shiva is often depicted with a third eye on his forehead, which represents wisdom and insight. His trident (Trishul) symbolises the balance of creation, preservation, and destruction. The snake around his neck shows control over fear and ego, while the crescent moon represents the cycle of time. The holy river Ganga flowing from his hair signifies purity and life. Lord Shiva is also known as Adiyogi, the first yogi. He is considered the originator of yoga and meditation, teaching humanity the path of self-realisation. His calm and composed nature inspires people to seek spiritual knowledge and discipline. Lord Shiva is the husband of Goddess Parvati and the father of Lord Ganesha and Lord Kartikeya. His devotees worship him in the form of the Shiva Lingam, which symbolises infinite power and cosmic energy. Festivals like Mahashivratri are celebrated with great devotion to honour him.

Lord Shiva teaches us the values of simplicity, self-control, sacrifice, and compassion. He reminds humanity that destruction is necessary for new creation and that true strength lies in inner peace and wisdom. Lord Shiva is not only a god but a symbol of balance between power and calmness. His teachings guide people toward a meaningful life filled with devotion, discipline, and spiritual growth.

Satyam Kalia
B.A. 1st Year

Literature as a Mirror of Society

Literature is often described as a mirror of society because it reflects the lives, thoughts, customs, and problems of people of a particular age. Writers observe society closely and present its realities through poems, plays, novels, and stories. Through literature, readers get a true picture of social conditions, values, and human relationships. The literature shows both the good and the bad aspects of society. It highlights social evils like poverty, injustice, discrimination, corruption, and inequality. At the same time, it also presents noble qualities such as love, sacrifice, honesty, and courage. For example, novels by Charles Dickens expose the suffering of the poor during the Industrial Age, while Indian writers like Munshi Prem Chand portray rural life and social injustice. Different periods of literature reflect different social conditions. Romantic literature shows a love for nature and individual freedom, while modern literature reflects stress, loneliness, and the struggles of modern life. Thus, literature helps us understand how society changes over time. Literature also plays an important role in social reform. By making people aware of social problems, writers inspire readers to think critically and bring positive change. Many reform movements have been influenced by powerful literary works.

In conclusion, literature is not written in isolation. It grows out of society and reflects its realities. By reading literature, we understand our past, examine our present, and shape a better future. Therefore, literature truly acts as a mirror of society.

Abha
M.A. English 4th Sem.

Mental Health in the Digital Age : Strategies for a Healthier Mind

As college students, you're juggling academics, social life, and maybe even a part-time job. Add social media and the constant buzz of notifications, and it's no wonder mental health is a major concern. Here are some practical tips to help you navigate the digital world while keeping your mental health in check:

1. Set boundaries: Designate phone-free hours or days. Try it, it's liberating!
2. Curate your feed: Unfollow accounts that make you feel bad about yourself. Follow those who inspire and uplift you.
3. Digital detox: Take breaks from social media. Even a few hours can make a difference.
4. Prioritise real-life connections: Meet a friend for coffee or join a club. Human interaction is key.
5. Mindful scrolling: Be aware of how social media makes you feel. If it's stressing you out, take a break.
6. Seek support: Reach out to friends, family, or a counsellor. You're not alone.

Neha Chahal
M.A. 4th Sem.

If Books Could Talk

Books have always been silent companions of human life. They sit quietly on library shelves, bedside tables, and study desks, waiting patiently for someone to open their pages. But have we ever imagined what would happen if books could talk? What stories would they tell? What secrets would they reveal?

If books could talk, they would probably begin by telling us how long they have waited to be read. A book lying in a corner of the library might say, "I have stories full of adventure, love, and wisdom, but no one has opened my pages for years." It would remind us that within its pages lies the imagination of a writer who poured their heart and soul into creating something meaningful for readers.

However, books would not complain for long. Instead, they would encourage us to open them, explore new worlds, and discover the power of knowledge. They would remind us that every book is a doorway to a different perspective, a different culture, and a different story.

In the end, even though books cannot literally talk, their pages speak in their own way. Every sentence carries a voice, every story carries a lesson, and every book carries the thoughts of someone who wanted to share their ideas with the world. All we need to do is listen by reading.

Perhaps the next time we pick up a book, we should imagine it speaking to us, inviting us into its world. Because when we truly read, books do talk and their voices can change our lives.

Manisha
B.A. English 2nd Sem.

Nature's Message

Learned to fly from A bird, to strut from the butterfly,

Learned to sing the sweetest song from the humming of the bees

We took brightness from the sun and cool shade from the moon, we understood the twinkling of the stars to be all an illusion.

The ocean taught us the flow of deep thoughts we learnt from the sky-high mountains that our aim should be high. A beautiful message is contained in every particle of nature. It was as if God revealed his from through this.

Reeta
M.A. English 4th Sem.

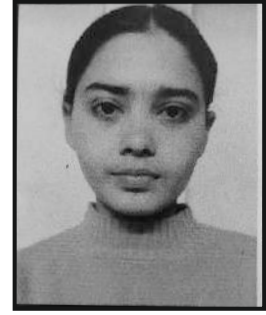
सोमभद्रा

2025-26

हिन्दी अनुभाग



डॉ. श्रेयसी सिंह
सहायक प्राध्यापिका, हिन्दी विभाग
प्राध्यापिका संपादक



आरजू
छात्र संपादक
बी.ए. द्वितीय वर्ष

राजकीय महाविद्यालय ऊना
जिला ऊना (हिमाचल प्रदेश)

संपादकीय

प्रिय विद्यार्थियों

किसी भी राष्ट्र की पहचान उसकी भाषा और संस्कृति से होती है। मुझे यह देखकर अत्यंत हर्ष हो रहा है कि हमारी महाविद्यालयी पत्रिका "सोमभद्रा" का नवीन अंक प्रकाशित होने जा रहा है।

हिंदी केवल एक भाषा नहीं, बल्कि हमारे भावों की अभिव्यक्ति और हमारी गौरवशाली विरासत की संवाहक है। साहित्य के माध्यम से ही हम समाज को नई दिशा दे सकते हैं। मेरा आप सभी से यही आग्रह है, कि आप अपनी लेखनी के माध्यम से हिंदी के समृद्ध शब्द-भंडार का अन्वेषण करें और अपनी मौलिक सोच को रचनात्मकता के साथ प्रस्तुत करें।

पत्रिका के सफल प्रकाशन के लिए पूरी संपादन मंडली और सभी विद्यार्थी लेखकों को मेरी हार्दिक शुभकामनाएँ। आपकी लेखनी निरंतर प्रगति के पथ पर अग्रसर रहे।

डॉ. श्रेयसी सिंह
सहायक प्राध्यापिका

छात्र संपादक

प्रिय साथियो,

हमारी कॉलेज मैगजीन 'सोमभद्रा' का यह नया अंक आपके सामने पेश करते हुए मुझे बेहद खुशी और गर्व महसूस हो रहा है, यह हमारे कॉलेज के छात्रों की रचनात्मकता, सोच और प्रतिभा का प्रतिबिंब है।

इस अंक को तैयार करने का सफर चुनौतीपूर्ण लेकिन प्रेरणादायक रहा। इसमें आपको कहानियों, कविताओं और लेखों के माध्यम से विविध दृष्टिकोण देखने को मिलेंगे जो यह दर्शाते हैं कि हमारे साथी न केवल पढ़ाई में बल्कि कला और अभिव्यक्ति में भी कितने माहिर हैं। मैं सभी छात्रों का तहे दिल से शुक्रिया अदा करती हूँ जिन्होंने अपनी रचनाएँ हमारे साथ साझा कीं। साथ ही, हमारी पूरी एडिटोरियल टीम और मार्गदर्शक शिक्षकों का आभार करती हूँ जिनके बिना यह संभव नहीं था। हमें उम्मीद है कि यह आपको पसंद आयेगा। पढ़ते रहिए और अपनी रचनात्मकता की लौ को जलाए रखिए।

आरजू
बी.ए. द्वितीय वर्ष

शीशे की दरार

एक गाँव में रामू नाम का एक लड़का रहता था वह बहुत मेहनती था, लेकिन उसे हमेशा लगता था कि लोग उसे कमजोर समझते हैं एक दिन उसने अपने गुरुजी से यह बात कही।

गुरुजी उसे एक पुराने शीशे के पास ले गए। शीशे में हलकी-सी दरार थी गुरुजी बोले "इस दरार से ही रोशनी अन्दर आती है।"

रामू को बात समझ में आ गई। उसने मेहनत जारी रखी और अपनी कमियों को अपनी ताकत बनाया। समय के साथ वही रामू गाँव का सबसे समझदार और सम्मानित व्यक्ति बन गया।

सीख : हमारी कमियाँ ही कई बार हमारी सबसे बड़ी ताकत बन जाती हैं।

परी
बी.ए. तृतीय वर्ष

मंजिल का सफर

रात की तन्हाई में भी चिराग जलाना सीखो,
हर अंधेरे में अपनी राह बनाना सीखो

गिरना पड़े तो गिरो, पर उठना न भूलो,
हर ठोकर में अपनी ताकत पहचानना सीखो,

सपनों को बस ख्यालों में मत सजाओ,
उनके लिए हर दिन, हर पल मेहनत करना सीखो



अगर लोग कहें "तुम नहीं कर सकते"
तो मुस्कुराकर उन्हें दिखाओ "मैं कर के दिखाऊँगा"

हार और डर को अपने कदमों में ना आने दो
हर मुश्किल को अपने हौसले से मात देना सीखो।

जिन्दगी की राह में धैर्य सबसे बड़ा साथी है,
साहस से हर मुश्किल को आसान बनाना सीखो।

परी
बी.ए. तृतीय वर्ष

माँ और प्रकृति

माँ और प्रकृति ईश्वर की बहुत सुंदर देन है। जो धरती पर हर जीव-जंतु को चाहिए। इनके बिना उनका जीवन असंभव है यही वो दो रत्न है। जो मनुष्य को जन्म के साथ सुंदर जीवन प्रदान करते हैं। माँ और प्रकृति एक जैसे हैं इनमें कोई फर्क नहीं लगता है। जिस तरह एक बच्चे को माँ की जरूरत होती है उसी प्रकार प्रकृति का भी वातावरण मनुष्य को जरूरी होता है। जिस प्रकार एक छोटा बच्चा अपनी माँ के बिना नहीं रह सकता। उसी प्रकार मनुष्य प्रकृति द्वारा दिए गए एक अंश हवा आदि के बिना नहीं रह सकता है। माँ और प्रकृति की सुंदरता अद्भुत है लेकिन आज के आधुनिक समय में ऐसा क्या हो गया ? क्यों मनुष्य के लिए इसका महत्व कम पड़ गया ? क्यों मनुष्य को लगता है कि अब इनकी जरूरत समय के साथ अधिक नहीं रही है।

एक माँ का बच्चा जब थोड़ा, बड़ा होता है, उसमें माँ के प्रति व्यवहार बदल जाते हैं। क्यों वो पहली वाली माँ नहीं रहती, या तुम उतने छोटे नहीं रहे, जितने पहले थे। क्यों माँ की बातें कड़वी लगने लगी, पहले तुम बातों को समझ नहीं पाते थे, तो वो बातें माँ तुम्हारी भाषा में बोलती थी। लेकिन अब तो समझ कर भी माँ को एक अज्ञान व्यक्ति के व्यवहार से तोलने लग गए। क्यों अब तुम माँ के चेहरे को और बोले गए शब्दों को नहीं पढ़ पाते ? माँ तो तुम्हारे रोने से ही जान लेती थी कि तुम्हें क्या चाहिए। तो तुम ऐसा सिर्फ संसार की व्यवहारिकता को देखकर बन गए। क्यों जिस तरह सभी व्यक्ति गलत रास्ते पर चल रहे हैं, उसे तुम भी देखकर चल रहे हो, जब तुम्हारे लिए, तुम्हारे संसार को और सुंदर बनाने के लिए एक स्त्री से तुम्हारी गाँठ बांधी जाती है तो इसका मतलब यह नहीं कि तुम अपनी माँ के संस्कारों की गाँठ छोड़ दो, कि तुम्हें इसकी जरूरत ही नहीं अब ऐसा क्यों क्यों तुम दोनों पक्षों से समान व्यवहार नहीं करते हो। क्यों कहीं एक बहू के आने से एक माँ का घर से बाहर हो जाना तय हो जाता है। क्यों अब तुम न्याय करने में पिछड़े, पहले तो तुम्हें सब पता था कि क्या सही क्या गलत है। अब क्यों ऐसा हुआ कि दोनों का न्याय घर में ही क्यों नहीं हो पाता, उसे निकाला क्यों। जिस समय में उसे तुम्हारी सबसे ज्यादा जरूरत उसी समय तुम्हारा फैसला डगमगाया क्यों। पहले ममता के गोद में तो ऐसे नहीं थे। क्यों अब माँ के प्रति फर्ज नहीं निभाया। क्यों बड़े हुए या आगे बढ़े। बताओ, इसलिए आज के युग में दोनों पक्षों के बीच क्यों गलत साबित हुए तुम। तुम्हें उसकी करुणा को नहीं भूलना चाहिए। मत भूलो अपने संसार को ये तो कभी तुम्हारी दुनिया होती। इसलिए तुम अपनी दुनिया को मत भूलो बल्कि अपनी दुनिया को और सुंदर बनाओ लेकिन अपने फर्जों को भूलने की कोशिश मत करना। अपने बचपन के अंश को सदैव याद रखना।

उसी प्रकार प्रकृति का हाल भी कुछ ऐसा ही माँ की तरह है। पहले युग में मनुष्य का प्रकृति से दिखाया प्रेम रह गया है। जब पहले समय में मनुष्य के पास सामान्य जीवन व्यतीत करने का समय था, तो वह प्राकृति के कर्णों में अपना खुशी भरा जीवन व्यतीत करने का अवसर दूढ़ता रहता था, वो पेड़ों की टंडी छाव, वो गिरते मीठे आम जो वो एक पल की खुशी पूरा दिन महका देती थी। यह समय जब अपने जीवन में सोचो तो जीवन पूरा ही उल्लास से भर जाता था। वो पेड़ों के नीचे बैठें भाईचारे की बातें। आधुनिक युग में हम इतना क्यों मगन हो गए। पिछले समय को भूल गए, क्यों अब सबने दिखावे की जिंदगी अपना ली। अगर मनुष्य धन-धान्य से थोड़ा सम्पन्न हो जाता है तो उसे अब महकती सुंदरता चाहिए ही नहीं बल्कि उसे अब अधिक जमीन चाहिए, चाहे पेड़ हो या ना हो। यदि जमीन जहाँ पर उन्हें अपना घर बनाना है, वहाँ पर पेड़ों की अधिकता है तो उसे वो कटवां देते हैं ऐसे ही हम अगर पहाड़ों और जंगलों की बात करें तो वृक्ष का तो नाम ही गायब होता जा रहा है इनमें से क्या हमारा प्रकृति के प्रति फर्ज नहीं है ? क्या हम इसे बनाने में मदद नहीं कर सकते, यदि नहीं तो इसे बिगाड़ने का कोई हक मनुष्य को नहीं है।

इस प्रकार हम कह सकते हैं, माँ और प्रकृति एक जैसी हैं दोनों ही जीव-जंतु को कुछ ना कुछ देती हैं लेकिन इनके प्रति मनुष्यों का व्यवहार बहुत अलग रहता है एक ना एक समय के बाद इनको छोड़ ही देता है।

पूनम
बी.ए. द्वितीय वर्ष

छाया की ज्योति

शिमला की तलहटी में बसा एक छोटा-सा गाँव था जहाँ पहाड़ियाँ बादलों से लिपटी रहती। इस गाँव में राधा नाम की एक युवती रहती थी। वह बी.ए. द्वितीय वर्ष की छात्रा थी जिसका विषय हिंदी साहित्य था। दिन रात वह छायावाद की किताबों (कविताओं) में घुसी रहती- जयशंकर प्रसाद की "आसूँ" और सूर्यकांत त्रिपाठी 'निराला' की "राम की शक्ति पूजा"। लेकिन गाँव वाले साहित्य को बेकार मानते थे। पढ़ाई से क्या फायदा ? खेत जोतो, लकड़ी लाओ" वे कहते। लड़कियों के लिए तो घर का काम ही सब कुछ समझते। राधा का मन उदास रहता, पर वह पढ़ती जाती।

एक वर्षा ऋतु की रात, आकाश गरजा, बिजली चमकी और अचानक गाँव में अंधेरा घना हो गया। बूँदे तेज बरसी, पेड़ उखड़े। सुबह होते ही अफवाह फैली— गाँव के पुराने मंदिर के पास भूत दिखा। एक बूढ़ा चरवाहा कहता “रात को सफेद साया नाचे, आँखें लाल थीं।” डर फैल गया लोग घरों में कैद हो गए। महिलाएँ तांत्रिक बुलाने लगीं। बच्चे रोते, मवेशी बेचैन। गाँव का मुखिया पंडित जी ने कहा, “यह देवता का प्रकोप है। बलि दो, वरना सब मरेगें।”

राधा घर में बैठी थी। उसके मन में प्रसाद जी की पंक्ति गूँजी : “हाय! यह अंधकार अनंत है, पर छाया में भी प्रकाश छिपा है।” वह उठी अपनी डायरी निकाली टार्च जलाकर बाहर निकली। हवा ठंडी थी, मिट्टी की सोंधी खूशबू आ रही थी। वह मुखिया के घर पहुँची। दरवाजे पर भीड़ थी। “राधा अंदर मत आओ। भूत है,” किसी ने चिल्लाया पर राधा बोली, “भूत मन का भ्रम है। सुनिए मेरी बात। सब चुप हो गए। राधा ने टार्च की रोशनी में अपनी लिखी कविता पढ़नी शुरू की।

छाया में छिपा है प्रकाश का बीज, अज्ञान के तूफान में भी फूटता फूल।
हृदय की गहराई से जन्म लेती ज्योति, जो पहाड़ों की एक सूत में बांध दे।
निराला की तरह विद्रोह करो डर से, प्रसाद के आसुओं में डूबो अंधेरे का।

शब्द गाँव की चट्टानों से टकराए। एक युवक बोला, यह क्या जादू है? राधा मुस्कुराई “यह हिंदी साहित्य का जादू है छायावाद हमें सिखाता है कि प्रकृति और मन की छाया से प्रकाश निकलता है। भूत का भ्रम खत्म करते हैं। चलो मंदिर चलें। सब उसके पीछे हो लिए रास्ते में बारिश थम चुकी थी। मंदिर पहुँचे तो देखा — वह भूत असल में एक घायल भेड़िया था, जो चोट से लंगड़ा रहा था। चरवाहे ने गलती से उसे भूत समझ लिया। सब हंस पड़े। राधा बोली, “देखा शब्दों ने डर भगाया। अब स्कूल खोलते हैं, जहाँ कविताएँ पढ़ें।”

अगले दिन गाँव सज गया। मुखिया ने राधा को स्कूल का प्रभारी बनाया। वहाँ बच्चे आते, राधा पढ़ाती “छायावादोत्तर काव्य में सूर्यकांत त्रिपाठी निराला ने समाज को जगाया। उनकी “सरोज स्मृति” में माँ का प्यार है। वैसे ही हमारा गाँव एक हो। “मेरी छाया अब ज्योति बनेगी। महीनों बाद, गाँव बदला अंधविश्वास मिटे, पढ़ाई फैली। राधा ने परीक्षा में यह कहानी लिखी तो प्रोफेसर ने कहा “यह साहित्य का जीवंत उदाहरण है।” राधा समझ गई— हिंदी साहित्य केवल किताबें नहीं, जीवन का प्रकाश है। यह छायावाद की भावुकता से प्रेरित होकर आधुनिक गद्य की तरह समाज सुधारता है।

पूनम
बी.ए.द्वितीय वर्ष

समय की कीमत

एक छोटे से कस्बे में अर्जुन नाम का एक युवक रहता था। उसके पिता एक ईमानदार लेकिन साधारण कर्मचारी थे। बचपन से ही अर्जुन ने अपने पिता को मेहनत और सच्चाई के रास्ते पर चलते देखा था। पिता अक्सर कहा करते थे, बेटा पैसा कम या ज्यादा हो सकता है, लेकिन इंसान का चरित्र अमीर होना चाहिए।

पिता की अचानक बीमारी के कारण अर्जुन की पढ़ाई बीच में छूट गई। घर की जिम्मेदारी उसके कंधों पर आ गई। वह दिन में एक दुकान पर काम करता और रात में किताबों को पढ़कर अपने सपनों को जिंदा रखता। एक दिन दुकान का मालिक अर्जुन को हिसाब किताब देखने की जिम्मेदारी दे देता है तब उसे पता चलता है कि मालिक टैक्स से बचने के लिए गलत हिसाब रखता है और वह मालिक से साफ — साफ बात करता है। तो मालिक उसे गुस्से में निकाल देता है। नौकरी जाने के बाद उसे कई दिनों तक कोई काम नहीं मिलता। फिर एक दिन उसे एक स्कूल में अकाउंटेंट की सहायक नौकरी मिल जाती है। उसकी ईमानदारी और मेहनत से सभी प्रभावित हो जाते हैं। समय के साथ अर्जुन की तरक्की हो जाती है और वह स्कूल का मुख्य प्रशासक बन जाता है। फिर एक दिन वही पुराना दुकान मालिक अर्जुन से मदद माँगता है, अर्जुन बिना किसी भावना के उसकी मदद करता है। यह देखकर समझ आता है कि सच्चाई, धैर्य का फल देर से ही मिलता है लेकिन मीठा जरूर होता है। अर्जुन को अपने पिता के शब्द याद आते हैं वह मुस्कुरा देता है।

सीख : जो इंसान मुश्किल समय में भी सही रास्ता नहीं छोड़ता, समय खुद उसका साथ देता है।

विकास
बी.ए. द्वितीय वर्ष

परखना

किसी ने कहा है कि
परखना मत, परखने में,
कोई अपना नहीं रहता।
मैं कहती हूँ कि,
पर परखने के बिना रहा भी तो नहीं जाता,
“यू तो हजारों रिश्ते होते हैं,” महोदय,
“इस दुनिया में”
पर अपने दुखों में अपने, सिवा कोई नहीं होता।
लोग आ जाते हैं, हाल पूछने,
लोग आ जाते हैं, हाल पूछने के लिए,
पर रिश्ता निभाने के लिए, सिर्फ हाल पूछना,
ही काफी नहीं होता।
तुम बहुत मासूम हो,
जो बता देते हो, सबको अपने बारे में,
अपना समझकर,
पर जिसे बताते हो वही, तुम्हारा अपना नहीं होता।
परखना जरूरी है, परखना जरूरी है,
आज की इस निर्दयी दुनिया में,
हर कोई तुम्हारे साथ मुस्कुराकर बात करने वाला,
तुम्हारा अपना नहीं होता।

नैन्सी चंदेल
बी.ए. द्वितीय वर्ष

सपने

क्या हैं ये सपने ?
क्या मंजर को पाने की चाहत हैं सपने ?
क्या इबादत है सपने ?
या फिर जीने की वजह है सपने ?
सुनिये फिर !
कोई बंद आंख से देखे
कोई देखे खुली आँखों से
किसी की आँखों में सपने
किसी की यादों में सपने
किसी की नींद में सपने
किसी को सोने नहीं देते सपने
कोई दीवाना सपनों का
किसी की मोहब्बत सपने
कोई मरता सपनों पर
किसी का जुनून सपने
कोई आशिक सपनों का
किसी की आशिकी सपने।
कोई अपनों के लिए देखे सपने
किसी की जिंदगी ही सपने।

तनीशा सैनी
बी.ए. तृतीय वर्ष

सपनों की उड़ान

सपनों के पंख निराले होते हैं
ये बंद आँखों के उजाले होते हैं।
मुश्किल राहों पर भी चलना सिखाते हैं,
मंजिल तक पहुँचने का रास्ता दिखाते हैं।
मत डरना तुम रातों के काले सायों से,
सपनों को सींचना अपनी सच्ची वफाओं से।
मेहनत की स्याही से अपनी तकदीर लिखो,
दुनियाँ के मंच पर तुम एक नई तस्वीर लिखो।
सपना वही है जो तुम्हें सोने ना दे,
अपनी जिद को तुम कभी कम होने ना दो।
गिर कर संभलना ही जीत है,
सपनों को हकीकत में बदलना ही जीवन की रीत है।

भूमिका
बी.ए. द्वितीय वर्ष



मेरा प्यारा देश

प्यारा प्यारा मेरा देश,
सबसे न्यारा मेरा देश
दुनियाँ जिस पर गर्व करे,
ऐसा सितारा मेरा देश।
चाँदी सोना मेरा देश,
सफल सलोना मेरा देश
फूलों वाला मेरा देश,
सबसे सुन्दर मेरा देश।
इतिहासों में बढ़ चढ़कर
नाम लिखाएँ मेरा देश,
प्यारा, प्यारा मेरा देश
सबसे न्यारा मेरा देश।

रितिका
बी.ए. प्रथम वर्ष

विधाता एक है

वह एक है, उसके नाम अनेक है
कोई बोले राम कोई बोले कृष्ण
कोई बोले अल्लाह कोई बोले वाहेगुरु।
वो पालनहार है और वही सिरजणहार है।
मांगा है तो देना है, वो हमेशा साथ निभाता है।
वो हम प्राणियों के प्राण हैं।
वो हम सब में विराजमान है।

फिर क्यों तुम उसी के नाम पर लड़ते हो ?
क्यों तुम उसे अलग- अलग समझते हो ?
जिसने हमें बनाने में कोई भेद नहीं किया
फिर क्यों तुम उसी के नाम में भेद करते हो ?

माना कि वो दिखता नहीं
उसे महसूस करना पड़ता है
उसे पाना आसान नहीं
वो हर परीक्षा लेता है।
हम कुछ नहीं करते
वही सब कुछ करता है।
हमारा हम में कुछ नहीं
जो कुछ है वो उसका है।
हर पल उसका शुकलाना करो
वो खुशियाँ देने वाला दाता है।
इस संसार का रचयिता
एक ही विधाता है।

तनीशा सैनी
बी.ए. तृतीय वर्ष

कोई अर्थ नहीं

नित जीवन के संघर्षों से
जब टूट चुका हो अन्तर्मन,
तक सुख के मिले समन्दर का
रह जाता कोई अर्थ नहीं।
जब फसल सूख कर जल के बिन
तिनका-तिनका बन गिर जाये,
फिर होने वाली वर्षा का
रह जाता कोई अर्थ नहीं।
सम्बन्ध कोई भी हों लेकिन
यदि दुःख में साथ न दे अपना,
फिर सुख में उन सम्बन्धों का
रह जाता कोई अर्थ नहीं।
छोटी-छोटी खुशियों के क्षण
निकले जाते हैं रोज जहाँ,
फिर सुख की नित्य प्रतीक्षा का
रह जाता कोई अर्थ नहीं।
मन कटुवाणी से आहत हो
भीतर तक छलनी हो जाये,
फिर बाद कहे प्रिय वचनों का
रह जाता कोई अर्थ नहीं।
सुख-साधन चाहे जितने हों
पर काया रोगों का घर हो,
फिर उन अनगिनत सुविधाओं का
रह जाता कोई अर्थ नहीं।

सरबजीत कौर
बी.ए. द्वितीय वर्ष

माँ

माँ की गोद से दुनिया सीखी,
उसकी आँखों में नींद न दिखी,
हम हँसते रहे, वो जागती रही,
हर तकलीफ़ उसने खुद ली थी।

उसके हाथों में जादू सा है,
हर दर्द का ईलाज वही है,
एक छुअन से डर मिट जाता है,
माँ के आँचल में जहान यही है।

जब दुनिया ने मुँह मोड़ा हमसे,
माँ ने सीने से लगा लिया,

हम गिरे, टूटे, बिखर गए,
उसने फिर से खड़ा कर दिया।

उसकी दुआओं की छाँव तले,
हर तूफ़ान भी शांत पड़ा,
बिना कहे जो सब समझ जाए,
वो रिश्ता बस माँ का ही बना।

इस जीवन की सबसे बड़ी दौलत,
ना सोना, ना चाँदी, ना ताज,
बस माँ का प्यार साथ रहे,
तो हर दिन बन जाता है खास।

हरप्रीत, बी.ए. द्वितीय वर्ष

जीवन का संघर्ष

जीवन का सबसे बड़ा संघर्ष वह नहीं होता जो शब्दों में व्यक्त किया जा सके, बल्कि वह होता है जो मनुष्य अपने भीतर मौन रूप से सहता और समझता है। यह मौन ही व्यक्ति के विचारों मूल्यों और चरित्र का निर्माण करता है। आरव का जीवन इसी मौन का जीवंत उदाहरण है।

आरव का जन्म एक साधारण मध्यमवर्गीय परिवार में हुआ था। उसका परिवार आर्थिक दृष्टि से सशक्त नहीं था, किंतु वैचारिक रूप से समृद्ध था। पिता एक सरकारी कार्यालय में लिपिक के पद पर कार्यरत थे अनुशासनप्रिय, ईमानदार और नियमों के प्रति निष्ठावान। माँ एक गृहिणी थी, परंतु उनके विचार गहरे और संवेदनशील थे। वे मानती थीं कि मनुष्य का वास्तविक धन उसकी सोच और संस्कार होते हैं। इसी वातावरण ने आरव के व्यक्तित्व को आकार दिया। बचपन से ही आरव अन्य बच्चों से कुछ अलग था। वह केवल उत्तर याद करने वाला छात्र नहीं था, बल्कि प्रश्न पूछने वाला जिज्ञासु मन रखता था। उसे कहानियाँ, कविताएँ और दार्शनिक विचार आकर्षित करते थे। विद्यालय में पढ़ते समय वह अक्सर यह सोचता कि शिक्षा का वास्तविक उद्देश्य क्या है – अंकों की प्राप्ति या आत्मविकास?

जब आरव को प्रथम वर्ष में महाविद्यालय में प्रवेश मिला, तो उसके सामने का नया संसार खुला। यह संसार स्वतंत्र विचारों, वैचारिक बहसों और विविध दृष्टिकोणों से भरा हुआ था। यहाँ उसे यह समझ में आया कि ज्ञान केवल पुस्तकों तक सीमित नहीं होता, बल्कि अनुभवों और संवादों से भी दिखाई देता है। –प्रतिस्पर्धा और अवसरवाद।

विश्वविद्यालय में अनेक छात्र थे, जो त्वरित समफलता के लिए नैतिक सीमाओं को लांघने में संकोच नहीं करते थे। परीक्षा में अनुचिन साधनों का प्रयोग संबंधों का स्वार्थपूर्ण उपयोग और विचारों की नकल ये सब उसे भीतर तक विचलित करते थे। आरव इन सबको देखता, समझता पर भीतर एक द्वंद्व से जूझता रहता। क्या आदर्शों के साथ जीना इस यथार्थवादी संसार में संभव है? इसी दौरान उसके जीवन में एक और कठिनाई ने प्रवेश किया। उसके पिता का स्वास्थ्य बिगड़ने लगा, जिसके कारण घर की आर्थिक स्थिति अस्थिर हो गई। परिवार की सीमित आय में दवाईयों और घरेलू खर्चों का संतुलन कठिन हो गया। आरव ने अंशकालिक कार्य करना प्रारंभ किया। दिन में विश्वविद्यालय की कक्षाएँ, शाम को काम और रात को अध्ययन यह दिनचर्या धीरे-धीरे उसके मानसिक और शारीरिक बल की परीक्षा लेने लगी।

कई रातें ऐसा थीं जब वह पुस्तकों के सामने बैठा होता था, शब्द धुँधले पड़ जाते। थकान, चिंता और भविष्य की अनिश्चितता उसके मन को घेर लेती। ऐसे क्षणों में यह स्वयं से प्रश्न करता—क्या यह संघर्ष सार्थक है? क्या उसके सपने केवल आदर्शवाद हैं? एक सेमेस्टर परीक्षा के समय उसके सामने एक निर्णायक क्षण आया। परीक्षा कक्ष में उसे अनुचित साधनों का सहारा लेने का अवसर मिला। परिस्थितियाँ मानो उसके पक्ष में तर्क प्रस्तुत कर रही थीं। घर की जिम्मेदारी, आर्थिक दबाव, भविष्य की सुरक्षा। एक क्षण के लिए उसका मन डगमगाया। पर उसी क्षण उसे अपने पिता की ईमानदार छवि और माँ की कही हुई बात याद आई—यदि आत्मसम्मान खो दिया, तो सब कुछ खो दिया।

आरव ने जोखिम उठाया और ईमानदारी का मार्ग चुना। परीक्षा उसने अपने ज्ञान और विवेक के आधार पर दी। परिणाम आने पर उसका नाम घोषित हुआ, तो उसने अपेक्षा से बेहतर अंक प्राप्त किए। यह केवल शैक्षणिक सफलता नहीं थी। बल्कि उसके आत्मविश्वास और मूल्यों की जीत थी। इस अनुभव ने आरव के दृष्टिकोण को और अधिक स्पष्ट कर दिया। उसने यह समझ लिया कि शिक्षा का उद्देश्य केवल डिग्री प्राप्त करना नहीं, बल्कि विवेक, नैतिकता और आत्मबोध का विकास करना है। इसके बाद उसने लेखन को अपनी अभिव्यक्ति का माध्यम बनाया। उसकी रचनाओं में समाज का यथार्थ, मनुष्य की आंतरिक पीड़ा और नैतिक प्रश्न प्रमुख विषय बनने लगे।

समय के साथ आरव का संघर्ष जारी रहा, पर उसका स्वरूप बदल गया। अब वह परिस्थितियों से भागता नहीं था। बल्कि उन्हें समझकर स्वीकार करता था। वह जान चुका था कि मौन में मनुष्य स्वयं से संवाद करता है और अपने अस्तित्व को अर्थ देता है। आरव की जीवन यात्रा इस सत्य को रेखांकित करती है कि वास्तविक संघर्ष वह नहीं जो बाहरी संसार देखता है, बल्कि वह है जो व्यक्ति अपने विवेक और परिस्थितियों के बीच लड़ता है। यही मौन संघर्ष को परिपक्व, संवेदनशील और जागरूक बनाता है।

अंततः आरव इस निष्कर्ष पर पहुँचा कि जीवन में सफलता से अधिक महत्वपूर्ण है अपने मूल्यों के साथ जीवित रहना, क्योंकि वही मनुष्य को संपूर्ण बनाते हैं।

सोवीना
बी.ए. प्रथम वर्ष

सपनों की उड़ान

हर आँख में छुपा एक ख्वाब है,
हर ख्वाब की अपनी पहचान है।
कुछ सपने चुपचाप पलते हैं,
कुछ के लिए दुनिया से लड़ना आसान है।

डर की जंजीरें तोड़ के चल,
मत पूछ कि मंजिल कितनी दूर है।
जो आज खुद पर यकीन रखे,
उसी के हाथ में कल का नूर है।

राहों में आंधी, तूफ़ान मिलेंगे,
कदम-कदम पर इम्तहान होंगे।
पर जो थककर भी चलता जाए,
वही अपने सपनों के सम्मान होंगे।

गिरना भी इस सफ़र का हिस्सा है,
हार मानना कोई विकल्प नहीं।
जो खुद को रोज़ तराशे जाए,
उससे मजबूत कोई कल्प नहीं।

तो खोल पंख, आसमान बुलाए,
तेरा इंतज़ार हर दिशा करे।
सपनों की उड़ान ऊँची रख,
क्योंकि कोशिश ही तकदीर तय करे।

सानिया खातून, बी.ए. प्रथम वर्ष

प्रेरणात्मक कविता

क्या खोजते हो दुनिया में जब सब कुछ तेरे अन्दर है।
क्यों देखते हो औरों में, जब तेरा मन ही दर्पण है।

दुनिया बस एक दौड़ नहीं, तू भी अश्व नहीं है धावक।
रुक कर खुद से बातें करले, अन्तर मन को शान्त तो करले।

सपनों की गहराई समझो, अपने अन्दर की अच्छाई समझो। स्वध्याय
की आदत डालो, जीवन को तुम खुलकर जीलो।

आलस्य तुम्हारा दुश्मन है तो, पुरुषार्थ को अपना दोस्त बना लो।
जीवन का ये रहस्य समझ लो, और खुशियों से तुम नाता जोड़ो।

आरुषी ठाकुर, बी.ए. प्रथम वर्ष

अधूरे सवालों का कैपस

इस कैपस में किताबों से ज्यादा
सपनों का बोझ होता है,
जहाँ हर बेंच पर कोई भविष्य बैठा है
और हर कॉरिडोर में एक दुविधा टहलती रहती है।
हम नोटस लिखते हैं पर खुद को समझना
सिलेबस में नहीं होता,
यहाँ गलतियाँ मार्क्स नहीं काटती
बल्कि इंसान बनाती हैं।
यह कॉलेज सिर्फ इमारत नहीं, यह वह जगह है
जहाँ हम जो हैं, उससे जो बन सकते हैं
उसके बीच खड़े होते हैं।
और शायद डिग्री से पहले यही सीख मिल जाए
तो पास होना सच में मायने रखता है।

सिमरण बैस
बी.ए. प्रथम वर्ष



सपनों में रख आस्था

सपनों में रख आस्था कर्म तू किए जा,
त्याग से ना डर आलस परित्याग किए जा।
गलती कर ना घबरा, गिरकर फिर हो जा खड़ा।
समस्याओं को रास्तों से निकाल के,
चट्टान भी हो तो ठोकर से उछाल दे।
रख हिम्मत तूफानों से टकराने की,
जरूरत नहीं है किसी मुसीबत से घबराने की
जो पाना है बस उसकी एक पागल की तरह
चाहत कर,
करता रह कर्म मगर साथ में खुदा की इबाबत
भी कर।
फिर देख किस्मत क्या क्या रंग दिखालएगी
तुझको तेरी मंजिल मिल जाएगी, मंजिल मिल
जाएगी।

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आत्मविश्वास

उठ, खड़ा हो और मंजिल की ओर कदम बढ़ा,
मन में दबाए डर की जंजीरों को तोड़ गिरा।
राहें कठिन होंगी, तूफान भी आएंगे,
पर तेरे हौसले ही तुझे पार लगाएंगे।

दुनिया कहेगी तुझसे, “ये तेरे बस का नहीं”,
पर तू सुन अपने दिल की, जो कहता है “हारना सही नहीं”
तेरी मेहनत और लगन ही तेरी पहचान है,
आत्मविश्वास ही सफलता का असली वरदान है।

गिरना बुरा नहीं गिरकर न उठना हार है,
तेरे भीतर दिया शक्तियों का अपार संसार है।
खुद की नजरों में तू कभी कमजोर न पड़ना,
आसमान छोटा लगेगा, बस तू ऊँची उड़ान भरना।

सूरज की तरह तपना है, तो आग सहनी होगी,
लिखनी है नई इबारत तो बांधाएं भी लड़नी होगी।
तू आज खुद पर यकीन कर, कल जमाना करेगा,
तेरा आत्मविश्वास ही तो तुझे शिखर पर खड़ा करेगा।

करत-करत अभ्यास के, जड़मति होत सुजान।
रसरी आवत जात ते, सिल पर परत निसान।।

अर्थ : निरंतर अभ्यास और स्वयं पर विश्वास रखने से एक मंदबुद्धि व्यक्ति भी विद्वान बन सकता है। जिस प्रकार कोमल रस्सी के बार-बार आने जाने से कठोर पत्थर पर भी निशान पड़ जाते हैं, उसी प्रकार आत्मविश्वास के साथ किया गया प्रयास हर असंभव कार्य को संभव बना देता है।

मानसी
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शिक्षक पर कविता

शिक्षक, वही है, जो जीना सिखा दे।
आपसे अपनी, पहचान करा दे।
मुश्किलों से लड़कर, आगे बढ़ जाओ तुम।
वह तुम्हें इतना ईमानदार बना दे....
तराश दे हीरे की तरह तुमको,
दुनिया के रास्तों पर चलना सिखा दे
शिक्षक वही है, जो जीना सीखा दे।

नीतिका
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हिन्दी

कुछ करना है, तो डटकर चल
थोड़ा दुनियां से हटकर चल
लीक पर तो सभी चल लेते हैं
कभी इतिहास को पलटकर चल।
बिना काम के मुकाम कैसा ?
बिना मेहनत के दाम कैसा ?
जब तक ना हासिल हो मंजिल
तो राह में, आराम कैसा ?
अर्जुन सा, निशाना रख।
मन में, ना कोई बहाना रख।
लक्ष्य सामने है,
बस उसी पे अपना ठिकाना रख।
सोच मत साकार कर।
अपने कर्मों से प्यार कर।
मिलेगा तेरी मेहनत का फल।
किसी और का ना इंतजार कर
जो चले ये अकेले उनके पीछे आप मेले हैं
जो करते रहे इंतजार उनकी
जिंदगी में आज भी झमेले हैं।।

कोमल
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विश्वास करो कर्म में

मैं निर्धनता हूँ
तुम मुझे मिटाना चाहते हो,
या कुछ करके दिखाना चाहते हो,
पर मुझे प्रिय हो
मैं तुम्हें प्रेम करती हूँ
इसीलिए फटे पुराने कपड़े पहनते हो
फैलाकर हाथ बाबूजी बाबूजी करते हो
मैं तुम्हारा नसीब हूँ
इसीलिये तुम्हारे करीब हूँ
लेकिन तुम चाहो तो कीचड़ में कमल खिला सकते हो
धरती आकाश मिला सकते हो।
मुझको समझो, श्रम को अपनाओ,
मैं तुम्हारी पाठशाला हूँ
पढ़कर विश्वास करो कर्म में
जागो, उठो जमाने को हिला दो
इस दुनिया के अज्ञान के साथ मुझे भी मिटा दो
देखो विश्वास बुला रहा है,
उगता सूरज तुम्हें राह दिखा रहा है।

रीना
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सफर सुहाना जिंदगी का

सफर सुहाना जिंदगी का
मुसाफिर दीवाना बंदगी का
चलते-चलते तुम ठहर मत जाना
इस जिंदगी ने दोबारा नहीं आना
आसमान चमकेगा कभी बादल बनकर बरसेगा
तू हर दर्द मिटाना जिंदगी का
राहें होगी आसान नहीं अंगारों पर चलना होगा
तू हर पल खुशी से बिताना जिंदगी का
आना-जाना चलता रहेगा
कभी खुशी कभी गम होता रहेगा
तू हर मंजर पाना जिंदगी का
माना थोड़ा मुश्किल होगा
जब दिल में तेरे दर्द होगा
तू हर गम भूलना जिंदगी का
मिलेंगे कई जहां कईयों का साथ होगा
हर सफर सुहाना होगा
जब बड़ों का सिर पर हाथ होगा
तू हर पल उनके साथ बिताना जिंदगी का
सफर सुहाना जिंदगी का मुसाफिर दीवाना बंदगी का

वंदना
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बचपन

मासूमियत से भरे बच्चों की
मासूमियत का जबाब नहीं
क्या कहूँ उनके बारे में
मेरे पास शब्द नहीं.....!

पल में रोते पल में हंसते
उनको ये तक ज्ञात नहीं
क्या अच्छा है क्या बुरा है
मेरे पास शब्द नहीं।

बचपन होता कितना प्यारा
जिसमें कोई भेद- भाव नहीं
क्यों पल में खेले और झगड़े
मेरे पास शब्द नहीं।

तोतली बोली और किलकारी उनकी
उनके सामने कोई मासूम नहीं
क्या कहूँ मैं प्रभु की लीला है
मेरे पास शब्द नहीं।

मासूमियत से भरे बच्चों की
मासूमियत का जबाब नहीं
क्या कहूँ उनके बारे में
मेरे पास शब्द नहीं।

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अंतिम नीला आसमान

बचपन की किसी झाड़ूंग बुक को याद कीजिए। उसमें पहाड़ हमेशा भूरे होते थे, घास हरी और उनके ऊपर एक चौड़ी पट्टी नीले आसमान की होती थी। लेकिन आज, अगर किसी बच्चे की खिड़की से बाहर देखकर आसमान का चित्र बनाने को कहा जाए, तो शायद वह (Grey) रंग उठाएगा। अंतिम नीला आसमान कोई डरावनी सी फिल्म का शीर्षक नहीं है, बल्कि एक कड़वी हकीकत है जिसकी ओर हम अपनी आँखें मूंदकर बढ़ रहे हैं।

वैज्ञानिक आंकड़ों के अनुसार, दुनिया के कई बड़े शहरों में वायु गुणवत्ता सूचकांक (AQI) अब साल के अधिकांश समय खतरनाक स्तर पर रहता है। प्रदूषण केवल फेफड़ों को ही बीमार नहीं कर रहा, बल्कि यह हमारी दृष्टि और प्रकृति के बीच एक दीवार बन गया है। कंक्रीट के जंगलों और कार्बन उत्सर्जन ने उस नीलिमा को लील लिया है जो कभी पथिकों की प्रेरणा और थके हुए मुसाफिरों का सुकून हुआ करती थी।

आसमान का नीलापन केवल एक रंग नहीं है यह जीवन, ऊर्जा और उम्मीद का प्रतीक है। जब हम नीला आसमान खोते हैं, तो केवल एक दृश्य नहीं खोते, बल्कि हम आने वाली पीढ़ियों से वह अहसास छीन लेते हैं जो उन्हें ब्रह्माण्ड की विशालता और सुंदरता से जोड़ता है।

अंतिम नीला आसमान को अनंत नीला आसमान में बदलने की शक्ति अभी भी हमारे हाथों में है। यह केवल सरकारों की जिम्मेदारी नहीं है। हमें यह समझना होगा कि कुदरत प्रकृति के पास मरम्मत की अपनी क्षमता है, लेकिन उसकी भी एक सीमा है। अंतिम नीला आसमान, हमारे लिए एक चेतावनी है कि हम अपनी विकास की परिभाषा को बदलें।

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समय

समय न रुकता, न थमता है,
चुपचाप अपना काम करता है।
जो समझ गया इसकी चाल को,
वही जीवन में आगे बढ़ता है।

कल बीता हुआ एक सबक है,
आज हाथों में एक अवसर।
कल किसे पता क्या होगा,
इसलिए आज को बना दो बेहतर।

समय न देखे उम्र, जाति या नाम,
सबके लिए समान है इसका पैमाना।
जो मेहनत से दोस्ती समय कर ले,
समय उसे देता है नया ठिकाना।

घड़ी की सुईयाँ कहती हैं हर पल,
अब भी संभलने का है वक्त।
जो आज को थाम ले मजबूती से,
वही लिखता है कल का सच।

**मनीशा
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संघर्ष

कोई अपनी दो वक्त की रोटी के लिए
तो कोई अपनी छत के लिए
कोई अपने मन में आ रहे बुरे विचारों से
तो कोई मन में बसे डर से
सभी संघर्ष कर रहे हैं

कोई समाज की बुरी सोच के खिलाफ तो
कोई अपने लक्ष्य को पाने की चाह में
कोई गिरते उठते दो कदम चलने में
तो कोई कल कैसे गुजारा करेंगे इस विचार से
सभी संघर्ष कर रहे हैं।

कोई दो पैसे जोड़ने में
तो कोई हमें अच्छा भोजन खिलाने में
कोई फिर से मुस्कुराने में
तो कोई अपने दर्द को छिपाने में
सभी संघर्ष कर रहे हैं।

**अंजली भट्टी
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प्रेणात्मक कविता

छात्र जीवन जीवन की नींव है,
यहीं भविष्य की पहचान है।
यही वह समय होता है।
जब सपनों को मिलता आकार है।

कंधों पर न कोई बोझ भारी,
मन में उत्साह, आँखों में उजाला।
ज्ञान की राह पर चलता छात्र,
हर दिन सीखता नया उजाला।

किताबें इसकी सच्ची मित्र हैं,
गुरु इसका मार्गदर्शन करते।
अनुशासन परिश्रम और संयम,
छात्र को महान बनने देते।

गलतियों से सीखना भी जरूरी,
हार से डरना नहीं चाहिए।
जो गिरकर फिर उठ जाता है,
उसे आगे बढ़ने से कौन रोके।

आज की मेहनत, कल की सफलता,
यह बात छात्र समझ जाता है।
जो समय का सही उपयोग करे,
वही जीवन में आगे जाता है।

छात्र जीवन केवल पढ़ाई नहीं,
संस्कारों की भी पाठशाला है।
सच, मेहनत और ईमानदारी,
यही इसकी परिभाषा है।



देश का भविष्य छात्र से है,
उसके हाथों में कल की डोर।
यदि छात्र जागरूक बन जाए,
तो बदल सकता है हर एक मोड़।

इसलिए हे छात्रों, जागो तुम,
अपने लक्ष्य को पहचानो।
छात्र जीवन अनमोल रत्न है,
इसे व्यर्थ कभी न जाने दो।

**शाश्वत कंवर
बी.ए. द्वितीय वर्ष**

कविता

कविताएँ कभी अर्थहीन नहीं हो सकती
अर्थहीन होती है वो नज़रें
जिनसे पढ़ी जाती है कविताएं।

जिनका स्वयं का कोई
नज़रिया नहीं होता
ऐसी नज़रें कविताओं को
अर्थहीन बना देती है।

कविताओं को ऐसी नज़रों से बचाना ही
कवि के लिए लेखन की प्रथम चुनौती है।

नहीं तो कवि की कविताएं
अंदर ही अंदर दम तोड़ती है
रोती है, बिलखती है, सोचती है
कवि को कलम चलाने से रोकती है।

**रीना
बी.ए. तृतीय वर्ष**

असफलता : सफलता की अनकही कहानी

अकसर हम सफलता की कहानियाँ पढ़ते और सुनते हैं, लेकिन असफलता के महत्व को नजरअंदाज कर देते हैं। जबकि सच्चाई यह है कि असफलता ही सफलता की सबसे सच्ची शिक्षक होती है। असफलता हमें धैर्य, आत्ममंथन और आत्मविश्वास सिखाती है। यह हमारी कमियों को उजागर कर हमें बेहतर बनने का अवसर देती है। इतिहास गवाह है कि हर महान व्यक्ति को सफलता से पहले अनेक बार असफलता का सामना करना पड़ा है।

आज के प्रतिस्पर्धात्मक युग में असफलता से डरकर लोग प्रयास करना ही छोड़ देते हैं। लेकिन जो असफलता को सीख मानकर आगे बढ़ता है, वही वास्तविक सफलता प्राप्त करता है। असफलता हमें मजबूत बनाती है और हमारे भीतर छिपी संभावनाओं को पहचानने में मदद करती है। यदि असफलता न हो तो सफलता का महत्व भी समझ में नहीं आएगा। इसलिए हमें असफलता को अंत नहीं, बल्कि नए एक आरंभ के रूप में देखना चाहिए। अतः कहा जा सकता है कि असफलता कोई बाधा नहीं, बल्कि सफलता की सीढ़ी है।

कशिश भट्टी बी.ए. द्वितीय वर्ष

कविता

मेरी मातृभूमि को मेरा वंदन है,
इसकी मिट्टी धूल महकता चंदन है।

खेल-खेल जिसकी गोदी के पलने में,
रहा झूलता पला, पैर पर खड़ा हुआ।
जिसके आसमान के नीचे आँचल में,
मैं नटखट, चंचल शिशु इतना बड़ा हुआ।
जिसने मेरे लिए सहा, सब कहा न कुछ,
सौ सौ बार उसे मेरा अभिनंदन है।।

है दुनिया में देश बहुत सुंदर, लेकिन
मेरी मातृभूमि की शोभा प्यारी है,
स्वर्गलीक की सुषमा-सुंदरता-गरिमा
एक-एक कर इसके सम्मुख हारी है।
हम सब की आशाओं, अभिलाषाओं की
कल्पलता वह, कल्पवृक्ष, बदन वन है।

जब तक हूँ मैं रत्तीभर भी इस पर कोई।
किसी तरह की आँच नहीं आने दूंगा,
बालक हूँ पर वीर भरत का वंशज हूँ,
सिंह के मुँह फाड़ दाँत दिखला दूंगा।
मेरे हाथ भव्य मुकुट हिमगिरि
और सुरक्षित अडिग सिंधु-सिंहासन है।

मैं रोली से नहीं, उसी की मिट्टी से
तिलक लगाता हूँ अपने माथे पर
यों तो है मेरा वास्ता सब दुनिया से
पर गर्व मुझे है इसके नाते पर।
मैं जो कुछ हूँ सब इसका ही हूँ
इसको ही मेरा सर्वस्व समर्पण है।

सेजल शर्मा
बी.ए. प्रथम वर्ष

मैं रुकूंगी नहीं

मैं गिरी हूँ, पर रुकी नहीं,
मैं टूटी हूँ, पर झुकी नहीं,
मेरे सपनों का ईंधन मैं
मैं जलूंगी तो रुकूंगी नहीं।

रास्ता अंधेरा क्या हुआ ?
मैं खुद अपनी लौ बन जाऊँगी।
दुनिया बोले — तेरे बस का नहीं,
मैं हँसकर कहूँ — बस तू देख,
अब मैं क्या बन जाऊँगी!

हार मेरी किस्मत नहीं
हार मेरी प्रैक्टिस है,

आज जो गिरा-कल वो शेर,
सच यही मैं गिरूँगी, उठूँगी
और आखिर में कर दिखाऊँगी!

आज मेरा समय नहीं ?
तो ठीक है
कल मैं ही समय बन जाऊँगी।
सफर लंबा सही पर
अंत मे जीत मेरी होगी।
मैं खुद मेरी पहचान बन जाऊँगी!

शाज़िया बेगम
बी.ए. द्वितीय वर्ष

वह केवल नारी नहीं है

वह केवल नारी नहीं है,
वह सृजन की पहचान है,
हर युग की कहानी में
वह शक्ति की आवाज है।

कभी चूल्हे तक सीमित कर दी गई,
कभी सपनों से दूर रखी गई,
पर हर बार उसने चुपचाप
अपनी नई राह खुद गढ़ी।

उसके कंधों पर बोझ नहीं,
उसके हाथों में विश्वास है,
जो घर भी सँभाले, देश भी गढ़े
वह नारी ही विशेष हैं।

वह प्रश्न भी है, उत्तर भी,
संघर्षों की परिभाषा है,
जो झुके नहीं अन्याय के आगे
वही नारी की सच्ची आस है।

अब समय है सोच बदलने का,
सम्मान को अधिकार बनाने का,
नारी को कमजोर नहीं
सशक्त पहचान दिलाने का।

जब नारी बढ़ेगी आगे,
तो समाज आगे बढ़ जाएगा,
जिस दिन नारी मुस्कुराएगी
उस दिन भविष्य मुस्कुराएगा।

इशिता, बी.ए. प्रथम वर्ष

पुराने जूतों की नई कहानी

यह कहानी एक ऐसे पिता की है, जिनके फटे हुए जूतों ने उनके बेटे के लिए कामयाबी का रास्ता बनाया।

रामू काका एक मध्यमवर्गीय परिवार से थे। वे एक छोटी सी फैक्ट्री में दिन-रात काम करते थे। उनका इकलौता बेटा, आर्यन, शहर के सबसे बड़े कॉलेज में पढ़ रहा था। आर्यन को अक्सर लगता था कि उसके पिता कंजूस हैं। वे सालो से वही पुराना मटमैला कुर्ता पहनते थे और उनके जूतों को तली इतनी घिस चुकी थी कि वे चलते समय अजीब सी आवाज करते थे।

वह एक दोपहर : एक दिन आर्यन कॉलेज से जल्दी घर लौट आया। उसने देखा कि धूप चिलचिला रही थी और उसके पिता साइकिल से घर पहुँच रहे थे। जैसे ही उन्होंने साइकिल खड़ी की, वे लंगड़ाकर चलने लगे। आर्यन ने छिपकर देखा कि उसके पिता ने जैसे ही जूते उतारे, उनके पैरों के तलवों में काले निशान पड़ गए थे। दरअसल जूतों की तली में एक बड़ा छेद था। तपती सड़क की गर्मी उस छेद से सीधे उनके पैरों को जला रही थी। आर्यन सन्न रह गया। उसे याद आया कि पिछले हफ्ते ही उसने अपने पिता को जिद करके 3000 के ब्रांडेड जूते खरीदे थे। यह कहकर कि दोस्तों के सामने पुराने जूतों में शर्म आती है।

मौन संघर्ष : आर्यन ने उस रात गौर किया पिता ने अपनी थाली की आधी रोटी भी यह कहकर छोड़ दी कि मेरा पेट भारा है, आर्यन दूध पी ले, तुझे रात भर पढ़ना है। आर्यन को समझ आया कि पिता की कंजूसी, दरअसल उनकी मजबूरी नहीं, बल्कि मोहब्बत थी, वह कंजूसी, उनके बेटे की कॉलेज फीस थी, वह पुराना कुर्ता, उनकी महंगी किताबें थी, और वे फटे हुए जूते, उसकी उड़ान के पंख थे।

सफलता का दिन : सालों बाद, जब आर्यन की पहली नौकरी लगी और उसे अच्छी सैलरी, मिली, तो उसने सबसे पहला काम किया— अपने पिता के लिए सबसे आरामदायक और महंगे जूते खरीदे। जब उसने पिता को जूते पहनाए, तो पिता की आँखों में आँसू थे। उन्होंने मुकुराते हुए कहा, बस बेटा, मुझे नए जूतों की जरूरत नहीं थी, बस तेरे पैरों को जमीन न नापनी पड़े, यही मेरा संघर्ष था।

सीख : पिता वह ढाल है जो दुनिया की हर धूप खुद झेल लेता है ताकि उसके बच्चों पर कभी आंच न आए। उनके संघर्ष अवसर खामोश होते हैं। लेकिन उनका प्रभाव हमारे पूरे जीवन पर होता है।

संजना

बी.ए. तृतीय वर्ष

कपड़े नहीं, सोच दोषी है

यह सिर्फ शरीर पर ज़ख्म नहीं, यह आत्मा का बलात्कार है।
यह एक औरत की चीख नहीं, पूरे समाज पर सवाल है।

किसी ने कहा “वह बाहर क्यों गई थी ?”
किसी ने पूछा—कपड़े कैसे पहने थे ?
अपराधी आज़ाद घूमता रहा,
और कटघरे में लड़की खड़ी थी।

ये शहर हैवानों का शहर है, जो न उम्र देखता है न नाता
बस खाली सड़कों, पर बिखरा है, चीखों का सन्नाटा

वह सात साल की है, उसके साथ बलात्कार हुआ।
वह सत्तर साल की है, उसके साथ बलात्कार हुआ।
समस्या उसकी उम्र से नहीं है, समस्या लोगों की सोच से है।

मोमबत्तियाँ जलती हैं, भाषण दिए जाते हैं
पर हर रात किसी घर में, न जाने कितने सपने रौंद दिए जाते हैं।

आज जरूरत है मोमबत्ती जुलूस से आगे बढ़ने की
सोशल मीडिया पोस्ट से आगे जाने की
जरूरत है सोच में बदलाव लाने की।

शर्म उस पीड़िता को नहीं, उस समाज को होनी चाहिए
जो अपराधी को बचाया है।
लड़कियों को बचाने से पहले, लड़कों को इंसान बनाना जरूरी है।

सिमरन धीमान, बी.ए. द्वितीय वर्ष

कपड़े नहीं, सोच दोषी है

जीवन छोटा है, पर अवसर अनंत है। हर दिन एक नई शुरुआत है। जीवन एक अनमोल तोहफा है। इसे कैसे जीना है, यही हमारे सफर की दिशा तय करता है। जीवन जीने का सही नज़रिया ही हमें मुश्किल समय में संभालता है और हमारी राह को रोशन करता है।

दुःख, परेशानियाँ, कष्ट, उलझनें और बाधाएँ किस व्यक्ति के जीवन में नहीं हैं परन्तु व्यक्ति को केवल सकारात्मकता के साथ अपना कर्म करना चाहिए। गीता में भी वर्णित है, “मनुष्य का अधिकार केवल उसके कर्मों पर है, फल पर नहीं।” व्यक्ति को कभी भी मन का दास ना बनकर मन को अपना दास बनाना चाहिए और यही मनुष्य के सफल जीवन का मंत्र है।

जीवन में चुनौतियों का सामना साहस और धैर्य के साथ करना चाहिए ना कि उनसे डरकर भागना चाहिए। याद रखें: “सकारात्मक सोच, मेहनत, लगन और धैर्य यही जीवन जीने का सही नज़रिया है।”

भारत सोनी

बी.ए. प्रथम वर्ष

पिता

पिता केवल एक शब्द नहीं, हिम्मत और विश्वास का नाम है।
जो खुद धूप में जलकर भी, औलाद के लिए छाया बनता है।।

पिता की आँखों में सपनें, अक्सर खुद के नहीं होते।
वह अपने अरमानों को, बच्चों की खुशी में बोते।।

सुबह-सुबह निकल पड़ते हैं, रोजी की तालाश में।
थकान छुपाए चहरे पर, मुस्कान रखते साथ में।।

पिता कम बोलते हैं लेकिन, हर बार समझ जाते हैं।
मुसीबत की हर राह में, पहले आगे बढ़ जाते हैं।।

उनकी डाँट में प्यार छुपा, उनकी खामोशी में सीख।
जीवन की कठिन राहों में, पिता ही देते सही दिशा दीप।।

कभी नए जूते खुद न लेकर पुराने पहन लेते हैं।
बच्चों की जरूरतों के आगे, अपनी चाहत भूल जाते हैं।।

पिता मजबूत दीवार जैसे, जो हर आँधी रोक लेते।
घर की नींव बनकर चुपचाप, सारे बोझ उठा लेते।।

जब दुनिया रूखी लगती है, पिता विश्वास बन जाते हैं।
हार के हर पल में भी, हौसला जग जाते हैं।।

आज समझ आता है मुझको, उनका हर त्याग अनमोल।
मेरी हर सफलता के पीछे, छुपा है पिता का मोल।।

हे पिता तेरे चरणों में, मेरा सादर प्रणाम।
तेरे आशीर्वाद से ही, मेरा जीवन बने महान।।

तनीशा देवी

अपनी नज़र

दुनिया वही है बस देखने का नज़रिया बदल जाता है,
कोई काँटों को रोता है, कोई फूलों पर मुस्कुराना है।

किसी की नज़र में समंदर बस खारा पानी है,
किसी की नज़र में ये गहराइयों की पुरानी कहानी है।

झुकी नज़र में हया है, उठी नज़र में स्वाभिमान,
बदलती नज़रों में तो हर कोई गुनहगार होता है।

परखना छोड़कर, बस सहेजना सीख ले ऐ राही,
साफ हो अगर नज़र, तो पत्थर में भी खुदा होता है।

अंजली कंग, बी.ए. प्रथम वर्ष

उम्मीद का दीया

जब रात का साया गहरा हो,
और मंजिल का पहरा हो,
जब थकने लगे पाँव तुम्हारे,
और दूर दिखें सब किनारे,
तब मन के किसी कोने में तुम,
एक छोटा सा दीप जला लेना।

तूफानों की फितरत है आना,
बिखरे हुए को और बिखराना,
पर तुम मिट्टी के वो ढैल नहीं,
जो बह जाएंगे बनकर पानी,
तुम अडिग हिमाचल बन कर तो देखों,
मुश्किलों को खुद से डरा देना।

कल क्या होगा किसने जाना ?
बस आज का है ये ताना-बाना,
हर हार में एक नया सबक है,
हर अंधेरे के बाद एक दमक है,
बस हौंसले की स्याही हो तुम,
अपनी नई एक दास्ताँ लिख देना।

अश्विन
बी.ए. प्रथम वर्ष

कपड़े नहीं, सोच दोषी है

बहुत समय पहले, जब पृथ्वी अभी नई थी और पहाड़ों के निर्माण की कहानियाँ भी जीवित थीं, तब राजस्थान की धरती पर अरावली पर्वत श्रृंखला उभर रही थी। यह सिर्फ चट्टानें नहीं थी बल्कि धरती की रीढ़ जीवनदायिनी और प्रकृति की गवाही थी। अरावली की हर घाटी और हर चोटी में कहानियाँ बसती थीं। प्राचीन मानव बस्तियाँ, गुफाएँ, मन्दिर और किले लोग इन पहाड़ियों की सुरक्षा में रहते और यहाँ कि ठण्डी हवाएँ उनके जीवन में आशा और शक्ति भरती थी, नदियाँ अरावली से निकलती और गाँव-शहरों में जीवन का पानी पहुंचाती थी।

समय बीतता गया और इन्सानों ने इन पहाड़ियों के खनिज और प्राकृतिक संसाधनों को पहचानना शुरू किया। लेकिन लालच और जल्दबाजी ने अरावली की सुन्दरता और सुरक्षा को खतरे में डाल दिया। जंगल कटने लगे, पहाड़ों की खोखली होती गई और नदियों का बहाव धीमा पड़ गया। फिर पर्यावरण के रक्षक और गाँव के लोग उठ खड़े हुए। उन्होंने कहा “अरावली सिर्फ चट्टान नहीं, यह हमारी इतिहास, हमारी साँस और हमारी जिन्दगी है” धीरे-धीरे कानून बने आन्दोलन हुए और आज भी अरावली पहाड़ियों की चोटी पर सूरज की पहली किरण चमकती है, हवाएँ बहती हैं और नदियाँ जीवन देती हैं, हर पत्थर, हर गुफा और हर पेड़ हमें याद दिलाता है कि प्रकृति की सुरक्षा हमारी जिम्मेदारी है। “अरावली की यह कहानी सिर्फ इतिहास नहीं, बल्कि सचेत रहने और संरक्षण की प्रेरणा है। इसे बचाना हमारे भविष्य को बचाने के बराबर है।”

कोमल देवी, बी.ए. प्रथम वर्ष

SOMBHADRA

2025-26

SCIENCE SECTION



Dr. Shveta Sharma
Assistant Professor
Department of Chemistry



Sarvjeet Kaur
B.Sc. 2nd Year
Student Editor

GOVT. COLLEGE, UNA
DISTT. UNA (H.P.)

Teacher Editorial

Real education is about more than just hitting the books, it's about having the guts to think for yourself and explore the "what ifs" that aren't in the syllabus. This magazine is our space to do exactly that a place where we can take big, intimidating ideas and turn them into something we can all connect with. In this issue, I'm especially stoked by how everyone tackled the balance between the "classics" and the "future". We've got deep dives into the basic science that makes our world tick, right alongside some really sharp takes on how AI is changing the way we solve problems and live our lives. Seeing this level of curiosity and raw talent is honestly inspiring. Huge props to everyone who contributed to the science section this time around, you've challenged us all to look at the world a little differently and keep pushing the boundaries of what's possible. Keep that momentum going the world needs your perspective.

Dr. Shveta Sharma
(Assistant Professor)

Student Editorial

It is a Privilege to present the science section of our college magazine, Sombhadra. Science encourage curiosity, critical thinking and innovation , helping us to understand the world beyond textbook. This section reflects the creative and analytical efforts of students.

A special thanks to our incredible teacher - editor Dr. Shveta Sharma. Their guidance and support pushed us to be our best and made this section possible.

We hope you enjoy reading our work as much as we enjoyed creating it!

Sarvjeet Kaur
B.Sc 2nd year

Truth in Silence

Science does not shout for attention; it reveals itself quietly, patiently and honestly. In the silent fall of an apple, in the steady glow of distant stars, and in the unseen movements of atoms, science speaks without words. It does not depend on belief or tradition, but on observation, logic and evidence. Every discovery begins with a silent question and ends with a truth that reshape our understanding. In a world full of noise, assumptions and misinformation, Science stands calm and firm, providing that the most powerful truths are often spoken in silence.

Sarvjeet Kaur
B.Sc 2nd year

The Role of Mathematics in Science and Technology

Mathematics is often called the language of Science because it provided the tools to describe, analyze and predict natural phenomena and technological process. Its role in science and technology is immense and multifaceted.

1. Language of Science :- Mathematics helps to empress scientific laws and theories clearly, like Newton's laws or Einstein's relativity.

2. Foundation of Technology :- Engineering, computers, AI, and robotics rely on mathematical principal and algorithms.

3. Precision and accuracy :- Mathematics ensures accurate measurements, calculations and predications in experiments and applications.

4. Problem solving :- It developes logical thinking and helps solve complex scientific and technological problem.

5. Predictions and simulations :- Mathematical models are used to predict outcomes in weather forecasting, engineering designs and space exploration.

6. Interdisciplinary Role :- Mathematics connects different fields like physics, chemistry, biology, economics for better analysis.

7. Innovation :- Many modern technologies and discoveries are possible due to mathematical analysis and Modeling.

Conclusion :- Mathematics is essential for scientific research and technological advancement, making it a key tool for progress.

Rajnish Kaur, B.Sc. 2nd Year (P.S)

Periodic Table A to Z

A is for Aluminium, so Shiny and White
 B is for Boron, sometimes blacks at the night
 C is for Calcium (good for your health)
 D is for Dubnium (your wouldn't have it on your shelf)
 E is for Eintienium, my favourite elements of all
 F is for Francium hardly any founds on earth at all
 G is for Gold, expensive and rare
 H is for Hydrogen, it is first elements there
 I is for Iodine (used for cleaning your cuts)
 J is for nothing
 K is for Keypton, doesn't really hurt superman
 L is for lead, church rooves are a fan
 M is for Magnesium, making metals light
 N is for Nitrogen in the air day and night
 O is for Osmium, it is rarer than Gold
 P is for Phosphorus, use it to light up
 the fire When it's cold
 Q is for Quartz, made of oxygen and silicon
 R is for Ruthenium, sometimes used in toggle
 switches to turn stuff off and on
 S is for Silver, sometimes used in microchips
 T is for Tin, stops the rust on grips
 U is for Uranium, radioactive and green
 V is for Vanadium, don't cut yourself on it or yourself
 on it you'll scream
 W is Tungsten's sign
 X is for Xenon, its density is five point nine
 Y is for Yttrium you can find it in cabbage
 Z is for Zinc...baahh Zinc is average"!

Sania
B.Sc. 2nd Year

All about Science

Energy is everywhere, this almost everyone knows.
 It's in wind, Hydrogen and even in the sun that glows.
 Solar panels gives us solar energy and wind mills gives us wind energy.
 Now you knows that even people like you' have energy to spend just like me.

Element are in everything we use.
 Au is for gold, it's in the jewellery we hold, and if you say "No way"
 I would have no excuse.
 H₂O is water, O₂ oxygen.
 The air use to fill balloons is known as Helium.

DNA is in all of us, and it holds everygene.
 Don't be confused by the pants "Jean".
 cause that's not what I mean
 DNA can be blood or even hair,
 DNA is everywhere.

There are two types of changes:
 Physical & Chemical
 Physical is like eating a banana,
 and Chemical like is baking cookies.
 These are the changes for all you cookies.

Muskan
B.Sc. 2nd Year

Why feels faster as we grow older : The Science behind it

Have you ever noticed that a year felt endless when you were younger, but now it seems to fly by? Summer vacations once felt infinite, while today weeks disappear before we realize it. Surprisingly, this strange feeling isn't just imagination- it's deeply connected to how our brain now.

Time is in the Brain, Not the clock : Clocks measure time perfectly, but humans don't experience time that way our brain d'not have a built in stopwatch. Instead, we sense time based on memories, attention and emotion. When these change, our experience of time changes too.

The Proportion Effect : (i) For a 10 years old, one year is 10 % of their entire life. (ii) For a 20 years old, one year is only 5% (iii) For a 40 year old, it's just 2.5%

Conclusion : Time doesn't actually speed up as we grow older. our brain simply experience it differently. By saying curious, wearing new things and living more mind fully, we can make life feel fuller and more meaningful.

Sapna
B.Sc. 2nd Year

The Seed of Science

The little question a wondering mind,
Truth and answers we hope to find.
A simple "Why" begins the way,
To science, discovery day by day.

From stars above to seeds below,
Curiosity helps knowledge grow.
It asks, it learns, it dares to see,
The hidden laws of mystery.

So let us question, think and explore,
For curious minds open every door.

Shikha Sharma, B.Sc. 2nd Year

Importance of Artificial Intelligence

Artificial intelligence is crucial for boosting efficiency, automating complex tasks and driving innovation across nearly every sector by analysing vast data, learning patterns and making intelligent decisions, leading to better healthcare, personalized experiences, improved cybersecurity, economic growth and solutions for global challenges like climate change, while also creating new jobs and transforming industries. Its importance lies in augmenting human capabilities, reducing errors enabling 24/7 operations and offering predictive insights for faster, data driven choices, reshaping how we work, live and solve problems.

**Ritika
B.Sc. 2nd Year**

Life Science and its development

Life science is the world of living organisms. The development of life sciences is an interdisciplinary endeavor, drawing together natural and social sciences to gain greater understanding of human life, health and disease. Personalised medicine based on the genetic makeup of an Individual and not just on generalised population data will be crucial to making good choices. And since drug discovery has failed to keep pace with medical advances, the solution lies in a big data approach, in which biological information is constantly updated by patients taking part in clinical trials.

**Payal Dhiman
B.Sc. 2nd Year**

The Importance of Chemistry in Life

Chemistry is one of the broadest scientific Subjects that are primarily focussed on manner in which matter interacts with energy. However, chemistry tends to be more focused on the study of the properties of matter as well as the interaction between various types of matter. The interaction is often facilitated by the reaction that involve either electron loss or electron gain.

Unlike other science, such as physics, doesn't put more focus on the nuclear part of the atom, and any other subatomic realm. Perhaps it's important to emphasize that chemistry is a science and thus the procedures conducted in the subject tend to be systematic and reproducible, as well as have been tested using different scientific method.

**Ekta
B.Sc. 2nd Year**

Science

Everything works,
because of science
Even your old
Kitchen appliance
what about your
mom's car?
without science

it wouldn't go far
with science we could make
a computer or phone,
If you want a twin
just ask for a clone,
science will explain,
nature and trees,

It's also used,
to find cure for disease.
Science is cool,
the evidence is clear,
It's so much fun,
enjoy it my dear.

**Manpreet Kaur Dehal
B.Sc. 2nd Year**

The Silent Struggles of Science Students

Mental health in academic remains one of the most overlooked yet deeply felt realities of student life, especially for those pursuing science based disciplines where performance is often equated with self worth beneath the surface of lecture halls, many students silently battle anxiety, burnout, chronic stress and an unspoken fear of failure. In such spaces, exhaustion is normalized rest is guilt ridden and seeking help is often mistaken for weakness. True academic excellence flourishes not in fear and fatigue, but in minds that are supported, resilient and allowed to breathe.

Nishtha Sharma
B.Sc. 2nd Year

ISRO Launches the Record-Breaking Blue Bird

On December 24, 2025, the Indian Space Research Organisation (ISRO) achieved a monumental milestone with the successful deployment of the Blue Bird Block-2 Satellite. Launched via the formidable LVM3 "Baahubali" rocket, this mission marks the heaviest commercial payload India has ever carried, weighing a staggering 6,100 kg. The precision of the LVM3-M6 mission solidifies ISRO's position as a global leader in heavy-lift capabilities, providing its ability to manage massive, next generation infrastructure with surgical accuracy.

The Bluebird Block-2 is not just a satellite, it is an engineering titan. Once its massive phased-array antenna unfurls, it spans 2400 square feet nearly 3.5 times larger than its predecessors. This "Space-based cell tower" is designed to beam high-speed 4G and 5G directly to standard smartphones, by passing the need for specialized ground equipment. By bridging the digital divide for millions in remote area, this launch signals a new era where global connectivity is no longer a luxury, but a universal reality delivered from the stars.

Evolution of Connectivity : Block-1 vs. Block-2

To understand the scale of this achievement here is how the new Block-2 compare to the previous generation :

Feature	Blue Bird Block-1	Blue Bird Block-2
Antenna Size	693 sq. ft.	2400 sq. ft.
Launch Weight	1,500 kg	6,100 kg
Data Capacity	Standard	10xHigher Band-Width
Peak Data Speed	21 Mbps	Up to 120 Mbps
Primary Goal	Initial Testing/Voice	Continuous 5G Broadband

Megha
B.Sc. 2nd Year

Chat GPT

Chat GPT is an AI language model from Open AI, revolutionizing tech inter-action. It generates human-like text, answers questions and engages in conversations. Trained on vast data it understands and responds naturally applications span customer service, education and content creation. It boosts productivity and efficiency, across sectors. Ethical considerations. include misuse and employment impacts continuous dialogue is key for responsible AI development, Chat GPT reshapes how your work and learn. It's at the forefront of the AI revolution.

Riya Rana
B.Sc. 2nd Year

I Love Science

I like science
It refreshes my mind,
but then chemistry,
is an evil villain in the story.

Physics without numerical,
Biology without scientific name,
Chemistry without exception,
would feel like heaven.

But when everything seem easy
Being right in front of you!
There's no fun for despair repair
To repair all these back again

That is why
I love science
only when,
All these things are included.

Neha, B.Sc. 2nd Year

2025 Nobel Prize Winners in the Science Categories

Physiology or Medicine

Winners : Mary E. Brunkow, Fred Ramsdell and Shimon Sakaguchi
For : Their discoveries on how the immune system keeps itself in check by regulating "peripheral immune tolerance". This work explained how the body prevents the immune system from attacking itself and has major implications for autoimmune disease and cancer therapies.

Physics

Winners : John Clarke, Michel H. Devoret and John M. Martinis.
For : Demonstrating macroscopic quantum mechanical tunnelling and energy quantisation in a electric circuit This helps advance quantum, technology, including computing and sensors.

Chemistry

Winners : Susumu Kitagawa, Richard Robson, Omar M. Yaghi
For : The development of metal-organic framework (MOFs) highly porous molecular structure that can capture gases, harvest water from air, store hydrogen and help address environmental challenges.

Ritika Dhiman, B.Sc. 2nd Year

Role of Artificial Intelligence in Education

What is Artificial Intelligence (AI)?

Artificial Intelligence (AI) is a branch of computer science that enables machines to think, learn, and make decisions like humans. It uses data, algorithms, and advanced computing systems to analyze information, recognize patterns, and solve problems efficiently. Unlike traditional software, AI systems can improve their performance through continuous learning. Today, AI is widely used in fields such as healthcare, business, transportation, and especially education, where it is transforming teaching and learning methods.

How AI Affects Education

AI is significantly changing the education system in several important ways.

- (i) **Personalized Learning:** AI adapts lessons according to each student's learning speed, strengths, and weaknesses, ensuring a customized learning experience.
- (ii) **Smart Assessment and Feedback:** AI tools assist in automated grading and provide instant feedback, helping students quickly understand mistakes and improve performance.
- (iii) **Virtual Support and Guidance:** Platforms like Khan Academy offer AI-based recommendations, practice exercises, and explanations, allowing students to learn anytime and anywhere.

Benefits of AI in Education

AI provides many advantages for both students and teachers.

- (i) **Saves Time and Increases Efficiency:** It reduces teachers' workload by automating grading and administrative tasks, enabling them to focus more on teaching.
- (ii) **Improves Academic Performance:** AI identifies weak areas and suggests targeted practice, leading to better learning outcomes.
- (iii) **Enhances Accessibility and Inclusion:** AI supports students with disabilities through speech recognition, text-to-speech tools, and language translation, making education more inclusive and accessible.

In conclusion, Artificial Intelligence plays a vital role in modern education by improving quality, efficiency, and accessibility. **"Artificial Intelligence enhances education, but teachers give knowledge its true meaning."**

Ritika Dhiman, B.Sc. 2nd Year

SOMBHADRA

2025-26

ENVIRONMENT SCIENCE SECTION



Dr. Varun Dhiman
Assistant Professor
Department of Environment Science



Satyam Kalia
B.A. 1st Year
Student Editor

GOVT. COLLEGE, UNA
DISTT. UNA (H.P.)

There is no Planet B : Climate Changes and India's Environmental Wake-Up Call

"Climate change is not a distant threat of the future; it is a present-day reality shaping our lives."

Among the many environmental challenges confronting the modern world, climate change has emerged as the most pressing and far-reaching issue. It is no longer confined to scientific journals or global summits it is visible in our everyday lives. Rising temperatures, erratic rainfall, extreme weather events, and environmental degradation clearly indicate that the planet is under stress. For a country like India, the implications are particularly serious.

Understanding Climate Change : Climate change refers to long-term alterations in Earth's temperature and weather patterns. Although natural processes influence climate, the rapid changes observed today are largely driven by human activities such as excessive fossil fuel use, deforestation, industrial emissions, urban expansion, and unsustainable agricultural practices. These activities increase greenhouse gases in the atmosphere, trapping heat and leading to global warming.

Scientific evidence confirms that the Earth has already warmed by more than 1°C since pre-industrial times enough to disrupt ecosystems and human systems worldwide.

Why Climate Change Is the Most Burning Issue : Climate change acts as a threat multiplier, intensifying problems such as water scarcity, food insecurity, biodiversity loss, and health risks. Melting glaciers, rising sea levels, heat waves, floods, droughts, and forest fires are becoming more frequent and severe. Unlike localized environmental issues, climate change affects every region and every sector, making it the most critical challenge of our time.

India and Himachal Pradesh On the Frontline : India's dependence on monsoons, agriculture, rivers, and natural resources makes it highly vulnerable to climate change. Irregular rainfall patterns have disrupted farming cycles, while heat waves increasingly threaten public health. In Himachal Pradesh, the impacts are especially visible. Reduced snowfall, rapid glacier retreat, cloudbursts, landslides, flash floods, and frequent forest fires are clear indicators of a changing climate. Horticulture patterns, particularly apple cultivation, are shifting to higher altitudes, affecting farmers' livelihoods and the rural economy.

Mitigation Measures: What Can Be Done? While the challenge is immense, solutions are available and action at multiple levels can make a real difference. At the policy and institutional level, transitioning from fossil fuels to renewable energy sources such as solar and wind power is essential. Promoting energy efficiency, sustainable transport, and strict emission regulations can significantly reduce greenhouse gas emissions. At the environmental level, protecting forests, restoring degraded ecosystems, conserving wetlands, and promoting afforestation-especially with native species are vital. Forests act as natural carbon sinks and help regulate climate. At the community and individual level, lifestyle changes matter. Reducing energy consumption, minimizing waste, conserving water, adopting sustainable diets, and avoiding single-use plastics can collectively have a large impact.

Unique and Innovative Ideas to Combat Climate Change : To effectively address climate change, traditional approaches must be complemented with innovative and locally relevant solutions:

Climate-Smart Campuses : Colleges can become living laboratories by installing solar panels, rainwater harvesting systems, waste composting units, and green roofs, involving students directly in climate action.

Community Climate Volunteers : Trained student groups can work with local communities to spread awareness, monitor environmental changes, and promote sustainable practices.

Revival of Traditional Knowledge : Indigenous practices such as water harvesting, mixed cropping, and forest-based livelihoods should be integrated with modern science.

Citizen Science Initiatives : Encouraging students and citizens to collect climate and biodiversity data can strengthen research and local decision-making.

Green Skill Development : Introducing short-term courses on renewable energy, waste management, and environmental monitoring can prepare youth for green jobs.

Role of Youth and Education : Students are not just future leaders they are present-day change-makers. Educational institutions play a crucial role in shaping environmentally conscious citizens who understand that development and sustainability must go hand in hand.

Conclusion : Climate change is the defining environmental challenge of our time. For India and Himalayan states like Himachal Pradesh, the urgency to act is even greater. The science is clear, the impacts are visible, and the solutions are within reach.

What is needed now is collective responsibility, informed action, and sustained commitment. The choices we make today will decide the future we pass on to coming generations. There is no Planet B-and the time to protect our only home is now.

Dr. Varun Dhiman
Assistant Professor

Department of Environment Science

Climate Change and the Cost of Survival: A Crisis in Beed

Climate change is often discussed in terms of melting glaciers, rising sea levels, and increasing global temperatures. However, its impact is not limited to the environment alone. In many parts of India, climate change has triggered a deep social and human crisis. One such alarming example comes from Beed district in Maharashtra.

Beed, located in the drought-prone Marathwada region, has been facing severe water scarcity for years. Irregular monsoons, declining groundwater levels, and repeated crop failures have become common due to changing climate patterns. As a result, thousands of families migrate seasonally to work as sugarcane cutters in other parts of the state.

Sugarcane cutting is extremely labour-intensive work. Women work long hours under harsh sun, carrying heavy bundles and working without proper sanitation or healthcare facilities. The labour system is often informal, and workers are paid based on productivity. Missing even a few days of work can result in wage cuts or penalties.

For women, menstruation becomes a serious challenge in such conditions. There is no concept of menstrual leave, and medical facilities are far away. Pregnancy can also mean loss of income. In this situation, some women are pressured-directly or indirectly-into undergoing hysterectomy (removal of the uterus) at a young age, often between 25-35 years. Without menstruation or the possibility of pregnancy, women can work continuously during the harvesting season and avoid wage losses.

Thus, climate change indirectly becomes a factor. Drought leads to crop failure → crop failure leads to migration → migration leads to exploitative labour → exploitative labour pushes women toward extreme medical decisions.

Climate change is reshaping lives in ways we rarely imagine. The story of Beed reminds us that environmental problems can deeply affect human dignity and bodily autonomy. As students of Environmental Science, we must understand that protecting the environment also means protecting people-especially those whose voices are often unheard.

"When the Earth is wounded by climate change, it is often the most vulnerable who bleed first-and their suffering stands as a stark reminder that ignoring the environment means endangering humanity itself."

Jiya Singh, B.Com. 1st Year

Water Conservation: Securing Our Liquid Gold

Water is the lifeblood of our planet, yet while it covers 70% of the Earth, less than 1% is accessible freshwater. As global populations rise and climate patterns shift, preventing water scarcity has become a race against time.

Prevention starts with mindfulness. In our homes, simple shifts like fixing a leaky faucet-which can waste over 11,000 liters a year and practicing rainwater harvesting can make a massive dent. Industrially, we must push for "Water Neutrality," where companies treat and recycle every drop they use.

Furthermore, protecting our natural filters wetlands and forests is crucial to maintaining the water table. We don't just "consume" water, we borrow it from future generations. By reducing waste and preventing pollution in our rivers, we ensure that clean water remains a right, not a luxury. Every drop saved today is a reservoir for tomorrow.

Priya, B.Com. 2nd Year

Biodiversity Loss and Pollution

Introduction : Biodiversity refers to the variety of living organisms present on Earth. It includes plants, animals, microorganisms, and the ecosystems in which they live. Biodiversity is essential for maintaining ecological balance and supporting life. However, in recent years, biodiversity loss has become a serious global problem. One of the major causes of biodiversity loss is pollution. Pollution negatively affects air, water, and land, leading to the destruction of habitats and the extinction of many species.

Meaning of Biodiversity Loss : Biodiversity loss means the reduction in the number and variety of living species in a particular area or on the entire planet. It occurs when species become extinct or when their population decreases rapidly. Human activities such as deforestation, industrialization, urbanization, and pollution are the main reasons behind this loss.

Biodiversity is important because it provides us with food, medicine, clean air, and water. It also supports agriculture, climate regulation, and ecosystem stability. When biodiversity decreases, the balance of nature is disturbed, affecting both the environment and human life.

Meaning of Pollution : Pollution refers to the introduction of harmful substances into the environment. These harmful substances are called pollutants. Pollution can be classified into different types:

- (i) Air Pollution (ii) Water Pollution (iii) Soil Pollution (iv) Noise Pollution

Among these, air, water, and soil pollution have the greatest impact on biodiversity.

Shruti Sharma
B.Com. 2nd Year

Environment : Our Responsibility, Our Future

The environment is the foundation of life on Earth. It includes everything around us—air, water, land, forests, animals, and even the climate that sustains living beings. A clean and healthy environment is essential for human survival and well-being. However, in recent decades, rapid industrialization, urbanization, and population growth have placed tremendous pressure on our natural resources, leading to serious environmental challenges.

One of the most pressing issues today is climate change. The excessive burning of fossil fuels such as coal, petrol, and diesel releases greenhouse gases like carbon dioxide into the atmosphere. These gases trap heat and cause global warming, resulting in rising temperatures, melting glaciers, irregular rainfall, and extreme weather events. Climate change not only threatens wildlife and ecosystems but also affects agriculture, water supply, and human health.

Another major concern is pollution. Air pollution from vehicles and factories leads to respiratory diseases and poor quality of life. Water pollution, caused by industrial waste, plastic dumping, and chemical fertilizers, contaminates rivers, lakes, and oceans, harming aquatic life and making water unsafe for consumption. Soil pollution reduces the fertility of land, affecting food production. Plastic pollution, in particular, has become a global crisis, with millions of tons of plastic waste entering the oceans every year.

Deforestation is also a significant environmental problem. Forests act as the lungs of the Earth, absorbing carbon dioxide and providing oxygen. They are home to countless species of plants and animals. However, large areas of forests are being cut down for agriculture, construction, and industrial use. This leads to loss of biodiversity, soil erosion, and disruption of natural ecosystems.

Despite these challenges, there is hope. Governments, organizations, and individuals worldwide are working toward sustainable development. Renewable energy sources such as solar, wind, and hydro power are being promoted to reduce dependence on fossil fuels. Recycling, waste management, tree plantation drives, and awareness campaigns are helping protect the environment. Students and young people play a vital role in spreading awareness and adopting eco-friendly practices in daily life.

Protecting the environment is not just the responsibility of governments; it is the duty of every individual. Simple actions like saving electricity, reducing plastic use, planting trees, conserving water, and using public transport can make a significant difference. If we act responsibly today, we can ensure a cleaner, greener, and healthier planet for future generations. The environment is our shared home, and its protection is our shared responsibility.

Alisha, B.A. 1st Year

पर्यावरण प्रेमी

वृक्ष धरा के भूषण हैं, करते दूर प्रदूषण हैं।
इनको मत तुम काटो प्यारे, ये तो हैं हम सबके सहारे।
नदियां जब सब सूख जाएंगी, मछलियां भी मर जाएंगी।
शुद्ध हवा को तरसंगे हम, अगर न होंगे पेड़ और वन।
आओ हम सब कसम ये खाएं, मिट्टी, पानी और पेड़ बचाएं।
आने वाली पीढ़ी को हम, एक सुंदर संसार दिखाएं।

संजीव कुमार, बी.कॉम. तृतीय वर्ष

अभी समय ठोष है

हवाएं पूछती हैं हमसे, वह शुद्धता अब कहां गई?
नदियां पूछती हैं हमसे, वह निर्मलता अब कहां गई?
हमने तरक्की की दौड़ में, खुद को इतना भुला दिया,
कि हरियाली को काटकर, कंक्रीट का जंगल सजा दिया।
अभी समय है संभल जाओ, ये धरती पुकारती है,
तुम्हारी एक छोटी सी कोशिश, इसे फिर से संवारती है।
एक पौधा तुम लगाओ, एक हम लगाएं साथ मिलकर,
आने वाली पीढ़ी को दें, एक हरा-भरा सुंदर घर।

मोहित कुमार, बी.कॉम. तृतीय वर्ष

The Nature

The mountains tall, the oceans blue,
The morning grass, drenched in dew.
The Earth was green, the air was clear,
But now the end seems drawing near.
The concrete woods have grown so high,
They've stolen stars from out the sky.
But if we plant a single seed,
And curb the human grasp of greed,
The birds will sing, the rain will fall,
The Earth will answer to our call.
Protect the air, the land, the sea,
For nature lives in you and me.

Ramandeep Singh
B.Com. 3rd Year

पर्यावरण : जीवन का मूल आधार

पर्यावरण हमारे जीवन का मूल आधार है, जो हमें सांस लेने के लिए शुद्ध हवा और पीने के लिए निर्मल जल प्रदान करते हैं, लेकिन विकास की आधी-धून में हमने प्रदूषण आकर वनों की कटाई के जरिए इसका संतुलन बिगाड़ दिया है। ग्लोबल वार्मिंग और बदलते मौसम इसका सबूत हैं। अगर हमने अभी अपनी गलतियों को नहीं सुधारा, तो आने वाली पीढ़ियों का अस्तित्व खतरे में पड़ जाएगा। हमें प्लास्टिक का त्याग कर और ज्यादा पेड़ लगाकर अपनी धरती को सुरक्षित बनाना होगा। याद रखिए, पर्यावरण की रक्षा ही वास्तव में हमारी अपनी रक्षा है।

रविंदर सिंह, बी.कॉम. तृतीय वर्ष

मृदा संरक्षण : जीवन का आधार

पर्यावरण विज्ञान के अध्ययन में मृदा (मिट्टी) एक अत्यंत महत्वपूर्ण घटक है। अक्सर हम इसे केवल धूल समझते हैं, लेकिन वास्तव में मृदा एक जीवित तंत्र है जो पृथ्वी पर जीवन का आधार है। यह न केवल पौधों को पोषण देती है, बल्कि जल शुद्धिकरण और कार्बन भंडारण में भी मुख्य भूमिका निभाती है।

मृदा का महत्व और वर्तमान चुनौतियाँ : मृदा निर्माण एक अत्यंत धीमी प्रक्रिया है। मात्र एक इंच उपजाऊ मिट्टी बनने में सैकड़ों वर्ष लग जाते हैं। वर्तमान में रासायनिक उर्वरकों का अत्यधिक प्रयोग, औद्योगिक अपशिष्ट और वनों की कटाई के कारण मृदा अपरदन (Soil Erosion) और इसकी गुणवत्ता में भारी गिरावट आ रही है। यदि मिट्टी अपनी उर्वरता खो देती है, तो इसका सीधा असर खाद्य सुरक्षा और हमारे पारिस्थितिकी तंत्र पर पड़ता है।

संरक्षण के उपाय : वृक्षारोपण : पेड़ों की जड़ें मिट्टी को मजबूती से पकड़कर रखती हैं और कटाव रोकती हैं।

जैविक खेती : रसायनों के स्थान पर खाद और जैविक कचरे का उपयोग करना चाहिए।

कचरा प्रबंधन : प्लास्टिक और गैर-बायोडिग्रेडेबल वस्तुओं को मिट्टी में मिलने से रोकना अनिवार्य है।

निष्कर्ष : मृदा केवल खेती का माध्यम नहीं, बल्कि एक अमूल्य प्राकृतिक संपदा है। बी.ए. प्रथम वर्ष के छात्र के रूप में, हमारा कर्तव्य है कि हम सतत विकास को बढ़ावा दें और समाज को मिट्टी की महत्ता के प्रति जागरूक करें। **निखिल भरमौरिया, बी.ए. प्रथम वर्ष**

Environmental Science : Caring for Our Only Home

Environmental science helps us understand the relationship between humans and the natural world. It studies air, water, land, plants, animals, and the impact of human activities on the environment. As environmental problems grow worldwide, this subject plays a vital role in finding sustainable solutions.

Rapid industrialization, deforestation, pollution, and climate change have disturbed nature's balance. Environmental science explains how these activities affect ecosystems and human health. It also promotes the wise use of natural resources to ensure they remain available for future generations.

The subject encourages sustainable practices such as renewable energy use, conservation of biodiversity, waste management, and environmental awareness. By adopting eco-friendly lifestyles and supporting environmental policies, individuals and communities can protect the planet.

In short, environmental science is not just a subject-it is a responsibility. Protecting the environment today ensures a healthier and safer world tomorrow.

Satyam Kalia
B.A. 1st Year

Climate Change : An Emerging Issue

Climate change has emerged as one of the most serious challenges in India. Rising global temperatures have led to frequent heatwaves, irregular monsoon patterns, floods, droughts, and cyclones across different parts of the country. These changes have severely affected agriculture, which is the main source of livelihood for a large population in India, leading to crop failures and food insecurity. Climate change has also increased water scarcity due to melting glaciers and declining groundwater levels. Coastal regions are facing the threat of sea-level rise, which endangers human settlements and biodiversity. Moreover, the increase in air pollution and extreme weather events has negatively impacted human health. Therefore, addressing climate change through sustainable development, renewable energy, and environmental awareness is essential for India's future.

Aryan Thakur
B.A. 1st Year

Save Nature, Save Future

Save Our Earth

Earth is our only home,
A precious gift, not stone.
Save water, trees and air,
Show the planet that we care.
If we protect nature today,
A bright future comes our way.
Love the earth, make it worth,
A better life on Mother Earth.

Suhani Prashar
B.Sc. 3rd Year

पर्यावरण बचाओ

सुंदर जग का आधार है यह,
हम सबका परिवार है यह।
हरे-भरे ये पेड़ लगाओ,
धरती को स्वर्ग बनाओ।
शुद्ध हवा जब हम पाएंगे,
तभी चैन से जी पाएंगे।
नदियाँ और ये पर्वत नीले,
न होने दें इन्हें जहरीले।
जागो ! अब तुम फर्ज निभाओ,
पर्यावरण को बचाओ।

शाहवाज, बी.ए. प्रथम वर्ष

Earth's Silent Cry

Nature gives us air to breathe,
Rivers, forests, land and seas.
From tiny ants to mighty trees,
All are bound in harmony.
But now the earth begins to cry,
Polluted land and smoky sky.
Plastic waste and poisoned streams,
Destroying nature, breaking dreams.
Cutting trees without a care,
Choking earth, polluting air.
If this damage still goes on,
A safe tomorrow will be gone.
Save water, trees and living land,
The future rests in our own hands.
Protect the earth, both now and forever,
Save nature today, save our future together.

Suhani Prashar
B.Sc. 3rd Year

सतत विकास

अर्थ : सतत विकास या संधारणीय विकास का अभिप्राय ऐसे विकास से है जो पर्यावरण के निम्नीकरण के बिना संतोषजनक विकास करता हो, दूसरे शब्दों में सतत विकास वह प्रक्रिया है जो हमारी भावी पीढ़ियों की अपनी जरूरतें पूरी करने की योग्यता को प्रभावित किए बिना वर्तमान समय की आवश्यकताएं पूरी करे। सतत विकास लक्ष्य (एसडीसी), जिन्हें वैश्विक लक्ष्य के रूप में भी जाना जाता है, गरीबी को समाप्त करने, ग्रह की रक्षा करने तथा यह सुनिश्चित करने के लिए कारवाई का एक सार्व भौमिक आवाहन है जिससे कि सभी लोग शांति और समृद्धि का आनंद लें।

विशेषताएं : सतत विकास की विशेषताएं प्रमुख हैं :-

पर्यावरण संरक्षण : प्राकृतिक संसाधनों (जल, वन, खनिज) व विवेकपूर्ण उपयोग और संरक्षण।

प्रदूषण (वायु, जल, भूमि) को कम करना और ग्रीनहाउस उत्सर्जन को घटाना।

नवीकरणीय ऊर्जा (सौर, यवन) और पर्यावरण अनुकूल तकनीक को बढ़ावा देना।

प्राकृतिक आवासों और जैव विविधता की रक्षा करना।

आर्थिक विकास : टिकाऊ और समावेशी आर्थिक वृद्धि तय करना।

रोजगार के अवसर पैदा करना और उद्यमशीलता को बढ़ावा देना।

उत्पादकता बढ़ाना और नवाचार को प्रोत्साहित करना।

सामाजिक समानता : शिक्षा, स्वास्थ्य, और सामाजिक न्याय के माध्यम से जीवन की गुणवत्ता में सुधार।

विकास के सभी लाभों का समाज के सभी वर्गों तक समान वितरण।

समग्र दृष्टिकोण : आर्थिक, सामाजिक और पर्यावरणीय पहलुओं को एक साथ देखना और एकीकृत करना, न कि अलग-अलग।

भागीदारी और सहयोग : सरकारों, व्यवसायों, नागरिक, समाज और आम जनता सहित सभी हित धारकों की भागीदारी महत्वपूर्ण हैं।

संसाधनों का प्रतिस्थापन : उपयोग किए गए संसाधनों की भरपाई की योजना बनाना।

दीर्घकालिक परिप्रेक्ष्य : विकास को स्थायी बनाना ताकि आने वाली पीढ़ियों भी अपनी जरूरतें पूरी कर सकें।

सतत विकास के लक्षण : शून्य भूख, अच्छा स्वास्थ्य और कल्याण, गुणवत्तापूर्ण शिक्षा, लैंगिक समानता, स्वच्छ जल और स्वच्छता, सस्ती और स्वच्छ ऊर्जा, सम्यक् आर्थिक विकास।

उद्देश्य : 'सतत विकास' एक अवधारणा है जिसका उद्देश्य भविष्य की पीढ़ियों को अपनी जरूरतों को पूरा करने के लिए उपलब्ध संसाधनों की निरंतरता के उपर प्रतिकूल प्रभाव डाले बिना वर्तमान की जरूरतों को पूरा करना है। इसमें पर्यावरण की रक्षा और सामाजिक समानता को बढ़ावा देने के साथ-साथ आर्थिक वृद्धि और विकास हासिल करने के तरीके खोजना शामिल हैं।

दीक्षा चौधरी, बी.ए. प्रथम वर्ष

वैश्विक ऊष्मीकरण

कभी धरती ने हमें
माँ की तरह पाला था,
ठंडी हवाओं में सुलाया,
हरी गोद में संभाला था।

आज वही धरती
तपती साँसे ले रही है,
हर दिन उसका धैर्य
धीरे-धीरे टूट रहा है।

कारखानों का धुआँ
आसमान पर राज करता है,
पेड़ों की जगह अब
सीमेंट उगता जाता है।

बर्फ की चोटियाँ रोती हैं,
समंदर चुप नहीं रहता,
मौसम को संतुलन बिगड़ता,
कोई ऋतु वैसा नहीं रहता।।

कभी बाढ़ सब कुछ वहा ले जाती,
कभी सूखा जीवन छीन लेता,
हर रूप में चेतावनी दे रही है,
पर इंसान फिर भी नहीं समझता।
हम कहते हैं—ये सब प्रकृति का नियम है।
पर सच यह है कि ये हमारे कर्मों का परिणाम हैं।
धरती हमारी विरासत नहीं, हमारी जिम्मेदारी है,

अगर आज नहीं संभले हम,
तो कल की तस्वीर भयानक है।
आओ आज संकल्प ले हम,
पेड़ लगाएँ, प्रकृति अपनाएँ वैश्विक ऊष्मीकरण
से लड़कर एक सुरक्षित भविष्य बनाएं।
क्योंकि अगर धरती बचेगी, तभी इंसान बचेगा
यह सच है, जो अब अनसुना नहीं रहेगा।।

रजनी देवी, बी.ए. प्रथम वर्ष

पर्यावरण

पर्यावरण वह प्राकृतिक और मानवीय परिवेश है जिसमें हम रहते हैं इसमें वायु, जल, वन, पर्वत, नदियाँ, जीव-जंतु, पेड़-पौधे तथा मनुष्य द्वारा निर्मित तत्व शामिल होते हैं। पर्यावरण मानव जीवन के लिए अत्यंत आवश्यक हैं क्योंकि भोजन, जल, वायु और आश्रम सभी हमें पर्यावरण से ही प्राप्त होते हैं। यदि पर्यावरण संतुलित रहेगा तभी जीवन सुरक्षित तथा स्वस्थ होगा।

पर्यावरणीय मुद्दे : आज मानव की गतिविधियों के कारण पर्यावरण से जुड़ी अनेक गम्भीर समस्याएँ उत्पन्न हो गई हैं। औद्योगीकरण, शहरीकरण, जनसंख्या वृद्धि और प्राकृतिक संसाधनों के अत्यधिक दोहन ने पर्यावरण को नुकसान पहुँचाया है।

मुख्य पर्यावरणीय मुद्दे हैं :- वायु, प्रदूषण, जल प्रदूषण, मृदा प्रदूषण, वनों की कटाई, जैव विविधता का ह्रास, प्लास्टिक कचरा और ध्वनि प्रदूषण। इन समस्याओं का सीधा प्रभाव मानव स्वास्थ्य कृषि, जल स्रोतों और प्राकृतिक संतुलन पर पड़ रहा है।

पर्यावरण संरक्षण : प्रकृति को बचाना हमें पेड़ काटने के बजाय पेड़ लगाने चाहिए, पानी को बेकार नहीं बहाना चाहिए, कचरा सही जगह डालना चाहिए और प्रदूषण कम करना चाहिए। अगर हम आज पर्यावरण की रक्षा करेंगे तभी आने वाली पीढ़ियाँ सुरक्षित जीवन जी पाएँगे।

सतत विकास : सतत विकास का मतलब है ऐसा विकास जो आज भी फायदा दे और भविष्य को नुकसान भी न पहुँचाए।

जैसे : (1) फैक्ट्रियाँ लगे लेकिन प्रदूषण कम हो। (2) खेती हो लेकिन जमीन खराब न हो।

(3) बिजली बने लेकिन प्रकृति को नुकसान न हो।

जलवायु परिवर्तन : जलवायु परिवर्तन मौसम में लम्बे समय तक बदलाव होना। आज पृथ्वी का तापमान बढ़ रहा है क्योंकि इंसान ज्यादा धुआँ छोड़ रहा है, गाड़ियाँ और फैक्ट्रियाँ बढ़ रही हैं और पेड़ कट रहे हैं। (1) गर्मी बढ़ रही है। (2) ग्लेशियर पिघल रहे हैं। (3) बाढ़ और सूखा बढ़ रहा है।

जलवायु परिवर्तन को रोकने के लिए हमें पेड़ लगाने, साफ ऊर्जा अपनाने और प्रदूषण कम करने की जरूरत है। अगर पर्यावरण सुरक्षित रहेगा तभी विकास होगा।

पर्यावरण के घटक : पर्यावरण के घटक दो प्रकार के होते हैं—

(क) प्राकृतिक घटक : वायु, जल, भूमि, वन, पशु-पक्षी, सूर्य का प्रकाश, तापमान।

(ख) मानव निर्मित घटक : भवन, सड़के, उद्योग, कृषि, तकनीक, सामाजिक, आर्थिक और सांस्कृतिक गतिविधियाँ।

पर्यावरण और सतत विकास : सतत विकास का अर्थ है वर्तमान की आवश्यकताओं को पूरा करना, बिना भविष्य की पीढ़ियों की आवश्यकताओं से समझौता किए। पर्यावरण संरक्षण सतत विकास की आधारशिला है।

निष्कर्ष : पर्यावरण मानव जीवन का आधार है। इसके बिना जीवन की कल्पना संभव नहीं। वर्तमान समय में पर्यावरण असंतुलन गम्भीर चिंता का विषय है। इसलिए प्रत्येक व्यक्ति का कर्तव्य है कि वह पर्यावरण की रक्षा करे, ताकि पृथ्वी को सुरक्षित और स्वच्छ बनाया जा सके।

नीतिका, बी.ए. प्रथम वर्ष



SOMBHADRA

2025-26

COMMERCE SECTION



Dr. Alka Rani
Assistant Professor
Department of Commerce



Palak
B. Com. 3rd Year
Student Editor

GOVT. COLLEGE, UNA
DISTT. UNA (H.P.)

Message From Editor

With great pleasure ,I welcome you all to the Commerce Section of our college magazine " Sombhadra" which reflects talents, achievements and vision of our college.

Knowledge without integrity is weak , and ambition without ethics is dangerous. College is a workshop for forging human beings. Integrity is Doing Right , even when no one is watching. The moral values you establish today will define your personal and professional life tomorrow. If we compromise our values for temporary gain today, we erode the foundation of our future. Respect not only teachers and elders, but also peers and oneself, resecting culture of mutual understanding.

While taking steps on the path of success, we must have an unwavering commitment to kindness, honesty and moral courage. Education is a tool to enlighten our soul. Intelligence plus character - that is the goal of true education. Martin Luther king, Jr.I recognise the sincere efforts of student editor, Palak for collecting the articles of commerce section. I also want to appreciate all the authors of commerce section.

Best wishes and happy reading!

Dr.Alka Rani
Assistant Prof. (Commerce)

Message From Student Editor

A Heartfelt Thank you.

We are so glad to finally share this with you! This magazine has been a great learning experience for all of us. It is a pleasure to welcome the readers of "Sombhadra," and I am happy to present before you the Commerce Section of our college magazine.

A sincere thanks goes to our Teacher-Editor, Dr. Alka Rani. Her guidance and support were incredibly helpful throughout the process. She gave us the direction we needed to put this section together and helped us refine our ideas.

We hope you enjoy exploring these pages as much as we enjoyed putting them together for you!

Palak
B.Com. 3rd Year

The Power of the 1% Shift : Why Tiny Steps Win

We live in a world that celebrates the massive transformation-the sudden weight loss, the overnight success story, the dramatic career jump. This focus on "big bang" changes often leads to frustration, because chasing a complete overhaul at once is simply overwhelming. The moment things get hard, we quit.

The true secret to lasting progress, whether in studies, skills, or health, lies not in the massive effort, but in the Power of the Small Shift. This concept suggests that getting just a little bit better every day leads to powerful, accumulated results over time. This is not about being superhuman; it's about consistency.

The Logic of Accumulation : The progress is not simply adding up; it multiplies. If you improve a little bit daily for a year, you become significantly better than when you started. Conversely, if you decline even a tiny bit each day, you quickly fall behind.

This process is the law of compounding interest applied to self-improvement. Think of a drop of water: one drop is nothing, but a steady drip over time can carve a deep groove in a hard stone. Your consistent daily actions are those water drops.

How to Apply the Small Shift : This principle is the ultimate defense against feeling overwhelmed. You just need to be slightly better than you were yesterday.

The Focused Minute : Don't try to add a full hour to your study session. Instead, spend just a few extra minutes reviewing your notes before checking social media. When writing an essay, proofread for a brief, dedicated minute for clear errors.

Small Reading Goals : Instead of trying to read an entire textbook chapter in one stressful sitting, commit to reading a few pages first thing every morning. That small, repeated action will finish the book without the pain of procrastination.

Clear Your Space : If you struggle with focus, your small shift might be organizing your desk for a very short time before you open your laptop. This tiny action prepares your mind for work and reduces mental clutter.

The Small Shift succeeds because it makes the required effort so tiny that it is easy to start and easy to repeat. It removes the pressure and allows unstoppable momentum to build naturally. Stop chasing the sudden miracle. Focus on sustainable daily action. That gentle, consistent improvement will quietly move you forward, turning small choices into immense, lasting results.

Palak
B.Com. 3rd Year

स्वदेशी अपनाओ, देश बचाओ

वर्षों से भारत देश का यह नारा है,
स्वदेशी वस्तुओं को अपने यहाँ लाना है।।
आज ही हमें यह कदम उठाया है,
विदेशी वस्तुओं को यहाँ से भगाना है।।
सैनिकों के हथियारों को देश में ही बनाना है,
अपनी ही तकनीक से इनको दुश्मन पर चलाना है।।
किसान के औजारों को अपने यहाँ बनाना है,
नये-नये बीज को अपने खेत में ही उगाना है।।
वैज्ञानिक यंत्रों की मशीनों को भारत में लगाना है,
मोबाइल, कम्प्यूटर और लैपटॉप को यहीं देश
में बनाना है।।
अपनी सड़कों को अपने मजदूरों से ही बनवाना है,
जम्मू काश्मीर से कन्याकुमारी तक अपने लोगों को
सशक्त बनाना है।।
अपनी आटे की रोटी पर अपना ही मक्खन लगाना है,
पापड़, नमकीन, सेमियों और आचार हर घर में बनाना है।।
नये-नये वस्त्रों को अपने देश के रंगों में रंगवाना है,
तभी तो हर आदमी को कुशल कारीगर बनवाना है।।
उन्नत किस्म के ड्रोन, मिसाइल, टैंक और लड़ाकू विमानों
को यहाँ बनाना है,
फिर चौबीसों घंटों दुश्मनों को आकाश और पृथ्वी से
यहीं से डराना है।।
महात्मा गाँधी, बाल गंगाधर और बंकिम चट्टोपाध्याय का
वर्षा से यह सपना है,
अब प्रधानमंत्री नरेन्द्र मोदी और हर भारतीय को स्वदेशी
को धरातल पर लाना है।

शिवांक राणा
बी.कॉम. प्रथम वर्ष

Success in the world of Commerce as a subject

Commerce is an essential subject for students as it opens up a world of opportunities and understanding about how the economy functions. It encompasses the exchange of goods and services, both locally and globally. As students of commerce, we are uniquely positioned to understand the intricate web of markets, consumer behaviour and economic principles. In our college journey, studying commerce prepares us for a variety of career paths, from finance and marketing to entrepreneurship and supply chain management. The curriculum encourage critical thinking and analytical skills, which are crucial in taking real world business challenges. Engaging in projects, internships and workshops provides hands-on experience, allowing us to apply theoretical knowledge in practical settings. As future leaders, these aspiring professionals will play a pivotal role in driving economic growth and shaping the marketplace. Through practical learning and real world applications, students can develop a strong foundation in business principles. Understanding commerce is key to navigating the complexities of today's economy, making it an indispensable area of study in our college journey.

Shivank Rana
B.Com. 1st Year

Inflation

Inflation is a menace in the poor or underdeveloped or developing countries. It badly affects the living standard of the people. It increases poverty and decreases purchasing power. Inflation creeps slowly into the economic system and assumes magnitude by creating an alarming situation.

World's Famous Economist Milton Friedman says : "Inflation is one form of taxation that can be imposed without legislation." Inflation increases unemployment and, as a result, not only unskilled but also skilled workers are laid off. It creates future social problems. Anxiety and depression are the Immediate outcomes of inflation. It eats up the purchasing capacity of people. There is a popular believe that once prices increase, they never decrease. It is true to some extent. This may affect the standard of living but people are protected against the adverse effects of inflation.

When this phenomenon reaches a high stage, prices touch the skies. Factually, Pakistan was reported to have seen the highest inflation rate in the whole world in 2020. Conclusively, inflation is an important part of the economy. It needs to be regulated and causes dreadful impacts on the economy of a country if it remains unregulated.

Simran Choudhary
B.Com. 3rd Year

The 10-Minute Economy : Convenience or Chaos ?

In the last two years, the "Quick Commerce" (Q-Comm) revolution has fundamentally rewritten the rules of retail. What started as a luxury getting groceries delivered in 10 minutes-has become a psychological expectation. For commerce students, this isn't just about fast delivery; it is a masterclass in hyper-local logistics and predictive analytics. Q-Comm players like Zepto and Blinkit operate on a "Dark Store" model. These are small, strategically placed warehouses that use complex algorithms to predict what you'll crave before you even open the app. By optimizing every second of the "pick-and-pack" process, they have turned time into a commodity.

However, this efficiency comes with a debate. Is this model sustainable? High operational costs, razor-thin margins, and the immense pressure on gig workers raise serious questions about Corporate Social Responsibility (CSR). Furthermore, as we gravitate toward instant gratification, are we destroying the traditional "Kirana" stores that have been the backbone of the economy for decades?

As future business leaders, we must ask: Is the 10-minute window a pinnacle of innovation, or a bubble waiting to burst? The answer lies in whether these companies can balance "speed" with "solvency."

Ridhima Sharma
B.Com. 1st Year

Role of Ethics in Business

In today's fast-changing world, businesses are not judged only by the profits they earn, but also by the values they follow. Ethics has become an essential part of business and management because it shapes the reputation, trust, and long-term success of any organization. Whether it is a multinational company or a small startup, ethical behaviour acts as the backbone of growth and sustainability.

What Are Business Ethics? Business ethics refers to the moral principles and standards that guide the behaviour of individuals and organizations. It helps managers and employees understand what is right or wrong while taking decisions. These principles include honesty, fairness, transparency, respect, and responsibility.

Why Ethics Matter in Business

1. Builds Trust : Ethical practices help companies gain the trust of customers, employees, investors, and society. A trustworthy brand always attracts more loyal customers.

2. Improves Reputation : Companies known for fairness and honesty enjoy a strong reputation in the market. A positive image also creates long-term benefits.

3. Reduces Risks : Unethical practices like corruption, misuse of funds, and false advertising can lead to legal problems. Ethical behaviour prevents such risks and protects the company.

4. Enhances Work Culture : When managers promote ethics, employees feel safe, respected, and motivated. This improves communication, teamwork, and productivity.

5. Ensures Long-term Success : Ethical businesses focus on sustainable growth rather than short-term gains. This helps them survive competition and build a stable future.

Nitin Dogra
B.Com. 3rd Year

Navigating the world of Commerce

A STUDENT'S GUIDE TO SUCCESS...

Welcome to the exciting realm of commerce! Whether you're a high school exploring potential career paths or a college student embarking on your academic journey understanding the fundamentals of commerce is essential in today's globalized economy. This magazine article aims to provide you with valuable insights, tips and resources to help you navigate the world of commerce and set yourself up for success in this Dynamic field.....

Exploring the World of Commerce : Discovering the different Branches : Uncover the diverse fields of commerce, including accounting finance, marketing, international prospects.

Real- World Impact : Explore how commerce impacts our everyday lives and influences Business decisions on a local and global scale.

The Journey Towards a Commerce Career : Mapping your Educational Path: Understand the educational requirements and qualification needed to pursue a commerce related career. Discover the benefits of undergraduate & postgraduate studies in Commerce.

Building Essential skills : The Power of problem solving: Learn why critical thinking and problem-solving abilities are highly sought after in the commerce field and how you can develop these skills.

Staying Ahead in the Digital Era : Embracing Technology Discover How Technology is revolutionizing the commerce landscape from e-commerce to data analytic, and how can adopt and thrive in this digital age. Continuous

Learning : Understand the importance of lifelong learning and staying updated with the latest trends and developments in commerce.

Mukul Ghai
B.Com. 3rd Year

Internships : Your essential launchpad to thriving career

Internships play a crucial role in career development by providing students with practical exposure and real-world experience that classroom learning alone cannot offer. They act as a bridge between academic knowledge and professional skills, helping students understand how workplaces function, how tasks are executed, and how teamwork and communication operate in a corporate environment. Through internships, students can explore different career options, discover their interests, and make informed decisions about their future professions. They also build essential skills such as problem-solving which make them more employable. Internships help students develop confidence, gain industry insights, and create valuable professional networks that can support future job opportunities.

Anita Mehral
B.Com. 3rd Year

Banks : Engine Driving National Economic Growth

Banks play a vital role in the economic development of a country by mobilising savings, providing credit, and supporting both individuals and businesses. They encourage people to deposit their money safely and then use these funds to offer loans for agriculture, industry, trade, education, housing, and small businesses, which promotes investment and productive activities. By financing developmental projects such as infrastructure transport and banks help generate employment and accelerate economic growth. They also promote financial inclusion by offering banking services to rural areas. Modern banking services like digital payments, UPI, mobile banking, and online transactions. Banks support government policies through priority sector and schemes like Jan Dhan Yojana.

Nitik Kumar
B.Com. 3rd Year

How Social Media ruining our life

Nowadays our life is completely running on social media. We hardly know anything about real-life experiences happening around us. For teenagers, social media has become like their whole life. They don't understand that it is only a tool made to help us, but teenagers have become so stuck in it that it is stopping them from growing. Many teenagers have started believing that looks matter more than talent, which affects their self-esteem. But they do not realize that in the future, their looks will not help them; only their talent and skills will be useful - the same skills they never tried to work on. Therefore, teenagers should learn to use social media wisely and focus more on real growth. Social media makes everything look perfect, but real life is not like that.

Teenagers forget that everyone grows at their own pace. Many students waste hours scrolling instead of learning something new. Slowly, this becomes a habit that is hard to break. They also start ignoring their family and real friends. Social media gives happiness for a moment, but real happiness comes from real experiences. If teenagers use it wisely, it can help them learn and grow. But if they depend on it completely, it can harm their future.

Mehak
B.Com. 3rd Year

The Commerce Stream

Choosing the Commerce stream is not merely selecting a set of subjects; it is choosing to become fluent in the language of the modern world. In an era dominated by globalization, technological disruption, and financial complexity, Commerce provides the essential toolkit to not only navigate but to lead in the global marketplace.

Crucially, the stream also impart an understanding of time as a resource, teaching principle Time Value of Money (TVM), and emphasizes the critical importance of ethics and integrity.

Choosing commerce today is not just preparing for traditional "office job": it is equipping oneself with adaptable skills and core business knowledge the needed to thrive in the complex, interconnected future economy.

Your journey through the Commerce stream has fundamentally altered your view of the world. You no longer see products; you see value creation. You no longer see crowds; you see markets. You no longer see scarcity; you see opportunity.

The true transformative power of the Commerce stream is unlocked during the college years through practical application.

In class one of our professor once said, "always try to grab every opportunity that comes to your way, don't Loose your heart even if you have to face failure."

To thrive in the commerce stream, students should focus on developing key skills, staying current with financial news, exploring diverse career paths, and planning for further education." Commerce is a game of skill, which every man can not play, which few men can play well." - as said by the Ralph Waldo Emerson.

Ishita
B.Com. 3rd Year

Empowering Consumers : The Consumer Protection Act 2019

India's consumer protection Act 2019, makes a transformative shift in safe guarding buyer right amid rising e-commerce and digital fraud Replacing the 1986 law, it establishes the central commerce Protection Authority to regulate unfair trade practies, misleading ads, and endorsement violations.

Key feature include a three-tier redressal system- District, state, and National Commissions - for faster dispute resolution up to Rs. 2 crors without lawyers. It introduces product laibility holding manufactures and seller's accountable for defective goods or services causing harm.

The Act define Consumer broadly, covering online shoppers and penalizes spurious product Effective from July 2020, it promotes consumer awarness and rights to safely, information, choice and redress. This robust frame work fasters a fair marketplace, boosting trust in India's boosting economy.

Sarvjit Singh
M.Com 2nd Sem.

The Rise of Women Entrepreneurs in India

In recent years, India has seen an inspiring wave of women stepping into entrepreneurship and reshaping the country's business landscape. From homes to boardrooms, women today are proving that innovation, leadership, and determination are not limited by gender.

“Their journey is not just about business; it is a story of courage, confidence, and change.”

A major reason behind this rise is the growth of digital opportunities. Social media, e-commerce, which allowed women to start businesses with minimal investment. Many successful home entrepreneurs-bakers, boutique owners, craft sellers, and digital creators-began their journey on platforms like Instagram and You Tube.

Government support has also played a crucial role. Schemes like Mudra Yojana, and Mahila E-Haat offer financial assistance, training, and platforms for women-led businesses.

Example of successful women entrepreneurs: Falguni Nayar, the founder of Nykaa, became one of India's richest self-made women. -Kiran Mazumdar-Shaw, founder of Biocon, is a global name in biotechnology.

Women entrepreneurs proof that, "India's future is brighter because its women are no longer waiting for doors to open-they are building their own."

Isha Thakur
B.Com. 2nd Year

Accounting Time

As the shadows of my time grow long
and silver now is on my head
I realize I am growing old....
and someday soon they'll find me dead.
do not mourn for me, my life was full
I face the reaper, calm, serene
I've done all that I chose to do
and everything worth seeing...seen.
I've had some friends, but they are gone
I've known true love, soon that will pass

and years which I once thought were slow
I find, now that they flee so fast.
my health and strength, which were my pride
are gone, I know not where they went
but years that I was on the road
on looking back, i find, well spent'
so, hurry won't you hurry, please.
I fear too long this earth I've trod
I long for peace and sweet release
it's time to give account to God.

Vanshika Dhiman, B.Com. 3rd Year

The Rise of Financial Technology (Fintech)

Financial Technology, or Fintech, represents the convergence of finance and innovative technology, fundamentally transforming how consumers and businesses manage their money. At its core, Fintech leverages cutting-edge software and applications to deliver financial services more efficiently, conveniently, and often at a lower cost than traditional institutions.

This disruption spans numerous sectors. Digital payments (like mobile wallets and payment apps) and neobanks (online-only banking platforms) are making transactions faster and more accessible. Insurtech is reshaping insurance through data-driven risk assessment, while Wealthtech offers automated investment advice via robo-advisors, democratizing wealth management.

Key technological drivers include Artificial Intelligence (AI) for fraud detection and personalized customer service, and Blockchain technology, which powers cryptocurrencies and enables secure, decentralized transactions.

Fintech's impact is significant, promoting greater financial inclusion by reaching underserved populations and forcing established banks to accelerate their own digital transformation. However, it also introduces challenges related to cybersecurity and the need for adaptive regulatory oversight (RegTech) to ensure stability and consumer protection in this rapidly evolving landscape. The future points towards even more integrated services through embedded finance, where financial tools are seamlessly built into non-financial platforms.

Priyanshu
B.Com. 3rd Year



Money Talks-Do We Listen?

Money talks, but never with noise.

It gives hints-like the feeling when your
wallet suddenly feels empty,
Or the smile you get when your
savings finally grow.

It quietly says, "Think before you spend."
"Save a little for later."

"Don't buy everything you like
buy what you need.

But we often ignore it.
We hear the excitement of shopping louder
than the whisper of money.

Yet money keeps repeating the
same simple message:
"Use me wisely, and I'll make life easier.
Ignore me, and I'll disappear.

Ankita
B.Com. 3rd Year

Influencer Marketing

A modern approach to brand promotion

Influencer marketing has become one of the most effective digital promotional strategies today. It involves brands collaborating with individuals who have a loyal social media following to promote products or services. Because influencers feel relatable and authentic, their recommendations seem like genuine advice rather than ads. For example, when a skincare influencer shares how a product cleared her acne, followers trust her experience more than a regular commercial. This helps brands reach audiences in a natural and impactful way.

One major reason influencer marketing works is because it operates on trust and targeted reach. Platforms like Instagram, YouTube, and TikTok allow Influencers to create creative content-heavy, tutorials, challenges-in that attracts attention.

However, influencer marketing also has challenges such as fake followers, high collaboration fees, and difficulty in measuring results. Yet, with growing social media usage and dependence on online recommendations, influencer marketing remains a powerful and essential tool for modern businesses. It is true to say that "Influence is the new currency of the digital world."

Janvi
B.Com. 2nd Year

The Entrepreneur in Every Student

Every student carries a little spark
sometimes hidden, sometimes loud,
but always ready to flip the ordinary
into something that stands out.

A random idea in class,
a doodle that turns into a design,
a skill learned for fun
suddenly starts looking like a gold mine.

Entrepreneurship isn't a fancy word
it's the courage to try,
the habit of asking "Why not?"
and the belief that even small steps fly.

Inside every student is a creator,
a problem-solver, a dream-builder.
All it takes is one brave moment
and that inner entrepreneur
comes out brighter than ever.

Kanika
B.Com. 2nd Year



Title : Cracking the code : Understanding Stock Market Scams in India and Staying Safe

Stock market scams in India have repeatedly shaken investor confidence, reminding us of the importance of financial awareness and vigilance. These scams-often involving price manipulation, insider trading, and misleading information-exploit investor trust and highlight loopholes in market systems. From past incidents, one key lesson stands out: never invest based on hype alone. Genuine investments require research, patience, and clarity.

Regulators like SEBI have strengthened surveillance systems and introduced strict compliance measures to curb fraudulent activities. However, the strongest shield for investors remains financial literacy. Verifying company fundamentals, avoiding "too-good-to-be-true" schemes, and using registered brokers can significantly reduce risks.

As India's markets grow rapidly, so do opportunities and threats. Staying informed, alert, and disciplined ensures that investors enjoy the true benefits of wealth creation while staying clear of traps set by market manipulators.

In today's digital era, social media has also become a hotspot for stock manipulation, with influencers and groups pushing fake "tips." Investors must cross-check all information with credible financial sources before acting. Responsible investing is not just about earning profits-it's about protecting your capital from modern-day financial frauds and making decisions grounded in awareness and long-term vision.

Shweta Bhatia
B.Com. 2nd Year

The Role of Artificial Intelligence in Business

Artificial Intelligence (AI) is transforming how businesses work and compete in today's world. Many companies now use AI to improve their services, speed up decisions, and understand customers better. With AI, tasks that once took hours can be done in minutes - from chatbots answering customer questions instantly to tools that analyze data and predict what customers might want next. It also makes marketing smarter and more personal, helping companies create experiences that truly match people's interests. Still, there are challenges AI can replace some jobs, and privacy concerns continue as businesses collect more data. As AI continues to grow, it is also creating new opportunities for learning, innovation, and creative problem-solving. Businesses that adapt early are likely to stay ahead in this rapidly changing digital world.

In conclusion, AI is a powerful tool helping businesses grow and innovate, but it must be used wisely and responsibly to ensure long-term success.

Amjot Singh
B.Com. 2nd Year

Resilience

In the world of commerce, success is rarely achieved without struggle. Markets change, challenges arise, and failures occur yet those who endure with determination truly succeed. This strength to recover, adapt, and move forward is called Resilience.

Every business faces ups and downs. Some collapse under pressure, while others reinvent themselves and emerge stronger. During recent global challenges, many companies survived not through luck but through resilience by adopting technology, reshaping strategies, and maintaining faith in their goals.

For commerce students, resilience is a quality worth cultivating. The business world demands people who can think positively in uncertainty, learn from failure, and never give up. It is about staying calm in chaos and believing that every setback carries a hidden opportunity.

Resilience is not just about surviving tough times it's about growing through them. It builds patience, confidence, and courage, all essential for success in life and business.

It also teaches us to embrace change rather than fear it. In a competitive environment, the ability to adjust quickly becomes a powerful advantage. Resilient individuals are not discouraged by temporary obstacles; instead, they use them as motivation to aim higher and move forward with renewed strength.

In the end, resilience reminds us that success is not measured by how high we climb, but by how strong we stand after a fall. It shapes character, fuels ambition, and prepares us to face the future with courage and clarity.

Vishal
B.Com. 2nd Year

Cyber Security

In today's digital era, almost every activity-studying, shopping, banking, or socializing-happens online. This makes cyber security extremely important. Cyber security refers to the practices and technologies used to protect computers, mobile phones, networks, and data from unauthorized access, attacks, or damage.

One of the most common cyber threats is phishing, where attackers send fake emails or messages pretending to be a trusted company. For example, you may receive a message saying, "Your bank account will be blocked. Click the link to update your details." If you click the link, hackers can steal your personal information.

Another example is malware, harmful software that enters your device through suspicious downloads or unsecured websites. It can lock your files or even control your device without your knowledge. Similarly, password hacking happens when weak passwords like 12345 or password are easily guessed by attackers.

To stay safe, people must use strong passwords, enable two-factor authentication, avoid clicking unknown links, and keep their software updated. Companies also use firewalls, antivirus systems, and secure networks to protect data.

Cyber security is not only a technical need but also a personal responsibility. Staying alert online helps create a safer digital world for everyone.

Tejasvi Devi
B.Com. 2nd Year

Leadership Starts in College

Leadership is often associated with powerful positions, corporate titles, or political authority. However, the foundation of true leadership is laid much earlier-during college life. College is not just a place to earn a degree; it is a training ground where future leaders are shaped through experiences, responsibilities, and challenges.

College life offers countless opportunities to develop leadership qualities. From group projects and class presentations to organizing fests, seminars, and social campaigns, students learn how to take initiative, work in teams, and manage time effectively. These experiences teach essential leadership skills such as communication, decision-making, and problem-solving.

One of the most important aspects of leadership learned in college is responsibility. Whether it is leading a club, coordinating an event, or representing classmates, students understand the importance of accountability. Leadership is not about giving orders but about setting an example, supporting others, and working toward a common goal.

Kashish
B.Com. 2nd Year

Role of Social Media in Business Promotion

In the modern world, social media has become a very powerful tool for business promotion. Websites like Facebook, Instagram, YouTube, WhatsApp, and Twitter help companies connect with millions of people quickly. Social media allows businesses to share information about their products and services with customers in an affordable and effective way. One major role of social media is brand awareness. When a business posts attractive pictures, videos, and offers, more people get to know about the brand. It also helps in direct communication with customers. Through comments, messages, and likes, businesses can understand customer needs and improve their products. Social media is also useful for advertising. Paid advertisements reach a large targeted audience based on age, interest, and location. This results in more sales and better profits. Many small businesses have grown fast only because of social media marketing. Moreover, customers share their experiences through reviews and feedback. Positive reviews help build trust and bring new customers. Businesses can also check what competitors are doing and plan strategies accordingly. In conclusion, social media plays an important role in business promotion by increasing visibility, improving customer relationships, and enhancing sales. It is a smart and modern way to grow a business successfully.

Sezal
B.Com. 2nd Year

E-Commerce

E-Commerce refers to the buying and selling of goods and services through the internet. It allows consumers and businesses to conduct transactions online using websites or mobile applications. E-Commerce saves time and cost by providing a wide variety of products, easy price comparison and home delivery. It has expanded markets for business and increased convenience for customers. With the growth of digital payments and technology, e-commerce has become an important part of the modern economy.

Rishika Kaushal
B.Com. 3rd Year

Role of Social Media in Modern Business

Social media plays a vital role in modern business by helping companies connect directly with customers and build strong brand awareness. It provides a Cost-effective platform for marketing, advertising and promoting products and services to a global audience. Through social media, businesses can receive instant customer feedback, improve customer services and understand market trends. It also helps in increasing sales by influencing purchasing decision through reviews, influencers and targeted advertisement overall, social media had become an essential tool for business growth and competitiveness in the modern economy.

Manpreet
B.Com. 3rd Year

Artificial Intelligence (AI)

Artificial Intelligence (AI) a term coined by Emeritus Stanford Professor John MC Carthy in 1955. According to him, "Artificial Intelligence is the science & engineering of making intelligent machines" Or Artificial Intelligence is the branch of Computer Science and refers to a technique that enables machines to mimic human behaviour. With AI, machines perform cognitive function like learning, planning, reasoning, decision making & problem solving.

Eg. :- Smart Assistants like Siri, Google Home, Amazon Echo, Google Maps, Chat bot etc.

Manpreet
B.Com. 3rd Year

Advantages : (i) Artificial Intelligence reduces human errors.

(ii) Contributes to risky tasks that it is not possible for humans to perform such as exploring the depth of sea, space expeditions, etc.

(iii) Compared to human labour, AI can perform tasks at long stretches with constant human interventions.

(iv) Companies can rely on AI to safeguard consumer data.

Disadvantages : (i) Higher costs are involved because of machine complexity.

(ii) Since AI automates a lot of tasks, it has made human addicted to smart devices.

(iii) AI can easily perform repetitive & Heavy tasks and has already replaced human labor. E.g. Process automation in industries.

(iv) As of now, AI can-not replicate human emotions & connection, an essential attribute to the team working.

Conclusion : Every being & everything in this world is a product of intelligence resulting in a continuous cycle. AI elevated and supplements human intelligence. Proper use of both individually & together can create path breaking innovation & discoveries.

Neharika
B.Com. 3rd Year

Banks : Engine Driving National Economic Growth

Banks play a vital role in the economic development of country by mobilising savings, providing credit and supporting both individual and businesses. They encourage people to deposit their money safely and then use these funds to offer loans for agriculture, industry trade, education, housing and small business, which promotes investment and productive activities. By financing developmental projects such as infrastructure, transport and banks help generate employment and accelerate economic growth. They also promote financial inclusion by offering banking service to rural areas. Modern banking series like digital payment, UPI, mobile banking and online transactions. Banks support government policies through priority sector and schemes like Jan Dhan yojana.

Nitik Kumar
B.Com. 3rd Year

Internships : Your essential launchpad to thriving career

Internship play a crucial role in career development by providing students with practical exposure and real-world experience that classroom learning alone cannot offer. They act as bridge between academic knowledge and professional skills helping students understand how workplace functions how tasks are executed and how teamwork and communication operate in a corporate environment. Through internships students can explore different career options, discover their interests and make informed decisions about their future professions. They also build essential skills such as problem solving which make them more employable. Internships help students develop confidence, gain industry insights and create valuable professional networks that can support future job opportunities.

Anita Mehral
B.Com. 3rd Year

Failure is the First Step to Success

Failure is not the end of life, it is the beginning of a new journey. When we fail, we get a chance to understand our mistakes and improve ourselves. Failure makes us stronger, wiser and more determined. It teaches us important lessons that success alone can never teach.

Many successful people faced failure before achieving greatness. They did not give up. Instead, they learned from their mistakes and kept moving forward with confidence and hard work. Their struggles became the foundation of their success.

We should never be afraid of failure. Falling down is not wrong, but refusing to rise again is. If we stay positive and continue trying, success will surely come one day. Remember, every failure brings us one step closer to success.

Khushdeep
M.Com. 4th Sem.

Digital Payments

In the last decade, digital payments have revolutionized the way people handle money. From small roadside vendors to large multinational corporations, digital transactions have become an integral part of everyday life. With the rapid growth of smartphones, internet connectivity, and government support, India is witnessing a major shift from cash-based transactions to a digital economy.

Digital payments refer to transactions made through electronic modes such as UPI (Unified Payments Interface), debit and credit cards, mobile wallets, net banking, and QR codes. Platforms like Google Pay, PhonePe, Paytm, and BHIM have made payments faster, safer, and more convenient. Today, a person can transfer money, pay bills, shop online, or even donate to charity with just a few taps on their phone.

One of the biggest advantages of digital payments is convenience. There is no need to carry cash or worry about exact change. Transactions are completed instantly, anytime and anywhere. Digital payments also promote financial inclusion, as even people in remote areas can access banking services through mobile phones. Moreover, digital records of transactions improve transparency and reduce the chances of fraud, corruption, and tax evasion.

The Indian government has played a significant role in promoting digital payments through initiatives like Digital India, UPI, and Jan Dhan Yojana. The demonetisation drive and the COVID-19 pandemic further accelerated the adoption of cashless payments, as people preferred contactless and hygienic payment methods.

However, digital payments also come with challenges. Cybersecurity threats, data privacy concerns, and lack of digital literacy among certain sections of society remain major issues. Internet connectivity problems and fear of online fraud can discourage people from adopting digital modes. Therefore, awareness, education, and strong security systems are essential to ensure safe digital transactions.

In conclusion, digital payments are shaping the future of India's economy by making transactions faster, transparent, and inclusive. While challenges exist, continuous technological advancements and awareness can help overcome them. As students and responsible citizens, embracing digital payments wisely can contribute to a smarter and more efficient financial ecosystem.

Sumit

B.Com. 1st Year

Commerce is the Age of Autonomy

The article "Commerce is the age of autonomy" explains that Modern Commerce is Rapidly Moving toward a system where machines, Artificial Intelligence, and automated Technologies Perform Business activities with Minimal human Intervention. In this new age, autonomous tools such as smart software, self-service Platforms, digital payments and data driven system are making buying, selling, production and decision making faster and more efficient.

Businesses are Becoming more independent of manual processes while customers enjoy greater freedom to choose, compare and purchase products anytime and from anywhere through online platforms. This shift increases productivity, reduces costs, improves accuracy, and creates new business models like e-commerce, fintech, and automated supply chains. Thus, the age of autonomy in commerce represents a transformation from traditional human- controlled operations to technology-driven, intelligent and self- managed commercial activities that enhance convenience, speed, and Global connectivity.

Savita Bhogal

M.Com 4th Sem.

The Agentic Protocol

Agentic Protocol is a concept used in AI, multi agent system, and autonomous work flows. It refers to a set of rules, communications methods, and coordination mechanisms that allow intelligent agent to act independently, interact with each other, and complete tasks automatically.

Key features:

1. Autonomy- Agents can act independently.
2. Communication Rules- Define how agent send receive information.
3. Tasks coordination- helps multiple agent work together.
4. feedback Mechanism- Agent improve actions based on results.

Savita Bhogal

M.com 4th Sem.

SOMBHADRA

2025-26

PLANNING SECTION



Dr. Bhagwan Dass
Assistant Professor
Department of Economics



Priya
B.A. 3rd Year
Student Editor

GOVT. COLLEGE, UNA
DISTT. UNA (H.P.)

From the Editor's Desk

Dear Readers

It gives me immense pleasure to present this edition of **Sombhadra** to our esteemed readers. As Staff Editor of the Planning Section, I consider it both a privilege and a responsibility to contribute to this cherished annual tradition of our college.

A college magazine is far more than ink on paper it is a chronicle of collective thought, creative endeavour, and intellectual growth. The pages of **Sombhadra** have always served as a platform where students, faculty, and staff converge to share ideas, express perspectives, and celebrate the vibrant life of our institution.

This year, the Planning Section has endeavoured to bring together contributions that reflect not only academic rigour but also the social consciousness and cultural richness of our campus. From economic insights to literary reflections, each piece has been curated with care and purpose.

I extend my heartfelt gratitude to all contributors, the editorial team, and the college administration for their unwavering support. I also acknowledge our readers, whose enthusiasm remains the greatest motivation for our work.

May this edition inspire, inform, and ignite conversations that go well beyond our college walls. Dr. Bhagwan Dass Assistant Professor, Economics Staff Editor, Planning Section

Dr. Bhagwan Dass
Assistant Professor

Message From the Student Editor

Dear Readers,

It is my privilege to present the Planning Section of Sombhadra Magazine 2025-26 edition. This edition focuses on the role of economics and strategic planning in our daily lives. We have included articles that analyse resource management and local economic trends to help us understand the world around more clearly.

This section is the result of dedicated individual efforts by our student contributors. Each article reflects their hard work and research. I would also like to express my sincere gratitude to Dr. Bhagwan Dass for his valuable guidance. His mentorship has been essential in shaping these ideas into the informative pieces you see here. We hope this section encourages you to think critically and plan for the future with a structured approach.

Happy Reading!

Priya
B.A. 3rd Year

Tariff

A Tariff is a tax that a government puts on goods that come from other countries. It makes imported goods more expensive for people to buy. It is one of the most common tools used in international trade policy. Governments mainly use tariffs to regulate trade, protect domestic industries, and generate revenue. Tariffs play an important role in protecting local business. There are different types of tariffs used in international trade. A specific tariff is charged as a fixed amount based on the quantity of goods, such as a certain amount per kilogram or per item. An ad valorem, tariff is calculated as a percentage of the value of goods being imported. Some countries also use a compound tariff, which combines both types.

The main purpose of a tariff is to protect local industries and business. When imported goods become costly, people more likely to buy product made in their own country. Tariffs also help the government to increase revenue. However, high tariffs can make products expensive for consumers.

Tariffs have several advantages. They help protect new and developing industries, provide income to the government and reduce dependence on foreign goods. However, tariffs also have some disadvantages.

In conclusion, tariffs are an important economic policy used by governments to control international trade and support domestic industries. However, they must be used carefully to maintain a balance between protecting local markets and promoting global trade.

Mahak
M.A. 4th Sem.

Highlights of Union Budget 2026-27

The union Budget 2026-27 presented by Finance Minister Nirmala Sitharaman, focuses on "Yuva Shakti" for a "Viksit Bharat" emphasizing structural reforms and development.

Infrastructure and Manufacturing : Capital expenditure is increased to Rs. 12.2 lakh crore. A new Biopharma SHAKTI Scheme has a Rs. 10,000 crore outlay for the next 5 years.

Tax Reforms : The New Income Tax Act, 2025 comes into effect, simplifying rules for citizens. Tax collected at source (TCS) on overseas tour packages, education, and medical expenses is reduced to 2 per cent.

MSME & Industrial Support : A Rs. 10,000 crore SME growth fund is proposed to create "Champion SMEs". The budget aims to revive 200 legacy industrial clusters.

Fiscal Management : Gross market borrowings are estimated at Rs. 17.2 lakh crore. The debt-to-GAP ratio is projected to decline to 55.6 per cent.

Strategic Sectors : Increased semiconductor manufacturing (ISM 2.0) green energy (Rs. 20,000 crore for carbon capture) and defense (Rs. 7.85 lakh crore).

Inclusive Growth : Focus on 3 key "Kartavyas" (duties) aimed at economic growth, fulfilling aspirations and inclusive development.

Medical Tourism : Five regional medical hubs will be set up in partnership with the private sector.

Vandana Sharma
M.A. Eco. 4th Sem.

Current Economic Issues : Growth, Employment, Inflation

The economy shapes everyday life more than we often realise - from the price of groceries and fuel to job opportunities after graduation. In recent years, global and national economies have faced a mix of recovery, uncertainty and transformation. Three issues stand at the center of current economic discussion economic growth, employment and inflation. Understanding how these forces interact helps us make sense of the challenges and opportunities ahead.

Economic Growth : Recovery with Caution

Economic growth refers to the increase in a country's production of goods and services over time, usually measured by Gross Domestic Product (GDP). After major disruptions such as the COVID-19 Pandemic, many economies experienced a strong-rebound driven by reopening, govt. spending, pentup consumer demand. However this recovery has not been smooth or equal.

While some sectors-like technology digital services, and renewable energy - have grown rapidly and others such as small businesses, traditional manufacturing and informal sectors have struggled to regain momentum.

Employment : More jobs, New Challenges

Employment is often seen as the most direct indicator of economic well-being. In many countries, job numbers have improved compared to the worst period of pandemic. Service industries like hospitality, health-care and logistics have seen rising demand for workers. However, the employment situation is not without challenges.

Youth Unemployment : Remains a concern, especially for fresh graduates who may lack experience. Skill mismatches are growing, as employers increasingly seek digital and technical skills that traditional education systems may not fully provide. Informal and gig workers are expanding, offering flexibility but often lacking job security, benefits and stable income. For students and young professionals, this means that employability now depends not only on degrees but also on adaptability, continuous learning and practical skills.

Inflation : Inflation refers to the general increase in price over time, which reduces the purchasing power of money. Recently, inflation has become one of the most talked-about economic issues worldwide. Rising prices of food, fuel, housing and education have placed pressure on households, especially middle and lower-income groups.

Sustainable Growth : Governments and policy makers therefore aim for growth that creates decent jobs, keeps inflation under control and ensures long-term stability.

Why it matters to students ?

For college students, these economic trends are more than textbook concepts. They influence career choices, salary expectations, cost of living and even decisions about higher studies on entrepreneurship. Being economically aware helps students plan better, adapt to changes and participate more actively in public discussions and policy debates.

Tarun Choudhary
M.A. Eco. 2nd Sem.

मुद्रा : एक महान क्रांति

क्रांति एक ऐसा परिवर्तन है जो किसी भी क्षेत्र में यदि हो तो पूरी व्यवस्था को बदल सकता है। ऐसी ही एक क्रांति या अविष्कार जो संसार में हुआ (अविष्कार आर्थिक क्षेत्र में) वह मुद्रा है। इससे पहले वस्तु विनिमय प्रणाली प्रचलित थी जिसमें लेन-देन भौतिक रूप से वस्तुओं द्वारा ही होता था। बाजार बहुत छोटे और सीमित थे। संसाधन और पूंजी में बहुत कम गतिशीलता पाई जाती थी। बचत करना तो अत्यंत मुश्किल था। परंतु जब मुद्रा प्रचलन में आई तो इसने संसार की काया ही पलट दी। मुद्रा ही वह कारण है जिससे आज हम जिस संसार को देख रहे हैं वह ऐसा दिख रहा है।

आज हम जिस युग में हैं, वह बहुत उन्नत युग है। यदि अचानक संसार में मुद्रा का लोप हो जाए तो हमें कितनी कठिनाईयों का सामना करना पड़ सकता है। आर्थिक क्रियाएँ इतनी संकुचित हो जायेंगी कि संसार में विकास, समृद्धि लगभग रुक जाएगी। यह तथ्य मुद्रा की अनिवार्यता को दर्शाता है जैसे-जैसे संसार ने प्रगति की वैसे-वैसे मुद्रा का रूप में भी काफी परिवर्तन हुआ। अब मुद्रा पत्र मुद्रा से हटकर ATM, क्रेडिट कार्ड, ऑनलाइन भुगतान प्लेटफार्म (UPI) Paytm तक विकसित हो चुकी है। अब हाल ही के वर्षों में डिजिटल करेंसी विकसित हुई, जैसे क्रिप्टो और Bitcoin जो लेन-देन और भुगतान को और भी सरल बना सकते हैं।

अंशदीप
बी.ए. तृतीय वर्ष

US-ISRAEL-IRAN WAR 2026

The US-Israel-Iran war is one of the most serious international conflicts in recent years. The war began related to Iran's nuclear program, regional influence and security concerns in the middle East. The conflict has not only caused military confrontation but has also affected global politics and the world economy.

Background of the conflict : Tensions between Israel Iran increased after the 1979 Iranian Revolution, when Iran's new government became strongly opposed to the United States and Israel. Over the years, disagreements over Iran's nuclear programme and regional military influence created continuous hostility. To control Iran's nuclear activities a deal called the Joint Comprehensive Plan of Action (JCPOA) was signed in 2015.

Beginning of the war : The conflict escalated dramatically on 28 February 2026 when the United States and Israel launched large scale air and missile strikes on Iranian military bases, air- defense system, and nuclear facilities. The strikes targeted cities such as Tehran and other strategic locations.

After the attacks, Iran responded by launching missile and drones at Israel cities and U.S military bases in the Middle East which officially started the war. Targets included bases and infrastructure in countries such as: Qatar, Bahrain, Saudi Arabia, Kuwait, United Arab Emirates(UAE). Iran also attacked shipping and energy facilities in the strait of Hormuz, one of the most important oil-transport routes in the world.

Impact on the Global Economy : The war has effected the world in following ways:-

1. Oil and gas prices increased because shipping in the strait of Hormuz was disrupted. The middle East produce a large share of the world's oil and conflict in the region can disrupt supply.
2. Global stock markets fell due to uncertainty and fear of a wider war.
3. Many countries and international organizations are calling for peace and diplomatic negotiations to stop the conflict.

Sonia
M.A. Eco. 4th Sem.

Tariff and Recent Development in U.S.

A Tariff is a tax or duty imposed by a government on goods and services imported from other Countries. It acts as a trade barrier by increasing the cost of foreign products which in intended to protect domestic industries, generate revenue to government or serve as a political tool in international negotiations

Types of Tariffs

Ad Valorem : Calculated as a percentage of the product's total value.

Specific : A fixed fee per unit of a good regardless of its value.

Compound : A combination of both Ad valorem and specific rates.

Tariff - Rate Quota : Applies a lower tariff rate to a set a quantity of imports and a much higher rate once that quota is exceeded.

Recent Developments (2025-26) : The global trade landscape has been significantly reshaped by recent U.S. policy shifts and judicial rulings. The U.S. Supreme Court struck down broad reciprocal tariffs previously imposed under the International Emergency Economic Powers Act, ruling that the executive branch exceeded its authority. This led to a potential refund process for approximately \$130-166 billion in collected duties. Following the court's rebuke, the U.S. administration invoked section 122 of the Trade Act of 1974 to implement a 15% temporary global import surcharge effective Feb. 24, 2026 valid for 150 days.

Impact on India : In 2025, India faced a combined tariff of 50% (25% reciprocal + 25% penalty for Russian oil imports). As of Feb. 2026 the specific 25% "Secondary Tariff" penalty was withdrawn after Indian oil companies reduced Russian oil purchases.

Sectoral Exemptions : To protect domestic supply chains, recent U.S. tariffs often exempt critical items like pharmaceuticals, critical minerals and agricultural products.

Muskan Rani
M.A. Eco. 4th Sem.

GST - Goods and Services Tax

Goods and Services Tax (GST) is comprehensive indirect tax system introduced in India to simplify the taxation structure. It replaced many indirect taxes such as Value Added Tax (VAT), Service Tax, Excise Duty and others. GST was implemented on 1st July 2017. The main objective of GST is to create a unified national market by eliminating multiple taxes and reducing the cascading effect of taxes.

GST is a destination-based tax, which means that the tax is collected where the goods or services are consumed rather than where they are produced. This helps ensure fair distribution of tax revenue among states. The GST system in India is divided into three main types : Central GST, State GST and Integrated GST. CGST is collected by the central government, SGST by the state government and IGST is applied to inter-state transactions.

GST has also helped in reducing tax evasion because most transactions are recorded digitally. It encourages

better compliance and improves government revenue collection. Additionally, GST has made the movement of goods across state faster by removing check posts and entry taxes.

Types of GST in India

Central GST : Levied by the Central Government on intra-state supplies.

State GST : Levied by the state or Union Territory on intra-state supplies.

Integrated GST : Levied by the Central Government on inter-state supplies and imports.

Key GST Rate Slabs (2025-26)

0%(Exempt) : Essential items, fresh milk, vegetables, eggs, curd, bread, medicines and educational/ healthcare services.

5% (Merit Rate) : Packed food, tea, coffee, edible oil, spices and household items.

18% (Standard Rate) : Most goods and services, including electronics (ACs, TVs), soap, toothpastes, small cars and two wheelers.

40% (Luxury/sin Goods) : Luxury cars, high-end motorcycles (>350cc), tobacco products, cigarettes, and aerated beverages.

Komal Sandhu
M.A. Eco. 4th Sem.

Trends in Digital Economy and Taxation

The rapid expansion of the digital economy has transformed how business operate and have governments design tax system. Digital platforms, e-commerce, cloud computing and online service has created borderless markets, challenging traditional taxation models that rely on physical presence. As a result, governments worldwide are reforming tax policies to capture revenues from digital activities and ensure fairness in global taxation. One of the most significant trends is the global effort to tax multinational technology companies more effectively. The OECD/G20 Base Erosion and Profit Shifting (BEPS) initiative introduced. The "Two Pillar Solution", which aims to reallocate taxing right to countries where digital uses are located and establish a global minimum corporate tax rate. These reforms seek to address profit shifting and ensure large multinational firms pay taxes where they generate economics value.

Several Countries has also implemented Digital Services Taxes (DSTs) targeting revenues from online advertising, digital platforms and data user. Nations such as France, Spain, Italy and the United Kingdom have introduced levies of around 2-3% on certain digital revenues, reflecting the growing fiscal importance of digital sector.

Another key trend is the digitalization of tax administration intelligence, data analytics, and automated reporting system to improve tax compliance and efficiency. Tax authorities now collect data directly from business system and digital platforms, enabling real-time monitoring of transaction and reducing opportunities for tax evasion.

Countries are also updating consumption taxes to reflect digital trade. Many jurisdiction have expanded VAT or GST rules to include cross-border digital services, requiring foreign companies to register and pay tax in the markets where they provide services. Overall, taxation of the digital economy is evolving rapidly as government attempt to balance innovation with fair revenue collection. International cooperation, technological innovation and update regulatory from e-works will play a crucial role in shaping the future of global digital taxation.

Priya
M.A. Eco. 4th Sem.

Why Economics is important ?

Economics is critical for a country because it provides the tools to manage scarce resources, optimise production, and enhance overall living standards. It enables informed decision-making regarding employment, inflation, and development", while allowing governments to create policies. that faster economic growth, stability, and wealth distribution.

Importance

Optimal Resource Allocation : Economics helps societies determine how to best use limited resources (labour, capital, natural resources) to meet unlimited needs.

Improved Standard of Living : A strong, well-managed economy generally, leads to higher income, levels, leads to better healthcare, improved education, and improved quality of life for citizens.

Job Creation & Stability : It guides the creation of jobs, reduction of unemployment, and management of inflation, which prevents economic instability.

Policy formulation & Budgeting : It provides governments with the necessary knowledge to formulate taxation systems, balance budgets, and manage the financial sector.

Understanding Global Interactions : Economics explains international trade, currency fluctuations, and foreign investment, strengthening a nation's influence and economic security in the global market.

Solving Key Problems : It aids in tackling major challenges such as poverty, income inequality, and environmental issues through analytical and evidence-based approaches.

Ankita
BBA 4th Sem.

Gross Domestic Product (GDP)- Measure of Economic Growth

Gross Domestic Product (GDP) is one of the most important indicators used to measure the economic performance of a country. It represents the total monetary value of all final goods and services produced within a country's borders during a specific period, usually a year. Economists, policymakers and government use GDP to understand whether an economy is growing, stable, or declining.

GDP acts like a reports card for a nation's economy. When GDP increases, it general indicates that businesses are producing more, people are earning more income and economic activities are expanding. On the other hand, a decline in GDP may suggest economic problems such as reduced production, lower employment and decreased spending. Therefore, GDP helps government make important decisions about economic policies and development strategies.

There are four main components that contribute to GDP

$$\text{GDP} = C + I + G + (X - M)$$

Consumption : Spending by households on goods and services.

Investment : Spending by businesses on capital goods used for future productions.

Government Spending : Expenditure by the government on goods and services.

Net Exports (X-M) : **Exports (X) :** Goods and services produced domestically and sold abroad.

Imports (M) : Goods and services produced abroad but purchased domestically.

Siya
M.A. Eco. 4th Sem.

Student Loans in India : Investment in the Future or a Debt Trap

Higher education is often described as an “investment in human capital.” But in India today, as tuition fees rise and private institutions expand, student loans are becoming a necessity rather than a choice. The question is are education loans building brighter futures, or pushing young graduates into long-term debt stress?

Education as an Economic Investment : According to human capital theory, education increases productivity and earning potential. In this sense, taking a loan for higher studies is similar to investing in a business — you invest now to earn higher returns later. Banks like State Bank of India provide education loans covering tuition, accommodation, and other academic costs. Government schemes also aim to improve access to credit. In theory, this system promotes equal opportunity.

The Rising Cost of Education : However, reality is more complex. Private college fees, coaching costs, and foreign education expenses have increased significantly. Many students graduate with loans ranging from lakhs to even crores. If employment is delayed or salaries are lower than expected, repayment becomes stressful. This is where the “investment” begins to feel like a burden.

Employment Uncertainty and Skill Mismatch : India faces structural unemployment and skill mismatch. A degree does not always guarantee a well-paying job. When expected returns on education are lower than the cost of borrowing, the loan turns risky. This raises an important economic concern: Is the rate of return on education still high enough to justify heavy borrowing?

Psychological and Social Impact : Beyond economics, debt affects mental health. Young graduates may delay entrepreneurship, avoid career risks, and postpone personal goals. Instead of financial freedom, they begin adulthood with financial pressure.

Policy Perspective : The Indian government has introduced schemes to make education affordable and promote financial inclusion. However, long-term reform requires better alignment between education and industry needs, transparent fee regulation, skill-based training, and strong job creation policies. Education loans should empower youth, not restrict them.

Conclusion : Student loans are neither completely good nor completely harmful. They are tools. If education leads to productive employment, loans become powerful investments. But without employment growth and skill relevance, they are becoming debt traps. The real solution lies not in avoiding loans but in improving the economic ecosystem that determines their returns.

Isha
BCA 4th Sem.

How Inflation Affects Students and Middle-Class Families

Inflation means a continuous rise in the prices of goods and services. In simple words, when inflation increases, we have to pay more money to buy the same things. Food, rent, petrol, education fees- everything becomes expensive. But income does not always increase at the same speed. This creates pressure, especially on students and middle-class families.

Suppose last year a plate of food cost 50, and this year it costs 60. This increase in price is inflation. When many products and services become expensive at the same time, we say inflation is rising. In India, inflation is monitored and controlled by the Reserve Bank of India (RBI). The RBI mainly controls inflation by changing interest rates. But inflation is affected by many factors like fuel prices, supply shortages, global events, and government policies.

How Inflation Affects Students : Students feel inflation directly and indirectly.

1. Increase in Education Costs
2. Higher Living Expenses
3. Mental Stress

How Inflation Affects Middle-Class Families : The middle class is the most affected group during inflation. They earn fixed salaries and cannot easily increase income quickly.

1. Rising Household Expenses 2. Reduced Saving 3. EMI Burden 4. Lower Purchasing Power
Purchasing power means how much you can buy with your money. During inflation, the value of money decreases. 100 today buys less than what it bought a few years ago.

Is Inflation Always Bad? Moderate inflation is normal in a growing economy. It encourages spending and investment. But high inflation creates economic problems. It increases inequality because fixed-income groups suffer more than wealthy individuals.

Conclusion : Inflation is not just an economic term. It directly affects daily life. For students, it increases education and living costs. For middle-class families, it reduces savings and increases financial pressure. Understanding inflation helps us make smarter financial decisions. In today's time, managing money wisely is not a choice — it is a necessity.

Tanisha
B.A. 3rd Year

Sustainable Development Goals (SDGs)

The Sustainable Development Goals (SDGs) were adopted in 2015 by the United Nations as part of the 2030 Agenda for Sustainable Development. These 17 global goals aim to end poverty, protect the environment, and ensure peace and prosperity for all by the year 2030.

The SDGs focus on key issues such as quality education, gender equality, clean water, decent work, economic growth, and climate action. They recognise that economic development must go hand in hand with social justice and environmental protection. The goals are interconnected. The progress in one area supports progress in others.

In India, institutions like NITI Aayog monitor the implementation of SDGs and encourage sustainable policies. Government initiatives in sanitation, renewable energy, and financial inclusion contribute to achieving these targets. For students and youth, the SDGs are a call to action. By spreading awareness, adopting eco-friendly practices, and participating in community service, we can contribute to building a more sustainable and inclusive future. Achieving the SDGs is not only the responsibility of governments but of every global citizen.

Abhishek
B.A. 3rd Year

VB-G RAM G Yojana

Viksit Bharat - Guarantee for Rozgar and Aajeevika Mission (Gramin) Act, 2025. (VB-G RAM G) Act, 2025 (referred to as VB-G RAM G) is a reformed and modernised version of the Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA), which now provides rural households with 125 days of assured employment a year, instead of 100 days. The scheme guarantees timely payment of wages and work with a 60-day break. Key features and benefits of VB-GRAM G scheme:

Objective : In line with the vision of a developed India by 2047, it promotes infrastructure development as well as employment at the rural level.

Days of employment : MGNREGA has been extended from 100 days to 125 days of guaranteed unskilled manual employment.

Leave provision : To ensure availability of agricultural labourers during peak agricultural season (sowing/harvesting), a break of 60 days has been provided so that they can also carry out their personal work (like farming).

Payment of wages : Payment is being ensured on weekly basis or within a fortnight of work through online/digital mode.

Technology use : Apps and dashboards are being used for tracking work demand, deployment and progress under the scheme, thereby increasing transparency and preventing corruption.

Unemployment allowance : There are special provisions for unemployment allowance in case of non-availability of work.

Anchal
B.A. 3rd Year

What is Capitalism ? An In-Depth Exploration

Capitalism is an economic system where private individuals and businesses own and operate the means of production, distribution, and exchange of goods and services. The primary goal is to generate profits by creating products or services that meet market demands. This system is characterised by free markets, competition, and limited government intervention.

Key Features:

1. **Private Ownership:** Individuals and companies own assets, businesses, and property.
2. **Free Market Economy:** Businesses compete and prices are determined by supply and demand forces.
3. **Profit Motive:** The drive to earn profits encourages innovation, efficiency, and growth.
4. **Competition:** Firms compete for customers, driving quality up and prices down.
5. **Limited Government Role:** The government doesn't control the economy but may regulate to ensure fairness.

How Capitalism Works

1. **Entrepreneurs and Businesses:** Start and run businesses, innovate, and take risks.
2. **Markets and Competition:** Determine prices, quality, and availability of goods and services.
3. **Investment and Growth:** Profits are reinvested, leading to economic expansion.

Pros:

1. **Encourages Innovation:** Drives technological advancements and new products.
2. **Economic Growth:** Can lead to higher living standards.
3. **Individual Freedom:** Allows people to start businesses and pursue opportunities.

Cons:

1. **Inequality:** Wealth gaps can widen between the rich and poor.
2. **Market Failures:** Issues like monopolies and environmental degradation can occur.
3. **Instability:** Markets can be volatile, leading to economic downturns.

Types of Capitalism:

1. **Laissez-faire Capitalism:** Minimal government intervention.
2. **Social Market Economy:** Blends free markets with social welfare policies.
3. **State Capitalism:** State plays a significant role in the economy.

Capitalism has shaped economies globally, with ongoing debates on its impact and the role of government regulation.

Anu, B.A. 3rd Year

Budget Making Process in India

The preparation of the Union Budget (annual financial statement) in India is a phased process that begins in August-September and continues until it is presented to Parliament in February. The Budget Division of the Department of Economic Affairs, Ministry of Finance, prepares the budget by collecting estimates from all ministries/departments.

Main Steps in the Budgeting Process :

1. **Preparation of Estimates (August-September) :** Guidelines are issued by the Department of Expenditure, Ministry of Finance to all Ministries, Departments, Union Territories and States for submission of estimated expenditure.
2. **Budget Compilation (October-December) :** The budget is prepared based on data received from various departments. The Finance Minister and other senior officials consult with the NITI Aayog and economists.
3. **Budget Finalization :** Revenue and expenditure are balanced. The final step is the printing of the budget, followed by a "Halwa Ceremony" to ensure confidentiality.

4. Budget Presentation (February) : The budget is presented to Parliament by the Finance Minister under Article 112.

5. Process in Parliament : It is followed by general discussion, scrutiny by departmental committees, voting on the demand for grants, and finally the process is completed with the passing of the Appropriation and Finance Bills.

Stages of the Budget Process : 1. Creation of the budget 2. Approval by Parliament
3. Implementation of the budget 4. Accountability and Audit

Isha

This entire process ensures that public money is spent in a transparent and planned manner.

B.A. 3rd Year

Stock Market Trends : What to Expect in 2026

The Stock Market in 2026 is expected to be influenced by global economic conditions, technological innovation, sustainability initiatives, and geopolitical developments. Central Banks, including the Federal Reserve and the Reserve bank of India are expected to manage interest rates cautiously, depending on inflation and growth. Lower interest rates could support equity markets. However, unexpected inflationary pressures may still create short - term market volatility.

The increasing adoption of Artificial Intelligence (AI), cloud computing, automation and digital services is likely to boost technology stocks. India IT companies are also expected to gain. Sustainability and ESG investing are expected to gain more importance in this year. EV manufactures and green technology firms or ESG - focused companies are expected to receive increased investment from institutional investors. India's stock market is expected to remain resilient in 2026 due to strong domestic demand, a growing middle class, and continued digitalization. Sectors such as banking, financial services, Healthcare and infrastructure are likely to support market growth. Risk and market volatility, geopolitical stress, regulatory changes, global trade issues and fluctuating oil prices may cause market corrections. Investors are expected to focus on diversification and long term strategies to manage risks.

Manpreet Kaur
B.A. 3rd Year

The Economics of Mental Health : The Cost We Don't Calculate

When we talk about economics, we discuss GDP, inflation, unemployment, and growth. But rarely do we calculate the economic cost of anxiety, depression, and stress — especially among students and young adults. Mental health is not just a psychological issue. It is an economic issue.

Mental Health as Human Capital : In economics, human capital refers to the skills, education, and productivity of individuals. But productivity does not depend only on degrees — it depends on mental well-being. A student struggling with anxiety cannot perform at full potential. An employee facing burnout cannot work efficiently. When mental health declines, productivity declines and when productivity declines, economic output declines.

The Hidden Cost of Stress : Stress leads to reduced academic performance, lower workplace efficiency, increased absenteeism and higher healthcare expenses. From an economic perspective, this is a loss of output. Organisations like World Health Organization have highlighted that depression and anxiety result in billions of dollars in lost productivity globally each year. Mental health problems are not just personal struggles — they are economic losses. Mental health and economic conditions move together.

Investment in Mental Health: A Smart Policy Move : Governments invest in infrastructure and industries to boost growth. But investing in mental health awareness, counselling services, and campus support systems is equally important. Spending on mental health is not a cost — it is an investment in productivity. Healthy minds create innovative ideas, strong businesses, and sustainable growth.

Conclusion : We measure economic growth in numbers, but we forget that behind every number is a human being.

Neerja, B.A. 3rd Year

Income Inequality & K-Shaped Recovery

When an economy recovers after a crisis (like COVID-19 or a big recession), the ideal situation is a 'V-Shaped' recovery – where everyone rises together. But in reality, we often see a 'K-Shaped' recovery.

What is K-Shaped Recovery?

Its name is 'K' because during the recovery period the economy moves on two different paths:

The Upward Path (Top part of 'K') : These are the people and sectors that became richer or more successful after the crisis. This includes tech companies, stock market investors and high – skilled professionals (work –from-home jobs).

The Downward Path (Bottom part of 'K') : These are the people whose income decreased or jobs were lost. This includes daily wage workers, small shopkeepers and sectors like hospitality/tourism.

Causes of Income Inequality : Income inequality (income asymmetry) is not just a game of luck; there are solid economic reasons behind it:

1. Asset Inflation : When the government prints more money to save the economy, that money usually goes into the stock market and real estate. Those who already have assets see their wealth increase rapidly.

2. Digital Divide : People who have digital skills and internet access keep working. But physical labourers didn't have any backup (digital support).

3. Tax Structure : Often corporate taxes are reduced to promote growth, but their benefit does not trickle down to increase workers' salaries at the ground level.

What is the Impact on the Economy?

If income inequality keeps increasing, the country's long-term growth can be hindered.

1. Consumption Demand Decline : India's economy runs on 'Mass Consumption'. If only 10% of people become rich & the remaining 90% have no money, then who will buy soaps, bikes & mobile phones?

2. Social Unrest : When people feel that the system is working only for the rich, then social tension & protests start to increase.

3. Educational Gap : Rich children get better education, which makes them earn more in the future, while poor children fall behind. This inequality becomes 'Inter-Generational' (passed on through generations).

In India, the top 1% of people hold more than 40% of the country's total wealth. This gap is increasing every year.

Discussion Point: What is the Solution?

Economic forums discuss the following solutions the most:

Progressive Taxation : Imposing higher taxes on the rich & providing more subsidies for the poor.

Universal Basic Income (UBI) : Giving every citizen a fixed monthly amount so their basic needs can be fulfilled.

Investing in Human Capital : Increasing spending on health & education so the lower segment ('K'-class) can move upward.

Globalisation

Pallavi
M.A. Eco. 4th Sem.

Globalisation means the exchange products, technologies, and cultures between nations. For example, we can enjoy foreign brands like Coca-Cola or Samsung in India, and Indian product like spices and ore sold in other countries. The internet and modern transportation have made globalisation faster and easier.

Globalisation brings many benefits. It helps in economic growth by creating more jobs and opportunities. People can access better products and services from different parts of the world. It also promotes cultural exchange, where we learn about other traditional, food and lifestyle.

While globalisation has advantages, it also has drawbacks. Small businesses often struggle to compete with big international companies. It can lead to the loss of local culture as people adopt foreign habits.

Globalisation is an important part of modern life. It connects people and makes the world more united. However, we must use it wisely to protect our environment and cultural. By balancing the benefits and challenges of globalisation, we can create a better future for everyone.

Soma Devi
B.A. 3rd Year

The Iran-Israel War (2026) and its Impact on the Global Economy

The **Iran-Israel War (2026)** is not only a military confrontation between two nations; it has also triggered significant economic shocks across the world. The Middle East plays a crucial role in global oil supply and international trade routes. Any conflict in this region directly affects energy prices, trade flows, inflation, and overall global economic growth. The following points explain the major economic consequences of the conflict.

1. Rising Oil and Energy Prices : The Middle East is the center of global oil production. During the ongoing conflict, attacks on oil facilities and disruptions to shipping routes have pushed oil prices significantly higher.

- Oil prices rose from around **\$70 to more than \$110 per barrel** soon after the conflict escalated.
- Some forecasts suggest prices could reach **\$140–\$185 per barrel** if the war continues.

Higher oil prices increase transportation and production costs worldwide. As a result, **global inflation rises**, affecting both developed and developing economies.

2. Disruption of Global Trade : A major concern is the **Strait of Hormuz**, one of the most important maritime trade routes in the world.

- Approximately **20% of the world's oil supply** passes through this narrow waterway.
- Military tensions in the region threaten tanker movements and international shipping.

Impact on global trade includes: (i) Shipping delays (ii) Higher freight and insurance costs
(iii) Supply chain disruptions

These disruptions affect several industries such as **manufacturing, retail, and global food supply chains**.

3. Stock Market Volatility : Wars create uncertainty in financial markets, which often leads to instability in global stock exchanges.

Possible effects include : (i) Increased volatility in global stock markets (ii) Investors shifting funds toward safer assets such as **gold and oil** (iii) Higher profits for defense and energy companies

For instance, many **oil companies' stocks have surged** due to rising global energy prices.

4. Higher Inflation Worldwide : Energy is a fundamental input in almost every sector of the economy. When oil prices rise, the effects spread across the entire economic system:

Oil price ↑ → Transport cost ↑ → Production cost ↑ → Product price ↑

Economists warn that the conflict could contribute to **Stagflation**, a situation characterized by **slow economic growth combined with high inflation**.

Possible consequences include : (i) Rising food prices (ii) Increased fuel costs
(iii) Higher production expenses for industries.

5. Risk of Global Recession : If the war continues or spreads to other regions, economists warn of a possible **global economic slowdown**.

Key reasons include : (i) Energy price shocks (ii) Trade disruptions (iii) Financial uncertainty in global markets

A prolonged conflict could push some economies into **recession**, especially those already facing economic challenges.

6. Impact on Different Countries : The economic effects of the conflict vary across countries depending on whether they import or export oil.

Oil-Importing Countries (such as India, Japan, and many European nations) :

- (i) Higher fuel import bills
- (ii) Rising inflation
- (iii) Pressure on national currencies

Oil-Exporting Countries : May benefit from higher oil prices and increased export revenues.

Countries Directly Involved in the War : (i) Massive military expenditures (ii) Damage to infrastructure
(iii) Economic instability and slower growth.

7. Long-Term Global Effects : If the conflict continues for a long period, it may reshape the global economic landscape in several ways : (i) Greater investment in **renewable energy** (ii) Changes in international alliances

(iii) Increased defense spending worldwide (iv) Restructuring of global supply chains.

Conclusion : The Iran-Israel conflict illustrates how regional wars can quickly transform into global economic crises. Rising energy prices, disrupted trade routes, and financial uncertainty demonstrate the interconnected nature of the modern world economy. The long-term outcome will depend on how quickly peace and stability return to the region.

Poonam Thakur (M.A. Eco. 4th Sem.)

Why We Buy Things We Don't Need : Behavioural Economics

Have you ever gone to buy one thing and returned home with five? Or purchased something just because it was on sale, even though you didn't really need it? This is very common, and the reason behind it lies in *behavioural economics*—a field of study that explains how our emotions and psychological biases affect our spending decisions. Traditional economics assumes that people always make rational choices. But in reality, we are not always logical. Our decisions are often influenced by feelings, habits, and clever marketing strategies. One major reason we buy unnecessary things is the idea of a “good deal.” When we see discounts like “50% off” or “limited-time offer,” our brain feels excited. We think we are saving money, even if we are actually spending it on something we don't need. This is known as the *fear of missing out* (FOMO). Another factor is social influence. We tend to buy products that others are using—whether its trending clothes, gadgets, or even food. Social media plays a big role here. Seeing influencers or friends use certain products makes us believe we need them too. Emotions also drive our purchases. Sometimes people shop when they are bored, stressed, or unhappy. Buying something new gives temporary happiness, often called “retail therapy.” However, this feeling doesn't last long, and we may later regret the purchase. Companies understand these behaviours very well. They design advertisements, store layouts, and pricing strategies to influence our decisions. For example, placing essential items at the back of a store makes us walk past many other products, increasing the chances of impulse buying. Understanding behavioural economics can help us make better choices. In conclusion, we don't always buy things because we need them—we buy them because our minds are influenced in subtle ways. By being aware of these influences, we can become smarter and more responsible consumers.

Priya (B.A. 3rd Year)

Improving Tourism in Himachal Pradesh : Need for Better Planning

Himachal Pradesh is a tourism dependent state. Tourism contributes around 7-8 percent to the state economy. Many people depend on tourism for jobs like hotels, taxis, shops and small businesses. Even after this, Himachal does not come in the top tourism states of India in terms of tourist arrivals. One important problem is that Himachal Pradesh does not have a separate Ministry of Tourism. For a state which depends so much on tourism, this is a big weakness. Because of this, tourism planning, promotion and management are not very strong. A separate ministry can focus only on tourism development and long-term planning. Another major issue is that tourism is limited to a few places like Manali, Shimla, Dharamshala, and Kullu. These places face serious problems such as traffic jams, waste, water shortage, and damage to nature. During peak season, these towns get overcrowded. Himachal tourism is mostly promoted as snow tourism. But the state has huge potential for trekking, nature walks, village tourism, eco-tourism and cultural tourism. These areas are not properly developed or marketed. If tourism is diversified, tourists will spread to new areas. This will reduce pressure on overcrowded destinations and also help smaller regions grow. Transportation is another challenge. Tourism in Himachal depends mainly on road travel, which is long and tiring due to hilly terrain. Limited airports and railway connectivity make travel difficult. Better air and rail connectivity can make tourism easier and more comfortable. In conclusion, Himachal needs better planning, tourism diversification, and improved transport. This will protect the environment, reduce overcrowding and help tourism grow in a balanced way.

Siya Sharma, B.A. (Tourism) 3rd Year

सोमभद्रा

2025-26

पहाड़ी अनुभाग



डॉ. शाम सिंह बैस
सहायक प्राध्यापक, अर्थशास्त्र विभाग
प्राध्यापक संपादक



मोहित
बी.कॉम. तृतीय वर्ष
छात्र संपादक

राजकीय महाविद्यालय ऊना
जिला ऊना (हिमाचल प्रदेश)

संपादकीय : पहाड़िया भाषा की कीमत

इयां ता आसे कईयां भाषा सिखणे री कोशिश करदे हान। कोई अंग्रेजी सिखदा, कोई होर प्रदेशां दी बोली अपनांदा, पर जेड़ा सुख-स्वाद अपणिया पहाड़िया भाषा मंझ गल्ल बात करणे दा औंदा ऐ, ओ सुख होर कदे बी नी मिलदा। अपणी बोली मंझ बोलदे ही मन नू शांति मिलदी ऐ, अपनापन महसूस होंदा ऐ अते दिले दे भाव सच्चे ढंग नाल बाहर आंदे हन। आजकलौं दे समय च लोकां दी सोच-समझ बदली गै ऐ। इस बदलाओ दा असर साडे रैहन-सहन, रोति-रिवाज अते बोल-चाल सब ते पै रया ऐ। कई लोक आधुनिकता दे नांह ते अपणी मातृभाषा तो दूर होंदे जा रए हन। पर इनां हालातां च वी जेहड़े मुंडे-कुड़ियां अपणी लोक सभ्यता दा मान रखदे होए अपणियां भाषा च लेख लिखदे हन, ओ सचमुच बधाई दे हकदार हन। उन्हां दा स्वागत करना चाहिदा ऐ, क्यूँकि ओ अपनी जड़ां नाल जुड़े रहणे दा संदेश दिंदे हन। अज्जु चारों पासे मार-धाड़, तनाव अते अशांति दा माहौल ऐ। इसा हालता दा असर हर दिल ते पैदा ऐ। ऐसे समय च भाषा अते साहित्य ही सानूं जोड़के रख सकदे हन। पहाड़िया भाषा तां दूर, अज्ज तां साडी मातृभाषा हिन्दी नूं वी अपणा बज्जद बचाणे ताई जोर लाणा पैदा ऐ। असीं अक्सर सोचदे हान कि साडे मुंडे-कुड़ियां अंग्रेजी बोलण तां ओ पढ़े-लिखे अते छैल लगदे हन, पर एहू याद रखणा जरूरी ऐ कि अपणी सभ्यता अते संस्कृति ही असली पहचान होंदी ऐ। महाविद्यालय री पत्रिका “सोमभद्रा” रा एह अंक कई गम्भीर अते समसामयिक विषयां ते रोशनी पांदा ऐ। इस जरिए विद्यार्थियां नूं अपनी अन्दरूनी प्रतिभा दिखाणे दा मौका मिलदा ऐ। ऐही प्रयास पहाड़िया भाषा री असली कीमत नूं जिंदा रखदे हन।

डॉ. शाम सिंह बैस
प्राध्यापक संपादक

छात्र संपादकीय

नमस्ते दोस्तो,

इस बारी कॉलेजा री पत्रिका ‘सोमभद्रा’ च मिंजो ‘पहाड़ी विभाग’ या ‘पहाड़ी अनुभाग’ दे छात्र संपादक दे रूप च तुसा सारें कन्ने जुड़ने दा मौका मिल्या है सत्र 2025.26 दे ईस संस्करण जो तुहा सामने रखदे होए मिंजो बड़ी खुशी महसूस होआ करदी। मैं अपने प्राचार्य जी ते शिक्षक डॉ. शाम सिंह बैस जी दा धन्यावाद करदां जिन्हा मिंजो ईस पत्रिका दे माध्यम कन्ने अपने विचारा जो प्रकट करने दा मौका दित्या।

अपनी माट्टी, अपणी बोली

कॉलेजा री ईस भाज-दौड़ भरी जिंदगी च असां अक्सर अपणियां जंडा जो पीछे छड़ी देदें। असा चाहे कितनी भी भाषा सीखी लईए, पर जो सकून अपणी ‘पहाड़ी बोली’ च गल्ला करी मिलदा है, ओ होर कत्थी भी नी मिलदा। साड़ी बोली सिर्फ गल्ला करने दा जरिया नी हे, बल्कि ये साडे उंचे पहाड़, ठंडी हवाएं ते साडी संस्कृति दी पछाण हे। ईस पत्रिका दे जरिए अंसा ये कोसिस कीती है कि असां अपणी लोक कथा, पुराणी कहावतें ते उणा यादां जो सम्हाल सकिये, जो साजो अपणे ग्रां ते धरे दी याद दवान्दी है। साड़ा मकसद ये रहे कि कॉलेजा दा हर छात्र अपनी संस्कृति पर मान (गर्व) करे। अतं फिरी मैं प्राचार्य डा. मीता शर्मा व शिक्षक डॉ. शाम सिंह बैस जी दा धन्यावाद करंदा ए।

मोहित, बी.कॉम. तीजा साल

आसां री बोली पहाड़ी री पुकार

एडी क्या गुस्ताखी, क्या किती मैं बुराई
पढ़दे-लिखदे ता थे नी, बोलने गलाणे ते भी गवाई।
एडी-कैड़ी खता होई मेरे ते ओ,
जे मेरे आपणेया ने किसी हांड पराई।
क्या सोचदे के कुण ही क्या ग्लांदी, ने कथी ते आई।
हांड तुसारी पहाड़ी, जो सारेया दिति भुलाई।
कदे हिंदी बोली, कदे पंजाबी फेरी अंग्रेजी री किती बड़ाई।
ज्यादा पढ़ा लिखा लगने खातर, मेरे ते मुहं दित्या फिराई।
बोली भाषा च तबदीली ता हुदी आई।
पर आसे आपसी बोली रा अस्तित्व दित्या मुकाई।
बचेया जो माँ-बापुए, हिंदी ता अंग्रेजी है सिखाई।
ए ता पिछड़ी, पुराणी ही, ऐ सोच केथी ते आई।
भई एडा भी क्या हुआ, ए ध्याड़ा दित्या दिखाई।
पहाड़ा री संस्कृति री पहचान हे दिती मुकाई।

भोटी, किन्नौरी, कांगड़ी, चम्ब्याली, मुहासवी,
सिरमौरी कने मंड्याली
छना सारियां रा नाव है दिव्या मुकाई।
केसी भाषा ने मिंजो बैर नी, हर भाषा छैल हुई।
पर आपणी जो होरी ते छोटा समझना, केथी री रीत हुई।
अंग्रेजी गाने मॉडर्निटी, ते भ्यागड़े पुराने हुए।
पहाड़ी ग्लादां ग्वार, ते अंग्रेजी री गाली
मुहा दी शोभा बढ़ाई।
हर भाषा बोली सीखा पढ़ा ते बोला,
पर अपणी मत देदें गवाई।
हर बोली री आपणी अहमियत हुई।
मेरे बगैरा तुसा रा भी क्या बज्जद रहंगां ओ भाई।

सोमा, बी.ए. तीजा साल

टपरू मिली जुली करी बसाणे चाहिदे मन्ना न मन्ना तोहार मनाणे चाहिये, चायें चायें रिस्ते भी नभाणे चाहिदे । किहलेयां रहणे ते सौ ब्याध्यां हजार दुख, टपरू मिली जुली करी बसाने चाहिये । जेहडे दिलें बैठी दुखां दा सबब बणदे, सैह बोल-कुबोल मने ते मटाणे चाहिये । जुआना जो भी इक दिन बुढापा ओणा है, बैठी बुजुर्गा ने दो पल बिताणे चाहिये । बेईमानी दी कमाई सदा नीं सरदी, पैसे माणदारिया ने कमाणे चाहिदे । कामयाबी दा नाप अगली पीढ़ी होंदी, बच्चे अप्पु ते वेहतर बनाणे चाहिदे । रोज रोज अरो कुत्यु हन मिलवे सबना जो, मौके खुशियां दे मिली ने भुनाणे चाहिदे । जीणे दा हक है सबना जो बरोबर भगता, ऊच-नीच दे बीड बन्ने हटाणे चाहिदे । मन्ना न मन्ना तोहार मनाणे चाहिदे, चायें चायें रिस्ते भी नभाण चाहिद । शिल्पा सोढी, एम.ए. चौथा समैस्टर	माँ बाप रा प्यार माँ बाप रा प्यार, दुनियां रा अनमोल तोफा, मेरे खातिर तिन्हा रे बिना अधूरा ये संसार, माँ रा आँचल कने बाप रा प्यार, कदी तिन्हा रे बिना अधूरा ये संसार, माँ रा आँचल कने बाप रा प्यार, कदी तिन्हा री झिड़का कने कदी तिन्हा रा दुलार, माँ देंदी मुश्किलाँ ने लड़ने री शक्ति, बचपन बीतेया छावां च कने धूप पावे उस पार, हर वक्त लगदा जिया गुलशन च बाहर, फिर जवानी च कठिनाईयों ने किया अहाँ पर बार, लडत्र खड़ाये पैर मेरे पर संभली गये, मेरे ले था माँ बाप रा प्यार, मैं येही फरियाद करदी, ऐ भगवान् किसी रे भी माँ बाप ना हो जुदा, माँ बाप हुँदे बच्चेया री शक्ति, तै शान कने माँ बाप रे बिना अधूरी अहाँ री शक्ति, सारेयाँ जो नी मिलदा माँ बाप रा प्यार, “माँ बाप रा प्यार, दुनियाँ रा अनमोल तोफा” कोमल देवी, बी.ए. पहला वर्ष	पहाड़ो री सुंदरता पहाड़ा री ऊँची चोटी, बादलां री गोदी बाहंदी, ठंडी-ठंडी ए हवा, मने बड़ी नी लगदी । कल-कल बहदो चरने, संगीत सुनौंदें एत, देवदारु रे ऊँचे रूख, धरती सजौंदें एत । सीढ़ीदार खेतियां रे, रौनक छाई रेहंदी, मेहनती पाहाड़िये री गाल, हर ढाल केहंदी । सुबे री पैहली किरन, जब बर्फ पर पौंदी, सुनहरे रंग जिया चोटी, सोई-सोई खिलदी । प्रकृति री गोदी, बसा सुंदर संसार, इना शांत वादियो सूं, बड़ा भारी प्यार । गौरव कुमार, बी.ए. पहला साल
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पहाड़ मेरी असली पहचान

पहाड़ सिर्फ पत्थरां री ढेर न होन्दे, पहाड़ होन्दे जज़्बात, संघर्ष ते सच्चाई । असां पहाड़ा म्हां जनमे आं, जिभें सवरे सूरज भाने देरें-देरें झांकदा, ते देवदारां री खुशबू सासां म्हां बसदी । इथुआं री ठंडी हवा सिर्फ तन नै नी, मन नै बी साफ करदी । हिमाचल री संस्कृति बड़ी न्यारी ऐ । नाटी री भाप, ढोल-नगाड़े री गूँज ते लोकगीतां म्हां छुपी जिन्दगी री कहानी इ सब असां नै अपणियां जुड़ा सैं जोड़ी रखदा । फागली, सैर-सज्जा, लोहड़ी वरगे त्यौहार सिर्फ मनौण वास्ते नी, पर कुदरत तैं धन्यवाद करण रा तरीकां आं । आज असां पढ़ाई मा नौकरी वास्ते शहरां नै जांदे आं,	पर दिल अज बी अपणे गावां री पगडंडिया क्हां अटका रहंदा । नेटवर्क भले कमजोर हो, पर रिस्ते पूरे मजबूत होन्दे । पहाड़ा म्हां लोक घट्ट बोल्दे, पर ज्यादा समझदे । इथुआं री जिन्दगी असां नै सिखांदी कुदरत से प्यार करना, ते मुश्कलां म्हां बी हँसणा । कॉलेज री इ पत्रिका म्हां म्यां इहियो कहना ऐ आगे बढ़ो, नई दुनिया देखो, पर अपणी पहाड़ी बोली संस्कार ते संस्कृति कदी बी न भूलो । क्यूंकि पहाड़ सिर्फ धरती रा टुकड़ा नी, पहाड़ असों री पहचान आं । स्मृति, एम.ए. चौथा समैस्टर
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कॉलेज दे ओ दिन

कॉलेज दे ए दिन कदी वापस नी आणे,
हंसी मजाक ते ए गप्पे-टप्पे बड़े याद औणे।
पढ़ी-लिखी करी बणना है असा जो बड़ा आदमी,
पर ए कॉलेज दे यार कदी नी भुल्लणे।

कॉलेज दी ईह जिंदगी बी बड़ी अजीब होंदी है स्कूल ते निकली करी जब असा कॉलेज च पैर रखदे न, तं। लग्गा है कि असा आज़ाद होई गे, पर सच ता ए है कि कॉलेज सिर्फ पढ़ाई दी जगा नी, ए जिंदगी जीने दा इक नया तरीका सिखादा है।

मेरी कॉलेज लाइफ दी कुछ खास गल्ला :

(क) यारा दी टोली : कॉलेज च आणी करी जेरे दोस्त मिलदे ने ओ ता परिवार ते बी बढी करी होई जांदे ने, कैटीन च बैठना, गप्पें मारना, ते एक दूजे दी टांग खीचना एही ता असली कॉलेज लाइफ है।

(ख) सपनो दी उड़ान : इत्थे आणी करी असा जो पता लगता है कि दूनिया कितनी बड़ी है। असा ऊना ते निकलना चांहदे ने, बड़े बड़े सपने देखना चांहदे ने। पर सच्ची गल्ल दस्सा ? इत्थे जेड़ा अपणापन मिलदा है, ओ शायद शहर दी बड़ी-बड़ी कंपनियां च नी मिलणा।

कॉलेज दा पहला दिन याद है ? असां सारे अनजाण थे, पर पता ही नी लग्गा कदी असा इक दूजें दी जान वणी गये। कॉलेज दी पढ़ाई ता मुकी जाणी, पर ए यादें कदी नी मुकणी। डिग्रियां ताक मिली जाणी पर रविन्द्र, रमनदीप, संजीव, अनीशा ते तनीशा जेहे दोस्त नी मिलणें। कॉलेज दे हर मोड़ पर शरारत च साथ देणे ताई तुसां सारेया दा बड़ा-बड़ा शुक्रिया।

मोहित

बी.कॉम. तीजा साल

गाँव, झील और भक्ति

मेरा गाँव रामपुर मैदान एक सादा, शांत और सुंदर पहाड़ी गाँव ऐ। ऐ मेरा जन्म स्थान ऐ। चारों तरफ ऊँचे पहाड़, हरी भरी बादियाँ और ठंडी हवा ऐ, जो हर किसी दा भी मन मोह लेंदे ने। एथे दा माहौल बड़ा सुकून वाला ऐ, जिथे रह के इंसान अपने मन नूं शांति दे सकता ऐ। रामपुर मैदान गोविंद सागर झील दे किनारे और पहाड़ा दे बीच बस्या एक सुंदर गाँव है।

ऐ गाँव महादेव और बाबा गरीब नाथ मंदिर खातर बड़ा प्रसिद्ध है। जद झीला च पानी चढ़दा ऐ तां ए मंदिर धीरे-धीरे उस पानी नाल घिरी पादा। ऐ नजारे नो, देखन खातीर लोकी दूरे-दूरे ते आंदे। कना ऐ दृश्य देखी के लोकी हैरान रै जांदे ने। ए घटना गाँव दे लोकां लेई बहुत खास ऐ, क्योंकि एथे प्रकृति और आस्था दा मिलन साफ दिखाई दिंदे ऐ। सावन दे महीने महाशिवरात्री और त्यौहारां दे दिन एथे भजन कीर्तन पूजा पाठ और मेलों दा आयोजन होंदा ऐ। रायपुर मैदान दे लोकी बड़े सीधे-सादे, मेहनती और मिलनसार ने। खेती-बाड़ी, पशुपालन और दिहाड़ी मजदूरी एथे लोकां दे मुख्य काम ने।

मैनुं अपने गाँव रायपुर मैदान ते बड़ा गर्व ऐ। एथे दी प्राकृतिक सुंदरता, धार्मिक महत्व और अपनापन मेरे जीवन दी सबसे बड़ी पूँजी ऐ। एह थी मेरे गाँव दी कहानी, जिथे प्रकृति, आस्था ते अपनापन हर साँह नाल जुड़या होया है।

संजीव कुमार

बी.कॉम. तीजा साल

हिमाचली पंरोणा

एक बारी कुसरी रे घर इक पंरोणा आया। पंरोणा भी एडा जे भेई एक वारी डटी जाओ ता जाने रा नाम भी लेंदा था, तो ऐथी भी डटी गया। एक दिन होया, हफता होया, 3 हफते होई गये पर पंरोणा ना हिल्ले ! गल्ला एडी जियां घरा रा मलक सह हो।

आज एडा बणायां, हुण था देई देया, भ्यागा हलुआ बणउ देय... तिसरी फरमाइशा पूरी करदे करदे घरा वाले दुखी होई गे हुण ता महीना होणयो आई गया घर परोणा नी गया जो। घर वाल्या सोच्या हुण ता कुछ करना ही पौणा। दोयाँ मियां-वीवियों प्लान बणाई भेई अस्सं अप्पू मझ खूब झंगडा करगे ता परोणयोसरमा रे जाणा पौणा। भ्याग होते ही हुई जणया खूब हल्ला पाया। लाड़ा-लाड़ियां जो कुटी कने लाड़ी जोरे-जोरे डाडा मारो। मारी दिति मारी दिति पता नी कुन्ने सखाया मेरा लाड़ा। कदी नी मारदा था मिजो.....पता नी क्या कुछ बोलो.....

मतबल तिसरा इशारा परोणे भूखा जो था। परोणे सोच्या अपना समान चुक्कया कन्ने धरा गे निकली गया। लाड़ा-लाड़ी बड़े भारी खुश होए। चलो जी छुटकारा मिल्या। देख्या क्या ड्रामा करना पया लाड़ा बोलो तू भी बड़ी ड्रामे बाज हुई, हाँऊ ता तिज्जो झूठा-मुठा री मारणा लगीरा था तू ता एडी चिल्लायी दिया सच्ची मारी छड़ी हुंगी। हाँऊ भी ता झूठा-मुठा री लगिरी थी चिल्लाना मिजो नी लगी-लूगी कोई भी लाड़ी बोली। एतने मंझ से परोणा भी कुथी की भाग के निकाली आया कन्ने बोल्या, हाँऊ भी ता झूठा-मुठा गया था गपिरा एह था ठे हाँऊ पछोडे पीछे लुखिय !

मोहित, बी.ए. पहला साल

हिमाचल प्रदेश दे त्योहार

हिमाचल प्रदेश, जिणू देव भूमि आख्या जांदा ऐ, अपने रंग-बिरंगे त्योहारां, पुरख्यां दी परंपरां ते समृद्ध संस्कृति आस्तै मशहूर ऐ। इस सुहणे पहाड़ी प्रदेश दे लोक सारे साल बड़े चाव ते श्रद्धा नाल मेले-त्योहार मनांदे ने। ए त्योहार लोकां दी धार्मिक आस्था, खेती-बाड़ी वाली जिंदगी ते लोक विरसे दा आईना ने।

सब तों मशहूर त्योहारा चों एक कुल्लू दशहरा ऐ। होर जगहां ते जिथे दशहरा खत्म हो जांदा ऐ, ओथे कुल्लू च इस दिन तों त्योहार शुरू होंदा ऐ। इक हफ्ता चलण वाले इस जशन च सैकड़ियां स्थानीय देवी-देवते सजे-धजे रथां ते पालकियां च कुल्लू लिआंदे जांदे ने। भगवान रघुनाथ जी दी रथ यात्रा, लोक संगीत ते नाटी नाच हजारों लोकां नूं अपनी वल्ल खिचदे ने।

मंडी शहर च मनाया जाण वाला मंडी शिवरात्रि मेला वी बड़ा प्रसिद्ध ऐ। ए मेला भगवान शिव जी नूं समर्पित ऐ। इस मौके ते 200 तो ज्यादा देवी-देवते इकट्ठे होंदे ने। भक्तजन पूजा-पाठ, जुलूस ते सांस्कृतिक कार्यक्रमों च हिस्सा लेंदे ने।

चंबा दा मिजर मेला फसल नाल जुड़या होया त्योहार ऐ। लोक “मिजर” (रेशमी गुच्छा, जो मक्की दे फूल दा प्रतीक ऐ) रावी दरिया च अर्पित करदे ने, जिहड़ा कृतज्ञता दा प्रतीक ऐ। इस्से तरह रामपुर बुशहर दा लावी मेला पुराणा व्यापारिक मेला ऐ। जिहड़ा तिब्बत नाल ऐतिहासिक संबंध रखदा ऐ ते व्यापार ते सांस्कृतिक आदान-प्रदान आस्तै मशहूर ऐ।

लाहौल-स्पीति ते किन्नौर दे जनजातीय इलाक्यां च लोसर (तिब्बती नया साल) बड़े धूमधाम नाल मनाया जांदा ऐ। इस दिन प्रार्थना, मुखौटा नाच ते खास रस्मा निभाई जांदियां ने। फुलैच, जिणूं फूलां दा त्योहार वी आखदे ने, च लोक ताजे फूल देवी-देवतयां नूं चढ़ांदे ने।

ए सारे त्योहार सामाजिक एकता नूं मजबूत करदे ने ते लोक संगीत, नाटी नृत्य, पारंपरिक पोशाको ते रीत-रिवाजां नूं जिंदा रखदे ने। नाल ही ए हिमाचल प्रदेश दी सांस्कृतिक समृद्धि नूं दुनिया दे सामने पेश करदे ने ते पर्यटन नू वी बढ़ावा दिन्दे ने।

अभिषेक

बी.ए. तीजा साल

पहाड़ी संस्कृति : असीं री शान

पहाड़ी संस्कृति पूरी दुनिया च अपनी खास पहचान रखदी है। हिमालय दी गोद च बसे दे साडे पहाड़ी प्रदेश चाहे ओ हिमाचल होए, उत्तराखंड होए या जम्मू दा डोगरा इलाका इत्थू री रीति-रिवाज, खान-पान ते बोली-बाणी बड़ी ई प्यारी है।

1. साडा खान-पान (धाम ते सिड्डू) : पहाड़ी खाना बड़ा सीधा-सादा पर पौष्टिक हुंदा है। हिमाचल दी “धाम” पूरी दुनिया च मशहूर है, जेड़ी पत्तली च परोसी जांदी है। ‘सिड्डू’, ‘बबरू’ ते ‘अकली’ साडे खास पकवान न। असीं लोग मक्की री रोटी ते सरसों दा साग बड़े चाव ने खांदे हन।

2. पहरावा (टोपी ते चोला) : पहाड़ी लीकें दी पहचान उंदी टोपी ने हुंदी है। कुल्लू री टोपी या किन्नौरी टोपी साडे मान-सम्मान दा प्रतीक है। जणां (आदमी) चोला-पजामा ते कोट पांदे हन, ते जणाणियां (औरतें) ढाठू (सिर पर बांधने वाला रुमाल) ते कुड़ता-सुथण पांदियां हन।

3. नाच-गाणा (नाटी ते लोकगीत) : खुशी दा कोई भी मौका होए, पहाड़ी लोक नाटी पाए बिना नी रहंदे। ढोल-नगाड़े ते शहनाई दी थाप पर जदो सारे हाथे च हाथ पायी ने नाचदे हन, तां नजारा ई कुछ होर हुंदा है। ‘माहिया’, ‘झूरी’ ते ‘लम्बा-गाणा’ साडे दिलें दे बड़े करीब हन।

4. साडे मेले ते त्योहार : साडे पहाड़ी इलाके च देवी-देवताएं गी मन्ने दा बड़ा रिवाज है। कुल्लू दा दशहरा, चम्बे दी मिंजर, ते शिवरात्रि बड़े धूमधाम ने मनाई जांदी है। हर गांव दा अपना देवता हुंदा है, जिना गी असीं अपनी हर खुशी च शामिल करदे हन।

सार : पहाड़ी संस्कृति सानू सिखांदी है कि कुदरत दे करीब किद्रां रहणा ते मिल-जुलि ने किद्रां खुशिया मनाणियां। साडी बोली साडी पहचान है, इसगी बचाई रखना साडा फर्ज है।

सोनू सिंह

बी.ए. पहला साल

लोक मते

घा पुर मिर्चा लाणे आले लोक मते।
झूठे गीत सुणाणे आले लोग मते॥

जेकर मुखिया घरे दा हक्खी मिट्टी लै।
टब्वर कुरस्ते पाणे आले लोक मते॥

जेकर तेरयां शब्दां बिच्च है दम मितरा।
सदियां साथ पुगाणे आले लोक मते॥

मत सोच के पहाड़ी मुकणा लगी है,
घर घर पहाड़ी गलाणे आले लोक मते॥

जां तक पहाड़ ने जिन्दा तां तक पहाड़ी बी।
बेशक झूठ डराणे आले लोक मते॥

अपनी भाषा बोल्ला अपणी शान बधा।
बेशक गिटपिट लाणे आले लोक मते॥

ईशा, बी.ए. तीजा साल

पहाड़ा रा जीणा

तूसां दा शहर असा छड़ी के आई गए,
आज बी असां जो बड़ी याद आऊंदी
पहले पहाड़ा च बड़ी ठंड हुआ थी,
हुण एथि वी चटकदी धूप पौडदी।
पहले एथि हाने-घने जंगल हूँआ करदे थे,
पेड़ कटी के लोके बंजर कीतीयाँ जमीना
बर्फा री चादर अंगना च आऊंदी थीं,
हूण पौष लगां लगणे जेड़ा ज्येष्ठा रा महीना।
पहिले बड़े परिवार मीली-जुली कने रहें थे,
हूण करदे सब बखरा बसेरा
भटके राही जो कोई राह नहीं दस्दै,
उलझी रा जीवन सभीणी रा घनेरा।
पैदल अमां सैगी नानू रे घरा जा थे,
हुण गाडिया मोटरा री होई गई भरमार
आना-जाना रिश्तेदारियां कम होईगो,
फौना च पुछन्दे आज सारे समाचार।
ऊना रे कोटा रा बड़ा था रिवाज
ताई पालदे थे भेड़ा कने खाडू
दूरा दे बेटियां या आंदी थी घरा पेउकी रे
मीलदे थे सारे साडू ते साडू।
पुरानी फसला, पुरानी गला, पूराने माणु, खरा
था पुराना रिवाज,
आज कोई एथा जो अंदा, कोई उथा
जो जहा अपनी डफली कने अपना राग।

पूजा, एम. ए. दूजा समैस्टर

माँ

ममता जदु साकार हुन्दी तां गले लाई मुस्कान्दी माँ।
सुखे दे सुपने दिक्खदी-दिक्खदी, सुपनेयां विच्च डुबी जान्दी माँ॥
अप्पू सौन्दी सिन्ने पासे, बच्चा सुक्के सुआन्दी माँ।
खरा-खरा बस बच्चे खातर, अप्पु सुक्का खान्दी माँ॥
नुहाई धुआई गला पाई, लम्मे लोहे लान्दी माँ।
बुरी नजर नी कुसे दी लग्गै, काला टिक्का लुआन्दी माँ॥
गोदा लेई देई थपकियां, खूब लोरियां गान्दी माँ।
प्रेम निशाणी दिक्खी-दिक्खी, गले लाई मुस्कान्दी माँ॥
रोज रोटियां गर्म बणाई बस्ते बिच्च पुआन्दी माँ।
निकियां जंघां लम्मे रस्ते ल्योण ते छड्डुण जान्दी माँ॥
पढाई-लिखाई बरी-बियाई खुशियां खूब मनान्दी माँ।
बच्चे दीयां खुशियां दिक्खी-दिक्खी फुल्ली नेई समान्दी माँ।
वक्त बदलदा बुढी हुन्दी, होई फालतू जान्दी माँ।
पुत्र-नुआं मौज मनान्दे, किल्ली बेई पच्छतान्दी माँ॥
पुत्र, कुपुत्र होई जायै फिरी बी, माँ दा धर्म निभान्दी माँ।
गल्ल घरे दी घरे च रक्खी, हिकडुए दर्द छुपान्दी माँ॥
कुते आया ते कुते नौकरैणी, बणी ने वक्त लंघान्दी माँ।
कदी-कदी तां लेई बुढ़ापा, वृद्धाश्रम पुजी जान्दी माँ॥
माँ हुन्दी जियाँ बड़े दा बूढ़ा, ठण्डी छाँ लुटान्दी माँ।
माँ दी कीमत समझो लोको, पैसेयां ने नी आन्दी माँ॥
नौ महीने पेहे टंग्गी, जम्मी संसार दिक्खान्दी माँ।
मां दा कर्जा देई नी मुकदा, दर्दे दी कलम गलान्दी माँ।

वंशिका

बी.कॉम. तीजा साल

गूगल

ओज रा बच्चा भी बड़ा बेमिसाल सारा गूगल रा कमाल
लिखना भी णी पोन्दा हूँन कोई भी सवाल
सारा गूगल रा कमाल बच्चा बड़ा बेमिसाल
दिमाग च असर इन्हें पाया हुन न कर पाया इसरा इस्तेमाल
सारा कुछ गूगल पर ही मिलदा से जें इस विच फसी गया
हूँन नई निकली सकदा गूगल भाई रा ता येही जाल है
आज रा बच्चा भी बड़ा बेमिसाल सारा गूगल रा कमाल
इसरी महिमा अपरंपार से जे गूगल चलानंदा इक बार
पैसे रा लेन देन होंदा बार बार गूगल पे ते होंदा मुनाफा
हजारो बार घरे कोई न टैम देंदा इसने जोड़या इक
रिश्ता येहर इक व्यस्त इस च आज रा
बच्चा भी बड़ा बेमिसाल सारा गूगल रा कमाल
फायदे बड़े सोगी नुकसान भी जानकारी सारे संसार री
रखदा येही ता इसरी पहचान आज रा
बच्चा भी बड़ा बेमिसाल सारा गूगल रा कमाल

मृदुल कुमार

बी.बी.ए. छठा समैस्टर

बजुर्गो री सीख

आसा रे बुजुर्ग हुँदे बड़े ही काबिल
तिन्हा जो हुँदा तर्जुबा जिन्दगी दा
सेही तजुरबा तिन्हा आगे जो सिखाणा
आसा कन्ने आपणी आपबीती सुणाणा।

बजुर्ग हुन्दे खजाना संघर्ष रा
जिवणा रे जजबे रा सौगी बाटा रे पाथरू रा
सारी जिन्दगी आपणी गरीबी च बिताई
छहलिया कन्ने छाह पीयी कन्ने
भूख आपणी मिटाई।

खेतरा काम कमाई कन्ने, धान कोदर बाई कन्ने
खिंद, खंदोलुआ च सोई कन्ने नींद मीठी आंवदी

रिश्ते नाते निभांवदे थे चावा कन्ने
नाटी रा फेरा पांवदे थे पुरे गाँवा कन्ने
बजुर्गो री सीख बड़ा कुछ सिखांदी
कदी आसा जो नी भटकांदी

बजुर्गो री सीख आसा सभी जिंदगिया च याद रखणी
अपु भी निभावणी सोगी आपणी आवणे
आड़ी पीढ़ी जो भी सिखाणी।।

सोनाक्षी, बी.कॉम. तीजा साल

साडा प्यारा कॉलेज

साडा प्यारा कॉलेज सांजो लगदा प्यारा।
जिन्हा जे अपना घर लगदा सवना जी प्यारा।
साडे कॉलेज बाहरे सड़क है, जादी सर्प साई फेरे पांदी।
दूर सामने वर्षे दिया धारा दिखी के रूह खुश हुई जादी।
गेटे आगे जालू आन्दे कॉलेज अगे शीश नवांदे।
बजदी जालू घंटी असां सारा अपणिओं क्लास जादे।
एम. एस. एस की सिफत करां देश भक्ति दा पैगाम है यह
कॉलेज अपना बड़ा ही सुंदर ईया लग्गे जिया विद्या दा मंदिर।
हुणा मैं मास्टरा दी क्या तारीफा करा।
सोचदा इन्हा दी बढ़ाई लिखा कन्ने गति पेश करा
रज्जी कनै अपने कमे च रुची दिखादे।
अपने बच्चे समझी कन्ने खूब पढ़ादे।
भूलयां कने बिगड़ेया बच्चयां जो सीधे रास्ते पोंदे।
रोज असां जो नोइया गल्ला सखांदे।
उना दा कॉलेज सबना तो न्यारा
ताई सांजो लगदा एह जानी तो प्यारा।
असां दा प्यारा ऊना दा कॉलेज साजो लगदा प्यारा।
जिन्हां ले अपना घर लगदा सवना जो प्यारा।

टिंकु, बी.ए. पहला साल

पहाड़ी लोकसंस्कृति और आधुनिकता

पहाड़ी लोकसंस्कृति असां री जिंदगी री जड़ से। पहाड़ी लोकसंस्कृति सरल जीवन प्रकृति नाल जुड़ाव कने सामूहिकता पर आधारित ऐ। लोकगीत, लोकनाच, मेले, त्योहार, पारंपरिक कपड़े कने सामूहिकता पर आधारित ऐ। लोकगीत, लोकनाच, मेले, त्योहार, पारंपरिक कपड़े कने, खान-पान साड़े पहाड़ी समाज री पहचान रहीयो

पहाड़ी लोकगीतां च, पहाड़ा री सुंदरता जिन्दगी रा संघर्ष कने लोकां रे जज्बात बसे होए ने। लोकनाच सिर्फ मनोरंजन नी होदें, बल्कि लोका जो इकी-दूजे नाल जोड़ण रा साधन होंदे। बल्कि लोका जो इकी-दूजे नाल जोड़ण रा साधन होंदे। मेले कने त्यौहार समाज च आपसी भाईचारा बढ़ादे। आधुनिकता दे आण नाल जिंदगी आसान ता होई ऐ पर रंदे नाल लोक संस्कृति पर असर भी प्या ऐ। अज (आज) दे जवान अपनी परंपरा ताई धीरे धीरे भूलदे जा रहे ने। पारंपरिक कपड़े कने खान-पान हुण खास ताई सीमित होई गए ओ, पर आधुनिकता जो लोकसंस्कृति रा दुश्मन नी मनी सकदे। अगर तकनीक र सही इस्तेमाल होए। त ऐ लोकसंस्कृति बचाण जो मददगार हो सकदी ऐ। सोशल मीडिया, कॉलेजां दे कार्यलय नाटक कने लेखन लोकसंस्कृति जो अगे ले जाण च सशक्त साधन बन सकदे।

आज जरूरत रह ऐ कि असा आधुनिक जिंदगी जीदें होए अपनी लोकसंस्कृति जो न मूलां। परंपरा कने आधुनिकता रा संतुलन नाल ही पहाड़ी लोकसंस्कृति आण वाली पीढ़ी ताई सुरक्षित रह सेदी ऐ। आओ असां सब मिलकै अपनी पहाड़ी लोकसंस्कृति कने भाषा जो बचाइए।

रमनदीप चौधरी, बी.कॉम. तीजा साल

अपनी बोली, अपना अस्तित्व

पहाड़ी बोली सिर्फ शब्द नाई, ए साडी रूह दी आवाज ऐ। ए ओह भाषा ऐ जिथे माँ दा प्यार दादी दी कहानी अते पहाड़ा दी खामोशी वसदी ऐ।

अगर बोली खो गई, तां पहचान बी खो जानी ऐ। आओ, रोज दो शब्द पहाड़ी च बोलिये— एही शुरुआत ऐ, एही संरक्षण ऐ। अपनी बोली बचाइए, अपने पहाड़ जिंदा रखिए।

“असी पहाड़ी हॉ, अते अपनी बोली नाल प्यार करदे हॉ।”

समृद्धि कौशल, बी.सी.ए. चौथा समैस्टर



"Aarambh" The combined Induction programme of First year students was held on July 14th, 2025



Campus Carnival held on August 23rd, 2025



Major Dhian Chand's Birthday celebrated with sports events on August 29th, 2025



Hindi Diwas was celebrated on September 17th, 2025



NCC cadets(1HP girls Bn NCC solan) participated in different track events On Women's Day



A total of 55 NCC cadets attended the AAPDA Training Camp from August 3rd to 12th, 2025 as volunteers to combat natural disasters. The camp trained cadets in rescue operations, First aid and emergency response.



CSCA Oath Taking ceremony was held on October 3rd, 2025



National Mathematics Day Celebration on December 22nd, 2025



1st National Rovers and Rangers National Jamboree held at Dudhali Distt. Balod, Chattishgarh, from 9 to 13 January 2026 with hinachi tradional costume.



International Women's Day celebration on 7th March, 2026



"Canvas" Common PG Orientation programme was organised on September 19th, 2026



Our College students won Second Prize in the Group Song in Inter College HPU Youth Festival Group -II held at Sanjoli.



Rally on Blood Donation by Youth Red Cross Society of Govt. College Una held on Oct.1st, 2025



A proud moment for our college as two of our students participated in State Level Viksit Bharat Youth Parliament 2026 held in Shimla



Closing ceremony of NSS Seven Days Special Camp Jan. 2026



Programme sponsored by Ministry of Statistics and Programme Implementation Govt. of India, Under the Support for Statistical Strengthening (SSS) Scheme on 10th March 2026 Organised by the Department of Economics Govt College Una



**Management Fest was celebrated on
October 8th & 15th, 2025 by the Department of Commerce**



**Superannuation of Dr. Sanjay Verma
(Music Department) on March 31st, 2026**



**An HIV Awareness Rally and HIV Free Himachal Pledge on
the occasion of International Youth Day August 12th 2025**



**A Literary Fest, "Quilltopia" was celebrated by the
Department of English on 13th October, 2025.**



**Science Day Celebration on 28th February, 2026
by Science Club**

HPU Inter College Youth Festival Group-III Held in GC Una from 12th to 15th November, 2025



**Heena B.Sc 2nd year student of our college won
Second Prize in the Solo Classical Dance**



**Students of our college won Second prize
in the Group Choreography Dance**



**Students won Third Prize in the
Group Folk Dance Luddi**

Annual Athletic Meet held on December 23rd, 2025



HPU Inter College Hockey Championship held from 7th to 9th December, 2025





National Seminar Sponsored by ICSSR, held on March 19th & 20th, 2026 Organised by Dept. of Economics GC Una

Annual Prize Distribution Function







Editorial Board of "Sombhadra" College Magazine



Non-Teaching & Supporting Staff of the Office



Faculty & Supporting Staff of the IGNOU Centre of Govt. College Una



Participants & Winners with Chief Guest
HPU Inter College Youth Festival Group-III Held in GC Una from 12th to 15th November, 2025