



VIVEK



Session 2024-25

SWAMI VIVEKANAND COLLEGE OF EDUCATION

Accredited with 'B' Grade by NAAC

Tarkwari at Takauta Bhattan, Distt. Hamirpur (H.P.) 176045

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**Induction Programme for B.Ed. Session 2024-2026
on Sep. 20, 2024**



**Induction Programme For D.El.Ed Trainees
on Nov. 4, 2024**



**CA. Rajeev Sharma (Chairman SVN Educational Society Hamirpur)
Addressing the Trainee Teachers on Plastic Free Environment**



**Sh. Gulshan Sandhu, Reg. CPU Hamirpur Principal, Staff
& Trainee Teachers on Constitution Day of India(Nov. 26, 2024)**



**Chairman, Principal & Staff Welcome the Chief Guest
on Talent Hunt Function on Nov. 30, 2024**



**Trainee Teachers Performing During Talent Hunt Function
on Nov. 30, 2024**



**Trainee Teachers Performing During Talent Hunt Function
on Nov. 30, 2024**



**Principal, Staff & Trainee Teachers
during World Aids Day Dec. 02, 2024**

VIVEK

2024 - 25

Swami Vivekanand College of Education
Tarkwari, Distt. Hamirpur (H.P.)



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I, Dr. Raj Kumar Mishra hereby, declare that the particulars given above are true to the best of my knowledge and belief.

Sd/
Dr. Raj Kumar Mishra
Principal



मुख्यमन्त्री
हिमाचल प्रदेश

सन्देश

यह जानकर प्रसन्नता हो रही है कि स्वामी विवेकानन्द कॉलेज तरक्वाड़ी, जिला हमीरपुर (हिप्र) द्वारा वार्षिक पत्रिका 'विवेक' का प्रकाशन किया जा रहा है।

पत्रिकाएं प्रशिक्षु अध्यापकों की भावनात्मक अभिव्यक्ति को एक उचित मंच प्रदान कर उनमें आत्मविश्वास की भावना को प्रबल करने में महत्वपूर्ण योगदान देती हैं जिसे प्रोत्साहित किया जाना चाहिए। प्रतिस्पर्धा की आधुनिक परिस्थितियों में प्रशिक्षु अध्यापकों को सक्षम, सबल और उनके सम्पूर्ण व्यक्तित्व के विकास के लिए शिक्षक वर्ग को समर्पित होकर कार्य करने की आवश्यकता है क्योंकि प्रशिक्षित अध्यापकों के आधार की मजबूती से ही देश को मजबूती मिल सकेगी।

मैं आशा करता हूँ कि पत्रिका में प्रशिक्षु अध्यापकों के समग्र उपयोग की पर्याप्त प्रेरणादायक सामग्री प्रकाशित होगी जो उनके मार्गदर्शन में सहायक सिद्ध हो सके।

पत्रिका के सफल प्रकाशन के लिए मेरी शुभकामनाएं।

(श्री सुरप्रविन्द्र सिंह सुक्खू)



M.L.A.
Bhoranj Constituency
Himachal Pradesh

Message

It gives me immense pleasure to know that Swami Vivekanand College of Education Tarkwari, Teh. Bhoranj, Distt. Hamirpur is bringing out its college magazine "Vivek."

Swami Vivekanand College of Education Tarkwari is providing quality education in Himachal Pradesh. In my opinion institutional publication provides its members an effective platform to express their views in various forms of literature. Hidden talent of expression of writing could get shape in such publication. All the students directly or indirectly should contribute for the successful publication of the magazine to make it a memorable document.

I send my best wishes for the successful publication of "Vivek".

Sd/-
Sh. Suresh Kumar
M.L.A. Bhoranj Constituency
and Deputy Chief Whip
Govt. of H.P.



Chairman
Swami Vivekanand College
of Education, Tarkwari,
Hamirpur (H.P.)

Message

It is a matter of immense pleasure that Swami Vivekanand College of Education is bringing out the college Magazine "Vivek". A college magazine is repository of the heart and soul of the college. It reflects the life and times of the college at various periods in its history and is something that students cherish and treasure in their later years. It is heartening to note that our college has kept this so essential aspect of the traditions of a college alive.

In the span of twenty two years, this college has made tremendous progress and has earned reputation as one of the premier institutions in the field of education in "Himachal Pradesh." This all has been possible with the hardwork and co-operation of the Principal, staff and students of this college.

On behalf of the management, I would like to congratulate the Principal and members of the editorial board for their efforts to bring out this magazine "Vivek".

My best wishes with regard.

CA. Rajeev Sharma



Secretary
Swami Vivekanand College of Education,
Tarkwari, Hamirpur (H.P.)

Message

Our college magazine and judged by many flattering remarks as to its literacy and artistic merit, we may feel fairly well satisfied with it.

While however literacy and artistic excellence is very desirable and necessary but there are other elements required in a publication such as articles, poems ideas in order that it makes magazine worth literary masterpiece.

Swami Vivekanand believes in "Man making and nation building." The age of temples, characters, mosques etc. have gone. No doubt these are learning centers but the learner and the preachers have no clear dialogue. We need unsmelled concentrated youth who will find out the new truth for the present Society.

Finally it can be said there is no need of depression and disappointment, we now simply not to waste our time and energy and put our head together for nation building.

I feel so blessed that I got the opportunity to accomplish the successful publication of our college magazine.

It extend my gratitude to hon'ble Chief Minister and all others high ranking officers of H.P. Govt. for showering their affectionate blessing upon us.

Sh. N. K. Sharma



Patron
Swami Vivekanand College of Education,
Tarkwari, Hamirpur (H.P.)

Message

I am pleased to learn that Swami Vivekanand College of Education Tarkwari, Hamirpur is bringing out another edition of its college magazine "Vivek". Swami Vivekanand College of Education, Tarkwari has earned its premier place in the state of Himachal Pradesh due to hardwork and efforts of its staff and students.

College magazine is a mirror reflecting the sentiments of staff and students. It gives an opportunity to every student to exhibit his/her creativity and talent in writing and bring out the best in them. It will also provide details of the activities carried out in college, with the aim to bring about, all round personality development of the students.

I wish the editorial board and magazine a grand success.

Dr. Vinod Sharma



Treasurer
Swami Vivekanand College of Education,
Tarkwari, Hamirpur (H.P.)

Message

I am happy to learn that Swami Vivekanand College of Education, Tarkwari (Bhoranj), is bringing out its issue of College Magazine "Vivek".

This magazine will not only highlight the achievements of the college in various fields but will also give an opportunity to the students of the college to bring out and exhibit their inherent talents and creative abilities. I hope this magazine will be informative, educative and entertaining.

On behalf of the management, I would like to congratulate the principal and members of the editorial board for their efforts to bring out this magazine "Vivek".

I send my best wishes.

Sh. Sandeep Chauhan



Principal
Swami Vivekanand College of Education,
Tarkwari, Hamirpur (H.P.)

Message

It is a matter of immense pleasure that Swami Vivekanand College of Education is bringing out the College Magazine "Vivek". In fact, it is a great opportunity and a forum of expression for the budding writers who will ultimately be shaped into prolific writers. Besides, providing platform to the young writers to show their creativity, it highlights the activities of the institution, too. Effective teachers and authors arouse intellectual excitement by thoughts and emotional effects. So, the Magazines of Educational Institutions are the ladders to step up to the world of writers and authors. Our Magazine invites the young writers for the purpose.

At this very special occasion, I would like to extend my feelings to the students that hardwork, diligence, dedication, discipline and determination open the way of success for you so that you will definitely change the scenario in your favour.

I would like to congratulate the team of my fellow colleagues and students who contributed a lot to bring out this issue.

Dr. Rajkumar Mishra



Chief Editor
Swami Vivekanand College of Education,
Tarkwari, Hamirpur (H.P.)

Message

Reaching out to our valued readers through the medium of "Vivek", let me apprise about the onward march which the college contemplated like a spring, the beginnings of all things are small. The avowed objective of the college was translated into confirmed reality by earnest endeavors.

The session 2024-25 was full of hard work, determination & lots of thrill. Through this magazine our readers come to know about the pace of the colleges diversified activities.

College magazine is an effective instruments in disseminating information in the field of Education but they also help in establishing a rapport between the teachers, students and readers. This helps to build fraternity for a common cause.

Most of the articles in the magazine are exceptionally good. Those whose articles could not find place this time should work hard. It is only by the combined efforts of our students, teachers & readers. Our college is bound to take a pristine position.

I wish our readers a joyful reading & grand success.

"A teacher affects eternity. He can never tell where his influence stops."

Sh. Pradeep Kumar
Assistant Professor



From the Patron's Desk

The Silent Struggle : Dealing with Academic Pressure & Student Burnout (An Indian Student's Perspective)

Student life in India is often painted as a journey of growth, competition, and success. But beneath the surface of toppers' lists, entrance exam rankings, and coaching class routines, there's a silent crisis growing among students—**burnout**. From school students preparing for board exams to college students juggling multiple responsibilities, the mental and emotional toll of academic pressure is becoming hard to ignore.

Burnout isn't just feeling tired after a long study session. It's a deeper, more chronic condition—a mix of mental exhaustion, emotional detachment, and the feeling of being overwhelmed, often without understanding why. Many students experience it as fatigue that doesn't go away with sleep, a drop in concentration, anxiety about performance, and a growing disinterest in things they once enjoyed. In India, this struggle often goes unnoticed or is dismissed as laziness or a lack of willpower.

The academic pressure in India starts early. From Class 6 onwards, students begin hearing about board exams, IIT-JEE, NEET, CUET, and other competitive exams. Parents and teachers often push students with the best intentions, but the constant emphasis on marks, ranks, and comparison can create an environment where learning becomes stressful instead of joyful. Add to that long school hours, tuition classes, project work, and expectations to excel in co-curriculars and you have a generation of students who are tired before they even reach adulthood.

Social media only adds fuel to this fire. Platforms like Instagram, You Tube, and Linked In are flooded with stories of high achievers—people cracking exams, landing internships, or studying abroad. While these can be inspiring, they also lead to unhealthy comparison and self-doubt among students who are already stretched thin. In a culture that doesn't always talk openly about mental health, many Indian students suffer silently, believing that struggling makes them weak.

But it doesn't have to be this way. Managing burnout starts with **self-awareness and self-kindness**. First, it's okay to not be the best at everything. Setting realistic goals based on your strengths and interests can reduce unnecessary stress. Taking breaks—without guilt—is essential. Whether it's going for a walk, listening to music, or spending time with friends, rest is not a waste of time; it's how your brain recovers. Students should also feel free to talk about what they're going through. Whether it's with a trusted friend, a parent, or a school counsellor, speaking up can make a big difference.

Taking care of your mental health is as important as preparing for exams. Eating well, sleeping enough, and staying active are not luxuries—they're necessities. Schools and colleges must also do their part by creating healthier academic environments, reducing pressure where possible, and encouraging open conversations about stress and mental well-being.

Burnout doesn't mean failure. It means you've been working hard under tough conditions— and you need a break. You're not alone in this. Thousands of Indian students feel the same way, even if they don't talk about it. What matters is recognizing the signs, slowing down when needed, and remembering that your mental health is more important than any exam result. At the end of the day, marks may get you into college or a job, but **your well-being is what will carry you through life**. You are more than your grades, more than your CV, and more than society's expectations. And you deserve to be happy, healthy, and heard.

Dr. Rajkumar Mishra
Principal

Staff Articles

Artificial Intelligence in Education

Artificial intelligence (AI) has rapidly transformed from a futuristic concept to an integral part of our daily lives, and education is no exception. In 2024, AI technologies are revolutionizing the academic landscape, offering unprecedented opportunities for personalized learning, administrative efficiency and improved educational outcomes. From intelligent tutoring systems to AI-driven classroom management, the impact of AI is profound and far-reaching.

Educators and administrators can now leverage AI to analyze vast amounts of data, providing insights that drive informed decisions and strategies. Additionally, AI is breaking down education barriers thanks to tools that support students with different needs and learning styles. As AI evolves, its potential to transform education grows, setting the stage for a future where learning is more personalized and effective. So, exactly how can AI be used in education.

Benefits of AI in Education

[Artificial intelligence](#) is no longer just a promise for the future — it's actively enhancing education today. By integrating AI into classrooms, educators can personalize learning experiences, streamline administrative tasks and provide more effective support to students. Here are some of the specific benefits AI brings to the education sector:

1. Enhanced Personalized Learning

AI tailors educational content to each student's unique learning style and pace. For example, platforms like [DreamBox](#) and [Smart Sparrow](#) analyze student responses in real time to adapt lessons dynamically, enabling every student to master concepts at their own speed.

2. Automated Administrative Tasks

AI automates grading, scheduling and report generation, significantly reducing the workload on educators. Tools like [Gradescope](#) provide consistent and objective grading of assignments, while AI scheduling software helps optimize class timetables and resource allocation.

3. More Engaged Learners

AI makes learning more interactive and engaging through gamified content and adaptive learning platforms. Programs like [Kahoot!](#) and [Minecraft: Education Edition](#) use AI to create interactive quizzes and simulations that respond to student input, keeping learners motivated and involved.

4. Improved Accessibility

AI-driven assistive technologies support students with disabilities, ensuring a more effective learning environment. Speech recognition software like [Notta](#) transcribes spoken words into text for hearing-impaired students, and AI-supported educational games provide personalized learning experiences for young children.

5. Actionable Insights

AI analyzes vast amounts of educational data to provide educators with actionable insights. Platforms like [Knewton Alta](#) track student performance across various metrics, helping teachers identify learning gaps and adjust their instructional strategies accordingly.

6. More Efficient Classroom Management

AI tools help teachers manage classroom behavior and engagement. For example, [Classcraft](#) uses AI to gamify classroom management, tracking student behavior and rewarding positive actions, which helps maintain a productive and motivated classroom environment.

7. Better Security and Assessment Integrity

AI enhances the security and integrity of assessments through advanced proctoring and [plagiarism detection](#). Tools like [Turnitin](#) check for originality in student submissions, and AI-supported proctoring systems monitor exam conditions to prevent cheating.

8. Continuous Lifelong Learning and Professional Development

AI supports continuous learning and professional development for educators by recommending personalized resources and courses. Platforms like [Edthena](#) provide tailored learning paths based on educators' career goals and teaching needs.

9. Greater Scalability

AI enables the scaling of educational programs to accommodate more students without compromising quality. AI-based platforms can handle large volumes of data and provide personalized learning experiences to a growing number of learners, ensuring accessibility and consistency in education.



Pradeep Kumar
(Assistant Prof. Education)

Immunity Debt : Understanding the Post-Pandemic Rise in Infections

Since June 1, 2020, even as physical distancing measures continued, an increase has been observed in the duration and severity of common infections like flu and RSV (which causes cold-like symptoms). This observed trend has brought the concept of 'immunity debt' into discussion as a potential explanation.

The theory of immunity debt suggests that prolonged periods of reduced exposure to common viruses and bacteria, possibly due to pandemic restrictions, could lead to a temporary dip in population immunity. This decreased exposure might mean the immune system has fewer recent encounters to "remember" these pathogens, potentially leading to more frequent or severe illnesses when exposure levels return to normal.

However, the scientific community is still debating this concept. Experts note that more research is needed to confirm the link between the observed increase in infections and immunity debt. Some immunologists argue that the theory goes against the fundamental principle of 'immunological memory', where the body retains protection from past exposures or vaccinations. Alternative explanations for the rise in infections include potential long-term effects from Covid-19 or issues like decreased vaccination rates for other diseases.



Priyanka Thakur
Assistant Professor in Education

Math and Technology

Mathematics and technology are two fields that have been intertwined for centuries. From the early calculators to the modern day computers technology has been instrumental in advancing mathematical discoveries and vice versa. Mathematics has been a driving force behind technological advancements. Similarly the invention of computers relied heavily on mathematical concepts such as algorithms and number theory. Mathematical techniques such as machine learning and statistical analysis are used to extract insights from large data set. Number theory and algebra are employed to develop secure encryption algorithms, protecting online transactions and communication. Mathematical concepts like geometry and linear-algebra are used to create realistic visual effects in movies and video games.

The intersection of math and technology is a rapidly evolving field with new opportunities emerging every day. Math is being used to develop more sophisticated AI models, enabling machines to learn and adapt like humans. Mathematical concepts such as quantum mechanics and linear algebra are being applied to develop faster and more secure computers. Math is being used to model complex biological systems, leading to breakthroughs in fields like medicine and ecology. The relationship between mathematics and technology is a powerful one, driving innovation and advancement in countless fields.



Mrs. Urmila Devi
Assistant Professor in Education

LIVE YOU'RE IDENTITY

Our Identity comprises of our personal characteristics, feelings or beliefs that distinguish us from other individuals. We primarily get our identity from our parents. Besides we build up our identity from our peers and media. A person who accepts his own moral and psychological identity becomes open to all that life in reality is. Capable of personal direction, he may pursue his goals with some degree of satisfaction and learn to appreciate who he is.

We visualize our identity in relation to others. "In psychotherapy a person learns how to see himself both as an individual and as a part of humankind."

He experiences giving's and receiving's from others. He learns that he has the capacity to enrich others and to be enriched by them. "Personal identity can be achieved in no other way."



Mrs. Amita Rani
Assistant Professor

THE IMPORTANCE OF MINDSET

Mind sets are an important means through which we process and reprocess the event of our lives that matters, because our processing ultimately shapes our emotional experiences limits become challenges and challenges become source and opportunity and growth. Mindset has everything to do with perspective. Our foundational beliefs, attitudes and biases naturally affect the way we process information and experience the world around us. Having an optimistic mindset increases the likelihood of formulating a lining perspective and achieving long term success. Mindset plays a critical role in how you cope with life challenges. In school, a growth mindset can contribute to greater achievement and increased effort. When facing a problem such as trying to find a new job, people with growth mindset show greater resilience, mindset also impacts how you respond to mistakes. This, in turn, affects how you stand up and echoes your future performance. It affects how confidently you accept the mistake and how you seek feedback, so, if you believe that lessons are to be learnt from mistakes then you will get up faster and improve further. Having a good and positive mindset is a blessing for a man. Sometimes all the problems that we face in our lives are due to our mindset, with a negative mindset you cannot do any positive. Most of the problems arise only because of negative mindset, sometimes the problems are enen real but we think too much about them and keep worrying about the things that have nothing to do with the reality. Keep your self-talk positive and lift your thoughts up. Then one can achieve anything in life.



Satish Kumar
(Lecturer in Education)

Navigating the Winds of Change : India in 2025

India in 2025 stands at a fascinating crossroads — one where tradition meets transformation, and challenges co-exist with innovation. As the country recovers from global economic slowdowns and the aftershocks of recent geopolitical tensions, a new narrative is unfolding.

Economic Shifts and Digital Drive

India's economy is showing resilience, with tech-driven sectors leading the recovery. From AI startups in Bengaluru to digital banking in rural Bihar, the spirit of innovation is visible everywhere. The "Digital India" mission continues to bridge urban-rural divides, bringing opportunities to the grassroots.

Youth and Education

With the New Education Policy (NEP) gradually taking root, students are being equipped with more practical, skill-based learning. However, the challenge of equitable access still looms, especially in remote areas. Addressing digital literacy and inclusivity remains critical.

Environmental Awakening

From deadly heat waves to erratic rainfall, climate change is no longer a distant threat. Yet, there's a silver lining: green energy investments, community-driven sustainability movements, and youth-led climate campaigns are gaining momentum.

Social Landscape

While urban India races ahead, rural voices are demanding better healthcare, infrastructure, and representation. Social media continues to be a double-edged sword — a platform for empowerment, but also misinformation.

The Road Ahead

India's future hinges on how inclusively and sustainable it grows. The present scenario, though complex, offers immense potential. With collective effort — from policymakers to common citizens — the dream of a progressive, just, and green India is within reach.



Sonia Sharma
Lecture in Education

HERALDING THE BEGINNING OF SUMMER

India remembers the martyrs who laid down their lives to lay the foundation of a strong and independent nation. On 23rd March, the country and its citizens pay homage to the martyrs Sardar Bhagat Singh, Sukhdev and Rajguru, who made the supreme sacrifice for India to attain freedom. The entire nation honors their sacrifice to help gain freedom from the clutches of the British. Let's recall the commitment and contribution of our revered freedom fighters to know how they played their role in striving for India's Independence.

Bhagat Singh

Bhagat Singh was born in 1907 in the state of Punjab. He was a revolutionary socialist who was a member of the Hindustan Socialist Republican Association (HSRA) and held an extremely high influence in the Indian freedom struggle. His father and uncles were the members of the Ghadar Party, a political party that worked hard for the Indian Independence Movement. It is said that seeing his elders fighting for the freedom struggle pushed him to follow the same path. Along with his friends Sukhdev and Rajguru, Bhagat Singh spearheaded the ideology of 'Inquilab Zindabad'.

Sukhdev

Sukhdev was born on May 15, 1907 in the state of Punjab. As with Bhagat Singh, Sukhdev was also a member of the Hindustan Socialist Republican Association (HSRA). He also founded the 'Naujawan Bharat Sabha', which helped the youth to participate in the freedom struggle.

Rajguru

Shivaram Hari Rajguru was a revolutionary from Pune, Maharashtra. He was born on August 4, 1908. He eventually settled in Punjab and became a member of the Hindustan Socialist Republican Association (HSRA) where he met Bhagat Singh and Sukhdev and found that they shared the common goal of freeing India from its colonial masters.

The three brave sons of Mother India gained immense widespread national support while 116-days hunger strike (in jail) demanding equal rights for Indians from British. Sardar Bhagat Singh along with his Sukhdev and Rajguru Successfully captured the public imagination like never before, and energized entire nation.



Chandar Naveen
(IT Instructor)

The Power of Sports : More than Just a Game

Sports have always played a significant role in society, transcending borders, cultures, and generations. From ancient competitions in Greece to modern-day global events like the FIFA World Cup and the Olympics, sports are a unifying force that brings people together.

At their core, sports promote physical fitness and mental resilience. Whether it's running, swimming, basketball, or cricket, participating in sports helps individuals maintain a healthy lifestyle while fostering discipline, teamwork, and perseverance. For young people, involvement in sports can build confidence and social skills that last a lifetime. Beyond the field, sports have the power to inspire change. Iconic athletes like Muhammad Ali, Serena Williams, and Lionel Messi have used their platforms to raise awareness about social issues, challenge norms, and advocate for equality and justice.

The economic impact of sports is also immense.

Professional leagues and major tournaments generate billions in revenue, create jobs, and boost tourism.

Meanwhile, grassroots and community-level

play a critical role in promoting inclusion and providing opportunities to under served populations.

In an increasingly digital world, sports remain one of the few shared human experiences that continue to capture global attention and emotion. Whether you're a player or a fan, the spirit of competition, passion, and unity that sports ignite is something truly powerful.



Arun Sharma
DPE

Economic Problems in India

India's economy faces numerous challenges, including high unemployment, income inequality, and inadequate infrastructure. These issues are further exacerbated by factors like a large population, poverty, and reliance on agriculture. Corruption and inefficient policies also hinder economic progress.

Here's a more detailed look at some of the key economic problems:

1. **Unemployment:** Despite rapid economic growth, unemployment remains a serious issue in both rural and urban areas. The COVID-19 pandemic worsened the situation, leading to job losses. Unemployment rates can vary depending on the source and reporting period, but the issue persists.
2. **Income Inequality:** India has a significant gap between the rich and the poor. This disparity impacts various aspects of society, including access to education and healthcare.
3. **Inadequate Infrastructure:** India lacks adequate infrastructure, such as roads, railways, and power supply. This infrastructure gap hinders economic development and competitiveness.
4. **Population Pressure:** India's large population density places a strain on resources and infrastructure, further complicating economic challenges.
5. **Poverty:** Poverty remains a significant issue in India, affecting a large portion of the population. Poverty can be a barrier to economic growth and development.
6. **Reliance on Agriculture:** A significant portion of the Indian population is employed in agriculture, and the sector's productivity and stability can be affected by weather and other factors.

7. **Corruption and Inefficient Policies:** Corruption and inefficient policies can hinder economic growth by diverting resources and discouraging investment.
8. **Fiscal Deficit:** India's budget deficit can lead to increased borrowing and potentially higher interest rates, impacting economic stability.
9. **External Debt:** India's external debt can also be a concern, as it can impact the country's ability to repay its obligations and potentially strain the economy.

Economic Challenge in India: India's economy stands out as one of the fastest expanding in the world. However, it faces various obstacles that need resolution for continued growth. A key challenge is population density, with India ranking among the highest globally, impacting essential resources like land and water.

Additionally, India's infrastructure falls behind other prosperous nations, hindering economic progress. Moreover, poverty remains a significant concern, requiring attention to sustain the country's economic advancement. The Indian economy suffered after independence. Agriculture had an excess workforce but low productivity. On the other hand, the industry sector was looking for modern technology, investments, and capacity building. Infrastructure also needs growth, upgrades, and public orientation.

Poverty and Income Inequality : In India, poverty and income inequality are pressing issues.

Unemployment and Underemployment: ...

Agricultural Distress : ...

Infrastructure Deficit : ...

Fiscal Deficit and Public Debt : ...

Inflation : ...

Corruption and Red Tape : ...

Environmental Sustain ability : ...



Santosh Kumar
Lect. in Education

"Liquid Assets : Properties of Liquids in Our Daily Lives"

When we think about the substances that shape our daily routines, liquids are among the most essential yet often overlooked. From the water we drink and cook with, to the fuel that powers our cars, liquids are indispensable in our lives. Their unique physical properties not only make them useful but also vital in countless applications. In this article, we explore the key properties of liquids and how they influence our everyday experiences.

1. Fluidity and Flow

One of the defining characteristics of liquids is their ability to flow. Unlike solids, liquids do not have a fixed shape but take the shape of their containers. This property, known as fluidity, allows us to pour water, milk, oil, and juice from one container to another with ease.

Real-life application:

In cooking, the ability of liquids to flow evenly distributes flavors. In plumbing systems, water's fluidity ensures it reaches every faucet in a building.

2. Surface Tension

Surface tension is the elastic tendency of liquid surfaces that makes them acquire the least surface area

possible. It arises from cohesive forces between liquid molecules.

Real-life application :

This is why water forms droplets on a surface rather than spreading out flat. Surface tension is crucial in capillary action, which helps plants draw water from the soil and allows ink to flow in pens.

3. Viscosity

Viscosity refers to a liquid's resistance to flow. Thicker liquids like honey or engine oil have high viscosity, while water and alcohol have low viscosity.

Real-life application :

Viscosity affects how we use different liquids: choosing cooking oils, selecting lubricants for machinery, or even formulating shampoos and lotions in the cosmetics industry.

4. Boiling and Freezing Points

Every liquid has a specific boiling and freezing point. These properties determine how we use and store liquids.

Real-life Application :

Understanding boiling points is essential in cooking, refrigeration, and industrial processes. For example, antifreeze used in car engines has a lower freezing point than water, preventing damage in cold weather.

5. Solubility

Liquids often serve as solvents, meaning they can dissolve other substances. Water is known as the "universal solvent" due to its ability to dissolve more substances than any other liquid.

Real-life Application :

From dissolving sugar in tea to formulating medicines in liquid syrups, solubility is a key feature. It also plays a vital role in cleaning, as detergents work by dissolving oils and grime in water.

6. Density and Buoyancy

Density is the mass per unit volume of a substance. It plays a crucial role in determining whether an object will float or sink in a liquid.

Real-life application :

Ships float because the average density of the ship (including the air inside) is less than that of water. Similarly, oil floats on water because it's less dense, a property used in oil-water separation.

Conclusion

The physical properties of liquids are far more than academic concepts; they are foundational to the conveniences and technologies we often take for granted. Whether through a hot cup of coffee, the smooth start of a car engine, or the gentle rain that nourishes the earth, the behavior of liquids shapes our daily lives in ways both subtle and profound. By appreciating these properties, we gain not only scientific insight but a deeper respect for the material world around us.



Mrs Shalini Sharma
Lecture in Education



Dr. Manu Sharma (Asst. Prof. in Law, CPU Hamirpur) addressing the Trainee Teachers Human Rights Day on Dec. 10, 2024



Trainee Teachers Performing on National Youth Day on Jan. 12, 2025



Trainee Teachers Performing on Annual Function on Jan. 12, 2025



Chairman, Principal, Staff & Trainee Teachers during Celebration of Republic Day Jan. 26, 2025



3-Days Workshop on Art & Craft Feb.17, 2025 to Feb. 19, 2025



Principal & Staff Welcome SHO Bhoranj Sh. Prashant Singh Thakur on the occasion of world Social Justice Day on Feb. 20, 2025



Principal, Staff & Trainee Teachers on National Science Day Feb. 28, 2025



Freshers Party of D.El.Ed. March 03, 2025



Principal & Staff Facilitate the chief guest Mrs. Rekha Sharma (Advocate Distt. Court Hamirpur) on occasion of International Women's Day March 08, 2025



A Campus Interview Was Organised at Swami Vivekanand College of Education on March 26, 2025



Alumni Meet -26th March 2025



Alumni Meet -26th March 2025



Dr. P.C. Saini (Former BMO Bhoranj) addressing the Trainee Teachers on world Health Day April 7, 2025



Sh. Amar Deep Sharma (Health Educator, Bhoranj) Educate the Trainee Teachers During Workshop on First Aid on May 8, 2025



Sh. Virender Kumar (Incharge Fire Post, Bhoranj) during Mock Drill on Fire Disaster Management on May 16, 2025



Sh. H.S. Rana (Retd. Commissioner, Municipal Corporation Mandi) addressing Trainee Teachers on Career Guidance & Counseling on May 17, 2025

स्वामी विवेकानंद

कांग्रेस में मनना

आ राजा योग्य सावध

हमारे देश के इतिहास में स्वामी विवेकानंद का नाम अमिट है। उन्होंने देश के लोगों को जागरूक किया और राष्ट्रीयता का भाव फैलाया। उनकी शिक्षाओं ने देश के विकास में अमूल्य योगदान दिया है। आज भी हम उनकी शिक्षाओं से प्रेरित होकर देश के विकास में योगदान दे सकते हैं।

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हमिरपुर में स्वामी विवेकानंद जयन्ती के अवसर पर पोस्टर प्रतियोगिता में भाग ले रहे छात्रों का दृश्य।

पोस्टर मेकिंग में कंचन एवं समूह प्रथम

हमिरपुर में स्वामी विवेकानंद जयन्ती के अवसर पर एक प्रतियोगिता का आयोजन किया गया। इसमें कंचन और समूह प्रथम रहे।

तारवाड़ी छात्रों में डिजिटल साक्षरता पर कार्यक्रम शुरू

तारवाड़ी में डिजिटल साक्षरता पर एक कार्यक्रम का आयोजन किया गया। छात्रों को डिजिटल साक्षरता के महत्व और उपयोग के बारे में बताया गया।

डिजिटल साक्षरता पर विचार किए साझा



डिजिटल साक्षरता पर विचार किए साझा करने वाले छात्रों का दृश्य।



हमिरपुर में स्वामी विवेकानंद शिक्षा महाविद्यालय में एन.एस.एस. के स्वयंसेवकों का समूहिक चित्र।

स्वयंसेवियों को राष्ट्रीय एकता की शपथ दिलाई

हमिरपुर में 29 स्वयंसेवकों को राष्ट्रीय एकता की शपथ दिलाई गई। इस अवसर पर एन.एस.एस. के स्वयंसेवकों को राष्ट्रीय एकता पर शपथ दिलाई गई।



हमिरपुर में 'NOT ME BUT YOU' बANNER के अंतर्गत आयोजित कार्यक्रम का दृश्य।

तारवाड़ी में मनाया विश्व मानसिक स्वास्थ्य दिवस

तारवाड़ी में विश्व मानसिक स्वास्थ्य दिवस मनाया गया। कार्यक्रम में मानसिक स्वास्थ्य के महत्व और उससे निपटारे के तरीके के बारे में बताया गया।



तारवाड़ी में विश्व मानसिक स्वास्थ्य दिवस के अवसर पर आयोजित कार्यक्रम का दृश्य।

NAAC team inspects Hamirpur edu college

HAMIRPUR, DECEMBER 18: The team of the National Assessment and Accreditation Council from Bengaluru on Tuesday conducted an inspection at Swami Vivekananda College of Education at Tarkwari in the Bhorj subdivision. NAAC Chairperson Amit Katus led the team, which assessed the academic quality, infrastructure, research activities and overall management of the college. — OC



The NAAC team with staff and students of SVN college, Tarkwari, during the inspection.

Glimpse of Seven Days Special NSS Camp Dated 18-1-2025 to 3-2-2025



Science Section

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Editor's Message

I am overwhelmed to be a part of the college magazine. It was a unique experience for me. I am indebted to the principal for being instrumental in its publication. I am thankful to the student editors who has extended full cooperation write from the beginning. The time spend by the students in Swami Vivekanand College of education is the most memorable and special moments of their life.

Some students these days have developed the attitude of "know all" they must remember that colleges their second home and teacher's are second parents. In this regard I would like to express my feelings about the position of a teacher in terms of the student i.e. teachers students relationship.

If teachers are like tap with the fund of knowledge the students are like containers placed just under the tap in order to quench their thirst for knowledge. Dear students college life plays pivotal role in learning lessons of life which will enable you to face this fast moving world. I hope that all of you agree to this. To keep one self abreast of all the change in the social economic condition knowledge is a must.

I hope you will enjoy reading this addition of the college magazine Vivek and would give your valuable suggestion for the next issue of the college magazine.

Mrs. Priyanka Thakur



Student Message

It gives me immense pleasure to know that 'Swami Vivekanand College of Education' is going to publish its college magazine and entitled "Vivek".

Science Section of the college magazine is the contribution of the efforts made by the students. The sincere efforts put in by our editors, students and college management has played a huge part in making this magazine possible.

We hope that you the readers, enjoyed reading it as much as we enjoyed working on it.

Akanksha

The Mysteries of Dark Matter

In the vast expanse of the universe, there profound mystery that has puzzled scientists for decades dark matter. Despite making up about 27% of the universe, dark matter remains undetectable through conventional means. We cannot see it, touch it or measure it directly yet its existence is undeniable because of the way it influences galaxies and the cosmic structure itself.

Dark matter is a form of matter that does not emit, absorb, or reflect light, making it invisible to our telescopes scientists first proposed its existence in the early 20th century.



Sakshan Thakur

Roll No. 666, D.El.Ed 1st Year

SCIENCE

Everything works,
Because of science
Even you're 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 cures for disease.
Science is cool,
The evidence is clear,
It's so much fun,
Enjoy it my dear.



Palak Dhimman

Roll No -682, D.El.Ed1st year

The Big Bang Theory

The big bang theory is a theory about how the universe started. The theory's advancement happened over a long period of time and relied on the brains of many different people. It matters to our knowledge of the universe's beginning and end. According to Big-Bang Theory, everything started at a tiny, extremely hot, extremely dense point. The tiny little point expanded quickly and inside, the first elements were formed: helium, hydrogen and Lithium. Gravity eventually pulled those first elements together to form stars. During the time of the Big-Bang everything we know came to existences.

The study of the universe from a scientific perspective about the large scale properties that make up it is known as cosmology. The popular theory that attempts to explain the origin and evolution of the universe is the big bang theory.



Parinita Sharma

D.El.Ed. 1st Year, Roll No. 657

Importance of Science

Science is a great service for mankind. Many scientific discoveries has been made In various parts of the world. Every of our life has been revolutionized by science. One of the greatest inventions in science is the invention of medicine by mankind. Many fatal diseases can be cured and increased the life span. There are many machines that has made our life our life so comfortable. The inventions of tractors made the agricultural cultivations easier. Science has enabled man to entertain himself in many ways. The invention of computers and mobile phones has made our life even more easy for us.



Hence, science is a great gift to human being and should be misused; Let us use the science and its technologies in a holistic way.

Payal

D.El.Ed. 1st Year, Roll No. 660

Science in Everyday life

Science in daily life plays a crucial role that cannot be overstated. The importance of science in everyday life is evident in our reliance on various scientific innovation and principles from the moment we wake up to the time. We go to bed, we encounter the impact of science at every turn. Our smart phones and computers, which have become indispensable tools, are a testament to the significance of science in our daily routines Science plays a vital role in our everyday existence a basic understanding of science is essential since it simplifies life and broadens our horizons. Since, it built on facts and experiments, remains constant over time, with its core principles remaining unchanged. The close relation -ship between science and technology is mutually advantage. Our science explores phenomena of natural based on factual evidence and then develops new technologies to improve our lives. Science has profoundly benefited humanity. Throughout history, humans, driven by their rational nature, have tirelessly explored environmental issues, resulting in numerous discoveries worldwide. It encompasses the study of various subject including animals, chemicals, forces, plants and more in field like physics, chemistry and biology.



Gargi

D.El.Ed. 1st Year, Roll No. 659

Nanotechnology : Physics at the Nana scale

Nanotechnology is a rapidly growing field that involves manipulating matter on an atomic and molecular scale typically Less than 100 nanometers. One nanometer is a billionth of a meter, and at this incredi small scale, materials often exhibit unique physical and chemical properties that differ significantly from their behavior at Large scales. The principles of physics play a central role in understanding and utilizing these nanoscale phenomena.

At the nano scale, quantum mechanics becomes especially important Traditional classical physics cannot accurately describe how particles behave at such tiny dimensions. For instance, electrons in nano particles may behave more like waves than particles, leading to quantum confinement. This can alter the electron, electrical, optical properties of materials.

Nanotechnology also relies heavily on surface physics. As objects shrink to the nano scale, their surface area-to-volume ratio increases dramatically. This means that surface effects - such as adhesion, friction, and chemical reactivity- dominate the behavior of materials. This is why nano particles can be more chemically reactive or have different melting points compared to their bulk counterparts.

In Conclusion, nano technology is a frontier of modern science that is deeply rooted in the laws of physics. By Studying and applying the unique behaviors of matter at the nanoscale, scientists and engineers are opening up new possibilities in technology, medicine and beyond.



Shabnam,

D.El.Ed 1st Year

Title & Knowing about Nanoparticles.

Nano particles are extremely small particles measuring between 1 and 100 nanometers, Known for their unique physical and chemical properties. Due to their high surface area and tiny size, they are used in various fields including medicine electronics and Environmental science.

In healthcare, nano particles help deliver drugs directly to diseased cells, improving treatment efficiency and reducing side effect. They are also used in sun screens and cosmetics for better skin absorption and UV protection.

Despite their advantages, concerns about toxicity and environmental impact remain. Research is ongoing to ensure their safe use Nanoparticle hold great promise but must be developed

Akanksha

B.Ed. (4th Sem), Roll No. 3073

Role of Science in Our life

Science has a great impact on the society. In fact, the discoveries and developments in science have changed the face of the society. Our life has become, more comfortable and luxurious than that of our ancestors. The inventions of mobile phone, radio, TV have made it possible for us to listen and watch anything that is happening around us and even in the remotest corner of the world. The developments in the field of communication such as telephone, Internet, Mobile phones etc. enable us to exchange the messages quickly. Between for off places. The computers are of great use to us. They help us understand even the complex phenomena in better way. In nutshell, we can say that the discoveries and development in science have changed our life style drastically. Science made our life style very comfortable.

But on the other hand, it has also developed the nuclear weapons which can destroy the whole living world in no time.

Diya Sharma

D.El.Ed. 2nd Year, Roll No. 608

Gravity

Isaac Newton was the man,
An apple fall so he mode a plan,
To discover what makes all things fall,
From a feather to a Cannon ball!
Gravity is a great big pull,
It pulls things together, that's the role.
The bigger the object, the stronger the force,
That's what keeps us on earth of course!
Without gravity I could jump high,
But I wouldn't stop, I'd just zoom through the sky!
I'd be like a rocket in outer space,
And I'd be for away from my earthly base!

Kavita

D.El.Ed. 2nd Year, Roll No. - 607

Make It Green

Lives are crying became its not clean
Earth is dying because it's not green
Earth is our dear mother, don't pollute it
She gives us food and shelter, just salute it...
With global warming, its danger,
Let's save it becoming a strong ranger...
With dying trees and animals, it's in sorrow.
Make queen today and green tomorrow...
With melting snow, one day it will sink,
How can we save it just think?
Trees are precious, preserve them,
Water is a treasure, reserve it.
Grow more trees, make mother earth green,
Reduce pollution and make her a queen.

Sakshi

Roll No. - 601, D.El.Ed. 2nd Year

How to Save Humanity from Extinction

Here are some goals we need to achieve if we want to reach our 500,000th birthday as

species. Modern humans have only existed for a relatively brief amount of time, and presumably we'd like to stick around a lot longer. But how can we do that?

1. Figure out climate change : The Earth's climate has changed and shifted for millions of years. There have been times in the past when it's been hotter than it is today, and times when it's been cooler. But there is something different about the past century. As far as we can tell from the geologic record, there has been no time in Earth's entire history when the climate has warmed so much in such a short amount of time. And we can see the effects of climate change everywhere: more frequent and more severe extreme weather events like tornados and hurricanes; droughts increasing; more varied weather, with seasons beginning to lack regularity; increased glacial melting and sea level rises. While climate change doesn't necessarily pose an existential threat to human existence, it surely poses a threat to how we like to live our lives in modern society.

2. Figure out nukes: Again, a single nuclear weapon doesn't pose a threat to all of humanity, but the thousands of warheads in the world right now certainly do. But as time goes on, the chances of one nuclear detonation increases. Just consider all the "near misses" in recent history, where all-out nuclear war was averted thanks only to the quick thinking and cool headedness of solitary individuals. We can only try our luck for so long. And one accident or mishap can lead to larger scale nuclear conflict (in the aftermath of a single explosion, it's difficult to tell if it was a rogue actor or an act of war). We need to disarm as much as possible to reduce the risk of catastrophe.

3. Figure out asteroids: If you want to know the dire consequences for ignoring space-borne threats, just ask the dinosaurs how well it worked out for them. Asteroids and comets have the ability to trigger massive extinction events, wiping out vast numbers of entire species. While these kinds of events are thankfully incredibly rare, the risk they

present are dire. For humanity to make it to the long-term, we need to equip ourselves with robust asteroid detection and mitigation strategies (NASA's recent DART mission is a great place to start).

Anshul
Roll No. 3106

The Wonders of Life Science

Life science is a broad field of study that focuses on living organisms and life processes. It includes a wide range of disciplines such as biology, genetics, microbiology, botany, zoology, and biotechnology. These sciences help us understand the structure, function, growth, evolution, and interaction of all forms of life.

One of the most fascinating aspects of life science is its relevance to our daily lives. From understanding diseases and developing medical treatments to improving agriculture and protecting the environment, life science plays a crucial role in shaping our world. Advances in genetic engineering, for instance, have enabled scientists to create genetically modified crops that resist pests and tolerate harsh conditions, contributing to global food security.

In medicine, life sciences have paved the way for groundbreaking discoveries such as vaccines, antibiotics, and personalized medicine. Research in microbiology and immunology has helped combat infectious diseases, while developments in neuroscience are shedding light on complex brain functions and mental health.

As technology continues to evolve, so does the potential of life science. Fields like bioinformatics and synthetic biology are opening up new possibilities in understanding life at a molecular level and even designing artificial life forms.

In conclusion, life science is a dynamic and essential field that not only deepens our understanding of life but also offers innovative

solutions to many of the world's challenges. Its continued exploration holds the promise of a healthier, more sustainable future.

Aayushi

Roll No. 3193, B.Ed. (2nd Sem.)

The Beauty of Life under the Microscope

In our everyday lives, we often overlook the tiny details that make up the world around us. But through the lens of a microscope, a whole new universe comes alive—one that is vibrant, intricate, and teeming with life. The microscopic world is a hidden realm where the smallest forms of life reveal stunning patterns, structures, and colors that rival even the grandest of landscapes.

A New Perspective on Life

The microscope is one of science's most magical tools. It allows us to see what the naked eye cannot—from the delicate structures of a leaf's cells to the vibrant dance of bacteria in a drop of water. These tiny forms, often invisible and ignored, play essential roles in our ecosystems and health. Observing them up close sparks both awe and curiosity.

Art Meets Science

Interestingly, microscopy doesn't just reveal scientific information—it also unveils natural beauty. Stained cells under a fluorescence microscope look like glowing artwork. Crystals of vitamins, sugars, or even caffeine, when magnified, appear as colorful, abstract patterns. What was once just "biology" suddenly becomes a masterpiece of color, geometry, and design?

Inspiration for Innovation

Looking closely at microscopic life has also inspired innovations in fields like medicine, nanotechnology, and materials science. Nature's smallest structures—from the Velcro-like hooks on seeds to the water-repellent properties of lotus leaves—have been replicated in human inventions. The more we observe, the more we learn, not only about life but also about how we can mimic it to

solve modern challenges.

A Journey worth Taking

For students and researchers in life sciences, peering into a microscope is often the beginning of discovery. It's where questions are born, where patterns are noticed, and where a lifelong fascination with biology begins. Whether you're studying cells, tissues, or tiny organisms, every slide tells a story—and each one is a reminder of how much there is left to explore.

Kinjal

Roll. No. 3192, B.Ed. (2nd sem)

What are Viral Diseases?

Viral diseases are infections caused by viruses. Different types of viruses cause different infections. Common cold is the most common type of viral infection that is caused by infections in the respiratory tract. Other viral diseases include:

- Chickenpox
- Herpes
- Influenza
- AIDS
- Mumps
- Measles
- Viral Hepatitis



Viruses also infect plants. Let us have an overview of the different types of viral diseases, their causes, symptoms and prevention methods.

Types of Viral Diseases

There are different types of viral diseases. These include:

Viral Diseases in Humans

Virus
Common cold Rhinovirus Smallpox Variola virus Rabies Rabies lyssa virus Hepatitis Hepatitis A virus, hepatitis B virus, Hepatitis C virus Measles Rubeola virus Influenza Influenza virus (RNA virus) Encephalitis Herpes Simplex Virus Mumps Paramyxovirus

Causes of Viral Diseases

Viral diseases are mainly caused when a virus

enters the human body and uses the host machinery to reproduce. If the body's immune system fails to fight against viruses, it multiplies and spreads to other cells causing infections.

Symptoms of Viral Diseases

Following are the important symptoms of viral diseases:

1. Flu-like symptoms such as fever, fatigue, sore throat, headache.
2. Irritability
3. Rashes
4. Malaise
5. Sneezing
6. Swollen tonsils
7. Excessive weight loss

Rohit Sharma

Life on Mars

Four and a half billion years ago, a rock was formed on Mars by some volcanic Process. Half a Billion year later, this rock was broken into smaller piece by meteorite impact nearby some ground water also entered the rock. 16 Million years ago an asteroid hit Mars Somewhere near where this rock was .The impact throw pieces of the rock orbited the same. One 2 kilogram, piece of rock orbited the Sun until 13,000 years ago, when it Come close this piece crashed onto and Antarctic glacier. Over 13,000 years, in 1984, this meteorite was discovered and named ALH84001. A large number of people worked out this history of the meteorite that we just narrated.

This year, a team led by David McKay of the American space organization NASA, Suggested that there seemed that there seemed that there seemed to be signs that life may have existed on this rock.



Himani

D.El.Ed. 1st Year,
Roll No: 684



Mathematics

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Editor's Message

It is a matter of pride that the college has put the effort to publish a magnificent magazine "Vivek". The magazine I feel has the mirror of creative and innovative ideas for both the teachers and students the reflection of students creativity and achievement is the epitome of the magazine.

The profession that creates all other professions deserve to save all shade of their creativity which can be exquisite and deep seated. It might have under taken a lot of efforts for everyone to make this reality in meaning full way. I would like to congratulation everyone for their hard work and persistence to make this milestone.

Urmila Devi



Student Message

Dear Readers,

Our annual magazine VIVEK over the years has grown to have a personality of its own Working with the magazine for so many years has made it a part of us. I identify with the emotion that each page portrays and look upon the magazine as an entity in itself.

College magazine is a mirror reflecting the sentiments of staff and students. It gives an opportunity to every student to exhibit his/her creativity and talent in writing and bring out the best in them. It will also provide details of the activities carried out in college, with the aim to bring about all round personality development of the students. Here lies a humble hope that you will enjoy and appreciate it.

Priyanshu Rathour
B.Ed. 4th Sem.

Mathematics : The Backbone of Modern Life

Mathematics is a very important subject that is used in every part of life. It is known as the language of the universe because it helps us understand and explain many things around us. Mathematics is not only about numbers but also about patterns, logic and problem-solving.

In daily life, we use mathematics in many ways. When we go shopping, we calculate the total cost or check the balance. While cooking, we measure ingredients. Time management, budgeting, travelling distances and even playing games require mathematics.

Mathematics is also heart of the science and technology. Scientists use mathematics for research and experiments. Engineers use it to design buildings, bridges, machine and vehicles. In the field of computer, mobile phones and internet technology, mathematics play a big role.

Mathematics is also used in banking, business, economics and medical fields. Without mathematics, progress in any field would be impossible. That is why mathematics is called a backbone of modern life.

Mathematics is a wonderful subject that is necessary for every person. It makes our life easy, helps us in making decisions and prepares us for future challenges. Everyone should try to understand and enjoy the beauty of mathematics.



Shabnam

D.El.Ed 1st year, Roll. No-673

Math About Me

Numbers, numbers all around,
Everywhere they can be found,
Numbers tell how old I am

And how much people in my fem.
How much I weight and how tall,
Where I live and that's not all:
Numbers are a part of me,
Money, time and history.
When to wake up and when to eat,
What size shoes to buy for my feet?
How much money something costs,
A number to call if my dog gets lost.
I don't where would be,
If numbers were not a part for me!



Palak Dhiman

D.El.Ed 1st Year, Roll. No - 682

The Importance of Mathematics in Human Life

Mathematics is more than just numbers and equations - it is a fundamental part of human life. From ancient times to modern technology, math has played a vital role in shaping our world.

Everyday Use:- Managing money:- Budgeting, Saving.

- Cooking:- Measuring ingredients.
- Travelling:- Calculating time, distance.
- Time management :-Planning schedules.

In Science and Technology:- Math is the language of science and innovation. It help us:

Understand the universe

Build technology

Create medical tools

In Careers:- Many jobs rely on mathematics:-
"Engineering, Finance, Data Science.

Mental Development:-

- Improves logical thinking and problem solving.
- Encourages Critical reasoning and accuracy.
- Develops the ability to analyse situations.

Conclusion:- Math is not just a subject in school - it's a vital tool for life. It helps us understand the world,



solve real problems and build a better future.

Priyanka

D.El.Ed 1st year, Roll. No-669

Maths A Challenge

Try, try and try,
The more I try,
The more I cry.
I practice maths with my heart and soul,
Yet I am not able to achieve my goal.
I never get marks in maths,
In spite of my great endeavours
Fate is never in my favours.
I really want to improve my maths,
Because I love this subject,
And for this I am trying my level best.
I am candid so I confess,
In mathematics examination I get are quite less.
I believe that if I do ample practice,
I'll one day probably achieve my goal,
And I seriously have to improve,
Because in our lives math's plays very
Significant role.....



Payal

D.El.Ed. 1st Year, Roll. No - 660

The Magic of Mathematics : More than Just Numbers

When most people think of math, they picture equations, exams, and calculators. But Mathematics is more than just a school subject- it's a language that explains the universe. Did you know that honeybees use hexagons in their hives because it's the most efficient shape for storing honey? Or that music and math are deeply connected- each note follows a pattern of frequency that can be described with numbers?

Even a Nature follows math. The spiral of a sunflower, the pattern of snowflake, or the curve of a seashell all follow Mathematical rules like the Fibonacci sequence or the golden ratio.

Math is also full of surprises. There are numbers that go on forever without repeating – like Pi (Ti) which begins 3.14159... and continuous forever.

So next time you think of math as boring remember- it's the hidden code behind beauty, art, music and even nature itself.



Riya Thakur

Roll No.- 664, Class- D.EL.ED 1st Year

Application of Mathematics in Science

Mathematics is indispensable in Science, providing the tools for modeling, analysis and prediction across various disciplines, from physics and chemistry to biology and engineering. Mathematical equations in physics and chemical reactions in chemistry are solved by mathematics. Mathematical Models are used to study population dynamics, disease spread & other complex biological processes. In biotechnology mathematics is used to model DNA structure and function, design genetic experiment and analyze biological data. Maths is used to model the climate change & others in environmental problems. In engineering maths is used to design bridges, buildings & other structures.



Swati Thakur

Roll no. – 668, Class-D.EL.ED 1st YEAR

Maths

The golden ratio and Symmetry.
Every construction's backbone is Geometry,

Algebra and statistics help us all.
 In creating Structures like a school building, Home or mall,
 Mathematics has made everything possible,
 It helps us make combinations and find the probability,
 It goes by proof and enhances our ability.
 To analyses and solve a problem.
 To learn, to share by dividing candies and being awesome.
 We see mathematics in all little and big forms And it help us to find probability of thunderstorms.
 Symmetry always helps us all.
 And makes beautiful all creatures great and small
 Trigonometry is used to find the distance between rivers.
 We also mathematics to find the height of pillars.
 From counting stars and birds
 To learning area, volume and law of Surds.
 In real world it has imaginary numbers.
 With math in hard we can always create wonders.
 It is just to use it in the right way
 All ideas are proved, none is stray
 It never stops but goes on till infinity
 Look around you and you'll find all examples of mathematics in your vionity.



Sonali

Roll No. – 651, D.EL.ED 1ST YEAR

Maths

Why do we need maths?
 Because it put us on a narrow path.
 Even though it sometimes makes you Swell up in wrath.
 To most,
 Maths just causes you stress.
 But that's not the case.
 It is a worker base,

Maths is in every place.
 Math does not have a realistic face,
 But when it is used.
 It leaves a remarkable trace.



Diksha Kumari

B.Ed. 2nd Sem., Roll No.-3177

Math

Math is like time,
 It never stops.
 Math is a book,
 You can't close it till it's done.
 Math is like a lottery,
 You can never win.
 Math is like an eternity,
 It is neverover.
 Math is smile,
 If can be happy and evil.
 Math is like glue,
 Once you know if, you can't forget it.
 Math is a roller coaster,
 It's exciting.
 Math is like an alien,
 You don't know all about it.
 Math is a bag,
 It can hold your skills.
 Math is like a Sworn,
 When you mess up it hurts.
 Math is a mother,
 It's always there when you need it.
 Math is like a rainbow,
 It has a treasure at the end.

Ankita

B.Ed. 2nd Sem, Roll. No-3179

Shakuntala Devi

Shakuntala Devi was a world renowned Indian mathematician. She was born on November 1929, in Bangalore India. She shows her talent for number at the age of just 3. By the age of 6, she was Solving College level of mathematical problems. She could perform huge Calculations faster than a Calculator. Her excellent Skill has brought her a renowned name author as "Human Computer". Shakuntala Devi was also an author or showcased her wisdom through books on astrology, puzzles and mathematics. She made the Country proud throughout the world by securing a place in "The Guinness book of World record" for her intellectual mathematical talent.

On 18th June, 1980 at Imperial College London, she demonstrated multiplication of two Comple-13-digit numbers such as 7,686, 364, 774, $870 \times 2,465,099,745,779$. The product of two digit numbers 18,947,668, 117,995, 426, 462, 773, and 730 in just 28 seconds. In 2001, she honored with the Ramanujan Math Genius Award. She was passed away on April 21, 2013 in Bangalore, at the age of 83. Her work Continuous motivates young mind across the world.



Parvati

B.Ed. 2nd Sem., Roll. No-3173

Mathematics

Meaning of Mathematics, It comes from the Greek word Mathema, which means "**knowledge, study or learning**". It consists with numbers, calculation and arithmetically problems. Most Important, Mathematics used as a subject in the Educational field and also used in our daily

Life also says that, in whole life

Now, the question is, What is the full form of Mathematics?

Now Answer is,

M - Miracle of Nature

A - Art of arithmetic

T - Tool of knowledge

H - Habit of Problem Solving

E - evaluation of Civilization

M - Magic of number

A - Application of rules

T - Tool of Technology

I - Ideas of intellect dear of

C - Creativity of algebra

S - Science of Learning

For Fun and Interested knowledge about Mathematics. Interested knowledge

- Math is like time it never stops.
- Math is a book you can't close it till it's done
- Math's is like glue once you know it, you can't forget it.
- Math is a bag It can hold your skill.
- Math is like a sword when you mess up it hurts.
- Math is a mother it's always there when you need it.



Akanksha

B.Ed. 2nd Sem., Roll. No-3180

Mathematics

Me and Math (Shayari)

Naah mujhe math kisamajh

Naah mujhe math ki koi Kadar

Because

Two parallel lines cannot intersect each other

Full form of math (Funny)

M - meri

A - aatma

T - tujhe

H - hamesha

S - stay

(Joke)

Vikas - Urmila mam, baki teachers hindi or english me baatkertehai, or mathske teacher Hoke maths me baat kyon ni karte?

Urmila mam - jada 3-5 Nakar, 9-2-11 ho ja, warna 5-7

KeenchKemaroongi 6 ke 36

Nazaraaenge or 32 ke 32 daantbaharaajayege



Vikas Bharti

B.Ed. 2nd Sem., Roll. No-3171

Mathematics

Mathematics, a fundamental science, explores patterns, structures, and relationships logical reasoning and quantitative calculation, forming the bedrock of scientific and technological advancements.

Core Concepts and Importance-

Definition Mathematics is the science of structure, order and relation, evolving from basic counting and measurement to abstract concepts.

Applications : It's indispensable in physical sciences technology and increasingly life sciences, finance, computer science and social sciences.

Branches : Key areas include number theory, algebra, geometry, calculus, topology, trigonometry and probability and statics.

Importance : It helps us understand the world, solve problems and develop critical thinking and analytical skills.

Everyday Life : It is used in various daily activities, from cooking and construction to managing finances and understanding technology.

Mathematical Thinking : Mathematics fosters logical reasoning, problem-solving, and the ability to think abstractly and analytically.

Modern Relevance-

Science and Technology : It is language of science,

providing the framework for understanding and modeling complex phenomena.

Innovation : Mathematical novation concepts and tools are crucial for technological advancements, including computer science, engineering and data analysis

Problem-solving : Mathematics equips us with the tools analyses problems, identify patterns and develop solutions in various fields.

Future Skills : In a world increasingly reliant on data and technology, mathematical skills are essential for success in many careers.

Continued Evolution : Mathematics continues to evaluate with new areas of research and applications emerging constantly.



Sahil Guleriya

B.Ed. 2nd Sem, Roll. No. 3253

What is Mathematics?

Mathematics is the study of numbers, patterns, shapes, structures and logical relationships. It's a universal language used to understand and describe the world around us –everything from counting and measuring, to modeling complex systems in science, engineering, economics and beyond.

Priyanshu Rathour

B.Ed. 4th Sem., Roll No -3093

The Language of the Universe

In Numbers pure and lines so straight
A world unfolds we contemplate
Where logic dances, crisp and clear, and truths eternal
do appear
A silent song in every shape
From spiral shell to mountain is cape,
On every star, in ocean's sway, math writes the code of
night and day

The circle's grace, the golden mean
 Infinity that lies unseen
 From Fractals small to Cosmos wide,
 On math, the universe can hide.
 No brush, no ink, yet still it draw,
 A perfect realm with perfect laws
 So let us learn, and in it see,
 The art of truth, eternally

Palak

B.Ed. 4th Sem., Roll No. 3089

A Poem for Geometry

Isn't the sky and land like two parallel lines. Which never meet in real but falsely seems to entwine? In scarlet, the silhouettes of City form different shapes from the dimensional world, it turned into a two dimensional landscape.

Let's prove a theorem to find the happiness hidden in 'X' and here it stops unproven leaving in dilemma what to do next.

Join the dots to disappear the chaos of life and form a path to travel sequestering the agony of strife.

Combining the length of knowledge and emotions. And the breadth of several experience and ambitions. The equation of life is completed just like the figure of geometry, is the science of life puzzled like the Shakespearean poetry.

Vega Thakur

B.Ed. 4th Sem., Roll No 3097

The Beauty of Prime Numbers in Mathematics

Prime numbers are the building blocks of the number system defined as numbers greater than 1 that have no divisors other than a 1 and themselves; primes play a fundamental role in both pure and applied mathematics. The sequence begins simply- 2, 3, 5, 7, 11 but hides deep complexity that continues to fascinate, mathematicians.

One of the most famous mysteries surrounding prime number is the Prime Number Theorem, which describes. How prime becomes less frequent as numbers grow larger, yet they never stop appearing. Despite centuries of study, there's still no simple formula to generate all primes making them an object of curiosity & research

In 21st Century, prime numbers have become especially significant Cryptography. Modern encryption algorithm Like RSA, rely on the difficulty of factoring... large. Prime products.

Mathematicians also explore patterns and unsolved problems related to primes. For instance, the Riemann Hypothesis, one of the most important unsolved problems in mathematics, concerns the distribution of prime numbers and has implications across number theory.



Kavita Bharti

D.El.Ed. 2nd year

Roll No. - 604

Power of Mathematics in Daily Life

Mathematics is seen as just a subject in School, but in reality it is a powerful tool. That we use every day. From calculating time and money to measuring ingredients while cooking, Math is all around us.

Why is mathematics important?

Math's helps us develop logical thinking and problem solving skills. It trains our brains to look for patterns, think critically and make decisions. Whether you are planning a trip, building something or even shopping, math's helps you do it accurately and efficiently

Real life uses of Math's

- Budgeting money and managing expenses.
- Telling time and organizing your schedule.
- Playing sports where angles, distance and strategy involves math's
- Technology and coding, which rely heavily on mathematical concepts.

- Careers in engineering, medicine, architecture and even art

Fun Side of Math

Math is not just about numbers and formulas it can be fun and creative! Puzzles, brain teasers, Sudoku and math games challenges the mind and make learning enjoyable.

Conclusion:

Mathematics is more than just a school subject it's a vital part of life. So the next time you solve a problem in math class, remember you are building skills that will help you succeed in the real world!



Diksha

B.Ed. 4th Sem., Roll. No 3081

Math : "The Coolest Superpower!"

Math is a super hero, dressed in disguise.
It's hiding in pizzas, stars, and the skills!
It helps you shop, it helps you bake,
It even tells time when you're running late!
"Math is like magic, but it's all real,
"It makes you sharp - like a spinning wheel!"
Want to cut cake into equal parts?
Math's got the skills, and tons of smarts!
Want to build a rocket, Reach the moon?
Math will get you flying soon!
"Add subtract, divide or multiply
Math gives your brain the power to fly!"
Shapes are math in a fun title game
A circle, a square, they're never the same!
Triangles dance, rectangles spin,
When math is played, everyone wins!
"Even your mobile phone is full of
math,
it helps in work, it clears the path!"
So next time you see a number or
sum,
Don't say "Oh No" - say so "Yay!
Let's have fun!"



Diksha

Roll. No- 616, D.El.Ed. 2nd Year

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Editor's Message

It is a matter of pride that the college has put the effort to publish a magnificent magazine "Vivek". The magazine I feel have the mirror of creative and innovative ideas for both the teachers and students the reflection of students creativity and achievement is the epitome of the magazine. The profession that creates all other professions deserve to save all shade of their creativity which can be exquisite and deep seated. It might have under taken a lot of efforts for everyone to make this reality in meaning full way. I would like to congratulation everyone for their hard work and persistence to make this milestone.

Mrs. Shalini Sharma



Student message

It gives me eminence pleasure to know that 'Swami Vivekanand College of Education' is going to publish its college magazine and entitled "Vivek". Chronical Section of the college magazine is the contribution of the efforts made by the students. The sincere efforts put in by our editors, students and college management has played a huge part in making this magazine possible. We hope that you the readers, enjoyed reading it as much as we enjoyed working on it.

Komal

The Importance of Hydration for Optimal Health

Water, often overlooked, is the very essence of life and plays a pivotal role in maintaining optimal health. It's not just about quenching thirst; proper hydration is fundamental to numerous bodily functions, influencing everything from our physical performance to our cognitive abilities.

Our bodies are composed of a significant percentage of water, and this fluid is crucial for transporting nutrients and oxygen to cells, regulating body temperature, and flushing out waste products. Even mild dehydration, a loss of as little as 2% of body fluid can lead to noticeable impairment in memory, mood, concentration, and reaction time. Staying adequately hydrated ensures that our brains function efficiently, allowing for sharper thinking and emotional stability.



Premi Devi
B.Ed. 4TH Semester
Roll No. 3145

POWER OF ARTIFICIAL INTELLIGENCE

AI is rapidly transforming our world, demonstrating a remarkable power to augment human capabilities and drive innovation across diverse sectors. From self-driving cars navigating complex traffic to sophisticated algorithms diagnosing diseases with increasing accuracy. AI's influence is becoming pervasive. It's ability to process vast amounts of data, identify intricate patterns and make intelligent predictions revolutionizing industries like healthcare, finance, manufacturing and transportation, leading to enhanced efficiency and productivity.

AI powered tools are also democratizing access to information and services through virtual

assistants, personalized learning platforms, and more intuitive user interfaces.

By automating repetitive tasks, AI frees up human potential for more creative and strategic endeavors. However, this transformative power also brings forth critical considerations regarding ethical implications, job displacement, and data privacy.

Navigating these challenges responsibly will be crucial to harnessing the full potential of AI for the benefits of humanity, ensuring a future where intelligent machines of humans collaborate to solve complex problems improve lives.

Nitika Chauhan
B.Ed. 4TH Semester, Roll no-3087

Impact of Science on Society

Science has always been a powerful force behind the progress of human civilization. From ancient inventions like the wheel and the compass to modern breakthroughs like artificial intelligence and genetic engineering, science continuously reshapes how we live, work, and interact with the world around us.

- 1. Healthcare and Medicine :-** One of the most profound impacts of science is seen in healthcare. Scientific research has led to the discovery of vaccines, antibiotics, and advanced surgical techniques, dramatically increasing life expectancy and reducing mortality rates. Technologies like MRI machines and robotic surgery have revolutionized diagnostics and treatment.
- 2. Communication & information :-** the digital age is a direct product of scientific innovation. The internet, smart phones, and social media platforms have transformed how we communicate and access information. Today, people across the globe are more connected than ever before, thanks to advancements in computer science and telecommunications.
- 3. Environmental Awareness :-** Science has

also played a critical role in understanding our environment. Research on climate change, pollution, and biodiversity loss has raised awareness and led to the development of eco-friendly technologies and renewable energy sources. It empowers societies to take informed action toward sustainability.

4. **Education and Knowledge Sharing :-** Modern education systems are built on scientific principles. Science not only expands our knowledge but also fosters critical thinking, curiosity, and innovation. Online learning platforms and educational technologies have made learning more accessible, especially in remote or underserved regions.
5. **Economy and Industry :-** Science drives industrial growth through innovations in engineering, manufacturing, and materials science. Automation, biotechnology, and data analytics are transforming traditional industries and giving rise to new economic sectors, boosting productivity and creating new jobs.
6. **Challenges and Ethical Questions :-** While science brings many benefits, it also poses challenges. Issues like data privacy, genetic modification, and the ethical use of AI must be carefully addressed. Society must ensure that scientific progress is guided by ethical considerations and public dialogue.

Conclusion :- Science is not just a collection of facts and experiments-it's a dynamic force that touches every aspect of our lives. As we move further into the 21st century, fostering a culture that values scientific inquiry, critical thinking, and innovation will be crucial in building a better, more sustainable world.



Himani Bhardwaj
B.Ed. 4th Sem., Roll No. 3111

The Power of Vaccines

Vaccines stand as a monumental achievement in public health, wielding immense power to protect individuals and communities from the devastating impact of infectious diseases. By introducing a weakened or inactive form of a pathogen, or a piece of it, vaccines stimulate the body's immune system to develop a robust defense. This prepares the body to swiftly and effectively combat the actual disease-causing organism upon future exposure, often preventing illness altogether or significantly reducing its severity and potential for complications.

The power of vaccines extends far beyond individual protection. High vaccination rates within a community create "herd immunity," where a significant portion of the population is immune, thereby shielding vulnerable individuals who cannot be vaccinated, such as infants or those with compromised immune systems. This collective protection disrupts the chain of infection, limiting outbreaks and safeguarding public health.

Throughout history, vaccines have been instrumental in eradicating or drastically reducing the incidence of once-rampant diseases like smallpox and polio. They have transformed childhood health, making once-feared illnesses such as measles, mumps, and whooping cough far less common. This success not only saves countless lives but also alleviates immense suffering and reduces the burden on healthcare systems. The development and widespread use of vaccines represent a powerful testament to scientific progress and our ability to collectively safeguard human health.



Himani Bhardwaj
B.Ed. 4th Sem, Roll No.-3111



Women in Science : Inspiring the Next Generation

Science has always been a field driven by curiosity discovery and innovation.

Yet, for many years, the contributions of women in Science were overlooked or under represented. Today, women across the globe are breaking barriers and making remarkable strides in every branch of Science be it physics, biology, environmental science, or space exploration.

Icons like Moiré curie, Kalpana Chawla, and Dr. kiran Mazumdar - Shaw have not only made ground breaking Contributions but have also become role models for countless young girl's with dreams of becoming scientists.

However, gender inequality (despite progress) still exists in many scientific fields. As future educators, it is our responsibility to encourage young girls to explore Science without fear or bias.

Empowering girls in science isn't just about gender equality. It's about unlocking the full potential of human creativity and innovation. A future with more women in science is a future full of possibility



Komal
Class-B.Ed. 4th Sem
Roll No.-3115

Fact, About Human Body

Do you know?

1. Your eyes blink around 20 times a minute.
2. Your ears never stop growing!
3. Wax is actually a type of Sweat!
4. A tongue is covered in about 8000 taste buds!
5. You produce about 40,000 liters spit in your lifetime!
6. Every second your body produces 25 million new cells!"
7. A sneeze can travel up to 99 miles per hour!

8. The human body is made up of 0.2 milligrams of gold!

9. Your nose can remember 50,000 different scents!

10. Every person on the planet has an individual smell!

The human body has more than 650 muscles.

Skin is the largest organ of your body.

Jaw muscle is the strongest muscle of the human body.

You lose about 4kg of skin cells every year!

Babies don't shed tears until they're at least one month old.

The human heart beats more than three billion times in an average life span.

Rajika

D.El.Ed. (1st Year), Roll No. 652

The History of Science

Humans have been aware of science the beginning of our species. It has played a huge role in our history and evolution. It was the reason we evolved from cavemen into the functioning society that we are today. Even through the elements of science have been around since even before, Humans, modern science as we know has only emerged since the 17th century.

Although scientific discoveries like the wheel and fire have been immensely impactful on our civilization, we had the real breaking of science in 17th and 18th centuries with Inventions such as the steam train and compound microscope or discoveries like cell on blood circulation. This era brought about the revolution, and was later known as the scientific revolution. This invention affected the human race to a great extent, because of the achievements in the field of biology, much, trains made transport much easier etc.

The 19th century begins with the discovery of atomic theory by John Dalton which was later proven incorrect but was still counted as a huge milestone in the field of chemistry.

The discovery of radiation helped us in several fields of science and technology; it helped

cure diseases in the biomedical fields, carbon dating in archaeology and space exploration. The 20th century comprised the most radical invention in the science field since the revolution. Some of the notable findings from this era were the theory of the big bang in 1927, the discovery of neutron in 1932, the first model of the D.N.A in 1953 and the polio vaccine in 1952, which saves thousands of lives every year.

At the end of the day, every end is a new beginning, filled with new hopes and opportunities waiting to be turned into facts.



Parinita Sharma

D.El.Ed. (1st year), Roll No. 657

Sunita Williams in Space

Sunita Williams (born on September 19, 1965) is an astronaut who has set several milestones working in Space. She is best known for her work on the international space station and her spacewalks. She was also a navy captain in the United States and a highly versatile pilot. Sunita Williams set a new record for the longest space flight by a woman.

Sunita said, "We cannot sit in one place in space. We keep floating in the spaceship from one end to another in fact, water too doesn't stay in one place it floats around as blobs. We ate in a very different way on the space craft. It was a fun experience when we float in the dining area of the spaceship and catch the floating food packet. In space there was no need to use a comb on hair kept standing all time. We were not able to walk, so we had to get used to floating around. We had to learn to do simple things differently. To stay in one place, we had to strap ourselves there in space but it was very difficult."

Sunita also described the view of the earth when seen from the spaceship. She said, "The earth looks so beautiful and amazing she could watch it for hours, from the



window of the space ship she could clearly see the curved shape of the earth".

Sanjna Sharma

D.El.Ed. 2nd Year, Roll No. - 606

Science in Daily Life

Science is the greatest gift to mankind. Our daily life is very much dependent on science. From morning to night, Science plays an important role in our daily life. Science has given us television, radio, mobile phone, computers, laptops, internet.

Electrical appliances like fan, light, washing machines, refrigerators, irons, heaters etc. add extra comfort to our life.

Now, with the help of advanced medical science, it is possible to treat many fatal diseases. Science has made travelling more enjoyable, buses, Train, Car, Auto rickshaw, motorcycle all are the gift of science. We can't imagine living without science even for a moment.



Ananya Thakur

D.El.Ed. 1st Year, Roll No. 661

The Environment & Its Impact on Life

The environment is the basic life support system for all living things on planet Earth. It is a combination of natural and human-made components. Natural components include air, water, land and living organisms, roads, industries, buildings etc. are human-made components. The natural environment can be differentiated into four main components.

The natural environment can be differentiated into four main components: Biosphere, lithosphere, Hydrosphere and Atmosphere. The topmost layer of the Earth is called the lithosphere, which is a thin layer of soil made of rocks & minerals.

The hydrosphere consists of various types of water bodies like seas, oceans, rivers lakes Ponds etc. The living world consisting of human beings, Plants the biosphere and animals constitute the biosphere.



Abhishek Kamal
D.El.Ed. 1st Year, Roll No. 653

Chandrayaan - 3 ***India's Historic Moon Landing***

On August 23, 2023, India made history as Chandrayaan-3 successfully landed near the Moon's South Pole - an area never explored by any other country. With this achievement, India became the first nation to land on the Moon's South Pole and fourth country in the world to achieve a soft landing on the lunar surface.

The mission was developed by ISRO (Indian Space Research Organization) and consisted of a lander name Vikram and a small six wheeled rover named Pragyan. After landing, Pragyan explored the lunar surface, Studying soil composition, seismic activity. The data collected is vital for understanding the Moon's environment and potential resources like water ice.

The mission demonstrated India's growing expertise in space science and engineering, all while being cost-effective.

Chandrayaan-3 is not just a scientific Success but a symbol of India's determination, innovation and growing leadership in global space exploration.



Sakshi
Roll No. 601,
D.El.Ed. (2nd Year)

"Nature " Is What We See

"Nature" is what we see
The Hill - the Afternoon Squirrel - Eclipse - the
Bumble bee -
Nay-Nature is Heaven
Nature is what we hear -
The Bobolink - the sea-
Thunder - the cricket
Nay - Nature is Harmony
Nature is what we know-
Yet have no art to say
So important Our Wisdom is
To her simplicity.



Palak Dhiman
Roll No. 682, D.El.Ed 1st year

Wonders of Science

Science is a blessing be human being. It makes our life wonderful and comfortable. It makes our life smooth. Scientific information and knowledge empowered humans by the understanding of science, man has got lots of development in forming, communication, medical science, and in almost every field. It is the age of Science. It has made dreams and imagination of man true science is nothing but a systematic way of knowledge of living. Science have many things Electricity is the greatest invention of science. Modern life is impassable without electricity & without scientific inventions.



Sonali
D.El.Ed. 1st Year, Roll No. 651

Climate Change

Climate change is a big problem facing our world. It happens when the earth's temperature

rises, leading to changes in weather patterns. This can cause problems like extreme weather events, melting ice caps, and rising sea levels. Human activities like burning fossil fuels and deforestation are major causes of climate change. We need to take action to reduce our carbon footprint and protect the environment for future generations. We can do this by using renewable energy sources, planting trees and reducing waste. Climate change affects everyone, so we all need to work together to find solutions.



Payal

D.El.Ed. 1st Year, Roll No. 660

Importance of Environment

For millions of years, Nature provides us everything to live a better life and start from clothes, food, light air and furniture to beautiful landscapes, Waterfalls and forest.

The ecosystem helps us with agriculture. And grow crops and vegetables our waste products were absorbed and decomposed 'as compost for agriculture.

Humans were served by the environment in several ways and are still using nature for various personal uses.



Riya Thakur

Roll No. 664, D.El.Ed. 1st Year

Conservation of Water

"Water is one of the most essential nature resources for human survival, and its conservation is crucial for the well-being of our planet. However, with increasing population and climate change, water scarcity has become a significant issue globally.

Importance of water conservation :-

(i) Human Consumption

- (ii) Agriculture
- (iii) Ecosystems
- (iv) Save & energy
- (V) Reduces costs

Causes of Water Scarcity :

- (1) Over-extraction
- (2) Pollution
- (3) Climate change
- (4) Lack of investment in water infrastructure.

Solutions of Water Scarcity :-

- (i) Water conservation
- (ii) Water recycling.
- (iii) Rainwater harvesting
- (iv) Water rationing.

Conclusion : - Water conservation is a critical issue that requires immediate attention. By understanding the importance of Water conservation, identifying the cause of water scarcity, and implementing effective solutions, we can work towards ensuring a sustainable future for our planet.



Priyanka

Roll. No. 669, D.El.Ed. 1st Year.

Biography of Albert Einstein

Albert Einstein, German-born physicist who developed the special and general theories of relativity and won the Nobel Prize for physics in 1921 for his explanation of the photoelectric effect. Born-March 14, 1879, Uim, Germany Died - April 18, 1955, Princeton, New Jersey, US" Education- He received a bachelor's degree from Swiss Federal polytechnic in 1900 and a PHD from the university of Zurich in 1905.

Children-Eduard Einstein, Hans Albert Einstein, Lieserl Einstein.

Awards and honours

Max black medal (1929)

Copley medal (1925)

Metteucci medal (1921).

Bernard medal (1920)



Nobel Prize in physics (1921)

Asha

D.El.Ed. 1st year, Roll No. 679

Climate Change

Climate change refers to the long term. Shifts in temperature and weather patterns, primarily driven by human activities like burning fossil fuels, which release green - house gases into the atmosphere. These gases trap heat leading to a gradual warming of the planet and a range of related image acts the consequences of climate change are far-reaching, affecting ecosystems, human health and economies globally.

Key aspects of climate change.

- 1) Human caused
- 2) Global warming
- 3) Rising. Sea Jewels
- 4) Extreme weather events.
- 5) Impacts on ecosystems.
- 6) Health impacts.



Jasmeet

D.El.Ed. 1st Year, Roll No. 671

Importance of Chemistry

Chemistry is One of the basic science Knowledge of chemistry is indispensable for the pursuit of any other Science. We need it for the study of technology, Pharmacology, mineralogy and what not. It is indispensable for the Study of physics, geology, biology and physiology. Hence, it is a Compulsory Subject for the study of every science student. In modern industrial age its importance is even widely felt. It is needed in workshops, in laboratories in medical clinics, on from lends, as well as in various manufacturing processes. It would be almost impossible to enumerate all the department of science in which the Service of chemists are required.



Anjali

D.El.Ed. 1st Year, Roll No. 678

Wonders of Science

Science is beacons of marvels that have reshape our existence. It is the force behind life-saving medicines, offering hope where there was once despair. From the depths of the oceans to the farthest reaches of space, science has unveiled mysteries beyond imagination it fuels our transportation, propelling us swiftly across land, sea and air with science, across land, sea and air with Science, we decode the language of DNA and harness the power of renewable energy. Its wonders inspire awe and harness the power of curiosity igniting a passion for discovery in the hearts of young and old. Science is the key that unlocks the door to a brighter future for human kind.



Ankita

D.El.Ed. 1st Year, Roll No. 680

Periodic Table of Elements

The Periodic table is a chart that organizes of the Known and recognized chemical element the organization on the table is based on the atomic weight, electronic configurations and Chemical Properties of elements. There are blocks in Periodic table **S, P, D, f**. Periodic table was firstly developed by Dmitri Mendeleev and **Lather Meyer**, around 1869. Mendeleev Periodic table was arrangements of the elements that group similar elements together. He left blank space for "Undiscovered elements In 1863 to 1866 John New lands" noting that every eight elements starting from given elements In Show Same Properties New land law of octaves. In 1913 H.G. Moseley gave modern Periodic table which is present accepted from of Periodic table which includes 118 elements that have been discover so far.



Sania

D.El.Ed. 1st Year, Roll No. 688

How Can Saliva Help Us Diagnose And, Care For Newborn Babies?

Caring for newborn babies, particularly those born prematurely can be a tricky business. They are unable to tell Caregivers how they are feeling or if something is wrong, and it can be hard to monitor their physical progress and needs using typical medical assessments. **Dr. Jill Maron** from the **women and infants hospital of Rhode Island, USA**, Conducts research to develop diagnostic tests that use Saliva to help clinicians learn more about the health of newborn infants So that they can monitor progress, diagnose problem and provide appropriate treatment when needed.



Himani

D.El.Ed. 1st Year, Roll No. 684

Pollution

Pollution is a big problem it affects our life very badly mainly there are three types of pollution. They are air pollution water pollution and noise pollution. Air we breathe is poisoned by smoke, harmful gases and dust. Water is polluted waste from factories houses etc. And the noise pollution is mainly caused by loudspeaker and motor horns pollution causes many diseases we should plant more and more trees and try to control pollution we must never horn know nature in any way.



Vinayak

D.El.Ed. 1st Year,
Roll No. 665



Climate Change

Climate change is the change in the climate conditions on Earths. Climate change happens due to global warming. It changes all the conditions of the climate of a region. The process of climate change happens over a long time. The frequent conditions of the weather of a region indicate the change in climate. The overall change of climate in a region causes the average temperature to go up during summer and reduce to the coldest point during winter. The sea levels are rising by the day because the planet is getting hotter. Which is dangerous as it has submerged many lands? It is imperative to stop global warming and climate change or try our best to curb it. Using public transport instead of private Vehicles per person is an alternative to try out to help curb global Warming. It is essential to spread awareness about global warming or climate change.



Kancha

D.EL.Ed. 2nd Year, Roll No. 611

Evolution of Science

The word science comes from the Latin for knowledge Science can be thought of as a collection of knowledge and processes. This knowledge encompasses what has been discovered and understood, as well as the process and collection of new knowledge. Since the beginning of time, humans have been trying to understand how things work or behave. The Greek people are credited with being the first people to develop theories about their observations. The development of science since the early Greeks has continued to develop in all different areas of the world. The middle age, saw growth in universities .The appearance of their universities in the 13th century allowed scientific work being conducted all over the world to be brought together. The scientific method is a set of processes used to gather knowledge about the

world. Zacharias Janssen invented the microscope in the 16th century. The evolution of science boomed in the 17th century. Instrument such as the klescope, microscope, clock and barometer were developed and used to understand the world. In 18th century, biology and chemistry were born. The first smallpox inoculation was given in (1701). In the 19th century, John Dalton, developed the atomic theory of matter, James Maxwell contributed important findings on electricity. The 19th and 20th centuries were a time for great advancements.



Gargi

Roll No. 659, D.El.Ed. 1st Year

Quantum Mechanics in Everyday Life

Quantum mechanics is a branch of physics that deals with the behavior of particles at the smallest scales- atoms and subatomic particles. While it may seem abstract and distant from our daily experience, quantum mechanics actually plays a crucial role in many technologies we use every day.

One of the most common examples is the smart phone. The tiny chips inside your phone use semiconductors, which work based on quantum principles. Without quantum mechanics, we wouldn't have the computing power that runs our devices.

Another everyday example is LED Lights. Light-emitting diodes produce light when electrons jump between energy levels in a material-a direct result of quantum behavior. These lights are more energy-efficient and are used in homes, cars, and screens.

MRI machines in hospitals also rely on quantum physics. They use the principles of nuclear magnetic resonance, which depend on the spin of atomic nuclei a purely quantum property.

Even more fascinating is the role of quantum mechanics in lasers, used in bar code scanners, printers and even surgeries. Lasers depend on the quantum idea of stimulated emission.

In Conclusion, although quantum

mechanics is a complex and strange field, its effects are all around us. From smartphones to medical imaging, it forms the backbone of modern technology and continues to shape our everyday Lives.



Shabnam

Roll No. 673, D.El.Ed. 1st year

Today the sky is clear. A Weather for bomber pilots
Soon -or may be tomorrow- they'll take off,
The blossoms of the rhododendron
The meadows are dry. Along the edge
Men are standing, Gazing high into the air

Where the buzzard spirals away
Then she closes the window, the aging
owner of the four wheel drive down in
the courtyard, the one with sea charts
on the passenger seat.



Kavita

Roll No. 607, D.El.Ed2nd year

Natural Resources

Natural resources are the resources that are available naturally on our planet .We do not require any human intervention to drive them. These resources are essential for the survival of living beings. While some of the natural resources such as air, water ,sunlight are used directly others serve as raw material to produces various item of necessity.

Many of natural resources are present in abundance and are renewable .This means that these can be recycled and reused. However there are many others that are non-renewable or take thousands of years to replenish. Many natural resources are depleting fast .This is owing to several reasons. One of main reasons is the growth in population. The consumption of natural resources is on an increase continually owing to the rapid population growth.



Sunita Devi

Roll No. 655, D.El.Ed. 1st Year

Commerce Section

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Session 2024-25

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| 2. | Money in Money out : Your Simple Finances | Atul Dhiman | B.Ed., 4th Sem. |
| 3. | Online Shopping | Kusum | B.Ed., 2nd Sem. |
| 4. | Unemployment | Khushboo | B.Ed., 2nd Sem. |
| 5. | Black Money | Tanika | B.Ed., 2nd Sem. |
| 6. | Start-ups and Entrepreneurship Changing the Face of Indian Economy | Shailza Thakur | B.Ed., 2nd Sem. |
| 7. | Entrepreneurship | Riya | B.Ed., 2nd Sem. |



Editor's Message

It is a matter of pride that the college has put the effort to publish a magnificent magazine " Vivek". The magazine I feel has the mirror of creative and innovative ideas for both the teachers and students the reflection of students creativity and achievement is the epitome of the magazine. The profession that creates all other professions deserve to save all shade of their creativity which can be exquisite and deep seated. It might have under taken a lot of efforts for everyone to make this reality in meaning full way. I would like to congratulation everyone for their hard work and persistence to make this milestone.

Sh. Santosh Kumar



Student message

It gives me eminence pleasure to know that 'Swami Vivekanand College of Education' is going to publish its college magazine and entitled "Vivek". Commerce Section of the college magazine is the contribution of the efforts made by the students. The sincere efforts put in by our editors, students and college management has played a huge part in making this magazine possible. We hope that you the readers, enjoyed reading it as much as we enjoyed working on it.

Anshit Jaswal

Importance of Computer in Commerce

In today world computer are super important for businesses because they help with :-

- Keeping track of everything (like customer info, money, and what's in stock)
- Talking to people (inside the company and with customers)
- Managing money (Paying bills, tracking income, and making budgets).
- Selling things (online stores, reaching more customers)
- Knowing what's in stock (So they don't run out have too much)
- Doing things faster and easier (Automating tasks and avoiding mistakes.

They're not just helpful anymore they're must - have in today world.

Anshit Jaswal

Roll No. 3163, B.Ed. 4th Sem.



Money In, Money out : Your Simple Finances

Imagine your piggy bank :-

In & Out (Record) : write down every rupee earned and spent

Total (Balance) : Calculate how much is left.

Check (Verify) : Ensure your math is right

Report (Tell) : Tell someone how much you have, and what you spent

Accounting is just keeping track of money

Atul Dhiman

Roll. No. 3164, Class B.Ed. 4th Sem



Online Shopping

Online Shopping is the activity of buying Product and services over the internet using a Web browser or mobile app. It means buyers have to go online

to reach. The buyers can pay for the goods and Services either online with a credit or debit Card or with Cash upon delivery online shopping sites are also known by other many other names such as e-Shops, web Shops, web Store, virtual Store and Online Store, Online store. Online Shopping is a growing area of the digital world and technology. People feel more convenient while shopping online. Online Stores are open 24 hrs. During online shopping there is no guarantee that you will get the product in its original Shape. It might get the product in its Original shape. It might get damaged on the way. If the site is not secured you have a risk of loss of your Card Information.



Kusum

Roll. No. 3244, Class B.Ed. 2nd Sem.

Unemployment

Every next day newspapers publish articles about the problem of unemployment. It is an omnipresent issue around the globe. Reports show that with the growing population, the problem of unemployment is worsening, but only blaming the population growth - is not fair because. Various other factors contribute to these crises. Unemployment is a Critical problem of the present era that needs to be talked as soon as possible. It can lead to poverty and other social issues in society which will lead to the demise of the country. If we determine something to achieve there is nothing impossible. So government and authorities need to put proper effects into the good future of the country.



Khushboo

Roll. No. 3234, Class B.Ed. 2nd Sem.

Black Money

Black money arises mainly from income not disclosed to the government usually to avoid taxation, and Sometimes because of its criminal links. Size of India's black economy

In 2011, the government had commissioned a joint Study by three think-tanks - NIPFP, NIFM and NCAER - to estimate Indian entities uncounted wealth both at home and abroad. The final report has not been submitted India ranked fifth largest exporter of illicit money between 2002-2011, with a total of \$343.04 billions, and in 2011 it was placed third when. \$84.93 billion was sent abroad, according to a 2013 report titled illicit financial flows from developing countries 2002-2011.

According to global financial (GFI) Washington based think tank. Indian salted away \$462 billion (About Rs. 28 lakh Crore in current exchange rates) in overseas tax havens between 1948-2008.

Tanika

Roll. No -3255, B.Ed 2nd Sem



Start-ups and Entrepreneurship : Changing the Face of Indian Economy

India is undergoing a significant economic transformation, largely fuelled by the rapid rise of Start-ups and a growing spirit of entrepreneurship. Gone are the days when government jobs and corporate positions were the only aspirations. Today, young minds are stepping out of their comfort zones to launch innovation ventures that address modern - day challenges.

With supportive initiatives Like Start-up India, Make in India, and easier access to funding thorough venture capital and angel investors, the Indian start up ecosystem is booming, cities like Bengaluru Mumbai , Delhi and Hyderabad have

emerged as start-up hotspot, attracting global attention and investment.

These start-ups are not only generating employment but also promoting innovation. Self-reliance and digital growth. Sectors Like e - commerce fintech, healthcare and edtech are evolving rapidly, reshaping how we live and work.

Entrepreneurship is empowering students and young professionals to turn ideas into impactful realities. It fosters - qualities crucial for building a stronger economy.

As college students, we are in a unique position to observe and participate in this movement with the right skills, mentorship, and mindset, we too can become change makers and contribute to India's journey towards becoming a global start up powerhouse.

Shailza Thakur

B.Ed. 2nd Sem., Roll No-3230



Entrepreneurship

Entrepreneurship is the process of creating. Organizing and managing a new business venture to achieve growth and profit. Entrepreneur is driven by innovation, often identifying gaps in the market and developing solutions that meet consumer needs. This requires combination of creativity, risk-taking and resilience, as entrepreneurs navigate challenges such as securing funding managing operations and adapting to market change. Successful entrepreneurship not only leads to personal and financial rewards but also contributes to economic development by creating jobs. Fostering competition and driving technological advancement. The entrepreneurial mind set emphasizes problems, solving, continuous learning and the ability to turn ideas into reality, making it a crucial force in shaping the future of industries and societies.

Riya

B.Ed. 2nd sem., Roll - 3246



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Editor's Message

It is a matter of pride that the college has put the effort to publish a magnificent magazine "Vivek". The magazine I feel has the mirror of creative and innovative ideas for both the teachers and students the reflection of students creativity and achievement is the epitome of the magazine.

The profession that creates all other professions deserve to save all shade of their creativity which can be exquisite and deep seated. It might have under taken a lot of efforts for everyone to make this reality in meaning full way. I would like to congratulation everyone for their hard work and persistence to make this milestone.

Mrs. Amita Rani



Student's Editorial

It gives me a majestic moment of pleasure as well as responsibilities to present the editorial of English section of college magazine. It provides me a stage of express my views along with college versatile personalities. English section of the college magazine is the contribution of the effort made by the student the article includes poem essay and light reading material aimed at instruction and entertainment.

Let's hope you read the article and get some and light man from them. The section can help you to discover. Yourself to change your attitude toward life ,to motivate you to achieve whatever you dream and aspire to achieve in life.

Anshita Sharma

English as Library Language

English helps in bringing people of diverse cultures close to each other. It also assists us for our intercultural understanding inside the country. It is through the medium of English that we are able to keep the different cultural groups of India united.

Library language, we mean that the learners must study that much English which should help them to understand the subject matter contained in library books. They may not become fluent speakers of the language. They may not even acquire the ability of writing nicely in correct English. They must learn English which should ensure them comprehension of the reading material. So the ultimate aim here is to teach reading.

English is therefore an important language and it must be studied. So it is a decided fact that English is an important library language.



Himani

D.El.Ed. 1st Year, Roll No. 684

FOREIGN LANGUAGE

Robert Paul says, "When we learn our first language, we face the universe directly and learn to both it with speech, when we learn a Second language, we tend to filter the universe through the language already known"

Acquisition of learning language which is rapid before the age of 10 year. After learning language becomes impossible to learn Foreign Language. Naturally a learning a foreign language is an artificial Process. To teach a foreign language created an artificial environment atmosphere. It happens only in a particular class room for a certain period of time etc. According to Professor V.R. Frtsby, "The process of learning of all language is almost alike", to teach English in India, we have

two types of school. First - English medium school Second - Hindi medium School. The Teacher reads also mother tongue and we can say that learning a language is a habit, - that Learning of any language--mother tongue, foreign Language habit formation plays an important role "P. Gurrey, The teacher of mother tongue and the teaching of a foreign language, can support and assist each and the other".



Anjali

D.El.Ed. 1st Year, Roll No. 678

Quality Education

Quality education is the foundation of a better future. It helps individuals gain knowledge, develop skills and improve their lives. A good education system provides learning, trained teachers and a safe environment for students.

Quality education focuses on understanding rather than just memorizing facts. It encourages creativity, problem-solving and critical thinking. It also teaches important values like discipline, team work and respect. Education should be available to everyone, regardless of their background.

Well-educated society leads to progress and development. It creates better job opportunities and helps in solving global challenges. By ensuring quality education for all, we can build a brighter and more successful future.



Neelam

D.El.Ed. 1st Year, Roll No. 623

Beautiful mind, better than a fair Complexion

Someone has very rightly said "Beauty is not about having a pretty face. It is about having a pretty mind, a pretty heart and most importantly a beautiful soul."

However, there are still many people who lack this moral and run after appearance rather than personality.

In India, people are so obsessed with for complexion that they rejected the girl for marriage just because of her dark complexion. When we read matrimonial advertisements, it is really sad to see that everyone wants a fair complexioned bride. For Job ads, everyone demand for fair skinpeople. High sale of all fairness creams is also an indication of people's obsession with fair complexion.

It is totally In contrast to people of western countries, where they are crazy about getting tanned skin. Also, they pay a good amount to get tanned skin. It is high time that we need to understand that we are all supposed to be different our brown akin has its own beauty and it perfectly suits us. What matters is we have a beautiful heart under the skin. We need to focus on being good human beings only that will we take us somewhere in life not to forget , beauty is only skin deep, it is something that will stay only for a short periods of time.



Kavita Devi

D.El.Ed. 1st year, Roll No. 607

The Secret of Choosing Success full Speech

It is not necessary to know everything about a topic, but you need to know more about the topic then your audience to be seen as a credible speaker. Your knowledge must cover not only what you plan to say, but go beyond that so that you are able to comfortable handle questions afterwards. You must need to be passionate about the topic .and if you are passionate about the topic it become a feel that will power your speech delivery your facial expressions, posture, gesture, eyes and your energy level are all elevated.



When you talk about the topic you like all things are necessary when you talk about the topic.

Shruti Thakur

D.El.Ed. 1st Year, Roll No. 667

English as a Library Language

The Kothari education commission suggested that English should be made a library language in our country that way our scholars who are doing advanced studies in the field of science who are doing advanced studies in the field of science, medicine, engineering will be able to consult library books advanced knowledge and excellent literature of the world lie in the books which are in English medium. Indian readers must have atleast that much knowledge of English which is required to understand those books lying in the library without the study of English books they can be very possibility of duplication in labour. Only the study of English books rivals the degree of advancement that has taken places so for in the world our scholars by the study of these books can acquaint themselves fully with the subject matter and they may think of going ahead in that direction or a new era of researchers may be found out by them.



Shabnam

D.El.Ed. 1st Year, Roll No. 673

Working long Hours : is the worth it?

How much of your life are your prepared to spend at work? Is it really worth working into the evening everyday just to be able to buy a nicer car? Or should you priorities finding time to spend with your friends and loved ones? On the other hand people who say's it's better to work long hours claim that the more money they have, the more successful they are. There's no point in having tons of free time, they point out, if you can't afford to do anything

with it. Against this who are disagree with this view make the point that who are disagree with this view make the point that more money doesn't always mean more happiness you only have to look at some of the richest people in any society to see how you can be really wealthy but still stressed in your work.

All the end of the day, it is up to you to decide on your priorities, but remember the really successful people are the ones that are happy with the balance they're found.

Isha

D.El.Ed. 2nd Year, Roll No. 625

The Value of Smile

The value of a smile is priceless yet it is the cheapest easiest most rewarding and most sincere gift to anyone that crosses your path. A smile makes a person's day, anybody's

Day even a stranger's day .A smile is infections start infecting people with your smile today. A smile is a nature's best antidote for discouragement it brings rest to the weary, sunshine to those who are sad and hope to those who are hopeless and defeated. A smile is so valuable that it can't be bought, begged borrowed or taken away against your will. You have to be willing to give a smile away before it can do anyone else any good.

Kavita Bharti

D.El.Ed. 2nd Year, Roll No. 604

Environment

The environment with its treasures
All so countless to measure
Fish and whales in the deep blue waters.
Life in the sea, so alive.
Grasslands and forests with terrestrial life.
Cold, freezing mountain peaks
And hot, tiring deserts.
Life among the trees and stands, so alive
Sky so blue with air so clean
Only sun, moon and stars to see

Eagles and vultures take their turn
Life in the sky, so alive.

Kanchan

D.El.Ed. 2nd Year Roll No. 611

Be Careful

Be careful of your thoughts because
Your thoughts become your words.
Be careful of your words because
Your words become your action.
Be careful of your action because
Your action becomes your habits.
Be careful of your habits because
Your habits become your character.
Be careful of your character because
Your character became your destiny.



Diya Sharma

D.El.Ed. 2nd Year, Roll No. 608

Each Day Can Be a Good Day

Sometimes when things go wrong it is
Not easy for us to forget,
The joy that we have experienced
And the good fortune that we've met
Those rough times become good
Times to cherish friends that we have known,
Of the favors that they've shown,
To think of the fun filled times we've spent,
Nice places that we've been.
Of the and beauty that life offers us
time again.
A day when things go wrong,
Don't give up rather embrace the
Memories and think of the of the
joyous days.
Live Young Live Free Life Joyfully.



Shika Thakur

B.Ed. 1st Sem., Roll No. 3233

Principles of Communicative English Language Teaching

1. Language without a suitable situation is not realistic and functional.
2. Language learning means the ability to communicate something useful and purposive.
3. The task provided the context and language used in the context has a meaning and a purpose.
4. There is no ban on the mother-tongue. Judicious use of the mother tongue makes conversation meaningful.
5. The tasks provide a basis for reading and writing.
6. Fluency, accuracy and appropriateness are the goals of communication approach.

Taniksha Kumari

D.El.Ed. 1st Year, Roll No. 663

First Language Acquisition

We learn a language without any person's help in the society, it comes automatically, but we do not know when man started speaking a language there is no historical proof of it. Why does the man only speak other creatures have organ of speech but only human being can speak. Under what circumstances human being started speaking is a mystery till date.

Language is learnt in the lap of mother. it means the language comes to a child when he comes in environment outside his mother's womb. This learning happens which the child comes across a certain language. Every type of sentences come to his mind, start functioning he imitates some certain work spoken around him so we can conclude that language is neither no instinctive.



Rajni

D.El.Ed. 1st Year, Roll No. 677

Positive Thinking

Positive thinking refer to a belief or mental attitude which makes as think that good things will happen eventually and our effort will pay off sooner or later. It is the opposite of native thinking which makes our mind full of stress and fear. Thus, an essay on positive thinking will show us how it reinforces thoughts like optimism and hope and works wonders. Let it be clear that positive thinking does not mean you do not notice the bad things in life. It means you try to find a solution in a productive way instead of whining about it. There are many benefits of the positive thinking. As a result positive thinking helps you live longer. It is because you will be free from diseases that from due to stress, anxiety and more moreover, it is also the key to success.



Varsha Sharma

D.El.Ed. 2nd Year, Roll No. 626

Phonology

Phonology is essentially the description of the system and patterns of the speech sound in a Language. It is, in effect, based on a theory of what every speaker of a language unconsciously knows about the sp. Sound pattern of the language. due to this theoretical status, phonology is related with the abstract or mental aspect of the sounds in language rather than with the actual physical articulation of sound speech.

In this way, when we think of the (t) sound in the words tax, star, writer and eighth as being

'The same' we really mean that, in the phonology of English, they would be represented in the same way. In actual speech, the (t) sounds are all very different.



Palak Dhiman

D.El.Ed. 1st Year, Roll No. 682

Meaning of Language

The English word 'Language' seems to have been derived from the Latin word 'Lingua' which implies 'tongue'. French terms 'Langue' and the 'Parole' also bear impression of language. Long wage consists of letter/alphabets, words, idioms and syntax. It is through language that we learn to think, feel, judge and express. The rich heritage of great ideas and actions passes over to the young generation in terms of its language. Thus language helps the past come to be true of present and helps us to build our own future. Language is a complex phenomenon here the term 'Langue' means a conventional and specific form of speech. It is mutually 'intelligible' to its members. 'Parole' on the other hand, is always changing.



Komal

D.El.Ed. 1st Year, Roll No. 685

Importance of English Language

Every language is the pride of the people who use it. No doubt English is the language of the English. But it is a hard fact that this language is used almost in all countries of the world. In India it occupies an important place in every sphere of life whether social, political, academic, cultural or economic it holds the significant value.

Pt. Nehru rightly said, "English language, is our by historic necessity." English occupies an important place in India today. Wherever we go in the country it is used very much almost in every circle. At home, in the street in the bazaar in business, in studies, in routine talk, English holds a good position even many illiterate people are heard using words of English in their day to day routine of life. It is undoubtedly right to say that English has been playing a significant role in India's national life. It has played a very important role in building modern India. It has become one of the major languages of the world. It

enjoys a privileged position. It is an international language. It may be called the language of the world civilization.

C. Rajagopala said, "English language is the greatest gift of Goddess Saraswati to India".



Attu Devi

D.El.Ed. 1st Year, Roll No. 670

Objectives of Teaching of English Language at Primary Level

English is basically an International Language. But it has not got its due place in Indian Society, Particularly in the Hindi-speaking areas. But it does not mean speaking areas. But it does that English should be banished from these States. English is a gateway to World Culture in India. It should not be taught as a first language but as a Second Language. It is well said, "To aim at Literature is to miss the way to language, but to aim at language is to pave the way to Literature". In Indian School, English is taught as a Compulsory Subject. But English teacher does not know what he wants to achieve by teaching English. He should have the knowledge of aims at teaching English.

The main aim of teaching English in India should be Linguistic and practical. It should help students in acquiring practical Command of English. It means, "That the student should be able to understand Spoken English and learn to Speak English, to read English and to write English."

The Aims and Objective of Teaching English

Every teacher of English should clearly understand the aim and objectives of teaching English as Listed below:

- Help the students to enjoy the learning of English.
- Help them to listen and understand English.
- Help them to speak English with the teacher and with their classmates.

- (d) Help them to write English.
- (e) Develop study skill in students.
- (f) Help them to read, understand and enjoy short poems in English.



Shivani Chandel
D.El.Ed. 1st Year, Roll No. 672

Drug Addiction

Drug addiction has become a serious problem all over the world. A number of teenagers and young people getting addicted to drugs increasing day by day. The very common forms of drug addictions are alcohol, cigarette, medicines, tobacco etc. Person uses drugs to change his mood or to feel better, not for healthy purpose Drug addiction is always harm full to are health. Spreading awareness about drug addiction can help us to fight this social evil. 'Yoga' is a natural and effective way throw away drug addiction.



Khushboo
B.Ed. 1st Sem., Roll.no-3234

Mental Health Awareness

Mental health awareness has become increasingly important in the modern world as people recognize its impact on overall well-being. With rising cases of anxiety, depression, stress due to factors such as work pressure, social, media influence, economic instability, prioritizing mental health is essential.

Awareness helps reduce stigma, encourages early intervention. Promotes supportive environment where individuals can seek help without fear of judgment. By promoting mental health into public policies, workplaces and daily life, society can create a healthier and



more productive environment where individuals feel supported and empowered to take care of their mental well-being.

Shivani Rangra
B.Ed. 1st Sem., Roll No. 3186

Live in the Moment

Sometimes, life feels like a whirlwind, rushing us from one task to the next. In the chaos, it's easy to forget to be present, to feel the warmth of the sun on your skin, or to savor that first sip of coffee in the morning living in the moment isn't about forcing yourself to be happy all the time; it's about finding peace with where you are right now start by slowing down, just a little notice the small details the way the leaves rustle in the wind, the sound of laughter from a nearby conversation or the rhythm of your own breath. These are the moments that often go unnoticed but hold the power to ground you. When your mind starts racing with the worries about the future or regrets from the past, gently bring it back to present. It's okay if it wanders, that's just what mind do, what matters is your choice to come back, over and over again when you are feeling overwhelmed or stuck in your head, reconnect with your senses, feel the texture of the ground beneath your feet, or let your fingertips brush against something and comforting engaging with your senses pull your back into your body, reminding that you are here in the moment, and don't judge yourself if being present feels hard it's not something you need to master some days, you might find it easier to notice that little things, on others, you might feel lost in thought, that's okay just know that you don't need to do it perfectly sometimes, simply pausing to take a deep breath is enough to anchor you.

Rashmi
B.Ed. 1st Sem., Roll No. 3190

Kindness isn't Weakness its Power

I honestly can't understand how Pride, ignorance, and hate have become so normalized. It's everywhere -online, in schools, workplace, even in our communities. People tearing each other down, whether for their looks, choices, or beliefs, have become a daily routine. And for what? It has absolutely nothing to do with Strength or power. Mocking someone, belittling women, or thinking you're better than others because of Status or wealth doesn't make you strong-it just reveals your own insecurities. At the end of the day, we're all human, and none of these things-Success, beauty, money, define our worth. What truly matters is how we treat others, especially in a world where cruelty has become so casual being kind to every living being, respecting everyone regardless of their background, and wishing the best. For others these are the real marks of strength and maturity. Imagine how much lighter life would feel if we all carried a bit more blindness but let's be clear kindness doesn't mean weakness. It doesn't mean letting people walk all over you or tolerating disrespect. No one should endure mistreatment, and Standing up for yourself is important. But standing up doesn't mean stooping to the same level as these who are move-on. Think about how much hate is already with strangers. Do we really need to add to it no? The world needs less cruelty, not more, sonever ever lose your humanity let kindness and goodness guide you, even when other try to drag you down. It's the one think no one can take away from you.

Rajeev Kumar

Class-B.Ed 1st Sem., Roll No. 3242

Social Media

Social media is one of the most fast growing platforms in our era. We are able to communicate with other people very easily by using social media.

Social media has enabled us to keep in touch with our friends who don't live close to us. We are also able to know news in other part of the world much easily by using social media. Some people whose voice was not heard before are able to voice their opinions. Through social media. We are able to build relationships with our friends. Thus, we can say that social media is useful for us in many ways. Social media also have some harmful effects. Some people get addicted to social media Such as Facebook, instagram, whatapp etc. This leads to a decrease in their productivity in their real life. Overusing social media leads to many eye problems if we should away from this social media.

Sanjeev

B.Ed 1st Sem.

The World of Social Media

Scrolling up the scrolling down,
Liking posts from all around
Smiles, selfish, quotes so bright,
Story vanish overnight.
Friends we've never met in life,
Yet we know their joy and strife
Hearts and emoji, comments flow,
But do we really, truly know?
Filter hides the face so real,
Chasing likes, the pressure we feel
Moments staged, yet seem so true,
Seeking fame every view
News and trends spread like fire,
Truth and lies both climb higher
A place to speak, to laugh, to share,
Yet often lost in who will care
Use it wisely, make it kind,
Let it lift, not trap the mind
Real life "beauty, don't forget,
Offline moments bring no regret.



Mamta

B.Ed. 1st Sem., Roll No. 3196

Cyber Security in today's World

In today's digital age, cyber security is not just a technical concern but a fundamental human issue with increasing online activities, people faces growing risk of data breaches, identity theft and cyber-attacks. Social engineering scams, phishing emails and AI-driven hacking have made individuals more vulnerable than ever.

Many people unknowingly share personal information on social media making them easy targets for cyber criminals, the rise of remote work has also increased exposure to cyber threats, as home network often lack of strong security measure cyber security awareness is crucial, yet many individual fails to adopt basic precautions like strong passwords and two factor authentication.

Governments and companies are strengthening security measures, but personal responsibility is key educating people about cyber security, promoting digital hygiene and encouraging ethical internet behavior are essential in today's connected world. In the end, cyber security is not just about technology it's about protecting people, their privacy and their trust in the digital space.

Vaishali Verma
B.Ed 1st Sem., Roll No. 3200

Global Language

The world is an increasingly globalize place where individuals are communicating among multiple culture each day. Today an individual has access to a vast array of information from a variety of world culture at the touch of a button. In this modern globalized society, knowing how to speak another language is a crucial skill to above.

English is the world's common language. English has come of age as **Global Language**. It is spoken by a quarter of the world population. it is belongs to the world and increasingly to non-native speakers. English drives growth and international

development.

In order to prepare our nation's children to be the next generation of future entrepreneurs, Doctorsscientists engineers etc. We must faster an environment from a young age that promotes multilingual learning. Through this we are setting up ourselves our children and our future generation, growth, success, security and ultimately prosperity.

English can change lives



Pooja Rani
B.Ed. 1st Sem., Roll No. 3220

The Essence of Beauty

Beauty isn't just a painted face,
Nor jewels that shimmer, silk, or lace
It's in the kindness softly spoken,
In love that heals what once was spoken,
In love that heals what once was broken
It lives in laughter, warm and bright
In eyes that sparkle with pure light
It's in the grace of standing tall
After rising from a fall
Beauty blooms in heart that care
In selfless deeds and love we share,
Not just in mirrors, not just skin
But in the light that shines within



Anshita Sharma
B.Ed 1st Sem., Roll No. 3174

Dreams

Dreams are like whispers from the soul guiding us towards our deepest desires. They are the feel that ignites that fire of ambition within us, driving us to reach for the stars. Dreams paint the stars canvas of our minds with dreams visions of what could be, inspiring us to preservers through adversity. They are the silent architects of our future, shaping our destines with each fluting through. Dreams are the manifestation of our hopes

and aspirations, urging us to chase them with unwavering determination in the realm of dreams, any think is possible, and it is up to us to turn those possibilities into realities.



Riya

B.Ed. 1st Sem., Roll No. 3246

Social Media

Social Media : A double – edged sword for college students. While social media offers powerful tools for connection, information access, and self-expression, college student must navigate its potential pitfalls like distractions, unrealistic comparisons and cyber bullying to harness its full benefits for academic and personal growth social media has many disadvantage including privacy concerns addiction and mental health issues, social media has collect a let of personal information, such as browsing history and location. Social media has had a profound impact on society with both positive and negative effects. Social media has become an integral part of our daily lives.

Aastha

D.El.Ed. 2nd Year, Roll No. 614

The Road to Success Journey of Perseverance and Passion

Success is a term that holds different meaning for different people. For some it is about achieving academic excellence, while for other, it might be about excelling in sports, arts or personal growth success is not merely about reaching the final destination it is about the journey itself it is the effort, the challenges faced, and the lesson learned along the way that truly define success instead, one should focus on personal growth and self-improvement.

Challenges and failures are irrefutable in any journey. They test one's patience strength and

ability to adopt every failure brings valuable lessons that shape a person's character and prepare them for future challenges negative thoughts and self-doubts can hinder progress. But a confident.

Success is not a destination but a continuous journey. It requires handwork resilience and an unwavering passion for one's goal.

Simran

D.El.Ed 2nd Year., Roll No. 630

Earth's Call

We all have a millstone from the day of our birth,
It's an indispensable one to take care of our mother earth,

Our world is always changing
Constantly rearranging,
From-ocean depths to mountain peaks,
Mother Nature moves and speaks,
Man begets but land does not,
Over population is like an Atom bomb
The world is not same as it used to be,
Climate is changing as we all can see,
Your life stands skill without the breath,
Yet treasure all gone because of greed
People pollute every day
That doesn't help us in anyway,
Let me tell you it's not a joke,
Some day you all will choke
Glass, paper, plastic or tin
All must gone I recycle bin
So, pick up the waste,
At a faster pace.

Antrika Rana

B.Ed 1st Sem., Roll No. 3252

Tired of My Life

In the classroom, day by day,
I chase my dreams, I find my way.
But sometimes, oh I'm tired of life,
Amidst the stress and endless strife.
Homework piles high, exams loom near,

I yearn for a moment, a pause, a tear.
In this whirlwind of books and strike,
I wonder, am I tired of life?
But then I glimpse a glimmering light,
A friend's warm smile, a starry night,
And in those moments, I find my way,
Renewed, refreshed for another day.
Life's a journey, full of Benda,
And though it's tough, it all depends.
On how I see the world so wide,
I'll find the strength to enjoy the ride.
So when I'm weary, feeling the strife,
I'll remember the joys, the wonders
of life
For though it's tough, with struggles
life,
I'll never truly be tired of life.



Neha Dhiman
B.Ed 1st Sem., Roll No. 3264

The Happiest Days of your Life

School days should be a happy time in a young person's life what can make people's lives a misery during this time, then? In my opinion, there is one word which answers this question- bullying. Unfortunately bullying is quite common in schools where I live. It can affect students of any age, and boy and girls. A friend of mine had a very negative experience at school last year as an older boy continually called him names and sometimes used to post nasty messages about him on Facebook, obviously, my friend felt very upset about his and it affected his self-confidence some days. He didn't want to come to school at all. Bullying can be a nightmare but there are things we can do to prevent it. Hopefully, one day all students will be able to go to school without fear and being bullied.



Shivani Thakur
B.Ed 1st Sem., Roll No. 3258

Education, the key success

From generation to generation, from time to time host education among men been exalted, We're our children been telling two things do rhyme, these are diligence and education possessing value untold Without skill, none can read nor write, nor can one a simple, mere highway signpost decipher, Even along a road, one needs a bit of skill of blue, As to identify colors from others and even directions. Not only colors, but even information and messages as well, one needs education to write read and decode, Even one language from another to tell, One needs education, to read language many and even 'encode' As a globe trotter, well versed in the way of the world, one needs education, as a 'vehicle' and means to success if you do not even an iota of knowledge possess.



Priyanka Sharma
B.Ed. 1st Sem., Roll No. 3256

SEBI

Listen to the call of the stock market
Love with recession and lots of profits
I am such a market
Where shares of listed companies are traded
SEBI is my custodian
Sensor and nifty are my workers
I was born in 1875 the story
Of converting 100 to 60 thousands was not easy
Sometimes I rode the bull and sometimes the bear
to success
With both, I am preparing to reach one lakh
Everybody has to make a deep friendship with me
I grow my existence after thinking carefully
A loving cut from the patients and foresighted investor
Bull is always showered with love
Every moment holding hands they say "love you love you"

As soon as the bear comes they let go of hands and say

"Hate you hate you" adopt bath of time together if you love profits

Foreigners are waiting to earn interest from me

I am getting true from my countrymen

Their hope and faith in me remains as a shield

Keep building the dam of patience,

I will, make everyone rich

It is very easy for me to understand

Get knowledge from financial advisor

Be patient and have wisdom of foresight

If you help shop during recession then your friendship

Will continue for a long time



Oshin

B.Ed. 1st Sem., Roll No. 3218

Health is Wealth

Growing up you might have heard the term 'Health is Wealth', but its essential meaning is still not clear to most people.

Generally, people confuse good health with being free of any kind of illness.

While it may be part of the case, it is not entirely what good health is all about. In other words, to lead a healthy life, a person must be fit and fine both physically and mentally.

For instance, if you are constantly eating junk food yet you do not have any disease, it does not make you healthy.

You are not consuming healthy food which naturally means you are not healthy, just surviving.

Therefore, to actually live and not merely survive, you need to have the basic essential that make up for a healthy lifestyle.

Life is about striking a balance between certain fundamental parts of life health is one of these aspects.

We value health in the same way that we value time once we have lost it

We cannot rewind time, but the good



news is that we can regain health with some effort.

Priya Sharma

B.Ed. 1st Sem., Roll No. 3216

The Happiness Key

Nowadays, we are so busy flying from one peak to the next that we forget the little things in Every-day life. And these are exactly that what makes us happy. We need to understand that the big material things we crave only makes us happy for a short moment, after reaching the peak, we continue working towards the next, even bigger thing. But if we enjoy every little thing, we eventually won't need the big stuff or material. Take a long walk in the morning and enjoy the birds, read your favorite book, spend time with your family, or give someone a small gift that brings them great joy. All these things are valuable moments and prevent the longing for more and more. Try to be grateful for that you have in your daily life instead of focusing on what you don't have.



Anamika

B.Ed. 1st Sem., Roll No. 3238

Importance of Democracy in Society

Democracy is more than just a form of government; it is a way of life that upholds the principles of freedom, equality, and justice. In modern, society, where globalization, technology and social change are shaping our world, democracy plays a crucial role in ensuring that people have a voice in decision making.

Upholding fundamental rights : One of the key aspects of democracy is its commitment to fundamental rights, such as freedom of speech, religion, and equality before the law. In an era where diverse cultural and ideologies coexist, democracy

provides a framework for peaceful dialogue and conflict resolution.

Political participation and accountability : A democratic system allows people to elect their representatives ensuring that leaders remain accountable to the public, this prevents authoritarian rule and faster trenchancy and good governance. In modern society , where citizens are more informed through digital media, democracy enable active participation in shaping policies

Economic growth and social development: Democracy contributes to economic growth by promoting fair trade, innovation, and entrepreneurship. It also ensures that social policies cater to the needs of all citizens, reducing inequality and promoting inclusive development.

Challenges and the need for strengthening democracy: Despite its advantages, democracy faces challenges like political polarization, misinformation, corruption, and voter apathy .to safeguard democratic values citizens must be well informed, actively participate in governance, and uphold ethical leadership.

Conclusion: in modern society, democracy is the back bone of stability, progress and social harmony. It is not just about casting votes, it is about ensuring that every individual has the freedom, dignity and opportunity to thrive.



Shaliza

B.Ed. 1st Sem., Roll No. 3230

Importance of Education

The importance of education is an important issue in one's life. It is the key to success in the future and to have many opportunities in our life. Education has many advantages for people. For instance, it illuminates a person's mind and thinking. it helps students to plan for work or pursue a higher education while graduating from university having education in an area helps people think, feel, and behave in a way the contributes to their success, and

improves not only their personal satisfaction but also their community. In addition, education develops human personality, thoughts, dealing with others and prepares people for life experiences. It makes people have a special status in their own society and everywhere they live in. I believe that everyone is entitled to have education "from cradle to grave" there are various benefits of having education such as having a good career, having a good status in society , and having self- confidence. First of all education gives us the chance of having a good careers in our life. We can have plenty of chances to work at any workplace we wish .in other words, opportunities for a better employment can be more and easy. The highly educated we are the better chance we get. Moreover, education polishes our mind, reinforces our thoughts, and strengthens our character and behaviors toward others. It equips us with information in various fields in general and our specialization in particular, especially what we need to master in our job career. therefore , without education we may not survive properly nor have a decent profession furthermore, education grants us a good status in society as educated people , we are considerable as a valuable sources of knowledge for our society, having education helps us teach others morals, manners and ethics in our society . For this reason, people deal with us in a considerable and special way for being productive and resourceful. In addition, education makes us a role model in society when our people need us to guide them to the right way or when they want to take a decision education makes us view obstacles as challenges to overcome with no fear, facing new obstacles as challenges to overcome with no gear, facing new things. It is the main face tor behind successful people and the merit of developed countries. Therefore, education is deemed a real success behind any future success.



Priyanka

B.Ed. 1st Sem., Roll No. 3224

Happiness

What is happiness, I hear you say?
What help us smile, on those dreary days?
What sends a tingle, through our bones?
What helps us talk, in cheerful tones?"
How does it pick, how does it choose
When to come and when to move?
How does it know, to work its way y through?
Every single person, like me and you.
Some people try, as hard as they can,
To steal it away from another man.
But it's of youth forever, it's yours to keep
Don't let them take something so deep.
You must look within yourself,
When times are blue,
Because happiness is a thing,
That lives in you.



Priyanka

B.Ed. 1st Sem., Roll No. 3194

Still we Sleep

We are dreaming of tomorrow
And tomorrow isn't coming
We are dreaming of a glory that
We don't really want
We are dreaming of a new day
When the new day's here already
We are running from the battle
When it's one that must be fought.
And still we sleep.
We are listening for the calling
But never really heeding
Hoping for the future when the
Future's only plans
Dreaming of the wisdom that we
Are dodging daily
Praying for a savor when
Salvation's in our hands.
And still we sleep.

And still we pray,
And still we fear
And still we deep.

Rashmi

B.Ed. 1st Sem., Roll No. 3190

Story of Positive Attitude

I feel so happy and honored having an opportunity to share my views in this section of magazine as well as all knows that life is full of trials, failures and success positive attitude always leads to success. The following story illustrates, how positive thinking works? Who doesn't know the name of reliance today but do you know that Dhiru bhai Ambani founder of reliance was controversial favorite child.

Ambani had a humble beginning as founder and he had not an affluent background he went to amen at 16 years of age where he worked as a clerk. But he was not satisfied with his job. So he comes back to India with his close friend. And started a small business in the beginning he faced many trollies his friend gave up hope and left the business but Ambani was an optimist personality, he didn't give up hope and continued his trade with a positive hope. So never bring negativity in your mind always be positive and optimism .Never give up hope if you fail.

Ankita

B.Ed. 1st Sem., Roll No. 3266

Listening Skill

Listening a language skill it involves an active involvement of an individual listening involves a center a message. There are following steps that are present in the process of listening.

- a) **Hearing:** hearing is referred to the response caused by sound waves stimulating the sensory receptors of the ear.
- b) **Understanding:** successful interpersonal communication the listeners must

understand the intended meaning that the context assumed by the sender.

- c) **Remembering:** it is an important listening process because its means that an individual has not only received and interpreter message but has also ever it to the mind storage.
- d) **Evaluating:** it an active process because only active listener participate at this stage is listening this stage requires that the received complete the process through verbal and non-verbal feedback.



Anchal

D.El.Ed. 1st Year, Roll No. 654

First Language Acquisition

We learn a language without any person's help in the society, it comes automatically but we do not know when man started speaking a language there is historical proof of it why does the man only speak other creatures have organ of speech but only human being can speak under what curriculum human being started speaking is a mystery till date.

Language is learned in the lap of mother it mean the language come to a child when he comes in environment outside. His mother womb. This learning happens which the child come across a certain language every type of sentences come to his mind, start functioning he imitates some certain words spoken around him so we conclude that language is neither nor instinctive .



Ashish

D.El.Ed. 1st Year, Roll No. 689



हिन्दी अनुभाग

अनुक्रमणिका

सत्र 2024-25

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सम्पादकीय

प्रिय पाठकगण मुझे यह जानकर हर्ष हुआ कि स्वामी विवेकानंद शिक्षा महाविद्यालय की वार्षिक पत्रिका “विवेक” हर वर्ष की भांति इस वर्ष भी प्रकाशित की जा रही है और मुझे इस पत्रिका के लिए हिंदी विभाग का कार्यभार सौंपा गया है।

हम सब जानते हैं कि यह पत्रिका विवेक हमारी अपनी हम सब की पत्रिका है। इसके माध्यम से हम आप अपने विचारों को व्यक्त करते हैं। यह पत्रिका छात्र वर्ग के अंदर छिपी हुई प्रतिभा को उजागर करती है।

आज हम 21वीं शताब्दी में पांव रख चुके हैं हमारे देश ने आर्थिक, वैज्ञानिक, औद्योगिक, तकनीकी तथा कई क्षेत्रों में विकास किए हैं। इस सदी में कहीं नैतिक मूल्यों का हनन तो नहीं हो रहा है? इस पर युवा वर्ग को चाहिए कि वह जनकल्याण तथा सामाजिक कल्याण को अपना उद्देश्य मानते हुए अपनी लेखन क्षमता का उपयोग करें। क्योंकि कलम वह कार्य कर सकती है जो एक तलवार नहीं कर सकती।

मुझे प्राप्त हुई रचनाओं में सभी सराहनीय थी। इनमें से जिनकी रचनाएं प्रकाशित हुई हैं उनको मैं बधाई देती हूँ। जिन रचनाकारों की रचनाएं प्रकाशित नहीं हुई उनकी मैं क्षमाप्रार्थी हूँ और उनसे निरंतर अनुरोध करती हूँ कि वे हताश न हो और अपने आत्मविश्वास को बनाए रखते हुए निरंतर लिखते रहें।

सोनिया शर्मा



छात्र सम्पादक

प्रिय साथियों

विवेक पत्रिका के इस वर्ष के हिंदी अनुभव को आपके सम्मुख प्रस्तुत करते हुए मैं आप सभी का हार्दिक अभिनंदन करती हूँ। इस वर्ष की पत्रिका के हिंदी अनुभाग के छात्र संपादन का दायित्व मुझे सौंपा जाना निश्चय ही मेरे लिए गौरव का विषय है। मेरे लिए खुशी की बात है कि मैं आप सब छात्र-छात्राओं के उज्ज्वल भविष्य के लिए कामना करती हूँ। प्रत्येक विद्यार्थी के अंदर कुछ ना कुछ होना होता है यह विवेक पत्रिका होनहार विद्यार्थियों की कल्पनाओं विचारों और उनकी प्रतिभा की अभिव्यक्ति का साधन है। जिसमें सभी होनहार विद्यार्थियों को अपने हुनर को प्रदर्शित करने का मौका मिलता है। संसार में हर चीज का अपना महत्व होता है। उसी प्रकार विवेक में छपे प्रत्येक लेख का अपना महत्व है। मैं सभी छात्र-छात्राओं का धन्यवाद करती हूँ जिन्होंने इस विवेक पत्रिका को अपने महत्वपूर्ण शिक्षा देने वाले लेख दिए। मुझे पूरा भरोसा है कि इस वर्ष की विवेक के अंक से आपको सही मार्गदर्शन मिलेगा।

शबनम

मौन संघर्ष : शैक्षणिक दबाव और छात्रों में बर्नआउट से निपटना (एक भारतीय छात्र का दृष्टिकोण)

भारत में छात्र जीवन को अक्सर विकास, प्रतिस्पर्धा और सफलता की यात्रा के रूप में प्रस्तुत किया जाता है। लेकिन टॉपर्स की सूची, प्रवेश परीक्षा की रैंकिंग और कोचिंग क्लास की दिनचर्या के नीचे, छात्रों के बीच एक मौन संकट - बर्नआउट - तेजी से बढ़ रहा है। स्कूल में बोर्ड परीक्षाओं की तैयारी कर रहे छात्रों से लेकर कॉलेज के छात्रों तक जो कई जिम्मेदारियों को संभाल रहे हैं, शैक्षणिक दबाव का मानसिक और भावनात्मक असर अब अनदेखा करना मुश्किल होता जा रहा है।

बर्नआउट केवल लंबे समय तक पढ़ाई करने के बाद की थकावट नहीं है। यह एक गहरी और पुरानी स्थिति है - मानसिक थकान, भावनात्मक दूरी और यह महसूस करना कि आप बोज़ के नीचे दबे हैं, अक्सर बिना यह समझे कि ऐसा क्यों हो रहा है। कई छात्र इसे इस तरह महसूस करते हैं - थकावट जो नींद से दूर नहीं होती, एकाग्रता में गिरावट, प्रदर्शन को लेकर चिंता और उन चीजों में रुचि कम होना जो पहले उन्हें पसंद थीं। भारत में, इस संघर्ष को अक्सर आलस्य या इच्छाशक्ति की कमी समझकर नज़रअंदाज कर दिया जाता है।

भारत में शैक्षणिक दबाव की शुरुआत बहुत जल्दी हो जाती है। कक्षा 6 से ही छात्रों को बोर्ड परीक्षाओं, IIT & JEE, NEET, CUET और अन्य प्रतियोगी परीक्षाओं के बारे में सुनने को मिलता है। माता-पिता और शिक्षक अक्सर अच्छे इरादों से प्रेरित करते हैं, लेकिन अंकों, रैंकों और तुलना पर निरंतर जोर एक ऐसा वातावरण बना देता है जहां सीखना आनंददायक नहीं बल्कि तनावपूर्ण बन जाता है। इसमें लंबे स्कूल के घंटे, ट्यूशन क्लास, प्रोजेक्ट वर्क और सह-पाठ्यक्रमों में उत्कृष्टता की अपेक्षा जोड़ दी जाए - तो आपके पास एक ऐसी पीढ़ी है जो व्यस्त होने से पहले ही थक चुकी है।

सोशल मीडिया इस आग में घी डालता है - इंस्टाग्राम, यूट्यूब और लिंकडइन जैसे प्लेटफॉर्म पर उच्च प्रदर्शन करने वालों की कहानियाँ भरी होती हैं - परीक्षा पास करने वाले, इंटर्नशिप पाने वाले, या विदेश में पढ़ाई कर रहे लोग। ये कहानियाँ प्रेरणादायक हो सकती हैं, लेकिन पहले से ही दबाव में चल रहे छात्रों के लिए ये अस्वस्थ तुलना और आत्म-संदेह को जन्म देती हैं। एक ऐसी संस्कृति में जहां मानसिक स्वास्थ्य पर खुलकर बात नहीं होती, कई भारतीय छात्र चुपचाप पीड़ा सहते हैं, यह मानते हुए कि संघर्ष करना कमजोरी की निशानी है।

लेकिन, जरूरी नहीं कि चीज़ें ऐसी ही चलती रहें। बर्नआउट से निपटने की शुरुआत आत्म-जागरूकता और आत्म-दया से होती है। सबसे पहले, यह स्वीकार करना जरूरी है कि हर चीज़ में सर्वश्रेष्ठ होना जरूरी नहीं है। अपनी ताकतों और रुचियों के आधार पर यथार्थवादी लक्ष्य बनाना अनावश्यक तनाव को कम कर सकता है। बिना अपराधबोध के ब्रेक लेना बेहद आवश्यक है। चाहे वह टहलने जाना हो, संगीत सुनना हो या दोस्तों के साथ समय बिताना हो - आराम समय की बर्बादी नहीं है, यह आपके दिमाग के लिए पुनः ऊर्जा प्राप्त करने का तरीका है। छात्रों को यह भी महसूस होना चाहिए कि वे अपनी समस्याओं के बारे में खुलकर बात कर सकते हैं - चाहे वह कोई मित्र हो, माता-पिता हो या स्कूल काउंसलर - बात करना बहुत फर्क ला सकता है।

अपने मानसिक स्वास्थ्य का ख्याल रखना उतना ही महत्वपूर्ण है जितना कि परीक्षा की तैयारी करना। अच्छा खाना, पर्याप्त नींद और सक्रिय रहना कोई विलासिता नहीं है - यह जरूरी है। स्कूलों और कॉलेजों को भी अपना योगदान देना चाहिए - स्वस्थ शैक्षणिक वातावरण बनाकर, जहाँ संभव हो दबाव को कम करके, और तनाव और मानसिक स्वास्थ्य पर खुलकर बातचीत को प्रोत्साहित करके।

बर्नआउट का मतलब असफलता नहीं है। इसका मतलब है कि आप कठिन परिस्थितियों में कड़ी मेहनत कर रहे हैं - और अब आपको एक ब्रेक की ज़रूरत है। आप इसमें अकेले नहीं हैं। हजारों भारतीय छात्र इसी तरह महसूस करते हैं, भले ही वे इसके बारे में बात न करें। जो सबसे जरूरी है वह यह है कि आप लक्षणों को पहचानें, ज़रूरत पड़ने पर धीमा चलें, और याद रखें कि आपका मानसिक स्वास्थ्य किसी भी परीक्षा परिणाम से अधिक महत्वपूर्ण है।

दिन के अंत में, अंक आपको कॉलेज या नौकरी तक पहुंचा सकते हैं, लेकिन आपकी भलाई ही है जो आपको जीवन में आगे ले जाएगी। आप सिर्फ अपने ग्रेड नहीं हैं, न ही सिर्फ अपनी सीबी, और न ही समाज की उम्मीदें - आप उससे कहीं ज़्यादा हैं। और आपको खुश, स्वस्थ और सुने जाने का हक है।



डॉ. राज कुमार मिश्रा

कोशिश करने वालों की

लहरों से डर कर नौका पार नहीं होती,
कोशिश करने वालों की कभी हार नहीं होती।
नहीं चींटी जब दाना लेकर चलती है,
चढ़ती दीवारों पर, बार-बार फिसलती है।
मन का विश्वास रंगों में साहस भरता है,
चढ़कर गिरना, गिरकर चढ़ना न अखरता है।
आखिर उनकी मेहनत बेकार नहीं होती।
कोशिश करने वालों की हार नहीं होती।

हुबकियाँ सिंधु में गोताखोर लगाता है,
जा जा कर खाली हाथ लौटकर आता है।
मिलते नहीं सहज ही मोती गहरे पानी में,
बढ़ता दुगना साहस इसी हैरानी में।
मुट्ठी उसकी खाली हर एक बार नहीं होती
कोशिश करने वालों की हार नहीं होती।

असफलता एक चुनौती है, इसे स्वीकार करो,
क्या कमी रह गई, देखो और सुधार करो
जब तक न सफल हो, नींद चैन की त्यागो तुम
संघर्ष का मैदान छोड़ कर मत भागो तुम
कुछ किए बिना ही जय-जयकार नहीं होती
कोशिश करने वालों की कभी हार नहीं होती।
संघर्ष का मैदान छोड़ कर मत भागो तुम
कुछ किए बिना ही जय-जयकार नहीं होती
कोशिश करने वालों की कभी हार नहीं होती।



प्रेमी देवी

रोल नं० 3145, बी.एड. चतुर्थ समैस्टर

तार-तार संस्कार हो गए

तार-तार संस्कार हो गए
माँ-बाप भी दूर के रिश्तेदार हो गए।
उंगली पकड़ कर चलाने वाले,
कंधे पर मेला दिखाने वाले,
आज कंधों का ही भार हो गए
तार-तार संस्कार हो गए।

ब्राबुल का आंगन छोड़ते वक्त,
अब बेटी की आँख नम नहीं होती,
रोती-तरसती बिलखती रहे माँ,

पर माँ तो उसका प्रियतम नहीं होती।
याद नहीं राखी का दिन,
पर फ्रैण्डशिप डेज त्यौहार हो गए,
तार-तार संस्कार हो गए।
माँ के कदमों में बेटे को जन्मत नहीं दिखती,
और बाप के नीचे अब कहाँ आकाश,
आज बच्चे-बच्चे को जकड़े हुए है
मोबाइल/इंटरनेट का महापाप।
चैनी-खैनी - गुटखे - गांजे
युवा पीढ़ी का श्रृंगार हो गए
तार-तार संस्कार हो गए।
कुंजीपटल की कुजियों के आशिक,
'गुरु' शब्द की वर्तनी तक भूले,
झुक जाएं तो हैडसेट गिर जाएं
फिर कैसे गुरुओं के चरण वे छू ले
गुड मॉर्निंग, गुड इवनिंग, गुड नून की भीड़ में
प्रणाम - नमस्ते - नमस्कार खो गए,
तार - तार संस्कार हो गए।
आर्यभट्ट के वंशज अब तो
गुणा सारणी भूल गए
डिक्शनरी डॉट - कॉम के हुए दिवाने
और ऋषि-पाणिनी हो गए
हम भूल गए गीता गीतांजलि
और फेसबुक के पन्नों पर सवार हो गए
तार-तार संस्कार हो गए।।



दीक्षा कुमारी

रोल नं० 3130, बी.एड. चतुर्थ समैस्टर

समय का महत्व

समय कहता मैं तुम्हारे साथ हूँ
समय की चाल निरन्तर चलती है
यह पल में अनेक रूप बदलता
दुख दर्द और सुख का साथी बनता
रोज अपने नए रंग, रूप दिखाना
सब इसकी मर्जी से चलता
अपना हर पल का महत्व बताता
ये कभी रुकता नहीं थकता नहीं
बस निरन्तर ही चलता जाता हूँ
इसके महत्व को अगर समझोगे
जीवन में अपने लक्ष्य हासिल करोगे

सारे काम समय पर ही होते
चाहे हम कितने भी उत्सुक हो
होगा काम समय पर ही
इसलिए समय के महत्व को समझे
समय कहता मैं तुम्हारे साथ हूँ



साक्षी

रोल नं० 601, डी.एल.एड. द्वितीय वर्ष

संकल्प

दृढ़ है संकल्प तो विकल्प, नहीं दूढ़ना
निश्चय जब कर लिया संकल्प नहीं तोड़ना,
खुद पर विश्वास और मन में उमंग हो,
कौशल के साथ अगर साहस का संग हो,
तो किसी भी काम को, अधूरा नहीं छोड़ना,
निश्चय जब कर लिया संकल्प नहीं तोड़ना।
रात्रि एक दिन सुबह के साथ आयेगी,
अंधकार चिरकर प्रकाश साथ लायेगी,
ठान लिया एक बार मुँह नहीं तू मोड़ना,
निश्चय जब कर लिया संकल्प नहीं तोड़ना।
विचार को विचार कर,
दृष्ट को दुलार कर,
एकबार थामकर हाथ नहीं छोड़ना,
निश्चय जब कर लिया संकल्प नहीं तोड़ना।
जीत के लिए तो संकल्प शुद्ध चाहिए,
आलस प्रमाद के विरुद्ध युद्ध चाहिए,
हारकर किसी से तू हाथ नहीं जोड़ना
निश्चय जब कर लिया संकल्प नहीं तोड़ना।

नीलम

रोल नं० 623, डी.एल.एड. द्वितीय वर्ष

मौन की महिमा

मौन की महिमा अपरंपार है। कई बार जो संदेश मौन के माध्यम से दिया जा सकता है, उसकी तुलना शब्दों में नहीं की जा सकती। कठिन पलों में आदमी शब्दों या वार्तालाप में उलझकर रह जाता है। कई बार और भ्रम की स्थिति उभरकर सामने आ जाती है। इसलिए नपे तुले कम से कम शब्दों में बात की महत्ता प्रतिपादित की गई है। मौन इससे भी एक कदम आगे है बशर्ते आप स्वयं में संदेश की

काबिलियत का विकास व्यक्तित्व में भर सकें। गांधी जी दो सप्ताह में एक बार पूरे दिन का मौन रखा करते थे।

एक बार एक किसान की कीमती घड़ी भूसे के एक बहुत विशाल ढेर में कहीं खो गई। उस घड़ी का उसके लिए भावनात्मक मूल्य था। उसने खुब खोजा यहां तक कि मैदान में खेल रहे बच्चों को इनाम शर्त पर ढूँढवाकर भी उसे खोज नहीं पाया। उल्टे भूसा सब ओर फैल गया।

अंत जब थक हारकर किसान बैठने ही वाला था कि एक छोटा सा बालक उपस्थित हुआ और मदद की पेशकश की। किसान ने एक पल उसकी छोटी उम्र के मद्देनजर उसे आश्चर्य के भाव से देखा तथा फिर हाँ कर दी।

थोड़ी देर बाद देखा कि बच्चा घड़ी लेकर हाजिर हुआ। तथा किसान की हथेली पर रख दी। पूछे जाने पर बालक ने बताया कि - मैंने अधिक कुछ नहीं किया - सिवाय इसके कि धरती पर कान गड़ाकर बैठ गया ताकि उस मौन वातावरण में घड़ी की टिक-टिक सुन सकूँ।

बात का निष्कर्ष सिर्फ इतना है कि अस्थिर मस्तिष्क से सधा हुआ मौन भी शांत मस्तिष्क अच्छी तरह सोच सकता है अतः दिन में कम से कम एक बार अवश्य शांत तथा मौन रहकर अपने अंदर की आवाज सुनें। मन मस्तिष्क को साधें। यहीं से आपको जीवन को साधने का मंत्र प्राप्त होगा।

शिवानी

रोल नं० 621, डी.एल.एड. द्वितीय वर्ष

2025 में भारत के समसामयिक मुद्दे

भारत वर्ष 2025 में कई सामाजिक, राजनीतिक आर्थिक और पर्यावरणीय चुनौतियों का सामना कर रहा है। जहाँ एक ओर देश तकनीकी उन्नति और वैश्विक मंच पर अपनी उपस्थिति को और सशक्त बना रहा है, वहीं दूसरी ओर कई ऐसे मुद्दे हैं जो चिंता का विषय बने हुए हैं। आइए जानते हैं 2025 के कुछ प्रमुख समसामयिक मुद्दों के बारे में।

बेरोजगारी और युवाओं का भविष्य - ग्रामीण और शहरी दोनों क्षेत्रों में बेरोजगारी अभी भी एक गंभीर समस्या है। तकनीकी विकास के साथ-साथ पारंपरिक नौकरियों में कमी, स्किल गैप और शिक्षा प्रणाली में सुधार की आवश्यकता इस समस्या को और जटिल बना रही है।

स्वास्थ्य प्रणाली की चुनौतियाँ - कोविड-19 के बाद से स्वास्थ्य व्यवस्था पर ध्यान बढ़ा है, लेकिन अब भी ग्रामीण क्षेत्रों में स्वास्थ्य सेवाओं की स्थिति चिंताजनक है। नई बीमारियाँ, मानसिक स्वास्थ्य

की अनदेखी और स्वास्थ्यकर्मियों की कमी जैसे मुद्दे प्रमुख हैं।
महिला सुरक्षा - कार्यस्थलों से लेकर सार्वजनिक स्थानों तक महिलाओं को आज भी कई समस्याओं का सामना करना पड़ता है।
सामाजिक और सांप्रदायिक तनाव - 2025 में भी भारत को सामाजिक एकता बनाए रखने की आवश्यकता है। धर्म, जाति और भाषा के नाम पर फैलता तनाव देश की आंतरिक स्थिरता को प्रभावित करता है।

भारत 2025 में एक निर्णायक मोड़ पर खड़ा है, जहाँ विकास की संभावनाएं तो अपार हैं, परंतु उसके साथ ही कई जटिल मुद्दे भी सामने हैं। इन चुनौतियों से निपटने के लिए केवल सरकार ही नहीं, बल्कि आम नागरिकों को भी जागरूक और जिम्मेदार बनना होगा।

संजना कटवाल

रोल नं० 622, डी.एल.एड. द्वितीय वर्ष

किसान

भारत में वर्तमान में कई महत्वपूर्ण मुद्दे चर्चा में हैं। इनमें से एक प्रमुख विषय किसानों की आर्थिक स्थिति से संबंधित है।

किसानों पर बढ़ता कर्ज :- पंजाब, हरियाणा, हिमाचल प्रदेश और चंडीगढ़ के लगभग 85.86 लाख किसान भारी कर्ज के बोझ तले दबे हुए हैं, जिन पर कुल बकाया ऋण 2.20 लाख करोड़ रुपये तक पहुँच गया है। यह स्थिति किसानों की आर्थिक कठिनाइयों को दर्शाती है और उनके लिए वित्तीय राहत की आवश्यकता को उजागर करती है।

इसके अलावा, तेलंगाना में धान की फसल की लागत में तेज वृद्धि देखी गई है, जिससे किसानों की आय पर प्रतिकूल प्रभाव पड़ा है। तेलंगाना के वीर शेटी जैसे किसान बाजरा की खेती में लाखों रुपये कमा रहे हैं, जो कृषि में विविधता और आधुनिक खेती तकनीकों के अपनाने की दशा में सकारात्मक कदम हैं। इन आर्थिक चुनौतियों के बीच सरकार और विभिन्न संगठनों द्वारा किसानों की आय बढ़ाने और उनकी वित्तीय स्थिति सुधारने के लिए कई कार्यक्रम और योजनाएं चलाई जा रही हैं। इन प्रयासों का उद्देश्य कृषि क्षेत्र में स्थिरता और समृद्धि सुनिश्चित करना है।

कर्ज का दबाव इतना बढ़ जाता है कि कई किसान आत्महत्या जैसे कदम उठाने पर मजबूर हो जाते हैं। राष्ट्रीय अपराध रिकॉर्ड ब्यूरो (NCRB) के आंकड़ों के अनुसार हर साल हजारों किसान कर्ज और आर्थिक तंगी के चलते अपनी जान गंवाते हैं।

जब तक किसानों की आर्थिक स्थिति नहीं सुधरती, तब तक देश की प्रगति अधूरी मानी जाएगी। जरूरत है कि समाज, सरकार और निजी क्षेत्र मिलकर किसानों को आत्मनिर्भर बनाने की दिशा में ठोस

कदम उठाए, ताकि भारत का अन्नदाता फिर से सम्मान और समृद्धि की ओर लौट सके।

इशिका परमार

डी.एल.एड. द्वितीय वर्ष, रोल नं० 617

हिन्दी भाषा में रोजगार

हिन्दी के विकास के लक्ष्य में वैज्ञानिक व तकनीकी शब्दावली आयोग की भूमिका भी कम महत्वपूर्ण नहीं है। आयोग ने विज्ञान, दर्शन, इतिहास, समाजशास्त्र, कानून इत्यादि अनेक विषयों से संबंधित पारिभाषिक शब्दावलियों का निर्माण किया है। कंप्यूटर व तकनीकी के क्षेत्र के हिन्दी से संबंधित अनेक सॉफ्टवेयरों और प्रोग्रामों का निर्माण किया। इनके निर्माण से हिन्दी भाषा का प्रयोग सूचना तकनीक में संभव हो सका है।

टी.डी.आई.एल. के अनुसार भारत में मात्र 5 प्रतिशत लोग ही अंग्रेजी भाषा को समझते हैं, बाकी हिन्दी सहित अन्य भारतीय भाषाओं का प्रयोग करते हैं। भले ही अधिकतर शैक्षिक संस्थानों में अंग्रेजी को छोड़कर हिन्दी व अन्य भाषाओं को प्रयोग करने वालों को हेय दृष्टि से देखा जाता है। किन्तु अब बदलते परिवेश के कारण हिन्दी भाषा के प्रति लोगों का नजरिया बदलने लगा है। इसका कारण है हिन्दी भाषा का रोजगार परक होना। बाजार से जुड़कर हिन्दी में रोजगार की अपार संभावनाएं पैदा की हैं।



प्रियंका साहिल

रोल नं० 3259, बी.एड. द्वितीय वर्ष

साल 2050

मैं और कुछ वैज्ञानिक अभी उड़न तस्ती में बैठे हैं। हम एक नए ग्रह की खोज कर रहे हैं। एक ऐसा ग्रह जहाँ पर ऑक्सीजन पानी आदि उपलब्ध हो क्योंकि पृथ्वी पर अब कुछ नहीं बचा है। मानव जाति ने सब कुछ तबाह कर दिया है। तभी एकाएक मेरी सहायक आई और चाय पीने के लिए दी। उसने मुझे थोड़ा आराम करने के लिए भी कहा। मैंने चाय का प्याला लिया और पास रखी कुर्सी पर जाकर बैठ गई। जैसे ही मैंने चाय का पहला घूंट पिया वैसे ही मेरी आंखों के सामने हरियाली और उद्यान में खेलते हुए बच्चे नज़र आए। हाँ ये वह समय था जब लोगों को ऑक्सीजन के लिए तरसना नहीं पड़ता था। हर जगह पेड़ ही पेड़ थे। सब कुछ अच्छा था। फिर

मैंने चाय का एक घूँट लिया तभी आज की दुनिया नज़र आई। 2050 की यह दुनिया जहाँ इंसान को ऑक्सीजन भी खरीदनी पड़ रही है। पेड़ों की जगह अब सीमेंट की इमारतों ने ले ली है। आज कल लोग नकली पेड़ लगाकर खुश होते हैं। फिर मुझे अपना बचपन याद आया। सुबह उठकर यह नहीं सोचना पड़ता था कि आज कितना पानी इस्तेमाल करना पड़ेगा। उस समय कई संस्थान थे जो लोगों की प्रकृति के महत्व के बारे में बताते थे। प्रकृति के संसाधनों का दुरुपयोग न करने की सलाह देते थे। लेकिन लोग उनकी बातों का मजाक उड़ाते रहे और विकास के नाम पर प्रकृति का विनाश करते रहे। इसमें कोई शक नहीं है कि इंसान शुरू से ही लापरवाह रहा है। आज हम ऐसे दौर से गुजर रहे हैं जहाँ हर चीज़ विकाऊ है। ऐसा समय जिसके बारे में किसी ने कल्पना भी नहीं की थी। सोचते-2 कब चाय खत्म हो गई पता ही नहीं चला। काश! उस समय इंसानों ने प्रकृति का ख्याल रखा होता। अगर ऐसा होता तो आज हमें यह दिन नहीं देखना पड़ता।



शिल्पा

बी.एड. द्वितीय वर्ष, रोल नं० 3226

हिन्दी का महत्त्व

भारत विविधताओं से भरा देश है। यहाँ अलग-अलग धर्म व जातियों के लोग रहते हैं। अलग-अलग भाषाएँ, बोलियाँ बोलने वाले, अलग-अलग वेशभूषा, खान-पान व संस्कृति के लोग रहते हैं। ये हिंदी भाषा ही है जो देश के सभी लोगों को एकता के सूत्र में पिरोती है। देश को एक रखने में हिन्दी का बहुत बड़ा योगदान है। हिंदी भावों की अभिव्यक्ति को सबसे सरल जरिया है। हिन्दी सिर्फ एक भाषा ही नहीं है, बल्कि यह भारत संस्कृति एकता को मजबूत बनाती है और हमें विश्व में एक अलग पहचान दिलाती है।

हिंदी की अहमियत का पता इससे चलता है कि आज दुनिया में तीसरी सर्वाधिक बोली जाने वाली भाषा हिंदी है। सोशल मीडिया पर हिंदी पढ़ने व लिखने का उपयोग बढ़ता जा रहा है। डिजिटल युग में भी हिंदी का दायरा दिनोदिन बढ़ता जा रहा है।

हिन्दी को रोजगार की भाषा बनाना होगा। आज रोजगार की दुनिया में अंग्रेजी का वर्चस्व है। कोई भी भाषा तब बचती है जब शब्द बचते हैं, गढ़े जाते हैं, साहित्य रचा जाता है और ज्ञान का निर्माण होता है। देश को एकता के सूत्र में बांधने वाली हिंदी सिर्फ एक भाषा नहीं बल्कि भावों की अभिव्यक्ति है।



शिवानी
बी.एड. द्वितीय समैस्टर, रोल नं० 3219

सपना

एक बार मैंने सपने में देखा कि मैं किसी यंत्र के बिना ही उड़ सकता हूँ। मैं बहुत खुश हो गया। मैं एक बड़ी सी उड़ान पर निकल पड़ा। मैं बादलों के पास पहुँच गया। मैं बहुत डरने लगा कि कहीं गिर न जाऊँ। पर फिर मैं किसी तरह अपनी शक्ति को संभालना सीख गया।

मैंने सोचा, मैं तो अब बिना टिकट कहीं भी आ जा सकता हूँ। मैं अब कहां पर जाऊँ, इस सोच में पड़ गया। आज मेरे अध्यापक ने ज्वालामुखी के बारे में बताया था। तो क्यों ना मैं माउंट फूजी पर जाऊँ, यह सोचकर मैं माउंट फूजी की ओर उड़ चला। मैंने रास्ते में बहुत सारे भारतीय जंगल देखे, दिल्ली के कुतुबमीनार के ऊपर से उड़ा। फिर मैंने हिमालय के सफेद पहाड़ों को देखा। जब तक मैं माउंट फूजी पहुँचा, तब तक तो शाम हो गई थी। वहाँ पर मैं जमीन पर उतरा। मैंने आम रस पीकर फिर से उड़ान भरी और माउंट फूजी की चोटी पर पहुँचा। जब मैं वहाँ पहुँचा तो मैंने एक अदभुत नज़ारा देखा। वहाँ पर एक बहुत बड़ा गड्ढा था, जिस में से लावा निकल रहा था। अब मैं थक गया था। वहाँ थोड़ा समय बिताकर मैं अपने घर को चला गया।



पूनम कुमारी

बी.एड. द्वितीय स्तर, रोल नं० 3229

राष्ट्रीय शिक्षा नीति (2020)

★ राष्ट्रीय शिक्षा नीति-2020 में शिक्षा की पहुँच, समानता, गुणवत्ता, वहनीय शिक्षा और उत्तरदायित्व जैसे मुद्दों पर विशेष ध्यान दिया गया है।

★ नई शिक्षा नीति के निर्माण के लिए जून 2017 में पूर्व इसरो (ISRO) प्रमुख डॉ. के कस्तूररंगन की अध्यक्षता में एक समिति का गठन किया गया था। इस समिति ने मई 2019 में राष्ट्रीय शिक्षा नीति का मसौदा प्रस्तुत किया था।

★ राष्ट्रीय शिक्षा नीति (NEP) 2020 वर्ष 1968 और वर्ष 1986 के बाद स्वतन्त्र भारत की तीसरी शिक्षा नीति होगी।

★ NEP-2020 के तहत केन्द्र व राज्य सरकार के सहयोग से

शिक्षा क्षेत्र पर देश की जीडीपी के 6 प्रतिशत हिस्से के बारे में निवेश का लक्ष्य रखा गया है।

* नई शिक्षा नीति में वर्तमान में सक्रिय 10+2 के शैक्षिक मॉडल के स्थान पर शैक्षिक पाठ्यक्रम को 5+3+3+4 प्रणाली के आधार पर विभाजित करने की बात कही गई है।

* इस शिक्षा से छात्रों में रचनात्मक सोच, तर्किक निर्णय और नव विचार की भावना को प्रोत्साहित करने पर बल दिया गया है।



ममता देवी

बी.एड. द्वितीय समैस्टर, रोल नं० 3243

समय का पहिया

समय का पहिया चलता जाए,
बीता पल कभी लौट न आए।
हर क्षण कीमती, हर पल अनमोल,
समय की गति है सबसे गोल।

खोया समय कभी न मिलता,
बीता कल फिर कहाँ पलता ?
आज का काम न कल पर टालो,
समय की कीमत दिल में पालो।



समय की धारा बहती जाए,
जीवन की नैया पार लगाए।
समय का सदुपयोग जो करता,
सफलता का सीढ़ी वही चढ़ता।

समय के साथ ही तो, सब कुछ बदलता है
फूल खिलते हैं, फिर मुरझा जाते हैं,
पलक झपकते ही, बीत जाता है,
समय की कदर करो, यही सच्चाई है।



रिधिमा शर्मा

बी.एड. द्वितीय समैस्टर, रोल नं० 3241

समय

जो लोग समय का सदुपयोग करना नहीं जानते उनका जीवन भी अनुपयोगी बन जाता है। समय को काटों नहीं अपितु जिओ। समय काटना अर्थात् समय का दुरुपयोग करना। और समय को जीना

अर्थात् समय का सदुपयोग करना। हमारे शास्त्रों में स्पष्ट कहा गया है कि मनुष्य अपनी नासमझी में अपने जीवन को व्यर्थ गंवाता है।

“कालो न यातो व्यमेव याताः” अर्थात् मनुष्य समझता है कि वो समय काट रहा है मगर सच्चाई यह है, कि वह समय को नहीं अपितु समय ही उसे काट रहा है। समय उन लोगों द्वारा ही जिया जाता है जो निरंतर पुरुषार्थ में लगे हुए हैं। जो नये सृजन और सफल होने के लिए निरंतर कर्म करने में विश्वास करते हैं।

मेहनत को छोड़ केवल किस्मत में विश्वास रखने वाले मनुष्य ही समय को जीने की अपेक्षा काटने में लगे रहते हैं।

प्रत्येक क्षण का सदुपयोग करना सीखो ताकि आपका प्रभात शुभप्रभात और रात्रि शुभरात्रि बन सके एवं स्वयं के जीवन को भी आप उन्नति और उत्थान की ओर अग्रसर कर सकें।



मंगला देवी

बी.एड. द्वितीय समैस्टर, रोल नं० 3239

सोशल मीडिया और युवा पीढ़ी

आज की युवा पीढ़ी सोशल मीडिया से गहराई से जुड़ी हुई है। फेसबुक, इंस्टाग्राम, ट्विटर और यूट्यूब जैसे प्लेटफॉर्म अब सिर्फ मनोरंजन के साधन नहीं बल्कि अभिव्यक्ति, जानकारी और जुड़ाव के माध्यम बन चुके हैं।

इन प्लेटफॉर्मों ने युवाओं को अपनी बात रखने, टैलेंट दिखाने और दुनिया से जुड़ने का मंच दिया है। मगर साथ ही, इसकी लत, झूठी तुलना और मानसिक तनाव जैसी चुनौतियाँ भी सामने आई हैं। समझदारी इसी में है कि सोशल मीडिया का प्रयोग उपयोग के लिए हो, न कि आधारित होने के लिए। जब युवा संतुलन के साथ इसका उपयोग करते हैं, तो यह उनके विकास का एक सशक्त माध्यम बन सकता है।

सोशल मीडिया की दुनिया

चमकते स्क्रीन, झिलमिल पोस्ट,
हर पर दिखता नया एक दोस्त।
स्टोरी, रील और लाइक्स का खेल
खुश दिखने की चल रही रेल।
सेल्फी में छुपा अकेलापन,
फॉलोअर्स में दूढ़े अपनापन।
हास्य? ज्ञान और कुछ भ्रम भी,



हर एहसास की होती है झलक भी।
कभी बने ये आवाज हमारी,
तो कभी छीन ले चुप्पी प्यारी।
पुवा दिल को दे पहचान,
पर छीन न लें सुकून की जान।
चलो करें इसका सही इस्तेमाल,
बनाएं इसे ज्ञान का जाल।
सोशल मीडिया हो साथी प्यारा,
ना बने जीवन का सहारा।



शिवांगी हीर

बी.एड. द्वितीय समेस्टर, रोल नं० 3254

हिन्दी भाषा का स्तम्भ

वर्णमाला हिन्दी की, वैज्ञानिक मनभावन।
13 स्वर, 39 व्यंजन, 'अक्षर' इसमें बावन।।
कोई भी हो नाम अगर तो संगी वह कहलाता।
संगी के बदले जो आता, सर्वनाम बन जाता।।
कोई भी हो काम अगर तो क्रिया उसे हम कहते।
जिनका रूप कभी न बदले, अव्यय शब्द होते।।
पुरुष जाति का बोध कराते, शब्द कहाते 'पुल्लिंग'
स्त्री जाति का बोध कराते, शब्द वही 'स्त्रीलिंग'।।
संख्या में हो एक अकेला, होता 'एकवचन'।
अगर एक से ज्यादा हो तो, बनता 'बहुवचन'।।
तीन पुरुष हिन्दी में होते, उत्तम मध्यम, अन्य।
उत्तम मैं हूँ, मध्यम तुम हो तीसरा होता अन्य।।
जिन शब्दों का अर्थ एक सा पर्यायवाची शब्द।
एक दूसरे से जो उल्टे होते विलोम शब्द।।



रंजु

बी.एड. द्वितीय वर्ष, रोल नं० 3240

नई शिक्षा नीति

नई शिक्षा नीति (NEP) 2020 भारत की शिक्षा प्रणाली में क्रांतिकारी बदलाव की दिशा में एक महत्वपूर्ण कदम है। इस नीति का मुख्य उद्देश्य शिक्षा के क्षेत्र में सुधार करके गुणवत्ता और समानता को बढ़ावा देना है। NEP 2020 ने 5+3+3+4 प्रणाली को अपनाया है, जो बालवाड़ी से लेकर उच्च माध्यमिक तक शिक्षा की संरचना को सुव्यवस्थित करती है। यह नीति स्कूलों में

बहुविषयक शिक्षा को प्रोत्साहित करती है, जिससे छात्र विभिन्न क्षेत्रों में ज्ञान प्राप्त कर सकें। भाषाओं के तीन भाषा फहर्मूला को लागू कर, NEP ने भाषा शिक्षा में विविधता और समावेशिता को बढ़ावा देने का लक्ष्य रखा है। उच्च शिक्षा के क्षेत्र में इस नीति ने मल्टी-डिसिप्लिनरी अप्रोच को अपनाया है, जिससे छात्रों को अपनी रुचियों के अनुसार पाठ्यक्रम का चयन करने की स्वतंत्रता मिलती है। इस प्रकार NEP 2020 भारतीय शिक्षा प्रणाली को आधुनिक और समावेशी बनाने के लिए व्यापक और उन्नत दृष्टिकोण प्रस्तुत करती है।



कुसुम

बी.एड. द्वितीय समेस्टर, रोल नं० 3244

बलात्कार

बलात्कार को रोक सकें,
वो कानून कौन बनाएगा....
भला कोई अपने नेता को,
सूली पर चढ़ायेगा.....

बचा ली बेटी, पढ़ा ली बेटी,
पर बेटी कौन जलवायेगा....
गौड सी शातिर नजरें जिसकी,
उनसे बेटी कौन बचाएगा....

निर्भया देखी - मौमिता देखी,
कल सबका नंबर आएगा....
मोमबत्ती तो जला ली सबने,
हथियार कौन उठायेगा....।।



बी.एड. द्वितीय समेस्टर, रोल नं० 3228

शिक्षा का महत्त्व

शिक्षा हम सभी के उज्ज्वल भविष्य के लिए आवश्यक उपकरण है। यह स्त्री और पुरुष दोनों के लिए समान रूप से आवश्यक है। अच्छी शिक्षा जीवन में बहुत से उद्देश्यों को प्रदान करती है। शिक्षा लोगों के मस्तिष्क को उच्च स्तर पर विकसित करने का कार्य करती है। आधुनिक तकनीकी संसार में शिक्षा मुख्य भूमिका को निभाती है।

शिक्षा का समय सभी के लिए सामाजिक और व्यक्तिगत रूप से बहुत महत्वपूर्ण समय होता है।

नियमित और उचित शिक्षा हमें जीवन में लक्ष्य को बनाने के द्वारा सफलता की ओर ले जाती है।

उच्च शिक्षा सभी के लिए अच्छी और तकनीकी नौकरी प्राप्त करने के लिए बहुत ही आवश्यक है।

शिक्षा हमारे जीवन के लिए बहुत जरूरी है इसकी वजह से हमें हमारे समाज में सम्मान मिलता है।



कंचना

बी.एड. द्वितीय समेस्टर, रोल नं० 3227

जिंदगी

‘जिंदगी एक सफर है सुहाना यहाँ कल क्या हो किसने जाना? हमारी जिंदगी एक सुहाना सफर है, जहाँ हम हर मोड़ पर हम कुछ नया सीखते हैं। जिंदगी हमें हमेशा अपनी गलतियाँ सुधारने का मौका देती है। पर अक्सर हम उसे ढूँढ़ नहीं पाते। हमें अपनी जिंदगी में बहुत सी मुश्किलों का सामना करना पड़ता है। लेकिन कुछ लोग उस कठिन परिस्थिति से डरते हैं और पीछे हो जाते हैं। अक्सर हम अपनी जिंदगी के बारे में शिकायत करते हैं और कमी निकालते हैं। जिंदगी लड़ाई-झगड़ा और कमी निकालने के लिए बहुत छोटी है। इसलिए जिंदगी के हर पल को हँसी-खुशी से बिताना चाहिए। जिंदगी की कुछ खुशियाँ जब आती हैं तो हम ज्यादा देर तक खुश नहीं रह सकते लेकिन पूरी जिंदगी रोते हुए या लंबे समय तक दुखी रहते हैं एक दुख के कारण। हमारी जिंदगी एक चक्रव्यूह की तरह है। इसमें आगे बढ़ने का रास्ता हमें स्वयं खोजना है। कुछ लोग जिंदगी के खोए हुए टुकड़े को ढूँढ़ने में मदद कर सकते हैं लेकिन असली खोज तो हमें ही करनी है। यह केवल हम पर ही निर्भर करता है कि हमें हमारी जिंदगी कैसे व्यतीत करनी है। इसलिए हमें हँसी-खुशी, मिल-जुल कर, भगवान के प्रति धन्यवाद सहित जिंदगी निर्वाह करनी चाहिए।



प्रियंका

बी.एड. द्वितीय समेस्टर, रोल नं० 3224

ईमानदारी जरूरी

एक सेठ शहर में किसी बड़े जमींदार से मिलने के लिए आए। उनका मकसद जमींदार से जमीन का एक बड़ा सौदा करना था। ट्रेन से उतरकर उन्होंने रेलवे स्टेशन से जमींदार के घर तक के लिए टैक्सी कर ली। टैक्सी वाले ने उन्हें जमींदार के घर पहुँचा दिया। सेठ ने जमींदार को पैसा देने के लिए ब्रीफकेस ढूँढ़ा तो ब्रीफकेस था ही नहीं। सेठ के चेहरे पर हवाइयाँ उड़ने लगीं। तभी टैक्सी का चालक दरवाजे पर ब्रीफकेस लेकर आ गया। सेठ की जान में जान आई उसने टैक्सी चालक से पूछा - इसमें कई लाख रुपए थे। तुम्हारा मन नहीं डोला? टैक्सी चालक बोला - नहीं, बेईमानी का मौका सबको मिलता है। मैंने इसे नहीं लिया। आज इसे रख लेता तो सभी टैक्सी वाले बदनाम हो जाते। यह नुकसान बहुत बड़ा होता। सेठ को उसकी यह बात छू गई। सेठ ने उसे इनाम के रूप में कुछ पैसे दिए और उसकी प्रशंसा की।



प्रियंका ठाकुर

बी.एड. द्वितीय समेस्टर, रोल नं० 3225

शिक्षक

जीवन में जो राह दिखाए,
सही तरह चलना सिखाए।
माता-पिता से पहले आता,
जीवन में सदा आदर पाता।

सबको मान प्रतिष्ठा जिससे,
सीखी कर्तव्यनिष्ठा जिससे।
कभी रहा न दूर मैं जिससे,
वह मेरा पथदर्शक है जो
मेरे मन को भाता,
वह मेरा शिक्षक कहलाता।

कभी है शांत, कभी है धीर,
स्वभाव में सदा गंभीर,
मन में दबी रहे ये इच्छा,
काश मैं उस जैसा बन पाता,
जो मेरा शिक्षक कहलाता।



संजना शर्मा

बी.एल.एड. द्वितीय वर्ष, रोल नं० 606

इतिहास के पन्ने पलटकर देखना गुरु शब्द याद आएगा। भूल जाओगे जमाने के सारे गम, जब गुरु के साथ गुजारा हुआ वक्त याद आएगा। कहते हैं कि मनुष्य कठोर साधना करके ही ईश्वर के दर्शन करता है। जिसने भगवान रूपी गुरु को नजर अंदाज कर दिया हो, वह ईश्वर के दर्शन नहीं कर सकता। गुरु अपने शिष्य को अंधकार से प्रकाश की ओर ले जाता है। गुरु अपने शिष्य से माता-पिता तथा मित्र की तरह व्यवहार करता है। गुरु शिष्य द्वारा की हुई गलती पर उसे डांटता है। लेकिन दूसरे ही पल प्यार से गले लगाता है। गुरु शिष्य का रिश्ता वह है जो कभी स्वतन्त्र नहीं होता है। कृष्ण, राम, अर्जुन को भी गुरु की शरण लेनी पड़ी थी। जिस प्रकार भगवान को पता होता है कि मानव को किसी चीज़ की आवश्यकता होती है उसी प्रकार गुरु अपने शिष्य के चेहरे को पढ़कर उसके मन की बात जान लेता है। गुरु की महिमा का वर्णन करना मुश्किल है। इसलिए कहा भी गया है :-

गुरु ब्रह्मा गुरुर्विष्णु गुरुर्देवो महेश्वरा।
गुरुर्साक्षात् परम ब्रह्मा तस्मै श्री गुरुवे नमः।

सोनिया शर्मा

बी.एड. चतुर्थ समेस्टर, रोल नं० 3159

बेटियाँ

हर घर की रौनक होती है बेटियाँ।
सारे घर में चहकती हैं बेटियाँ।
दिल के बहुत करीब होती हैं बेटियाँ।
माँ की प्यारी सखी बन जाती हैं बेटियाँ।
छोटे बड़े काम में साहकर बन जाती,
हमें भी जीने का मतलब सिखाती,
दिन-रात काम में रहती हो माँ,
कुछ वक्त अपने लिए निकालो न माँ,
हमारी फिक्र करने वाली होती हैं बेटियाँ
न हों यह घर में तो सूना सा लगता है,
हर कोने में सन्नाटा सा पसरा रहता है,
हँसी इनकी घर को गुलज़ार करती है,
इनकी मुस्कराहट से सब खिल जाते हैं,
हर घर की जान होती हैं बेटियाँ।
एक नहीं, दो घरों का मान होती हैं बेटियाँ।
दो घरों को जोड़ एक परिवार बनाती हैं बेटियाँ।
माँ-बाप के लिए पारस होती हैं बेटियाँ।
दिल के चमन को महकाती हैं बेटियाँ।



उपासना शर्मा

बी.एड. चतुर्थ समेस्टर, रोल नं० 3161

बचपन का जमाना

जिस में खुशियों का खजाना था.....
चाहत चाद को पाने की थी,
पर दिल तितली का दीवाना था.....
खबर ना थी कुछ सुबह की,
ना शाम का ठिकाना था.....
थक कर आना स्कूल से,
पर खेलने भी जाना था.....
माँ की कहानी थी,
परियों का फसाना था.....
बारिश में कागज़ की नाव थी,
हर मौसम सुहाना था,
हर खेल में साथी थे,
हर रिश्ता निभाना था।
गम की जुबान ना होती थी,
ना ज़ख्मों का पैमाना था।



उपासना शर्मा

बी.एड. चतुर्थ समेस्टर, रोल नं० 3161

संकल्प

दृढ़ है संकल्प तो विकल्प नहीं ढूँढ़ना,
निश्चय जब कर लिया संकल्प नहीं तोड़ना,
खुद पर विश्वास और मन में उमंग हो,
कौशल के साथ अगर साहस का संग हो,
तो किसी भी काम को, अधर में नहीं छोड़ना
निश्चय जब कर लिया
रात्री एक दिन सुबह के साथ आयेगी,
अंधकार चिरकर प्रकाश साथ लायेगी,
ठान लिया एक बार मूँह नहीं तू मोड़ना,
निश्चय जब कर लिया
विचार को विचार कर,
दृष्ट को दूँलार कर,
एकबार थामकर हाथ नहीं छोड़ना
निश्चय जब कर लिया.....
जीत के लिए तो संकल्प शुद्ध चाहिए,
आलस प्रमाद के विरुद्ध युद्ध चाहिए,
हारकर किसी से तू हाथ नहीं मोड़ना
निश्चय जब कर लिया.....

शबनम कुमारी

बी.एड. चतुर्थ समेस्टर, रोल नं० 3151

धन से

धन से पुस्तक मिलती है किन्तु ज्ञान नहीं।
धन से आभूषण मिलता है किन्तु रूप नहीं।
धन से सुख मिलता है किन्तु आनन्द नहीं।
धन से साथी मिलते हैं किन्तु सच्चे मित्र नहीं।
धन से भोजन मिलता है किन्तु भूख नहीं।
धन से दवा मिलती है किन्तु स्वास्थ्य नहीं।
धन से एकान्त मिलता है किन्तु शान्ति नहीं।



भावना शर्मा

बी.एड. चतुर्थ समैस्टर, रोल नं० 3129

एक चीज

जीतने के लिए कोई चीज है तो प्रेम
पीने के लिए कोई चीज है तो क्रोध
खाने के लिए कोई चीज है तो गम
देने के लिए कोई चीज है तो दान
दिखाने के लिए कोई चीज है तो दया
लेने के लिए कोई चीज है तो ज्ञान
कहने के लिए कोई चीज है तो सत्य
फेंकने के लिए कोई चीज है तो ईर्ष्या
छोड़ने के लिए कोई चीज है तो मोह

भावना शर्मा

बी.एड. चतुर्थ समैस्टर, रोल नं० 3129

अनुशासन (Discipline)

अनुशासन का अर्थ है शासन को मानना या शासन का अनुसरण करना। जब हम शासन को मानते हैं तो हमारा जीवन व्यवस्थित हो जाता है। हमारे जीवन में एक तरह की नियमबद्धता होकर कार्य करने में बहुत आनंद आता है। तब हर कार्य सरल हो जाता है। यही कारण है कि विद्यालयों में अनुशासन को बनाकर रखने का प्रयास किया जाता है। सेना और पुलिस वालों में अनुशासन को बहुत महत्व दिया जाता है। इसी तरह परिवार और समाज में भी अनुशासन का होना आवश्यक होता है। अनुशासन से राष्ट्र की उन्नति होती है। अनुशासित जीवन जीने वाले व्यक्ति को अनेक प्रकार से लाभ होता है। उसके अंदर साहस, धैर्य जैसे गुणों का विकास होता है। इसलिए हमें समाज, सरकार या अन्य किसी भी संस्था द्वारा बनाए गए अनुशासन को मानना चाहिए। अनुशासन तोड़ने वालों के साथ किसी

भी प्रकार की सहानुभूति नहीं दिखानी चाहिए।



रुचि

डी.एल.एड. द्वितीय वर्ष, रोल नं० 637

शब्द की महिमा

शब्द संभाले बोलिए, शब्द के हाथ न पांव!
एक शब्द करे औषधि, एक शब्द करे घाव!
शब्द सम्भाले बोलिये, शब्द खींचते ध्यान!
शब्द मन घायल करे, शब्द बढ़ाते मान!
शब्द मुँह से छूट गया, शब्द न वापस आए!
शब्द जो हो प्यार भरा, शब्द ही मन में सभाएँ!
शब्द में है भाव रंग का, शब्द है मान महान!
शब्द जीवन रूप है, शब्द ही दुनिया जहान!
शब्द ही कटुता रोप दें, शब्द ही बैर हटाएँ!
शब्द जोड़ दे टूटे मन, शब्द ही प्यार बढ़ाएँ!



डी.एल.एड. द्वितीय वर्ष
रोल नं० 633

आज का भारत

देश मेरा था सोने की चिड़िया
फैंक के साड़ी उतार के चुड़िया
अब यहां डोले पश्चिमी गुड़िया
सोना ले गये बेदर्द फिरंगी
रोये चिड़िया देख पेड़ों की तंगी
इतिहास था जिसकी महान गाथा
आज वहाँ समाज बना दोरंगी
उनके ही तन के दो हिस्से
भारत - पाक
तैयार खड़े लड़ने को परमाणु जंगी
कहीं खो गए महान नेता
देश अब झेले चालें बेढंगी
उग्रवाद घपलों से हुई हालत बदरंगी
इंतजार है उस खुशनुमा पल का
जब सतों की पावन धरती पर
खिलेगा कोई नेक फरिश्ता,



बरसाने को मेघ सतरंगी।।

कंचन

डी.एल.एड. द्वितीय वर्ष, रोल नं० 611

आत्मविश्वास

चट्टान-सी खड़ी रही मुसीबतें,
मैं सागर की लहरें बन टकराती रही।
कठोर छाती ढकेल देती वापस मुझे,
बटोर हिम्मत मैं बार-बार वापिस जाती रही।
धूल धूल गई जब सच के आड़ने से,
मेरी कोशिशों का असर रंग दिखाता रहा।
टूट रहा था वो पत्थर भी धीरे-धीरे,
साध निशाना मैं बार हर बार बरसाती रही।
बिखर रहा था वो इस चोट से ज़र्र-ज़र्र,
देख साहिल मैं उस पार रास्ता बनाती रही।
कट गया पत्थर मेरी रूकावटों का,
धुन उमंग के गीतों की मैं गाती रही।
चट्टान-सी खड़ी रही मुसीबतें,
मैं सागर की लहरें बन टकराती रही।



दिया शर्मा

डी.एल.एड. द्वितीय समैस्टर, रोल नं० 608

संघर्ष नहीं बचपन है तुम्हारा...

'संघर्ष क्या है, तुम जानते हो।
हर छोटी बात पर दुआ माँगते हो।
सुनते हम नादान ऐसी बातें चार,
कभी हफ्ते में बारबार।'

मुश्किलें देख दिल जाता है सहम,
घबरा जाता तुम्हारा मन।
क्या कभी नज़रें घुमाई तुमने
सड़क के उस पार?
तुम्हारी उम्र का लड़का
जो बस्तियों में करता कारोबार।

कभी कूड़े के खजाने में,
कभी गलियों के नजराने में,
कभी मिश्रा जी के घराने में,
कभी मेलों के किनारों में,
तुम देखते हो उसे हँसते हुए,
दिनभर परिश्रम करते हुए।

उसके मासूम चेहरे पर
न दिखता है गुस्सा, न दर्द,
बचपन उसका छिन गया,
बाल्यकाल में बना वह मर्द।
तुम हो सकते थे उसकी जगह,
हालात भी हो सकते थे उसकी तरह

पर तुम्हारा जीवन है खुशियों से भरा,
फूल ही मिले काँटों की जगह।
क्यों पुस्तकें लगती हैं तुम्हे सजा,
क्या ईश्वर की यह देन है तुम्हारी वला?
यह संघर्ष नहीं बचपन है तुम्हारा,
संघर्ष नहीं बचपन है तुम्हारा.....

अंकिता

बी.एड. द्वितीय समैस्टर, रोल नं. 3266

सपनों की उड़ान

तू कुछ कर अलग, तू कुछ बन अलग,
तभी तो नाम कमाएगा।
सपनों का है यहाँ ऊँचा आसमान,
तू कुछ कर सोच अलग इस दुनिया से,
भरना है तुझको लंबी उड़ान,
तभी तू ऊँचा बन पाएगा।।
माना राहों पे आएगी मुश्किलें हजार,
तू संघर्ष कर, तू आगे बढ़,
तभी तो नाम कमाएगा।।
पंख होंगे तेरे भी मजबूत,
अब तू सपनों में साहस भर पाएगा,
तू गिर, तू हजार बार गिर, फिर से उठ खड़ा हो,
तभी तो सपनों में उड़ान भर पाएगा।।
तू संघर्ष कर, तू आगे बढ़,
तभी तो नाम कमाएगा।।
तू कुछ कर अलग तू कुछ बन अलग,
तभी तो नाम कमाएगा।।
जीवन में सफलता मिलेगी तुझे भी।



शिवानी ठाकुर

बी.एड. द्वितीय समैस्टर, रोल नं० 3258

पहाड़ी अनुभाग

अनुक्रमणिका

सत्र 2024-25

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| 1. | हिमाचला री गल्ला | आयूष | डी.एल.एड. द्वितीय समैस्टर |
| 2. | पहाड़ी कविता | अभिषेक जमवाल | डी.एल.एड. द्वितीय समैस्टर |
| 3. | आपणा मण्डी | विनायक | डी.एल.एड. प्रथम समैस्टर |
| 4. | माँ-बाप रा प्यार | सिमरन | डी.एल.एड. द्वितीय समैस्टर |
| 5. | मिले जुलि ने घर बसनें चाहिदे | अंजना वर्मा | बी.एड. चतुर्थ समैस्टर |
| 6. | हिमाचली लोग : उनदी जिन्दगी अते उनदी पहचान | ईशा | बी.एड. चतुर्थ समैस्टर |
| 7. | म्हारा मंडी | कनिका | बी.एड. चतुर्थ समैस्टर |
| 8. | कुड़ियाँ ताई लोका दी सोच | सानिया | डी.एल.एड. प्रथम समैस्टर |
| 9. | असां रा कॉलेज | दीक्षा कुमारी | बी.एड. चतुर्थ समैस्टर |
| 10. | हिमाचल री गल्ला | सुभम कुमार | डी.एल.एड. द्वितीय समैस्टर |
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| 12. | अपणी चांदी न कुट्टा करदे | रजनी | डी.एल.एड. प्रथम समैस्टर |
| 13. | पहाड़ी कविता | विनय कुमार | डी.एल.एड. प्रथम समैस्टर |
| 14. | पहाड़ी भाषा रा महत्व/भाव | साहिल गुलेरिया | बी.एड. द्वितीय समैस्टर |
| 15. | माँ दी ममता | अशीष | डी.एल.एड. प्रथम समैस्टर |
| 16. | बुद्ध कने तीसरे नामा री परेशानी | अंजलि | डी.एल.एड. प्रथम समैस्टर |
| 17. | सच्चाई ऐ झूरा दी | यशवन्त | डी.एल.एड. प्रथम समैस्टर |



सम्पादकीय

मिंजो बड़ी खुशियाँ रि गल्ल ई कि अहारा स्वामी विवेकानंद शिक्षा महाविद्यालय रि साला रि पत्रिका “विवेक” रा संस्करण छपवाया करा। “विवेक” रा मुख्य मकसद छात्र-छात्रा रे विचारा जो लिखिरे पेपरा रे रूपा विचं प्रदर्शित करना। कन्ने-ए-पत्रिका छात्र-छात्रा रे विचारा जो संजोई कन्ने रखने रा इक जरिआ।

तलवारां ते ज्यादा कलमां रि ताकत ई, सच्च बोलूरा। समाजा च बदलाव, कन्ने जागृति लाणे खातिर लग-लग विचारां रा लगातार आऊणा जरूरी आ।

मिंजो आशा ई नी पूरा विश्वास बी आ की अहारी पत्रिका “विवेक” विद्यार्थियों जो अपने नए-नए विचारां जो उत्पन्न करने रा ईक जरिया साबित उणा।

मैं प्राचार्य, आचार्य वर्ग, प्रिय विद्यार्थियों कन्ने सारे शिवा परिवारा रा पत्रिका जो सफल बणाणे जो दिनुरे सहयोगा खातिर धन्यवाद करा।

श्री सतीश कुमार



सम्पादकीय

प्यारे पाठकों, “विवेक” कॉलेजा री पहाड़ी अनुभाग रा हर साल साई इस साल च भी “विवेक” जो प्रकाशित कित्या जाईरा। मैं पूज्या अपने प्राध्यापक श्री सतीश कुमार रा बड़ा हार्दिक धन्यवाद करां ई। जिने मिजों इस पत्रिका रे पहाड़ी भागा रा छात्र सम्पादिका बनणे रा मौका दित्या। तिनारीयाँ कृपा कने सहयोगा च मैं अपने काम करी सकीं।

लिखणा इक बहुत बड़ी कला ई। हर आदमी बिच ए कला हों आई, पर कोई इसारा प्रयोग करदा, कोई नी करदा। मेरा सब्बी कने अनुरोध आ कि अपने हुनरा जो कदी भी नी दबाणा चाईदा, तिसो हमेशा अगे लयौणे री कोशिश करनी चाइदीं कला जो असीं ऐ सोची कने दुःखी नी होणा कि असां जो ऐ काम आंदा था पर असीं कित्या नी आ। मैं तिना सब्बी छात्र-छात्रा रा धन्यवाद करना चाहीं जिने जे शिव धारा च अपने कीमती लेख दिते। तिनारे जे लेख नी छपणे उन्हा ते मैं माफी मंगाई। मिजों पूरा विश्वास आ कि पिछली “विवेक” साई तुसां जो इस साला री “विवेक” रा एह अंक भी छैल लगणा।

सिमरन

हिमाचला री गल्ला

हिमाचला री धारा मंझा, हा श्रां रे पहाड़ा मंझ,
बज्जो री श्री बंसरिये, तू तां मुडये गाई जा,
पुराणे थे पुराणे ताणे नवे बाणे मंझा
सच्चे होर मिटठे गाणेयां जो गाई जा।
मरदी फेरी भियाणु चमाकोए कालटी यारे दुश्रालिए पाई,
रोबे फकारवे सेभीए तुसे हीछ रे टोपुए जिमो झगाई।
मियो ! छुण मुण करे मन्दरोट, मेरा दिल डोलदा
सेहू जाणे माणी लांदी घसरोट, मेरा दिल- डोलदा।
मेरे दिल दे जरूमाउप्पर,
तिक्खे नशतर लादे लोक।
जे मै कोई हमदंदी मंगा।
श्रपरगी व्यथा सुणान्दे लोक।
भाउग्रो । श्राले ता बड़ी दूर राम राज ऐ,
सिर चुक्की हस्सा दा फूर सामराज ऐ।
जे तां सच करना ए बापुए रा सुपना
देसे रे निमित करना डर काम्म काज ऐ।
झूठे ते फरेबे दिया श्रग्गीजो बुझाई ने
केयु ते चले थे श्रसां पुज्जे कुथु श्राई ने।



आयूष

डी.एल.एड. द्वितीय समैस्टर, रोल नं. 612

पहाड़ी कविता

पहाड़ों रा जीणा
पहाड़ों रा नजारा नोखा
पहाड़ों रा माणु बांका
देश दुनिया घूमी
हटे फिरो सबी पहाड़ ही लुबाउदे
ऊँचे देवदार शेवले कैसी
बान कैसी चील कई जैगे बुरांदा उगदे।
ऊँची टिब्री दे देव-देवी वसदे,
तिनी रे सहारे सबी रे काज बणदे,
साजी त्यारी रे दैडे से पूजे जाँउदे
जेबे आउंदी फसल नई,
सबी द पैले मंदरा ते चढ़ाई जांदी
ताँ ई सूख स्मृद्धि घरे आउंदी।
पहाड़ी रा जीवणा शोबटा,
नी ओदा कनी चीजो रा जीता।
तीज त्यारी री लाणी गल,

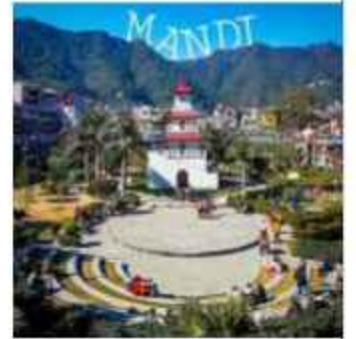
सब जणे मिली जुली मनाउदे।
जैवे करी ली बात पननि री
घाठू रेजटा सदी लोईया किनारे कुल्लती टोपी
सबी दी सजदी।
पहाड़ों रे सेवी रा त कहणा
का, से तो देश विदेशी दे विकदे।



अभिषेक जमवाल
डी.एल.एड. द्वितीय वर्ष

आपणा मण्डी

भुतनाथ रा मंदिर ऐथी,
पंचवक्तु आ बड़ा प्यारा।
ऐथी हुई शिवरात्री.....,
आसा पर आ दयो रा सहारा।
भोले बाबा री ये नगरी,
ऐथो बोला ऐ छोटी काशी।
मिन्जो बड़ा भारी गर्व आ,
में हाया मण्डी रा स्थाई निवासी।
वल्हा रा क्षेत्र बड़ा उपजाऊ,
गुमे ई नमका री खान।
पराशर ऋषि रा मंदिर पगौडा,
देव कमरुनाग ईथारी शान।
रिवालसर झील आ तैरदा टापु,
लोभस ऋषि रा मंदिर प्यारा।
शिकारी माता रा मंदिर ऐथी,
ऐ आ आपणा प्यारा मण्डी।



विनायक

डी.एल.एड. प्रथम समैस्टर, रोल नं 665

माँ-बाप रा प्यार

माँ-बाप रा प्यार,
दुनियाँ रा अनमोल तोफा,
मेरे स्वातिर तिन्हा रे बिना अधूरा ये संसार,
माँ रा आँचल कने बाप रा प्यार,
कदी तिन्हा री झिड़का कने कदी तिन्हा रा दुलार,
माँ देदी मुश्किलाँ ने लड़ने री शक्ति
बचपन बीतेया छांता च कने धुप पावे उस पार,
हर वक्त लगदा जियां गुलशन च बहार,

फिर जबानी च कठिनाईयाँ ने किया अहाँ पर वार,
लड़ खड़ाये पैर मेरे पर संभली गये,
मेरे ले था माँ-बाप रा प्यार,
मैं येही फरियाद करदी
ऐ भगवान किसी रे भी माँ-बाप ना हो जुदा,
माँ-बाप हुँदे बच्चेया री शक्ति
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।



सिमरन

डी.एल.एड. द्वितीय समैस्टर, रोल नं० 630

मिले जुलि ने घर बसनें चाहिदे

मन्ना न मन्ना तोहार ता मनाणे ही चाहिदे,
चायें चायें रिश्ते भी नभाणे चाहिदे
किहलेयां रहणे ते तां सौ व्याधां हजार दुख लगदे,
टपरू तां मिली जुली करी ने बसाणे चाहिदे।
जेहडें दिलें बैठी दुख दिनदे, सैह बोल-कुबोल मने ते मटाणे भी
चाहिदे।
जुआना भी तां बुढ़े होणा ही है, बैठी करी दो पल बुजुर्गा कन्ने
बिताणे भी चाहिदे
बेईमानी कुसी जो नी फलदी पैसे तां माणदारिया
ने कमाणे चाहिदे।
रोज़ रोज़ तां कुण ही मिलदा कुसि जो, खुशियों
दे मौके हसी ने बिताणे चाहिदें।
जीणे जो तां सारेयां रा हक बणदा, ऊँच-नीच
दे ख्याल मने ते हटाणे चाहिदे।
जिंदगी दा कोई भरोसा नी करी सकदे,
हसी-खेली ने दिन लगाणे चाहिदे।



अंजना वर्मा

बी.एड. चतुर्थ समैस्टर, रोल नं० 3074

हिमाचली लोग : उनदी जिन्दगी अते उनदी पहचान

हिमाचल दे लोग अपनी जिन्दगी विच कुछ अलग ही हुदे ने। पहाड़ां
दी थंडी हवा, उनदी जिन्दगी दा हिस्सा बन जादी है। हिमाचली लोग
अपनी दोस्ती, प्यार अते अपनी सादगी नाल जिन्दगी जीदे ने।
हिमाचली लोग अपनी बोली अते हंसी-खुशी नाल जाने जादे नी।
ओहने चेहरे ते हमेशा मुस्कान रहंदी है अते ओह हर काम नू बड़े

प्यार नाल करदे नी। जदों बी कोई त्यौहार आ जांदा है या कोई छोटे
जिया सफर हुनदा है, ता हिमाचली लोग उसनु अपनी पुरानी
रोति-रिवाजां नाल मनादे नी अते अपनी परंपराओं नू ज़िन्दा रखदे
नी।

सब तो खास गल ए है कि हिमाचली लोग
अपनी परेशानियां नू हमेशा परिवार अते दोस्तो
दे नाल मिल के हल कर लेदे ने। ओह अपनी
छोटी-छोटी खुशियाँ विच ही संतुष्ट रहेदे ने
अते एक-दूजे नाल हर पल नू खास बना ले दे
ने।



ईशा

बी.एड. चतुर्थ समैस्टर, रोल नं० 3132

म्हारा मंडी

म्हारा मंडी शहर न्यारो,
सुब्हां धूप छाँव सा प्यारो।
बीच सु बहे ब्यास दा पानी,
हर दिल च बसगी इसकी कहानी।
टिकार सुँ देखूं तो नगर सुहावण,
घंटाघर दी घड़ी बजे मनभावण
लंगर भवन भूतनाथ दे मेले,
गूँजे जठे लोक गीत ठेले।
धान, मक्की दे खेत हरेले,
बगां सु आये कोयल दे मेले।
लुगड़ी दी खुशबू च बस्से गाँव,
प्यार, बंधण दे होवे ठाँव।
मंडी माटी, माँ समां प्यार दी,
हर पग च छाप संस्कृति सार दी।
जिंदगानी च जित्थे भी जावां,
म्हारा मंडी याद सदा आवां।



कनिका

बी.एड. चतुर्थ समैस्टर, रोल नं० 3112

कुड़ियाँ ताई लोका दी सोच

आजकल देयाँ लोकां दियां होइदियाँ सोचां खराब, चादे सिर्फ पुत्र
चाहे बड़ा होई कने पीए शराब। जे जम्मी कुडी तां लगदे रोणा झट,
मुंडू होदा लेट, ताँ नी दिखदे खुश।
कुड़ियाँ जो करना पौदा सारा कम, चाई से होन थानेदार, मुंडू करदा
घरे राज, चाहे सै हो दिहाड़ीदार।

ਏ ਤਾਂ ਹੈ ਕੁਡਿਆਂ ਦੇ ਬਾਦ ਹੀ ਕਹਾਣੀ, ਇਸਤੇ ਪਹਲੇ
ਦੀ ਤੋ ਅਡਯੋਂ ਗਲ ਕਯਾ ਗਲਾਣੀ ਆਜਕਲੇ ਦੇ
ਲੋਕਾਂ ਵਿਚ ਫੈਲਿਯੋ ਏ ਬੀਮਾਰੀ, ਇਸਾ ਬੀਮਾਰਿਆ ਦਾ
ਕਰਾ ਨਾਸ਼ ਨੈਂ ਤਾਂ ਹੋਏ ਜਾਣਾ ਇਸ ਦੁਨਿਆ ਦਾ
ਵਿਨਾਸ਼।



ਸਾਨਿਆ

ਡੀ.ਐਲ.ਐਡ. ਪ੍ਰਥਮ ਸਮੈਸਟਰ, ਰੋਲ ਨੰ0 688

ਅਸਾਂ ਰਾ ਕੌਲੇਜ

ਅਸਾਂ ਰਾ ਕੌਲੇਜ ਬਡਾ ਹੀ ਨ੍ਧਾਰਾ,
ਅਸਾਂ ਜੋ ਲਗਦਾ ਬਡਾ ਹੀ ਪ੍ਧਾਰਾ।

ਸਡਕਾ ਰੇ ਕਠੇ ਤੇ ਬਾਜਾਰਾ ਤੇ ਦੂਰ,
ਕੇਡਾ ਬਾਂਕਾ ਲਗਦਾ ਇਸਦਾ ਨੂਰ।

ਅਸਾਂ ਰੀ ਲਾਇਬ੍ਰੇਰੀ ਜਾਨਾ ਰੀ ਭਠਡਾਰ,
ਮੈਗਜੀਨਾਂ ਕਨੇ ਕਿਤਾਬਾਂ ਇਥੀ ਕਰੈਂ ਹਜ਼ਾਰ।

ਦੂਰ-ਦੂਰਾ ਤੇ ਵਿਦਥਾਰੀ ਅਦੇ ਇਥੀ ਬੇਸ਼ੁਮਾਰ
ਅਧਿਆਪਕੋ ਕਨੇ ਵਿਦਥਾਰੀਆਂ ਚ ਇਥੀ ਬਡਾ ਹੀ ਪ੍ਧਾਰ।

ਅਚ੍ਛਾ ਤਾ ਪ੍ਧਾਰ ਭਰਾ ਸਲਾਮ,
ਇਸ ਜਾਨ ਮਨਦਿਰਾ ਜੋ ਅਸਾਂ ਰਾ।

ਜੁਗ-ਜੁਗ ਤਕ ਬਨੇ ਏ ਪੜਨੇ ਆਲੇਯਾ
ਦਾ ਸਹਾਰਾ,

ਅਸਾਂ ਰਾ ਕੌਲੇਜ ਬਡਾ ਹੀ ਨ੍ਧਾਰਾ,
ਅਸਾਂ ਜੋ ਲਗਦਾ ਬਡਾ ਹੀ ਪ੍ਧਾਰਾ।



ਵੀਕਸ਼ਾ ਕੁਮਾਰੀ

ਬੀ.ਐਡ. ਚਤੁਰਥ ਸਮੈਸਟਰ, ਰੋਲ ਨੰ0 3130

!! ਹਿਮਾਚਲ ਰੀ ਗਲਾ !!

ਹਿਮਤ ਕੇਰਿਆ ਆਪਣੇ ਦੇਸ਼ਾ ਰੀ, ਵਿਗਡੀ ਦਸ਼ਾ ਸੁਆਰਨੀ ਆਸਾ।
ਹੋਖੁਡੂ ਮੀਟਿਆ, ਟੁੰਬਲੇ ਪੌਡਿਆ ਬੇਜ਼ਿਆ ਗਪਾ ਨੀ ਮਾਰਨੀ ਆਸਾ।
ਤਾਲੈਂ ਵਾਲੈਂ ਸੇਭ ਜਾਚਾ ਬੇ ਨੇਪਿਯੇ, ਘੋਰਾ ਜੀ ਫੇਰਿਆ ਆਸਾ।
ਜੁਗੇ ਰੇ ਬੇਡਰੀ ਮਿਤਰ ਬੋਧਿਆ, ਲੁਟਦੇ ਰੋਏ, ਲਪੋਚੇਦ ਲਾਗੈ।
ਏਬੇ ਨੀ ਸੋਝਨਾ ਬੌਲਦ ਬੇਚਿਆ, ਏਤਰੀ ਗਲ ਬਚਾਰਨੀ ਆਸਾ।
ਬ੍ਰਜ਼ਿਆ ਆਸਾ ਬੇ ਮਾਡੇ ਨਮਾਡੇ, ਟੋਪੀ ਨੀ ਸਿਰਾ ਨ ਟੀਕਣੇ ਧੀਨੀ,
ਦੇਉਆ ਸੀ ਦੇਵੀ ਰੇ ਗਾਮਰੂ, ਆਬਰੂ ਪਡੇ ਨੀ ਏਬੇ ਪਲਾਸੀ ਆਸਾ।
ਸੁਖ ਨੀ ਬੋਲਿਆ ਉਥੇ ਹੋਂਡਾਣਾ, ਦੁਖ ਨੀ ਬੋਲਿਆ ਰੋਣਾ ਕਲਾਣਾ,

ਧੇਤਰੀ ਆਪਣੇ ਪਾਲੇ ਨ ਚਾਦਰ, ਤੇਤਰੀ ਜਾੱਧਾ
ਪਸਾਰਨੀ ਆਸਾ।



ਸੁਭਮ ਕੁਮਾਰ

ਡੀ.ਐਲ.ਐਡ. ਦਿਤੀਯ ਸਮੈਸਟਰ, ਰੋਲ ਨੰ0 624

ਸਵਾਰਥ

ਆਦਮੀ ਸਵਾਰਥ ਰੇ ਬੀਚ ਉਏ ਗਹਰਾ ਅਨ੍ਧਾ,
ਅਨ੍ਧਾ ਉਏ ਕੇ ਕਰਾ ਕਾਲਾ ਧਨ੍ਧਾ।
ਫੈਲੀ ਗਡਰਾ ਸਾਰੇ ਖਾ ਭ੍ਰਸ਼ਟਾਚਾਰ,
ਗਰੀਬਾਂ ਪਰ ਹੁਏ ਕਰਾਂ ਅਤ੍ਧਾਚਾਰ।
ਕਿਤਾ ਗਯਾ ਆਦਮੀਏ ਰਾ ਨਿਸਵਾਰਥ ਭਾਵ,
ਲਗੀਰਾ ਤਿਸੋਂ ਜ਼ਿਆਦਾ ਪੈਸਾ ਕਮਾਣੇ ਰਾ ਚਾਵ।
ਜ਼ਿਆਦਾ ਪੈਸਾ ਨੀ ਕਰਦਾ ਆਦਮੀਏ ਜੋ ਆਜ਼ਾਦ,
ਪੈਸਾ ਕਰੀ ਦੇਆਂ ਆਦਮੀਏ ਜੋ ਬਰਬਾਦ।
ਪੈਸਾ ਇਤਨਾ ਹੀ ਖਰਾ ਤਿਸਤੇ ਜੇ,
ਮਿਲੇ ਰੋਟੀ, ਕਪਡਾ ਕਨੇ ਸਕਾਨ।
ਆਦਮੀ ਭੁਲੀ ਗਡਰਾ ਅਪਣੇ ਈਮਾਨਾ ਜੋ,
ਔਰ ਸੈ ਭੁਲੀ ਗਡਰਾ ਅਪਣੇ ਦੇਸ਼ ਮਹਾਨਾ ਜੋ।



ਬੀ.ਐਡ. ਚਤੁਰਥ ਸਮੈਸਟਰ,
ਰੋਲ ਨੰ0 3080

ਅਪਣੀ ਚਾਂਦੀ ਨ ਕੁਟ੍ਰਾ ਕਰਦੇ

ਨੇਤੇ ਜਣਾਤਾ ਜੋ ਲੁਟ੍ਰਾ ਕਰਦੇ
ਗੁਛੇਯਾਂ ਦੀ ਭਰਤਿਆ ਕਰੀ ਕੇ
ਮਾਰੀ ਕੁਟ੍ਰੀ ਸੁਟ੍ਰਾ ਕਰਦੇ
ਨਾਂ ਤਿਨ੍ਹਾਂ ਦੇ ਔਂਗਲਿਆਂ ਪਰ
ਦਮਾਗ ਪੈਰਾਂ ਸਾਏਂ ਸੁਟ੍ਰਾ ਕਰਦੇ
ਮਿਧਾਤਕਸ਼ ਭੁਕ੍ਰੇ ਮਰਾ ਦੇ
ਡਾਕੂ ਲੁਟੇਰੇ ਸੌਜਾਂ ਲੁਟ੍ਰਾ ਕਰਦੇ
ਕਯਾ ਪਖ ਕਯਾ ਵਿਪਖ ਸਬ੍ਭੋ
ਧਰਤੁ ਸਮਾਣੇ ਤਾਏਂ ਪੁਟ੍ਰਾ ਕਰਦੇ
ਜੇਬ ਗਰਮ ਹੋਦੀ ਠਾਣੇਦਾਰੇ ਦੀ
ਸੀਰ ਗਰੀਬੇ ਦੇ ਗਲੇ ਘੁਟ੍ਰਾ ਕਰਦੇ

खड़पे बणी माहणु डंगदे
प्राण मजबूरे दे टुट्टा करदे
वीर भटंडा ते बचीके रहणा
गवाह मौके दे नि फुट्टा करदे।



रजनी

डी.एल.एड. प्रथम समेस्टर, रोल नं० 677

पहाड़ी कविता

आज रा बच्चा भी बड़ा बेमिसाल
सारा गूगल रा कमाल
लिखना भी णी पोन्दा
हूँन नई निकली सकदा
गूगल भाई रा ता येही जाल आ
आज रा बच्चा भी बड़ा बेमिसाल
सारा गूगल रा कमाल
इसरी महिमा अपरंपार
से जे गूगल चलानंदा इस बार
पैसे रा लेन-देन होंदा बार-बार
गूगल पे ते होंदा मुनाफा हजारों बार
घरे कोई न टैम देंदा
इसने जोड़या इक रिश्ता ये
हर 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 बड़ा बेमिसाल
सारा गूगल रा कमाल।



विनय कुमार

डी.एल.एड. प्रथम समेस्टर, रोल नं० 662

पहाड़ी भाषा रा महत्व/भाव

एडी क्या गुस्ताखी, क्या कित्ती मैं बुराई,
पढ़दे-लिखदे ता थे नी, बोलने गलाणे ते भी गवाई।
एडी केडी खता हुई मेरे ते ओ, जे मेरे आपणेयां हे कित्ती हाउं पराई।
क्या सोचदे के कुण ही क्या ग्लान्दी, ने कुथी ते आई।

हाउं तुसारी पहाड़ी, जो सारेया दिति भुलाई।
कधे हिंदी बोली, कधे पंजाबी, फेरी अंग्रेजी री कित्ती बड़ाई।
ज्यादा पढ़ा लिखा लगने खातर, मेरे ते मुंह दित्या फिराई।
बोली भाषा च तबदीली ता हुंदी आई
पर आसे आपणी बोली रा अस्तित्व दित्या मुकाई।
बचेया जो माँ-बापुए, हिंदी ता अंग्रेजी है सिखाई
ए ता पिछड़ी, पुराणी ही, सोच केथी ते आई।
भई एड़ा भी क्या हुआ, ए ध्याड़ा दित्या मुकाई,
पहाड़ा री संस्कृति री पहचान हे दित्ती मुकाई।
भोटी, किन्नौरी, कांगड़ी, चब्याली, मुहासवी, सिरमौरी कने मंडयाली
इना सारियां रा नाव हे दित्या 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 ग्लांदा ग्वाड़, ते अंग्रेजी री गाली मुहां री
शोभा बढ़ाई।
हर भाषा बोली सीखा पढ़ा ते बोला, पर आपणी
मत देदे ग्वाई।
हर बोली री आपणी अहमियत हुई
मेरे बगैर तुसां रा भी क्या वजूद रहेगा ओ भाई।



साहिल गुलेरिया

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माँ दी ममता

ममता दा एहसास दिलादीं ऐ माँ।
बच्चया दे सुख-दुख च शामिल हुंदी ऐ माँ।
अपनी भूखा दा ख्याल न करी के पहले अपने बच्चया
जो रोटी खोआंदी ऐ माँ।
बच्चया दे बासते भगवान दा रूप ऐ माँ,
अपने बच्चया जो बुरी नजरा ते बचने बासते काला टिका लगांदी ऐ
माँ।
बच्चे पयागा जालू अपने-अपने कमयो चली
जादे ता संजा तिना दा इतंजार करदी ऐ माँ।
बच्चया दी गलतियाँ जो बी माफ करदी ऐ माँ,
चोट लगदी जालू बच्चया जो ता तड़पदी ऐ माँ।
बच्चया दे हर इक दर्द दा ईलाज ऐ माँ।
इसी करी के सांजो माँ दी सेवा करना चाहिदी
एहि सबते बड़ा धर्म कने कर्म ऐ।



अशीष

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बुद्धू कने तीसरे नामा री परेशानी

इक सीधा-साधा पहाड़ी थी। तिसरा नाम था बुद्धू सारे तिसजो छेड़दे रहदे थे भई बुद्धू भी कोई ना हा? तू कुछ होर ढंगा रा ना रख बुद्धू तिन्हां रे ताणया ते परेशां होई गया।

एक दिन सै चली पेया ढंगा रे नाओ रि तलाश पर पहले तिसजो इक मुर्दायात्रा मिली गयी तिने पूछया कुण मरी गया लोके बोल्या भई मरने वाले रा नां था अमरचंद सै अगे चलदा रेहा। अगे तिसजो इक झाड़ू देंदी जनानी मिली तिन्ने नाम पूछया ता तिस्से बोल्या "लक्ष्मी" सै होर आगे गया ता तिसजो इक भिरवारी मिलया तिसरा नां था "धनपत राय" अब बुद्धू जो अपना जबाब मिली गेया।

हुण कोई तिसजो नावां रा ताणा देंदा ता सै जबाब देंदा।

अमर चंद सै मरी गया, झाड़ू मारे लक्ष्मी, धनपतराय लगिरा मंगाण भीख, मेरा नां भाईयो बुद्धू ए ठीक।



अंजलि

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सच्चाई ऐ झूरा दी

मारन लोक घरीटे जी
कुण-कुण फाई पीटे जी?
चिक्कड़ छैल समाजे दा,
पौदे कुस पर छीटे जी?
नाप्पा करदे धरती जो,
बोतल-कप्पू लीटे जी।
मालक बणियै घुम्मा दा,
गिट्टू-पत्थर-ईटे जी।
सच्चाई ऐ झूरा दी,
हाकम हाक्खी मीटे जी।
मेहै कुण रोल नवीना,
हर कोई ऐ फीटे जी?



यशवन्त

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Chairman, Principal & Editorial Board



Chairman, Principal & Staff



Principal, Editorial Board & Student Editors



**Chairman, Principal, Staff, NAAC Peer Team
& Trainee Teachers During NAAC Visit on
December 16th & 17th, 2024**

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