2021-2022

E-Magazine
(ई-पुस्तक)

CLEANSING CONVERSATION

(बातचीत द्वारा दूषित विचारों का निराकरण)

BY SUDENTS' COUNSELLING CENTER
(विद्यार्थी परामर्श केंद्र)

DR. BHIM RAO AMBEDKAR COLLEGE
DELHI UNIVERSITY
(डॉ. भीम राव आंबेडकर कॉलेज, दिल्ली यूनिवर्सिटी)

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INTRODUCTION
(एक परिचय)

The counselling cell delivers a happy and contented atmosphere for students to deliberate their problems concerning their academic and social life. The students are helped to work through their problems, to develop self-awareness and overcome anxiety & stress. Counselling Services are to be formalized which will enable the students to get over their social institutions and exclusivity, which are attributed to their socio-economic and cultural diversities and linguistic barriers. The career and counselling support that an institution offers to its students makes them confident to perform better. Counselling thus addresses both the academic and the career concerns and opportunities. The inculcation of guidance about market patterns and employability can help the institution in building a base for its students. This exercise will result in their socioeconomic integration.

परामर्श प्रकोष्ठ छात्रों को उनके बारे में विचार-विमर्श करने के लिए एक खुश और संतुष्ट माहौल प्रदान करता है उनके शैक्षणिक और सामाजिक जीवन से संबंधित समस्याएं। छात्रों को उनके माध्यम से काम करने में मदद मिलती है समस्याओं, आत्म-जागरूकता विकसित करने और चिंता और तनाव को दूर करने के लिए। परामर्श सेवाएं हैं औपचारिक रूप दिया जाएगा जो छात्रों को अपने सामाजिक संस्थानों और विशिष्टता से बाहर निकलने में सक्षम बनाएगा, जो उनकी सामाजिक-आर्थिक और सांस्कृतिक विविधताओं और भाषाई बाधाओं के लिए जिम्मेदार हैं। एक संस्थान अपने छात्रों को जो करियर और परामर्श सहायता प्रदान करता है, वह उन्हें करने के लिए आश्वस्त करता है बेहतर प्रदर्शन। परामर्श इस प्रकार अकादमिक और करियर दोनों चिंताओं को संबोधित करता है और अवसर। बाजार के पैटर्न और रोजगार योग्यता के बारे में मार्गदर्शन का समावेश निम्नलिखित में मदद कर सकता है: अपने छात्रों के लिए एक आधार बनाने में संस्थान। इस अभ्यास के परिणामस्वरूप उनके सामाजिक आर्थिक एकीकरण।

OBJECTIVE
(उद्देश्य)

Along with the academic and administrative processes in a College, Career and Counselling Cell has to be a dispensation of well-informed and interested teachers. It has to support the students in the development of soft skills and communication ability to challenge the rigors of competitive tests and it has to inculcate social values and ability to think independently for carrying out social responsibilities. There is a team of teachers with different subjects and interests to create a homogeneous group to translate this vision and carry out its healthy functions as an institutional imperative.

FUNCTION
(समारोह आयोजन)

1. To organise seminars and guidance workshops for informing students about the emerging professional trends and events, job profiles, leadership roles, entrepreneurship, market needs and risks and implementation of national socioeconomic policies and to impart training in soft skills.
2. To promote discipline, healthy outlook and positive attitudes towards national integration and removal of narrow provincial preferences and prejudices.
3. To provide mental health solutions

FORMATION
(समिति गठन)

I. 1 Teacher Convenor/Coordinator
II. 2 Teacher Member
III. 3 Teacher Member (Female Teacher, if available)
IV. 4 Student Member

WE ARE DEALING WITH
(हमारी कार्य प्रणाली एवं क्षेत्र)

The most shared complications that are come across as a Counsellor are:

I. Stress due to unhelpful parenting strategies
II. Sexual abuse and incest
III. Moderate anxiety and depression
IV. Panic attacks
V. Nightmares
VI. Separation anxiety and fear of independence
VII. Taking recourse to drugs
VIII. Gender identity crisis and fear of accepting it
IX. Withdrawal and prolonged sadness
X. Academic failure, inability to concentrate
XI. Loss of appetite/overeating or excessive dieting as a way to manage difficult feelings
XII. Rage
XIII. Sibling rivalry
XIV. Conflicts around intimacy

COLLEGE COMMITTEE
(महाविद्यालय समिति)

Head Management

DR RICHA CHOWDHARY

Convener

DR PRATIBHA VERMA

Co-Convener

Faculty Members

DR ANITA SHRIVASTAVA

DR N. VICTORIA CHANU

DR RITU AGGARWAL

DR DILJEET VERMA

DR DEEPSHIKHA CHOWDHARY

DR NEHA ARORA

DR RAJBALA GAUTAM

DR SUNITA SHARMA

STUDENT COUNCIL
(छात्र समिति)

ANUSHKA SINGH

President
3rd Year
BA Hons Applied Psychology

HARSHWARDHAN CHOUDHARY

Managing Head
2nd Year
BA Hons. Social Work

OORVI BHATEJA

Social Media Head
3rd Year
BA Hons Applied Psychology

PANKHURI SINGH

Content Head
3rd Year
BA Hons Applied Psychology

Student Core Team

JASMINE PAWAR

2nd Year
BA Hons Applied Psychology

SHREYA KUMARI

1st Year
B.com hons

SAMRIDHI DEEP

1st Year
Psychology + Human Resource Management

KASTURI SARKAR

2nd Year
BA Hons. Social Work

NEELAKSHI BORAH

2nd Year
BA Hons Applied Psychology

AKANSHA RAJKHOWA

2nd Year
BA Hons Applied Psychology

GEERISHKA GROVER

2nd Year
BA Hons Applied Psychology

PRERITA BAHRI

2nd Year
BA Hons Applied Psychology

MEGHNA WALIA

2nd Year
BA Hons Applied Psychology

SIDDHI AHUJA

2nd Year
BA Hons Applied Psychology

VAMIKA SARIN

3rd Year
BA Hons Applied Psychology

NANDISH VERMA

2nd Year
BA Hons Applied Psychology

SHIVAM SHARMA

3rd Year
BA Hons. Social Work

JYOTI

2nd Year
BA Programme

CHELSIKA MALHOTRA

2nd Year
BA Hons Applied Psychology

HARSHUL ARORA

3rd Year
BA Hons Applied Psychology

ESHA MAYER

2nd Year
BA Hons Applied Psychology

HIMANSHU KUMAR

2nd Year
BA Hons. Social Work

SHAURYA SHEDHA

2nd Year
BA Hons Applied Psychology

MANYA OBEROI

1st Year
BA Program Psychology+HRM

VICKY

2nd Year
B. A program

PRINCIPAL MESSAGE
(प्रधानाचार्य संदेश)

The Students' Counselling Center of our college, composed of students from almost every department. It initially started with very few students and the number gradually increased. Today as informed by the Convener, it has got more than 225 dedicated volunteers in the center, who are actively engaged in it's activities and enhancing the capacity of their own while simultaneously working for the overall betterment of the society.

The Students' Counselling Center symbolises help through students for the students. Adding Students before counselling makes the platform open for everyone who needs to talk and share his/her thoughts. Learning about every part of Counselling through various sessions and reaching out to every child in college for various issues he or she is facing is the great initiative taken by the center.

Our Student volunteers led by the Convener (Dr. Richa Chowdhary) is a very dedicated team. The E-Magazine proposed by this unit is an attempt to acknowledge the contribution of our volunteers, Their Achievements and Creativity, self expression and learning experience gained through various Counselling Center projects. Such an opportunity assumes great importance in today's competitive world, in which the young generation is addicted to Social Media and Networking. With digital technologies taking a lead in all spheres, Fourth Industrial Revolution, 'Gig' Economy and the virtual space have become a hard reality. However, technology cannot substitute the human mind engrossed in thinking and constantly introspecting for the self surrounding and the nation. This E-Magazine will allow student writers to appreciate and cherish new voices, expressions and opinions and motivate others to pen down their ideas, while strengthening their writing skills and initiating dialogue with experts.

All teachers, contributors and student volunteers involved in bringing this E-Magazine, who have put up their hard labour deserve respect and congratulations. Our young students in particular should never forget that Baba Saheb Bharat Ratna Dr. Bhim Rao Ambedkar rose to the occasion of his times to be trendsetter through his hard work and untiring efforts, dedication and academic excellence in almost all walks of intellect.

I wish all members of this Center a very bright and successful future ahead.

Best Wishes

Prof. R.N. Dubey
Principal

CONVENER MESSAGE
(संयोजिका संदेश)

As you know, DDMA and Govt. has made the decision to close the campus and we are scheduled to begin distance learning online.

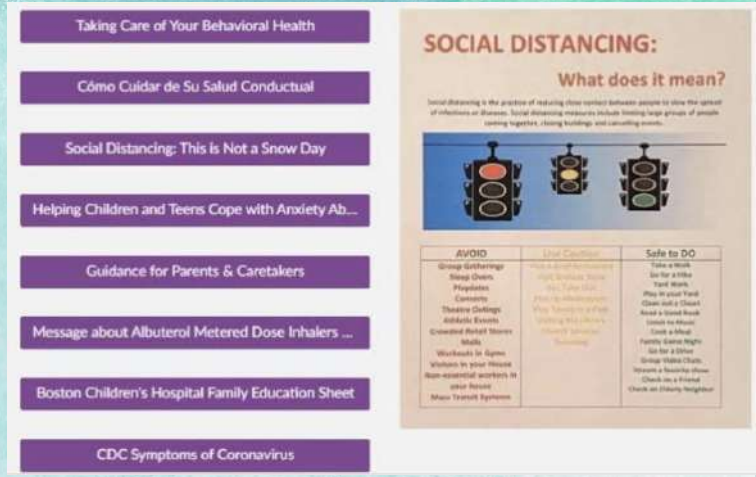
Dr. Richa Chowdhary
Convener
Students' Counselling Center

We hope that by practicing "social distancing," we will do our part in limiting the spread of the coronavirus; however, we also recognize the impact that "social distancing" can have on your emotional wellbeing. It is common to feel anxious and overwhelmed when there are so many factors that remain unknown. We tend to try to avoid topics that trigger anxiety and stress, but not talking about your worries may actually increase these feelings for you.

How to stay properly informed:

Make sure to get your information from credible sources. Use sources like the school district website, Centres for Disease Control or government websites. Be sceptical about the information you see on social media platforms.

It is important to try to limit media consumption. While it is important to stay informed, it is essential to set healthy limits if you find yourself constantly reading, watching, or listening to media coverage. If you can, try to take breaks to focus on positive things in your life, especially ones that you have control over, or unplug. Again, if you need news updates, check out a government resource for the best, most accurate information.



Stratagems to Sustenance You During College Closure

Dialogue about how you sensation.

It is normal to experience a wide range of thoughts, feelings, and reactions during this time. You may experience the following:

- Stress and worry
- Fear and anxiety
- Hindrance and irritability
- Feebleness
- Exertion sleeping and/or concentrating

Isolating or withdrawing from others
• Physical indicators (e.g., increased heart rate, sweating, low energy, stomach-aches, headaches, etc.)

It can be accommodating to talk with others, write in a journal, engage in creative activities (e.g. art, music, etc.), and/or speak to someone you feel relaxed with.

Rehearsal relaxation approaches:

Throughout times of stress working reduction can help soothe the mind and the body. If you are feeling stressed, anxious, frustrated, irritable, helpless, etc. Relaxing the mind and body can send messages to your brain that you are okay and help soothe those painful feelings. In addition, when you are additional relaxed or calm you tend to react to traumatic situations in a more industrious manner.

Continue a routine:

It is significant to maintain as much construction and routine as possible, which can increase feelings of control and/or alleviate feelings of anxiety and/or stress.

-We know many of you have multiple farm duties at home which is why it is important to continue a schedule and routine. If taking care of fresher siblings, it is significant they too have a routine and calendar.

Recommendations:

• Before you get started with remote learning, talk to your parents/guardians about their expectations for you during your time away from school and share with them the expectations of your teachers.

• Try to keep your timetable dependable when it comes to bedtimes, morning routines (including getting dressed for the day), meals, and exercise.

2017-2022
5 YEARS AS A CONVENER

OUR PARTNERS
(हमारे सहयोगी संस्थान)

UNIQUE PSYCHOLOGICAL SERVICES

Unique psychological services has been associated with the counselling center of Dr. Bhim Rao Ambedkar College, University of Delhi more than 2 years with the aim of contributing to the well being of youth and the society at large. We plan to conduct monthly sessions on various mental health-related concerns to enhance awareness and to bring the right perspective and skills in place. After all, a healthy psyche is the seat of a beautiful mind, body and successful peaceful life ahead.

Gagandeep Kaur

FREELANCING PARTNER

KHUSHBOO GAUTTAM

I am Khushboo Gauttam, a counselling psychologist, with a diploma in Guidance and Counselling from NCERT. I specialise in dealing with children, adolescents and young adults. I have been working with this age group for over 2 years now. I love working with young minds and helping them in dealing with daily challenges, relationship issues and career-related doubts and any obstacle they face in life. Being an alumni of Dr. Bhim Rao Ambedkar College, I would love to be associated with the counselling center and be a valuable resource in helping this center be a successful endeavour.

TEACHER COLUMN
(शिक्षक स्तंभ)

What is Mindfulness?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. It's not all in your head—you can practice mindfulness by sitting down for a formal meditation practice, or by being more intentional and aware of the things you do each day.
If you want to learn more about mindfulness and how to practice mindfulness meditation, visit our Getting Started page.

How to Practice Mindfulness on the Go

Nearly every task we perform in a day—be it brushing our teeth, eating lunch, talking with friends or exercising—can be done more mindfully.
When we are mindful of our actions, we pay more attention to what we are doing. It's the opposite of going through the motions—instead, you are tuned into your senses, noticing your thoughts and emotions.
By building mindfulness into your daily life, you can practice mindfulness even when you're too busy to meditate.

Learning How to Meditate

At the outset, it helps to set an amount of time you're going to "practice" for. Otherwise, you may obsess about deciding when to stop. If you're just beginning, it can help to choose a short time, such as five or ten minutes. Eventually, you can build up to twice as long, then maybe up to 45 minutes or an hour. Use a kitchen timer or the timer on your phone.

Many people do a session in the morning and in the evening, or one or the other. If you feel your life is busy and you have little time, doing some is better than doing none. When you get a little space and time, you can do a bit more.
Find a good spot in your home, ideally where there isn't too much clutter and you can find some quiet. Leave the lights on or sit in natural light. You can even sit outside if you like, but choose a place with little distraction.
This posture practice can be used as the beginning stage of a period of meditation practice or simply as something to do for a minute, maybe to stabilize yourself and find a moment of relaxation before going back into the fray. If you have injuries or other physical difficulties, you can modify this practice to suit your situation.

How to Sit for Mindfulness Meditation

Take your seat. Whatever you're sitting on—a chair, a meditation cushion, a park bench—find a spot that gives you a stable, solid seat, not perching or hanging back.

Notice what your legs are doing. If on a cushion on the floor, cross your legs comfortably in front of you. (If you already do some kind of seated yoga posture, go ahead.) If on a chair, it's good if the bottoms of your feet are touching the floor.

Straighten—but don't stiffen—your upper body. The spine has natural curvature. Let it be there. Your head and shoulders can comfortably rest on top of your vertebrae.

Situate your upper arms parallel to your upper body. Then let your hands drop onto the tops of your legs. With your upper arms at your sides, your hands will land in the right spot. Too far forward will make you hunch. Too far back will make you stiff. You're tuning the strings of your body—not too tight and not too loose.

Drop your chin a little and let your gaze fall gently downward. You may let your eyelids lower. If you feel the need, you may lower them completely, but it's not necessary to close your eyes when meditating. You can simply let what appears before your eyes be there without focusing on it.

Be there for a few moments. Relax. Bring your attention to your breath or the sensations in your body.

Feel your breath—or some say "follow" it—as it goes out and as it goes in. (Some versions of this practice put more emphasis on the outbreath, and for the inbreath you simply leave a spacious pause.) Either way, draw your attention to the physical sensation of breathing: the air moving through your nose or mouth, the rising and falling of your belly, or your chest. Choose your focal point, and with each breath, you can mentally note "breathing in" and "breathing out."

Inevitably, your attention will leave the breath and wander to other places. Don't worry. There's no need to block or eliminate thinking. When you get around to noticing your mind wandering—in a few seconds, a minute, five minutes—just gently return your attention to the breath.

Practice pausing before making any physical adjustments, such as moving your body or scratching an itch. With intention, shift at a moment you choose, allowing space between what you experience and what you choose to do.

You may find your mind wandering constantly—that's normal, too. Instead of wrestling with or engaging with those thoughts as much, practice observing without needing to react. Just sit and pay attention. As hard as it is to maintain, that's all there is. Come back over and over again without judgment or expectation.

When you're ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions. Pausing for a moment, decide how you'd like to continue on with your day.

-Dr Richa Chowdhary

The Students' counselling centre of Dr. Bhimrao Ambedkar College was set up with the aim to help students facing difficulties at any front in and outside college. It also aims to help students to move towards gaining greater well being in life. The students' counselling centre has been active in offering counselling services to the students. The teachers are actively involved in helping students with counselling services on daily basis. The Centre also has an active students' team who is organising various seminars and workshops for the students on various issues related to students. Along with this, the centre has active facebook, linkdln and instagram handles where information about all the activities of the counselling centre are updated time to time. Appropriate dates and months are remembered as important to create awareness amongst the students. For instance, on suicide prevention month and day, talks and webinars were organised to help student understand what they can do to help someone who has suicidal ideation and thoughts

Most of the activities done by the centre are need based i.e. students are asked what issues they find are relevant to them and those are taken up in various sessions. The teacher convenor of the centre gives enough space for the students and teachers to explore various ideas that they feel are important for the students to unfold their potential for growth.

Students in the organising team take active interest in understanding the needs of the students and organise various events. Through posters and messages, they try creating

awareness among students if they are in need to seek any kind of help related to mental issues. The centre is in true sense of the students, by the students and for the students.

-Dr Neha Arora

The counselling cell in our college uses the blended approach of academic and school counselling and gives more than just advise to help students handle problems and difficulties in their personal, social, or psychological lives. As the students are at a very crucial stage in their lives so counselling helps in taking up various timely decisions and act as a guiding light.

This is a platform where students can talk about their academic and social concerns in an amicable and comfortable setting provided by the counselling cell. Students are assisted in resolving issues, developing self-awareness, and overcoming anxiety and stress. The cell's major purpose is to assist people in navigating across challenging life situations and seeing things from a different viewpoint along with a broader horizon.

The cell has conducted various brainstorming sessions in the past few months which were really wonderful and helpful for the youth.

The session on 28th October on the topic 'Relationship issues amongst Youngsters' was a great success in which the speaker clearly talked about the topics which are still seen as a taboo in our society. It was an interactive session in which students openly asked their queries and got satisfactory answers too. The other session which took place on 29th October on the topic 'Positive Mental Health of Youth' was a much needed for the students at this stage. This is because students have reached their burnout point in this pandemic and they should know the ways of how to stay positive during such tough times.

Conducting such valuable sessions was indeed a great achievement and a boost for students as well as teachers. We hope to come up with many more of such encouraging events in the future. The support and guidance provided by Principal sir and Richa Chaudhary ma'am (Convenor) is of undeniable importance which serves as a catalyst in the smooth functioning of this cell.

-Dr. Ritu Aggarwal

Aim- To find out the anxiety levels in students of age group 18-21 during covid-19 due to online classes.

Hypothesis- The level of anxiety is found to be increased in students.

Abstract
The present study was aimed to find out the anxiety levels in students of, Dr. Bhim Rao Ambedkar College, DU, of the age group 18-21 during COVID-19 due to online classes. The sample of study contained 200 samples from different courses. The results highlighted significant rise in anxiety level in the students which was more in female students as compared to the male students. The apparent reasons include increase in screen time resulting in exhaustion, almost no interaction with peers and teachers, less clarity over the subject matter, and the monotonous environment in which they had to take classes.

-Dr. Ritu Aggarwal

STUDENT (छात्र COLUMN स्तंभ)

Articles

ASK POTENTIAL EMPLOYERS!

As a fresher, I was always hesitant to ask questions to my potential employers; more or less, I was not sure, what all to ask for. I will quickly jump on to those questions. Here are my two cents, the questions, I would ask any employer: "How do people have lunch at your office?" "Or do you have retreats?" " What is your employees' retention rate?" It reflects upon the culture of the organisation, if it is friendly towards the employees' or not. "Do people eat together or do they eat at their desks?" Sometimes, there is a mentality to suck most out of the employees and leave them exasperated. Poor retention rate means that the work environment is hostile and authoritative in a way that it does not leave much scope for an individual to flourish as a professional. On the other hand, organisations with friendly approach towards the employees tend to create scope for creativity and innovation for an individual. An individual grows when certain level of decision making is allocated to them.

"What is the scope of growth - knowledge wise and position wise for me?" It is an important question that one must ask to their employers to understand if the organisation can contribute towards your professional growth or not. If one is working on a factory line model or something, that would help one improve one's knowledge curve. "What percentage of the entire budget is spent on capacity building?" A sound organisation understands that growth of an organisation lies in the development of its personnel. A lot of organisations set up internal workshops and trainings to maintain efficiency of staff and to introduce the staff to any new strategy developed. They also send their staff for external trainings to stay informed about the work of their peers.

"What is the average hike you have maintained every year?" This will reflect if the organisation is doing well financially. A financially sound organisation can focus on many things within the organisation, only if its survival is secured. "How do you plan?" "How do you set budget for next year?" It speaks volumes on how organised an institution or organisation is! It also reflects upon how the numbers are arrived at and how the budget is allocated for a department. For instance, if it is derived by the figures of how many beneficiaries one has, including how many will be added in the upcoming year and how many will drop out; then it is close to reality. But if that figure is given by marketing or fund raising team based on how much they can raise; it will never be an effective planning. Do they consider previous year expenditure while planning for upcoming year budget? If yes, then again, the organisation's planning will be close to reality. 'Is Fire-fighting an everyday business or a couple of days in a month?" It is a pertinent question, the employer must know that you are not afraid of working beyond office hours but if it becomes a routine for maximum employees, then it will lead to burn out, which will cause less productive hours. It will turn the office into a tense and tiring environment. Also, one must ensure leisure time after office hours; it helps keeping the excitement intact for work at office.

"How do you treat your employees? Someone, especially women in 'getting married' phase, or 'having a child' phase?" It will help to understand how much an employer is interested in the well-being of the employees. Any organisation that puts its employees and beneficiaries/ clients at the centre of its operations, is the one that succeeds. It will also inform you about existence of biases, if there is any at subtle level. This is definitely not an exhausted list of questions, there is always more that you can ask to know

your employers. Do not hesitate to ask about your package and number of leaves because they too know that you are keen to explore that. Never hesitate from negotiating salary. Stay true and honest about yourself, do not pretend to be someone who you are not. Good luck!

-Ankita Rai

Music: a life-changing force.

"Music is a strange thing. I would almost say it is a miracle. For it stands halfway between thought and phenomenon, between spirit and matter.", Heinrich Heine's work, which was penned centuries ago, is now demonstrating to be true.

The notion that music can influence your thoughts, feelings, and behavior does not come as much of a surprise. If you've ever been brought to tears by a heartfelt live performance or been hyped up while listening to your favorite fast-paced rock anthem, you understand the power of music to influence moods and even motivate action. Music's psychological impacts can be profound and far-reaching.

The following are some strange areas in psychology where music has shown some development:

- With music, complex thinking undergoes mind-boggling transformations-

Music improves structured thinking, as well as developing parts of the brain utilized for math, language, and spatial reasoning, according to psychologist Dr. Arthur Harvey. When music is played, not only the areas responsible for complicated thinking, but also those responsible for boosting pleasure and excitement,light up- according to a research. Essentially, research demonstrates that both complicated thought and music trigger our pleasure chemical, resulting in an immediate sense of well-being.

- **Mental preparation with music**

Since music triggers our reward system and changes our mood, it's no wonder that it's utilized to help people prepare for important competitions, presentations, and performances. Music improves focus, motivation, arousal and anxiety management, and energy production. Music is utilized to elicit excitement in spectators and provide solace in theatrical productions in the same manner that it is used to support performers.

- **Music aids in the enhancement of mental functions-**

Music should be a mandatory component of educational curricula, according to many people. Music promotes emotional literacy and social abilities in youngsters, according to a study. Instrumental music has also been demonstrated to improve auditory and visual perception, as well as verbal and nonverbal thinking skills, according to research. Another study found that listening to music improved visual perception and visual attention in patients with impairment to perception-related brain areas.

- **Music is working wonders in the world of movement-**

Long before newborns have any meaningful musical experience, they can perceive changes in sound. Babies as young as five months old acquire rhythmic movement to music, according to one study. Furthermore, infants that responded most strongly exhibited greater pleasant feelings and were calmer overall.

Concluding Thoughts:

Music has the ability to inspire and entertain, but it also has profound psychological impacts that can help you enhance your health and happiness. Consider some of the primary mental benefits of incorporating music into your daily life instead of considering it solely a source of entertainment.

As a result, you can find yourself feeling more driven, cheerful, and relaxed.

-Kanishka Mendiratta
&
Dr. Ritu Aggarwal (Psychology Professor)

Parenthood and Its Challenges

Parenthood is no mean feat. You evolve as parents as you explore different aspects of a child's personality from its growing as a baby, to its adolescence and even beyond. You have to nurture a child in a way that it blooms into an all-rounded, responsible individual. Obviously, it is incumbent on parents to raise the child in a way that he develops sound understanding of various issues than being compelled to do things out of fear or punishment. His upbringing should gradually inculcate in him the ability to discriminate things on merit, not on whimsical likes or dislikes.

Also, the parents have to balance out their work schedule, family life and especially sparing time for their loved ones. Any imbalance in these obligations is bound to create problems, one way or the other. For example, without work, there could be financial difficulties, many concerns of family matters will be neglected; and the children, if not given enough time, will feel ignored.

Moreover, the mother and the father have to be conscientious of their distinct roles till the child attains the age of about sixteen years. Until this period, the child is usually closer to its mother. The mother is the first teacher of a child and this makes her role extremely crucial. The basic manners, etiquettes, discipline, cleanliness, respect and self-esteem etc. are some of the ideal gifts that a child can get from its discreet mother. Fathers should generally be the reserved lots, conveying messages to the child nicely but firmly.

In addition, keeping in mind the overall development of the child, assign him household chores like vacuuming, dish washing, buying groceries etc. He should also be able to buy things of good quality at the right price and to carry all the belongings in safe custody. No doubt, there comes time when the child does blunders, faces failures, struggles with tough times and situations. On such occasions, instead of being furious and hard on child, teach him that adversities are a part of life but he should learn from mistakes and hardships. Such challenges in life pave way to handling arduous phases with courage, determination, confidence and smartness.

All in all, if parenting is taken care of thoughtfully, the end result is promising, and the child, on his own, can take on the vicissitudes of life in his stride.

-Ehraz Siddiqui

Peer Pressure

Peer is someone who is close to us in age and is part of the same group or friends. Being social, getting accepted and noticed is human nature. Peer pressure is both negative and positive. Pressure is when we are coerced or influenced to do things that are bad and harmful to get acceptance in our social circle.

Adolescents and youth are most vulnerable to peer pressure because their minds and body are still developing and they don't understand risks or harmful nature of their actions. Nowadays smoking, drinking alcohol and taking drugs is compared with being cool in movies, which negatively impacts our mindset.

Positive Peer Pressure- Positive peer pressure can influence us to get involved in sports, compete in studies and participate in co-curricular activities. We can lead a healthy lifestyle and remain fit.

Negative Peer Pressure- Causes a person to do harmful things in order to fit in a group or to get noticed. Examples- Experimenting with alcohol or drugs, shoplifting, negative Lifestyle, etc.

To combat negative peer pressure, parents should teach children positive ways of solving problems and making friends by establishing boundaries, giving truthful information & developing a good moral character.

–Ehraz Siddiqui

STOP BULLYING

Bullying is a very common, complex and potentially damaging form of violence among children and adolescents. Bullying is defined as unwanted, aggressive behaviour, which involves a real or perceived social power imbalance. The behaviour is repeated, or has the potential to be repeated, over time (therefore, the definition excludes occasional or minor incidents). These actions are purposeful and intend to hurt or make the victim uncomfortable.

Bullying may manifest itself in many forms. It can be physical, verbal, relational, or cyber; it can be subtle and elusive. The most common form of bullying, both for boys and girls, is verbal bullying; such as name-calling. Although bullying is more common in schools, it can occur anywhere. It often occurs in unstructured areas such as playgrounds, cafeterias, hallways, and buses. In recent years, cyber-bullying has received increased attention, as electronic devices have become more common. Bullying through electronic means, although prevalent, ranks third after verbal bullying and physical bullying. In general, bullying is a common type of social experience that children refer to as "getting picked on."

-Khushi Mittal

THE SOCIAL STIGMA AROUND DIVORCES IN INDIA

According to various researches, India stands the lowest in the world in relation to divorce rates. Is it a thing to be proud of? Well not, actually. Let's dig a bit deeper into this matter and try to understand the reasons behind the low rate of divorces in India.

In India, marriages are considered as immense sacred bonds; where the couple is seen to tie a knot not only for the rest of their present lives, but also for the succeeding seven lives. The pressure of preserving the purity and strength of the bond is often forced more upon women than on men, where women are constantly given advices on how to sacrifice, compromise and stay silent even on the most unacceptable things faced in a married life. No matter how toxic a relationship might become after marriage, the societal pressure to make it work anyhow is what stops the couple from choosing their path to happiness through legal separation. Judicial separation is the first step process to divorce, in which the couple gets released from the matrimonial duties and obligations for a certain period of time; whereas divorce dissolves the marriage permanently. Only 0.24% of the married population in India is reported to be divorced. What's more shocking is that the number of people separated is almost thrice the number of people divorced, i.e., around 0.61% of the married population in India. Which means that even when people decide to part their ways and have separate lives, the social stigma around divorce and various other factors stops them to take further actions to end their marriages; and hence, even after separation they can't have their lives completely to themselves. While many people would feel proud to think that lower divorce rates connect to the strong culture and social ethics of Indians, it is not actually something to be proud of. In many regions of India, people are still unaware of the severity of mental health issues and they often casualize the unacceptable behaviour of either of the

partners within a marriage, which completely disrupts the mental stability of the person suffering. Women are often encouraged to find a rich husband to marry, rather than being motivated to become capable and use their own abilities to earn themselves a good life. Lack of literacy, financial dependency, lack of proper legal apparatus and awareness and gender inequality stand among the most popular reasons behind the low rate of divorces in India and why people choose to stay in a destructive marriage. But the societal pressure and the constant ridiculing of the decision of taking a divorce, stand as the number one reason for several people still struggling for their peace and happiness. So let us all take an oath, to not advice to suppress their emotions when someone shares their experience of an unhappy marriage with you, because it's already difficult for them to even gather the courage to talk about it. Let's start prioritizing mental health over social customs. Let's start encouraging every girl to stand on her own feet and to not let any man ever show her that she's the lesser one in the room. Let's stop shaming people for choosing happiness for themselves. Let's start educating people that it's completely okay if a marriage doesn't work out, even after pouring sufficient number of efforts. Afterall, marriage is a part of life, not your whole life. And that nobody's life should ever be constrained to the boundaries of any relation.

~SHREYA KUMARI

TRUST ~ Fragile and Strong

Trust is as fragile as a flower petal and at the same time, as strong as its thorns too. Though trust can be broken easily, but if preserved and respected, it can bring priceless joy within a bond. It's not about what you showcase in front of a person, but it's more about what you hold inside of you. Even the simplest of bonds grow on the foundation of trust. Trust is the foundation on which feelings, such as love and care, eventually find their place.

Be it a relationship with your parents, siblings or spouse; trust is something that should be valued once found and also something that you wouldn't compromise even for the sake of love.

Trust is not something that you can force upon a person, it is something that is to be built and earned. No matter how much people mean to you, you cannot hold their hand and walk through every path with them. There will be times when they'll be all by themselves There will be times when they'll not be surrounded by you and have the liberty to do anything and everything that their heart desires. That is the time when they would have the chance to make or break your trust, because even if broken, you'll know nothing about it, and vice versa .

Keeping someone's trust does you better than the other person. Breaking someone's trust may affect the other person for a while, but it leaves your heart tainted with the trait of deception for the rest of your life. You might feel empowered and triumphant after deceiving someone for your own good; but the reality is, that good wouldn't remain with you for long. People earning money dishonestly- by using others' trust for their own advantage- might achieve a luxurious lifestyle for themselves, but would never get to know what it is to lead a respectful and contented life. Not only would they be deprived of respect and gratitude socially, but also would their souls never be able to realize the sense of pride for the lives that they've built for themselves. So you see, be it either a professional or a personal bond, without trust there's no contentment.

It's not always necessary that people would get to know your real side or the person you truly are, but you are someone who would definitely be aware of your own thoughts and instincts all the time. So, it's not for the world that you want to be trustworthy, it's for your own heart and mind.

Lastly, trust is not something which binds the bonds with more constraints, rather trust is something which accelerates a sense of freedom between the people held in the bond.

~By Shreya Kumari

मनुष्य का कृत्य**?**

आज इस भारत भूमि की धरा पर जन्म लेने पर मुझे बहुत गर्व महसूस हो रहा है, लेकिन कभी -कभी ऐसे पल आते हैं, जब घुटन महससू होती है। यह घुटन सभी गोरवान्वित लोगों द्वारा ही उत्पन्न की गयी है। सवाल यह उठता है, कि अपने द्वारा किए कर्म पर ही हम दमघोटू ज़िंदगी क्यों जीते हैं? इस धरती पर उत्पन्न सभी चीज़ें पवित्र हैं, लेकिन आश्चर्य है, कि उन्हीं को हम अपवित्र कर देते हैं। आज मनुष्य की बुद्धिमत्ता पर भी संदेह हो गया है, इससे शर्म की बात और क्या हो सकती है? जब मशीन को चलाने वाला ही मशीन पर हथौड़े मारेगा तो मशीन कैसे काम करेगी? फिर हम क्यों चिल्लाते हैं, कि हमारी ज़िंदगी सही नहीं चल रही है? अब हम अगर मनुष्य की तुलना जानवरों से करते हैं,जो बिना छेड़- छाड़ किए हमारे द्वार पर पहरे का काम करते हैं, तो ज़रा पाठकों आप ही बताइए, इन दोनों में कौन बेहतर प्रतीत होता है? मैं भी दूध का धुला नहीं हूँ, लेकिन यह चीज़ें हमारे हृदय को झकझोर देती हैं, लेकिन क्या करूँ? इस मानव राजतंत्र में सभी शासक रुपी लोग अनसुना कर देते हैं। आज आवश्यकता यह है कि इन क्षीण मानसिकताओं को त्याग कर हम अपनी बुद्धि का सदुपयोग करके मनुष्य की अमिट पहचान बनाएं।

मनुष्य ही वह प्राणी है, जो इस धरा को स्वर्ग बना सकता है।
जय हिन्द जय भारत।
शैलेश मिश्र

स्कूल का अंतिम वर्ष और कोरोना**....!**

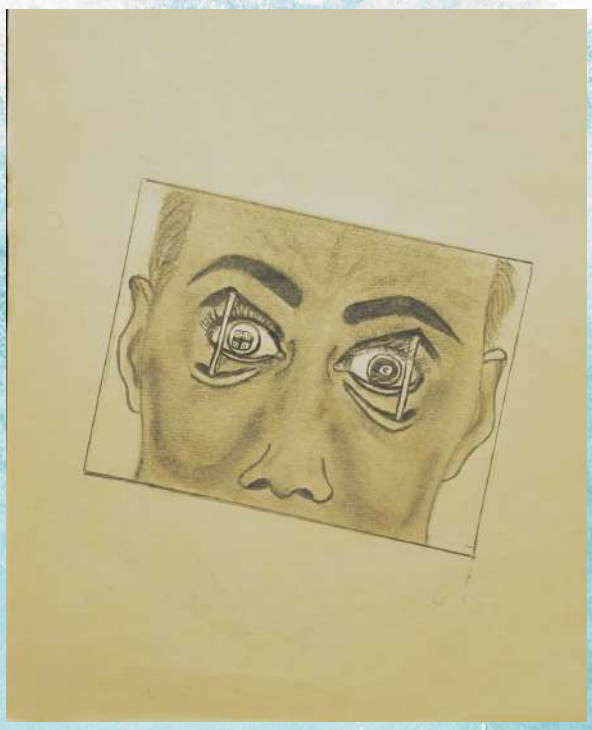
स्कूल**,** यह शब्द एक अलग ही दुनिया की ओर ले जाता है। जिस दुनिया में हमारे पास खोने के लिए तो कुछ नहीं होता लेकिन पाने के लिए काफ़ी कुछ होता है**,** हम पाते हैं नए मित्र**,** जीवन जीना सिखाने वाले अध्यापक। पढ़ाई के साथ मास्तियाँ करना**,** खेलते**-** खेलते नई**-** नई चीज़ें सीखना**,** अपने अंदर छिपे डर को ख़त्म करके अपनी खूबियों को निकालना। लेकिन वर्ष **2020** दुनिया के लिए कुछ ऐसा लेकर आया**,** जिससे स्कूल का अर्थ ही बदल गया। हमारे अध्यापकों ने हमारे घरों को ही स्कूल में बदल दिया। वैसे तो अध्यापकों का कार्य अपने विद्यार्थियों को पढ़ाना लिखाना है**,** लेकिन कोरोना**-**काल में हमारे अध्यापक एक अलग ही रूप में नज़र आए। “फ्रंट लाइन वर्कर्स” के साथ कंधा मिलाकर खड़े हुए। लेकिन सिर्फ़ अपने आप को यहाँ तक सीमित नहीं रखा, बल्कि अपने पहले कर्तव्य को बखूबी निभाया, यानि हमें पढ़ाने का काम भी जारी रखा।
मेरा व मेरे साथियों का स्कूली जीवन का वो अंतिम वर्ष था। हमने सोचा था हम अपने स्कूल के अंतिम दिनों को जी भर कर जीयेंगे, लेकिन ऐसा हो ना सका। हमारी सोच के उलट हमने लोगों को एक-एक साँस के लिए जूझते देखा, अपनों का अपनों पर से भरोसा टूटते देखा। इतिहास क़ी किताब में पढ़ा था, विश्व में दशकों पहले महामारी आई थी, और उसमे कई लोगों की मौत हुई थी। लेकिन हमने कभी सोचा भी नहीं था कि हम इस महामारी के गवाह बनेंगे। मुझे अभी भी याद है, जब महामारी में लोग जान गवा रहे थे। लोगों का दिमाग काम नहीं कर रहा था, सब की सूझबूझ गायब-सी हो गई थी, तब हमारे अध्यापकगण अपनी पूरी महनत के साथ हमारे शैक्षणिक वर्ष को बचाने में लगे हुए। ऑनलाइन साधनों को सीख उसका इस्तमाल कर रहे थे। कोरोना काल बेशक़ हमसे कई सारी चीज़ें छीन ले गया हो, लेकिन हमें वो यादें दे गया जो लम्हें हमने ऑनलाइन कक्षा में अपने अध्यापकों के साथ जिए थे। अंत में सिर्फ़ इतना ही, भविष्य में मिलने वाली हर सफ़लता में स्कूल और स्कूल के शिक्षकों का भी बराबर योगदान होगा ।

मो सैफ

Art

It Hurts

~By Shiv Raj Tanwar



~By Akash

~By Ehraz

~By Esha Mayer

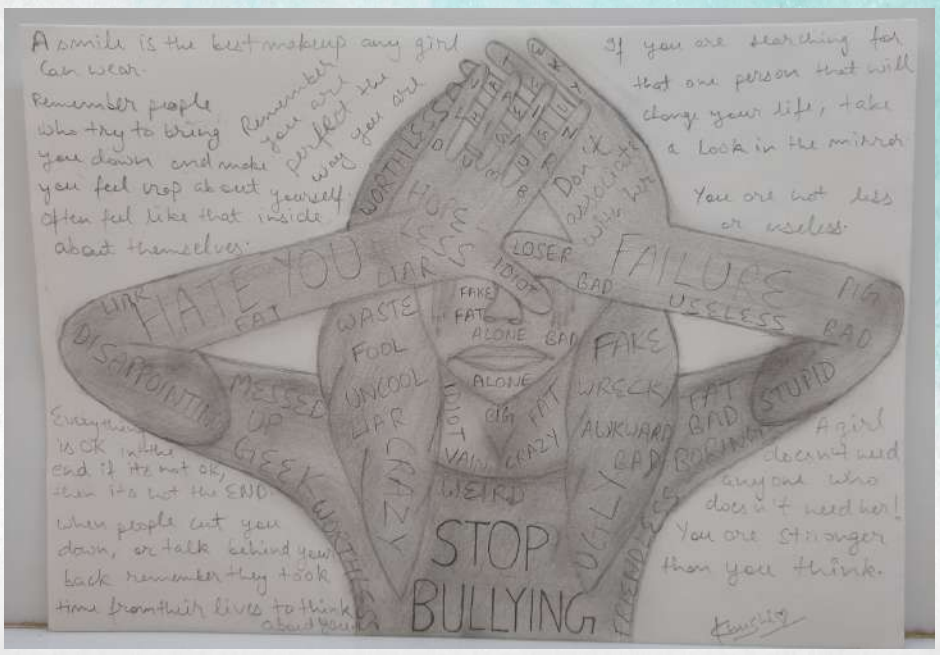
~By Deepali Sharma

BREAK THE STIGMA

~By HIMANSHI CHILKOTI

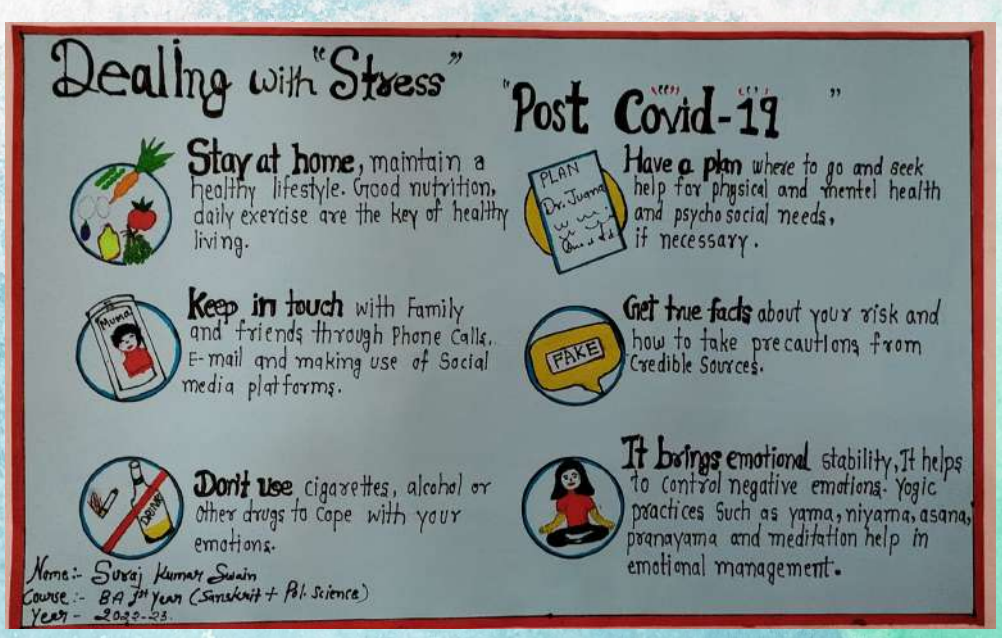
~By
Nashrah Ali
Siddiqui

~By Navya
Mohan K



Bullying

~By Khushi
Mittal



~By Suraj Kumar Swain

~By Vartika Singh

Poetry

Anxiety

Shhh! It comes in silence and goes in silence,
making a devastating cyclone inside me.
After its presence it feels like nothing such
existed, as everything becomes normal and
as nothing got twisted.
It makes me dead before death because that
experience is like a horrific attack.
Sometimes my mind says to just give up.
But wait! There is something which is denying
me to leave the gate, at an early stage.
What is it? Is it love-trap of the world?
No!!!!! I think it's just a hope which binds me
to the chair of life like a rope...

~By Esha mayer

Her

Only in her final moments did she feel
free.
A restless soul, always running away from
Herself.
Her head shackled by thoughts that weren't
her own, never able to escape her mind.
Devoured slowly by the urge to destroy herself,
to rid herself of any flaws.
With no strength left to fight, her tears fell as her
heart slowed, finding rest in the grief she left
behind.
What a beautiful smile she had when they found
HER.

~By Heldana Tadele

I am Okay

The world's spinning, my hands shaking
I cannot breathe, I am exhausted
I feel Numb
It will pass, it should pass
It is temporary, I repeat that in my head
I cannot do this anymore
It's not how they said it would be
I want help, I need help
But they don't allow me
They think it's wrong, they think it's an act
They want me to stay hidden, where there's only
darkness
I am tired
Tired of feeling numb
Tired of being sick
Tired of them calling me crazy

Now I won't step back, I won't be scared of them
I will run, I will escape
From the stigma they have created
From the lies they stated
I will go to the one that understands
I will let those fear out I know,
There is strength within me
and a belief
that I am right and I am okay.

~By Himanshi Chilkoti

LITTLE LOVE

I am just a child, with HIV.

People are blind, I wish they could see.

It wasn't my fault, this illness that I got.

But people believe, it's easily caught.

You can hold my hand and give me a hug.

All I want, is a little love.

~By Shreyansh Srivastav

Peer Pressure

I know the pressure is
Big enough to handle.
I know you feel you might
Do something wrong.
I Know you feel
You might ruin your friendship,
If you tell them your feelings.
You might get less marks if you
Do not cheat.
You might be called less cool if you
Don't drink or smoke or hangout
With people of your age.
You might become an outcast
If you don't behave according to the
Social norms.
I know it all.
You will be abandoned,
You will be thrashed,
You might even be bullied.
But let me tell you,
if you give up Today and do not
stand up for your own self,
You lost the battle
Without even starting it.
Consequences?
You will lose only one thing
Amidst all the peer-pressure,
YOURSELF.
And if you are ready to lose yourself,
Then my friend,
You don't matter anymore,
Your existence,
Never existed.

~By Khushi Choudhary

Why Me?

If you have to ask- Why me?
When you're feeling really blue,
When the world has turned against you
And you don't know what to do.

When it pours colossal raindrops,
And the road's a winding mess,
And you're feeling more confused,
than you ever could express,

When the saddened sun won't shine, when the stars will not align,
When you'd rather be inside your bed, the covers pulled above your head,
When life is something that you dread,
And you have to ask- Why me?

Then when the world seems right and true, when rain has left a gentle dew,
When you feel happy being you,
Please ask yourself- Why me? Then, too.

~By Shreyansh Srivastav

ऐसे तो कोई सताता नहीं

ऐसे तो कोई सताता नहीं
हर कोई इस दिल को रास आता नहीं
जैसे तेरी याद सताए ऐसे तो कोई सताता नहीं यूं बेवजह
तेरे शहर में आना तुझसे बात करने के बहाने बनाना बगैर
रूठे ही तुझे बात बात पे मनाना पर अफ़सोस तुम समझी
नहीं कभी ये हाल-ए-दिल मिलते हैं हजारों लोग रोज़
पर तुम्हारे जैसा कोई मिला नहीं
ख़ुदा से भी मिला था मैं कल पर तुमसे मिलने पर जो
खिला था
वैसा चहरा मेरा अब तक खिला नहीं बिन ख़ता बताए कोई
जाता नहीं हर कोई इस दिल को रास आता नहीं जैसे तेरी
याद सताए ऐसे तो कोई सताता नहीं उस रात देखे थे मैंने
दो महताब एक साथ तभी से ये दिल जाँनिसार हो गया तुम्हें
तो हुई नहीं दोस्ती भी पर मुझे तुम से प्यार हो गया है तुम्हे
कोई परेशानी कोई झिझक तो मुझे भी बताओ ना इस तरह
खुद को मत दो सज़ा इस तरह खुद को सताओ ना भले ना
कर पाऊँ मैं तुम्हारी दिक्कतों का हल पर सुनूँगा मैं पूरे दिल
से इतना वायदा करता हूँ एक बार ऐतबार करके देखो बस
कैसे मैं तुम्हारी दिक्कतों को आधा करता हूं

~By Shashank Verma

एक खत मेरे चाँद को

दूर हो रहा है मेरा चाँद मुझसे कुछ इस तरह,
ना हम रोक पा रहे, ना ही कुछ कह पा रहे
दूर हैं एक दूजे से जैसे पंछी आकाश से
पर ए चाँद, आना मेरे करीब कभी वक्त निकाल कर
बड़ी लंबी गुफ्तगू करनी है तुमसे
इस बार आना थोड़ी फुरसत में
शायद कोई उलझी, अनकही बात सुलझ जाए
यूं तो अधूरा हूं मैं,
मैं पूरा हो जाऊं शायद तेरे होने से
ए चांद आना कभी फुरसत से कोई राज़ सुलझ जाए शायद
तेरे होने से |

दिव्यांशु राठौर

पापा का प्यार

तेरी अपनी कोई दुनिया नहीं तेरी दुनिया रहती है मुझमें मैं
दरिया हूं अगर तो तेरी
लहरें बहती हैं मुझमें जो कुछ भी माँगा है मैंने तुझसे तूने वो
सब मेरी झोली में
भर दिया मैं उतारूँ कैसे एक ज़िंदगी में तूने मुझे पे इतना
कर्ज़ है कर दिया दूर होके भी
दूर हमसे रहते नहीं दिल में जो है वो जुबाँ से कहते नहीं
कौन करे तेरे प्यार की कदर
आख़िर किसने तेरे प्यार को नापा है मुफ़्त में मिलती हैं खुशियाँ
यहाँ बच्चों की खुशियों की दुकाँ तो पापा है ।

~By Shashank Verma

27 मई **2020** को घटित केरल राज्य के 'साइलेंट वैली' नेशनल पार्क की एक गर्भवती हथिनी की अत्यंत कष्टदाई रूप से हुई हत्या पर आधारित निम्न पंक्तियाँ **:**

पता ही नहीं चला कब इंसानियत में हैवानियत उतर
आई, आखिर पता ही नहीं चला कब हम इंसान, बेरहम हो गए
आखिर क्या कसूर था उस मासूम बेजुबान माँ का जो उसके
साथ क्रूरता की पराकाष्ठा की गई, पता ही नहीं चला कब
इंसानियत में हैवानियत उतर
आई।

पता ही नहीं चला कब हम इंसान इतने ख़ुदग़र्ज़ हो
बीते कुछ दिनों में लोगों ने मांस खाने छोड़ दिए हैं,
आखिर समझ ही नहीं आया लोगों को अपनी जान की फ़िक्र हो
गई या जानवरों से प्यार,
आख़िर पता ही नहीं चला कब इंसानियत में हैवानियत उतर
आई।

लोगों को बुरा लग जाता था जानवर बोलने पर, _ आज तो
मनुष्यता ही कहीं दूर जाती दिखती है, लोग आगे बढ़ते बढ़ते न
जाने अपनी संस्कृति कब भूल गए, जिस हिंदुस्तान की मिट्टी पर
प्रकृति के हर एक कण को
पूजा जाता था, पता ही नहीं चला कब हम उस पर बेरहम हो गए,
आखिर पता ही नहीं चला कब इंसानियत में हैवानियत उतर
आई।

लोगों ने अपने मतलब के लिए क्या कुछ नहीं किया,
अब तो अपने स्वयं के मनोरंजन हेतु बेज़ुबानों की
हत्या करनी शुरू कर दी, प्रकृति एक ऐसी देवी है जो किसी के
साथ भेदभाव नहीं करती बावजूद इसके, हम अपने फ़ायदे के
लिए क्या कुछ नहीं कर गए,
आख़िर पता ही नहीं चला कब इंसानियत में हैवानियत उतर
आई।

~खुशबू पांडे

सड़क, ज़िंदगी और रास्ते

मैं चल तुझपे रहा हूं , मगर लेजा मुझे तू रही है।
मैं जा अपनी मंज़िल पे रहा हूं , मगर रास्ता तू दे रही है।

क्या खोना और क्या पाना मुझे,
सब रास्ते तो तू ही दिखा रही है।

मेरे इन कदमों के निशान क्या तू कही दर्ज कर रही है,
न जाने तू मुझे कहा ले जा रही है।

जो थकने , टूटने, बिखरने की आह मैंने जो पीछे तेरे रास्तो में छोड़ी है कहीं तू उसका हिसाब तो नहीं रख रही।

कहीं तू मेरे इन गिरे पसीने की बूंदों को अपने दामन से तो नहीं लगा रही।

हे ज़िंदगी! तू मुझे कहाँ ले जा रहे,
मुझे तू इन रास्तों पर क्यों भटका रही
हे ज़िंदगी तू मुझे कहाँ ले जा रही ।

अस्तित्व की दोस्ती मुझसे

यही अंत है मेरा, यही अंत है तेरा।
धूल-सा बन कर उड़ूंगा मैं, और राख-सा बिखर जायेगा तू ।

इस तन को त्याग कर राख उठा लेना तू मेरी, अगर पहले तू गया
तो दरिया समेट लूंगा मैं तेरी।

शैया पे लेटे हुए त्याग कर रहा हूं सबका
जो भूलूं ना आख़री वक्त के बाद वो वर माँग रहा हूं मैं तेरा ।

आकाश की गहराइयाँ

हे आकाश के बिछड़े बादलों,
तुम से होकर ही तो उसके पास जाना है।

दिल रूपी सागर की गहराइयों से होते हुए तुम्हारी ऊंचाई तक।

मौत की आगोष में सोते हुए भी ये आस है कि उसकी यादों की तलब
फिर उठाएगी मुझे ,
उठाएगी मुझे किसी और दुनिया मे ले जाने के लिए।
हे बादल! तुमसे होकर ही तो उसके पास जाना है।

~By Priyanshu S. Chaturvedi

उन यादों में डूब ही जाता हूं.....!!

अंधेरों से रोशनी तक की वो सुबह,
सादगी से यादगी तक का वो सफ़र,
बहुत याद आते हैं गुज़रे हुए वो लम्हें,
पर हकीकत को दर किनार करके ,
उन यादों में डूब ही जाता हूं.....।
मिलने और बिछड़ने की वो खुशी,
साथ चलने पर दूरियों में आती कमी,
बिना नज़रे उठाए तुझे देखने का मज़ा,
पल भर भी याद ना करने पर मिलती सज़ा,
यादों की किताबों से अक्सर निकल आते हैं वो लम्हें,
पर हकीकत को दर किनार करके ,
उन यादों में डूब ही जाता हूं.....।।

~मो सैफ

ओ माँ

जो कर सके तेरा प्यार बयाँ किसी बात में ऐसी बात नहीं
सबका काम है बस मोहब्बत एक माँ की होती कोई जात नहीं
नहीं है तुझ-सा प्यार करने वाला
ओ माँ तेरा प्यार निराला तूने है संवारा मुझे तू न होती तो मैं
संवरता नहीं झूठे हैं दिखावे सबके तुझ-सा प्यार कोई करता नहीं
ओ माँ तेरी गोद में सिर रख के मेरी सारी उलझन पल में ख़त्म हो
जाए ना तलाशो सुकून यूं जहान में सुकून मिले उसे जो तेरी गोद
में सो जाए
रुक जाती है ज़िंदगी भी माँ के बिना ये भी है चलती नहीं हो जाए
चाहे कुछ भी माँ के मुंह से बद्दुआ निकलती नहीं
नहीं है तुझ-सा प्यार करने वाला
ओ माँ तेरा प्यार निराला तूने है संवारा मुझे तू ना होती तो मैं
संवरता नहीं झूठे हैं दिखावे सबके तुझ-सा प्यार कोई करता नहीं

~By Shashank Verma

देश झेले करोना

देश झेले करोना
करोना करोना।
तुम इससे डरो ना।
आज देश झेल
रहा है महामारी,
करोना की यह बीमारी।।

करोना करोना ।
दिल को मज़बूत बनाओ ।

साफ़-सफ़ाई रखना है,
करोना को दूर भगाना है।।

खुद को स्वच्छ बनाओ,
लोगो से हाथ ना मिलाओ ।
उनको करो नमस्कार,
हेलो-हाय को करो गुड-बाय। ।

करोना - करोना
तुम इससे डरो ना ।।

झेल रहे है महामारी,
इसका मज़ाक बनाओ ना ।
जो काम है मना, वो
काम तुम करो ना ।।

करोना, करोना

तुम इसका डट कर
समाना करो ना,
इससे तुम डरो ना ।।

लोग हो रहै हैं जुदा,
तुम इससे डरो ना ।
घर पर ही बैठे,
साथ तुम इनका दो ना ।।

यही वो समय आया है,
जब इंसानियत को बतलाया है।
लोगो की मदद करके,
अपने कर्तव्य को निभाया है।।

~ सुषमा प्रसाद

मुफ़्लिसी एक मजबूरी

खिलौने नहीं थे तो क्या इस मिट्टी से मैं खेला हूं भूख रहती है साथ मेरे मैं

रहता नहीं अकेला हूं
जताने की फुर्सत नहीं है पर मेरी माँ को मुझसे बहुत प्यार है
रात के जश्न में हुए लाखों खर्च कौन जाने गरीब के वहाँ त्योहार है

रात में नींद आ जाए चैन से बस इसलिए पीते हम शराब हैं
कागज़ों में सुधर रही है हालत कागज़ों की तस्वीर बस ख़्वाब है

किसी को सपने खोने का डर है कोई मोहब्बत में मारा हुआ है अगले वक्त की रोटी भी तय नहीं जाने कैसे आजतक गुज़ारा हुआ है ।

~ by Shashank Verma

स्कूल के वो दिन.....

ज़िंदगी तो बाकि है, लेकिन सुकून छिन सा गया।
स्कूल क्या ख़त्म हुआ, मानो हमारी झोली से कुछ गिर सा गया।
अब कानों में स्कूल की वो घंटी सुनाई नहीं देगी,
अब ज़िंदगी हर मोड़ पर हमारी परीक्षा लेगी।
भले ही भारी बस्तों से छुटिारा हमें मिल गया,
कंधों पर ज़िम्मेदारियों का बोझ भी तो बढ़ गया।
स्कूल यूनिफॉर्म पहनना बिल्कुल नहीं भाता था,
लेकिन अब नहीं पहन पाएँगे, ये सोच दिल घबराता है।
उफ़.....सुबह जल्दी उठना, बस्ता उठाकर चल देना,
दोस्तों के साथ हँसना, खेलना और गले मिलना।
अब दोस्त तो होंगे, लेकिन मतलब की दोस्ती रह जाएगी,
ज़िंदगी के समंदर में, उम्मीदों की सिर्फ़ कश्ती रह जाएगी।
कभी ना भूलने वाला स्कूल का वो पहला प्यार,
स्कूल के हर हिस्से से जुड़ गए थे हमारे दिलों के तार।
काश....!! स्कूल और हमारा साथ यूं ही बना रहे,
स्कूल में एक दिन हमारी कामयाबी का बिगुल बजे।।

~मो सैफ

Stories

Cyber Crime: Story of an online Fraud

As we all know the emerging world that has brought up different innovations, one of which is technology, have many pros and cons. A rapid increase in internet usage, virtual knowledge, industrial development, and swift communication, is taking this world further. On the other hand, online fraud, scams, publicising of personal information, hacking etc. are some of its cons too. In this article, I am going to share an instance of an online fraud and scams, pertaining to OLX only. However, there are many other scams like WhatsApp lottery scam, online marketing scam, KBC scam, online Job offers etc.

This problem started while I was surfing OLX. I found a very attractive car at a cheap price. I

contacted the dealer and he asked me to come at Indira Gandhi International Airport for the deal. He had the display picture of an army person, so his appearance, military uniform, and communication with confidence were some of the credibility building factors. Later in the evening, I, along with my father went to the parking area of IGI airport. After reaching there, he asked us to share a selfie along with ID proof to ensure that we had reached there and from that point we were trapped. He convinced us to pay some part of the amount beforehand, citing it as parking fees at the Airport. He also promised us to either refund the amount or adjust it if the deal is finalised.

Ultimately, we paid a huge amount, getting lured by him. After some time, when the car did not reach us; we had an argument with him and he asked us to pay more but we forbade it and got to know that we were being cheated. We asked him to come to us and show the car, else we were not going to pay anything. He switched off his phone. Consequently, we realised it was a scam, and saddened, we came back home.
Proposed Solution

According to National Crime Records Bureau (NCRB), 44,546 cases of online crimes were registered in 2019. So, the emerging problem of online fraud contains the solution too. If the problem is generated online, then the solution will be the same platform. The potential solution of such a problem could be FIND (Fraud Information Detector) Platform. It is not a developed app, but just an idea of mine. This platform can be very helpful for detecting online fraud. This app can be connected to Google platform in a very easy manner, consisting of a virtual intelligence (VI) technology to ascertain the authenticity of a person.
The first thing which is unique in this solution is that it is a very simple method. Most of the people are not aware about technology, and even if some people are, they are not able to find correct information on Google. The problem of forgery and online scams can destroy lives.

We should be vigilant about the kind of information we receive through social media or on
google and try to find out 5Ws before sharing or believing anything, which are:
1. What: What is the content of information, is it realistic?
2. Who: Who sent this information?
3. Where: The source of the information
4. When: Time of the information
5. Why: The main motto of the information
I hope my experience will help someone understand such scams and could save the hard-earned money from such touts.

~ by Mohd. Shad Qureshi

खुद को थामो

रोज की भाग-दौड़ भरी जिंदगी, थके हारे जब आराम की नींद लेने के लिए बिस्तर पर पैर फैलाए।
आंखों में नींद आने के बजाए कल की आने वाली कठिनाइयाँ आ जाती हैं। साथ में घूमते रहते हैं कल
को सवारने वाले विचार, भविष्य उज्जवल करने के लिए किए जा रहे प्रयास। कफर अचानक से दिमाग के
सोचने की दिशा में बदलाव आता है, हाथ में फोन थाम कर सोशल मीडिया खोल कर, सोशल मीडिया की
तड़क-भड़क वाली जिंदगी में खो जाना। इसलिए ज़रूरत है, अपने आप पर तड़क-भड़क वाली दनिया को
हावी ना होने देना, बल्कि अपने ऊपर काबू पाकर दुनिया के साथ कदम से कदम मिला कर चलना।

-मो सैफ

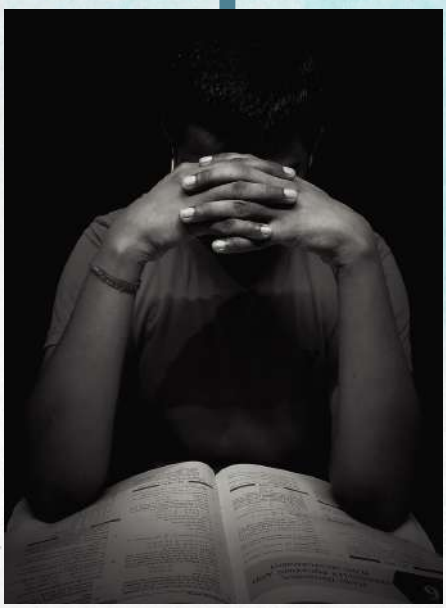
Photography

Walking Tall

Ties of the Earth

~by Swastika Borgohain

Anyone can give up, it's the easiest thing to do. But to hold anything especially at tough and depressing time, when everyone would expect us to fell apart, that gives the true strength and makes you special.

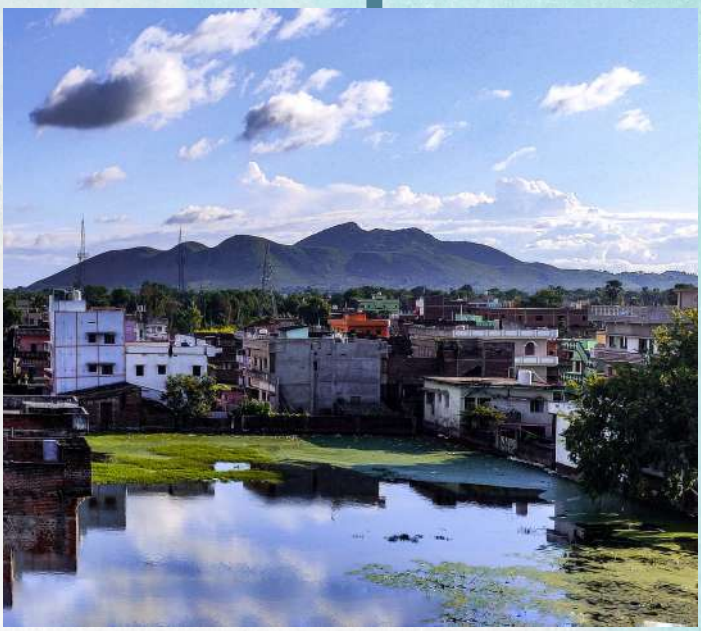


She is never scared of walking alone, having her world, her priceless gem in her arms makes her powerful with the power of love and She will have to keep moving to bring up life to her world.

The one who decides to create their existence doesn't care about where it's making their existence.

Butterflies don't know the color of their wings but human eyes know how beautiful it is. Likewise, you don't know how beautiful you are but other can see that how beautiful you are & special.

Nature is all about relationship with human environment , The deeper the relation, the more beauty will flourish



लाचारी तो ऐनें में भी साफ़ झलक रहा साहब ,
लेकिन क्या करें, यै कमबख्त ज़िन्दगी ही ऐसी है,
न चाहते हुए भी ये लोगों कों सच्चाई दिखा ही देता है।

~by Rishu kumar

~by Vinay Kumar

I want to share pictures of a collection of plants, flowers, Bonsai fruits, vegetable plants, and a variety of herbs and shrubs. All these pictures are from my terrace garden; the plants and fruits are taken care of by me personally.

ACTIVITIES (गतिविधियां)

Sensitizing students on various aspects of child abuse

Sensitizing youth towards awareness and prevention of suicide

Stress Management

Psychological counseling during and after Covid-19 for students and faculties

Painting Competition

Creating Awareness about Mental Health

Counselling Advice

Session on Youth Wellness

Webinar to enhance Immunity & Respiratory Health

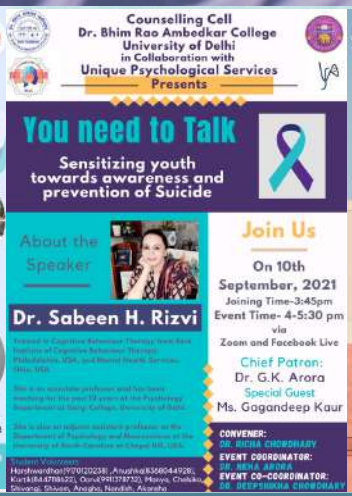
Session on Guidance and Counselling

Mental Health & Well-Being

Live life Situations & Solutions

Who Needs Counselling and When?

Anonymous Talks



FUTURE PLANS
(भविष्य की योजनाएं)

Training for Counselling

Effective Counselling Sessions

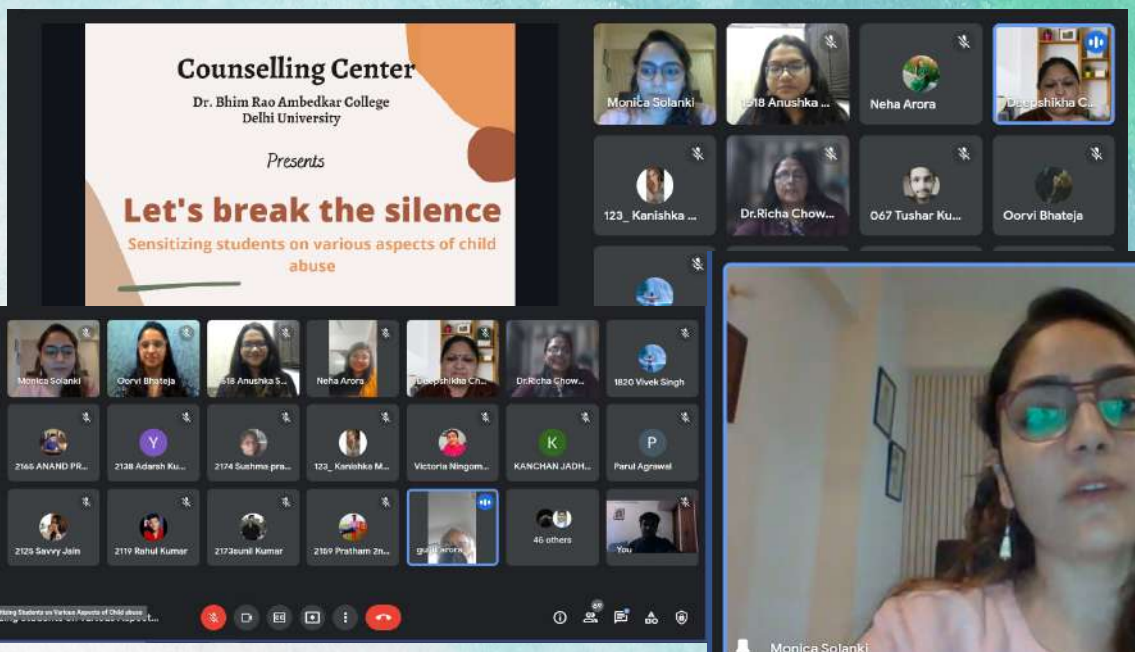
Talk on Affirmations

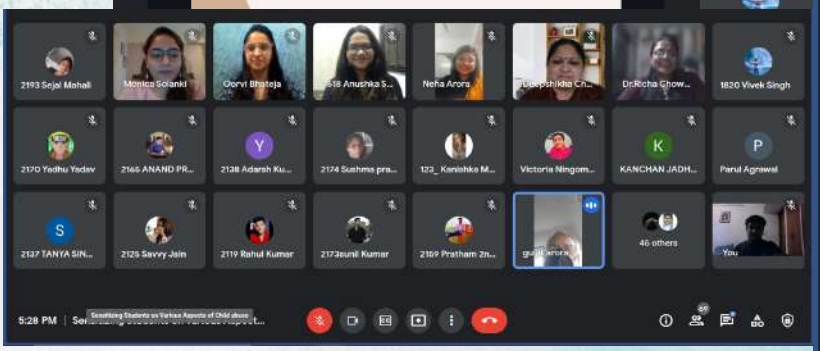
Addressing different aspects of counselling (need)

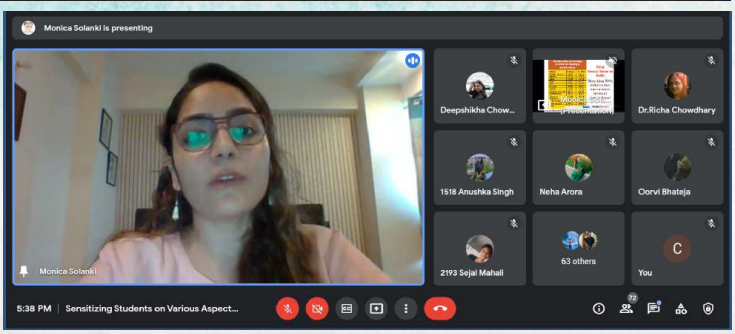
Guiding students to provide to psychological first aid to their peers

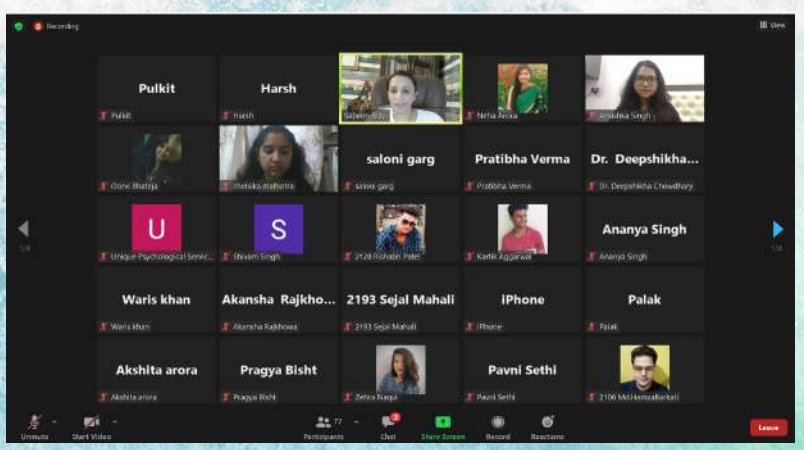
Reaching out to more and more students

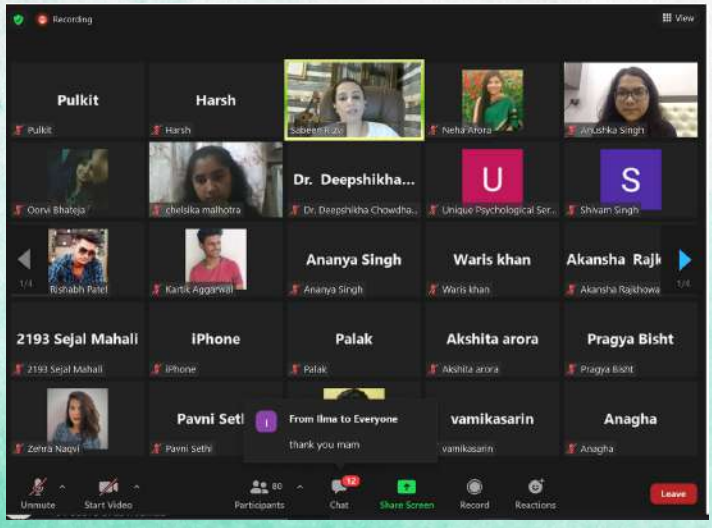
GALLERY (छायाचित्र प्रदर्शनी)








Recording
View
Pulkit
Harsh
saloni garg
Pratibha Verma
Dr. Deepshikha...
Ananya Singh
Waris khan
Akansha Rajkho...
2193 Sejal Mahali
iPhone
Palak
Akshita arora
Pragya Bisht
Pavni Sethi
Unmute
Start Video
Participants
Chat
Share Screen
Record
Reactions
Leave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Dr. Deepshikha...
Ananya Singh
Waris khan
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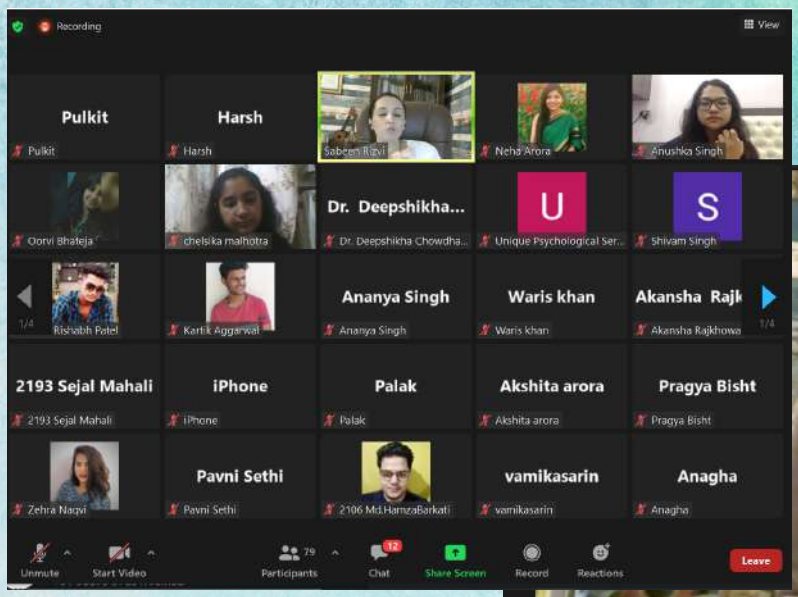
Pragya Bisht
vamikasarin
Anagha
From Ilma to Everyone
thank you mam
Unmute
Start Video
Participants
Chat
Share Screen
Record
Reactions
Leave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Pragya Bisht
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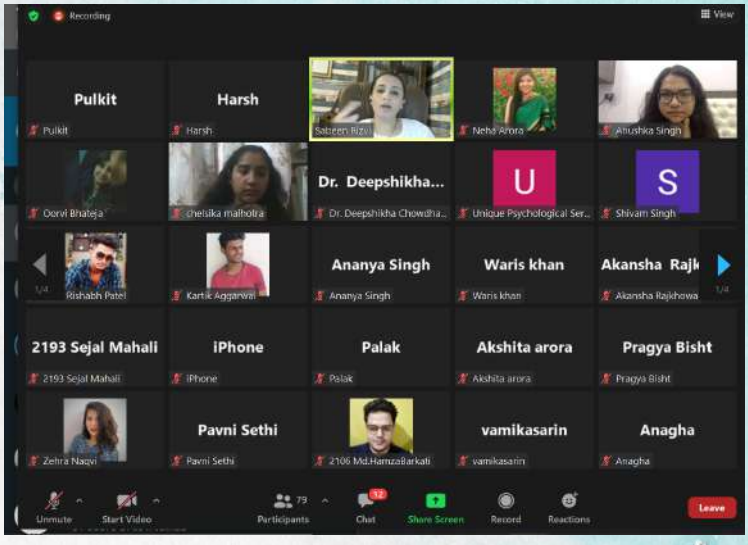
Sabeen Rizvi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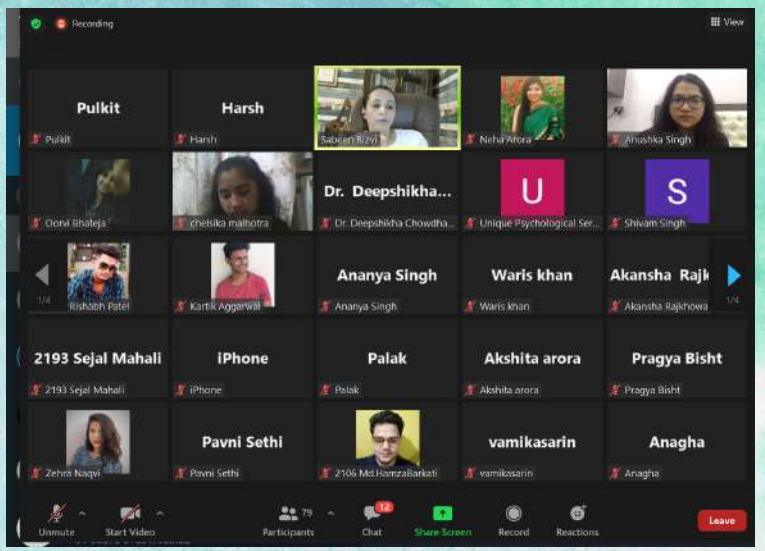
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Students' Counselling Center
Dr. Bhim Rao Ambedkar College
Delhi University
Presents
A session on Mental health and wellbeing:
Psychological Counselling during and after COVID for students/faculties
Anushka Singh
Deepshikha Chowdh...
Dr.Richa Chowdhary
20 others
You
5:17 PM | rtz-pqgt-dbj

Counselling Center, BRAC is presenting
StreamYard
Students' Counselling Center
Dr. Bhim Rao Ambedkar College
Delhi University
Presents
A session on Mental health and wellbeing:
Psychological Counselling during and after COVID for students/faculties
Anushka Singh
Deepshikha Chowdh...
Dr.Richa Chowdhary
30 others
You
5:14 PM | rtz-pqgt-dbj

StreamYard
1587 Manisha
1548 Anushka Singh
Deepshikha Chowdhary
096 Riya Goyal
Counselling Center, BRAC
36 others
You
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StreamYard
1548 Oorvi Bhatia
Counselling Center, BRAC
Deepshikha Chowdhary
32 others
You
4:08 PM | rtz-pqgt-dbj

Prof.PRATIBHA J Mishra

HOW TO RESPOND TO CRISIS

THANK YOU FOR YOUR PART IN MY JOURNEY

Dr Richa Chowdhary

(Convener)

2017-2022