

शतब्दो

2025-26



THAKUR SEN NEGI GOVT. COLLEGE

RECKONG PEO DISTT. KINNAUR HIMACHAL PRADESH-172107

Phone No.: 01786-222591, Email: gcreckong-peo-hp@nic.in, Website: tsnegigcreckongpeo.ac.in

VISION•MISSION•AIMS



VISION

Empowering lifelong learners to lead with inquiry, embrace Indian values, and excel as compassionate global citizens.



MISSION

To engage and empower students through value-based education, fostering the life skills and global perspective needed to lead and transform the world of tomorrow.



AIMS

Nurturing the whole student: building character, honoring family, and respecting the wisdom of our elders.





FROM THE DESK OF THE MINISTER



REVENUE, HORTICULTURE,
TRIBAL DEVELOPMENT & RPG MINISTER
GOVT. OF HIMACHAL PRADESH, SHIMLA - 171 002

It gives me immense pleasure to know that T.S. Negi Government Degree College, Reckong Peo, is bringing out its annual magazine, 'Shatudri'. Such publications provide an excellent platform for students to express their creativity, share their ideas and showcase their intellectual and literary talents.

Education plays a vital role in shaping a progressive and enlightened society. It is not limited to academic learning but also fosters critical thinking, innovation and a strong sense of social responsibility among young minds. Institutions like this college are contributing significantly to nurturing future citizens who will lead our state and nation toward greater heights.

The Government of Himachal Pradesh remains committed to strengthening the education system and ensuring access to quality education for all. Our teachers, through their dedication and tireless efforts, continue to inspire and guide students in achieving excellence in all spheres of life.

I extend my heartfelt congratulations to the Principal, staff, students and the editorial team for their sincere efforts in bringing out this magazine. I am confident that 'Shatudri' will continue to inspire, inform and reflect the vibrant spirit of the institution.

I convey my best wishes for the success of this publication and for the bright future of all students.

Sh. Jagat Singh Negi

DEPUTY COMMISSIONER
SPEAKS

MESSAGE FROM DEPUTY COMMISSIONER



सत्यमेव जयते

It gives me immense pleasure to extend my heartfelt greetings and best wishes to the faculty, students, and the editorial team of Shaturdi, the college magazine of T.S. Negi Government Degree College, Reckong Peo.

A college magazine is not merely a collection of writings; it is a vibrant reflection of the intellectual vitality, creativity, and aspirations of young minds. It serves as a powerful platform where ideas take shape, voices find expression, and talent flourishes. Shaturdi truly represents the spirit of curiosity, innovation, and academic excellence that defines the students of this esteemed institution.

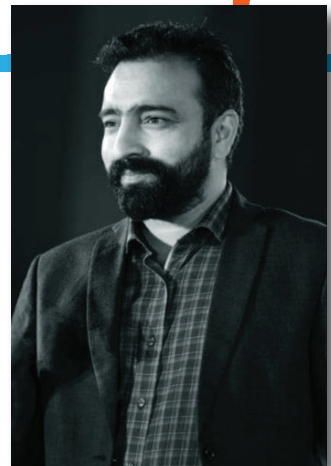
I sincerely appreciate the efforts of the college in nurturing a culture that encourages critical thinking, creativity, and meaningful expression. Such initiatives play a vital role in shaping confident, responsible, and socially aware individuals who are prepared to contribute positively to society.

In today's rapidly evolving world, it is essential for students to go beyond textbooks and embrace creativity, leadership, and community engagement. I am confident that the students of this college will continue to strive for excellence, guided by the values of dedication, integrity, and service to society.

I warmly congratulate the entire editorial team for their commendable dedication and hard work in bringing out this wonderful edition of Shaturdi. May this magazine continue to inspire, enlighten, and empower generations of students to dream big, think boldly, and act responsibly.

Wishing you all continued success, growth, and a bright future ahead.

DR. AMIT KUMAR SHARMA
Deputy Commissioner, Kinnaur, H.P.

FROM THE DESK OF
PRINCIPAL

It gives me immense pleasure to present Shaturdi, the annual magazine of our esteemed institution. This vibrant publication stands as a true reflection of the creativity, talent, and dynamic academic and cultural spirit of our college. It provides a meaningful platform where ideas find expression, talents are nurtured, and achievements are celebrated with pride.

Education, in its true sense, goes beyond the confines of classrooms. It shapes character, fosters innovation, and instills a deep sense of responsibility among students. At our institution, we remain committed to creating an environment that promotes holistic development, critical thinking, and intellectual growth.

I extend my heartfelt congratulations to the Chief Editor and the entire editorial team for their remarkable efforts in bringing out this edition with such excellence. The initiative to present the magazine in a comprehensive and vibrant color format, showcasing glimpses of various academic, cultural, and co-curricular activities, is truly commendable and enriching.

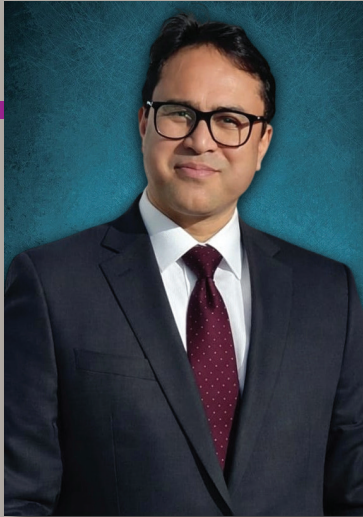
I also appreciate the dedicated contribution of the student technical support team, whose innovation and teamwork have played a crucial role behind the scenes.

I convey my best wishes to all readers. May Shaturdi continue to inspire creativity, wisdom, and excellence in the years to come.

DR. UTTAM CHAND CHAUHAN
Principal

T.S. Negi Govt. Degree College
Reckong Peo Kinnaur H.P.





MESSAGE FROM THE CHIEF EDITOR

It is with great pleasure and a deep sense of gratitude that I present the latest edition of our college magazine. This publication is not merely a collection of articles, but a reflection of the creativity, intellect, and vibrant spirit of our students and faculty. It beautifully captures the collective voice, aspirations, and ideas of our academic community at T.S. Negi Govt. Degree College, Reckong Peo.

Nestled in the serene and majestic landscape of Kinnaur, our institution continues to promote holistic development by nurturing both intellect and character. This magazine serves as a platform to showcase the diverse talents of our students through poetry, prose, essays, artwork, and thoughtful reflections, each piece reflecting dedication and creative expression. Various photographs included in this magazine also vividly reflect the wide range of academic, cultural, and co-curricular activities conducted throughout the year.

I extend my sincere and heartfelt gratitude to all the contributors, whose enthusiasm and efforts have enriched this publication. I am especially thankful to the editorial team and student technical support for their tireless work, coordination, and commitment in bringing this edition to life. I also express my respectful thanks to our Principal for his constant guidance, encouragement, and support.

May this magazine continue to inspire young minds to express themselves confidently, think creatively, and contribute meaningfully to society. Let it remain a symbol of our unity, growth, and pursuit of knowledge. With warm regards,

DHARAM KIRTI

Assistant Professor of Geography
Chief Editor, College Magazine
T.S. Negi Govt. Degree College,
Reckong Peo, Kinnaur (H.P.)



DR. MOHIT PRAKASH
CO-EDITOR
Asst. Prof. of Commerce



MRS. SURBALA NEGI
CO-EDITOR
Asst. Prof. of English



MRS. JAYA NEGI
CO-EDITOR
Asst. Prof. of English



MR. VISHAVJEET
EDITOR ASSISTANT
STUDENT OF BCA III YEAR



MISS. RIYA NEGI
EDITOR ASSISTANT
STUDENT OF BCA III YEAR

ANNUAL REPORT 2025-26



Enrolment of Students:

A total numbers of 283 students were enrolled during the current session (2024-2025) out of which 57 % are girls.

ACADEMIC ACHIEVEMENTS OF STUDENTS

- ” Ms. Raveesha of BA III qualified SSC in Sept. 2025 and currently undergoing her training at Chandigarh.
- ” Mr. Aman Negi and Mr. Akshay Kumar (Department of BCA) were selected in MCA programme of HPU Shimla.
- ” Ms. Aditi Bisht of B.SC. III was selected for M.SC. Botany in Delhi University North Campus for the session 2025-2026.
- ” Ms. Anjali (Dept. of History) qualified NET in Dec. 2025.
- ” Ms. Nancy (BAIII) got selected in Master of Mass Communication and Journalism, HPU Shimla.
- ” Ms. Akanksha (BAIII) got selected M.A. Archaeology, HPU Shimla.
- ” Ms. Anvi Rathour (BAIII) got selected in LLB, at HPU Shimla.



MISS. ANJALI NEGI
Qualified NET in History



MISS. ADITI BISHT
Msc. Botany Delhi Univeersity



MR. VIRAG SAGAR
Assistant Physiotherapist in IIAHP Chandigarh



MISS. ADITI
HP Yotuh woman's boxing Championship (Shimla) (Gold), 7th youth MAN/WOMAN's National boxing championship (Greater Noida) (Participation), HP Elite woman's state boxing championship (Reckong Peo) Bronze, Inter Collage (Rampur) Silver, Frendly Fight night match (Gold), Open Bushahr championship (Gold)



MISS. RIZING DOLMA
B.A. 2nd year Bronze Medal in National Ice Hockey and 4th position in Khelo India - 2026



College student participate in National level PESA Mahotsav Marathon at Visakhapatnam 2025-26

ACHIEVEMENTS IN SPORTS

- ” Ms. Aditi of B.A. I won **Gold medal** in H.P. Women State Boxing Championship held at Reckong Peo (District Kinnaur w.e.f. Oct. 30 to Nov. 2, 2025). She also won **Silver medal** in H.P. University Inter - college (Women) Boxing Championship held at Govt. College Rampur Bushahr. She also participated in U -19 Youth Boxing Championship held at Noida w.e.f. 21st to 27th April 2025.
- ” Ms. Rigzin Dolma (BA II) won **Bronze medal** in National Ice - Hockey Championship held at Dehradun w.e.f. 7th to 17th June 2025. She also bagged **4th position** in Khelo India Winter Games held at Ladakh w.e.f. 20th to 26th January 2026.
- ” National Sports Day was observed on 29th Aug. 2025 to commemorate the birth anniversary of legendary National Hockey Hero Major Dhayan Chand. Events like Table-tennis, Chess, Carom, Badminton, Volleyball and Basketball were organized on this occasion. Deputy Commissioner Kinnaur was the worthy Chief Guest in the opening ceremony and Principal of the college was the worthy Chief Guest in the closing ceremony.
- ” Annual Athletic Meet was held on 21st Feb.2025 in which 100 mtr., 200 mtr. 400 mtr. and 800 mtr. races, high jump, long jump, shot put and discus throw (men & women sections) were organized. **Mr. Deepak of B.A.I and Ms. Radhika of BA I were adjudged best athletes.**

ACHIEVEMENTS OF STAFF

Faculty member of the college makes continuous efforts to improve their academic and professional skills.

- All the members of teaching faculty attended and presented papers in 3 day International Conference on “Community, Culture and Conservation: Tribal Pathway to Sustainable Prosperity” organized by our college w.e.f. 15th to 17th Sept. 2025.
- All the members of teaching faculty attended one week Faculty Development Programme on “Leading the Future : Innovation and Excellence in Academia” organized by G.B. Pant Memorial Govt. College Rampur Bushahr, Shimla w.e.f. 1st to 7th Dec. 2025.
- All the members of staff attended one week Faculty Development Programme on “Enabling Teachers with AI Tools & Innovative Approaches for Effective Teaching Learning” w.e.f. 8th to 12th Jan. 2026 organized by Don Bosco Institute of Technology (DBIT), New Delhi.
- All the members of staff attended and presented papers in Two-Day International Conference on “Frontiers in Education and Leading in Modern Era (Science, Arta, Commerce and Management) from 27-28 February, 2026 organized by LBS Government Degree College Saraswati Nagar (Shimla).
- All the members of staff attended and presented papers in one day international Conference on “Himalyan Environmental Issues and Disaster Risk: Multidisciplinary Perspectives” organized by Dr Yashwant Singh Parmar Govt. PG College Nahan (Sirmour) on dated 23rd Feb.2026.
- Mr. Dharam Kirti Negi, Assistant Professor of Geography, published a book entitled “The handbook of Physical Geography’ with Informatics Books and Journals, ISBN No. 97881-990278-3-1 He also presented a research paper entitled ‘Promoting Tribal Festivals and Fair to Preserve Culture and Tourism: A Case Study of Kinnaur Lavi Mahotsaav 2025’ at the National Conference on “Empowering Tribal India”, organized by Govt. College Pangi (Chamba) on 14th Nov. 2025.
He also presented a research paper entitled ‘Assessment of Environmental and Social Impact of Baspa River Hydro Project in Kinnaur District’ at the International Conference organized by the Department of Earth Sciences, Institute of Mountain Environment, University of Jammu, w.e.f. 16th to 17th Nov. 2025. He also presented a paper entitled ‘Disaster in Kinnaur (H.P.) at the International Conference, organized by Gautam Group of Colleges Hamirpur, (H.P.), w.e.f. 13th to 15th Aug. 2025.
He also presented a research paper entitled ‘Education in Sustainable Development’ at the International Conference on “Environment, Sustainable Development and Disaster Management: Pathway to Career, Granular and Surface Future” organized by Department of Geography, TGCM Government College Tehra w.e.f. 21th to 12th Sept. 2025.
- Mr. Shanta Kumar, Assistant Professor of History, completed his Ph. D. from Himachal Pradesh University Shimla, on the topic “Tea Plantation and Industry in Himachal Pradesh During the Nineteenth and Twentieth Centuries” under the supervision of Dr. B.K. Shivram. He also published a research paper entitled “Tea Industry in Himachal Pradesh: A Historical Perspective” in Itihas Diwakar (ISSN No. 2250-2769).
- Dr. Sidheshwari Yambur, Assistant Professor of Sanskrit, published a chapter entitled “Kinnaur ke Sandiyad Lokgatha me Kunti ka Varnan” in the book ‘Vimarsh ka Kendr Mahabharat’, Arnav Publications, New Delhi, ISBN No. 978-93-49623-09-5.
- Mr. Yashwant Rana, Assistant Professor of Zoology successfully completed his Ph. D. From Himachal Pradesh University Shimla on the topic “Assessment of Tebuconazole-Induced Toxicity and Its Amelioration with Propolis on Cyprinus Carpio L.(Cypriniformes: Cyprinidae) under the supervision of Dr. Sushma Sharma.
- Dr. Gian Chand Sharma, Assistant Professor of English published a chapter entitled “Chemistry of Science Fiction in Literature, Art and Culture” in the peer reviewed edited book ‘Reimagining Myths and Narratives: Culture, Identity and Storytelling in a Changing World’, (An International Edition), ISBN: 978-93-5879-952-1.
- Mr. Kapoor Chand, Assistant Professor of Political Science, published a research paper entitled ‘Hydropower Development and Environmental Conflict in the Indian Himalayas’ in an International Peer Reviewed Referred & Quarterly Research Journal for Interdisciplinary Studies, Oct-Dec. 2025. Vol.-14, Issue – 65, Printed ISSN 2319-4766, Online ISSN 2278 – 8808.
- A total number of 47 research papers were presented by the teaching faculty during various national and international conferences.
- Ms. Kiran Mala & Ms. Deva Shree got promotion as Senior Lecturer Assistant (SLA) and adjusted in our institution.

SCIENCE & TECNOLOGY SECTION



Science is not just a subject; it is the curiosity to explore the unknown. In this edition, we celebrate the spirit of innovation and the relentless pursuit of knowledge by our students. From AI to sustainable engineering, these pages reflect the bright minds shaping our future. I hope these articles spark your curiosity and inspire you to keep questioning, creating, and evolving. Happy reading!

DR. YASHWANT RANA
Assistant Professor Zoology
Science Section Editor



MISS. NEHA KUMARI
Bsc. Zoology 2nd year
Student Editor

SCIENCE BEHIND TRADITIONAL KINNAURI ARCHITECTURE

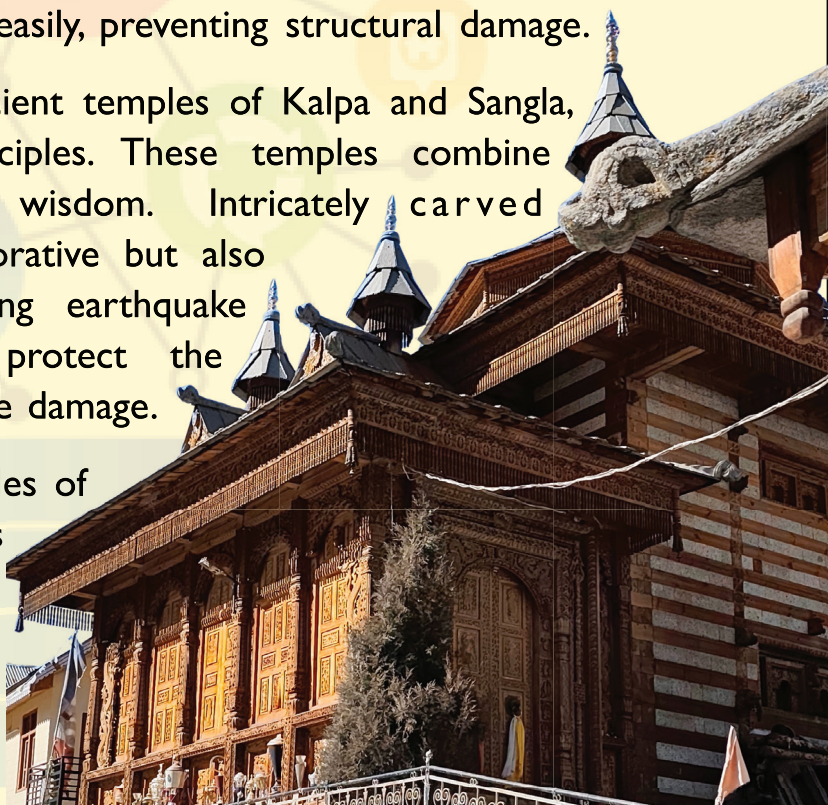
In the mountainous district of Kinnaur, traditional houses and temples reflect a deep scientific understanding of nature and geography. Built in a high seismic zone, these structures use the famous Kath-Kuni technique, a method of alternating layers of wood and stone without cement. Scientifically, this design provides flexibility during earthquakes.

Kinnauri houses are also designed for extreme winters. Thick stone walls act as thermal mass, storing heat during the day and releasing it slowly at night. Wood serves as a natural insulator, keeping interiors warm. Sloping roofs made of slate or wood allow snow to slide off easily, preventing structural damage.

Kinnauri temples, such as the ancient temples of Kalpa and Sangla, follow similar architectural principles. These temples combine spirituality with engineering wisdom. Intricately carved wooden walls are not only decorative but also lightweight and flexible, enhancing earthquake resistance. Elevated platforms protect the structures from snow and moisture damage.

Thus, traditional houses and temples of Kinnaur are not cultural symbols - they are scientific masterpieces shaped by generations of knowledge and environmental understanding.

MISS. ANJALI NEGI
Bsc. 2nd year



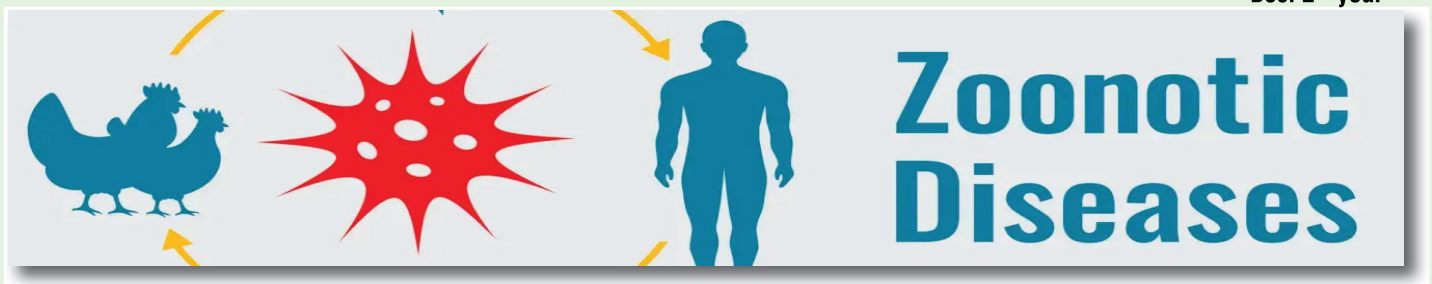
SCIENCE BEHIND FESTIVALS AND NATURE (SAPNI UKHYANG)



Ukhyang, the Festival of Flowers in Kinnaur, is not only a cultural celebration but also a living example of science in traditional life. It shows how ancient communities understood ecology, plant biology, and seasonal cycles. Long before modern scientific tools existed. Such festivals reflect the deep connection between culture, science, and nature.

Science plays an important role in both nature and festivals. Many traditions followed during festivals are based on scientific principles and natural cycles. Our ancestors designed festivals not only for enjoyment but also to maintain harmony between humans and the environment. Festival rituals also have scientific benefits. Lighting lamps creates warmth and helped reduce insects in earlier times. Burning natural incense or herbs purifies the air because many plants have antibacterial properties. Cleaning homes before festivals improves hygiene and helps prevent diseases. Traditional colors used in festivals like Holi were made from flowers and herbs, which were safe for the skin and environmentally friendly. Similarly, fasting during festivals gives rest to the digestive system and supports body balance. Thus, festivals are not only cultural events but also scientific practices connected with Nature, health, and the environment. Understanding the science behind festivals helps us respect traditions while promoting a balanced and healthy lifestyle. Nature works according to scientific laws such as seasonal changes, climate patterns, and biological cycles. Many Indian festivals are celebrated according to these changes. Harvest festivals like Makar Sankranti and Pongal are linked with agricultural science and the movement of the sun, marking longer days and better crop seasons. Festivals like Makar Sankranti and Pongal are linked with agricultural science and the movement of the sun, marking longer days and better crop seasons.

MISS. ARTI NEGI
Bsc. 2nd year



HOW ANIMAL DISEASES SPREAD TO HUMANS

Zoonotic diseases are infections that spread from animals to humans. They can be caused by viruses, bacteria, parasites, or fungi. Animals such as bats, rodents, birds, and even pets can carry these germs, sometimes without showing any symptoms.

Humans can become infected through direct contact with animals, animal bites, contaminated food or water, or insect vectors such as mosquitoes and ticks. Environmental changes like deforestation, urbanization, and increased human-animal interaction have increased the risk of these diseases spreading.

Many serious human diseases, including recent global outbreaks, have originated from animals. According to the World Health Organization (WHO), a large percentage of emerging infectious diseases are zoonotic, highlighting the strong connection between animal and human health.

Prevention includes vaccinating pets and livestock, maintaining good hygiene, practicing safe food handling, and monitoring wildlife health. Scientists promote the One Health approach, which emphasizes the close link between human, animal, and environmental health.

In conclusion, studying zoonotic diseases is essential for protecting both human and animal populations. Awareness, scientific research, and preventive measures can help reduce outbreaks and ensure a safer and healthier future.

MISS. MAHAK KIRAN
Bsc. 1st year



RUMEXHASTATUS (ARROWLEAF DOCK): A SCIENTIFIC PERSPECTIVE

Arowleaf Dock (*Rumex hastatus*) is a perennial herb belonging to the Polygonaceae family and is commonly found in the temperate Himalayan regions, including parts of North India. The plant is easily identified by its characteristic arrow-shaped leaves and small greenish flowers arranged in clusters. Beyond its simple appearance, Arrowleaf Dock has significant scientific importance.

Phytochemical studies on the *Rumex* genus reveal the presence of bioactive compounds such as anthraquinones, flavonoids, tannins, and phenolic acids. These compounds are known for their antioxidant, anti-inflammatory, and antimicrobial properties. Antioxidants help neutralize free radicals in the body, reducing oxidative stress and preventing cellular damage. This explains the traditional use of Arrowleaf Dock leaves and roots in folk medicine for wound healing and digestive support.

From an ecological perspective, the plant also plays a role in soil stabilization and nutrient cycling in mountainous ecosystems. Some dock species exhibit allelopathic effects, meaning they release natural chemicals that influence the growth of surrounding plants.

Thus, Arrowleaf Dock is not just a wild herb but a scientifically valuable plant connecting botany, chemistry, ecology, and traditional medicine. Further research may uncover more therapeutic and environmental applications of this Himalayan species.

MISS. NEHA THAKUR
Bsc. 2nd year



WHALES: THE SECRET TO LONGEVITY?

Scientists are discovering that the ancient longevity genes of bowhead whales may hold important clues to human ageing. These whales can live for more than 200 years in Arctic waters, making them one of the longest-living mammals on Earth. These remarkable "super-agers" maintain excellent neural health even at very old ages. Studying them may provide insights into preventing neurodegeneration and improving the human health span through genetic research.

While humans look to advanced medicine to extend lifespan, the real masters of longevity may be swimming in the Arctic Ocean. Bowhead whales (*Balaenamysticetus*) can live for over two centuries, rarely suffer from cancer, and remain healthy even in extremely old age.

Recent genetic studies have shown that these marine mammals possess unique DNA repair mechanisms and cellular protection systems. One important gene, known as ERCC1, plays a significant role in repairing damaged DNA and maintaining cellular stability.

Scientists believe that the whales' extraordinary ability to repair cellular damage may help researchers develop new therapies for age-related diseases in humans, such as cancer and Alzheimer's disease.

Future Applications: In the future, pharmacological interventions based on these discoveries may help slow down the human ageing process and act like a protective mechanism against diseases associated with old age. As research continues, the humble bowhead whale may provide an important breakthrough in the science of human longevity.

MR. NIPPY ROCKTYAN
Bsc. 2nd year

SLEEPING IN STUDENT LIFE: A SCIENTIFIC NECESSITY, NOT A LUXURY

In student life, sleep is often sacrificed for exams, assignments, and late-night scrolling. However, science clearly proves that sleep is not a waste of time—it is a biological requirement essential for learning, memory, and overall health.

The sleep-wake cycle is controlled by the circadian rhythm, regulated by the brain's suprachiasmatic nucleus (SCN). The hormone melatonin, secreted by the pineal gland, increases at night and signals the body to rest. When students stay awake late, artificial light from screens suppresses melatonin production, disturbing natural sleep patterns.

Scientifically, sleep plays a major role in memory consolidation. During deep sleep (slow-wave sleep), the brain strengthens neural connections formed during the day. REM (Rapid Eye Movement) sleep enhances creativity and problem-solving ability. Research from institutions like Harvard Medical School shows that students who sleep 7–9 hours perform better in cognitive tasks compared to sleep-deprived students. Lack of sleep increases cortisol (stress hormone) levels, weakens immunity, and reduces concentration. Chronic sleep deprivation may even affect mental health, leading to anxiety and mood disorders.

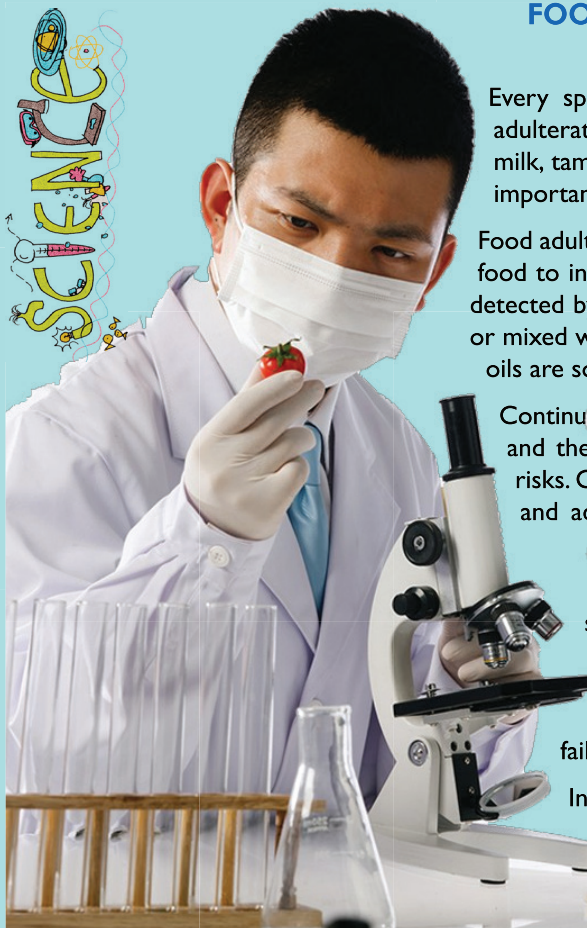
For students, proper sleep improves attention span, reaction time, and academic performance. Scientifically speaking, studying with proper sleep is more effective than studying all night without rest. Thus, in student life, sleep is not laziness—it is brain maintenance. Prioritizing 7–8 hours of quality sleep is a smart scientific strategy for success.

MISS. NEHA THAKUR
Bsc. 2nd year



**Why is sleep important
for college students?**

FOOD ADULTERATION UNDER THE LENS OF CHEMISTRY: PROMOTING PUBLIC HEALTH.



Every spoonful of food we eat may hide chemicals we cannot see. Food adulteration is a serious issue in India, where reports often warn about unsafe milk, tampered spices, and contaminated packaged foods. Chemistry provides important tools to detect these harmful substances and protect public health.

Food adulteration occurs when harmful or unnecessary substances are added to food to increase profit. Many adulterants are chemical in nature and cannot be detected by taste, colour, or smell. For example, milk may be diluted with water or mixed with urea. Spices like turmeric may contain artificial colours, and edible oils are sometimes mixed with cheaper non-edible oils.

Continuous consumption of adulterated food can harm digestion, kidneys, and the immune system. Children are especially vulnerable to these health risks. Chemistry helps in identifying such contamination through simple tests and advanced laboratory techniques that detect hidden chemicals at the molecular level.

Ensuring safe food requires awareness, strict regulations, and scientific knowledge. Authorities such as the Food Safety and Standards Authority of India (FSSAI) monitor food quality, while informed consumers also play an important role. According to FSSAI, over 1.5 lakh food samples were tested in 2023–24, and more than 33,000 failed safety standards.

In conclusion, food adulteration is a hidden challenge, but scientific awareness and responsible practices can help control it. Chemistry not only studies substances but also safeguards public health and ensures safer food for society.

MISS. NIKITA
Bsc. 1ST year

ANCIENT WELLNESS IN THE MODERN WORLD

In today's fast-paced world, stress, anxiety, unhealthy eating habits, and lack of sleep have become common problems. While modern medicine has made remarkable progress, many people are turning back to ancient wellness practices to restore balance in their lives. Ancient health systems focused not only on curing diseases but also on preventing illness and maintaining harmony between the body, mind, and soul.

One of the oldest wellness systems is Ayurveda, which originated in India over 5,000 years ago. Ayurveda teaches that health depends on the balance of three energies-Vata, Pitta, and Kapha. It emphasizes natural remedies, herbal medicines, yoga, meditation, and a balanced diet to improve digestion, strengthen immunity, and promote mental peace.

Another powerful ancient practice is Yoga. Although it began in ancient India, yoga is now practiced worldwide. It combines physical postures (asanas), breathing techniques (pranayama), and meditation. Scientific studies show that yoga helps reduce stress, improve flexibility, and strengthen the immune system. In busy modern cities filled with noise and pollution, yoga provides a path to inner calm.

Traditional healing systems such as Traditional Chinese Medicine and acupuncture are also gaining global recognition. These practices focus on maintaining the balance of life energy, known as Qi, which flows through the body. When this balance is disturbed, illness may occur.

Ancient wellness practices also promote mindful eating, herbal treatments, oil massages, and daily routines that align with nature. Unlike quick modern solutions, these traditions encourage patience and long-term lifestyle changes.

In conclusion, ancient wellness practices are not outdated traditions but timeless wisdom that continues to guide people toward healthier and more balanced lives.

MISS. SHIVANJALI
Bsc. 1ST year

THE SCIENCE OF SPIRITS: RAULANE MELA OF KALPA

Nestled in the high mountains of Kinnaur, Himachal Pradesh, the beautiful village of Kalpa celebrates an ancient and unique festival known as the Raulane Mela. Believed by locals to be nearly 5,000 years old, this festival symbolizes the transition from the harsh Himalayan winter to the arrival of spring.

The festival is deeply rooted in local folklore. According to Kinnauri tradition, protective spirits called "Saunis" descend from the high-altitude meadows (known as Kanda) to safeguard the village during winter. While this belief is spiritual in nature, it also reflects an indigenous understanding of natural seasonal cycles.

Interestingly, the timing of Raulane Mela coincides with early spring-usually around March, soon after Holi-when the snow in the mountains begins to melt and nature slowly awakens. In this way, the festival beautifully connects tradition, culture, and ecological awareness, showing how ancient communities closely observed and celebrated the rhythms of nature.

Raulane Mela is therefore not only a cultural celebration but also a reminder of the deep relationship between people, nature, and traditional knowledge in the Himalayan region.

MR. ABHAY
Bsc. 1ST year



BEYOND THE GRADE: MENTAL HEALTH IS THE REAL PREREQUISITE

In our lecture halls, we master code, equations, and corporate law, treating our degrees as the ultimate “system upgrade.” But there is a silent prerequisite not listed on any syllabus: **Mental Well-being.**

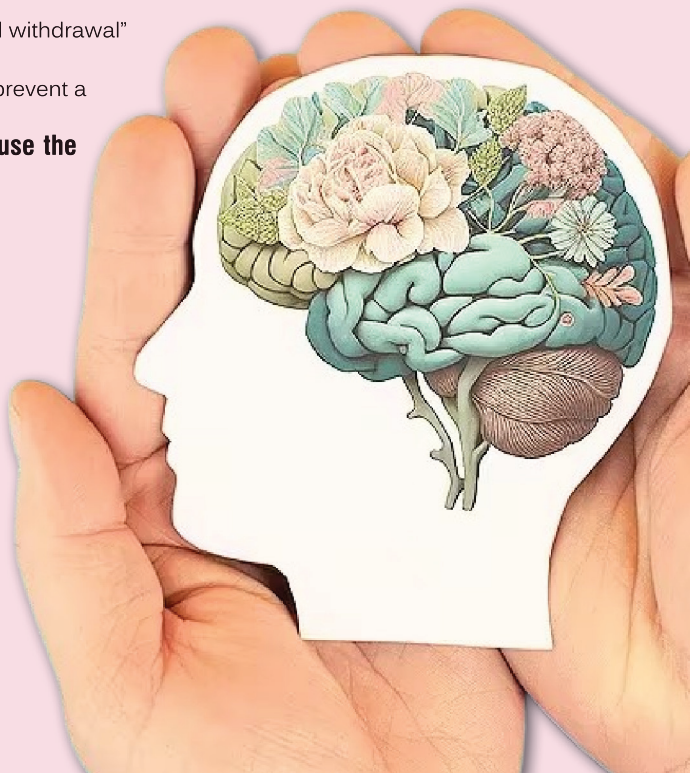
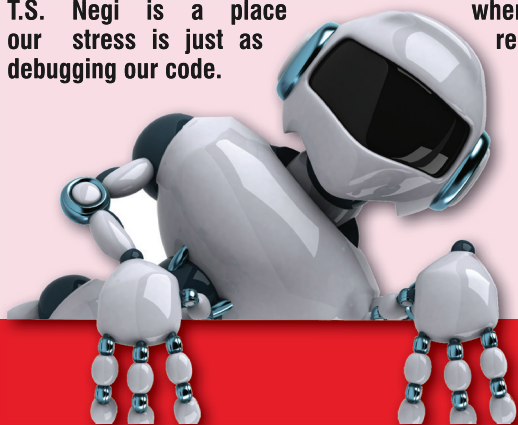
When a student’s internal “operating system” crashes under burnout, even a high GPA cannot keep the machine running. In 2026, mental health isn’t a luxury—it is the fundamental hardware upon which all our professional software runs.

- **Decoding “System Overload”:** Procrastination isn’t always laziness; it is often a “maladaptive coping mechanism.” When the brain perceives a massive project as a threat, it triggers a Freeze Response.
 1. The Debugging Tip: Use the “5-Minute Rule.” Commit to working for just five minutes. Often, the hardest part of the process is simply “booting up” the task.
- **Identifying the “Early Warning Signs”:** A “difficult” student is often a struggling one. We must identify the symptoms before the system failure:
 1. What to look for: A sudden drop in participation or “digital withdrawal” (cameras off, ignored emails, missed labs).
 2. The Advice: A private, simple “Are you doing okay?” can prevent a total academic crash.
- **Campus Debugging Tools:** Don’t just track the problem; use the tools to fix it:
 1. The 20-20-20 Rule: For long hours in the computer lab, look 20 feet away for 20 seconds every 20 minutes to reset your focus.
 2. Peer Support: Form “Focus Groups” where the goal isn’t just to study, but to check in on each other’s stress levels.

Call to Action:

Success is a marathon fueled by resilience, not a sprint toward a certificate. You cannot pour from an empty cup, and you cannot compute on a broken processor. Let’s make T.S. Negi is a place where “debugging” our stress is just as respected as debugging our code.

MR. VISHVJEET
BCA. 3rd year



ARTIFICIAL INTELLIGENCE AND COMPUTER SCIENCE

Artificial Intelligence (AI) is one of the most exciting and rapidly growing fields within Computer Science. It focuses on creating machines and systems that can perform tasks which normally require human intelligence, such as learning, reasoning, problem-solving, and decision-making. Today, AI is transforming the way we live, work, and interact with technology.

Computer Science provides the foundation for AI. It includes areas such as programming, data structures, algorithms, databases, and software development. Without these core concepts, it would not be possible to design intelligent systems. AI builds on these fundamentals by adding advanced techniques like machine learning, neural networks, and natural language processing.

One of the most important branches of AI is Machine Learning. In this approach, computers learn from data instead of being explicitly programmed. For example, recommendation systems on platforms like YouTube or Netflix analyze user behavior and suggest content accordingly. Another important area is Natural Language Processing (NLP), which allows machines to understand and respond to human language. Virtual assistants like Siri and Google Assistant are examples of this technology.

AI is widely used in many industries. In healthcare, it helps doctors diagnose diseases more accurately. In education, it provides personalized learning experiences for students. In transportation, AI powers self-driving cars and traffic management systems. In business, it improves customer service through chatbots and data analysis.

However, AI also brings challenges. Issues such as data privacy, job displacement, and ethical concerns need to be carefully addressed. It is important to use AI responsibly and ensure that it benefits society as a whole.

In conclusion, Artificial Intelligence is a powerful extension of Computer Science that is shaping the future. As technology continues to advance, AI will play an even bigger role in solving complex problems and improving human life. For students studying Computer Science, learning AI can open up many exciting career opportunities and innovations.

MR. KALZANG NIMA BISHT
BCA. 2nd year

COMMERCE & PLANNING SECTION



DR. MOHIT PRAKASH
Staff Editor

The Commerce & Planning Section stands as a cornerstone of our institution's growth and structural integrity. Through this edition of the college magazine, we take the opportunity to highlight our commitment to fostering a well-organized and progressive academic environment. Our focus remains on strategic resource management and the implementation of future-ready initiatives that empower both our faculty and students. We congratulate the editorial team for capturing the vibrant spirit of our college so beautifully.



MR. SAMEER
Student Editor
(B. Com. 2nd Year)

THE COMPREHENSIVE GUIDE TO INCOME TAX LAW AND PRACTICE

Income tax mastery requires balancing legal logic with mathematical precision. This roadmap outlines the essential framework of the Income Tax Act, 1961 for the current academic cycle.

1. Core Fundamentals

- **The Person [Sec 2(31)]:** Includes Individuals, HUFs, Companies, Firms, and AOPs.
- **AY vs. PY:** Income earned in the Previous Year (2025-26) is assessed in the Assessment Year (2026-27).
- **Residential Status [Sec 6]:** Tax liability is determined by physical stay in India. Global income is taxable only for Resident and Ordinarily Residents (ROR).

2. The Five Heads of Income

- **Salaries:** Includes a 75,000/- standard deduction in the New Regime.
- **House Property:** Taxes "Annual Value" less a 30% statutory deduction.
- **PGBP:** Deducts expenses "wholly and exclusively" incurred for business.
- **Capital Gains:** Profits from asset sales; long-term gains utilize indexation.
- **Other Sources:** Interest, dividends, and lottery (flat 30% tax).

3. Tax Rates (New Regime - AY 2026-27)

The New Regime is now the default. Rates are progressive: Superfluid Helium defies gravity and climbs walls

- **0-4L:** Nil | **4-8L:** 5% | **8-12L:** 10% | **12-16L:** 15%
- **16-20L:** 20% | **20-24L:** 25% | **Above 24L:** 30%

Note: Add 4% Health & Education Cess to the final tax liability.

4. Computation Roadmap

- **Determine Residential Status.**
- **Calculate income under each of the Five Heads.**
- **Apply Clubbing of Income and Set-off of losses.**
- **Arrive at Gross Total Income (GTI).**
- **Subtract Chapter VI-A Deductions (if opting for Old Regime) to find Total Taxable Income**

MR. VED PRAKASH
B. Com. 2nd Year



THE SILENT STRATEGIST: DECODING COST ACCOUNTING

If Financial Accounting is the “report card” shown to the world, Cost Accounting is the “private diary” a company uses to understand itself. In 2026, this field evolved into Predictive Cost Management—an internal engine used to simulate futures, hunt waste, and ensure survival.

1. The Vocabulary of Value

To master the margin, you must first master the cost classifications:

- **Fixed vs. Variable:** Fixed costs (rent) stay steady; Variable costs (raw materials) fluctuate with production volume.
- **Direct vs. Indirect:** A smartphone screen is a Direct Cost; a factory guard's salary is an Indirect Cost (Overhead) that must be allocated.
- **The "Invisible" Cost: Opportunity Cost**—the value of the path not taken.

2. Modern Methodologies & Tech:

In 2026, the calculator is a relic. Costing is now powered by Cognitive Automation:

- **Activity-Based Costing (ABC):** In automated factories, we trace costs to specific activities (like machine setups) rather than just "labor hours."
- **Standard Costing & Variance:** We compare the Budgeted cost to the Actual cost to find "leaks" (Price or Efficiency Variances).
- **Digital Twins:** Virtual replicas of supply chains allow for "What If" simulations (e.g., Impact of a 12% rise in lithium prices).
- **Real-Time Costing:** IoT sensors feed data instantly, tracking costs while goods are still on the assembly line.

3. Strategic & Ethical Frontiers:

- **Target Costing:** Modern firms use the formula: Target Price – Desired Profit = Target Cost. We engineer the product to fit the market's price.
- **Sustainability:** We now calculate Life Cycle Costs, including carbon emissions and recycling expenses.
- **Marginal Costing:** Focusing strictly on the cost of producing one additional unit for short-term decision-making.

4. Essential Metrics:

- **Break-Even Point:** The exact moment Total Revenue = Total Costs.
- **Cost Control vs. Reduction:** Control aims to meet targets; Reduction aims to permanently lower the unit cost without hitting quality.

MR. SAMEER
B. Com. 2nd Year

THE DIGITAL ARCHITECT: COMPUTER APPLICATIONS IN BUSINESS

In 2026, computer applications are the interconnected nervous system of global commerce. For the modern student, understanding these systems is the primary language of leadership.

Core Infrastructure: Brain & Heart:

- **ERP (Enterprise Resource Planning): The Central Brain.** Systems like SAP integrate finance, HR, and sales into one database, eliminating "information silos."
- **CRM (Customer Relationship Management): The Heart.** Tools like Salesforce use predictive modeling to tell a salesperson exactly when a customer is ready to buy.

The Intelligence Revolution:

We have shifted from "What happened?" to "What should we do?"

- **Generative AI:** LLMs now draft campaigns and scan contracts, elevating humans from "data clerks" to Strategic Editors.
- **Decision Support Systems (DSS):** Management uses Big Data for "What-If" simulations, calculating the net impact of geopolitical shifts on margins in seconds.

The Borderless Office: Cloud & Connectivity:

- **SaaS & Real-Time Collab:** Tools like Microsoft 365 and Zoom allow global collaboration with zero latency.
- **Elasticity:** Cloud applications "auto-scale," pulling more computing power during traffic surges and scaling back to save costs during quiet periods.

Bridging Digital & Physical Worlds:

- **IoT (Internet of Things):** Sensors in shipping containers can automatically flag "spoiled" vaccines if a truck's temperature fluctuates by even 1°C.
- **Blockchain & Smart Contracts:** Self-executing code triggers instant payments the moment a shipment is scanned, eliminating weeks of paperwork.

The Ethical Shield: Cybersecurity:

In a 100% digital world, security is a top boardroom priority.

- **Zero Trust Protocols:** Security follows the data itself, verifying every user interaction regardless of location.
- **Cybersecurity Mesh:** A distributed architectural approach that protects the entire network rather than just building a "wall" around an office.

MR. CHEWANG
B. Com. 2nd Year

THE FRAMEWORK OF CORPORATE JURISPRUDENCE: COMPANY LAW

Company Law is the DNA of the corporate world. In India, the Companies Act, 2013 serves as the definitive manual for how businesses are born, managed, and dissolved.

The Corporate Identity

Under law, a company is an “Artificial Legal Person.” This principle, established in *Salomon v. Salomon & Co. Ltd.*, created the Corporate Veil:

- **Separate Legal Entity:** The company owns property and enters contracts in its own name, independent of its owners.
- **Perpetual Succession:** Members may change, but the company exists until legally dissolved.
- **Limited Liability:** Personal assets are protected; liability is limited to the unpaid value of shares.

Choosing the Structure

The 2013 Act offers tailored structures for different business scales:

- **Private Company:** Ideal for startups; limited to 200 members with restricted share transfers.
- **Public Company:** Can raise massive capital from the public; shares are freely tradable.
- **One Person Company (OPC):** A 2013 innovation allowing a single entrepreneur to enjoy limited liability.

The Constitutional Documents

A company’s “birth” requires two foundational pillars:

- **Memorandum of Association (MOA):** The external charter defining the company’s powers. Acts beyond this are *Ultra Vires* (void).
- **Articles of Association (AOA):** The internal bylaws governing day-to-day management, director powers, and shareholder rights.

Governance and the Board

Since a company has no physical mind, it acts through the Board of Directors:

- **Independent Directors:** Mandated to ensure transparency and prevent fraud.
- **Women Directors:** Required for specified companies to promote boardroom diversity.
- **The AGM:** The Annual General Meeting is where shareholders exercise democratic control, review finances, and appoint auditors.

MISS. ANUSHKA
B. Com. 2nd Year

THE DIGITAL STORE FRONT: NAVIGATING THE E-COMMERCE REVOLUTION

In 2026, “shopping” is a digital reflex. E-commerce has evolved into a global powerhouse merging logistics, AI, and psychology into a single, seamless experience.

The Anatomy of Modern Trade

- **B2B (Business-to-Business):** The “silent giant” that dwarfs consumer sales in total volume.
- **DTC (Direct-to-Consumer):** Brands bypassing retailers to build personal relationships.
- **C2C & Re-commerce:** Platforms like Vinted or eBay fueling a “circular economy” where every bedroom is a potential storefront.

Intelligence: AI & Personalization

- **Predictive Engines:** AI analyzes clicks and local weather to predict what you want before you do.
- **Visual & Voice Search:** Moving away from keywords; taking a photo of a product or asking an assistant to “reorder coffee” are now standard transactions.

Logistics: The “Last Mile” Battle

- **Dark Stores:** Urban micro-fulfillment centers closed to the public, optimized for 10-minute robot-assisted picking.
- **Autonomous Delivery:** Sidewalk robots and drones solving the “Last Mile” problem—the most expensive part of the delivery journey.

Social & Meta-Commerce

- **Live-Stream Shopping:** Influencers demonstrate products in real-time, combining auctions with community interaction.
- **Phygital Retail:** Stores recognize you via your phone, showing items you liked on Instagram and allowing for “walk-out” automatic checkouts.

The Ethical Pivot

- **AR Virtual Try-Ons:** Using Augmented Reality to “wear” glasses or “place” furniture, drastically reducing wasteful return rates.
- **Sustainable Packaging:** Eco-friendly alternatives are now a baseline expectation, not a luxury.

Student Cheat Sheet

- **CRO (Conversion Rate Optimization):** The science of turning a “visitor” into a “buyer.”
- **Headless Commerce:** Decoupling the “front-end” (UI) from the “back-end” (data) to sell on any device.
- **Omnichannel:** A seamless experience across apps, social feeds, and physical stores.

MISS. PRIYANKA
B. Com. 2nd Year

THE LANGUAGE OF GIANTS: CORPORATE ACCOUNTING

If marketing is the voice, Corporate Accounting is the nervous system. In 2026, the “bean counter” was replaced by the Value Architect—a strategist ensuring every dollar is tracked with surgical precision.

The Pillars of Reporting

Under law, a company is an “Artificial Legal Person.” This principle, established in *Salomon v. Salomon & Co. Ltd.*, created the Corporate Veil:

- **Balance Sheet:** A snapshot of assets, liabilities, and equity at a specific point in time.
- **Income Statement:** A record of how top-line revenue becomes net income.
- **Cash Flow Statement:** The "pulse check" of actual liquidity moving through the business.

The Regulatory Compass

Corporate accountants must be financial linguists, navigating two primary frameworks:

- **GAAP: A rule-based system used primarily in the U.S.**
- **IFRS: A principle-based system used in over 140 countries.**
- **The Goal: Reconciling these allows companies to list on global exchanges like New York and London simultaneously.**

The 2026 Revolution: ESG

We have entered the era of the "Triple Bottom Line." Investors now demand transparency in Environmental, Social, and Governance (ESG) metrics:

- **Carbon Accounting:** Putting a price on a firm's carbon footprint.
- **Social Impact:** Assessing supply chain diversity and climate-related risks-now legally mandated in many regions.

Mergers & The Digital Frontier

- **Consolidation:** The process of "squashing" the books of global subsidiaries into one coherent set, eliminating intercompany transactions.
- **Blockchain & AI:** AI handles million-transaction reconciliations in seconds, while Blockchain enables "Continuous Auditing," making books self-auditing in real-time.

The Guardian of Integrity

The corporate accountant is the final defense against "Earnings Management"-the use of loopholes to hide poor performance. In 2026, the stakes are billion-dollar lawsuits and the total destruction of century-old brands

MISS.ANJANA

B. Com. 3rd Year

हिंदी/संस्कृत: अनुभाग

साहित्य समाज का दर्पण होता है और हमारी कॉलेज पत्रिका इसी दर्पण का एक उज्ज्वल रूप है। हिन्दी विभाग सदैव से ही विद्यार्थियों की रचनात्मकता और उनकी वैचारिक अभिव्यक्ति को मंच प्रदान करने के लिए तत्पर रहा है। इस पत्रिका के माध्यम से हमने छात्रों की कल्पनाओं, अनुभवों और उनकी लेखनी को संजोने का प्रयास किया है। मुझे पूर्ण विश्वास है कि यह अंक न केवल आपकी बौद्धिक जिज्ञासा को शांत करेगा, बल्कि आपको साहित्य की गहराई से भी जोड़ेगा। सभी नवोदित लेखकों और संपादन टीम को हार्दिक शुभकामनाएँ।

बालम नेगी

प्राध्यापक संपादक



प्रहेलिका

अपदो दूरगामी च, साक्षरः न च पण्डितः।
अमुखः स्फुटवक्ता च, य जानाति सः पण्डितः ॥
धरायाः उपरि, अधः अपि वसति।
धूम्रः भूत्वा गगने इतस्ततः भ्रमति ॥
भोजनम् न खादति, पिबति न जलम्।
निरन्तरम् चलति बोधयति च समयम् ॥
वृक्षाग्रवासी न च पक्षीराजः।
त्रिनेत्रधारी न च शूलपाणिः ॥
त्वग्स्त्रधारी न च सिद्धयोगी।
नभं च बिभ्रत न घटः न मेघः ॥

उत्तरः 1) पत्र 2) मेघ
3) घड़ी 4) गरुड़
5) नयन

दिव्या नेगी
बी.ए. तृतीय वर्ष



अम्बिका
छात्र संपादक

“कहानी हसीन होनी चाहिए”

किरदार चाहे जो भी हो
कहानी हसीन होनी चाहिए.....
दिल में अच्छाई और
आँखों में प्यार होना चाहिए.....
मायूसी में क्या रखा है
जिंदगी तो गुलज़ार होना चाहिए.....
सजते तो सभी हैं आजकल पर
उसमें थोड़ी सादगी की
मिलावट भी होनी चाहिए.....
मिठास होंठों पर नहीं
दिल में होनी चाहिए.....
लोग चाहे जैसे भी बर्ताव करें
पर आपके बर्ताव में संस्कार होना चाहिए...
स्वार्थ से भरी इस दुनिया में
थोड़ा निस्वार्थ भी होना चाहिए.....
किरदार चाहे जो भी
कहानी हसीन होनी चाहिए.....

रीता देवी
बी.ए. तृतीय वर्ष

शिक्षाचार

अभिवादनशीलस्य नित्यं वृद्धोपसेविनः ।
चत्वारि तस्य वर्धन्ते आयुर्विधा यशोबलम् ॥

अहिंसयैव भूतानां कार्यं श्रेयोऽनुशासनम् ।
वाक्चैव मधुरा श्लक्षणा प्रयोज्या धर्ममिच्छता ॥

यं मातापितरौ क्लेशं सहेते संभवे नृणाम् ।
न तस्य निष्कृतिः शक्या कर्तुं वर्षशतैरपि ॥

अनारोग्यम् अनायुष्यमस्वर्ग्यं चातिभोजनम् ।
अपुण्यं लोकविद्विष्टं तस्मात् तत्परिवर्जयेत् ॥

विशाखा

बी.ए. प्रथम वर्ष

संस्कृत भाषायाः महत्त्वम्

संस्कृतभाषा विश्वस्य प्राचीनतमासु भाषा अस्ति। एषा भाषा भारतीयसंस्कृतेः मूलम् अस्ति। वेदाः, उपनिषदः, पुराणानि, रामायणम्, महाभारतम् च संस्कृतभाषाया एव लिखितानि सन्ति। अतः संस्कृतभाषा ज्ञानस्य तथा परम्परायाः महत्त्वपूर्ण साधनम् अस्ति। संस्कृत अत्यन्तं वैज्ञानिकरूपेण व्यवस्थितभाषा अस्ति। अस्याः व्याकरणं महर्षिणा पाणिनी निर्मितम्, यत् अद्यापि विश्वे प्रशंसनीयम् अस्ति। अस्याः भाषायाः शब्दरचना, उच्चारणं च अत्यन्तं स्पष्टं सुव्यवस्थितं च अस्ति। अद्य अपि संस्कृतभाषायाः अध्ययनं महत्त्वपूर्णम् अस्ति। एषा भाषा न केवलं धर्मग्रन्थानां बोधाय उपयोगी अपितु भारतीयसंस्कृतेः ज्ञानाय अपि आवश्यकम् अस्ति। अनेकविद्यालयेषु महाविद्यालयेषु च संस्कृतभाषा पठ्यते। संस्कृतभाषा केवलं प्राचीनभाषा नास्ति किन्तु सा भारतीयसंस्कृतेः आत्मा अस्ति।

रजनी

बी.ए. द्वितीय वर्ष

समाचारपत्रस्य महत्त्वम्

समाचारपत्रम् आधुनिकजीवने अत्यन्त महत्त्वपूर्ण साधनम् अस्ति। प्रतिदिनं प्रातःकाले बहवः जनाः समाचारपत्रं पठित्वा एव स्वदिनस्य आरम्भं कुर्वन्ति। समाचारपत्रस्य माध्यमेन वयं देशस्य विदेशस्य च नूतनसमाचारान् सरलतया ज्ञातुं शक्नुमः। अतः समाचारपत्रम् ज्ञानस्य तथा सूचनायाः महत्त्वपूर्ण साधनम् अस्ति। समाचारपत्रेषु विविधविषयाणां समाचाराः प्रकाशिताः भवन्ति - राजनीति, क्रीडा, विज्ञान, व्यापार, शिक्षा, स्वास्थ्य, कृषि तथा मनोरञ्जनसम्बद्धाः। एतेन जनाः समाजे तथा विश्वे घटमानाः घटनाः अवगतुं शक्नुवन्ति। छात्राणां कृते समाचारपत्रं विशेषतया उपयोगी भवति, अतः तेन तेषां सामान्यज्ञानं वर्धते तथा नूतनविषयेषु जिज्ञासा अपि उत्पद्यते। समाचारपत्रं समाजस्य दर्पणम् इव मन्यते। अनेन समाजस्य समस्याः, दोषाः, गुणाः तथा नूतनयोजनाः सर्वेषां सम्मुखम् आगच्छन्ति। समाचारपत्रं जनान् जागरुकान् करोति तथा तेषां विचारशक्तिं वर्धयति।

अनेकाः महत्त्वपूर्ण विचारः तथा लेखाः अपि समाचारपत्रेषु प्रकाशिताः भवन्ति ये जनानां ज्ञानं वर्धयन्ति। समाचारपत्रस्य अन्यत् महत्त्वं एतत् अस्ति यत्, अनेन जनाः राष्ट्रस्य घटनासु रुचिं दर्शयन्ति। एतत् नागरिकान् कर्तव्यपरायणान् करोति। लोकतन्त्रे समाचारपत्राणि अत्यन्त महत्त्वपूर्णानि सन्ति, अतः एतानि जनानां मतं प्रकटयितुं अवसरं ददाति तथा शासनस्य कार्याणि अपि जनानां समक्षे प्रकाशयन्ति। अद्यत्वे विज्ञानस्य प्रगत्या समाचारपत्राणि केवलं कागजस्य रूपेण एव न सन्ति, अपितु इण्टरनेट् माध्यमेन (ऑनलाइनरूपेण) अपि उपलब्धामि सन्ति। मुद्रितसमाचारपत्रस्य महत्त्वं अद्यापि न न्यूनम् अस्ति। अतः अस्माभिः प्रतिदिनं समाचारपत्रं पठितुं प्रयत्नः कर्तव्यः। समाचारपत्रं न केवलं अस्माकं ज्ञानं वर्धयति, अपितु अस्मान् सज्जान्, जागरुकान् तथा उत्तरदायित्वपूर्णान् नागरिकान् अपि करोति। छात्राणां कृते समाचारपत्रस्य अध्ययनं लाभदायकम् अस्ति - तेन तेषां भाषा-ज्ञानम् वर्धते, लेखनकौशलं विकसितं भवति तथा सामान्यज्ञानं अपि अधिकं भवति। प्रतियोगितापरीक्षासु अपि समाचारपत्रस्य स्थानं अत्यन्त उपयोगी भवति।

चन्दनी

बी.ए. द्वितीय वर्ष

The Department of Social Science has always been dedicated to understanding the complexities of human society and the structures that shape our world. As the Staff Editor for this year's magazine, it has been a privilege to curate content that reflects the critical thinking and societal awareness of our students. This section is more than just a collection of articles; it is a testament to our students' engagement with contemporary issues, history, and the evolving social fabric. I congratulate the contributors for their insightful observations and hope this edition encourages readers to view the world through a more empathetic and analytical lens.

DR. GIAN SHARMA
Staff Editor



किन्नौर में चिलगोज़ा वन का संकट: जलवायु परिवर्तन और मानव हस्तक्षेप का प्रभाव

किन्नौर में चिलगोज़ा (Pinus gerardiana) के पेड़ों की संख्या में लगातार कमी एक गंभीर पर्यावरणीय और पारिस्थितिक समस्या बनती जा रही है। यह एक धीमी वृद्धि वाला शुष्क समशीतोष्ण क्षेत्र का शंकुधारी वृक्ष है, जो लगभग 1800-3300 मीटर की ऊँचाई पर पाया जाता है और इसका पारिस्थितिक तंत्र अत्यंत संवेदनशील होता है, इसलिए पर्यावरणीय परिवर्तनों का इस पर शीघ्र प्रभाव पड़ता है। जलवायु परिवर्तन और सूक्ष्म जलवायु में बदलाव इसके प्रमुख कारणों में शामिल हैं, जहाँ तापमान में वृद्धि, वर्षा के अनियमित पैटर्न तथा सर्दियों में बर्फबारी में कमी के कारण मिट्टी की नमी घट रही है, जिससे बीज अंकुरण प्रभावित हो रहा है; किन्नौर के कल्पा, मोरंग और निचार जैसे क्षेत्रों में यह परिवर्तन स्पष्ट रूप से देखा जा सकता है। इसके अतिरिक्त, चिलगोज़ा में प्राकृतिक पुनर्जनन की समस्या भी गंभीर है क्योंकि इसके बीजों में dormancy होती है, अंकुरण दर कम होती है, बीज भारी होने के कारण दूर तक नहीं फैल पाते और कई बीज पक्षियों एवं जानवरों द्वारा खा लिए जाते हैं, जिससे नए पौधों की संख्या बहुत सीमित रह जाती है। अत्यधिक दोहन भी एक महत्वपूर्ण कारण है, क्योंकि इसके बीज अंतरराष्ट्रीय बाजार में अत्यधिक मूल्यवान होते हैं और स्थानीय स्तर पर अक्सर अधपके शंकु ही तोड़ लिए जाते हैं, जिससे बीजों के प्राकृतिक रूप से गिरकर अंकुरित होने की प्रक्रिया बाधित हो जाती है। स्थानीय मानवजनित कारणों में सड़क निर्माण, पहाड़ों की कटाई, सतलुज घाटी में जलविद्युत परियोजनाओं के कारण सुरंग निर्माण और ब्लास्टिंग, अत्यधिक चराई, तथा वनाग्नि जैसी गतिविधियाँ शामिल हैं, जो इसके प्राकृतिक आवास को नुकसान पहुँचाती हैं और नई पीढ़ी के पौधों के विकास को रोकती हैं। इसके अलावा, cone-borer जैसे कीट एवं fungal रोग शंकुओं को क्षति पहुँचाकर बीज उत्पादन को कम कर देते हैं, जबकि ढलानदार भू-भाग में मिट्टी का कटाव और भूस्खलन पोषक तत्वों की कमी उत्पन्न करते हैं। इस प्रकार, जलवायु परिवर्तन, कमजोर प्राकृतिक पुनर्जनन, अत्यधिक दोहन, मानवजनित गतिविधियाँ, कीट-रोग तथा मिट्टी का क्षरण-ये सभी मिलकर किन्नौर में चिलगोज़ा के पेड़ों की संख्या में गिरावट के लिए जिम्मेदार हैं। अतः इसके संरक्षण हेतु वैज्ञानिक वन प्रबंधन, नियंत्रित दोहन, सामुदायिक सहभागिता तथा वृक्षारोपण कार्यक्रमों को प्रभावी ढंग से लागू करना अत्यंत आवश्यक है।

MISS. SEEYA NEGI
B.A. 3rd Year



MR. AYUSH NEGI
Student Editor (B.A. 3rd Year)

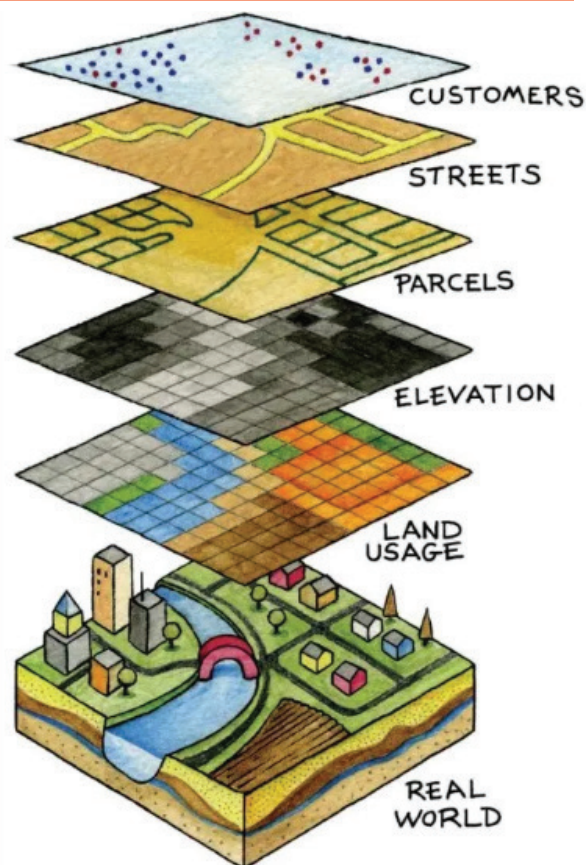
GEOGRAPHIC INFORMATION SYSTEM (GIS): MEANING AND IMPORTANCE IN DAILY LIFE

Geographic Information System (GIS) is a computer-based system used to collect, store, analyze, and display geographical (spatial) and non-geographical (attribute) data in the form of maps. It helps us understand the relationship between location and information, making it easier to answer questions like “what is happening, where, and why.” In the modern digital age, GIS has become an essential tool that supports decision-making and improves efficiency in many aspects of daily life.

One of the most common uses of GIS is in navigation. Applications like Google Maps and Google Earth help people find the shortest routes, check traffic conditions, and explore new places. GIS also plays a crucial role in disaster management by identifying risk-prone areas for floods, earthquakes, and landslides, enabling authorities to plan timely response and rescue operations. In urban planning, GIS is used to design better infrastructure such as roads, water supply systems, and housing facilities, ensuring sustainable development.

In the agricultural sector, GIS assists farmers in analyzing soil quality, monitoring crop health, and managing irrigation efficiently. It also contributes significantly to environmental protection by helping in forest monitoring, wildlife conservation, and pollution control. Furthermore, GIS is widely used in healthcare to track the spread of diseases and to plan the location of hospitals and health services more effectively.

In conclusion, GIS is a powerful and versatile technology that has transformed the way we interact with our surroundings. It makes our daily life more organized, efficient, and informed by providing accurate geographical insights and supporting better planning and management across various fields.



MISS. DEEYA NEGI
B.A. 3rd Year

“GEOGRAPHY: NOT JUST A SUBJECT, BUT A LIFE-CHANGING EXPERIENCE”

Geography is not merely a subject but a comprehensive way of understanding the world around us. My three-year journey in the Geography classroom at college has been an enriching and transformative experience that has significantly broadened my knowledge, skills, and perspective on the relationship between nature and human society. From the very beginning, Geography helped me explore the physical and cultural dimensions of the Earth, making learning both meaningful and practical. In the first year, I was introduced to the fundamentals of physical geography, including landforms, climate, vegetation, and natural processes. Studying mountains, rivers, and atmospheric systems helped me understand how the Earth operates as a dynamic and interconnected system. The use of maps, charts, and diagrams made complex concepts easier to understand. Additionally, exposure to modern tools like Geographic Information System (GIS) sparked my interest, as it allowed me to visualize and analyze geographical data in a more interactive and scientific manner.

During the second year, the focus shifted to human geography, where I learned about population dynamics, settlement patterns, economic activities, and cultural landscapes. This phase was particularly engaging because it highlighted how human beings interact with and modify their environment. Fieldwork and surveys were an integral part of learning, providing real-life exposure to geographical concepts. Collecting primary data, interacting with local communities, and analyzing real-world problems helped me develop research, communication, and analytical skills.

In the third year, Geography became more application-oriented and analytical. Topics such as environmental geography, Regional planning and sustainable development deepened my understanding of current global and local issues. I gained awareness about climate change, resource management, and environmental conservation. Practical sessions, project work, and presentations enhanced my critical thinking and problem-solving abilities, preparing me for future academic and professional challenges. A key factor behind this enriching journey has been the guidance and inspiration of Prof. Dharam Kirti. His teaching ideals emphasize clarity of concepts, practical learning, and the application of knowledge in real-life situations. Overall, these three years have been a journey of continuous learning, growth, and self-discovery. Geography has not only enhanced my academic understanding but also shaped my outlook towards the environment and society. It has taught me to observe, analyze, and appreciate the world in a more informed and responsible way. This valuable experience, combined with the guidance of dedicated teachers, will remain a lasting influence in my educational and professional life.

MR. SURYA PRAKASH
B.A. 3rd Year

ECOLOGICAL IMPACT OF INTENSIVE APPLE CULTIVATION IN KINNAUR

The rapid expansion of apple orchards in Kinnaur, often termed the "Apple Revolution," has significantly reshaped the region's natural forest landscape and ecological balance. While providing a robust economic backbone for the local population, the transition from diverse forest cover and traditional subsistence crops to monoculture orchards has led to serious environmental fragmentation. Natural forests, which once acted as a complex web of biodiversity, are increasingly being cleared to make way for commercial varieties. This land-use change reduces the density of native flora, such as the Neoza Pine and medicinal shrubs, which are better adapted to the high-altitude, dry temperate climate. Unlike the indigenous forest canopy, apple orchards do not offer the same level of soil protection or habitat for local wildlife, leading to a noticeable decline in forest-based biodiversity and the loss of the natural "buffer" against extreme weather. Furthermore, the over-plantation of apples has placed an immense strain on the region's hydrological health and soil stability. Apple trees are water-intensive, and the diversion of natural mountain springs for irrigation has led to the drying up of traditional water sources that once sustained the forest undergrowth. This shift, coupled with the heavy use of chemical fertilizers and pesticides to maintain high yields, has resulted in soil degradation and the leaching of toxins into the Sutlej river basin. On Kinnaur's steep and fragile slopes, the replacement of deep-rooted forest trees with orchard rows has also heightened the risk of topsoil erosion and landslides during heavy rain or sudden snowmelts. Ultimately, while the apple remains a symbol of prosperity, the resulting "green desert" of monoculture poses a long-term threat to the ecological stability and natural forest heritage of the tribal district.

MR. MAYANK NEGI
B.A. 3rd Year



बूढ़ी दिवाली (निरमण्ड)

हिमाचल प्रदेश के निरमण्ड (कुल्लू) में बूढ़ी दिवाली कार्तिक अमावस्या के एक महीने बाद मार्गशीर्ष को मनाई जाने वाली एक प्राचीन परंपरा है। यह मुख्य रूप से भगवान परशुराम से जुड़ी है जिन्होंने यहां एक दैत्य का वध किया था। इस दिन मशाल यात्रा, पारंपरिक लोकगीत और नृत्य (जैसे हुरक) के साथ बुराई पर अच्छाई का जश्न मनाया जाता है और स्थानीय पकवान खाए जाते हैं।

यह अनोखा त्योहार पिछले 200 से अधिक वर्षों से चला आ रहा है और यह क्षेत्र की समृद्ध संस्कृति का हिस्सा है।

- भगवान परशुराम से संबंध: पौराणिक कथाओं के अनुसार भगवान परशुराम ने दैत्य (जो सर्प वेष में था) का वध कर निरमण्ड के लोगों को उससे मुक्ति दी थी।
- इंद्र - वृत्तासुर युद्ध: मान्यता है कि यह त्योहार मार्गशीर्ष अमावस्या को इंद्र द्वारा वृत्तासुर राक्षस को पराजित करने की स्मृति में मनाया जाता है।
- दूरस्थ क्षेत्र की दिवाली: माना जाता है कि राम के अयोध्या लौटने की खबर यहां देर से पहुंची थी इसलिए यहां एक महीने बाद दिवाली मनाई जाती है।
- परंपरा: इसमें मशालें (गैसर) जलाना, लोक नृत्य, सस्कासी और स्थानीय पकवान जैसे (अस्कली, लुशके, मुड़ा) भांग के साथ गेहूं का सैण प्रमुख है।

सुजाता

बी.ए. तृतीय वर्ष



“भाद्रङ्ग सौडा”

भाद्रङ्ग हिमाचल प्रदेश के किन्नौर जिले के एक छोटे से गाँव मेबर (रल्ली) में आयोजित होने वाला एक पारंपरिक पर्व है। हिंदी भाषा में ‘भाद्रङ्ग’ का अर्थ भाद्रपद (हिन्दू कैलेंडर का एक माह) और ‘सौडा’ का अर्थ पंद्रह होता है। यह उत्सव मेबर गाँव के हारङ्गघाटी नामक स्थान पर प्रतिवर्ष अगस्त माह की 30 या 31 तारीख को मनाया जाता है। यह पर्व पिछले एक वर्ष के दौरान गाँव में दिवंगत हुए व्यक्तियों के परिवारों द्वारा मनाया जाता है। इस दिन सभी ग्रामीण हारङ्गघाटी नामक स्थल पर एकत्रित होते हैं और अपने साथ प्रसाद के लिए मिठाई आदि लाते हैं। दिवंगत व्यक्तियों के परिवार वहाँ हलवा-पूरी बनाते हैं, जिसके पश्चात् वे देवी-देवताओं का स्मरण करते हुए हलवा-पूरी से पूजा-अर्चना करते हैं। पूजा-पाठ सम्पन्न होने के बाद, ये परिवार अपने-अपने ‘कोटडचा’ (पत्थरों से निर्मित ढाँचा) पर अपने साथ लाए हुए ब्रिड एवं लुङ्ता (पारंपरिक वस्तुएँ) अर्पित करते हैं। परिवार के मृत सदस्य की कुछ पसंदीदा वस्तुएँ, जैसे कंघी, शीशा, कपड़े आदि भी इस कोटडचा के भीतर रखे जाते हैं। हारङ्गघाटी एक अत्यंत सुंदर स्थल है, जहाँ से आस-पास के मनमोहक गाँव का विहंगम दृश्य दिखाई देता है। कुछ देर घूमने के उपरान्त, सभी ग्रामीण पंक्ति में बैठ जाते हैं और मृतक जनों के परिवार के सदस्य सभी लोगों में हलवा-पूरी, मिठाई आदि वितरित करते हैं। भोजन के बाद, वे लोग चोटियों से ‘रौङ्गर’ (ब्रह्मकमल) फूल लाने वालों की प्रतीक्षा करते हैं। रौङ्गर आदि फूलों के आने के बाद, सभी गाँववासी और मृतक जनों के परिवार वाले एक समूह में विदाई गीत (किन्नोरी गीत) गाते हुए ‘कायंग’ (नाटी) लगाते हैं। इस प्रकार यह मेला समाप्त होता है और सभी लोग अपने घरों की ओर प्रस्थान करते हैं।

मानसी

बी.ए. तृतीय वर्ष

मूरंग फुलेच

हिमाचल प्रदेश का किन्नौर जिला अपनी प्राकृतिक सुंदरता, ऊंचे पर्वतों, गहरी घाटियों और समृद्ध सांस्कृतिक विरासत के लिए प्रसिद्ध है। यह जिला तिब्बत की सीमा से लगा हुआ है और यहां की जनजातीय संस्कृति में हिंदू, बौद्ध और स्थानीय मान्यताओं का अनोखा मिश्रण देखने को मिलता है। किन्नौर को 'देवभूमि' कहा जाता है, क्योंकि यहां हर गांव में स्थानीय देवी-देवताओं की पूजा की जाती है। इनमें से एक प्रमुख उत्सव है फुलेच मेला (फुलेच, उख्यांग या फूलों का त्यौहार) जो किन्नौर की जनजातियों द्वारा मनाया जाता है और प्रकृति, फूलों तथा देवताओं के प्रति उनके गहरे प्रेम को दर्शाता है।

यह मेला किन्नौर के सभी गांवों में अलग तिथियों पर मनाया जाता है, लेकिन मूरंग गांव में यह विशेष रूप से धूमधाम और अनोखे अंदाज में आयोजित होता है। मूरंग गांव किन्नौर जिले में सतलुज नदी के बाएँ किनारे पर स्थित है जो रिकांग पिओ (किन्नौर मुख्यालय) से करीब 33-36 किलोमीटर की दूरी पर स्थित है। सड़क मार्ग से ड्राइविंग दूरी 35-40 किमी की आसपास है, जो पहाड़ी रास्तों के कारण थोड़ी भिन्न हो सकती है। मूरंग गांव जहाँ चारों तरफ ऊँचे बर्फाले पर्वत हैं, और सतलुज नदी की ओर खुला मनोरम दृश्य है। गांव तक पहुँचने का रास्ता खुबसूरत खुमानी (खुबानी) के बागानों से होकर जाता है। यहाँ का पुराना किला (मूरंग किला) महान भारत काल में पांडवों द्वारा बनवाया गया माना जाता है, जो इस गांव की ऐतिहासिक महत्वपूर्णता को और बढ़ाता है।

मूरंग में फूलैच मेला मुख्य रूप से सितंबर महीने में मनाया जाता है, जो भाद्रपद मास की 16वीं तिथि से शुरू होता है। यह 5 दिनों का उत्सव होता है। इस दौरान पूरा गांव उत्सव की चमक और खुशी में डूब जाता है, और हर उम्र के लोग - बच्चे, युवा, बुजुर्ग - सब खुशी-खुशी शामिल होते हैं।

- पहला दिन: पुरुष पारंपरिक पहाड़ी पर फूल चढ़ाने जाते हैं। वे गांव के देवता का प्रतीक, खाने-पीने की चीजें और स्थानीय शराब साथ ले जाते हैं। काली देवी या अन्य स्थानीय देसी शराब चढ़ाकर देवता को फूल (जैसे लिली, ब्रह्मकमल, कयापट आदि) चढ़ाए जाते हैं।
- बीच के दिन: देवता की झांकी निकाली जाती है। मुख्य देवता (नारायण/नाग देव) जी की पालकी को सजा कर गांव में घुमाया जाता है। लोग नृत्य (किन्नोरी नृत्य) करते हैं और ढोल-नगाड़ों की धुन बजती है। फूलैच के इस मेले में सभी महिलाएं और पुरुष अपनी पारंपरिक वेशभूषा में सजकर आते हैं, जो उत्सव की शोभा को कई गुना बढ़ा देती है।
- वेशभूषा: महिलाओं की पोशाक विशेष रूप से आकर्षक और विशिष्ट होती है। वे चोली (लंबी पोशाक) पहनती हैं, जिसके ऊपर हरा फूलदार दुपट्टा या चांदी का कमरबंद बांधा जाता है, जो पोशाक की सुंदरता को बढ़ाता है। साथ ही चांदी के भारी आभूषण जैसे चांद, हार, कंगन और बड़े कानों की झुमके पहने जाते हैं। पुरुष भी कम नहीं, वे चूबा पहनते हैं (लंबा ऊनी गाउन या कोट पहनते हैं), कमर पर गहने बांधते हैं और सिर पर थेंगपा या टोपो (टोपी) पहनते हैं, जो ऊन की या सफेद रंग की होती है। देवी-देवताओं की टोपी पर फूलों की मालाएँ या सजावट लगाई जाती हैं, जो फूलैच के नाम की सार्थकता बनाती है। यह पारंपरिक ड्रेस ठंडे मौसम के लिए पूरी तरह उपयुक्त है और उत्सव में पहनकर लोग अपनी सांस्कृतिक पहचान को गर्व से प्रदर्शित करते हैं।
- खान-पान: सभी परिवार मिलकर पकवान बनाते हैं - स्थानीय व्यंजन जैसे दाल-चावल, पकवान, फल और अन्य पारंपरिक किन्नोरी भोजन की व्यवस्था पूरी तरह सामूहिक होती है।
- आखिरी दिन - (समापन दिवस): पूजा-अर्चना के बाद मेले का भव्य समापन होता है। इस दिन लोकल 'हॉलिडे' घोषित किया जाता है ताकि गांव के सभी लोग अपने काम-धंधे से मुक्त होकर आराम से उत्सव मना सकें। सभी और परिवार के साथ समय बिताने तथा एक-दूसरे से जुड़ने का अच्छा अवसर होता है। परिवार और रिश्तेदार एक-दूसरे के घर जाते हैं, फूलों की मालाएँ चढ़ाते हैं और प्रसाद बाँटते हैं।

मुख्य देवी-देवता: मूरंग में मुख्य ओरमिक देवता जी हैं, जो गांव के रक्षक और फूलैच मेले के केंद्र में हैं। उनकी पूजा गुरु के माध्यम से होती है, जो फसल और मौसम की भविष्यवाणी भी करते हैं। अन्य प्रमुख कुल देवी-देवता: कुल देवी - चंडिका देवी (फूल चढ़ाने से पहले पूजा की जाती है)। ये देवी-देवता परिवार और गांव की रक्षा करते हैं। फूलैच मेले में फूल इन्हें चढ़ाए जाते हैं, जो देवताओं के प्रति कृतज्ञता और प्रकृति से जुड़ाव का प्रतीक है।

मूरंग का फुलेच मेला किन्नौर की सांस्कृतिक आत्मा है-प्रकृति प्रेम, सामाजिक एकता, धार्मिक श्रद्धा और खुशी का अनोखा मेला। पर्यटक भी यहाँ की सुंदरता और उत्सव से आकर्षित होते हैं। यह त्यौहार हमें याद दिलाता है कि फूल सिर्फ सुंदरता नहीं, बल्कि जीवन, दिव्यता, समृद्धि और सामुदायिक बंधन का प्रतीक है।

वंशिका



कुल्लू दशहरा : परंपराओं का एक विश्व स्तर पर मनाया जाने वाला त्यौहार

भूमिका: भारत को विश्व भर में उसकी सांस्कृतिक विविधता के लिए जाना जाता है। यहाँ प्रत्येक क्षेत्र की अपनी विशिष्ट धार्मिक मान्यताएं, त्यौहार और लोक परंपराएं होती हैं। हिमाचल प्रदेश के कुल्लू जिले में मनाया जाने वाला कुल्लू दशहरा इसी सांस्कृतिक वैभव का उदाहरण है। जहाँ देश के अधिकांश भागों में दशहरा रावण दहन के साथ समाप्त होता है, वहीं कुल्लू का दशहरा उसी दिन से प्रारंभ होता है। यह उत्सव सात दिनों तक चलता है और इसमें सैकड़ों देवी-देवताओं की उपस्थिति इसे एक भव्य आध्यात्मिक संगम बना देती है। यह न केवल धार्मिक पर्व है, बल्कि सांस्कृतिक, सामाजिक, आर्थिक और पर्यटन की दृष्टि से भी अत्यंत महत्वपूर्ण है।

कुल्लू दशहरा की ऐतिहासिक पृष्ठभूमि: कुल्लू के दशहरे का सीधा संबंध रामायण से नहीं जुड़ा है, बल्कि कहा जाता है कि इसकी कहानी कुल्लू के राजा जगत सिंह से जुड़ी है। 1637 ई. में जगत सिंह यहाँ का राजा था। जब उसे पता चला कि गाँव के एक ब्राह्मण के पास एक कीमती रत्न है, राजा ने रत्न को हासिल करने के लिए अपने सैनिकों को ब्राह्मण के पास भेजा। सैनिकों ने उसे यातनाएं दीं, डर के मारे उसने राजा को श्राप देकर परिवार समेत आत्महत्या कर ली। कुछ दिनों के बाद राजा की तबीयत खराब होने लगी। तब एक साधु ने राजा को श्राप मुक्त होने के लिए रघुनाथ जी की मूर्ति लगवाने की सलाह दी। अयोध्या से लाई गई इस मूर्ति के कारण राजा धीरे-धीरे ठीक होने लगा और तभी से उसने अपना जीवन और साम्राज्य भगवान रघुनाथ को समर्पित कर दिया। तभी से यहाँ पर दशहरा धूमधाम से मनाया जाता है।

भगवान रघुनाथ जी की भूमिका: कुल्लू दशहरा का केंद्र बिंदु रघुनाथ जी की मूर्ति है। भगवान रघुनाथ की प्रतिमा को मुख्य रथ में विराजमान किया जाता है। श्रद्धालु इस रथ को खींचते हैं जिसे अत्यंत शुभ माना जाता है। ढोल-नगाड़ों, रणसिंघों और पारंपरिक वाद्ययंत्रों की ध्वनि से पूरा वातावरण भक्तिमय हो उठता है। कुल्लू दशहरे की सबसे अद्भुत विशेषता है कि स्थानीय देवी-देवताओं का महासंगम है। आसपास के गाँवों से लगभग 200 से अधिक देवताओं की पालकियां सजाकर लाई जाती हैं। देवताओं की यह सामूहिक उपस्थिति देव संस्कृति का अनूठा उदाहरण है। हर देवता की अपनी अलग पहचान, वाद्ययंत्र और अनुयायी होते हैं।

आयोजन और प्रमुख गतिविधियां: यह उत्सव कुल्लू के

ऐतिहासिक ढालपुर मैदान में आयोजित होता है। यहाँ धार्मिक अनुष्ठान, सांस्कृतिक कार्यक्रम, लोकनृत्य और व्यापारिक गतिविधियां साथ-साथ चलती हैं। यहाँ “नाटी” लोकनृत्य विशेष आकर्षण का केंद्र होता है। पारंपरिक वेशभूषा में सजे कलाकार सामूहिक नृत्य करते हैं।

वर्ल्ड रिकॉर्ड्स: हिमाचल प्रदेश में 10,000 से अधिक कलाकारों ने “बालिका बचाओ” अभियान को बढ़ावा देने के लिए लोक नृत्य प्रस्तुत किया। इस आयोजन ने एक ही समय में सबसे अधिक भागीदारी का विश्व रिकॉर्ड बनाया। कुल्लू के दशहरे में 9,892 लोक नर्तकों द्वारा किए गए प्रदर्शन ने Guinness Book of World Records में अपना नाम दर्ज करा लिया है।

आर्थिक महत्व: इस उत्सव से स्थानीय व्यापारियों, कारीगरों और किसानों को आर्थिक लाभ होता है। कुल्लू शाल, टोपी और ऊनी वस्त्रों की बिक्री बढ़ जाती है। यह पर्व स्थानीय अर्थव्यवस्था को सशक्त बनाने में महत्वपूर्ण भूमिका निभाता है।

समापन समारोह: सात दिनों तक चलने वाले इस उत्सव का समापन विशेष पूजा और अनुष्ठानों के साथ होता है। देवताओं की पालकियां पुनः अपने-अपने गाँव लौट जाती हैं।

निष्कर्ष: कुल्लू स्थानीय सांस्कृतिक परंपराओं का जीवंत प्रतीक है। यह उत्सव केवल धार्मिक आयोजन नहीं, बल्कि सामाजिक, सांस्कृतिक और आर्थिक दृष्टि से भी अत्यंत महत्वपूर्ण है। कुल्लू दशहरा हमें यह संदेश देता है कि परंपराएं केवल अतीत की धरोहर नहीं बल्कि वर्तमान व भविष्य की सांस्कृतिक नींव हैं।

अंजना
बी.ए. तृतीय वर्ष



साजो त्यौहार

प्रतिवर्ष हमारे गाँव में नववर्ष यानी साजो का त्यौहार बहुत ही धूमधाम से मनाया जाता है। यह त्यौहार हमारे गाँव में दो दिनों तक मनाया जाता है। साजो त्यौहार की शुरुआत हमारे गाँव में 14 जनवरी यानी मकर संक्रांति के दिन से होती है।

- **प्रथम दिन 14 जनवरी (दिनचर्या):** साजो त्यौहार में बहुत सारे पकवान बनाए जाते हैं। लोग सुबह 2 बजे उठकर हलवा, पूरी, गलवरू, पकौड़े, पापड़ आदि पकवान बनाते हैं। उसके बाद इन सभी पकवानों की पूजा की जाती है।
- **पूजा करने की विधि:** सबसे पहले कांसे की थाली में हलवा व पूरी लगाया जाता है तथा अन्य पकवानों को भी उसी थाली में लगाया जाता है। उसके बाद दुरीच में कोयला लगाया जाता है तथा उस कोयले पर शुरु धूप लगाया जाता है तथा उसके साथ एक बोलत दारू का भी प्रयोग किया जाता है। सभी सामानों को उस स्थान पर ले जाया जाता है जहाँ पूजा की जानी है। सबसे पहले गंगाजल के छटि सभी सामग्री पर लगाए जाते हैं। उसके बाद दुरीच को तीन बार हलवा-पूरी की थाली के सामने घुमाया जाता है। इसके पश्चात हलवा-पूरी और अन्य पकवानों से पूजा की जाती है। पूजा करते समय इष्ट देवता से जुड़े मंत्रों का उच्चारण किया जाता है। सबसे आखिर में देवता जी का नाम लेकर दारू से पूजा होती है।
- **कार्यक्रम:** सुबह 4 बजे मंदिर के कारदारिया यानी देवता द्वारा चुने गए लोग खड्ड में नहाने जाते हैं। सभी कारदारिया जब खड्ड से नहाकर आते हैं उसके बाद देवता जी की पूजा की जाती है। सुबह 9 बजे गाँव के लोग नहाकर तैयार होकर देवता जी के मंदिर की ओर जाते हैं। मंदिर जाने के बाद तीन बार रणाशीर्ग बनाया जाता है जिसके बाद देवता जी को उनकी कोठी से बाहर निकाला जाता है। देवता के सामने ही लोगों की हाजिरी लगाई जाती है। हाजिरी लगने के बाद देवता जी को खेत पर ले जाया जाता है, जिसे (धैशारान देन) के नाम से जाना जाता है। खेत में फेटस पूजा किया जाता है और उसके बाद उन्हें पूजा का भोग दिया जाता है। देवता जी को बैठाने के बाद हाथ में खंजर के साथ सारा दिन कायंड किया जाता है। शाम के समय देवता जी को उठाकर खेतों से होते हुए ही मंदिर तक ले जाया जाता है। देवता जी को खेतों से ले जाते समय गाँव की महिलाएँ बाहा कायंड करते हुए देवता की तरफ जाती हैं। देवता जी भी नाचते हुए आगे की तरफ बढ़ते हैं तथा गाँव की महिलाओं को पीछे की ओर ले जाते हैं। इसमें महिलाएँ आपस में ही एक-दूसरे को आगे

- **दूसरा दिन (15 जनवरी):** अगले दिन गाँव के लोग निश्चित किए गए समय से पहले मंदिर पहुँच जाते हैं। गाँव की महिलाओं द्वारा इस दिन हमारे इष्ट देवता की पूजा की जाती है। हमारे इष्ट देवता श्री परकाशकरस महादेव जी को मंदिर से बाहर निकाला जाता है। हाजिरी लगाने के बाद दिन का कार्यक्रम शुरू किया जाता है। आज के दिन गाँव की महिलाएँ पारंपरिक वेशभूषा पहनकर तथा हाथ में कांसे की थाली में चावल तथा उस पर सैङ्गर (ब्रह्मकमल) लगाकर तथा दूसरे हाथ में दुरीच में कोयला डालकर उस पर गुगुलु तथा शुरु नाम का धूप लगाकर मंदिर तक नंगे पैर जाती हैं। मंदिर पहुँचने के बाद गाँव की महिलाएँ देवता जी के आगे और पीछे उग्र के हिसाब से खड़ी हो जाती हैं। दुरीच में लगाए गए गुगुलु धूप की खुशबू से देवता जी बहुत ज्यादा प्रसन्न होते हैं क्योंकि गुगुलु धूप देवता जी का पसंदीदा धूप है। उसके बाद महिलाओं द्वारा देवता जी की पूजा की जाती है। पूजा करने के बाद मंदिर में बनाए गए हलवा-पूरी की पूजा की जाती है। उसके बाद उस हलवा और पूरी को गाँव वासियों को खाने के लिए दिया जाता है। हलवा-पूरी खाने के बाद सारा दिन मंदिर में मेला लगता है। शाम के समय देवता जी को गाँव वासियों द्वारा दयुन (पैसे) दिए जाते हैं तथा उनके 'कलश यात्रा अच्छी हो' यह बात गाँव वासियों द्वारा देवता जी को कही जाती है। शाम के समय में ही मंदिर में बाहा कायंड किया जाता है। बाहा कायंड के समय में (रमा लक्ष्मण) वाला गाना गाया जाता है। धूप डलने से पहले देवता जी को मंदिर की कोठी में ले जाया जाता है। सभी कार्यक्रम खत्म होने के बाद देवता जी को डोरों (खोलकर) करने के बाद उनकी मूर्तियों को संदूक में रखा जाता है। इसके बाद देवता जी 1 महीने के लिए कैलाश चले जाते हैं। उसके बाद एक महीने के लिए मंदिर के प्रौल (दरवाजे) को बंद कर दिया जाता है।

श्वेता
बी.ए. तृतीय वर्ष

तंगलिंग उख्याड़ / फुल्यान्व (फूलों का त्यौहार)

हिमाचल प्रदेश का हर कोना बर्फ से ढकी चोटियों के लिए प्रसिद्ध है। हिमाचल की घाटियाँ, झरने और देवदार के बने जंगल यहाँ की प्राकृतिक सुन्दरता को बढ़ाते हैं। इसके अलावा हिमाचल प्रदेश के लोग, उनकी अनूठी संस्कृति और उनके त्यौहार इस जगह को और खास बना देते हैं। यहाँ पर उख्याड़ और किन्नौर का फूलों का फुल्यान्व मेला बहुत प्रसिद्ध है। हर साल सितंबर के महीने में हिमाचल के किन्नौर क्षेत्र में फूलों का त्यौहार मनाया जाता है। उख्याड़ के दौरान लोग किन्नौरी पोशाक पहनते हैं व इस मेले का आनंद लेते हैं। इस समय घाटियों में खूबसूरत फूल सजे रहते हैं व साथ-ही-साथ किन्नौर में अपने मृत प्रियजनों की याद में फुलाइच / फुल्यान्व त्यौहार मनाया जाता है। फुलाइच का अर्थ 'फूलों का मेला' है। जिसमें स्थानीय ग्रामीण पहाड़ों से ब्रह्मकमल उठाकर अपने देवता को समर्पित करते हैं। सैकड़ों वर्ष पुराने इस मेले का उद्देश्य गाँव की सुख-शांति व समृद्धि है।

फुल्यान्व के दौरान सभी लोग अपने काम छोड़कर 3 से 5 दिन तक फुल्यान्व मनाते हैं। हर गाँव में फुलाइच मनाने के दिन में विभिन्नताएँ पाई जाती हैं। सामान्यतः तंगलिंग उख्याड़ चार दिन का होता है।

- पहला दिन: गाँव के चुने हुए युवक पहाड़ी इलाकों में जाकर ब्रह्मकमल इकट्ठा करते हैं। जब वे लौटते हैं तो उनका स्वागत ढोल-नगाड़े बजाकर किया जाता है। पुष्प की माला देवता जी को समर्पित की जाती है, ब्रह्मकमल आपस में बाँटते हैं व घास मंदिर परिसर के चारों ओर लगाए जाते हैं। अंत में सभी फूल लाने गए युवक कायंग (नाटी) लगाते हैं।
- दूसरा दिन: उख्याड़ के दूसरे दिन गाँव के लोग/ग्रामीण लोग छातोंगापो जाते हैं। महिलाओं द्वारा आग पर पूरियाँ बनाई जाती हैं व हर वर्ष काली पूजा किया जाता है। इसके पश्चात किन्नौरी नाटी लगाई जाती है।
- तीसरा दिन: यह फुल्यान्व का महत्वपूर्ण हिस्सा है। ऐसा माना जाता है कि इस दिन पूर्वजों की आत्माएँ गाँव में आती हैं। दिवंगत सदस्यों के लिए हवन किया जाता है व ग्रामीण लोगों द्वारा उन्हें याद और उनके लिए प्रार्थनाएँ की जाती हैं।
- चौथा दिन: तंगलिंग उख्यांग के चौथे व आखिरी दिन में भव्य उत्सव का आयोजन किया जाता है। खूबसूरती से सजाए हुए देवता जी के चारों ओर बड़े-बड़े घेरे बनाकर कायंग (नाटी) लगाई जाती है। इस दिन दावत का भी आयोजन किया जाता है। दावत में स्थानीय पकवान व घंघ (दारु / पारंपरिक पेय) का आयोजन किया जाता है। उख्याड़ के आखिरी दिन रातभर गाने बजाए जाते हैं व ग्रामीणों द्वारा सामूहिक नृत्य किया जाता है। तंगलिंग उख्याड़ ग्रामीणों द्वारा हर्षोल्लास के साथ मनाया जाता है और मान्यता है कि देवी-देवता ग्रामीण लोगों को उख्याड़ मेले में अपना आशीर्वाद प्रदान करते हैं।

अनिका

बी.ए. तृतीय वर्ष

सांगला होली (फागली / फागुली महोत्सव)

सांगला होली (फागली / फागुली महोत्सव) किन्नौर, हिमाचल प्रदेश की लगभग 500 वर्ष पुरानी एक अनोखी परंपरा है। यह त्योहार हर वर्ष मार्च महीने में मनाया जाता है। यह केवल रंगों का त्योहार नहीं है, बल्कि एक महत्वपूर्ण सांस्कृतिक धरोहर भी है। इस महोत्सव में ग्रामीण लोग मुखौटे पहनकर लोक फागुली नृत्य करते हैं, रामायण का मंचन करते हैं तथा स्थानीय देवी-देवताओं की पूजा करते हुए सामुदायिक भोज का आनंद लेते हैं।

सांगला होली की विशेषताएँ:

- फागली महोत्सव: यह त्योहार शीत ऋतु के अंत और वसंत ऋतु के आगमन पर मनाया जाता है। इस अवसर पर स्थानीय देवी-देवताओं को पारंपरिक वेशभूषा में बाहर निकाला जाता है।
- मुखौटा नृत्य: ग्रामीण लोग पौराणिक पात्रों का अभिनय करते हुए पारंपरिक मुखौटे पहनकर नृत्य करते हैं। यह नृत्य 'फागुली नृत्य' के रूप में प्रसिद्ध है।
- सांस्कृतिक परंपरा: ढोल-नगाड़ों के साथ देवता की पालकी निकाली जाती है और पूरा गाँव मिलकर उत्सव मनाता है।
- चार दिवसीय उत्सव: यह त्योहार चार दिनों तक बड़े धूमधाम से मनाया जाता है। इस दौरान 'फाग मेला' आयोजित होता है, जहाँ देवताओं के साथ होली खेली जाती है।

प्राकृतिक सौंदर्य: यह त्योहार किन्नौर के सुंदर सांगला घाटी में, बास्या नदी के किनारे और बर्फ से ढकी चोटियों के बीच मनाया जाता है। यहाँ का प्राकृतिक दृश्य अत्यंत मनमोहक होता है। यह भारत की प्रसिद्ध होलियों में से एक है, जिसे देखने और मनाने के लिए दूर-दूर से लोग आते हैं।

मुस्कान

बी.ए. तृतीय वर्ष

VILLAGE PANGI

Pangi is a very beautiful village in the Kinnaur district of Himachal Pradesh. It is surrounded by tall 'Deodar' and 'Chilgoza' trees and snow-covered peaks. Many ancient temples can be seen here. The famous Lord "Jai Shethering Nagers Ji Temple" is also located here, which is regarded as the most ancient temple of Pangi. A famous festival named Dakhraim is celebrated here in the month of July. This village is also famous for its thick 'Deodar' and 'Chilgoza' forests, green meadows, fresh air, and clean atmosphere. The village remains covered due to snowfall for three to four months, from December to April. In the summer, this village transforms into a fairyland - flowers bloom, and many types of birds and butterflies can be seen here. Sazo, Shivratri, Meshu, Bekhrem, etc., are the famous festivals of our village. Apple cultivation is the main source of income here. The people of our village are very hardworking. I am sure that very soon my village will also be counted in the list of developed villages of Kinnaur.

SOMIYA BRICE

B.A. 1st Year



INTERNATIONAL INSIGHTS

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SPEAKER LINEUP



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DR. MAYOR VIDHU
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Asso. Prof. in Delhi University



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PROF. (SR.) MOLLY K ABRAHAM
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PROF. KANWAR CHANDERDEEP SINGH
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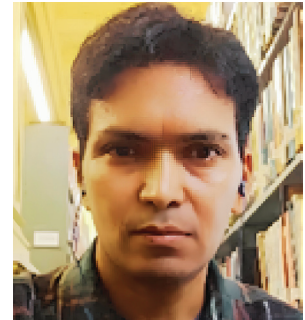
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MOMENTS & MILESTONES

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SPIRIT IN MOTION

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THE PULSE OF CULTURE

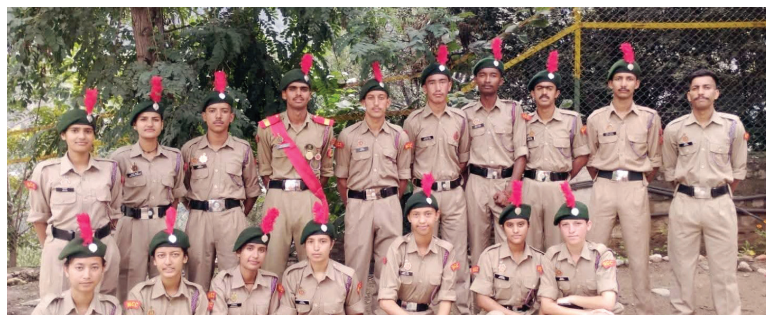
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