

THE ALOYSIAN (SAIT)



**VOLUME V
2023**





The United Nations General Assembly has declared 2023 as:

International Year of Millets (IYM 2023).

The United Nations General Assembly at its 75th session in March 2021 declared 2023 the **International Year of Millets (IYM 2023)**. FAO is the lead agency for celebrating the Year in collaboration with other relevant stakeholders. Millets can grow on arid lands with minimal inputs and are resilient to changes in climate. They are therefore an ideal solution for countries to increase self-sufficiency and reduce reliance on imported cereal grains.



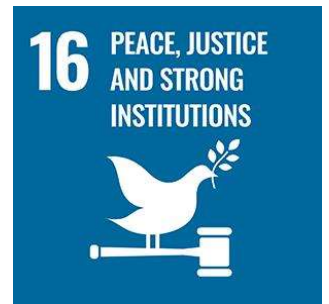
IYM2023 will be an opportunity to raise awareness of, and direct policy attention to the nutritional and health benefits of millets and their suitability for cultivation under adverse and changing climatic conditions. The Year will also promote the sustainable production of millets, while highlighting their potential to provide new sustainable market opportunities for producers and consumers.

The International Year Of Dialogue as a Guarantee of Peace

The year 2023 was declared as the International Year of Dialogue as a Guarantee of Peace, according to the resolution 77/32 of the United Nations General Assembly at the initiative of Turkmenistan.

This resolution was adopted by consensus and was co-sponsored by 68 member countries of the Organization, including all countries of Central Asia.

Turkmenistan underlines that the initiative directly correlates with the António Guterres, United Nations Secretary-General's "**New Agenda for Peace**", which includes reducing global strategic risks, investing in conflict prevention and peacemaking, and supporting regional preventive measures.



MAGAZINE COMMITTEE



Sitting(Left- Right): Ms. Shabnam Akhtar, Ms. Gurpreet Kaur Bansal, Dr. Fr. Ben Anton Rose, Dr. Fr. Davis George, Dr. Renu Pandey, Ms. Chhaya

Standing(Left-Right): Mr. Mohd. Asif Shah, Gaurav Singh , Abhilekha Verma, Aditi Sharma, Akriti Xalxo, Amrit Tirkey, Ms. Firdos Fatima Siddique



**THE
ALOYSIAN
(SAIT)
2023**



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THE ALOYSIAN



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हिन्दी खण्ड

अनुक्रमणिका

संपादकीय

ध्रुव

ये कलयुग है

किसान की दशा

ऑनलाइन शिक्षा

जीवन यात्रा

चेटी हूँ मैं !

परिस्थितियां

हर इंसान की समस्या

भारतीय महिलाओं के संघर्षों पर एक लेख

सकारात्मक सोच

परिवार का महत्व

योग का महत्व

कर्म में विश्वास रखें य एक आधारभूत सत्य

मां

मेरा प्यारा पालतू जानवर

हिन्दी

मानवपथ मंत्र

समय

पुस्तकें करती हैं बातें!

कुछ भी असम्भव नहीं है

शिक्षा का महत्व

गुरुजन

समय

आत्मविश्वास

कैसे लक्ष्य निर्धारित करें और उन्हें प्राप्त करें

मेहनत का फल

Justice Sanjay Dwivedi
JUDGE, High Court of M.P.



Bungalow No. A-3,
South Civil Lines
Jabalpur- 482 001 (M.P.)
Phone : 0761-2671103
: 0761-2671104



MESSAGE

I am delighted to know that St. Aloysius Institute of Technology is coming-up with their fifth edition of college magazine "THE ALOYISAN" inasmuch as the college magazines are culmination of innovations, initiations and above untiring blooming minds. Indubitably, this magazine will help the students to amplify their intellectual knowledge and most importantly will assist in building their morale to excel in all spheres of life and act like a mirror exuberant to the culture of Aloysius.

I extend my warm regards to the students associated with this magazine and I am assured that with such synergy among the teachers will fulfill the goals of training students in the institution of higher learning to contribute enormously in development of the country in future at various paths of life. I also wish the Aloysius fraternity for their enduring success, all the best for their future assignments.

Sanjay Dwivedi
(Justice Sanjay Dwivedi)

प्रशान्त सिंह
महाधिवक्ता
मध्यप्रदेश शासन



अर्द्ध. शास. पत्र क्र. 481
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दिनांक



17/5/2023

MESSAGE

I feel extremely happy to speak to you through this Magazine "The Aloysian", as St.Aloysius Institute of Technology is bringing out its 5th Edition. Publishing a magazine is indeed a tedious and herculean task. In present time students are concerned more about their academic excellence, they have to be coaxed, persuaded and encouraged to exhibit their writing talents. The response of the students in contributing articles to the magazines was really overwhelming. The students in their articles have shown their intellectual insight and excellent command on language. Once again, my message is: "Aim always High", as high as the sky to be good citizens and leaders of our beloved country.

(PRASHANT SINGH)
ADVOCATE GENERAL,
MP, JABALPUR

PUSHPENDRA YADAV
Deputy Solicitor General of India
High Court of Madhya Pradesh



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MESSAGE

I am very much delighted to hear that St. Aloysius Institute of Technology, Gaur as a new seed rapidly growing into a tree and blooming fresh flowers and giving this nation sweet fruit that will help the nation to build more and grow more is going to release its fifth volume of college magazine 'THE ALOYSIAN'.

As very well said by Lou Holtz "The ability is what you are capable of doing, motivation decides what you do, and your Attitude decides how well you do it". As college magazine plays a very important role in education and also in building the self esteem of the students as it is a synergistic approach of the administration and teachers in bringing out the best of artistry and literary skills of the students and giving them a better platform for publishing their masterpiece. And in this great venture I wish all the people associated with this magazine to keep motivating more and more people and bringing out the best that an Aloysian can ever bring out and hold this attitude of always keeping one step extra for the holistic development of the student. And I am sure that this magazine will reflect the culture and heritage of the college and serve its best purpose.

PUSHPENDRA YADAV
DEPUTY SOLICITOR GENERAL OF INDIA

राकेश सिंह
संसद सदस्य (लोक सभा), जबलपुर

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सत्यमेव जयते

चीफ व्हिप

भारतीय जनता पार्टी - (लोक सभा)

चेयरमैन

कोयला, खान एवं इस्पात संबंधी स्थायी समिति

कार्यालय :

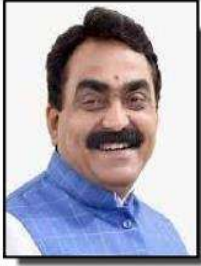
210, ब्लॉक 'बी', संसदीय सौध एक्सटेंशन,
नई दिल्ली-110 001

फोन : 011-23035744

फैक्स : 011-21410178

क्र./ 12382 / सां.लो.जबलपुर,

दिनांक : 18 / 05 / 2023



संदेश

सेंट एलॉयसिएस इंस्टीट्यूट ऑफ टेक्नोलॉजी गौर जबलपुर द्वारा महाविद्यालयीन वार्षिक पत्रिका 2023 " दि अलॉयसिअन" का प्रकाशन किया जा रहा है। छात्रों में अध्ययन-अध्यापन के साथ ही साथ अभिव्यक्ति एवं अच्छे साहित्य के लेखन की रुचि जागृत करने के लिए पत्रिका का प्रकाशन उत्कृष्ट माध्यम है। पत्रिका में विभिन्न शिक्षाविदों, छात्र-छात्राओं तथा कार्यालयीन कर्मचारियों के लेख तथा महाविद्यालयीन गतिविधियों का समावेश किया जाना निःसंदेह प्रशंसनीय है। पत्रिका की विषय वस्तु छात्रों के व्यक्तित्व विकास एवं भविष्य निर्माण में मार्गदर्शी होगी, ऐसा मेरा मानना है।

महाविद्यालयीन पत्रिका के सफल प्रकाशन हेतु मेरी हार्दिक शुभकामनायें।


(राकेश सिंह)

प्रति,

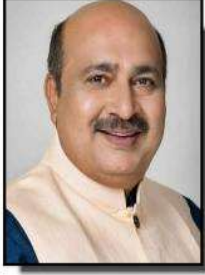
प्राचार्य

सेंट एलॉयसिएस इंस्टीट्यूट ऑफ टेक्नोलॉजी गौर
जबलपुर।



क्र. 380...

दिनांक 01/06/2023



संदेश

मुझे यह जानकर अत्यंत प्रसन्नता हुई है कि सेंट एलॉयसियस इंस्टीट्यूट ऑफ टेक्नोलॉजी, गौर, जबलपुर द्वारा वार्षिक पत्रिका "The Aloysian 2023" का प्रकाशन किया जा रहा है।

विद्यार्थियों की सृजनात्मक प्रतिभा को वार्षिक पत्रिका के माध्यम से महाविद्यालय परिवार और समाज के समक्ष लाने के लिए महाविद्यालय द्वारा किए जा रहे प्रयासों से विद्यार्थियों को प्रोत्साहन एवं प्रेरणा मिलती है तथा उनमें मानवीय गुण विकसित होते हैं। महाविद्यालय द्वारा आयोजित अन्य गतिविधियां विद्यार्थियों के लिए ज्ञानवर्धक एवं प्रेरणास्पद सिद्ध होगी।

पत्रिका के सफल प्रकाशन के अवसर पर महाविद्यालय प्रबंधन एवं प्राध्यापकों को उनके बेहतर शिक्षण कार्य हेतु अपनी हार्दिक शुभकामनाएँ प्रेषित करता हूँ।

(अशोक रोहाणी)



क्र.

दिनांक 30/6/2023



Message

It gives me a profound privilege and pleasure to know that this institution is putting consistent, insistent and persistent efforts to serve the nation at its best.

I am aware that the institution has already laid foundation to various measures being taken for fulfilling the desired objective of achieving excellence in the field of providing quality education.

The institute is providing a golden opportunity to serve as a catalyst for changing the face of Jabalpur by acting as a prime centre of knowledge enhancement and career development. I am very happy to know that the institute is releasing its Fifth edition of college magazine 'THE ALOYSIAN'. Through this magazine I would like to speak to the readers and would like to give my prime message to serve the nation at the level best possible and build a transformed society having responsible citizens.

I extend my wishes to all the contributors and readers of this magazine and also, I wish all the best to the editors of the magazine for this successful release of this issue.

Blessings!

Regards.....

(Jagat Bahadur Singh "Annu")
Mayor
Jabalpur

The Principal,
St.Aloysius Institute of Technology
Jabalpur

रानी दुर्गावती विश्वविद्यालय
RANI DURGAVATI VISHWAVIDYALAYA

(Formerly, University of Jabalpur)
(NAAC Accredited Grade "B" University)



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प्रो. कपिल देव मिश्र
कुलपति

Prof. Kapil Deo Mishra
Vice-Chancellor



संदेश

मुझे यह जानकर हार्दिक प्रसन्नता हो रही है कि संत अल्लोयसियस इंस्टीट्यूट ऑफ टेक्नोलॉजी गौर महाविद्यालय जबलपुर द्वारा वार्षिक पत्रिका "दि अल्लोयसियन 2023" का प्रकाशन किया जा रहा है। छात्र-छात्राओं की रचनात्मक प्रतिभा को प्रदर्शित करने और उसमें निखार लाने का सबसे प्रभावशाली माध्यम है, महाविद्यालय की पत्रिका। मुझे विश्वास है कि आध्यात्मिक वातावरण का सृजन करने के साथ-साथ विद्यार्थियों के बहुआयामी विकास को आपकी पत्रिका एक विश्वसनीय मंच प्रदान करेगी। मैं पत्रिका के लेखन व प्रकाशन कार्य से जुड़े सभी शिक्षकों एवं विद्यार्थियों को विशेष रूप से शुभकामनाएं देता हूँ।

महाविद्यालय पत्रिका "दि अल्लोयसियन" के सफल प्रकाशन हेतु मेरी शुभकामनाएं।

(कपिल देव मिश्र)

RANI DURGAVATI VISHWAVIDYALAYA, JABALPUR (M.P.)

Dr. Deepesh Mishra
Registrar



Telephone (O) : 4009762
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Date: 13-07-2023



MESSAGE

It feels great to hear that St. Aloysius Institute of Technology, Education is publishing 'The Aloysian' their annual college magazine, in its fifth issue this year. I appreciate the efforts made by the Aloysians and would like to congratulate the principal, teaching and non-teaching staff, students and others for maintaining this prestigious institution as one of the fastest growing in the district. In the years to come, I hope it will become one of the best educational institutions in the district, providing the high-quality education that Aloysius is known for.

College magazines have traditionally been a platform for showcasing, propagating, and imparting vital information. I would like to take this opportunity to congratulate the entire SAIT fraternity on their continued success and extend them my best wishes for the successful release of the college magazine.

(Dr. Deepesh Mishra)

Registrar

**Rani Durgavati Vishwavidyalaya
Jabalpur**



†GERALD ALMEIDA
BISHOP OF JABALPUR

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MESSAGE

It gives me immense pleasure to bless my dear students of St. Aloysius Institute of Technology for presenting this great venture of 'The Aloysian' for the Academic Year 2022-23. This magazine is a celebration of our community and its many accomplishments. It is a place to share our stories, our successes, and our hopes for the future.

I am proud of the work that our Editors and the Students have done this year. We have made great strides in academics, research, and extracurricular activities. We have also strengthened our commitment to diversity, equity, and inclusion.

I am confident that this magazine will be a valuable resource for our community. It will allow us to connect with each other, learn from each other, and celebrate our shared successes.

I encourage you to read the magazine cover to cover and to share it with your friends and family. I am excited to see what the future holds for our college, and I am confident that we will continue to achieve great things together.

I wish to see the college scale great heights of success and acquire the pinnacle of achievements. Once again I wish them good luck for their college magazine and hope for their fruitful and thought provoking publications regularly.

Thank you and may the heavenly blessings of the Almighty be with you all.

Gerald Almeida
Bishop of Jabalpur



St. Aloysius Institute of Technology

(Run by the Diocesan Corporation of Jabalpur)

Near Ekta Market, Gaur Jabalpur (M.P)

Recognised by NCTE & Higher Education, Bhopal

Programme Offered- BA, BBA, B.Com. , B.Sc.B.Ed., B.Ed, D.El.Ed.

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Principal's Report 2022-23



“Education is the passport to the future, for tomorrow belongs to those who prepare for it today.”

– Malcolm X

St. Aloysius Institute of Technology, Education stands tall in quality and I am glad to say that this institution was established in 2018 with a mission to create and facilitate an environment for knowledge, research, skill, self reliance and humanitarianism to mould the students into erudite and disciplined youth committed to transcend their 'self to be of service.

The Institute commits itself to bring together sound academic achievement through value based, qualitative teaching and learning. The institute aspires to contribute in building an economically stable and socially developed nation.

It is a matter of great privilege that we are affiliated to Rani Durgawati Vishwavidyalaya, Jabalpur, and MPBSE, Recognised by NCTE and Department of Higher Education Bhopal.

In the session 2022-23 the classroom teaching was resumed and the college faculty is regularly contributed to research and holistic development of students. I am very happy to announce that Four days Faculty Development programme was organized by IQAC on the topic "Assessment and Accreditation process of NAAC", Under National Intellectual Property Awareness Mission (NIPAM) celebrating Azadi ka Amrit Mahotsav one day workshop on "Intellectual Property Rights" was organized by the college, Guest Lecture on " Mental well Being and Stress Management" by Dr. Payal Chaurasiya, Jawahar Navodaya Vidyalaya was also concluded by the college. Three days' Workshop on " Beginners Guide to Stock market" was organised. This year college has organised various Industrial and Educational visit to TFRI (Tropical Forest Research Institute), Sanchi Dugdh Sangh, Rani Avanti Bai Bargi Hydrel Power Station and Historical Visit to Chausath Yogini Temple. Two of our faculties were invited as a Resource person by Thakur Someshwar Singh Govt. College, Naigarhi, Rewa; and PES B.Ed. College. One of our faculty was invited as a Guest Speaker on National Workshop on 'Analytical Techniques' organized by St. Aloysius Autonomous College, Sadar.

The college have signed MOU's with TFRI (Tropical Forest Research Institute). College had organized two days International Conference titled “Role of Science, Education and Technology in Making India Self Reliant and Globally Competent” in collaboration with World Leadership Academy, KIIT Bhubaneshwar and Society for Technologically Advanced Material of India, Nagpur on 3rd and 4th March 2023. In which we had 171 Registrations, 131 paper presentations (in both online and offline mode) and 42 poster presentations.

I am very grateful to announce that BCI Inspection was held on 19th April for the law college and the college has got the approval for the approval for the same. Three days Faculty Development Programme on “Innovative trends and Techniques in Teaching Methodologies” was organised by the college. Add on Course ‘MALHAR’ on Basic Music and Instrumentation was run by the college, Guest Lecture on “Climate Change and Sustainable Development” on accounts of World Environment Day was also organized by the college.

"Victory comes only after many struggles and countless defeats." - Og Mandino.

It gives me immense pleasure to share that NSS volunteer Sweta Jaiswal got selected in pre RDC camp for District Level organized by RDVV. In Youth Festival 2022-23 our college participated 11 different events and got 1st Position in Mimicry, 2nd Position in Non- Percussion (Harmonium), 3rd Position in Percussion (Tabla), 3rd Position in Western Group Song, 1st Position in Group Folk Dance (Ahir Nritya) in which our college qualified Inter collegiate and Inter District level competition and got selected for Inter State level Competition for Mimicry and Group Folk Dance and its is a matter of pride for our college that Our college students have represented R.D. University in National Level Youth Festival held at Jain University Bengaluru in which they secured second position and have qualified for Internationals.

Our Girls Badminton Team got 2nd Position in Women Badminton Competition organized by Government model Science College, Jabalpur. It is very warming to share that One of our faculty have qualified UGC NET in Education. Our faculties have published 3 textbooks on: International Marketing, Hindi Bhasha, and Entrepreneurship Development, one Edited book and three Edited Books are under process.

The students of our college have also excelled in various cocurricular activities Annual Social Gathering ‘UMANG’ 2022 was organized 22nd December 2022. The function was enlightened by the presence of Mr. Kamlesh Agrawal (Leader of Opposition, Municipal Corporation of Jabalpur), the Chief Guest along with Most Rev. Bishop Gerald Almeda Bishop of Jabalpur Diocese as Guest of Honour, respected Adv. G.S. Thakur (BJP President), Mr. Ashutosh Mishra (District Coordinator, BJP Sports Cell, Jabalpur), Mr. Rinku Vij, Parshad as the Mr. Shivam Tiwari (BJYM, Vice President) was the Special Guests of the function. College organized Christmas celebration on 21st December 2022 under the auspicious banner of Jabalpur Inter Religious Forum.

College has organised its first Alumni Meet “SAMAGAM” on 30th December 2022 whereas Annual Athletic Meet was organised on 24th February 2023. “Anand Utsav 3.0” was organized on 21st May 2022 on the theme of various colours by the Department of Science Education promoting Entrepreneurial Skills among students. District Level Quiz Competition under Election Awareness Programme was organized by the college on 23rd November where 36 colleges participated in which Shri Namahshivay Shivay (Upper Collector Jabalpur) was the Chief Guest of the Programme.

And, I am happy to conclude by saying that our institute ensures holistic development of the students, to inculcate awareness about Indian culture and heritage among the members and in community, to contribute to the multicultural makeup of the students through participation in various cultural events i.e., fine arts, literary, and performing arts like dance, drama and music etc. There are different societies and clubs to nurture and groom students. As Colin Powell says “There are no secrets to success: don’t waste time looking for them. Success is the result of perfection, hard work, learning from failure, loyalty to those for whom you work, and persistence.”


Principal
St. Aloysius Institute of Technology
Jabalpur (M.P.)



From Director's Desk

"To become 'unique,' the challenge is to fight the hardest battle which anyone can imagine until you reach your destination."

- APJ Abdul Kalam

Dr. Fr. Davis George Director, SAIT

It gives me an immense pleasure to know that St. Aloysius Institute of Technology (Education) is bringing out its fifth edition of college magazine 'THE ALOYSIAN' for the academic year 2022-23 to showcase its achievements and accomplishments in its curricular and extracurricular domains. There is nothing more valuable to a parent than his child and his future. Education helps students to awaken the sleeping giant in them and discover the immense possibilities of exploring new frontiers. Education focuses on developing positive attitude and skills to deal with emerging cutting-edge technologies. Keeping this in mind it's no surprise when I reiterate to my staff the paramount importance of morality and ethical values by reminding them of wise saying - **"After certain time students don't remember what you taught them but what you were"**.

As in the process of learning called life, education plays a key role in the real transformation from a human being to a disciplined, educated, enlightened person. The 3P's i.e., Prepare, Practice and Perform are the milestones in exemplary behaviour. They teach to be always at the edge and taking the plunge to be at the best of everything.

In the world where division prevails, let us embrace the wisdom of "Vasudhaiva Kutumbakam", for in unity lies our strength. Let us nurture as a family, bound by love and understanding, transcending borders and barriers, as we journey together towards a brighter tomorrow.

I would congratulate the Principal and the Editorial Team in bringing the college magazine 'THE ALOYSIAN' 2023. I am proud of the students who contributed to make this magazine look colourful, meaningful and inspiring. Always remember Aloysians are second to none.

"Learning gives creativity, creativity leads to thinking, thinking provides knowledge, and knowledge makes you great."

With best wishes for future endeavours.

Dr. Fr. Davis George
Director
St. Aloysius Institute of Technology
Near Ekta Market, Gaur Bridge,
Mandla Road, JABALPUR (M.P.)

FROM THE EDITORS' DESK

"It's best to be honest, to make the most of what you have, to be happy with simple pleasures, and to have courage when things are difficult."

- Laura Ingalls Wilder

MAKE THE MOST OF WHAT YOU HAVE

Life is not always about having everything that we desire. Most of the time, it is about making the most of the resources that we have. People who have made a difference in the world have done so by maximizing what they had at their disposal. Whether it's time, money or skills, it's all about making the most of what you have.

In today's fast-paced world, it's easy to get lost in the frenzy of daily routines and forget about our own potential. However, to achieve personal greatness and make a significant impact in our lives, it is crucial to make the most use of ourselves.

Throughout our lives, we encounter setbacks and failures that can make us feel like giving up. However, we should view them as opportunities to learn and grow. We should take our failures as learning experiences and use them to improve ourselves. We should never give up on our goals and dreams but instead learn from our mistakes and keep moving forward.

Making the most use of ourselves also means taking care of our physical and mental well-being. We should prioritize our health by exercising regularly, eating a healthy diet, and getting enough rest. We should also take care of our mental health by taking time off to relax and engage in activities that bring us joy and fulfilment.

Our lives are finite, and we have limited time to make a difference in this world. Therefore, it is essential to embrace our uniqueness and recognize our strengths and weaknesses. We should strive to utilize every opportunity that comes our way to expand our knowledge and develop new skills. We all have talents and abilities that we may not know that

we possess. It is up to us to discover them and use them to achieve our goals.

To make the most use of ourselves, we must take responsibility for our lives. We need to identify the things that are holding us back and find ways to overcome them. We should set realistic goals for ourselves and work hard to achieve them. It is also essential to surround ourselves with positive people who can encourage us and provide the support we need to succeed. It is important to learn how to appreciate whatever you possess. It is appreciating what you have that gives you a positive outlook towards life. It would help if you learned to see the good in every situation and realize that things could always be worse. Appreciation gives you a reason to be happy, to be grateful, and to continue working hard to make the best of every opportunity that comes your way.

Secondly, it is essential to be creative and resourceful. Often, making the most of what you have may require that you think outside the box. You may have little, but how you use it may make a massive difference. For instance, consider farmers. They may have a small piece of land, but with their creativity and resourcefulness, they can maximize the land, growing various crops and raising animals to generate a significant return.

Thirdly, it is crucial to prioritize. Focus on the things that matter most, especially when working with limited resources. Determine your priorities, and set your goals realistically. Ask yourself what you want to achieve, and what resources you have that can help you accomplish that objective. Prioritizing helps you to focus all your efforts, time, and resources on the tasks that will bring the most

significant returns.

Lastly, it is a lifelong journey that requires hard work, dedication, and perseverance. It involves recognizing our strengths and weaknesses, setting goals, taking responsibility for our lives, and embracing our uniqueness. It means learning from our failures, prioritizing our health, and surrounding ourselves with positive people. By doing so, we can make a significant impact in our lives and achieve personal greatness.

As Benjamin Franklin once said, "Either write something worth reading or do

something worth writing." Let us all strive to do something worth writing and make the most use of ourselves.

In conclusion, making the most of what you have is a mindset. It is a way of looking at the things around you and realizing that there is potential in every situation. Whether you have a lot or a little, it is essential to appreciate what you have, be creative and resourceful, prioritize and collaborate with others. By doing these things, you can make the most out of what you have and achieve success in any aspect of your life.

*"With what we have, let's make the best,
Our strengths, our skills, they are our crest.
Not what we lack, but what we own,
Is enough to build and make it known.*

*Our dreams may seem far out of reach,
But with the resources we can teach,
We learn to harness our full potential,
Creating magic from the inconsequential.*

*Our gifts are all that we require,
With them, we can achieve and inspire.
So, let's make the most of all we have,
And conquer the world, never to be held back."*

We invite you to explore the pages of this magazine and discover the many talents and achievements of our college community. From academic achievements and research breakthroughs to creative works of art and literature, we are proud to showcase the diverse and vibrant character of our college.

Know your Editors



Akriti Xalxo

She believes that chasing dreams and passion over everything is the biggest decision anyone can make. She believes in every action what she takes she has always been a decision maker in her life.

Apart from her dreams and goals she also loves to work on her Hobbies in free time such as singing, writing, sketching, reading and also playing some sports. She is always ready to contribute in every activities and gives best of everything what she have.



Bro. Amrit Tirkey

A die- Hard technology nerd, full of empathy and enthusiasm. He have a great love for literature and has always taken part in different activities of the college and has brought Lawrence to the college.

He is soft spoken guy that always love to help others through his wide skills and knowledge about different subjects that made him stand aside from others, and he follows the simple rule that 'United we rise divided we fall.'

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ENGLISH SECTION

“Education is the key to unlocking the world, a passport to freedom.”

– Oprah Winfrey

SAIT 2023





The Presence of God

The presence of God is a mystery that has been pondered by people of faith for centuries. How can we know that God is present? What does it mean to feel God's presence? The Bible has much to say about the presence of God. In the Old Testament, God's presence is often associated with the ark of the covenant, a sacred chest that was believed to contain the tablets of the Ten Commandments. The ark was a symbol of God's presence among his people, and it was carried with them wherever they went.

In the New Testament, Jesus Christ is the ultimate manifestation of God's presence. Jesus himself said, **"I am with you always, even to the end of the age"** (Matthew 28:20).

When we believe in Jesus, we are invited to experience His presence in our lives. There are many ways to experience the presence of God. Some people feel God's presence in the beauty of nature, in the music of worship, or in the loving touch of another person. Others feel God's presence in times of difficulty, when they feel His strength and comfort. There is no one right way to experience the presence of God. But if we are open to it, we can all find ways to connect with God's presence in our lives.

Here are some tips for experiencing the presence of God:

Spend time in prayer and worship.

When we pray and worship, we are opening ourselves up to God's presence.

Read the Bible.

The Bible is full of stories about God's presence, and it can help us to connect with God's presence in our own lives.

Be still and listen.

Sometimes the best way to experience God's presence is to simply be still and listen.

Serve others.

When we serve others, we are showing God's love to the world, and we can also experience God's presence in our own lives.

The presence of God is a gift, and we can all choose to receive it.

If we are open to it, we can find ways to experience God's presence in our lives every day.

"The Lord your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing." (Zephaniah 3:17)

It tells us that God is with us, that He is mighty to save, and that He takes great delight in us. He will quiet us with his love and rejoice over us with singing.

This verse can be a source of great comfort and strength in times of difficulty. When we are feeling lost, alone, or afraid, we can remember that God is with us and that He loves us. He will not abandon us or forsake us. He will give us the strength to overcome our challenges and the peace to trust in him.

If you are looking for ways to experience the presence of God in your life, I encourage you to try some of the tips I have mentioned. And remember, the best way to experience God's presence is to simply open your heart to him.

**-Amrit Tirkey
B.A. II Year**



Dawn and Dusk

The sky is ablaze with color,
A fiery kiss from the sun.
The birds begin to sing their songs,
And the world begins to stir.
The day is a blank canvas,
Waiting to be filled with life.
The possibilities are endless,
And the future is unwritten.

The sky is awash in shades of pink,
As the sun bids farewell to day.
The birds stop singing their songs,
And the world begins to wind down.
The day is a completed painting,
A masterpiece of light and shadow.
The memories are stored away,

And the night is ready to begin.

Dawn and Dusk

Two sides of the same coin,

Two halves of a whole.

Dawn is the beginning,

Dusk is the end.

But they are both beautiful,

In their own unique way.

Dawn is a promise of new beginnings,

Dusk is a reminder of all that has been.

So embrace both dawn and dusk,

For they are both a part of life.

They are the cycles of nature,

And they are the rhythm of the world,

Dawn and Dusk.

-Al Shinash
B.A. II Year



There Once a Chemist !

There once was a chemist named Sue,
Who thought she was rather a crew.
She mixed up some stuff,
That exploded enough,
To blow all her hair right off too.

There once was a chemist so bright,
She mixed up a liquid that might.
Have blown up the place,
Had she not had grace,
To throw it all down the drain right.

There once was a chemist named Fred,
Whose experiments always went dead.
He'd mix up a batch,
That would fizzle and splash,
And leave him quite covered in dread.

There once was a chemist named Kate,
Whose experiments always went great.
She mixed up a brew,
That turned people to stew,
And made them all quite insane.

-Sneha Xalxo
B.Sc. B.Ed. III Year

Amit's guide to overcoming mental health struggles in College

“How will I adjust with the new friends in college?” or what if I would not be able to say something in front of mike ? Like this a flood of thoughts will strike in your mind as soon as you are headed off to college and your mother won't be there for a good cry or a prolonged hug.

What If your friend wants to go out for drinking but you don't? What if you didn't understand that important lecture of maths even after it explained by Ruchi mam third times? How far is too far with that cute girl from English class? It not always too easy to find your place in college and often mental health issues can arise as students deal with social stress along with the academics and extracurricular activities. Besides this they also have to keep balance of their pocket money to buy books and burgers. Oouch... Take deep breath & read further.

According to **World children 2021 report under UNICEF Survey**, Every one in seven youngsters between 15 to 24 years in India reported some form of **poor mental health**.

❑ **MOST COMMON STRUGGLES STUDENTS FACE:**

1. ANXIETY

Anxiety means you are intensely worrying about things out of your control for extended period of time. Anxiety may have multiple cause. You need to find your root cause and work upon it. For example if your anxiety ranges on the more social side. Know that it's okay to eat lunch alone or it's okay to study in your dorm room while you are getting help. Its ok to be in group sometimes and to stand alone sometimes. No one is going to judge you. Yes... Everyone is too busy preparing for their homework, applying for internship. Take your time to get comfortable with the social situations in college.

2. ACADEMIC PERFORMANCE

Well, It's okay to not to be in top 3rd rankers of the class but make sure you are not getting fail. We must always try our best to be the best but feeling guilty & depressed won't help. We all are born with the different capabilities. If you couldn't make it to the academics, rock in the extracurricular activities & vice –versa. You can't judge a fish by its ability to climb a tree right!

3. SUBSTANCE ABUSE

College students are more prone to alcohol abuse than the normal population. As a college student you know your boundaries and have clear intentions. If you don't want it learn to say “NO” to the things that are harmful to your body. A no means no and it should be taken care of. Don't get addicted. If you are still facing problems talk to someone who can guide you.

❑ **MANAGEMENTS OF MENTAL HEALTH ISSUES CONVERSATION**

Talk, who should I talk to first? Talk with professionals, parents, teachers and even with your best friend to whom you trust. Are my problems important enough? How many other students are facing same issues? Initially you may feel hesitation but at the end of the conversation or through mental

health therapy only you can feel a kind of satisfaction in your mind. Your problems are important enough no matter how big or small. So talk about your feelings with your support system.

LIFESTYLE

Get up early in the morning, go for a walk hit the gym and put the beautiful sunrises pictures in your instagram handle. Maintain a good hygiene, Do the prayer everyday and make most use of your day. Being a college student we always shift our interest more towards junk food, avoid that it's not cool . Keep in touch with your "*mummy ke hath ka khana*".

HOBBIES

When you are feeling low and depressed, hobbies are the one which keeps you happy and alive. Make sure when you are receiving the college degree after graduation, you are coming out with at least two hobbies to keep you happy and healthy in life. Good Luck...

- Amit Pathak
B.Sc. B.Ed. IV Year

A PATH FROM BLUE TO YELLOW

If you are feeling blue,
Or if you are feeling lonely,
Just look into your heart,
Where a small path leads to the happiness,
And your inner self will say,
Don't blame yourself,
that, people don't love you,
Don't blame yourself,
that, people don't care you,
Don't be sad that there is no one in happy and bad
times,
Because you were enough for yourself.
Don't beg anyone to love you,
Don't beg anyone to stand by your side,
Don't beg anyone for anything,
Just beg to yourself for accepting yourself as you are,
Just love yourself with all your heart,
Don't find love, happiness in others,
Because love is within you,
happiness is within you.
If sometimes you don't feel okay,
So you are free to cry,
And then wipe your tears,
and smile bright like a sunshine.



- Pooja Sahu
B.Sc. B.Ed. 6th Sem



LET NO ONE STEAL YOUR DREAM

Let no one steal your dreams
Let no one tear apart
The burning of ambition
That fires the drive inside your heart.
Let no one steal your dreams
Let no one tell you that you can't.
Let no one hold you back
Let no one tell you that you won't.
Set your sights and keep them fixed.
Set your sights on high.
Let no one steal your dreams
Your only limit is the sky.
Let no one steal your dreams
Follow your heart Follow your soul,
For only when you follow them
Will you feel truly whole.
Set your sights and keep them fixed
Set your sights on high
Let no one steal your dreams your only
limit is the sky.

- Priyani Gupta
B.A. I Year

Love is choice



Love is choice, either you make it to smile,
Love is choice, or you make it to cry.
Love is a choice in a lifetime.
You can choose to love yourself, even when it feels so hard.
You can choose to love others unconditionally,
and mean every word or,
you can choose to love with conditions and,
conditions that are not realistic for the other person.
Love is choice, either you make it to smile,
Love is choice, or you make to cry.

Love does not just happen; we choose to love.
Love is trusting in someone, following them,
Love thrives on patience and acceptance,
knowing that you will never be truly complete until you've
loved another person in your lifetime.
If you want someone to love you back,
then it's time for you to start loving yourself first!
love like no other a love to last a lifetime.
Love is choice, either you make it to smile,
Love is choice, or you make to cry.

- Nitin Kumar Pandey
B.Ed. II Year



College in Again !

Returning to school after a long break is a daunting task that every student has to go through. The next vacation may be months away, but for now, it is back to the routine of waking up early for classes. Some of us may be assigned new classes, so the last thing you would want to do is to make a bad impression. While there may be familiar faces, there are people, like new classmates and teachers, who may not know you.

These people would judge others based on their first impressions, so carving a positive image in their mind is extremely important, especially on the first day of the college. Besides material things, nonverbal actions can also attract attention and is one of the best ways to impress your peers and teachers.

So here are the six P's to create a good impression:

1. BE POSITIVE

It's normal to feel a little lethargic on the first day of college. To perk yourself up, try looking forward to the end of the day and the weekends, or the next public holiday! It's important to be positive, so that you can spread the good vibes to people around you! Look interested and excited, so others can tell how sincere you are in making friends!

2. BE PREPARED

Being prepared and ready for college is the best gift for your teachers. Completing holiday assignments and projects and getting them ready for submission will give you an image of a responsible student. Having the lesson materials ready would earn you some brownie points too! So, start doing your homework now so you don't have to rush to finish it.

3. BE PUNCTUAL

It is hard to re adjust your body clock to the lifestyle you led before college vacation, but sleeping a little earlier and setting more alarms may be useful in helping you wake up on time. Stepping into class late is not the best move if you want to impress. Cultivating this sense of punctuality will be beneficial to you in the future too. Adjust your body clock by sleeping early a few nights before the big day.

4. BE PRIM AND PROPER

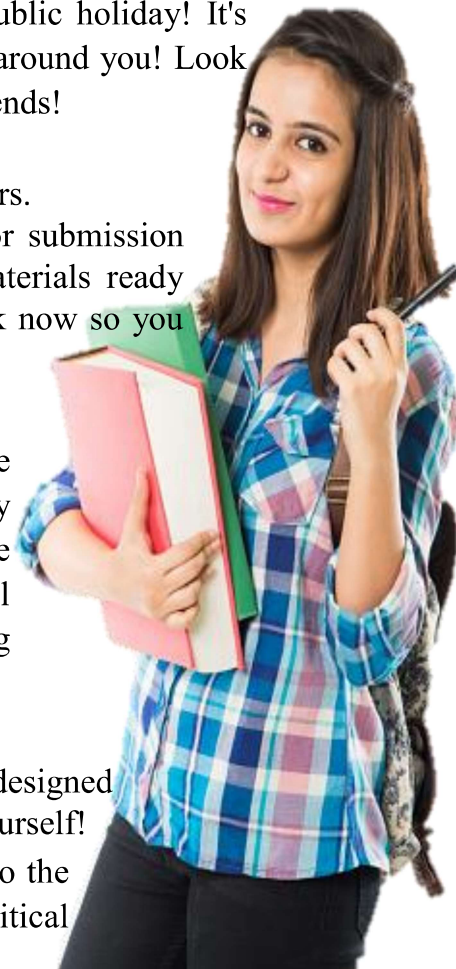
Being tidy is not about wearing branded collage shoes or carrying designed bags. Rather, it is a form of showing respect to your peers, teachers and yourself! Make sure that you iron your clothes, trim your nails and cut your hair to the appropriate length on the first day of college. Let's face it: we are all critical people. Would you want to be friends with an unkempt person?

5. BE PROACTIVE

College is where you gain new knowledge and make friends who will be with you when you need them! Think ahead, speak up, take initiative and be the agent of change in class! Don't just sit around; be the person that makes things happen!

-Iris Arora

B.Sc.B.Ed. IV Year



“Wallflowers are easily forgotten, so it is important to make a positive impression. Put on your best smile as you walk into class. Remember that, above all, the only person you have to be true to is yourself! Your personality will leave a long-lasting impression”.

Always Remember

HOW TO BECOME A BETTER YOU EVERY DAY

Here are some tips by which one can become a better person everyday and they are as follows:

1. Become more observant. Notice and everything that surrounds you. The world is full of examples, ideas, words, wisdom, mistakes and experiences.

2. Collect ideas. Ideas and thoughts tend to evaporate from your mind too fast. Try to capture them before it is too late.

Ideally, write down or sketch every single one.

3. Read. Read a lot. Reading is probably the best investment of time ever. Devote at least 30 minutes per day for reading.

Ideally, have a book always with you.

4. Analyse your day. Before going to bed, spend 10 minutes analyzing your day. Consider what things you managed to do well and what mistakes you made.

5. Start writing. The biggest value of a good writing skill is that it cultivates discipline. First of all, the discipline of thinking. Your thoughts will cease to be random and chaotic. They will gradually become systematic and structured instead.

-Sakshi Gadwal
B.Com. II Year

LOVE

1 Corinthians 13:4-7 is a scriptural passage from scripture that describes the characteristics of love. These characteristics are:

•**Patience.** Love is patient, meaning that it is willing to wait for others to grow and change. It does not demand instant perfection.

•**Kindness.** Love is kind, meaning that it is gentle and considerate of others. It does not seek to harm or hurt others.

•**Not envious.** Love is not envious, meaning that it does not compare itself to others or desire what others have. It is content with what it has.

•**Not boastful.** Love is not boastful, meaning that it does not brag about itself or its accomplishments. It is humble and unassuming.

•**Not proud.** Love is not proud, meaning that it does not think of itself as better than others. It is humble and seeks to serve others.

•**Not rude.** Love is not rude, meaning that it is respectful of others and their feelings. It does not say or do things that would hurt others.

•**Not self-seeking.** Love is not self-seeking, meaning that it is not always focused on its own needs and wants. It is willing to put the needs of others before its own.

•**Not easily angered.** Love is not easily angered, meaning that it does not hold grudges or get upset easily. It is forgiving and patient.

•**Keeps no record of wrongs.** Love keeps no record of wrongs, meaning that it does not dwell on the past or hold onto grudges. It forgives and forgets.

•**Rejoices with the truth.** Love rejoices with the truth, meaning that it is happy when others are doing the right thing. It does not delight in sin or wrongdoing.

- Always protects.** Love always protects, meaning that it is willing to stand up for others and defend them from harm. It is not afraid to speak up for what is right.
- Always trusts.** Love always trusts, meaning that it believes in the goodness of others and does not doubt their intentions. It is faithful and loyal.
- Always hopes.** Love always hopes, meaning that it never gives up on others or on the possibility of a better future. It is optimistic and hopeful.
- Always perseveres.** Love always perseveres, meaning that it never gives up, even in the face of difficulties. It is persistent and determined.

These characteristics of love are not always easy to live up to, but they are essential for building strong and healthy relationships. When we love others in this way, we are following the example of God, who is love.

Love

is patient.
 is kind.
 does not envy.
 does not boast.
 is not proud.
 does not dishonour others.
 is not self-seeking.
 is not easily angered.
 keeps no record of wrongs.
 does not delight in evil.
 rejoices with the truth.
 always protects.
 always trusts.
 always hopes.
 always perseveres.



- *1 Corinthians 13:4-7*

- Monal Gupta
 BBA II Year

How about being still and going nowhere?

Why do we struggle to be calm, content, and happy? One of the reasons is we are restless about a better future. Too often, we are waiting for something to change favourably in our life. Getting a promotion, winning a business deal, losing weight, improving our love life, or travelling to new locations. This restlessness comes from a belief that by achieving such milestones, we would somehow be at peace and happier. This belief is flawed. Our restlessness stretches beyond particular goals and so does our lack of peace.

The only way to experience inner peace is to learn to live in the present. To be anchored in what is, without obsessing about what could be, should be and would be. To be at ease with the current imperfections of our life and knowing that we are a work in progress. But this requires an important skill.

Being attached to favorable future outcomes is only one of our mental obsessions. Our mind is constantly racing with an unending stream of thoughts. We don't consciously generate these thoughts – they just keep arising on their own. And a vast majority of these thoughts are linked to the past or the future. Unfortunately, many of them are not healthy and lead to negative emotions. Dwelling on missed opportunities of the past makes us sad; fear of a potentially unfavorable event in the future makes us anxious.



the speaking tree

Living in the present requires being in touch with our inner being – the thoughts we are having and the feelings we are experiencing in that moment. Being attuned to our inner being ensures that we are not at the mercy of every thought and feeling that we experience. We can't control how they arise within us, but by being aware of them, we can improve how we act from them.

When we are mindful this way, we can quickly catch the thoughts and feelings that arise from our ego, envy, fear, overexcitement, passion, or restlessness. The moment we instinctively want to win an argument or prove how smart we are, feel low from someone else's success, feel anxious about an uncertain future or impulsively reach out for our phone. Such awareness helps us to reduce the power of these impulses on our mind, which in turn helps us experience greater peace and calm.

Being in this state requires building a deeper acceptance of our current reality, without wishing it to be different, even when we are in physical or emotional discomfort. By simply training our attention on observing what's happening within. As we practise being self-aware, it's important to not judge ourselves or our thoughts and feelings. Judging them, wishing them to go away, or indulging in them only serves to fuel them.

If you have tried any of this, you would perhaps agree on how hard it is to even attempt being in this state. However, we know even from our momentary successful experiences, it's the true pathway to inner peace. A regular practice of mindfulness meditation can help in slowly cultivating this skill. Learning to be grateful for where we are further supports the sense of calm and equanimity.

- Adarsh Mahobia
BBA I Year

The Lost Art of Silence: Get Quiet and You'll Know What You Need to Do

“Silence isn't empty. It's full of answers.” ~Unknown

The art of silence was lost. Even at these baths, where the goal was to disconnect and enjoy the stillness of nature, there was constant chatter among groups with voices audible across the pool. It didn't matter that signs were posted around the area, encouraging silence:

- Honour Silence.
- Speak Quietly.
- Absolute Silence.

As a society, we have forgotten how to become quiet, how to become still. We are always on the move, always busy, always doing. We've forgotten how to just be.

This lack of silence pervades our lives. It's in the moments filled with meaningless small talk about the weather to avoid simply sitting in silence. It's in the moments on the subway, filling our ears with music, busying our minds with our phones, to avoid simply sitting in silence.

Silence creates space in our lives. It allows us to pause between moments, to process and reflect, to see beyond the surface into the depths of our lives. When we cut out silence, we cheat ourselves out of the fullness that life has to offer. Only in the silence can we truly hear the whispers coming from within us, urging us towards our highest potential.

Silence breeds deep connection, not only to ourselves, but to the world around us. The energy of a silent room filled with people is almost palpable. In silence, we are all powerfully connected to our higher selves, to the universe, and to each other.

Without silence, we keep moving forward, not really knowing where we are or where we want to go.

One can come away from the day of silence and quietude with a new awareness of what was happening in life. In those moments of silence, one should hear his/her inner voice growing louder. Where it was once only a whisper, easy enough to ignore, it suddenly became deafening.

In the silence, one can hear the inner voice becoming louder and clearer. It couldn't go on feeling this way or being that way. The silence provides us with the space to hear what our heart says and the strength to listen.

Perhaps that is why we avoid silence—because once you hear the voice in your heart calling out, you can't ignore it. You can't go on denying what's in your heart once you create the space to hear it out. And that can be scary.

Usually, the voice within wants you to do the hard thing. The voice doesn't want you to settle. It doesn't want you to give up. It wants you to live to your highest potential. It wants you to climb mountains. It wants you to dream big and live big. And living that way isn't always the easy thing. It's not always the comfortable thing.

Leaning into silence might seem scary. It might even be painful at first because your mind and body will fight it.

Embrace it, allow it to create space in your life, because it will transform your life. Ultimately, the silence pushed me farther into the life I dream of, into a life of passion, of meaning, of giving myself my best shot.

Here are some ways you can rediscover the lost art of silence:

1. Start small.

The more time you spend in silence, the more powerfully it will impact your life, but diving straight into a ten-day silent retreat might not be the best approach. In fact, it might have the opposite effect. Instead, slowly introduce small pockets of silence into your day-to-day life. If you drive on your daily commute, try turning off the radio. If you take public transit, take out the headphones and put away the phone. Feel this silence and notice what's happening around you and within you.

2. Set aside time for meditation.

Block out a specific time in your day or week for a meditation practice. Perhaps it is first thing in the morning, or before you go to bed at night. Set a timer for five or ten minutes, sit or lie down with your eyes closed, and simply breathe. Watch your breath move in and out of your body.

3. Use mantras.

While at the baths, use mantras to move into the silence. My mantra of the day was "Life flows through me with ease."

In the silence, I heard myself fighting against the ebbs and flows of life—holding on to expectations, worrying about how things might turn out, resisting where things were going.

Sometimes our minds see silence as an opportunity to berate us with thoughts, thoughts about not being good enough, about missing out, about being in a hurry, about not having enough time. Our minds will be particularly active if we aren't used to the silence. Your mind will fight the silence. A mantra can help you to quiet the mind and settle into the silence.

4. Use movement, such as yoga.

If our minds are particularly active and we have a hard time just sitting in silence, we can start with gentle, mindful movement to ease ourselves into it.

If we aren't used to sitting in silence, our bodies can get very antsy. Silence can make us anxious. By using movement, we can soothe our nervous system and our minds, to make it easier to ease into a state of being.

**- Gaurav Singh Thakur
BBA I Year**

How to fit new Habits in your life?

Couldn't it be nice to have everything run on autoplay mode? Chores, exercise, eating healthy and getting your work done just happening automatically. Unless they manage to invent robot servants, all your work isn't going to disappear overnight. But if one programmes the behaviours as new habits one can take out the struggle.

With a small amount of initial discipline, one can create a new habit that requires little effort to maintain.

Here are some tips for creating new habits and making them stick:

1. Commit to Thirty Days

Three to four weeks is all the time one needs to make a habit automatic. If you can make it through the initial conditioning phase, it becomes much easier to sustain.

2. Make it Daily

Consistency is critical if you want to make a habit stick. If you want to start exercising, go to the gym every day for your first thirty days. Going a couple times a week will make it harder to form the habit.

3. Start Simple

Don't try to completely change your life in one day. It is easy to get over-motivated and take on too much. If you wanted to study two hours a day, first make the habit to go for thirty minutes and build on that.

4. Remind Yourself

Around two weeks into your commitment it can be easy to forget. Place reminders to execute your habit each day or you might miss a few days.

5. Stay Consistent

The more consistent your habit the easier it will be to stick. If you want to start exercising, try going at the same time, to the same place for your thirty days. When cues like time of day, place and circumstances are the same in each case it is easier to stick.



6. Form a Trigger

A trigger is a ritual you use right before executing your habit. If you wanted to wake up earlier, this could mean waking up in exactly the same way each morning. If you wanted to quit smoking you could practice snapping your fingers each time you felt the urge to pick up a cigarette.

7. Replace Lost Needs

If you are giving up something in your habit, make sure you are adequately replacing any needs you've lost. If watching television gave you a way to relax, you could take up meditation or reading as a way to replace that same need.

8. Be Imperfect

Don't expect all your attempts to change habits to be successful immediately. It took me four independent tries before I started exercising regularly. Now I love it. Try your best, but expect a few bumps along the way.

9. Remove Temptation

Restructure your environment so it won't tempt you in the first thirty days. Remove junk food from your house, cancel your cable subscription, throw out the cigarettes so you won't need to struggle with willpower later.

10. Associate with Role Models

Spend more time with people who model the habits you want to mirror. A recent study found that having an obese friend indicated you were more likely to become fat. You become what you spend time around.

11. Run it as an Experiment

Withhold judgment until after a month has past and use it as an experiment in behavior. Experiments can't fail, they just have different results so it will give you a different perspective on changing your habit.

12. Write it Down

A piece of paper with a resolution on it isn't that important. Writing that resolution is. Writing makes your ideas clearer and focuses you on your end result.

13. Know the Benefits

Familiarize yourself with the benefits of making a change. Get books that show the benefits of regular exercise. Notice any changes in energy levels after you take on a new diet. Imagine getting better grades after improving your study habits.

14. Know the Pain

One should always be aware of the consequences. Exposing yourself to realistic information about the downsides of not making a change will give added motivation.

15. Do it For Yourself

Don't worry about all the things one "should" have as habits. Instead tool your habits towards the goals and the things that motivate you.

And at last I would say that *"Be willing to be uncomfortable. Be comfortable being uncomfortable. It may get tough, but it's a small price to pay for living a dream."* Peter McWilliams

- Tejaswani Singh
B.A. III Year

PRACTICE GRATITUDE

Be thankful that you don't have everything you
desire,
If you did , what would be to look forward
to ?
Be thankful when you don't know something,
For it gives you opportunities to learn .
Be thankful for difficult times
During those times to grow
Be thankful for your limitations,
Because they give you opportunities for
improvement .
Be thankful for each new challenge ,
Because it will build your strength and character .
Be thankful for your mistakes ,
They will teach you valuable lessons.
Be thankful when you're tired and weary ,
Because it means you have made a difference .
It's easy to be thankful for the good things,
A life of rich fulfilment comes to those who are also
thankful for the setbacks.
Gratitude can turn a negative into positive.
Find a way to be thankful for your troubles,
And they can become your blessings .

- Shruti Yadav
B.Ed. I Year

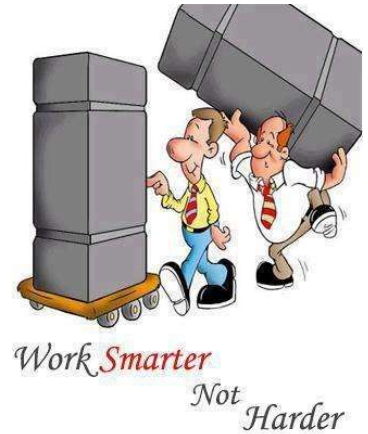
Work Smarter, Not Harder

Working smarter, not harder, can improve your productivity and performance while increasing your overall job satisfaction. It also can make you a valuable asset to the organization you work for, increasing your job security and potentially helping you earn a higher salary. Learning about some strategies to work smarter can help you be more successful throughout your career.

Working smarter, not harder, means finding ways to use your energy and time at work more efficiently, which can help you complete tasks more quickly. To do this, you can use various strategies to help you prioritize your work, help you identify the most important tasks. Besides increasing productivity, here are some other benefits of learning to work smarter:

1. **Saving energy:** Working in short bursts, for example, allows you to accomplish challenging tasks with more energy and produce better results.
2. **Increasing motivation:** It can create feelings of positivity about your job, colleagues and yourself.
3. **Making you more valuable:** Companies often look for ways to get more accomplished with less effort, and being able to do this can allow you to become a more important employee.
4. **Increasing self-esteem:** Working smarter allows you to create a better quality product with less effort, which can boost your self-esteem.

And at last, I would say that *“Those who work hard, work alone. Those who work smart, work as a team.”* — Utibe Samuel Mbom,



- Twinkle Giri
BBA II Year

NEP:2020 A Revolution Yes or No

According to the national education policy 2020, students of the private schools will be introduced to English at a much earlier age than the students of the Government schools. The academic syllabus will be taught in the respective regional languages of the Government school students. This is one of the major new education policy drawbacks as this will increase the number of students uncomfortable in communicating in English thus widening the gap between sections of the societies.

According to the national education policy 2020, students willing to complete their graduation have to study for four years while one can easily complete his/ her diploma degree in two years. This might encourage the pupil to leave the course midway and will tend to increase the drop out ratio. This way the speed of development of our youth will decrease which will never be appropriate for national spirit.

In the National Education Policy 2020, language is a negative factor. Sometimes, finding a competent teacher becomes a problem and now another challenge comes with the introduction of the NEP 2020.

Does 'Internationalisation' Promise Greater Access?

The new policy claims to cater to the needs of the twenty-first century. There has been a long tradition of internationalism and internationalisation of pedagogy in India, promoting an exchange of

ideas and collaborations beyond national boundaries. But the kind of internationalisation that the new policy speaks of is entrenched in a very post-2000s context of global education policy reforms with a neo-liberal inclination.

Does ‘Multidisciplinarity’ Ensure Exchange of Ideas?

Let's move the discussion on to other structural changes proposed in the policy document.

The claim of multidisciplinary education becomes even more perplexing with the declaration that all ‘single stream’ institutions should gradually cease to exist.

The new policy aims to merge a number of vocational or elective subject along with core subjects but there is no clarity regarding the syllabus of most of the elective subjects which are newly enrolled in different courses.

Occurrence of discrepancy of policy has been observed since there has been an introduction of different open electives for all streams like arts, commerce and science but the variation in these electives according to different streams calls for an equal treatment that should be given to all subjects.

After the policy was published, some critics had pointed out that such an ideal aims at preparing a multitasking labour force and do away with the idea of specialised knowledge.

So, if the students lack specialized knowledge and command over their core subject, how will such individual gain proper skills and development and the creation of such a situation among our will never be beneficial to our nation.

Is the New Policy Inclusive?

One recurrent theme of the discussion was how far the policy addressed caste and gender asymmetries that plague the education system in India. The section on higher education of the NEP does mention the need for gender balance and equitable access for all social groups

There has always been an ‘urban biases in higher education in terms of funding and endowments from the central government. International collaborations have continued to remain a feature of elite, urban higher education institutions excluding regional colleges and universities.

Such an urban, STEM-heavy orientation has made higher education more exclusionary. Although the gender gap has narrowed over the years, participation of women from marginalised social groups has been very uneven. As of now, the engineering and technology streams have 38% women, and the basic sciences have 40%. But these streams are primarily populated by upper caste, urban women. Participation of Dalit, Adivasi and Muslim women students is still relatively low.

it is unclear if the new policy would take any specific steps to deal with the already existing gender divide in higher education.

It is also alarming, that the new policy claims to encourage research.

- Naaz Shaheen
B.Sc. B.Ed. III Year

FOLLOWING YOUR HEART

“To dare is to lose one’s footing momentarily. To not dare is to lose oneself.”

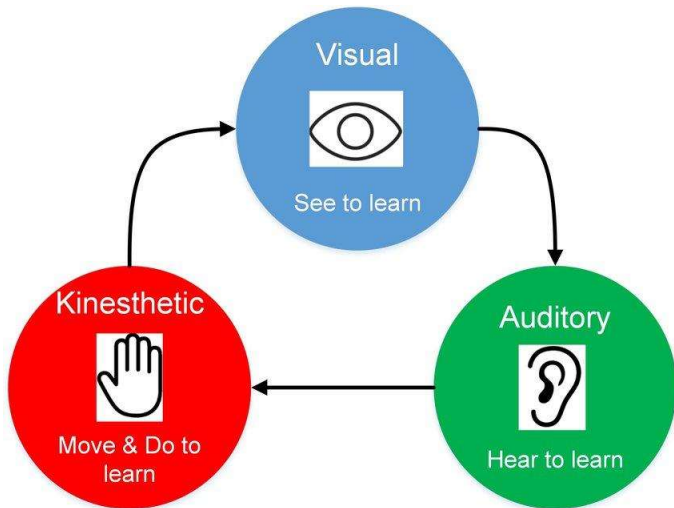
- Soren Kierkegaard

It takes courage to follow your heart. For some of us, following our hearts means we give up any aspiration of wealth or fame to get something that’s more important to us. For some of us, it’s finding the courage to see through that “million-dollar-idea” or get in and perform in front of a group. Whatever it is, do it. It is worth it. Following your heart means being true to yourself, and like courage, that’s something the world needs more of these days.

- Shivali Nair
B.Com. II Year

VAK LEARNING

In a nutshell, a learning style is how a person learns and absorbs information the best. We're all different and have different abilities, so it makes sense that we don't all learn in the same way. For example, maybe your friend prefers to learn by reading, while you prefer to learn in a hands-on way. That's an indication of different learning styles.



VAK is an acronym that encompasses the three most common learning styles: Visual, Auditory, and Kinaesthetic.

- **VISUAL learners:** learn by seeing
- **AUDITORY learners:** learn by hearing
- **KINAESTHETIC learners:** learn by moving.

VISUAL LEARNING

Visual learning is all about sight. If you're a visual learner, you take in information primarily by seeing it or by visualising (imagining) it in your mind's eye.

People who learn best by reading are likely to be visual learners, because seeing the words on the page helps them take in the information. Visual learners are likely to be excellent spellers (able to "visualise" a word to spell it correctly) and are good at picturing scenarios or ideas in their heads. Skilled writers tend to be visual learners.

If you enjoy art and find joy in aesthetic beauty, you might also be a visual learner. Do you like maps, graphs, infographics, and other picture-based forms of information? Do you colour-code your notes, use flash-cards, or use learning aids like mind-mapping? All of these traits point to a visual learning style.

A challenge of visual learning is that these learners can be easily distracted. Do you often catch yourself staring out of a window, reading a whole chapter in a book when you only intended to look up one quote, or falling down an internet rabbit hole? You can mitigate this problem by eliminating distractions as far as possible while you're studying or working. Close unnecessary browser windows, have the notes you need to hand, and sit facing a blank wall. You can also set timers to keep yourself on-task and take scheduled breaks.

AUDITORY LEARNING

Just as visual learning is about sight, auditory learning is all about the sense of hearing. Auditory learners absorb information best by hearing it.

People who love receiving and following verbal instructions are likely to be auditory learners. Do you prefer a teacher or peer to talk you through a process rather than giving you written instructions? Do you like to talk through a problem to help you come to a solution? Are you sensitive to how people talk – their pitch, tone, inflection, and speech rhythms – as well as what they say? If this sounds like you, then you might be an auditory learner.

Auditory learners often struggle to take written notes and would prefer to record a lesson or lecture and listen back to it later. They are likely to be great at group work, deliver amazing presentations, and find it easy to explain concepts to others verbally. Auditory learners might also enjoy studying or working with music playing in the background (as long as it is a type of music they do not find distracting – instrumental music without lyrics is popular.)

The main challenge of auditory learning is being highly distracted by auditory stimuli. Loud music, people talking near to you, or even traffic noise in the background can be extremely off-putting to this sort of learner. If this sounds like you, noise-cancelling headphones are your best friend!

KINAESTHETIC LEARNING

Kinaesthetic learning is all about movement. If visual learning connects to sight and auditory learning connects to hearing, kinaesthetic learning is most closely associated with the sense of touch. Kinaesthetic learners are people who learn by doing. They tend to be good with their hands, have a great sense of direction, and prefer to solve a problem by trying things out in a hands-on way. If you struggle with abstract concepts and prefer things to be presented in a concrete way, would rather someone show you something than tell you, or excel at practical tasks such as cooking, building, or engineering, you might be a kinaesthetic learner.

Many people who are good at sports or physical performing arts such as dance tend to be kinaesthetic learners.

A challenge many kinaesthetic learners face is that they can be restless or “fidgety.” This can be a problem in places like the classroom or workplace meetings, where fidgeting or doodling (another common trait of kinaesthetic learners) can be misinterpreted as a lack of concentration. If this sounds familiar, explain to your teacher or boss that you’re a kinaesthetic learner and that these restless actions actually help you concentrate. A small fidget toy might be a great tool for you.

**- Tanya Rajput
B.Ed. I Year**

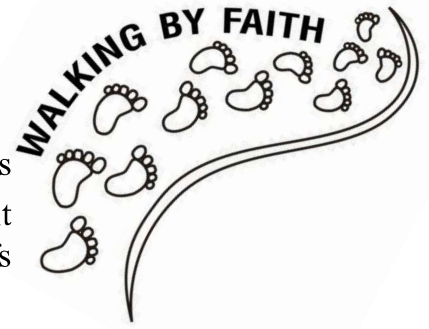
The World is Not Enough

The world is not enough,
For all that it contains. It cannot fill my heart,
With all its joys and pains.
I need something more,
Something that is true.
Something that will last,
When everything else is through.
I need something that will set me free,
From all my doubts and fears.
Something that will show me,
That I am not alone here.
I need something that will give me hope,
For a better day.
Something that will make me believe,
That anything is possible.
I need something that will change my life,
For the better.
Something that will make me whole, and complete.
I need something that is more than just the world,
Something that is real.
Something that will last forever,
And never fail.

**- Albert Lakra
B.Ed. I Year**



FAITH



Faith is a powerful concept that has shaped the lives of countless people throughout history. It is often associated with religion, but it goes far beyond that, encompassing everything from personal beliefs to a sense of trust in oneself or in others.

At its core, faith is the belief in something that cannot be proven or seen. It requires a level of trust and acceptance that can be difficult for many people to grasp, but it is a fundamental aspect of human existence.

One of the most common expressions of faith is religious belief. Many people turn to religion as a way of finding meaning and purpose in life, as well as a sense of connection to something greater than themselves. Religious faith can provide comfort and guidance during difficult times, and it can inspire people to live their lives with compassion and kindness.

However, faith is not limited to religious belief. People can have faith in a wide range of things, from their own abilities to the goodness of humanity as a whole. Faith can be a driving force that helps people overcome obstacles and achieve their goals, even when the odds are against them.

At the same time, faith can be a double-edged sword. Blind faith, or the belief in something without any evidence or critical thinking, can be dangerous and lead people down a path of ignorance and extremism. It is important to balance faith with reason and skepticism, and to always be willing to question one's own beliefs and assumptions.

Ultimately, faith is a deeply personal concept that means different things to different people. It can be a source of strength and inspiration, or it can be a source of confusion and conflict. But no matter how it is expressed, faith is an integral part of the human experience, and it will continue to shape our lives and our world for generations to come.

Faith is an essential part of many people's lives. It can provide a sense of purpose, comfort, and guidance in difficult times. Faith is a belief in something that cannot be proven by science or empirical evidence. It can be based on personal experiences, religious teachings, or cultural traditions.

What is Faith?

Faith is often defined as a belief or trust in something or someone. It can be a belief in a higher power, a spiritual force, or a set of values or principles. Faith can be personal, individual, and subjective. It is a matter of personal choice and can be influenced by various factors such as upbringing, culture, and life experiences.

Faith can be seen as an act of courage or vulnerability. It requires individuals to trust in something that they cannot see or touch. Faith can be challenging, especially during difficult times. However, it can also be rewarding, as it can provide a sense of peace, purpose, and direction.

The Importance of Faith

Faith can play an important role in people's lives. It can provide a sense of meaning and purpose, which can be especially crucial during difficult times. Faith can help individuals navigate through challenging situations, such as illness, loss, or trauma. It can offer a sense of hope and comfort, which can help people cope with these challenges.

Faith can also help individuals build a sense of community and belonging. Many religions and spiritual traditions have a strong emphasis on community and social support. Faith can provide a sense of connection with others who share similar beliefs and values. It can also help people feel connected to something larger than themselves, which can be a source of inspiration and motivation.

Faith can also influence people's behavior and choices. It can provide a moral compass, guiding individuals to make decisions based on their beliefs and values. Faith can also promote virtues such as compassion, empathy, and forgiveness, which can help individuals build positive relationships and contribute to the well-being of others.

Challenges to Faith

While faith can be a source of comfort and guidance, it can also be challenging at times. Faith can be tested by difficult experiences, doubts, or conflicting beliefs. Individuals may struggle with questions such as "why do bad things happen to good people?" or "how can a loving God allow suffering?"

Challenges to faith can also arise from differences in beliefs and values. People may struggle to reconcile their personal beliefs with those of others or with societal norms. This can lead to feelings of isolation or conflict.

- Om Sahu
B.Sc. B.Ed. III Year



Why we need Lord Rama today than ever before!

Lord Rama can be simply described as a man who displays perfect moral as well as social behaviour. Lord Rama, in the words of Swami Vivekananda, is “the embodiment of truth, of morality, the ideal son, the ideal husband and above all, the ideal king”. He is a symbol of the victory of right over the evil. Lord Rama characterizes how a man should fulfill his moral commitments and should strictly follow his limits so that social order can be maintained. It is precisely due to this fact; he is known as “Marayada Puroshattam” or “The man of limits”.

Our society realizes the strong value system that revolves around Lord Rama. It is precisely the reason that in a typical Hindu household, Ramayana is favoured for recitation as compared to Mahabharata or for that matter any other Hindu epic. Family members are socialized to be selfless, honest, courageous and maintain highest standards of integrity. Each recital of Ramayana is intended to make family members, especially the children, aware of the importance of inculcating virtues in life. However, this value system gets diminished when the same children enter the public discourse. Indeed, there is a discontinuity in what household teaches the children in the name of Lord Rama and what adults are doing in the name of Lord Rama. Our society is today facing huge moral crisis. The menace of corruption, dishonesty, violence, and deceit are new normal in our public discourse. The incidents of rape are increasing, corruption is entrenched at all the levels and violence is becoming acceptable in our society. It is here where we need Lord Ram again with us to tell us that it is his character that we need to debate today and not his name.

Lord Ram is not about “Hindu identity” but about “Hindu values”.

If he wanted to spread Hinduism, he could have converted all the Rakshasas into his own clan after killing Ravana. But he preferred not to do so. The fight was over principles and not over the identity of the two parties involved in the war. They are the same principles on which we need to fight today rather than fighting over identity. The principles of truthfulness, integrity, and honesty need to be rejuvenated in our society and obsession with the identity needs to be reduced.

Corruption is not a Hindu value then how can land of Lord Rama bear with corruption to such a great level. Why are we not bringing Lord Rama to the debate of corruption.

Lord Rama was a selfless king who thought of his people before thinking about himself. In today's world, this philosophy has been turned on its head. Follow your self-interest and leave the rest. The countries like Japan have followed the Hindu Values of commitment in a much better fashion than the Hindu land has done. The result is clear Japan is able to move much more swiftly to achieve its social and economic goals than India is able to do so. In real terms, Japan is able to have a social order nearer to "Ram Rajya" than India has.

Ram was a one-woman man with great love for his wife Sita. He resisted any temptation that could come in the way of his love for his wife. How can a society that worships such a man be a witness to increasing crime rate against women? Is not rape contrary to Hindu values? Yes, it is. Then why is it increasing? Because people today remember only the name of Lord Rama and not his "Dharma".

The "Maryada" which Lord Rama had set is being violated regularly. Can those who flout this "Maryada" be called Hindu? Being Hindu means utmost respect for women who play the crucial role of holding the society together. Sadly, her rights are being violated again and again in this land of Lord Rama.

India desperately needs to reinvigorate its Hindu values and leave aside the identity issues. The land of Bharata needs to work on the basics of its foundation rather than get involved in superficial arguments. We need a social order that is honest, committed and shows the highest standards of integrity. While it needs change both at the systemic and individual level, it is the individual level that can be the initiator for the larger change.

India needs to create high moral standards and that is where we need to fight hard. If Indians are able to embrace the core Hindu values, many of our problems will get banished. I just hope that coming Diwali, Indians will take values of Lord Rama more seriously than his name.

- Mitlesh Prajapati
B.Sc. B.Ed. III Year



MATHEMATICS

Numbers, shapes, and equations galore,
Mathematics is a subject to adore.
From counting apples on a tree,
To solving complex problems with glee.
Addition, subtraction, multiplication, division,
Basic operations that form the foundation.
Geometry, algebra, calculus, and more,
Mathematics is a never-ending store.
It's the language of science and technology,
The key to unlocking many a mystery.
From building bridges to sending a rocket to space,
Mathematics plays a critical role in every place.
The beauty of math lies in its precision,
It's a subject that demands utmost attention.
With logic, reasoning, and creativity,
Mathematics is a subject of great diversity.
So, let's embrace math with open arms,
And discover its wonders and its charms.
For in the world of numbers and logic,
Lies the treasure trove of knowledge and magic.

- Anjali Singh
BBA I Year

ONE FOCUS ONE GOAL

"When you have a dream, you've got to grab it and never let go."

— Carol Burnett



Administrative Council



Academic Council

ONE FOCUS ONE GOAL

"Alone we can do so little; together we can do so much." – Helen Keller



IQAC



Office and Technical Staff

FAREWELL

*"You are never too old to set another goal or to dream a new dream."
— Malala Yousafzai*



B.Ed. (Final)



B.Sc. B.Ed. (Final)

FAREWELL

"Success is not final, failure is not fatal: it is the courage to continue that counts."
– **Winston Churchill**



D.El.Ed. (Final)



B.A. (Final)

FAREWELL

*"Be the change that you wish to see in the world."
— Mahatma Gandhi*



BBA & B.Com. (Final)



Sports Unit

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”

— Albert Einstein



NCC (Boys & Girls)



NSS (Boys & Girls)

INTER COLLEGAITE EVENTS

"It is during our darkest moments that we must focus to see the light."
— Aristotle



Students participation in Youth Festival

Achievers



Damini Batav, Yogendra Yadav, Vishal Ahirwar, Aastha Yadav, Narayan Mehra, Aashna Yadav, Prachi Parwar and Sumit Masram
Group Folk Dance
National Level Winner in Youth Fest

Achievers



Michel Swami Secured I Position in Mimicry Youth Fest



Mrs. Richa Rajani (2018-20 Batch) awarded first runner-up in Mrs. Central India 2022



Naaz Shahine Won III Position in Intercollege Speech Competition held at Navyug Art and Commerce College



Muskaan Moojar Secured II Position in Non-Percussion Category in Youth Fest



Abhishek Mishra Secured II Position in Percussion Category in Youth Fest



Janhvi Duggal, Raveka Masram, Sneha Xalxo, Niharika Anthony Secured III Position in Western Group Song Category in Youth Fest



Subodh Kumar Dubey Secured II Position in Song Writing Competition held at St. Aloysius College



Sunakshi Jindal Secured I Position in Jigyasa Speech Competition

DEPARTMENTAL REPORTS

“The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle.”

- *Steve Jobs*

DEPARTMENT OF EDUCATION

The Department of Education was established with the Motto “Sankalp, Samanvaya and Samarpan”. Our vision is to produce dynamic and efficient teachers and enhance the potentialities of the trainee-teachers with moral and socio-cultural values of the society. The highlights of the Departmental activities for the session 2022-2023 are as follows:

NEWSLETTER

News Letter “Abhyudaya” was released by the department thrice in a year.

ADD-ON COURSE:

- Department of Education conducted Add-on Course (Certificate Course) ‘Best out of Waste’ from 03/01/2023 to 19/01/2023.
- Department of Education conducted Add-on Certificate Course ‘Malhar’ Music & Instruments from 1/05/23 to 31/05/23
- Department of Education organized Art & Craft 7 Days Certificate Course ‘PRAYAS’ from 13/05/23 to 19/05/23.
- Department of Education conducted Add-on Certificate Course ‘Yoga For wellness’ in the month of May.

DEPARTMENTAL ACTIVITIES

- The Department of Education conducted Art and Craft exhibition on 30/07/2022.
- “Swarachit Kavita Path Pratiyogita” was organised on the occasion of Hindi Divas on 17/09/2022.
- “Rajasthani Mehndi Competition” was organized on 12/10/2022.
- Alumni meet “SAMAGAM” for Batch 2018-20 and 2019-2021 was organized on 30th December 2022.
- B.Ed. III Semester (2021 batch) Internship programme was conducted from 01/11/2022 to 01/02/ 2023.

RESEARCH PUBLICATIONS

- Mrs. Rajni Yadav published her research paper on the topic “Education Philosophy of Mahatma Gandhi” in multidisciplinary International Research Journal with ISSN 2278-9308, Impact Factor-8.575 (SJIE),

published by B. Aadhar, Single Blind Peer Reviewed Refreed Indexed April 2022.

- Mrs. Rajni Yadav published research paper on “Quality Education And Digital Transformation Of Education” at BSSS College ; Bhopal,(M.P.)
- Mrs. Aditi Pimprikar presented her research paper titled “The Main Purpose of A Case Study is to Diagnose A Cause” in ‘International web conference on global Trends in Modern Education’ on 7th and 8th December 2022 organised by Rabindra Nath Tagore University Bhopal, M.P.
- Mrs. Aditi Pimprikar published research paper on “Dimensions of teacher education Vis & Vis NEP 2020” in UGC care listed journal ‘Indian journal of psychometric and education’ ISSN-0378-1003, Vol 53(2), July 2022.
- Mrs. Nirmala Mishra presented research paper on the topic of “नई शिक्षा नीति - २०२० पर शिक्षा का प्रभाव” in National Seminar “Indian Council of Social Research” organized by St. Aloysius College Sadar, Jabalpur.
- Mrs. Nirmala Mishra presented research paper on the topic of ‘Role of NEP-2020 better education in College student’s’ in International Conference held on 3rd and 4th March 2023 at St. Aloysius Institute of Technology, Jabalpur.
- Mrs. Shalini Shivhare presented research paper on the topic of “Roadmap for Holistic Development of the NEP 2020 “” in National Seminar “Indian Council of Social Research” organized by St. Aloysius College Sadar, Jabalpur.
- Mrs. Shalini Shivhare faculty of department Qualified UGC NET 2022 in Education.
- Mrs. Amita Choubey presented research paper on the topic of “E- Resources: Challenges and Opportunities during COVID- 19.” ISBN: 978-93-91267-24-7 Code: R0181 by St. Aloysius College.
- Mrs. Amita Choubey published one chapter in - Gender Sexuality and Literature on the topic “Psychological Impact of Gender Stereotypes.” ISBN:978-81-946799-0-5.

- Mrs. Amita Choubey published research paper on the topic 'Shiksha aur Gandhivadi Mulya' in 'International Conference on Spiritual Science and Gandhian Thought (In Globalization Era)' by Navyug Arts and Commerce College.
- Mrs. Amita Choubey has published research paper on the topic "New Education Policy and its Relevance of Today" in Refereed Research Journal UGC Listed ISSN 0378-1003 January, 2022 Volume 53(1).
- Mrs. Amita Choubey presented research article on "Maximizing students learning with teaching technology" at Govt. Science College.
- Mrs. Mukta Choukesy presented research paper at Govt. Shyam Sundar Narayan Mushroom Women's college, Narsingpur. (20/21-Jan-2023) on the topic "Women Empowerment"
- Mrs. Priya Vinodia was invited as a resource person in '6 days Art & Craft' workshop at Tavite college, Katni.
- Three of our Students got selected as Government Primary Teacher.

DEPARTMENT OF SCIENCE EDUCATION

Department of Science Education works with the motto of "Invention, Innovation and Creation." The main objective of department is to build student teachers with the ability to use knowledge, understanding and skills for critical assessment of a wide range of ideas and complex problems.

FACULTY DEVELOPMENT PROGRAMME

Faculty Development program on 'Innovative Trends and Techniques of Teaching Methodology' from 24/04/23 to 26/04/23.

CERTIFICATE COURSE

Department organized Add on (certificate course) for the students on "Mathematics for Competitive Exam" from 11th April 2023.

NEWSLETTER

Newsletter 'AARAMBHA' was released by the department.

DEPARTMENTAL ACTIVITIES

- Organized Educational visit for B.Sc.B.Ed.4th and 6th Semester students to Tropical Forest Research Institute (TFRI) on 8 September 2022.
- Poster and Bird Feeder-Making Competition was organized on the account of Wildlife Week from 02/10/2022 to 08/10/2022.
- Science Week was celebrated from 23 February 2023 to 28 February 2023.
- Department organized 'Fancy Dress Competition- themed Indian Freedom Fighter' on the occasion of Gandhi Jayanti on

01st October 2022.

- Stationary Distribution was done by the Department for Primary and Secondary School students of the Jamtara village, Jabalpur on 22 November 2022.
- Educational Visit to 'Rani Avanti Bai Bargi Hydel Power Station' and Historical Temple for BSc. B.Ed. 7th Semester on 14th January 2023.
- ANAND UTSAV (Community Living) 4.0 was organized on 21 January 2023.
- "Vigyan Sammohan" National Science Day was celebrated by the college which was sponsored by Madhya Pradesh Council of Science and Technology on 23rd February 2023 under the theme "Global Science for Global wellbeing".
- The MoU between TFRI and SAIT was signed on 24th November 2022. The Department made history by signing the college's first MoU.

ACHIEVEMENTS AND PUBLICATIONS

- Dr. Aradhana Dhanaraj, Assistant Professor, Department of Science Education was invited as Resource Person in DST-STUTI (Department of Science & Technology - Synergistic Training Program Utilizing the Scientific and Technological Infrastructure) sponsored National workshop on "Analytical Techniques on 22nd-23rd November 2022 at St. Aloysius' Institute of Technology, Jabalpur.

- Dr. Rashmi Choubey was invited for Judgement in District level quiz competition organized by Collectorate in Hitkarini College on 2nd Dec 2022.
- Dr. Rashmi Choubey, was invited as Guest Speaker in the 30 days certificate course on Organic and Natural Farming-reg, organized in Rani Durgavati Vishwavidyalaya, Jabalpur, on 06th March 2023.
- Dr. Rashmi Choubey presented paper in 38th MP Young Scientist Congress, organised by Samrat Ashok Technological Institute, Vidisha from 16th to 18th March 2023.
- Mrs. Pooja Sharma published a research paper in Journal of Emerging Technologies and Innovative Research(JETIR) on “Impact of Blended learning in SDcience Learning” ISSN:2349-5162|ESTD year:2014, Monthly Issue, , JETIR February 2023,Volume 10,Issue 2.
- Mrs. Suman Mehra published a research paper in Journal of Emerging Technologies and Innovative Research(JETIR) on “Impact of Blended learning in SDcience Learning” ISSN:2349-5162|ESTD year:2014, Monthly Issue, JETIR February 2023,Volume 10,Issue 2.
- Dr. Rashmi Jaiswal received Research Excellence Award – 2023 for her outstanding contribution to the field of Electronics and Condensed matter physics during 1st International Conference on Advanced Optimization Techniques and Applications (AOTA - 2023) by Ramgarh Engineering College (Est. by Govt. of Jharkhand & Run by Techno India Under PPP) in collaboration with Sultan Moulay Slimane University, Morocco City University, Malaysia.
- Mrs. Ruchi Jain received the best paper presentation Award in a Two-day International seminar themed ‘Multidisciplinary Research in Education, Entrepreneurship, Employment, and Economic Development’ on 11-12 December 2022.
- Mrs. Sonali Chatterjee presented a paper in National Seminar held at Eklavya University Damoh (M.P.) on topic “Emphasis of National educational policy 2020 on continuing professional development “on Sep 23rd and 24th 2022.
- Four of our students got First Prize in Static model and Second Prize in Poster competition under Ankuran SAIT 2022 respectively on 26/09/22.
- Two of our students from B.Sc.B.Ed.4th

- Semester got second and third rank in Inter College Speech Competition held at Navyug College on 27/09/2022.
- Dr. Rashmi Choubey published chapter in ‘Design and Applications of Theranostic Nanomedicines, Elsevier Publication’ on September 2022.
- Mrs.Sonali Chatterjee had published a research article titled “Holistic Approach an all-round development of the students in every aspect.” impact factor 5.2 ISSN :25826557.
- Mrs. Pooja Sharma presented paper in National seminar on ‘राष्ट्रीय शिक्षा नीति २०२० के साथ आत्मनिर्भर बनाता भारत 23-24 September, 2022.
- Mrs. Suman mehra had presented paper in National Seminar on “राष्ट्रीय शिक्षा नीति २०२० एवं अध्यापक शिक्षा” on 23-24 September 22.
- Mrs. Ruchi Jain, presented paper in Seminar organized by Eklavya University under Theme-Digital Education on 23-24 September 2022.
- Mrs. Ruchi Jain, presented in a Two-day International seminar themed ‘Multidisciplinary Research in Education, Entrepreneurship, Employment, and Economic Development’ on 11-12 December 2022 topic ‘Suggestion for revised Right to Education Act’.
- Mrs. Ruchi Jain , presented paper in Seminar organized by Science College on 19-20 December 2022 topic A study of learner’s satisfaction from MOOCs.
- Mrs. Ruchi Jain Presented Paper on “Study of the Effectiveness of Outcome-Based Education in Global Mobility” in International Conference held at St. Aloysius’ Institute of Technology, Jabalpur from 2 March 2023 to 3 March 2023.
- Mrs. Pooja Sharma published chapter in ‘jindgi aur hm’ in ‘Sahitya sugandh’ book by ‘Geeta Prakashan’ ISBN 978-93- 91934-42-2 on November 2022.
- Dr. Rashmi Choubey had published chapter in ‘Nanotechnology for Advanced Biofuel’ Elsevier Publication’ on March 2023.
- Ms. Chhaya Presented Paper on “Application of Pedagogical Concept of Rhizomatic Learning in Higher Education” in International Conference held at St. Aloysius’ Institute of Technology, Jabalpur from 2 March 2023 to 3 March 2023.

DEPARTMENT OF COMMERCE AND MANAGEMENT

The Department of Management and Commerce works with the motto “Boosting Creativity and Drilling Skill”. The academic session 2022-23 began with avocation and enthusiasm. The highlights of the Department for the session 2022-23 are as follows: -

DEPARTMENTAL ACTIVITIES

- The department conducted bridge classes for students from 1st October till 15th October 2022.
- Three days workshop on “Beginners guide to stock market” on 12th, 13th and 14th September 2022. The industrial experts were CA Anmol Grover and Ms. Simran Grover.
- Industrial visit to “Sanchi Dugdha Sangh” was organized by the department on 28th December 2022 in which 50 students visited the plant and got the practical industrial experience.
- Internship orientation program for the students was organized from 23rd January to 25th January 2023.

ACHEIVEMENTS

- Dr. Vasu Sharma and Ms. Firdos Fatima Siddiqui published Book titled “International Marketing” with ISBN 978-93-57-04-162.
- Ms. Shabnam Akhtar published Book titled “Hindi Bhasha” ISBN 978-93-5704-916-0
- Dr. Vasu Sharma and Ms. Gurpreet Kaur Bansal published book titled “Entrepreneurship Development” with ISBN 978-93-5741-107-3.
- Dr. Vasu Sharma contributed as Editor for the edited Book titled “Futuristic trends in Social Sciences” with IIP proceedings, Volume 2, Book 3, and Part 1 with ISBN 978-93-9563-259-1.
- One of the student secured second position in Zonal Level Youth Festival.
- Ms. Firdos Fatima Siddiqui was awarded with Late Bishop Theophane gold medal for scoring the highest aggregate Marks (84.81%) in her post graduation in commerce from St.

Aloysius College, Sadar, Jabalpur .

- One of the faculty member Ms. Shabnam Akhtar cleared MPETET conducted by MPPEB Bhopal Madhya Pradesh.
- Four of the faculty members Ms. Shabnam Akhtar, Ms. Gurpreet Kaur Bansal, Ms. Firdos Fatima Siddiqui and Mr. Asif Shah got registered in doctoral programme.

VALUE ADDED COURSES

- The department organised and add on course on income tax return filing from 1st February to 15th February 2023.
- The department organised add on course on tally ERP 9 from 15th January to 14th February 2023.

PAPER PRESENTED AND FDP'S ATTENDED

- All the faculty members of the department participated in IP awareness and training program under National intellectual property awareness organised by intellectual property office India on 5 July 2022 in which Dr. Vasu Sharma was the coordinator of the programme.
- Two of the faculty member participated in one week National level FDP on New Education Policy 2020 organised by St. Peter's Institute of Higher Education and Research, Chennai, Tamil Nadu from 19th September 2022 to 25th September 2022.
- One of the faculty member Ms. Firdos Fatima participated in one week online workshop on “Ethics and Spirituality in Management with special reference to Vedas” from 10th July 2022 to 14th July 2022.
- One of the faculty members Ms. Shabnam Akhtar published paper titled “Inclusive Education and Teaching Competency” in edited Book title Paradigm shift in Pedagogical Implementation Higher Education Institution with ISBN 978-93--94994-03-4

- One of the faculty member Ms. Gurpreet Kaur Bansal published paper titled “Role of information technology and social media platform in e-Learning” in edited book titled Futuristic trends in Social Sciences, IIP proceeding, Volume 2, Book 3, Part 1 with ISBN 978-93-95632-59-1.
- One of the faculty member Dr. Vasu Sharma participated and presented paper titled “Digital transformation in education for sustainable development” in 2 days International Conference on multi-disciplinary research respective icmrp 2023 held on 16th and 17th February 2023 organized by research and publication skill cell at Bhopal School of Social Sciences, Bhopal.
- One of the faculty member Ms. Gurpreet Kaur Bansal participated and presented paper titled “A study on impact of work environment on retention of tech employees” in 2 days International conference on multi-disciplinary research respective icmrp 2023 held on 16th and 17th February 2023 organized by research and publication skill cell at Bhopal School of Social Sciences, Bhopal.
- One of the faculty member Dr. Vasu Sharma published research paper titled “Innovative practices in teacher education: A road map for quality education” in Indian general of psychometry and education, Patna.
- One of the faculty member Dr. Vasu Sharma participated and presented paper titled “Internet Addiction and Techno stress of students at higher secondary level in Jabalpur” in two days International conference on Role of Science Education and Technology in making Self Reliant India and Globally Competent held on 3rd and 4th March 2023 organised by St. Aloysius Institute of Technology Jabalpur.
- One of the faculty member Ms. Shabnam Akhtar participated and presented paper titled “Atman Nirbhar Bharat Aur Hindi” in 2 days International conference on Role of Science Education and Technology in making Self Reliant India and Globally Competent held on 3rd and 4th March 2023 organised by St. Aloysius Institute of Technology Jabalpur.
- One of the faculty member Ms. Firdos Fatima Siddiqui participated and presented paper titled “A Critical evaluation of SBI and Indusind bank related to the issue of housing loan with special reference to Jabalpur district” in 2 days International conference on Role of Science Education and Technology in making Self Reliant India and Globally Competent held on 3rd and 4th March 2023 organised by St. Aloysius Institute of Technology Jabalpur.

DEPARTMENT OF ARTS

The Department of Arts works with the motto of “Persevere, Excel, Promote, Quality”. The students graduating from the Department have distinguished themselves both in language and literary studies and have earned laurels for the college by their remarkable and outstanding success in different walks of life. The highlights of the Departmental activities for the session 2022-2023 are as follows:

DEPARTMENTAL ACTIVITIES:

- Bridge Classes for B.A. I Year students were conducted from 22 July to 30 July 2022.

- "RAKHI MAKING & MEHANDI Competition" on the occasion of Raksha Bandhan was organised by the department on 8th August 2022.
- Role Play Competition under Artistry Club was organised on 14th September 2022.
- Poster making competition on the occasion of World Ozone Day was organised on 16 September 2022.
- The Department of Arts conducted Internship and field work for B.A. I & II year from 21 February 2023 to 06 March 2023.

- Newsletter “ABHAAS” was released by the department.
- Educational trip to visit Chausath Yogini Temple under field work was organised for the final year students on 19 November 2022.

STUDENTS PARTICIPATION

The students took part in various activities along with their academics.

- Four of our students took part in Inter college dance Competition and won National level position organized under Youth Festival 2022-23.
- Two students participated in Bharat Quiz on 23 January 2023 organised by St. Aloysius College.
- One of our student participated in Youth Festival in Mime competition held on 10th November 2022.

FACULTY ACHIEVEMENTS –

Two of the Faculties Mrs. Rati Rai and Mr. Ajay Rana got enrolled for Ph.D.

PAPER PRESENTED AND FDP'S ATTENDED-

- Mrs. Rati Rai had presented paper in Two days National Seminar on "Digital Library Resources and Services for Academicians" On TOPIC- "The Role & Importance of Digital Libraries". On 20/12/2022.
- One of the faculty member Mrs. Rati Rai had participated in online "Two week Capacity Building Program On Research Methodology" From 28/11/2022 to 10/12/2022 conducted by the internal Quality Assurance Cell and Social Science Association of Anandibai Raorane Arts, Commerce and Science College, Vaibhavwadi, Mumbai.
- Mrs. Rati Rai had presented paper in Two days International Conference on "Multidisciplinary Research Perspective" from

16/02/2023 to 17/02/2023 organised by Bhopal School of Social Sciences via online mode.

- Mrs. Rati Rai had presented paper in Two days National Conference on "Innovative Learning Environments" entitled "Impact of Outcome based teaching on higher Education" conducted during 27 and 28 March, 2023 organized by ISS College of Teacher Education, Kerala.
- Mrs. Rati Rai had completed short-term Certificate course on "INCLUSIVE EDUCATION" from 20 February to 26 February 2023.
- Mrs Rati Rai and Mr. Ajay Rana had attended 3 days FDP on "Innovative Trends & Techniques in teaching Methodology conducted from 24th of April to 26th of April.
- Mrs. Rati Rai had presented research paper in International conference on Role of Science Education & Technology in making India Self Reliant & globally competent, on topic – "An analysis of the occupational aspirations of adolescents in relation to their intelligence" from 3rd to 4th of March, 2023 organised by St. Aloysius Institute of Technology.
- Mr. Ajay Rana had presented research paper in International conference on Role of Science Education & Technology in making India Self Reliant & globally competent, on topic – "राजनीति में युवाओं की बढ़ती भागेदारी का समाजशास्त्रीय अध्यन" from 3rd to 4th of March, 2023 organised by St. Aloysius Institute of Technology.

Concludingly the Department of Arts had been indulged in the holistic development of students and thereby catering to their academics, co curricular and extra curricular activities and participations

CULTURAL CLUB

Motto-"To nurture the student's development with cultural values".

The cultural society, through its activities, helps students learn more about their cultures and other cultures present in the diversity of our country. The cultural society of our institution plays a vital role in conducting cultural events that helps students know and rejoice in the diverse cultures of our country. It primarily focuses on organizing cultural events such as the Inter-Collegiate Youth Festival organized by the RDVV University, Annual social gatherings and National events like Independence and Republic Day.

The following events are being organised by the cultural club for the 2022–2023 session:

- 75th Independence Day was celebrated with full zeal and enthusiasm by the college where group dance and group song performed by the students of St. Aloysius Institute of Technology.
- The Cultural Club organized Talent fest on 13 and 14 October 2022.
- The students who got selected in the various events of the Talent Fest 2022 participated in Youth Festival organized by RDVV in different events.
- Cultural Clubs feels proud to announce that our students had won many prizes in Inter Collegiate Youth Festival. First Position in

Mimicry, Second position in Non-Percussion Harmonium, Third position in Percussion Tabla, Third Position in Western Group Song, First Position in Collage and First Position in Group Folk Dance.

- Our students participated in Inter District Youth Festival on 19 November 2022 and secured first position in Group Folk Dance and Mimicry.
- Our students participated in Zonal Level Youth Festival on 1 January 2023 and secured first position in Group Folk Dance and Second position in Mimicry.
- Our students participated in National Level Youth Festival on 28 February 2023 and secured second position in Group Folk Dance and qualified for the International.
- 5th Annual Social Gathering 'UMANG' was organised on 23rd December 2022 in the presence of Most Rev. Bishop Gerald Almeida and Mr. Kamlesh Agrawal leader of opposition, Jabalpur Municipal Corporation as Chief Guest, Advocate G. S. Thakur BJP President, Mr. Ashutosh Mishra Convener BJP Sports cell and Mr. Rinku Vij. Students had participated in group song, group dance, solo song and solo dance programme.

NATURE CLUB

Motto - "Conserve And Preserve"

Nature club of St. Aloysius' Institute of Technology works with the motto of "CONSERVE AND PRESERVE". As it is truly said that nature is our best teacher. It teaches us survival of the fittest and nourishes us in all aspects. Nature has endowed us with incredible assets like, biodiversity and natural resources. The conservation of these assets has become need

of the time. So it's is our responsibility to leave this planet in better shape for the future generation than we have found it.

Different activities were organized by the club during the academic session 2022-23 which are as follows:

- Plastic pollution is an environmental emergency. The impact that plastic usage has

on ecosystems and the climate is disastrous. Plastic Free Campus Drive was organized at the college campus on 15th January 2022 where 55 students participated and were made aware about the side effects of using plastic.

- Bird watching is an exciting and healthy hobby, done alone or in the company of friends. Bird watching is an introduction to our natural environment. Just listening to bird song contributes to perceived attention restoration and stress recovery. Within minutes of being in natural setting, things like cortisol, a stress hormone, improve. So, Nature club organized Bird Watching activity on 15th January 2022.

- Sakora Hanging Campaign was organized on 30th April 2022 to quench the thirst of birds. A small gesture of arranging temporary water sources by the teachers and students was done within the campus.
- Humans use rivers for irrigation in agriculture, for drinking water, for transportation, to produce electricity through hydroelectric dams, and for leisure activities like swimming and boating. Each of these uses can affect the health of a river and its surrounding ecosystems. Clean Narmada Campaign was organized by Nature Club on 30th May 2023 where around 70 students participated.

LITERACT CLUB

Motto - "Beyond the pages – Into a new world"

The club started with a fresh zeal encompassing various activities under its ambit viz - Quiz, Speech, Debate, Extempore, Idea and Content writing and so on. The journey began with the starting of Quiz Competition on 10/09/2022 wherein the approach was to organize an inter class, inter departmental, pan college basis. Mayank Vishwakarma student of B.B.A I got first position .

The idea behind this was to inculcate the spirit of learning among our students.

The club began nurturing students to profound their skills in lieu of which essay writing

competition was organized on 14th September 2022. Anvesha Jhariya of B.Sc B.ED I semester got first position.

The spelling allow the child to develop a range of cognitive skills including the ability to handle pressure. The learning process accompanying the Spellathon is likely to enhance the child's memory and allow child to develop better learning skills, which can prove to be highly beneficial during higher education. The club organized spellathon competition on 6/05/2023 in which Sneha Awadhiya of B.Sc B.ed II Semester got first position.

SOCIAL CLUB

Motto- "Adore God, Abhor sin, Social Morality".

The Social Club provides opportunities to the students to take part in various social service activities. The purpose of our club experience is to tie formal and informal learning together. Student participation can contribute to the development of personal responsibility, moral values, cooperation,

emotional maturity, self-discipline, social competence, individuality, leadership, a realization of the value of group goals, and an understanding of democratic processes. The following activities were performed by the Social Club in the session 2022-23:

- On 29-07-2022 Social Club in collaboration with the Deputy Director, of the Veterinary Service office, Jabalpur organized a 'Yuva Samvaad' themed Roadmap to 'Self-reliant Madhya Pradesh'.
- On 17-11-2022 Social club conducted Gram God/Gram Vikas survey and information was provided to the lead college through Google Forms.

WOMEN CELL

Motto – “सृजन ,स्नेह ,शक्ति ,समर्पण”

Women cell is active in the college to empower girl students, to enhance understanding of issues related to women and to make the college campus a safe place for women students and faculty members. The following Activities were conducted in the year 2022-23:

- **Health awareness Programme**–The Women cell organized a Health awareness Programme on Hygiene and body health on 19th November 2022 at Paraswara village Jabalpur. The objective of the Programme was to make everyone aware of their hygiene and body health. Hand washing session was taken by the NSS boys unit and further with the help of girls NSS volunteers survey was done regarding the

total women of the village who still use cloth during their menstruation.

- **Essay writing competition** – Essay Writing competition on “Why do we celebrate international women's day” on the occasion of international women's day was organized on 6/03/2023. The objective of the Essay writing competition was to create writing skill among students and also create high order thinking.
- **Work shop**-The Women cell organized one day workshop of collage making on the occasion of Mother's Day on 12/05/2023. The main objective of this workshop was to strengthen the mother-child relationship.

SPORTS CLUB

Motto - “Strive for growth”

Sports club is active in the college to strengthen students physically, to enhance understanding of team work and to make the college pride. With a view to encourage sportsmanship, the club aims at creating future leadership quality among students.

- This year started with the participation of the students in World Bicycle Day organized by RDVV on 3rd June 2022 in which our three students participated.
- Division level Cross Country Tournament was organized by RDVV on 2nd October 2022 where four of our students participated and one of them secured 10th Position.
- Inter College Badminton Tournament was organized by Govt. Science College Jabalpur on 10th October 2022 where our boys team

qualified for the semifinals.

- On 10th October 2022 our Girls team participated in Inter College Badminton Tournament organized by Govt. Science College, Jabalpur and were the Runners ups.
- Our boys team participated in Division level Badminton Tournament organized by Govt. Science College, Jabalpur on 15th October 2022 where our student Devraj Singh of B.Ed. I Semester was the Winner and got selected for the State level Badminton Tournament, Gwalior.
- Our Team participated in West Zone Tournament held at Rajasthan Kota on 24th December 2022 where we qualified the Quarter final match.

- On 13th October 2022 our Boys team participated in Inter College Kho-Kho Tournament organized by Chanchala Bai College Jabalpur.
- On 9th November 2022 our Boys team participated in Inter College Volleyball Tournament organized by Govt. Panagar College.
- Yuva Sansad Diwas was organized at Ranital

Stadium on 12th January 2023 in which our 12 students participated.

- Interclass Cricket Tournament (Boys) was organized from 17th to 19th January 2023.
- Nine of our students participated in Khelo India Tournament at Ranital Stadium on 24th January 2023.
- Annual Athletic Meet was organised by the Sports Club on 24th February 2023.

NATIONAL SERVICE SCHEME

Motto-“NOT ME BUT YOU”

The National Service Scheme (NSS) is a Central Sector Scheme of Government of India, Ministry of Youth Affairs and Sports. It provides opportunity to the youth to take part in various government led community service activities and programmes.

The following activities were conducted under the National Service Scheme 2022-23.

- NSS volunteers participated in Pre-RDC camp organized by Rani Durgavati Vishwavidyalaya on 20th Sep 2022. Sweta Jaiswal got selected for district level RDC camp.
- NSS unit organized 7 days Unit Camp in the village Paraswara from 16th to 22nd Nov 2022, in which thirty volunteers participated.

- The NSS unit organized an awareness programme on AIDS awareness day dated 1st Dec 2022.
- NSS volunteers actively participated under "Clean Campus Drive" organized from 2nd to 9th Dec 2022.
- The NSS unit organized 'Dental Checkup Camp' and various programmes on World No Tobacco Day dated 27th May 2023.
- NSS orientation programme was organized on 6th June 2023 for the new batch of volunteers.
- Blood donation camp was organized on 20th May 2023. The camp was organized by Red Cross Committee, Collectorate and Red Ribbon Club and N.C.C unit of the college.

NATIONAL CADET CORPS

St. Aloysius Institute of Technology aims at developing character, comradeship, discipline, and a secular outlook, the spirit of adventure and ideals of selfless service amongst young citizens through NCC (Army wing).

- **1st ACHIEVEMENT OF NCC**-This year Sgt. Saransh Ezra of St. Aloysius Institute of Technology got selected for the CATC Shooting camp, 50m (0.22 mm rifle). The competition for selection took place at JAK RIFLE firing range under the guidance of Col. P. K. Gaur, Commanding Officer, 1MP ARMD SQN NCC, Jabalpur.

- **WORLD BICYCLE DAY**- Cadets of St. Aloysius Institute of Technology participated in the bicycle rally to celebrate the "WORLD BICYCLE DAY" on 03 June, 2022. This Rally started from RDVV to Dumna Nature Park from morning 6:30 am to 9:30am. This rally was organised by "SMART CITY JABALPUR" & "HORA CYCLE CO". After reaching Dumna Nature Reserve we took oath for using cycle in our daily routine as a part of FIT INDIA, respect the food we are getting from earth & motivate others as well.

- **INTERNATIONAL YOGA DAY-**

St. Aloysius Institute of Technology energetically celebrated the International Yoga Day. This event successfully took place under the guidance of Dr. Renu Pandey (Principal, SAIT Education) on June 21, 2022 at Yoga Hall. All the faculties, NCC Cadets, NSS cadets & students render the various yogasans. The main motive of the event was to keep our body, mind & soul fit & active by the supreme power of Yoga.

- **FAREWELL OF GROUP COMMANDER-**

The Farewell of Group Commander Brig. R. K. Chhikara from the NCC GRP HQ was organised on 26th of April, 2023.

- **NCC ENROLLMENT –**

The selection process for NCC Cadets was held on Saturday, 6th of August, 2022 at SAIT (Education) NCC office. The selection process was on 3 stages-Physical, Interview, Document Verification & uploadation of the documents.

- **SUCCESSFUL COMPLETION OF THE TRAINING FROM OTA KAMPTEE-**

NCC Officer Mr. Abhinav successfully completed 3 months training from 13th of Aug, 2022 to 26th of Oct, 2022 from Officer Training Academy, Kamptee (Maharashtra).

- **NUKKAD NATAK PRESENTATION-**

On the occasion of National Pollution Control day the NCC cadets presented a street play on the theme- "Pollution Control " to motivate the citizens. The message spread was following-
-Not to harm nature.
-Plant more & more trees
-Less use of plastic. This was a collective event by Hitkarni College of Engineering & Technology and St. Aloysius Institute of Technology and Global Engineering College dated 3rd Dec, 2022 held at Shivaji ground, Sadar, Jabalpur. Pollution Control". This street show was organised by 1 MP ARMD SQN, NCC JBP.

- **COMBINED ANNUAL TRAINING CAMP**

The compulsory CATC camp was successfully held at Nehra Company in which 18 cadets participated. Cpl Anamika Anthony and Cdt. Abhishek Kushwaha were awarded for their good performance.

- **B – CERTIFICATE EXAMINATION**

The 2nd year cadets of St. Aloysius Institute of Technology gave the B- Cert examination at Army Public School, which was held from 19 Feb to 20 Feb, 2023 in two stages – Physical and Written exam.



ACTIVITY SECTION

"There are two types of people who will tell you that you cannot make a difference in this world: those who are afraid to try and those who are afraid you will succeed."

- Ray Goforth

SAIT 2023

Independence day and Republic day Celebration



Guest Lectures

Guest Lecture themed "Climate Change and Sustainable development" by Dr. Rohit Sharma, RND Coordinator, SAGE University, on World Environment Day.



INTELLECTUAL PROPERTY RIGHT



Three-Day Faculty Development Programme From 24th to 26th April 2023 themed 'Innovative Trends & Techniques in Teaching Methodologies'.



CERTIFICATE COURSE



Malhar certificate course



Mathematics for competitive exam certificate course



HTML



ITR



Tally

EDUCATIONAL AND INDUSTRIAL VISIT



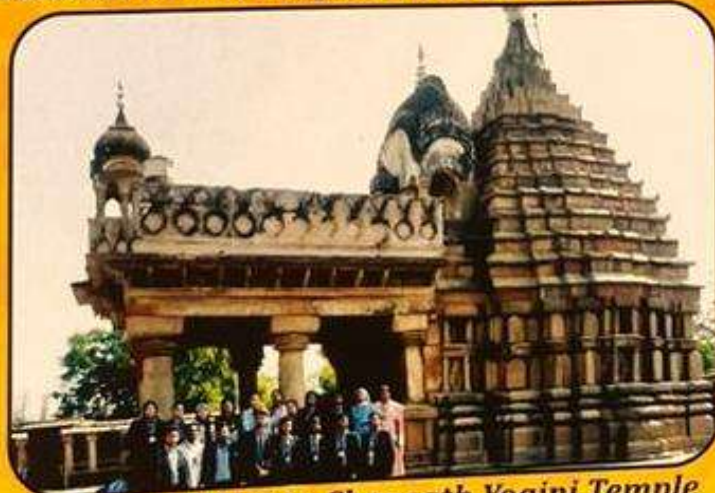
Field trip to Bargi



Field trip to Sanchi Dugd Sangh

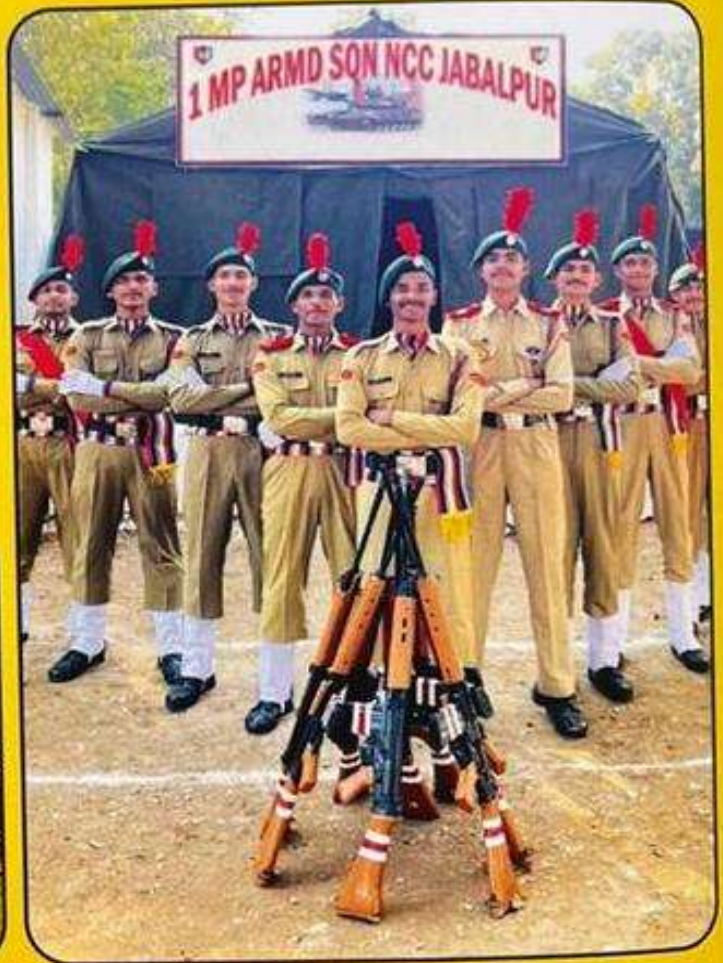


Educational Visit to Tropical Forest Research Institute



Historical Visit to Chausath Yogini Temple

NCC



NSS ACTIVITIES



OUTREACH ACTIVITIES



Winners of Ankuran Program Held at St. Aloysius Institute of Technology, Jabalpur



Street Play for Voting Awareness, Jantara Jabalpur



Students attended Khelo India Youth Games 2022



Participation at International Yoga Day



Participation in Idaethon at Jabalpur Incubation Centre



Internship

ONE MILE EXTRA



World No Tobbacoo Day



Dental Checkup



Road Safety

ONE MILE EXTRA



District Level Quiz



Book Release



Yuva Samvad

INTERNATIONAL CONFERENCE

International conference on Role of Science, Education and Technologies in Making India Self Reliant and Globally Competent.



DEPARTMENTAL ACTIVITIES



Role Play



Spellathon



Bird Feeder Making



Rajasthani Mehndi



Essay Writing Competition



Poster Making Competition



Swacharit Kavita Path



Sakora Hanging

PRAYAS EXHIBITION



NATIONAL SCIENCE DAY



ANAND UTSAV



SPORTS



Sport



*Inter College Badminton Girls
Runner Up Team*



*Selection for Zonal
Badminton Men*



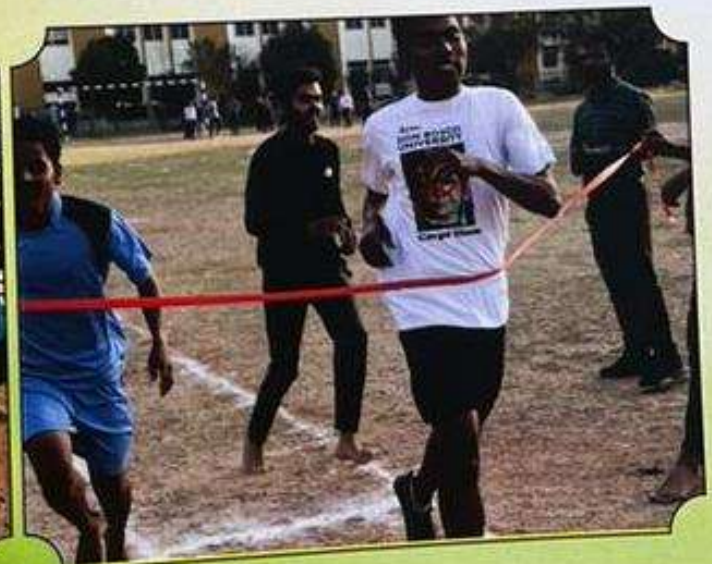
*Inter College Qualified Kho Kho
Girls Team*



*Inter College Volleyball
Participated Men Team*



*Inter College Badminton Semi Final
Qualified Men Team*



Press **Esc** to exit full screen



FAREWELL



FRESHER'S DAY



TEACHER'S DAY



ANNUAL SOCIAL GATHERING



ANNUAL CERTIFICATE DISTRIBUTION



CHRISTMAS CELEBRATION



Two-day international conference begins at SAIT

Staff Reporter

ST ALOYSIUS Institute of Technology organised inaugural ceremony of two-day international conference titled 'Role of Science, Education and Technology in Making India Self-Reliant and Globally Competent' at St. Aloysius Institute of Technology, concluded on Saturday. The conference was organised in collaboration with World Leadership Academy, KIIT Bhubaneswar and



TheHitavada
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ehitavada.com

2-day conference concludes at St Aloysius

Staff Reporter

THE two-day Conference organised on "Role of Science, Education and Technology in Making India Self-Reliant and Globally Competent" at St. Aloysius Institute of Technology, concluded on Saturday. The conference was organised in collaboration with World Leadership Academy, KIIT Bhubaneswar and



SAIT students win National Youth Festival in Bengaluru



SAIT students have won several awards in the National Youth Festival held in Bengaluru. The students participated in various categories and emerged as winners, showcasing their talents and skills. The college is proud of their achievements and wishes them all the best for their future endeavors.

SUNDAY
25th March 2023
35.0
21.0
2.0

संत अलायसियस इंस्टीट्यूट ऑफ टेक्नोलॉजी गौर महाविद्यालय में द्वि-दिवसीय अंतर्राष्ट्रीय सम्मेलन का आयोजन

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रक्तदान शिविर में हुआ 25 यूनिट रक्त का संग्रह
जबलपुर, जिला रेडक्रॉस सोसायटी के तत्वावधान में शनिवार को संत अलायसियस इंस्टीट्यूट ऑफ टेक्नोलॉजी में रक्तदान शिविर का आयोजन किया गया। शिविर में संस्था के छात्र-छात्राओं एवं स्टाफ ने 25 यूनिट रक्तदान किया। रक्त संग्रहण का कार्य विकटोरिया अस्पताल की टीम द्वारा किया गया। शिविर में प्राचार्य रेणु पांडे, रश्मि चौबे एवं स्टाफ ने सहयोग प्रदान किया।

संत अलायसियस इंस्टीट्यूट ऑफ टेक्नोलॉजी महाविद्यालय में 'नेशनल साइंस डे' के उपलक्ष्य में 'विज्ञान सम्मोहन का आयोजन

जबलपुर, (सी-टाइम्स) संत अलायसियस इंस्टीट्यूट ऑफ टेक्नोलॉजी गौर, महाविद्यालय जबलपुर में राष्ट्रीय विज्ञान दिवस के उपलक्ष्य में 'डिजिटल इंफोसाइंस एंड एजुकेशन' द्वारा 'विज्ञान सम्मोहन 2023' उत्सव प्रेक्षालय में संस्था के संरक्षक डॉ. फादर डेविस



Around 15,000 people perform yoga during mass event

YOGA'S international acceptance is like acknowledging the dignity and glory of India. It is a symbol of positive change of the entire world towards India. This year's theme for International Yoga Day 'Vasudhaiva Kutumbakam' also matches the theme of G-20 Summit being held in India. Let One Earth, One Future and One Family!" said the Vice-President Judgeep Dhankhar who along with Governor Mangubhai Patel and Chief Minister Shriwaj Singh Chavan, attended 9th International Yoga Day programmes at Charitra, Coimbatore.



संत अलायसियस इंस्टीट्यूट ऑफ टेक्नोलॉजी गौर, महाविद्यालय में अतिथि व्याख्यान का आयोजन किया गया

अटल प्रगति जबलपुर
संत अलायसियस इंस्टीट्यूट ऑफ टेक्नोलॉजी गौर, महाविद्यालय जबलपुर में अतिथि व्याख्यान, शिक्षा विभाग द्वारा आयोजित विश्व पर्यावरण दिवस के उपलक्ष्य में 'जलवायु परिवर्तन और सतत विकास' विषय पर अतिथि व्याख्यान का आयोजन किया गया। कार्यक्रम के मुख्य अतिथि वक्ता डॉ. रोहित शर्मा (आर.एन.डी. समन्वयक, सेज विश्वविद्यालय) रहे। उन्होंने जलवायु परिवर्तन से संबंधित वर्तमान मुद्दों और पर इसके हानिकारक प्रभाव पर अपने विचार व्यक्त करते हुए, विद्यार्थियों से पर्यावरण को शुद्ध और स्वच्छ बनाए रखने की अपील की। कार्यक्रम का आयोजन संस्था के संरक्षक डॉ. फादर डेविस जॉर्ज एवं



विद्यार्थियों को आत्मनिर्भर बनने विज्ञान, शिक्षा और प्रौद्योगिकी पर ध्यान देना होगा: डॉ. जार्ज

संत अलायसियस इंस्टीट्यूट ऑफ टेक्नोलॉजी गौर के विद्यार्थियों को आत्मनिर्भर बनने के लिए विज्ञान, शिक्षा और प्रौद्योगिकी पर ध्यान देना होगा, डॉ. जार्ज ने कहा। उन्होंने कहा कि आत्मनिर्भरता के लिए विज्ञान शिक्षा और प्रौद्योगिकी पर ध्यान देना आवश्यक है।

आत्मनिर्भरता के लिए विज्ञान शिक्षा और प्रौद्योगिकी पर दें ध्यान

जबलपुर। विद्यार्थियों को आत्मनिर्भर बनाने के लिए विज्ञान शिक्षा और प्रौद्योगिकी को विषय पर ध्यान देना ही आवश्यकता है। उक्तविचार संस्था संरक्षक डॉ. फादर डेविस जॉर्ज ने व्यक्त किए। मौका था संत अलायसियस इंस्टीट्यूट ऑफ टेक्नोलॉजी में आयोजित अंतर्राष्ट्रीय सम्मेलन का, जिसका विषय भारत को आत्मनिर्भर और वैश्विक रूप से सक्षम बनाने में विज्ञान, शिक्षा और प्रौद्योगिकी था। मुख्य अतिथि बिशप जेरोल्ड अल्मेडा एवं विशिष्ट अतिथि डॉ. क्रिशोर रावेटकर, डॉ. गणेश निवारि थे। प्राचार्य डॉ. रेणु पाण्डे ने स्वागत भाषण प्रस्तुत किया। कार्यक्रम में डॉ. रश्मि जायसवाल द्वारा सम्मेलन का उद्देश्य बताया गया। इस दौरान अख्तर द्वारा लिखित पुस्तक हिन्दी भाषा का विमोचन किया गया।

संत अलायसियस इंस्टीट्यूट ऑफ टेक्नोलॉजी गौर में व्याख्यान का आयोजन किया गया

संत अलायसियस इंस्टीट्यूट ऑफ टेक्नोलॉजी गौर में व्याख्यान का आयोजन किया गया। व्याख्यान का विषय 'जलवायु परिवर्तन और सतत विकास' था। मुख्य वक्ता डॉ. रोहित शर्मा ने विद्यार्थियों से पर्यावरण को शुद्ध और स्वच्छ बनाए रखने की अपील की। कार्यक्रम में संस्था संरक्षक डॉ. फादर डेविस जॉर्ज एवं प्राचार्या डॉ. रेणु पाण्डेय



SAIT celebrates annual social gathering 'Umang-2022'

ST ALOYSIUS Institute of Technology (SAIT) celebrated annual social gathering 'Umang-2022' on Thursday with zeal and enthusiasm. The function was lightened by presence of Kamlesh Agrawal (Leader of Opposition, Jabalpur Municipal Corporation) as chief guest with Rev Bishop Gerald Almeida, Bishop of Jabalpur Diocese as guest of honour. Advocate GS Thakur, BJP President, Ashutosh Mishra, District Coordinator, BJP Sports Cell, Rinku Vij and Shivani Iwar, BYM Vice-president were present as special guests. Invited dignitaries were welcomed by Dr. Father Davis George, Director, SAIT with Dr. Father Ben Antio Rose, Administrator, SAIT and Dr. Henu Pandey, Principal, SAIT Education. The function started by remembering the presence of Almighty God and lighting the lamp followed by presentation of annual report by Principal Pandey. Various cultural performances were staged which also include a group folk dance which recently won State-level Youth Festival competition. Most Rev. Bishop Almeida congratulated the principal and other members of their hardwork and wished them all the best for future endeavours. A book on 'International Marketing' written by Dr. Vasu Sharma and Hiroos Fortima was released by the guests. Later on the certificates were distributed among all the performers. Dr. Father Davis George shared his immense knowledge with the students and motivated them to pursue their dreams. Leader of Opposition, Agrawal shared his expertise, words of wisdom and wished everyone for better year ahead. The programme was conducted successfully under the guidance of Dr. Benu Pandey. Principal and coordinated by Soemra Pathak and Gurpreet Kaur, Assistant Professor SAIT. The function concluded with vote of thanks proposed by Anshupriya Thakur, a SAIT student.



यूथ फेस्ट में दिखी भारतीय संस्कृति की झलक

विशेष रिपोर्ट

भोजपुर, 17-18, 19 नवंबर 2022
 भोजपुर के युवाओं की संस्कृति को प्रदर्शित करने के लिए 'यूथ फेस्ट' का आयोजन किया गया। इस कार्यक्रम में देश भर के युवाओं ने अपनी संस्कृति को प्रदर्शित किया। कार्यक्रम में देश भर के युवाओं ने अपनी संस्कृति को प्रदर्शित किया।



5 बार बालरंग में विजेता रह चुकी है जबलपुर टीम

बालरंग के अलावा युवाओं की टीम में अतिरिक्त रूप से शिवाजी जी संस्कृति को भी प्रदर्शित किया गया।

डॉ. अनुपम ने युवाओं को प्रोत्साहित किया।

1 update | city event | भोजपुर महोत्सव मेला में पहिला है शिवाजी पार्कर

Cityभास्कर



युवाओं की प्रतिभा को सामने लाता है युवा उत्सव

युवा उत्सव का आयोजन किया गया। इस कार्यक्रम में युवाओं की प्रतिभा को सामने लाया गया।

तीन-चौथाई जनसंख्या शिक्षा से वंचित

दो दिवसीय राष्ट्रीय सम्मेलन का शुभारंभ, 28 राज्यों से उपस्थित हुए शिक्षाविद एवं शोधकर्ता छात्र

KTEDU-2012 NATIONAL CONFERENCE

सामाजिक दायित्व, सामाजिक न्याय

शिक्षा लक्ष्य है, शिक्षा लक्ष्य को प्राप्त करने के लिए

डांस और कैरोल सिंगिंग से सेलिब्रेट किया क्रिसमस

जबलपुर इंटर रिलीजियस फोरम ने किया आयोजन, 'दिव, जॉय एंड पीस' थीम पर नाटक भी हुआ मंचित



जबलपुर जबलपुर इंटर रिलीजियस फोरम ने आयोजित किया। कार्यक्रम में 'दिव, जॉय एंड पीस' थीम पर नाटक मंचित किया गया।

संत अलॉयसियस इंस्टीट्यूट ऑफ टेक्नोलॉजी गौर में इंटर रिलीजियस फोरम में दिखी भारतीय संस्कृति



performance of Falcon Blues to the children and entire school special support.

Youth experience strength of various models during Bharat Business Conclave

Staff Reporter

BHARAT Business Conclave, an experimental endeavor was organized by Department of Commerce, St Aloysius (Autonomous) College to help youth experience the strength of various business models from diverse regions of India. Eleven schools with eleven groups of college students participated to create a complete business environment of eleven regions of India and showcase the highlights of regions including their art and culture, music, cuisines, key industries and attire. The groups Indian Paradise, Saptasindhu Punjab, Rajasthan Royals, Kings Land, Seven Heaven, Gatsia Gujarat, Vindhya Corridor, Paschim Paridand, Mitra Maratha, Telanganam Triumphs, Dravidian Delights showcased the Business Environment of their respective regions. The event was guided by the presence of Dr. Kalash Gupta, Industrialist. Dr. Gupta spoke on the event which would provide the youth a platform to learn broad business of the complete package.

अमंग के मंच पर दिखा छात्रों का उत्साह

सेंट अलॉयसियस इंस्टीट्यूट ऑफ टेक्नोलॉजी गौर में वार्षिकोत्सव का आयोजन



अनुभव का मंच पर दिखा छात्रों का उत्साह। कार्यक्रम में छात्रों का उत्साह दिखाया गया।

Aheer folk dance leaves audience spellbound at Central Zone Youth Festival

Staff Reporter

POPULAR Aheer folk dance, prepared by the young folk dance directors of Kadam Sansha, won everyone's heart during Central Zone Youth Festival held at Satna-based AKS University. The folk dance was staged under the guidance and inspiration of Vice-Chancellor, Rani Durgawati University, Professor Kapil Deo Mishra and Cultural Incharge, R.K Gupta. Now the folk dance team will get the opportunity to participate in the National Youth Festival to be organised at Bengaluru.

The winning team comprised of incharge teacher, Rajni Yadav, Chandrakanta, Dr. Shalendra Pandey, Pankaj Goswami, Krishnakant Das, Director, Surendra Choudhary (Contd on page 3)

Aheer folk dance leaves audience... (Contd from page 1) as Assistant Director, Praveen Vinodiya, Dharmendra Gautam, Ajay Rana and Akash Chourasia, Neeta Dixit, Kishore Ben, Priyansh Deewan, Gurukant Dixit, Rohit Sharma and others who fulfilled different responsibilities. Special support was rendered by Dr Farther Davis George, Dr Father Ben Antone Ros, Dr. Renu Pandey, Rajni Yadav and others from St Aloysius Institute of Technology, Gaur.

Plagiarism and malicious intent: does ChatGPT have an ethics problem?

While cybersecurity experts are concerned about the chatbot correcting and enhancing nefarious code and even writing phishing emails, teachers and academics are worried about the bot's impact on written assignments.

A malicious code generator? OpenAI notes that asking it to do so is illegal and against its terms of service. But for someone trying to do it, the bot is a starting point. Cybersecurity firm Check Point's researchers tested the bot by asking it to draft a phishing email for a fictional web-based firm. Its responses, "email" and "password" were included in a victim's email inbox. "I know believe in our content policy. If you believe feedback - your input will aid our research in this area."

While surreptitiously asking ChatGPT to write malware is one problem, another issue several coders face is the inherently buggy code (though code refers to code) which either already has bugs in it or is written in a way that will introduce bugs in the future) the bot spits out. This has gotten under the skin of OpenAI, a forum for software programmers, banned its users from using any AI-generated code on the platform. Check Point researchers also noted the bot can generate multiple scripts with slight variations in code. "The researchers note that large language models (LLMs) can be easily programmed to launch complicated attacks to generate other malicious artifacts."

Researchers and these hackers should be vigilant and cautious about adopting ChatGPT technology quickly. The researchers also note that the bot is not the attackers' company nor its employees.

Plagiarism alert? Teachers and academics have also expressed concern over ChatGPT's impact on written assignments. They note that the bot can be used to turn in plagiarized essays that could be hard to detect for time-pressed instructors. Most recently, New York City school district officials banned ChatGPT in its public schools. The authors also have forbidden connected to schools. It is not that ChatGPT is a bad tool, but its use in traditional copy-paste plagiarism. What we are worried with AI writing. But these GPT models, is that they write in a traditionally vanilla way. Eric Wang, VP, Artificial Intelligence at plagiarism.com, says that the bot's writing is not as good as human writing. "Humans write based on metrics called 'fluency' and 'surprise,' while LLMs essentially fill in words based on a probability model." "They choose the

ACADEMIC TOPPERS

B.Ed.



I YEAR

Ravena Mehra



II YEAR

Fr. M Stanlin

**B.Sc.
B.Ed.**



I YEAR

Anushka Soni



II YEAR

Ashika Jain



III YEAR

Divya Patel



IV YEAR

Pallavi

D.El.Ed.



I YEAR

Anushka Soni



II YEAR

Jagrati Paraste

B.Com.



I YEAR

Vanshika Agrawal



II YEAR

Abhay Khushwaha



III YEAR

Dolly Uikey

BBA



I YEAR

Twinkle Goswami



II YEAR

Arpit Jain



III YEAR

L. Tushar

B.A.



I YEAR

Al Shinash



II YEAR

Pradum Patel



III YEAR

Lindoman K.F.

COLLEGE DIARY

2022-23

JUNE

3rd June - Participation of NCC Cadets in Bicycle Rally on the occasion of 'World Bicycle Day.'

21st June - World Yoga Day Celebration

JULY

9th July - Teacher Orientation Programme

22nd July - Commencement of the new Academic Session

22nd – 30th July - Bridge Classes

29th July - Yuva Samvaad on the theme "Roadmap to Self- Reliant Madhya Pradesh"

30th July - Art and Craft Exhibition

AUGUST

6th August - Selection of New NCC Cadets.

8th August - Rakhi making and Mehandi Competition on the occasion of Raksha Bandhan

15th August - Independence Day celebration (Chief Guest: Mr. Ashish Dubey, Ministry of Home Affairs)

22nd -27th August - Student Orientation Programme

25th August - Farewell Function (All Courses)

30th August - Adhar Satyapan workshop by Mr. Pramod Shrivastava, Dr. Prahlad Agrwal ELC Nodal Officer organised by District Collectorate Awareness Smiti.

SEPTEMBER

5th September - Teachers Day Celebration

6th September - Showed "Rocket" movie on the occasion of Shaikshik Parv, UGC

7th September - Guest Lecture on "Mental well-being and Stress Management by Dr. Payal Chaurasiya, Jawahar Navodaya Vidhyalaya, Jabalpur.

7th September - Students participation in Mega Blood donation camp organised by the District Collectorate and Red Cross Society Jabalpur.

8th September - Educational Visit to TFRI

10th September - Inter Class Quiz Competition

12th-14th September – Three Days Workshop on "Beginners guide to Stock Market" by C.A. Anmol Grovar, Ms. Simran Grover, Business Development Manager and Mr. Avdesh Pandey organised by Commerce and Management.

17th September - Celebration of Hindi Diwas (Swarachit Kavita Path Prastuti) and Essay Competition

15th September - Role play competition organised by Artistry club of Art Department.

15th September – Students Participation in Ankuran.

16th September - Poster Competition on the occasion of World ozone day organised by Department of Arts.

20th September - Participation of NSS Volunteers in Pre-RDC Camp.

OCTOBER

1st October - Fancy Dress Competition

2nd October - Participation in Division level Cross Country Tournament

2nd - 10th October - Wildlife Week

10th October - Participation in Inter Collegiate Badminton Tournament

12th October - Mehndi Competition organised by Education Department

13th October - Participation in Inter Collegiate KHO-KHO Tournament

16th October - Freshers Party for the session 2022-23.

NOVEMBER

1st – 2nd February - Internship of B.Ed. III Semester

9th November - Educational Visit to Chausath Yogini Temple for BA III Year Students

16th – 22nd November - NSS Camp at Paraswada Village.

17th November - Gram Vikas Survey at Pasarwada Village

19th November - Health Awareness Programme on “ Hygiene and body Health” at Pasarwara District by Women Cell.

23rd November - District level Quiz competition on Election Awareness organised Under Electoral Literacy Club

24th November – Signed MoU with TFRI

DECEMBER

1st December - AIDS Awareness Day Celebration

1st -10th December – CCE- I Examination

3rd December - Nukkad Natak by NCC Cadets on the occasion of National Pollution Control Day.

10th December - Governing Body Meeting

22nd December - Christmas Celebration under Jabalpur Interreligious Forum

23rd December - Annual Social Gathering

28th December - Industrial visit to Sanchi Dugdh Sangh

30th December - Alumni Meet

JANUARY

3rd – 19th January - Add-on Course on ‘ Best out of Waste’

12th January - Participation of students in Yuva Sansad Diwas

14th January - Educational Visit to Rani Avanti Bai Bargi Hydel Power Station

17th – 19th January - Inter Class Cricket Tournament

23rd- 25th January - Internship Orientation Programme by Department of Commerce and Management

24th January - Student participation in Khelo India Tournament

FEBURARY

1st – 15th February - Addon Course on Income ITR Filling

15th-14th February - Add on Course on Tally ERP 9

11th February – Parents Teachers Meeting

23rd- 28th February - Science Week

24th February - Annual Group Photo Session and Annual Athletic Meet

25th February - Vizyan Sammohan (Science Day celebration) sponsored by MPCST

21st February - 6th March - Internship of BA, BBA , B.Com. I & II Year.

MARCH

3rd – 4th March - International Conference on “Role of Science, Education and Technology in Making India Self Reliant and Globally Competent” in collaboration with World Leadership Academy, KIIT Bhubaneshwar and Society for Technologically Advanced Material of India, Nagpur

6th March – Essay Writing Competition on “Why do we celebrate International Women’s Day” by Women Cell.

APRIL

11th April – 23rd May - Certification Course on “Mathematics for Competitive Exams”

19th April - BCI Inspection

24th- 26th April - Three days Faculty Development Programme on “Innovative trends and Techniques in Teaching Methodologies”.

MAY

1st – 31st May - Addon Course ‘MALHAR’ on Music and Instrumentation

6th May - Spellathon organised by Literact Club

12th May - Collage making workshop on accounts of Mother’s Day organised by Women Cell.

13th -19th May - PRAYAS

27th May - Affiliation from BCI

27th May - Dental Checkup Camp organised by NSS Unit on the occasion of World No Tobacco Day.

JUNE

5th June - Guest lecture on environment Day & Sakora hanging Campaign

6th June - NSS Orientation for the new NSS Volunteers.

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हिन्दी खण्ड

*“ज्ञान में किए गए निवेश से सबसे उत्तम लाभ प्राप्त होता है।”
- बेंजामिन फ्रैंकलीन*

SAIT 2023



संपादकीय

शिक्षा में सुधार

" शिक्षा का उद्देश्य एक खाली दिमाग को, एक खुले दिमाग में बदलना होता है।"

शिक्षा हमारे समाज के विकास का महत्वपूर्ण आधार है। यह हमारी सोच विचारधारा और सामाजिक क्षमता को विकसित करती है। लेकिन, ध्यान देने योग्य बात यह है कि आजकल की शिक्षा प्रणाली में कई समस्याएं हैं। इस संपादकीय में हम शिक्षा में सुधार विषय के बारे में चर्चा करेंगे और विद्यार्थियों के माध्यम से इसे बढ़ावा देने की बात करेंगे। सर्वप्रथम हमारे समक्ष पहली समस्या है, अव्यवस्थित शिक्षा प्रणाली। हमारे देश में शिक्षा का मानवीय अधिकार होने के बावजूद, बहुत सारे बच्चे अभी भी शिक्षा से वंचित हैं। आज भी गांवों और छोटे शहरों में विद्यालय की कमी है। जिसके रहते विद्यार्थी दूरी के कारण उच्च शिक्षा प्राप्त करने में असमर्थ रहते हैं। अगर हम चाहते हैं कि भारत देश विकसित राष्ट्र बने, तो हमें सर्वप्रथम संपूर्ण समाज को जागरूक करना होगा कि हर बच्चे को समान शिक्षा का अधिकार होना चाहिए और सरकार को शिक्षा प्रणाली में परिवर्तन करना होगा तथा समान शिक्षा की व्यवस्था करने के लिए कठोर से कठोर नियम बनाना चाहिए। दूसरी मुख्य समस्या है - गुणवत्ता पूर्ण शिक्षा की कमी। प्रायः महाविद्यालयों में शिक्षा की गुणवत्ता को लेकर संदेह रहता है। अधिकांश महाविद्यालयों में प्राध्यापकों की कमी है। शिक्षण सामग्री में अपूर्णता की समस्याएँ बनी रहती है। हमें विद्यार्थियों को उनकी रुचि और क्षमता के अनुसार विषयों का चयन करने की स्वतंत्रता प्रदान करना चाहिए। अध्यापकों को उत्तम शिक्षा प्रदान करने के लिए उत्तम संसाधन उपलब्ध कराने चाहिए। तीसरी महत्वपूर्ण समस्या है शिक्षा में भर्ती प्रक्रिया का उचित न होना जिसके दुष्प्रभाव हमें समाज में देखने को मिलते हैं। इसके परिणामस्वरूप कुछ अध्यापक अच्छी शिक्षा देने की क्षमता रखने के बजाय सिर्फ परीक्षा की तैयारी कराने में लगे रहते हैं, जोकि विद्यार्थियों के लिए बहुत कुछ हद तक नुकसानदेह है। हमारे देश में उच्च भर्ती प्रक्रिया को सुधारने की आवश्यकता है और उम्मीदवारों के नैतिक मूल्यों, अनुभव और शिक्षा क्षेत्र में कार्य अनुभव को महत्व देना चाहिए।

शैक्षिक जगत में शिक्षा में सुधार लाने में छात्रों की भूमिका महत्वपूर्ण होती है। वह शिक्षा प्रणाली का एक महत्वपूर्ण हिस्सा हैं उन्हें अपनी शिकायतों और सुझावों को व्यक्त करने का अधिकार होना चाहिए।

इसमें सबसे महत्वपूर्ण भूमिका पत्रिका की है। इस पत्रिका " दी अलॉयसिअन " के माध्यम से छात्रों के विचारों तथा कलाओं को सही रूप से दर्शाने का प्रयास किया गया है। जागरूकता की दृष्टि से यह पत्रिका बहुत ही महत्वपूर्ण भूमिका निभाती है। मुझे विश्वास है कि यह पत्रिका अपना संदेश पहुंचाने में सफल होगी।

छात्र संपादक
- अदिति शर्मा
- अभिलेखा वर्मा

धैर्य

कदम बढ़ा और कर्म कर
होगा सफल तू धैर्य धर,
इस पहर ना उस पहर
अब ना ठहर तू ना ठहर,
सर्वदा तू श्रम ही कर
होकर प्रखर बस धैर्य धर।

मंजिल तेरी अब है निकट
समय तेरा अब है विकट,
अब भय के द्वार बंद कर
तू हौसला बुलंद कर।

माना पथ थोड़ा सा दुर्गम है
कठिन काल कहां कम है ?
लेकिन धीरज भी अपनी स्वर्ण बेल है
यह सब मेहनत का ही खेल है,
फिर लक्ष्य भी तेरी दिशा चलेगा
पूरब पश्चिम तू निखरेगा ।
इसलिए तू कर्म कर,
होगा सफल बस धैर्य धर, बस धैर्य धर ॥



- अनुष्का
बी.एस.सी.बी.एड.

" ये कलयुग है "

ये वो युग है जहां राजा हरिश्चंद्र तड़पे राहों में,
वो देता ज्ञान सत्संग में जो असत्य के संग रहता है।
कि भिक्षा मांग लो शिक्षा अकारत लगती इस युग में,
ये कलयुग है यहां पढ़ कर भी युवा रोजगार ढूंढे हैं ।

समुन्दर की वो गहराई तो बस पत्थर ही जाने हैं,
बाजारों की वो महगाई तो बस जनता ही जाने है।
यहां वो लोग जो अमृत को फेकें कूड़े में यू हीं,
ये कलयुग है, यहां निर्धन का बच्चा विष भी पीता है ।

ये धरती के खातिर मर मिटेंगे वो किसान है
यहां नेता चलेगा अपनी बाजी मारने वालों पे,
प्रभु के नाम पे हर लें मति वो साधु इस युग में
ये कलयुग है यहां कण-कण में ही लालच समाया है ।

वो भ्रष्टाचार है, सरकार है, या विचार हैं कारण
कि हम हैं राही प्रगति के पर ये समाज पिछड़ा है।
देवी के मंदिर से वे आकर नारी को कोसे हैं
ये कलयुग है यहां नारी है, देवी पर नारी नहीं है ॥

- अनुष्का झारिया
बी.एस.सी.बी.एड.

किसान की दशा

मेरे बारे में भी जानो
हूँ अनमोल कड़ी जीवन की,
मेरे द्वारा ही समूचा
विश्व पलता और खिलता है,
पर मेरे घर का ही बच्चा
अब हीन भाव से विलखता है।
निकलो कभी तुम अपने शीतल
ऊंचे महलों के कमरों से
सदा पाओग मुझ किसान को
कड़ी धूप में तर पसीने से,
जब ऋण लेकर बड़ी तंगी में
मेने बीज खरीदा था।
और निस-दिन खेत-जोतकर
बीज खुशी का बोया था
और जेठ की कड़ी धूप में
चिलचिलाती दुपहरिया में
मेने खेत को सींच दिया
नन्हे-नन्हे पौधे निकले
जिनको कीटों ने नीछ दिया
अब आधी फसल बची थी, जिसको
खरपतवार ने छीन लिया।
अब बची फसल तैयार हुई
में उल्लास में फूला था
लेकिन पिछले परिणाम को मैं
नहीं अभी भी भूला था।



अब फसल कटने का समय आया
और मेघों ने छाता डाल दिया
कटी फसल बरबाद हुई,
और मेने सब कुछ वार दिया
माता के गहनें थे गिरवीं
बच्चे भी भूख से बिलख रहें
और पिता की आंखों से आंसू
सदा दो दिन से टपक रहे थे।
व्यापारी का कर्जा भी,
पर फसल उसे क्या देता मैं,
अब आधी जमीन नीलाम करी
और नए बीज लाया था मैं,
लेकिन पिछले परिणाम को
अभी कहां भूल पाया था मैं।

- प्रयास कुमार कौरव
बी. एस.सी. बी.एड. चतुर्थ सेमेस्टर

ऑनलाइन शिक्षा

ऑनलाइन शिक्षा: विद्यार्थियों के लिए नई युग का संचार

शिक्षा के क्षेत्र में तकनीकी प्रगति ने आधुनिकता का एक नया माध्यम प्रदान किया है - ऑनलाइन शिक्षा। जबसे इंटरनेट का आविष्कार हुआ है, तबसे यह माध्यम न केवल शिक्षार्थियों को एक विस्तारित शिक्षा के अवसर प्रदान कर रहा है, बल्कि उन्हें अपनी आवश्यकतानुसार समय और स्थान की सुविधा भी दे रहा है। यह विधानसभा स्थायी संचार के उदाहरण है और आने वाले समय में इसका महत्त्व और बढ़ेगा।

ऑनलाइन शिक्षा का प्रमुख लाभ उसकी सुलभता है। छात्र घर की आराम से शिक्षा प्राप्त कर सकते हैं, जिससे उन्हें यात्रा और बाहरी आपूर्ति के संकटों का सामना नहीं करना पड़ता। इसके साथ ही, ऑनलाइन शिक्षा शिक्षार्थियों को अवधारित पाठ्यक्रम, वीडियो लेक्चर, अभ्यास करने के लिए संसाधनों और स्वतंत्रता के अवसर प्रदान करता है। यह विभिन्न आयोजनों और उनकी विशेषताओं की वजह से पाठ्यक्रमों को व्यक्तिगत रूप से अनुकूलित करने की संभावनाएं प्रदान करता है।

ऑनलाइन शिक्षा उच्च शिक्षा, प्रोफेशनल कोर्सेज और नौकरी संबंधित प्रशिक्षण के क्षेत्र में भी आवश्यक है। छात्र अब अपनी रुचि और आवश्यकताओं के अनुसार विभिन्न विषयों पर विशेषज्ञता प्राप्त कर सकते हैं। अनुसंधान करने, सीखने और समझने की आवश्यकता को पूरा करने के लिए ऑनलाइन संसाधनों और किताबों की अद्यतन और उन्नति भी होती है। इसके साथ ही, इंटरैक्टिव प्रश्नोत्तरी और ऑनलाइन सहायता भी शिक्षार्थियों को संबोधित करती हैं, जिससे वे अपनी शिक्षा के दौरान प्रश्नों का समाधान प्राप्त कर सकते हैं।

ऑनलाइन शिक्षा का एक अन्य महत्वपूर्ण लाभ उसकी व्यापक पहुंच है। शिक्षार्थियों को उनके भूमिका के अनुसार समर्थन और मार्गदर्शन मिलता है, चाहे वे अंतर्राष्ट्रीय स्तर पर अध्ययन कर रहे हों या अपने क्षेत्र में ही। उन्हें सभी आवश्यक विद्यालयी संसाधनों तक पहुंच मिलती है, जिससे वे अच्छी शिक्षा का लाभ उठा सकते हैं। विदेशी विश्वविद्यालयों से अद्यतित कार्यक्रमों में भाग लेने की सुविधा भी होती है, जिससे छात्र विश्वस्तरीय शिक्षा प्राप्त कर सकते हैं।

हालांकि, ऑनलाइन शिक्षा के कुछ नुकटंश भी हैं। छात्रों को वास्तविक समय में गुरुकुल के माहौल का लाभ नहीं मिलता है और शिक्षा संस्थानों में सामूहिक गतिविधियों में भाग नहीं ले सकते हैं। यहां तक कि डिजिटल विभाजन और इंटरनेट कनेक्शन की कमी के कारण कई छात्रों के लिए ऑनलाइन शिक्षा के अवसर सीमित हो सकते हैं। इसके अलावा, संभावित तकनीकी खामियों और संरचनात्मक मामलों की वजह से शिक्षा की गुणवत्ता पर भी प्रश्न उठ सकते हैं।

इसलिए, ऑनलाइन शिक्षा अवधारणा के बावजूद, यह निरंतर विकास कर रही है और शिक्षा प्रणाली में एक महत्वपूर्ण स्थान बना रही है। छात्रों के लिए यह उनकी शिक्षा को विस्तारित करने, उनकी रुचियों और आवश्यकताओं के अनुसार विभिन्न पाठ्यक्रम चुनने, और विद्यार्थी समुदाय के साथ संवाद स्थापित करने का एक सुविधाजनक माध्यम है। आने वाले समय में, ऑनलाइन शिक्षा की भूमिका और महत्त्व और भी बढ़ेंगे और छात्रों के लिए एक सुविधाजनक और प्रभावी शिक्षा का संचार माध्यम बनेगा।

- शिवली नायर
बी.कॉम. द्वितीय वर्ष



जीवन यात्रा

पूछा जो मैंने एक दिन खुदा से,
अंदर मेरे ये कैसा शोर है,
हंसा मुझ पर फिर बोला,
चाहते तेरी कुछ और थी,
पर तेरा रास्ता कुछ और है,
रूह को संभालना था तुझे,
पर सूरत सँवारने पर तेरा जोर है,
खुला आसमान, चांद, तारे चाहत है तेरी,
पर बन्द दीवारों को सजाने पर तेरा जोर है,
सपने देखता है खुली फिजाओं के,
पर बड़े शहरों में बसने की कोशिश पर जोर है।

- प्रियानी गुप्ता
बी.ए. प्रथम वर्ष

बेटी हूँ मैं !

पढ़- लिखकर परिवार का मैं भी यूँ सम्मान बढ़ाऊँगी।
बेटी हूँ तो क्या, बेटे से ज्यादा फर्ज निभाऊँगी।
माना डगर कठिन है मेरी पर मंजिल पा जाऊँगी।
आए जो कभी बुरा समय तो याद मुझे तुम कर लेना,
मत कमज़ोर समझना खुद को आंख न आंसू भर लेना।
बनकर लाठी संग आपके खड़ी नजर मैं आऊँगी।
बेटी हूँ तो क्या बेटे से ज्यादा फर्ज निभाऊँगी।
मुझसे मेरा हक न छीनो
भद्र काली बन जाऊँगी,
मुझे बनाया परमेश्वर ने मैं भी राजदुलारी हूँ।
सुनो जरा कमज़ोर नहीं हूँ धधकती हुई चिंगारी हूँ,
छेड़ो मत तुम जल जाओगे
मैं दुर्गा मैं काली हूँ।
बेटी हूँ तो क्या बेटे से ज्यादा फर्ज निभाऊँगी।

-नूपुर दीक्षित
बी. एस सी.बी.एड. प्रथम वर्ष

परिस्थितियां

बाहर बारिश हो रही थी और अन्दर क्लास चल रही थी, तभी टीचर ने बच्चों से पूछा कि अगर तुम सभी को 100-100 रुपये दिए जाए तो तुम सब क्या-क्या खरीदोगे? किसी ने कहा कि मैं वीडियो गेम खरीदूंगा। किसी ने कहा, मैं क्रिकेट का बेट खरीदूंगा। किसी ने कहा कि मैं अपने लिए प्यारी सी गुड़िया खरीदूंगी, तो किसी ने कहा मैं बहुत सी चॉकलेट्स खरीदूंगी। एक बच्चा कुछ सोचने में डूबा हुआ था। टीचर ने उससे पूछा कि तुम क्या सोच रहे हो? तुम क्या खरीदोगे? बच्चा बोला कि टीचर जी, मेरी माँ को थोड़ा कम दिखाई देता है तो मैं अपनी माँ के लिए एक चश्मा खरीदूंगा। टीचर ने पूछा, तुम्हारी माँ के लिए चश्मा तो तुम्हारे पापा भी खरीद सकते हैं, तुम्हें अपने लिए कुछ नहीं खरीदना? बच्चे ने जो जवाब दिया। उससे टीचर का भी गला भर आया। बच्चे ने कहा कि मेरे पापा अब इस दुनिया में नहीं है। मेरी माँ लोगों के कपड़े सिलकर मुझे पढ़ाती हैं और कम दिखाई देने की वजह से वो ठीक से कपड़े नहीं सिल पाती है। इसीलिए मैं मेरी माँ को चश्मा देना चाहता हूँ, ताकि मैं अच्छे से पढ़ सकूँ, बड़ा आदमी बन सकूँ और माँ को सारे सुख दे सकूँ। टीचर ने कहा, बेटा तेरी सोच ही तेरी कमाई है। ये 100 रूपये मेरे वादे के अनुसार और ये 100 रूपये और उधार दे रहा हूँ। जब कभी कमाओ तो लौटा देना। और मेरी इच्छा है तू इतना बड़ा आदमी बने कि तेरे सर पर हाथ फेरते वक्त मैं धन्य हो जाऊँ। 15 वर्ष बाद। बाहर बारिश हो रही है। अंदर क्लास चल रही है। अचानक स्कूल के आगे जिला कलेक्टर की बत्ती वालीगाड़ी आकर रुकती है। स्कूल स्टाफ चौकन्ना हो जाता है। स्कूल में सन्नाटा छा जाता है। मगर ये क्या? जिला कलेक्टर एक वृद्ध टीचर के पैरों में गिर जाते हैं, और कहते हैं " सर मैं दामोदर दास उर्फ़ झंडू। आपके उधार के 100 रूपये लौटाने आया हूँ " पूरा स्कूल स्टॉफ़ स्तब्ध। वृद्ध टीचर झुके हुए नौजवान कलेक्टर को उठाकर भुजाओं में कस लेता है, और रो पड़ता है। हम चाहें तो अपने आत्मविश्वास और मेहनत के बल पर अपना भाग्य खुद लिख सकते हैं और अगर हमको अपना भाग्य लिखना नहीं आता तो परिस्थितियां हमारा भाग्य लिख देंगी।

-निकहत बी
बी. एड .प्रथम वर्ष

हर इंसान की समस्या...

बड़ी हसीन होगी तू ऐ नौकरी।
सारे युवा आज तुझ पर ही मरते हैं।

सुख चैन खोकर।
चटाई में सो कर।
सारी रात तेरा नाम जपते हैं।

बड़ी हसीन होगी तू ऐ नौकरी।
सारे युवा आज तुझ पर ही मरते हैं।

दिन में तहरी रात में खिचड़ी।
आधा पेट ही खाकर सोते हैं।

बड़ी हसीन होगी तो ऐ नौकरी।
सारे युवा आज तुझ पर ही मरते हैं।

शहर में छोटा सा सस्ता रूम लेकर।
बैडरूम किचन उसी में सहेज कर।
कष्टों में अपना दिन बिताते हैं।

सारे युवा आज तुझ पर ही मरते हैं।
सारे युवा आज तुझ पर ही मरते हैं।
बड़ी हसीन होगी तू नौकरी।
सारे युवा आज तुझ पर ही मरते हैं।

-अभिषेक दामोदर मिश्रा
बी. एस सी.बी.एड. प्रथम वर्ष



भारतीय महिलाओं की संघर्षों पर एक लेख

भारतीय समाज में महिलाओं के संघर्ष और परेशानियाँ विशेष महत्व रखती हैं। इन संघर्षों के बावजूद, भारतीय महिलाएं साहस, समर्पण और समर्थन के साथ अपने अधिकारों की लड़ाई लड़ रही हैं। आइए, हम कुछ मुख्य संघर्षों को जानें जिनका सामना भारतीय महिलाएं कर रही हैं।

- **जाति और वर्ण संबंधित परेशानियाँ:** भारतीय समाज में जाति और वर्ण संबंधी मान्यताएं एक महिला की आज़ादी और सम्मान को अकेले ही मायने देती हैं। कई स्थानों पर महिलाओं को उच्च वर्ग और निचली वर्ग की परम्परा की कठिनाइयों से निपटना पड़ता है। उन्हें शिक्षा, रोजगार और सामाजिक उन्नति के अवसरों से महज़बूर होना पड़ता है।
- **आर्थिक और आधिकारिक स्वतंत्रता:** महिलाओं को अपनी आर्थिक और आधिकारिक स्वतंत्रता की प्राप्ति के लिए संघर्ष करना पड़ता है। वेतन में अन्याय, न्यायपालिका और आधिकारिक तंत्र में भी महिलाओं को समानता के लिए लड़ना पड़ता है। महिलाएं अपनी प्रतिभा और कौशल के आधार पर निर्णायक पदों में स्थान प्राप्त करने के लिए संघर्ष कर रही हैं।
- **बालिगण से शादी और घरेलू हिंसा:** भारत में बालिगण से पहले शादी और घरेलू हिंसा के मामले महिलाओं के लिए बड़ी समस्या है। इसके परिणामस्वरूप, महिलाएं अपने शिक्षा, स्वतंत्रता और संपर्कों से वंचित रहती हैं। यह जीवनशैली में उनकी आत्मविश्वास को कमजोर करता है और संघर्ष को बढ़ाता है।
- **सामाजिक मान्यताओं और परंपराओं का दबाव:** भारतीय समाज में नारी को घर की देखभाल, परिवारिक कर्तव्य और सामाजिक मान्यताओं को पूरा करने का दबाव बर्दाश्त करना पड़ता है। यह स्थिति महिलाओं को उनके सपनों, अभिलाषाओं और स्वतंत्रता की प्रतिबद्धता पर नकारात्मक प्रभाव डालती है।

भारतीय महिलाओं के इन संघर्षों के बावजूद, वे अपने अधिकारों की रक्षा, सम्मान और प्रगति के लिए संघर्ष करती हैं। उन्होंने शिक्षा, रोजगार, स्वतंत्रता और समानता के क्षेत्र में महत्वपूर्ण योगदान दिया है। हमें यह समझना चाहिए कि समाज में नारी की सम्मान और स्थान परिवर्तित होने के लिए हम सभी को मिलकर काम करना चाहिए।

-तान्या राजपूत
बी.एड. प्रथम वर्ष



सकारात्मक सोच

हर एक लम्हा है अनमोल,
जीवन की किताब का प्रश्न-उत्तर है यह,
हमारे सोच का रंग है यह।

सकारात्मक सोच, जीवन की आरामदायक संगीत,
जो बदल सकती है भाग्य की धारा,
जो आंधी भी चुप करा दे,
जो रास्ते में उठी चुनौतियों को परास्त कर दे।

चिंताएं हमें डरा देती हैं,
खुशियों को हमेशा तलाशा देती हैं,
लेकिन सकारात्मक सोच हमें उड़ान देती है,
ख्वाबों को हकीकत में बदल देती है।

असंभव को संभव बना देती है सोच,
नये रास्ते दिखा देती है जीवन के।
हर मुश्किल को अवसर में बदल देती है,
खुशहाली के द्वार खोल देती है।

सोचों की ऊंचाइयों को छूने का हौसला रखो,
संघर्षों को हमेशा परास्त करो।
आपातकाल में भी हँसते रहो,
जीवन की हर खुशी को प्राप्त करो।

सकारात्मक सोच की रौशनी जगाओ,
दुखों को भूलकर आगे बढ़ो।
जीवन को आनंदमय बना दो,
सकारात्मक सोच को पूरी शक्ति दो।

चलो, सोच को नवीनता से भर दें,
सबको प्रेरित करें, उम्मीद दें।
सकारात्मकता की मिसाल बन जाएं,
यही सोच हमारी अद्वितीय धारा बन जाए।

-गौरव सिंह
बी.बी.ए. प्रथम वर्ष

परिवार का महत्व

एक इंसान का परिवार उसके लिए संसार होता है। हम अपने जीवन में जो कुछ भी प्राप्त कर पाते हैं, वह परिवार के सहयोग और समर्थन स्वरूप ही प्राप्त कर पाते हैं। हमारे पालन-पोषण को हमारा परिवार अपनी पहली प्राथमिकता समझता है और जब तक हम सक्षम नहीं हो जाते हमारी सभी जरूरतों की पूर्ति निःस्वार्थ भाव से करता है।

परिवार के प्रकार

परिवार के दो प्रकार हैं – मूल तथा संयुक्त परिवार। मूल परिवार की बात करें तो यह पश्चिमी देशों की सभ्यता है। जिसमें दम्पति अपने बच्चों के साथ निवास करता है, पर परिवार का यह स्वरूप अब विश्वभर में देखा जा सकता है। संयुक्त परिवार, संयुक्त परिवार की अवधारणा भारत की संस्कृति की छवि को दिखाता है। संयुक्त परिवार जिसमें दो पीढ़ी से अधिक लोग एक साथ निवास करते हैं जैसे दादा-दादी, चाचा-चाची, बुआ आदि।

परिवार की भूमिका

माता-पिता हमारा पालन पोषण करते हैं। ब्रश करने तथा जूते का फीता बाँधने से लेकर पढ़ा-लिखा कर समाज का एक शिक्षित वयस्क बनाते हैं। भाई-बहन के रूप में घर में ही हमें दोस्त मिल जाते हैं, जिनसे अकारण हमारी अनेक लड़ाई होती है। भावनात्मक सहारा और सुरक्षा भाई-बहन से बेहतर और कोई नहीं दे सकता है। घर के बड़े-बुजुर्ग के रूप में दादा-दादी, नाना-नानी बच्चे पर सर्वाधिक प्रेम न्यौछावर करते हैं। कटु है पर सत्य है, व्यक्ति पर परिवार का साया न होने पर व्यक्ति अनाथ कहलाता है। इसलिए समृद्ध या गरीब परिवार का होना आवश्यक नहीं पर व्यक्ति के जीवन में परिवार का होना अतिआवश्यक है।

समाज में हमारे पिता के नाम के साथ हमें पहचान दिलाने से लेकर हमारे पिता को हमारे नाम से जानने तक, परिवार हमें हर प्रकार से सहयोग प्रदान करता है। परिवार के अभाव में हमारा कोई अस्तित्व नहीं है, अतः हमें परिवार के महत्व को समझने की चेष्टा करनी चाहिए।

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योग का महत्व

योग एक प्राचीन भारतीय विज्ञान है जो शरीर, मन और आत्मा के संतुलन को स्थापित करने के लिए विभिन्न विधियों और तकनीकों का अध्ययन करता है। योग शब्द संस्कृत भाषा से आया है, जिसका अर्थ होता है 'मिलान' या 'संगठन'। योग एक आंतरिक यात्रा है, जिसमें हम अपने शरीर को नियंत्रित करने, मन को शांत करने और आत्मा के साथ संबंध स्थापित करने की कला सीखते हैं।

योग के आधार पर अनुभवों और शास्त्रों के अनुसार, योग का अभ्यास करने से व्यक्ति को बहुत सारे लाभ मिलते हैं। यह शरीर, मन और आत्मा के बीच संतुलन बनाता है और स्वास्थ्य, शांति, समृद्धि और खुशी को प्राप्त करने में मदद करता है। यह शारीरिक, मानसिक और आध्यात्मिक स्तर पर संतुलन और हमेशा सक्रिय रहने का एक सशक्त माध्यम है।

योग का अभ्यास मन को शांत करने और स्थिरता प्रदान करने में मदद करता है। मेधावी, तत्कालिक और स्थायी लक्ष्य प्राप्ति के लिए ध्यान की विधियां योग के भाग के रूप में आती हैं। योग आसनों और प्राणायाम के माध्यम से मन को ताजगी, उत्साह और शांति से भर देने में मदद करता है। योग के अभ्यास से मन की चिंताएं और तनाव कम होते हैं, और मन में शांति और स्थिरता की अनुभूति होती है।



योग का अभ्यास आत्मा के विकास और आध्यात्मिकता के लिए महत्वपूर्ण है। योग के माध्यम से हम अपने आंतरिक ज्ञान को प्राप्त करते हैं और अपने आप को आत्मा से जोड़ते हैं। योगासनों के अभ्यास से हम अपनी आंतरिक शक्ति को जागृत करते हैं और अपने आत्मा के साथ संबंध स्थापित करते हैं। योग आत्मा की गहराई को समझने, अनन्यता का अनुभव करने और अपनी स्वयंभू शक्ति को प्रकट करने का माध्यम है।

संक्षेप में कहें तो, योग शरीर, मन और आत्मा के बीच संतुलन को स्थापित करने में मदद करता है। इसके माध्यम से हम शारीरिक स्वास्थ्य, मानसिक समृद्धि और आध्यात्मिक उन्नति को प्राप्त करते हैं। योग का नियमित अभ्यास हमें अपने जीवन के हर क्षेत्र में स्थिरता, संतुलन और खुशी प्रदान करता है।

योग के इस महत्वपूर्ण आधार पर हमें योग का नियमित अभ्यास करने की आवश्यकता है। योग हमारे शारीरिक, मानसिक और आध्यात्मिक स्वास्थ्य को सुधारने में मदद करता है और हमें एक संपूर्ण और समृद्ध जीवन की ओर ले जाता है।

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कर्म में विश्वास रखें: एक आधारभूत सत्य

कर्म शब्द हमारे सामान्य व्यवहार और दैनिक जीवन का महत्वपूर्ण हिस्सा है। विश्व के विभिन्न धार्मिक और दार्शनिक परंपराओं में कहा जाता है कि हमारे कर्म हमारे भाग्य को नियंत्रित करते हैं और हमारे भविष्य में परिणामों को लेकर निर्धारित करते हैं। हिन्दी भाषा में, इसे "कर्म" या "कर्म वाद" कहा जाता है। कर्म की गहराई में विश्वास रखने की एक विशेषता है कर्म का फल या परिणाम दिखने में समय लग सकता है, लेकिन धैर्य और विश्वास से हमेशा सही दिशा में ले जाएगा।

कर्म सिद्धांत का मूल उद्देश्य मनुष्य को उसके कर्मों की ज़िम्मेदारी और प्रभाव के प्रति जागरूक करना है। यह विश्वास करता है कि जैसा हम करते हैं, वैसा हमें प्राप्त होता है। कर्म का सिद्धांत अविचलित है और समय के साथ नहीं बदलता है। यह कारण कार्य समूह और समुदायों में भी महत्वपूर्ण है, क्योंकि जो कर्म करते हैं, वे अपने कर्मों के फलों के लिए उत्तरदायी होते हैं।

कर्म सिद्धांत में विश्वास रखने के लिए धैर्य की आवश्यकता होती है। कभी-कभी हम लगातार अच्छे कर्म करते हैं, लेकिन उनके परिणाम सही समय पर नहीं आते हैं। यह चुनौती प्रदान कर सकता है, लेकिन यदि हम विश्वास और उत्साह के साथ अपने कर्म करते रहें, तो यकीनन हमारे कर्मों का फल हमें मिलेगा।

अन्य धार्मिक परंपराओं में भी कर्म सिद्धांत का आदान-प्रदान होता है। बौद्ध धर्म में भी इसे अपनाया जाता है, जहां चाहे वो कर्मों के माध्यम से अपने आप का उद्धार हो या चाहे वो कर्मों के सहारे अन्यो को सहायता प्रदान करने का कार्य हो।

कर्म का सिद्धांत यह भी सिखाता है कि हमारी व्यक्तिगत भावनाएं, आचरण और नीतियों का महत्वपूर्ण योगदान होता है। हमें अपने कर्मों को सच्चाई, न्याय, और उच्चतम आदर्शों के अनुरूप चुनना चाहिए। कर्म का फल हमारे जीवन की गुणवत्ता और समृद्धि को प्रभावित करता है।

इस प्रकार, हमें कर्म के प्रति विश्वास रखना चाहिए। यह हमें सामर्थ्य, धैर्य, निष्ठा, और सहनशीलता से संपन्न बनाता है। जैसा कि महात्मा गांधी ने कहा था, "कर्म करो, फल की इच्छा मत करो।" इस प्रकार, हमें अपने कर्मों पर संयम रखकर आगे बढ़ना चाहिए और अपने जीवन में सच्चाई, न्याय, और प्रेम को प्रदर्शित करना चाहिए।

-पायल शर्मा
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माँ

तेरी ममता अनमोल है, अद्भुत और अमर है, जीवन
की गोद में हमेशा हमारी ठहराव है।
तू है जीवन का आधार, तू है सच्ची आदार, हर घड़ी,
हर पल तेरे लिए अनमोल अवसार।
तेरी आँचल की छांव में हर सपना सहलाती है, तेरी
मुस्कान की किरण में खुशियाँ भर जाती है।
तू है दुखों का संगी, तेरी बहुत मदद होती है, मान लो
मेरी माँ, तू ही सबसे प्यारी होती है।
तू है स्नेह का संस्कार, तेरा है प्यार सर्वोपर, जिस
तरह तू देखती है, वही सच्चा आदर्श संसार।
तेरी बूंद-बूंद से हमें जीने का संग्राम है, तू है
अनुशासन की झड़ी, तेरे बल से हम प्रगाम है।
जब भी हम पथ भूल जाएं, हमें राह दिखाती है, तेरी
दीया जला कर हमें सपनों से मिलाती है।
माँ, तेरा आँचल सदा हमें आशीर्वाद देता है, तेरी
उम्मीदों के साथ हमेशा खुशियाँ भरता है।
तू है जगत की महान देवी, तेरे पैरों में स्वर्ग है, माँ,
तेरी ममता अनमोल है, अद्भुत और अमर है।



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मेरा प्यारा पालतू जानवर

ज़िंदगी में पालतू जानवरों का महत्व हमारे लिए अध्यात्मिक और भावनात्मक होता है। यह जानवर हमारे जीवन में खुशियों, प्यार और स्नेह की बारिश करते हैं। मेरे जीवन का एक ऐसा प्यारा पालतू जानवर है, जिसे मैं दिल से प्यार करता हूँ।

मेरी आदर्श पशु है मेरा कुत्ता। वह मेरे साथ अपनी अनशना यात्रा से शुरू होता है। जब मैं थक जाता हूँ और थक जाता हूँ, तो वह मेरे पास आकर मुझे सारी थकान भूला देता है। उसकी वफादारी और प्यार ने मुझे अपनी ज़िन्दगी का असली मतलब सिखाया है। उसकी खुदाई और तालाश मुझे सच्चे और निःस्वार्थ प्यार का अहसास कराती है। हर रोज़ सुबह जब मैं उठता हूँ, वह खुशी से मेरे पास आकर मुझे स्वागत करता है और उसकी पूरी दिन की खुशी मुझे बताने के लिए अपनी पूँछ को हिलाता है। उसका विश्वास, जीवन की सरलता और खुशनुमा हावभाव मेरे लिए अनमोल हैं।

मेरे प्यारे पालतू दोस्त की सीमित समयअवधि में हमने एक दूसरे के साथ बहुत सारे यात्राएं और अनुभव साझा किए हैं। उसके साथ हर रोज़ की सैर, पार्क यात्राएं और खेल के समय अनगिनत यादें बनाने का अवसर मिलता है। हमारी खेलने की दोस्ती मेरे दिन को रंगीन बनाती है और मेरे जीवन में खुशियों का नया आयाम देती है। मेरा पालतू जानवर मेरे लिए एक परिवार का हिस्सा बन गया है। उसकी मौजूदगी और उसका संगठन इसे एक स्थिरता और आत्मीयता की भावना से भर देता है। हर रोज़ उसके साथ बिताए गए समय की यादें मेरे जीवन में स्थायीता और प्यार का एहसास कराती हैं।



मेरे प्यारे पालतू जानवर का प्यार अद्वितीय है। उसकी सेवा करने का अवसर मुझे स्वस्थ, संतुष्ट और खुशहाल बनाता है। उसका उपस्थित होना मेरी ज़िन्दगी को समृद्ध, आनंदमय और उत्साहित बनाता है।

अपने प्यारे पालतू जानवर के साथ बिताए गए समय और उसके साथीपन की यात्रा मेरे जीवन को एक नया अर्थ देती है। वह मेरी ज़िन्दगी में अद्वितीयता, सम्पन्नता और आनंद का स्रोत है। उसकी मासूमियत, आदर्शता और विश्वास मेरे दिल को छू लेती हैं और मुझे संतुष्टि की अनुभूति कराती है।

मेरा प्यारा पालतू जानवर मेरी ज़िन्दगी का अद्वितीय अंग है। उसका संग मेरे दिन को प्रकाशित करता है और मेरे चेहरे पर मुस्कान लाता है। उसकी नीरसता, प्रेम, और समर्पण मेरे जीवन को पूर्णता और आनंद से भर देती है।

इस तरह, मेरे प्यारे पालतू जानवर ने मेरे जीवन को विशेष बना दिया है। उसकी उपस्थिति, प्यार, और सेवा ने मुझे सामर्थ्य, प्रेम, और संतुष्टि का अनुभव कराया है। मेरे पालतू जानवर के साथ बिताए गए समय की यादें हमेशा मेरे दिल में बसी रहेंगी और उसका प्यार मेरे साथ सदैव रहेगा।

- नित्या श्रीवास
डी.एल.एड. प्रथम वर्ष

हिंदी

हिंदी से यह हिन्द बना है,
हिंदी से यह हिन्दुस्तान।
हिंदी से तुम प्यार करो तो,
बढ़ जाएगी इसकी शान।
हिंदी भाषा सबसे न्यारी,
हिंदी भाषा सबसे प्यारी।
सह ली बहुत उपेक्षा इसने,
अब तो रख लो इसका मान।

हिंदी से यह हिन्द बना है,
हिंदी से यह हिन्दुस्तान।
आजाद हुए थे इसके बल पर,
शान मिली थी इसके बल पर।
बहुत हो गया बहुत सुन लिया,
अब ना हो इसका अपमान।।
हिंदी से यह हिन्द बना है,
हिंदी से यह हिन्दुस्तान।

-श्वेता शर्मा
डी.एल.एड. प्रथम वर्ष

मानवपथ मंत्र

हर तरफ खुशबू वहां है,
सत्यता का गुण जहां है।
सूर्य सा चमकें वो जीवन,
जो अग्नि सा तपता यहां है।।
आज फिर उठकर चलना है,
नयी राह पकड़ना है।
फिर से मंजिल के पथ पर,
पथ नायक बन जाना है।।
अग्नि हो या शीत पवन,
बारिश हो या धूप गहन।
मानव जीवन पाया है हमने,
इसको सफल बनाना है।।

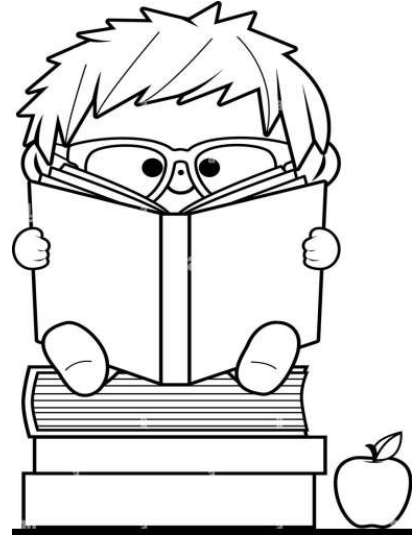
समय

कभी कोई भरोसा कर न पाएगा
जो करेगा बहुत पछताएगा।
आज अच्छा है तो कल भी रहेगा,
ये विचार एक दिन सबको डुबाएगा।
बुरा आए तो जीना सिखाएगा,
अच्छा रहे तो अहंकार भी लाएगा।
सब कहते हैं अपना भी आएगा, अपना भी आएगा,
पर अच्छा या बुरा ये कोई नहीं बताएगा।
ये समय है यारो इसकी यही कहानी है,
जो समझेगा कीमत इसकी ये उसका हो जाएगा।

-सुबोध कुमार दुबे
बी.एस.सी बी. एड. तृतीय वर्ष

पुस्तके करती है बातें !

जब पुस्तकें खोलते हैं हम,
एक नया जगत खुल जाता है।
शब्दों की संगीतमयी धुन सुन,
खो जाते हैं हम उनमें ही।
कहानियों की अनगिनत धाराएं,
मन को बहाती हैं जो भाती हैं।
संवेदनाओं के सम्राट होती हैं,
जब अक्षरों में अभिप्रेत होती हैं।
पुस्तक के पन्नों पर चर्चा होती है,
विचारों की लहरें उठती हैं।
विद्या की नदियों में हम बहते हैं,
ज्ञान के सागर में तैरते हैं।
कविताओं की मधुरता से भरी,
शब्दों की छाया छाती हैं।
हर अक्षर एक अद्भुत संगीत है,
हर शब्द जीवन की धारा भाती हैं।
पुस्तक के संग हम बह जाते हैं,
विचारों की उच्छ्वासी धार में।
जाते हैं विदेशों की सैर पर,
अनगिनत लोकों के यात्री होते हैं।



पुस्तकों से बातचीत हमारी,
जीवन में नई दिशा देती हैं।
जगा देती हैं सपनों को हमारे,
और नई प्रेरणा देती हैं।

पुस्तकों की मित्रता हमेशा रहेगी,
जीवन का एक महत्वपूर्ण हिस्सा हैं।
जब भी खोजेंगे सत्य की राहों को,
पुस्तकों की बातचीत साथ लेंगे हम।

- शुभम
बी. ए. द्वितीय वर्ष

कुछ भी असंभव नहीं है

अविश्वसनीय, असंभव, ये शब्द सुनते ही हमारे मन में एक सवाल उठता है - क्या सचमुच में कुछ असंभव हो सकता है? जब हम लोगों की कहानियां सुनते हैं जो अपार वीरता, संघर्ष और सामर्थ्य की कहानी होती हैं, तो हमें यह यकीन हो जाता है कि कुछ भी संभव है। जीवन में कठिनाइयां, चुनौतियां और अवसरों की कमी तो हमेशा होती रहती हैं। यह सामान्य है कि हम इन चुनौतियों के सामने झुक जाते हैं और उन्हें असंभव मान लेते हैं। लेकिन क्या हमें यह पता है कि जब हम अपने आप में विश्वास रखते हैं और कठिनाइयों का मुकाबला करते हैं, तो हम किसी भी लक्ष्य को हासिल कर सकते हैं।

इतिहास गवाह है कि अनेक व्यक्ति ने आपातकाल में असंभव को संभव बनाया है। वे लोग, जो अपने सपनों के पीछे दौड़ते रहे और असंभव को मुकाबला किया, ने इतिहास बदल दिया है। एडिसन, वेंचर, नेल्सन मंडेला, हेलेन केलर - ये सभी महान व्यक्तित्व हैं जो अपनी असंभव कठिनाइयों का सामना करके महान कार्य कर गए। असंभव से संभव करने की कवायद शुरू करने के लिए हमें अपने अंतर्मन को मजबूत करना चाहिए। हमें अपनी क्षमताओं पर विश्वास रखना चाहिए और संकल्प करना चाहिए कि हम किसी भी चुनौती का सामना कर सकते हैं। यह सत्य है कि रास्ते में कठिनाइयां होंगी, लेकिन जब हम इन कठिनाइयों का सामना करते हैं, हमारी मंजिल नजदीक आती है।

इसलिए, अपने सपनों के पीछे दौड़ें, अपने लक्ष्यों को प्राप्त करने के लिए कठिनाइयों का सामना करें, और यकीन रखें कि कुछ भी असंभव नहीं है। जब आप खुद में विश्वास रखेंगे और मेहनत करेंगे, तो देखेंगे कि ज़िन्दगी आपके लिए बहुत सारे संभावनाएं लेकर आती है। जिस दिन हम अपने अंदर के शक्ति को पहचानेंगे, उस दिन हम ज़रूर कहेंगे - **"कुछ भी असंभव नहीं है!"**

-अंकुश राय
बी. एस सी.बी.एड. तृतीय वर्ष

शिक्षा का महत्व

शिक्षा जीवन में बढ़ने और किसी महत्वपूर्ण चीज को समझने का एक बहुत शक्तिशाली माध्यम है। मनुष्य के जीवन में कठिन जीवन की कठिनाइयों को कम करने में शिक्षा का बहुत लाभ होता है। शिक्षा युग के माध्यम से प्राप्त विशेषज्ञता हर किसी को अपने जीवन के बारे में प्रोत्साहित करती है। कैरियर के विकास में सुधार के लिए जीवन में अधिक वास्तविक संभावनाएं प्राप्त करने की संभावनाओं के लिए शिक्षा कई दरवाजों में प्रवेश करने का एक तरीका है।

सरकार विशेष रूप से ग्रामीण क्षेत्रों में शिक्षा और हमारे जीवन में इसके लाभों के बारे में सभी को शिक्षित करने के लिए विभिन्न कार्यक्रमों की व्यवस्था भी कर रही है।

शिक्षा समाज में सभी के बीच समानता का ज्ञान प्रदान करती है और राष्ट्र के विकास और सुधार को प्रोत्साहित करती है। इस आधुनिक तकनीक आधारित युग में शिक्षा हमारे जीवन में सर्वोच्च भूमिका निभाती है। और इस युग में शिक्षा के स्तर को बढ़ाने के लिए बहुत सारे तरीके हैं। शिक्षा के संपूर्ण मानदंड को अब आधुनिक बनाया गया है। और शिक्षा किसी के भी जीवन पर बड़ा प्रभाव डालती है। शिक्षा ही वह माध्यम है जिससे मनुष्य का जीवन सफल हो सकता है।

गुरुजन

मेरी सारी गलतियों को आपने कभी डांटकर तो कभी प्यार से सुधारा है, A B C D और क ख ग के साथ ही जीवन का पाठ भी पढ़ाया है, मेरी खूबियों और खामियों को आपने बखूबी पहचाना है, मुझे आपने ही इस दुनिया के सामने खड़े होने के काबिल बनाया है, गिर के उठने और आगे बढ़ने का रास्ता मैंने सदा आपसे ही पाया है, जब - जब भी टूटे मेरे सपनों के पर, आपने ही फिर उड़ना सिखाया है, आपके ही परिश्रम का फल है, जो आज यहां खड़े होकर कुछ कह पाने का साहस मैंने पाया है, जीवन के हर कर्म को सफल आपने बनाया है, हर कठिनाई से लड़ने का हौसला आपसे ही पाया है, इस धरती पर हे गुरु आपका स्थान ना कोई पाएगा, इसलिए ही तो शास्त्रों ने आपको परम ब्रह्मा बतलाया है। माँ, पहली गुरु बनकर आपने ही जीने का मकसद बताया है, पिता, आपसे ही मेरे पास आत्मनिर्भर बनने का गुण आया है, बुझ जाती थी जब- जब आभा मेरी इस दुनिया के उल्हानों से, तब आपने ही तो फिर दीपक की तरह जलना सिखाया है, माता- पिता के साथ ही आपने गुरु का भी फर्ज निभाया है।

-शिवी श्रीवास्तव
बी. एस सी.बी.एड. तृतीय वर्ष



समय

समय एक अनमोल संपदा है जो हमारे पास हर दिन तार रहा है। यह हमारी जीवन की निदानी है और सभी के लिए बराबर होता है। यह एक मूल्यवान संपदा है जिसे हमें सत्यापित करना चाहिए और समय का उपयोग सावधानीपूर्वक करना चाहिए। समय एक अनिश्चितता है और इसकी कोई गारंटी नहीं है। हम समय को नहीं रोक सकते हैं और नहीं उसे बदल सकते हैं। इसलिए, हमें अपने समय को महत्व देना चाहिए और उसे सावधानीपूर्वक बिताना चाहिए।

समय का उपयोग करना विशेष महत्वपूर्ण है क्योंकि वह हमें सफलताकी ओर ले जाता है। यदि हम समय का उचित उपयोग करते हैं, तो हम अपने लक्ष्यों को प्राप्त कर सकते हैं और अपने सपनों को साकार कर सकते हैं। समय का महत्व हमें समय की प्राथमिकता समझने के लिए उद्दीपक बनाता है। यह हमें सावधान करता है कि हम अपने समय को कैसे उपयोग करें, और हमें स्पष्टता से दिखाता है कि कैसे छोटी-छोटी प्रवृत्तियों और आदतों के माध्यम से हम बहुमुखी प्रगति कर सकते हैं। समय एक मूल्यवान संपदा है जिसे हमें सत्यापित करना चाहिए। हमें अपने समय की महत्वपूर्णता को समझना चाहिए और उसे संयमित और उपयोगी ढंग से बिताना चाहिए। हमें उसे अपने लक्ष्यों को प्राप्त करने, अपने कार्यों को पूरा करने और अपनी स्वस्थ और समृद्ध जीवनशैली को साधारित करने के लिए उपयोग करना चाहिए।

-इश्मीत कौर
बी.एड. तृतीय वर्ष

समय का महत्व हमारे व्यक्तिगत और पेशेवर जीवन दोनों में है। यदि हम अपने समय को सवारीपूर्वक उपयोग करते हैं, तो हम सफलता को हासिल करने में समर्थ होते हैं और जीवन के सभी क्षेत्रों में अग्रसर बनते हैं।

इसलिए, हमें समय की महत्वपूर्णता को समझना चाहिए और हमेशा इसे सावधानीपूर्वक उपयोग करना चाहिए। जीवन के हर क्षण को महत्व देते हुए हमें समय को आपूर्ति के रूप में स्वीकार करना चाहिए और सफलता और समृद्धि के मार्ग में उसका उचित उपयोग करना चाहिए।

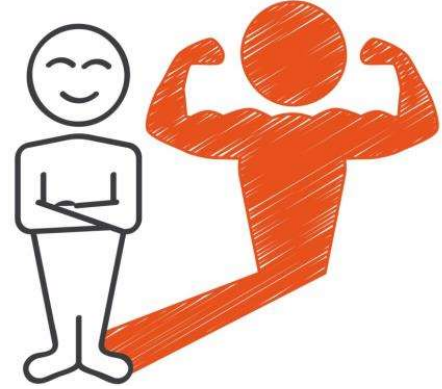
आत्मविश्वास

अपने सपनों की उड़ान भरो,
आत्मविश्वास की पंक्तियाँ बुनो।
जीवन के रास्तों पर चलो,
खुद को सबूत दिखाकर बतलाओ।

हर कठिनाई को पीछे छोड़ो,
संघर्षों में भी हँसते हुए जीओ।
विचलित न हो, डगमगाते न रहो,
आगे बढ़ो और सपनों को पहले करो।

चाहे लोग कहें तुम कर नहीं सकते,
तुम खुद को मजबूत विश्वास दो।
क्योंकि आत्मविश्वास ही है वो शक्ति,
जो सफलता को अपने पास लाती है ऊँचाई।

खुद को प्यार करो, स्वीकार करो,
ताकत का आभास अपने अंदर करो।
जगमगाती रोशनी बनो आप,
और जगाओ दुनिया की आंखें जब तुम चमको।



विपदाओं का सामना करो वीरता से,
आत्मविश्वास के नए रंग दिखाओ।
आप अपने हौसलों का पूरा इज़हार करो,
और उन चुनौतियों को हरा दो।

तुम अम्बर की उचाईयों को छू सकते हो,
तुम अपने आप में सूर्य की किरण ला सकते हो।
सिर ऊँचा करो, भरो आकाश में हवाओं को,
और आत्मविश्वास की नई कहानी लिखो।

-सुबोध कुमार
बी. एस सी.बी.एड. तृतीय वर्ष

कैसे लक्ष्य निर्धारित करें और उन्हें प्राप्त करें

लक्ष्य निर्धारण खुद को विकसित करने का एक शानदार कौशल होता है, और आप अपने भविष्य को कैसे डिजाइन करते हैं ये पूरी तरह से आपके ऊपर डिपेंड करता है। यदि आप अपने जीवन को आयाम और डिजाइन और रंग और उद्देश्य देना शुरू कर सकते हैं, तो परिणाम बिल्कुल चौंका देने वाले हो सकते हैं। लक्ष्य निर्धारण आपको अपनी कल्पना शक्ति का अनुभव करने का मौका देता है। इसके बारे में सोचो। लक्ष्य निर्धारण का मतलब होता है "कल्पना"

क्योंकि कल्पना तो शहरों का निर्माण करती है। कल्पना रोग पर विजय प्राप्त करती है। कल्पना से करियर का विकास होता है। कल्पना रिश्तों को स्थापित करती है। कल्पना वह जगह है जहाँ सभी मूर्त मूल्य और अमूर्त मूल्य शुरू होते हैं। तो आपको इस शक्तिशाली संसाधन का उपयोग करना सीखना होगा।

अब्दुल कलाम कहते हैं – सपने तभी हमारे सच होते हैं जब उन्हें पूरा करने के लिए हम अपने नींद तक का त्याग कर देते हैं”

-मोहम्मद सादिल
बी. एस सी.बी.एड. तृतीय वर्ष

"Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results."
– Andrew Carnegie



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