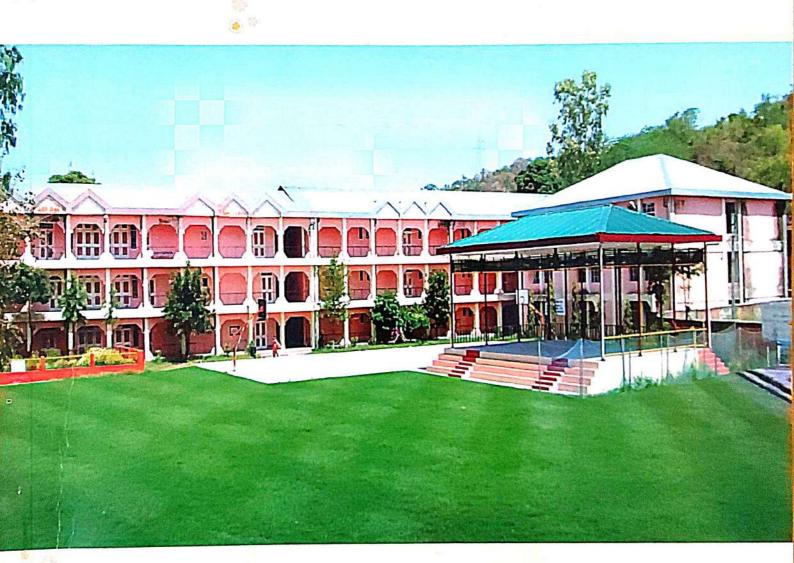


AMBIKA (2016-2017)



MAHARANA PRATAP GOVT. COLLEGE, AMB

TEH.AMB, DISTT. UNA (H.P.) - 177 203



Dear Students

I feel privileged in presenting you the new edition of our college magazine AMBIKA. As we took a quantum jump from grade "C" to grade "B" with CGPA 2.4, I congratulate the entire college community for this achievement.

I also congratulate the Editorial Board for bringing out this issue of magazine in time. As a common platform for compiling all activities and achievements of college during the session and giving an expression to creativity of students, I am sure that this magazine will contain fond memories of college life.

My good wishes are always with you.

ALKA SHARMA



Hon'ble Chief Minister, Sh. Virbhadra Singh Ji being welcomed & garlanded by the students of the college



Director of Higher Education Sh. Dinkar Burathoki honouring the Chief Guest.



Hon'ble C.M. inaugurating the newly constructed staff quarters of College Colony

NAACVISIT 29TH AUGUST - 31ST AUGUST , 2016



NAAC Team being introduced to the faculty members by Principal, Smt. Alka Sharma



Smt. Alka Sharma, Principal of the college giving her presentation before the NAAC peer team

INSPECTION OF VARIOUS DEPARTMENTS BY NAACTEAM



NAAC members interacting with N.S.S. Programme Officer, Dr. Sunil Kumar Sharma



N.C.C. Students welcoming the NAAC team, in the N.C.C. Room



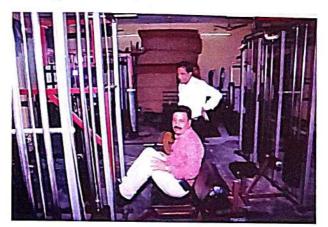
NAAC Team In Chemistry Laboratory



Miss Poonam Sharma, Asst Professor Zoology taking the blood pressure of Dr. Subbarao.



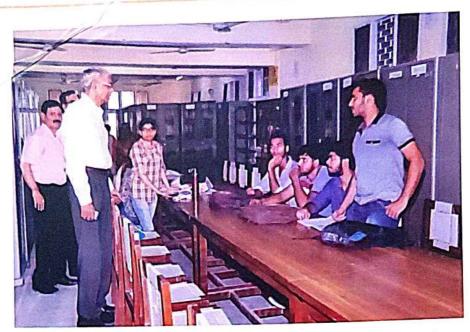
Inspection of Physics Laboratory by NAAC Team



Dr. Sunil Dutt Sharma Showing to the NAAC members, the facilities provided to students in the college gymnasium



Inspection of Computer Laboratory by NAAC Peer Team



Dr. Subbarao enquiring about the Library facilities from the students



Interaction of NAAC Team with students of the college



NAAC Team interacting with members of PTA & O.S.A.



NAAC Team with participants of Cultural items



A visit to the staff - quarters by NAAC Peer Team



NAAC Peer Team Handing Over the accreditation report to Principal Smt. Alka Sharma.

N.C.C.ACTIVITIES



Distribution of "CEE" and "BEE" Certificates by Principal, Smt. Alka Sharma on 27th July, 2016



NCC Cadets of College Attending Camp at Pekhubela, Una



Lt (Dr.) Monika Khanna ANO (IHP) Girls Bn Solan

Toppers (2016-2017)



Vasundra Sood Stood 3rd in H.P.U. Merit List in BBA



H.P.U. Merit List in BBA



Priyanka Jaswal Stood 5th in Vinay Kumar Sharma Stood 6th in H.P.U. Merit List in BBA



Principal, Smt Alka Sharma administering the oath of office to C.S.C.A. President Ms. Sunita Kumari, Student of M.A. Eng 1st Sem



CSCA Office bearers with the Principal

YAAD KARO KURBANI CELEBRATION (9TH AUG- 23RD AUG 2016)



N.C.C. Students with Principal, Smt. Alka Sharma for tree plantation



Celebration of Independence Day



Tiranga March on 22nd August, 2016



A View of students during National Anthem on 23rd August, 2016

N.S.S. ACTIVITIES



Tree plantation at Baba Barbhag Singh on 19th August, 2016



"Awareness on Voting" by N.S.S.Volunteers



Workshop on Social Surfing



N.S.S.Volunteers with Dr. Raman Sharma, Head of Physics Department on 1st Day of N.S.S. Seven Day Special Camp



N.S.S. volunteers cleaning the campus of Devi Mandir Amb.



N.S.S. volunteers on a cleanliness campaign to the slums



NSS Programme officer, Dr. Sunil Sharma Demonstrating the technique of washing hands to the slum dwellers



Rally on Clean India Green India by NSS Volunteers



NSS Volunteers Making the Localites aware about "Cashless Transaction"



Principal, Smt. Alka sharma honouring the speaker on the closing ceremony of NSS Seven Days special Camp

FUNCTION OF RED RIBBON CLUB



Participants of Slogan Writing & Poster Making Competition in a group photograph with the Principal



Jyoti Dhiman, student of B.Sc - VI Sem Exhibiting her poster before the judges for the contest.

ACTIVITIES OF ECO CLUB



Principal, Smt. Alka Sharma delivering an awareness lecture on "Thalassemia" to the Students.



Quiz competition on "Environment"

FUNCTION OF LEGAL CELL



Smt. Alka Sharma, Principal of the college presenting a bouquet to the Chief Guest, Sh. Vikas Labroo , D.C. Una



Additional Advocate General Sh. Anup Rattan Speaking on Drug Abuse.



Audience Listening attentively to the speaker in workshop on "Drug Abuse & Laws pertaining to Drugs"

ANNUAL ATHLETIC MEET - 10TH MARCH, 2017



A memento being presented to Chief Guest Smt. Alka Sharma by Dr. Sunil Dutt Sharma.



Principal and other staff members watching various activities on Annual Athletic Meet.



Parade by NCC students on Annual Athletic Meet



Students participating in 1500m. race



Girls participating in 100 m race



Long Jump in Action



High Jump in Action



Principal, Smt. Alka Sharma with Prize Winners of 1500 m race.



Prize Winners on Podium

ANNUAL REPORT 2016-17

Respected Chief Guest Sh. Kuldeep Kumar ji, Hon'ble MLA Chintpurni constituency and Chairman of State Finance Commission Govt. of Himachal Pradesh, it is my proud privilege to welcome you in holy premises of this institute, on behalf of entire community of this college, on this occasion of Annual Prize Distribution Function .

Sir, I am thankful to you for sparing a day for this college, out of your busy schedule to be with us, on this occasion and give away prizes to students for their meritorious achievements in curricular and extracurricular activities.

I also welcome office bearers of Parent -Teacher Association (PTA), Old Student Association (OSA), esteemed guests, parents, correspondents of print and electronic media, members of staff, prize winners and students.

ABOUT THE COLLEGE

This college was started in August 1970 as National College and was taken over by H.P. Govt. on 18th June, 1997 with 900 students and was renamed as Maharana Pratap Govt. College AMB .Today after 20 years, our college has 2035 students with 692 boys and 1343 girls. The institute offers under graduate courses in Arts, Science and Commerce and Post Graduate course in English. We have BCA, BBA and PGDCA under Self-Finance scheme. In addition, we have two UGC Sponsored Add-On Certificate and Diploma courses in Computer Hardware and Maintenance & Insurance and Risk Management.

This session was full of achievements for college, staff as well as students. We started the session 2016-17 with celebration of Dr. A mbedkar Jayanti, when we were honoured by gracious presence of Hon'ble Chief Minister Sh. Virbhadra Singh Ji, Sh. Mukesh Agnihotri Ji, Hon'ble Industry Minister and your good self in our college. On this occasion four staff quarters were also inaugurated by Hon'ble Chief Minister and a hostel for girls was also announced.

Our college had undergone inspection by NAAC team from 29th - 31st August, 2016. Our academic work, financial records, infrastructure, facilities to students, research work, co-curricular activities and especially discipline among students were highly appreciated by NA A C team. I am feeling proud to announce that we took a quantum jump from grade "C" to grade "B" with CGPA 2.4. The credit for this goes to my worthy staff members and the students.

STAFF

During the session 2016-2017, the college has witnessed following Arrivals and Departures

ARRIVALS:

- 1. Dr. Sophia Prabhakar, Associate Professor of English.
- 2. Mr. Sat Dev, Associate Professor of Physics.
- 3. Mr. Amit Sharma, Assistant Professor of Physics.
- 4. Dr. Nitin Sharma, Assistant Professor of Botany.
- 5. Mrs. Anita Sharma, Librarian.
- 6. Miss Shilpa Kochar, Assistant Professor of English.
- 7. Dr. Preeti Saluja, Assistant Professor of Chemistry.

DEPARTURES:

- 1. Mrs. Parveen Bala, Associate Professor of Hindi on promotion as Principal.
- 2. Mr. Ajay Kahol, Associate Professor of English.
- 3. Dr. V. K. Dutta, Associate Professor of Physics on promotion as Principal.
- 4. Mr. Pawan Heera, Assistant Professor of Physics.
- 5. Mrs. Rekha Sharma, Assistant Professor of Physics.
- 6. Dr. Nidhi Sharma, Assistant Professor of Botany.
- 7. Sh. Vinod Sharma, S.L.A.

TEACHING FACULTY:

Out of 25 posts of Assistant Professors, seven (07) posts are lying vacant.

Sr. No.	Subject	No. of sanctioned posts	Vacant	Remarks, if any
1	Chemistry	3	Vaccane	Kemarks, ir any
2	Physics	4	1	
3	Zoology	1	1	Creation of 1 post required
4	Botany	1	-:	Creation of 1 post required
5	English	5	1	Greation of 1 post required
6	Hindi	1	1	
7	Commerce	2	-	
8	Pol. Science	1	1	Creation of 1 post required
9	History	1	1	Creation of 1 post required
10	Music	1	1	or carron or 1 poor required
11	Economics	1		
12	Maths	3	-	
13	Sanskrit	1	7023	

TOTAL NO. OF NON-TEACHING POSTS:

Sr. No.	Subject	Sanctioned Post	Regular	Vacant
1	Superintendent G-II	1	1	2
2	Senior Assistant	1	1	-
3	Clerk	3	2	1
4	Librarian	1	1	-
5	Asstt. Librarian	1	-	1
6	S.L.A.	2	-	2
7	J.L.A.	3	2	1
8	Tabla Vadak	1	-	1
9	L.A.	3	2	1
10	Library Bearer/Attendant	1	-	1
11	Sweeper	1	1	*
12	C-IV	4	2	2
	Total	22	12	10

STUDENT STRENGTH:

Total strength of students in the college in the current academic session is 2035. Out of this, 1343 is the strength of girls and 692 is the strength of boys.

							T	0	вс	Т	otal	G. Total
		_	en.	_	F F	M	F	M	F	M	F	
S.No.	Class Name	M	F	M		5	12	14	86	44	206	250
1	BA Sem 2	15	57	10	51	3	12					
_	BCom Sem	13	15	11	9	1	3	11	17	36	44	80
2	2		77	13	33	2	4	31	45	102	159	261
3	BSc Sem 2	56	11	13	33							
4	BCom Sem 4	20	39	9	3		2	11	11	40	55	95
5	BSc Sem 4	49	70	19	32	1	3	25	49	94	154	248
	BA Sem 4	16	66	9	39	1	5	17	74	43	184	227
6		14	58	13	46	4	9	8	60	39	173	212
7	BA Sem 6	32	73	15	24	1	10	20	39	68	146	214
8	BSc Sem 6	32	/3	13	21							
9	BCom Sem 6	15	18	9	7	1	4	13	20	38	49	87
7	Total	230	473	108	244	16	52	150	401	504	1170	1674
	MA IInd	250	173	100							-	
10	Sem	1	5	1	5	0	0	1	4	3	14	17
10	MA IVth		4		,				200		2000	
11	Sem	2	15	1	7	0	0	0	7	3	29	32
	Total	3	20	2	12	0	0	1_	11	6	43	49
	G.Total	233	493	110	256	16	52	151	412	510	1213	1723
12	BBA Ist Sem	11	7	5	3	0 .	0	3	4	19	14	33
12	BBA 3rd											
13	Sem	25	7	4	7	0	0	7	6	36	23	59
	BBA 5th											
14	Sem	16	7	4	7	1	0	5	6	9	13	22
15	BCA Ist Sem	23	14	2	_ 1	11	2	10	6	36	20	56
	BCA 3rd		1.2	_	227							
16	Sem	22	10	6	4	2	0	6	4	36	18	54
	BCA 5th		10	2								
17	Sem	14	10	2	6	0	0	4	6	26	20	46
	PGDCA Ist	,	8	4	2	0	_		_	0.0		200
18	Sem	4	-			0	0	1	3	20	22	42
	Total	115	63	27	30	4	2	36	35	182	130	312
	G.Total	348	556	137	286	20	54	187	447	692	1343	203

COLLEGE STUDENTS CENTRAL ASSOCIATION (CSCA):

As per the revised guidelines issued by the H.P. University, regarding the constitution of CSCA in the college; meritorious students were nominated to the posts of office bearers. The CSCA office bearers and various other nominated members representing NSS, NCC, cultural and sports, were administered the oath of office by the Principal of the college, Smt. Alka Sharma on 8th September, 2016.

Sr. No.	Name	Post	Class	Roll No.
1	Ms. Sunita	President	MA 1st Sem	3212
2	Ms. Priyanka Thakur	Vice President	BSc Vth Sem	202
3	Ms. Anjana Kumari	General Secretary	BA Vth Sem	2208
4	Ms. Salma Begum	Joint Secretary	B.Com 1stSem.	038

SCHOLARSHIPS:

Scholarships are awarded to meritorious, needy and deserving students every year. Various types of scholarships have been awarded in the academic session.

Sr. No.	Type of Scholarship	No. of Students
1	IRDP Scholarship	71 @ Rs. 1200/-
2	OBC Scholarship	125 @ Rs. 5000/-
3	SC Scholarship	139 @ Rs. 5000/-
4	ST/Minority Scholarship	11 @ Rs. 5000/-
5	Dr. Ambedkar Scholarship	2 @ Rs. 5000/-
6	Kalpana Chawla Chaatravriti Yojna	32 @ Rs. 15000/-

PTA body also provides financial help to deserving and meritorious candidates. During the current academic session "half fee concession" was given to two students and "full fee concession" was provided to one student from PTA fund.

ACADEMIC ACHIEVEMENTS:

I would like to congratulate the members of faculty, who work diligently to bring good results. It is due to their motivation and persistent support, that the students of the

college add new laurels to the college, every year. This year also, the students have maintained their previous tradition of bringing proud moments for the college.

It is pertinent to mention here that Vasundra Sood, a student of BBA final year stood 3rd, Priyanka Jaswal stood 5th and Vinay Kumar Sharma stood 6th in the Merit List of HP University Examination held in March, 2016. The results of BBA-IInd, BCA-IInd semester were cent percent and the results of BA, BSc & B.Com Vth semester students are praiseworthy.

NATIONAL CADET CORPS (NCC):

NCC aims to develop good qualities such as selfless service, courage, hard work, sportsman spirit & adventure among youth and it also moulds them into useful citizens. Two units of NCC comprising of 29 (Twenty Nine) boys and 56 (Fifty Six) girls are functioning in the college, under guidance of Assistant Professor Mr. Satinder Kumar Sharma and ANO LT. Monika Khanna. Following are the achievements of NCC during the current academic session:

- 10 NCC cadets of the college passed "CEE" certificate examination and 19 NCC cadets of the college passed "BEE" certificate examination.
- A poster making competition was organized by NCC unit on the occasion of Independence Day.
- 3. Three NCC cadets of 6 HP (1) COY NCC Una successfully participated in three days training on "Community Based Disaster Preparedness Programme" organized by District Disaster Management Authority (DDMA) in collaboration with United Nation Development Programme (UNDP) at SDM office Amb from 26th September, 2016 to 29th September, 2016.
- 4. Cadet Amit Sharma attended Pre Para Basic Selection Camp held at Ropar.
- Under officer Rajat Kumar was selected as the Best Cadet of CATC-191 Camp, held at JNV Pekhubela.
- NCC week was celebrated from 23rd November to 30th November, 2016.
- A lecture on "Cashless Economy" was organized on 27th December, 2016 in which PNB officials, explained in detail about Cashless Transaction to students.

NATIONAL SERVICE SCHEME (NSS)

To inculcate the feelings of selfless service and dignity of labour amongst students, two NSS units are successfully functioning in the college, under the guidance of Dr. Sunil Kumar Sharma and Mrs. Suruchi Sharma. NSS units of the college organised various activities in the session 2016-2017. On 1st August, 2016 "Beti Bachao Beti Parhao" campaign was organised. A signature chart was put up, on which more than 500 students put their signatures favouring the campaign. A workshop on "Cyber Crime" was held on the same day. From 9th August to 23rd August, 2016 "Yaad Karo Kurbani" celebrations were organised in the college to commemorate the sacrifices of freedom fighters. On 12th August, 2016 International Youth Day was celebrated, in which Poster Making and Slogan Writing competitions were held.

Van Mahotsav was organised by NSS volunteers on 19th August, 2016 in collaboration with Forest Department. 580 saplings were planted near Gurudwara Baba Bharbhag Singh and 100 saplings were planted near the college premises. On 20th August, 2016 "Sadbhavna Diwas" was celebrated and students also took a pledge to live in harmony. Tiranga March was organised on 22nd August, 2016, in which 1500 students of the college participated.

A seven day NSS camp for the session 2016-2017 was organised in the college premises from 23rd to 29th December, 2016. 100 volunteers attended the camp. Dr. Raman Sharma, Head of Physics Department, inaugurated the camp. In the NSS camp, NSS volunteers cleared the wild bushes and filled the pot holes near the college premises and at village Kotla Kherla also. NSS volunteers took out a number of rallies on "Cashless Economy", "Clean India Green India", "Beti Bachao Beti Parhao". The volunteers were also addressed by eminent scholars/experts on various issues. Dr. R. K. Sandal, Associate Professor, Govt. College Daulatpur Chowk delivered a lecture on "Cashless Economy". The students also went for "door to door" campaign and made the general public aware about the benefits of cashless transaction. Sh. Amit Sharma Dy. SP Haroli spoke on "Cyber Crime". Sh. Ramesh Chaudhary made the students aware about RTI Act, 2005. Dr. Navneet Joshi, Medical officer, Amb delivered a lecture on HIV/Aids. Dr. Sunil Sharma Programme Officer delivered a lecture on "Tips for Clearing Entrance Examinations".

Smt. A lka Sharma, Principal of the college was the Chief Guest on the closing ceremony of the NSS seven day special camp. A detailed report of the work done by NSS volunteers during the camp was presented to the Chief Guest by Mrs. Suruchi Sharma, NSS programme officer. The volunteers also gave cultural presentation. The Chief Guest honoured the scholars, who delivered lectures on various topics. The Chief Guest applauded the work of NSS volunteers. She inspired and motivated them to work for humanity at large. The function and the camp came to an end with the National Anthem.

SPORTS ACTIVITIES:

Various facilities are provided to the students to participate in different games which are organised by the Himachal Pradesh University Shimla.

During the session 2016-2017, our college students participated in the following games/sports:

- Cross Country
- 2. Boxing
- 3. Foot Ball
- 4. Volley Ball
- 5. Basket Ball
- 6. Cricket
- Table Tennis
- 8. Judo (M&W)
- 9. Kabaddi (M)
- 10. Wrestling

Thirty days special coaching camp for college cricket team and twenty days special coaching camp for the college Basket Ball team were organised under the guidance of qualified coaches.

During this session our college hosted the HP University InterCollege Cricket Championship, in which teams of Govt. College Hamirpur, G. C. Nadaun, G. C. Sujanpur

Tihra and G. C. Amb took part. Our college won 3 matches of HP University Inter College Cricket Championship against G. C Nadaun, G. C. Sujanpur and G. C. Paonta Sahib.

Mr. Sartaj Rana, student of M. A. English 1st semester won Silver Medal in HP University Inter College Boxing Championship, held at G. C. Saraswati Nagar.

Mr. Sankalp Dhiman, student of BSc. 4th semester won Bronze medal in HP University Inter College Boxing Championship held at G.C. Saraswati Nagar.

Mr. Amit Thakur, student of BSc. 4th semester won Silver Medal in HP University Inter College wrestling Championship held at G.C. Baijnath.

Mr. Ashok Kumar, student of BA 6th semester won Bronze Medal in HP University Inter College Judo Championship held at G.C. Indora.

Annual Athletic Meet for the session 2016-2017 was conducted on 10th March, 2017 at sports ground of Sr. Sec. School Amb. Smt. Alka Sharma, Principal of the college was the Chief Guest. Mr. A shwani Kumar, student of B.Com 6 th semester and Ms. Vandana Kumari, student of BA 6th semester were declared "Best Athletes" among boys and girls respectively.

CULTURAL ACTIVITIES:

The college provides a conducive and encouraging environment to the students, who are mentored to participate in intra and inter college activities/competitions. Some of the co-curricular activities are as follows:

- Our college organized poster making and slogan writing competitions on the theme of "Importance of Casting Votes" on 31st December, 2016.
- 2. Inter Faculty Cultural Competition was organized on 7th March, 2017, wherein students participated in solo dance, group song, group dance competitions.
- Poster making, slogan writing competitions were organized on "Awareness About Aids" by Red Ribbon Club on 8th March, 2017. Prizes were given to the winners by Smt. Alka Sharma, Principal of the college.

ECO CLUB:

Eco Club in the college is functioning under the able guidance of Dr. Nitin Sharma, Head of Botany Department.

Our college was chosen for Thalassemia Project by Director Health Services and Dr. Umesh Bharti, Project Officer visited the college with his team. They tested blood of 166 students and 8 Professors for Thalassemia.

Poster Making on "Environmental Protection", Cartoon Making on "Cleanliness" and Quiz Competition on "Environment" were organised on 20^{th} March, 2017.

FACULTY ACHIEVEMENTS:

Our faculty strives hard to stay updated by attending various seminars/workshops. Despite their busy schedule, faculty members have managed to publish papers in reputed journals and a few have been successful in publishing books.

- Dr. Raman Sharma attended 5 days programme on "Capacity Building" from 29th March to 1st April 2016 at HIPA, Shimla. He also presented a paper on "Issues and Challenges in Higher Education" in the one day National Conference organized by Directorate of RUSA in the month of November.
- Mr. Sat Dev published a book of Mechanics for BSc. 1st semester students of H P
 University. He also published a book of "Condensed Matter" for BSc. 5th and BSc.
 6th semester students of Punjab University.
- 3. Dr. Seema Sharma attended 7 days training programme at SCERT, Solan.
- Mrs. Kavita Kaushal attended orientation programme from 15th December, 2016 to 11 th January, 2017 in Guru Nanak Dev University, Amritsar.
- Mrs Suruchi Sharma published a research paper titled "Dilemma of Belongingness in Chitra Diwakaruni Banerjee's Queen of Dreams" in the International Journal of English language literature and humanities volume V issue I 2017. ISSN-2321-7065.
- 6. Mr. Satinder Kumar Sharma submitted his Ph.D. Thesis in the Department of Mathematics. He published a paper "Axi-Symmetric Problem in

- Thermoporoelastic Medium" in American journal of Engineering Research Volume V issue 4 PP 1-14. He also published "Deformation due to Thermo Mechanical Source in the Thermoporoelastic medium", a research paper in the Afro Asian Journal 2016, volume 3 issue I pp.263-283.
- 7. Dr. Monika Khanna was awarded with the degree of Doctor of Philosophy by Singhania University. She successfully completed NCC Pre-commission course serial no. SW-97 from NCC officers training Academy Gwalior. She was awarded with grade "A" and commandant's certificate for displaying Exceptional talent in the camp. She also participated in National Conference on "Advances in Mathematical Sciences" (NCAMS-2016) at Govt. College Hamirpur and presented a paper entitled "Limitations to the Growth Rate of Perturbation in Rotatory Convection in Couple Stress Fluid in the Presence of Magnetic Field".
- 8. Dr. Sunil Kumar Sharma has published a research paper on "Generalized Composition Operators and Evaluated Kernel on Weighted Hardy Space". He has also presented a paper on "Adjoint of Generalized Weighted Composition Operators using evaluation Kernel on Weighted Hardy Space" at Punjab University Chandigarh. He is an author of nine books.

CAREER GUIDANCE & PLACEMENT CELL:

The Career Guidance and Placement Cell of the college is a dynamic body functioning to provide whole some development to the students. The cell works under the guidance of Mrs. Suruchi Sharma and Mr. Amit Sharma.

The Principal and the faculty extend their whole hearted support to the functioning of the cell.

Various seminars/lectures and workshops on career related issues have been organised during the session 2016-2017.

 On 10th December, 2016 a lecture on "Time Management and Career Guidance" was delivered by S.D.M. Amb, Sh. Sunil Verma.

- A lecture on "Motivation and Career in Govt. Sector" was delivered on 17th
 December, 2016 to the students of BBA and BCA classes by expert Mr. Manbir Singh.
- From 8th March to 10th March, 2017 "Entrepreneurship Awareness" camp was organized for BBA, BCA, PGDCA students by Himachal Consultancy Organization. Lectures on following topics were delivered during the camp:
 - On 8th March lecture was delivered on Marketing Management by Asst. Professor Vijainder Singh.
 - 2. A lecture on Communication and Personality Development was delivered by Asst. Professor Miss Anita Kumari.
 - 3. On 9th March, a lecture on "Banking Awareness" was delivered by Mr. Vishal Kumar, Branch Manager Canara Bank, Amb.
- 4. Mr. Neeraj Sharma delivered a lecture on "Latest Changes in the Goods and Service Tax" on 18th March, 2017 to the students of B. Com and B.B.A. classes.
- 5. Mr. Jonty Jindal, an eminent scholar and mathematician, delivered a lecture on "Tips for Clearing Entrance Examinations" to the students of B.Sc., BBA and BCA classes on 20th March, 2017.

SELF- FINANCING COURSES:

Looking at the changing scenario, where computer education has become the need of the day, college started BCA, BBA and PGDCA classes in the session 2010 with an intake of 60 students in each course. These professional courses have opened new avenues for students in public as well as private sectors also. Insurance and Risk Management & Computer Hardware and Maintenance were also introduced as courses in the session 2013-2014.

Sr. No.	Name	Designation	Department/Add-on-Course
1	Dr. Raman Sharma	Co-ordinator	PGDCA & BCA
2	Dr. S. D. Sharma	Co-ordinator	BBA
3	Mrs. Kavita Kaushal	Co-ordinator	Insurance and Risk Management
4	Mr. Sat Dev	Co-ordinator	Computer Hardware & Maintenance

PARENT -TEACHER ASSOCIATION:

Parent-Teacher Association was constituted on 11th September, 2016 under the chairmanship of Smt. Alka Sharma, Principal of the college, the following members were nominated as office bearers:

Sr. No.	Name	Post	Sr. No.	Name	Post
1	Sh. Anil Sharma	President	2	Dr. Raman Sharma	Sr. Vice President
3	Mr. Satpal	Vice President	4	Dr. Sunil Dutt Sharma	General Secretary
5	Sh. Parvinder Kumar	Joint Secretary	6	Sh. Neeraj Kumar	Cashier

HIGHER EDUCATION INSTITUTE SOCIETY (HEIS):

Higher Education Institute Society (HEIS) of this college was constituted in the academic session 2013. HEIS is a registered body with registration certificate no. 19 dated 31st May, 2013 under the society Act, 2006 (25 of 2006). Following are the office bearers:

	the second second from the	Ex-officio Members	
Sr. No.	a a g We geyanta ba W	Name & Designation	Address
1	Chairperson	Principal, Mrs. Alka Sharma	G. C. Amb
2	Member	Vice Principal/Senior most Associate Professor and Coordinator PGDCA of the college Dr. Raman Sharma	G. C. Amb
3	Member	Head of the Department Science & Commerce Dr. Raman Sharma & Mrs. Kavita Kaushal	G. C. Amb
4	Member	PTA Head Sh. Anil Sharma	G. C. Amb
5	Member	OSA Head Sh. Vikas Kashyap	G. C. Amb
6	Member Sec. & Coordinator, BBA	Dr. S. D. Sharma	G. C. Amb
7	Coordinator Add-on-Courses	Mr. Sat Dev	G. C. Amb
8	Coordinator BCA &PGDCA	Dr. Raman Sharma	G. C. Amb
9	Member	Mr. M. R. Banyal, Office Supdt.	G. C. Amb

		Nominated Member	
10	Member	Sh. B. L. Vinta, Director or Director's nominee, Principal Govt. College Una	Directorate of Higher Education, Himachal Pradesh Shimla-1, Govt. College Una
11	Member	One Eminent Educationist Prof. P. C. Sharma, Retd. Principal	VPO Malahat Pirnigaha Road Una, Distt. Una (HP)
		Co-opted Member	
12	Member	Sh. Sunil Verma	S. D. M. Amb Distt. Una (HP)
13	Member	Mrs. Sulochna Rana	Pradhan, Gram Panchayat Amb, Distt. Una (HP)
14	Member	Sh. Rajesh Gautam	Chairman, Gurukul Education Society, Pukka Paroh, Amb Una

COLLEGE MAGAZINE:

College Magazine plays an important role to bring forth the creative talents of the students. Students are encouraged to give an expression to their thoughts and ideas. The magazine is made available to the students before the starting of the new academic session. Dr. Sophia Prabhakar is the Chief Editor of the magazine.

Sr. No.	Section	Staff Editor	Student Editor
1	Hindi	Dr. Seema Sharma	Anjana Kumari, BA 6 th semester, 2208
2	Sanskrit	Dr. Seema Sharma	Shivani, BA 6th semester, 2605
3	Science	Dr. Krishna Sharma	Sony Devi, BSc 6 th semester, 117
4	Planning Forum & Management	Mr. Anay Kumar	Shilpa Thakur, BA 6 th semester, 2511
5	English	Mrs. Suruchi Sharma	Ranju Bala, BA 6 th semester, 2548
6	Computer & IT	Mr. Amit Sharma	Rajat Vashisht, BSc. 4 th semester, 16PH034

LEGAL AID CLINIC:

A Legal Aid Clinic is set up in the college in collaboration with the Sub Divisional Legal Services Authorities, Amb. It was formally inaugurated by the Chairperson of Legal Authority, Smt. Sapna Pandey, Civil Judge-cum- ACJM, Amb on 12th March, 2016 with the objective to provide legal aid to the weaker sections of society. A workshop on "Drug Abuse and Laws Pertaining to Drugs" was held on 25th February, 2017. Additional Advocate General Sh. Anup Rattan graced the occasion. D. C. Una, Sh. Vikas Labroo was the Chief Guest for the function.

DEVELOPMENT ACTIVITIES:

Following development activities were undertaken in the college in the current academic session:

- 1. Four staff quarters for teaching staff have been inaugurated and allotted.
- 2. 29 CCTV cameras have been installed.
- 3. The college has started free Wi-Fi facility to students.
- 4. Out of UGC development grant we have purchased
 - A) New photocopier Machine.
 - B) 6 computers with printers.
 - C) New public address system.
 - D) Equipments in Physics lab.
- 5. Repair and whitewash of college building has been completed.
- 6. Proposal for hostel along with land record has been submitted to Principal Secretary, Higher Education.
- Proposal for multipurpose hall, Pucca path from gate to Science block has been submitted to Directorate of Higher Education for Rusa grant.
- 8. The college website launched in 2012 has been updated with latest status of the institute.

CENTRAL LIBRARY:

The main library of the college is quite spacious, having separate seating arrangements for faculty and students. It is stocked with 11,795 books on different subjects. It subscribes to seven daily newspapers and thirteen periodicals. Soul 2.0 software has been installed in the library computer and the process of internet networking is in progress.

Besides this one more library functions in the Self- Finance Department for BBA and BCA students. It has a subscription of four periodicals and 1071 books in the stock.

VOTE OF THANKS:

Finally, I take this opportunity to thank Hon'ble Chief Guest, who have graced the occasion. Sir, your presence has made this function memorable.

I also thank the officials of local administration, members of the college PTA, press correspondents and other guests, who have come especially to attend the function.

I owe a special thanks to the staff, NSS, NCC, CSCA members, who have helped in one way or the other to make this function memorable and a success.

Thanks.

Jai Hind!

ALKA SHARMA PRINCIPAL

AMBIKA

MAHARANA PRATAP GOVT. COLLEGE AMB UNA (H.P.)

2016-17

ENGLISH SECTION

Staff Editor Asst. Prof. Suruchi Sharma Student Editor Ranju Bala Roll No. 2548



Index

Sr. No.	Title	Name of Article	Class
1	Power of Words	Tanisha Shridhar	B.Sc. VI Sem.
2	Words of Inspiration	Tanisha Shridhar	B.Sc. VI Sem.
3.	United by Country	Tanisha Shridhar	B.Sc. VI Sem.
3.	Separated by Terrorism		
4	Role of Woman	Rimple Mehra	B.Sc VI Sem.
4.	Education	Soniksha Sharma	B.Sc VI Sem.
5.		Samiksha Sharma	B.Sc VI Sem.
6	Dream	Samiksha Sharma	B.Sc VI Sem.
7	Life Rules of Life	Divya Chandla	B.Sc VI Sem.
8		Triveni	B.Sc VI Sem.
9	Yogic Practice for Health and Wellness	Triveni	B.Sc II nd Sem.
		Triveni	B.Sc. II nd Sem.
10	Meaning of Gayatri	Jyoti Dhiman	B.Sc VI Sem.
11.	Do College Students		
	Need " a Cup of Coffee"		B.Sc VI Sem.
12	Reality of the Situation	Jyoti Dhiman Ashok Kumar	B.Sc VI Sem.
13.	Teachers as a Nation	Asnok Kumar	B.SC VI Sein.
	Builder	A LOS MAN TO THE REAL PROPERTY OF THE PARTY	DO MO
14.	Positive Thinking /	Ashok Kumar	B.Sc VI Sem.
	the patch of success		
15	A Day Without Tress	Alisha Thakur	B.Sc VI Sem.
16.	Mother	Alisha Thakur	B.Sc VI Sem.
17.	Simple Living and	Alisha Thakur	B.Sc VI Sem.
	High thinking		
18.	An Officer	Prabhat Sharma	B.Sc VI Sem.
CESS WILL			

AMBIKA

Index

Sr. No.	Title	Name of Article	Class
20.	NCC Cadets during	Prabhat Sharma	B.Sc. VI sem
	Indo-Pak Wars		
21.	The Fundamentals	Prabhat Shama	B.Sc. VI sem
	of Yoga		
22.	The Evil of Dowry	Ashok Kumar	B.A. VI sem
	System		
23.	Success	Jyoti Bala	B.A. IV Sem.
24.	Suicide is a Crime	Surinder Kumar	B.Sc. VI sem
25.	Nature at Work	Kanwar Abhay Partap Singh	B.Sc. VI sem
26.	Did you Think	Ranju Bala	B.A. VI sem
27.	Smile Please	Ranju Bala	B.A. VI sem
28.	Thought	Ranju Bala	B.A. VI sem

Power of Words

Words are pale shadows of forgotten names. As names have power, words have power. Words can light fires in the minds of men. Words can bring tears from the hardest hearts. Language is among one of the most powerful tools. When used incorrectly, words slice like a knife. "The pen is mightier than sword", is a famous phrase. Sword can never conquer the mind and heart of people and cannot build long lasting empires. However writers have proven to be more powerful than warriors. The strong ideas of various great writers are credited for destroying dictatorship in many parts of world. The words of them has encouraged the youth to fight against injustice. Human being is superior to animals, not because of his physical strength, but due to its ability to think differently it is not the sword, but the words which are the vehicle of thoughts. Writings can evoke different emotions as love, hatred, sympathy etc. We live and breathe words. Everything in life is writ able about, if you have the outgoing guts to do it, and the imagination to improvise. The worst enemy of creativity is self doubt. We write to taste life twice.

Tanisha Shridhar B.Sc.-VI Sem.

Words of Inspiration

Inspiration does not come from outside but lies within us. The sun shines not on us but in us. You are going to meet many people with domineering personalities. The Loud, the obnoxious, these that noisily stake their claims in your territory and everywhere else they set foot on. This is the blueprint of a predator. They prey on Gentleness, peace, calmness, sweetness and any positivity that they sniff out as weakness. Anything that is happy and at peace they mistake it as their weakness. It is not not your job to change these people but it's your job to show them that your peace and gentleness does not equate to weakness. I have always appeared to be a fragile and I am not delicate. I am very gentle, but I can show you that the gentle also possess a poison. I compare myself to silk. People mistake silk to be weak, but a silk hankerchief can protect the wearer from gunshot. There are many people, who will want to befriend you if you fit the description of what they think weak is. But the truth is predators save no strength and no courage. It is you, who are strong it is who you who have courage, People accuse me for being deceiving, but I am not deceiving. I am first made up of silk, it is they who are stupid and wrongly take gentleness and fairness for weakness. Nothing can dim the light which shines from within.

> Tanisha Shridhar B.Sc-VI Sem.

United by Country Separated by Terrorism!

Everyone is worried about stopping terrorism, well the easy way is-to stop participating in it. We understand terrorism as an outer attack but the reality is far beyond this. Evil within our country is making us more prone to attacks. A terrorist is not who has gun, but one who does social intolerance. We stand for unity but we fight against each other. Conflicts in communities, change into sudden masscare, is not less horrible than what we think terrorism is. The situation is same people are dying, crying, shattering and damage is everywhere, but are we still not united. Soldiers who are the pillars of our country are fighting, but what are we doing? A question still to be answered. We need to understand the value of togetherness and should cherish it together.

Tanisha Shridhar B.Sc 6th Sem.

Roll no.-152

Role of Woman

She gave life. She is a wife
She is a mother and she is a friend
She is a sister, a survivor till the end
Appreciate her, we do not dare.
Ask her worries, we do not care
Wipe away her tears they are invisible as air.
She swallows her pride, puts her feeling

aside. Ignores your ignorance and tolerates your

flaws you call her names, but

She answer with pride, dignity and a complete loss of self.

You call her nothing

I call her strong, smart, caring

Giving, surviving, tolerant and powerful

I call her woman!

Rimple Mehra B.Sc (Chemistry)

Education

Education
The light of our life
A gift of academic rule
Education
A path to divine success
A smooth drive to our greatness
Education
The process of teaching and learning
Which will help us in our future earning
Education
Mother of all profession
That helps acquire all our possession.
Education is over right
For in it our future is bright.

Samiksha Sharma B.Sc 6th semester 151(Chemistry)

Dream

You show me the knife
And deprive me of life
I too want to live
There is nothing, that I cannot do
There is nothing, that I cannot achieve
I am your mother
A friend, a lover
I give you, strength to fight
And set things right
I too have a dream
To Sing my beautiful song

Samiksha Sharma

B.Sc 6th sem.

151(Chemistry)

Life

Life is an opportunity, benefit from it
Life is beauty, admire it
Life is a dream, realize it
Life is a duty, complete it
Life is a game, play it
Life is a song, Sing it
Life is a luck, make it

See me and let me awake.

Life is life, fight for it.

Samiksha Sharma B.Sc 6th Semester 151(Chemisry)

7 Rules of Life

- Make peace with your past
 So it will not disturb your future.
- What other people think of you Is none of your business.
- 3) The only person In- charge
 Of your happiness is you
- 4) Don't compare your life to others, comparison is the thief of joy.
- 5) Stop thinking so much.

 It's alright not to know all the answers.
- 6) Smile.

 You donot own all the problems in the world.

Divya Chandla B.Sc 6th semester 179(Chemistry)

Yogic Practice for Health and Wellness

The widely practiced yoga sadhnas are: Yama, Niyama, Asana, Pratyahara, Dharana, Dhyana, Samadhi, Bandhas and Mudras, Shatkarmas, yukthara, Mantra-Japa, Yukta-

Yamas are restraits and Niyamas are observance. These are considered to be prerequisites for the further yogic practices Asanas, capable of bringing about stability of body and mind, "Kuryat-tadasnam-sthairyam", involve adopting various psycho –physical body patterns and you know what, if you feel stressed and tired then you do meditation, it is also the part of yogic practice, then it is surprising that you feel relaxed and are at peace. The yogic practice make our respiratory system strong and also provides energy for our brain. If you want to increase your height then taadasana is the best option.

Pranayama consists of developing awareness of one's breathing followed by willful regulation of respiration as the function or vital basis of one's existence. It helps to establish control over the mind. In the initial stages, this is done by developing awareness of the "Flow of in-breath and out-breath" through nostrils, mouth and other body

Bandhas and Mudras are practices associated with Pranayama. They are viewed as the higher yogic practices, that mainly adopt certain physical gestures, along with control over respiration. This further facilitates control over mind and paves way for higher yogic

Sakkarmas are detoxification procedures that are clinical in nature and help to remove the toxins accumulated in the body. Yuktahara advocates appropriate food and food habits for healthy living.

> Triveni B.Sc 2nd Sem. Roll No.-16Z0004 Major Zoology

Meaning of Gayatri Mantra

Om: Refers to the primal sound, as it is the basis of creation i.e Braham

Bhu: Refers to the earth.

Bhuve: Refers to the atmosphere.

Suve: The region beyond the atmosphere

heaven.

Tat: It means the mingling of the soul with

the other soul.

Savitur: Is pure light, refers to the sun

which illuminates the whole world.

Vare-ni-um: We pray.

Bhargo: The radiance, the illumination.

Devasya: Divine grace.

Dhemahi: We contemplate.

Dhiyo-yo-na-Prachodayat: We are

praying, we are urging.

Triveni

B.Sc 2rd Sem.

Roll No.-16Z0004

Major Zoology

Do college Students need "a Cup of Coffee" Per day to be a "Graduate"

A college student "Gracy" sat in her doctor's office, listens to her practitioner passively as he diagnosed her with prehypertension. He listed causes, gave her facts and figures.

He also suggested her to make changes in lifestyles to regulate her bloodpressure.

"Exercise more" he added. "Try to stay away from excessive salt and caffine."

The last suggestion drew her enthralled attention- "DRINK LESS CAFFINE?" this idea aghast her.

"I can't do that ! I definitely can't do that" thought Gracy. "I am college student".

And the Reason behind this

"The Caffine Craze"

Thinking as just a cup of coffee??Ehhhhh......

Think Twice, Think Thrice!

Not Just Coffee It Can Be Chocolate, Tea, Cold Drinks.

The Caffine Crazy

"Coffee" often a quick fix to our lack of time for college work. With all date, deadlines and commitments that students need to meet, the drug "caffine" has become on essential part of one college lifestyle.

"Coffee" the stimulant, known for its energy inducing properties, is a bliss for students to stay awake, a saving grace for those trying to beat the clock and stay ahead of game.

"Caffine" prevents drowsiness by binding adenosine to the receptors,, there by blocking the ability for adenosine to make us drowsy.

Simply just think it of as a blanket, we toss over our messy room to make it look clean! HaHa!! I know everyone can easily relate to.

Being in a college routine, a morning coffee and evening coffee is must.

Morning coffee-for alertness

Evening coffee-sometimes a crave even if we are not tired.

Because when we drink it make us feel just so amazing "Ahhhh!!!! It's a great relief".

CONSEQUENCES AND NEED FOR SLEEP

Drinking too much of caffine can lead to

*Insomnia, * Nervousness * Restlessness *Irritability

* Stomach upset * Fast heart rate and muscle tremours.

But Gracy just said that

"When I don't have caffine, I have the urge to sleep a lot more, My productivity goes down, which, kind of leads me to procrastinating a Little bit more, which I can't have".

"I have to be a graduate" She added.

Sleep avoidance, major reason for caffine consumption.

Relying on caffine, it can cause more amenity. More jitters, more sleep disturbance, Basically ignoring your body".

THE REALITY OF THE SITUATION

Inspite of warning caffine intake show no signs of slowing down on world's various college campus or in students. Gracy said she plans on continuing to use caffine as a supplement to succeed in her education, regardless of the risk, she may face. She said, "her course load cannot handle time far more sleep". She also added "she has resigned herself to be deprived of proper rest until she, is a graduate".

At the end all students have a same tone.

Sometimes I get genuinely concerned for my health, scares me to take as much of it as I do, but I need my degree.

Jyoti Dhiman

B.Sc 6th Sem.,

Roll No.-420

Teacher as a Nation Builder

The teacher has a very important role to play in the education of a child. He plays a vital role in all-round development of a child. He plays a vital role in student's life. He is the nation-builder in the real sense. He can make his nation great. He works with a missionary spirit. He is the pride of the whole society. He is a source of inspiration for his students. He should be loving and sympathetic towards his students. A good teacher is the master of his subject. His lessons sink well into the mind of his students. But effective teaching in the class room is not only the role of a teacher. He is a teacher inside the class-room and outside as well. He sets an example of good and noble life for his students Degrees and Diplomas do not make a good teacher, he has in him, a synthesis of all good personality. He wins the confidence of his students and tries to remove their difficulties. It is through his efforts alone that a nation becomes truly great.

Ashok Kumar

BA - VI Sem

Positive thinking / the path of success

It is rightly said, that we can cross all the obstacles, if we think positive but do you think that all of us think positive? No, it is all due to lack of confidence, we get nervous and start thinking negatively. Due to this our mind becomes unstable and we loose our concentration. I think, that it is not difficult to climb Mount Everest as compared to concentrating our mind even for a second. You all are familiar to the fact, that when you are getting the result of your academic performances, you get nervous and loose your confidence, even if you failed to achieve but if you have positive thinking, than same day you will achieve success. Positive thinking does not mean that you should be over confident about the decision. Sometimes people in old age and mainly in teenage loose their health due to negative thinking.

That's why "BE POSITIVE" and enjoy your life with confidence and positive thinking.

Ashok Kumar

BA- VI Sem

A Day without Trees

A day without trees was a very dull and sultry day. There was dryness all round. There were no trees on the road and no park and no lawns in the surroundings. The public places presented deserted look. There was no freshness in air, no greenery at all. The environment was completely unpleasant all the surface of earth turned like that of Mars. Everyone was sweating from head to toe. Trees are needs in the scorching heat because of no shades. There was no chirping of birds. They were sitting on the electric pole. Really, it was a very unpleasant and dreadful day on the earth. May God never bring that day again in future.

Trees are ornaments gifted by the nature to add more colour and beauty to mother Earth.

Alisha Thakur

B.Sc VIh Sem.,

Mother

It is right to say, 'Mother' is the most important person in everyone's life, as only she can feel our emotion and our feelings. She helps us in every difficult task. She is very caring towards her children. Whenever we are in difficulties our mother encourages and appreciates us. Her positive attitude tells us never to give up. Mother is next to God. She always prays to God for the sake of her child. Child is born and when he/she starts talking, mother is the first word, that comes out from his/her lips. We can not see God but we can see him in the most important part of everyone's life and nobody can repay her. Her care and love is unmatchable.

Simple Living and High Thinking

"Simple Living High Thinking", means that a person can achieve high success, even Leading a simple. Gandhiji was a man whose efforts made India an independent nation. He also lived a simple life. This means that you don't need money to become successful, richness is not necessary thing for high thinking. The most necessary thing, is the brain of a person, his confidence and determination. If you are intelligent and you don't have determination then your intelligence has no value. Education is key of success; you should believe in your own decision. You should give respect to your own ideas. That is the greatest thing in this world.

Alisha Thakur B.Sc 6th Sem. Roll No.-143

An Officer

An officer should be able to heal a wound, plan an expedition, order from a french menu, climb a mountain face, enjoy a ballet, balance accounts, roll a kayak, embolden a friend, tell a joke, laugh at himself, co-operate, act alone sing children's song, solve equations, throw a dog a stick, pitch manure, program a computer, cook a tasty meal, love heartily, fight efficiently, and die gallantly.

Our College

Remarkable Maharana Pratap Govt. College.

How bright you are!

Shining in the country.

Like a star.

You lead us to Our golden goal.

With healthy mind and sound soul.

I am sure you will be written in the sky.

You are splendid, you are bright, and lit in us the light.

My College you will shine like uranium in mine.

NCC cadets during Indo-Pak Wars

During Indo-Pak war of 1965 and Bangladesh- Pakistan war of 1971, NCC cadets were second line of defence. They are organized camp to assist ordinance factories, supplying arms and ammunition to the front and also were used as patrol parties to capture enemy paratroopers. The NCC cadets also worked, hand-in-hand with the civil defence authorities and actively took part in rescue works and traffic control. After 1965 and 1971 wars NCC syllabus was revised, rather than just being second line of defence. NCC syllabus laid greater stress on developing quality of leadership and officer like qualities. The military training which the NCC cadets received was reduced, greater importance was given to other areas like social service and youth management.

The Fundamentals of Yoga

Yoga works on the level of one's body, mind, emotion and energy. This has given rise to four broad classification of yoga: Karma yoga where we utilize the body; Jnana yoga where we utilize the mind, Bhakti yoga where we utilize the emotion and kriya yoga where we utilize the energy. Each system of Yoga we practice falls within the gamut of one or more of these categories. Every individual is a unique combination of these four factors. Only a Guru(TEACHER) can advocate the appropriate combination of the four fundamental paths as is necessary for each seeker. "All" ancient commentaries on Yoga have stressed that it is essential to work under the direction of a Guru.

Personality

Personality is generally defined as a person's reaction to situation faced by him. It is sum of behoviours and trends manifested and a person's attempt for social adjustment. The meaning of personality is, not that a man wear good clothes but his thoughts in his mind might be good. He has good spirit, nature and has ability to speak to the students and teachers. Man's character development and personality integration are almost similar processes, but personality is a term that include surges, motives, tendencies, attitudes, moods etc. Personality also indicates, that what type of activities occur in a man character is embedded in the total structure of personality.

SGT. Prabhat

B.Sc 6th Sem., Roll No.-246

Major Maths

The Evil of Dowry System

The dowry system is a stigma on our society. It is an insult to woman. It is matter of shame for men. The greed of dowry has taken the lives of many innocent girls. They are tortured physically as well as mentally. Many a time, they are burnt alive. Women will have to become bold. They should refuse up boldly against the

greedy in laws who pester them for money and valuables after the marriage. Men should also try to wash off this dirty stigma. It is only by exercising strong willpower that this evil can be ended.

Ashok Kumar

Roll No. -2651

B. A 6th Sem. (Maths)

Success

Success is a very small word but has an enormous aspect. What exactly does success mean? Success does not mean the absence of failure. It means the attainment of ultimate objective and every field. It means winning the war, not every battle is met to achieve success in life, set some target and pursue them as follows:-

- 1) Set a plan
- 2) Set a goal
- 3) Apply principles.
- 4) Go step by step towards the goal.
- 5) Every time keep realization of the goal.
- 6) Determine to attain the fulfillment to success.

Remember: Failure is the stepping stone to success.

Jyoti Bala Roll No.-2504 B.A Eco. 4th Sem.

Suicide is a Crime

Dear friends, I want to share with you a common problem in our society, which has spread just like an epidemic i.e. suicide. First of all, it is committed by the person in a rare situation, when his mind is depressed due to any tension or problem and the person is Caught in the deadly situation. Now a days it has become a dangerous trend in our society to commit suicide. Some people commit suicide due to unemployment or due to poverty and the reason may be failure in exam or in the field of love making.

> Surinder Kumar Roll No.-231 B.Sc(Maths) 6th Sem.

Nature at Work

Nature is always at work constantly creating new landscapes. Whether it's in a desert or on a coast or high up in the mountains the powerful force of nature is at work patiently, to create a masterpiece. One such example is the grand Ganyan, a deep gorge in Arizona, U.S.A.

The beautiful natural landscapes and breathtaking natural creation, we see around us are the result of nature toiling incessantly for over hundred of years essayist, philosopher and poet, summed it right

"In the work of art
The Master stroke is"
"Nature's part"

Kanwar Abhay Partap Singh Roll No.-10 10 B.Sc 6th sem.

Did you think?

- If we learn from our mistakes, then why we are afraid of making mistakes?
- When was the last time you noticed your sound of breath?
- If you were at heaven's gates, and God asked you "why should I let you in?" what would you say?....
- When was the last time you tried something new?
- Can there be happiness without sadness?
- Are you happy with yourself?
- If you had to teach something to someone, what would you teach?
- In your lifetime what have you done that hurt someone else?

SMILE PLEASE...!

- Why do some cricket players never sweat?
 Because they have huge fans.
- 2) Do you know -what is the best thing to put in a delicious cake? Your mouth.
- 3) What is the difference between here and there?
 Letter T
- 4) Why Veera, was carrying a ladder to school?

 Bos she is going to high school.
- 5) Why do birds fly south in winter?

 Because it is too far to walk.
- Join sentences: i) I was riding to school
 ii) I saw a dead body.

I saw dead body riding to school.

Thought

- In a life you'll meet many people. You'll realize that there is a purpose for every person you meet. Some are there to test you, some will use you, some will teach you, and some will bring out the best in you.
- Success means having the courage, the determination and the will to become the person you believe you were meant to be.

Ranju B.A. VI Sem

Did you think?

- If we learn from our mistakes, then why we are afraid of making mistakes?
- When was the last tim if you were at heaver M B B I I E should I let you in?" what weuld you say? ...
 - When was the last time you tried something new? 4.0

MAHARANA PRATAP GOVT. COLLE

- If you had to teach some(the Haratte Haratte) and to teach?
 - In your lifetime what have you done that hurt someone else?

I. JEAJIA JIME

- 1) Why do some cricket players never sweat? Because they have huge fans.
- 2) Do you know -what is the best thing to put in a delicious cake? Your mouth.
 - 3) What is the difference between here and there? LetterT
 - 41 Why Veera, was carring a sider of 100 Bcos she is going to high cit.
 - 5) Why do birds fly south in winter? Because it is tou far

HINDI SECTION (1 : Zeomedines niol (8

I saw dead body riding to school

Inpught

- In a life you'll meet many people. You'll realize that there is a purpose for every person you meet. Some are there to test you, some will use you, some will teach you, and some will bring out the best in you.
- Success means having the courage, the determination and the will to become the person you believe you were meant to be.

UINEA BA, VI Sem

> **Student Editor** Anjana Kumari Hindi Section

Staff Editor Dr. Seema Sharma

_	0			
अनुक्रम	पुण	क	ľ	

		<u>अनुक्रमाणका ्ल</u> ह	
क्रमांक	ाह हुनु _{महा} विषय	मान कि विद्यार्थी का नाम	कक्षा एवं अनुक्रमांक हमार
1 exods.	ा ,हम हासुविचार्ह	_{मिए} ज़ुग़नी देवी	बी. ए,द्वितीय सत्र, 16hn004,
2 (Mile)	ा , हार ह कविता (विवाहित बेटी र	का पत्र _{विष्यप} ्रजुगुनी देवी	ाप्पार हे हि बी: ए-द्वितीय सत्र, 16hn004 ्ह
202	(मार्टक ग्रमुंश सज, 2	संतोय कुमारी	18 मेरी मां
202	८ ,हम हे अनुमोल वचन	_{गिमकु} जुग़ती देवी	ा बी न् ए-द्वितीय सत्र, 16hn004 २०
3	कन्या भ्रूण हत्या	ज्योति शर्मा	बी. ए. चतुर्थ सत्र, 2205
STATE OF THE PARTY.	गुरू का महत्व	ज्योति शर्मा	बी. ए. चतुर्थ सत्र, 2205
4	डॉ० भीमराव अम्बेदकर	निशा देवी	बी.ए. चतुर्थ सत्र, 2349
5	निर्धनता अभिशाप नहीं	दीक्षा	बी. ए. चतुर्थ सत्र, 2226
6	वाडेकर जी की कलम से	दीक्षा	बी. ए. चतुर्थ सत्र, 2226
7	अन्धविश्वास	वन्दना कुमारी	बी.ए. चतुर्थ सत्र, 2220
8	पुरानी टीचर की याद आ	ती है अनीता देवी	बी.ए. चतुर्थ सत्र, 2235
9	गरीबों की हस्ती	अनीता देवी	बी. ए. चतुर्थ सत्र,2235
10.	अंग्रेजी का कमाल	प्रियंका डढवाल	बी. ए. चतुर्थ सत्र, 2245
	अमीर गरीब	प्रियंका डढवाल	बी.ए. चतुर्थ सत्र, 2245 ः
11	प्यार जगाता चल प्यारे	सरूचि चौहान	बी.ए. चतुर्थ सत्र, 2245
12	मजबूरी बच्चों की	रूचिका	बी. ए. चतुर्थ सत्र, 2246
13	चले हम समय के साथ	प्रियंका	बी. ए. चतुर्थ सत्र, 2218
14	मुझे शर्म आती है	प्रियंका	बी. ए. चतुर्थ सत्र, 2245
15	अनमोल वचन	पंक्रज कुमार	बी. ए. द्वितीय सत्र, 16एमए० 10

35

	- (_	
अनु	क्रमा	ण	ahl

A PROPERTY OF		<u>अगुक्रमाणयम</u>	कक्षा एवं अनुक्रमांक
क्रमांक	विषय	विद्यार्थी का नाम	
16	पिता	रजनी शर्मा	बी.ए. द्वितीय सत्र, 16e0049
17	मैं बोझ नहीं हूं पापा	रजनी शर्मा	बी.ए. द्वितीय सत्र, 16e0049
100	मेरी मां	संतोष कुमारी	बी. ए. चतुर्थ सत्र, 2202
18	Million Solls	संतोष कुमारी	बी. ए. चतुर्थ सत्र, 2202
19	आज के छात्र	71311 1 18 11 11	

महाविद्यालय की वार्षिक पत्रिका 'अम्बिका' हमें अपनी सृजनशील प्रतिभा को प्रकट करने का अवसर प्रदान करती है और यह मेरे लिए अपार हर्ष का विषय है कि इस वर्ष यह कार्यभार मुझे सौंपा गया है। इसके लिए मैं उन सब के प्रति आभार प्रकट करना चाहती हूँ और धन्यवाद देना चाहती हूँ जिनके सहयोग और मार्गदर्शन से यह कठिन लगने वाला कार्य सहज हो सका है। मैं सभी छात्र बन्धुओं की भी आभारी हूँ और अपने समस्त गुरूजनों का धन्यवाद करती हूँ जिनके आशीर्वाद से मुझे सम्पादन कार्य को करने में सफलता मिली है। रचनाओं की मौलिकता सबसे बड़ी चुनौती है। स्वयं मनन, चिन्तन और फिर सृजन में ही पत्रिका की सार्थकता है। इन्हीं शब्दों और मंगल कामनाओं के साथ प्रस्तुत है महाविद्यालय की पत्रिका 'अम्बिका' का हिन्दी –अनुभाग।

अंजना कुमारी बी. ए. तृतीय वर्ष (पंचम) समैस्टर

महाविद्याल्य मिन्न सबकी जरूरत पूरी करते - करते खुद को भूल जाती हूँ

जीवन में इतना कमाओं कि बेटे की शादी में दहेज मांगने हु जागा कहने को तो हर आदमी शादी से पहले कहता है ''माँ की की नौबत न आए, और बेटी को इतना पढ़ाओ कि दहेज देने गर प्रकट करना चाहाएगा मान तिमाद दना चाहती

याद न आने दूँगा पर फिर भी''माँ तुम बहुत याद आती हो''

मनुष्यका अपना क्या है ?

ANTENA

जन्म - दूसरों ने दिया

और कब में दूसरे ले जाएंगे हाहि डिजाए हिन्ह। है किता की

तो व्यर्थ में घमंड किस बात पर है।

तू छोड़ दे कोशिशें, इन्सानों को पहचीनने की जरूरतों के हिसाब से, सब बदलते नकाब है!

अपने गुनाहाँ पर सौ पर्दे डालकर हर शख्स कहता है। ''जमाना वड़ा खराव है।''

प्रज्ञमेंस (मड्मं कविता म कि

विवाहित बेटी का पत्र - माँ के नाम

''माँ तुम बहुत याद आती हो'' अव मेरी सुबह 6 बजे होती है और रात 12 बजे जाती है। तव''माँ तुम बहुत याद आती हो'' सवको गरमगरमपरोसती हूँ

खुद ठंडा ही खा लेती हूँ तव माँ तुम बहुत याद आती हो'' जव रात में सोती हूँ तो पति और बच्चों को चादर ओढ़ाना नहीं भूलती

हूँ जिनको स्राह्माला मार्गाला सहज हो सका

वन्युआं की भी जिन्नाहरू है जी है जिन्ना कर्म है जिन्ना वार्यवाद करती हूँ जिनके कि है मिनू ने में मुद्र

2. धनसे आभूषण मिलता है किन्तु रूप नहीं।

प्रहार ने किन्तु है कि प्रकार मिला में कि मिलाओं की मौलिकता सबसे वहीं मिल निज्ञास स्थान के तो जगार - दूसरों ने दिया

4. धन से साथी मिलते हैं किन्तु सच्चे मित्र नहीं।

5. धन से भोजन मिलता है किन्तु भूख नहीं।

T65 धन से बिस्तर मिलते है किन्तु नीद नहीं Iम है ठानुस्र प्राप्त

1. इसतरहनकमाओकिपापहोजाए।

2. इसतरह न बोलो कि क्लेश हो जाए।

इसतरह न चलो कि देर हो जाए।

4. इस तरह न सोचो कि चिंता हो जाए।

5. इसतरहनखर्चकरोकिकर्जहोजाए।

इसतरह न खाओ कि मर्ज हो जाए।

क) दुनिया का सबसे बड़ा जेवर आपकी अपनी मेहनत जो हाथ सेवा के लिए उठते हैं वे प्रार्थना करने वाले होठाँ से अधिक पवित्र है। स्वार्थ में अच्छाईयां ऐसे खो जाती है, जैसे समूह मे नदियाँ ।

ख) पवित्रता से कमाया "धन" हर प्रकार से सुख देता है छल वकपट सेकमाया"धन"दु:खहीदु:खदेताहै।

> जुगनी देवी बी.ए. द्वितीय समैस्टर रोल नं0 16hn004

न आबद्धार

गला और आँखों से बहता पानी नन्हीं सी बेटी सुनाए आज न मिठाई, न बधाई, न बजी है थालियां, पैदा होने पर मुझे क्यों बस पड़ती हैं गालियां । क्यों दुखी हैं लोग सारे बात उसने न

साल बीते उम्र भी बढ़ने लगी। बचपन बीता दुखों में, रोते रोते में जिल्हील करू बिलहारी गुरू अपने, गोविंद दियो बताएँ।।? होइल नकारा जो मनुष्यता को वर्धरता की ओर ले जाता है। लेकिन अफसोस वर्तधान समय समय के वर्धरता को वर्धरता की अरेर ले जाता है। लेकिन अफसोस वर्तधान समय समय के वर्धरता को वर्धरता की सदियों से जकड़े हैं जो, उन बेडियों को तोड़ दो, बेटियों को गर्भ में ही मारना अब छोड़ दो, बेटी भी है हैरान कुल की, सोच सब में लानी है नन्हीं सी बेटी सुनाए आज अपनी ये

कहानी। हार ग्राह रांस मंग्र 2349 मेजर दिन्दी

की आवश्यकता पड़ी। यहां तक कि दैत्यों को भी गुरू की नहीं सी बेटी सुनाए आज अपनी ये कहानी, भर गया उसका में आवश्यकता पड़ी। इसलिए गुरू का हमारे जीवन में विशेष महत्व है। गुरू की कृपा से ही कर्ण, एकलव्य जैसे वीर योद्धा बने । गुरू की कृपा से ही अर्जुन धनुर्धारी और चन्द्रगुप्त महान शासक बन पाए। गुरू एक ऐसा माध्यम है जो हमें साक्षात् घुटनों के बल चलना सीखा, बस यूं मैं बढ़ने लगी, दिन महीने एक एकड़ , कार्जी गुरू गोविंद दोऊ खड़े, कार्क लागू पार्य, एकड़ी हिन । केल मिर जानीक एका लोका का वित्र विनात आयो वर्षे । रोल नं0 2205

जब भी राम-कृष्ण आदि का अवतार लेकर आए तो उन्हें गुरू

ज्योति शर्मा बी.ए. चतुर्थ समेस्टर रोल नं0 2205

यदि किमी की निर्धनता देखकर आँसून आयं किसी गरीय विद्यार्थी को धनापाच में प्रवार्द खोड़ने तेरव वीदिन व्यक्तिको देखका पन पियलन जाए तो लगता है यानवीय संवेदनाओं ने दम निक्र हुम् । तक लम्

निशंचना अधिरागप नहीं मित्रों, निर्धन व्यक्ति को भी हक है जीने हैं। इस के में अर्थिए प्रेक्षर मुजा प्रकार अर्थ हैं अंधकार और रू का अर्थ है दूर करना।अर्थात् गुरू वात है। किसी ने कहा भी है: - धन गवा तो कुछ नहीं गया, तन गवा तो हमें अंधकार से प्रकाश की ओर ले जाता है। हमारी संस्कृति घनवान होन के साथ-वरिष्रवान होना भी आवश्वक है। वना नहीं विज्ञान का यह कैसा युप आया है ? यहां आदमी आदमी आदमी मिन्गुए। है। ताल एता मही प्रकृष्ट्रा कि कुए हैं। असीम, अनंत एवं अपरम्पार है। हमारे देश में विष्णु भगवान जन जमी पर उमेरहना नहीं आया है।

राजधेन धना गांध

डाॅ0 भीमराव अम्बेदकर

भारत को संविधान देने वाले महान नेता डाॅ० भीम राव अम्बेदकर का जन्म 14 अप्रैल 1891 को मध्यप्रदेश के एक छोटे से गांव में हुआ था। इनके पिता का नाम रामजी मालो जी सकपाल और माता का नाम भीमा बाई था। डाॅ० भीमराव अम्बेदकर जन्मजात प्रतिभा संपन्न थे।

भीमराव का जन्म महार जाति में हुआ था जिसे लोग अछूत मानते थे। इनके परिवार के साथ सामाजिक और आर्थिक रूप से गहरा भेदभाव किया जाता था। फलस्वरूप भीमराव का बाल मन इस भेदभाव से आहत हो उठा और बड़े होकर इन्होने शोषित एवं दिलत वर्ग के उत्थान के लिए प्रयत्न किये।

अम्बेदकर जी दिलत समुदाय की सामाजिक आर्थिक साँस्कृतिक एवं राजनैतिक विकलता को सबल देने के लिए दिल से ही नहीं दिमाग से भी लड़े। इन्होंने जीवन भर गरीब, दिलत, हताश तथा व्यवस्था के बताये हुए लोगों के लिए, स्वतंत्रता की सच्ची लड़ाई लड़ी। बाबा अम्बेदकर ने अंधविश्वास, विकृत रूढ़िवादी परम्पराओं, भाग्य, अवैज्ञानिक सोच तथा उन सभी बातों को नकारा जो मनुष्यता को बर्बरता की ओर ले जाता है। लेकिन अफसोस वर्तमान समय में लोग उनकी तस्वीर को फूल मालाएँ चढ़ाकर, उनके आगे भजन कीर्तन करते हैं। जो कि निरर्थक है। उनकी सच्ची श्रद्धाँजिल तो तब होगी जब उनकी वैचारिक आंदोलन की मशाल को लेकर दिलत आगे बढ़ें।

निशा देवी बी.ए. चतुर्थ समैस्टर रोल नं0 2349 मेजर हिन्दी

निर्धनता अभिशाप नहीं

यदि किसी की निर्धनता देखकर आँसून आये किसी गरीब विद्यार्थी को धनाभाव में पढाई छोडते देख आँसून आए, निर्धनता से पीड़ित व्यक्ति को देखकर मन पिघल न जाए तो लगता है मानवीय संवेदनाओं ने दम तोड दिया है।

निर्धनता अभिशाप नहीं मित्रो, निर्धन व्यक्ति को भी हक है जीने का, भोजन एवं शिक्षा पाने का, अपनी मूलभूत आवश्यकताओं की पूर्ति का। स्वामी विवेकानन्द ने कहा था,झोंपड़ी में जन्म लेना शर्म की बात नहीं अपितु झांपड़ी में मरना शर्म की वात है। किसी ने कहा भी है: - धन गया तो कुछ नहीं गया, तन गया तो कुछ नहीं गया लेकिन चरित्र गया तो सब कुछ गया अर्थात् धनवान होने के साथ - चरित्रवान होना भी आवश्यक है।

पता नहीं विज्ञान का यह कैसा युग आया है ?यहां आदमी आदमी से घबराया है।क्या जरूरत थी उसे चाँद पर खोज करने की, जब जमीं पर उसे रहना नहीं आया है।

> दीक्षा बी.ए. चतुर्थ समैस्टर

वाडेकर जी की कलम से

चूल्हे पर सिंकी रोटियों का स्वाद ढूँढता हूँ। सँयुक्त परिवार का आह्लाद ढूँढता हूँ।।

जुड़नेका हुनर भूलता ही जा रहा है मन। रिश्तों से अहम् होता चला जा रहा है धन। बूढ़ों के आशीषों की सौगात ढूँढता हूँ।। चूल्हे पर सिंकी रोटियों का स्वाद ढूँढता हूं।

वो प्रेम की डोरी से बंधे, लोग गाँव के। किलकारी भरे पल वो बरगद की छाँव के। साथी वो नत्थु, पाँडू, प्रहलाद ढूँढता हूँ।। चूल्हे पे सिंकी......

चाची जो मधानी से मथा करती थी दही। गाढ़ा मलाईदार दूध और दही मलाईदार उस मुँह में लगे स्वाद को हर ठौर ढूँढता हूँ।। चूल्हे पे सिंकी..

वाणी में घुली मिश्री, रिश्तों में सच्चाई। रिश्तों से बुलाने का ही रिवाज था भाई। चौपाल पर छिड़े हुए संवाद ढूँढता हूँ।। चूल्हे पे सिंकी....

प्रकृति को गोद में बसा उन्मुक्त मेरा गांव। अमराइयों में कूकती कोयल के भाव। चरवाहे की बंसी का मधुर नाद ढूँढता हूँ।चूल्हे पे सिंकी....

अब सड़कों नई यंत्र नए और पक्के घर। सबकुछ हुआ है गाँव का स्वभाव निगलकर। चौसर की जो उज़ड़ गई बिसात ढूँढता हूँ।। चूल्हे पे सिंकी.... शिक्षा पहुँच रही है गाँव मानता कवि। पर कहाँ है छल-रहित गांव की छवि। शिक्षा में संस्कार का प्रभात ढूँढता हूँ।। चूल्हे पे सिंकी.........

> नामः दीक्षा कक्षाः बी. ए. चतुर्थ समैस्टर रोल नं: 22226, मेजुर हिन्दी

<u>अन्धविश्वास</u>

आज हम जिस युग मे जी रहे हैं, उस युग को विज्ञान का युग कहा जाता है मगर हम आज भी अन्धविश्वास से घिरे हुए हैं और कहीं न कहीं उन पर विश्वास भी करते हैं। आए दिन हमारे यहां विभिन्न प्रकार के अन्धविश्वासों की खबरें प्रकाशित होती है।

न जाने कितने ही मासूम बच्चों की बिल चढ़ा दी जाती है। न जाने कितने ही लोग स्वंय को गाय, बैल के पाँव तले रौंद दिया करते हैं। न जाने कितने ही लोग अन्धविश्वासों का शिकार होते हैं। प्रभु के प्रति अपनी श्रद्धा को यदि हम अपनी वन्दना, प्रार्थना से प्रकट करेंगे तो ईश्वर अधिक प्रसन्न होगा न कि इस प्रकार के अन्धविश्वास से।

किसी भी धर्म, जाति या समाज में अन्थविश्वास को बढ़ाना हमारी अज्ञानता है।

> वन्दना कुमारी बी. ए. चतुर्थ समैस्टर रोल नं-2220, मेज़र हिन्दी

पुरानी टीचर की याद आती है।

थोड़ी-थोड़ी सांवली थी, पर बहुत से गुणों वाली थी उसके बाल कटे हुए थे। उसे गणित के सवाल रटे हुए थे चेहरा था उसका गोल-मोल पर बहुत अच्छा था उसका भूगोल माथे पर एक छोटी सी बिन्दी थी, उसकी बहुत अच्छी हिन्दी थी। बड़ी तेज थी उसकी चाल पर अंग्रेजी में करती थी कमाल सभी बच्चे देते थे उसे मान क्योंकि वहुत अच्छा था उसका विज्ञान आंखें तारां से न्यारी थी, उसे संस्कृत वहुत प्यारी थी। नई टीचर हमको भाती है, पर पुरानी टीचर की याद हमको आती है।

> अनीता देवी, कक्षा बी. ए. चतुर्थ समैस्टर रोल नं-2235, मेज़र हिन्दी

गरीबों की हस्ती

हम गरीबों की क्या हस्ती,

है आज यहां कल वहां चले, मस्ती का आलम साथ चला, हम धूल उड़ाते जहां चले। आए बनकर उल्लास अभी, आंसू बनकर वह चले अभी सब कहते ही चले गये अरे, तुमकैसे आए, कहां चले। किस ओर चले।यह मत पूछो, चलना है बस इस लिए चले, जगसे उसका कुछ लिए चले, जगको अपना कुछदिये चले, दो बातें कही दो बातें सुनी, कुछहंसे और फिर कुछ रोए, थक कर सुख दु:ख के घूंटों को, हमभिखमँगों की दुनिया में, स्वच्छन्द लुटाकर प्यार चले, हम एक निशान हृदय पर ले, असफलता का भार चलें। अब अपना और पराया क्या. आबाद रहें रूकने वाले, हम स्वयं ही बंधे थे और स्वयं हम अपने बंधन तोड़ चले।

> अनीता देवी, कक्षा बी. ए. चतुर्थ समैस्टर रोल नं-2235, मेज़र हिन्दी

अंग्रेजी का कमाल

अंग्रेजी का देखों कमाल जगह-जगह ''टर'' का इस्तेमाल। श्रीमान में मिस्टर, बहन में सिस्टर। मंत्री में मिनिस्टर, निर्देशक होता डायरेक्टर। निरीक्षक होता इंस्पेक्टर, गर्मी देता हीटर। नापने के लिए मीटर, चलती है मोटर। शुरू करता है स्टार्टर रहने के लिए क्वार्टर अध्यापक है मास्टर, चिकित्सक है डाक्टर। पानी है वाटर, मक्खन है बटर। बस में होता कंडक्टर, लेखक है राइटर, बिजली बनाता जनरंटर, हिसाब करता कैलकुलेटर। समस्या, सुलझाए कम्प्यूटर, पढ़ाने आता ट्यूटर! और यह सब लिखने में होता रोस्टर।

> प्रिंयका डडवाल कक्षा-बी.ए. चतुर्थ समैष्टर रोल नं- 2245, मेज़र हिन्दी

अमीर - गरीब

कपड़े हैं, फटे मगर वो अपना वदन छिपा रहे हैं। इधर अमीर है बहुत, तो भी अपना वदन दिखा रहे हैं। मिलती नहीं रोटी उन्हें, तो भी मांग कर खा रहे हैं, क्यों नहीं बनाई सब्जी मनपंसद की, तो वो प्लेटें खट खटा रहे हैं।
बेचकर सुबह डबल रोटियां,
तो वे शाम को स्कूल आ रहे हैं।
बनाकर बहाना स्कूल का
वो सिनेमा देखने को जा रहे हैं।
मिला नहीं पानी नलकों का,
तो वे खड्ड में नहा रहे हैं।
संगमरमर के बाथरूम में,
उनके कुत्ते नहा रहे हैं।
करके कीर्तन मंदिरों में,
वो भगवान को मना रहे हैं।
देख लो !दोस्तो !अमीर - गरीब
सब अपना कर्म कमा रहे हैं।

प्रिंयका डडवाल कक्षा-बी.ए. चतुर्थ समैष्टर रोल नं- 2245, मेज़र हिन्दी

प्यार जगाता चल प्यारे

मन वीणा पर गीतों की झंकार जगाता चल प्यारे, नफरत के आंगन में भी तू प्यार जगाता चल प्यारे । बेचैनी करती दिख जाए कहीं कानाफूसी, जहां कहीं बतियाती दिखी तुझे तनिक भी मायूसी, वहां-2 तू सपनों का संसार जगाता चल प्यारे नफरत के आँगन में भी तू प्यार जगाता चल प्यारे।।अंधे की लाठी बन, और आपाहिज की बैसाखी बन, संरक्षण को बाँध सके जो, वह कंगन वह राखी बन। बेबस बेकस जीवन में त्योहार जगाता चल प्यारे।। नफरत के आँगन में भी तू प्यार जगाता चल प्यारे।।

मजबूरी ने इन बच्चों को क्या से क्या बना दिया।

नाम- रूचिका कक्षा-बी. ए. चतुर्थ समैस्टर रोल नं-2218

चले हमेशा समय के साथ

पोथी पुस्तक पकड़ो हाथ, चलो हमेशा समय के साथ पढ़ लिख कर तुम ज्ञान बढ़ाओ, पुस्तक को तुम गले लगाओ, ज्ञान-सागर पास तुम्हारे मारी डुबकी तुम प्यारे। चुन कर लाओ माणिक मोती, आभा इनकी कम न होती। सूरज़ बनकर चमकना तुम, चंदा सा भी दमकना तुम। चमक दमक भी देख तुम्हारी, दंगरह जाए दुनिया सारी

पियंका देवी

जिसके एक इशारे पर हर गगरी हर पनघट झूमे जिसकी बंसी धुन पर हर तनहाई हर जमघट झूमे, घट-घट में उस नटखट का आकार जगाता चल प्यारे, नफरत के आँगन में भी तुप्यार जगाता चल प्यारे।।

> नाम-सरूचि चौहान रोल नं-2246 कक्षा-बी. ए. चतुर्थ समैस्टर

मजबूरी बच्चों की

- 1) मजबूरी ने बच्चों को क्या बना दिया। हंसना, खेलना भूलकर रोजगार पर लगा दिया। बच्चों के दिन थे टॉफी, बिस्कुट खाने के आज यही चीज़ें गाड़ियों में बेचना सिखा दिया।
- 2) दिन थे पहनने, खेलने के इन, मासूमों को हालात ने अभी से इन्हें मजबूर बना दिया।

इन बच्चों के बहते आँसू कौन पोंछता, पेट के खातिर जिन्होंने अपने भविष्य को भूला दिया।

3) देख रहे है मुरझाई आँखों से यह हंसते खेलते बच्चों को, उन दिलों से पूछो।

जिन्होंने खुशी को भूला दिया।

<u>मुझे शर्म आती है</u>

- 🗷 अमेरिका के राप्ट्रपति बराक ओवामा को हथियार का कम प्रयोग करने में शर्म आती है।
- 🗷 पाकिस्तान को उग्रवाद कम करने में शर्म आती है।
- 🗷 कितनी खुशी की बात है कि विद्यार्थी भी शर्माते है अच्छे अंक लेने में ।
- 🗷 वर्च्यों को माता-पिता गुरूजनों की सेवा करने में शर्म आती है।

यह आजकल के लड़के कहां अपने आप को कम समझते हैं इन्हें चिरित्रवान बनने के साथ-साथ लड़िकयों के साथ अच्छा व्यवहार करने में शर्म आती है।
अब और क्या लिखूं आगे लिखने में मुझे शर्म आती है।

''अनमोल वचन''

''यह जिस्म तो किराये का घर है एक दिन खाली करना पड़ेगा सांसे हो जाएंगी जब पूरी यहाँ, रूह को इन से अलविदा कहना पड़ेगा. वक्त नहीं हैं तो बच जायेगा गोली से भी. समय आने पर ठोकर से मरना पड़ेगा, मौत कोई रिश्वत लेती नहीं कभी सारी दौलत को छोड़कर जाना पड़ेगा, न डर यूँ धूल के जरा से एहसास से तू, एक दिन सबको मिट्टी में मिलना पड़ेगा, सब याद करें दुनिया से जाने के बाद, दूसरों के लिए भी जीना पड़ेगा, मतकर गुरूर किसी बात का ऐ दोस्त, तेरा क्या है क्या साथ ले के जाना पड़ेगा, इन हाथों से करोड़ों कमा ले भले तू यहाँ, खाली हाथ आया खाली हाथ जाना पड़ेगा, न भर यूँ जेबे अपनी बेईमानी की दौलत से,

कफन बगैर जेब के ही ओढ़ना पड़ेगा,
यह ना सोच तेरे बगैर कुछनहीं होगा यहाँ,
रोज यहाँ किसी को 'आना तो किसी को 'जाना 'पड़ेगा! ''
पंकज कुमार
कक्षा-बी. ए. दृतीय समैस्टर

पिता

माँ घर का गौरव तो पिता घर का अस्तित्व होते हैं।

माँ के पास अश्रुधारा तो पिता के पास संयम होता है।

दोनों समय का भोजन माँ बनाती है तो जीवन भर भोजन की
व्यवस्था करने वाले पिता को हम सहज ही भूल जाते हैं।

कभी लगी जो ठोकर या चोट तो ओ माँ ही मुँह से निकलता
है। लेकिन रास्ता पार करते कोई ट्रक पास आकर ब्रेक
लगाये तो ''बाप रे!''यही मुँह से निकलता है।

क्योंकि छोटे छोटे संकटों के लिए मां है पर बड़े संकट आने
पर पिता ही याद आते हैं।

पिता वह वृक्ष है जिसकी शीतल छाँव में संपूर्ण परिवार सुख
से रहता है।

रजनी शर्मा बी.ए. द्वितीय समैस्टर कोर अर्थशास्त्र रोल नं0 16E0049

''मैं बोझ नहीं हूँ पापा''

शाम हो गई अब तो घूमने चलो न पापा

चलते चलते थक गई हूँ कंधे पर बिठा लो न पापा
अंधेरे से डर लगता है सीने से लगा लो न पापा।

मम्मी तो सो गई आप ही लोरी सुना कर सुला दो न पापा
पाल-पोस कर बड़ा किया, अब जुदा तो मत करो न पापा
अब डोली में बिठा ही दिया तो, आंसू तो मत बहाओ न पापा।
आपकी मुस्कराहट अच्छी है एक बार मुस्कराओ न पापा।
आप ने मेरी हर बात मानी है एक बात और मान जाओ न पापा।
इस धरती पर बोझ नहीं हूं मैं।
दुनिया को समझाओ न पापा।

''मेरी माँ''

माँ तो जन्नत का फूल है। प्यार करना उसका असूल है। दुनिया की मोहब्बत फिजूल है माँ की हर दुआ कबूल है। माँ को नाराज करना इन्सान तेरी भूल है। माँ के कदमों की मिट्टी जन्नत की धूल है।

> संतोष कुमारी रोल नंo 2202 बी.ए. चतुर्थ समैस्टर, मेजर हिन्दी

"आज के छात्र

फैशन इतना बढ़ गया, कर दिया छात्रों को बर्बाद। परीक्षा के मुख्य दिनों में, करते हैं फिल्मों को याद।।

बिना यूनीफार्म के वस्त्र पहने, समझते है अपनी शान। लम्बे-लम्बे बाल रखकर खुद को समझते हैं आमिर खान।।

हाथ में सिगरेट, मुहँ में आए जान। अच्छे-अच्छे जूते पहन, मुहँ में लगाए पान।।

गुरू आचार्यों से अब ये न डरते है। बड़े मोहल्ले में दबंगबाजी ये करते हैं।।

पढ़ने में होते हैं जीरो, बाईक माँगते हैं हीरो। घर से पढ़ने चलते है, बाईक पर बैठकर घूमते हैं।। जब आती है परीक्षाएँ तो ये लेकर आते पर्चियां। पढ़ना लिखना व्यर्थ है नकल करने के नए-नए तरीके निकालते हैं।।

फैशन से कुछ नहीं मिलेगा अपनी करनी का फल मिलेगा। भविष्य में सिर्फ़ पढ़ाई काम आएगी, फैशनबाजी कुछ नहीं दिखाएगी।।

> संतोष कुमारी चतुर्थ समैस्टर, मेजर हिन्दी रोल नं0 2202

MAHARANA PRATAP GOVT. COLLEGE AMB UNA (H.P.)

2016-17

SCIENCE SECTION

Staff Editor Dr. Krishna Sharma Student Editor Soni Devi Science Section Editorial.....

Dear friends,

It gives me immense pleasure to present before you the Science Section of the college magazine 'Ambika' for the session 2016-17. Being the student editor I enjoyed my job. I also congratulate all the young writers whose articles have been published.

Science is a very broad term as it covers all aspects of our daily life, and developing a scientific aptitude is essential to make real progress

In this section we have tried to cover both 'scientific facts' and new discoveries and inventions and acknowledge the contribution of recent Noble Prize winners. I express my thanks to my friends who contributed their articles and also my teachers for their guidance and encouragement.

Soni Devi B.Sc 6th Sem. Roll No. 117

'Science is the acceptance of what works and the rejection of what does not. That needs more courage than we might think'.

Jacob Bronowski

Staff Editor Dr. Krishna Sharma Student Editor Soni Devi Science Section

Index

Sr. No.	Name of Article	Written By
1	Do you know?	Soni Devi
2	Earthrise	Soni Devi
3	Detection of E.coli in water	Diksha Sharma
4	Pollution emitted near equator causes global ozone increase	Hina Malik
5	New Age Helmets	Prateek Kumar
6	Bionic Spinach	Shivani
7	Go Reflective	Aditya Rana
8	How safe are Dental Fillings	Ruksat
9	Superbugs	Raveena Mehra
10	2016- International year of	Shweta Thakur
	pulses	
11	Tiny Machines	Konika
12	Amazing Numbers	Divya Chandla
13	Like humans, earth has got	Jyoti Dhiman
	a "little brother"	
14	Helium	Samiksha Sharma
15	Discipline is 100%	Naini Chudhary
16	Teacher	Naini Choudhary
17	Interesting facts that will amaze you	Anjali Sharma
18	Top 10 foods to boost metabolism	Sushma
19	Life message from subjects	Prateek Kumar
20	What is mathematics?	Ajeebull
1		1997

Do you know?

- 1) 100% electric powered vehicles don't require exhaust or emission tests.
- 2) The first toothbrush with bristles was developed in China in 1498. Bristles were taken from hogs at first, later from horses. Du Pont developed nylon bristles in 1938.
- 3) Starch is used as a binder in the making of newsprint. When the paper is coated with starch, it prevents the ink from seeping through during printing. Cheaper paper has less starch, which is why out fingers get black when we hold the newspaper.
- 4) The fastest bird on record for level flight is the common swift (Apus apus) which reaches around 112 kmph.
- 5) Sea horse is a fish whose head and neck is like a horse and can change its colour to hide from enemies.
- 6) One quarter of the species of mammals in the world are bats.
- 7) Mesentery is the new organ discovered in the human body recently.
- 8) Koalas rarely drink water. Hence their name which in the Australian language means no drink.
- 9) Pen Drive is an eco friendly derice against the use of plastic ball point pens which cannot be recycled as it is tough to segregate the metal with ink from them.
- 10) Though many languages are spoken in the U.S. the country has no official language.
- 11) Money does not grow on trees, but electricity might someday as scientists have developed a new Biometric tree which generates power when wind blows through its artificial beaner

Soni Devi B.Sc 6th Sem. Roll No.117

Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.

Marie Curie.

Earthrise

It was Christmas Eve in 1968 when astronaut William Anders aboard Apollo 8, the first manned mission sent to the moon, made an exhilarating discovery. From the window of the space module, Anders spotted earth looming over the Moon's horizon, a half-lit brilliant blue orb set against the vast

inky blackness of space. It was the first 'earthrise' ever witnessed by man.

Mission commander Frank Borman quickly grabbed a camera and clicked a black and white photo while Anders and co- pilot James Lovell excitedly scrambled to get a suitable colour film. Anders then loaded his camera and captured the stunning image through the hatch window. Funnily, the astronauts had been sent to space to study the moon in detail, but it turned out that earth as seen from the moon had become the most interesting part of the mission.

The photograph was declared one of the "great images of the 20th century" and selected as one of "100

photographs that changed the world" by the editors of TIME and LIFE magazines.

It was also featured in US postage stamp five months after the astronaut returned to earth.

Soni Devi B.Sc 6th Sem. Roll no. 117

Detection of E.coli in Water

E.coli (Escherichia coli) is a bacterium that lives in the digestive tract of humans and animals. There are many types of E.coli, mostly harmless. But some can cause bloody diarrhoea, severe anaemia or kidney failure. It can spread when an infected person doesn't wash hands properly after having a bowel movement or drinking contaminated water, consuming dairy products or food containing mayonnaise that have been left out too long.

A team of Indian origin researchers in Canada have developed new device to detect the deadly E.coli bacteria in drinking water. The testing device uses the porous hydrogel matrix that cages specific enzymatic substrates that release certain enzymes in E.coli cells. These enzymes then chemically react with the substrates to change colour i.e. red. If there is no E.coli the colour of the hydrogel will not change as there is no chemical reaction. Traditional methods of testing for E.coli contaminations involve collecting water samples to be sent to an appropriate microbiological lab where the bacteria are cultured before a plate count is done to detect E.coli presence. But the new technology not only cuts down the time taken to detect E. coli but it is also an inexpensive way to test drinking water which is a boon for developing countries.

> Diksha Sharma B.Sc 4th Sem. Roll No.-18

Pollution emitted near equator causes global ozone increase

Ozone, a greenhouse gas, that forms when ultraviolet light hits nitrogen oxides. When these pollutants interact with more intense sunlight and higher temperature the interplay speeds up the chemical reactions that form ozone. Therefore the pollution emitted in countries near the equator, like India, is driving the increase in global ozone-one of the primary cause of air pollution related respiratory problems and heart diseases. Since the 1980, air pollution has increased at a much faster pace, in equator regions. A tone of emissions in a region close to the equator, where there is a lot of sunlight and intense heat, produces more ozone than a tone of emission in a region farther from it. The study provides a much needed path to strategically reduce emission of pollutants that form ozone Studies reveal that China's emissions increased more than India's and South East Asia's from 1980 to 2010, but South East Asia and India, despite their lower growth in emission during this period, appear to have contributed more to the total global ozone increase due to their proximity to the equator. Their findings suggest that 'Where the world emits is more important than how much it emits'.

Hina Malik B. Sc. 4th Semester Roll No. 207

New Age Helmets

Wearing a helmet is better than no helmet at all. But traditional helmets do not protect riders as well as they could. Moreover, some people do not like to wear helmets for aesthetic reasons. Now the scientists have come out with the solution i.e. air bag helmets. These are new type of helmets and will be available soon in some European countries. This helmet comes in a soft pocket worn around the neck. It pops up, like an air bag, around a person's head when it senses a potential collision. It is found that compared to a traditional helmet, air bag helmets can reduce head acceleration five to six times therby reducing the impact in the same ratio and can withstand drop tests from as high as two meters. Hope to see them in India soon.

Prateek Kumar B.Sc. 6th Sem. Roll, No. 153

Bionic Spinach

It is a well known fact that plants are ideally suited for monitoring the environment because they

already take in a lot of 'information' from their surroundings. Now the scientists are working to explore this 'information' so that it can be used to benefit mankind. Spinach which was once our favorite cartoon character Popeye's super food, has been transformed by MIT scientists, into sensor that can detect explosives within minutes. By embedding spinach leaves with carbon nanotubes, the plants have been designed to detect chemical compounds such as nitro aromatics, which are often used in land-mines and explosives. When one of these chemical is present in the ground water, sampled naturally by the plant, carbon nanotubes embedded in the plant leaves emit a fluorescent signal that can be read with an infrared camera. The camera can be attached to a small computer similar to a smart phone, which then sends an email to the user. This is a novel demonstration of how we have overcome the plant/human communication barrier.

Shivani B.Sc 2nd Sem. Roll No. CH036

Go reflective

Reflective surfaces are surfaces that deliver high solar reflectance. Solar reflectance is the ability to reflect the visible infrared and ultraviolet wavelength of the sun. This reduces the heat transfer to the surface. The most well known type of reflective surface is cool roof. Cool roofs can be made of a highly reflective type of a paint, a sheet covering or highly reflective tiles. Cooling down the roof by using reflective surfaces can not only help us beat the heat but also lower air conditioning bills. And in extreme cases these roofs may even save lives by reducing the risk of heat stroke. On a large scale, cool roofs can moderate the air temperature surrounding a building, decrease green house gas emissions and mitigate the urban heat island effects.

"Put simply, cool roofs and cool the GLOBE."

Aditya Rana B.Sc 2nd Sem. Roll No MA007 How safe are Dental Fillings

People with more than eight-dental fillings may have 150 percent more mercury in their blood, increasing the risk of brain, heart and kidney damage. Dental surface restorations or, commonly known as Dental fillings, are composed of dental amalgam-a mixture of mercury, silver, tin and other metals. Therefore there is a huge pressure to eliminate mercury based amalgam fillings by 2020. In such a break through, researchers claim to have developed new dental fillings that can actively repair tooth decay, prolong the life of composites fillings and reduce the need for mercury based amalgams. The new bioactive glass composite are unique in their ability to release fluorides as well as significant quantities of calcium and phosphate that are needed to form tooth mineral. These not only remineralize the partially decayed teeth but also create an alkaline environment that discourages the bacteria responsible for initial decay.

Ruksat B.Sc 2nd Sem. Roll no. CH078

Super Bugs

These are antibiotic resistant bacteria. Unrestrained overuse of current antibiotics by doctors and hospitals, often when they are not needed and widespread antibiotic use in food live stock have contributed to the evolution of antibiotic resistant bacteria. Experts have warned that especially bad superbugs could be on the horizon. Therefore the need for new antibiotics is one of the most urgent task to deal with the health problems, caused by such Super Bugs. As these Super Bugs are more resistant to current treatment, the medicine cabinet becomes empty for such patients, reaching the end of the road for antibiotics. Therefore there is an urgent need to fight Super Bugs, as infections become immune to existing drugs, allowing minor injuries and common infections to become deadly. People can best protect themselves from these by thoroughly washing their hands, washing fruits and vegetables thoroughly and preparing food appropriately. Limits on antibiotic use by physicians and in hospitals and their extensive use in food livestock can help in checking the crisis.

Raveena Mehra B.Sc. 2nd Sem. Roll no. Z0008

2016 International Year of Pulses

2016 was declared as the international year of pulses (IYP) by the 68th session of the United Nations general assembly. The Food and Agriculture Organizations (FAO) of the United Nations has been nominated to declare a year for pulses.

"An International Year designations

Provides an opportunity to raise

Awareness and to celebrate the

Role of beans, chickpeas, lentils

And other pulses in feeding the world"

The FAO intends to make people more aware of the nutritional value of pulses, of their contribution to sustainability and more reliable food.

- The year promotes production of pulses worldwide.
- Improved crop rotation
- Improved trade in pulses.
- The IYP 2016 aims to heighten public awareness of the nutritional benefits of pulses.

Most countries face nutritional problems, from undernutrition and micronutrient deficiencies to obesity and diet related disease such as type II diabetes and certain type of cancer or a mixture of these. Pulses are nutrient rich food, that as a part of healthy diet can help fight malnutrition in both developed and developing countries.

Importance Of Pulses:

- 1. Pulses provide a vital source of plant based proteins and amino acids.
- 2. As part of healthy diet high in fiber, pulses fight obesity.
- 3. Pulses are an important source of plant based protein.
- 4. Pulses prevent chronic disease like diabetes, coronary conditions and cancer.

Shweta Thakur B.Sc 4th Sem. Roll No. -402

Tiny Machines

This year, three chemists, Jean-Pierre Sauvage, J. Fraser Stoddart & Bernard L. Feringa, were jointly given the Noble Prize in Chemistry for their work on super tiny machines. These Scientist laid the ground work for making tiny machines from moving molecules and helped advance a field called nanotechnology- the science of building structure less than a billionth of a meter in size. The pioneering research created things like miniature motors & even a microscopic car.

The road to creating tiny machines started with chemist working out how to make basic parts out of a molecule. Sauvage was the first to link together two ring shaped molecules. The molecules were connected together like links on a chain, rather than through chemical bonds. Stoddart created ring shaped molecule that slid back & forth on a dumbbell shaped molecule. Feringa went a step further. He created a molecular motor- a tiny, thing, spinning wheel powered by light. He then used his motor design to built a four wheeled nano- car.

Now the scientists are excited about what the future may hold for the world's smallest machines. Feringa imagines even bigger possibilities.

"Think about tiny robots that the doctor injected in your blood veins in the future and they go in search of cancer cells."

Konika B.Sc 2nd Sem Roll No. CH068

Amazing Numbers

 $123456789 \quad X \qquad 9 \qquad = 1111111111$

 $123456789 \quad X \quad 18 \quad = 222222222$

123456789 X 27 = 333 333 333

123456789	X	36	=444 444 444
123456789	X	45	= 555 555 555
123456789	X	54	=666 666 666
123456789	X	63	=777 777 777
123456789	X	72	=888888888
123456789	X	81	=999999999

Diksha Chandla B.Sc 6th Sem. Roll No. 174

Like humans Earth has got a "Little Brother"

Yippee!!! Earth has a brother, Earth has a brother...... Well Yes, and Mars is so called because among all the planets of the solar system it resembles the Earth most. Thus actually just like a "copy cat" to Earth it rotates at same speed as that of Earth, which basically means that one day on Mars is approximately same as one day on Earth. Mars has seasons too. Even the landscape is dry, rocky and surface coated with fine dust. Traces of water, and at least some land features that may have been shaped by water, have too been discovered.

The highest mountain on the solar system, the 26 km high Volcano "Olympus Mons", is on Mars as is the largest canyon of our solar system, the 4000 km long and 200 km wide Valles Marineris. Even the rocks on Mars are similar to the ones found on the earth. We were able to know this because of small robots such as the Sojourner sent to Mars have sent reports about its surface.

Jyoti Dhiman B.Sc 6th Sem Roll No. 420

Helium

He is everywhere,

in the heavens and Earth.

He makes the Stars shine.

Yet He cannot be seen.

He is noble, abundant,

And fills the universe.

He can lift you into the sky.

and bring you gently down.

He can take many forms.

He can help heal,

He can help kill.

He can help create,

and He can help destroy.

Samiksha Sharma

B.Sc 6th Sem.

Roll No.151

Discipline is 100%

A	В	C	D	E	\mathbf{F}	G	H	I	J	K	L	M
1 5	2	3	4	5	6	7	8	9	10	11	12	13

Sum of these numbers:

4+9+19+3+9+16+12+9+14+6=100

So, Discipline should be 100% for a life to be filled with success.

Teacher

- T Tutor of values
- E Encouraging factors
- A Architect of thoughts
- C creator of good human beings
- H Helper in growth
- E Elevator for success
- R Roots of knowledge

Naini Chaudhary B.Sc 6th Sem Roll No. 165

Interesting Facts that will amaze you

- 1. Unless food is mixed with saliva you can't taste it.
- 2. Human saliva contains a painkiller called Opiorphin that is six times more powerful than morphine
- 3. If you Google 'Zerg Rush' Google will eat up the search results.
- 4. Putting sugar on a cut or wound reduces pain and speeds up the healing process.
- 5. Loneliness weakens immunity, having family and friends increase immunity by 60%
- 6. Temperature can affect appetite. A cold person is more likely to eat more food.
- 7. The smell of freshly cut grass is actually the scent that plants release when in distress.
- 8. Taking fruits in an empty stomach can prevent greying hair, nervous outbursts, balding and dark circle under the eyes.

Anjali Sharma

B.Sc 4th Sem

Roll no. 105

Top Ten Foods to Boost the Metabolism

Ten amazing facts that will boost metabolism

- 1. Water:- Drinking water actually speeds up weight loss. Metabolic rates are increased by 30% after drinking about 17 ounces of water. Water is also a natural appetite suppressant that flushes out sodium and toxins. Drinking enough water will also keep you from mistaking thirst for hunger. Drink up everyone!
- 2. Grapefruit:- This is really a best diet food. This citrus fruit lowers the insulin level in your body that trigger the system to store fat. Grape fruit is also rich in fibres. The rich pink and red colors of grapefruit are due to lycopene, Lycopene is known to have anti-tumor activity, and the highest capacity to help fight against oxygen free radicals, that can damage the cells.
- 3. Beans and Lentils:- Beans and lentils act as a super food for many reasons in addition to being high in fibre. They are a very low glycemic food. This means that they do not cause a rapid rise in blood sugar when eaten. Not only high in fibre, they are also good for heart as they contain potassium which can reduce the risks of strokes and high blood pressure. Lentils and beans also help reduce blood cholesterol and contain anti-oxidants, also found in red wine and green tea.
- 4. Yogurt:- Yogurt contains many pro-biotic culture that are necessary for a healthy digestive tract. Yogurt also contains a lot of good fats and proteins. Body burns twice as many calories digesting high protein foods than carbohydrates or fats
- 5. Whey protein: Whey protein contains 24 g per 10z protein. It also contains a lot of good fats and proteins.
- 6. Turkey:- This protein rich meat builds lean muscle tissue, which causes your body to burn extra calories and raise your metabolism.
- 7. Apples:- Apples have a low glycemic index which should be eaten daily to maintain a healthy diet. Apples are high in fibre making your feel full longer. An apple a day keeps the doctor away.

- 8. Almonds:- Almonds are loaded with good fats, fibre and protein. Combining almonds with a complete protein like yogurt or eaten separately throughout the day, gives your body all nine essential amino acids.
- 9. Spinach:-Spinach is loaded with antioxidant which help to repair damaged muscles. Spinach is high in iron, vitaminC, potassium and magnesium. This leafy green vegetable provides more nutrients than any other food. Boosting iron with spinach is a good idea, especially compared to red meat, Spinach provides iron for a lot less calories and is totally fat-free.
- 10. Rolled Oats:- Rolled oats are great for boosting your metabolism because your body takes a long time to break down the fat soluble fibre in rolled oats. This food lowers your body's insulin level and speeds up your metabolism. They are best to be eaten in the morning to jump metabolism with good quality carbs, proteins and fats.

Sushma B.Sc 1st Sem Roll No. CH015

Life Message From Subject

Physics:-

Be dynamic in thoughts

Have Static mind

Be sound in character

Then you will be

like magnet everywhere

Chemistry:

Purify your ideas

Filter your emotions

React against evils

Then you will be a great person

Mathemaics:

Add your Friends

Subject your enemies

Divide your sorrows

Then you will be the

happiest person

Geometry:

With 'God as centre

with 'Love' as radius

Draw a circle of life

Prateek Kumar B.Sc 6th Sem. Roll No. 153

What is Mathematics

Mathematics is like a cricket team of eleven Players of the team with conveys the quality of a mathematician.

M:- stands for 'mind' which is most essential for a mathematician.

A:- stands for 'Accuracy' which is the caption of the team. It should always be there while dealing with subject.

T:- stands for 'Talent' which is always used in proving theorem.

H:- stand for 'Hard work' without which success can't be achieved.

E:- stands for 'Enthusiasm' which is tested in while studying the subject.

M:- stands for 'Memory' which is badly needed in this subject.

A:- stands for 'Attention' which must be paid while studying the subject.

T:- stand for 'Tacts' which often succeed when knowledge fails.

I:- stands for 'Interest' which help to grow as a mathematician.

C:- stands for 'Cleverness' without which is impossible to study the subject.

S:- stand for 'Smile' which comes on the lips of a mathematician when he has solved the Knotty and complicated problems.

Ajeebull B.Sc 2nd Sem Roll No. CH023

Never give up work. work gives you meaning and purpose and life is empty without it.

Stephen Hawking

MAHARANA PRATAP GOVT. COLLEGE AMB UNA (H.P.)

2016-17

COMPUTER SECTION

Staff Editor Prof. Amit Kumar Sharma Asstt. Prof. of Physics

64

Student Editor Rajat Vashisht Roll No. 16PH034

Smart Phone as Learning Tool

Cell phones are different from a computer lab filled with computers or a cart of netbooks because the cell phone is personal technology. Most students have invested a great deal of timing learning about the features of the cell phone, how to navigate and the limitations of the phone. The other reason to really rethink the cell phone debate is because learning on the cell phone can extend beyond the walls of the school or the confines of a class period.

Some people may want to ban cell phones from classrooms. We didn't ban pens in our schools because students can pass notes during class. The pencils have also survived even though you could poke someone in the eye. And the amount of paper that is generated in most schools is almost criminal. This is a new time in education and with dwindling budgets, so we need to rethink possibilities, stretching every dollar. These mini computers are walking through the doors each day, let's put them to work. Before you consider trying any of these ideas, make sure you understand the policies that are in place and your have checked with your administrator.

Cell Phone Learning Strategies

Recording Lectures: The "Flipped" Classroom

Many teachers are structuring their lessons in what is being coined "Flipped Classrooms". These teachers are recording their "lectures" using video or audio and students are listening to that outside of class as the homework and in class they are completing the practice and the teacher serves as a guide, re-teaching as needed. On most cell phones with a data plan students can watch a video of a previous lesson of an appropriate clip on

Use cell phones as your Students Response System

Using and your students' cell phones, you can track instant answers from all your students. It's free for classrooms of 30 people or less.

Gina Hartman an eMINTS Instructional Specialist at Francis Howell School District in Missouri shared a fantastic new web 2.0 site named. The teacher creates a wiffiti screen and students can text in their opinions.

One teacher used this to summarize Act 1, scene 1 from Romeo and Juliet. They texted in the short summary and it showed up on the screen. In another classroom the students had think about the time period that Andrew Johnson was in office and text something into the wiffiti Screen that would have been something he would have tweeted back then. I love this example, talk about engaging students.

Delivering materials

As more curriculum materials are delivered digitally creative teachers are delivering materials directly to students on their personal cell phones. One such platform is college time. This learning platform makes it possible for teachers and students to collaborate in discussion areas and chat with each other making blended learning a real possibility.

Awesome teacher apps

Dropbox : One of my most beloved apps is dropbox. Dropbox allows all my computers and my phone to interact together. So the photo I take on my cell phone can be put in my dropbox app and now it is available on all my devices, love it!

Evernote: Next in line of cool apps for the classroom is Evernote. This handy app lets you type a text note, or clip a webpage. If your phone has a camera you can snap a photo, and now you can also grab a screenshot. Like dropbox it doesn't matter what device you are on, they all Sync together.

Solving common problems using cell phones in class

Students without cell phones/smart phones

Other issue arise because not every student has a cell phone. The easiest way to work around this is to have students working in groups, collaborating and solving problems together. Now we only need one cell phone to report out the group work. If we get creative, any problem can be solved.

Wireless Access

Wireless access might be another problem. Smart phone users will usually try and find a wireless network instead of going through the provider signal. With all these added devices your network

may be burned. Also cell phone reception is an issue in many schools. If this is the case, you may want to focus more of the group work or homework-related cell phone strategies

Keeping cell phone use appropriate

Thinking about using cell phone in the classroom we need to make sure we involve our students in the conversation. Let them teach us about how to reduce the fear of the theft or inappropriate use. Every student should be reminded every day about appropriate technology use, and what to do if the rules are broken. We need to help students understand the ramifications of things like cyberbullying, sexting and posting things to social networking sites.

> Prof. Amit Kumar Sharma Asstt.Professor of Physics

Importance of Computer in the Modern Society

One of the best things about the computer is the fact that it can help us to save so much of manual power, cost, and time. By the use of a computer, tasks can be done automatically and that will lead to saving the countless hours that may otherwise have been spent on doing the job manually.

Computers also ensure more accuracy. Examples of such cases include ticket booking, payment of bills, insurance and shopping. Interestingly, automatic operations of vehicles, like trains also help to ensure further safety and reliability of the journey. It is also wonderful to see that the invention of this unbelievable machine has brought a ray of hope in the darkness of the sick citizen's world. Computers are very capable of bringing along a medical revolution where in health sectors computers are being used for research regarding blood groups, medical histories etc. and helping to improve medicine in a big way. The knowledge that computers are providing in this field may lead to better use and purchase of medicinal drugs and ensure better health. This also leads to a better diagnosing pattern and makes health care faster and more efficiently.

> Aakriti B.Sc 4th Sem(phy) Roll No. -16PH002

Jio: Towards a new Mobile Revolution

India might be heading towards another mobile revolution. The day does not seem far away when you will be enjoying a much higher speed on your smart phone and will be paying only for data download that too on a cheaper rate in comparison with the present one. More importantly making voice calls to talk to anyone, anywhere in the country as well as sending short text messages will be completely free of cost. This seems possible after Mr. Mukesh Ambani, chairman of reliance industries LTD. The foremost private sector company in the country, launched the reliance Jio, his company's 4G phone and internet service, at the 42nd annual general meeting of shareholders of the company in Mumbai on september 1,2016. If one goes by what he proclaimed in his address another telecom revolution is knocking at the door of Indian mobile consumers.

Mr. Ambani announced that reliance Jio's subscribers would be able to download data at the speed of 135MBPS, while country's most of the networks have been providing a speed of 80-90MBPS. It means that an entire full length feature film can be downloaded within astounding 3 minutes of time while a company will be changed at the rate of RS.50 per GB data download. This would be the lowest rate in the world he said. Moreover subscribers will have to pay only for data download as voice calls as well as SMS will come free with it for life long period.

The announcement made by Mr. Ambani at the launch of Reliance Jio are bound to have far reaching impact on the entire market. It may uses in the era of

"paid data and free voice calls'.

Rajat Vashisht
B.Sc 4th sem.
Roll No.-16PH034

Social Networking

Social networks are new way of communication for eg. Facebook, orkut and many more. Every one is sharing pictures, day to day activities, thoughts about issues, personal problems etc. on social network. As well as people are communicating with each other through social networking sites. Few people are exploiting social networking sites by spying on others life. Few cases has been reported where robbers and thieves were spying on victims through social sites. So one should take care of what he/she is sharing on social network. Its own responsibility that not to share anything personal which can create problems. Social network is indeed boon for human race as it is bringing people closer and letting them communicate with each other without any fear and barrier. But still one need to be cautious of what level of personal information they are revealing on social networks.

Priyanka B.Sc 4th (phy) Roll No.-16PH021

Computer And Its Capabilities

The word Computer comes from the word "Compute" which means "to calculate". It is an electronic device that can perform arithmetic operations like additions, subtraction, multiplication etc. A computer is equipped with number of characteristics that helps it to handle the different problems more efficiently. Computer provide us the accurate data with a very high speed on less costs and is more accurate, speedy and cost effective.

Capabilities of computer:-

- I)i It is self directing machine and can store huge amount of data.
- ii) It communicates with the user and other machines.
- iii) It solves complex calculations quickly.
- iv) It can do a lot of operations with same speed for a long time on every use.
- v) It always produces the accurate results with valid data.

Geetika B.Sc 4th sem.(phy) Roll No.-16PH004

Need Of Computer-Education in Today's World

We live in a fast moving world where almost everything must come instantly to use. In this computer era, we depend on the computer to help us and to solve problem. Computer literacy do not mean you need to know how to use energy single piece of software you may encounter. A small minority of people may have managed to avoid computers for the last several years but even-jobs behind a fast-food computer are entering the age of computer-machinery we give a lot of priority to our school education them, why not to computer education?

Computer education is also equally important to build-up a strong career computers as an integral part of life and so is computer education. At-least now let us understand, the true need of computers education and support to our children, youth as well as regardless of age to pursue computer-education.

Meenakshi Thakur B.Sc 4th Sem. Roll No.-16PH016, Major Physics

The Growing Problem Of Smartphone Addiction

We are so dependent on our Smartphone's that often joke about being addicted. However what many people still fail to realize is that smart phone addiction is actually a very real problem affecting thousands across the globe. One in ten smart phone users now admit to using their phones in the shower. The same figures even show that half of people use while driving.

It is already an enormous problem, but smart phone addiction is likely to grow even more common due to rising demand for and access to the handsets. That is not to mention the rapid advances in the technology that allow them to perform more duties at even faster speeds.

Pratibha Sharma B.Sc 4th Sem. Roll No.-16PH012

Laptops are Notebook computers

Laptops multitasking hinders classroom learning for both user and nearby Peers.

Laptops are common place in university classroom. In light of psychology theory on costs associated with multitasking, we examine the effect of laptops in class.

What to do with dead or broken laptops

Even if the laptop works very Reliability, there comes a time when it crashes. This may be due to failure of some component of an electric circuit, as a result of an accident; for exp. a mechanical impact. It also happens that a user accidentally fills keyboard by tea or juice, if such the accident happened and a laptop become in operative, the owners of laptop come in different ways. Some of them just buy a new device and the old one remain lie on shelf in pantry. Some owner of laptop throw inoperative devices to land fill. Some of them are trying to repair it. How to do the right thing and whether it is possible to extract from broken laptop any good? Yes, with the help of an expert many parts of the inoperative laptops can further be used.

Namrata Devi B.Sc 4th Sem.

Roll No.-03, Major Physics

Cashless Society

The trend towards use of non-cash transitions and Settlement began in daily life during the 1990's when electronic banking become popular. By 2010's digital payment method were widespread in many countries with examples including intermediaries such as Paypal, digital Wallet system operated by companies like Apple. The cashless society describe a hypothetical move by society to give up cash for financial transitions in famous in a cashless society have become possible using digital currencies such as bit coin. It

become a very popular topic now a days because the world is experiencing a rapid use of digital methods of recording, managing and exchanging money in commerce, investment and daily life in many parts of the world. It has potential to be very helpful for central government and economies, in the concept of global negative inflation and quantative easily and central control of money supply. While helpful to the global economy and to fight against crime and terrorism. It makes individual saving and information and individual incomes and transactions accessible to any party able to access the records either Legitimately or not in this way, it facilities population surveillance.

Diksha Sharma

B.Sc 4th Sem

Roll No.-16PH018

Reasons Why People Use Internet

Internet is a nice medium to connect with the entire world. People use it as a medium to connect with the other people, sharing files, entertainment, information and lots of other activities that are useful and beneficial in many terms. While browsing internet I found many websites which are useful in many ways. Some of them are Google, facebook, Nytimes, reditt etc. Here I am mentioning top 10 reasons why people use internet.

Information

People browse internet for information. They love to browse various search engines like Google, Yahoo to know about any necessary information. Also people love browsing websites like Wikipedia which is a complete encyclopedia on internet.

Social networking

Social networking is an essential medium to communicate with friend and family members. There are lots of social networking websites like facebook, orkut and bebo which is heavily

consumed by users for connecting with friends.

Communication

Communication is another way to use internet. People connect via each other through various IM services like Gtalk, Skype, and yahoo messenger. There are lots of other services through which people send messages.

Transfer of Files

From office to schools, from business person to college students everyone send files through internet. This is an essential part of their life. These file are sent through internet. People use various mails service like Gmail, Yahoo mail, AOL, and Hotmail etc. to send files.

Current Buzz

It's either latest news or football match score, people love to surf internet to get a live update of any news website like Rediff, Nytimes, Gawker are a quick news providing websites.

Entertainment

There is a very close relation of internet to entertainment. It's watching videos in You tube, playing live games, or downloading movies; internet proves its domination everywhere.

Internet Transactions

Now internet can save time and money of people. The facility is known as internet banking facility through which people can deposit any bill, transfer money through account, and make internet reservation on time from their home.

Making Money

People can make money online by using internet. People can make money online by many factual ways. There are lots of option available Like Designing, freelancing, consultancies, software providers, application always help people to work in an easier way.

Marketing

Internet marketers use internet to sell products. There are lots of social media enthusiasts who promote others product online via various social media sites.

Online Education

Online education is very famous medium of study in developed countries and growing in developing nations also. Various website such as Khan Academy and free video lectures offer online courses to learn various things like designing, programming, engineering, medical, finance and other subjects.

Bhawna Thakur BCA 6th Sem. Roll No.-226

@@@@@@@

MAHARANA PRATAP GOVT. COLLEGE AMB UNA (H.P.)

2016-17

SANSKRIT SECTION

Staff EditorDr. Seema Sharma

Student Editor Shivani Sanskrit Section

विषयानुक्रमणिका

क्रमांक	विषय	विद्यार्थी का नाम	कक्षा एवं अनुक्रमांक
1	सम्पादकीयम्	शिवानी	बी. ए. पंचम सत्र, 2605
2.	श्लोकाः	शिवानी	बी. ए. पंचम सत्र, 2605
3.	सुभाषितानि	काजल	बी. ए. प्रथम सत्र, 16ps064
4	मम प्रिय पुस्तकम्	नेहा	बी. ए. पंचम सत्र,2607
5.	सुभाषितानि वचनानि	दीपिका	बी. ए. प्रथम सत्र,SKT003
6	हितोपदेशः श्लोकाः	दीक्षा शर्मा	बी. ए. प्रथम सत्र
7	रघुवशं श्लोकाः	शिवानी	बी. ए. प्रथम सत्र, 16SKT007
8	स्त्री शिक्षा	शवनम्	बी.ए. पंचम सत्र 2609
9	सरस्वती वन्दना	मीना शर्मा	बी. ए. प्रथम सत्र 16ps005
10	सुभाषितानि	काजल ठाकुर	बी. ए. प्रथम सत्र 16ps001
11	नीतिश्लोकाः	काजल ठाकुर	बी. ए. प्रथम सत्र,16ps001
12	स्वाध्याय व्यसनम्	सविता	बी. ए. प्रथम सत्र 16SKT002
13	भारतीय संस्कृति	अंकिता	बी. ए. प्रथम सत्र16E0051
14	सुभाषितानि	पूजा	बी. ए. प्रथम सत्र 16pso19
15	वन्दना	आंचल	बी. ए. प्रथम सत्र 16ps024
16	पर्यावरणम्	फोजल	बी. ए. प्रथम सत्र 16E0001
1			

ı				
	क्रमांक	विषय	विद्यार्थी का नाम	कक्षा एवं अनुक्रंमाक
	17	श्लोकाः	रिहाना	बी. ए. तृतीय सत्र 2610
	18	गीतायाः श्लोकाः	निशा देवी	बी. ए. तृतीय सत्र, 2607
	19	सत्य वचनानि	हर्षा	बी. ए. तृतीय सत्र, 2608
	20	सूक्तयः	शिवानी	बी. ए. प्रथम सत्र, 2606
	21	वेद वचनानि	ज्योति:	बी. ए. तृतीय सत्र, 2609
	22	सुभाषितानि	शिवानी	बी. ए. प्रथम सत्र, 2603
	23	शुभाशया:	कंचन शर्मा	बी. ए. प्रथम सत्र

THE RESERVE AND ADDRESS OF THE PARTY OF THE

,

सम्पादकीयं

विद्या ददाति विनयं

विनयाद याति पात्रताम् ।

पात्रत्वाद् धनमाप्नोति

धनात् धर्मे ततः सुखं ।।

संसकृत साहित्य भारतीय संस्कृतेः प्रधानवाहनमस्त् । संस्कृतस्य काव्येषु महाकाव्येषु च अस्माकं संस्कृतेः अनुपम गाथा श्रूयते । आधुनिक भारतीय भाषाणां जननीरूपां एषा संस्कृत भाषा देशस्य साम्प्रतिक समस्यानां समाधाने अतीव महत्वपूर्णा वर्तते । अतएव हि तस्य उन्मोचनार्थम् युगे युगे प्रयासाः कृताः । परं प्रयासाणामधिक्यमेव विपरीत फलप्राप्तिः कारणमिति कथिष्यामः । संस्कृत संस्कृतिः ज्ञानं बिना भारतीयस्य भारतीयत्वमेव न संभवति ।

अम्बिका नामन्यां पत्रिकायां संस्कृत विभागोऽयम् छात्राणां समक्षं प्रस्तूयते । अपारहर्षस्य विषयोऽयम् यत् अस्य विभागस्य सुसम्पन्नतायै संस्कृतप्रति रूचि प्रदर्शनाय च छात्र छात्राभिः महान् सहयोगः काले - काले प्रदीयते ।

शिवानी

कला संकाय -पंचम् सत्र

अनुक्रमांक - 2605

श्लोकाः

यदि सत्सङ्गतिरतो भविष्यसि भविष्यसि।
 अथ दुर्जनसंसर्गे पतिष्यसि पतिष्यसि।।

भाव:- अर्थात् यदि सज्जनों की संगति में आसक्त रहोगे तो जीवन में सफल रहोगे और यदि दुष्टों की संगति में पड़ोगे तो अवनति में गिरोगे।

2) वयमिह परितुष्टा वल्कलैस्त्वं दुष्कलै:

समइह परितोषो निर्वि शोषो विशेष:

सतु भवति दरिद्रो यस्य तृष्णा विशाला

मनसि च परितुष्टे कोऽर्थवान् को दरिदः

भाव:- हम पेड़ की छाल के कपड़ों से संतुष्ट हैं, वहां राजा रेशमी वस्त्रों से संतुष्ट हैं।प्रसन्नता दोनों ओर समान है।दोनों की विशेषता एक जैसी है।वह मनुष्य ही गरीब होता है जिसकी लालसा बड़ी है।मन के संतुष्ट होने पर कौन धनी होता है और कौन गरीब ?

आचार्यदेवो भव

भारतीय शास्त्रेषु गुरोर्माहात्म्यं बहु गीतमस्ति। ईश्वरस्यप्रतिमूर्तिरिति मन्यते, अत एवोच्ते आचार्यदेवो भव इति आचार्यो देवतावत् पूज्यो मान्यश्च यः शिष्येभ्यः विद्यां ददाति, कर्त्तव्याकर्त्तव्यं च बोधयति सदाचारस्य संयमस्यं त्यागस्य शिक्षां ददित, स आचार्ये गुरूर्वो भवति।

गुरोमांहात्म्यमेतस्माद् ज्ञायते यद बालको यदा गुरोः समीपं शिक्षार्थं याति यज्ञोपवीतं ते धारयन्ति, शिक्षां च प्राप्नोति' तदैव द्विजो द्विजन्मा द्विजातिर्वा भवति अन्यथा स शरद एवम् भवति, माता-पिता च बालकस्य शरीरमेव सृजतः गुरूस्तु तं विद्यया शिक्षया दीक्षया कर्त्तव्योद् वोधनेन च मनुष्यं करोति। मातुः पितुशच गुरूः गरीमानं भवति।

अभिवादनशीलस्य नित्यं वृद्वोपसेविनः

चत्वारि तस्य वर्धन्ते, आयुर्विद्या यशोबलम्

अतः सर्वे सर्वदा गुरूर्पा, पूजया मान्यश्च।।

शिवानी बी. ए. पंचम सत्र

सुभाषितानि

1. यथा चतुर्भिः कलकं परीक्ष्यते निर्घषवच्छोदन्-तापताऽनैः। तथा चुतुर्भिः पुरूषः परीक्ष्यते, त्यागेन शीलेन गुणेन् कर्मणा।।

अर्थ:- जिस प्रकार सोना रगड़कर, काट कर, तपा कर और कूट कर इन चारों विधियों से परखा जाता है, वैसे ही पुरूष भी त्याग, शील, गुण और कर्म इन चारों से परखा जाता है।

महानिप एकयो वृक्षो बलवान् सुप्रतिष्ठितः ।
 प्रसह्य एव वातेन सस्कन्धो भिवतुं क्षणात् ।।
 अभे ये सिहत वृक्षाः संद्यंशः सुप्रतिष्ठिताः ।
 ते हि शीघ्रतमान वातान सहन्तेऽन्योन्य संश्रयात् ।

अर्थ:- एक अकेला वृक्ष, बलवान और सुदृढ होने पर भी वायु के द्वारा बल पूर्वक जड़ से उखाड़कर फेंका जा सकता है, किन्तु जो वृक्ष मिलकर सामूहिक रूप से सुप्रतिष्ठित रहते हैं, वे तीव्र आंधी को एक दूसरे के आश्रय से सह लेते हैं।

एक एव सुहृदगणो निधनेऽप्यनुयाति।
 शरीरेण समं नाशं सर्वमन्यद् गच्छति।

अर्थ:- धर्म ही एक ऐसा मित्र है, जो मरने पर भी साथ जाता है, अन्य सब कुछतो शरीर के साथ नष्ट हो जाता है।

> काजल बी. ए. प्रथम सत्र रोल नं-16PS064

मम् प्रिय पुस्तकम्

श्रीमद्भगवदगीता मम सर्वाप्रियं पुस्तकम् अस्ति । अद्ययावत् यथा अनेकानि पुस्तकानि पठितानि सन्ति ।

विविधासु कक्षासु मया पंचतन्त्रस्य, हितोपदेशस्य कश्चित् उपदेशप्रदाः कथा पठिता अस्ति प्रसिद्धानां नाटकानाम् गीतिकाव्यनाम् महाकाव्यानाम् च केचित अंशा अपि ।मया पाठ्यक्रमे पठिताः आसन् ।

परमेषु कोऽपि अंशः मह्यम् तथा न अरोचत्

यथा श्रीमद्भगवद्गीता। द्वितीय अध्यायस्य मनोपरि एतावान् प्रभावः अभवत्।चेदहं समस्ताम् भगवद्गीताम् पठितवान्।आधुना अहं गीतायाः नियमितरूपेण पाठं करोमि।गीता सर्वशास्त्रमयो वर्तते।भगवता वेदव्यासेन् सर्वेषां पूर्ववर्तिनां धर्मग्रन्यानाम् अडोलनं कृत्वा गीता प्रणीता आसीत् अतएव कय्यते

'गीता सुगीता कर्त्तव्याः किमन्यैः शास्त्रवित्

नेहा रोल नं-2607 कक्षा-बी. ए. पंचम् समैस्टर

सुभाषितानि वचनानि

गुणा गुणज्ञेषु गुणा भवन्ति। ते निर्गुणं प्राप्य भवन्ति दोषाः।।
सुस्वादुतोया प्रवहन्ति नद्यः समुद्रमासाद्यय भवन्त्यपेयाः।।

अर्थ:- गुण गुणी मनुष्य को पाकर ही गुण रहते हैं, बे गुण हीन को पाकर दोष बन जाते हैं। निदयां स्वादिष्ट जलवाली होकर ही निकलती हैं, वे निदयां ही समुद्र में मिलकर न पीने योग्य जलवाली बन जाती हैं।

स्त्रियां रोचमानायां सर्व तद् रोचते कुलम।
 तस्यां रोच्यमानायां सर्वमेव न रोचते।।

अर्थ:- कुल में स्त्री के प्रसन्न रहने पर सब प्रसन्न होते हैं उसके अप्रसन्न रहने पर तो सारा परिवार अप्रसन्न रहता है।

3. ''क्रेयूराणि न भूषयन्ति पुरूषं हारा न चन्द्रोज्ज्वलाः न स्नानं न विलेपनं न कुसुमं नालंकृता मूर्धजाः। वाण्येका समलंकरोति पुरूषं या संस्कृता धार्यते, श्लीयन्ते खलु भूषणानि सततं वाग्भूषणं भूषणम्।।

अर्थ :- ताख से बने आभूषण, श्वेत चन्द्रमा के समान हार न स्नान, न सुगन्धित द्रव्यों लेप न फूल न अलंकृत केश सुशोभित करते हैं । वाणी ही एक ऐसा आभूषण है जो संस्कार को धारण करती है। बाकी आभूषण समय के साथ नष्ट हो जो हैं वाणी रूपी आभूषण ही सदैव विद्यमान रहता है।

> दीपिका रोल नं-SKT003 बी. ए प्रथम समैस्टर

हितोपदेशः श्लोकाः

लुब्धस्य नश्यित यशः पिशुनस्य मैत्री, नष्टकीयस्य कुलपरम्पर्यस्य धर्म। विद्यामल व्यसनिनः कृपणस्य सौख्यं, राज्यं प्रमतमचित्तस्य नराधिपस्य।।

अर्थ:- लोभी मनुष्य का यश नष्ट हो जाता है, चुगलखोर की दोस्ती खत्म हो जाती है, कुल की परम्पराओं का निर्वाह न करने वाले मनुष्य का कुल समाप्त हो जाता है, धन के लोभी का धर्म नष्ट हो जाता है, बुरी लत बाले की विद्या व्यर्थ चली जाती है, कंजूस सुख नहीं भोग पाता है, और जिस राजा का मन्त्री आलसी हो उसका राज्य ही नष्ट हो जाता है।

मातेव रिक्षते पितेव हिते नियुङ्क्ते,
 कान्तेवार्चय रमयत्यपनीय खेदम्।
 लक्ष्मी तनोति वितनोति च दिक्षु कीर्तिम,
 किं किं न साध्यति कल्पलतेव विद्या।।

अर्थ:- विद्या माता की तरह रक्षा करती है, और पिता की तरह कल्याण में लगाती है, विद्या पत्नी के समान कष्ट को दूर कर आनन्दित करती है, विद्या लक्ष्मी को बढ़ाती है, और सभी दिशाओं में यश फैलाती है, इस प्रकार विद्या कल्पलता की तरह क्या-क्या सिद्ध नहीं करती, अर्थात् विद्या से सभी कार्य सम्पन्न हो जाते हैं।

> दीक्षा शर्मा बी. ए. प्रथम सत्र

रघुवंशम्–१लोकाः

आकारसदृशप्रज्ञः प्रज्ञयाः सदृशागमः ।
 आगमैः सदृशारम्भः आरम्भैसदृशयोदयः ।।

अर्थ:- आकार के अनुसार बुद्धिवाले, बुद्धि के समान शास्त्रों को जानने वाले, अध्ययन के अनुरूप कार्य करने वाले परिश्रमानुरूप फल पाने वाले थे । इस प्रकार के यह रघुवंशी थे।

 येषां निवद्या न तपो न दानम्, ज्ञानं न शीलं न गुणो न धर्मः । मृत्यों लोके भुवि भारभूताः मनुष्यरूपेण मृगाश्चरन्ति ।

अर्थ:- जिन मनुष्य के पास न कोई कला है, न ज्ञान है, न सदाचार है, न कोई सदगुण है, न धर्म की शक्ति है, वे इस मनुष्य लोक में पृथ्वी पर भार स्वरूप ही है, तथा मनुष्य होते हुए भी पशुओं की तरह इस लोक में विचरण करते हैं।

> शिवानी बी. ए. प्रथम सत्र रोल नं-165KT007

स्त्री शिक्षा

चित्र अस्मांक भारतवर्ष प्रगति क्षेत्रे च उन्नतंन भवित तिर्हें तस्य प्रथमकारणं नार्या शिक्षायाः अभावः । यदि नार्या सम्यक्तया पाठं पिठित्वा देशस्य उन्नत्यर्थं योगदानं किरष्यिन्त तदा देशस्य उन्नतिः नूनं भिवष्यित । अस्मांक देशस्य उन्नत्यर्थं द्वे शक्ती सहाय्यम् नारी पुरूषः च । परन्तु एतावत्पर्यन्तं नारीणां समस्यायाः संख्यावृद्विरेव भवित । वधूदक्षिणा, बालात्कारः अस्माकं देशे बहुधां द्रष्टु लभ्यते । एतदर्थं सर्वकारः नैतक्रमान् स्वीकरोति परन्तु सफलेन भवित । संस्कृते एकः श्लोकः अस्तिः ।

'यत्रनार्यास्तु पूज्यन्ते रमन्ते तत्र देवताः ।'

सर्वे सम्यक्तया एतस्यार्थं जानन्ति, परन्तु कार्यरूपेण न कुर्वन्ति। सर्वेऽपि जानन्ति, परन्तु कार्यरूपेण न कुर्वन्ति गुरूत्वपूर्णा भूमिका।नारी कदापि स्वाधीनतया न जीवति।

- प्रथमतः सा बाल्यात् विवाहपर्यन्तं पितु मातुश्च अधीने तिष्ठित ।
 यदा विवाह करोति सा तस्या पितदेव सर्वस्वं मन्यते । तस्याः पितः यत्किमिप वदित तथा क्रियते ।
- वृद्धावस्थायां सन्ताधीनं सर्वं कार्यं करोति।
 एतदेव उत्तमनारी लक्षणम्।

शवनम बी. ए. पंचम सत्र रोल नं- 2609

सरस्वती वन्दना

या कुन्दे तुषार हारधवला या शुभ्रवस्त्रावृता यावीणा वरदण्डमण्डित करा या श्वेतपद्मासना। या ब्रह्माच्युतशंकर प्रभृतिभिर देवै: सदा वन्दिता, समा यातु सरस्वती भगवित, नि: शेष जाऽ्यापहा।। शुक्लां ब्रह्मविचार सार परिवहन जगदव्यादिनीम्। वीणा पुस्तक धारिणी मा शारदे उपकार करू।। हरते तां परमेश्वरी भगवती बुद्धि प्रदान शारदाम्।।

> ''सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामया। सर्वे भद्राणि पश्यन्तु, मा कश्चिद्दुःखभाग भवेत्''।

> > मीना शर्मा बी. ए. प्रथम स्मैस्टर रोलं नं- 16 PS-5

<u> सुभाषितानि</u>

- पुस्तकस्या तु या विद्या परहस्तगतं धनम्।
 कार्यकाल समुत्पन्ने न सा विद्या न तद्धनम्।।
 अर्थः पुस्तक के अन्दर जो विद्या तथा दूसरों के पास जो धन
 है, समय आने पर न तो वह विद्या काम आती है, और न ही
 धन।
- सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः ।
 सर्वे भद्राणि पश्यन्तु मा किश्चत् दुखर्भागभवेत् ।।
 अर्थः सभी लोग सुखी हों सभी निरोग हों, सभी सुख को
 देखें, कोई दुख का भागी नहों।

काजल ठाकुर बी. ए. प्रथम सत्र, 16 PS-001

नीतिश्लोकः

- उद्यमेन हि सिध्यन्ति कार्याणि न मनोरथै: ।
 निह सुप्तस्य सिंहस्य प्रविशन्ति मुखे मृगा: ।।
 अर्थ:- सभी कार्य मेहनत से पूरे होते हैं, न कि इच्छाओं से,
 सोये हुए शेर के मुंह में हिरन अपने आप नहीं घुसता उसे
 मेहनत करनी पड़ती है।
- प्रियवाक्यप्रदानेन सर्वे तृष्यन्ति जन्तवः ।
 तस्मात् प्रिय हि वकत्तव्यं वचने का दिरद्रता । ।
 अर्थः प्रिय वाक्य बोलने पर सब सतृष्ट होते है, इसलिए प्रिय
 बोलना चाहिए, बोलने में दिरद्रता कैसी ।

काजल ठाकुर बी. ए. प्रथम सत्र रोल नं- 16 Ps001

स्वाध्याय–व्यसनम्

स्वाध्यायात् न प्रमदितव्यं - इति उपनिषदः वाक्यम्। मनुष्यः स्वाध्यायशीलः स्यात्। स्वाध्यायशीलः जनः धनस्य सदुपयोगः उत्तमोत्तम् - पुस्तकानां क्रयेण मन्येत्। सः सदैव नवीनानि पुस्तकानि क्रेतुं निजपुस्तकालयं च वर्धयितुं तत्परः भवति। पुस्तकानां अध्ययने अनेक विषयाणा ज्ञानं भवति। समयस्य च सदुपयोगः भवति। अतः ज्ञानिपपासुभिः पुस्तकालयं वरदानं मन्यते। ते पुस्तकालयं गच्छन्ति यथेच्छं पुस्तकालयं गच्छन्ति। यथेच्छं पुस्तकानि च पठित्वा, स्वज्ञानिपपासांशमयन्ति।

> सविता बी. ए. प्रथम सत्र, 16SKT002

भारतीय संस्कृति

पुरातनः इतिहासः अनन्या भौगोलिक रचना, वैविध्यमंत्राः जनसमूहाः, धर्माः विभिन्नाः सम्प्रदायाः, अनेक उत्सवाः नैकानि आचरणानि प्राचीनपरम्परा, परितः विद्यमानानां देशानां प्रभावः एवं विभिन्नाः विषयाः भारतीयसंस्कृति अरचयन् । सिन्धुखाततः आरब्धाः भारतीयसंस्कृति वेदकाले महता प्रमाणेन विकसिता अभवत्। बौद्धधर्मस्य उन्नतिः अवनतिः च भारतस्य सुवर्णयुगं ,यवनाना आक्रमण, यवनानां शासनं अन्यदेशीयानां शासन महत्येतेषु बालेषु भारतीयसंस्कृते विस्तार: विविधता च अधिका अभवत्। भारतस्य धर्माणि आचरणानि भाषाः पद्यतयः सप्रदायाः च गतेभ्यः वर्षेभ्यः । अस्याः अनन्यसंस्कृते साक्षिरूपेण सन्ति । विभिन्नानां धर्माणां सम्प्रदायानां संयोजनम् अपि जातम् अस्ति। भारतीय संस्कृतौ एतस्या संस्कृतेः प्रभावः जगतः अन्यासां संस्कृतीनाम् उपरि अपि जातः अस्ति। भारतस्य प्रभुधर्मः हिन्दुधर्मः अस्ति। यतः अत्रत्यायाः जनसंख्याः अपेक्षया अधिका: हिन्दुधर्म अनुसरति जना इस्लामधर्मम अनुसरन्ति सिख-जैन, बौद्धधर्माणांजनाः न केवलं भारते अपितु विश्वस्य सर्वेषु भागेषु व्याप्ताः सन्ति।

> अंकिता बी. ए. प्रथम स्मैस्टर रोल नं-16E00S1

सुभाषितानि

पृथ्वयां त्रीणि रत्नान्नि जलमन्नं सुभापितानि ।

मूढै: पाषाणखण्डेषु रत्नसंज्ञा विधीयते।।

- सत्येन धार्यते पृथ्वी सत्येन तपते रिवः
 सत्येन् वाति वायुश्च, सर्वमसत्ये प्रतिष्ठितम्।।
- न चौरहार्य न च राजहार्य,
 न भ्रातृभाज्यं न च भारकारि।
 व्यये कृते वर्धते पयः नित्यं,
 विद्याधंन सर्वधनप्रधानम्।।
- सर्वदा व्यवहारे स्यात् औदार्य सत्यता तथा।
 ऋजुता मृदुता चापि कौटिल्यं न कदाचन।।
- श्रेष्ठजनं, गुरू मातरं पितरं तथा।
 मनसा कर्मणा वाचा सेवेत सततं सदा।।

पूजा बी. ए. प्रथम स्मैस्टर रोल नं- 16PS019

decell

तमोश्वरणां परमं महेश्वरम्,
ते देवानां परमं च देवतम।

पति पतीनां परमं महेश्वरम्,
विदाम् देव भुवनेशमीड्यम्।।

एको वशी सर्वभूतान्तरात्मा,
एकं रूपं बहुधा यः करोति।

तमात्मस्यं येऽनुपश्यन्ति धीरा,
स्तेषां सुखं शाश्वतं नेतरेषाम्।।

न तत्र सूर्या भाति न चन्द्रतारकं,
नेमा विधुतो भाति कुतोऽयमग्निः।

तमेव भान्तमनुभाति सर्वं,
तस्य माता सर्वमिदं विभाति।।

आँचल बी. ए. प्रथम सत्र रोल नं-16PS024

प्यविरणम्

अस्मान् परितः यानि पञ्चमहाभूतानि सन्ति। तेषां समवाय एव परिसरः प्रभवा पर्यावरणम् इति पदेन व्यवहीयते। इत्युक्ते मनुष्यो यञ्च निवसित। यत् खादित, यत् वस्त्रं धारयित यञ्चजलं पिवति यस्य पवनस्य सेवनं करोति, तत्सर्वं पर्यावरणम् इति शब्देनाभिधियते। अधुना पर्यावरणस्य समस्या न केचनं भारतस्य अपितु समस्त विश्वस्य वर्तते। यञ्चजलं यश्च वायुः आद्य उपलभ्यते, तत्सर्वं मिलनं दूषितं च दृश्यते अस्य भारतस्य राजधानी अस्ति। पर्यावरणम् पश्यतु। भारतस्य राज्येषु अन्यतमम् अस्ति। पर्यावरणम् भारतदेशस्य राजधानी विश्वस्य अति विशालासु नगरीषु अन्यतमा इति गणयते। पर्यावरणम् एषा भारतस्य तृतीया बृहती नगरी वर्तते। इत्यपि विश्रुता इय नगरी प्राचीनकाले हस्तिनापुरमिति ख्याता आसीत्। इन्द्रसभायामपि सभाजितानां भरतकुलोत्पनानां महीपालानां राजधानी अद्यतनीया एव। पर्यावरणम् मुगलवंशीयानां चक्रवर्तिना तथा आङ्मलानामपि अधिकाराणं केन्द्रभूमिर्शत्वा अधुनापि भारतीयगणराज्यस्यराजधनीपद्मलङ्करोति।

फेतल बी. ए. प्रथम सत्र रोल नं- 16E0001

श्लोकाः

अन्यच्य- शुचित्वं त्यागिता शौर्य सामान्य सुखदुः खयोः । दाक्षिण्यं चानुरिक्तश्च सत्यता च सुहृदगणाः । सारलार्थः- ये गुण पाए जाते है- पवित्रता अर्थात् मनसा वाचा कर्मणा पवित्र वने रहना, मित्र के लिए सब प्रकार का

सामान भाव बनाए रखना चतुराई प्रेम सच्चाई। इन गुणाँ से युक्त व्यक्ति के साथ की गई मित्रता सुखदायिनी और

श्रीयस्करी होती है।

रिहाना बी. ए. तृतीय सत्र रोल नं-2610

गीतायाः श्लोकाः

- कुतस्त्वां कश्मलिमदं विषमे समुपस्थितम्। अनार्याजुष्टमस्वर्ग्यमकीर्तिकरमर्जुन्।।
 अर्थः - हे अर्जुन। यह ज्ञान तुम्हे कहाँ से इस विषमस्थल में हुआ है। यह आर्यों लॉगों के द्वारा सेवित किया जाने योग्य नहीं है, यह न तो स्वर्ग देने वाला है, न ही यश को बढ़ाने वाला है।
- क्लैव्यं मास्मगम पार्थ नैततव्युदपद्यते।
 क्षुद्रहृदय दौर्बल्यं त्यक्तवोतिष्ठ परंतपा:।।
 अर्थ:- अर्जुन तु नपुसंकता को मत प्राप्त हो, इस प्रकार की

कायरता तुझे शोभा नहीं देती। अतः हृदय की दुर्बलता को त्यागकर तुयुद्ध के लिए खड़ा हो जा।

3. अशोच्यानशोचस्त्वं प्रज्ञावांदा श्च भाषसे। गतासूनगतासूंश्च नानुशोचयन्ति पण्डितः।। अर्थः - हे अर्जुन।तु शोक न करने योग्य मनुष्यों के लिए शोक करता है, और बातें विद्वानों जैसी करता है। बुद्धिमान व्यक्ति तो मृत और जीवित किसी विषय में शोक नहीं करते हैं।

> निशा देवी रोल नं-2607, कक्षा-तृतीय सत्र

सत्यवचनानि

- लोभः पापस्य कारणम्-लोभ पाप का कारण है।
- 2. व्यवहारेण मित्राणि जायन्ते-व्यवहार से मित्र बन जाते हैं।
- मातृ देवो भव पितृ देवो भव- माता-पिता भगवान समान हैं।
- 4. सत्यमेव जयते- सत्य की ही जीत होती है।
- 5. परोपकराः पुण्याय पापाय परपीडनम्- परोपकार पुण्य के लिए और दूसरों को पीड़ा पहुंचाना पाप के लिए होता है।
- 6. दीर्घ सूत्री विनश्यति-काम में देरी करने वाला नष्ट हो जाता है।
- 7. निज पित्रोराज्ञां पालयत- अपने माता-पिता की आज्ञा का पालन करो।
- 8. विद्याधनम् सर्वधनं प्रधानम्-विद्या रूपी धन सभी धनों में श्रेष्ठ है।
- 9. अनाभ्यासे विषम् विद्या- अभ्यास के बिना विद्या विष की भांति है।

हर्षा रोल नं- 2608, बी. ए. तृतीय समैस्टर

सत्य वचनानि

- भक्त्या तुषयन्ति देवतान्।
 अर्थः देवता श्रद्धा से प्रसन्न होते हैं।
- 2. दरिद्रयात् पुरूषस्य बान्धवजनी वाक्ये न सन्तिष्ठते। अर्थः - दरिद्रता आ जाने पर सर्गे - सम्बन्धी तथा नौकर चाकर भी मनुष्य की बात नहीं मानते हैं।
- साहसे खलु श्रीर्वसित ।
 अर्थ:- लक्ष्मी का निवास साहसिकों के पास होता है ।
- यः परिश्रमः करोति सः सुखं प्राप्नोति । अर्थः - जो परिश्रम करता है, वह सुख प्राप्त करता है ।

दया शर्मा कक्षा-बी. ए. तृतीय सत्र रोल नं-2606

वेद वचनानि

- 1. सत्यम् वद् अर्थात् सदा सच बोलो।
- 2. धर्मचर अर्थात् धर्मका पालन करो ।
- श्रद्धया देयम् अर्थात् श्रद्धापूर्वक देना चाहिए।
- 4. पितृदेवो भव अर्थात् पिता को देवता मानो।
- 5. मातृ देवो भव-अर्थात् माता को देवता मानो।
- 6. आचार्य देवो भव- अर्थात् आचार्य को देवता मानो।
- 7. अतिथि देवो भव- अर्थात् अतिथि को देवता मानो।

ज्योति बी. ए. तृतीय सत्र रोल नं- 2609

<u>सुभाषितानि</u>

- सद्भिरंव इहसीत् सद्भिः कुर्वीत सङ्ग्तिम्। सद्भिर्विवाद मैत्रीं च नासद्भिः किडिचदाचरेत्।।
- 2. क्षमाबशीकृति लोंके क्षमया किंन साध्यते।

शान्तिखडगः करे यस्य किं करिष्यति दुर्जनः ।।

सर्वदा व्यवहारे स्यात् औदार्य सत्यता यथा।
 ऋजुता मृदुता चापि कौटिल्यं न कदा चन्।।

शिवानी बी. ए. प्रथम सत्र रोल नं-2603

श्रुभाशयाः {Good Wishes}

- नववर्षस्य शुभाशयाः । Happy New year.
- 2. नववर्ष नवोत्साहं ददातु । Let the New year bring New hopes.
- दीपावलयाः शुभाशयाः
 Good Wishes for Diwali.
- 4. सफलतायै अभिनन्दनम्। Congratulations on your success.
- जीवेत् शरदः शतं
 May you live for hundred years.
- जन्मदिनस्य शुभाशयाः
 Many-Many happy returns of the day.

कंचन शर्मा बी. ए. प्रथम सत्र

MAHARANA PRATAP GOVT. COLLEGE AMB UNA (H.P.)

2016-17

PLANNING FORUM

Staff Editor
Anay Choudhary
Assistant Prof. in Economics

Student Editor Shilpa Thakur Major Economics B.A. 6th Sem Roll No. 2511

			THANK STORY			
INDEX						
Sr. No.	Title	Name	Class	Roll No.		
1.	Black Money in India	Rekha Rani	B.A. IV-Sem	2507		
2.	Black Money	Kanika	BBA	3020		
3.	Poverty	Palak Dhiman	B.A 2nd Sem.	16E0005		
4.	Relationship among Different					
5.	Some Abbreviations	Sarika Rana	B.A. 4th Sem.	2522		
6.	What is unemployment	Dinesh Kumar	BBA 4th Sem.	3028		
7.	Impack of Demonetisation on					
	Indian Economy	Sahil Sharma	BBA 4th Sem.	3056		
8.	Money	Komal	B.A 4th Sem	2545		
÷			Maj. Eco			
9.	What is Money	Shilpa Thakur	B.A. 6th Sem.	2511		
10.	Economics	Shilipa Thakur	B.A. 4th Sem.	2511		
11.	Why India is poor	Shilipa Thakur	B.A. 6th Sem.	2511		
12.	Black Money	Ranju Bala	B.A. 6th Sem.	2548		
13.	अर्थशास्त्र के चमत्कार	Anita	B.A. 4th Sem.	2533		
14.	भारत में बेरोज़गारी की समस्या	Sarika Rana	B.A. 4th Sem.	2522		
15.	'से'का बाजार नियम	Jyoti Bala	B.A. 4th Sem.	2504		
16.	नोटबंदी	Kajal	B.A. 2nd Sem.	16PS018		

Black Money in India

Black money symbolizes uncounted Money. It is the money which earned through illegal means and taxes are not paid on it to the government. The people collect or earn such money by Harding and smuggling and by avoiding to pay the taxes. However black money keeps changing colours.

The black money has created a serious problem in our country. Rich persons avoid to pay taxes and use their money for corrupting social and political life. They bribe government officers. They buy huge quantities of essential commodities such as edible oil, pulse, sugar, onion etc. In this way they are enjoying their life while in other hand some people are unable to provide two meals for their families.

Our defective tax system adds fuel to the fire of black money. Some corrupt officials of the government are unable and unwilling to stop this "Number two" business as it is popularly known. Some N.G.O's have started a campaign against black money. They have put a pressure on government to bring back this black money and declare it as a national property. N.G.O's are motivating the people to rise against this campaign. But this is not enough. We all should be honest. Corrupt officials should be punished at present when they caught red handed. We should support to N.G.O's which fighting against this system. We should pay taxes honestly. We should take pledge not to take bribe and give bribe.

Rekha Rani

2507

B.A 4th sem.

Black Money

- ≤ The currency used in 'Black Economy'.
- ≥ The Proceeds, usually received in cash, from underground economic activity.

Cash, from underground economics activity.

Black Money refers to funds earned on the black Market, on which income and other taxes has not been paid.

The total Amount of black money Deposit in foreign banks by indians in unknown. But one estiamte by R.

Vaidyanathan, a professor of finance, estimated the total at our Rs. 7,280,000 crores.

India on not serious about unearthing black money in swiss banks.

Rudolf Elmes, a rare whistle blower who has brought out much information on secret swiss bank Accounts has occured the indian Government of not being serious enough in getting details of black money stashed away in Swiss Banks.

Why people use Swiss Bank Accounts

Swiss Bank Accounts are especially attractive to more illicit operations and are apparently popular for illegal are purposes. Even with law-obiding questions aside, swiss banks are often portrayed as among the premiere financial institutions on earth, catering to the wealthiest people and companies that the global fiscal scene has to offer.

The Reasons Why People use Swiss Bank Accounts.

- 1. Secrecy
- 2. Neutrality
- 3. Quality

Why india is poor?

Dishonest Industrialists, scandalous politicians and corrupt IAS, IRS, IPS officers have deposited in foreign banks in their illegal personal accounts a sum of about of 1500 billion, which have been misappropriated by them.

How to remove black money?

- 1. Every economic transaction should be turn with Banking facilities.
- 2. Mandatory digitisation of all land and property records limbed to PAN/Aadhaar numbers.
- 3. Tax on agricultural income based on form holding, leaving small and marginal farmer intouched and unaffected.
- 4. Plastic money should be encouraged. A charge may be introduced for cash withdrawal beyond a limit.
- 5. To encourage Credit/debit card payments, the settlement cycle must be reduced from monthly to fortnightly on a madatory basis, otherwise it will give to unhealthy competition.

Kanika Class-BBA [4th Sem.] Roll No. 3020

POVERTY

Poverty:- Poverty is the inability to fulfil the minimum requirements of life. It is a multifaceted concept which includes social, economic and political elements. The minimum requirement includes food, clothing, housing, education and health facilities, shelter Poverty and Law Level of output start chasing each other.

Poverty Income: Poverty in India can also be explained with reference to unequal distribution of income. In Economic terms income poverty is when a family's income fails to meet a federally established threshold that differs across countries. It is measured with respect to families and not the individual, and is adjusted for the number of persons in a family.

Types of Poverty:- The two main type of poverty are absolute poverty and relative poverty. Absolute poverty is defined as lacking the basic means to survive. Relative poverty occurs when a family income and way of living fall below the general standard of living defined by its society.

Producer's Equilibrium: Producer's equilibrium refers to the level of output of a commodity that gives the maximum profit to the producer of that commodity. Profit equals total revenue less total cost. Therefore, the output level at which total revenue is less total cost is maximum is called the equilibrium output.

Palak Dhiman B.A. 2nd Sem. Roll No. 16E0005

Relationship among Different Concepts of National Income

GDP_{MP} = Compensation of Labour + operating Surplus + mixed income + consumption of fixed capital + net indirect Tax.

GDP_{MP}= Gross domesztic product at market price + net factor income from adroad.

NDP_{MP} = Gross national product at market price_consumption of fixed capital.

 $NDP_{MP} = GDP_{MP} - Consumption of fixed capital$

 $GDP_{FC}^{MI} = GDP_{MP}^{MI} - Net direct Tax.$

AMBIKA

$$GDP_{FC} = GDP_{MP} - Net \, director \, Tax$$

$$NNP_{\overline{FC}} = NNP_{\overline{MP}} - Net \, direct \, Tax$$

$$NNP_{\overline{FC}} = NNP_{\overline{MP}} - Net \operatorname{direct} Tax$$

Shilpa Thakur Roll No. 2511, Class-B.A-VIth Sem., Major Economics

SOME ABBREVIATIONS

- 1. GDP_{MP} :- Gross Domestic Product at Market Price.
- 2. GNP_{MP}:- Gross National Product at Market Price.
- 3. NNP_{MP}:- Net National Product at Market Price.
- 4. NOP_{MP}: Net Domestic Product at Market Price.
- 5. NDP_{FC} :- Net Domestics Product of Factor cost.
- 6. GDP_{FC}:- Gros Domestic Product at Factor Price.
- 7. GNP_{FC}:- Gross National Product at Factor Cost
- 8. NNP_{FC}:- or NY: Net- National Product at Factor Cost.

Sarika Rana Roll No-2522 B.A. 4th Sem. Major-Economics

What is Unemployment'

Unemployment is a Phenomenon that occurs when a person who is actively searching for employment is unable to find work.

Unemployment is often used as a measure of the health of the economy. The most frequently applied measure of unemployment is the unemployment rate, which is the number of unemployed people in the Labour force.

'Cyclical Unemployment'

Cyclical unemployment comes around due to the business cycle itself cyclical unemployment rises during periods of economic growth.

For Example, the Number of weekly Fobless claims in the United States has slowed in the month of June as oil prices being to rise and the economy starts to stabilize, adding jobs to the market.

'Structural unemployment

Structural unemployment comes about through technological advances, when people lose their skill are outdated illinois, for example, after seeing increased unemployment rates in May of 2016, Government or People seeks to implement "structural Reforms" that will give people New skills and therefore More job opportunities.

"What to make money even when the market is Falling?"

If the Markets are in a free fall you want to be able to gain profit when everyone else is losing their shirt you need to learn everything you need to know about short selling.

Dinesh Kumar B.B.A. 4th 3028

Impact of Demonetisation on Indian Economy

At the stoke of midnight of the hours on midnight of 9th November 2016. India lost 86% its Monetary base. In this single move, the government has tackle all the 3 situations or issues affecting the economy.

A parallel Economy

Counterfiet/fake currency in circulation

Terror financing

The idea of demonetization is good but it has to be taken into consideration that most of the black money is kept in the form of land, buildings or gold or kept abroad.

As a result of the withdrawal of RS.500 and 1000 notes. There occurred huge gap in the currency composition as after RS. 100, 500 and 2000 is only denomination.

Impact of Demonetisation on black money

Only a small portion of black money is actually stored in the form of cash, usually black income is kept in the form of physical assets like gold, land building etc. hence the amount of black money countred by demonetization depend upon the amount of black money held in the form of cash and it will be smaller then expected. But more than anything else demonetization has a big propaganda effect.

These following things will come under control with this step:-

There was need to pile up enough RS.100 notes and other smaller denomination notes in the market to cope with the existing demand of the currency.

Conclusion:- So far it can be said that this is historical step and should be supported by all. One should look at the bigger picture which will definitely fetch results in the long run.

This is the best step the honest and hardworking people asking for a long time which has finally happened. So this step is best. For individual to a society or also a big help to Economy.

Sahil Sharma B.BA 4th SEM. 3056

Money

- · Money is not everything.
- . Money may but books, but not brain.
- . Money can buy food, but cannot boring sleep.
- · Money can buy medicine, but not the health.
- . Money can buy servant, but not friend.
- . Money can only bring stress, but it can?
- . Mon can only materialize, but can not may your realize.

Komal B.A 4th Sem. 2545(Economics)

What is money?

The economic glossary defines money as; Money is a good that acts as a medium of exchange in transactions. Classically it is said that money act as a unit of account, a store of value and a medium of exchange. Most authors find that the first two are non essential properties that follow from the third. In fact other goods are often better than money at being international stores value over time through inflation of governments.

Shilpa Thakur B.A 6th SEM. 2511(Economics)

Economics

Economics is beautiful shower which gives fragrance. Economics is a light which shows wayin the inflation and boom. Economics is an inspiration that helps us in economic policy. Economics is a companion who stands is all circumstances with us. Economics is a force which helps us in economic development. At last we can say that without economic life is like a tree without blossom and leaves.

Shilpa Thakur 2511(6th Sem.) Economics

Why India is poor

India is poor due to:-

Land is less - people are more

Work is less - Gossip is more

Kindness is less - Cruelty is more

Development is less - Backwardness is more

Money is less - Need is more

Followers are less - Advisor is more

Country is less - self is more

Silence is less - speed is more

Duties is less - Rights are more

Freedom is less - Slavery is more

Resources are less - wants are more

Production is less - Demand is more

Shilpa Thakur 2511(6th Sem.) Economics

Black Money

In India, black money refers to funds earned on the black market, on which income and total amount of black money deposited in forign banks by Indians is unknown. Some reports claim a total unknown some reports claim a total of US\$ 1.06 trillion is held illegally in Switzerland. Other report, including those reported by the swiss Bankers association and the Government of Switzerland, claim these reports are false and fabricated and the total amount held in all swiss bank accounts by citizens of India is about US\$ 2 billion.

In February 2012, the director of India's Central Burequ of Investigation Said that Indians have US\$500 billion of illegal funds in foreign tax havens, more than any other country. In March 2012 the government of India Clarified in its parliament that the CBI director's statement on \$500 billion of illegal money was on estimate based on a statement made to India's supreme court in July 2011.

In a televised address on 8 November 2016 by Indian Prme Minister Narendra Modi. it was announced that banknotes of Rs. 500 and Rs. 1000 would cease to be legal tender from midnight. Automatic teller machines at same places were closed on I and 10 November.

Government organisations have brought out new notes. The Govt. of India had accepted the propopal of RBI in bringing out Rs. 2000 bank notes and a new version of the Rs. 500. The old notes are being removed from circulation

Ranju Bala Roll No. 2548 B.A. 6th Sem.

AMBIKA

अर्थशास्त्र के चमत्कार

सिंदियो से दोहराए जा रहे है,
इस अफसाने को, किं अर्थशास्त्र ने,
क्या दिया जमाने को।

Demand को पूरा करने के लिए होती हैं supply
वरना ह्ये जाता बाजारो में हाथापाई।
अर्थशास्त्र कहता है खर्चा कम करो,
ज्यादा Saving करके धन को Invest करो।
फोन में मोबाईल का, अस्पतालों में बीमारों का

बाजार में सट्टे का, तोल में वट्ट, का अर्थशास्त्र में महगाई का बड़ा महत्व है।

> बिना अर्थशास्त्र दुनिया में कुछ नहोता, रहेगी दुनिया सदा इसकी कर्जदार। इसी के अस्तिव से दुनिया का आधार देखां- कितने प्यारं है, अर्थशास्त्र के चमत्कार।

> > अनीता रोल नं-2533 कक्षा-बी. ए. चतुर्थ समैस्टर

भारत में बेरोज़गारी की समस्या

हमारे भारत देश में बेरोजगारी एक बहुत ही गम्भीर समस्या है।आर्थिक तौर पर इसके ऋणात्मक प्रभाव है जो देश में आर्थिक और सामाजिक समस्या बन कर उभरे हैं। बेराजगारी के कारण भारत को निम्न आर्थिक और समाजिक समस्याओं का सामना करना पड़ रहा है। वेरोजगारी एक ऐसी समस्या है जिसमें योग्य व्यक्ति को नौकरी मिलती व प्रचलित मजदूरी की दर पर काम करने के लिए तैयार ही क्यों न हो पर उसे काम नहीं मिलता।भारत में बेरोजगारी बढ़ती ही जा रही है इस के बढ़ने के कारण निम्न हैं।

जनसंख्या में तीव्र वृद्धि:-

भारत में जनसंख्या की अधिक वृद्धि बेरोजगारी का मुख्य कारण है। इसलिए पंचवर्षीय योजनाओं के समाप्त हो जाने के बावजूद भी बेरोजगारी की संख्या घटी नहीं बल्कि बढ़ी है।

2. कृषि एक मौसमी उद्ययोग:-

भारत में कृषि न केवल अविकसित है बल्कि यह एक मौसमी रोजगार देने वाला व्यवसाय है। इसलिए कृषि किसानों को सारा वर्ष काम नहीं दे पाती और इसलिए कृषि में भी काफी व्यक्ति महीनों तक खाली बैठे रहते है। अदृश्य वेरोजगारी की कुल संख्या, कुल कृषि में कार्यशील जनसंख्या का 15 प्रतिशत भाग है।

वड्डे उद्योग का धीमा विकास:-

AMBIKA

भारत में बड़े उद्योगों का विकास भी धीमा हे। व्यक्तियों में उद्योगों की स्थापना पर विशेष बल देने के बावजूद भी इतने उद्योग धन्धे नहीं हैं जितने कि लोग काम करना चाहते हैं। इसिलए शहरों में औद्योगिक क्षेत्र में काफी बेरोजगारी पाई जाती है।

4. <u>कम बचत तथा निवेश:-</u>

हमारे देश में पूंजी की कमी है, जो थोड़ी बहुत पूंजी है भी उसका ठीक प्रकार से निवेश नहीं किया गया है। निवेश, बचत पर निर्भर करता है। यहां बचत की कमी इसलिए बचत तथा निवेश की कमी के कारण श्रमिकों के लिए रोजगार के पर्याप्त अवसर पैदा नहीं किए जा सकते हैं।

> सारिका राणा रोल नं-2522

बी. ए. चतुर्थ समैस्टर, Major Economics

से का बाजार नियम

फ्रांसीसी अर्थशास्त्रीJean Baptiste Say ने सन् 1803 में 'A Treatise on political Economy' नामक पुस्तक में इस नियम को प्रतिपादित करके अपने आपको अमर कर लिया।' से 'के बाजार नियम के अनुसार'' पूर्ति अपनी मांग का स्वंय निर्माण कर लेती है। इसका अभिप्राय यह हुआ कि अर्थशास्त्र में जो भी उत्पादन होगा वह सारे का सारा विक जाएता। अर्थशास्त्र में कभी भी अति उत्पादन नहीं होगा। इसलिए अर्थव्यवस्था में हमेशा पूर्ण रोजगार रहता है।' से 'के अनुसार यदि अर्थव्यवस्था में कभी बेरोजगारी उत्पन्न हो भी जाती है तो मजदूरी कम हो जाएगी। जिससे उत्पादनों के लाभ बढ़न लगेंगे। उत्पादक लाभ बढ़ने से उत्पादक अधिक करने लगेंगे क्योंकि उत्पादनों को यह विश्वास होगा कि अर्थव्यवस्था में जितना उत्पादन किया जाएगा वो सब विक जाएगा। इस तरह उत्पादन का स्तर बढ़ने से रोजगार की मात्रा भी बढ़ जाएगी। इस तरह रोजगार उस सार तक बढ़ता रहेगा जब तक अर्थव्यवस्थ में पूर्ण रोजगार की स्थित उत्पन्न न हो जाए। यह अवस्था संतुल्न की अवस्था होती है।

> ज्योति वाला रोल नं-2504, बी. ए. चतुर्थ सैम.

नोटबंदी

नोटबंदी का अर्थ है कि पुराने नोटो को बंद करके नए नोटो को जारी करना अर्थात् विमुद्रीकरण करना।

8 नबम्वर 2016 को हमारे देश के प्रधानमंत्री नरेन्द्र दामोदर दास मोदी जी ने नोटबंदी की जिसमें उन्होंने 500 और 1000 के नोटों को बंद किया जिसके बदले में उन्होंने 2000 और 500 के नए नोटों को जारी किया। नोटबंदी करने का मुख्य उदेश्य यह है कि देश की अर्थव्यवस्था में सुधार और काले धन को बाहर निकाला जा सके और भ्रष्टाचार को समाप्त कर निम्न वर्ग तथा मध्यम वर्ग को आर्थिक स्थिति में सुधार किया जा सके। मोदी जी का नोटबंदी का निर्णय देश की आर्थिक स्थिति को सुधारने के लिए आवश्यक है।

Kajal

Roll No. 16PS018

@@@@@@@@@

"AMBIKA"

2016-2017

Maharana Pratap Government Degree College Amb District Una, Himachal Pradesh Form IV (See Rule of Newspapers Central Rule-1956)

MPG Degree College, Amb. Place of Publication

Periodicity of Publication Annual

Printer's Name & Address **New Shiva Offset Printers**

Amb, Distt. Una (H.P.)

Publisher's Name Ms. Alka Sharma

Editor-in-Chief Indian

Address Principal, MPGD College

Amb, Distt. Una (H.P.)

Editor-in-Chief Dr. Sophia Prabhakar, Associate

Professor & HOD

Department of English, MPGD

College Amb.

Nationality Indian

Address MPG Degree College Amb.

Name & Address of Individual

Who owns the Magazine Principal MPG Degree College

Language of the Newspapers/

Magazine Hindi, English, Pahari

I, Sophia Prabhakar hereby declare that the particulars given above are true to the best of my knowledge and belief.

> Dr. Sophia Prabhkar Editor-in-Chief



Principal with members of Non-Teaching Staff



Smt. Alka Sharma, Principal of the College with Members of Self Finance Department



Principal Smt. Alka Sharma with Staff



Principal with Editorial Board