

## COMMERCE DEPARTMENT (ACTIVITIES)



# COMMERCE SECTION

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## **Editorial**

Educational institutes are ‘temples of learning’ in parlance of great thinkers. It is institutions which create individual values and to inculcate creativity, the students must be motivated to express their views in words. Our college provides students a platform for expressing their views in the college magazine ‘Shivalika’. It is a compilation of the immense efforts put forward by the invincible students, it is a specimen of their creativity.

The commerce section of this magazine covers the articles related to the subject of commerce. In this issue we have some great editorial contributions from our students and teachers. They share with you their knowledge about new and innovative ideas in the subject of commerce. This section has for you, from the students, a wide range of poetry, thoughts and some informative and inspirational articles.

Commerce society has given a righteous prospect to execute well in their academics. As it is enduring to provide a stage to students to bring out their concealed dimensions and headway their persona. We have worked hard to bring up an exhilarating flashback of the events and achievements of department of commerce during the session. The editors have put in all their sincere efforts to bring forward the best to the readers. I hope you will enjoy reading this edition and continue supporting editorial board to carry forward the legacy.

**DR. RAGINI**

**Assistant Professor**

**Department of Commerce**

## **Impractical Education System**

The education system which is being followed in most of the regions of the country has very practical implications. Most of the knowledge being imparted in schools and colleges has theoretical part but when it comes to performing jobs, the students are unable to perform it because of no practical knowledge. One of the reasons for higher rate of unemployment in the country is also because of impractical knowledge. Now the question arises how can this be reduced? The answer demands the introduction of more job-oriented courses along with practical applications of theoretical knowledge. There is a need of specialization in every course being taught in schools and colleges. The curriculum should be designed in such a manner as to introduce more of practical subjects. The practical knowledge of doing a task will help in building confidence among students. Various educational tours and industrial visits should be organized to make them acquire practical knowledge. Such practices will give a lot of exposure to them. At last, there is a need to improve quality of education. Education being sold in quantity has no relevance.

**Ms. Neetu Chaudhary**

**Assistant Professor**

**Department of Commerce**

## **PHILOSOPHY OF LIFE MANAGEMENT**

“Destiny is not a matter of chance,

It is a matter of choice.

It is not a thing to be waited for,

It is a thing to be achieved”.

Those who can see the silver linings in the clouds amidst trials and tribulations alone can deserve the fair and fine rewards in the ordeals of life. You can achieve anything if you have faith in yourself. The will to see vision accomplished and courage to keep going despite the obstacles is what characterizes a brave soul, a Karmyogi.

**Continued...**

You may fall in problems but you don't have to die there. A problem is a test for you to do your best.

Life is a mixture of joys and sorrows. When we are treated well at the hands of others, we feel happy. When we pass an examination or win a scholarship, we feel joyous. When we have sufficient money to spend, we feel exulted. On the other hand, there are lots of things which give us unhappiness such as failure, injustice, illness and a number of other ills are responsible.

“In the presence of trouble, some buy crutches, other grow wings.

Life is tragedy for those who feel and comedy for those who think.”

**Ms. Sheetal Mangla**  
**Assistant Professor**  
**Department of Commerce**

### **Developments in Indian Accounting**

The journey of changes in Indian accounting framework started in 2006 when Institute of the Chartered Accountants of India (ICAI) initiated the process of shifting towards the International Financial Reporting Standards (IFRS). IFRS are the accounting standards issued by International Accounting Standards Board (IASB) – the independent, accounting standard-setting body of the IFRS Foundation. Around 120 nations have adopted IFRS all over world including India. The purpose of the ICAI to shift towards the IFRS is to increase the acceptability and transparency of the financial statements of the Indian corporates on the global platform. These are basically standards that have been harmonized with the IFRS to make reporting by Indian companies more globally accessible. So far 40 Indian AS have been issued. Ministry of Corporate Affairs has notified phase-wise adoption of Indian AS. Specific classes of companies based on their Net worth and listing status helps in this notification.

### **Phases of Adoption of Indian Accounting Standards**

**Phase I** From 1st April 2016, Indian AS became mandatorily applicable to all companies provided:

**Continued...**

- It is a listed or unlisted company
- Its Net worth is  $\geq ₹ 500$  crores

Calculate Net worth using figures for the previous three Financial Years (31.03.2014, 31.03.2015 and 31.03.2016).

**Phase II** From 1st April 2017, Indian AS mandatorily applicable to all companies provided:

- It is a listed company or is in the process.
- Its Net worth is  $\geq ₹ 250$  crores but  $\leq ₹ 500$  crores (on any of the above dates).
- Calculate Net worth using figures for the previous four Financial Years (31.03.2014, 31.03.2015, 31.03.2016 and 31.03.2017).

**Phase III** Indian AS became mandatorily applicable to all Banks, NBFCs and Insurance companies with effect from 1st April 2018, provided:

- Net worth is  $\geq ₹ 500$  crores with effect from 1st April 2018.
- IRDA has notified a separate set of Ind AS for Banking and Insurance Companies with effect from 1st April 2018. Core investment companies, stockbrokers, venture capitalists, etc. are all included in NBFCs.
- Calculate Net worth using figures for the previous three Financial Years (31.03.2016, 31.03.2017 and 31.03.2018)
- The Reserve Bank of India (RBI) has announced that it has again deferred the implementation of Ind AS.

This is the second delay after the new rules were originally scheduled to be implemented by 1 April 2018. The deadline was extended for one-year last April, and now the implementation has been deferred without an implementation date being specified, pending new legislation. Therefore, banking, insurance and non-banking finance companies are still exempted from applying Ind AS.

**Phase IV** From 1st April 2019, Indian AS mandatorily applicable to all NBFCs provided:

**Continued...**

- Net worth is  $\geq ₹ 250$  crores but  $\leq ₹ 500$  crores
- Companies can follow Ind AS either voluntarily or mandatorily. But, once a company starts following Ind AS, it cannot revert back to its old method of Accounting.

Once Ind AS becomes applicable to a company then, it shall be automatically applied to:

- all its subsidiaries
- holding companies
- associated companies and
- joint ventures

irrespective of individual qualification of such companies.

- Calculation of Net Worth = Total Paid-up share Capital + all reserves out of profits and securities premium – accumulated losses – deferred expenditure and miscellaneous expenditure not written off
- It should include only capital reserve arising out of Promoters Contribution and Govt. Grant received. It should not include reserves created out of revaluation of assets, write back of depreciation in Capital Reserves.

Source: [www.icaai.org](http://www.icaai.org)

**Dr. Ragini**

**Assistant Professor**

**Department of Commerce**

### **Green Banking**

The concept of green is to minimize environmental degradation and making this planet habitable. It is being used in banking sector which is presently known as green banking. Green banking emphasizes on environment friendly practices and reducing carbon footprint from banking activities. A Green Bank is a financial institution, typically public or quasi-public, that uses innovative financing techniques and market development tools in partnership with the private sector to accelerate development of clean energy technologies.

**Continued...**



A Green bank promotes environmental and social responsibility but operates as a traditional community bank and provided excellent services to investors and clients. It checks all the factors before considering a loan- whether the project is environment friendly and has any implications on the future of people and planet. Basically, Green Banking avoids as much as paper work as possible-from go-green credit cards and go-green mortgages to all transactions are done online. The idea of green banking was developed in United States in 2003 with the aim to eliminate the adverse effect of banks and financial institutions on the environment. In India, green banking has two dimensions. First, the way the banking business is being done-is it paperless or not? There are several guidelines from RBI on e-banking.

The second dimension of green banking relates to encouraging environment-friendly investments and giving lending priority to those industries which have already turned green or trying to go green and thereby, help to restore natural environment. Green banking initiatives adopted by the banks by way of retail electronic payment systems are effectively working in the reduction of carbon footprint (Chakrabarty, 2013). The various banks like SBI, ICICI, PNB, Canara Bank, Kotak Mahindra bank etc. in India are providing green banking facilities to their customers and have changed the traditional way to paper based banking (Rumila & Guruswamy, 2015).

The concept of 'Green Banking' will also facilitate in improving the asset quality of banks in future. It will be mutually beneficial to industries and the economy.

**Ms. Anjna**  
**Assistant Professor**  
**Department of Commerce**

### **Impact of GST on the Indian Economy**

The Goods and Services Tax (GST) came into effect on 1st July 2017. The aim of GST was to replace all the existing indirect taxes with a single comprehensive tax. GST is levied on the manufacturing and sales of good and services across the country. The implementation of GST has significantly affected the Indian economy. GST has simplified the taxation system of the country.

**Continued...**

As GST is the single tax, calculating taxes at the multiple stages of the supply chain has become easier. Further, hassles of handling tax official can also be avoided. Due to the impact of GST the taxes have gone down. This reduced burden has enhanced production and growth of industries. GST has also led to enhanced pan India operations. Companies can now avoid taxation, roadblocks, such as toll plazas and check posts. GST has reduced the customer duty on exporting goods, due to which rate of exports in the country has increased. Not just this, taxpayers have increased in number and hence, the tax revenues have also increased significantly. The overall indirect taxation system is now easier to administer. It is expected that GST will help move Indian organizations to establish themselves in the international market.

**Ms. Ena Ahuja**

**Assistant Professor**

**Department of Economics**

## **E-COMMERCE AND YOUTH**

E-commerce is the buying and selling of goods and services, or the transmitting of funds or data, over an electronic network, primarily the Internet. These business transactions occur either as business to business (B2B), business to consumer (B2C), consumer to consumer or consumer to business. E-commerce is emerging as a new way of delivering economic growth and new business opportunities. It can be a substitute for brick-and-mortar stores, though some businesses choose to maintain both. It is a platform where consumers can buy products using the digital platform and is a constantly changing marketplace. India is a vast market with a population of over 1.3 billion and its economy scales over \$2.8 trillion, by 2026, the e-commerce industry in India – touted to be one of the fastest-growing industries – is expected to grow to a whopping \$200 billion market size.

A high rise in the number of netizens and their disposable income has led to the boost to industry. In the coming years, e-commerce will also foster the country's GDP as well as job opportunities.

**Continued...**

Today, the Indian e-commerce market has become the battleground for leading global players like Amazon, Walmart and Reliance Industries, applications such as Pay-tm, Bharat Pay, Google money etc. Besides these larger players, there are a sizeable number of specialized companies, especially in the social commerce segment, which have carved out their niche in this growing industry. The Indian e-commerce sector, propelled by the increasing internet and smartphone penetration and the ongoing digital transformation, could play a substantial role, given the many woes of the sector are remedied, reforms are introduced, and a comprehensive regulatory policy is put in motion.

The retail sector in India has been transformed by advent of e-commerce, creating a shift in job prospective. India has the biggest youth population who is adopting technology quickly and love shopping. Indian youth are comfortable using technology and preferring to shop online. From books and apparel to FMCG goods, everything is being sold online today. The apprehensions of buying online are subtly fading away for the Indian consumers and online retail is showing positive signs for the future. Every youth today wants to raise their standards of living. This upwardly mobile educated class, with high disposable income, are quite comfortable shopping online.

Their love for latest gadgets and gizmos has given a boost to the electronic industry. Youth play an important role in increasing the business of e-commerce and thus contribute to poverty reduction on a sustainable basis. E-commerce offers new opportunities, and so entrepreneurs should try to gather maximum advantage of electronic market. Young graduates today prefer e-commerce sector and even aspire to become first-generation successful entrepreneurs by investing in the sector.

E-commerce offers bright career choices with lucrative salary packages and successful future. In the times of digital marketing, e-commerce and the internet provide an option to work from home, making the jobs flexible. The minimum eligibility criteria are 12<sup>th</sup> pass in any stream for getting admission to e-commerce related graduation and post-graduation courses. The sectors available for degree stakeholders are such as travelling, retail and marketplace, deals, classified portal, education etc.

**Continued...**

There is a bright scope in various fields for youngsters. There are many opportunities in digital marketing sectors such as social media marketing, mobile marketing, email marketing, e-commerce, content marketing, search engine optimization, web designing, display advertising, data analysis and customer relationship management. So, if you are someone who likes to keep changing their work definition, gain new knowledge every day, through your jobs, e-commerce is the best option for you. All you need is to keep updated and never stop learning.

**Dr. Sheetal Grover**

**Assistant Professor**

**Department of Commerce**

### **Commerce Quotes**

“The true language of commerce is the natural conversation between human beings”.

- William C. Brown

“Commerce is the equalizer of wealth of nation”.

- William E. Gladstone

“The commerce between India and Africa will be of ideas and services, not of the manufactured goods against raw materials after the fashion of the western exploiters”.

- Mahatma Gandhi

**Ms. Isha Kumari**

**M.Com (Final)**

## **Leadership Habits**

- I. Make decisive decision
- II. Take immediate action
- III. Set S.M.A.R.T Goals
- IV. Live out of the comfort zones
- V. Makes things simple
- VI. Be Productive not busy
- VII. Have positive outlook
- VIII. Measure and track your progress
- IX. connect, care and communicates
- X. Walk the talk
- XI. learn, evolve, grow and develop

**Ms. Priyanka Rawat**

**M.Com (Final)**

## **Commerce Anthem**

Commerce ke hum students hai,  
Har cheej ko parkha karte hain  
Ungliyon per hamari doston,  
Bade bade questions basa karte hai  
Din raat bas humko

**Continued...**

‘If ’chinta satayi jati hai  
Balance Sheet namak ik madam jo  
Hamari kundli mein aa bethi hai  
Badi badi rakmo per hum daav lagaya karte hai  
Commerce ke hum students hai  
Har cheej ko parkha karte hai  
Boss se lekar manager tak  
Hum hi sabko chalte hai  
Aankho ke age kuch galat dekh kar  
Business ke principles yaad aa jate h  
Hum koi aere gaire nahi, Science se compare log  
Jo karte hain ....  
Commerce ka hum students hai,  
Har cheej ko parkha karte hain  
Drawing ke khillaf hai  
Magar Eco nahi mein nahi choda hai  
Har question mein diagram mang kar  
Hamara armano ko toda hai

**Ms. Reena**

**B.Com (3rdSem)**

## **If you are a Commerce Student - You Will Highly Relate to These Ten Things**

1. Debit what comes in.
2. The eternal struggle of matching ledgers and balance sheet.
3. What? You want to be a CA?
4. Borrowing a ruler from friends just for that one mark.
5. Warning Math's
6. Planning your own business
7. High cut offs
8. Calculator and friend scale are your best.

**Ms. Ambika  
M.Com (Final)**

### **GST Poem**

Johny Johny  
Yes papa  
Lot of tension  
yes papa  
Too much work  
Yes papa  
Family life  
No papa  
B.P, Sugar  
Up papa  
Yearly Bonus

**Continued...**

Joke papa  
Monthly Income  
Low papa  
Personal Life  
Lost papa  
Weekly Off  
Ha Ha Ha!

**Ms. Priyanka Rawat**  
**M.com (Final)**

**Colleges of India Rank 1**

<b>Streams</b>	<b>No. 1 Colleges</b>
Arts	St Stephen College [Delhi]
Science	Miranda House [Delhi]
Commerce	Shri Ram College of Commerce [Delhi]
Medical	All India Institute of Medical Sciences [Delhi]
Engineering	Indian Institute of Technology [New Delhi]
Architecture	Department of Architecture and Planning, India Institute of Technology
Dental	Maulana Azad Institute of Dental Science [Delhi]
Law	National Law School of India University
Mass Communication	Indian Institute of Mass Communication [Mumbai]
Social Work	Tata Institute of Social Sciences
Fashion	National Institute of Fashion Technology

**Ms. Karishma**  
**M.Com (Final)**



## **LIFE OF COMMERCE**

Life life what a life

Without money,

Money money what money

Without counting,

Counting counting what counting

Without accounting,

So accounting is real base

Think understand and realize

Accounting

Accounting

Accounting

What is this? =scientific calculation of net money.

Why? =for increasing business from profit

When? =becoming company level business

How? = with the help of professional accounting

Make your life perfect by getting perfect knowledge.

Knowledge. What knowledge? =accounting education.

**Ms. Chandni**  
**M.Com (Final)**

## SCIENCE DEPARTMENT (ACTIVITIES)





# SCIENCE SECTION

Sr.No	Topics	Author Name	Class	Roll No
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3	For My Bestie	Mrs. Puneet		
4	Genetic Engineering – An Asset or A Threat	Mrs. Puneet		
5	जिंदगी	Dr. Indu		
6	सरिता	Dr. Sarita Rani		
7	वजह	Dr. Indu		
8	Time – A Precious Gift of God	Ms Seema Sharma		
9	Physics of Walking	Dr. Gurpreet Kaur		
10	The Canvas of Life	Dr. Bindu Rani		
11	In Summer	Gargi	B. Sc. I Non-Medical	3011620004
12	Clouds	Gargi	B. Sc. I Non-Medical	3011620004
13	Environmental Pollution	Kajal	B. Sc. I Non -Medical	301162000
14	Solids	Lata	B. Sc. I Non-Medical	3011620003
15	The Extension in Height of Eiffel Tower	Devki	B. Sc. II Non-Medical	2130320009
16	Black Holes	Lata	B. Sc. I Non-Medical	3011620003
17	The Journey of Outer Space: Voyager 1	Dikshit Verma	B. Sc. II Non-Medical	2130310006
18	Global Warming	Ankita	B. Sc. I Non-Medical	3011620001
19	Importance of Science and Technology in National Development	Deeksha Mishra	B. Sc. I Non-Medical	3011620005
20	Poison Platter on Toxic Planet	Babita Yadav	B. Sc. III (Medical)	1449320005

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## **Editorial**

Dear Students

The college magazine “**Shivalika**” is a composition of emotion and devotion, an expression of report and support where efforts of several minds have united to give it a shape for you to explore and experience. As you turn the pages of the magazine, you will find the session has been buzzing with activities-curricular and co-curricular. It reflects that our students have spread their long wings even in unexplored regions to ensure effective learning.

This Science section took shape with the untiring efforts of the students as well as faculty members and expressions of their thoughts and ideas. I acknowledge the support extended to me by teachers and students of science faculty and really appreciate the budding writers who expressed themselves in the form of articles about latest scientific discoveries, poems and stories thought provoking write ups which will touch the heart and tickle the brain of the readers.

We hope you will enjoy reading this issue as much as we have enjoyed making it.

**Dr. Bindu Rani**

**Assistant Professor**

**Department of Zoology**

## **BIODIVERSITY is VANISHING at ALARMING RATE!!**

### **(One Million Species Face Threat of Extinction, says UN Report)**

Nature is declining at an unprecedented rate and species are disappearing faster than ever before in human history. According to a report released by the United Nation's Inter-Governmental Science-Policy Platform on Biodiversity and Ecosystem Services (IPBES), one million plant and animal species are on the verge of extinction, over the span of the next 10 years. The report, compiled with the help of nearly 150 authors from 50 nations, directly links the loss of species to human activity.

According to the UN report, since 1900, about 20 per cent species living in major land-based habitats have vanished and more than 40% of amphibian species are at risk. The world could lose one-third of marine mammals and one-third of reef-forming corals, in the coming decade. Since the 16th century at least 680 vertebrate species have disappeared and more than 9 per cent of domesticated mammals got extinct by 2016, and about 1,000 more breeds are threatened due to climate change.

### **81 Animal Species Critically Endangered in India!!!**

Human activities are not only leading to the upheaval that is climate change but is hurting our wildlife like never before.

The latest example of such a human-caused disaster is the extinction of three species of animals – Indian Cheetah, Pink-Headed Duck, and the Great Indian Bustard in India.

Researchers blame the rapid rate of desertification for their extinction. Last updated on 21 March 2019, the International Union for Conservation of Nature (IUCN) provides the World's most authoritative inventory of the global conservation status of plant and animal species. Its IUCN Red List is a critical indicator of the health of the World's biodiversity. It acts as not merely a list but initiates conservational efforts.

The researchers at the Conference of Parties to the United Nations Convention to Combat Desertification (UNCCD COP 14) on September 8 said that these specimens have reduced to less than 150 and the matter is of great concern. Apart from the above-mentioned animals, many others are on the verge of becoming extinct and fall into the category of critically endangered species.

**Continued...**





**A. The Great Indian Bustard**



**C. Pink-headed duck**



**C. Indian Cheetah**

India is facing severe land degradation. More than 30 per cent of the land area in the country has degraded due to over-cultivation, deforestation, depletion of wetlands, and soil erosion. The industries, chemicals, conversion of agricultural land, use of excessive pesticides and insecticides are to be blamed for rapid desertification. The negative impact of desertification is not only confined to animals but the entire biodiversity which ranges from microscopic animals to human beings.

### **Impact of climate change on India**

In India, states like Odisha are already bearing the brunt of climate change related natural disasters. Cyclone Fani is said to have been aggravated from the heat in the Bay of Bengal, as per Global Strategic Communications Council. The rising temperature of the seas, globally, is being attributed to global warming.

Fani is just the latest reminder of the heightened threat that millions of people around the world face from the combination of rising seas and more intense hurricanes and typhoons. That threat will only rise if we continue to warm the planet by burning fossil fuels and emitting carbon into the atmosphere. Due to Cyclone Fani, the strongest tropical Cyclone to hit India in the past 20 years, more than 11 lakh people were evacuated from their houses in Odisha alone.

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## **There is Still Hope**

We hope that not all is lost and there's still a possibility that the process of environmental degradation can be slowed down. It is not too late to make a difference, but only if we start now at every level from local to global. Urgent action must be taken to reverse the loss of species on which humanity depends for food, pollination, clean water and a stable climate.

We must create transformative changes. We need to change the way we think about what a good life is. We need to change the social narrative that puts an emphasis on a good life depending on a high consumption and quick disposal. We must believe in the concept of Reduce, Reuse and Recycle.

**Dr. Bindu Rani**

**Assistant Professor**

**Department of Zoology**

### **For My Bestie**

**Hey friend, O ma girl, you are**

That song of ma heart,

I can play all the time,

N dance with every word,

To the rhythm that's so divine.

Every day with you,

Is like a Sunday,

It's like a dance party,

On your birthday.

**Hey girl, O ma dear, know that,**

Your heart is ma home,

where I can just be,

Relaxing, giggling,

or jumping like crazy

Where I can play dumb,

**Continued...**

N it's ok to stay numb,  
Ma head on your shoulder,  
Is the best place I've got,  
Where I can come any time,  
You are there, no matter what.

**Hey dear, O ma sunshine, with u,**

I wanna run through the fields,  
With arms open in the wind,  
Feel dew on the grass,  
Jump n scream in the rain,  
Watch flowers on riverside,  
Running after butterflies,  
Ditch the clock ticking, in between our smiles.

**Hey sunshine, O moon, I wanna say,**

That warmth of your hug,  
Care of your embrace,  
Make me alive, happy n safe,  
like a feather floating in space,  
No matter when n where,  
For me, you're always there,  
I wanna find you in all ma years,  
As far as I can see,  
Coz no one can ever be,  
What you are to me.

**Hey friend, hey girl, hey dear, hey sunshine, hey moon, 'I love you'...**

**Mrs. Puneet**  
**Assistant Professor**

## **GENETIC ENGINEERING – AN ASSET OR A THREAT**

Genetic engineering is a key area of modern scientific research, with broad implications in all spheres of life. While it raises concerns related to the existence of life on the planet, I believe that its judicious and controlled use can endow humans with a range of benefits.

Genetic engineering presents the possibility of a lot of advantages, and solutions to many problems in the society. Firstly, the global food shortage due to ever growing populations will be a thing of the past because GMO crops have led to a significant rise in crop production, which can effectively meet the requisite level.

Secondly, the plants thus produced are hardly attacked by any pests and insects, since the gene changes induced in them have resulted in increased resistance to these disease-causing elements. Finally, with the usage of gene therapy, those genetic disorders could be cured about whom the medical community was clueless. For example, ailments like fragile X syndrome and cystic fibrosis could be treated by this procedure.

The apprehensions regarding genetic engineering are primarily due to its potentially irreversible impact on two factors, namely food production and cloning of humans. Genetic engineering is believed to increase the crop yields and their pest resistance is achieved by altering gene structures or introducing artificial genes. However, its feared that the crops thus produced have diminished nutrient profile, and there is no knowhow about their long-term effect on human physiology. The second worrisome factor is that cloning of humans might result in intellectual beings with greater survival instincts, whose behavioural and moral tendencies are completely unknown. Their arrival could result in completely wiping out the existing human race. However, the above drawbacks can be taken care of by the authorities if they are sensitive and cautious.

The governments should closely monitor and regulate the extent of research done by rationally assessing the consequences, and thereby enacting laws to ensure the safety and well-being of the people.

In conclusion, just like every new research, genetic engineering seems to have a lot of advantages, and some potential threats, which can be made redundant by suitable intervention by governments.

**Mrs. Puneet**

**Assistant Professor**

**Department of Chemistry**

## जिंदगी

कभी नीम सी जिंदगी, कभी नमक सी जिंदगी।  
ढूँढते रहे उम्र भर, शहद सी जिंदगी।  
न शौक बड़ा होने का, न तमन्ना भगवान होने की।  
बस आरजू जन्म सफल हो, कोशिश इंसान होने की।

**Dr. Indu**  
**Assistant Professor**  
**Department of Chemistry**

## सरिता

कभी सर सर करती सरिता  
कभी लहरों से इठलाती सरिता।  
कभी चांद की चांदनी में नहाई सरिता।  
कभी सूरज की किरणें बिखराती सरिता।  
जल में रहकर भी रही प्यासी सरिता  
मिलने को आतुर बहती जा रही आज निरंतर  
बन जाए सरिता से सागर  
ताकि फिर न कोई कह सके सरिता

**Dr. Sarita Rani**  
**Assistant Professor**  
**Department of Mathematics**

## वजह

चलो हंसने की कोई, हम वजह ढूँढते हैं,  
जिधर ना हो कोई गम, वो जगह ढूँढते हैं।  
बहुत उड़ लिए ऊँचे आसमानों में यारो,  
चलो जमीं पे ही कहीं, हम सतह ढूँढते हैं।  
छूटा संग कितनों का जिंदगी की जंग में,

**Continued...**

चलो उनके दिलो की, हम गिरह ढूँढते हैं  
बहुत वक्त गुजरा भटकते हुए अंधेरो में,  
चलो अंधेरी रात की हम सुबह ढूँढते हैं  
चलो हंसने की कोई, हम वजह ढूँढते हैं।

**Dr. Indu**  
**Assistant Professor**  
**Department of Chemistry**

### **TIME – A PRECIOUS GIFT OF GOD**

People say time is precious, utilize it to the best but the truth is we realize it when it is no more with us and we are left with just a word “KAASH”. Live this moment just now. No doubt there is a hue and cry about being successful but along with that it is necessary to realize that life is beautiful and amazing with the people around you but not with money. The reality is when we will be having money, we will not be left with the time to cherish it.

You should realize the value of time before it is gone and to realize the value of time and its preciousness read these lines which I came across when I was in this dilemma of having less time.

To realize the value of ONE YEAR, ask a student who failed in yearly exams.

To realize the value of ONE MONTH, ask a mother who gave birth to a premature baby.

To realize the value of ONE WEEK, ask the editor of a weekly newspaper.

To realize the value of ONE HOUR, ask the friends who are waiting to meet.

To realize the value of ONE MINUTE, ask a person who missed the train.

To realize the value of ONE SECOND, ask a person who just avoided an accident.

A minute is better than a minute later! Treasure, every moment of life.

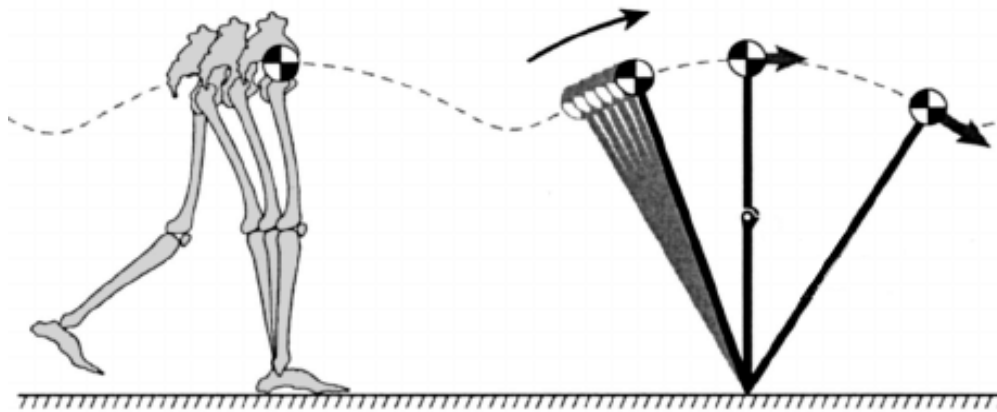
**Ms Seema Sharma**  
**Assistant Professor**  
**Department of Mathematics**

## PHYSICS OF WALKING

In the simple act of walking, a number of principles of physics are involved. It involves all the Newton's laws of motion, friction, gravitational force and concepts of weight. When we walk, we actually act like an inverted pendulum.

When we put the foot on ground, it becomes our axis and our mass is centered in our abdomen, describing the shape of an arc.

When we set foot on ground, we actually put weight i.e  $\text{weight} = \text{mass} \times g$  (acceleration due to gravity) and apply backward force on ground, as the response to our weight, ground responds by an opposing force which is vertical in nature, on leg which slows us down and this slowing process continues unless our leg comes nearest to our tummy.



When we walk, we actually do some work in physical terms, as  $\text{Work} = \text{Force} \times \text{Displacement}$ , when we exert some force and as a result of it, we cover some distance, we actually do work. During walking, Newton's three laws of motion are applied. First law of motion states that, a body remains in state of rest unless a force is applied on it. When we are at rest, inertia is at maximum. Body needs largest amount of force to get out of state of inertia, i.e when we start walking. When we take first step the energy is transferred from foot to upper body parts and we start moving, during the process of walking inertia keeps on changing increases when we set foot on ground and decreases when we move the foot up.

Second law of motion states that  $\text{Acceleration} = \text{Force} / \text{mass}$  i.e acceleration is directly proportional to the force we use or exert while walking, therefore, when we will apply more force, our acceleration will increase. Third law of motion is about action and reaction, when we set foot on ground, we exert force on it and as a result to it ground exerts reactionary vertical force on body. This is how all the three laws of motion are acting in the process of walking.

**Dr. Gurpreet Kaur**  
**Assistant Professor**  
**Department of Physics**

## THE CANVAS OF LIFE

Life-a four letter word with endless number of definitions and meanings! Everyone has a differently perspective of life just like everyone looks at a scenery in different ways. How I see life is it... starts as a plain canvas/blank sheet. Those who are cautious and careful creatures, they first start drawing with a pencil, erase the inappropriate or misfit lines and dots; though some are totally erased while others leave their mark. Then events in life start pouring in, filling like colors.

At some points some colors are mixing really well and giving a pleasant appearance to the picture

but at some point, wrong choice of colors or lack of colors fills in dullness and whole outlook changes just like a wrong decision or unfateful event makes the present as well as future look unworthy. What we miss to look at is...no matter what colors are there, life is colorful! It is never dull; it is never black and white but colorful!! And given the right perspective, it is always beautiful.

**Dr. Bindu Rani**  
**Assistant Professor**  
**Department of Zoology**

## IN SUMMER

Pour on lotion, rub it in.  
Perfect for my summer skin  
On my bike or in the pool,  
A sip of water keeps me cool  
Shades are on, flip- flops too  
In summer there's  
So much to do!

**Gargi**  
**B. Sc. I (Non-Medical)**  
**Roll No. 3011620004**



## CLOUDS

White sheep, white sheep,

On a blue hill.

When the wind stops

You all stand still.

When the wind blows

You walk away slow.

White sheep, white sheep,

Where do you go?

**Gargi**

**B. Sc. I (Non-Medical)**

**3011620004**

## ENVIRONMENTAL POLLUTION

Environmental pollution can be defined as any undesirable change in physical, chemical or biological characteristics of any component of the environment i.e. air, water, soil which can cause harmful effect on various forms of life or property.

Pollution: The term pollution can be defined as influence of any substance causing nuisance, harmful effects, and uneasiness to the organisms.

Pollutant: Any substance with harmful effects or uneasiness to the organisms may be called as the pollutant.

**Kajal**

**B. Sc. I (Non -Medical)**

**301162000**

## **SOLIDS**

A Solid is a solid,  
It doesn't change its shape.  
It cannot move around,  
It stays in just one place.  
Your desk is a solid,  
And so is your chair.  
Just look in your classroom.  
Wow! They're everywhere!

**Lata**

**B. Sc. I (Non-Medical)**

**3011620003**

### **THE EXTENSION IN HEIGHT OF EIFFEL TOWER**

The Eiffel Tower of Paris city can be 15 cm taller than its normal height during summer time. The reason behind this extension is due to thermal expansion. When substance used in tower gets heated up, its particles move more and it takes up a large volume. And conversely, a drop in temperature causes it to contract again.



**Devki**

**B. Sc. II (Non-Medical)**

**2130320009**

## BLACK HOLES

A black hole is a region of space time exhibiting gravitational acceleration so strong that nothing – no particles or even electromagnetic radiations such as light can escape from it. The theory of general relativity predicts that a sufficiently compact mass can deform space time to form a black hole. The boundary of the region from which no escape is possible is called the event horizon. In many ways a black hole acts like an ideal black body, as it reflects no light. Moreover, quantum field theory in curved space time predicts that event horizon emits Hawkin radiations, with the same spectrum as a black body of a temperature inversely proportional to its mass. The temperature is in the order of billionths of a kelvin for black holes of stellar mass, making it essentially impossible to observe.

Black holes of stellar mass are expected to form when very massive stars collapse at the end of their life cycle. After a black hole has formed, it can continue to grow by absorbing other mass from its surrounding.

By absorbing other stars and merging with other black holes, super massive black holes of millions of solar masses may form. There is general consensus that super massive black holes exist in the centers of most galaxies. The presence of a black hole can be inferred through its interaction with other matter and with electromagnetic radiation such as visible light. Astronomers have identified numerous stellar black hole candidate in binary system and established that the radio source known as Sagittarius A\* at the core of the Milky way, contains a super massive black hole of about 4.3 million solar masses.

On 11 February 2016, LIGO collaboration announced the first direct detection of gravitational waves, which also represented the first observation of a black merger. As of December 2018, 11 gravitational waves events have been observed that originated from 10 merging black holes.

On 10 April 2019, the first ever direct image of a black hole and its vicinity was published, observed by the event horizon telescope in 2017 of the super massive black hole in messier 87's galactic centre.

**Lata**  
**B. Sc. Ist (Non -Medical)**

**Roll No. 3011620003**

## THE JOURNEY OF OUTER SPACE: VOYAGER 1

NASA launched Voyager 1 in 1977 to explore the universe out of solar system and during this mission Voyager sets amazing records in space programs. It completes its flybys of Jupiter, Saturn and its moon titan in 3 years and then starts its journey towards interstellar space. It is the first one to reach the escape velocity 17 km/s in outer space and first spacecraft to provide images of Jupiter and its moons, Saturn and its moons and a beautiful snap of solar family. On October 1, 2019 it reached the farthest distance from earth 22 billion km or 147.347 AU and still able to communicate and is able to provide the mysterious information about outer space till 2025.

**Dikshit Verma**

**B. Sc. II (Non-Medical)**

**2130310006**

## GLOBAL WARMING

Global warming or climate change has today become a major threat to the mankind. The earth's temperature is on the rise and there are various reasons for it such as greenhouse gases emanating from carbon dioxide (CO<sub>2</sub>) emissions, burning of fossil fuels or deforestation.

### Impact of greenhouse gases

The rise in the levels of carbon dioxide leads to substantial increase in temperature. It is because CO<sub>2</sub> remains concentrated in the atmosphere for even hundreds of years. Due to activities like fossil fuel combustion for electricity generation, transportation, and heating, human beings have contributed to increase in the CO<sub>2</sub> concentration in the atmosphere.



### Global warming: gradual phenomenon

Recent years have been unusually warm, causing worldwide concern. But the fact is that the increase in carbon dioxide actually begins in 1800, due to the deforestation of a chunk of north-eastern American, besides forested parts of the world. The things became worse with the emission in the wake of the industrial revolution, leading to increase in carbon dioxide level by 1900.

**Continued...**

### **Cause of concern**

According to the intergovernmental panel on climate change, global temperature is likely to rise by about 1-3.5celsius by year 2100. It has also suggested that climate might get warm by as much as 10 degrees Fahrenheit over the next 100 years.

### **Impact of Global warming**

The sea levels are constantly rising as fresh water marshlands, low – lying cities, and islands have been inundated with sea water.

There have been changes in rainfall patterns, leading to droughts and fires in some areas and flooding in other areas.

Ice caps are constantly melting, posing a threat to polar bears as their feeding seasons stands reduced. Glaciers are gradually melting.

Animal populations are gradually vanishing as there has been a widespread loss of their habitat.

**Conclusions:** As per Kyoto protocol, developed countries are required to cut back their emissions. There is a need to reduce coal-fired electricity, increase energy efficiency through wind and solar power, and also high efficiency natural gas generation.

**Ankita**

**B. Sc. I (Non-med)**

**3011620001**

### **IMPORTANCE OF SCIENCE AND TECHNOLOGY IN NATIONAL DEVELOPMENT**

Development at any phase is always linked with technology and technology happens when there is advancement in science. Hence science, technology and development are all proportional to each other

Development is required for every nation in all spheres and for development to happen, science and technology go hand in hand. Basically, science is known as the study of knowledge, which is made into a system and depends on analyzing and understanding facts. Technology is basically the application of the scientific knowledge.

For any successful economy, particularly in today's quest for knowledge-based economies, science, technology and engineering are the basic requisites. If nations do not implement science and technology, then the chances of getting themselves developed become minimal and thus could be even rated as an under-developed nation.

Science and technology are an essential tool of rapid development.

**Continued...**

Modernization in every aspect of life is the greatest example of implementation of science and technology in every nation. With the introduction of modern gadgets in every walk of life, life has become simple and this is possible only because of implementing science and technology. Without having modern equipment's in all sectors, be it medicine, infrastructure, aviation, electricity, information technology or any field, the advancement and benefits that we face today would not have been possible.

**Deeksha Mishra**

**B. Sc. I (Non-Med)**

**3011620005**

### **POISON PLATTER ON TOXIC PLANET**

The title “poison platter on toxic planet” was chosen by us for our project for science exhibition by keeping in mind the increasing rate of toxins in the food due to use of harmful pesticides and bio-magnification of the toxic chemicals at different trophic levels by the leaching of these harmful chemicals. By this project we tried to draw everyone's attention on this common but very important topic which has direct impact on our daily life as well as on our health. Everyone hears daily about environmental pollution and increasing rate of toxins in food on TV and newspaper.

We know that our environment is getting polluted because of industrial waste, charcoal burning, vehicles etc. but there is not only our environment which is polluted and toxic but our food plates are also filled with toxic food material which can be poisonous for our health and it's all because of the use of harmful pesticides used in bio-agriculture.

Poisoning from pesticides is a global public health problem and accounts for nearly 300,000 deaths worldwide every year. Pesticides are believed to cause many disorders in humans and wildlife and the most common diseases including cancer which are associated with pesticides in bio agriculture.

It has also been shown to be involved in the pathogenesis of Parkinson's and Alzheimer's diseases, as well as various disorders of the respiratory and reproductive tracts.

There are many cases related to the pesticide's side effect one of the major effect of pesticides can be seen in the Punjab one of the major agricultural states in India.

Due to the excess use of pesticide's people are suffering from cancer and respiratory tracts disorders. Punjab has an ever-increasing trail of cancer patients.

**Continued...**

Infact, a train which leaves Bhatinda town for Bikaner Rajasthan is full of cancer patients ‘the patients bound for the Acharya Tulsi Regional Cancer Treatment and Research Centre at Bikaner. This train is known as the cancer train in the region. On 16 July 2013, at least 23 students died and dozens more fell ill at a primary school in a village of Saran district of the Indian state of Bihar after eating mid-day meal contaminated with organophosphate a class of chemicals used in pesticides. It happened because the cooking oil was stored in the container formally used to store pesticides. It was one of the worst incidents related to toxicity in food because of pesticides.

Not only due to direct carelessness but indirectly by bio-magnification of the pesticides our food is becoming toxic which also disturb our hormonal and physiological activities in the body. This type of incidents happens very commonly not because there is lack of awareness and knowledge but because there is absence of acceptance. People look, hear and then ignore. But this attitude towards the environment and daily food poisoning can be worst for human health in the future.

There are many options for the pest control instead of pesticides like: - integrated pest management (IPM) and caring of the beneficial insects and crop rotation which can be useful to decrease the use of pesticides. We must find solutions and adhere sincerely to them.

**Babita Yadav**

**B. Sc. III (Medical)**

**1449320005**

# WOMEN STUDIES AND DEVELOPMENT CELL



## **Women Studies and Development Cell**

The Government of Haryana provides grant to all Government colleges of Haryana for empowerment of girl students keeping in view the following objectives:

- Personality development and skill enhancement to bring out latent talent among girls.
- Training in craft/area of interest through workshops.
- Awareness on women related issues through extension lectures.
- Programmes on Gender sensitization.

### **GLIMPSES OF SOME ACTIVITIES ORGANISED BY WOMEN STUDIES AND DEVELOPMENT CELL**



### **WORKSHOP ON MACRAME**



**WORKSHOP ON AEROBICS**



**WORKSHOP ON ART AND CRAFT**



### WORKSHOP ON DIWALI FESTIVAL

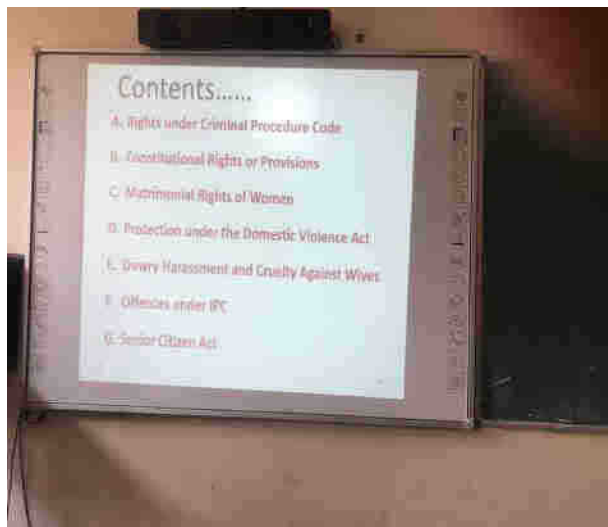


### WORKSHOP ON NUKKAD NATAK





## WORKSHOP ON SELF DEFENCE



## EXTENSION LECTURES

### Lecture on 'Rights of Women-Dowry and Criminal Procedure Code'



**Lecture on ‘Self-Management and  
Role of Attitude in life’.**



**Lecture on ‘Drug- Addiction’**

### **TEEJ CELEBRATIONS**







## RAKHI CELEBERATIONS





**Rakhi Making and Thali Decoration Competitions**







**KARWACHAUTH CELEBERATIONS**





**INTERNATIONAL WOMEN'S DAY CELEBRATIONS**



NCC/NSS

# NCC/NSS (ACTIVITIES)



## NCC Activities (Boys Division) for the Session 2019-20

Sr. No.	Date	Details of the Activities Organised
1	24/07/2019	Tree Plantation
2	08/08/2019	National De-worming Day
3	10/08/2019	State Level Youth Programme- Nav Tarang- Shaheedon Ko Naman
4	15/08/2019	National Independence Day (Parade at Sabzi Mandi Ground, Kalka. Worthy SDM hoisted the flag). NCC SD got the first prize for the exceptional drill and discipline.
5	16/08/2019 to 27/08/2019	Cadet Himanshu Singh and Cadet Gurmanpreet were selected and participated for BLC (Basic Leadership Camp) held at Malout, Punjab.
6	29/08/2019	Surgical Strike Day Celebration
7	17/09/2019 to 02/10/2019	Swachhta Pakhwara
8	19/09/2019 to 28/09/2019	19 NCC Cadets participated in the CATC Camp held at Kanipla organised by 2 Har Bn NCC, Ambala.
9	21/10/2019	NCC volunteers were put on the election duty to help women, senior citizens and differently- able persons to strengthen democracy. The team was led by Dr. Yashveer.
10	07/12/2019	National Flag Day celebration and Plogging Activity (sponsored by Ministry of Home Affairs).
11	10/12/2019	Plastic Se Raksha Swachhta He Surksha Campaign/ Awareness Programme
12	12/12/2019	An interdisciplinary Essay Writing Competition on the title "Plastic Se Raksha Swachhta He Surksha".
13	12/01/2020	Participated in the Marathon on the eve of National Youth Day at Shalimar Mall, Sec. 5, Panchkula with reference to DC office Letter No. 290-350 dated 07.01.2020 (and Office order no. 2206 dated 10/01/2020 GC Kalka).
14	17/01/2020 to 19/01/2020	Three Day Education cum Excursion Tour from Kalka to Vrindavan, Mathura, Agra and back. (in collaboration with Tour Committee of the college)
15	21/01/2020	Cadet Ripuljeet Rana, No. HR/SDA/ 224289, was selected for screening for MT. EVERST EXPEDITION - 2021.
16	26/01/2020	Celebrated Republic Day.
17	28/01/2020	Organised an Extension Lecture in collaboration with Placement Cell and the Dept of English on the topic "Career Opportunities and Job Prospects for the Student of English". Dr. Sudeep Kumar, Professor in English, Central University of Haryana, Mahendergarh, delivered two extension lectures.
18	19/02/2020 to 05/03/2020	Social Responsibility Sharing Pakhwara with reference to DGHE Letter No. 11/3-2020 NCC (3) dated 15/02/2020 in collaboration with NSS/NCC/Beautification Committee/Red Cross Society.
19	20/02/2020	Organised the interdisciplinary event 'Poem Recitation Competition' by Women Cell. Dr. Yashveer played the role of Judge in the same event.

20	22/02/2020	Specific Duty on 'Social Responsibility Sharing Pakhwara' and the team was led by Dr. Yashveer.
21	26/02/2020	Job/Placement Fair; 09 cadets received appreciation letter by worthy Principal for their exceptional sense of unity, devotion, commitment and discipline.
22	29/02/2020	Organised 'Skill Development Awareness Programme' in the surrounding area of Kalka, Pinjore and Parwanoo.

### **NCC Activities (Boys Division) for the Session 2019-20**

1. NCC Volunteers participated in Two day Seminar and Art & Craft Mela under “*Ek Bharat Shreshtha Bharat*” in Kurukshetra University, Kurukshetra on 13 July 2018.
2. *Van Mahotsava* celebrated in the College and NCC Volunteers planted trees in the campus on 27th July 2018.
3. NCC Volunteers participated in the International Youth Day, celebrated in the college held on 12 August 2018.
4. NCC cadets celebrated Independence Day and marched from Kalka College to Parade Ground, Kalka on 15 August 2018.
5. NCC Volunteers participated in Rally organized on the topic “Sashakt Nari, Sashkt Haryana” in the college held on 24 August, 2018.
6. NCC Unit of the Smt. Aruna Asaf Ali Govt. P.G. College, Kalka collected money for Kerala Relief Fund from students and staff of the college and submitted it to the concerned authority on 01-09-2018.
7. NCC Volunteers performed various duties in the Kurukshetra University Kurukshetra’s 41st Zonal Youth Festival from 10-12 Oct. 2018.
8. NCC cadets celebrated Independence Day and marched from Kalka College to Parade Ground Kalka on 15 August 2018.
9. NCC cadets celebrated Haryana *Divas* (Day) on 1st November 2018.
10. NCC cadets celebrated Flag day on 7th December 2018 and pledged to the unity of India as a sovereign state. They commemorated the sacrifices of our brave soldiers on the borders.
11. NCC cadets celebrated Republic Day and marched from Kalka College to Parade Ground Kalka on 26 January, 2019.



12. Senior cadets of NCC (2nd year and 3rd year) appeared in the examination of NCC 'B' and 'C' certificate on 24 Feb. 2019.

13. NCC Volunteers participated in the International Women's Day on 8th March, 2019.

### **\*Special Achievements\*:**

1. Two cadets (Anuj Thama and Sahil Koundal) of our institute were selected for DCATC- III being conducted by 2 Har Bn HQ from 26 Oct to 04 Nov 2018 at GIMT Kanipla.

2. NCC Unit Senior Division (SD) Boys, Govt. College Kalka was appreciated by the SDM Kalka on both the Independence Day (2018) and the Republic Day (2019).

3. Mr. Yashveer (C/T NCC Boys Unit) was honored by SDM Kalka on the Republic Day (2019).

4. Mr. Yashveer (C/T) appeared for the interview of ANOs held at DHE on 25 March 2019.

### **NCC Activities (Boys Division) for the Session 2017-2018**

<b>Sr. No.</b>	<b>Date</b>	<b>Activities Organised</b>
1.	22.07.17 to 02.08.17	17 NCC cadets participated in Combined Annual Training Camp (CATC) at Ambala Cantt. From 22-07-17 to 02-08-17.
2.	15.08.17	21 NCC cadets participated in Independence Day parade on 15.08.2017 at Mandi Ground, Kalka. (SDM hoisted the flag)
3.	15.08.17	NCC cadets attended parade in college on eve of Independence Day. Carried out Tree plantation activity in the college premises.
4.	11.09.17	NCC cadets organised Rally in Kalka City from Govt. College, Kalka to Railway Station, Kalka for spreading awareness regarding cleanliness, health and hygiene during Swatchh Bharat Week (11 to 17 Sept.) in 2017.
5.	22.10.2017 to 31.10.2017	03 Cadets participated in Combined Annual Training Camp (CATC-155) at Kanipal, Ambala.
6	24.12.2017 to 29.12.2017	05 NCC Cadets participated in Winter Adventure Camp held at Manali.
7	26.11.18	NCC Day was celebrated in College. 50 Cadets (boys and girls) participated in celebration and Tree plantation activity was carried out.
8	26.01.2018	21 NCC Cadets participated in Republic Day parade at Mandi Ground, Sub Division Kalka (SDM being Chief Guest).
9	26.01.2018	Republic Day was celebrated in college and NCC cadets performed the parade. Principal, Mrs. Kusum Adya hoisted the flag.

10	26.01.2018	NCC Cadets carried out Tree plantation activity in college campus.
11	11.02.2018	11 NCC Cadets appeared for “C” certificate examination held at Arya Girls College, Ambala City.
12.	21.02.2018	NCC cadets organized Blood Donation Camp in the College along with NSS and Rotary Club, Kalka.
13	25.02.2018	07 NCC Cadets appeared for “B” certificate examination held at Arya Girls College, Ambala City.
14.	27.03.2018	10 NCC Cadets extended their support services to visiting representative of 14 Companies and also helped students of the college in Rojgar Mela (Job Placement Fair) held on 27.03.2018.
15.	05.04.2018	15 NCC cadets participated in Awareness Campaign for using helmets while driving and took oath to wear helmets while driving two wheelers.



# APPLIED SCIENCE DEPARTMENT

## (ACTIVITIES)







# APPLIED SCIENCE

Sr.No	Topics	Author Name	Class	Roll No
1	Editorial	Mrs Vandita Sharma		
2	Malnutrition among Indian Adolescents: A Need of The Hour	Mrs Vandita Sharma		
3	Foods for Healthy Heart	Lata Manoj	B.A. III B.A. III	1388520009 1388510003
4	Know about Seeds	Chetna Anjana	B.A.III B.A.III	1388520055 1388520134
5	Millets	Tamanna Bhatti Vijanta	B.A.III B.A.III	1388520109 1388520142
6	Food for Health	Chanchal Sulekha	B.A.III B.A.III	1388520039 1388520137

## **Editorial**

Dear students

I am zealous to write the first editorial for the newly conceived section for “Applied Science” of the college magazine. College magazine of any institute serves as a platform to highlight the literary and artistic magnifications of students and teachers. Besides, it also highlights the educational, cultural and sports activities of the Institute. But this section will not only provide you a chance to put your thoughts into writing but also provide valuable knowledge regarding every aspect of real life. This section will encompass the application of existing scientific knowledge to practical applications, like technology or inventions. In this section, you will find a broad range of applied science related fields like nutrition, textiles, applied psychology etc. help to address contemporary issues relating to day to day life.

I am indebted to worthy Principal and Chief Editor for being instrumental in the conception of this section as this would have not been possible without their support and corporation. I hope you will enjoy reading this section.

**Vandita Sharma**

**Associate Professor**

**Department of Home Science**

## **MALNUTRITION AMONG INDIAN ADOLESCENTS: A NEED OF THE HOUR**

Adolescence are the young people between the age of 10-19 years. It is a period of transition between childhood and adulthood that occupies a crucial position in the life of human beings.

It is a period of rapid growth and maturation in human development. Growing children need the best nourishment with all nutrients for healthy physical growth, optimal immune function and mental development. Inadequate diet can lead to poor growth, poor cognition, reduced work capacity, high rates of morbidity and mortality. Thus, nutritional status of adolescents during this critical period is of paramount importance.

The nutritional status of adolescents, specially girls, the future mothers play significant role in the nutritional status of the community. Prevalence of undernutrition, anaemia and vitamin deficiencies are persistence among adolescents in India. Surprisingly, current nutritional scenario has also shown that while undernutrition remains as an everlasting public health problem, overweight and obesity is emerging as a new challenge in the country. This trend of simultaneous existence of undernutrition and overnutrition is referred to as Double Burden of Malnutrition (DBM).

Nutrients are needed for physical growth and development, maintenance of normal body function, physical activity and health. Food provides us these nutrients.

A balanced diet that has nutrients in required amount are proportion is needed to sustain life and activity. Our diet must provide all essential nutrients in the required amounts. It can easily be achieved through a blend of the five basic food groups. The quantities of foods needed to meet the nutrient requirements vary with age, gender, physiological status and physical activity. The requirements of a pregnant woman is higher than that of a non- pregnant woman as later needs additional amount of nutrients for growth of the foetus other than her own body needs. Dietary intakes lower or higher than the body requirements can lead to undernutrition (deficiency diseases) or overnutrition (diseases of affluence) respectively.

According to Indian Council of Medical Research, Foods are conventionally grouped as.

1. Cereals, millets and pulses
2. Vegetables and Fruits
3. Milk and milk products
4. Egg, meat and fish
5. Oil and fats, Nuts and oilseeds



A diet consisting of food from several food groups provides all the required nutrients in proper amount. The Food Pyramid is designed to make healthy eating easier. A food pyramid or pyramid is a representation of the optimal number of servings to be eaten each day from each of the basic food groups. It can be used to see how many servings of each food should be eaten each day. Grains should be taken as the major dietary source. Eat more fruit and vegetables. Have a moderate amount of meat, fish, egg, milk and their alternatives. Reduce salt, fat/ oil and sugar. These can help us achieve balanced diet and promote health.

Here are some of the dietary guidelines given by National Institute of Nutrition, Hyderabad for school going children and adolescents:

1. Adolescence is a period of continuous growth. It is characterized by rapid increase in height and weight, thus nutritional needs are of paramount importance as the body is also

preparing for adulthood. So, the diet rich in energy and protein such as legumes, pulses, eggs, meat and poultry should be incorporated.

2. Growing children and adolescents need more calcium. They should consume plenty of milk to fulfil high calcium requirements.
3. Vegetables including green leafy vegetables and locally available seasonal fruits should be part of their daily menu.
4. Cooking oils/ghee (25-50g) should be consumed. Over- indulgence in fats may be avoided.
5. Excessive salt intake should be avoided particularly by children having a family history of hypertension.
6. Adolescence is the vulnerable stage for developing wrong food habits as well as bad habits like smoking, chewing tobacco or drinking alcohol. These should be avoided.
7. In addition to consumption of a nutritious well-balanced diet, appropriate lifestyle practices and involvement in physical activity such as games/sports should be encouraged among children and adolescents.

Students, our institute is doing its best to help the students sensitise towards their better health by organising various programmes like health check-ups, diet clinics, awareness programmes regarding communicable and non-communicable diseases, lectures relating to various issues related to women health and well-being. One must participate in such activities. It is hoped that the above guidelines would help you, specially girl students, the most vulnerable group, to plan and evaluate their diets in pursuit of better health.

**Vandita Sharma**  
**Associate Professor**  
**Department of Home Science**



## **Foods for Healthy Heart**

Heart disease accounts for nearly one-third of all deaths worldwide. Diet plays a major role in heart health and can impact your risk of heart disease. In fact, certain foods can influence blood pressure, triglycerides, cholesterol levels and inflammation, all of which are risk factors for heart disease.

### **Leafy Green Vegetable**

Leafy green vegetables like spinach, methi, sarson etc. are well-known for their wealth of vitamins, minerals and antioxidants. In particular, they're a great source of Vitamin K and nitrates, which can help reduce blood pressure and improve arterial function. Studies show that a higher intake of leafy greens is associated with a lower risk of heart disease.

### **Whole grains**

Whole grains include all three nutrient-rich parts of the grain: germ, endosperm and bran. Common types of whole grains include whole wheat, brown rice, oats, rye, barley, buckwheat and quinoa. Compared to refined grains, whole grains are higher in fiber, which may help reduce "bad" LDL cholesterol and decrease the risk of heart disease. Multiple studies have found that including more whole grains in your diet can benefit your heart health. Studies show that eating whole grains is associated with lower cholesterol and systolic blood pressure, as well as a lower risk of heart disease.

### **Berries**

Strawberries, blueberries, blackberries and raspberries are jam-packed with important nutrients that play a central role in heart health. Berries are also rich in antioxidants like anthocyanins, which protect against the oxidative stress and inflammation that contribute to the development of heart disease. Studies show that eating lots of berries can reduce several risk factors for heart disease. Another study found that eating blueberries daily improved the function of cells that line the blood vessels, which help control blood pressure and blood clotting. Berries can be a satisfying snack or delicious low-calorie dessert.

### **Avocados**

Avocados are an excellent source of heart-healthy monounsaturated fats and potassium, which have been linked to reduced levels of cholesterol and a lower risk of heart disease by helping lower your cholesterol, blood pressure and risk of metabolic syndrome.

### **Fatty Fish and Fish Oil**

Fatty fish and fish oil are both high in omega-3 fatty acids and may help reduce heart disease risk factors, including blood pressure, triglycerides and cholesterol.

### **Walnuts**

Walnuts are a great source of fiber and micronutrients like magnesium, copper and manganese. Studies suggest that walnuts can help reduce cholesterol and blood pressure and may be associated with a lower risk of heart disease.

### **Beans**

Beans contain resistant starch, which resists digestion and is fermented by the beneficial bacteria in your gut. Beans are high in resistant starch and have been shown to reduce levels of cholesterol and triglycerides, lower blood pressure and decreased inflammation.

### **Dark Chocolate**

Dark Chocolate is rich in antioxidants like flavonoids, which can help boost heart health. Interestingly, several studies have associated eating chocolate with a lower risk of developing calcified plaque in the arteries and coronary heart disease. Additionally, chocolate can be high in sugar and calories, which can negate many of its health-promoting properties.

### **Tomatoes**

Tomatoes are loaded with lycopene, a natural plant pigment with powerful antioxidant properties and have been associated with a lower risk of heart disease and stroke, as well as an increase in “good” HDL cholesterol. Antioxidants help neutralize harmful free radicals, preventing oxidative damage and inflammation, both of which can contribute to heart disease.

### **Almonds**

Almonds are incredibly nutrient-dense, boasting a long list of vitamins and minerals that are crucial to heart health. They’re also a good source of heart-healthy monounsaturated fats and fiber, two important nutrients that can help protect against heart disease, reductions in cholesterol and belly fat.

### **Seeds**

Chia seeds, flaxseeds and hemp seeds are all great sources of heart-healthy nutrients, including fiber and omega-3 fatty acids. Human and animal studies have found that eating seeds may improve several heart disease risk factors, including inflammation, blood pressure, cholesterol and triglycerides.

### **Garlic**

For centuries, garlic has been used as a natural remedy to treat a variety of ailments due to the presence of a compound called allicin, which is believed to have a multitude of therapeutic effects. In recent years, research has confirmed its potent medicinal properties and found that garlic can even help improve heart health. Garlic and its components have been shown to help reduce blood pressure and cholesterol. They may also help inhibit blood clot formation.

### **Olive Oil**

Olive oil is packed with antioxidants, which can relieve inflammation and decrease the risk of chronic disease. It’s also rich in monounsaturated fatty acids, and many studies have associated it with lowering of blood pressure and improvements in heart health.

### **Green Tea**

Green tea has been associated with a number of health benefits, from increased fat burning to improved insulin sensitivity. It’s also brimming with polyphenols and catechins, which can act as antioxidants to prevent cell damage, reduce inflammation and protect the health of your heart. It has been associated with lower cholesterol, triglycerides and blood pressure.

**Lata- 1388520009 (B.A. III)**  
**Manoj- 1388510003 (B.A. III)**

## **Know About Seeds**

Seeds are extremely nutritious. Seeds are great sources of fiber. They also contain healthy monounsaturated fats, polyunsaturated fats and many important vitamins, minerals and antioxidants. When consumed as part of a healthy diet, seeds can help reduce blood sugar, cholesterol and blood pressure.

### **Flaxseeds**

Flaxseeds are also known as linseeds, are a great source of fiber and omega-3 fats, particularly alpha-linolenic acid (ALA). Flaxseeds are an excellent source of fiber, omega-3 fats, lignans and other nutrients. A lot of evidence has shown they may reduce cholesterol, blood pressure and even the risk of cancer.

### **Chia Seeds**

They are very similar to flaxseeds because they are also good sources of fiber, omega-3 fats, along with a number of other nutrients which are effective at lowering blood sugar and reducing risk factors for heart disease.

### **Sesame Seeds**

Sesame seeds are a great source of lignans, which may help improve sex hormone status for estrogen. Sesame seeds may also help reduce inflammation and oxidative stress.

### **Pumpkin Seeds**

Pumpkin seeds are one of the most commonly consumed types of seeds, and are good sources of phosphorus, monounsaturated fats and omega-6 fats. Pumpkin seeds and pumpkin seed oil may help improve the symptoms of urinary disorders. Pumpkin seeds are also good sources of phytosterols, which are plant compounds that may help lower blood cholesterol.

### **Sunflower Seed**

Sunflower seeds may be associated with reduced inflammation in middle-aged and older people, which may help reduce the risk of heart disease. Sunflower seeds contain high levels of both monounsaturated and omega-6 fats, and may help reduce inflammation and cholesterol levels.

**Chetna – 1388520055 (B.A. III)**

**Anjana- 1388520134 (B.A.III)**

## **Millets**

Millets are a group of small seed grasses grown in semi-dry areas of Asia as well as in Africa. Millets are cooked like any other cereal. Indians use it to make rotis, khichdi, porridges, salads, Millets are used in multigrain products, muffins, etc. Millet is Gluten free.

### **Nutrient Composition of Types of Millets:**

Millets are high in proteins. Most types of Millets are rich in fiber, which makes your stomach feel full longer. These are gluten-free grains. Gluten is found in grains such as wheat, rye, barley, as well as triticale. People with gluten intolerance or celiac disease can't digest gluten and this damages their small intestine. It is a rich source of Vitamin E, B complex, niacin, thiamin, and

riboflavin. In addition, millet also contains essential amino acids like methionine and lecithin as well as minerals like iron, magnesium, phosphorus, and potassium.

#### **Sorghum (Jowar):**

Jowar is rich in calcium compared to rice and wheat. It also contains iron, protein, as well as fiber. Researchers have found that jowar is rich in policosanols which helps in reducing the levels of cholesterol. Being a gluten-free grain, it is also much preferred by those who can't tolerate wheat-based products.

#### **Pearl Millet (Bajra):**

It has 8 times higher iron content than in rice. It is also rich in protein, fiber, and minerals such as calcium and magnesium. Bajra consumption eases constipation and digestion issues. Being Gluten free, Bajra is super soft on our digestive system, It doesn't load the gut and hence gives a light feeling even after a heavy meal.

#### **Finger Millet (Ragi)**

Ragi is the most common amongst various types of millets down in the south of India. Ragi is a better replacement for rice and wheat. It is high in protein, calcium, iron, and fiber. It has a low glycaemic index which helps diabetics to keep their glucose levels in check. Malted ragi is advised to kids and diabetics as it has better absorption and more benefits.

#### **Buckwheat (Kuttu)**

Buckwheat is richer in minerals than many other pseudocereals and cereals. It's high in manganese, copper, and magnesium but low in most vitamins. Buckwheat is mainly composed of carbohydrates. It also boasts a good amount of fiber and resistant starch, which may improve colon health. What's more, it offers small amounts of high-quality protein.

**Tamanna Bhatti- 1388520109**

**Vijanta- 1388520142**

### **Food for Health**

Nutrition is a basic prerequisite to sustain life. Variety in food is not only the spice of life but also the essence of nutrition and health. Right nutritional behavior and dietary choices are needed to achieve good health. The following dietary guidelines given by Indian Council of Medical Research provide a broad framework for appropriate action to achieve good health:

Eat variety of foods to ensure a balanced diet.

Ensure provision of extra food and healthcare to pregnant and lactating women.

Promote exclusive breastfeeding for six months and encourage breastfeeding till two years or as long as one can.

Feed home based semi solid foods to the infant after six months.

Ensure adequate and appropriate diets for children and adolescents, both in health and sickness.

Eat plenty of vegetables and fruits.

Ensure moderate use of edible oils and animal foods and very less use of ghee/ butter/ vanaspati.  
Avoid overeating to prevent overweight and obesity.  
Exercise regularly and be physically active to maintain ideal body weight.  
Restrict salt intake to minimum.  
Ensure the use of safe and clean foods.  
Adopt right pre-cooking processes and appropriate cooking methods.  
Drink plenty of water and take beverages in moderation.  
Minimize the use of processed foods rich in salt, sugar and fats.  
Include micronutrient-rich foods in the diets of elderly people to enable them to be fit and active.

**Chanchal- 1388520039 (B.A.III)**  
**Sulekha – 1388520137 (B.A.III)**

## STAFF ACHIEVEMENTS










**PH.D AWARDED (SESSION 2019-2020)**

	<p><b>Himachal Pradesh University Shimla</b></p>
	<p><b>Punjab University Chandigarh</b></p>



## WARM SEND OFF



# IT SECTION

<b>Sr.No</b>	<b>Topics</b>	<b>Author Name</b>
1	Editorial	Mr.Bhoop Singh
2	E-Waste	Mr.Bhoop Singh
3	Iot (Internet Of Things)	Dr. Shabnam
4	Performance Analysis Of Students Using Machine Learning	Ms. Sonia Jassal

## **Editorial**

Of late, it has been witnessed that the quality of life has improved significantly with the advent of Network, Computer and Information Technology. Desktop, laptop, mobile, internet and Teleconference have become part and parcel of 'routine-life'. Accordingly, the career prospects for young generation are bright in the various field of computer including networking, software engineering, web designing, multimedia, artificial intelligence, data mining etc. Therefore, choosing IT sector as a career has become an obvious choice among young aspirants. The knowledge of Computer/Information Technology has also become

mandatory to get an Executive/Administrative/Management job in Public or Private Sector or even the smallest 'domestic needs' such as shopping, billing, banking so on and so forth. In the present scenario, technological advancement is inevitable, especially in the field of computing. The persons who have the knowledge about the fundamentals can adapt to the situation easily. As you are aware, learning is a continuous process. It does not end with the acquisition of a degree As we see in today's world, the people after retirement/old age are also learning the technological tools to stay updated with the society, relatives and friends. Indeed, our aim should not be, to become 'walking-manuals'

of any 'language' or 'package'. Therefore, to stay relevant, a strong foundation in basics, problem-solving techniques, adaptable to changes is required so that we can 'upgrade'/update ourselves with the technological changes take place in the world.

**Bhoop Singh**

## E-Waste

Electronic waste (e-waste) includes discarded computer monitors, motherboards, mobile phones and chargers, compact discs, headphones, television sets, air conditioners and refrigerators. At present, India is among the world's largest consumer of IT products like mobile phones, computer, laptop, printer etc. According to the Global E-Waste Monitor report, India generates about 2 million tons of e-waste annually and ranks among major e-waste producing countries and this figure is expected to double in near future if nothing changes. E-waste is growing at an annual growth rate of about 30 per cent in the country.

Most consumers are still unaware of how to dispose of their e-waste. Most Indians are selling their e-waste to the informal sector, which poses severe threats to human lives, with its improper and highly hazardous methods of extracting the precious metal from it and handling e-waste only for profit. As per reports, only 20 per cent of global e-waste is recycled. The reports indicate that due to poor extraction techniques, the total recovery rate of cobalt (the metal which is in great demand for laptop, smart phone and electric car batteries) from e-waste is only 30 per cent.

On a positive note, media reports highlighted that the 2020 Tokyo Olympics medals will be made of 50,000 tons of e-waste. The organizing committee will make all the medals from old smartphones, laptops and other gadgets. Authorities in Japan have collected about 48000 tons of devices, from which nearly 8 tons of gold, silver and bronze will be extracted to make 5,000 medals.

Laws to manage e-waste have been in place in India since 2011, mandating that only authorized dismantlers and recyclers collect e-waste. E-waste (Management) Rules, 2016 were framed and over 21 products were included under the purview of the rule. The rules fix the responsibility of bulk consumer, dismantler and recyclers of e-waste. As per rules, the dismantlers and recyclers have to maintain a record to quantify the total e-waste collected, dismantled, recycled with intimation to concerned State Pollution Control Board.

The bulk consumers, as per rules, have to ensure that e-waste generated by them is handed over to producer through authorized collection centre, dismantler, and recycler or through the designated take-back mechanism of producer. Concerned State Pollution Control Boards is the nodal agency for registration of dismantler/recyclers and to ensure the compliance of these rules.

As per Haryana State Pollution Control Board annual report for year 2018-19, there are 37 nos. registered dismantler/recycler in the state for disposal of e-waste products and an average of 42.29 MT e-waste per month is collected in the State.

Despite new rules that have come into place to safely process, these hazardous materials, close to 80 per cent of e-waste-old laptops and cell phones, cameras and air conditioners, televisions and LED lamps continues to be broken down, at huge health and environmental cost polluting ground water and soil, by the informal sector. Immense potential is there in augmenting e-waste recycling in the country. However, lots of ground has to be covered through awareness campaign, skill development, building human capital and introduction of technology while adopting adequate safety measures in the country's informal sector. Since India is highly deficient in precious mineral resources (whereas untreated e-waste goes to landfill), there is need for a well-designed, robust and regulated e-waste recovery regime which would generate jobs as well as wealth.

**Mr.Bhoop Singh**

**Computer Science, Department**

### **IOT (Internet of Things)**

The Internet of Things or IoT is influencing our lifestyle from the way we react to the way we behave. From air conditioners that you can control with your smartphone to the smart cars providing shortest route or our smart watches which are tracking our daily activities. IoT is a giant network with connected devices. These devices gather and share data about how they are used and the environment in which they are operated. It is all done using sensors. Sensors are embedded in every physical device. It can be your mobile phone, electrical appliances, traffic lights and almost everything that you come across in day to day life. These sensors continuously emit data about the working state of the devices. But now the question is how these devices share this huge amount of data and how do we put this data to our benefit. IoT provides a common platform for all these devices to dump their data and a common language for all the devices to communicate with each other. Data is emitted from various sensors and sent to Iot platform. IoT platform integrate the collected data from various sources, further analytics is performed on the data and valuable information is extracted as per requirement. Finally, the result is shared with other devices for better user experience, automation and improving efficiencies.

At present nearly, 3.7 billion of people are connected to the Internet; roughly 50% of such connected population resides in Asia and 24% amongst them belong to India.

Internet of things (IoT), with the capability to increase the connectivity of everything, everyone and everywhere, is changing the way we do things. India with a landscape of 120 IoT firms has the required technical skills to drive the IoT revolution, making it one of the key countries poised for the implementation of large scale IoT projects.

A number of IoT startups in India (roughly 70%) have emerged a few years back only. Healthcare and manufacturing are popular verticals attracting a lot of investor interests. **ThingsCloud, Doxper, SeeHow, Uncanny Vision, IOT Pot** are some of the popular **IOT** startups. The industry is also seeing the growth of segments like smart lifestyle, connected homes, connected building etc. which are quite new concepts.

Market forces like cloud computing and analytics are the key drivers of IoT. There are several factors too that contribute to its growth like increased mobility, the evolution of smarter lifestyle, improved decision making, data analysis etc.

India has already more than 100 smart city initiatives planned. The focus is to enable seamless communication not only amongst humans but between machine to machine and machines to humans

### Challenges in IOT

IoT is shaping human life with greater connectivity and ultimate functionality through ubiquitous networking to the Internet. It will be more personal and predictive and merge the physical world and the virtual world **to create a highly personalized and often predictive connected experience.** With all the promises and potential, IoT still has to resolve three major issues, unified standards for devices, privacy and security. Without the consideration of strong security at all joints of the IoT and protection of data, the progress of IoT will be hindered by litigations and social resistance. The expansion of IoT be slow without common standards for the connected devices or sensors.





## **Performance Analysis of Students Using Machine learning**

Machine learning is a subset of artificial intelligence (AI) that helps computers or teaching machines learn from all previous data and make intelligent decisions. Machine learning focuses on the development of computer programs that can access data and use it learn for themselves. Advances in AI are enabling teachers to gain a better understanding of how their students are progressing with learning.

This enables teachers to create customized curriculum that suits the specific needs of the learners.

Today, both virtual and face-to-face educational models promote the application of information and communication technologies (ICT) in both teaching–learning processes and academic management processes. Higher education institutions need to work on the development of educational models that emphasize the use of information and communication technologies (ICT), which could function as support tools for equal opportunities and social responsibility. The application of technology in teaching-learning processes is known as Technology-enhanced learning (TEL). This term is used to describe the use of digital technology aimed at improving the teaching-learning experience. TEL incorporates many emerging technologies, including learning management systems (LMS), mobile learning applications, virtual and augmented reality interventions, cloud learning services, social networking applications for learning, video learning, robotics, data mining, and so forth.

Performance evaluation of students is essential to check the feasibility of improvement. Regular evaluation not only improves the performance of the student but also it helps in understanding where the student is lacking. It takes a lot of manual effort to complete the evaluation process as even one college may contain thousands of students.

Class result prediction using machine learning can find out whether a particular student will be successful or not in future. Based on the performance of the students in previous semester, and the scores of internal examinations of the current semester, the final result, whether the student passes or fails in the current semester is computed before the final examination actually takes place.

With the historical dataset of student grades, a combination of variables can be performed in order to obtain a group of students that have common attributes and on which some type of analysis can be carried out before applying machine learning algorithms. Various machine learning algorithms such as linear regression, decision trees, and Bayes classification are used to carry out this prediction analysis. Using this analysis, we can divide the students into groups based on their previous performance. On the basis of this prediction, performance of weak students can be improved before the examination. So, machine learning plays a very vital role in our education system.

**Ms Sonia Jassal**

**Computer Science Department**



## महाविद्यालय में पौषण संबंधी प्रशिक्षण

महाविद्यालय में पौषण संबंधी प्रशिक्षण  
हेमन्त कुमार

एस एल टाइम्स न्यूज सर्विस  
कालका, सितंबर 24

राजकीय महाविद्यालय कालका में गृह विज्ञान विभाग द्वारा गृह विज्ञान तथा एन एस एस स्वयं सेवकों के लिए किशोरावस्था में पौष्टिक तथा शारीरिक आवश्यकताओं से संबंधित प्रशिक्षण दिया गया। प्रशिक्षण का संचालन ओजस हॉस्पिटल की आहार विशेषज्ञ शिवानी गुलाटी द्वारा किया गया। उन्होंने किशोरावस्था में शारीरिक आवश्यकताएं, पौष्टिक आवश्यकताएं, संबंधित आहार तथा स्वास्थ्य संबंधी जानकारी प्रदान की। गृह विज्ञान विभागाध्यक्ष वंदिता शर्मा ने जानकारी देते हुए बताया कि यह प्रशिक्षण महाविद्यालय में मनाए जाने वाले पौषण माह कार्यक्रम के अन्तर्गत दिया जा रहा है। प्रशिक्षण के पश्चात ये विद्यार्थी महाविद्यालय एन एस एस अधिकारी डॉ इंदु के संरक्षण में कालका तथा आस पास के गांवों में जा जा कर लोगों को आहार तथा पौषण संबंधी जानकारी देंगे।

महाविद्यालय प्राचार्या कुसुम आद्या ने इस अवसर पर छात्र छात्राओं को इस जानकारी को अधिक से अधिक लोगों तक पहुंचाने के लिए प्रेरित किया।

प्राचार्या ने इस प्रशिक्षण के सफल आयोजन के लिए गृह विज्ञान विभाग की वंदिता शर्मा डॉ सोनाली, ऋतु और एन एस एस अधिकारी डॉ इंदु की प्रशंसा की।



## राजकीय महाविद्यालय कालका में राष्ट्रीय मतदाता दिवस मनाया

कालका, 28 जनवरी (अहमद पत्रकार) : राजकीय महाविद्यालय कालका में सेंट्रल ऑफ ट्रेन कोटों की प्रभारी प्रो. डा. हिंदु और राष्ट्रीय सेवा योजना की प्रभारी प्रो. डा. इंदु और प्रो. प्रदीप के मार्गदर्शन और दिशा निर्देश में राष्ट्रीय मतदाता दिवस मनाया गया। प्रस्तुत कार्यक्रम को आयोजित करने प्राचार्या कुसुम आद्या ने की। प्रस्तुत कार्यक्रम में सेंट्रल ऑफ ट्रेन कोटों के सदस्य प्रो. डॉ. प्रो. सोनली, कनिष्ठ प्राचार्या कुसुम आद्या ने है। राष्ट्रीय मतदाता दिवस मनाया जाने वाला है। प्रो. गुरुदेव सिंह ने भी अपने विचार प्रस्तुत किए। प्रो. गुरुदेव सिंह ने बताया कि प्रस्तुत कार्यक्रम का सफल रूप से संचालन किया। प्रस्तुत कार्यक्रम को सफल बनाने में वीर प्रो. डा. सत्यजीत और



निर्वाह किए गए। कार्यक्रम में लोकगीत का प्रयोग भी कर सकते हैं। प्रस्तुत कार्यक्रम में विद्यार्थियों को प्रेरित करने का प्रो. गुरुदेव सिंह ने बताया कि प्रस्तुत कार्यक्रम का सफल रूप से संचालन किया। प्रस्तुत कार्यक्रम को सफल बनाने में वीर प्रो. डा. सत्यजीत और

को गौरव मिलता है। कार्यक्रम में प्रो. गुरुदेव सिंह ने बताया कि प्रस्तुत कार्यक्रम में विद्यार्थियों को प्रेरित करने का प्रो. गुरुदेव सिंह ने बताया कि प्रस्तुत कार्यक्रम का सफल रूप से संचालन किया। प्रस्तुत कार्यक्रम को सफल बनाने में वीर प्रो. डा. सत्यजीत और

## राजकीय महाविद्यालय में स्वच्छता ही सेवा पर कार्यक्रम आयोजित



बेटी बचाओ बेटी पढ़ाओ की प्रस्तुति देते हुए।

कालका, 25 सितंबर (ललित धीमान) : राजकीय महाविद्यालय कालका में राष्ट्रीय सेवा योजना की प्रभारी डा. इंदु और महिला प्रकोष्ठ की प्रभारी प्रो. डॉक्टर रागिनी के मार्गदर्शन और दिशा निर्देशन में एक कार्यक्रम का आयोजन किया गया। प्रस्तुत कार्यक्रम में स्वच्छता ही सेवा है का संदेश दिया गया। कार्यक्रम की अध्यक्षता कॉलेज प्राचार्या कुसुम आद्या ने की। प्राचार्या कुसुम आद्या ने विद्यार्थियों को संबोधित करते हुए कहा कि आज राष्ट्रीय सेवा योजना का स्थापना दिवस है। प्राचार्या ने कहा कि 24 सितंबर 1969 के इतिहास को राष्ट्रीय महत्वा गांधी के जन्म शताब्दी वर्ष से जोड़ते हुए राधा कृष्ण पंडित, जवाहर लाल नेहरू, डा. सी.डी. देशमुख आदि ने एन एस एस को कार्यक्रम देने में अहम भूमिका निभाई कार्यक्रम में विद्यार्थियों ने बेटी बचाओ बेटी पढ़ाओ विषय पर नुझड़ नाटक भी प्रस्तुत किया। राष्ट्रीय सेवा योजना की प्रभारी प्रोफेसर डा. इंदु ने बताया कि एनएसएस के स्वयंसेवकों द्वारा आस-पास के गांवों में स्वच्छता अभियान और जल संरक्षण अभियान चलाया जा रहा है।

## संगीत की कला दुनिया में सबसे बड़ा खजाना : हरविन्द शर्मा



कॉलेज में परवाज युवा उत्सव के दौरान छात्रों को सम्मानित करते गणमान्य।

संवाद न्यूज एजेंसी

कालका। राजकीय महाविद्यालय कालका में परवाज युवा उत्सव संस्कृत कार्यक्रम करवाया गया। कार्यक्रम में प्रसिद्ध सितार वादक पंडित हरविन्द शर्मा ने बतौर मुख्य अतिथि शिरकत की। कार्यक्रम की शुरुआत डॉक्टर हरविन्द शर्मा और कॉलेज प्राचार्या कुसुम आद्या ने ने दीप प्रज्ज्वलित कर की।

इस दौरान संगीत गायन में निहाल प्रथम, रिया और मानसी द्वितीय व चन्द्रकांत ने तीसरा स्थान हासिल किया। नृत्य प्रतियोगिता में प्रियंका और समूह प्रथम, ओएस प्रोशु द्वितीय व हिमांशु और विनीत ने तीसरे पायदान पर

रहे। मुख्यातिथी ने कहा कि संगीत के बिना जीवन अधूरा है संगीत की कला दुनिया में सबसे बड़ा खजाना है। शर्मा ने विजेता विद्यार्थियों को बधाई दी।

कॉलेज प्राचार्या कुसुम आद्या ने कहा कि परवाज युवा उत्सव का कार्यक्रम महाविद्यालय की गोल्डन जुबली के उपलक्ष्य में मनाया गया है। कार्यक्रम के द्वितीय चरण में गृह विज्ञान की विभागाध्यक्ष प्रोफेसर वंदिता शर्मा, प्रोफेसर रिंतु, प्रोफेसर सोनाली के मार्गदर्शन में फैशन शो का आयोजन किया गया। इस अवसर पर संगीत विभाग की प्रो मीना शर्मा, प्रो सुरेश कुमार, प्रो विन्दु सहित अन्य मौजूद रहे।





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