

शाहजही

2024-25



Thakur Sen Negi Govt. College
Reckong Peo Distt. Kinnaur H.P.

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Teaching Staff



Non Teaching Staff



Jagat Singh Negi



**Revenue, Horticulture,
Tribal Development & RPG Minister,
Himachal Pradesh, Shimla-171 002.**

MESSAGE

It is a moment of immense joy that T.S. Negi Government Degree College Reckong Peo is bringing out its annual magazine, 'Shatudri', dedicated to the noble cause of education. Education is not just a means of acquiring knowledge; it is the foundation of a progressive and enlightened society. It nurtures innovation, critical thinking, and social responsibility, shaping individuals who contribute meaningfully to the world. A well-educated society paves the way for economic prosperity, social harmony, and sustainable development.

Investing in education is investing in the future. The State Government is steadfast in its commitment to strengthening the education system, ensuring that students receive quality learning experiences. Our teachers are the backbone of this mission, and their unwavering dedication is instrumental in shaping young minds. Their collective efforts hold the power to bring transformative change in the education sector.

To elevate the standards of teaching and learning, the State Government has taken several significant steps, including sending 200 teachers on an exposure visit to Singapore to adopt global best practices. Additionally, high-level training programs are being arranged in collaboration with premier institutions across the country to further enhance the teaching capabilities of our educators.

I hope that this magazine would provide an opportunity for budding writers of the institution to nurture their talent. I extend my best wishes to the editorial team for bringing out publication. May this magazine continue to inspire excellence and serve as a beacon of knowledge and creativity for years to come.

Jagat Singh Negi
(Jagat Singh Negi)



Dr. Amit Kumar Sharma, IAS



सत्यमेव जयते

Message

**Deputy Commissioner
Kinnaur
Govt. of Himachal Pradesh.**

It is with great pride and joy that I convey my warm wishes to the students, faculty, and editorial team of Shatudri, the vibrant voice of T.S. Negi Government Degree College, Reckong Peo.

Education is not just about acquiring knowledge; it is about igniting the fire of curiosity, creativity, and compassion. A college magazine like Shatudri is a powerful beacon reflecting the dreams, ideas, and youthful energy that will shape a brighter tomorrow. Every article, every poem, every thought shared within these pages is a testament to the limitless potential that resides within each one of you.

You are the architects of the future. In a world that needs innovation, empathy, and leadership more than ever, I urge you to believe in your abilities, to dare to dream beyond boundaries, and to strive with unwavering determination. Remember, the strength of our nation lies in the spirit and resilience of its youth.

I congratulate the college and the entire team of Shatudri for nurturing this spirit of creativity and critical thought. May you continue to rise above challenges, illuminate the path for others, and leave an indelible mark on society.

Keep dreaming, keep striving, and keep shining!


Dr. Amit Kumar Sharma, IAS.
Deputy Commissioner,
District Kinnaur, H.P. 172107



From the Principal's Desk

It gives me immense pleasure to pen a few words for Shaturdi, the annual magazine of our esteemed institution. This magazine is not only a reflection of the academic and cultural vibrancy of T.S. Negi Government College but also a platform that nurtures and showcases the talents, creativity, and aspirations of our students and faculty.

Education, in its true sense, goes beyond the boundaries of classrooms and textbooks. It is about shaping minds, building character, and fostering a spirit of inquiry and responsibility. At our college, we strive to provide an environment that encourages holistic development and promotes values that contribute to both personal and societal growth.

I am proud of the achievements of our students and staff who continue to bring laurels to the institution through their dedication, innovation, and perseverance. Shaturdi stands as a testimony to their hard work, vision, and expressive potential. I extend my heartfelt congratulations to the editorial team, contributors, and all those involved in bringing out this edition of the magazine. May this platform continue to inspire many more to express themselves, think critically, and grow intellectually.

With best wishes for continued success and excellence,



Warm regards
Dr. Uttam Chand Chauhan
Principal,
T.S. Negi Government
College, Reckong Peo

Message from the Chief Editor



It gives me immense pleasure to present to you the latest edition of our college magazine – a platform that captures the creativity, intellect, and vibrant spirit of our students and faculty. This magazine is more than just a compilation of articles; it is a reflection of the collective voice, dreams, and aspirations of our academic community here at T.S. Negi Govt. Degree College, Reckong Peo. Nestled amidst the serene and majestic mountains of Kinnaur, our institution has always strived to foster holistic development—nurturing both minds and hearts. Through this magazine, we aim to showcase the diverse talents and perspectives of our students. Be it poetry, prose, essays, artwork, or thought-provoking reflections, each contribution is a testament to the enthusiasm and creative potential that thrives within these campus walls.

I would like to extend my heartfelt gratitude to all the students, the editorial team, and the faculty members who supported this endeavor. A special thanks to our Principal, whose constant encouragement and guidance made this publication possible.

May this edition inspire many more voices to rise and share their thoughts in the coming years. Let this magazine continue to be a mirror of our growth, unity, and intellectual pursuit.

Warm regards
Dharam Kirti

Assistant Professor of Geography
Chief Editor



Dr. Mohit Prakash
Assistant Professor of Commerce
Co-Editor



Surbala Negi
Assistant Professor of English
Co-Editor

Sports and cultural Activities



NCC / NSS / R&R & CSCA



Pride of College



Aditi Bisht
CSCA President



Sheetal
CSCA Vice President



Sujata
CSCA General Secretary



Smeer
CSCA Joint Secretary



Vishawa Jeet
Silver in HPU inter
College Boxing Championship



Deepak
Bronze in HPU
Inter College
Boxing Championship



Ringzing Dolma
Bronze Medal in winter
Games Khelo India



Rishi Bhaskar
Attended RDC Parade
in New Delhi



Surjeet Kumar
Best Athlete (Boys)



Tanusha
Best Athlete (Girls)



Arman Thakur
Best NSS Volunteer (Boys)



Nancy Negi
Best NSS Volunteer (Girls)
& Miss Kinnaur 2023

Glimpses of activities (Clubs, Societies and hostel)



Thakur Sen Negi Govt. College Reckong Peo District Kinnaur (H.P.) Annual Report (2024-2025)

Introduction

Thakur Sen Negi Govt. College Reckong Peo came into being on 16th August 1994 with an objective to impart higher education to the people of this tribal area.

The institute has constantly endeavored to accomplish excellence in diverse areas such as academics, sports, NCC, NSS, cultural activities, Rovers & Rangers and other co-curricular activities. The vision of the college is to spearhead cutting edge education, implement advanced technology, sense of humanity and instill moral values and ethics among students besides, their all round development. The mission of the institution is VIDYA JANAM JYOTI 'Vidya' means knowledge, science, learning, scholarship and philosophy, 'JANAM' means cognizance, understanding, becoming acquainted with proficiency and sacred knowledge, especially knowledge derived from meditation on the higher truth of religion and philosophy which teaches man how to understand his own nature and communion with the 'Supreme.' 'JYOTI' means light as the divine principle of life, source of intelligence, a type of freedom, bliss and victory.

The college is affiliated to HP University Shimla and accredited with 'B' grade by NAAC Bengaluru. Presently 13 subjects in Arts and 5 subjects in Science streams are being offered at undergraduate level. Students can also pursue B.Com degree. In addition to this there are Post Graduate courses in History and Political Science. Students may also opt for Self- financing courses like BCA and PGDCA and diploma/certificate courses in Tourism and Disaster Management. There is an IGNOU Study Centre for distant learners.

Achievements of our college during the academic session 2024-2025

Academics

- A total numbers of 386 students have been enrolled during the current session (2024-2025) out of which 55 % are females.
- Our students have done well in the annual exams of Himachal Pradesh University in the session 2024-2025. Aggregate result of final year is 89



Sports

- Ms. Rigzin Dolma of B.A. I won Bronze medal in Ice-hockey in Khelo India held at Ladakh w.e.f. 23rd to 27th January 2025.
- Mr. Vishavjeet (MA Pol. Sci IV sem.) won Silver Medal, Mr. Deepak (BA I) won Bronze medal at H.P. University Inter-college Boxing Championship held at Govt. College Daulatpur Chowk w.e.f. 1st Dec. to 4th Dec. 2024.

Cultural

Our college participated in solo song and Indian group song of H.P. University Youth Festival Group II held at GC Karsog w.e.f. 23rd to 26th Oct. 2024.

NCC

Cadet Rishi Bhaskar (BAII) attended RDC parade in New Delhi on 26th Jan. 2025.
Cadets Gajender and Payal were selected as Vanmitra (Dept. of Forest, H.P.)
in Dec. 2024. Fourteen cadets appeared in 'C' certificate during the session 2024-2025.



Achievements of Staff

1. Mr. Dharam Kirti Negi, Assistant Professor of Geography, presented a research paper entitled "**Promoting Local Heritage: A Case study of Moorang Village, District Kinnaur**" in national seminar organized by Govt. College Ani, District Kullu (H.P.) on 4th Dec. 2024.
2. Mr. Kapoor Chand, Assistant Professor of Political Science published a research paper entitled "**Talibanization of Muslim Countries in Central Asia: An Overview of Impact, influence and Ideology**" published in Aadhar International Publication, Issue (CDXCV) 495 – ISSN – 2278 – 9308, Sept. 2024, Amaravati, India.
3. Mr. Tanzin Nargu, Assistant Professor of Physical Education was nominated as a member of Board of Studies, Department of Physical Education, H.P. University Shimla in Aug. 2025.
4. Mr. Shanta Kumar presented a research paper entitled "**Challenges of Women Workers in Kangra Tea Plantation**" in an international conference organized by Dept. of History, H.P. University Shimla on 30th Nov, 2024. He also presented another research paper entitled "**Tea Industry in Himachal Pradesh: A Historical Perspective**" during 2 day National Seminar organized by Dept. of History, H.P. University Shimla w.e.f. 13th to 14th Nov.
5. Dr. Sidheshwari Yambur, Assistant Professor of Sanskrit presented a research paper entitled "**Vartman me Janjatiyon ki Sthiti me Parivartan: Ek Vikas ya Patan**" in 2 day national seminar on "Role of Education and Folk Literature in Preserving Social Values in the Tribes of Uttarakhand – A Discussion," organized by Department of Education, Harsh Vidya Mandir, P.G. College Raisi, Haridwar (Uttarakhand) w.e.f. 21st to 22nd Feb. 2025.
6. Mr. Anil Singh Negi, Assistant Professor of Chemistry, delivered an oral lecture on the topic "Unlocking the Medicinal Secrets of the Himalayas: An Exploratory Study of Natural Herbs & Their Therapeutic Potential," in 2nd INDO – MALAYSIAN International Symposium held on 3rd Sept. 2024 at Hans Raj College, University of Delhi.

Science & Technology Section



Mr. Yashwant Rana
(Staff Editor)



Anjali Negi
Student Editor
(B.Sc. 1st Year)

NATURAL ZOMBIES:

When Nature Controls the Mind

Zombies may sound like pure science fiction—creatures from haunted legends or horror movies, brought to life by magic or curses. But what if we tell you that zombies do exist not in humans, but in the wild, where nature's strangest secrets unfold? While science confirms that human zombies are a myth, there are real-life "zombie-like" organisms out there, controlled not by magic, but by parasites that hijack their host's brain and behavior. Welcome to the bizarre world of natural zombies.

A parasite is an organism that lives on or inside another living being (called a host), feeding off it and often harming it in the process. In some jaw-dropping cases, parasites take things a step further—they seize control of their host's body, mind, and movements. Let's dive into the most incredible examples of this mind control in nature:

Zombie Ants



Deep in the lush rainforests, tropical carpenter ants go about their usual lives—until a parasitic fungus infects them. Once inside, the fungus takes over the ant's brain, forcing it to leave the treetops and descend to the forest floor, where the cooler and more humid conditions help the fungus grow. Like a puppet on a string, the ant obeys its invisible master, becoming a lifeless vessel for the parasite's survival and reproduction.

Zombie Snails



Say hello to *Leucochloridium paradoxum*, a parasite that transforms ordinary snails into colorful beacons for hungry birds. The parasite invades the snail's body and heads straight for its eye stalks, turning them into swollen, pulsating, worm-like structures. Even more bizarre, it manipulates the snail's behavior—pushing it toward bright, open spaces that snails typically avoid. There, birds easily spot and eat the snail, unknowingly helping the parasite complete its life cycle. The parasite passes safely through the bird's gut and exits in its droppings—ready for the next snail victim.

Zombie Plants



Animals aren't the only ones affected—plants can fall prey too. When infected by a bacterium called phytoplasma, plants undergo a terrifying transformation. Their flowers morph into green, leafy shoots, stripping them of their ability to reproduce. In the eyes of scientists, the plant is now "evolutionarily dead," existing solely to serve the parasite. The bacteria form spores in the fake flowers, which are then picked up by insects. These insects unknowingly spread the infection to more plants, continuing the zombie chain reaction.



Zombie Cockroaches

Ever heard of the jewel wasp? It's a real-life horror story for cockroaches. The wasp delivers a sting straight into the cockroach's brain, shutting down its ability to think or escape. The cockroach becomes a passive zombie, led by its antenna like a dog on a leash. The wasp drags it into its burrow, lays eggs on its body, and leaves it alive—but paralyzed. Once the larvae hatch, they feed on the cockroach from the inside until they're ready to emerge as adult wasps. Talk about gruesome!

These natural horror tales may send shivers down your spine, but they're also incredible examples of evolution, adaptation, and biological mind control. The biggest mystery remains: How do these tiny invaders manipulate the complex minds of much larger hosts? Scientists are still trying to unlock the secrets behind these eerie interactions.

So, while you're safe from real-life zombies, nature reminds us that truth can be stranger and far creepier than fiction. Thankfully, your closest encounter with a zombie will likely remain on a screen, not in the wild.

Aditi Bisht, B.Sc. III

The Evolution and Function of Bioluminescence in Marine Animals

Imagine drifting through the pitch-black depths of the ocean, where sunlight never penetrates and darkness stretches endlessly. Then, out of nowhere, a flicker of blue light appears—followed by another, and another—until the deep sea begins to glow with a soft, mysterious brilliance. This is the enchanting realm of bioluminescence, a natural wonder where living organisms possess the ability to generate and emit light on their own. Bioluminescence is a fascinating chemical process that allows certain organisms to shine in complete darkness. While fireflies on land are perhaps the most well-known glow-makers, it is in the ocean's depths that this phenomenon truly comes to life. Scientists estimate that nearly 76 percent of deep-sea creatures are bioluminescent. The light they emit is typically blue or green, as these wavelengths travel the farthest through water, making them most effective in the underwater world.

The process of bioluminescence involves a chemical reaction powered by three main components: luciferin, luciferase, and oxygen. Luciferin is the molecule that produces light, while luciferase is an enzyme that speeds up the reaction. Oxygen is required to oxidize luciferin and release energy in the form of light. In some species, this reaction occurs naturally inside their own tissues. In others, particularly among some deep-sea fish and squids, the light is produced by symbiotic bacteria that reside in specialized organs designed to glow. But this captivating glow serves much more than an aesthetic purpose—it is

crucial for survival in the dark ocean environment. Marine creatures use bioluminescence in various ways. Some, like the hatchetfish, use counter-illumination to camouflage themselves. By producing light on their undersides that matches the light filtering from above, they

effectively hide from predators lurking below. Others, such as the anglerfish, use their glow to lure prey. The anglerfish dangles a glowing appendage from its head, which smaller fish mistake for food—only to be snapped up in an instant. Communication is another important function; squids and jellyfish often use intricate patterns of light to find mates or signal to one another. For defense, creatures like the vampire squid release a cloud of bioluminescent mucus to distract or confuse predators, buying time to escape. The ocean is full of extraordinary examples that showcase the marvel of bioluminescence. The anglerfish is a deep-sea predator that uses its luminous lure to deadly effect. Dinoflagellates, tiny plankton, can light up entire waves when disturbed, creating glowing shorelines that look almost magical. Hatchetfish have evolved light organs that help them blend seamlessly into their surroundings, while the vampire squid relies on glowing mucus to vanish into the dark.

In every case, bioluminescence is a testament to nature's ingenuity. Whether for hunting, hiding, mating, or escaping danger, this glowing adaptation has evolved to suit the unique challenges of deep-sea life. It is one of the most stunning examples of how life on Earth adapts and thrives, even in the most remote and lightless corners of our planet. So, the next time you gaze into the ocean's dark horizon, remember the dazzling, silent show taking place beneath the surface—nature's own underwater fireworks.

Neha Thakur, B.Sc. I

Understanding Computer Literacy: A Key to success in the Digital Age

In today's digital world, computer literacy is an essential skill for everyone. It refers to the ability to effectively use computers and digital tools for various tasks, including managing files, creating documents, navigating software, troubleshooting issues, and browsing the internet safely.

Most careers require computer skills for tasks like communication, data analysis and project management. Without them, job prospects may be limited. Being computer literate enables individual to search evaluate and use vast online resources, helping with decision-making in areas like education, healthcare, and finance. Computer literacy includes understanding how to protect yourself from online threats such as phishing, malware and identity theft. Proficiency with digital tools like email, video calls and social media enhances communication, collaboration and connectivity. Digital literacy opens doors to online learning, self-improvement and access to educational resources.

Software proficiency Computer literacy involves being familiar with common software applications, such as word processors (Microsoft Word, Google Docs), spreadsheets (Excel, Google Sheets) and presentation tools (Power Point, Google Slides). These tools are frequently used in both personal and professional environments and proficiency with them can significantly enhance productivity. Internet and Web Navigation A major aspect of computer literacy is understanding how to browse the internet safely and efficiently. This includes using search engines, navigating websites, downloading files, and engaging in social media platforms. Knowledge of online tools such as cloud storage (Google Drive, Dropbox) and communication platforms (Zoom, Skype) also falls under this category. Digital Communication as more communication shifts online, being computer literate means knowing how to send and manage emails, join virtual meetings and use messaging apps. Spend time using a variety of programs, exploring new features, and trying out different online tools. The more you use your computer, the more comfortable and confident you'll become.

**Sheetal Negi,
PGDCA II sem.**

Social Media: Friend or Foe

Social Media is definitely a two edged weapon. Social media can be amazing or a total nightmare. It all depends on how you use it! On the bright side, it helps you stay connected. You can chat with family who live far away, make friends who share your interests, and follow inspiring people like artists, athletes, or activists. Apps like Instagram and Snapchat let you see what's happening around. It helps in creating a national wavelike "Nirbhaya Case" or international movement like "MeToo" movement. A study found that 72% of adults use social media and much love how it keeps them in touch with others. It was really helpful during Pandemic and kept the whole world connected.



Social media has its downsides too. Scrolling for hours can mess with your mood, especially when everyone is online and it looks like he/she has a perfect life. Ever seen a fake rumor spread like wildfire? That's how drama starts. Plus social media can trap you in an echo chamber, where you only see one side of a story, making arguments worse. And not to forget these apps track everything you do, from what you like to what you watch, shaping what you see next. So, is social media good or bad? That's up to the user! Be smart about it-follow positive people, think critically about what you read, and take breaks when it gets overwhelming. Social media is like a superpower-it can help you grow or drag you down. The choice is yours, so use it to make your world bigger and better!

**Amisha,
PGDCA II sem.**

Digital India

Digital India was launched by the Honorable PM of India Mr. Narendra Modi, on 1 July 2015. It was initiated for easily accessible government services. It offered internet services rapidly and provided the WorldWideWeb to rural areas where the network has been a problem for long time.

Digital India is a digital empowerment initiative which provides public services online and develops broadband networks through ncreased internet access through high speed internet access in the world. In 2015 the Indian government initiated a huge 'Digital India's drive'. Digital India has provided a lot and villagers can now obtain any data.



Bharat Broadband Network Limited (BBNL), a Bharat net project company, which provides families, offices or corporations with a high speed internet connection. This also significantly reduces corruption and greed in the country when all exchange is digitally monitored and flexible.

Digital India is an initiative of government of India to integrate the government departments and the people of India. It aims at ensuring that the government services are made available to citizens electronically by reducing paperwork. The initiative also includes plan to connect rural area with high speed internet network.

**Aman,
BCA VI Sem.**

Transformative influence of computers on education and society



As a student of BCA at TS Negi Govt. College Reckong Peo, I see how computers have transformed education and everyday life. Whether it's attending online classes, submitting assignments digitally or researching topics instantly, computers have made learning more accessible, educative and engaging.

In education, computers provide interactive audio & videos, virtual classrooms, and vast online resources, allowing students to study beyond textbooks. Now, we do not have access only to our text books or library stuff, but now, world is our library. Online learning tools help us grasp concept at our own pace, and online exams make assessments more efficient with more transparency and accuracy. With these advancements, students can now learn from anywhere, making education more flexible than ever before. Not only that, computers have changed the way we work and communicate. Emails, video calls and remote jobs have reduced the need for traditional office spaces. Business thrives on digital platforms. Every department

and ministry has its interactive websites and much of the information is available online. Supreme Court of India live telecasts its proceedings on daily basis which has increased the confidence of transiency. Entertainment, too, has shifted online, with streaming services and gaming becoming major part of students' life.

Despite this, the digital divide limits access for some, cybersecurity threats are increasing. While computers have made life easier, it's essential to use technology wisely and ensure its benefits reach everyone, not just a privileged few.

Varun Thakur, BCA VI Sem

Exploring Your Environment:

Inspiring Young Minds to Connect with Nature

In a world increasingly dominated by screens and concrete, encouraging children to connect with the natural world has become more essential than ever. The concept of “Exploring Your Environment” is rooted in environmental education and aims to engage young learners with nature in meaningful and interactive ways. It is about nurturing curiosity, fostering respect for the Earth, and building a generation that understands the importance of sustainability and conservation.

This form of learning often begins with simple experiences like nature walks, where students stroll through nearby parks, forests, or even their school grounds to observe trees, birds, insects, and the small wonders that make up an ecosystem. These walks heighten their observational skills and help them develop a deeper awareness of their surroundings. Hands-on activities such as planting trees, building bird feeders, or creating compost pits further strengthen their understanding. When children get their hands dirty for a cause, they don't just learn—they remember.

Schools and educators also play a vital role by integrating environmental education into their curriculum. Special programs focused on recycling, biodiversity, climate change, and pollution help students grasp the challenges our planet faces. These lessons, taught in relatable and age-appropriate ways, make complex issues both understandable and actionable. Some schools are also shifting traditional classroom boundaries by taking lessons outdoors, turning nature into a living laboratory. When students learn science or even mathematics under the open sky, they often feel more inspired and connected to what they're studying.

The benefits of this approach go far beyond academics. Children become more aware of how human



disappointing. When ICT works well, it's like your own cheer team—it makes an Educational Institution awesome, links you to the world, and gets you ready for what's coming next. It's your call to use it right!

Riya, BCA, VI

Science and Society: A Mutual Influence

The relationship between science and society is dynamic and constantly evolving. Science doesn't exist in isolation—it plays a central role in shaping how we live, work, and think. At the same time, society deeply influences the direction and purpose of scientific research. This ongoing exchange forms the core of what we call science and society.

Scientific knowledge helps people make informed decisions, from personal health choices to national policies. For example, medical research not only leads to new treatments but also relies on public participation to tackle global health challenges. Climate science is another powerful example—citizens and governments must understand and trust scientific data to respond to pressing issues like global warming and sustainable development.



Just as science supports progress, society plays a key role in deciding which scientific areas get funding and attention.

Cultural values, economic priorities, and public interest all shape how science is practiced. Technology is a prime example of this two-way influence. It fuels societal growth, while its success depends on whether people accept and adopt it.

Fields like Science and Technology Studies (STS) focus on understanding this connection between knowledge, innovation, and community needs. Organizations like the Aspen Institute are working to close the gap between scientists, community leaders, and the public, helping to ensure science is accessible and impactful.

Ultimately, science and society are partners in progress—intertwined, interdependent, and stronger when they move forward together.

**Prerna,
B.Sc. I**

Gender Equality in the 21st Century

Gender equality is about making sure everyone boys; girls or anyone else gets the same charges, rights and respect. Today, people all over the world, including India, are trying to treat men and women the same in school, work and leadership. In India, initiatives like “Beti Bachao, Beti Padhao” help girls attend school, and laws promote fair pay and safe working conditions.

But it's not perfect yet. Some women still get treated unfairly, paid less or stuck with fewer options. Plus, old ideas sometimes stop both guys and girls from doing what they really want.

You can help! Call out unfairness, cheer of equal chances and treat everyone nicely. Use social media, join activities or learn more to spread the word. Together, we can make a world where everyone-no matter their gender-can chase their dreams and help out equally.



Kalzang Nima, BCA II

The Role of Youth in Climate change Action

Young people are key players in tackling climate changes. As tomorrow's leaders, they can spread the world, push for change and live greener lives. Lots of students are already stepping up-organizing climate protests, joining eco-clubs, and posting about global warming on social media to get the message out.

Little things like cutting trash, using less power or taking the bus can shrink their carbon impact.

They can also get schools and neighborhoods to switch to clean energy, plant more trees and recycle like champs. By choosing smart habits and inspiring others, youth can spark big shifts.

When young people team up, governments and companies notice.

Take Fridays for Future, started by Greta Thunberg-it proves kids can

kick start global action. With energy and determination, they can demand rules that save the Earth. Every tiny step take helps build a cleaner, happier world for everyone.



**Vishvjeet,
BCA, IV Sem.**

Algae: Tiny Organisms, Huge Impact!

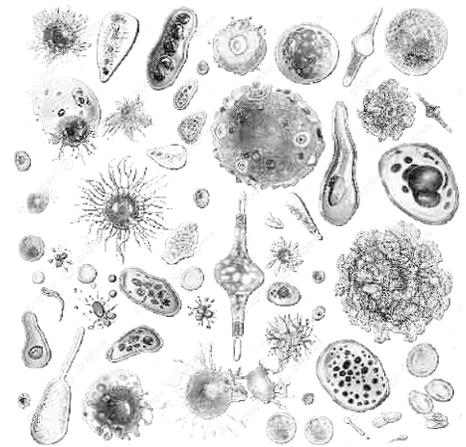
When you think of algae, you might picture green slime—but there's so much more to these water-dwelling wonders! From powering ecosystems to fueling the future, algae are true natural MVPs.

What Are Algae, Anyway?

Algae are super diverse—from microscopic phytoplankton floating in oceans to massive seaweeds like kelp. They're not your typical plants—no roots, stems, or leaves—but they photosynthesize just like them.

They come in cool colors too:

- Green (Chlorophyta)
- Red (Rhodophyta)
- Brown (Phaeophyceae)
- Blue-green (aka cyanobacteria—not even true algae!)



Why Algae Matter

Algae are **oxygen machines**, producing over 50% of the Earth's oxygen! They also form the base of aquatic food chains and help fight climate change by soaking up CO₂ and trapping it in ocean depths.

From Pond Scum to Power Source

Algae are making waves in science and industry:

- **Superfoods:** Spirulina and chlorella are packed with protein and nutrients.
- **Biofuel:** Some algae produce oils that can replace fossil fuels.
- **Water Warriors:** Certain species clean polluted water by absorbing toxins.
- **Beauty & Medicine:** Algal extracts are used in skincare and even drugs!

But There's a Catch...

Too much algae = trouble. When water is polluted with fertilizers, **harmful algal blooms (HABs)** can take over. These release toxins, kill fish, and damage ecosystems.

A Green Future

Whether it's cleaning water, feeding the world, or fueling tomorrow, algae are more powerful than they look. These humble organisms might just help us build a more sustainable planet.

Sapna, B.Sc. I

Botany: Unlocking the Secrets of the Green World

Botany, the scientific study of plants, opens the door to a rich, green universe that fuels life on Earth. From the tallest redwoods to the tiniest algae, plants are far more than passive greenery—they are dynamic life-makers that sustain every living being, including us.

Plants lie at the very heart of Earth's ecosystems. Through photosynthesis, they harness sunlight to produce energy, forming the base of the food chain and releasing the oxygen we breathe. In doing so, they not only feed the world but also act as natural climate controllers, absorbing carbon dioxide and helping to stabilize temperatures. Their roots hold the soil together, preventing erosion and supporting biodiversity in countless environments.

With over 390,000 known species, the diversity of plant life is truly astonishing. Plants have adapted to thrive in every imaginable environment—from arid deserts and frozen tundras to lush tropical forests. Whether it's the resilient cactus or the elegant lotus, each species carries unique features that reflect millions of years of evolution and survival.

The study of botany isn't just about admiring flowers; it plays a crucial role in addressing some of the world's most pressing challenges. Botanists explore plant physiology, genetics, and ecology to improve crop yields, discover new medicines, and develop eco-friendly technologies. Their work has already contributed to life-saving drugs, biofuels, and sustainable farming practices.

As the world grapples with climate change, food insecurity, and environmental degradation, botany is stepping into the spotlight. Scientists are engineering plants that can survive droughts, purify polluted lands, and serve as renewable energy sources. The future of humanity is deeply rooted in our understanding of plant life.

Exploring the world of botany is more than a scientific pursuit—it's a journey into the essence of life itself. Whether you're a budding scientist, a nature lover, or simply curious about the green world around you, botany invites you to see the planet from a fresh and awe-inspiring perspective.

**Annupriya,
B.Sc. I**



A large, stylized floral illustration in black outlines. It features a central stem that curves from the top left, loops around the text, and extends to the bottom right. The stem is adorned with several leaves and two flowers. One flower is at the top left, and another is at the bottom right. The text 'COMMERCE & Planning Section' is centered within the loop of the stem.

COMMERCE & Planning Section



Mr. Devraj
(Staff Editor)



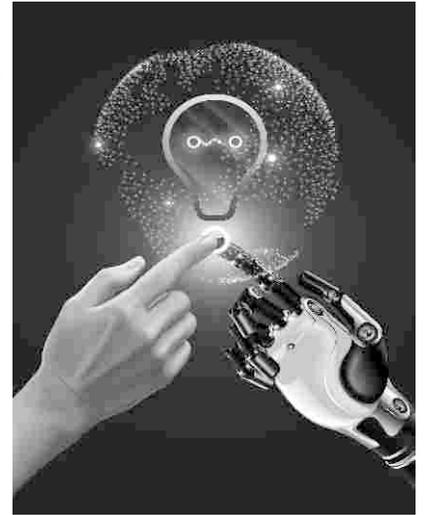
Sahil Chandel
Student Editor
(B.Com I)

Artificial Intelligence

Artificial intelligence (AI) is technology that enables computers and machines to simulate human learning, comprehension, problem solving, decisions making, creativity and autonomy.

Applications and devices equipped with AI can see and identify objects. They can understand and respond to human language. They can learn from new information and experience. They can make details recommendations to users and experts. They can act independently, replacing the need for human intelligence or intervention (A classic example being a self driving car)

But in 2024 most AI researchers, and practioners and most IA related headlines have focused on is generative AI (gen-AI), a technology that can create original text, images, video and other content. To fully understand generative AI its important to first understand the technologies on which generative AI tools are built, machine learning (ML) and deep learning algorithm called neural networks are modeled after the human brain's structure and function. A neural network consists of interconnecting layers of nodes (Analogies to neurons) that work together to process analyze complex data.



Kamal Negi, B.A.I

Banking

Banking is a fundamental part of the economy, providing essential financial services such as deposits, loans and investments. Banks serve as intermediaries between depositors and borrowers, ensuring the smooth flow of money in the financial system. They offer various services, including saving and current accounts, credit facilities, online banking and investment opportunities.

With the advancement of technology, digital banking has revolutionized the industry, making financial transactions more accessible and efficient. Mobile banking, internet banking and digital payment solutions have simplified money management for individuals and businesses.

Central banks regulate commercial banks to maintain economic stability, control inflation and implement monetary policies. Additionally, banks support economic growth by financing business, infrastructure projects and individuals' financial needs.

A well-functioning banking system promotes financial inclusion, encourages savings.



Om Prakash, B.Com.III

Indian Economy

It's clear that the economic landscape is dynamic with various factors influencing it. Here is a summary of key economic information:

- (i) India's Economic growth.
- (ii) India continues to be a focus of global economic attention, with discussions surrounding its growth trajectory and potential.
- (iii) There are ongoing analyses of GDP growth with attention to factors influencing it, such as industrial output, production and sector-specific performance.

Trade and International Relations:

- (i) International trade agreements and relations are playing a significant role.
- (ii) Geopolitical events, such as the impact of US sanctioning trade.

Sector-Specific Developments:

- (i) The services sector is being closely monitored.
- (ii) There is huge demand for data centers in India.
- (iii) There is focus on the agricultural sector and the implementation.

Financial and Regulatory Landscape:

- (i) GST collections are a key indicator of economic activity.
- (ii) Discussions around cryptocurrency regulation and the impact of digital assets are ongoing.
- (iii) There are also discussions about changes to import and export duties. It helps improve people's lives and, well-being; it also helps create jobs and opportunities.



**Anjana,
B.Com.II**

Marketing: An Essential business strategy

Marketing is the process of promoting, selling and distributing products or services to customers. It plays a crucial role in business growth by creating brand awareness, attracting potential buyers and maintaining customer relationship.

Types of Marketing:

Traditional Marketing: Traditional marketing refers to offline marketing techniques that have been used for decades.

Digital Marketing: With the rise of the internet, digital marketing has become a powerful tool for businesses.

Influencer and Affiliate Marketing: Businesses collaborate with influencers and affiliates who promote their products to a larger audience. Influencer marketing uses social media personalities, while affiliate marketing rewards individuals for generating sales.

Event and Experimental Marketing: This strategy involves organizing events, exhibitions and product demonstrations to engage customers directly.

Importance of Marketing

- (i) Brand Awareness
- (ii) Customer Engagement
- (iii) Increase in sales
- (iv) Competitive advantage
- (v) Customer retention

Modern Marketing Trends

- (i) Artificial Intelligence (AI) in marketing
- (ii) Voice search optimization
- (iii) Sustainability marketing
- (iv) Video marketing



**Kiran,
B.Com.II**

Microfinance and Women Empowerment

The relationship between microfinance and women's empowerment is a complex and widely discussed topic.

Financial Independence: Microfinance provides women with access to small loans, enabling them to start or expand their own business, this financial independence is a crucial step towards empowerment. It allows women to generate income, reducing their dependence on others and increasing their economic agency.

Socio Economic Upliftment: Empowered women reinvest their earnings in their families, prioritizing education, healthcare and improved living conditions.

Challenges and Considerations: While microfinance has the potential to empower women, it's essential to acknowledge potential pitfalls.

There can be issues related to gender dynamics within households, where men may attempt to control resources.

Beyond Financial Services: Increasingly, there's recognition of the importance of credit plus approaches, which combine financial services with non-financial support, such as training and education. This holistic approach can enhance women's empowerment more effectively.

Global Impact: Microfinance initiatives have been implemented worldwide, particularly in developing countries with the aim of reducing poverty and promoting women empowerment.

However, the effectiveness of these programs can vary depending on cultural and contextual factors.

In essence: Microfinance can be a powerful tool for women's empowerment by providing access to financial resources. However, it's crucial to consider the broader socio-economic context and address potential challenges to ensure that these programs have a positive and sustainable impact.

**Ashu,
B.Com.II**



Enhancing workforce productivity through financial rewards

Enhancing workforce productivity through financial rewards means using monetary incentives, line bonuses or profit-sharing to motivate employees to perform better and achieve organizational goals, ultimately leading to increased output and efficiency.

Types of Financial Rewards:

Types of financial rewards can include bonuses, salary increases, commissions, profit-sharing, stock options, or other forms of monetary compensation tied to performance.

Examples:

"A sales team member earning a bonus for exceeding their sales target.

"Employees in a manufacturing plant receiving a profit-sharing bonus based on the company's overall profitability.

"A company offering stock options to its employees to incentivize long-term performance and align their interests with the company's success.

Importance of enhancing workforce productivity through financial rewards

Enhancing workforce productivity through financial rewards is important because it can drive performance, boost relation and provide immediate recognition, ultimately leading to a more motivated and engaged workforce.

Benefits of Financial Rewards:

Drives Performance:

When employees see a direct link between their effort and financial reward, they are more likely to focus on achieving goals and producing better results.

Boosts Retention:

Competitive Monetary benefits help attract and retain top talent as employees who feel valued and recognized are more likely to stay with the company.

Aligns with Strategic Goals:

Competitive salaries and benefits packages are essential for attracting and retaining top talent in a competitive job market.

Promotes a Culture of Achievement:

By rewarding high-performing employees, organizations can create a culture that values achievement and encourages employees to strive for excellence.



Sahil Chandel,
B.Com.II

English Section



Dr. Gian Chand
Staff Editor



Vardhan
Student Editor
(BA II)

Life in the Lap of Nature

Trek of Yulla Kanda Yulla village is located in the Kinnaur district of Himachal Pradesh. Yulla Khas is a picturesque village situated in a Rora valley of Kinnaur district. Renowned for its lush apple orchards and rich cultural heritage, the village is approximately 3 kilometers from Urni village and about 30 kilometers west of the district headquarters, Reckong-Peo. It is the main part of western Himalayas which boasts of its breathtaking, landscape and ecological richness. Yulla is famous for its winter session. Winters are harsh in Yulla village with heavy snowfall, especially in high mountain area, probably beginning with December and continue till the end of March. Forests include deodar, pine, oak and birch trees. Yulla is known for the home of rare herbs and medicinal plants. Snow leopard Himalayan Ibex and the red foxes are the prominent species found in Yulla village. The famous festivals of Yulla include Phulachin (festival of flowers); Sazo and Janamashtami. Crops include wallnuts, pears, persimmon etc. Yulla village is the best place for tourism due to world's highest Krishna temple, which is 12 kilometer away from the village, perched at an elevation of 3895 meters. Yulla Kanda trek can be undertaken between mid-May and mid October, offering trekkers a spiritual journey through dense forests of oak, pine and deodar, culminating in alpine meadows and the sacred Yulla lake. The lake is believed to have been created by the Pandavas during their exile when they stayed in Krishna temple in lake water. Yulla Kanda trek is popular for pilgrimage and venture route. The temple's unique location and elevation make it a significant pilgrimage site, especially during the Janamashtami festival, when devotees from various regions gather to celebrate. Local people believe that floating and inverted traditional Kinnauri cap in the lake can predict one's fortune for the coming year. The area is known for its peace, making it a perfect blend of adventure and spirituality. The temple and the trek are deeply rooted in local beliefs and folklore adding cultural dimensions to the journey.

Yulla Khas with its serene environment and cultural significance offers visitors a blend of natural beauty and spiritual environment, making it a noteworthy destination in Himachal Pradesh.

Nestled in the Rora valley of Himachal Pradesh, it stands as a testament to the spiritual and natural richness for the region. With its sacred lake, the world's highest lord Krishna temple and breathtaking alpine landscapes, Yulla Kanda offers visitors a tranquil escape from the chaos of modern life. Whether you seek adventure through trekking, solace in spirituality, or a deeper connection with nature, Yulla Kanda provides a fulfilling and unforgettable experience. It's a hidden gem in the Himalayas that deserves to be cherished and preserved for generations to come.

**Himesh Palsar,
B.A.I**

Temso Lake: A Hidden Gem in Kinnaur

Kinnaur is the only tribal district in Himachal Pradesh where the unique tradition of the festival of flowers exists. The festival of flowers or Fulaich (Phulech) as it is popularly known is spread over a period of three months. In local dialects, the festival is also termed as Namang and Minthko. It is a festival of farewell to the season of flowers.

Temso Lake is a stunning high altitude lake nestled amidst the majestic Himalayan peaks near the village of Labrang in the Kinnaur district of Himachal Pradesh. This serene lake situated at an impressive altitude of 4,979 meters (16,335 feet) offers breathtaking views and a tranquil atmosphere.



Temso Lake holds significant religious importance for the local people. It is considered a sacred site and is believed to be the abode of the deity Chakoling Dombar. Every year a flower festival is held near the lake, where people gather to offer prayers and collect flowers for religious rituals.

The crystal clear water of the lake reflects the surrounding snow-capped mountains, creating a picturesque landscape. The pristine environment and tranquility of the place makes it a perfect spot for nature lovers and adventure. Reaching Temso Lake requires a challenging trek through rugged mountain terrain. The journey is often physically demanding, but the rewards are immense. The breathtaking views, the fresh mountain air and the serene beauty of the lake make the effort worthwhile. Due to the high altitude, it's crucial to acclimatize properly before attempting the trek. Visitors may need permits to access certain areas, especially near the Indo-Tibetan border. The weather in the region can be unpredictable, so it is essential to check the forecast before planning your trip.

Temso Lake, a sacred high altitude lake in the Kinnaur District of Himachal Pradesh is not just a stunning natural wonder but also the site of a unique cultural celebration every year, on the 20th day of the Bhado month usually in early (September), the local people gather at the lake to celebrate the Phuliach festival. This colorful and vibrant festival is dedicated to the deity Chakoling Dombar, who is believed to reside in the lake. During the festival, people from nearby villages come together to offer prayers, sing songs and dance. The highlight of the festival is the collection of flowers from the surrounding meadows. These flowers, including Aconitum, Viola, Savsura, Gossypium and Sassurea are considered sacred and are used in various religious rituals throughout the year. The Phuliach festival is a beautiful blend of spirituality and cultural traditions. It's a great opportunity to experience the rich heritage of the Kinnaur region and witness the deep connection between the local people and their natural surroundings.

Ameesha Negi, B.A.I

Discover the Vibrant Celebration of Pangri Dhakaran: A Mountain Festival of Piri

High in the mountains, where clouds meet ancient traditions, the festival of Pangri Dhakaran brings alive the cultural spirit of Piri, transforming this mountain top settlement into a vibrant celebration of community and heritage. As mist rolls over the mountain peaks, the remote settlement of Piri comes alive with the sounds of traditional music and festival. Pangri Dhakaran is a cherished festival that echoes through these heights, bring together communities in a celebration that has defined their cultural identity for generations.

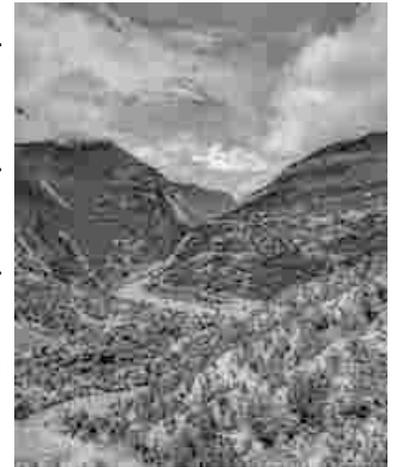


Pangri Dhakaran transforms a quiet location into a hub of cultural activities. The most captivating aspect of Pangri Dhakaran is the night dance at the temple. Community members, energized by their spiritual journey to Piri, express their joy through traditional dance forms, creating a mesmerizing atmosphere of celebration. The festival serves as a crucial time for community bonding where families from surrounding areas make the journey to Piri to participate in the celebration.

Muskan,
B.A. I

The Dooney Ukhyang in Barang Village Kinnaur

Dooney Ukhyang is celebrated after 12 years in the village Kul Devta Nag Ji and goddess Kalyan Devi Ji dance with local people on the folk song of traditional Dooney Ukhyang. Dooney Ukhyang is the festival of flowers adorned with array of colorful flowers creating a breathtaking ambiance. Locals wear traditional attire, adding to the festive spirit. The air is filled with the sound of traditional music, folk dances and the joyous chatter of villagers. Dooney Ukhyang holds immense cultural and religious significance for the people of Barang. It is a time to express gratitude to nature for its bounty and to seek divine blessings for a prosperous future. The festival also fosters a sense of community and strengthens social bonds.



Key highlights of Dooney Ukhyang

1. **Floral Procession:** a grand procession featuring beautifully decorated palanquins carrying local deities, participants in this colorful parade, showcasing their devotion and cultural heritage.
2. **Traditional Dances:** The festival is marked by captivating folk dances, such as Nati and Dhamdal. These energetic performances show the grace and agility of the local dances.

Komal Rani, B.A. I

The Suskar Festival in Kothi village Kinnaur

The Suskar, also known as Phagul, is a vibrant and significant festival celebrated in picturesque Kothi village of Kinnaur district Himachal Pradesh. This festival holds immense cultural and religious importance for the local people.

Significance of Suskar

Suskar is primarily a festival dedicated to appeasing the spirits of the mountains, known as Koli. It is believed that by celebrating this festival with fervor, the villagers can seek blessings for a prosperous future ahead. The festival is also an occasion for the community to come together, strengthen bonds and enjoy traditional festivals.

Key rituals and celebrations

The Suskar festival unfolds over a period of about two weeks, with each day dedicated to specific ritual and celebrations some of the key highlights include:

House purification: the festival begins with a thorough cleaning of houses, symbolizing the removal of negativity and welcoming positive energy.

Clay Plastering: Houses are

adorned with a fresh coat of clay mixed with cow dung, believed to have purifying properties.

Worship of Kali: the central deity of the festival, Kali is worshipped with offerings and prayers. **Community Feast:** A grand feast is organized where villagers share delicious and strengthen their social bonds.



Apeksha Negi, B.A.I

Kashang Nala Kinnaur

On the 30th of April, 2020 a large portion of steep mountain in Kinnaur district of Himachal Pradesh slipped down to village Pangi destroying apple orchards and killing one Nepali migrant worker. This area in the high Himalaya's Lying in the Satluj Valley is also the site of Stage-I of the Kashang Hydro Project which is already operational. Stage-II, III & IV are yet to be constructed close to the same location and have faced massive opposition from the local tribe population on the grounds that these will spell doom for their lives, livelihoods and biodiversity.

Hazards and Risk of Large Scale

Construction in a fragile terrain, earthquakes, landslides and flash-floods are three of the Hazards that are highly prone to Kinnaur. The integrated Kashang project is proposed in the upper reaches of Kinnaur which has dry, sandy and loose soils steep gradients, highly prone to erosion. The website of the district disaster management authority of Kinnaur acknowledges that various unplanned construction activity, deforestation, faulty land use planning, use of explosives in construction, practicing unscientific mining quarrying, tunneling methods, unscientific dumping in the valleys etc. are responsible for frequent slope failures.

In the case of Kashang Stage-II & III the key concern is also the flash floods in a stream called pager that has been wrecking havoc in village Lippa. The clear water of another nearby stream called Kerang, play the role of flushing the silt from the pager at the foot of Lippa, massive disaster so far. The Kashang stage-II will divert the water of the Kirang into a tunnel and link it with the Kashang Nallah thus inviting a massive flash flood disaster for Lippa village.

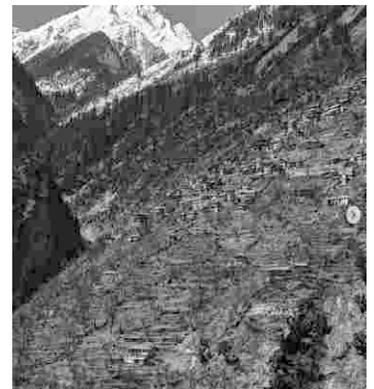
Mulling: A hidden Gem in Kinnaur

Mulling is a paradise for nature lovers and trekkers. Nestled amidst the majestic Himalayas, it boasts pristine landscape. It is located near Baba valley. It serves as a gateway for trekkers exploring the high-altitude region of Kinnaur. The track from Chhitkul known as the last inhabited village near the Indo-China border, to mulling is one of the highlights of the region. The winds through dense pine forests, flowering alpine meadows and crystal clear streams, offering breathtaking vistas at every step are worth captivating. Camping at mulling is an amazing experience, with starry skies and the soothing sound of nature at enhancing the serenity of the place. Close to mulling lies the Baba valley, an unexplored treasure of Kinnaur, surrounded by towering Himalayan peaks, the valley offers panoramic views, making it an ideal spot for photography and quiet reflection.

Aziz, B.A.I

Our Village Brua

Brua is a picturesque village known for its serene landscape and rich cultural heritage. Nested amidst lush greenery, it boasts a peaceful environment making it an ideal retreat from city life. Agriculture is the primary occupation with local cultivating crops like wheat, rice and vegetables. The village has a close-knit community that celebrates traditional festivals with enthusiasm. Its scenic beauty, community to with the simplicity of rural life, adds to its charm. Brua also preserves old custom and folk traditions and nature. Visitors are welcomed with warmth, experiencing the true essence of village life.



Ishant Soni, B.A.I

The Train

A few drops of rain
Trembling down like a train
With a chain of drops
As its compartments
Fell on the huge apartments
It took the wind as its Companion
And wanted all the way



It borrowed lightning
It thought that thunder is deep
And went throughout the street
It borrowed lightning
As its headlight
To enjoy the beauty of earth
Its journey began by quenching
The thirst of trees and plants
Now it replenished the rivers.

**Gungun Sharma,
B.A.I**

Responsibility

Responsibility means
I can do things on my own.
When I turn it on, I turn it off.
When I unlock something, I lock it up.
When I drop something, I pick it up.
When I break something, I repair it.,
When I open something, I close it.
When I make a mess, I clean it up.
When I made a promise, I keep my promise.
When I find something, I return it.
When I borrow something, I give it back.

When I take it out, I put it back.

When I am assigned to a task, I complete it on a
time/

When I earn money, I spend and use it wisely.

Diwakar, B.A.III

To a Friend

We waled together on the sands,
We gamboled in the sun
We quaffed life's goyest draughts,
and thought that all was fun.
But yesterday the earth was green
The birds trilled sweetly on
And now the earth lies grim and face
And all the birds have gone.
I wonder, friend, if where are you
The sun cloth ever shines,
Are you in sunny Avalon?
Or with fair Proserpine?
I sometimes ask if there is God
Some have all they desire,
While you my dearest friend my all
Have vanished in the fire
The nights lie barrenly behind
Day follows fitter day
My only consolation you
And you have gone away.

Tushar Kiran, B.A.III



The Voice of Abandonment

My surroundings were crowded,
somehow I found myself all alone.

You wished death for me,
as if I came to existence on my own.
Burden on my heart is light as a feather,
yet it seems so heavy as stone.

Whenever I tried to speak for myself,
you told me to lower my tone.

I', such a dumb person, you know?

Whenever I opened up,
everyone was gone.

I begged you to stay in my life,
made me look like a clown.

Never loved me as I was before,
now criticize me for being in my own.

So I want to leave everything behind,
I want to find a better zone.

My presence and absence makes no difference

Do you have any idea
how it feels to be disowned?

**Rajnish Shivatre,
B.A.III**

The Weight of Existence

Am I desired?
or am I lost?

When I was a kid

I was scared of ghosts

Grew up hating on myself

Yet loved myself the most

Gave up on many things to live

Still got everything at a cost

I'm so tired of all these things

I'm so weak and exhaust

The sun always shines after dark

I found myself under the layer of frost

Living life the same every day

My surroundings were mossed

I have limits as a person

Yet I was quiet when you crossed

I was meant to lose the game

Just because you were the host

Blamed me for being myself

Tell me what I was supposed?

**Rajnish Shivatre,
B.A.I**



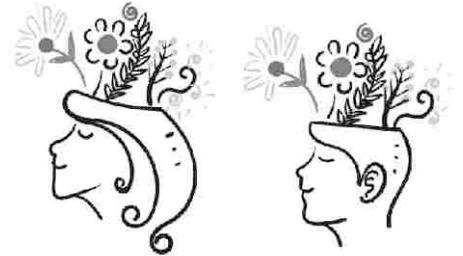
Happiness

Happiness is a feeling of joy and contentment. It comes from doing things we love spending time with people we care about Simple pleasures, like a sunny day or a good meal can make us happy. It's also about having a positive outlook on life and being grateful for what we have. Helping others and being kind can boost our happiness too. Sometimes, it's about finding peace in the small moments. Everyone has different things that make them happy, but the feeling is the same for all of us. Happiness is a key part of a good life.

Ramandeep Charas, B.A.II

Inner beauty is better than a fair complexion

With the passage of time, your physical beauty becomes faded. You have lots of wrinkles on your face as you become older but internal beauty, your personality, your behavior, your attitude, your knowledge as well as your confidence is eternal. It does not fade with time. The term beauty really refers to the inner beauty and the inner beauty is based on your personality traits such as attitude and behavior.



Reeta, B.A.III

A Revolutionary System to get one percent better everyday

People think when you want to change your life you need to think big. But the real change comes from the compound effect of hundreds of small decisions doing two push-ups a day, waking up five minutes earlier or reading just one more page. Imagine the joy of becoming a new improved you in one year. If you can get 1% better everyday for a year, you'll end up 37 times better by the time the year is up. The path to 1% better isn't about the work but smart work and focused. If you dedicate time each day to learning and practicing for your growth, you will become better. These small changes will have a transformative effect on your career and your life.



Tanzin Chhodup, B.A.III

The importance of water in our daily life

Water is one of the most essential things for life on earth. Everything which has life, needs water. We use water everyday without realizing its importance. One of the main uses of water is drinking. Our body is made up of 60% of water and we need it to stay healthy. Drinking enough water is necessary for bathing, washing clothes, and especially in place where there is little rainfall. Industries also rely on water for making products like paper, textiles and medicines. Without water factories would not be able to function properly. Water is also important for the environment; it supports rivers, lakes and oceans, which are home to many plants and animals. It helps maintaining the balance of nature by water cycle.



Ajit, B.A.I

The Milky way Galaxy

The Milky Way is a barred spiral galaxy that serves as our cosmic home containing our solar system along with hundreds of billions of stars, gas and dust. Its name derives from the luminous band of light stretching across the night sky formed by the combined glow of its stars and if we take about its size the milk was stars approximately 100,000 light years in diameter and is about 1,000 light years thick. It features a central bulge composed of older stars, a surrounding disk containing spiral arms rich in gas and young stars and a vast halo of stars and globular clusters our solar system resides in one of these spiral arms known as the Orion arm situated about 25,000 light years from the galactic center. The Milky Way is on a collision course recent studies indicate that this galactic (Milky Way and Andromeda) merger may have already begun with the two galaxies gradually moving toward each other. This collision expected to culminate in about 4.5 billion years will likely result in the formation of a massive elliptical galaxy often referred to as Milkdromeda while this is the event distant, it underscores the dynamic and ever-evolving nature of our universe



Abhijeet, B.A.I

Global Warming

Global warming, which is a phenomenon of the recent times occurring within the 20th century, results from rising of the average temperature of the atmosphere and oceans of the world. The rise in temperature leads to warming of climatic systems of the world, especially the Arctic and Antarctica regions (Polar regions) leading to devastating effects on both terrestrial wildlife and aquatic life.

The expected strong warming on the Arctic regions of the world will lead to an ice melting causing significant rise to the sea and ocean level even beyond the Polar regions. The rise in sea levels, resulting from the melting of ice in the Arctic, region, destroys aquatic habitats, as well as the terrestrial habitats when the rise displaces terrestrial wildlife along the coastal lines.

High surface temperatures lead to Melting of ice such as the Arctic and Antarctica regions causing a rise in the ocean and sea levels, which affects the amount and pattern of precipitation and expansion of subtropical deserts.



Komal Negi, B.A.I

The Big Bang Theory

The Big Bang is a cosmological model that explains the origin, evolution and properties of the universe. It states that the universe began as a single point that was extremely hot and dense and then expanded and cooled to its current state. The big bang occurred about 13.8 billion years ago. At that time, the universe was so hot and dense that atoms could not exist and sub atomic particles like quarks formed first, followed by larger particles like proton and neutrons. And after about three minutes the universe cooled enough for protons and neutrons to fuse and form nuclei. After about 380,000 years the universe cooled enough for electrons to pair up with nuclei to form the first atoms. Gravity then drew matter into clumps to form stars, planets and galaxies.



Abhijeet, B.A.I

हिंदी अनुभाग



श्रीमती बालम नेगी
प्राध्यापक सम्पादक



अंकिता
छात्र सम्पादक
कला स्नातक,
द्वितीय वर्ष

जिन्दगी

जिन्दगी यह शब्द सुनते ही कानों में भीठा रस सा घुल जाता है। लेकिन जीवन का हम उतना मजा नहीं ले पाते जितना हमें लेना चाहिए। जिन्दगी में दुःख, दर्द, पीड़ा सभी आते हैं, सुरूवों की शीतल छाया तभी महसूस होती है, जब हम पर दुखों का पहाड़ टूट चुका हो। जिन्दगी ईश्वर का दिया वरदान है जो माग्यशाली लोगों को ही नसीब होती है। जिन्दगी को काटना नहीं बल्कि उसे जीना चाहिए परन्तु आजकल मुसीबत आने पर लोग घबराकर आत्महत्या करते हैं। किसी को पैसे की कमी, किसी को प्यार नहीं मिला, किसी को नौकरी नहीं, आदि। इन छोटी-छोटी मुसीबतों के कारण अमूल्य जिन्दगी को समाप्त कर रहे हैं। हमें जिस चीज की भी इच्छा है उसे प्राप्त करने के लिए संघर्ष करना चाहिए, हिम्मत से, मेहनत से कार्य करना चाहिए तभी सफलता आपके कदम चूमेगी। महान कवि कालिदास ने कहा है कि संसार में कोई व्यद्वि ऐसा नहीं है जिसे कोई दुःख न हो और न ही कोई ऐसा व्यद्वि है जिसे सुख न हो इसलिए कहा है -

कभी किसी को मुकम्मल जहां नहीं मिलता, कहीं जमी तो कहीं आसमां नहीं मिलता।

अगर जीवन को सही मायने में जीना चाहते हैं तो दूसरों को अपना समझकर उनके दुःख को कम करने का प्रयत्न करना चाहिए। अगर हमें उन्नति करना है, तरक्की करना है तो खुद में सिमट कर नहीं, सबके साथ चलना है। -

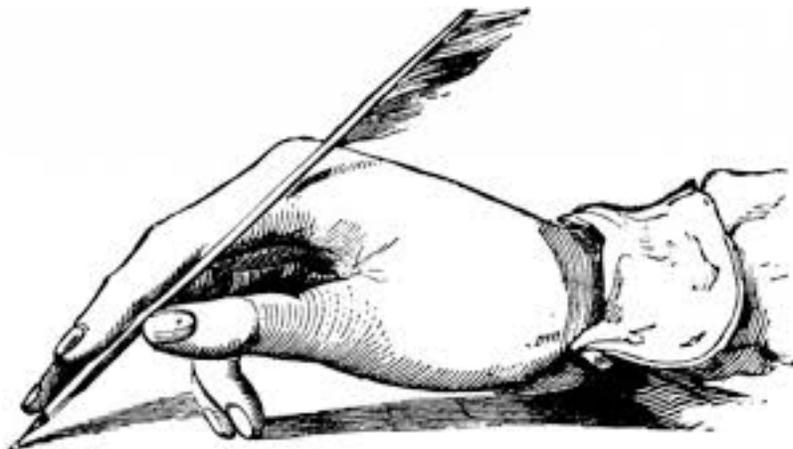
‘हायनात ले के चलो कायनात ले के चलो, चलो तो सारे जमाने को साथ ले के चलो’।

अन्त में मैं इतना ही कहना चाहूंगी हमें फूलों की तरह महकते हुए अपनी सुगन्धा को बिखेरते हुए जीवन की राह में चलते रहना चाहिए, क्या पता कब जिन्दगी की डोर टूट जाए और हमें कब सौन्दर्य, ऐश्वर्य से भरपूर संसार छोड़ना पड़े इसलिए रू -

न सिर झुका के जियो न मुँह छिपा के जीओ,
जियो तो सिर उठाकर जियो,
गमों का दौर भी आए, तो मुस्करा के जियो ।

बालम नेगी।

प्राध्यापक सम्पादक



सपनों में रख आस्था

सपनों में रख आस्था, कर्म तू किए जाए
त्याग से ना डर आलस परित्याग किए जा।

गलती कर ना घबरा गिर करए

फिर हो जा खड़ा।

समस्याओं को रास्तों से निकाल देए
चट्टान भी हो तो ठोकर से उछाल दे।

रख हिम्मत तूफानों से टकराने की

जरूरत नहीं है किसी मुसीबत से घबराने की।

जो पाना है, उसको एक पागल की तरह चाहत करए
करता रह कर्म मगर साथ में खुदा की इबाबत भी करए

फिर देख किस्मत क्या-क्या रंग दिखलाएगीए

तुझको तेरी मजिल मिल जाएगीए मजिल मिल जाएगी।

दीपिका,

स्नातक प्रथम वर्ष

आजादी

पंछी है कैद अगरए

तो उड़ने में कर मदद तू।

रात है काली अगरए

दिया जलाकर रौशन कर तू।

बीत गए कई साल रूढ़िवादी विचारों में उलझ

कर

सुलझा मन के भाव तू।

औरतए आदमी या हो कोई बच्चाए

सबके जीवन का कर सम्मान तू।

तोड़ दे दीवारें सारीए

आगे बढ़ विजयी राह पर।

उन वीरों ने क्या पायाए

अगर तू अब भी डर में खोया।

उठ जा तू छू ले आसमानए

आजादी पे है सब का हक।

दीपिका,

स्नातक प्रथम वर्ष

पानी (जल)

पानी है कितना अनमोलए

जान लो तुम इसका मोलए

पानी बिना धारती है सूनीए

बिन पानी जीवन का नहीं है मोल।

पानी से ये धारती बनीए

पानी से बने हम और तुमए

पानी से हरियाली यहाँए

बिना पानी यहाँ सब गुम।

पानी नहीं रहे धारती परए

सूखा पड़ जाए इस धारती पर।

ना रहे कोई जीवित यहाँए

श्मशान बन जाएगा इस धारती पर।

पानी से जीवन है प्यारेए

पानी से जीवित हैं सारे।

पानी है कितना अनमोलए

जान लो तुम इसका मोल।

दिव्या देवी

स्नातक द्वितीय वर्ष

अपना प्यारा गांव

लगता प्यारा अपना गांवए

घर में रहते, पलते-बढ़तेए

कब निकल गए पढ़ते-पढ़तेए

हर जगह गए चलते-फिरतेए

होठों पर इसका नाम लिएए

पाया इसको न्यारा गांवए

लगता अपना प्यारा गांव।

सौधिया मिट्टी की खुशबू वालीए

महकती चाय की प्यालीए

जहाँ की वीर सेना करे देश की रखवालीए

है मेरा गांव जहाँ की यादें भी दे खुशहाली।

नदियां, झरने, पहाड़ और खेतों में लहलहाते गेंहू की बालीए

पूजे जाते जहाँ शशांक ओर सूरज की लालीए

पतझड़ में पत्ते भी खिल उठेए



मत पूछो वहां कैसे होती सावन की हरियालीए
है मेरा गांव ऐसा जहां की यादें भी देती खुशहाली।

सारिका,
स्नातक तृतीय वर्ष

मेरी माँ

गिरती हूं तो हाथ देकर संभाल लेती हैए
रोती हूं तो अपने आंचल से आंसू पोछ देती है।
मुझे बनाने में सब से ज्यादा अंश है जिसकाए
वो है मेरी माँ ।

दोस्त की कमी पूरी करती हैए
मेरी तरक्की देख इतराती हैए
रहती है परेशान फिर भी मुस्कुराती हैए
बस तभी मेरा हौसला बन जाती हैए

वो है मेरी माँ ।

पापा के हर एक सवाल का
जवाब हैए
पापा की डांट का मरहम हैए
उदास हो जाऊं तो मेरी
मुस्कान हैए
वो है मेरी माँ ।
और क्या बोलूं बसए
इस दुनिया में सबसे अनमोल है माँ ।



दिव्या देवी
स्नातक द्वितीय वर्ष

माँ

माँ तेरी ममता में एक अजीब सी बात हैए
तेरे आंचल में बसी हर खुशी की बात है।
तू है तो सूरज जो हमें हर रोज रोशन
करताए
तेरे प्यार में वो शक्ति है जो हर दर्द
को दूर करता।
तेरे बिना तो हम कुछ भी नहीं माँ



तेरी गोदी में ही सारा जहां है, माँ ।
तेरी हंसी की वो मीठी सी घुनए
दिल में बसी रहती है जैसे कोई सुकून।
तेरे बिना सब कुछ अधूरा सा लगता हैए
तूही वो चांद है जो रातों को उजाला करता हैए
तेरी दुआओं का असर है सबसे प्याराए
तेरे पैरों में ही तो जन्नत है माँ ।

शिवानी कुमारी,
स्नातक बीए तृतीय वर्ष

किन्नौर

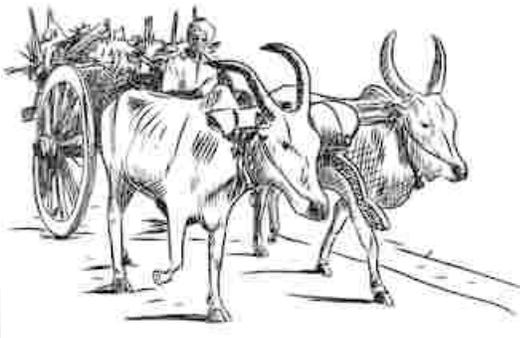
बर्फ से ढकी पहाड़ों की चादरए
हरी वादियों का सुंदर मंजरए
नदियों की कलकल, हवा की सरगमए
प्रकृति यहां गाती है हर दम।
बसपा बहती निर्मल धाराए
किन्नौर की शान हमारा सहाराए
पर्वतों से खेलती, चट्टानों से टकरातीए
हर किसी के मन को लुभाती।
सेबों से लदी ये डालीए



धरती पर जैसे लाली।
मिठास से भरी ये सौगातए
हर दिल को दे खुशियां की बात।
ऊंचे पर्वत, ऊंची शानए
यही है किन्नौर की पहचान।
हिमालय की गोद में बसाए
सपनों का एक अनोखा घर सा।
छम-छम करती पायल की धुनए

चमक उठे जब पहाड़ों की चुना
 किन्नौरी नृत्य का है रंग
 हर दिल में बज उठे संग।
 हरे-भरे पेड़ों का जहां बसेराए
 सांगला घाटी है सबसे न्यारी।
 फूलों की खुशबू नदियों का रागए
 इस धारती पर जन्नत का आगाज।
 धर्म और संस्कृति का मेलए
 हर त्यौहार बने यहां खेल।
 बौद्ध और हिंदू परंपरा साथए
 बने किन्नौर की अद्भुत बात।
 सफेद बादल छूते पहाड़ए
 धारती को करते प्यार अपार।
 कभी बरसें, कभी लहराएए
 किन्नौर को स्वर्ग बनाए।
 नीला पानी, निर्मल छांवए
 झील के किनारे ठंडी हवा बहे।
 मन को दे शांति, दिल को कर दे हल्काए
 नाको झील का जादू है अनोखा।
 चलो कहीं दूर प्रकृति के पासए
 जहां न शोर, न समय का एहसास।
 किन्नौर की वादियां बुला रही हैंए
 अपने दिल में हमें बसा रही हैं।
 है किन्नौर तेरा वैभव अनमोलए
 तुझमें बसा है प्रकृति का बोल।

जय लक्ष्मी,
 स्नातक प्रथम वर्ष



किन्नौरी पहेलियां

किन्नौरी

1. लुतुपुतु बोला तोंगा दि सुतू(कुचंग)
2. कौनिच-2 की बीमु बैरंग अंगुली बतयायी (पितंडा)
3. सोमचि-2 ओम चिंचनी यूमो शिंगचुबले (शखोर)

हिन्दी

1. लुथपुत बरमादे में क्या?(झाड़ू)
2. साथी-2 जाने के वक्त मुझसे भी बात करना (दरवाजा)
3. सुबह-2 रास्ते में लाठी का निशान (लकड़ी के ऊपरबूढ़ा इन्सान)

आयुष, बीए प्रथमवर्ष

कहावत

1. अकल मानीमा सोदअई भैरु (अकल ना हो तो हमेशा कष्ट होता है।)
2. प्राच रानना क्रूच ही लुचूप (अंगुली दें तो हाथ ही पकड़ना)
3. इमया चोरस्सु राबेरांग चोरस (इक बार के चोरकोसौबार का चोर समझना)
4. सास छूटो लेकिन ब्यास न छूटो (सांस छूट जाएगी लेकिन आदत नहीं छूटती)
5. मिठ्ठेसु खाकाड खैर (मीठे का मुंह टेढ़ा)
6. लानशीत अग्रेजु नामाड महाराजु (अंग्रेज द्वारा बना लेकिन नाम महाराज का)
7. पेरिंग भंगभंग मिग मा भंगभंग (पेट भर जाता है लेकिन आंख नहीं भरती)
8. आड लाटा चा मी मा चा चामा फौर पांठड बूच (नाच ना जाने आंगन टेढ़ा)
9. बोदी डिगेंस आपु लाटांग (ज्यादा डिंगे माकर खुद का ही नुकसान)
10. चोरस सु बेयांग झाखरो झाखरो चौरा (चोर के डर से झाड़ी में झाड़ी में पहले सी पांच चोर)

मानसी, बीए प्रथमवर्ष

किन्नौर का इतिहास

किन्नौर के इतिहास के बारे में ज्यादा अभिलेख प्राप्त नहीं है। यह बुशहर रियासत का हिस्सा रहा है। वायु पुराण में किन्नरों को महंद पर्वत का निवासी बताया गया है। कालिदास ने अपने प्रसिद्ध ग्रंथ कुमारसंभवम् में किन्नरों का उल्लेख किया है और महाभारत में भी पांडवों ने किन्नौर क्षेत्र में वनवास का काफी समय गुजारा था। जिला किन्नौर बुशहर रियासत का हिस्सा रहा है।

अगर बात करें बुशहर रियासत के संस्थापक के बारे में तो बुशहर रियासत की स्थापना श्री कृष्ण के पुत्र प्रद्युम्न ने की थी। प्रद्युम्न के पुत्र अनिरु का विवाह शोणितपुर (सराहन) के बाणासुर की पुत्री ऊषा से हुआ था और प्रद्युम्न भी साथ में उपस्थित थे। बाणासुर की मृत्यु के पश्चात उसका कोई पुत्र न होने की वजह से प्रद्युम्न ने शोणितपुर (सराहन) की देवी भीमाकाली के आदेश पर गद्दी को संभालना स्वीकार किया और बुशहर राजवंश की स्थापना की।



प्रद्युम्न दक्षिण के कंचनपुर से सराहन के भीमाकाली मंदिर की तीर्थ यात्रा के लिए आए थे। वहां के राजा की अचानक मृत्यु के कारण गद्दी खाली होने पर राजा प्रद्युम्न ने देवी भीमाकाली के आशीर्वाद से बुशहर रियासत की स्थापना की।

इस प्रकार बुशहर रियासत की सबसे पहली राजधानी कामरू को बनाया गया। 17वीं से 10वीं सदी के बीच तिब्बत के साम्राज्य के प्रभाव में आकर किन्नौर में बौद्ध धर्म और भोटिया भाषा का प्रभाव पड़ा। इसी वजह से आज हमें किन्नौर में बौद्ध धर्म को मानने वाले बहुत से लोग मिलते हैं।

बुशहर रियासत एक शक्तिशाली रियासत थी, लेकिन हमें रियासत के शासकों के बारे में जानकारी नहीं मिलती ।

राजा चतर सिंह – राजा प्रद्युम्न के बाद 110वें शासक बने। इन्होंने अपनी राजधानी को कामरू से सराहन में बदल दिया।

राजा केहरी सिंह – राजा चतर सिंह के पुत्र राजा केहरी सिंह सबसे शक्तिशाली शासक बने। इनको अजानबाहु भी कहा जाता था। यह मुगल शासक औरंगजेब के समकालीन थे।

1681 ई. में तिब्बत और लद्दाख के बीच में युद्ध हुआ था। लद्दाख को मुगलों का समर्थन प्राप्त था और तिब्बतियों को केहरी सिंह ने अपना समर्थन दिया। जिस कारण तिब्बत द्वारा बुशहर को हंगरंग घाटी भेंट में दी गई। केहरी सिंह और तिब्बत सरकार के बीच एक संधि हुई, जिस संधि में किन्नौर और तिब्बत के बीच बिना कर दिए व्यापार की घोषणा की गई, जोकि 1962 ई. में भारत-चीन युद्ध के बाद अंतर्राष्ट्रीय सीमा सील होने तक जारी रही। इसी समय से लवी मेला भी मनाया जाने लगा।

116वें राजा राम सिंह ने रामपुर बुशहर की नींव रची और इसे अपनी राजधानी बनाया। इनके पोते राजा उग्र सिंह ने सिरमौर घराणे की बेटी से विवाह करके बुशहर और सिरमौर रियासत के बीच लम्बे समय से चली आ रही दुश्मनी को खत्म किया।

किरण स्नातक तृतीय वर्ष

किन्नौर की संस्कृति

किन्नौर हिमाचल प्रदेश का एक सुन्दर जिला है, जिसका गठन 21 अप्रैल 1960 को हुआ था। किन्नौर जिले का इतिहास अत्यंत समृद्ध रहा है। वर्तमान में किन्नौर अपने विकास के शिखर पर अग्रसर है। किन्नौर की खासियत यहां की सांस्कृतिक, वेश भूषा, भौगोलिक परिदृश्य हैं। किन्नौर के लोग अपने स्थानीय देवी-देवताओं के प्रति असीम आस्था रखते हैं। किन्नौर को देवभूमि कहा जाता है क्योंकि यह देवी-देवताओं का निवास स्थान है। कहा जाता है कि पांडवों ने 12 वर्ष वनवास का समय यहां बिताया था। उस समय उन्होंने यहां पर कई किलों तथा घाटी का निर्माण किया, जो आज भी प्रसिद्ध हैं। उसकी बनावट तथा सजावट देखकर पर्यटक आश्चर्यचकित रह जाते हैं।



किन्नौर की संस्कृति सबसे भिन्न तथा अद्भुत है। यहां का खान-पान, वेशभूषा सबसे अलग है। अगर यहां के त्यौहार की बात कर तो उसमें

उख्यांग, फुलायच, लोसर, होली आदि सबसे प्रसिद्ध हैं। इसके अतिरिक्त अन्य त्योहार भी मनाए जाते हैं, जिसमें स्थानीय देवी-देवताओं का भी महत्व रहता है।

किन्नौर में समय-समय पर देवी-देवताओं की पूजा की जाती है। लोगों के अनुसार पूजा करने से देवता प्रसन्न होते हैं तथा उनके घर में शांति बनी रहती है। पूजा प्रथा के अतिरिक्त किन्नौर में शराब जिसे अरक कहा जाता है उसका भी प्रचलन है। इसके बिना कोई भी त्योहार तथा पूजा सफल नहीं मानी जाती है।

किन्नौर की वेशभूषा अत्यंत सुंदर है, जिसमें किन्नौरी शाल, दोड़ू, चोली, पट्टू तथा किन्नौर की शान किन्नौरी टोपी है। इसके अतिरिक्त बहुत से आभूषण भी हैं जो सोने-चांदी तथा कीमती पत्थर से बने होते हैं। किन्नौर के अनेकों रीति-रिवाजों में मनोरंजन को भी प्रमुखता दी जाती है। यहां के लोग नाचने-गाने के भी शौकीन हैं। यहां के प्राचीन गीतों में यहां की संस्कृति विद्यमान है।

किन्नौर के खान-पान में यहां के लोग अपने पारंपरिक भोजन करते हैं जिसमें जौ, आलू, ओगला, फाफरा आदि प्रमुख हैं। किन्नौर हिमाचल प्रदेश के अनेक जिलों फसलों के उत्पादन में आगे हैं। यहां पर सेब तथा अंगूर सबसे अधिकांश होते हैं।

किन्नौर में किन्नर कौलाश, कल्पा, कामरू, सांगला, रकछम, छितकुल आदि क्षेत्र प्रमुख पर्यटन क्षेत्र हैं। जहां पर हर वर्ष हजारों लोग घूमने आते हैं। किन्नौर की रहस्यमय वादियां, वेशभूषा तथा संस्कृति अन्य संस्कृतियों के लिए मिसाल है।

अंजना, कलास्नातक, द्वितीय वर्ष

मेरा गांव बारंग

बारंग हिमाचल प्रदेश के किन्नौर जिला की कल्पा तहसील का एक गांव है। यह जिला किन्नौर के मुख्यालय रिकांग पिओ से 17 किलो मीटर दक्षिण की ओर स्थित है। बारंग गांव सतलुज नदी के किनारे पर स्थित है। गांव घने जंगलों, बागों और खेतों की खूबसूरती से सुसज्जित है। किन्नर कौलाश पर्वत के शिखर पर शिवलिंग स्थित है। जिसका अद्भुत सौंदर्य बारंग गांव से दिखाई देता है यह गांव लगभग 400 घरों वाला एक छोटा सा गांव है। बारंग गांव की जनसंख्या लगभग 1500 के करीब है। यहां के लोग मुख्य रूप से किन्नौरी और हिन्दी भाषा बोलते हैं। गांव के लोगों का मुख्य व्यवसाय कृषि और पशुपालन है। यह गांव सेब के बगीचों से भरा हुआ है। यहां के लोग ईमानदार और मेनती हैं। गांव के मध्य विद्यालय है, जहां गांव के बच्चे शिक्षा प्राप्त करते हैं। यहां की जलवायु ठंडी और शुष्क है। गांव में स्वास्थ्य की सुविधा के लिए एक औषधालय है।

गांव के मध्य एक मंदिर है, जहां नाग देवता गिरिराजस और कल्याण देवी जी का मन्दिर है। यहां के लोग बौद्ध धर्म और हिन्दू धर्म को मानते हैं। गांव में बौद्ध धर्म से सम्बन्धित पुराने अभिलेख अभी भी मौजूद हैं। यहां के लोग बौद्ध और हिन्दू धर्मों के परंपरागत भाईचारे और दोस्ती का प्रतीक हैं।

फुलाइच का अर्थफूलों का मेला है। इस दौरान सभी ग्रामीण किन्नौर के पारंपरिक वेशभूषा पहनकर आते हैं और स्थानीय देवता को पहाड़ों से उठाकर लाए हुए शुद्ध ब्रह्मकमल फूल समर्पित कर के पूजा-अर्चना करते हैं और किन्नौर के पारंपरिक मेले का आयोजन भी होता है। यह मेला सितम्बर और अक्टूबर के महीने में मनाया जाता है। बारंग गांव में यह मेला 5 सितम्बर से 9 सितम्बर तक मनाया जाता है। इस दिन बारंग गांव के लोग कंठे जाकर ब्रह्मकमल, लोस्कर, जलची फूल लाकर अपने देवता गिरिराजस जी और कल्याण देवी को समर्पित करते हैं और गांव के लोग मिलकर मेला लगाते हैं। फुलाइच के आखिरी दिन का मेला जो चाथे दिन में होता है, उस दिन कल्याण देवी जी के साथ लोग नाचते-गाते हैं। उस

दिन लोग मंदिर में काला वस्त्र पहन कर जाते हैं। इस मेले को देखने के लिए लोग दूर-दराज से आते हैं। इस दिन गांव की सुख-समृद्धि के लिए भी पूजा की जाती है। इस मेले को देवी उख्यांग के नाम से जाना जाता है। उख्यांग बारंग में बारहसाल के बाद मनाया जाता है। इस मेले में मेबर के देवता महादेव जी बारंग आते हैं।



बायोलिंग मेला

यह मामे और भांजे के मिलन को समर्पित करने वाला मेला है। पांच वर्षों के बाद कामरू और बांरंग में यह मेला मनाया जाता है। वर्ष 2021 में कामरू के ईष्ट देवता बद्धी विशाल जी, सिंह और छतर सिंह जी हमारे गांव में आए और उनका स्वागत हुआ था और यह मेला चार दिन तक होता है। इस मिलन को पांच वर्ष होने वाले हैं। वर्ष 2026 में बांरंग के देवता गिरिराजस जी के साथ पूरे ग्राम वासी इस मेले के लिए प्रस्थान करेंगे और इस बार यह मेला कामरू गांव में मनाया जाएगा। इस तरह यह मेला प्रत्येक पांच वर्षों के बाद मनाया जाता रहेगा।



प्रेम ज्योति, स्नातक प्रथम वर्ष

किन्नोरी पहेलियां

किन्नोरी

1. लुतुपुतु बोला तोंगा दि सुतू (कुचंग)
2. कौनिच-2 की बीमु बैरंग अंगुली बतयायी (पितंडा)
3. सोमचि-2 ओम चिंचनी यूमो शिंगचुबले (शखोर)

हिन्दी

1. लुथपुत बरमादे में क्या? (झाड़ू)
2. साथी-2 जाने के वक्त मुझसे भी बात करना (दरवाजा)
3. सुबह-2 रास्ते में लाठी का निशान (लकड़ी के ऊपरबूढ़ा इन्सान)

आयुष, बीए प्रथमवर्ष



कहावत

1. अकल मानीमा सोदअई भैरू (अकल ना हो तो हमेशा कष्ट होता है।)
2. प्राच रानना क्रूच ही लुचूप (अंगुली दें तो हाथ ही पकड़ना)
3. इमया चोरस्सु राबेरांग चोरस (इक बार के चोरकोसौबार का चोर समझना)
4. सास छूटो लेकिन ब्यास न छूटो (सांस छूट जाएगी लेकिन आदत नहीं छूटती)
5. मिठ्ठेसु खाकाड खैर (मीठे का मुंह टेढ़ा)
6. लानशीत अंग्रेजु नामाड महाराजु (अंग्रेज द्वारा बना लेकिन नाम महाराज का)
7. पेरिंग भंगभंग मिग मा भंगभंग (पेट भर जाता है लेकिन आंख नहीं भरती)
8. आड लाटा चा मी मा चा चामा फौर पांठड बूच (नाच ना जाने आंगन टेढ़ा)
9. बोदी डिगेस आपु लाटांग (ज्यादा डिगे माकर खुद का ही नुकसान)
10. चोरस सु बेयांग झाखरो झाखरो चौरा (चोर के डर से झाड़ी में झाड़ी में पहले सी पांच चोर)

मानसी, बीए प्रथमवर्ष

संस्कृत अनुभाग



डॉ. सिद्धेश्वरी
प्राध्यापक सम्पादक



दिव्या नेगी,
छात्र सम्पादक
कला स्नातक, द्वितीय वर्ष

संस्कृतभाषायाः महत्त्व

संस्कृतभाषादेवभाषासुरभारती गीर्वाणवाणी इत्यादिभिः अनेकैः नामभिः उर्चयते। अनेनैव अस्याः महत्त्वस्पष्टीभवति। एषा भाषा यदादेवानामपी एषमी-या, तदासाधारणानां जनानां तु का कथा? वस्तुतः अस्याः गौरवस्य कारणानि अस्याः आन्तरिकाः गुणाः एव।

वेदाः विश्वस्य प्राचीनतमाः ग्रन्थाः मन्यन्ते। एषु वेदेषु एव भारतस्य प्राचीनसंस्कृतिमुखरचिह्नं विद्यते। वेदानाम् अभावे अस्माकं संस्कृतिः लुप्ता स्यात्। विश्वस्य विदुषाम् ते भारतीय दर्शनं विश्वस्य अप्रतिमदर्शनं खलु। एतद् दर्शनं संस्कृतिभाषायाः उपनिषस्तु एवंप्राप्यते।

संस्कृतभारते ऐकसूत्रस्य निर्मात्री भाषावर्तते। प्राचीनकलादेव देववाणी समस्तेऽपि भारते प्रयुज्यमाना दृश्यते। कायमन्त्र वैदशिकानाम् अनेकानि आक्रमणानि अभवन् परंतु अपि भारतं लुप्तं न जातम्।

कारणमश्रुः संस्कृतभाषैव आसीत्। अद्य विविधभाषाः आधारीकृत्य सर्वकारेण प्रान्ताः निर्मिताः सन्ति। परमेतत् सर्वेषाम् विदुषाः निर्मिताः सन्ति परमेतत् सर्वेषाम् विदुषां विदितं यत् अनेनाऽस्माकं भारतं खण्डिक्रियमाणं दृश्यते। अतः देशस्य एकाय संस्कृतमेव एकमांक्ष समाधानं दृश्यते।

संस्कृतभाषायाः न केवलं दर्शनसाहित्यमेव उत्कृष्टम् अपितु साहित्यस्य अन्याः अपि विद्याः सुसमृद्धा वर्तन्ते। अर्थम् अधिकृत्य, धर्मम् अधिकृत्य, कामम् अधिकृत्य, मोक्षय च अधिकृत्य अस्यां भाषायां बहवो ग्रन्थाः विद्यन्ते। कौलिल्यस्य अर्थशास्त्रम् अद्यापि राजनीतिग्रन्थेषु अतीव महत्त्वपूर्णम् मन्यते। वात्स्यायनस्य कामसूत्रम्

अद्यापि विदुषामनासिमादेयति। अभिज्ञानशाकुन्तलस्य यः सम्मोहकः प्रभावः गेटमहोदयेव भूव, असौ सर्वेषां विदितः। वस्तुतः

संस्कृतआधुनिक - भारतीय - भाषाणां बीजम्।

बीजविना (सर्व) पादपस्य आविर्भावः शाखानां प्रसारश्च असम्भवः एव। अतः अस्याः भाषायाः महत्त्वं स्पष्टम्।।

त्रिशलानेगी,

कलास्नातक, प्रथमवर्ष

हिमाचलप्रदेशः

भारतस्य एकोनत्रिंशत् राज्येषु हिमाचलप्रदेशेऽपि एकः अस्ति। एषः प्रदेशः भारतस्य उत्तरदिग्भागे स्थितोऽस्ति। अस्य

उत्तरेण जम्मू - कश्मीरप्रान्तः पश्चिमतः पञ्चनदप्रदेशः दक्षिणतः हरियाणा उत्तरप्रदेशौ पूर्वतश्च उत्तरांचलप्रदेशचीनदेशः च अस्ति।

एष प्रदेशः प्रायशः पर्वतीय प्रदेशः अस्ति। अस्य क्षेत्रफलम् 55673 वर्गकिलोमीटराणितथा च जनानां संख्या प्रायः 70 लक्षमिता अस्ति। अत्र द्वादशमण्डलानि जन्तिते च शिमला, सोलन, सिरमौर, कांगड़ा, कुल्लू, किन्नौर, लाहुल - स्पीति, चम्बा, हमीरपुरम्, ऊना, बिलासपुर, मंडी नाम धेयानि सन्ति।

अस्य प्रदेशस्य राजधानी शिमलेनगरे अस्ति। अस्मिन् प्रदेशे शतुद्रः, विपाशा, रावी, यमुना प्रभृतस्य महानद्यः प्रवहन्ति। विश्व प्रसिद्धो भाखड़ाबान्धः कन्दरौरसेतु च हिमाचले एव विद्यते।

राजनैतिक दृष्ट्या 15 अप्रैल 1948 तमे वर्षेऽयं प्रदेशः निर्मितः। 25 जनवरी 1971 तमे वर्षे अयं प्रदेशः पूर्णराज्यत्वंप्राप्तवान्। अत्र चत्वारिसंसद क्षेत्राणितथा च अष्टषष्ठिः विधानसभा क्षेत्राणिसन्ति। प्रदेशेऽस्मिन् शिक्षायाः प्रचुरः प्रसारः विद्यते। अत्र ग्रामे - ग्रामे प्राथमिकविद्यालयाः

माध्यमिकविद्यालयाः। उच्चविद्यालये वरिष्ठविद्यालयाः च सन्ति। अत्र षष्ठिः मिताः महाविद्यालयाः च सन्ति। जलवायुः

दृष्ट्या प्रदेशोऽयं आरोग्यप्रदवर्तते। अतः

अहनिजप्रदेशे हिमाचलप्राणेषुऽपि अधिकं पाञ्छामि।

प्रफूल खोजान

वयं राष्ट्रक्षात्रं धारयामः

अनाथस्य दीनस्य दुःखात्तुरस्म

तथातङ्कवादस्य पापावृतस्य।

विनाशाय संकल्पबद्धा भवेम्

वयं राष्ट्रक्षात्रं धारयामः।।

वयं मार्तृभूमेः सुताः धीरवीराः

इमां मातृभूमिं समृद्धिप्रदातुम्।

स्वकर्तव्यमागोसदासञ्चलेम

वयं राष्ट्रक्षात्रं धारयामः।।

क्षुधार्तान् व्यथापीडितान् भारतेऽस्मिन्

समस्तान् जनान् भक्तिभावेननित्यम्।

स्वसत्कर्मणाप्रेमतः पालयामः

वयंराष्ट्ररक्षाव्रतं धारयामः॥

व्रतंभक्तिसिंहस्य वा गान्धिनोऽपि

सुभाषस्य वाजादवीरस्य वापि।

मुदासर्वदासर्वदापालभामः

वयंराष्ट्ररक्षाव्रतं धारयामः॥

नवीनोत्सादर्शिशिक्षाप्रचारैः

तथाज्ञानविज्ञानविद्याकासैः।

इमंभारतंभारतंकारभामः

वयंराष्ट्ररक्षाव्रतं धारयामः॥

सदाचारवृत्तिहृदा वर्धयन्तः

कृतिनिर्मलापाविनींभासयन्तः।

स्वकं भारतंभारतंकारयामः।

वयंराष्ट्ररक्षाव्रतं धारयामः॥

सुजातीमपुष्पैः भुविभ्रजमानं

महोद्यानतुल्यप्रियदेशमेनम्।

विभाभूषितंसर्वदाकारयामः

वयंराष्ट्ररक्षाव्रतं धारयामः॥

चांदनी,

कलास्नातक, प्रथमवर्ष

विज्ञानं च प्रौद्योगिकी च संस्कृतस्य भूमिका

संस्कृतभाषाविज्ञानस्य प्रौद्योगिकी च विकासस्य

महत्वपूर्णमस्ति।प्राचीनभारतस्य महानवैज्ञानिकः, गणितज्ञः

तथाचिकित्सकः संस्कृतभाषायां एवंकार्यंअकरन्।

अद्यतनविज्ञानप्रौद्योगिकी च संस्कृतभाषायां न

केवलंकार्यमस्तिअपितुसंस्कृतभाषायांविज्ञानप्रौद्योगिकी च

अधिकं ज्ञानप्राप्तंकरवाति।

प्राचीनभारतस्य योगदानम्

चिकित्साविज्ञानम् : चरकः, सुश्रुतः च चिकित्साविज्ञानस्य

महान् लेखकः आस्ताम्।चरकसंहिता, सुश्रुतसंहिता च

संस्कृतभाषायांलिखितौअस्ति।

गणितम्: आर्यभट्टः, भास्कराचार्य च गणितस्य महान्

वैज्ञानिकौआस्ताम्।आर्यभट्टीयं, भास्कराचार्यस्य गणितं च

संस्कृतभाषायांलिखितौअस्ति।

भौतिकशास्त्रम्: पाणिनीव्याकरणभौतिकशास्त्रस्य आधारः अस्ति।

रसायनशास्त्रम्: नागार्जुनः रसायनशास्त्रस्य महानवैज्ञानिकः

आसीत्।

अद्यतनविज्ञानं च संस्कृतम् भाषाविज्ञानम् :

संस्कृतभाषाव्याकरणस्य शुद्धता विज्ञानस्य प्रौद्योगिकी च

विकासस्य आधारः अस्ति।

अनुवाद : संस्कृतभाषाविज्ञानप्रौद्योगिकी च

संस्कृतभाषायांअनुवादंकरवाति।

शिक्षणम् : संस्कृतभाषाविज्ञानप्रौद्योगिकी च शिक्षणस्य माध्यमम्

अस्ति।संस्कृतभाषाविज्ञानप्रौद्योगिकी च विकासस्य

महत्वपूर्णमस्ति।अतः संस्कृतभाषाविज्ञानप्रौद्योगिकी च अधिकं

ज्ञानप्राप्तंकरवाति।

रजनी,

कलास्नातक, प्रथमवर्ष

भारतीयःनार्यः

एकानारीशिक्षिताभूत्वासम्पूर्णपरिवारशिक्षितंक्तु शक्नोति।भारतीय

नारीत्यागस्य प्रतिमा, क्षमाशीला, प्रेमणः स्नेहस्य च

दात्रीअस्ति।तस्याः अनेकेस्वरूपाः सन्ति। यथा - भागिनी, भार्या,

पुत्री, माताइत्यादयः। मुगलकालेनारीणांदशा शोचनीयाआसीत्

तथापिसमाजसुधारकणांप्रायासैः समाजात् अनेकाः कुप्रथाः

यथा - बालविवाहः सतीप्रथा च समाप्ताः।

स्वतन्त्रतायाः पूर्वेऽपिअनेकाः लोकप्रियाः महिलाः

अभवत्।तासुरानीलक्ष्मीबाईप्रमुखासीत्। कमलानेहरू,

कस्तूरबागांधी, सरोजिनीनायडूआदयःमहिलाः

स्वतन्त्रतायैकारागारमप्यगच्छन्। प्रसिद्धा गायिकालतामंगेयाकरः

तुभारतरत्नम् इतिसर्वोच्चसम्मानम् अलभत्।किरणबेदीअनेकैः

पुरस्कारैपुरस्कृतासन् 1999 तमे

वर्षेसाप्राइडऑफइण्डियाइतिपुरस्कारम् अध्यगच्छत्।

अद्यत्वे यद्यपि नार्यः विविधक्षेत्रेषुनारीशक्तेः

सर्वोत्तमंप्रदर्शनंकुर्वन्ति।तथापिवस्तुस्थितिः

भिन्नाअस्ति।अद्यापिसमाजेअधिकांशाः नार्यः कुपोषिताअशिक्षिताः,

अज्ञानतिमिरान्धस्य ज्ञानाञ्जनशलाकया।

चक्षुरूनीलितं येनतस्मैश्रीगुरवेनमः॥

छात्राः एवदेशस्य भविष्यस्य निर्मातारः भवन्ति। एषाम् व्यक्तित्वस्य निर्माणेशिक्षकाणामहान् योगः भवति। सन्तुष्टः शिक्षकः एवसम्यक् अध्यापयितुम् शक्नोति। अतः सर्वकारस्य एतत् कर्तव्यमस्ति यत् असौशिक्षकाणाम् आर्थिकीम् स्थितिम् उत्थापयते। तदैवशिक्षकः सन्तुष्टः सन्तः समुचितम् अध्यापनम् कर्तुम् शक्यन्ति।

अंकिताकुमारी,
कलास्नातकद्वितीय वर्ष

नीतिनवनीतम्

अभिवादनशीलस्य नित्यं वृद्धोपसेविनः।
चत्वारितस्य वर्धन्ते आयुर्विद्या यशोबलम्॥
यंमातापितरौक्लेशंसहेतेसम्भवे नृणाम्।

न तस्य निष्कृतिः शक्याकर्तुं वर्षशतैरपि॥
सर्वं परवशं दुःखं सर्वमात्मवशंसुखम्।
एतद्विद्यात्समासेनलक्षणंसुखदुःखयोः॥
यत्कर्मकुर्वतोऽस्य स्यात्परितोषोऽन्तरात्मनः
तत्प्रयत्नेनकुर्वीत् विपरीतंतुवर्जयेत्॥
दृष्टिपूतंन्यसेत्पादं वस्त्रपूतंजलपिबेत्।
सत्यपूतां वदेद्वाचमनः पूतंसमाचरेत्॥
तयोर्नित्यंप्रियंकुर्यादाचार्यस्य च सर्वदा।
तेष्वेव त्रिषुतुष्टेषुतपः सर्वसमाप्यते॥

अंकिता,
कलास्नातक, द्वितीय वर्ष

पर्यावरणम्

1. परि + आवरणम् इति पर्यावरणम्।
2. पर्यावरणं जीवनस्य आवश्यकं अंगं अस्ति।
3. स्वस्थ - पर्यावरणे एवं स्वस्थः विकासः भवति।
4. पर्यावरणस्य संरक्षणं अस्माकं कर्तव्यं अस्ति।
5. प्राचीनकाले पर्यावरणं विशुद्धं आसीत्।
6. अधुना पर्यावरणसमस्या अतिविकाराला अस्ति।

7. वृक्षानां अभावः पर्यावरणप्रदूषणस्य प्रमुख कारणम् अस्ति।
8. जनाः स्वार्थप्रमादवशात् पर्यावरणप्रदूषयन्ति।
9. पर्यावरणस्य अर्थे जलपवनं च विशुद्धं भवितव्यम्।
10. आसनम् अपि पर्यावरणस्य रक्षाय कृतसंकल्पः अस्ति।

निकिता, कलास्नातक द्वितीय वर्ष

प्रकृतिः

प्रकृतिः मातासर्वेषाम्
बहूनाम् अपि फलानाम्
बहूनाम् अस्ति वृक्षाणाम्
पुष्पाणाम् चापि मानेयम्।
भ्रमराणां, पशूनां
पक्षिणां च मानास्ति
जनेभ्यः जीवनसदा
ददाति प्रकृतिः माता॥
अस्ति सा तु मनोहरी

मातृणाम् अपि मातास्ति
प्रकृतिः मातासर्वेषाम्
नमोऽस्तुते मात्रैः प्रकृत्यै॥

श्वेता, कलास्नातक, द्वितीय वर्ष

पर्यावरणम्

पर्यावरणम्

मानवजीवने अति महत्वपूर्णस्थानं वर्तते वयं वायुजलमृदाभिः
आवृते वातावरणे निवसामः एतदेवः
वातावरणं कथ्यते। पर्यावरणे नैव वयं जीवन्तो पयोगिवस्तुनिः
प्राप्नुमः। जलवायुः च जीवने महत्वपूर्णः स्तः। साम्प्रतं शुद्ध
पेयजलस्य समस्या वर्तते। अधुना वायुरपि शुद्धं नास्ति।
एवमेव प्रदूषित - पर्यावरणविधाः रोगाः जायन्ते। पर्यावरणस्य
रक्षायाः अति आवश्यकता वर्तते। औद्योगिकापशिष्टः
पदार्थ उच्चध्वनिसानधूमादयः प्रमुखानि कारणाणि सन्ति। पर्यावरण
रक्षायै वृक्षाः रोपनीयाः। वयं नदीषु तडागेषु च दूषितं जलं न
पतेम। तैलरहितवाहनानां प्रयोगः करणीयः। जनाः तरूणां रोपनम्
अभिरक्षणं च कुर्यात्। स्वस्थ पर्यावरणमिव मानवजीवनस्य आधारः
अस्ति।

तनिषाकुमारी,

कलास्नातक प्रथमवर्ष



Staff Section

The Deities of Kinnaur: Guardians of Tradition, Culture, and Belief

Nestled in the majestic mountains of Himachal Pradesh, Kinnaur is a land where the rhythm of nature and the pulse of ancient traditions merge into a unique cultural tapestry. Known for its dramatic landscapes and rich heritage, Kinnaur is not just a geographical region but a realm steeped in history, mythology, and spirituality. At the heart of this culture lie the deities, revered as the guardians of Kinnaur's traditions, its culture, and the very essence of life itself. In Kinnaur, the divine is not just something abstract or distant. It is present in every stone, tree, and mountain peak. The people of Kinnaur practice a blend of Hinduism and Buddhism, but what sets this region apart is the reverence for local deities, or Devta, who are considered the protectors of the land and its people. Each village in Kinnaur has its own Devta—a guardian deity believed to have a direct influence on the lives of the inhabitants. These deities are not confined to temples but are often enshrined in nature itself. Sacred groves, rivers, and mountains are considered the abodes of these deities, and the locals believe that their lives are intertwined with the blessings and wrath of these spiritual entities. The Devta of Kinnaur are not only figures of worship but are also integral to the social structure. They maintain the social order and ensure the well-being of the community. Festivals, rituals, and ceremonies are performed in honor of these deities, marking important moments in the agricultural calendar, seasonal changes, or life events such as marriages, births, and death. What makes Kinnaur's deities unique is their connection with nature. The mountains, rivers, and forests are seen as manifestations of the divine. The inhabitants of Kinnaur consider these elements sacred, with lakes and the crasam often believed to be the earthly home of a god or goddess. The Kinnauris maintain an unbroken relationship with the natural world, understanding it as both a provider and a spiritual force. The reverence for nature is deeply embedded in the region's day-to-day life. During harvest season, prayers are offered to ensure bountiful crops, and there are rituals for good health, rain, and safety from natural calamities. The Devta are believed to have the power to ensure harmony between human activities and the natural world. Thus, every action in Kinnaur is taken with a sense of respect for the balance of nature.

In Kinnaur, the festivals dedicated to deities are not just occasions for religious devotion but also for social cohesion. The entire community participates in the rituals, from the youngest child to the eldest member of the village. Through the singing of hymns, the performing of dances, and the offering of sacrifices, the people of Kinnaur come together to express gratitude and seek divine protection. The deities of Kinnaur also play a critical role in preserving and promoting the region's culture. These deities act as living symbols of Kinnaur's heritage and remind the people of their roots. Through the worship and festivals associated with these deities, Kinnauri traditions—whether it be local crafts, languages, or songs—are passed down through generations. The very act of paying homage to these gods ensures the survival of Kinnaur's rich cultural identity. For the people of Kinnaur, the deities are more than just protectors of their community—they are the guardians of their identity, the stewards of traditions, and the eternal witnesses to the ever-changing rhythms of nature. As Kinnaur faces the challenges of modernity, these deities continue to stand as pillars of the region's rich cultural heritage, reminding all who visit that some things like belief, tradition, and nature are timeless.

Dharam Kirti

Assistant professor of Geography

Public Service Ethics: Building Trust and Confidence

Ethics in public services refers to the moral principles that guide government officials and employees in carrying out their duties with honesty, fairness, and integrity. Public service is a position of trust, and ethical conduct is essential for maintaining public confidence in government institutions. Ethical public servants work in the best interests of society, ensuring transparency, accountability, and justice in governance.

One of the fundamental aspects of ethics in public service is integrity. Public officials must adhere to high moral standards, making decisions based on fairness and justice rather than personal or political gain. Corruption, bribery, and favoritism undermine the ethical foundation of public service and weaken the trust of citizens. Ethical conduct requires officials to act in a manner that promotes public welfare, rather than seeking personal advantages.

Accountability is another crucial pillar of ethics in governance. Public servants must take responsibility for their actions and decisions, ensuring transparency in government processes. They should be answerable to the people they serve and adhere to rules and regulations that promote good governance. Transparency in decision-making reduces the chances of corruption and builds credibility in public institutions.

Impartiality is also essential in ethical public service. Every citizen must be treated equally, without discrimination based on race, religion, gender, or socioeconomic status. Public officials should ensure that policies and decisions benefit the entire society rather than a select few. Fairness in governance strengthens democracy and social harmony.

Respect for laws and ethical guidelines are fundamental for maintaining order and stability in society. Public servants must uphold the legal framework and ethical codes governing their roles. Violating these principles can lead to inefficiency, injustice, and public dissatisfaction. Following ethical guidelines helps create a disciplined and effective administration.

Professionalism and dedication are also key aspects of ethical public service. Public officials should perform their duties efficiently, with a commitment to serving the community. They should listen to public concerns, address grievances, and work towards policies that improve the quality of life for citizens. Ethical governance requires a sense of responsibility and dedication to the well-being of society.

Despite the importance of ethics in public service, there are several challenges that must be addressed:

Conflicts of Interest: Public officials may face conflicts between their personal interests and the public interest.

Bribery and Corruption: Ethics can help prevent bribery and corruption in government.

Misuse of Public Resources: Officials may misuse public resources for personal gain.

To promote ethics in public service, several best practices can be implemented:

Training and Education: Providing training and education on ethics can help public servants understand their responsibilities.

Institutional Reforms: Implementing reforms can help build a culture of ethics in public service.

In conclusion, ethics in public services plays a vital role in ensuring just, transparent, and accountable governance. When public servants uphold ethical values, they contribute to the development of a fair and effective administration. Ethical public service builds trust between the government and the people, fostering a society that is based on justice, equality, and good governance.

Dr. Mohit Prakash
Assistant Professor of Commerce

Commerce: A Foundation for Economic and Professional Growth

Commerce is not just a subject; it is the backbone of economic progress and professional success. Over the years, commerce education has evolved to meet the changing demands of the global economy. Today, it extends beyond traditional accounting and trade, encompassing entrepreneurship, digital finance, and global markets, making it an essential discipline for anyone aspiring to build a successful career.

One of the most crucial aspects of commerce education is its practical applicability. Whether it is understanding taxation, investment planning, or business strategies, commerce provides knowledge that is directly relevant to real-world scenarios. The rise of e-commerce, fin-tech innovations, and digital marketing has expanded career opportunities in the field. With the rapid adoption of UPI, digital payments, crypto-currency, and artificial intelligence in financial management, the significance of commerce has grown tremendously.

Commerce education should not be confined to textbooks and theoretical concepts. Case studies, industry interactions, and hands-on experiences through internships or live projects can bridge the gap between classroom learning and real-world challenges. Participation in business simulations, stock market investment clubs, and entrepreneurship development programs can further enhance practical understanding.

Another critical component of commerce education is financial literacy. Many individuals, despite having a commerce background, struggle with personal finance management. Understanding taxation (such as the New Tax Regime), investment options (mutual funds, stocks, fixed deposits), and financial planning empowers individuals to make informed decisions for their future careers and personal lives.

Commerce also plays a vital role in shaping ethical and responsible professionals. Corporate Social Responsibility (CSR), business ethics, and sustainable commerce are essential areas that must be understood. In today's competitive world, success is not only about profitability but also about ethical decision-making and social impact. Ethical trade practices, fair wages, and environmental sustainability are crucial aspects of responsible business leadership.

Despite its significance, commerce education faces challenges such as an outdated curriculum and limited industry exposure. Many academic syllabi fail to keep pace with global economic changes and digital transformations. Therefore, continuous curriculum enhancement, faculty training, and collaboration with

industry experts are essential to keeping commerce education relevant and impactful.

Commerce is not just a subject but a tool for economic empowerment and personal growth. The ability to analyze financial trends, understand market behaviour, and make sound business decisions provides individuals with lifelong skills. A strong foundation in commerce opens doors to diverse career paths, from entrepreneurship and banking to corporate finance and international trade.

In the coming years, the role of commerce education will only grow in importance. By integrating innovation, ethics, and real-world applications, commerce can shape the future of business, economy, and society as a whole. It is not just about numbers and transactions—it is about driving economic progress and sustainable development on a global scale.

Dev Raj

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The Chemistry Of Happiness So Are You Ready For A Happy Chemical Ride?

Here is the D.O.S.E of happiness- Dopamine, Oxytocin, Serotonin and Endorphin. The chemicals involve the neurotransmitters and bring a sense of joy, empathy, self-esteem, and togetherness making the practical bonds of trust. The endocrine system controls the production and release of these hormones particularly; the pituitary gland directs the rush of these hormones throughout the body.

Bright and breezy??? You have got serotonin to thank, Gloomy and Grumpy??? A big OL' HUG and a burst of oxytocin will perk you up.

Dopamine with the chemical name 4-(2-amino ethyl) benzene-1,2-diol works as a motivation capsule. The dopamine happiness comes from the brain's reward system, responsible for memory, attention, motivation, boosts self-esteem, regulates one's behaviour and body movements. The chemistry is that the amino acid tyrosine converts into another amino acid, known as L-dopa and then some certain enzymes turn L-dopa into dopamine. Getting a high quality sleep, diet containing less saturated fats, regular exercise, meditation, music can boost the release of this chemical.

Feeling butterflies? Cause oxytocin drives.

In the language of chemistry, Oxytocin is cyclic nonapeptide chemical with amino acid sequence CYIQNCPLG. It is produced by the hypothalamus part of the brain.

Dopamine

The rewarding chemical

Completing a task

Oxytocin

The love hormone

Playing with a dog

Doing self-care activities	Playing with a baby
Eating food	Holding hands
Celebrating little wins	Hugging your loved ones

Endorphin

The pain killer
Laughing
Exercising
Dark chocolate
Essential oils

Serotonin

The mood stabilizer
Sun exposure (be sun safe)
Meditating
Running
Being in nature

Which keeps the body's internal functions in balance and then it's secreted into the bloodstream by the pituitary gland. From there, oxytocin is directed into the spinal cord or other parts of the brain depending on its ultimate purpose. This chemical is linked with emotional attachments and bonding. Researchers say oxytocin lowers stress & anxiety and impacts the social behaviour including trust, empathy, positive memories, processing of bond cues and positive communication. Some studies show that the level of oxytocin can be relatively increased by getting a good sleep, spending time with families and pets, listening to music. Increasing the levels artificially is bit more complicated? Only the environment can make a change.

Serotonin is the chemical 5-hydroxytryptamine, derived from the amino acids and tryptophan. It occurs in the brain, gastrointestinal tract and blood platelets. This chemical is a natural mood stabilizer that helps in getting good sleep, eat, digestion, maintain bone health, stimulates nausea, heals wounds, reduces anxiety and a powerful antidepressant. The level of serotonin can be increased by increasing the amino acid tryptophan supplements; spending time doing favourite hobbies can also elevate the serotonin levels. Light therapy is being adopted by people these days. Researchers have found a relation between bright light and serotonin levels.

Happiness comes from within, and the chemical driver is endorphin. Endorphin is an endogenous opioid peptide neurochemical released after a good, hard workout. Endorphin is formed by the combination of the words "endogenous", which means within the body, and "morphine", which is an opiate pain reliever. The chemical can help relieve pain, reduce stress and is responsible for euphoric feeling. In a study it was found that the effect of the chemical endorphin can be contagious. It triggers the laughter. The levels of the chemical can be increased by doing simple exercise, walking, laughing with friends, listening to music and doing meditation. It is observed from studies that feeling sympathy and doing a simple act of kindness for others can elevate the chemical release.

Ms. Anchala
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Change-Versions left in the mirror

I see change scudding like the clouds,
eager to downpour newness.

What will come next?

I take a moment to contemplate,
by being detached.

Furthermore, I watch the summer becoming breathless
and the winter welcoming sunbeams.

I feel the pain of escaped childhood
and the drowned period of youth.

Change promises an exposition of endeavour.

It is an unfailing ally,

I know the change can be inimical also,

I have made an effort to attune
to its fluidity and unpredictability.

Fate takes our rational facet while
change sets us free.

In the mirror of life,

We age....

Laughter lines and flinching glance
tell about distance covered.

Change moves swiftly,
I have learnt to accept change.

Surbala Negi

Assistant professor of English

Nargis Flower : Symbol of beauty and Elegance

The Nargis flower, or Narcissus tazetta, blooms like a quiet promise across Kinnaur, Himachal Pradesh, India, especially near Urni village. Called "Narkasang" by locals, it's a sight to behold— soft white petals hugging a golden heart, much like a daffodil, with a fragrance that whispers of jasmine. Every spring, it carpets Kinnaur's after the chill of winter and the gentle warmth of summer.

For the people of Kinnaur, Nargis isn't just a flower—it's a piece of their soul. A shy over might slip it into a sweetheart's hand, letting its beauty say what words can't. In quiet moments of prayer, it's laid before deities, a simple offering of love and purity. It even dances in poetry, tied to the daffodils William Wordsworth gushed over in "I Wandered Lonely as a Cloud," filling hearts with its golden joy.

The old folks still crush its roots into a lotion for scrapes and sores—a trick they swear by. But as roads

widen and cities creep closer, the wild Nargis near Urni is fading. It's a flower that holds love, faith, and stories, begging us to keep it alive.

Jaya Prada
Asth. Prof BCA / PGDCA
T.S Negi Govt.College Reckong Peo

Indian Neutrino Observatory: A Step towards Understanding the Universe

The Indian Neutrino Observatory (INO) is a landmark project in the field of particle physics that aims to explore one of the most elusive and mysterious particles in the universe: the neutrino. Set to be established in the southern state of Tamil Nadu, INO will be India's premier laboratory for neutrino research and will contribute significantly to global efforts in understanding fundamental physics.

What is Neutrino Physics?

Neutrinos are subatomic particles that are incredibly difficult to detect. They have a very small mass, no electric charge, and interact only via the weak nuclear force, making them nearly impossible to observe directly. Billions of neutrinos pass through every square inch of our bodies every second, but we rarely notice them because they rarely interact with other matter.

The Indian Neutrino Observatory (INO)

The Indian Neutrino Observatory is a large-scale scientific facility dedicated to the study of neutrinos. The observatory will be located in the Pottipuram region of the Western Ghats in Tamil Nadu, beneath a mountain range that will shield it from cosmic radiation. The project is being spearheaded by the Tata Institute of Fundamental Research (TIFR) and involves collaboration with several Indian and international institutions.

The main objective of INO is to detect and study neutrinos produced in the Earth's **atmosphere (known as atmospheric neutrinos) and those emitted by distant astrophysical sources, such as supernovae or the Sun. One of the most significant goals of the INO is to study** the phenomenon of neutrino oscillation, which is the process by which a neutrino changes its type, or "flavor," as it travels through space.

The centerpiece of the INO will be the Magnetized Iron Calorimeter (ICAL). This detector will consist of large blocks of iron, arranged in layers, with a magnetic field applied to them to bend the paths of charged particles. The ICAL detector will help distinguish between different types of neutrinos.

One of the most exciting aspects of the INO is its potential to study neutrino oscillations. Neutrino oscillation refers to the phenomenon in which a neutrino of one flavor (e.g., electron neutrino) can change into another flavor (e.g., muon or tau neutrino) as it travels. This discovery has already been made in experiments around the world, but INO's large-scale experiment will provide more precise measurements of the parameters governing neutrino oscillations.

By studying the interactions of neutrinos with matter in the ICAL detector, scientists hope to measure the differences in the oscillation frequencies between neutrino types. This will help answer critical questions, such as whether neutrinos have mass and, if so, how much mass they have. These results could have profound implications for the Standard Model of particle physics and may even help to explain why the universe has more matter than antimatter.

Although the INO is an Indian initiative, its contributions will have global significance. Neutrino research is an international effort, with major experiments taking place in various countries, including Japan (Super-Kamiokande), Italy (Gran Sasso), and the United States (NOvA, DUNE). The INO will be an important addition to this network of neutrino observatories, offering complementary capabilities and data.

The establishment of the INO represents a major leap forward for India in the field of fundamental science. It demonstrates India's growing capacity for cutting-edge research and its commitment to participating in large-scale international scientific endeavors. The INO will not only contribute to our understanding of the universe but also foster the development of advanced technologies, which can have applications beyond particle physics, such as in medical imaging and radiation detection.

Abhishek Thakur

Assistant Professor of Physics

Educational Technology for Skill Development and Workforce Preparation

This article discusses the pivotal role of educational technology in enhancing skill development and workforce preparation. As industries evolve rapidly due to technological advancements, educational institutions are tasked with equipping students with relevant competencies needed in today's job market. Educational technology, encompassing tools such as online learning platforms, simulations, and adaptive learning software, provides a flexible and immersive environment conducive to personalized learning experiences. These resources allow learners to develop both hard skills, such as coding and data analysis, and soft skills, including critical thinking and collaboration, essential for workplace success.

Moreover, the integration of project-based learning and virtual internships facilitated by technology bridges the gap between theoretical knowledge and practical application, ensuring students are workforce-ready. This approach fosters continuous skill enhancement through real-world problem-solving scenarios, thus aligning curricula more closely with industry demands.

Additionally, the accessibility of online resources democratizes education, allowing a broader demographic to acquire necessary skills irrespective of geographical or socioeconomic barriers. As organizations increasingly prefer candidates with experiential learning backgrounds, educational technology becomes indispensable in shaping a workplace capable of navigating complex challenges.

In summary, the strategic implementation of educational technology in skill development not only prepares students for immediate employment but also instills a culture of lifelong learning, adaptability, and resilience, critical in the face of an ever-changing employment landscape. Addressing these needs is paramount for institutions aiming to produce skilled graduates ready to thrive in the future workforce.

Inder Bhagat

Assistant Professor of Computer science

"Sangla's Trout Revolution: Science Meets Sustainability"

Situated in the cold, oxygen-rich waters of the Baspa River, Sangla Valley in Kinnaur has emerged as a significant site for the controlled aquaculture of *Oncorhynchus mykiss* (rainbow trout). The species, originally introduced to India in the early 20th century, has adapted well to the high-altitude freshwater systems of Himachal Pradesh, where optimal thermal conditions and fast-flowing streams support its growth and reproduction. The region's physicochemical water parameters, including low temperatures, high dissolved oxygen levels, and minimal anthropogenic contamination, contribute to the viability of trout farming, making it an important sector in cold-water aquaculture.

Rainbow trout cultivation in Sangla is conducted through intensive and semi-intensive rearing systems, involving hatchery-based breeding, controlled feeding regimes, and regulated water exchange. The species exhibits rapid growth under controlled conditions, with artificial diets rich in protein ensuring optimal feed conversion ratios. The aquaculture industry in the region plays a crucial role in local livelihoods, generating employment in fish hatcheries, feed production, and distribution networks. Additionally, the controlled breeding and stocking of trout contribute to the conservation of native aquatic biodiversity by reducing fishing pressures on wild populations.

The increasing demand for rainbow trout, driven by its high protein content, omega-3 fatty acids, and commercial value, has positioned Sangla as a leading site for sustainable cold-water aquaculture. However, environmental challenges such as climate variability, fluctuations in stream flow, and the potential for disease outbreaks necessitate continuous monitoring and adaptive management strategies. Water quality parameters must be meticulously maintained to prevent stress-induced immunosuppression in farmed stocks, while biosecurity measures are essential to mitigate the risk of pathogenic infections. Further research into selective breeding, immunostimulant-based diets, and

advanced recirculatory aquaculture systems could enhance the resilience and productivity of trout farming in the region.

Sangla Valley represents a model of sustainable aquaculture, integrating ecological conservation with economic development. As research and technological advancements continue to refine cold-water fishery management, rainbow trout farming in the region holds promise for further expansion, contributing to both food security and the local economy. The strategic application of scientific aquaculture principles will be essential to ensure long-term sustainability while mitigating the environmental impacts of intensive fish farming.

Yashwant Rana

Assistant Professor of Zoology

Plants in Kinnauri Culture

Kinnauri culture, deeply rooted in the traditions and practices of the people of Kinnaura Tribe, is rich in its use of plants and flowers for rituals and celebrations. In Kinnauri traditions, certain plants hold a sacred significance and are an integral part of religious and social ceremonies. These plants are not just symbols of beauty but also embody cultural and spiritual values.

The local deity in Kinnauri culture is worshipped with the flower known as Baramkamal (*Saussurea obvallata*), locally called “Dongur,” which is considered highly sacred. Another important plant used in worship is West-Himalayan *Skimmia* (*Skimmia anquetilia*), referred to as “Nayar.” The leaves and flowers of these plants are offered to the deity as a mark of respect and devotion. Garlands made from *Skimmia* leaves are used to adorn the deity during various rituals. These offerings symbolize purity, prosperity, and reverence for divine powers.

The festival of Fulaich, also known as the festival of flowers, is one of the most prominent celebrations in Kinnauri culture. During this festival, the main flowers offered to the deity are Bhran Kamal and Neel Kamal. These flowers are revered for their rarity and spiritual importance. People attach these sacred flowers to their traditional Kinnauri caps, which are an iconic part of their attire. Along with the flowers, the leaves of *Skimmia* are also fastened to the caps, adding a natural and cultural touch to their festive appearance. This practice reflects the deep connection the Kinnauri people have with nature and their environment.

In addition to festivals, plants also play a role in important life events, such as weddings and housewarming ceremonies. During a Griha Pravesh (housewarming) ceremony, the bride is given a bowl full of barley (*Hordeum vulgare*) by her Nanad (husband's sister). This gesture symbolizes prosperity and fertility, as barley is a significant crop in the region. The bowl is held by both the bride and her Nanad, and together, they step into the house, led by the Nanad. This act signifies the bride's entry into her new home and her acceptance into the family. Barley, being a symbol of abundance and sustenance, holds immense cultural value in Kinnauri traditions.

These customs highlight how deeply plants and flowers are interwoven with the spiritual and social fabric of Kinnauri life. By using elements from their natural surroundings, the people of Kinnaur demonstrate their respect for nature and their reliance on it for spiritual fulfilment. The cultural practices not only honor their deities but also preserve their traditional knowledge and ecological heritage. Through these rituals, the Kinnauri community celebrates the beauty and sanctity of the environment while passing down their traditions to future generations.

Vijay Sanspal
Assistant Professor of Botany

Public Administration as A Discipline

Public administration shapes the path of a nation. But who shapes public policy? In India, one figure has been instrumental in the arena - Paul H. Appleby, known as the father of public administration – India. His influence runs deep and continues to impact today's landscape.

If Our civilizations fail it will be the mainly because of administration. Public administration – in human life

it is useful from birth till death. The subject of public administration has been around since the beginning of human civilization it become an independent social science subject since in 1887. Public administration is a key part of Govt. and society. It is responsible for executing laws, policies and programmes. The success of government depends on the ability of public administration to perform. As a subject of study public administration has become very popular among students. The union public service communication has introduced public administration as an optional subject since 1987. As a subject, public administration is a popular choice among students in competitive examination like UPSC, HPPSC and other states services, etc.

Public administration is essential for the effective functioning of government, enabling the provision of essential services, implementation of policies and management resources. Public administration has evolved over time, adopting to the changing needs of society and the complexity of governance. Public administration is directly accountable to the government and indirectly accountable to the citizens. Administration needs to be efficient and effective in order to deliver services to the public.

In conclusion, public administration is vital for effective governance, ensuring the public good through the implementation of policies and the delivering of services requiring adaption to evolving societal needs and focus on public accountability and efficiency.

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Nanotechnology and Nanomedicine: Revolutionizing Healthcare and the Economy

Nanotechnology, the manipulation of matter on an atomic and molecular scale, has emerged as a transformative force in various industries, including healthcare. Nanomedicine, a subset of nanotechnology, has the potential to revolutionize the way we diagnose, treat, and prevent diseases. In this article, we will explore the applications, benefits, and economic implications of nanotechnology and nanomedicine.

Applications of Nanotechnology in Medicine

Nanotechnology has numerous applications in medicine, including:

Drug Delivery: Nanoparticles can be designed to target specific cells, tissues, or organs, allowing for more precise and efficient drug delivery.

Diagnostic Imaging: Nanoparticles can be used as contrast agents for imaging techniques such as MRI and CT scans, enabling earlier detection and diagnosis of diseases.

Therapy: Nanoparticles can be used to deliver therapeutic agents, such as chemotherapy, directly to cancer cells, reducing side effects and improving efficacy.

Regenerative Medicine: Nanotechnology can be used to create scaffolds for tissue engineering,

enabling the growth of new tissues and organs.

Benefits of Nanomedicine

Nanomedicine offers numerous benefits, including:

Improved Diagnosis: Nanotechnology can enable earlier detection and diagnosis of diseases, improving treatment outcomes.

Personalized Medicine: Nanomedicine can be tailored to individual patients, improving treatment efficacy and reducing side effects.

Reduced Healthcare Costs: Nanomedicine can reduce healthcare costs by enabling earlier diagnosis, reducing the need for invasive procedures, and improving treatment outcomes.

Increased Quality of Life: Nanomedicine can improve quality of life by enabling more effective treatment of chronic diseases and improving patient outcomes.

Economic Implications of Nanotechnology and Nanomedicine

The economic implications of nanotechnology and nanomedicine are significant:

Job Creation: The nanotechnology industry is expected to create millions of jobs globally, driving economic growth and development.

Economic Growth: The nanotechnology industry is expected to generate trillions of dollars in revenue globally, driving economic growth and development.

Improved Healthcare Outcomes: Nanomedicine can improve healthcare outcomes, reducing healthcare costs and improving productivity.

Increased Competitiveness: Nanotechnology can enable companies to develop novel products, improving competitiveness and driving innovation.

Conclusion

Nanotechnology and nanomedicine have the potential to revolutionize healthcare and the economy. While there are challenges that need to be addressed, the benefits of nanotechnology and nanomedicine are clear. As we move forward, it is essential that we invest in research and development, develop regulatory frameworks, and increase public awareness and education to ensure that the benefits of nanotechnology and nanomedicine are realized.

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GDC Reckong peo



Every image of a bird or wild mammal from the Himalayas is a glimpse into a fragile world that still survives in Kinnaur. Through documenting these lives, we hope to inspire a deeper connection with the wild and a sense of responsibility to protect our shared mountain home.

PC-Mahesh Negi

THAKUR SEN NEGI GOVT. COLLEGE RECKONG PEO DISTT. KINNAUR H.P.