



**MATA GUJRI MAHILA MAHAVIDYALAYA
(AUTONOMOUS), JABALPUR**

Reaccredited 'A+' Grade by NAAC



Gobind Jyoti

2022-23

Run by : Guru Gobind Singh Educational Society, Jabalpur (M.P.)

Recognised by : Govt. of M.P. and Affiliated to
Rani Durgavati Vishwavidyalaya, Jabalpur

Minority Status by
NCMEI, New Delhi



माता गुजरी जी

सिक्ख इतिहास की महान शख्सियत

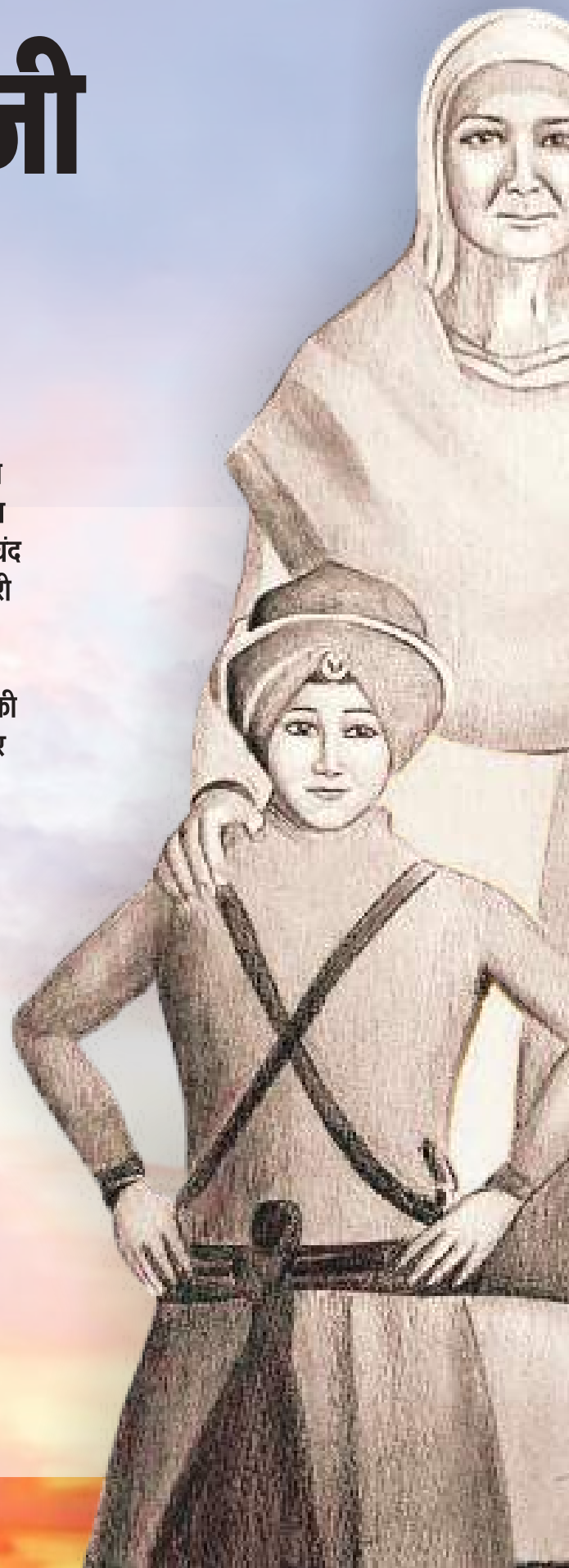
नारी शक्ति की प्रतीक, वात्सल्य, सेवा, परोपकार, त्याग, उत्सर्ग की शक्तिस्वरूपा माता गुजरी जी का जन्म पंजाब के वर्तमान कपूरथला जिले के करतारपुर में सन् 1624 में हुआ था। उन के पिता लाल चंद जी और माता बिशन कौर जी थी। सिक्ख धर्म विकास में माता गुजरी जी की भूमिका महत्वपूर्ण रही है। वह एक सर्वोच्च शहीद, सिखों के नावमें गुरु, गुरु तेग बहादुर जी की पत्नी थीं। एक बहादुर संत-सैनिक, दसवें और अंतिम मानव सिक्ख गुरु, गुरु गोबिंद सिंह जी की माता और चार अदभुत बच्चों (साहिबजादे) जिन्होंने 6, 9, 14 और 18 साल की उम्र में शहादत प्राप्त की, की दादी थी।

भारत के लोगों के लिए लगभग सन् 1650 - 1705 तक की कठिन अवधि के दौरान माता गुजरी जी की भूमिका महत्वपूर्ण थी, जब औरंगजेब ने सन् 1658 - 1707 तक इस देश पर शासन किया और उपमहाद्वीप में अपनी अत्याचार और बर्बर प्रथाओं को फैलाया। माता गुजरी जी 'लौह-महिला' थीं। 711 जुलाई सन् 1675 एक महत्वपूर्ण दिन था जब गुरु तेग बहादुर जी, कश्मीरी पंडितों की धर्म रक्षार्थ हेतु सर्वोच्च बलिदान करने के लिए दिल्ली के लिए रवाना हुए।

इतिहास में अद्वितीय है माता गुजरी, जिन्होंने अपने पति गुरु तेग बहादुर जी को धर्मरक्षा हेतु शहीदी के लिए भेजा था। गुरु जी की बिदाई के समय माता गुजरी जी ने साहस

दिखाया और अंतिम परीक्षा को धैर्य के साथ सहन किया। गुरु तेग बहादुर जी 11 नवंबर 1675 को दिल्ली में शहीद कर दिया गया था, पुत्र गोविंद राय (गुरु गोबिंद सिंह) तब बहुत छोटे थे। उन्होंने पंथ का और युवा गोबिंद राय का मार्गदर्शन किया।

अब सिखों के दसवें गुरु, गुरु गोविंद राय थे। चक नानकी (बाद में आनंदपुर साहिब) में मामलों के प्रबंधन की जिम्मेदारी शुरू में माता गुजरी जी पर आ गई थी, जिसे उन्होंने कुशलतापूर्वक संभाला। फिर, इन वर्षों के दौरान उनकी भूमिका इस बात का एक स्पष्ट उदाहरण है कि कैसे भगवान के हुकम को स्वीकार किया जाए और धार्मिकता और चरदीकला का जीवन व्यतीत किया जाए।





सन् 1685 से 1705 तक अगले 20 वर्षों के लिए, वह ताकत का एक स्तंभ थी। उन्होंने कठिनाइयों के समय में मार्गदर्शन किया और उन्हें पंथ को सही रास्ते पर ले जाने में मदद की। बाद में साहिबजादा अजीत सिंह का जन्म सन् 1687 में, सन् 1691 में साहिबजादा जुझार सिंह, सन् 1696 में साहिबजादा जोरावर सिंह और साहिबजादा फतेह सिंह का जन्म सन् 1699 में हुआ था। 1699 को गुरु गोबिंद सिंह जी ने वैशाखी पर्व पर अमृत संचार कर के खालसा पंथ को सजाया। इसी समय माता जी ने अमृत संचार के दौरान वैशाखी के पर्व पर परिवार के बाकी लोगों के साथ अमृत प्राप्त किया और आपका नाम 'गुजर कौर' तथा श्री गोबिंद राय जी का नाम अब गोबिंद सिंह हो गया। जब शत्रुतापूर्ण पहाड़ी राजाओं और मुगल सैनिकों द्वारा लंबे समय तक की गई घेराबंदी का सामना करते हुए, चक नानकी (आनंदपुर साहिब) को 5-6 दिसंबर 1705 की रात को गुरु गोबिंद सिंह द्वारा खाली करना पड़ा, तब माता गुजर कौर अपने छोटे पोते साहिबजादा जोरावर सिंह के साथ और फतेह सिंह, जिनकी आयु क्रमशः नौ और सात वर्ष थी, को सरसा नदी पार करते समय समुह से अलग कर दिया गया था। उन तीनों का नेतृत्व उनके नौकर गंगू ने किया था, उसने विश्वासघात कर माता गुजरी जी और उनकी पोतों को 8 दिसंबर 1705 को गिरफ्तार करवा दिया और वजीर खान ने सरहिंद किले में कैद कर दिया था। जिसे सिख इतिहास में टंडा बुर्ज कहा जाता है। गर्मी के दिनों में यह जगह ठंडी जगह मानी जाती है लेकिन यह गुरु जी के पुत्रों और उनकी माता के लिए अत्यधिक सर्दी में उन्हें यहाँ रखने की सजा थी। यह उनके समर्पण के कारण था कि छोटे बच्चे अपने विश्वास में इतने दृढ़ थे और लगभग 6 और 9 वर्ष की छोटी उम्र में शक्तिशाली मुगल साम्राज्य का सामना करने और उन्हें चुनौती देने में सक्षम थे। जैसे-जैसे बच्चों को दिन-ब-दिन अदालत में पेश होने के लिए बुलाया जाता था, दादी उन्हें

अपने विश्वास में दृढ़ रहने का आग्रह करती रहीं। अहलकार उन्हें अदालत में बुलाकर धर्म परिवर्तन के लिए कई प्रकार के लालच एवं धमकियाँ देते रहे। दोनों साहबजादे गरजकर जवाब देते, 'हमारी लड़ाई अन्याय, अधर्म एवं जोर-जुल्म तथा जबर्दस्ती के खिलाफ है। हम तुम्हारे इस जुल्म के खिलाफ प्राण दे देंगे लेकिन झुकेंगे नहीं।' उन्होंने अपना कीमती जीवन दिया लेकिन सिक्खी नहीं छोड़ी - ऐसे उत्कृष्ट बच्चों को पालने का बहुत श्रेय माता जी को ही जाता है। अंततः 26 दिसंबर 1704 को वजीर खां ने उन्हें बच्चों को दीवार में जिंदा चुनवा दिया। माता गुजरी जी की शिक्षाओं का ही परिणाम था कि 6 साल और 9 साल के बच्चे अपने धर्म से नहीं हटे और शहादत प्राप्त की। सिक्खी की परम्परा को जारी रखते हुए और बिना किसी शिकायत के गुरु की बानी गाते हुए यहीं पर माता गुजरी जी ने अपने पौत्रों (साहिबजादों) की शहादत की खबर सुनकर बड़े धैर्य के साथ ईश्वर का शुक्राना करते हुए अरदास की एवं 26 दिसंबर 1704 को शहीदी प्राप्त की। बाद में इस स्थान पर गुरुद्वारा माता गुजरी जी का निर्माण किया गया। सरहिंद के एक दयालु धनी व्यक्ति सेठ टोडर मल ने अगले दिन तीनों का अंतिम संस्कार संसार की सबसे महँगी जमीन खरीद कर किया था। सिख इतिहास में, माता गुजरी जी को बहुत ही महत्वपूर्ण स्थान दिया जाता है। उनका बलिदान और समर्पण सिखों के लिए एक प्रेरणास्त्रोत बना है और उनकी यादें आज भी लोगों को धर्मपरायणता और सेवा के प्रति प्रेरित करती हैं। नारी के प्रति व्यवहार के बारे में गुरुनानक जी का कथन है- 'सो क्यों मंदा आखिए, जित जन्मे राजान..' उन्होंने कहा है- 'सच उरे सबको, उपर सच आचार', अर्थात् सत्य सर्वपरि है, परंतु उससे भी ऊपर सत्याचार है। माता गुजरी कॉलेज का नाम उनके महत्वपूर्ण योगदान को सम्मान देते हुए रखा गया है, ताकि छात्राएँ भी उनके आदर्शों, नारी शक्ति की प्रतीक और विश्वास की दिशा में प्रगति कर सकें।

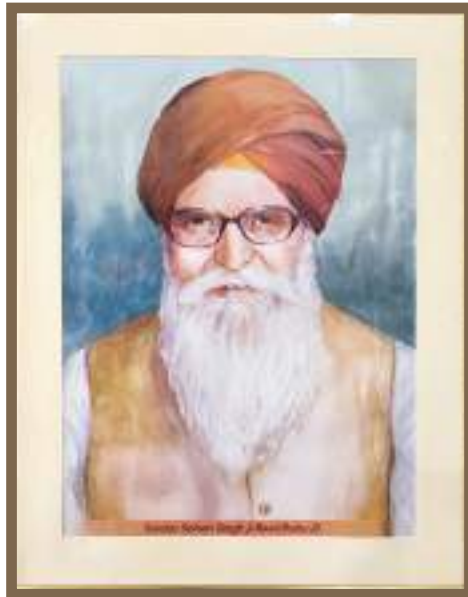
डॉ. रमणीक कौर

(भौतिकी विभाग)

माता गुजरी महिला महाविद्यालय

(स्वायत्त), जबलपुर (म.प्र.)

A Legendary Staunch Pillar of our Society



Sardar Sohan Singh Ji Rehal was a 'Sardar' (Leader) amongst Sardars. He was a gem of a man. He may have appeared stern from outside, but was very soft at heart, just like a coconut. Sardar Sohan Singh Rehal was straight forward, honest, kind, considerate and affectionate, with a goodwill towards all and malice towards none. He was a source of great moral inspiration for all of us. He took great interest in all social activities, but education was his main forte, especially girls education. We all considered him as our Guardian Angel.

Sardar Sohan Singh Rehal was the founder of **Guru Gobind Singh Educational Society & Mata Gujri Mahila Mahavidyalaya** which runs a number of educational institutions in the Mahakoushal area. He was Born in Bannu, Pakistan on 15th February 1925. He proved himself a true Sikh and a true Indian.

Dedicated souls like him have great ideals, and he lived up to them. This great man, great educationist and father figure has earned great respect and regard from all of us. His ideals continue to inspire and guide us on our path towards Progress.

May his soul rest in eternal peace

Editorial Board

Chairman

Dr. Kamlesh Tiwari

Director, MGMM

Dr. Sangeeta Jhamb

Principal, MGMM

Chief Editors

Dr. Maya Shukla

Associate Prof. Deptt. of Chemistry

Miss. Yashmeet Kaur Rahel

Assistant Prof. Deptt. of Electronics

Associate Editors

Miss. Parul Awasthi - Economics Deptt.

Dr. Ranu Rathore - Hindi Deptt.

Dr. Bharti Tiwari - Commerce Deptt.

Miss. Tuhina Roy - Commerce Deptt.

Miss. Lipi Arora - Commerce Deptt.

Miss. Shubhi Trivedi - English Deptt.

Miss. Deepa Mishra - Biotech Deptt.

Student Editor

Miss. Nandana Tiwari

Design By

Mr. Lalit Kumar Vishwakarma

Index

1) Mahavidyalaya Gaan	01
2) Messages	02
3) Our Parental Society	12
- Our Institute	14
- Award and Accrediation	15
- Support Service	17
- Social Work	18
- Extension Activities	19
- College at Glance	20
- Our Achiever/Our Pride (Students)	21
- Our Achiever/Our Pride (Teachers)	23
4) English Articles	26
5) Reports of Departmental Activities	62
- IQAC	64
- English	66
- Hindi	67
- Commerce & Management	68
- Zoology	69
- Botany	70
- Biotech	71
- Microbiology	72
- Chemistry	73
- Biochemistry	74
- Electronics	75
- Physics	76
- Mathematics	77
- Computer Science & Application	78
- Department of Education	79
- History	80
- Music	81
- Drawing & Painting	82
- Political Science	83
- Sociology	84
- Economics	85
6) Hindi Articles & Poems	86
7) Extra Curricular Activities	98
- Training & Placement	100
- UBA Cell	102
- NCC	103
- NSS	104
- Sports	105
- Cultural	106
- Fashion & Technology	107
- Women Cell	108
- ELC	109
- Library	110
- Hostel	111
- Views of Our Alumnae	112
- Our Gold Medalist 2021-2022	113

महाविद्यालय गान

धन्य धन्य यह भूमि है, धन्य धन्य यह धाम ।
माता गुजरी आपको शत् शत् बार प्रणाम ॥

यज्ञ भूमि यह धर्म भूमि यह भूमि सृजन की है,
दान त्याग की भूमि, भूमि यह शौर्य की भूमि है ।
जीवन की यह कर्मवाटिका, बाँटे सबको ज्ञान का दान ।
माता गुजरी आपको शत्-शत् बार प्रणाम् ॥

तीथि ममता दुलार की, सद्भावों की रखवाली ।
घोर विषमता में धीरज का अभिनंदन करने वाली ॥
गुरुतेग बहादुर की संगिनी, गुरु गोविन्द जिनकी संतान
माता गुजरी आपको शत्-शत् बार प्रणाम ॥

विकट काल जीवन में आया, धर्म हेतु हर शीष कटाया ।
बलिदान-दान के अंगारों से, हर शत्रु का नाम मिटाया ।
संसार कभी ना भूलेगा, माता तेरे प्राणों का दान ॥
माता गुजरी आपको शत्-शत् बार प्रणाम ॥

एक मशाल जल उठी निरंतर, नारी के सम्मान में ।
अमर हो गयी दिव्य ज्योति, हर हिन्द देश के ताज में ।
तेरे नाम से ही ऊंचा है, अपना यह शिक्षा का धाम ।
माता गुजरी आपको शत्-शत् बार प्रणाम ॥

धन्य धन्य यह भूमि है, धन्य धन्य यह धाम ।
माता गुजरी आपको शत्-शत् बार प्रणाम ॥

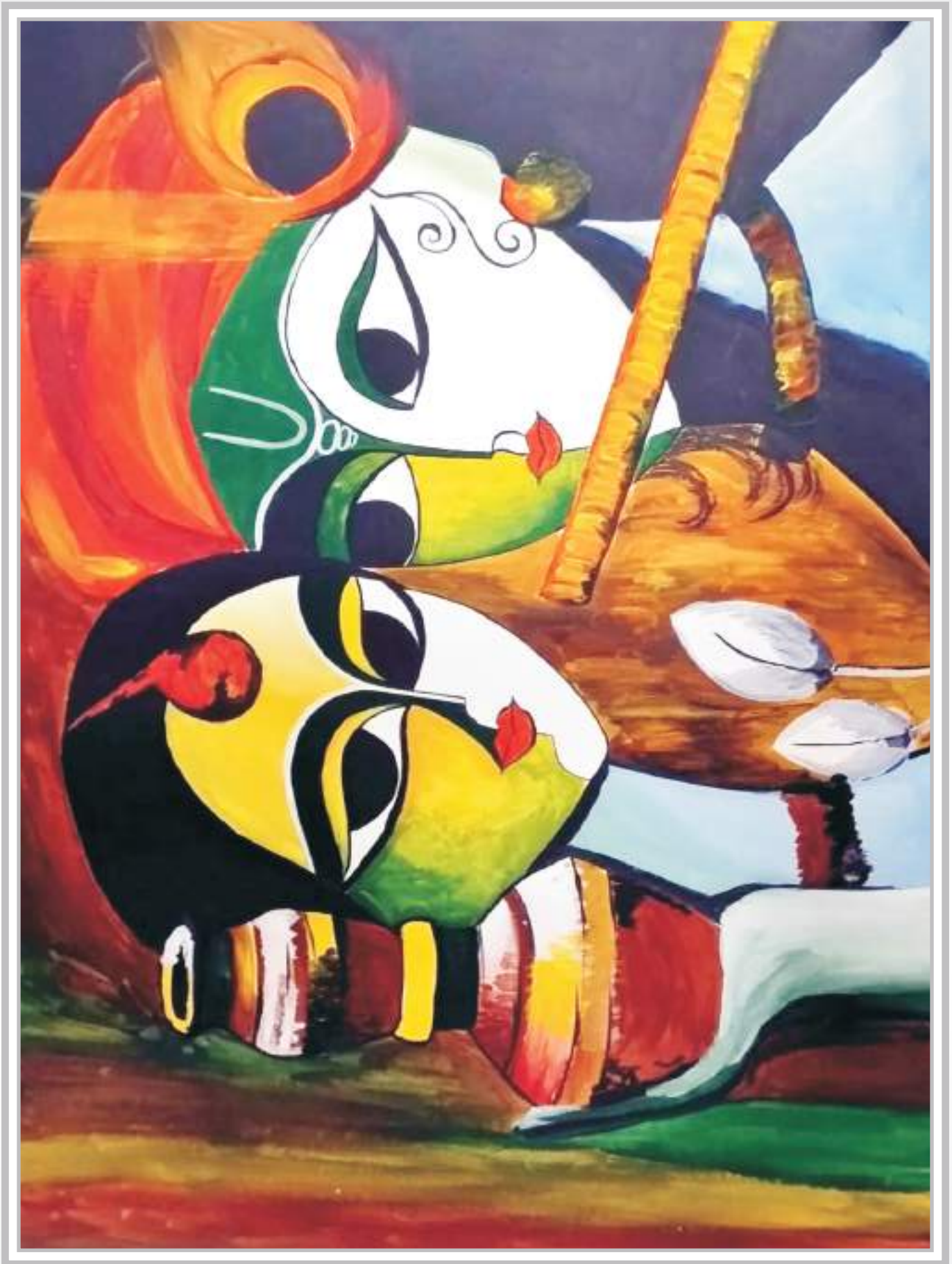
डॉ. पूनम शर्मा

रचयिता
एसोसिएट प्रोफेसर, हिन्दी विभाग

डॉ. कीर्ति श्रीवास्तव

संगीतज्ञ
एसोसिएट प्रोफेसर, संगीत विभाग





Art By : Rakesh Tiwari
Asstt. Prof., Drawing & Painting Department

The Message



राकेश सिंह
सांसद सदस्य
जबलपुर प्रतिनिधि

माता गुजरी महिला महाविद्यालय, जबलपुर द्वारा महाविद्यालयीन पत्रिका 'गोबिंद ज्योति' का प्रकाशन किया जा रहा है। छात्राओं में अध्ययन-अध्यापन के साथ ही साथ अभिव्यक्ति की रुचि जागृत करने के लिये पत्रिका का प्रकाशन उत्कृष्ट माध्यम है। पत्रिका की विषय-वस्तु सार्थक एवं उपयोगी होगी ऐसा मेरा विश्वास है।

महाविद्यालयीन पत्रिका 'गोबिंद ज्योति' के सफल प्रकाशन हेतु मेरी हार्दिक शुभकामनाएं।

GURU GOBIND SINGH EDUCATIONAL SOCIETY

Guru Gobind Singh Banglow, 4th Bridge, Jabalpur Cantt.
Tel : 2408096, 6543137, 888907499 | E-Mail : ggses@ggses.in

The Message



शिवराज सिंह चौहान
मुख्यमंत्री
मध्यप्रदेश शासन

यह जानकर प्रसन्नता हुई कि माता गुजरी महिला महाविद्यालय, जबलपुर द्वारा वार्षिक पत्रिका 'गोबिंद ज्योति' का प्रकाशन किया जा रहा है।

विद्यार्थियों में बौद्धिक सम्पन्नता लाने का यह प्रयास सराहनीय है। समाज, संस्कृति, कला, साहित्य, मानवीय मूल्यों, जीवन दृष्टि जैसे विषयों पर विद्यार्थियों के विचारों को पत्रिका के माध्यम से संजोकर रखना एक रचनात्मक कार्य है। मुझे विश्वास है कि 'गोबिंद ज्योति' सामाजिक, सांस्कृतिक और राष्ट्रवादी चेतना को जीवंत की प्रेरणा देगी। शाला प्रबंधन और संपादक मंडल को बधाई।

शुभकामनाओं सहित।

GURU GOBIND SINGH EDUCATIONAL SOCIETY

Guru Gobind Singh Banglow, 4th Bridge, Jabalpur Cantt.
Tel : 2408096, 6543137, 888907499 | E-Mail : ggses@ggses.in

The Message



डॉ. संतोष जाटव

अतिरिक्त संचालक

कार्यालय अतिरिक्त संचालक, उच्च शिक्षा,

जबलपुर संभाग, जबलपुर (म.प्र.)

दूरभाष क्रं. (कार्या.) - 0761-2625573

मुझे असीम हर्ष एवं गौरव की अनुभूति हो रही है कि माता गुजरी महिला महाविद्यालय (स्वशासी) जबलपुर अपनी महाविद्यालयीन पत्रिका का विमोचन करने जा रहा है।

उक्त महाविद्यालय अपने स्थापना वर्ष से अनवरत् छात्राओं के व्यक्तित्व का सर्वांगीण विकास कर उन्हें जागरुक बनाने, आत्म विश्वास और चेतना जागृत करने तथा प्रतिस्पर्धी समाज का मुकाबला करने योग्य बनाने के लिए कृत संकल्पित है, जिसका लाभ छात्राओं को भी मिल रहा है।

आशान्वित हूं, कि इस पत्रिका में उच्च शिक्षा विभाग, महाविद्यालय की महत्वपूर्ण गतिविधियां, शैक्षिक नवाचार आदि परिणाममूलक विविध विषय सन्निहित होंगे, संपृक्त पत्रिका शिक्षकों, विद्यार्थियों के सृजनात्मक कौशल में लगातार वृद्धि करने के साथ-साथ समाज में जनसामान्य को भी अच्छा संदेश देगी।

GURU GOBIND SINGH EDUCATIONAL SOCIETY

Guru Gobind Singh Banglow, 4th Bridge, Jabalpur Cantt.
Tel : 2408096, 6543137, 888907499 | E-Mail : ggses@ggses.in

The Message



Prof. Kapil Dev Mishr
Vice Chancellor
R.D.V.V., Jabalpur

It is indeed a great pleasure to know that Mata Gujri Mahila Mahavidyalaya (Auto.), Jabalpur is bringing out their annual magazine "Gobind Jyoti". I am sure that it will certainly help the young student to make use of their literary skill and talents as well as also address the problems and challenges faced by the society in a proactive manner.

I wish that the magazine will enlighten the readers and congratulate the principal, the editorial team, students and all those who have contributed to the magazine in significant manner to fulfill its goal.

GURU GOBIND SINGH EDUCATIONAL SOCIETY

Guru Gobind Singh Banglow, 4th Bridge, Jabalpur Cantt.
Tel : 2408096, 6543137, 888907499 | E-Mail : ggses@ggses.in

The Message



**Sardar Kuldeep
Singh Bansal,**
President
G.G.S.Ed.So., Jabalpur

I am delighted that Mata Gujri Mahila Mahavidyalaya (Auto.) is releasing its college magazine "Gobind Jyoti". I wish to congratulate the entire Mata Gujri family for this successful endeavor. Its time to celebrate 29 years of academic excellence, educational achievements, service to the community and commitments towards improvement of girl students. The Guru Gobind Singh Educational Society is proud to announce the introduction of Gold Medals to our achievers on its 29th anniversary. I am happy to bring to lime light that this is a lead college of the state with a fully Wi-Fi campus and DELNET connection. I wish and pray that Mata Gujri Mahila Mahavidyalaya (Auto.) may continue to be a shining beacon of light for the students who are in search of quality education and meaningful life. My best wishes to the staff and students for their initiatives and efforts.

GURU GOBIND SINGH EDUCATIONAL SOCIETY

Guru Gobind Singh Banglow, 4th Bridge, Jabalpur Cantt.
Tel : 2408096, 6543137, 888907499 | E-Mail : ggses@ggses.in

The Message



**Sardar Jitender
Singh Saini**
Secretary
G.G.S.Ed.So., Jabalpur

I am pleased to know that one of the pioneer educational institutions of our society Mata Gujri Mahila Mahavidyalaya (Auto.) is coming up with their Annual College Magazine “Gobind Jyoti”. Guru Gobind Singh Educational Society Jabalpur established Mata Gujri Mahila Mahavidyalaya (Auto.) in the year 1994 with the motto “Truth is high but higher than truth is a truthful life”. Ever since the college is treading the path of success striving to provide holistic education to the girl students. I heartily congratulate the Principal, staff and students for contributing to the college magazine. My good wishes to all associated with creative efforts.

GURU GOBIND SINGH EDUCATIONAL SOCIETY

Guru Gobind Singh Banglow, 4th Bridge, Jabalpur Cantt.
Tel : 2408096, 6543137, 888907499 | E-Mail : ggses@ggses.in

The Message



Dr. Kamlesh Tiwari
Director
MGMM, Jabalpur

"A Strong woman is women determined to do something others are determined not to be done"

- Kalpna Chawla

It gives me immense pleasure to present this issue of the magazine "Gobind Jyoti" brought out by the students - faculty and staff of our college. The magazine of this type provides and opportunity to the members of the college fraternity to express their talent in the form of articles, poems, views etc about the life and experiences within and outside of the college. The contents of the magazine reflect the creativity and imagination of our students and staff. It is well established fact that along with academic excellence, co-curricular and extra curricular activities complete the process of education and hence by providing the platform the magazine the college has given students a chance to express their creativity pursuit, which develops in their originality of thoughts and expression.

Since the college is committed for overall development of the students therefore the magazine highlights a glimpse of growth of the college on many fronts as NSS/NCC activity entrepreneurship activities/ innovative activities/ industrial and academic linkage along with standard of education standard of education and highly develop laboratories.

GURU GOBIND SINGH EDUCATIONAL SOCIETY

Guru Gobind Singh Banglow, 4th Bridge, Jabalpur Cantt.
Tel : 2408096, 6543137, 888907499 | E-Mail : ggses@ggses.in

The Message



Dr. Sangeeta Jhamb
Offg. Principal
MGMM, Jabalpur

I convey my heartfelt compliments to teachers and students for the making of the present edition of our college magazine, the Gobind Jyoti, which reflects shared efforts and commitment. This literary platform provides a space to express creative forms and critical thinking, thus, enabling students to understand and discover their inner selves. At Mata Gujri Mahila Mahavidyalaya, we strive to provide a holistic and inclusive education. We believe that the youth are the future of our country and, we prepare them to handle all their difficulties by gradually and effectively moulding ourselves from being 'information consumers' to 'knowledge creators.' We provide a collaborative, diverse, and supportive atmosphere as a dynamic and innovative educational institution to stimulate creativity and guarantee that our students develop into autonomous individuals with a strong value system. The college is committed to producing life-long learners and future leaders who would effectively contribute to the nation. I extend my best wishes for the further continuation of this teamwork of student and staff members towards achieving greater heights.

GURU GOBIND SINGH EDUCATIONAL SOCIETY

Guru Gobind Singh Banglow, 4th Bridge, Jabalpur Cantt.
Tel : 2408096, 6543137, 888907499 | E-Mail : ggses@ggses.in



**Our Parential
Society & Highlights
of Our Institute**



Art By : Harpreet Kaur
Student of Drawing & Painting Department

Our Institute

Presently having the strength of approximately 4000 Mata Gujri Mahila Mahavidyalaya (Auto.) was established by Guru Gobind Singh Khalsa Education Society in the year 1994, affiliated to Rani Durgawati Vishwavidyalaya, Jabalpur recognized by UGC under clauses 2f & 12B since 1998. The college was assessed by National Assessment and Accreditation Council (NAAC), Bangalore in 2004, 2011 and subsequently in 2017 earned A+ grade with CGPA 3.51/4. Over the years, college has incorporated the quality assurance practices as per NAAC quality indicators.

"Our college is proud to celebrate 30 years of excellence in educating girls. Over the past three decades, we have empowered young women through quality education, fostering academic growth and personal development. We remain dedicated to inspiring and educating the next generation of women leaders."

The quality of academics, with the plethora of 18 programmes (6-UG, 10PG /02-Diploma/ 22 interdisciplinary diploma and certificate skill oriented courses) in 22 departments, makes the college the first choice not only to the urban girl students, but also to those from the surrounding rural areas as well as public/private sector townships in the state. A self-financing college, MGMM (Auto.) has resiliently sustained and enhanced its growth both qualitatively and quantitatively.

In the digital era, our college is committed to making education accessible to all students, regardless of their location. We utilize the MOODLE Learning Management System (LMS) platform to deliver online classes, where students can access the complete syllabus, all course content, and recorded lectures at any time. This ensures that students, including those from urban and rural areas, have the flexibility to study at their own pace and convenience.

Our college is proud to offer a comprehensive scholarship program exclusively for students in the general category. We provide scholarships for those who

excel in sports, cultural activities, and state and national-level competitions. Additionally, meritorious students who have achieved 75-100% in their 12th-grade examinations are eligible for financial support. Through these scholarships, we aim to recognize and reward the dedication and talent of general category students, helping them achieve their educational and extracurricular goals without financial barriers.

Our college is honored to have been awarded the CURIE (Consolidation of University Research for Innovation and Excellence) grant by the Department of Science and Technology, New Delhi. This prestigious grant for three years starting from 2022, recognizes our commitment to fostering innovation and excellence. The government has generously funded this project with Rs. 64 45,105/-enabling us to enhance our research capabilities and provide cutting-edge resources for our students and faculty. This funding supports our mission to advance scientific research and empower women in academia.

The college runs an IGNOU Study Centre too, offering PG/UG degree, Diploma and certificate courses educating approximately 1000 students. With increasing number of programmes, students, teacher's administrative staff and the class IV staff, the college has been augmenting its infrastructure approximately. Students of the college have been awarded and recognized at national and international level in the fields of academics, sports cultural social work etc. Over the years there has been prominent industry linkages to promote student projects and internship paving a way towards steady placements in the national and global job markets.

Our institution is excited to announce the introduction of two new courses: BBA LL.B. Hon's and B.Com LL.B. These programs have been approved and will commence from this session, offering students an integrated approach to legal and business education.

Hence the college feels honored to have contributed significantly towards society and ***"Women Empowerment" in letter and spirit.***

Our VISION

Transforming lives of young Women from all communities by fostering intellect, creativity and character through student centered comprehensive learning.

Our MISSION

To create and facilitate an academic atmosphere, an environment of knowledge, research skills, self-reliance and humanitarianism for the young girls, moulding their characters positively, imperative to build up a better world for tomorrow.

Awards of Honor and Accreditation

● NATIONAL ASSESSMENT & ACCREDITATION COUNCIL (NAAC)



The college has complete autonomy and has been upgraded and assigned an 'A+' grade by the National Assessment & Accreditation Council (NAAC), Bangalore. It is also a part of M.P. Higher Education Bhopal UBA (Unnat Bharat Abhiyan), MHRD (Ministry of Human Resource Development), and Governance benchmarking efforts, making it the only Women's college in the city to be chosen.



● NATIONAL YOUNG LEADER AWARD-2022

College has received National young Leader Award by Ministry Of Youth Affairs And Sports National Service Scheme AT Rani Durgavati University Jabalpur



● NUKKAD NATAK

● INTERNATIONAL ACADEMIC ACHIEVERS AWARD-2022

MATA GUJRI MAHILA MAHAVIDYALAYA (Auto.) was awarded the INTERNATIONAL ACADEMIC ACHIEVERS AWARD-2022, the CSSR-NEW DELHI, and the BEST WOMEN'S COLLEGE IN MADHYA PRADESH.



● **CONSOLIDATION OF UNIVERSITY RESEARCH FOR INNOVATION AND EXCELLENCE IN WOMEN UNIVERSITIES (CURIE)**



MGMM (Auto.)Jbp, is awarded CURIE ("Consolidation of University Research for Innovation and Excellence in Women Universities) grant by the Department of Science and Technology, New Delhi for three years from 2022. The project funded by the government and is running successfully under the supervision of Dr. Mahima Tripathi & Dr. Shyamji Shukla the total amount granted by the government is Rs. 64,45,105/-.



● **INSTITUTION'S INNOVATION COUNCIL**

Mata Gujri Mahila Mahavidyalaya (Auto) in accordance with the guidelines of the Innovation Cell, Ministry of Education, Government of India, New Delhi, Jabalpur has



● **GREEN CHAMPION AWARD 2022**

MGMM received the "Green Champion Award 2022" for the successful implementation of "SWACHTA ACTION PLAN" by Mahatma Gandhi National Council of Rural Education, Hyderabad an. Department of Higher Education, Ministry of Education, Govt. of India ,New Delhi.



● **ELC CLUB**



First Position in Nukkad Natak

Due to various monthly activities conducted by ELC club college got 1 position out of 88 college

निर्वाचन जागरूकता समिति, कलेक्ट्रेट, जबलपुर											
ईएलसी गतिविधि के आधार पर महाविद्यालयों की रैंकिंग माह जनवरी 2023											
स.अ.	महाविद्यालय का नाम	प्रचार्य का नाम एवं मो.नं.	मौदल अधिकारी का नाम	कैम्पस एक्सटेंडर का नाम	माह दिसम्बर 2022 तक गतिविधियों के आधार पर अंजित अंक	प्रशिक्षण सह मासिक बैठक दिनांक 04.01.2023 को कलेक्ट्रेट स्तरावकाश में सहभागिता	जिला स्तरीय रोल प्ले में सहभागिता	रोल प्ले के प्राप्त तीन विजेता होने पर बीस अंक	जिला प्रशासन के कार्यक्रम का संयोजन	कुल अंजित अंक	रैंक
1	मता गुजरी, महिला महाविद्यालय, जबलपुर	श्री. संगीता झा	श्री. माया शुक्ला	श्री. अरविश केशव, प्रिंसिपल	245	25	25			295	1
2	श्री गुरु नाराज महिला, महाविद्यालय, जबलपुर	श्री. विमलाकॉति	श्री. सुभाष शिवारी	शुभमती कुंठि सोनी, प्रोडा थॉपे	223	25	25			273	2
3	ज्ञान रमा कोलेज ऑफ एजुकेशन	श्री. कौशिकी विरवर्मा	श्री प्रदीप शर्मा	वेदांग श्रीवास्तव आशी जैन	223	25	25			273	2
4	एन.ई.एच. विज्ञान महाविद्यालय जबलपुर	श्री. अनुपमा जैन	श्री. जूही विरवर्मा	कुरुवाहा, रथिका	181	25	25		40	271	3

Support Services

Science & Mathematics Club

The science Club of the college holds the privilege of being affiliated to VIPNET Vigyan Prasar, New Delhi. Its unique authorization number is VP-MP0125. The club has been upgraded under Bronze category due to active participation of the college.



Nature Club

The Nature Club was formed to educate students about environmental issues, as well as to increase awareness of the economic, cultural, scientific & aesthetic values of plants and animals.

Parent-Teacher Association

The Parent - Teacher Association regularly keeps an eye on the academic achievements of the students and provides them necessary advice when required through meetings organized annually. Parents can come and meet the faculty members as and when required.



Alumnae Association

Our Alumnae Association organizes regular interaction, meetings and a fun filled evening get together to make the former students revive the happy moments of their college life.

Entrepreneurship Development Cell

With an objective to imbibe entrepreneurship culture and abilities among students Entrepreneurship Development Cell (EDC) and Incubation Centre for Fashion Technology have been set up. The EDC plans to make students aware of the various upcoming opportunities for them and also helps them to attain employment in this field.



Grievance Redressal Cell | Mentor Mentee Cell | Anti-Ragging Committee

Social Work



Trip to Nanded



Extention (Educational/Industrial Visit) Activity



● Visit to Dumna Park by Science Club



● Educating under UBA Scheme



● Smart City Incubation Centre Visit



● Educating under UBA Scheme



● Visit to Parle Factory, Richhai



● Internship programme for Govt. MH College for Women

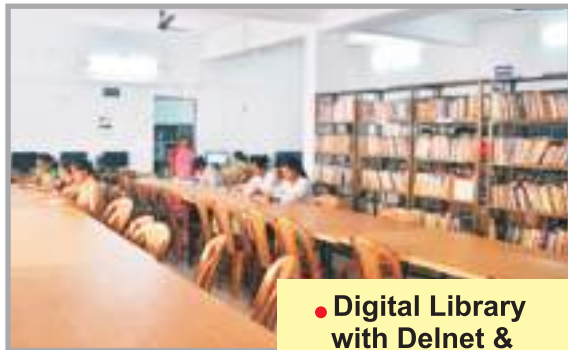


● Internship programme for NES College



● Visit to Priya Enterprises, Bilheri

College at a Glance



- Digital Library with Delnet & Reading Room



- Wi-Fi Campus & Computer Labs



- Cafeteria & girls common room



- Fashion Designing Incubation Centre



- Seminar and Meeting Hall



- Conference Hall

Our Other Highlights

- Well Equipped labs. Other facilities such as bank, ATM available
- First Aid Facilities are provided and a Qualified Doctors Visit regularly our college & Hospital
- Waste Management Facilities (Vermi Composting and Rain Water Harvesting System)
- Online/Offline Lectures

Our Achievers/Our Pride (Students)

Drawing & Pinting



Price winners of State and District level

Sports



Gold Medal in Shooting



Winner in Badminton

Vikram Award



Award giving by MP CM

NSS



Sports



Winner of National Bagh Sakha Painting

ELC



1st Prize Essay Competition

Cultural



Inter College Quiz Runnerup

Received Gold Medal in IGC Raipur in Map reading in 2023

Our Achievers/Our Pride (Students)

Cultural



National Winner in Vishu Competition



Winner in Dance Competition



Youth Festival-2022-23, Indian Group Singing- Second Prize- student Same as western singing



Youth Festival 2022-23, Western Solo Singing- Second Prize



Azadi ka Amrit Mahotsava



1st price won in Science Exhibition (RDVV)

Our Achievers/Our Pride (Teacher)



Awarded by SLS for outstanding academic contribution and achievement in the field of Life Sciences.



Best Scientist Award by SLS



Campus Officer Dr. Maya Shukla selected as a member of Sveep Core committee form by Collector of Jabalpur

सर्वोच्च शिक्षण समिती (SVEEP) चे सदस्य	
क्र.सं.	सदस्य
1	डॉ. मया शुकला
2	डॉ. राजेश शर्मा
3	डॉ. अशोक शर्मा
4	डॉ. विजय शर्मा
5	डॉ. सुनील शर्मा
6	डॉ. अमित शर्मा
7	डॉ. अरुण शर्मा
8	डॉ. अशोक शर्मा
9	डॉ. अशोक शर्मा
10	डॉ. अशोक शर्मा
11	डॉ. अशोक शर्मा
12	डॉ. अशोक शर्मा
13	डॉ. अशोक शर्मा
14	डॉ. अशोक शर्मा
15	डॉ. अशोक शर्मा
16	डॉ. अशोक शर्मा
17	डॉ. अशोक शर्मा
18	डॉ. अशोक शर्मा
19	डॉ. अशोक शर्मा
20	डॉ. अशोक शर्मा

Campus Officer Dr. Maya Shukla continuously 4 times selected as a Member of SVEEP Core committee formed by Collector of Jabalpur and 3 times awarded by Collector of Jabalpur.

Our Achievers/Our Pride (Teacher)



Dr. Kirti Shrivastava, honoured by Dainik Bhaskar news paper Jabalpur in fun fest on 13th December 2022 for organisation

In Lata Mangeshkar light music competition organized by the MP State Government, Dr. Kirti Shrivastava has been felicitated as a guru for training many disciples in the field of music on 11th September 2022



Dr. Kirti Shrivastava and Mrs. Maninder Kaur was honoured by Jabalpur Kaur club, Madan Mahal for presenting shabad on 20th November 2022.



Dr. Kirti Shrivastava was honoured by 7th khajuraho international film festival by actor, director Raja bundela for singing on 9th December 2022.

Our Achievers/Our Pride (Teacher)



उत्तर मध्य विधानसभा क्षेत्र के विधायक विनय सक्सेना जी के द्वारा 'आजादी के अमरदीप' किताब की श्रेष्ठ रचना और प्रकाशन के लिए सम्मानित किया गया ।



Lt Bharti Tiwari from 2MP Girls BN Received "Best ANO" Award at Group level in NCC in 2022-23



Awarded with Emeritus Scientist Prof. S.M.Singh Award in Microbiology.



Awarded with Dr. Jayshree Naidu memorial Award in Microbiology.



रानी दुर्गावती विश्वविद्यालय द्वारा सर्वश्रेष्ठ कार्यक्रम अधिकारी सम्मान पुरस्कार 2022-23 डॉ. मनजीत कौर साहनी, एन.एस.एस. ऑफीसर ।





**English Articles
&
Poems**



Art By : *Bhavya Vishwakarma*
Student of Drawing & Painting Department

Yoga and Meditation



Dr. Sangeeta Jhamb
Principal
Mata Gujri Mahila Mahavidyalaya
(Autonomous), Jabalpur



The full form of Yoga is 'Your Objectives Guidelines and Assessment' Yoga is the practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health.

Four broad classifications of Yoga:

- KARMA YOGA- Where we use the body.
- BHAKTI YOGA- Where we use the emotions.
- GYANA YOGA- Where we use the mind.
- KRIYA YOGA- Where we use the energy.

According to the National Institute of Health, Scientific evidence shows that Yoga supports the following:

- Stress Management
- Mental Health
- Mindfulness
- Healthy eating
- Weightloss
- Quality sleep

Students of all ages can benefit from Yoga's assistance for their overall wellness and development on all levels. Here are 6 best Yoga exercises to tackle exam stress, improve memory, concentration, and focus in studies and make students more productive.

1. Kakasana (Crow pose)
2. Padmasana
3. Padahasthasana
4. Paschimottanasana (Seated Forward Bending)
5. Sirshasana (Headstand Pose)
6. Super Brain Yoga

How many of you remember holding your ears & squatting when you go to Bhagwan Ganesh temple or even as punishment in schools? Now scientists call it "Super Brain Yoga" and multiple studies backed by scientific evidence prove it drastically improves concentration.

The Impact of Social Media on Mental Health In today's digital age



Ms. Shayista Siddiqui
Registrar & Assistant Professor
Deptt. Of Commerce & Management

Social media has become an integral part of our daily lives. From scrolling through feeds to sharing updates with friends and family, it's easy to see the allure of social media. However, the impact it has on our mental health is a topic of growing concern.

One major issue with social media is the pressure to present a perfect image of our lives. With the rise of photo-sharing platforms like Instagram, it's easy to feel inadequate when comparing our lives to the seemingly perfect lives of others. This can lead to feelings of insecurities, low self-esteem, and even depression.

Another concerning aspect is the constant need for validation through likes, comments, and shares. Many people measure their self-worth based on how popular their posts are, leading to anxiety and stress when engagement is low. This need for validation can also lead to an unhealthy obsession with seeking approval from others. Social media can also contribute to feelings of isolation and loneliness. While it's a platform for connecting with others, studies have shown that excessive social media usage can actually lead to feelings of disconnection from real, meaningful interactions. This can have a detrimental

effect on mental well-being.

Furthermore, the constant exposure to curated content and the highlight reels of others' lives can distort our perception of reality. It can create unrealistic expectations and lead to feelings of dissatisfaction with our own lives. Despite these negative impacts, it's important to note that social media can also have positive effects on mental health. It can be a valuable tool for connecting with others, finding support and resources, and spreading awareness about mental health issues.

Ultimately, the key is to find a balance in our social media usage. It's important to be mindful of how much time we spend on these platforms and to curate our feeds to include content that uplifts and inspires us. Additionally, prioritizing in-person interactions and practicing self-care can help mitigate the negative effects of social media on our mental health.

In conclusion, while social media has its benefits, it's important to acknowledge its potential negative impact on mental health. By being mindful of our usage and prioritizing genuine connections, we can work towards creating a healthier relationship with social media.

The *chemical basis* of our **Emotions and Happiness**

dopamine endorphin oxytocin serotonin



Dr. Manjusha Pouranik

Associate Professor
PG Department of Zoology

Our emotions of happiness are influenced by four hormones. They are endorphins, oxytocin, serotonin, and dopamine.

The feel-good hormone is dopamine. It is sometimes referred to be the chemical of pleasure or reward. Every time we set and meet an objective, the brain releases this chemical. Whether the objective is hitting major business targets or doing little tasks. Acts of pleasure, such as enjoying a satisfying meal, working out, shopping, listening to music, using the phone, or having sex, also cause the brain to release dopamine. Sufficient levels of dopamine boost our mood, vitality, and feel-good sensations. But the dopamine rush might be so strong that we mistake it for long-lasting bliss. Then, we look for dopamine hits more frequently and hope that each hit will be greater than the last. That's how addictions to drugs, alcohol, social media, shopping, vacation, and even success and winning at work may develop. When we don't receive our fix, we get worried and restless.

The second hormone that controls mood is called serotonin. It improves our disposition, optimism, and sleep quality. Anxiety, depression, and OCD are linked to low serotonin levels. It's interesting to note that serotonin is mostly created in the gut, whereas the brain produces the other three hormones. Obviously, the microbiome needs to be in good health for this. Serotonin production is aided by a nutritious diet, walks in the outdoors, sunshine, massages, and meditation. Continuous stress disproves it. Another factor that affects serotonin levels is our sense of our social standing.

Social media has only made excessive social comparisons easier, which can frequently lead to

depressed serotonin levels and unhappiness.

The chemical of love is the third one, oxytocin. It increases empathy and trust while providing us with a sense of security and community. Love, contact, holding hands, embracing, closeness, allowing people into our lives, having faith in others, and showing compassion for pets and other creatures all contribute to its growth. It is further improved when we show kindness to others. A major factor in long-term happiness is oxytocin. Endorphins are the analgesic. They function as the body's naturally occurring analgesics. In addition to reducing pain, they also lessen tension and promote wellbeing. The release of endorphins is facilitated by laughter, art, music, dark chocolate, and meditation in addition to active activity. Sleep problems, aches in the body, and anxiety can result from low levels of this hormone.

This is only a synopsis of what goes on chemically in our brains. However, there are many lessons to be learned from it, such as leading a balanced life and exercising in moderation; exercising frequently and getting around the house during the day because sitting still is the new smoking; spending time in the sun and in nature; eating a healthy, balanced diet that promotes excellent digestion; getting regular, enough sleep; appreciating special relationships; being devoted to a pet; practicing gratitude; engaging in meditation and pranayama; being kind; volunteering; giving back; setting and achieving goals; learning something new; pursuing passions such as music and art; and, most importantly, laughing more and not taking ourselves too seriously.

Green Medicine

The Healing Power of Medicinal Plants



Dr. Ranu Singh
Associate Professor
Department of Botany

In a world dominated by modern medicine, the age-old wisdom of harnessing the healing power of plants is experiencing a resurgence. Medicinal plants, often referred to as "green medicine," have been used for centuries across diverse cultures to treat various ailments. This article explores the rich history and potential of harnessing nature's pharmacy for our well-being.

Historical Roots: The use of medicinal plants dates back to ancient civilizations, where indigenous communities relied on their surroundings to address health issues. Traditional Chinese Medicine, Ayurveda from India, and Native American healing practices are just a few examples of cultures that have embraced the therapeutic properties of plants for generations.

Plant-Based Remedies: Many pharmaceutical drugs have their origins in plant compounds. Aspirin, for instance, originated from willow bark, and the potent painkiller morphine is derived from the opium poppy. These examples underscore the significance of plants in developing effective remedies.

Holistic Healing: The appeal of green medicine lies in its holistic approach. Unlike some conventional medicines that target specific symptoms, medicinal plants often offer a broad spectrum of benefits. For example, turmeric, known for its anti-inflammatory properties, not only helps with joint pain but also supports overall immune function.

Modern Research: Contemporary scientific research is increasingly validating the efficacy of medicinal plants. Plants like echinacea, garlic, and

ginger have demonstrated immune-boosting properties, attracting attention from the scientific community. The exploration of plant compounds, such as flavonoids and polyphenols, has opened new avenues for drug discovery.

Challenges and Conservation: Despite their potential, medicinal plants face challenges. Overharvesting, habitat loss, and climate change threaten many species. Sustainable practices and conservation efforts are crucial to ensure the continued availability of these natural remedies.

Accessible Alternatives: The accessibility of medicinal plants is another advantage. Many can be grown at home, providing a sustainable and cost-effective alternative to pharmaceuticals. This empowers individuals to take charge of their health in a more hands-on way.

Cultural Diversity: The diversity of medicinal plants mirrors the cultural diversity of their use. What works in one region might differ from another, showcasing the adaptability of green medicine to local needs. This cultural wealth adds depth to the global understanding of health and well-being.

In a world increasingly reliant on synthetic drugs, the healing power of medicinal plants offers a refreshing and natural alternative. The journey from ancient remedies to modern research underscores the enduring significance of green medicine. As we celebrate the rich tapestry of plant-based healing, it is imperative to balance tradition with scientific rigor, ensuring a sustainable and inclusive approach to well-being for generations to come.

"Navigating the Future of Higher Education: Adapting Pedagogies and Embracing Technological Advancements for Enhanced Learning Experiences."

Dr. Kavleen Kaur Khanooja
Assistant Professor
Department of Commerce and Management



In the ever-evolving landscape of higher education, a transformative journey lies ahead—one shaped by dynamic pedagogies and the integration of cutting-edge technologies. As we stand on the precipice of change, it's crucial to explore how these advancements are steering the course of higher education towards an era of enriched learning experiences.

Traditional teaching methodologies are giving way to innovative pedagogies that cater to diverse learning styles. The focus is shifting from rote memorization to fostering critical thinking, creativity, and collaboration. Project-based learning, flipped classrooms, and experiential approaches are gaining prominence, engaging students in a more interactive and immersive educational environment.

Simultaneously, technology emerges as the cornerstone of this educational revolution. Virtual and augmented reality, artificial intelligence, and online collaboration tools are becoming integral components of the higher education

landscape. These technologies not only transcend geographical barriers but also provide students with real-world applications of theoretical knowledge.

As we embrace these changes, the role of educators transforms into that of facilitators and mentors, guiding students through a personalized learning journey. The traditional lecture hall expands into a digital realm, offering flexibility and accessibility. Moreover, the global connectivity facilitated by technology fosters cross-cultural exchanges, enriching the educational experience with diverse perspectives.

Lastly we can say that the future of higher education is a tapestry woven with dynamic pedagogies and technological threads. This amalgamation holds the potential to empower students, preparing them not only for their chosen fields but also for the challenges of a rapidly evolving world. It is an exciting era where education becomes not just a means to an end but a transformative journey that transcends boundaries and cultivates lifelong learners.

THE INTERNET IN THE EVOLVING ACADEMICAL SCENE



Lt. Bharti Tiwari

NCC Officer, MGMM, Jabalpur
Editor of Magazine

The pedagogical aspects of teachers' work have undergone significant transformation since the invention of computers and communication technologies. Teachers are being forced to reconsider and readjust to the evolving landscape of teaching, learning, and research due to the rising usage of IT and the expanding availability of electronic educational resources via the Internet. The most crucial thing is that educators receive more in-depth instruction and training about technology, its effects on society at large, and its applications in the

classroom. Because neither their teacher education programmes nor the schools have given them enough exposure, training, time, or incentives to study, the majority of teachers are still not well-prepared to employ the exciting new educational technology. Teachers must learn how to use educational technologies like multimedia, hypertext, graphics, IT, and the Internet in the classroom in order to assist students in acquiring the necessary technological skills. Every university should work to establish a centre for teaching technology so that instructors in every subject area can receive training from experts in the field.

In the future, learning will rely more and more on hands-on experience and teamwork as technology develops. In today's technology-driven world, where the majority of professions demand proficiency in a wide range of information technologies, technology is most effective when it is interactive. The supply and demand for education must be balanced

in terms of quality. This alone will help close the digital divide and lessen the difference between those who have and do not have access to technology.

The majority of higher education institutions will use the Internet more frequently in the near future to enhance administrative procedures, on-campus instruction, and remote learning. It will emerge as the go-to method for connecting with off-campus learners. It is anticipated that in the future, cost-effective education will be provided by Internet-based virtual universities, which will offer distributed, student-oriented learning with an increasing use of Internet-based courseware, discussion groups, and links to other online educational resources in continuing education, job-related training, etc. The easy access to online courses will promote greater distance study and heightened student rivalry. However, a significant number of students will still prefer traditional in-person training and social connection.

Striving for Gender Equality

A Global Imperative

Gender equality is a fundamental human right and a crucial component of a just and equitable society. It encompasses the idea that all individuals, regardless of their gender, should have the same opportunities, rights, and responsibilities. While progress has been made in recent years, gender inequality remains a pervasive issue worldwide, with women and gender-diverse individuals often facing discrimination and unequal treatment.

One of the key aspects of gender equality is economic parity. Women continue to earn less than men for the same work, and they are underrepresented in leadership positions. Closing the gender pay gap and promoting women's participation in decision-making roles are essential steps toward achieving gender equality.

Gender-based violence is another significant obstacle to equality. Many women and gender-diverse individuals experience physical, sexual, or psychological violence, often at the hands of intimate partners. Addressing this issue requires not only legal measures but also societal change to challenge the prevailing attitudes that perpetuate such violence.



Ms. Lipi Arora
Assistant Professor
Department of Commerce
& Management
Editor Of Magazine



Education is a powerful tool in promoting gender equality. Ensuring that girls have equal access to quality education and encouraging them to pursue traditionally male-dominated fields can break down gender stereotypes and empower women to reach their full potential.

Empowering women in the workforce, eradicating violence, and promoting gender-inclusive education are just a few steps in the journey towards gender equality. Achieving this goal is not only a matter of fairness but also a driver of social and economic progress. It requires the collaboration of governments, organizations, and individuals to challenge stereotypes, change policies, and promote a culture of respect for all genders. As we strive for gender equality, we move closer to a world where all people, regardless of their gender, can fully enjoy their rights and opportunities.

Importance of education in society



Dr. Manjusha Rawat

Assistant Professor

Department of Commerce & Management

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 that 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 career 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 considered as a valuable source 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. Thus, it is an honor for us to serve our community and contribute towards its advancement. In fact, being educated is an advantage to help our people and build a good society. Besides, it is very well-known that having self-confidence is always generated from education. It is a great blessing for us to have self-confidence which leads to many advantages and success in life. For example, it helps us manage specific tasks, tackle life's challenges and maintain positive stands.

Additionally, having self-confidence is typically based on proper education; paving the path for us to success. Accordingly, self-confidence makes us aware of how well we perform a task or a range of actions. In short, being educated is undoubtedly being self-confident and successful in life. All in all, education is the process of acquiring knowledge and information that lead to a successful future. As discussed above, there are a lot of positive traits of having education; such as having a good career, having a good status in society, and having self-confidence. Education makes us view obstacles as challenges to overcome with no fear; facing new things. It is the main factor behind successful people and the merit of developed countries. Therefore, education is deemed a real success behind any future success.

Rainbow Of Career Paths In **BIOTECHNOLOGY**



Dr. Sonal Sareen Pathak

Assistant Professor
Dept of Biotechnology

Biotechnology is the use of living entities for the development of useful products. There is rainbow of subfields in Biotechnology with many job opportunities. The best example in recent years is the development of vaccines after pandemic and its use worldwide. It has given a new start and enroute to career path in biotechnology. However students pursuing Biotechnology still have dilemma of career after their Bachelors and even Masters Degree. The field of Biotechnology requires different strategy to decode success by figuring out the balance of her skill, attitude and personality. The career path is not simple and clear as other fields but success is for sure has endless limit.

Usually, the whole syllabus and curriculum is designed in a way to translate living system into useful products but at the initial level, the students do not understand and are confused about the syllabus outline. The students should apply the last semester strategy when they are well versed with the subject knowledge, to have an outlook of different exams and vacancies in different sectors. Also, they should opt for internship with area of interest from institutes providing

hands on training.

The students can pursue career in academics, R&D sectors and in research after completion of the course. They can opt for industrial jobs in quality control, quality assurance, IPR, regulatory affairs, computational Biology. For Research and Development, they can appear in exams conducted by central labs like ICMR, CSIR, ICAR and various autonomous institutes for junior research fellows and senior research fellow. In academics, there is requirement of Masters Degree with PhD or NET/SET qualification to apply in colleges and universities. Also, at school level as per NEP there is introduction of Biotechnology as a separate subject in 10+2 level. The different career options include different areas like biochemistry, biophysics, bioinformatics, clinical and medical biotechnology, biomedical engineering, food technology, environmental biotechnology etc.

Therefore, it is just like a rainbow with sea of exploration to achieve a milestone with a loop of new discoveries, innovations and self-satisfaction. The only way is to start with perseverance, passion and efforts.

IMPORTANCE

of Chemistry in Everyday Life



Dr. Vaishali Ayachit
Assistant Professor
Department of Chemistry

Chemistry has been an integral part of our daily lives for as long as we can remember. From applying lotions, cooking food, and washing clothes, to cleaning the house, chemistry is involved in almost everything we do. As a science discipline, chemistry is used extensively in various areas, ranging from the natural processes of photosynthesis to the composition of rocks. This is because chemistry deals with the study of matter and its composition in different components of the universe.

Importance of Chemistry in Food

Chemicals are the fundamental components of everything. Chemical molecules make up all food, including carbs, vitamins, lipids, proteins, and fiber, which are all safe and often desirable. Chemicals have an important part in the manufacturing and preservation of food. Food preservation chemicals have tremendously aided in the preservation of food for a longer duration. Cans of food additives, flavourings, and nutritional supplements can all contribute to improve the quality and quantity of meals. Chemistry has provided the globe with vital fertilizers, herbicides, insecticides, and fungicides to aid in the production of healthy and nutritious crops, fruits, and vegetables. Urea, calcium superphosphates, ammonium sulphate, and sodium nitrate are all significant fertilizers.

Importance of Chemistry in Medicines

Medicines or pharmaceuticals are chemical substances that are used to treat diseases and relieve pain. Chemistry has made significant contributions to health care. Chemistry, for example, aids in the manufacture and application of surgical materials (sutures, artificial skin, and sterile materials). For analysis, clinical laboratory tests employ a wide range of chemical procedures and substances.

Importance of Chemistry in Cosmetics

In our daily lives, we use lotions, fragrances, talcum powder, and a variety of other cosmetic goods. All of these items are developed in laboratories using chemicals for our health and skin. All cosmetic items, from babies to adults, are made up of chemical components. As a result, chemistry is important in maintaining the pH of our skin, keeping it healthy, and removing any marks.

Importance of Chemistry in Soaps and Detergents

Soaps are sodium and potassium salts of fatty acids with greater molecular weights, such as stearic acid, palmitic acid, and oleic acid. Sodium salts of long-chain alkyl hydrogen sulphates or sodium salts of long-chain alkyl benzene sulphonic acids are commonly used as detergents.

The Relationship between Physical Activity and Cognitive Function in Students

Simarpreet Kaur

Assistant Professor

Department of Commerce and Management



The interplay between physical activity and cognitive function in students is a topic of growing importance, shedding light on the holistic impact of exercise on academic performance and mental well-being. Research consistently highlights the positive relationship between regular physical activity and enhanced cognitive function in students. Engaging in physical activity has been linked to improved attention span, memory, and information processing. Exercise induces the release of neurotransmitters, such as dopamine and serotonin, which play pivotal roles in cognitive functions like mood regulation and focus. Regular physical activity has also been associated with increased blood flow to the brain, promoting the growth of new neurons and fostering overall brain health.

Moreover, participation in sports or structured physical activities contributes to the development of essential life skills such as teamwork, discipline, and goal-setting. These skills not only complement academic pursuits but also contribute to a student's overall cognitive and emotional development. The benefits of physical activity extend beyond the immediate

academic setting. Students who incorporate regular exercise into their routines often demonstrate better stress management and improved sleep patterns, both of which are integral to cognitive well-being.

Educational institutions are increasingly recognizing the importance of incorporating physical activity into the daily lives of students. Physical education programs, active breaks during classes, and extracurricular sports activities are avenues through which schools are fostering a connection between physical health and cognitive function.

Lastly we can say that the symbiotic relationship between physical activity and cognitive function is a vital consideration for educators, parents, and policymakers. Encouraging students to embrace an active lifestyle not only contributes to their physical health but also nurtures a conducive environment for optimal cognitive development and academic success. As the evidence supporting this connection continues to grow, the integration of physical activity into educational frameworks becomes an essential element in nurturing well-rounded and cognitively resilient students.

Fermentation: A traditional process use in Indian kitchen



Mrs. Smita Rajput
Assistant Professor
Department of Microbiology

Fermentation is a natural process through which microorganisms like yeast and bacteria convert carbohydrates such as starch and sugar into alcohol or acids. Yogurt is made from milk that has been fermented, most commonly with lactic acid bacteria. It's high in many important nutrients, including calcium, potassium, phosphorus, riboflavin, and vitamin B12, some traditional Indian fermented foods are there which are made by microorganisms.

- 1. CHHENA :** It is a popular dessert in India. You can prepare it by fermenting cottage cheese, sugar, and semolina . The dish is baked to perfection, further giving it a caramelized crust and a soft, spongy centre. *Lactococcus lactis* sp. *Lactis* and *Lactococcus lactis* sp. *Cremoris* are common lactic acid bacteria that are used to make chhena.
- 2. SHRIKHAND :** Shrikhand is a sweet yogurt-based dessert that is popular in Gujarat and Maharashtra. To make this dish, hang the yoghurt to remove excess water, and then flavour it with saffron, sugar, and cardamom. Shrikhand is made by fermenting lactic acid with the help of *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, *Bifidobacterium bifidum*, *Bifidobacterium longum* and *Streptococcus thermophilus*.bacterias.
- 3. THEPLA :** Thepla is a popular flat bread from Gujarat that is made with fermented dough, wheat flour, and spices. The fermentation process gives it a distinct sour flavor and a soft texture. Several probiotic microorganisms use for making it
- 4. IDLI & DOSA :** Idli and dosa are popular breakfast

dishes from South India. You can prepare it with fermented rice and lentil batter. The fermentation process with lactic acid bacteria gives them a distinct tangy flavor and a fluffy texture.

- 5. Dhokla :** Dhokla is a popular Gujarati snack that you can prepare by fermenting chickpea flour batter. First, you have to steam the batter, then temper it with mustard seeds, curry leaves, and green chilies to give it a tangy and spicy flavor given by lactic acid bacteria and citric acid also.
- 6. Dahi :** Dahi, also known as yogurt, is a staple in Indian cuisine and is made by fermenting milk with live cultures. It is not only rich in probiotics but is also a good source of calcium and protein. *Lactobacillus* is a bacterium that makes curd from milk.
- 7. Pickles :** Pickles are an integral part of Indian cuisine, and there are countless varieties available across the country. Most pickles are made by fermenting vegetables like mango, lemon, and chili in a brine solution. In the initial and primary phase of pickle fermentation, the dominant lactic acid bacteria in the medium are *Enterococcus faecalis*, *Leuconostoc mesenteroides*, *Lactobacillus brevis*, *Pediococcus pentocaceus*, *Lactobacillus plantarum* and *Lactobacillus pentosus* species are useful.

Fermented foods have been a part of India's culinary heritage for centuries and will continue to be an integral part of its cuisine. The fermentation process not only enhances the flavor and aroma of the food but also increases its nutritional value. From pickles to desserts.

Mythical

Female Character in Indian Literature

Arpita Banerjee
Assistant Professor
Department of English



Women have always been important characters in Literature. A Woman can pen down her innumerable shades of emotions into words. Recently, a lot of Indian writers are diving into mythology to bring out the old forgotten strong women. Draupadi is one of the strongest female characters in Indian Mythology. She was bold, brave, and confident enough to raise her voice for her freedom & rights even after being the victim of the patriarchal society. Draupadi the fire born had experienced partiality in all stages of her life, but it began at her home when nobody wanted her to be educated still, she was determined to achieve her goal. She was well aware of her situation & the importance of education in her life, even after getting discouraged by her educator she was adamant to fight for it. Draupadi never liked the stereotype mentality that women don't have their own identity & they were not even independent. That's why she changed her name from Draupadi to Yajnaseni which means one who is born from a sacrificial fire.

The problem of inequality between men & women has always been globally discussed in our society. Women are always considered inferior to men when it comes to physical strength & economical stability. Draupadi also faced the



same kind of inequality, but she was rebellious enough to take a stand for herself, she believed that she can't live a happy life under the influence of men in her life. Her brother always forced her to learn the feminine nature but she was too stubborn to act according to his brother. She had an interest in war skills so she secretly learned what was only supposed to be learned by the men.

Despite all these problems, she was married to the Pandavas. The most noticeable incident of Draupadi's life was the Game of Dice which later caused the Kurukshetra War. Kurukshetra War was the deadliest war the planet has ever seen. In the Game of Dice Yudhishtira the eldest among the Pandava lost his possession & Draupadi to Kauravas. Later Dushasana disrobed Draupadi in the King's Court but she was saved by the almighty Krishna, even after facing the zenith of humiliation

Draupadi did not lose her hope, & she took a vow that she will not tie her hair until & unless it will be washed with the blood of Dushasana. Draupadi was a woman of rage & revenge. Women who weren't allowed to see the war were now the reason for the war. While challenging the patriarchal rules of society Draupadi has proved herself to be someone not less than their male counterparts.

Relevance of **Ashoka** in Present Time

Emperor Ashoka, the Mauryan ruler who embraced Buddhism after the Kalinga War, continues to wield profound relevance in the present era. His principles of non-violence, tolerance, and ethical governance serve as timeless guideposts for contemporary leaders and societies. In an age marked by global conflicts and social discord, Ashoka's advocacy for peaceful coexistence resonates powerfully.

The concept of "Dhamma," as propagated by Ashoka, underscores the importance of moral and righteous conduct. In today's complex geopolitical landscape, leaders can draw inspiration from his emphasis on diplomacy, dialogue, and compassion as tools for conflict resolution. Ashoka's edicts, inscribed on



Mr. Mohit Mehra

Assistant Professor
Department of History

pillars across the Indian subcontinent, epitomize the potential for a harmonious multicultural society.

Moreover, Ashoka's commitment to environmental conservation and animal welfare anticipates modern concerns about ecological sustainability. As the world grapples with climate change and biodiversity loss, Ashoka's stewardship of nature offers a model for responsible governance.

In the realm of social justice, Ashoka's support for religious pluralism and social equity mirrors the aspirations of diverse societies today. His legacy,

etched in history and enduring through his edicts, reminds us that the pursuit of peace, ethical governance, and environmental care is not just a historical artefact but a timeless imperative for a better world.

Digital Economy

A word as we know it continuously changing and one of the fundamental derive is digital transformation. As it is digital transformation isn't about internet "unicorns".

The digital economy is the economic activity that results from billions of everyday online connection among people business devices data and processes. The digital economy is the backbone of the growing economy. The digital economy is hyper connectivity with which people, organization and machines that results from Internet mobile technology and the internet of the things. The digital economy is taking shave and undermining convention notion about how business are structured, how firms interact and how consumers obtained services information and goods. The digital economy refers to the collection of economic and commercial activities full stop this



Mrs. Chitra Bashani

Assistant Professor
Department of Economics

type of economic typically includes activities such as commerce digital marketing digital finance services, digital contain production, software, computer games cloud services and more. The digital economy is constantly involving and has significantly impacts on various economic social and cultural fields. Due to the special importance of the digital technology is in the digital economy it is experience in growth and development in some countries. The use of digital technology in this field such as online reservation system

electronic payment system hotel and restaurant management system and online tourism services and so on. Recently, TechCruch, a digital economy news site, noted, "Uber, the world's largest taxi company, owns no vehicles. Facebook, the world's most popular media owner, creater no content.

Placebo Effect

Your mind can be a powerful healing tool when given the chance. The idea that your brain can convince your body a fake treatment is the real thing — the so-called placebo effect — and thus stimulate healing has been around for millennia. Now science has found that under the right circumstances, a placebo can be just as effective as traditional treatments.

The placebo effect extends beyond optimistic thinking, or the conviction that a surgery or therapy will be effective. "It's about forging a deeper bond between the brain and body and how they interact," says Harvard-affiliated Beth Israel Deaconess Medical Center professor Ted Kaptchuk, whose studies center on the placebo effect.

But placebos are not all about releasing brainpower. You also require the therapy ritual. "When you look at these studies that compare drugs with placebos, there is the entire environmental and ritual factor at work," Kaptchuk



Deepa Mishra

Assistant Professor
Department of
Biotechnology

states. "You must report to a clinic at predetermined hours to undergo examinations by doctors wearing white coats. You go through weird procedures and are given all kinds of bizarre medicines. The body's perception of symptoms may be significantly affected by all of this as it makes you feel as though you are receiving care and attention."

Placebos do not reduce tumor size or lower cholesterol. Rather, brain-modulated symptoms such as pain perception are addressed by placebos. "Placebos may make you feel better, but they will not cure you," states Kaptchuk. "They have been shown to

be most effective for conditions like pain management, stress-related insomnia, and cancer treatment side effects like fatigue and nausea."

"The attention and emotional support you give yourself is often not something you can easily measure, but it can help you feel more comfortable in the world, and that can go a long way when it comes to healing."

Gender Equality

Equality, or non-discrimination, is that state where an individual gets equal opportunities and rights.

Importance of Gender Equality A nation can progress and attain higher development and growth only when both men and Women are entitled to equal opportunities. Women in society are often cornered and are refrained from getting equal rights.as men to health, education, decision-making, and getting equal rights as men to health, education, decision-making, and in terms of wages. Gender inequality in India.

As per the World Economic Forum's gender



Deepshikha Kurmi

B.Sc 3rd year

gap ranking, India stands at rank 108 out of 149 countries. This rank is a major concern; it highlights the immense gap in opportunities for women compared to men. In Indian society, from a long time ago, the social structure was such that women were neglected in many that women are neglected in many areas, like education and health. Conclusion

For the overall wellbeing and growth of a nation, scoring high on gender equality is the most crucial aspect. Countries with less disparity in gender equality have progressed a

lot. The government of India has also started taking steps to ensure gender equality.

The Silent Threat: Microplastics And Their Devastating Impact On The Environment



Ms. Kaanchi Lalan

Assistant Professor

Department of Commerce & Management

Micro plastics, those tiny plastic particles measuring less than 5 millimeters in size, have become a silent and insidious threat to our environment. While larger plastic items like bottles and bags often grab headlines, it's the minuscule micro plastics that pose a severe and often underestimated danger. Understanding the scope of this problem and taking proactive steps to combat it is crucial.

Micro plastics can originate from various sources, including the breakdown of larger plastic items, micro beads in personal care products, and industrial processes. These minute plastic particles find their way into our waterways, oceans, soil, and even the air we breathe.

One of the most alarming aspects of micro plastics is their ability to infiltrate ecosystems and food chains. Aquatic life, from tiny zooplankton to large marine animals, can ingest these particles. This not only causes direct harm but also enables the transfer of micro plastics up the food chain, potentially affecting human health.

The long-term consequences of micro plastic pollution are still not fully understood, but

research indicates a wide array of environmental and health concerns. Micro plastics can disrupt ecosystems, harm wildlife, and introduce toxins into the environment.

Addressing this issue requires a multi-pronged approach. Regulation and bans on micro plastics in personal care products and industrial processes are essential steps. Additionally, wastewater treatment plants need upgrades to capture micro plastics effectively.

Moreover, reducing overall plastic production and consumption is crucial, as less plastic in the environment means fewer micro plastics. Public awareness and individual actions, such as reducing plastic use, recycling, and participating in cleanup efforts, also play a significant role in combating micro plastic pollution.

In conclusion, the menace of micro plastics poses a multifaceted and hidden threat to our environment. Acknowledging the problem, implementing effective policies, and making sustainable choices in our daily lives are essential steps to mitigate this growing concern and safeguard the health of our planet for future generations.



SUCCESS



Ms. Tuhina Roy

Assistant Professor

Department of Commerce & Management

Editor of Magazine

“Dream and works for that dream are the two ingredients to success”.

“Success” is a word that which will have 1.3 billion definitions taking 1.3 billion as the population because every person defines success in their own way, as everyone has their own story of life.

Well let’s see the oxford meaning of it, -“The fact that you have achieved what you want”

Let us understand this by means of a story-

Once there lived a man named John, in the suburbs of Mississippi. He stayed with his mother. He ran errands to earn and serve his mother who mostly stayed ill because of old age. Most part of the money, John earned used to go on his house rent. And the remaining went on his mother’s medicinal expenses. Hardly he and his mother used to manage for food, each day. Gradually, his mother’s health started deteriorating. One day he lost his mother because of his inability to take her to hospital and get her treatment done. This moved John emotionally. He decided to work hard and accomplish everything that one can wish in his life. He decided to leave Mississippi, because the city was filled with his mother’s thoughts and stories of his failures. He was now determined to achieve success. Hence, he thought to move to a big city. He then migrated to New Orleans. Since childhood, John was full of ideas, the sad part was that he never received a platform where he could show his skills.

So in the bustling city of New Orleans, Mr. Drake was a wealthy man who wanted to run up a business and was ready to invest his wealth on it,

but he lagged for proper business idea. After a lot of searching, John met with Mr. Drake. John told Mr. Drake about his ideas. Mr. Drake was convinced with him and he was not only ready to work with John but also respected his life’s situation. He also observed his enthusiasm to work-hard with determination. Starting with just a small idea and a lot of passion, John worked tirelessly, overcoming challenges and setbacks. Through perseverance and innovation, the small startup began to flourish. As the business grew, so did John’s leadership skills. Alex built a strong firm and fostered innovations, and took the business to miles.

Years passed, and the Mr. Drake’s business became a symbol of success in the industry. Mr. Drake was very happy with John’s work. He was very thankful to him. Not only this, Mr. Drake believed John like his son. All this was dedicated to the loyalty that was shown by John towards him. But with time, Mr. Drake started falling sick, thus becoming unable to manage all his work related to the business. Since, he didn’t owe any family, he believed John for anything. Therefore, he made John the owner of his business. Sooner or later John became what he decided.

John's journey taught many the value of hard work, resilience. The story of John's success became an inspiration for aspiring entrepreneurs, a testament to the incredible heights one can reach with dedication and a steadfast belief in one's dreams.

So, from the story if we focus on these 4 words: perseverance, hard-work, determination and resilience. “Persistence”, is the attitude of staying

strongly dedicated towards achieving something. Its is trait that helps an individual navigate through the ups and downs in various life situations and achieve success. "Hard-work" is defined as the effort that one puts in his/her task or work. Disciplined and hard-working people helps a person accomplish miles thereby achieving the feet of success. "Determination" is the firmness shown by someone towards achieving something. It demands to face all the challenges that comes in the way. Staying determined and relentlessly moving forward are

crucial for overcoming obstacles and pursuing long-term success. "Resilience" is the act of facing the hurdles, accepting the negativities, recovering from setbacks, learning from difficult experiences and remain adamant even in tough situations.

All these terms one or the other way leads to success. Hence according to me, "success is something that is uncooked without the flavors of determination, hard-work, perseverance and resilience."

"Commemorating Freedom: Unveiling the Essence of the Amrit Mahotsav"

The Amrit Mahotsav stands as a poignant celebration, marking the essence of freedom and the resilience of a nation. In this commemorative event, we reflect on the sacrifices that paved the way for independence, cherishing the diverse tapestry of stories that define our shared history. Amrit Mahotsav celebrates freedom's essence, uniting hearts in a symphony of resilience. Marking historic milestones, it honours sacrifices, echoing the spirit of a nation's journey. From struggles to triumphs, the commemoration encapsulates the indomitable spirit that defines a nation, weaving a tapestry of pride as we unveil the essence of freedom."

As we unveil the layers of the Amrit Mahotsav, it becomes a canvas portraying the struggles and victories that shaped our identity. From the fervour of the freedom fighters to the unity in



Dr. Anju Mishra

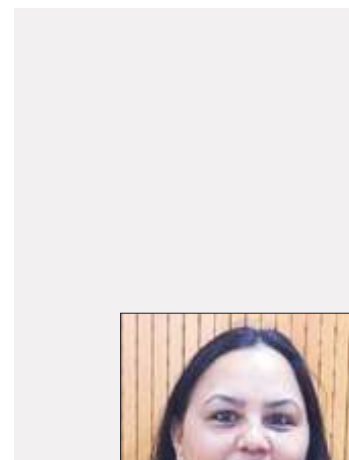
Assistant Professor
Head of Department
in Sociology

diversity, the event encapsulates the spirit of a nation that rose above challenges.

Amidst cultural performances, historical exhibitions, and tributes, the Mahotsav fosters a collective remembrance of our journey. It is a bridge connecting generations, ensuring the legacy of freedom endures. The essence of this celebration lies not only in the pages of history but also in the hearts of citizens who recognize the significance of their inherited liberty.

In conclusion, the Amrit Mahotsav stands as a poignant celebration of freedom, weaving together the rich tapestry of India's history. As we unveil its essence, let us embrace the spirit of unity, resilience, and progress that defines our nation. May this commemoration inspire future generations to cherish and safeguard the invaluable gift of freedom.

Role of Women in Indian Politics



Miss Shivani Pawaiya

Assistant Professor
Department of Political Science



The role of women in Indian politics has evolved over time and their achievements of women is in all categories like social, political, economic, cultural. Here are the examples of women who are playing significant roles in Indian politics:

- 1. Nirmala Sitharaman:** Nirmala Sitharaman is the Minister of Finance and Corporate Affairs in the Government of India. She is the first woman to hold the position of Finance Minister in India and has been instrumental in steering the country's economic policies and reforms.
- 2. Lavanya Ballal:** Lavanya Ballal, at the age of 25, became the youngest mayor of Karnataka's Mangaluru city in 2020. Her victory highlighted the emergence of young leaders in local politics, bringing fresh perspectives to governance and development.
- 3. Dolly Sharma:** Dolly Sharma, at the age of 27, became the youngest mayor of North Delhi Municipal Corporation in 2022. Her election reflected the increasing participation of young women in urban governance and municipal politics.
- 4. Pankhuri Pathak:** Pankhuri Pathak, in her late 20s, is a prominent political activist associated with the Aam Aadmi Party (AAP). She has been actively involved in youth mobilization and advocacy for political reforms, especially focusing on issues related to education, employment, and women's rights.

- 5. Atishi Marlena:** Atishi Marlena, in her early 30s, is a leader of the Aam Aadmi Party (AAP) and a Member of the Legislative Assembly (MLA) in Delhi. She has been instrumental in reforming the education sector in Delhi and has played a key role in the development and implementation of education policies.
- 6. Tejasvi Surya:** Tejasvi Surya, in his early 30s, is a Member of Parliament representing Bangalore South constituency. He is known for his active participation in parliamentary debates and his efforts towards constituency development and welfare initiatives.
- 7. Mamata Banerjee:** Mamata Banerjee continues to be a dominant figure in Indian politics. She is the Chief Minister of West Bengal and the leader of the All India Trinamool Congress (TMC). Banerjee's leadership in West Bengal and her role in national politics make her a significant figure in Indian political landscape.

These women leaders represent a new generation of politicians who are bringing energy, innovation, and fresh perspectives to Indian politics. They demonstrate that age is not a barrier to making significant contributions to governance and public service.

Article On The Future Of Traditional Classrooms

TITLE: “Tomorrow’s Classrooms: A Glimpse into the Future”

In the coming years, classrooms are gearing up for a makeover! Imagine saying goodbye to regular desks and hello to interactive screens. The future of school is all about making learning super cool and just for you. So, what’s the big change? Well, teachers will be more like super guides, helping you explore tons of exciting stuff. Forget memorizing facts – get ready for teamwork and solving puzzles. Your class will be buzzing with talks and cool activities, making learning a big adventure.

Guess what? Virtual reality might take you



**ANSHVI
SIDANA**
B.B.A. 2nd Year

back in time or to places far, far away. Learning about history or geography will be like stepping into a movie! And get this – your class schedule might be more flexible, so you can learn in a way that suits you best.

Technology is going to be your buddy, not a replacement for teachers. They’ll use cool tools to make lessons awesome. Even though classrooms might look different, the heart of school stays the same – helping you grow and be curious about the world. The future classroom is like a supercharged learning space, getting you ready not

just for tests but for all the awesome things life has in store! Get ready for a classroom revolution!

Nation First, Always First

Who we are or where we come from

A nation is a collective identity of people . A nation is related to its culture , but more importantly , it is an idea of one people coming together for a common goal . It is therefore essential to hold the highest value on national unity in order to achieve the best possible future for any country .

I firmly believe any nation , which is born in a particular place cannot be worthy . Unless there are people within its borders who love it and have invested all there thoughts , devotion and



**Archee
Jain**
B.B.A. 2nd Year

sweat . Any country or nation is everything to its people. Because they were born on it , eating its food , and drinking it’s water . It’s very important that none of us forget this fact .We should always remember that our country has given us the opportunity for living !

I personally believe that a person should live in the nation he/she is born in . A person has achieved all he has been in this world by living the life he has lived , eating the food he has eaten , drinking the water he drinks , and walking those roads that have made him who he is today.

77th

Independence Day Celebration And “Nation First Always First”



Aqsa Khan
B.Com. 2nd Year (Tax)

“A soldier thinks about the nation first always first, because he knows everything else can wait.”

A nation always first means our duty towards the country we are living in is first. The towards the country in which man was born. His duty towards the country on whose soil the grew up is first if there is any situation where he has to take any step towards his nation, towards it's security to protect its honour, then he should not hesitate. A person born in any nation is indebted to that nation and must repay his debt when needed. That is why the nation comes first.

People are the soul of any country. They are the thing that keeps every country alive and well. The nation, first, always first, is our national motto, which was originated. Mahatma Gandhi on this very land. A place like India is an example of the nation. It is a great country that has taught so much about human rights and culture. Our greatest asset is our people and the creativity that flows from their first flowing blood. After a person's comes to this world, he/she becomes one of the family members of the native land this includes all the success like education work and protect etc.

India is geared up to celebrate it's 77th independence day. August 15th Tuesday, the theme for this year is “Nation first, always first,” as part of the broader “Azadi Amrit Mahotsav” celebration.

The theme stands as testament to India's remarkable success story since getting independence from British rule in 1947. It encapsulates the essence of India's journey that has been marked by struggles triumphant an unwavering commitment to placing the nation's interests at the forefront of all endeavors.

In celebration of yet another Independence Day under the theme “ Nation first always first”, India prey tribute to its success story, a story of unity, progress and anyielding patriotism. This theme encapsulates the essence of a nation that has risen from shackles of colonial rule to assert its sovereignty, establish it's global presence and prioritize the welfare of its citizens. As the tricolor unfurls and the nation stands united, “Nation first, always first” serves as a guiding principle for the future that holds limitless possibilities for a resurgent India.



Education Is Key To Success

“Education is one thing no one can take away from you.”

I believe education is the most important tool you can receive, that can bring you most success in society today. Education lessens the challenges you will face in life. The more knowledge you gain the more opportunities will open up to allow individuals to achieve better possibilities in career and personal growth. Education has played an important role in the career world of the twenty-first century. A person with a higher education will be easily qualified compared to a person without an extended education; as one will be prepared to do various tasks that careers demand as well as meet job standards.

Education teaches a person to be self-sufficient. It brings equality to society. If everyone chooses to be educated, there will be equality among individuals and no one will look down on others with disrespect. Education makes a person productive and helps them to contribute to society efficiently. An educated person is an asset to society as well as the nation



Diksha Agicha
B.Com.II Year(Plain)

“Education is the most powerful weapon which you can use to change the world”

By getting a good education, a person is well aware of his rights and responsibilities. He knows that it is his right as well as his responsibility to use his power to vote and elect a good representative during the election. So that a good nation can be built

Most people consider education as bookish knowledge and the ability to read and write. But that is not true. Your Qualification should be visible in your personality that is what education is. If you want to see the difference between educated and uneducated people see how people behave in case of adversity

We become a well educated person in the life by the efforts of our parents and teachers. They are real well wishers of us who helps us in leading our life towards success. Now-a-days, many governmental programmes have been implemented to enhance the education system so that everyone may get access to the proper education.

The only thing strong than fear - 'HOPE'

Creating hope in the world is such an important topic, and it's something we can all contribute to in our own ways.

One way to create hope is through acts of kindness and compassion. Small gestures, like helping someone in need or simply being there for a friend, can make a huge difference in someone's life. It's amazing how a little bit of kindness can brighten someone's day and give them hope for a better tomorrow. Another way to create hope is by spreading positivity and inspiring others. Whether it's through sharing uplifting stories, motivational quotes, or even just a smile, we can all be a source of encouragement for those around us. By being positive and supportive, we can help others believe in themselves and their dreams. In addition, creating hope also involves addressing social issues and working towards



Hansika Soni
B.B.A. 2nd Year

positive change.

By advocating for important causes, supporting organizations that make a difference, and raising awareness, we can contribute to building a better future for everyone. It's through collective efforts that we can create lasting hope and make a positive impact in the world.

Lastly, it's important to remember that hope starts within ourselves. By nurturing our own dreams and aspirations, and believing in our own potential, we can inspire others to do the same. When we have hope in our own lives, it becomes contagious and spreads to those around us. So, let's continue to create hope in the world by being kind, positive, and proactive. Together, we can make a difference and bring hope to those who need it most.

Create Hope In The World

'Hope is the lantern that lights up the darkness.'

Hope is often defined as an emotion or feeling of expectation and desire for fulfilment. It stands out as the most powerful emotion, serving not only as a weapon during times of distress but also providing inner motivation to persist in our beliefs. Hope renders the impossible possible, transforming desires into reality. It stands as a formidable asset to humanity, propelling the greatest inventions, achievements, and shattering records of human potential.

For those who achieved the extraordinary and propelled themselves forward amidst the negative externalities of the world, hope acted as a catalyst.

During the monumental leap of sending a man to the moon, the endeavour was plagued by technical difficulties, and the light of hope seemed to fade in the darkness of void space. It was at this critical juncture



Nitya Mishra
B.Com. 1st Year

when the world lost its reasoning, and hope emerged as a last resort. It was hope that guided Earth to the moon, marking a giant leap for humanity.

Hope is undeniably the essence of life. Fostering hope in the world equates to combating negativity and discouragement, establishing a positive barrier that encourages belief in oneself. Creating hope doesn't require extraordinary efforts; rather, small acts of kindness and fostering compassion in society contribute significantly. Helping a person in need with spare change or food may not impose a

heavy burden, but it instills hope in them, reaffirming that humanity and brotherhood still prevail. Assisting the lost and depressed not only generates positivity but also contributes to the formation of a more humanitarian society.

In the present, the world is in desperate need of hope amid the chaos and darkness.

Sabka Saath, Sabka Vikas: Together Towards Inclusive Development



Khushbu Patel

B.Com. IInd Year

Sabka Saath, Sabka Vikas” is a powerful mantra that encapsulates the vision of inclusive development in India. It emphasizes the importance of collective progress, where every individual has equal opportunities and access to resources. This article explores the significance of this principle and how it can pave the way for a prosperous and harmonious society.

Equality and Inclusivity: At the heart of “Sabka Saath, Sabka Vikas” lies the belief that no one should be left behind. It promotes equality and inclusivity, ensuring that every individual, regardless of their background or circumstances, has the chance to thrive. By focusing on uplifting marginalized communities, bridging social divides, and promoting equal opportunities, we can create a society where everyone can contribute to and benefit from development.

Empowering the Marginalized: To achieve inclusive development, it is crucial to empower the marginalized sections of society. This involves providing access to quality education, healthcare, employment opportunities, and social welfare programs. By addressing systemic barriers and creating an enabling environment, we can empower individuals to break free from the cycle of poverty and contribute to the nation’s progress.

Skill Development and Entrepreneurship: “Sabka Saath, Sabka Vikas” recognizes the

importance of skill development and entrepreneurship in fostering economic growth. By equipping individuals with relevant skills and knowledge, we can enhance employability and create an ecosystem that nurtures entrepreneurship. This not only leads to individual prosperity but also contributes to the overall development of the nation.

Infrastructure Development: Inclusive development requires the development of robust infrastructure across the country. Access to basic amenities such as clean water, sanitation, electricity, and transportation is essential for improving the quality of life for all citizens. By investing in infrastructure development, we can bridge the urban-rural divide and ensure equal opportunities for progress.

Social Harmony and Unity: “Sabka Saath, Sabka Vikas” promotes social harmony and unity among diverse communities. It emphasizes the need to respect and celebrate the country’s rich cultural heritage while fostering a sense of belonging and inclusivity. By promoting dialogue, understanding, and acceptance, we can build a society where diversity is seen as a strength and not a source of division.

Conclusion: “Sabka Saath, Sabka Vikas” is a powerful mantra that envisions an inclusive and prosperous India by prioritizing equality, empowering the marginalized, fostering skill development and entrepreneurship.

Story On **Hardworking Farmer**

In the quiet village of Meadowshire, there lived a humble farmer named Elias. His weathered hands told the story of years spent tending to the fertile soil that stretched across his small plot of land. Elias was known throughout the village for his unwavering work ethic and the bounty he yielded from his fields.

Every morning, before the sun kissed the horizon, Elias would be in his fields, plowing, sowing seeds, and nurturing his crops. His days were long and filled with the rhythmic sounds of the earth – the rustle of leaves, the chirping of crickets, and the gentle breeze that whispered through the fields.

Elias had a deep connection with the land, understanding the ebb and flow of seasons like the verses of a cherished song. His hands, calloused and strong, seemed to have a language of their own as they worked tirelessly from sunrise to sunset.

One year, a drought cast a shadow over Meadowshire, and the crops of many farmers withered under the unrelenting sun. Elias, however, refused to be disheartened. Instead, he tirelessly dug small irrigation channels, carefully rationed water, and shielded his crops with improvised shades.

His fellow villagers marveled at Elias's determination, and some offered to help, but he insisted on facing the challenge alone. Through scorching days and starlit nights, Elias toiled,



Samiksha Patel

B.B.A. 3rd Year



watching over his fields with a resilience that mirrored the unyielding spirit of the land itself.

As the village faced adversity, Elias's hard work bore fruit. His fields, though tested, yielded a modest harvest that sustained the community through the trying times. The once-cracked earth now cradled golden grains, a testament to Elias's dedication and the belief that hard work could overcome

even the harshest of challenges.

Meadowshire came together to celebrate Elias, not just for the abundance he provided but for the example he set – a reminder that in the face of adversity, a determined heart and diligent hands could transform a parched landscape into a flourishing haven.

Elias's story became a source of inspiration, echoing through the village and beyond, a tale of a hardworking farmer who, with unwavering perseverance, turned a barren season into a testament of the enduring bond between man and the land he tended with love.

Unleashing The Power Of Artificial Intelligence



Vanshika Dhagat
B.B.A. 3rd Year

In the 21st century, Artificial Intelligence (AI) has emerged as a transformative force, mirroring human intelligence and reshaping industries. As we enter an era marked by automation and innovation, understanding the potential and implications of AI becomes crucial for shaping our future.

AI has already made significant advancements in healthcare, finance, transportation, and education. In healthcare, AI-driven diagnostic tools analyse vast patient data, improving accuracy and personalizing treatment plans. This not only enhances patient care but also streamlines the workflow of healthcare professionals, allowing them to focus on critical aspects of treatment. The financial sector is experiencing a major transformation with AI algorithms analysing market trends, predicting stock prices, and automating trading processes. Investors now have access to real-time data-driven insights, minimising risks and maximizing returns.

In transportation, self-driving cars promise safer roads, reduced congestion, and optimized routes. AI's ability to analyse traffic patterns and adapt to changing conditions surpasses the

capabilities of human drivers, ushering in a new era of efficiency in transportation. Education is not left untouched by the AI wave. Intelligent tutoring systems adapt to individual learning styles, providing personalized instruction and feedback. AI-driven educational platforms analyse student performance data, identifying areas of improvement and tailoring teaching methods to enhance overall learning outcomes.

Despite its potential, AI raises ethical concerns, including job displacement and algorithmic bias. Addressing these issues requires a focus on re-skilling, up-skilling, and ensuring fair, transparent, and accountable AI algorithms that prioritize diversity and inclusivity.

In conclusion, AI stands as a transformative force with the power to reshape industries and enhance our daily lives. Its potential is vast, but it must be approached with a conscious understanding of its ethical implications. As we navigate this era of technological advancement, embracing AI responsibly ensures a future that is not only efficient and innovative but also inclusive and ethically sound.

“EMPOWERING TOMORROW WITH THE
INTELLIGENCE OF TODAY”

FATHER- THE PILLAR OF THE FAMILY



When we glorify the value of mother, we show the creator of the world, we cannot imagine our existence, without the mother. But somewhere in the presence of virtuous mother, we tend to forget the importance of the father, the main essence of life.

The father assists her in creating life and thus shares an important role in the creation. There is no doubt that the mother shoulders uplift half the responsibilities in the upbringing of the child. At some time, we cannot ignore the father's contribution in the development of the child's life.

He provides the strength, the support and the stability in a family. Infact his presence and rock like support completes the family, without which. We feel bereft and lost.

A sense of safety suffuses us in his presence. He guides us through the ups and downs of our life, always standing behind us as the rock of Gibraltar. His expert counsel and moral support matters immensely in the shaping of the child's career. We can also count on him to bail us out from tricky situations.

By:- Anukeerti Jain
M.A English (3rd Sem)

STUDENT-TEACHER RELATIONSHIP : POST COVID

"I have always felt that the true textbook for the pupil is his teacher

-Mahatma Gandhi

Teacher being one of the exceptional profession of our society, and has also played a role of almost importance since ages. The role of a teacher has just evolved from ancient times to present times but not lost

Lately the bond between a student and a teacher has taken a different turn due to Covid-19. In present time, the impact of covid is still visible in the bond between student and a teacher. It has become more sophisticated.

Before pandemic the relation between a student and teacher used to be a co-existent bond. But now, teacher community is taking their job merely as a profession while the students with the hands on internet are taking classroom studies for granted.

The communication between a student and a teacher is also one of the concerning issue. There comes one by the biggest question. How much knowledge is being actually received by the student teachers? Since there is very limited or no personal interaction the bond is losing its beauty.

The younger generation thinks they have everything their hand as they have an access to "Internet" instead students are losing some academics guidance and also life lessons which teacher shares with you.

Being a student, I firmly believe that you get everything in your hands with the internet, but a teacher can give you more than the bookish knowledge. Teacher gives you more than what she/he has. He/she trains you with his/her life lessons for the reality. No innovation or gadgets will takes place of a teacher.

By:- Priyanshi Singh
M.A. English 3rd sem.



"Teachers who put relationship first don't just have students for one year's they, have students who view them as their teacher for life."

Skin Care Tips



Adya Pandey
B.B.A. III Year

MORNING SKIN CARE ROUTINE:-

A morning skincare routine can be simple and effective:

1. **Cleansing:** Use a gentle cleanser to remove oil and impurities accumulated overnight.
2. **Toning (optional):** Apply a toner to balance the skin's pH levels and tighten pores if desired.
3. **Serum:** Apply a serum with antioxidants or specific ingredients targeting your skin concerns (like vitamin C for brightening).
4. **Moisturizer:** Use a lightweight moisturizer suitable for your skin type to keep your skin hydrated.
5. **Sunscreen:** Finish with a broad-spectrum sunscreen (SPF 30 or higher) to protect against UV rays, even on cloudy days.

This routine helps prepare your skin for the day, keeping it hydrated and protected from environmental damage. Adjustments can be made based on individual skin needs.

NIGHT SKIN CARE ROUTINE:-

A night skincare routine focuses on repair and rejuvenation:

1. **Makeup Removal:** Start by thoroughly removing makeup with a gentle makeup remover or cleansing oil.
2. **Cleansing:** Wash your face with a cleanser suitable for your skin type to remove impurities accumulated during the day.
3. **Toning (optional):** Apply a toner to balance the skin's pH levels and prepare it for better absorption of subsequent products.
4. **Treatment Products:** Use treatment products

like retinol, acne treatments, or serums targeting specific concerns (like hyaluronic acid for hydration or retinoids for anti-aging).

5. **Eye Cream:** Apply an eye cream to moisturize and address concerns like dark circles or puffiness.
6. **Moisturizer:** Use a slightly heavier moisturizer or night cream to deeply hydrate your skin overnight.
7. **Occasional Treatments:** Incorporate occasional exfoliation or masks to boost skin renewal, but not every night.

Night time routines help repair and replenish the skin as it rests, promoting cell turnover and allowing products to work effectively without interference from external factors like sunlight or pollution.

HEALTHY FOODS WHICH CAN HELP YOU TO REPAIR YOUR SKIN :-

- Absolutely! Several foods can contribute to healthy skin:
- **Fatty Fish:** Rich in omega-3 fatty acids, they help maintain skin health and reduce inflammation. Examples, include salmon, mackerel, and sardines.
- **Avocados:** Packed with healthy fats and antioxidants that nourish the skin and protect it from damage.
- **Nuts and Seeds:** These contain vitamins, minerals, and healthy fats, such as almonds (vitamin E), sunflower seeds (vitamin E), and flaxseeds (omega-3s).

Social Media



Deepali Armo

B.Sc. III Year

Social media is a platform where people use it to express their thoughts, life moments, and interests. We can connect with our friends and family, share photos and videos, and engage with others. Examples of popular social media platforms include Facebook, Instagram, Snapchat, and Twitter. It allows us to express our thoughts, interact with others, and spend time. Social media is a fun and engaging way to showcase our world! Social media has become an integral part of our lives in today's digital age. It refers to online platforms that enable people to connect, share, and interact with others virtually. The popularity of social media has skyrocketed over the years, with platforms like Facebook, Instagram, Twitter, and Snapchat dominating the scene.

One of the key benefits of social media is its ability to bridge distances and bring people together. It allows us to connect with friends and family, regardless of geographical boundaries. We can share our thoughts, experiences, and life moments with a wide network of people, fostering a sense of belonging and community. Moreover, social media has revolutionized the way we consume information and stay updated. News spreads rapidly through platforms like Twitter, enabling us to access real-time updates on various topics. It has also given individuals a platform to voice their opinions, engage in meaningful

•**Research and Stay Updated:** Social media is constantly evolving, so make sure to stay updated with the latest trends, features, and news.

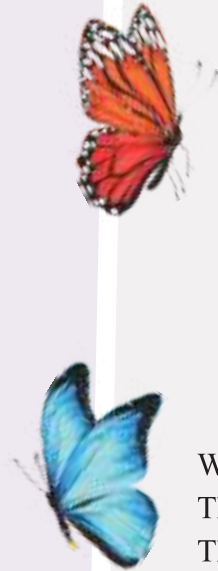
Research different platforms, algorithms, and strategies to provide valuable insights to your readers.

- Choose Engaging Topics:** Select topics that are relevant and interesting to your target audience. You can write about social media marketing tips, influencer culture, online communities, or even the impact of social media on society.
- Structure Your Articles:** Start with a catchy introduction to grab your readers' attention. Break your content into sections or subheadings to make it easy to read and navigate. Use bullet points, lists, and visuals to enhance readability.
- Provide Actionable Tips:** Share practical tips, tricks, and strategies that your readers can implement in their own social media endeavors. Help them improve their social media presence, engagement, or content creation skills.
- Include Case Studies and Success Stories:** Highlight real-life examples and success stories to inspire your readers. Showcase how individuals or businesses have leveraged social media effectively.
- Use Visuals:** Social media is all about visuals, so make sure to include eye-catching images, infographics, or screenshots to support your content. Visuals can make your magazine more engaging and shareable.
- Encourage Interaction:** End your articles with a call-to-action, inviting readers to share their thoughts, experiences, or questions in the comments section. Engage with your readers and create a sense of community.

ENDEARING –LEARNERS

The tree of knowledge stands high
 With a fragile nest built,
 To nurture hatchlings,
 Awaits my quilt...
 Minutes, hours and I find,
 Tiny birds turn,
 Doesn't matter to me a bit,
 If they're of a cuckoo or a cowbird's!
 A soothing gaze at them,
 And I feel they are mine,
 They gave love and care,
 And wish to grow and shine.
 Some shy stay cuddled,
 Many chirp apace,
 With a fill will to help them fly!
 Those nestlings I embrace...
 Every down when spreads,
 I wonder to pick food chunks,
 For leaves and fruits of trees,
 Would be their chick crumbs,
 As the time pass,
 Somewhere fledglings fall or trip,
 Their strength lies in me,
 And I blow as wind beneath their wings!
 Content my heart, sighs,
 Seeing them around hap around,
 Their every triumph at very stage,
 Becomes My Royal Crown!!
 Several twilights and dusks set,
 And star, moon adorn the sky,
 The season to bid adieu them arrives,
 And my heart heaves a sigh.
 A clasp them closest that day,
 Their gratitude is that downpour,
 That the unshed tears are washed away...
 Their flight I watch from for.
 And flap to see them cover each to brain,
 My heart wishes and prays,
 To have them twitter in my nest again...
 Trees assures me than,
 New chicks would grace the shelter,
 I will be showered with the old ones love!!

By:- Arya Maheshwari
 B.A. 2nd Year



WHY NOT LIVE FOR THEM!!



Shafaque Ansari
 B.Sc. IIIrd year

Why not live for them, who live for us?
 They are God who form us
 They are authors who wrote us
 They are world who enlive with us
 They are parents,
 Why not live for them!

Why not live for them, who live for us?
 They are truth who enlight us
 They are ribbon who decorate us
 They are music who entertain us
 They are friends,
 Why not live for them!

Why not live for them, who live for us?
 They are sun who lit us
 They are knowledge who liberate us
 They are principle who shape us
 They are teachers,
 Why not live for them!



Create Hope In The World



“HOPE,” what is hope exactly? For me it is a very powerful thing. Hope is like a waking dream. It can keep us going when times are tough, and it can give us the strength to overcome challenges. It is a feeling of expectation and desire for a particular thing to happen. It is a positive emotion that can lead to action and change. What the greatest strength cannot accomplish, a ray of hope can.

Hope is also considered as magic, maybe there's no actual magic in it but if you hold hope in your heart, you can make things happen like magic. There are many reasons why hope is important. First, it helps us to cope with difficult situations. “Women can change the world,” they say. They can fight for their rights, work to end discrimination and support other women in their struggles. They can also use their voices to raise awareness. Second,



REETI BISWAS

B.A. 2nd Year

hope can motivate us to change our situation. “Youth is the hope of nations,” they say. In today's time, the younger generation provides and makes much more difference in the most unexpected ways, far from what adults expected but in order to convert hope to a better reality, first we would need to provide them with the right education and

motivation. Third, hope can bring people together.

“Motherhood is an act of hope,” they say. To become a mom is to believe that the future will be better than the past, and your child will be a part of making it that way. With your family you bring new hope in the world and this act of hope can bring many people together as a family. There are many ways to create hope in the world. Letters of hope can be words of connection, encouragement, support, or gratitude. Hope can change the world. We all can create hope in the world and make a difference in the lives of others.

THE TIGER SAYS...

You, ruler of the Earth,
How much are you worth?
You've got that mighty head,
Otherwise you would've lie dead
I come as I am,
You come armed
I don't fear you,
Even if I am harmed
Mistook ruler of the Earth,
How much are you worth?
You are still in melancholy,
And lie in widening homes
I live in shrinking woods,
But you greed more big domes
You lie that you like greens

Planted just a tiny shrub,
And hearts rained on your screens
My fur costs in more numbers
Than numbers in which I survive
Between my breath and death,
Maharaja's hobby was alive
But my life lies in my fur
Yellow is my clear hope,
Black is death blur
Look at my eyes,
Look at my long strips,
I'm not your pet
The one who sniffs
You, concrete hearted conquerors,
Earth's sorrow is heavier with

each log and leaves
And we displaced creatures,
Carrying a ton weight of grieves.



By :- Divya Purohit
B.A. 2nd Year

THE PURSUIT OF HAPPINESS

A Student's Guide To Joyful, Stress-Free Life

In the whirlwind of student life, finding a right balance between academics and well-being is crucial. Achieving happiness and reducing stress requires intentional efforts and a mindful approach. Here's a concise guide for students on how to live a happy and stress-free life.

- 1. PRIORITIZE SELF-CARE :-** Begin by recognizing the importance of self care. Establish routines that includes sufficient sleep, balanced nutrition, and regular exercise. Taking care of your physical wellbeing forms the foundation for a positive mind set. It also helps with your mind to stay calm and it will increase your patience level which is the most important tool that one could have. Never be submissive in front of others, put yourself first, try to have a positive attitude and etc.
- 2. EFFECTIVE TIME MANAGEMENT :-** Create a realistic schedule that allows for both academic commitments and leisure. Prioritize tasks, set achievable goals, and avoid procrastination. Effective time management helps to prevent last-minute stress and ensures a more balanced lifestyle. Moreover it helps you to divide your work into pieces so that you can also have time to rest and to be freshen up.
- 3. EMBRASS MINDFULNESS :-** Incorporate mindfulness practices into your daily routine. Take moments to breathe deeply, be present, and appreciate the current moment, Mindfulness reduces anxiety and enhances overall well-being.
- 4. CULTIVATE POSITIVE RELATIONSHIPS :-** Surround yourself with supportive and positive individuals. Cultivating meaningful connections with friends, family, and peers creates a strong support system. Share experiences, seek advice, and offer support to foster a sense of belonging.



Senorita Patkar
B.B.A. Final Year

5. LEARN TO SAY NO :- Understand your limits and don't hesitate to decline additional commitments when your plate is full. Learning to say "NO" is crucial for preventing burnouts and maintaining a healthy work life balance.

6. SET REALISTIC GOALS :- While ambition is commendable, setting realistic and achievable goals is essential. Break-down larger tasks into manageable steps, celebrating small victories along the way. This approach fosters a sense of accomplishment and reduces stress.

7. ENGAGE IN HOBBIES :- Make time for activities you generally enjoy. Whether it's reading, writing, photography, music, art, or any sport; engaging in hobbies provides valuable outlets for stress relief and

promotes overall happiness. It will help you relieve stress-ful burdens, helps to cure anxiety and other problems also.

8. PRACTICE GRATITUDE :- Take a moment each day to reflect on the positive aspects of your life. Expressing gratitude can shift your focus from stressors to the things that brings you joy, promoting a more optimistic outlook.

C.O.N.C.L.U.S.I.O.N :- In conclusion, living a happy and stress-less life as a student requires a holistic approach that encompasses physical well-being, effective time management, mindfulness, positive relationships, realistic goal-setting, engaging in hobbies, and practicing gratitude. By consciously incorporating these elements into your daily life, you can navigate the challenges of studenthood with resilience of joy.

*"CHOOSE WHAT HELPS
YOUR HEART BLOOM"*

The Unseen Battle: Verbal Abuse and the Struggle Within

Verbal Abuse and Its Profound Effects on Human Psychology "A soft answer turns away wrath, but a harsh word stirs up anger." Proverbs 15:1 (Bible)

Defining verbal abuse "Verbal abuse encompasses a range of behaviours, including insults, criticism, humiliation, and manipulation. It can occur in various settings, such as relationships, workplaces, or within families. This form of abuse is not limited to shouting or yelling; it also includes subtle forms of communication that undermine an individual's self-worth and confidence."

As a college student navigating the twists and turns of academic life, relationships, and self-discovery, I found myself drawn to a topic that often lurks in the shadows, leaving scars that are not easily visible: verbal abuse and its profound effects on human psychology. I decided to explore this issue further in my research and discovered that verbal abuse can have long-term consequences, such as low self-esteem, difficulty forming relationships, and anxiety. I decided to share what I learned with others to spread awareness and help create a more supportive and compassionate community. We all go through this kind of topic, but we choose to ignore it. Why not just stop and try to understand why it is so hard for people who go through this kind of abuse in their day-to-day lives? We should all take the time to listen and try to understand, rather than judging and blaming them. We should also provide the necessary help and resources to those in need. Finally, we should strive to make our community a more inclusive and understanding place. To understand this topic more deeply, it is important to recognise the different types of verbal abuse and the various ways they can manifest. Verbal abuse is more than just harsh words or a raised voice; it's a relentless assault on one's self-worth and psyche. I chose to explore this topic because I believe it's crucial to shine a light on the hidden struggles that many individuals face.

The psychological toll of verbal abuse is



Mitali Bhattacharya

B.A. 2nd Year



staggering. I've witnessed friends and classmates endure constant criticism and belittlement, and it's disheartening to see the impact on their confidence and mental well-being. The words we hear shape our thoughts, and when those words are consistently negative, they carve deep into the core of who we are. As a student, I also wanted to explore coping mechanisms and avenues of support.

In writing about verbal abuse and its effects on human psychology, my goal is not only to shed light on a prevalent issue but also to call for empathy and understanding. As students, we have the power to create a culture of respect and kindness. In a world full of chaotic words, let's make some sweet paragraphs of kind and lovely words. Let our words be the sweet notes that harmonise, uplift, and nurture. Verbal abuse, a discordant note in this melody, has the power to shatter hearts and spirits.

"Kind words can be short and easy to speak, but their echoes are truly endless." Mother Teresa.

77th Independence Day Of India

"Nation First Always First"



Vaishnavi Prajapati
B.Sc.3rd Year

It's a day when we come together to honor the heroes who fought for our freedom and to reaffirm our commitment to putting our nation first. This year's theme is "Nation First Always First." The 77th Independence Day of India was an incredible celebration that filled our hearts with pride and patriotism.

India's journey since gaining independence has been remarkable. We have made significant progress in various sectors, from technology and infrastructure to education and healthcare. Our nation's diversity and cultural heritage make it truly special and unique.

On Independence Day, it's crucial to remember the sacrifices made by our freedom fighters. Their courage and determination inspire us to work towards a better India. We must always prioritize the interests of our nation and its people above everything else.

The nation first, always first is our national motto which was originated by Mahatma Gandhi.

Putting our nation first means being responsible citizens who contribute positively to society. It means respecting and embracing the diversity that defines India and

working towards unity and inclusivity. By doing so, we can build a stronger and more prosperous nation for future generations.

Education plays a pivotal role in shaping the future of a nation, and India's commitment to it is evident in various initiatives. The National Education Policy (NEP) emphasizes holistic learning, fostering creativity, and preparing the youth for a rapidly changing world. By prioritizing education, India aims to be at the forefront of knowledge and innovation, ensuring its citizens are equipped to lead on the global stage.

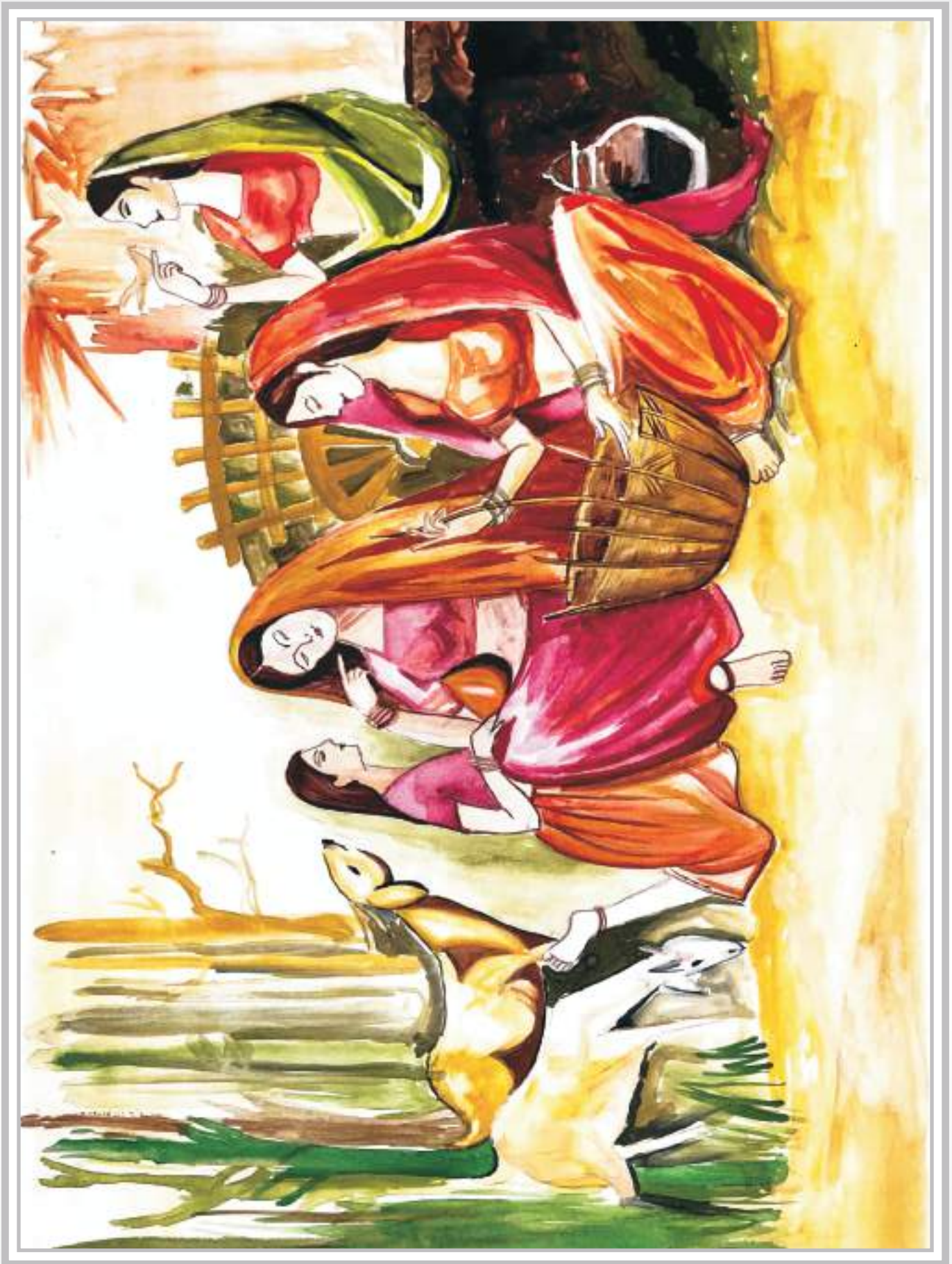
As India celebrates its 77th year of independence, the call to be "Always First" echoes in every sphere. Whether in technology, education, economy, or diplomacy, the nation's pursuit of excellence remains constant. This Independence Day is not just a commemoration of the past but a reaffirmation of India's commitment to being a leader in the global community, always striving for the best.

So, let's proudly raise our tricolor flag, sing the national anthem with fervor, and let's raise the spirit of 'Nation First Always First'

"JaiHind"



**Reports of
Departmental
Activities**



Art By : **Rukhsar**
Student of Drawing & Painting Department

IQAC (Internal Quality Assurance Cell)



Dr. Mahima Tripathi

IQAC Coordinator
MGMM

Internal Quality Assurance Cell, consistently works towards quality enhancement of the college by taking feedback from students, various stakeholders and conduction of Academic Audit by Academic Peer Team. The IQAC cell of the college also conducts need based activities

and training for the students through various colloquiums & certificate courses. During the session 2022-23 IQAC organized - 28 Webinars/ Seminars/ SDPs on Bioinformatics & Biostatistics, Artificial Intelligence, Cyber Security, Internet of things, Digital Marketing, Environmental Quality Improvement through Sustainable approach, Bonsai Art,

Culinary Art, Organic farming, Medicinal plant farming, Mycological Techniques and many more. Various MOUs were signed in the session 2022-23 from industries and

- Total no of books and chapters in last five years - 170**
- Research publication (National and International) - 200**
- Number of Ph.D Teachers - 65**
- Ph.D supervisors -19**
- Number of students completed Ph. D - 65**

academic institutions for strengthening knowledge and skill of our students.

Innovative teaching techniques are used in all subjects with an outcome-based approach in hybrid mode using MOODLE.

IQAC focus on activities to identify slow learners and provide additional academic support to them.



'MAWE' International conference, Invited Guests

GPS Map Camera



SDP training by IBM



CURIE Activity & Internship



SDP Cell Culture Technique
By Prof. Madhu Gupta
Lucknow University



Health Awareness Programme
by Dr. Mayank Chansoria,
Prof. Medical College, Jabalpur



Organized International Conference on “Recent Advances in Research and Innovations in Life Sciences”

ACHIEVEMENTS

College Received UBA (Unnat Bharat Abhiyan) Seed Money Grant by Ministry of Education, New Delhi. College also received appreciation message by Unnat Bharat Abhiyan, for excellent contribution in adopted villages. Organized the International Conference on Recent Advances in Research and Innovations in Life Sciences with academic collaboration and financial assistance from NASI Bhopal chapter and DST New Delhi.

- Established Central Research Laboratory sponsored by CURIE (Consolidation of University Research for Innovation and Excellence) Core grant for Women PG Colleges, DST New Delhi for smooth conduct of Research activities, Trainings, Workshops and various experimental Studies for the students. More than 200 students from various institutions completed their internship and hands on training in the Lab.
- More than 100 students from various other colleges, such as Home Science, Govt Science College, NES College, Girls college Kundum, Satna have taken training in form of workshop, internship or project/ Dissertation work from the institution.
- A number of activities under IIC were conducted supported by the various departments.
- The Institution is the Nodal Centre of ISRO assisting and providing many courses to the students.
- Institution is registered as a local chapter in NPTEL and help students to register in ODL/Swayam courses.
- The faculty members have successfully published more than 30 research papers in UGC care, Scopus, Web of science journals and 60 Book Chapters along with many solo books, edited books and also written chapters in various magazines.
- The Institution got first rank in ELC activities in Jabalpur Division.



SDP by Bajaj Finserv's



Paper Presentation in International Conference

The Department of English (UG & PG)

Faculty : Dr. Deepti Mishra (Dean & Head), Ms. Priya Bhardwaj
Ms. Shubhi Trivedi, Ms. Arpita Banerjee



- Each One should teach One- The PG Students actively participated in the program where they explained topics of English literature to their peers. The idea was to spread knowledge and develop self-confidence among the students.
- Caption Writing Competition- The Basic idea behind this activity was to spread awareness amongst girls against Harassment. To make them aware of the antagonistic situations that violate the dignity of women.
- Inter Class Literary Competition- Inter Class Literary Competition where students showcased their linguistic abilities in speech, debate & writing.
- Soft Skill Training Program -Soft Skills training Program was held for training the students, that focused on the development of abilities such as communication, teamwork and problem solving.



The Department of Hindi (UG & PG)

फैकल्टी : डॉ.कीर्ति बाजपेई (विभागाध्यक्ष), डॉ. पूनम शर्मा,
डॉ. सपना श्रीवास्तव, डॉ. रानु राठोर, डॉ.वर्षा दुबे तिवारी



- हिंदी विभाग का स्थापना वर्ष 1997 है एवं वर्ष 2006 में स्नातकोत्तर कक्षा आरंभ हुई
- विभाग के शोध पत्र - 4
- डॉक्टर संध्या जैन श्रुति द्वारा हिंदी के वैश्वीकरण पर अपना व्याख्यान दिया गया।
- डॉक्टर कौशल दुबे द्वारा आज्ञाकारी परशुराम पर व्याख्यान।
- डॉक्टर स्मृति शुक्ला द्वारा स्वामी विवेकानंद पर व्याख्यान।
- डॉक्टर पूनम शर्मा को संस्कारधानी रत्न अलंकरण से सम्मानित किया गया।
डॉक्टर भारती शुक्ला हवाबाग महिला महाविद्यालय द्वारा युवा शक्ति की ऊर्जा स्वामी विवेकानंद विषय पर व्याख्यान दिया गया। हिन्दी दिवस पर डॉक्टर ममता तिवारी द्वारा मर्यादा पुरुषोत्तम राम पर व्याख्यान दिया गया। विभाग की डॉक्टर पूनम शर्मा को 'लघु कथा अलंकरण' से सम्मानित किया गया।

The Department of

Commerce & Management (UG & PG)

Faculty : Dr. Pushpa Ramesh (Head), Associate Prof.- Dr. Meeta Shrivastava, Dr. Mahendra Jain, Dr. Jayshree Jain, Dr. Aruna Pathak, Dr. Shruti Punj, Dr. Smriti Khurasia, Dr. Richa Rai, Dr. Sapna Sharma

Asstt. Prof.- Dr. Bharti Rajak, Dr. Sangeeta Tomar, Dr. Savita Suhane, Dr. Ganesh Dubey, Dr. Manjusha Rawat, Dr. Sonia Ojha, Dr. Kavleen Kaur, Ms. Shayista Siddiqua (Registrar)



- **Certificate course in Computerized Accounting in Tally** - This programme will enhance knowledge on basic concept and application of Accounting. Students will be made skilled in the field of Computerized Accounting.
- **CPBFI (Bajaj Finserv)** – A certificate programme is being organized by the Commerce And Management Department.
- Importance of Data Analysis and Skill Enhancement for Career Growth – A Student development program was organised on 8/8/2022 for the B.Com. (HONS) B.B.A. final year students on the topic Importance of data analysis and skill enhancement for career growth.
- Investor Awareness Programme - A Student Development Program was organised by the Department of Commerce & Management in Collaboration with Ministry of Corporate Affairs, ICAI & IEPF on 28th January 2023.

- Visit to Rozgar Mela - The Central Board of Indirect Taxes and Customs along with the Department of Central Goods & Service Tax had organized a 'Rozgar Mela' on 20th January, 2023.
- Industrial Visit – The students were taken to the industries like Parle-G, Anshul Namkeen and Ok Food Rice Mil.



The Department of **Zoology (UG & PG)**

Faculty : Dr. Manjusha Pouranik (Head), Dr. Mahima Tripathi, Dr. Sangeeta Sarkhel, Dr. Aaysha Siddique, Mrs. Rajni Gupta

CONFERENCES AND WORKSHOP-

(1) 7 Days Culinary Art workshop was organized from 15th October 2022 to 21st October 2022. (2) A One day Training done on Vermicomposting on 30th July 2022 by Dr. Mukesh Chandel.

EDUCATIONAL EXCELLENCE- (1) Creation of Creative and Powerful Teaching Strategies to Give Students a Solid Zoology Foundation

CONSERVATION INITIATIVES- (1) o motivate students for water conservation by celebrating Water Conservation Day. (2) To spread awareness among students for wildlife conservation by celebrating World Wildlife Week, World Sparrow Day, World Wildlife Day and many more. (3) World Wildlife Day was celebrated on 3rd October 2022 and World Mountain Day was celebrated on 11th Decemeber 2021.

MUSEUM MANAGEMENT- (1) Maintenance of museum collections, providing valuable resources for research and education.

INTERNALSHIP - PRACTICAL EXPERIENCE- (1) Facilitation of Internship Programs and practical experiences for students of different colleges, allowing them to apply theoretical knowledge in real-world settings. (2) Field visit to Maneraga Silkworm rearing farm, Seoni Tolaon 17th January 2023 for M.sc dissertation work in different aspects of Sericulture. (3) Field visit to Fish farm is organised at Govt. MatasyaPalan Kendra, Mankedi for dissertation work. (4) Visit to State Forest Research Institute (SFRI) on 14th January 2023 for M.sc dissertation work to explore Flora and Fauna diversity and gain knowledge regarding Lac Culture.



The Department of

Botany (UG & PG)

Faculty : Dr. Ranu Singh, Dr. Sangeeta Lal,
Mrs. Saral Pateria, Mrs. Shalini Sonker



Plastic Bottle : Reuse &
Single Use Workshop



Exhibition of Millets

- Our college grows the variety of mushroom in order to go green and also acts as a student skill development course which helps them to generate employability.
- Students understand the importance of biodiversity in organic farming, which leads to healthier ecosystems and more resilient forms.
- Paper bags decompose far more quickly than plastic bags. They can naturally degrade without leaving behind any damaging residues, lessening their impact on the environment.
- The main Objective Of The Educational Tour was to provide information about the production, use & conservation of medicinal plants. During the tour, the students observed the nursery of medicinal plants.
- Plastic water bottle may provide an inexpensive and re-usable alternative for growing flowering containers with the two fold advantage of this program is to develop plastic beverage bottles for use as flowering plantation containers for growing quality flowering plants in an organic way.
- An Exhibition was Organized on Millets.

The Department of **Biotechnology** (UG & PG)

Faculty : Dr. Sonal Pathak (Head), Dr. Shyamji Shukla
Ms. Deepa Mishra, Ms. Sakshi Jaiswal

The Department of Biotechnology organized an educational excursion for UG and PG students on August 23, 2023, during which they visited the seed museum at JNKVV.

On October 18, 2022, students and staff members visited the Atal Incubation Centre, RDVV, Jabalpur.

Program BIOQUEST 2022: Department of Biotechnology conducted Poster and Quiz Competition on September 24, 2022

On October 18, 2022, faculty members and students attended the National Seminar, which was organized by the Bio-Design Innovation Centre, RDVV, Jabalpur.

The Department held a poster competition at the three-day International Conference from November 17, 2022, to November 19, 2022.

Arranged a guest lecture on November 26, 2022. Prof. Ravikumar Asthana, Head of the B.H.U. Varanasi Center of Advanced Studies in Botany, spoke about the energy issue and the current state of biotechnology solutions.

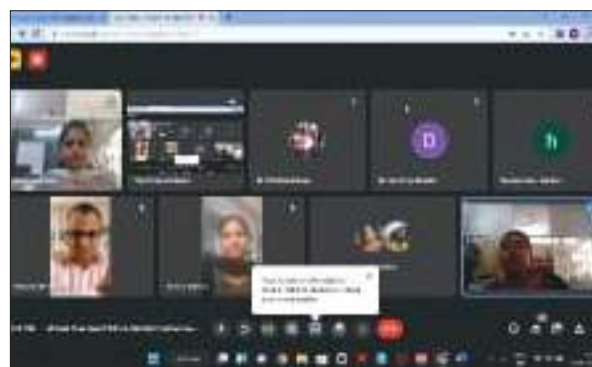
A five-day virtual FDP on "Bioinformatics: Basic tool and its applications" was scheduled for April 17–21, 2023.

Outstanding accomplishments of teachers and students: over eight research papers, book chapters, and books written by faculty members have been published in prestigious publishing houses and peer-reviewed publications.

Dr. Shyamji Shukla was named Nodal Officer for Women's PG Colleges at DST, New Delhi, under the CURIE (Consolidation of University Research for Innovation and Excellence) core grant in April 2022.

In 2022–2023, Dr. Sonal Pathak and Sakshi Jaiswal obtained a certificate from the NPTEL Course in Cell Biology and Immunology.

Dr. Shyam Ji Shukla received a grant from the Ministry of Education, New Delhi, on October 11, 2022, and was granted a field patent for design on July 14, 2023.



The Department of **Microbiology** (Ug & Pg)

Faculty : Mrs. Nidhi Narula (Head), Dr. Mitali Das, Mrs. Harleen Kaur , •Mrs. Smita Rajput

Two days of Hands-on Training in Mycological Techniques, September 2-3, 2022 "HANDS ON TRAINING ON MYCOLOGICAL TECHNIQUES" was held.



Two Days
Hands on
Training
in Medical
Mycology

EARTH DAY CELEBRATION

On April 18, 2022, M.Sc. II Semester students in the Department of Microbiology observed Earth Day as an extracurricular activity. This year's Earth Day ceremony had "Invest in our planet" as its subject. The Department observed the day to raise awareness among students of the degradation that human activity is causing to our planet's varied environments.

Earth Day
Celebration



WORLD DNA DAY CELEBRATION

On April 25, 2023, M.Sc. II Semester students in the Department of Microbiology observed DNA Day. The Human Genome Project was successfully completed in 2003, and the double helix structure of DNA was discovered in 1953. These events are celebrated on National DNA Day. April 25th was designated as DNA Day by a concurrent resolution enacted by the 108th Congress, and NHGRI began commemorating it on that date every year. This celebration's primary goal is to provide faculty, researchers, and students with the chance to learn more about the most current developments in genetic research, celebrate those advancements, and consider the potential effects those developments may have on their own lives.



World DNA
Day Celebration

RESEARCHACTIVITY

Students enrolled in M.Sc. IV Semester, 4 students finished their dissertations under faculty supervision in the Microbiology Department. They have studied lipase-producing fungus, medical mycology, and fungal allergies.



PRATIBHA
KACHHAWA (FOOD
ANALYST) at excellent
bio research solutions
pvt. ltd.



Assistant Molecular
Technician
Ideal Molecular, Ideal Fertility
IVF and Genetic centre
private limited.

The Department of Chemistry

Faculty : Dr. Sandhya Batalia (Head), Dr. Sangeeta Jhamb (Principal) Dr. Maya Shukla (Campus Officer), Dr. Vaishali Ayachit (Asst. Exam Controller), Mrs. Preeti Gupta



The Department of Chemistry was established in 1994 as a new Science Department with an objective of providing quality education in the conventional areas of Science and growing into a center for teaching and research with an aim to acquire prominent position in the academic map of India.

The highlights of the department are-

- Certificate course in food preservation and processing.
- FDP and SDP organized on women entrepreneurship for the upgradation of staff and students.
- Parents Teacher Meeting organized for the communication of the parents with the faculty members.
- Awareness Program entitled Greener Approach to Chemistry Lab.
- Workshop on Tie and Dye was organized to enhance the knowledge and skills for color and constitution.
- Educational trip to Jabalpur Sahakari Dugdh Sangh, Adhartal for industrial expertise and entrepreneur skills.
- Community service programs offered to promote certain highlights such as "International Year of Millets".



The Department of
Biochemistry (UG & PG)

Faculty : Mrs. Namrata Sharma (Head), Dr. Abha Bajpai- Assistant Professor



Caption: Educational visit to Dumna nature park for sample collection for isolation of microorganisms from soil and water(24/02/2023).

- Invited lecture on “Role of Nutrition in Child Development”, on 17/09/2023.
- Two days Workshop on Fermentation process on the occasion of International food, day.20-21st October 2022.
- B.Sc. III year students of Biochemistry Department were taken to Dumna Nature Reserve, Jabalpur for educational studies on 23rd March 2023. In their syllabus topics related to Environmental studies of soil and water is there therefore they took water and soil samples for isolating and enumerating bacteria present in these samples.

Students achievements

- Ku. Samraddhi Agrawal, B.Sc. II year, got second prize in Poster competition held on 18th Oct.2022, organized by Bio-Design innovation centre (DIC) and Deptt. Of Postgraduate studies in Biological Sciences, RDVV, Jabalpur,
- Research Papers- In this session department published four International research papers.



Caption:
Workshop on fermentation process on the occasion of international food day (20/10/2022-21/10/2023)



The Department of Electronics

Faculty : Dr. Kavita Gaur (Head), Ms. Yashmeet Kaur Rehal



The Department of Electronics commemorated National Energy Conservation Day with an enlightening lecture featuring Mr. Anugrah Anil from MANIT as the distinguished keynote speaker. Mr. Anugrah's expertise added a wealth of knowledge as he discussed the pivotal role of electronics in energy conservation strategies. The lecture emphasized innovative approaches and cutting-edge technologies contributing to sustainable practices. Students and faculty members alike gained valuable insights, inspiring a commitment to integrating energy-efficient solutions into their electronic endeavors. The event served as a catalyst for fostering a culture of consciousness and responsibility towards energy conservation within the department.



The Department of Electronics recently organized a focused internship on electrical networks from GRKIST College, Jbp. This hands-on program allowed students to apply theoretical knowledge to real-world scenarios, gaining practical insights into the design and optimization of electrical networks. Guided by highly educated faculty of GRKIST College, Jbp. By these internship program students only enhanced their technical skills but also developed a deeper understanding of the challenges and solutions within the realm of electrical networks, aligning with the department's commitment to preparing students for the practical aspects of their field.



The Department of Electronics embarked on an insightful educational trip to a transformer factory, immersing students in the practical aspects of their field. The visit provided a unique opportunity for students to witness the intricate processes involved in manufacturing transformers, from design to assembly. The factory tour sparked engaging discussions on the application of electronic principles in power systems and underscored the significance of transformers in energy distribution. Students gained a hands-on understanding of the technology they study in classrooms, fostering a deeper connection between theoretical knowledge and real-world applications. The educational trip not only broadened their perspectives but also inspired a sense of curiosity and appreciation for the vital role electronics play in power infrastructure.



The Department of Physics

Faculty : Dr. Preeti Pathak (Head), Dr. Ramneek Kaur, Ms. Laxmi Shukla

The 06 students of B.SC IInd Year and all the faculty members of Department of Physics And Electronics visited Batalia Eye Hospital on 28/11/2022. All of the members of the visit understand the working of eye lances basic concept of optometry. The members of the Department of Batalia Eye Hospital and Eye specialist nicely explain about the basic concept of optometry and Eye lances. All students enjoying the visit of BanFranklin brand of lances.



The 03 students of B.SC Ist Year and all the faculty members of Department of Physics And Electronics visited Shri Guru Ramdas Khalsa Institute of Technology Barela on 30/11/2022. All of the members of the visit understand the working Petrol Engine and Diesel Engine of Thermodynamics. The members of the Department of Engineering explain nicely about the cycle of Engine .All students enjoying the field Trip.



Department of Physics Organizes one day presentation of the students on given topics. More than 40 students and 10 Faculty members participated in this event.



Department of Physics and Electronics Organizes one day seminar on "Indian Army A way of Life" Colonel Ranjeet Singh Yadav is the key note speaker of the seminar. He gives information on the job placement in the field of Indian army. How to Prepare for NDA Exam and age limit and many more motivational talks for joining Indian army especially for girls candidates. More than 100 students and 10 Faculty members participated in this event.



1) Save energy campaign -:

On the spot Poster, Essay writing and Rangoli competition [Organized jointly by energy club and Department of Electronics, Department of Physics.

Topic-1) save energy, 2) non conventional energy sources

The Department of Mathematics (UG & PG)

Faculty : Dr. Kulwant Kaur Ahluwalia (Head), Mrs. Sushma Jhinge, Dr. Sunita Soni, Mrs. Kalpna Mishra, Mrs. Sheetal Shukla

CELEBRATION OF NATIONAL MATHEMATICS DAY, 22nd DECEMBER 2022

On the occasion of the birth anniversary of Indian Mathematical genius Srinivasan Ramanujan Department of Mathematics celebrated National Mathematics Day on 22nd December 2022. The programme was organized by Dr. Sunita Soni Associate Prof., Dept. of Mathematics.

CURIE ACTIVITIES

1. Lecture series on "Vedic Mathematics" was organized on 3rd and 4th February 2023.
2. Online FDP / SDP was organized for PG students and Faculty members of Mathematics and Computer Science Department on "Artificial Intelligence" and "Cyber Security" from 16th to 21st March 2023.

EDUCATIONAL TRIP

(17th February 2023)

Techno Park Bargi Hills Jabalpur.

SOCIAL ACTIVITY (REMEDIAL CLASSES)

Classes of mathematics provided on 17/07/22 and 24/07/22 by Mrs. Sheetal Yadav to the students of Brahmurishi Bawra Narmada Vidyapeeth Senior Secondary School Gwarighat, Jabalpur.



The Department of

Computer Science & Application (UG & PG)

Faculty : Dr. Rajul Jain (Head & Member, BOS RDVV & MMYVV), Dr. Satyendra Kuraria (Chairperson, BOS RDVV), Mrs. Harsharan Kaura, Mrs. Priti Talwarkar, Mrs. Jatinder Kaur Jagdev, Mr. K.K. Srivas, Ms. Nidhi Pateriya, Mrs. Manveen Bhuller Wadhwa, Ms. Kiran Kumari, Ms. Jyoti Bhagat

Educational Tour to Smart City Control Room



1. Under the aegis of CURIE, an FDP/SDP on "Artificial Intelligence and Cyber Security" was held from March 16–21, 2023.

2. Students of Govt. M.H. College and Home Science participated in a 15-day Internship Training Program (SDP) titled "MS Office and Web Designing" from October 1, 2023, to January 31, 2023.

3. An Educational Trip to Smart City Control Room was organized on 21st January 2023.

4. Training Program (SDP) on "Installation of Operating System like Windows, Linux" for Postgraduate Students conducted on January 27, 2023

5 Under the aegis of Unnat Bharat Abhiyan Computer Awareness Program was held in the village of Barbati on February 4, 2023.

An Internship program of 47 students from BSc and BCA conducted by Smart City.



Computer Awareness Programme in Rural Area

Inter College Internship Programme (MH College)



Industrial Training Programme

Department of Education

Faculty : Dr. Gita Gulati (Assoc. & HOD prof), Dr. Savita Gupta (Asso. Prof.) Dr. Ajanta Sharma (Asstt. Prof.), Dr. Deepti Dixit (Asstt. Prof.), Dr. Swarn Kour (Asstt. Prof.), Dr. Amit kour kapoor (Asstt. Prof.), Dr. Manjeet kour (Asstt. Prof.), Dr. Arti Kori (Asstt. Prof.), Mrs Alka Goswami (Asstt. Prof.), Dr. Ritu Saxena (Asstt. Prof.), Mrs Archana Shrivastava (librarian)



- Induction meeting for B.Ed. First semester was organized on 26 July 2022 under the guidance of Vice Principal Dr. S. Jhamb and Head of The Department Dr. Gita Gulati. It was attended by 90 students. In this, students were informed about the functioning of the college and objectives of the B.Ed. Teacher Training Program. All the faculty members contributed towards successful conduction of this meet.
- On the occasion of "Birsa Munda Jayanti " on 15/11/2022, An article Writing Competition

- was organized by the Department.
- A Self Written Slogan and Poem Competition was organized on 13/08/2022 under the Theme of "Azadi Ka Amrit Mahotsav". Students of B.Ed. 1st and 3rd sem participated in it with a great zeal.
- A six days art & craft workshop was conducted by the department in collaboration with Pidilite Fevicyl from 18-5-2023 to 24-5-23. It was aimed to foster creativity among the B.Ed. students.

The Department of History

Faculty : Dr. Alpana Singh, Mr. Rahul Choudhary



DANDI MARCH ANNIVERSARY
Students were taught about the struggle of freedom fighters and their contribution in the freedom movements like Dandi March, Salt Satyagrah. The idea was to enrich the knowledge of students about the struggles of our freedom fighters.

CYCLE RALLY TO KAMANIYA GATE, GHANTA GHAR, SHAHID SMARAK

Department had organized the visit to Kamaniya Gate, Ghanta Ghar, Shahid Smarak, Through this visit Students got to know about the Historical Heritage of Jabalpur City.



DEPARTMENTAL VISIT TO TEMPLE IN JODHPUR VILLAGE, JABALPUR

The visit was led by Dr. Alpana Singh to make the students aware about the Temple architectures of Kalachuri Dynasty. The dynasty had its capital in Tripuri which is another place of historical importance.

GUEST LECTURE ON IMPORTANCE OF MINORITY RIGHTS: HISTORICAL AND SOCIAL SIGNIFICANCE

Organized a lecture on the above topic. by Adv. Shailendra Singh Thakur made the students aware of the Rights of the Minority Communities which are mentioned in Part III of the Indian Constitution. Expert has explained the evolution of Minority Rights.



The Department of Music

Faculty : Dr. Kirti Shrivastava (Head)

Youth Festival 2022 Winners Facilitated by College



Western
Group Song
Presentation



Malwi Dance
Presentation-
Annual
Function



- Patriotic Song Competition was organized by the department of Music on the occasion of "AMRIT MAHOTSAV" and 75th Independence Day on 27-08-2022. There were two phases of the competition. In which 41 students of the college participated through their videos.
- Teachers and Students of the department attended three days seminar on the topic "No Gender Only Human" organized by "KADAM SANSTHA" and received certificates. Dr. Kirti Shrivastava delivered her talk on the given

topic and was honored.

- Dr.Kirti Shrivastava along with the music staff and the students of BA-1st, 2nd and 3rd year visited 'AKASHWANI' (All India Radio Station), Katanga, Jabalpur.
- On the occasion of "World Music Day" a musical program "Sangeet Ki Surili Subah" Organised on 21st June 23. In this program the Music staff as well as the whole College staff gave their singing performances.

The Department of Drawing & Painting

Faculty : Dr. Archana Shrivastava (Head), Mr. Rakesh Tiwari



Participation in College Decoration

- 6 अगस्त 2022 को महाविद्यालय में आजादी के अमृत महोत्सव विषय पर चित्रकला विभाग द्वारा पोस्टर प्रतियोगिता का आयोजन किया गया। इस आयोजन में महाविद्यालय के साइंस और कॉमर्स छात्राओं ने भी भाग लिया। इससे छात्राओं ने आजादी के महत्व को समझा।
- 15 अक्टूबर 2022 को महाविद्यालय '75 आजादी का अमृत महोत्सव' विषय पर पेन्टिंग, पोस्टर, रंगोली एवं कोलार्ज पेन्टिंग की प्रतियोगिताएं आयोजित की गयी, जिसमें चित्रकला विभाग की छात्राओं ने भी अपनी प्रतिभागीता दर्ज कराई।
- 7 नवम्बर 2022 को चित्रकला विभाग एवं समाजशास्त्र विभाग ने मिलकर 'म.प्र. का 67वां स्थापना दिवस' विषय पर विभिन्न विद्याओं की प्रतियोगिताएं करवाई जैसे-पोस्टर, पेंटिंग, रंगोली, स्लोगन, निबंध इत्यादि। प्रथम, द्वितीय, तृतीय स्थान प्राप्त छात्राओं को पुरस्कृत भी किया गया।
- 11 नवम्बर 2022 अंतर महाविद्यालय 'युवा महोत्सव की रूपकन विद्याओं' पोस्टर, पेंटिंग, कोलार्ज, क्ले कॉडलिंग, कार्टून एवं रंगोली में महाविद्यालय की छात्राओं को तैयार कर शास. मा.कु.बा. कॉलेज ले गये। जहां छात्राओं ने प्रथम, द्वितीय, तृतीय स्थान प्राप्त किया।
- 17 नवम्बर 2022 'युवा महोत्सव' अंतर

जिला स्तरीय रूपांकन प्रतियोगिता में चित्रकला विभाग से छात्राओं ने भाग लिया। यह प्रतियोगिता रानी दुर्गावती विश्वविद्यालय में आयोजित की गई है। जिसमें पोस्टर में द्वितीय स्थान कु

- भाव्या विश्वकर्मा और कोलार्ज में तृतीय स्थान कु. मानसी ठाकुर को प्राप्त हुआ।
- 30 और 31 जनवरी 2023 को चित्रकला विभाग में 2 दिवसीय वर्कशॉप का आयोजन किया गया। इसमें पिडिलीट कलर से छात्राओं को टी-शर्ट, कुरते एवं अन्य कपड़े में पेंट करना सिखाया गया। इसके अतिरिक्त क्ले से भी सुन्दर-सुन्दर डिजाइन केनवास बोर्ड तथा आइने पर श्रीमती राखी सहस्त्रबुद्धे द्वारा बनाना सिखाया गया।
- 28 फरवरी 2023 साइंस डे मनाया गया जिसमें माता गुजरी महिला महाविद्यालय की चित्रकला विभाग की छात्राओं ने पोस्टर एवं स्लोगन प्रतियोगिता में भाग लिया। इसका आयोजन साइंस कॉलेज में किया गया।
- 06 मई 2023 को 'मजदूर दिवस' के उपलक्ष्य में व्हीकल फैक्ट्री द्वारा अंतर महाविद्यालयीन कार्टून प्रतियोगिता का आयोजन किया गया। इसमें चित्रकला विभाग के अतिरिक्त भी महाविद्यालय की अन्य छात्राओं ने भी भाग लिया।



Akhil Bhartiya Rajshekhar Samaroh



Pidilite Workshop



Workshop on Waste Material

The Department of
Political Science

Faculty : Mr. Raphael Paraste (Head), Miss. Shivani Pawaiya (Asstt. Prof.)



Certificate Course

- Add-on certificate Course in Human Rights started in the year 2018.
- Duration – 1 year
- Student induction meeting.

Activities

- Department Celebrate VISHVA YUVA KOUSHAL DIWAS
- Department Participate the Women Health awareness Programed
- Department Participate to the programme Learn to Earn.

- On 15th August we celebrated our 76th Independence Day. The theme for this year's celebration is "Nation First, Always First" as a part of the wider "Azadi Ka Amrit Mahotsav" celebration. HOD, Mr Raphael Paraste & Miss Shivani Pawaiya were involved in the celebration.
- Participation of Blood Donation camp. Organized by ELC Club.
- Participation in Drawing & Painting Competition, Quiz Competition organized by ELC Club.

The Department of Sociology

Faculty : Dr. Anju Mishra (Head), Mrs. Prabha Paharia (Asstt. Prof.)

1. A competition on "Opinions of the current generation toward the growing number of Senior living facilities" was arranged under the Student Development Program, and it was successfully attended by 70 students and three faculties. Isha Gupta (BBA) placed first in this competition, followed by Khushi Jain (BA third year) in second place, and Aditi Srivastava (BBA second year) in third.



2. A Solution camp was arranged by psychiatrist Dr. Neha Sharma on February 11, 2023. recommended that students should overcome with their mental stress issues. 120 students took part, along-with staff members' and instructors help them to resolve their issues.

3. To commemorate Azadi ka Amrit Mahotsav on August 24, 2022, the sociology department and the women cell arranged an SDP program and competition featuring impersonations of Indian social revolutionaries. The students gave performances in the personas of various social reformers and freedom fighters. Students in the arts stream dressed up as Draupadi Murmu, Bhimrao Ambedkar, Ahilyabai, Bharat Mata, Medha Patkar, Jijabai, Razia Sultan, and other social reformers. On this particular occasion, Arya Maheshwari assumed the first position as Draupadi Murmu, followed by Priyanshi Katiya in second place as Savitibai Phule and Anchal Srivastava in third place as Dr. Bhim Rao Ambedkar



The Department of **Economics**

Faculty : Dr. Rita Mukerji (HOD), DR. Samta Jain, Dr. Ratna Verma, Dr. Annapurna Shrivastava, Ms. Parul Awasthi, Mrs. Chitra Bashani

1. A Student Development Program on the topic of "Entrepreneurship for Gender Equality" was organized by the Department of Economics on July 29. During the program, students had the opportunity to meet Mrs. Sandhya Borkar, the founder of Organic Dolchi Secretary WICCI, State Council for Former Secretary, and Formal Treasury MAWE.



2. On November 24, 2022, the Department of Economics arranged for MA students to attend an educational visit to the SBI Insurance office at Shastri Bridge in Jabalpur for training purposes. During the visit, Territory Officer Mrs. Sapna Gaur and L&T Officer Mr. Imram gave the students information about careers and SBI Life Insurance.



3. The PG Department of Economics hosted a Union Bank Visit on November 23, 2022, with the aim of preparing PG students for careers in banking.

4. On February 11, 2023, the Economics Department held a "Lecture on Union Budget 2023-24." Dr. S.K. Choubey, a professor and head of department at U.I.M. Rani Durgawati Vishwavidyalaya in Jabalpur, delivered the lecture.



5. On March 27, 2023 Jawaharlal Nehru Krishi Vishwavidyalaya, Jabalpur's M.A. third-semester economics students gave a presentation that was attended by Mrs. Chitra Bashani and Dr. Rita Mukherjee, (Head of the Department)



6. Achiever: On January 18, 2023, Miss Amulya Dangri, a Master of Arts student, won a gold medal for her overall excellent performance across all Master programs.



**Hindi Article
&
Poems**



Art By : Mansi Thakur
Student of Drawing & Painting Department

वर्तमान समय

में

[शिक्षकों की भूमिका]

डॉ. माया शुक्ला

असोसिएट प्रोफेसर
रसायन शास्त्र विभाग
चीफ एडिटर मैगजीन



हमारा भारत देश संस्कृति प्रधान देश है। आज के युवा अपने मार्ग से भटक रहे हैं। उनका नैतिक एवं सांस्कृतिक पतन बहुत तेजी से हो रहा है। मोबाइल के अत्यधिक गलत प्रयोग के कारण वे गलत आदतों का शिकार होते जा रहे हैं, इससे वे न तो अपनी पढ़ाई ठीक से कर पा रहे हैं और न ही उन्हें अपने भविष्य की चिंता है। अंततः शिक्षकों का वर्तमान समय में कर्तव्य है कि अपने लेक्चर के समय कम से कम महीने में एक दिन छात्रों को अपनी संस्कृति के बारे में बताएँ तथा उन्हें अपने भविष्य में नैतिक पतन के दुष्परिणामों के बारे में जरूर समझाएं, क्योंकि छात्र अपने माता-पिता से ज्यादा अपने शिक्षकों की बातों को ज्यादा महत्व देते हैं, उनको उनके विषय में रुचि जागृत करने कि लिये उन्हें विषय का बेसिक ज्ञान देकर कठिन टॉपिक का उदाहरण सहित (अपनी आसपास की घटनाओं से संबंधित करके) समझाइए, क्योंकि यदि छात्रों के रुचि विषय में विकसित हो जाये तो कठिन से कठिन टॉपिक भी सरलता से पढ़ लेंगे। उनके सर्वांगीण विकास के लिये उन्हे बाकी कार्यक्रमों में शामिल होने के लिये प्रेरित करें। परिवार की महत्ता समझायें क्योंकि आजकल के युवाओं में संयुक्त परिवार तो बहुत दूर, आपस में पति-पत्नी में ही सामंजस्य करना मुश्किल हो गया है, जिससे उनके बीच आपसी मनमुटाव व तलाक हो जाता है। उन्हें अपने देश में परिवार की महत्वता, शादी का महत्व क्या है, यही नहीं पता होता है। उनमें धैर्य, सहनशीलता परिवार में एक दूसरे का सम्मान, त्याग की लगातार कमी होती जा रही है। वे एक-दूसरे के माता-पिता जो कि बहुत मुश्किलों का सामना करके बच्चों का पालन-पोषण करते हैं। उनके साथ रहना, आदर करना पसंद नहीं करते हैं।

अतः मेरा शिक्षकों से अनुरोध है कि छात्रों को डराकर नहीं अपितु उनका दोस्त बनें जिससे वे अपनी समस्याओं (शारीरिक, मानसिक एवं पारिवारिक) को बेझिझक बता सकें, अच्छे मेंटर बनकर उनके पथ प्रदर्शक बनें। उनका शारीरिक, मानसिक और आध्यात्मिक विकास कर उन्हें कुशल नागरिक बनाकर देश व समाज के प्रति अपने दायित्वों का निर्वहन करें, उन्हें विषय का व्यावहारिक ज्ञान देकर उन्हें आत्मनिर्भर बनाएँ जिससे उनकी शिक्षा समाप्त होने पर वह स्वयं का कारोबार भी शुरू कर सकें, सिर्फ सरकारी नौकरियों पर निर्भर न रहें। उनके आत्मनिर्भर होकर अपना स्वयं का रोजगार चालू करने से देश में उपस्थित बेरोजगारी की समस्या का बहुत सीमा तक समाधान किया जा सकता है तथा उनके अभिभावक से भी आवश्यक हो तो संपर्क बनाकर उनकी समस्याओं का समाधान करने की कोशिश करें।

एक शिक्षक का कर्तव्य सिर्फ अपने विषय को पढ़ाना ही नहीं, बल्कि छात्रों में धैर्य, सहनशीलता, सम्मान, पारिवारिक महत्व चरित्र निर्माण का पाठ पढ़ाकर उनका सर्वांगीण विकास कर देश की संस्कृति व नैतिक पतन को रोकें। छात्रों का सिर्फ शिक्षक न रहकर उनका पथप्रदर्शक परामर्शदाता, विश्वसनीय व सलाहकार बनें।

किसी भी राष्ट्र का आर्थिक, सामाजिक, सांस्कृतिक विकास उस देश की शिक्षा पर निर्भर करता है। अगर राष्ट्र की शिक्षा नीति अच्छी है, तो उस देश को आगे बढ़ने से कोई रोक नहीं सकता अगर राष्ट्र की शिक्षा नीति अच्छी नहीं होगी तो वहाँ की प्रतिभा दब कर रह जाएगी। बेशक किसी भी राष्ट्र की शिक्षा नीति बेकार हो, लेकिन एक शिक्षक बेकार शिक्षा नीति को भी अच्छी शिक्षा नीति में बदलने में सक्षम होता है।

वर्तमान समय में विद्यार्थियों के संदर्भ में एक शिक्षक की भूमिका और अधिक महत्वपूर्ण होती जा रही है, उसके अनेक कारण हो सकते हैं जैसे आज-कल विद्यार्थी बहुत ही सजग, कुशल, अद्यतन होने के साथ-साथ बहुत अस्थिर और अविश्वासी भी होते जा रहे हैं। इसके कारण चाहे जो कुछ भी हो, परंतु एक शिक्षक को आज के ऐसे ही विद्यार्थियों को उचित प्रशिक्षण, सदुपयोगी शिक्षण और सटीक कल्याणकारी, दूरगामी मार्गदर्शन प्रदान करते हुए उन्हें भावी देश के कर्णधार, जिम्मेदार देशभक्त नागरिकों में परिणित करना है। एक शिक्षक की जिम्मेदारी बहुत अधिक होती है।

उसी प्रकार एक शिक्षक का कार्य भी शिक्षा देना है जो कि वह निरंतर देता रहता है। इसलिए उसे किसी विशेष प्रांगण, किसी विषय, किसी विशेष समय अंतराल, किसी विशेष सहायक सामग्री की आवश्यकता नहीं होती। एक शिक्षक तो बिना किसी मांग के, बिना कहे अपना सर्वस्व ज्ञान अनुभव में डुबोकर प्रदान करने के लिए सदैव समाज के सामने तत्पर रहता है। वास्तव में एक शिक्षक की वर्तमान संदर्भ में भूमिका यह है कि जो एक विद्यार्थी के लिए उचित हो, कल्याणकारी हो, दूरगामी हो, प्रायोगिक हो, धनोपार्जन में सहायक हो ऐसी शिक्षा को निरंतर प्रदान करते रहना।

निष्कर्ष:- शिक्षक अपने कर्तव्यों का पालन कर छात्रों के नैतिक पतन को रोक कर उनके भविष्य को संवारे। क्योंकि छात्र ही हमारे देश का भविष्य है।

बच्चों में मोबाइल की लत छुड़ाने के कारगर उपाय



श्रीमती प्रभा पहाड़िया
असिस्टेंट प्रोफेसर
सोशलवर्क विभाग

आज के दौर में इलेक्ट्रॉनिक डिवाइसेज हमारी जिंदगी का अहम हिस्सा बन गया है फिर चाहे बड़े हो या बच्चे ! जैसे जीवन के लिए सांस लेना जरूरी है ऐसे ही स्मार्टफोन आज की युवा पीढ़ी के लिए प्राण वायु की तरह जरूरी हो गया है । इन दिनों हर माता-पिता की यह शिकायत होती है कि उनका बच्चा दिनभर मोबाइल में चिपका रहता है हालांकि इसकी वजह खुद पेरेंट्स भी है जो खुद भी हर वक्त मोबाइल पर व्यस्त रहते हैं और परिवार के साथ क्वॉलिटी टाइम बिताने की वजह मोबाइल पर इंटरनेट का बहाना ढूँढ लेते हैं । कम उम्र में स्मार्टफोन की लत की वजह से बच्चे सामाजिक तौर पर विकसित नहीं हो पाते हैं । और बहुत सारी गंभीर बीमारियों से ग्रसित हो जाते हैं जैसे -- डिप्रेशन एंजायटी , ऑटिज्म , उन्माद , प्रॉब्लम चाइल्ड बिहेवियर, जैसी समस्याएं बढ़ती जा रही है ।

मीडिया टीवी और गेम्स में हिंसा बहुत अधिक दिखाई देती है जिससे बच्चों में आक्रामकता बढ़ रही है आजकल छोटे बच्चे शारीरिक और लैंगिक हिंसा के प्रोग्राम और गेम्स के संपर्क में आ जाते हैं जिनसे हत्या बलात्कार और टॉर्चर के दृश्यों की जिसमें भरमार होती है किसी भी चीज का एडिक्शन या लत लग ना बहुत ही बड़ी बीमारी को जन्म देती है जब माता-पिता स्वयं ही अपने गैजेट्स में खोए रहते हो तो वह अपने बच्चों से भावनात्मक आधार पर दूर होने लगते हैं

इस बिगड़ी हुई जिंदगी की बस इतनी कहानी है

बच्चों को बिगाड़ने में बस मोबाइल की कारस्तानी है

मोबाइल जैसी लत से बच्चों को दूर कैसे किया जाए इसके कुछ उपाय में बताना चाहती हूँ जैसे----

- 1 बच्चों को रोज खेल के मैदान में या पार्क में ले जाएं जिससे उतने समय के लिए ही सही बच्चे मोबाइल के संपर्क से दूर रहेंगे और उनका शारीरिक विकास भी बहुत तेज गति से होगा
- 2 बच्चों में किताब पढ़ने की आदत डालें जब लोग छोटे थे तो नंदन चंपक सरिता मुक्ता इन किताबों को पढ़ते थे इसके दो फायदे हैं आपकी पढ़ने की आदत से बच्चों में एकाग्रता बढ़ती है और चिंतन मनन की शक्ति भी बढ़ती है जिससे बच्चे का मानसिक विकास होता है
- 3 बच्चों के बेहतर विकास और मोबाइल की लत को छुड़ाने का एक कारगर उपाय यह भी है कि माता-पिता अपने बच्चों को भरपूर समय दें जब बच्चे माता पिता की कमी को महसूस करते हैं तो वह टेक्नॉलॉजी वह इंफॉर्मेशन के बाहों में खो जाते हैं और

लती हो जाते हैं

- 4 हम देख रहे हैं कि छोटे-छोटे बच्चे बड़े ही सुस्त दिखाई देते ना चेहरे में चमक और ना शारीरिक तंदुरुस्ती बस एक जगह बैठकर मोबाइल में गेम खेल रहे बच्चे ज्यादा बस पसंद करते हैं इसके लिए माता-पिता अपने बच्चों को माइंड तेज करने वाले पजल गेम साथ में बैठकर खेल बाय बच्चों में जीत की खुशी भी होगी और मानसिक विकास भी तेजी से होगा ज्यादातर हमने यह देखा है कि मां-बाप स्वयं ही खाना खिलाते वक्त बच्चों को मोबाइल पकड़ा देते हैं जो कि बिल्कुल गलत है
- 5 बच्चों को बच्चों को बागवानी या थोड़ी बहुत कुकिंग में भी रुचि जागृत करें उनकी हॉबी क्या है यदि संगीत में रुचि है तो संगीत क्लास में भेजकर उनको मोबाइल से दूर रख सकते हैं
- 6 मोबाइल फोन का एक टाइम निर्धारित कर ले और स्मार्टफोन सिर्फ आप अपना ही चलाने दे फिर आप चेक करें कि बच्चे ने कौन-कौन सी ऐप खोली है और क्या क्या सर्च किया है उस पर भी आप अंकुश लगा सकते हैं
- 7 मोबाइल का इस्तेमाल ज्यादा वक्त तक करने से सिर में दर्द नोंद की गड़बड़ी याददाश्त में कमजोरी चिड़चिड़ापन हाथ और गर्दन में दर्द आंखों में ज्यादा पावर का चश्मा और शुगर जैसी बीमारियों का सामना करना पड़ सकता है स्मार्टफोन ज्यादा उपयोग में लाने से अवसाद की दर भी बढ़ती चली जाती है जिसका भयावह परिणाम हमें देखने को मिलता है
- 8 फिजिकल फिजिकल एक्टिविटी वाले टास्क आप बच्चों को दे सकते हैं शारीरिक क्रिया नहीं होने से बच्चों में मोटापा और हाइपरटेंशन जैसी बीमारियों का खतरा भी बना रहता है
- 9 माता-पिता या दादा दादी रोज अपने बच्चों को नैतिक मूल्यों वाली कहानियां सुनाएं और परिवार समाज पड़ोस के कार्यक्रमों में बच्चों को भी साथ में ले जाकर जाएं बच्चों के लिए रोजाना कुछ अच्छा सा पसंदीदा स्नेक्स बनाएं !

आंगन में नीम और बरगद मुरझाने लगे हैं
लगता है अब घर के बच्चे मोबाइल चलाने लगे हैं
मोबाइल में नेटवर्क और रिश्ते में अगर भरोसा ना हो
तो लोग अक्सर गेम खेलने लग जाते हैं

युवा तनाव : कारण एवं निराकरण

मानव की यह स्वाभाविक प्रकृति है कि जब कभी भी उसकी इच्छाओं, आवश्यकताओं, परम्परागत मूल्यों अथवा कुशलता को दूसरे व्यक्तियों के द्वारा मान्यता प्राप्त नहीं होती तो उसके अवचेतन मन में एक प्रकार का असन्तोष निराशा और कभी-कभी तनाव उत्पन्न होने लगते हैं। ये तनाव कभी सामान्य होते हैं कभी कुछ विशेष परिस्थितियों में बहुत उग्र रूप धारण कर लेते हैं। युवा वर्ग द्वारा किये जाने वाले प्रदर्शन, घेराव, हड़ताले, हिंसात्मक कार्य तथा उपद्रव युवा असन्तोष की विशेष अभिव्यक्तियाँ हैं।

वास्तविकता यह है कि भारत में युवा तनाव आज अनेक परिस्थितियों का परिणाम है जिन्हें शैक्षणिक, पारिवारिक, राजनीतिक तथा पर्यावरण सम्बन्धी चार मुख्य भागों में विभाजित किया जा सकता है।

1. शैक्षणिक कारण

- | | |
|--|----------------------------|
| (1) अनुपयोगी शिक्षा | (2) शिक्षा का स्वरूप |
| (3) शिक्षक-विद्यार्थी सम्बन्धों में दूरी | (4) राष्ट्रीय नीति का अभाव |

2. पारिवारिक तनाव

- | | |
|-----------------------------------|------------------------|
| (1) परिवार के नियन्त्रण में ध्वंस | (2) परिवार की उदासीनता |
| (3) पीढ़ियों का द्वन्द | |

3. पर्यावरण सम्बन्धी तनाव

- | | |
|---------------------------------------|---------------------------|
| (1) नये एवं पुराने मूल्यों में संघर्ष | (2) संस्कृतियों की बहुलता |
|---------------------------------------|---------------------------|

4. राजनैतिक कारण

- | | |
|-------------------------------------|-----------------------------|
| (1) युवा पीढ़ी की राजनैतिक सहभागिता | (2) राजनीति दलों के स्वार्थ |
| (3) दोषपूर्ण विद्यार्थी नेतृत्व | (4) प्रशासनिक उदासीनता |



डॉ. रीता मुखर्जी
असोसिएट प्रोफेसर
अर्थशास्त्र विभागाध्यक्ष

निराकरण

- (1) शिक्षा तथा रोजगार में समन्वय- युवा असन्तोष को कम करने के लिए शिक्षा को व्यावहारिक बनाना आवश्यक है।
- (2) नियन्त्रित प्रवेश- शिक्षा संस्थाओं में भीड़ कम किये बिना युवा असन्तोष को कम नहीं किया जा सकता। वर्तमान परिस्थितियों में यह अत्यन्त आवश्यक हो गया है। सभी संकायों से संबन्धित विषयों में केवल उन्हीं छात्रों को प्रवेश दिया जाये जिन्होंने एक निर्धारित सीमा से अधिक अंक प्राप्त करके अध्ययन में अपनी वास्तविक रुचि प्रदर्शित की है।
- (3) ट्यूटोरियल प्रणाली की अनिवार्यता - छात्रों एवं प्राध्यापकों के सम्बन्धों को मधुर बनाने के लिए ट्यूटोरियल प्रणाली को प्रत्येक कॉलेज और विश्वविद्यालय में लागू किया जाना चाहिए।
- (4) छात्र-संघों की संरचना में परिवर्तन - वास्तव में शिक्षा संस्थाओं का वातावरण कुछ भिन्न प्रकृति का है। यहाँ सभी विद्यार्थी 4 से 7 घण्टे एक साथ-साथ रहते और पढ़ते हैं। चुनाव की प्रक्रिया के कारण शिक्षण सत्र आरम्भ होते ही सभी छात्र गुटों में इस प्रकार विभाजित हो जाते हैं कि शिक्षण सत्र आरम्भ होते ही गुटों में बँट जाते हैं। अप्रत्यक्ष प्रणाली के गुटबन्दी को कम किया जा सकता है।
- (5) निर्णायकारी समीतियों में छात्रों का प्रतिनिधित्व होना चाहिए।



पारिवारिक सुख-शांति में 'कला' और 'धर्म' की भूमिका

आज तक मानव-विकास इस बात की ओर संकेत करता है, कि इस धरती पर प्रथम मानव ने जब होश सँवाला होगा, तो वह अपने को इस जगत को और इस ब्रह्माण्ड को समझने के लिए व्याकुल हो उठा होगा।

आज की सभ्यता संस्कृति ज्ञान और विज्ञान का विकास उसी व्याकुलता का शुभ फल है। जिस प्रकार पीड़ा मनुष्य को जन्म देती है उसी प्रकार मानव की अपने को और इस ब्रह्माण्ड को समझने की पीड़ा ने आज की सभ्यता, संस्कृति, परिवार कला को जन्म देता है।



राकेश कुमार तिवारी
असिस्टेंट प्रोफेसर
झाड़ंग एवं पेंटिंग विभाग

शारीरिक या मानसिक कौशल जिसका प्रयोग किसी कृत्रिम निर्माण में किया जाए वही कला है। कला में कर्तव्य प्रधान माना गया है। जिस प्रकार विज्ञान में ज्ञान वही कला है, जिसमें कौशल का प्रयोग किया जाता है, अतः यदि कला निर्माण बिना कौशल से किया जाए तो वह असुंदर होगा उसे कला नहीं कहा जा सकता। यही कला की मुख्य परिभाषा है, जो कि परिवार और समाज में सुख शांति प्रदान करने में सफल भूमिका अदा करती है।

समाज का सम्पूर्ण आध्यात्मिक और भावनात्मक जीवन धर्म के आधार पर संचालित है। कला और धर्म के बिना एक सुखी परिवार की कल्पना नहीं की जा सकती। इन दोनों विधाओं का परिवार को आदर्श बनाने में महत्वपूर्ण भूमिका अदा करती हैं। जहाँ कला के उपयोग पक्ष की सौन्दर्यात्मक अभिव्यक्ति के दर्शन होते हैं। किंतु फिर भी सामान्यतः उसकी आत्मा का स्वरूप इतना स्पष्ट नहीं हो सका जितना धर्म का विकसित स्वरूप है। धर्म की इस व्यापकता की अस्तित्व आदिकाल से ही जीवन के कण-कण में व्याप्त रहा स्पष्टतः सौन्दर्यात्मक शक्ति का समस्त स्त्रोत धर्म में निहित है इस कारण समाज परिवार और धर्म का पूर्ण रूप से अध्ययन करते समय धर्म की महत्वपूर्ण पक्ष की उपेक्षा नहीं की जा सकती। क्योंकि कला धर्म, समाज और परिवार को एक साथ लेकर चलने में ही सफल होती है। इसी कारण धार्मिक चेतना के लिए विशेष परिस्थिति उत्पन्न करना आवश्यक है।

धार्मिक व्यक्ति भी कलाकार की भाँति सृजन करता है तथा वह प्राचीन पद्धतियों से भिन्न अपने लिए एक ऐसी आदर्श पद्धति एवं रूप का मार्ग खोजता है जो उसकी सुख सुविधाओं के अनुकूल हो उसे वह अपनी जैसी आवश्यकता वाले व्यक्तियों के लिए प्रस्तुत भी करता है। इस हेतु कुछ चिन्तों एवं प्रतीकों की आवश्यकता होती है, जो कि धर्म में प्रमुख रूप से विद्वान है। धर्म में जब उपासना तत्व की अनिवार्यता होती है तब प्रेम का उदय होता है। प्रेममय ईश्वर की उपासना हेतु प्रतिमा का सृजन किया जाता है। इस विचार को हम इस प्रकार कह सकते हैं कि ईश्वर के प्रति अभिव्यक्ति ही कला का रूप धारण कर लेती है अथवा यह भी कहा जा सकता है कि कला के माध्यम से ही प्रेम की अभिव्यक्ति संभव होती है।

मानव एक सामाजिक प्राणी है पर्यावरण के अनुकूल ही उसका व्यवहार विकसित होता है जन्म से ही उसमें सामाजिक तत्व निश्चित ही पाये जाते हैं, अपने परिवार के सदस्यों के सम्पर्क में रह कर सामाजिक नियमों का अभ्यस्त हो जाता है। बाल्यावस्था में वह अन्य समन्वयक बालकों के साथ क्रियाकलाप में आनंद प्राप्त करता है। यौवन अवस्था में वह कुटुम्ब तथा परिवार के अन्य व्यक्तियों के संसर्ग में आता है इस प्रकार आरंभ से ही व्यक्ति के हृदय पटल पर

प्रत्येक व्यक्तियों तथा सामूहिक रूप में परिवार समाज का संसर्ग प्रभाव हर क्षण पड़ता रहता है। इन सामाजिक परिस्थितियों का उसके मन का सीध प्रभाव पड़ता है। उसका प्रत्येक कार्य समाज और परिवार की सीमाओं में होता है। समाज की संस्कृति का अंग कला है जिसकी समाज परम्परा के रूप में क्रमशः आगे बढ़ता है जिससे की कला सदैव जीवित रहती है।

कला के अधिकांश विषय तात्कालिक समाज के समस्याएँ होती हैं जिनका अंकन कला का मुख्य उद्देश्य होता है। इस उद्देश्य से किये गये उसके सृजन में उसका व्यक्तित्व गौण रूप से गृहण कर लेता है और समाज की आवश्यकताओं का प्रतिबिंब उसके सृजन में स्पष्ट झलकता है। पहली स्थिति में कलाकार का उद्देश्य अभी व्यक्तिकरण के माध्यम से केवल आत्मशांति प्राप्त करना ही होता है। जिसकी प्राप्ति के लिए वह स्वयं ही अपना मार्ग चुनता है।

बौद्ध धर्म और हिन्दू धर्म के अधीन जो मंदिर बनाये गये उनमें धार्मिक वातावरण के लिए मूर्तियाँ स्थापित की गईं। यह बात सारे संसार में पायी जाती है, धर्म के सेवा के लिए और समाज में धर्म स्थापित करने के लिए, कला ने बहुत योगदान दिया। इस प्रकार कला धार्मिक चेतना का समाज में प्रसारित करती है, लेकिन जब समाज में अव्यवस्था फैलती है कला और धर्म उसके समाधान के लिए मार्ग प्रस्तुत करती है जिस प्रकार समाज में और परिवार में अनैतिकता बढ़ रही है तब कला नैतिकता के महत्व को समाज के सामने रखकर अनैतिकता को मिटा सकती है। क्योंकि कला समाज और मनुष्यों परिवार के बीच संतुलन स्थापित करती है। कलाकार स्वयं किसी समाज में उत्पन्न होता है वह उसी से प्रभावित भी होता है तथा प्रभावित भी करता है। सामाजिक परिस्थितियों कलाकार को विकसित कला शैली, विचार, भाव, एकाग्रता, भावनाएँ, समस्याएँ आदि कला सृजन के उपकरण आदि सामग्री प्रदान करती हैं। इस तरह समाज के साथ-साथ का भी विकास होता है। मानव समाज में रहकर मनुष्य के मन में जो कुंठाएँ उत्पन्न हो जाती हैं उसका निवारण कला के द्वारा हो जाता है।

पारिवारिक सुख शांति में कला और धर्म की जो भूमिका है वह तेजी से अपनी सामाजिक परम्पराओं और पशुता को विघटित कर रही है। इस प्रकार हम देखते हैं कि पारिवारिक सुख शांति ने धर्म ने जहाँ संयम और सुसंस्कृत रहना सिखाया वहीं कला ने भी अपनी एकाग्रता से परिवार तथा मनुष्य को धैर्य और गंभीर बनाया जिससे कि एक आदर्श परिवार और समाज की स्थापना हुई जिससे मनुष्य तथा सम्पूर्ण समाज में सुख शांति की प्राप्ति होती है जिससे कि एक नये समाज और परिवार की परिकल्पना जन्म लेती है और हमारा परिवार एक सुखी शांति प्रिय वातावरण को निर्मित कर आगे बढ़ता है।

साहित्य में भाषा के परिवर्तित रूप



डॉ. सपना श्रीवास्तव
असिस्टेंट प्रोफेसर
हिन्दी विभाग

भाषा वह साधन है जिसके माध्यम से हम अपने विचारों का आदान-प्रदान करते हैं दूसरे के भावों को समझ सकते हैं। भाषा की सहायता से हम अपने विचारों को लिखि एवं कथित दोनों रूप में प्रदर्शित कर सकते हैं। उद्देश्य पूर्ण ध्वनि संकेतों से मन की बातों एवं विचारों का विनिमय होता है जो हर समाज के अनुसार भिन्न-भिन्न होते हैं। भाषा परिवर्तन ध्वनि, शब्द, अर्थ लिपि-वर्तनी आदि में हाने वाले विभिन्न परिवर्तन भाषा परिवर्तन कहलाता है। किसी भी शब्द को सरल बनाकर उसका प्रयोग अपनी भाषा करना सरलीकरण कहलाता है जो भाषा परिवर्तन का एक प्रमुख कारण है।

- **भाषा संपर्क** - परिवर्तन का एक प्रमुख कारण है। उदाहरण के लिए अंग्रेजी, फारसी-अरबी भाषा के संपर्क में आने के पश्चात् हिंदी में कई परिवर्तन देखे जा सकते हैं।
- **आधुनिकीकरण** - आधुनिकीकरण भी भाषा परिवर्तन का कारण है, भारतीय संविधान में हिन्दी भाषा को भारत सरकार द्वारा राजभाषा घोषित किया गया। विभिन्न विषयों में तकनीकी एवं परिभाषित शब्दावली की आवश्यकता थी। वैज्ञानिक एवं तकनीकी शब्दावली आयोग की स्थापना की गई जिसके माध्यम से हिन्दी भाषा में परिवर्तन किये गये।
- **मानकीकरण** - देवनागरी लिपि के कई वर्णों को परिवर्तित करते हुए उनमें नए वर्णों का प्रयोग किया गया अतः मानकीकरण भी भाषा परिवर्तन का एक प्रमुख उदाहरण है।
- **साहित्यिक प्रभाव** - भाषा परिवर्तन के उदाहरण भक्ति आंदोलन का प्रभाव से

भाषा के प्रति जनरुचि में ऐसा परिवर्तन आया कि पाठक से लेकर लेखक भी संस्कृत की अपेक्षा लोकभाषाओं की ओर आकर्षित हो गए। आधुनिक युग में छायावाद ने खड़ी बोली हिंदी रुक्षता को दूर करते हुए ब्रजभाषा का उदय हुआ।

- **भौगोलिक प्रभाव** - जलवायु का प्रभाव, मनुष्य के शारीरिक गठन चरित्र एवं ध्वनि पद्धति पर प्रभाव पड़ता है। उदाहरण के तौर पर पहाड़ी एवं मरुस्थली क्षेत्रों में निवास करने वाले व्यक्ति अधिक परिश्रमी होते हैं और वे अफगानी, पंजाबी, आदि भाषाओं का प्रयोग करते हैं। इसके विपरीत समतल मैदान में रहने वाले व्यक्तियों की भाषा एक प्रकार की कोमलता होती है।
- **की बर्द भाषा, साहित्यिक प्रभाव** - परिवर्तित रूप आधुनिकीकरण आधुनिककालीन साहित्य के स्वरूप निर्धारण में जो युगीन पृष्ठभूमि का योगदान रहा है धार्मिक और राजनीतिक पृष्ठभूमि में जितना योगदान राजनैतिक गतिविधियों का रहा है। उनसे अधिक सांस्कृतिक और वैचारिक गतिविधियों का रहा है। यही कारण है कि आधुनिक काल में प्रायः पाँच दस साल के अंतराल से साहित्य में एक नवीन दृष्टिकोण विकसित होता हुआ दिखाई देता है। इन विभिन्न साहित्यिक दृष्टिकोणों के निर्माण में अपने युग की सामाजिक - राजनैतिक पृष्ठभूमि के साथ देश - विदेश में उद्भूत विभिन्न विचार विशेष का भी महत्वपूर्ण योगदान रहता है। कभी युगीन सामाजिक राजनैतिक परिवेश के अनुरूप बाह्य - विचार विशेष का अपनाया गया उसमें दिखाई देता है। तो कभी बाह्य-विचार विशेष युगीन परिवेश से नितांत विसंगत में अपनाया गया प्रतीत होता है।



Nandna Tiwari
B.Sc. 3rd Year

युगांता

अब न आएंगे राम अपहृत सीता को छुड़ाने, न प्रगट होंगे कृष्ण चीर हरण से बचाने,
कहां आएगा अब वराह डूबते मूल्यां को उबारने और कैसे आएंगे बुद्ध शांति का पाठ पढ़ाने,
अब नहीं आते नरसिंह खंभों को चीरकर, नहीं भागते प्रभु भक्त की पुकार सुनकर,
जब तक एक दुराचारी था नारायण उस पर भारी था, आज तो हर शरीर में एक असुर का वास है।
कैसे पहचानेंगे वासुदेव उसे, हर घर ही दुर्योधन का निवास है।

लोक कला का सामाजिक महत्व



डॉ. अर्चना श्रीवास्तव
असिस्टेंट प्रोफेसर
झाड़ंग एवं पेन्टिंग विभाग

मानव जीवन पाने की सबसे बड़ी उपयोगिता है, कि उसमें सभी प्राणी जीवन के प्रति दया का भाव रहे, तभी वह सच्चा मानव कहलायेगा। यही मानवधर्म है। इसी मानव धर्म को जीवन्त रखने के लिये समाज बने और प्रत्येक समाज ने कुछ सीमायें और नियम बनाये। जिसके बंधन में रह कर वह किसी का अहित न कर सके।

समाज रीतियों एवं कार्यप्रणाली की, अधिकार एवं पारस्परिक सहायता की अनेक, समूहों एवं विभागों की, मानव व्यवहार में नियंत्रणों तथा स्वतंत्रताओं की एक व्यवस्था है। समाज एक अमूर्त धारणा है जो एक समूह के सदस्यों के बीच पाये जाने वाले पारस्परिक संबंधों की सम्पूर्णता का बोध कराती है। अर्थात् समाज मानव के पारस्परिक संबंधों का एक ऐसा जाल है जो देश, काल, परिस्थितियों के अनुरूप परिवर्तनशील है। भावी पीढ़ी को एक निश्चित सांचे में ढालना प्रत्येक समाज का कर्तव्य होता है। यह सांचा प्रायः धार्मिक लोक परम्पराओं द्वारा ही निर्मित होता है। समाज के सदस्यों से यह अपेक्षा की जाती है कि ये धार्मिक निषेधों का उल्लंघन न करें।

लोक परम्पराओं पर आधारित लोक-कलाएँ मानव-जीवन की आधारशिला हैं इसमें भावों और विचारों के साथ सम्पूर्ण मानव जीवन की समग्र अभिव्यक्ति हुई है। यह व्यक्ति और समाज की चेतना की एक महत्वपूर्ण प्रक्रिया है। मनुष्य अपने भावों का प्रकाशन दूसरों के लिये करता है, उसकी अभिव्यंजना का माध्यम कोई भी हो सकता है। विभिन्न प्रकार की लोक-कलाओं के द्वारा समाज

के लोगों को शिक्षा दी जाती है। यह शिक्षा आदेशात्मक नहीं होती है वरन् लोक-कलाओं की मृदु-शैली में एक संकेत मात्र होती है।

अधिकांशतः मौखिक एवं अलिखित लोककला, समाज का दर्पण होती है। इसमें परम्परागत विश्वास, आचार-विचार, प्रथाएँ एवं सुख-दुख का अतीत और वर्तमान सुरक्षित है। प्रत्येक व्यक्ति का अनुभव व्यक्तिगत और काल्पनिक होता है, किंतु उसका व्यक्तित्व किसी न किसी समाज में ही विकसित होता है। अपने संस्कार ज्ञान परम्परा आदि सब कुछ है समाज से ही ग्रहण करता है, इसलिये उसके द्वारा निर्मित लोक-कला कृतियों, लोक-सापेक्ष होती हैं, उनमें निहित भावनायें किसी एक व्यक्ति से संबंधित न होकर समस्त समाज से संबंधित होती हैं। इस प्रकार लोक कलायें समाज के विभिन्न अंगों से संबद्धता उत्पन्न कर उसे और अधिक सशक्त बनाती हैं। लोक कलाओं को एक ओर जहां बाहरी उपकरणों के साथ-साथ किसी माध्यम की आवश्यकता होती है। वहीं दूसरी ओर समाज रूपी आंतरिक माध्यम की भी आवश्यकता होती है। लोक विश्वासों पर आधारित लोक-कलाओं का मानव समाज पर इतना गहरा प्रभाव है कि समाज उन्हें ही सत्य मानकर अपनी जीवन-नीति निश्चित करता है।

मानव समाज में लोक कलाओं के महत्व को दर्शाते हुए अनातोले फ्रांस ने कहा कि- राष्ट्र अपने लोक विश्वासों पर जीवित रहते हैं। उन्हें अधिक की आवश्यकता नहीं होती, थोड़ी सी उपदेशात्मक कथायें ही लाखों प्राणों को प्रेरणा देने के लिये पर्याप्त होती हैं।



Muskan Patel
B.Sc. 3rd Year

सुकून-ए-जिंदगी

रुई का गदा बेचकर... मैंने इक दरी खरीद ली,
खाहिशों को कुछ कम किया मैंने और खुशी खरीद ली...
सबने खरीदा सोना... मैंने इक सुई खरीद ली,
सपनों को बुनने जितनी डोरी खरीद ली...
मेरी एक खाहिश मुझसे मेरे दोस्त ने खरीद ली,

फिर उसकी हंसी से मैंने अपनी कुछ और खुशी खरीद ली...
इस जमाने से सौदा कर... एक जिन्दगी खरीद ली,
दिनों को बेचा और शामें खरीद ली...
शौक-ए-जिन्दगी कमतर से और कुछ कम किये,
फिर सस्ते में ही सुकून-ए-जिंदगी खरीद ली।

जियो जिंदगी...



प्रीति गुप्ता

असिस्टेंट प्रोफेसर
रसायन शास्त्र विभाग

समेट लो अपने को ,कभी बिखरने न दो,
बाधाओं को पार ,करना ही जिंदगी है,
इस जिंदगी को बिखरने न दो ।

भले ही जिंदगी की किताब में ,
खुशियां लिखी हैं कम, जो हैं,
उन्हीं से किताब भर डालो ।
इसके पन्नों को बिखरने न दो ।
समेट लो अपने को कभी बिखरने न दो ।

भले ही इस दुनिया में,अपने बहुत हैं कम, जो है,
उन्ही से शाम को ,खुशनुमा बना डालो ।
भर लो रंग जिंदगी में ,उदास न हो ।
समेट लो अपने को कभी बिखरने न दो ।

भले ही हमारे पास दौलत है, कम पर
खुशी तो मुफ्त में मिलती है,यारों,
संतोष की दौलत से जिंदगी जी लो,
जो नहीं है, उसके लिए दुखी न हो ।
समेट लो अपने को कभी बिखरने न दो ।

अपनी नाकामियों से निराश न हो ।
जिसे नाकामयाबी समझ रहे हो,
वो कामयाबी के लिए सीख है ।
उसे आखिरी न मानो,
फिर प्रयास करो ,कभी निराश न हो ।
जब तक जिंदगी है,यारों

‘बिखर कर नहीं ,समेट कर जियो’
समेट कर जिओ, जिंदादिली से जिओ.....

राम हृदय से लगावे ना है



डॉ. रानू रातौर
‘रूही’

असिस्टेंट प्रोफेसर
हिन्दी विभाग

नाम बिना गुणगान बिना कछु
जीवन मोहे भावे ना है,
राम बिना मोरे श्याम बिना
जग सारा ही जागे ना है ।

दो नयना जो खोलूँ मैं तो
कण-कण में उसको ही देखूं,
दो नयना जो बंद करूं तो
राम हृदय से जावे ना है

राम जपो ये राम का काम है
राम सिया है सिया राम है
राम पुकारे से राम आए
आए जो मन से जावे ना है

माया मोह पड़े जीवन में
काया मोह रहे जीवन में,
सोए रहे प्राणी तो सदा ही
माया उसे ये जगावे ना है ।

अंदर की वाणी सुन न पाए
वो हतभागी सब बिसराए
चुप हो जाए कह ना पाए
राम उसे समझावे न है

भाग जगे मानव तन पाया
फिर भी राम से प्रेम न भाया,
राम भेजे जन्मों के फेर में
राम हृदय से लगावे न है ।



तमसोमा ज्योतिर्गमय !!



Dr. Renu Parihar

Assistant Professor Dept. of Sociology

जिन्दगी 2 आयामों के बीच अपनी यात्रा करती है एक संभावनाओं की शीर्ष का स्तर, एक निम्नतय। इन दोनों बिन्दुओं के बीच में हमारी चेतना, अनुभव, साहस, पराक्रम के साथ बने संतुलन में हम अलग-2 समय पर, अनुभवों का एकत्रीकरण करते ही रहते हैं।

हर नया अनुभव हमारे लिए एक नई सीख लेकर आता है और भावों के अतिरेक में हमें खुशी या दुःख का अहसास कराता है, जोकि एक कष्टकार और प्रीतिकर लग सकता है।

इसका दूसरा पहलू देखें तो हम कह सकते हैं कि कष्ट और सुख वास्तव में पूरक विषय हैं। कोई भी सहजता से प्राप्त हो तो सहज ही लगता है, परंतु एक की अनुभूति के बाद यदि दूसरा मिले तो वह हमारी उपलब्धि या असफलता जरूर मानी जाती है।

वास्तव में कहा जाय कि 'कष्ट' की कोई अनुभूति होती नहीं है, उच्चतम सुखों की अनुभूति जो हम पीछे कर चुके होते हैं उसकी अनुपस्थिति हमें यह अनुभूत कराती है कि हम कष्ट में हैं, वरना हमारी कष्टकारी स्थिति किसी और की सर्वोच्च सुख की अवस्था भी हो सकती है।

जिस प्रकार अंधकार का कोई वजूद वास्तव में होता नहीं है, वरन् प्रकाश जब क्षणिक अनुपस्थित होता है तो वहां अंधकार अपना साम्राज्य बना लेता है, और हम इसी अनुभव के घटनाक्रम में उलझकर यह मान लेते हैं कि अब क्या होगा! मेरा जीवन क्या बस इसी तरह गुजरेगा?

वास्तव ये जीवन में शिक्षा का महत्व बस इसी जगह प्रासंगिक हो जाता है, जो हमें इस बात की चेतना देता है कि उठो!! जगो और जीवन में अपने ज्ञान से एक नन्हा सा

दीप जलाओ, फिर बताओ क्या वास्तव में अहंकार का अस्तित्व अब भी है? नहीं है न। हो ही नहीं सकता, स्कूली पाठ्यक्रमों को पार्श्विक उद्देश्य हम आज तक जान ही नहीं पाये हैं। नैतिक शिक्षा की कहानी हो, ज्यामितिय आकार हो, या फिर हाइड्रोजन और ऑक्सीजन के पारस्परिक संयोग से वानी का निर्माण हो।

सारी शैक्षणिक गतिविधियों का दृष्यमान उद्देश्य डिग्री हासिल करना, उसके आधार पर जीवन शैली का निर्माण करना निश्चित है, परन्तु परोक्ष में इसका उद्देश्य उस चेतना का निर्माण करना भी है, जो एक 'सामान्य आदमी' को 'इंसान' बनने की यात्रा में सहायक होता है, जो जीवन शैली के साथ-साथ चरित्र निर्माण भी करता है। जो यह सिखाता है कि चाहे शरीर के सारे अवयव हों समाज के हों या राष्ट्र के, यदि सभी के बीच सामंजस्य नहीं तो जीवन व्यर्थ है।

सोचिये न सड़क पर आँखें यदि अपना काम न करे, हाथ और पैर अपनी जिम्मेदारी से विमुख रहे तो क्या भीड़ भाड़ वाली क्या खाली सड़क पर चलना मुश्किल है, इसके विपरीत यदि इन सबमें अपने कर्तव्यों का निर्वहन हो तो परिणाम बताने की आवश्यकता नहीं।

तो चलिये अपने जीवन में पीछे का अवलोकन करते हैं, उस चेतना का अन्धान करते हैं, जो हमें हमारे वास्तविक अस्तित्व की स्थापना में मदद करेगी। हम अपनी Positioning निर्धारित करें कि हम स्वयं के जीवन में क्या हैं, परिवार, समाज और राष्ट्र में हमारी कौन सी भूमिका है, बस उसको जिस दिन अपना लिया हमारी चेतना की यात्रा प्रारंभ और हम बढ़ेंगे प्रकाश की ओर... यानी आदमी से इंसान बनने की यात्रा पर तभी सार्थक होगा... तमसो मा ज्योतिर्गमय



Kashish Raikwar
B.Sc. 3rd Year

जिंदगी की राह

ये जिन्दगी है रंगों की बस्ती,
हर दिन नयी खुशियों की मस्ती।
खुद को खोदे इस दौड़ती दुनिया में,
और ढल जाये ख्वाबों की उड़ानों में।

हंसते रहो, गाते रहो गीत,
बिना चिंता के जीने की सीख।
प्यार बाँटो, खुशियाँ बाँटो,
क्योंकि ये जिन्दगी है सिर्फ एक बार की बात।

चलो चलें इस खूबसूरत सफ़र पर,
खो जाएँ खुद को और पाएँ अपार।
जीने का मज़ा लो इस छोटे से पल में,
क्योंकि ये जिन्दगी है अद्वितीय खास में।

कॅरियर का चुनाव संतुलन के साथ



Mrs. Darshana Variya
Lab Technician
Department of Biotechnology



करियर (Career) का चुनाव सदैव मांग और काबलियत के अनुसार करना चाहिए, कहने का मतलब है की डिमांड (Demand) और स्किल (Skill) के अनुसार करना चाहिए, कभी भी माता-पिता या किसी अन्य की सलाह के आधार पर करियर (Career) का चुनाव नहीं करना चाहिए।

दसवीं और बारहवीं के बाद हर विद्यार्थी के सामने यही सवाल होता है की कौन सा करियर (Career) चुनें, इसका सबसे अच्छा उपाय यहाँ है की शांत मन से सोचें कि आप को क्या अच्छा लगता है और उस कार्य को आप अन्य लोगों से कैसे बेहतर कर सकते हैं, ये तो है आप के मन और इच्छा की बात, अब दूसरा तरीका है जिसमें आप सोचें की अपनी स्किल (Skill) के द्वारा उस काम को किस हद तक पूरा कर सकते हैं।

इस सोच में दो और कारण हैं, पहला कि कहीं उस काम को पूरा करने में आपकी स्किल (Skill) में कोई कमी तो नहीं है, और दूसरा वो काम आपकी स्किल (Skill) के लायक है या नहीं, जो आपकी शिक्षा और अनुभव के आधार पर आपको पूरा सम्मान और पैसा दिला सके।

अब तीसरा और अंतिम तरीका है कॅरियर चुनने का जो काम आप करना चाहते हैं, अपनी शिक्षा और अनुभव के आधार पर उस काम को लोग समझते हैं या नहीं, और उस काम की उस जगह पर उचित मांग है या नहीं, और उस काम की उचित कीमत प्राप्त होगी या नहीं।

अपना सही कॅरियर कैसे चुनें

युवा पीढ़ी को कॅरियर चुनने के लिए आवश्यक दक्षता हासिल करने, निर्णय लेने, लक्ष्य निर्धारित करने और फिर एक कार्यवाही करना चाहिए। कॅरियर की पसंद की प्रक्रिया एक बहु-चरण है। इसमें कई चीजों के बारे में जानकारी एकत्र करने की आवश्यकता है आपको स्वयं का प्रतिबिंब होना चाहिए, रुचियों, योग्यता, क्षमताओं, व्यक्तिगत गुणों और वांछित जीवन शैली सहित स्वयं की समझ विकसित करना। इस तरह की सटीकता एक प्रारंभिक शुरुआत के लिए महत्वपूर्ण है जो एक संभावित कॅरियर के लिए एक मजबूत नींव का आधार है। अक्सर मार्गदर्शन के अभाव के कारण कॅरियर का गलत विकल्प होता है और तनाव संबंधी समस्याओं के कारण होता है।

इसके अलावा कई बार ऐसा होता है कि लोगों को सिर्फ एक नौकरी मिलना चाहे जो भी हो, क्योंकि वे अब और नहीं पढ़ना चाहते हैं। यह रवैया उन लोगों के लिए एक नुकसान है जैसे आगे के अध्ययन से केवल एक बेहतर नौकरी की संभावना बढ़ जाएगी। इसलिए कॅरियर चुनने के दौरान एक को बहुत स्पष्ट और सावधान रहने की आवश्यकता है।

कॅरियर का चुनाव कैसे करें -

1. अपने कौशल और प्रतिभाओं को जानें
2. अपनी प्राथमिकताओं को निर्धारित करें
3. प्रायोरिटीज का रखें ध्यान
4. दोस्तों के साथ अपने भविष्य को जोखिम में न डालें
5. डर को कहें बाए-बाए
6. स्व-मूल्यांकन
7. अपना कॅरियर सुधारने में कुछ प्रयास करें
8. आपका टैलेंट

जिन्दगी और दोस्ती

छोटी सी जिंदगी में,
खुबसूरत तोहफा है दोस्ती
दोस्ती वह खुली किताब है
जिसका हर पन्ना आइने की तरह साफ है।

दोस्ती क्या है ?

यह एक खूबसूरत एहसास है,
नोकझोंक के बीच का प्यार है,
सही गलत का चुनाव है,
ना कभी इम्तिहान लेती है
ना कभी इम्तिहान देती है
दोस्ती तो वो हो,
जो बारिश में भीगी चेहरे पर भी
आंसुओं को पहचान लेती है।
किसी के लिए दोस्ती निः स्वार्थ है,
किसी के लिए दोस्ती स्वार्थ है,
किसी के लिए विश्वास है,
पर मेरे लिए दोस्ती सबसे खास है।
एक अच्छा दोस्त मिलना
किस्मत की बात है
हर गलती पर टोककर
सही चीजों पर बढ़ावा दे
घर से बाहर एक छोटी सी दुनिया में

प्यारे-प्यारे लम्हों की यादें हो
मस्ती मजाक के साथ
खाना पीना घूमना-फिरना
फिर थोड़ा लड़ाई झगड़ा के साथ
रूठना मनाना का मजा ही अलग है।
पढ़ाई में साथ देते हैं दोस्त
और इनसे नहीं है कोई अच्छा
ऐसी है मेरी सोच
मुसीबतों में मदद करना
खुशी को डबल कर देना
इतनी प्यारी जिंदगी में
खट्टी मीठी होती है दोस्त

पता नहीं चलता कब साथ मिलकर बड़े हो गए।
स्कूल कॉलेज तो थीक कब शादी लायक हो गए।
दोस्तों के साथ बीता हर पल
यादों के खजाने में खास होता है
बुढ़ापे की याद में शामिल होता है
दोस्ती पर लिखा जा
यह शब्द काफी नहीं
बस प्यार चिंता और फिर ही काफी हैं।
लोग बोलते हैं दोस्ती तो बिगाड़ देती है
और बिगड़े को सुधार दे वही सच्ची दोस्ती होती है

लव यू ऑल माय डियर फ्रेंड्स



Ashika Jain
B.Com (C.A.) 3rd Year

खट्टी मीठी बातों के साथ
मिर्च मसाले की तकरार के साथ
चटपटे गुस्से में बसे
प्यार से मनाने का
का प्यारा एहसास है दोस्ती।
दोस्ती को बयान कर पाए
अल्फाज काफी नहीं,
दोस्तों से बढ़ कर इस दुनिया में
कोई खुबसूरत तोहफा नहीं।



शहीद-ए-आजम (शहीद भगत सिंह)

शहादत स्वीकार थी गुलाम रहना न गवारा था...,
दिल दिमाग पे छाया सिर्फ इंकलाब का नारा था...,
1907 में जन्म हुआ उसका जिसे भारत को आजाद कराना था...,
आगे चलकर उसी को तो शहीद-ए-आजम भी कहलाना था...,
जलियावाला बाग देख जब आंखों में लहू सा भर आया था...,
12 साल के बच्चे ने आजादी को दुल्हन अपनी बनाया था...,
हक के लिए वो लड़ता था जेल तक वो आया था...,
अत्याचार देख अंग्रेजों का सैंडर्स को मार गिराया था...,
शहादत में झुका उस दिन तो सारा आसमान था...,
मरकर भी जो अमर हुआ हिन्दुस्तान का वो एक ऐसा वीर जवान था...



आयुषी श्रीवास्तव
बी.ए. द्वितीय वर्ष



Extra-Curricular Activities



Art By : Harpreet Kaur
Student of Drawing & Painting Department

Extra-Curricular Activities

Training & Placement



Mr. Prabhat Kewat

Training & Placement
Officer, MGMM

Our Training
Partner Time
Education

293 students have been placed from our college in various companies:

- 22 students got selected in CONCENTRIX.
- 21 students selected in PAYTM.
- 22 selected by TOSS SOLUTIONS.
- BYJUS selected 4 students with the package of 8.2 lpa per annum.
- 11 students got selected by TCS.
- ICICI PRUDENTIAL selected 12 students.
- 14 got selected in BAJAJ CAPITAL LTD.
- 3 students got selected in PLANET SPARK with the package of 6.4 lpa.
- 10 students placed in JUST DIAL LTD.
- HGS selected 12 students.
- GENPACT selected 8 students.
- 7 students got selected by the GLOBAL LOGIC.
- 4 students selected by the AMAZON.
- Our students also got selected by various companies like in AXIS BANK, AU SMALL FINANCE BANK, IDFC BANK, SBI SECURITIES, SBI CARDS, NARMADA TECH, WIPRO, HEXAWARE, UPGRAD, INTELLIPAAT, UNIVO, TERITAS SOFTWARES, GFK, ZIGRAM, MUTHOOT FINCORP, SHRIRAM FINANCE etc.
- Students also got selected for the internships by the companies like INTENSHALA, EDWIN INCORPORATION, AADISHESH INOTECH, HIRE NEXT INDIA, GROWTH BUNNY.
- We have provided placement preparation and competitive exams preparation training like APTITUDE, REASONING, VOCAB, GD, PI, RESUME PREPARATION, with the help of our training partner time education.
- Students were placed in various companies with the starting package of 1.2 lpa, the average package for this session was 3.2 lpa and the highest package given by the company in 2022-2023 is 8.2 lpa.

In the session 2021-2022

- 241 students have been placed in top notch companies like HEXAWARE, TCS, WIPRO CLGHR SERVICE, TOSS SOLUTIONS, INNOVSOURCE, AMAZON, ACCENTURE, TECH MAHINDRA, GEETANJALI HOMESTATE, AVISHKAR, OYELABS, GLOBAL LOGIC, with the highest package of 5.2 LPA per annum.

200+
Companies

2500+
Selections

*PLACEMENTS IN LAST FIVE YEARS



UBA Cell



- Awareness programme on Beti Bachao Beti Padhao and Matdaan Jaagrukta Abhiyaan with NSS team of MGMM on 24/12/2022 at Barbati Gram Panchayat's primary school.
- Awareness program was conducted on Beti Bachao Beti Padhao on 24/12/2022 at village Parsiya. The main objective of this activity was to educate locals against gender bias and improve efficacy of welfare services for girls and to encourage education and participation of the girl child. The organizers aware the locals about the scheme BBBP which is running jointly by MoWCD, MoH&FW and MoE.
- Awareness Program was conducted on Water Conservation and Puneet Sagar Abhiyan at village Sohad on 11/01/2023. Villagers were told about the Importance and crucial need of Conservation of Water and the 'Puneet Sagar Abhiyan' which is among the slew of initiatives taken by the Government of India.
- To address the importance and need of Computer Literacy and Digital education among young school children and youth, a Computer Literacy Program was conducted at village Barbati on 5/02/2023.
- Awareness Program on Millets was organized under the UBA scheme at village Sohad on 17/02/2023.
- On 23/02/2023, an awareness program on Health and Diseases was conducted successfully at Sarrai.
- Awareness program on 'Application of Millets for Combating Malnutrition' was conducted on 24/02/2023 at village sarrai to aware them about role of millets and its types and importance in nutrition.
- An awareness program was organized on Health and Nutrition on 4/03/2023 under UBA scheme.
- To appreciate the young and motivated talents and minds under UBA and to honor them for their hard work regarding survey of households from adopted villages under UBA, on 14/03/2023 appreciation award ceremony was organized, in which Ms. Ishika and Ms. Reena Burman were given recognition for their valuable contribution under UBA activities by providing them honorarium of Rs. 2000/- cash prize along with stationary.
- Under UBA, on 18/03/2023 special orientation workshop on Organic farming was organized in association with Pipariya khurd gram panchayat (Sarrai), Deptt of Biotechnology MGMM and Botany, MGMM. Dr. Saurabh Gupta, Assistant Professor, Deptt. Of Biotechnology, SGTB Khalsa College, Jabalpur was the resource person of the programme.
- On 19/03/2023, MGMM Jabalpur has organized Health camp in association with DL PATHOLOGY SERVICES A UNIT OF DIAGNOCON LABS at Pipariya khurd gram panchayat (Sarrai), under Unnat Bharat Abhiyaan sponsored by Ministry of Education and coordinating Institute, Indian Institute of Technology, IIT Delhi. Dr Danish Siddiquie, MD, Diagnocon Lab, was the resource person of the programme.

Extra-Curricular Activities

NCC (National Cadet Corps)



Lt. Bharti Tiwari

NCC Officer, MGMM, Jabalpur
& Assistant Professor
Department of Commerce
and Management



With the Motto, Unity and Discipline the Cadets of Mata Guri Mahila Mahavidyalaya have proved their excellence their intrinsic performance with full enthusiasm in multiple activities like attending Camps, Rallies, Nukkad Natak, IGC, RDC at State National Level.

Since March 2022, cadets were involving activities. Tree plantation, Disaster Management workshop, Blood donation drive, Bicycle Rally, International Yoga day followed by National Himachal trekking Camp done by Cadet Neelem Sen.

SUO (Senior Under Officer) Shreya Patel attended IDC EBSB, Delhi had interaction with Honorable PM Shri

Narendra Modi. Celebrated Independence Day and World Water Day. Special National Integration Camp (kakidnada) was attended by UO (Under Officer) Nandini Vishwakarma on 29th Sep 2022.

Cadet Khushi Yadav attended IGC RDC at Raipur. Rock climbing camp. Gwalior was attended by SR (Sergeant) Anchal Dubey in Dec 2022. NCC Cadets did parade at Garriso Ground on 26th January 2023 in the presence of CM Shivraj Singh Chouhan. Taken oath on World Environment Day on 13th May 2023. Performed many activities under the Puneet Sagar Abhiyan like Cleanliness drive at the bank of Tilwara Ghar, Poster making Competition, Essay Competition.

Jai Hind Jai Bharat

Cadet Deepali Patel won Gold Medal in MR (Map Reading) in IGC TSC Camp held at Raipur on 31st July 2023 UO (Under Officer) Shweta Soni and SR (Serganent) Harshita Kosta attended Army Attachment camp at Sagar on 7th August 2023. Activities like Har Ghar Tiranga, Meri Maati mera Desh, Environment Walkathon, Helmet distribution by Police staff on the occasion of Raksahbandhan. Cadets did Writhe lying Ceremony on 26th Nov 2023 on the occasion of 75th NCC Day and Blood donation Drive. In all the activities NCC cadets gained a lot of confidence, Self-responsibility and a sense of social responsibility towards society and Nation. Due to participation in all the activities credits gailed on the occation of 75th NCC cadets day.



Extra-Curricular Activities

NSS (राष्ट्रीय सेवा योजना)



‘दिल से झूम उठें आओ लहराएं तिरंगे, आजादी का अमृत महोत्सव उद्घाटन के साथ लें दूर सभी रंजिशों को।’

माता गुजरी महिला महाविद्यालय के एनएसएस विभाग द्वारा 12 अगस्त को महाविद्यालय परिसर में आजादी के अमृत महोत्सव पर तिरंगा यात्रा का आयोजन किया गया। विद्यार्थियों द्वारा 75 वें वर्ष का सामूहिक रूप से खड़े होकर प्रदर्शन किया गया और तिरंगा यात्रा का अभिवादन किया।



ग्राम कुकरीखेड़ा में विशेष शिविर का आयोजन किया गया। यह शिविर दिनांक 24 फरवरी 2023 से 03 मार्च 2023 तक ग्राम में आयोजित किया गया।



एनडीआरएफ के सुरक्षा अभियान का आयोजन महाविद्यालय परिसर में आयोजित किया गया। इसमें छात्रों को आपदा से बचाव के लिए प्रशिक्षण दिया गया।



महाविद्यालय में एनएसएस द्वारा मेडिकल कैम्प का आयोजन किया गया जिसमें शहर के ख्यातिलब्ध विशेषज्ञों द्वारा स्टाफ एवं छात्रों की निःशुल्क जांच की गई।



एनएसएस की छात्रों द्वारा कुकरीखेड़ा ग्राम में जाकर महिलाओं को स्वच्छता की जानकारी दी एवं निःशुल्क स्वास्थ्य संबंधी दवाओं का वितरण किया गया।

Extra-Curricular Activities

UBA (Unnat Bharat Abhiyan)



Dr. Shyamji Shukla

Coordinator UBA Cell &
Asst. Prof. Biotechnology
MGMM, Jabalpur

Activity 01

Conducted Awareness programme on Beti Bachao Beti Padhao and Matdaan Jaagrukta Abhiyaan with NSS team of MGMM on 24/12/2022 at Barbati Gram Panchayat's primary school. Active participation of faculty members' along with NSS students was observed.



Activity 02

Awareness program was conducted on Beti Bachao Beti Padhao on 24/12/2022 at village Parsiya. The main objective of this activity was to educate locals against gender bias and improve efficacy of welfare services for girls and to encourage education and participation of the girl child.

Activity 03

Awareness Program was conducted on Water Conservation and Puneet Sagar Abhiyan at village Sohad on 11/01/2023. Villagers were told about the Importance and crucial need of Conservation of Water and the 'Puneet Sagar Abhiyan' which is among the slew of initiatives taken by the Government of India.

Activity 04

To address the importance and need of Computer Literacy and Digital education among young school children and youth, a Computer Literacy Program was conducted with association of Department of Computer Science, MGMM at village Barbati on 5/02/2023.

Activity 05

Awareness Program on Millets was organized under the UBA scheme at village Sohad on 17/02/2023 under the supervision of Dr. Shyamji Shukla, Coordinator UBA, MGMM Jabalpur in association with Department of Chemistry, MGMM Jabalpur.

Activity 06

On 23/02/2023, an awareness program on Health and Diseases was conducted successfully at Sarrai (Narrai gram panchayat) The main objective of this program was to create general health awareness among villagers about personal health and hygiene to avoid spread of diseases.

Activity 07

Awareness program on 'Application of Millets for Combating Malnutrition' was conducted on 24/02/2023 at village sarrai to aware them about role of millets and its types and importance in nutrition. Regular consumption of millets can significantly improve key nutrition parameters among Human..

Activity 08

Health and Nutrition plays an important role in overall development of individuals and society as a whole. Govt. Of India is also working effortlessly towards the awareness of Nutrition and overall health improvement of rural areas by implementing various schemes and programs.

Activity 09

To appreciate the young and motivated talents and minds under UBA and to honor them for their hard work regarding survey of households from adopted villages under UBA, on 14/03/2023 appreciation award ceremony was organized.

Extra-Curricular Activities

Sports (Internal Quality Assurance Cell)



Ms. Mohini Baaker

Sports Officer
MGMM



Playing sports or engaging in extracurricular activities play an important part in one's character/ personality development. One develops management skills, negotiation skills, communication skills, convincing skills, conflict management and confidence.

Sports helps an individual much more than in the physical aspects alone. It builds character, teaches and develops strategic thinking, analytical thinking, leadership skills, goal setting and risk taking, just to name a few.

For Development of about skill college provides regular training for different types of sports like Badminton, Basketball, Kho-Kho, Kabaddi & Others



Extra-Curricular Activities

Cultural



Dr. Kirti Shrivastava

Cultural Incharge
Mata Gujri Mahila Mahavidyalaya
(Autonomous) Jabalpur MP



Rotary club south - competition winners felicitation



Youth Fest-
Hojagiri Tripura
Folk Dance

DETAILS OF PARTICIPATION												
Year - 2022-23												
S.N.	Year	Event Represented	Student Name	Class	Achievement							
I	2022-2023	Youth Festival, Inter College Comp.	Solo Singing (Solo)	Ashut Singh	B.Com. 2 nd Yr	Second						
			Solo Singing (Group)	Sushil Soni	B.A. 1 st Yr	Second						
			Solo Singing (Group)	Shikha Nema	B.A.S. 3 rd Yr	Third						
			Solo Song (Solo)	Shreya Deyra	B.A. 2 nd Yr							
			Solo Song (Solo)	Shikha Rajput	B.A. 2 nd Yr							
			Solo Song (Solo)	Pooja Jain	BBA 1 st Yr							
			Solo Song (Solo)	Apoorva Das	B.Com. 3 rd Yr							
			Solo Song (Solo)	Sushil Soni	B.A. 1 st Yr							
			Solo Song (Solo)	Shreya Deyra	B.A. 2 nd Yr	Second						
			Solo Song (Solo)	Shikha Rajput	B.A. 1 st Yr							
			Solo Song (Solo)	Pooja Jain	BBA 1 st Yr							
			Solo Song (Solo)	Apoorva Das	B.Com. 3 rd Yr							
		Poem	Khadim	B.Sc. 1 st Yr								
			Deviya	B.A. 2 nd Yr	First							
			Vikas Kumar	B.A. 2 nd Yr								
			College	Mansi Thakur	B.A. 2 nd Yr	First						
			College	Dheya Parshat	B.A. 1 st Yr	Third						
			College	Rajni Pajjari	B.A. 1 st Yr	Second						
					Skit	Arunima Verma	B.Com. 1 st Yr	Second				
						Sushil Soni	B.A. 2 nd Yr	First				
						Tanya	B.Com. 1 st Yr					
						Poojashree Khatwa	B.A. 1 st Yr					
						Niharika Patel	B.Com. 1 st Yr					
						Ankita Saha	B.Com. 1 st Yr					
		Mini				Sushil Soni	B.A. 2 nd Yr	Second				
						Tanya	B.Com. 1 st Yr					
						Poojashree Khatwa	B.A. 1 st Yr					
						Vishali Gupta	B.A. 1 st Yr					
						Ananya Pandey	B.A. 3rd Yr					
								Solo Dance (Classical)	Arunima Verma	B.Com. 3 rd Yr	Second	
					Skit				Sushil Soni	B.A. 2 nd Yr	First	
									Tanya	B.Com. 1 st Yr		
									Poojashree Khatwa	B.A. 1 st Yr		
									Niharika Patel	B.Com. 1 st Yr		
									Ankita Saha	B.Com. 1 st Yr		
											Poem	Deviya
Vikas Kumar	B.A. 2 nd Yr											
College	Mansi Thakur	B.A. 2 nd Yr										Third

Youth fest district level rally - mgmm winners



Classical Raag Presentation by Shruti Gupta

Extra-Curricular Activities

Fashion & Technology



Mrs. Swati Gupta
Mrs. Rajvinder Kaur Bansal

Assistant Professor
Department of
Fashion & Technology

DUMMY DRAPING PROGRAMME



The department of Fashion Designing organised a Dummy Draping programme for the students of diploma in fashion designing. The objective of this program was to allow Fashion Designers and pattern makers to create garments by manipulating and positioning fabric on a 3D dummy model.



FASHION SHOW : The objective of Fashion Show has to showcase student talent. It provides a platform for students to showcase their creative skills, talent, and their collections.



WORKSHOP ON EFFECTS AND TEXTURES : The department of Fashion Designing organised a workshop on different types of Effects and Textures for the students doing diploma in Fashion Designing. The institute invited Miss Roshni Gandhi, a professional artist to conduct this workshop alongside our faculty. The workshop was organised for 3 days. The objective was provide students with practical knowledge, skills, and techniques require to create diverse and expressive artwork.

Extra-Curricular Activities

Women Cell



Mrs. Prabha Paharia

Women Cell Incharge
MGMM



स्त्री रोग विशेषज्ञ डॉ. अमिता सक्सेना द्वारा PCOD पर जागरुकता कार्यक्रम।



ग्राम बरबटी में सेक्सुअल हासमेंट पर जागरुकता देने हेतु भ्रमण किया गया।



कर्मवीर सम्मान : प्रथम फोटो- महिला कुली संंध्या मरावी, द्वितीय फोटो- महिला डीएसपी अपूर्वा किलेदार, तृतीय फोटो- ऑटो रिक्शाचालक संंध्या मिश्रा



लर्न एण्ड अर्न : आत्मनिर्भरता कार्यक्रम के तहत छात्राओं को श्रीमती शिल्पी झुड़ेले द्वारा एक दिवसीय हस्तशिल्प प्रशिक्षण कार्यक्रम का आयोजन।



मध्यप्रदेश जबलपुर के जोधपुर गांव में सर्वे, केस स्टडी एवं दवाइयों का वितरण साथ ही विक्टोरिया अस्पताल में छात्राओं का शैक्षणिक भ्रमण।

Extra-Curricular Activities

ELC (Electoral Literacy Clubs - sveep)



Dr. Maya Shukla

Campus Officer
& Member of SVEEP
Core Committee

ELC Club Organized different Competitions like essay, Quiz, Poster Slogan, Industrial visits, Roll Play, Nukkad Natak, Drawing & Painting. Aim for organizing these competitions are preparing students for Inter College level competitions oath for voter awareness was taken by teachers and students at various time. These Program organized as per order of collectrate and State Electoral Cell (SVEEP).

Sl. No.	Activity Name	Date	Remarks
1	Poster Making Competition	10/05/2023	1st Prize: 1000/-
2	Quiz Competition	15/05/2023	1st Prize: 1000/-
3	Roll Play Competition	20/05/2023	1st Prize: 1000/-
4	Nukkad Natak Competition	25/05/2023	1st Prize: 1000/-
5	Drawing & Painting Competition	30/05/2023	1st Prize: 1000/-
6	Essay Writing Competition	05/06/2023	1st Prize: 1000/-
7	Industrial Visit	10/06/2023	Successful
8	Poster Making Competition	15/06/2023	1st Prize: 1000/-
9	Quiz Competition	20/06/2023	1st Prize: 1000/-
10	Roll Play Competition	25/06/2023	1st Prize: 1000/-
11	Nukkad Natak Competition	30/06/2023	1st Prize: 1000/-
12	Drawing & Painting Competition	05/07/2023	1st Prize: 1000/-
13	Essay Writing Competition	10/07/2023	1st Prize: 1000/-



- Dr. Maya Shukla Campus Officer of ELC Club 3 years continuously awarded by Collectors of Jabalpur.
- She appointed 3 times as a member of sveep core committee form by collector.
- Due to organized various activity college got first position out of 88 colleges.



Support Service

Library

Faculty : Dr. Sandhya Batalia (Incharge), Mrs. Kushwant Bal (Librarian), Mrs. Archana Shrivastava (Librarian), Mrs. Sapna Mishra (Dept. Librarian)

50,000+ Books, E-Books and Journals of Different Subjects



- Mata Gujri Mahila Mahavidyalaya houses an outstanding library of 39726 books.
- In addition to lending books we provide copying materials for research and private study
- Book bank facility is provided to students as a free educational resource
- The Reading Room provides a quiet and serene environment to learners and readers
- Computers with wi-fi facility for advanced learners
- Every department also has a library to cater the need of students and faculty members.
- Our library is enriched with Encyclopedias, Journals, Newspapers, Magazines.



Support Service

Hostel

Facility : Reg. Doc. Visit, Bus Facility, Separate Reading Room
Television Room, Play Ground, Higene Mess



SALIENT FEATURES OF MATA GUJRI MAHILA MAHAVIDYALAYA GIRLS HOSTEL

Mata Gujri Mahila Mahavidyalaya Girls Hostel was established in year 2007 to provide a "Home away from Home" to the Girl students.

- The beginning of the session commences with the blessings of Sri Gurunanak Dev ji.
- Doctor Facility- Lady doctor visits and also provides telephonic consultation and counselling to the Girl Students residing in the Hostel.
- Bus facility- To and Fro bus facility.
- Hot water facility- During winter months.
- Security- 24x7 security .
- Cordial relations between Seniors and Juniors.
- Reading Room Facility with multiple books .
- Recreation Room- with T.V. and Indoor games.
- Festival celebrations.
- Constant Monitoring of the students through attendance and in-out register.
- Hygenic Mess with pure vegetarian food.
- Fire safety device ,aquaguard and water coolers installed.
- Huge campus with outdoor games such as badminton.

Views of Our Alumae



This college gave me the foundation to chase my dreams and the confidence to achieve them. I am deeply thankful the enriching experiences and lifelong connections I made here.

AVINASH KAUR

Pass Out : M.Com 2013
Profession : Finance Manager
DBMT, Dubai, UAE



My transformative experience at this college taught me independence, confidence, and shaped my future. I am profoundly grateful to my teachers for their unwavering support and guidance.

Tuhina Chakraborty Budhani

Pass Out : B.Com 2009
Profession : Entrepreneur



I express my sincere gratitude to my exceptional faculty. Thank you to the amazing faculty for your unwavering commitment to excellence and transformative education.

Naazish Khan

Pass Out : B.Com 2011
Profession : Advocate, Supreme Court of India



I chased my dreams and I am thankful to this college, the place which groomed me and enlightened my life with skills to prosper in my career.

Bhanushree Upadhyay

Pass Out : B.Com 2018
Profession : Associate HR, EY India



I have experienced the best teaching skills in this college. The college environment is safe and friendly.

Mansi Kothari

Pass Out : B.Sc 2020
Profession : Research Scholar, RDVV



This college has been a stepping stone for my career. The cultural opportunities here boosted my confidence and enabled me to pursue a career as a journalist. I am a proud student, and enable me to pursue a career as a journalist. I am a proud student, and this college will always be close to my heart.

Niharika Pole Sarwate

Pass Out : M.Com 2014
Profession : Journalist



I am filled with immense gratitude for the support and guidance provided by our esteemed college. The invaluable experience and learning opportunities have shaped me into a confident and knowledgeable individual.

Aashi Khetrpal

Pass Out : BBA 2016
Profession : Director of little Millennium



Mata Gujri Mahila Mahavidyalaya (Auto.) college is every girl's dream. It transformed me into a self reliant woman, making even complex subjects engaging.

Anjali Choudhary

Pass Out : B.Sc/ B.Ed. 2017
Profession : Central School Teacher.



I am grateful that I started my Higher studies journey from this college. I must say it was my best decision. The atmosphere was very good. My professors were very supportive and guided me to achieve my goal.

Varsha Pawar

Pass Out : M.Sc 2016
Profession : Health Department

COLLEGE IN NEWS



सोशल वर्क सर्टिफिकेट कोर्स का समापन

जयपुर में माता गुजरी महिला महाविद्यालय में डिप्लोमा सोशल वर्क डिपार्टमेंट, महिला कॉलेज, जयपुर के प्राचार्य डॉ. विजय क. शर्मा के अध्यक्षता में 21 जनवरी को सोशल वर्क सर्टिफिकेट कोर्स का उद्घाटन कार्यक्रम किया गया। उद्घाटन में प्राचार्य का प्रमुखता से भाग लेना शामिल था। कार्यक्रम में कुल 22 छात्रों की उपस्थिति थी। कार्यक्रम के अंत में प्राचार्य का प्रमुखता से भाग लेना शामिल था।

माता गुजरी महिला महाविद्यालय में मनाया गया विश्व पर्यावरण दिवस

माता गुजरी महिला महाविद्यालय में 5 जनवरी को विश्व पर्यावरण दिवस मनाया गया। प्राचार्य डॉ. विजय क. शर्मा के अध्यक्षता में कार्यक्रम का आयोजन किया गया। कार्यक्रम में प्राचार्य का प्रमुखता से भाग लेना शामिल था।

माता गुजरी कालेज में विभिन्न प्रतियोगिताएं हुई आयोजित

माता गुजरी कालेज में विभिन्न प्रतियोगिताएं आयोजित की गईं। प्राचार्य डॉ. विजय क. शर्मा के अध्यक्षता में कार्यक्रम का आयोजन किया गया। कार्यक्रम में प्राचार्य का प्रमुखता से भाग लेना शामिल था।

शिमर एंड शाइन थीम पर कैटाचक

शिमर एंड शाइन थीम पर कैटाचक आयोजित किया गया। प्राचार्य डॉ. विजय क. शर्मा के अध्यक्षता में कार्यक्रम का आयोजन किया गया। कार्यक्रम में प्राचार्य का प्रमुखता से भाग लेना शामिल था।

माता गुजरी महिला महाविद्यालय (नवकाशी) जयपुर महाविद्यालय के द्वांर क्लब द्वारा प्रकृति भ्रमण कार्यक्रम आयोजित

माता गुजरी महिला महाविद्यालय (नवकाशी) जयपुर महाविद्यालय के द्वांर क्लब द्वारा प्रकृति भ्रमण कार्यक्रम आयोजित किया गया। प्राचार्य डॉ. विजय क. शर्मा के अध्यक्षता में कार्यक्रम का आयोजन किया गया। कार्यक्रम में प्राचार्य का प्रमुखता से भाग लेना शामिल था।

Three-day International Conference begins at Mata Gujri Women's College

Three-day International Conference begins at Mata Gujri Women's College. The conference was organized by the college and was attended by many guests. The conference was a success and was well-received by all.

छात्राओं को निःशुल्क मिलेगा मार्गदर्शन

छात्राओं को निःशुल्क मार्गदर्शन मिलेगा। प्राचार्य डॉ. विजय क. शर्मा के अध्यक्षता में कार्यक्रम का आयोजन किया गया। कार्यक्रम में प्राचार्य का प्रमुखता से भाग लेना शामिल था।

प्रेक्षित एवं इलेक्ट्रॉनिक्स विभाग द्वारा कार्यशाला एवं प्रदर्शनी

प्रेक्षित एवं इलेक्ट्रॉनिक्स विभाग द्वारा कार्यशाला एवं प्रदर्शनी आयोजित किया गया। प्राचार्य डॉ. विजय क. शर्मा के अध्यक्षता में कार्यक्रम का आयोजन किया गया। कार्यक्रम में प्राचार्य का प्रमुखता से भाग लेना शामिल था।

कारगर रहा निर्वाचन का नुक्कड़ प्रयास

कारगर रहा निर्वाचन का नुक्कड़ प्रयास। प्राचार्य डॉ. विजय क. शर्मा के अध्यक्षता में कार्यक्रम का आयोजन किया गया। कार्यक्रम में प्राचार्य का प्रमुखता से भाग लेना शामिल था।

मियों से भरी इस दुनिया के

मियों से भरी इस दुनिया के। प्राचार्य डॉ. विजय क. शर्मा के अध्यक्षता में कार्यक्रम का आयोजन किया गया। कार्यक्रम में प्राचार्य का प्रमुखता से भाग लेना शामिल था।

OUR GLORIOUS STAFF



Dr. R. Singh Academic Head
Dr. R. Kaur Addtl. Exam Cont.
Ms. S. Siddiqui Registrar
Dr. K. Tiwari Director
Dr. S. Jhamb Principal
Dr. S. Batalia Finance & Hostel Head
Dr. M. Dhagat Admin. Head
Dr. M. Tripathi IQAC Coordinator

OUR TEACHING STAFF



Ms. S. Siddiqui Registrar
Mr. R. Sinha Account Officer
Dr. K. Tiwari Director
Dr. S. Jhamb Principal
Dr. M. Dhagat Admin. Head

OUR ADMINISTRATIVE STAFF



Excellent Features

- Mentor-Mentee Cell (Mentor for Each Student)
- Various Certificate Courses based on Earn & Learn Policy
- Well Experienced Teachers/Research guide
- Job Oriented Training Program/Courses
- Various Scholarship Facility
- Well Equipped Research/CURIE Lab
- Safe & Secure Hostel with Bus Facility
- Regular Parent-Teacher Meeting
- MOU with Reputed Companies for Internship
- Various Facility Available for Overall Development of Students
- Public facility lab (PLF) & Student Helping Clubs for Skill Development

माता गुजरी महिला महाविद्यालय (स्वशासी),
सिविक सेंटर, मढ़ाताल, जबलपुर

कला-वाणिज्य-विज्ञान
बी.बी.ए. एलएल.बी. (ऑनर्स), बी.कॉम. एलएल.बी.

