

‘गुरु पिता जी महाराज एक झलक’

इस महाविद्यालय की स्थापना एक ऐसे महान संत के कर-कमलों द्वारा हुई जिनका जीवन त्याग, दृढ़ संकल्प एवं सात्विक गुणों से भरपूर रहा है। इनका जन्म सन् 1895 में बंगाल के एक गरीब परिवार में हुआ था। इनके माता-पिता ने इन्हें ‘भवानी प्रसन्न पाइन’ नाम से पुकारा। एक दिन की बात है, कि इनकी संत महानन्द गिरि जी से भेंट हुई। संत के दिव्य जीवन से ये बहुत अधिक प्रभावित हुए तभी से उनका जीवन आध्यात्मिक पथ की ओर अग्रसर हो गया। 1928 में आपने सन्यास ग्रहण कर लिया और कनखल पीठ से ‘भवानन्द गिरि’ नाम से अलंकृत किये गये। सन् 1933 में महानन्द मिशन नामक संस्था की ओर से हरिद्वार में आयोजित ‘अर्धकुम्भ पर्व’ पर यात्रियों की सेवार्थ सक्रिय भाग लिया। और विभिन्न यात्रियों और प्रबन्धकों से निस्वार्थ सेवा हेतु अतिशय सम्मान प्राप्त किया। पीठ ने भवानन्द गिरि को ‘श्री गुरु पिता जी महाराज’ की उपाधि से सम्मानित किया।

सन् 1935 में गाजियाबाद में उनके चरण पड़े। वहाँ अछूत बच्चों की करुण पुकारों ने उन्हें अपनी ओर आकर्षित किया। साधनहीन होने पर भी उनके लालन-पालन का भार अपने ऊपर लेकर उन्होंने सन् 1936 में बसन्त पंचमी के दिन एक प्राइमरी पाठशाला की स्थापना की। जिसका नाम इन्होंने अपने गुरु के नाम से सम्बद्ध करके ‘महानन्द मिशन-हरिजन पाठशाला’ रखा। प्रारम्भ में उन्होंने भजन-कीर्तन करके निराश्रित-अछूत व अनपढ़ बच्चों के लिए पैसा इकट्ठा किया, यही से उनका काफिला शुरु होकर तीव्र गति से आगे बढ़ा। सन् 1937 में महाविद्यालय में ‘सर वीर मित्रोदय’ महाराज सोनपुर उड़ीसा की स्मृति में भगवती ‘तारा देवी’ का एक मन्दिर बनाया गया। भगवती तारा देवी ही गुरु पिता जी महाराज की आराध्या देवी हैं।

1945 में प्राइमरी पाठशाला इण्टर कॉलिज तक बनी और गुरु पिता जी महाराज के अथक प्रयासों से 1948 में इसे आगरा विश्वविद्यालय से सम्बद्ध महाविद्यालय होने का गौरव प्राप्त हुआ। इसकी नींव में उस महापुरुष का त्यागमय जीवन भरा है। ऐसी आध्यात्मिक पृष्ठभूमि में यह महाविद्यालय खून-पसीने से सींचा गया है। इसके प्रांगण में उनके आध्यात्मिक जीवन की सुगन्ध है। जो आज विषम परिस्थितियों में भी प्रगति के पथ पर अग्रसर है। 3 जुलाई, 1968 में ये पुण्य आत्मा दूसरों के कष्टों को अपने आंचल में समेटे हुए अस्तांचल में विलीन हो गई।

सादर नमन।

डॉ० अरुण लता वर्मा

हिन्दी विभाग

प्रधान सम्पादिका

वार्षिक प्रतिवेदन: सत्र 2021-22

डॉ० केशव कुमार डीन, छात्र कल्याण



इस सत्र का प्रारम्भ स्नातक व स्नातकोत्तर कक्षाओं के प्रवेश से हुआ। जिसका संचालन प्राचार्य जी के निर्देशन में शिक्षकों एवं शिक्षणेत्तर कर्मचारियों के सहयोग से सफलतापूर्वक सम्पन्न हुआ। निरन्तर ऊँचाइयों की सीढ़िया चढ़ते हुए विद्यार्थी जिस सम्मान के अधिकारी बनते हैं निःसंदेह वह इस महाविद्यालय की स्थापना करने वाले श्री गुरु पिता जी महाराज का आशीर्वाद है। आज हमारे महाविद्यालय में उनके छात्र-छात्राएँ कला, विज्ञान, वाणिज्य, खेलकूद एवं लॉ के क्षेत्र में ज्ञानार्जन कर देश में ही नहीं विदेशों में भी महाविद्यालय का गौरव बढ़ा रहे हैं।

महाविद्यालय में इंदिरा गाँधी राष्ट्रीय मुक्त विश्वविद्यालय का एक केन्द्र कार्य कर रहा है। महाविद्यालय में अनुसूचित जाति/जनजाति के लिए रेमीडियल कक्षाएँ चलाई जा रही हैं। इसके अतिरिक्त बी०बी०ए०, बी०सी०ए० की कक्षाएँ भी चलाई जा रही हैं। सभी विभागों में योग्य एवं अनुभवी शिक्षकों के द्वारा छात्र-छात्राओंको ज्ञान प्रदान किया जाता है। अनेक छात्र-छात्राएँ योग्य एवं अनुभवी शिक्षकों के निर्देशन में शोध कार्य कर रहे हैं।

विभिन्न विभागों की गतिविधियाँ:-

हिन्दी विभाग :- डॉ० मीनाक्षी सक्सेना, डॉ० अरुण लता वर्मा, डॉ० क्रान्ति बोध, डॉ० बीना शर्मा, डॉ० कल्पना दुबे, डॉ० गीता शर्मा, डॉ० परितोष मणि के क्रमशः 14, 09, 04, 05, 06, 07, 08 शोध प्रकाशित हुए हैं। डॉ० मीनाक्षी सक्सेना के निर्देशन में 03, डॉ० अरुण लता वर्मा के निर्देशन में 03, डॉ० क्रान्ति बोध के निर्देशन में 04, डॉ० कल्पना दुबे के निर्देशन में 06 विद्यार्थी कार्यरत हैं। डॉ० क्रान्ति बोध, डॉ० गीता शर्मा, डॉ० परितोष मणि 01, 02, 01 सेमिनार में मुख्य वक्ता रहे हैं। क्रान्ति बोध के दो अध्याय एक पुस्तक में प्रकाशित हुए। डॉ० गीता शर्मा को स्वामी विवेकानन्द टीचर्स एक्सीलेंस अवार्ड से 2021 में सम्मानित किया गया।

संस्कृत विभाग :- डॉ० मधु श्रीवास्तव, डॉ० सुनीता सिंह के पाँच-पाँच शोध पत्र प्रकाशित हुए। डॉ० मधु श्रीवास्तव का एक पुस्तक में एक अध्याय प्रकाशित हुआ। एक छात्र ने नेट की परीक्षा उत्तीर्ण की।

अंग्रेजी विभाग :- डॉ० सुता कुमारी, डॉ० सुरेखा अहरावत, डॉ० गौतम बैनर्जी के क्रमशः 04, 06, 03 शोध पत्र प्रकाशित हुए। डॉ० सुता कुमारी के निर्देशन में 01 छात्र ने पी०एच०डी० की उपाधि प्राप्त की। दो छात्र उनके निर्देशन में कार्यरत हैं। डॉ० सुरेखा अहरावत के निर्देशन में एक छात्र ने पी०एच०डी० की उपाधि प्राप्त की।

राजनीतिशास्त्र विभाग:- डॉ० वीरेन्द्र सिंह के 04 शोध पत्र प्रकाशित हुए तथा एक पुस्तक का प्रकाशन और दो पुस्तकों का सम्पादन किया। डॉ० संजय मिश्रा के निर्देशन में 03 छात्रों ने पी०एच०डी० की उपाधि प्राप्त की। डॉ० अर्चना सिंह ने एक शोध पत्र प्रकाशित किया। डॉ० अर्चना सिंह के निर्देशन में एक छात्र ने पोस्ट डाक्टरल फ्लोशिप (JCRR) प्रस्तुत की। एक छात्र ने नेट की परीक्षा उत्तीर्ण की।

इतिहास विभाग:- डॉ० वन्दना सेमल्टी, डॉ० अनीता प्रकाश, डॉ० ईशा शर्मा, डॉ० संजय सिंह के क्रमशः 01, 03, 03, 03 शोध पत्र प्रकाशित हुए। डॉ० संजय के निर्देशन में दो छात्रों ने पी०एच०डी० की उपाधि प्राप्त की तथा एक छात्र ने अपना शोध ग्रन्थ जमा किया। डॉ० वन्दना, डॉ० ईशा शर्मा के निर्देशन में क्रमशः 01 तथा 03 छात्र कार्यरत हैं। डॉ० संजय सिंह आयोग से चयनित होकर अग्रसेन पी०जी०

कॉलेज सिकन्दराबाद में प्राचार्य के पद पर कार्यरत हुए। एक छात्र ने जे0आर0एफ0 तथा दो छात्रों ने नेट की परीक्षा उत्तीर्ण की।

समाज शास्त्र विभाग:- डॉ0 विमलेश यादव, डॉ0 रेखा शर्मा, डॉ0 सीमा गुप्ता के निर्देशन में क्रमशः 03, 03, 05 शोध पत्र प्रकाशित हुए। डॉ0 विमलेश यादव के निर्देशन में एक छात्र ने पी0एच0डी0 की उपाधि प्राप्त की। डॉ0 रेखा शर्मा के निर्देशन में दो छात्रों ने पी0एच0डी0 के लिए पंजीकरण कराया।

अर्थशास्त्र विभाग:- डॉ0 रीना सिंह, डॉ0 रेणू त्यागी, डॉ0 रोजी मिश्रा, डॉ0 अजीत सिंह के क्रमशः 01, 06, 04, 02 शोध पत्र विभिन्न शोध पत्रिकाओं में प्रकाशित हुए। डॉ0 रीना सिंह ने एक पुस्तक का सम्पादन किया। डॉ0 अजीत की एक पुस्तक प्रकाशित हुई। डॉ0 रीना सिंह के 02, डॉ0 रेणू त्यागी के 02, डॉ0 रोजी मिश्रा के 03, डॉ0 अजीत सिंह के 02 शोध छात्र पी0एच0डी0 उपाधि हेतु पंजीकृत हुए। डॉ0 रोजी मिश्रा के एक छात्र को पी0एच0डी0 की डिग्री मिली। डॉ0 डिम्पल विज उ0प्र0 उच्चतर शिक्षा आयोग द्वारा प्राचार्य पद पर चयनित हुई। विभाग के दो छात्रों ने जे0आर0एफ0 परीक्षा उत्तीर्ण की, 03 छात्रों ने यू0जी0सी0 नेट की परीक्षा उत्तीर्ण की। रिया यादव ने डॉ0 राममनोहर लोहिया स्मृति स्वर्ण पदक जीता।

मनोविज्ञान विभाग:- डॉ0 वीना वर्मा ने दो पुस्तकों का सम्पादन किया तथा एक संगोष्ठी में वक्ता के रूप में प्रतिभागी रहीं।

चित्रकला विभाग:- डॉ0 हेमन्त राय के दो शोध पत्र प्रकाशित हुए, 02 छात्रों को पी0एच0डी0 की उपाधि प्राप्त हुई तथा 02 छात्रों के पी0एच0डी0 शोध ग्रन्थ भी जमा हुए। श्री मूलचन्द वर्मा ने एक रिफ्रेशर कोर्स 03 बेविनार में भाग लिया। श्री सूर्यप्रकाश ने 30 दिवसीय इन्डक्शन प्रोग्राम में भाग लिया। दिनांक 12.12.2021 में रूप टॉप चित्र प्रदर्शनी आयोजित की गयी। मुख्य अतिथि के रूप में शहीद मंगल पाण्डे राजकीय कन्या महाविद्यालय के डॉ0 उमा शंकर प्रसाद जी उपस्थित रहे। प्रदर्शनी में 56 चित्र 18 कले मॉडलिंग प्रदर्शित किये गये। एक छात्र का दिल्ली शिक्षा सेवा चयन बोर्ड प्रशिक्षित स्नातक अध्यापक में चयन, दो छात्रों को यू0पी0 प्रशिक्षित स्नातक, स्नातक अध्यापक में चयन दो छात्रों का सहायक प्राध्यापक पद पर चयन हुआ।

वनस्पति विभाग:- डॉ0 अशोक कुमार वर्मा के निर्देशन में 01 विद्यार्थी ने पी0एच0डी0 की उपाधि हेतु पंजीकरण कराया। डॉ0 स्नेहलता को GEPRRA द्वारा 'भारत रत्न इन्दिरा गाँधी गोल्ड मैडल' से सम्मानित किया गया। डॉ0 अशोक कुमार वर्मा, डॉ0 स्नेहलता ने विश्वविद्यालय द्वारा CAS स्कीम में विषय विशेषज्ञ के रूप में योगदान दिया। डॉ0 विनीता, श्रीमती आरती सिंह, डॉ0 अंजलि दत्त, डॉ0 अल्पना रानी, डॉ0 रीमा उपाध्याय ने विभिन्न विश्वविद्यालयों द्वारा आयोजित रिफ्रेशर एवं ओरियण्टेशन प्रोग्राम में भाग लिया। श्रीमती आरती सिंह को नेहरू युवा केन्द्र, गाजियाबाद द्वारा संचालित स्वच्छ भारत अभियान, यू0पी0एन0एन0एच0 एवं सूनिसेफ भारत द्वारा संचालित 'मुस्करायोग' इण्डिया में योगदान के लिए पुरस्कृत किया गया।

भौतिकी विभाग:- डॉ0 केशव कुमार, डॉ0 प्रकाश चौधरी, डॉ0 अनिल गोविन्दन, डॉ0 जमुना प्रसाद, डॉ0 अजय कुमार, डॉ0 राकेश, डॉ0 सतेन्द्र पाल, डॉ0 रविन्द्र प्रताप पटेल, श्री रविन्द्र कुमार, डॉ0 कामना यादव, डॉ0 मनोज कुमार के क्रमशः 01, 09, 03, 12, 01, 01, 04, 02, 03, 01 शोध पत्र प्रकाशित हुए। डॉ0 कामना यादव की दो पुस्तकें प्रकाशित हुईं। डॉ0 केशव कुमार, डॉ0 जमुना प्रसाद, डॉ0 रविन्द्र प्रताप पटेल, डॉ0 शैलेन्द्र गंगवार, डॉ0 संजीत प्रसाद सिंह, डॉ0 हेमन्द्र कुमार, श्री रविन्द्र कुमार ने क्रमशः 01, 02, 02, 01, 01, 01, 01 अध्याय पुस्तक के लिए लिखे। डॉ0 सतेन्द्र पाल के निर्देशन में एक छात्र को पी0एच0डी0 की उपाधि प्राप्त हुई। डॉ0 अनिल गोविन्दन के निर्देशन में एक छात्र पी0एच0डी0 हेतु पंजीकृत हुआ। श्री मनोज कुमार को पी0एच0डी0 की उपाधि प्राप्त हुई। एक छात्र ने नेट तथा एक छात्र ने (जे0आर0एफ0) की परीक्षा उत्तीर्ण की। प्रोफेसर पी0के0 दास का एक लैक्चर (गुरु पिताजी मैमोरियल लैक्चर) हुआ।

जन्तु विभाग:- डॉ0 बिनेश कुमारी, डॉ0 गार्गी, डॉ0 अनुपमा गौड़ तथा डॉ0 अलका व्यास एक-एक अध्याय पुस्तक के लिए लिखा। डॉ0 गार्गी तथा डॉ0 अनुपमा गौड़ एक पुस्तक में सहलेखिका रहीं। श्रीमती रजनी सिंह को पी0एच0डी0 की उपाधि प्राप्त हुई। डॉ0 गार्गी के निर्देशन में एक छात्र पी0एच0डी0 हेतु पंजीकृत हुआ। डॉ0 अनुपमा गौड़, डॉ0 अलका व्यास, डॉ0 रजनी सिंह ने एक-एक रिफ्रेशर कोर्स किया।

रसायन विभाग:- डॉ0 मृदुला वर्मा, डॉ0 सीमा कोहली, डॉ0 आर0एस0 यादव, डॉ0 आभा दुबे, डॉ0 वन्दना द्विवेदी, डॉ0 सुभाषनी, डॉ0 राखी द्विवेदी, डॉ0 शालू त्यागी, डॉ0 पूनम गुप्ता, डॉ0 अनुराधा सिंह के क्रमशः 10, 09, 12, 06, 03, 16, 02, 07, 06, 01 शोध पत्र

प्रकाशित हुए। डॉ० आभा दुबे, डॉ० आर०एस० यादव, डॉ० शालू त्यागी, डॉ० वन्दना द्विवेदी, डॉ० राखी द्विवेदी ने क्रमशः 03, 01, 01, 04, 04 सेमिनार, बेविनार में भाग लिया। डॉ० शतलज त्रिपाठी, डॉ० राखी द्विवेदी ने क्रमशः 01, 02 शोध पत्र सेमिनार में प्रस्तुत किये। डॉ० मधु गुप्ता ने आयोग से चयनित होकर आर०सी० कन्या महाविद्यालय, मैनपुरी में प्राचार्य का पदभार संभाला। आपके निर्देशन में दो छात्रों ने पी०एच०डी० शोध ग्रन्थ जमा किये। श्री अनुराधा सिंह ने पी०एच०डी० की उपाधि प्राप्त की। डॉ० स्मृति रायजादा की 02 पुस्तकें प्रकाशित हुईं। डॉ० मृदुला वर्मा, डॉ० सीमा कोहली, डॉ० सुभाषनी शर्मा, डॉ० राखी द्विवेदी एक-एक पुस्तक की सहलेखिका रहीं। डॉ० मृदुला वर्मा, डॉ० राखी द्विवेदी तथा डॉ० आर०एस० यादव ने क्रमशः 01, 01, 02, अध्याय पुस्तक के लिए लिखे।

डॉ० अनुराधा सिंह को आस्था फाउन्डेशन द्वारा "Excellence in Teaching" TCAAAAS 2021 पुरस्कृत किया गया।

वाणिज्य विभाग:- डॉ० मुकेश जैन, डॉ० भीष्म कपूर, डॉ० मोनिका शर्मा, डॉ० श्वेताभ मित्तल, श्री इनामुर रहमान, डॉ० अभिषेक सिंह के क्रमशः 03, 06, 06, 05, 01, 01 एक शोध पत्र प्रकाशित हुआ। डॉ० मुकेश जैन के निर्देशन में 02 छात्रों को पी०एच०डी० की उपाधि प्राप्त हुई। 04 छात्र कार्यरत हैं। इनकी एक पुस्तक भी प्रकाशित हो चुकी है। इन्होंने तीन सेमिनार में भाग लिया। डॉ० भीष्म कुमार के निर्देशन में 03 छात्रों की पी०एच०डी० जमा हो चुकी है। एक पुस्तक प्रकाशित हो चुकी है। डॉ० मोनिका के निर्देशन में 02 छात्र पी०एच०डी० कर रहे हैं। डॉ० मनमीत सिरस के निर्देशन में 01 छात्र कार्यरत है। 03 छात्रों ने नेट और 04 ने JRS की परीक्षा उत्तीर्ण की।

गणित विभाग:- डॉ० प्रभा रानी, डॉ० अनिल कुमार के क्रमशः 08, 09 शोध पत्र प्रकाशित हुए तथा दोनों की दो पुस्तकें प्रकाशित हुईं। डॉ० भार्गव के तीन रिसर्च पेपर नेशनल व इंटरनेशनल कॉन्फ्रेंस में प्रस्तुत किये गये। डॉ० भार्गव ने एक सप्ताह नेशनल वर्कशाप में भाग लिया।

विशेष गति-विधि

महाविद्यालय में कोरोना काल में माता-पिता को खोने वाले छात्राओं को छात्रवृत्ति प्रदान की। इसके अतिरिक्त सामान्य व पिछड़े वर्ग के आर्थिक रूप से कमजोर छात्र/छात्राओं एवं विकलांग छात्र/छात्राओं को भी गत वर्ष तुलना में 10,000 तक धनराशि का चैक छात्रवृत्ति के रूप में प्रदान किया गया।

DEPARTMENT OF LAW

ACHIEVEMENT REPORT 2021-2022

The focus of the Law Faculty has always been on helping and encouraging students to achieve academic excellence, nurture their potential and groom them into socially responsible individuals. Along with the academics the students are encouraged to participate in the extra-curricular activities also. This holistic approach helps in the overall development of the students. The student-centric approach has been rewarded by the participation and accomplishments of the students and the accolades that they have won, not only for the Law Department, but also for the College. The development of the students is incomplete without the simultaneous development of the faculty and the networking with the Alumni of the Department. The efforts that they put in for their academic pursuits with the aim of helping their students and scholars is laudable. The lodestar was the first ever Alumni Reunion of the Law Graduates of the Law Department. MMH College, Ghaziabad. The Alumni celebrated the 70 years of the existence of the Law Department and their reunion. On 25th December, 2021, with the concerted efforts of the faculty and the Alumni, the event was organized. It was a beautiful and memorable walk down the memory lanes for the alumni and the teachers. The highlight of the event was the Chief-Guest Dr. U.S. Goel, the oldest Alumni and the Retired Head of the Law Department. Alumni, the prized possession and valued ambassadors, are an integral part of MMH Law fraternity's present achievements and future hopes. The positive and the enthusiastic response from all was a treasured takeaway.

Some of the major accomplishments of the Students:

- ◆ In the recently concluded competitions organized by the Cultural Committee of the college recently concluded competitions organized by the Cultural Committee of the college of the Cultural week from 24 March to 30 March, the following students of the Law Department won prizes in various categories.
 1. Priyank Srivastava: 2nd Prizes in Rangoli & Mehendi competition.
 2. Aakash Singh: 3rd Prize in self-composed Poetry recitation & consolation prize in the Debate.
 3. Paras Sharma: 3rd Prize in the singing competition.
 4. Tarana & Faisal Khan: 1st Prize in Quiz competition.
 5. Mradul Kumar: Consolation prize in essay competition, member of the winner team of Nukkad Natak in Inter-Institutional UG fest.
 6. Aakash Singh, Mradul Kumar, Pradeep Kumar 3rd Prize in the play.

- ◆ Currently 20 Research Scholars are enrolled in the department and notably, research papers

have been published of some scholars, namely, Priyadarshni, Shivani Gautam, Shabnam Khan, Tanuja Tiwari and Dharmendra Kumar. Some of the scholars have also presented papers in seminars and also attended NIPAM (National Intellectual Property Awareness Mission)

◆ The other activities that the students participated with zeal are the Legal Awareness Camps, NIPAM (National Intellectual Property Awareness Mission) being run by the Government of India, 3- day Boot camp on IPR, Webinar on Intellectual Property Rights in the Metaverse and Debates and Quiz competitions conducted and organized by the department.

Some of the major accomplishments of the Faculty:

(i) Dr. Pankaj Tyagi: Published 5 Research paper Reviewed & Referred Journal a chapter in a book, delivered 3 Guest Lectures. Currently supervising 6 Research Scholars.

(ii) Dr. Aprana Malhotra: Awarded LL.D. in August 2021. Published 5 papers in peer reviewed & referred Journals.

(iii) Sunayana Trisal: Co-ordinated the Alumni Reunion. Coordinated the NIPAM program, published 6 papers in 2021 & 4 papers in 2022 in peer reviewed & referred Journals. Currently supervising 2 Research Scholars.

(iv) Dr. Reema Agrawal: Published 4 papers in Peer Reviewed & Refereed Journals. Currently supervising 6 Research Scholars.

(V) Dr. Seema Sharma: Published 7 papers in Peer Reviewed & Refereed Journals. Currently supervising 6 Research Scholars.

बैठ जाता हूँ मिट्टी पे अक्सर क्योंकि मुझे अपनी औकात अच्छी लगती है.....

बैठ जाता हूँ मिट्टी पे अक्सरक्योंकि मुझे अपनी औकात अच्छी लगती है.....

मैंने समंदर से सीखा है जीने का सलीका चुपचाप से बहना और अपनी ही मौज में रहना ।।
ऐसा नहीं की मुझमें कोई ऐब नहीं है, पर सच कहता हूँ मुझमें कोई फरेब नहीं है ।।
जब जाते हैं मेरे अंदाज से मेरे दुश्मन क्योंकि एक मुद्दत
से मैंने न मोहब्बत बदली और न दोस्त बदले
एक घड़ी खरीदकर हाथ में क्या बाँध ली..... वक्त पीछे पड़ गया मेरे..... ।।
सोचा था घर बनाकर बैटूंगा सुकून से पर घर की जरूरतों ने मुसाफिर बना डाला मुझे ।।
सुकून की बात मत कर ए गालिब..... बचपन वाला 'इतवार' अब नहीं आता ।
शौक तो माँ-बाप के पैसों से पूरे होते हैं,
अपने पैसों से तो बस जरूरतें ही पूरी हो पाती हैं
जीवन की भाग-दौड़ में क्यूँ वक्त के साथ रंगत खो जाती है ?
हँसती-खेलती जिन्दगी भी आम हो जाती है.....
एक सबेरा था जब हँसकर उठते थे आज कई बार बिना मुस्कराये ही शाम हो जाती है.....
कितने दूर निकल गये रिश्तों को निभाते-निभाते
खुद को खो दिया हमने अपनों को पाते-पाते.....
लोग कहते हैं, हम मुस्कराते बहुत हैं और हम थक गये दर्द छिपाते-छिपाते.....
खुश हूँ और सबको खुश रखता हूँ, लापरवाह हूँ फिर भी सबकी परवाह करता हूँ.....
मालूम है कोई मोल नहीं मेरा फिर भी कुछ अनमोल लोगों से रिश्ता रखता हूँ ।

छवि शर्मा
बी0कॉम तृतीय वर्ष
मो0: 8447190756

क्या मैं आजाद हूँ?



पंख मेरे भी है पर दिखते नहीं हैं,
उड़ना तो चाहती हूँ मैं भी पर ये खुलते ही नहीं हैं।
आसमान की ऊँचाइयों को छूना है मुझे,
हर कामयाबी की सीढ़ी को पाना है मुझे
पर ये लोग कहते हैं स्वतन्त्र हूँ मैं, मुझे लगता तो नहीं।
मेरे सपने पूरे होंगे इस जहान में, ये बोलकर कोई मुझे ढगता तो नहीं
क्या मैं आजाद हूँ?
या किसी पिंजरे की चिड़िया हूँ। क्या मैं बंदिश में हूँ?
या किसी के घर की गुड़िया हूँ। मुझे भी खुले गलियारों में घूमना है,
आजादी की गुहार लेकर झूमना है।
पर चार दीवारी में ही रहना क्यों,
घर की खामोशी को ही सहना क्यों।
ये क्या सच में आजादी है, या कर रहा है कोई या बर्बादी है।
मिले हैं जो पंख मुझे वो खुलते क्यों नहीं, मैं किसी से कुछ कहूँ,
उनसे बातें मिलती क्यों नहीं। मैं हर जगह जा सकती हूँ,
पर अकेली नहीं क्योंकि मैं लड़की मैं कुछ भी बोल सकती हूँ,
पर ज्यादा नहीं क्योंकि मैं लड़की हूँ।
फिर जुबान दी ही क्यों मुझे, खुला आसमान दिया ही क्यों मुझे।
अरे ऐसे मत बैठो, ये क्या पहना है, तुमने,
तुम्हें किसी ने बताया नहीं, लाज शर्म गहना है तुममें।
पर फिर भी जो करना है तुम्हें तुम कर सकती हो,
कुल पल भर ही हंसना पर तुम हंस सकती हो।
मुझे समझ ही नहीं आता है, मेरा घर कौन-सा है।
सब कहते हैं, मायका में रहना कुछ दिन है तुम्हें,
और ससुराल तुम्हारा अपना नहीं।
मुझे पता चला ही नहीं।
कौन-सा घर अपना है और कौन-सा पराया नहीं।
आज तक समझ नहीं आया, कौन मेरा अपना है, औ कौन मेरा पराया।

लोगों की नजरें ऐसे टिकी हैं मुझ पे,
मानो जैसे कोई दाग लगा है मुझ पे।
कोई समझता नहीं है मेरी खामोशी को, बस निपटाने में लगे है।
सब अपनी शादी के सौदे और घाटों को
क्या मैं सच में आजाद हूँ? या बस किसी शतरंज का मोहरा।
जिसकी 'चाल बस ढाई कदम है, उससे ज्यादा नहीं न दोहरा।

ये दुनिया जीने नहीं देती है मुझे कभी कहती है ये सब तुम्हारा है।
तो कभी कहती है हक ही क्या तुम्हारा है फिर भी कहते हैं वो सब कि
तुम आजाद हो।

पर मुझे लगता तो नहीं, कोई दिन में तारे दिखाकर,
मुझे ढगता तो नहीं।

क्या सही क्या गलत, पता नहीं मुझे।
कुछ खामियाँ हो तो खता है मुझे।

पर सच कहूँ तो मैं आजाद नहीं हूँ।

मैं तो बिना पिंजरे के भी एक बंद आवाज हूँ।

फिर सवाल आता ही मन में, क्या मैं सच में आजाद हूँ?

अगर हूँ तो किस तरह मैं आजाद हूँ,

ये भ्रम तो नहीं मेरा कि मैं आजाद हूँ।

इन सबके रहते मैं फिर से पूँछती हूँ, क्या मैं आजाद हूँ?

कृष्णा ठाकुर
श्री राम अवतार ठाकुर
बी०ए०सी० प्रथम वर्ष
मो०: 8595706912

राष्ट्रीय सेवा योजना
एम0एम0एच0 कॉलेज, गाजियाबाद (उ.प्र.)
वार्षिक आख्या 2021-22

कोविड-19 महामारी के चलते एम.एम.एच. कॉलेज, गाजियाबाद की राष्ट्रीय सेवा योजना इकाई के स्वयंसेवकों द्वारा किया गया कार्य:-

कोरोना संक्रमण की दूसरी लहर के बीच स्वयंसेवकों द्वारा मलिन बस्ती में निवास करने वाले गरीब और मजदूर तबके के लोगों को भोजन वितरित किया गया तथा कोविड वैक्सीनेशन सेंटर पर काम किया गया। यह संदेश दिया गया कि हम सभी अपने आसपास के लोगों का ख्याल रखें और जितना हो सके उनकी मदद करें।

स्वयंसेवकों द्वारा जरूरतमंदों को मास्क का वितरण किया गया।

100 से अधिक कोरोना जागरूकता के प्रति पोस्टर बनाये और जन जागरूकता के लिए उनका प्रचार-प्रसार किया।

सत्र 2021-22 में महाविद्यालय परिसर तथा आस-पास के क्षेत्र में स्वयंसेवकों द्वारा कई बार स्वच्छता अभियान चलाया गया। परिसर से प्लास्टिक एकत्रित की गयी। 5 जून, 2021 को विश्व पर्यावरण दिवस पर वृक्षारोपण किया गया। पर्यावरण के प्रति जागरूक करने के लिए स्वयंसेवकों ने पोस्टर बनाकर, वीडियो बनाकर तथा पौधरोपण कर लोगों को जागरूक किया। वन महोत्सव के उपलक्ष्य में वृक्षारोपण अभियान को पांच दिनों तक एमएमएच कॉलेज गाजियाबाद में जारी रखा गया। वृक्षारोपण में पीपल, कनेर और अन्य कई ऐसे पौधे रोपे गए जिनसे ऑक्सीजन मिल सके और पर्यावरण को स्वच्छ बनाने में सहयोग हो सके।

मिशन शक्ति के अन्तर्गत छात्राओं के लिए सेल्फ डिफेंस कैंप लगाया गया तथा उन्हें आत्मरक्षा के गुर सिखाए गए। जन जागरूकता के लिए स्वयंसेवकों द्वारा विशाल रैली निकाली गई।

गणतंत्र दिवस (26.01.22) के अवसर पर स्वयंसेवकों की टीम ने विजयनगर के एक स्लम एरिया में जाकर वस्त्र वितरण शिविर लगाया जिसका उद्देश्य जरूरतमंद लोगों तक वस्त्र पहुंचाना था।

राष्ट्रीय सेवा योजना इकाई, एमएमएच कॉलेज गाजियाबाद एवं भगवान बुद्ध चैरिटेबल ब्लड बैंक के संयुक्त तत्वावधान में 01 दिसम्बर को महाविद्यालय परिसर में रक्तदान शिविर का आयोजन किया गया। टीम एनएसएस की अपील पर कई शिक्षक एवं विद्यार्थी शिविर का हिस्सा बनें और रक्तदान किया। रक्तदान करने वाले प्रमुख शिक्षकों में डॉ. वी.एस. यादव, डॉ. हरेंद्र सिंह, डॉ. अजीत सिंह, डॉ. अशोक कुमार वर्मा, डॉ. संजीत प्रताप सिंह और डॉ. अनुपमा गौड़ रहे। ब्लड डोनेशन से आप किसी जरूरतमंद की जान बचाते हैं और साथ ही आपकी सेहत को भी कई फायदे होते हैं। एनएसएस स्वयंसेवकों ने शिविर में बढ़-चढ़ कर भाग लिया।

एनएसएस स्वयंसेवकों ने मतदाता जागरूकता के लिए 03 से 10 फरवरी 2022 तक सोशल मीडिया अभियान में

भाग लिया। कॉलेज में मतदाता जागरूकता क्लब बनाया गया, वोटर हेल्पडेस्क भी बनाई गई, जिसके तहत दो दिवसीय वोटर आइडी रजिस्ट्रेशन कैंप आयोजित किया गया। करीब 500 स्वयंसेवकों ने वोटर कार्ड हेतु फॉर्म भरा।

सात दिवसीय विशेष वार्षिक शिविर (06 मार्च से 12 मार्च 2022) में टी.बी. जागरूकता, मिशन शक्ति, रोड सेफ्टी एवं आत्मनिर्भर भारत अभियान के लिए जागरूकता रैली निकाली। न्यू इंडिया @75 के अन्तर्गत एड्स, रक्तदान और टी.बी. की जागरूकता के लिए प्रश्नोत्तरी प्रतियोगिता का आयोजन किया गया। एम.एम.जी. जिला अस्पताल, गाजियाबाद की डॉ. दीपाली गुप्ता एवं नीरज शर्मा द्वारा प्रतियोगिता आयोजित की गयी।

आजादी का अमृत महोत्सव कार्यक्रम की कड़ी में एमएमएच कॉलेज गाजियाबाद की राष्ट्रीय सेवा योजना इकाई के स्वयंसेवकों ने फिट इंडिया फ्रीडम अभियान के तहत शिविर में जागरूकता रैली निकाली। रैली को महात्मा गांधी की जयंती को भी समर्पित किया गया। स्वयंसेवकों ने खुद को और इंडिया को फिट रखने व जागरूकता फैलाने के लिए सामूहिक रूप से दौड़ लगाई। यह 7 किलोमीटर लंबी दौड़ तीन चरणों में पूरी की गई-18 अगस्त, 24 सितंबर और आज 02 अक्टूबर को।

आरटीओ ऑफिस गाजियाबाद द्वारा स्वयंसेवकों को रोड सेफ्टी जागरूकता अभियान में योगदान के लिए सम्मानित किया गया।

डॉ. पीयूष चौहान

प्राचार्य एवं अध्यक्ष, रा.से.यो. एम.एम.एच. कॉलेज, गाजियाबाद।

कार्यक्रम अधिकारी :

इकाई-I डॉ. गौतम बैनर्जी, असोसिएट प्रोफेसर, अंग्रेजी विभाग

इकाई-II श्रीमती आरती सिंह, असिस्टेंट प्रोफेसर, वनस्पति विज्ञान विभाग

इकाई-III डॉ. अनुपमा गौड़, असिस्टेंट प्रोफेसर, जीव विज्ञान विभाग

इकाई-IV डॉ. संजीत प्रताप सिंह, असिस्टेंट प्रोफेसर, भौतिक विज्ञान विभाग

Swami Vivekanand and India's Freedom Movement



Swami Vivekanand has been a source of inspiration to the Indian people for the last hundred years. His life and teaching have galvanized the current of national life. Though he was not directly connected with the freedom movement in India, he had a tremendous influence on it. It may be compared to Rousseau's influence on the French Revolution and Max's influence on the Russian and Chinese Revolutions.

Vivekananda's spiritual conquest of the West in September 1893 at the World Parliament of Religions in Chicago, restored the self-respect and the self-confidence of the Indians. They now began to feel that they too had something precious to give to the world.

'Arise, awake and stop till the goal is reached' was his call to the nation. His soul stirring speeches roused the country from its slumber of centuries. The great awakening in India that one witnessed in and after 1893 was due to his influence. The inertia that had paralyzed the country was gone. The belief that India could prosper only by imitating the west was also gone. People realized they had a glorious heritage.

Swamiji was not politician but he influenced and inspired every political leader, who shaped India's destiny. He was the spiritual father of the freedom movement. According to Dr. R.C. Majumdar, an eminent historian, 'Swami Vivekanand gave a spiritual basis to Indian nationalism.' The lessons of Vedanta and the Bhagwat Gita permeated the lives and activities of many nationalists and many a martyr, inspired by his teachings, endured extreme sufferings and sacrifices and with a cheerful heart, fearlessly embraced death and calmly bore the inhuman tortures, worse than death, which was sometimes inflicted upon them.

Swamiji was the living embodiment of service, sacrifice and renunciation. He died very young at the age of thirty-nine in 1902 and since his death, his influence on Indian society has been ever greater. Three years after this death the great Swadeshi movement to oppose the British Government's decision to divide Bengal started. According to Sri Aurobindo, this movement had great success because the spirit of Ramakrishna-Vivekanand was behind it.

The writings of Swamiji had a magnetic influence on the politically awakened people of India.

During the days of freedom struggle possessing his works was enough evidence in the British eye that one was conspiring to fight against the colonial British rule. All the great national leaders, who fought for India's freedom, have acknowledged their indebtedness to Swami Vivekanand and his works.

While paying his homage to the revered memory of Swami Vivekananda on 6th February 1921 at Belur Math, Mahatma Gandhi said, "I have gone through his works very thoroughly, and after having gone through them the love that I had for my country became a thousand-fold". Bal Gangadhar Tilk considered Vivekananda's the greatest man of the time, a second Shankaracharya, According to Annie Besant "Vivekanand roused the strongest feeling of nationalism in India". C. Rajagopalachari says, "Swami Vivekanand saved Hinduism and saved India. But for him, we would have lost our religion and would not have gained our freedom. We, therefore, owe everything to Swami Vivekananda". Dr. Rajendra Prasad acknowledges the greatness of Swamiji by saying "Men who lead their fellow beings in any sphere of life are rare, and those that lead the leaders are rarer still. Those super guides come not very often upon this earth to uplift the sinking section of humanity> Swami Vivekananda was one of those super souls".

Subhas Chandra Bose, who was most deeply influenced by Sri Ramakrishna and Swami Vivekananda, says, "The impact made on the students of our times by his works and speeches far outweighed that made by any other leaders of the country...the foundation of the present freedom movement owes its origin to Swamiji's message'.

Dr. Susmita Bhattacharya
Department of Philosophy

Hard Work

A person got addicted to hard work in such a way,
The stairs of success are very bug, on the way to success,
But still, in front of his hard work,
The stairs started feeling small.
What he did hard work day and night,
He started feeling a little closer to his destination.



Arpit Singh
M.SC Ist Sem chemistry

Duties of Students



Students are the backbone of the nation
Who play a vital role in its creation
So, It's essential for them to know their duties.
They should pay attention to their studies,
And not waste their time in useless things.
They should maintain discipline both out and in
They must develop a high moral character,
Should have due respect for their seniors.
A weak student cannot do anything
So , give up bad and aimless wandering
They should keep their body healthy and active
And be self-respected and co-operative
Help those who are old, weak and disable
Also create a spirit of social service in people
Develop the qualities of help and sacrifice
They should stand against all the crimes
When they possess all these good features
Only then they can prepare country's bright
future.

Prerna
B.SC Bio final year

Knowledge is Power



One can achieve anything in life with the power of knowledge. Knowledge is a powerful resource that we can gain and use in abundance and the good news is it won't get depleted.

Almost all of us have heard the phrase '**Knowledge is power**' But we may not fully understand how to translate this into improving our lives in a practical way. Here is a little breakdown .

Knowledge gives us options and thereafter adoption of the best decision to transform. When we educate ourselves , we learn new things that we were previously unaware of this gives us the ability to make better decisions, come up with more evolved and intelligent thoughts improve our lives and of those around us that at the same time make us more valuable people overall this in turn leads to more options.

The more valuable person we are, the more people will want to be around us, the more they all want to work with us, the more they introduce us to others, who need our help or can help us and the more doors and opportunities open in our lives.

This high level of options in life gives us the freedom to choose from many different paths and so we do not necessarily need anyone or anything to be happy or successful. This freedom is power, because that freedom allows us to have the power to speak our mind, the power not to accept second, class behavior from anyone and power to do whatever makes us happy. That is why knowledge is so important.

Importance of reading newspaper

Reading newspaper has become a necessity in the modern era. Newspaper brings us news from every corner of the world. A newspaper caters to the needs of various sections of the society. A politician finds the views and reviews of the other on the policy adopted by the government or a political party. A businessman can find the trends of the market. He can find selling of which product gives him more profit. A job-seeker can find a suitable job for them through the section job-alert. The matrimonial columns serve everybody. A common man comes to the schemes of the government through the newspaper. The movie and sports fans get the latest information from the newspaper. Newspaper also give weather forecast. Daily newspaper contains most of information that a man needs. It is a good watch dog of the governmental policies. Newspaper not only gives the information about your surroundings but it also enhances their vocabulary of readers. If one is reading English newspaper it enhances their vocabulary of readers too. Hence, Newspaper reading also improves the reading skill of a person it is the best mode of information as well as entertainment too.

Raunak Pawar
M.A. Ist year Political Science

Glimpse of life

Saw a glimpse of life yesterday,
She was humming my way on the road.
Then find it here and there,
She was smiling blindly
After a long time the agreement come to me .
She was making me sleep with care
Why are we both angry with each other.
I was explaining her and she to me.
I asked why you fiercely gave so much pain
She laughed and said- 'I am life'.



Ravi Shankar
(M.SC Ist Sem. Chemistry)

It's not just the end

May be the way up is not easy to take
May be all year life is at stake,
May be your life is at risk,
May be you are in a wrong brisk,
But you have to believe in yourself
You have to stand up for yourself
Because this is not just the end.
May be you have to stand all alone
May be you will get no support
May be at your best but still at worst
May be your dreams will break and burst,
But through all difficulties,
You will have to stand
Because this is the reason we are sent
Because this is not just the end.
You have to keep faith and continue the fight.
Believe in you, what you do is right.
Be free like a bird in the sky,
You will have to keep confidence,
Because this is the reason we are sent
Because this is not just the end.



Supriya Sharma
B.Com III Year

O man stand up!



The joyful days will come,
And black days ran away,
Full of sadness,
O man! Stand up
And continue your way.

The stars of sky,
Have become fade,
The east is getting bright,
And being red.
O man! Stand up,
And continue you way.

From the lap of east,
A new light will arise,
It spreads all over the west,
And darkness closed its eyes.

The light of man will be fade,
The universe being bright,
And full of grace.
O man! Stand up,
And continue your way.

All the tears of clay,
Sun has drunk away
The next would be joyful,
And sadness change it's way.
O man! Stand up,
And continue your way.

Praveen Sahani

मेरी माँ



अपने आँचल से ढंकर जो,
मुझे अमृत-पान कराती थी,
छोटी-छोटी अंगुली पकड़,
प्रतिदिन जो मुझे चलाती थी।

जो प्रथम गुरू है मेरी और
मेरे चित्त की जो उजियारी है,
मेरे रक्त के एक-एक बूँद की,
जो सच्ची अधिकारी है,
मेरी माँ तो सबसे न्यारी है।

जीवन के कठिन पलों में वो,
उत्साह बढ़ाया करती है,
जीवन के तम को छँट-छँट,
नवजोत जलाया करती है।

सहज सरल और कर्मवती,
सम्मान की वो अधिकारी है,
वो गृह की शोभा सारी है,
मेरी माँ तो सबसे न्यारी है।

बहते पानी सी निर्मल है,
और गंगाजल सी पावन है,
भर दे खुशहाली उपवन में,
मेरी माँ तो ऐसी सावन है।

अपने छोटे से उपवन की,
करती हरदम रखवारी है,
ममता की दिव्य सवारी है,
मेरी माँ तो सबसे न्यारी है।।

-प्रवीण साहनी

हर एक क्षण, पग ये बढ़ाना है



लक्ष्य अभी तो सुदूर है,
हर एक क्षण, पग ये बढ़ाना है,
रवि के किरणों की चाह नहीं,
रजनी में कदम बढ़ाना है।

भौतिकवादी भूमण्डल की,
धूलि से स्वर्ण बनाना है,
कंट विपिन को हमें उजाड़,
पुष्पों से विपिन सजाना है।

लक्ष्य अभी तो सुदूर है,
हर एक क्षण पग ये बढ़ाना है।

पंक भरे पथ पर चलकर,
हमें पंकज सा मुस्काना है,
हैं मार्ग कंट से आच्छादित,
स्वतः सुमार्ग बनाना है।

जब विश्व ये होगा निद्रामय,
तब जगकर दीप जलाना है,
लक्ष्य अभी तो सुदूर है,
हर एक क्षण पग ये बढ़ाना है।

जब मार्ग रोक ले जगबंधन,
नहीं मुड़ के वापस आना है,
आसक्ति त्याग के इस जग से,
हमें परमसिद्धि को पाना है।

लक्ष्य अभी तो सुदूर है,
हर एक क्षण पग ये बढ़ाना है।

-प्रवीण साहनी

Importance of self defence for woman



Self defense- self defense is the use of force to protect yourself against someone who is attacking you.

Although, celebrate our Independence but still in our country women have to face many challenges in their daily lives. In a country like India women usually referred as weaker and so these are considered easier targets.

Eve teasing, acid attacks, Molestation, kidnaping and murders are the most common crime against woman in India. Most of the criminals choose their targets when woman are unaware of surroundings. They should be told about different strategies to be adopted under different circumstances.

Possible measures for woman in danger:

1. Note down the number of cab when traveling alone.
2. Learn several self defense techniques.
3. Take training for karate, kick-boxing, stick-fighting (using lathi)
4. Take training from several institutions like DARE, Defense against rape eve teasing, SMILE Foundation and blank noise work towards like self defense awareness. These organizations host workshops, road events and demonstration to increase awareness about street violence.

Quick tips and Tricks for self defense-

1. Pretend to be submissive at first and fight, back when attacked is off-guard.
2. Stay fit enough to run fast.
3. Be conscious while walking on the road to avoid grouping chain snatching from behind.
4. Keep your purse in front and work paying full attention around.
5. Try to avoid high heeled footwear when walking along in the unknown areas.
6. Say 'STOP' in a loud and aggressive voice.

There is nobody other than a woman herself who can protect themselves be using their own courage and power to fight. Every girl must have to think that education is a tool that can add and boost their inner strength to fight and prepare them for taking a step against these crimes. We have to describe that we shall not became the victim but will fight against their self respect and safety to bring their respect and values in this society also.

“Be educated and become safe.”

Raunak Pawar M.A. Ist Year
Political Science

Impact of good study habits on the educational aspirations



Both study habits and educational aspirations are closely associated with each other. Good study habit is the base for educational aspiration. Both study habits and educational aspirations are very important for a student to grow as a good citizen as well as to establish himself economically well being in the society. Study habits means way of study whether systematic, efficient or inefficient. Good study habits produces positive academic performance while bad study habits leads to academic failure. Educational aspiration are associated with higher income, prestigious career and improved well being. Educational Aspiration is a key factor in promoting and sustaining economic growth and technological development.

There is a significant impact of good study habit on educational aspiration. Good study habits leads to higher educational aspiration. Good study habits include time management, make a study time table, take notes effectively, reading textbook properly, use study groups effectively, give all subjects treatment, set a particular time and place to do projects and home assignments, to make flash cards to learn academic material easily.

There are certain factors which influences study habits. These factors include: wrong use of library, wrong study schedule, distraction due to TV., cell phones, chat rooms, text messaging, video games, improper study environment, lack of proper study material, irregular attendance in class. There are certain steps which must be taken by the teachers for development of good study habits and educational aspiration among students. These steps are as under:-

1. Under helping the students to frame proper study schedule.
2. By encouraging the students to use library books, magazines and newspaper.
3. By correlating the subjects matter and to make it interesting and significant for students.
4. By allocating specific periods for library, to make prepare notes under the guidance of a teacher.
5. By telling and explaining bad influence of all phones, TV., Radio, games, chat rooms, text messaging on study habits.
6. By explaining the significance of regular attendance in the class.
7. By helping the students with proper study material and notes.
8. By encouraging students to read textbook in the class.
9. By providing good learning environment in the class.
10. To develop observation skill among students through excursion tour.

The students with good study habits not only acquire knowledge, skill, values, beliefs, wisdom and observation skill but also set definite.

Raunak Pawar M.A. Ist Year
Political Science

The Women Empowerment-Key to Social Development



Women is the builder of the home, the first centre where children's character is built when the child's mind is still plastic. the mother influences it to grow in the right direction. Rightly has it been said, that if you educate a man, you educate an individual; education contributes to his individual growth; it becomes his 'private property', as it were. But, when you educate a women, you educate the entire family.

An educated women, who becomes a wife and mother, contributes greatly to social development :-

- She makes the home a centre of light, peace and harmony.
- She improves the quality of life at home, and also outside the home.
- She imparts values and knowledge to her children, in their early, impressionable years.
- She provides guidance and support to her children when they need most.
- An alert, aware, sensitive, educated mother is undoubtedly the best teacher any child can have.

Education is the key to the empowerment of women today. It gives them:-

Self worth.

- Self- respect.
- The power of choice.
- Decision making abilities.
- The power to change themselves and society.

As a mother, as a wife, as a finding force in the family and society, as a transmitter of value, as an upholder of culture and tradition, the women is called upon to play multiple roles and functions in every stage, every age of human civilization. It is this recognition of her onerous responsibilities the Indian tradition accords.

The women -soul has the shakti to rebuild the shattered world in the strength of her intuitions, her purity, her simplicity, her spiritual aspirations, her sympathy and silent sacrifice. It is the women, through her intuitive affinity to these values, who can transmit them for the new generation to imbibe. The woman is the symbol of shakti. The shakti is not a physical force, but the power of integration. Woman is the centre of social integration and development.

-Dr. Mandira Gupta

Associate Professor & Convenor (R.D.C.)

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Raising Legal age of Marriage for Woman



On December 16, 2021, Union Cabinet approved a proposal to raise the legal age of marriage for women from 18 to 21, based on the recommendations of a NITI Aayog's task force headed by Jaya Jaitely, former Samata Part president.

According to the bill, "a child is defined as a male or female, who has not completed 21 years of age."

The primary goal of the bill is to raise the legal marriage age for females from 18 to 21 in India. The reason given by the government behind this amendment is the enforcement of the constitutional mandate of gender equality as the legal marriage age for males and India is 21.

The constitution guarantees the prohibition of discrimination on the grounds of sex article (15).

The legal age of marriage in India is 18 years for women and 21 years for men. The minimum age of marriage has been challenged in courts by various muslim organizations in India stating that the minimum age must be left as per the sharia law (after the attainment of puberty).

This bill will replace all the existing laws, including the prohibition of child marriage act 2006, any custom usage or practice governing the parties pertaining to marriage.

The bill will help in lowering the maternal mortality rate and infant mortality rate, as well as improvement of nutrition levels and sex ratio at the birth. This bill will help in bring down the incidence of teenage pregnancies, which are not only harmful for women's overall health but also result in more miscarriages and still birth.

The National Family Health Survey-5 (NFHS-5) (2019-2021) shows that 23.3% of women aged 20-24 years were married under the age of 18 and 6.8% were pregnant between 15-19 years.

The present law of prohibition of child marriage Act (PCMA) 2006, has a big loophole as it treats underage marriage as valid but voidable. The same striking feature is in this bill of 2021 no amendment are made for child marriage in the bill.

Under the current legal regulations, child marriage is voidable at the option of the underage party to marriage with in two years of attaining maturity.

70% of early marriage takes place in deprived communities such as SC and ST women from rural areas or from low castes would rarely be able to avail of this benefit due to a lack of awareness about their rights and minimal legal or family support.

Delaying child marriage lies in ensuring access to education because the practice is a social and economic issue, skills and business training and sex education in school well help.

Awareness campaigns, especially in rural areas, are needed to make some real change, therefore the focus should be laid on stricter implementation of laws as structural changes with in the government system and society are needed along with such legislation to promote actual women empowerment.

-Sandeep Kumar
M.A. IIIrd Sem. (Pol. Sc.)

Tears : Kind of Feeling

Tears is not just drops,
its a feeling of person....

Tears is also a strange thing,
Tears come out even when we
are happy,
Tears come out even when we are sad.
Tears are not just drops of water,
they are a feeling that you are
breaking from in side.

Remember tears come when
your feeling is true,
When you want to forget
someone....,
When you would have become
stronger in the future.
We can trust on tears because
Smile come anytime for an thing
but only tears come when
your feeling is true,...

Tears are the words of
heart, when we are not able to talk.

I am that type of person
who cries at night, but
wake up with smile like
nothing happened to me....,

But, its not always the
tears that measure the
pain. Sometimes its the
smile we fake,



Letting tears flow does not mean
that you have stopped being
strong, it is a way to cope
up with tough situation and
to be you can carry on
being strong, But,
There is a sacredness in
tears, that this is not
the mark of sadness or being
alone its a mark of power,
its a mark to be shine.....

Tears are the words of heart,
When we hurt.

-Tanishka
B.A. IInd year

Education is the Most Powerful Weapon which you can use to Change the World

As Nelson Mandela says, "Education is the most powerful weapon which you can use to change the world." Education is the key to eliminating gender inequality, to reducing poverty, to creating a sustainable planet, to preventing needless deaths and illness, and to fostering peace. And in a knowledge economy, education is the new currency by which nations maintain economic competitiveness and global prosperity.

Education provides you the tools to improve the quality of life in modern society both economically and sociologically. Education is power and no one can ever deny this fact. Education has the power to change your entire life. Starting from promoting gender equality to reducing poverty, it is one gesture in which you receive information and give systematic instructions in return.

Even during the freedom struggle of India, education played a decisive role. First of all, the educated middle class understood the exploitative nature of colonial British rule. And they also demanded reforms in the education sector in India. Independent India specifically focused on mass education. In fact, the Right to Education has been made a fundamental right by the 86th Constitutional Amendment Act. The fruits of educational reforms are visible as 74 percent of India's population has become literate and many states have achieved above 90 percent literacy.

Education has the power to create employment, innovate and in return solve problems faced by humanity. Persistent problems like Poverty and Climate change have solutions in education of our population.

In fact, a recent pandemic like Covid-19 can be tackled only with the help of innovation, medical facilities. India has the greatest advantage of demographic dividend today. It is only with the help of education we can ensure that this demography turns into a dividend and not a disaster for our national progress and development.

-Kapil Dev Raj
M.A. Pol. Sc. (Ist Sem.)

How to Become Unconquerable Stoic Philosophy

**Put from you the belief that "I have been
wronged, and with it will go the feeling.
Reject your sense of injury, and the injury
Itself disappears.
-Marcus Aurellus**



Introduction

The ancient Stoics created a wealth of knowledge on how to become unconquerable. They believed that as long as humans have control over their abilities, they cannot be conquered by anything external. External factors can only have an impact on us if we allow them to. If we feel defeated by something, it's because we're defeating ourselves as a result of it. We don't need to conquer the world to become unconquerable we only need to conquer ourselves.

Emotionally Conquered

The way we value external things determines how they influence us, not the things themselves. When we place a high value on something, we risk developing a desire for it. If we then encounter what we desire, we feel elated, which is, of course, a wonderful feeling; however, if we are unable to obtain what we desire, we do not feel so wonderful.

However, if a rejection elicits a strong emotional response in us, we can say that this occurrence has conquered us. It has the ability to significantly influence our emotional state as well as our actions.

The same is true for insults. If a few minor insults result in days of resentment, the insulter has successfully conquered the insulted.

Conquered by Oppressor

There are far more severe ways in which we allow others to conquer us than petty insults or rejection. Ex blackmail. Blackmail is a dysfunctional form of manipulation in which people make demands and threaten victims in order to obtain what they want. The threat of having one's reputation ruined is a common form of blackmail. Many people are very concerned about their reputation, so they may be easily swayed by such blackmail. And if this occurs, the blackmailer has succeeded in his goal.

Another example is interrogation followed by imprisonment and even torture, which has been

practiced since antiquity. The effectiveness of these methods is determined by how attached a person is to his body and how much pain he is willing to endure.

However, we can see in the discourse of a vast collection of lectures by the 2nd -century stoic sage how they repeatedly say that 'how one's ability to choose or (moral choice) can never be taken away. If we knuckle under our tormentor's actions, we've chosen to be conquered by him. However, if we refuse to submit despite the severity of the torments, the torturer may injure our bodies but will not be able to defeat us. In every situation, no matter how dire, we have the option of maintaining control over our actions or succumbing to the circumstances.

Conclusion

To be unconquerable, we must be willing to endure any hardships. We must be prepared to disregard what others think, to lose everything we own (including necessities), to have our bodies locked away and abused, and to be separated from everyone we love. Any strong attachment we have, anything we are unwilling or unable to separate from, but also anything we cannot or will not endure, has the potential to destabilize and influence our choices of course, the ideal of the stoic sage is difficult and nearly impossible to attain. The ancient Stoics recognized this as well but encouraged us and themselves to strive for betterment.

Bound upon me, rush upon me, I will overcome you by enduring your onset. Whatever strikes against that which is firm and unconquerable merely injures itself by its own violence. Wherefore, seek some soft and yielding object to pierce with your darts.

-Seneca

**by Abhishek Kumar Nath,
M.A. English (2nd Sem)**

Women are active agents of change, Real Development is only possible with their economic development

To awaken the people, it is the women who must be awakened. Once she is on the move, the family moves, the village moves, the nation moves. - Pandit Jawaharal Nehru

Women make up half of India's population. Over the years we have seen women grow in public life-working in offices, representing in international sports, in bureaucracy, politics, international organisations and much more. However, Women still face serious dangers to their life and liberty in our country. We hear of horrific incidents of violence every day. Women still contribute a disproportionate amount of unpaid work in their homes and on farms.

They are often not given an equal say in household or work decisions. The problems plaguing the women of India are the problems plaguing our entire society. No progress in the country can endure unless it comes with the empowerment of women.

We can not make progress if half of our population remains in the same horrific state. It is not just economic development which are at stake but the basic rights and opportunities of millions of women have been subjugated due to the paternalistic and narrow mindset of few. To achieve inclusive growth and all round development of society, measures to ensure that change is positive and timely. In order to encourage women entrepreneurship, under the Pradhan Mantri Mudra Yojana, the government has provided credit to small entrepreneurs without collateral. 75% of these loans have been given to women, with 9.81 crore women entrepreneurs already benefitting from them under the scheme. Skill development is another key aspect for raising the potential of our female workforce. Half of the certificates awarded under Pradhan Mantri Kaushal Vikas Yojana have been given to women candidates.

Creating conducive environment for increasing participation of Women are the first step towards economic development, legislative actions like Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 provides a safe and a secure environment for women at the workplace. Efforts should also be made to fight the cultural stigma around women's involvement in economic activities.

Women's all round development and participation at par with men will definitely ensure inclusive and sustainable development of all sections of society. In near future it can be great tool for poverty eradication and employment generation which will take us to New India.

-Sonakshi Chaudhary
M.A. (Ist Sem) Pol. Sc.

A Literary Feast

“All human history attests
That happiness for man, - the hungry sinner! -
Since Eve ate apples, much depends on dinner.
~Lord Byron, Don Juan, Canto XIII, stanza 99”

– Lord Byron George Gordon



Reading is a kind of literary feast. Experience of finishing a good book is a sumptuous feeling. There are many essay, stories, poems, novels penned by some of the finest writers of the twentieth century which expound upon the art of eating. James Joyce's story, The Dead, Virginia Wolf's wonderful dinner in To The Lighthouse, Ernest Hemingway's A Movable Feast etc. are some examples of texts; after exploring them we find that they are rich in both, high literary quality as well as gustatory pleasures. A truly splendid meal can be a multicourse epicurean extravaganza, or it can be as elemental as peanut butter and jelly sandwich. Ingredients alone do not make a meal memorable. Much more is involved : care and fore-thought, atmosphere, company and communion, and, of course, appetite. The same is true of reading a good literature some fictional, some real. Reading of good literature would delight and tantalize, provoke and reveal as would any finely told tale. Food in literature is the sensual celebration of both the description and the described. To read about pleasure-and few can deny that eating is one of life's greatest pleasures-is not merely a vicarious thrill but a pure and direct source of joy itself. M.K.F. Fisher's description of scenes of remarkable meals in the French countryside is stunning in both culinary accomplishment and sheer abundance. John Hersey's Thanksgiving story also shares the same spine. There are mystical tales which express human hungers beyond the need for food as 'Smorgasbord' depicts the perpetual physical existential hunger suffered by teenage boys. The stories 'Short Friday' and 'Babette's Feast' are mystical tales in which a meal is a gateway to transcendence, by the magic of the artist, by humble piety and love.

Our culinary appreciation- which has elevated food from a basic element required for human survival to one of our foremost loves-has overflowed into the literary world. Gastronomy as a worthy subject has become a literary tradition. Literary feasting simultaneously nurtures our primal and our intellectual selves. By reading good stories we delight the palate of the imagination and satisfy a hearty appetite for a good literature as well as for good food.

Well-laden tables have long inspired the imagination of readers and have been featured in works of many great writers; their reading has delighted our appetites for literary food (reading for pleasure). Whether fact or fiction, whether playful or serious, the reading of literary texts for pleasure offers a delectable account of repast, great and small, extravagant and simple. Best of all, they are a joy to read, Sit down to a literary feast and share in its bounty.

-Dr. Surekha Ahlawat
Associate Professor
Dept. of English

Interrogating the Present Praxis of Women's Progress



The condition of women today seems to have traveled a tough track, especially when the question comes on how they have ensured and secured their roles in every sphere of life. Needless to say that they are day in and day out making their places and positions both in cities as well rural areas. In this respect, education has helped them a lot; it has made them independent in fact. It is the education itself which has changed the very the status of theirs; they are now indivisible part of our society as Dr. B.R. Ambedkar envisioned.

In this regard, there are many instances which may be cited from the Ancient past. In Ramayan, the role of Kaikai who fought war with Raja Dashrath or the role of Sita who went with Rama in the forest are such examples that reiterate the fact that women in the past too had the equal status with men in society. In those times, they had full access to the knowledge of the scriptures like Veda, Purana, and Upanisada. In the middle ages, their condition changed with respect to their either being at home or outside or taking care of their children or the like. In Muslim era, women felt safe at home or say they were forced to live at home to keep themselves safe. A few lines of Tennyson are worth remembering here :

Man for the field and women for the bearth
Man for the sword, for the needle she,
Man with the bead and women with the beart
Man to command and women to obey,
All else confusion.

At present, women perform many great role as friend, wife, partner, organizer, administrator, director, teacher, artist, dancer and the like. The basic role of women now seems to uplift and develop the socio-economic social strata with her involvement and engagement. Her position is presently thought to be the position of a 'liberated woman' the does not accept anything which is like the old custom or tradition or

orthodox. They rather seem to be free from the patriarchal norms and the rotten customs of the society. Today, to keep themselves unchained from several bondages, there are many women who remain unmarried their whole life and live a life of dignity and individuality. Marriage does not seem to be a parental bondage today for them to a great extent. They are able to live their lives outside home on their own account as well.

It is not doubtful that women working outside face many challenges; they suffer a lot as their journey begins from getting up early in the morning, to getting finished her household works, making their children ready for school, preparing breakfast and lunch for the whole family and performing several other household responsibilities before she is ready to leave for her own office/work.

After the whole day of her tedious schedule, she is tortured mentally, physically, psychologically and sociologically. The question arises here : It is right to go outside home to work if the responsibilities of home suffer? Is it right to allow the collapse of the innocence of children who miss their childhood on account of these steps of freedom and the assertion of individuality? Is it right to secure high positions in society after getting the women's life totally squashed?

There are many other burning questions that must be interrogated but the question of 'prosperity' of women's life in today's scenario must be thought about as to whether it is right to have equality, position, name, fame, money and the like on the cost of 'peace'.

PROTECTIVE MEASURES AGAINST CYBERCRIMES IN INDIA



INTRODUCTION:

The past couple of decades has seen dramatic rise in the usage of internet-based services. The technological progression has been a boon for the mankind but on a flipside the cyber crimes too have taken a gigantic leap. In the coming years this is not going to diminish. Simply put 'Cyber' means something related to computers and internet. Cybercrimes like hacking of accounts, identity theft, phishing, fraud, cyber stalking, financial theft, data mining and spam marketing calls, etc. are on the rise exponentially. To combat the cybercrimes, the laws are keeping pace with the dynamism of technology. In today's era we all have a right to the use of internet, more so in this period of Covid pandemic its use has become more rampant, not only for work but also for imparting education and also the e-commerce platforms. As we have a right so we have access to remedies also. There is a constant vigil to curb and mitigate the loss created by any sort of cybercrime. Cyber law covers laws pertaining to cyber-crimes, data protection and privacy, intellectual property, electronic and digital signatures. Cyber-crimes are committed in the cyber space, the cyber space is inclusive of computers, software, hard-disks, internet, websites, emails, social networking sites, cell phones, ATM machines, etc. As information is power so it becomes essential to know that in case of a cybercrime what are the laws for helping out the victims.

CYBERSECURITY LEGISLATIONS:

1. Information Technology Act, 2000 2. Indian Penal Code, 1860 3. The Companies Act, 2013

Information Technology Act, 2000 (ITA) - The ITA lays down the punishments and penalties for protection of e-governance, e-banking, and e-commerce. Section 66C of ITA is about the identity thefts, digital signatures, hacking passwords, or other identification options.

Indian Penal Code, 1860 (IPC) - The appropriate provisions which cover cyber frauds are Forgery (Section 464), Forgery for cheating (Section 468), False documentation (Section 470), Presenting a forged document as genuine (Section 471) and Reputation damage (Section 469).

Companies Act of 2013 - This Act requires techno-legal compliances. The Companies (Management and Administration) Rules, 2014 prescribes strict guidelines confirming the cybersecurity obligations and responsibilities upon the company directors and leaders. The Companies Act 2013 conferred powers in the hands of Serious Frauds Investigation Office (SFIO) to prosecute Indian companies and

their directors. SFIO has become quite proactive in this regard. The legislature ensured that all the regulatory compliances are well-covered, including cyber forensics, e-discovery, and cybersecurity diligence.

COMBATING CYBER THREATS: The Union home ministry has trained police officials to combat some of these problems along with improving awareness of safe cyber practices. The ministry has shared that “India was ranked among the top 10 countries out of 193 countries in the Global Cybersecurity Index (GCI) 2020 launched by the International Telecommunication Union (ITU) for the year 2020. India jumped from the 37th position in 2018 to 10th position in 2020”. India is developing as a global IT superpower, highlighting its digital independence to protect online rights of citizens and data privacy. USA secured the first rank in the index, followed by the UK and Saudi Arabia who secured the second rank, followed by Estonia at the third rank. In the Asia Pacific region, India secured the fourth place, highlighting its dedication to cybersecurity. GCI evaluation is conducted on the basis of performance on five parameters of cybersecurity, which are legal measures, technical measures, organizational measures, capacity development, and cooperation.

INTERNET SAFETY TIPS:

Leading anti-virus software developers like Norton and Kaspersky continuously upgrade their software so that the internet devices remain safe and secure against the attack of hackers lurking in the shadows of internet anonymity. They also warn against some internet usage practices and also give safety tips so as to remain safer online. Since kids and teenagers are more vulnerable, they need to be adequately informed and educated about the dangers of unsafe internet usage. Some of the safety tips are:

- ❖ Keep Personal Information Limited. Do not share personal relationship status or your home address to strangers. You wouldn't hand purely personal information out to strangers individually so don't hand it out to millions of people online.
- ❖ Keep the Privacy Settings On. Take charge of your information, both web browsers and mobile operating systems have settings available to protect your privacy online. Make sure you have enabled these privacy safeguards, and keep them enabled.
- ❖ Practice Safe Browsing. Do not access dangerous neighborhoods online. Cybercriminals use striking content as bait. They know people are sometimes tempted by dubious content and may let their guard down when searching for it. The Internet's demi-monde is filled with pitfalls, where one careless click could expose personal data or infect your device with malware. Resist the urge and don't give the hackers a chance.
- ❖ Make Sure the Internet Connection is Secure. When using internet in a public place, for example a public Wi-Fi connection, this is a vulnerable point. Make sure the device is secure, and when in doubt, wait until you can connect to a secure Wi-Fi network.
- ❖ Be Careful About Downloading any content. A top aim of cybercriminals is to trick you into downloading malware. The malware can be disguised as an app like a popular game or something that checks traffic or the weather. So, don't download apps that look suspicious or

come from a site you don't trust.

- ❖ Choose Strong Passwords. Passwords are one of the biggest weak spots in the whole Internet security realm. The problem with passwords is that people tend to choose easy ones to remember which are also easy for cyber criminals to guess. Select strong passwords that are harder for cybercriminals to demystify. A strong password is one that is unique and complex and use a mix of letters, numbers and special characters.
- ❖ Make Online Purchases from Secure Sites. Identify secure sites by looking for an address that starts with https: rather than simply http: They may also be marked by a lock icon next to the address bar.
- ❖ Be Careful Who You Meet Online. People you meet online are not always who they claim to be. Indeed, they may not even be real. Fake social media profiles are a popular way for hackers to target imprudent Web users. Be as cautious and sensible in your online social life.
- ❖ Keep Antivirus Programs Up to Date. Be sure to stay updated with your operating system's updates and also updates to applications in usage.

USEFUL INFORMATION:

- ❖ National Cyber Crime Reporting Portal - <https://cybercrime.gov.in/>
- ❖ Cyber financial fraud helpline no.1930

CONCLUSION: In today's tech-savvy world, it has become a compulsion to use the cyber space. Prudence requires that all have to be vigilant and identify and then ward off the threat. If there are Black hats, who are hackers who intrude on computer security for their own profit or even malice, there are White hats too who are ethical hackers. Simply put, always keep the Internet safety rules in mind and many nasty surprises that lurk online can be avoided completely. Happy safe browsing to all.

Dr. Sunayana Trisal