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2025-26



KIRAS Annual Magazine (2025-26)



Kalka Institute for Research and Advanced Studies

(Approved & Affiliated by GGSIP University & Govt. of NCT Delhi & NCTE)

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Tribute



Late C P MEHROTRA

"The winners of the 21st century will be those who can transform their organization into something that more resembles a jeep-on all wheel drive, all-terrain vehicle that is lean, mean and highly manoeuvrable.

The need of the hour is to develop thinking leaders, teachers and students. Therefore, we at Kalka Group of Institutions (KGI) put in all possible efforts to create the learning environment that takes us nearer to our goal. Someone has rightly said that the foundation of every state is the education of its young minds. Education is thus the most important aspect of mind development to make life tolerable and the acquisition of life skills to make it possible. The strength of a nation lies more in the quality of its people than in its material. Education is the passport to upward mobility. As India emerges as a leading knowledge power; student's thirst for education has become unquenchable. KGI is committed to such development of its pupils. Emphasis is laid by blending modernity with tradition. Actually we mould the future of our pupil. At KGI we encourage healthy competition to enable our students to find a place in today's competitive world. Hence sharing and understanding of knowledge in different fields of study is our core strength; not confining the students to rote & traditional academics only. KGI inspires the students not only to dream of a successful and rewarding future but also to translate it to reality".

MESSAGE FROM THE DIRECTOR'S DESK



“What do you want to become, depends on your thoughts, decisions and the actions you do” Thus, you are the creator of your life, you will write your future. This will influence your lifestyle, attitude and quality of life. You have to adopt the self-responsibility to enhance your self-esteem. Always remember that all of us are gifted by God in one or the other way. All that remains is to bring out that hidden potential, have a keen observation and an eye for talent and no one other than you can do it. So do it now. . . "Be what you want to be"

Dr. Anju Mehrotra, Director KGI

MESSAGE FROM THE CO- DIRECTOR'S DESK



A warm welcome is always assured at the Kalka Group of Institutions. Here we aspire to craft socially conscious and responsible individuals who will serve the society. KGI aims to be an institution that empowers each learner with a strong foundation of knowledge and skills. We are preparing global citizens committed to humanistic values and democratic traditions. Care, love and emotional security underpin our ethos. The Institution has a very welcoming, supportive and inclusive atmosphere. A culture of mutual respect is clearly evident in the positive relationships between staff and learners.

Dr. Onika Mehrotra, Co-Director KGI

From the Chief Editor's Desk



It is a great pleasure for me to become the Editor-in-Chief of the college magazine. A college magazine is a mirror of college life. A college may reach great heights of glory, but without content like the college magazine, it cannot be known to the outside world. Therefore, the role of a college magazine is crucial in promoting an institution's offerings. It brings to the fore what has remained untapped. It reflects the enthusiasm of students in their extracurricular activities as well as their academic endeavours. Today's student is an individual, a true human being with a sense of self-respect, sensitivity, responsibility, and compassion. We need to recognize, appreciate, appreciate, and foster the perfect blend of sensitivity in a student—and therefore, this magazine should be seen as a launching pad for a student's creative aspirations to blossom naturally. This magazine is one such attempt to reflect the minds of young writers who have attempted to express their various unspoken feelings and perceptions related to life and society. I hope you will appreciate their efforts and overlook any shortcomings. The difficult task of editing this magazine would not have been possible without the sincere support of the members of the College Magazine Committee, who encouraged our students to write their articles, then edited them, and finally prepared a good format. I am deeply grateful to our respected Director and Co-Director for entrusting us with the responsibility of editing. We are also grateful to our colleagues for their support. We sincerely hope that everyone will enjoy this magazine.

**Prof. (Dr.) Manju Sharma,
HoD, KIRAS**

KIRAS Annual Magazine (2025-26)

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ABOUT KIRAS

Kalka Institute for Research and advanced studies (KIRAS), New Delhi was set up in the year 2000 to impart professional excellence in the field of Information System and Teacher Education affiliated to Guru Gobind Singh Indraprastha University, Dwarka, New Delhi. At present it is offering full-time 2-year B.Ed. Programme (To be revised according to the university Norms) and 4-year BCA Programme.

OUR VISION

To create a learning environment that challenges all students to develop their intellectual, practical, and social skills holistically, while focusing on leadership and social aspects.

OUR MISSION

To Create Leaders, Winners and Achievers in a global world. Leaders who inspire a vision, Winners who set positive paradigms of action and Achievers who have will and the strength to make a small difference to the cause of humanity. Kalka Educational Society (KES) is committed to raising the standards of Higher Education in India by instilling the following modules:

- To encourage the students to be more focused about the goals and opt for career oriented Professional courses which gel with their aptitude.
- To provide education that is exciting, exciting, exhilarating & enterprising.
- To develop inter-disciplinary & multi-disciplinary skills and generate application oriented learning.
- To sharpen the analytical skills of the students by providing them with real life case studies.
- To equip students for the professional careers & provide them the facilities for interface with the industry/Organizations.
- To instil among the students, the passion for excellence, commitment to ethical standards and respect for the community.
- To provide individual attention, world class quality of education and take care of character building.

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English Section

Psychological Struggles of Students with Disabilities

Despite progressive laws like the Rights of Persons with Disabilities (RPwD) Act, 2016, the real-life experiences of many students with disabilities (PwD) still involve social barriers, emotional struggles, and feelings of isolation. The Act aims to promote equality, dignity, and inclusive education, but in many situations the reality is quite different. Many students with disabilities continue to face discrimination, lack of understanding, and unequal treatment in society and educational spaces. As a result, there is often a clear gap between what policies promise and what students actually experience in their everyday lives. This research paper focuses on the psychological struggles faced by students with disabilities. It discusses issues such as social exclusion, lack of peer acceptance, identity struggles, and mental health problems like anxiety, loneliness, and depression. Many students with disabilities have great talents and abilities, but negative societal attitudes and stereotypes sometimes make them hesitant to express themselves openly. When classmates, teachers, or people around them treat them differently, it can affect their confidence and self esteem. Over time, this may lead to emotional withdrawal, loneliness, and reduced participation in academic and social activities. The paper also highlights that legal provisions alone cannot ensure true inclusion. Real inclusion requires positive social attitudes, supportive peer relationships, and educational environments that respect diversity. In most cases, students with disabilities simply want to be treated like everyone else — with respect, acceptance, and equal opportunities. Therefore, this study emphasizes the need for greater awareness, empathy, and better psychological support systems in educational institutions so that students with disabilities can feel valued, included, and confident in society. Education is widely recognized as a fundamental right and a key factor in the overall development of individuals and society.

In recent years, there has been a growing emphasis on inclusive education, which seeks to ensure that all learners, regardless of their physical, intellectual, or social differences, have equal access to quality education. In India, the Rights of Persons with Disabilities (RPwD) Act, 2016 represents a significant step toward promoting equality, dignity, and inclusion for persons with disabilities, particularly within educational settings. Despite these progressive legal provisions, the lived experiences of many students with disabilities often reveal a different reality. While policies aim to create inclusive environments, students with disabilities frequently encounter various barriers that extend beyond physical accessibility. These include social, emotional, and psychological challenges that are often less visible but equally impactful. Issues such as lack of peer acceptance, limited social interaction, and subtle forms of discrimination can influence their educational experiences and overall well-being. At the same time, it is important to recognize that students with disabilities are not defined by their limitations but possess diverse abilities, talents, and potential. However, societal attitudes, stereotypes, and inadequate support systems can sometimes hinder their full participation in academic and social life. This highlights the need to look beyond policy frameworks and examine how inclusion is practiced in everyday contexts. This paper, therefore, seeks to explore the psychological struggles and experiences of social isolation among students with disabilities, while critically reflecting on the role and effectiveness of the RPwD Act, 2016. It aims to understand the gap between policy intentions and lived realities, and to emphasize the importance of creating supportive, empathetic, and truly inclusive educational environments.

-Pooja Bijali (B.Ed.)-

Untamed

She was a woman of the wild, with fire in her eyes,
wind through her hair, and a soul that could not be tamed.

She walked beyond the edges of maps,
where fear lost its name.

The sky bent low to watch her pass,
the earth remembered her flame.

Her laughter echoed through valleys,
untouched by doubt or shame.

She carried storms within her chest,
yet danced in falling rain.

No chains could hold her spirit,
no voice could make her remain.

She spoke in quiet defiance,
in truths that would not be framed.

Her heart beat loud like thunder,
untouched by rules they claimed.

She broke the mold they gave her,
and never played their game.

Her eyes held endless stories,
too fierce to ever be named.

She was both chaos and calm,
a wildfire none could contain.

The wind would follow her footsteps,
as if it knew her pain.

She rose with every breaking,
each loss became her gain.

And even in her silence,
you could hear her strength remain.

For she was never meant to belong,
she was born to remain untamed.

-Suvasmita Dutta (B.Ed.)-

A Day at Keoladeo National Park, Bharatpur



My visit to Keoladeo National Park in Bharatpur in February 2024 was a truly memorable and enriching experience. Visiting during this time made it even more special, as the park was full of migratory birds and vibrant natural beauty. From the freshness of the morning to the calm and soothing sunset, every moment felt peaceful and meaningful. I began my day early in the morning, when the cool breeze and soft golden sunlight created a refreshing atmosphere. The park was alive with the sounds of birds, and it was the perfect time to observe and capture nature through my camera. I clicked photographs of different birds sitting quietly on branches, completely absorbed in their surroundings. Some birds blended so well with the trees that spotting them itself was an exciting challenge. One of the most delightful sights was that of the bright green parrots, whose lively presence added color and energy to the environment. I also observed tall and elegant birds near the water, standing gracefully and creating stunning visuals. Each photograph I took was not just about capturing beauty but also about learning patience, observation, and appreciating wildlife more closely. As the day slowly moved towards evening, the entire landscape transformed. The sunset was breath-taking, with the sky turning shades of orange and gold. The reflection of the setting sun on the water, along with the silhouettes of trees, created a calm and soothing view that stayed with me. This visit in February 2024 was not just about photography, but also about experiencing nature in its purest form. It was a beautiful journey from a refreshing morning to a peaceful sunset, leaving me with lasting memories and valuable lessons.

-AQSA (B.Ed.)-

Why Overthinking, Fear, and Procrastination Stop Us From Truly Living



There comes a point in life when everything feels heavy. Problems start piling up, your mind refuses to stay calm, and no matter how hard you try, it feels impossible to escape the situation. If you have ever felt trapped in an endless loop of stress, confusion, or overthinking, you are not alone. Many people silently struggle with life's difficulties because they believe nobody will understand them. Some feel weak for asking for help, while others convince themselves that things will magically get better with time. But the truth is—problems do not disappear on their own. Growth begins when we decide to face them. One of the biggest reasons people stay stuck is overthinking. We spend hours imagining worst-case scenarios: "What if I fail?" "What if people judge me?" "What if things become worse?" Instead of taking action, we remain trapped inside our own thoughts. The mind creates fear so powerful that even small problems begin to feel impossible. Ironically, most of the situations we fear never happen the way we imagine them. When we are children, life feels simple. We laugh easily, enjoy small moments, and rarely think too deeply about the future. Overthinking does not exist in our world because we live naturally and freely. But as we grow older, reality changes. Responsibilities increase. Expectations become heavier. During the teenage years especially, many people experience confusion, loneliness, pressure, and self-doubt for the very first time. At times, life can feel like quicksand—the more you struggle alone, the deeper you sink. One mistake many people make is fighting every battle alone.

The reality is that asking for help is not weakness—it is courage. Parents, friends, and teachers often understand more than we think. Parents want the best for us, friends can support us emotionally, and teachers genuinely want to see us succeed in life. Talking about your struggles can remove half the burden from your heart. No problem is truly unsolvable when you have support, discipline, and determination. Everyone dreams of success, happiness, and peace, but very few people remain disciplined enough to achieve them.

Motivation comes and goes. Discipline stays. Improving your life is not about waiting for the “perfect moment.” It is about creating that moment yourself. Sometimes, progress simply means getting out of bed, taking one step forward, and refusing to give up. Even small actions matter. Modern life has made procrastination feel normal. We delay meeting loved ones. We postpone exercise. We keep saying, “I’ll start tomorrow.” But tomorrow slowly becomes weeks, months, and even years. People often forget one important truth: time never pauses for anyone. Think of life as something slowly cooking over time. Just as food changes inside an oven minute by minute, humans also change with age. Our bodies grow older, our energy changes, and the opportunities we have today may not exist forever. The things you can do now may become impossible later. That is why living in the moment matters. Go outside. Watch the sky. Spend time with family and friends. Share your thoughts, emotions, and dreams. Stop worrying so much about society’s opinions or other people’s judgments. At the end of the day, life is not meant to be spent entirely in fear, stress, or overthinking. It is meant to be lived. Life will never be completely free from problems. Difficult times are part of being human. But no matter how lost you feel, remember this: you are stronger than your fears. You are bigger than your problems. And most importantly—time keeps moving, so make sure you move with it. Stop overthinking. Stop waiting for the perfect moment. Start living today.

-VANSI DHAMA (B.Ed.)-

Cultural Influences on Individual Identity



India is often celebrated as a country of strong family values, emotional closeness, and togetherness. From childhood, we are taught that family comes before everything else. Living together, eating together, making decisions together, and constantly being involved in each other's lives is considered normal and even ideal. While this culture creates emotional support and a sense of belonging, there is one important question that is rarely discussed: *Where does the individual exist within all this togetherness?*

In many Indian households, individuality is often misunderstood. Wanting personal space, spending time alone, eating separately, making independent choices, or setting emotional boundaries is frequently viewed as disrespectful or selfish. The idea of doing things alone is uncomfortable for many families because Indian culture deeply values collective living. Parents often believe that constant involvement in a child's life is a sign of love and care. However, excessive involvement can sometimes prevent children from discovering who they truly are outside family expectations. From a very young age, many children in India are taught how to behave, what to study, how to speak, what society will think, and what choices are considered "acceptable." Slowly, identity begins to form around pleasing others rather than understanding oneself. Children grow up learning obedience before self-expression. As a result, many young adults struggle with decision-making, self-confidence, and emotional independence because they were never fully given the opportunity to think as individuals.

One of the most overlooked aspects of Indian family culture is the lack of personal boundaries. Privacy is often treated as secrecy. Solitude is confused with sadness. Independence is mistaken for rebellion. A child wanting to sit alone in a room, travel independently, or simply spend time away from family interactions may immediately face questions or judgment. In many homes, emotional closeness leaves little room for emotional individuality. This becomes especially important when discussing child development. Healthy identity formation requires self-exploration. A person understands themselves not only through relationships but also through moments of independence, reflection, and personal choice. Without space to think independently, many individuals become emotionally dependent on validation from parents, relatives, or society. Their happiness becomes connected to approval rather than self-understanding. At the same time, this article does not argue that Indian family culture is entirely negative. In fact, the emotional support system present in Indian households is one of the strongest in the world. During hardships, family often becomes the greatest source of strength. Unlike highly individualistic societies where loneliness can become common, Indian collectivism creates connection and security. The problem begins only when togetherness becomes control and when love leaves no room for individuality.

Today, younger generations are slowly challenging these patterns. Conversations around mental health, emotional boundaries, self-care, and personal identity are becoming more common. Young people are beginning to realize that individuality does not mean abandoning family values. A person can love their family deeply and still desire privacy, independence, and self-discovery. The future of healthy family relationships in India lies in balance. Children should be emotionally supported, but they should also be trusted as individuals capable of forming their own identity. Families must understand that giving personal space does not weaken relationships; instead, it creates emotionally healthier and more confident individuals. A society truly progresses not when people lose themselves within families, but when families become safe spaces where individuals are free to discover who they truly are.

- Aakriti Gupta (B.Ed.)-

Project Hail Mary- Movie Review



I'm not an avid movie watcher , but once in a blue moon, out of sheer peer pressure from friends and my feeds buzzing with the stunning display of scenes from the movie 'Project Hail Mary', I wanted to take my chances and give this a shot. Without giving much spoilers about the movie I would say it is really one of a kind, if you're a science fiction zealot, I would say you would love it , but even as a non- science fiction zealot like me, you would enjoy it to the fullest, each scene takes you to the outer realm of space and takes you into another world, the universe .

Plot overview – The movie opens with a scene of Ryland Grace, a science teacher waking up alone in what seems to be a space ship, he doesn't know where he is , later we are taken down the memory lane of how he ended up in the space ship where the earth is encountering a huge problem, an organism is taking up all the energy from the sun which means the chances of human survival are extremely low. Grace finally realizes that he has been sent on a mission, an extremely dangerous one, to find a solution to this problem before life is wiped out from the face of the earth . There are several problems Ryland encounters, such as fear of isolation and emptiness, and several scientific obstacles throughout this wild journey to protect life on Earth. Therefore, this story explores science, humour, and, most importantly, emotion, and it explores the strong bond of friendship.

Themes and Ideas- The core theme of this movie worth mentioning is to talk about survival, Ryland fights to survive, he never gives up even when his hopes are up and he thinks it's not possible, he willingly fights to fulfil his mission, he relies on his scientific mind and his capabilities and uses logic to solve the obstacles, he knows he might be at risk but solving and fulfilling his mission was more important than anything else. The core theme of this movie worth mentioning is to talk about survival, Ryland fights to survive, he never gives up even when his hopes are up and he thinks it's not possible, he willingly fights to fulfil his mission, he relies on his scientific mind and his capabilities and uses logic to solve the obstacles, he knows he might be at risk but solving and fulfilling his mission was more important than anything else. Friendship is yet another theme in this movie, like the movie interstellar and other amazing science fiction films, Ryland develops a close bond with Rocky, they developed a mutual understanding and solved problems through teamwork, for instance rocky could not speak a human language, but both Ryland and rocky figured out a way to solve this problem, the way both rocky and Ryland empathized with other just proved that kindness and being compassionate transcends boundaries, even boundaries of space. Sacrifice and a mutual understanding for each other are another theme of this movie. Here, several people had to risk their lives to save humanity, making audiences question their moral compass, the good and the bad. Several people lost their lives, too, as Rocky says to Ryland.

“Rocky watch crew die, Rocky does not fix, Grace says Grace will die, Rocky fix”

This line not only shows how Rocky saw several crew members risk their lives and sacrifice, but it also shows his guilt, how he just watched them die a painful death, he makes a bond with Grace and cooperates with him, perhaps one of the most emotional scenes in the entire movie. The story suggests that even in isolation and times where everything seems like it's falling apart and nothing seems right, with collaboration, teamwork, and perseverance, even the world's biggest struggles seem small.

Character analysis:- Ryland Grace, the main protagonist of the movie, is a science teacher who often indulges in learning new things for the sheer curiosity of it, and often gets riddled with self-doubt, confusion, and fear, which is least expected from a brilliant scientist like Ryland. His background as a teacher portrays that he's a warm and compassionate human being who eagerly helps those in need. Rocky on the other hand, is an alien, which will lead the viewers to often think that aliens do not have feelings or emotions, since it is not often portrayed in films, they are often depicted in a way which is often robotic, in children's literature, cartoons or magazines, rocky however is the complete opposite, he develops a lifelong bond with Ryland and it makes them almost inseparable, rocky is the alien who empathises with a human being and makes him a confidant.

Direction – Overall, the director tries to maintain suspense throughout the scenes and gradually brings the storyline into focus. The director also combines humour, close emotional bonds, and spectacular space scenes, which look visually appealing and amazing to say the least. The movie also didn't heavily rely on green screens. What makes this movie unique is that it uses a lot of practical effects and uses real-life built sets, along with the use of some VFX to create some stunning and spectacular scenes.

Hope you enjoy the movie as much as I did!!

- Runia Demta (B.Ed.)-

Spice of Life

Some relationships do not arrive dramatically;
 They simmer slowly. Patiently.
 Wooden cupboards, winter evenings.
 Grandparents speaking in fading voices
 like cinnamon steeping in tea,
 their warmth unfolds over years.
 You do not notice their importance
 until distance turns memory fragrant.

Even today, nostalgia smells brown to me—
 Like old worn sweaters,
 rusted gates,
 and hands that trembled while blessing my
 forehead.
 Black pepper is sharp, necessary, and honest.
 These are the relationships
 that wounded before they strengthened.
 The people who challenged my pride,
 who spoke truths harsh enough
 to sting the tongue.
 At first, I mistook pain for cruelty.
 Later, I understood:
 not every burning thing destroys.
 Some fires season the soul.
 And dark green is for bay leaves.
 Strong, unnoticed, steady.
 They say blood is thicker than water,
 People who stand at the edge of family
 portraits,
 holding entire worlds together
 without ever asking to be centred in them.
 Bay leaves are removed before serving,
 yet every dish carries their imprint.
 How painfully similar that is
 to certain kinds of love.
 Now when I stand alone in kitchens,

watching spices bloom in hot oil,
 I think of the people
 who seasoned my becoming.
 Some arrived sweetly,
 some arrived sharply,
 some stayed only briefly
 like fragrances escaping open windows.
 Yet each altered me.
 For what is a life untouched by others
 except blandness?
 The heart, too, is a vessel on fire.
 And relationships—
 whether tender as turmeric
 or fierce as black pepper—
 leave their colours behind.
 I carry them all within me now:
 the healing yellow,
 the resilient black,
 the hopeful green,
 the rare red,
 that profound bay leaf,
 the remembering brown.
 A whole spice box of human love
 rattling softly inside my chest.
 For a heart without relationships
 is like food without spice:
 unfinished, untouched, incomplete.
 Certainly, that is what it means
 to truly live—
 to let every person who enters our lives
 add their own flavour,
 their own ache,
 their own sweetness,
 until the soul itself
 begins to smell like home.

In the quiet language of kitchens,
 love has always introduced itself softly.
 Not through grand speeches,
 nor through hands reaching for the stars,
 but through the rustle of spice tins opening at
 dawn.

Every household keeps a spice box-
 round, familiar, sunlit at the edges-
 where colours live beside one another
 without envy.

And human relationships are no different.

Perhaps every person arrives carrying
 their own flavour into our lives:

some heal,

some burn,

some sweeten grief,

some teach endurance.

A kind of poetry indeed,

through iron pans humming over slow flames,
 through fragrances wandering through
 hallways

like old songs refusing to die.

I have met people in shades of spices.

I have loved them in the language of taste.

Mother resonates with turmeric-yellow.

She moves through the house
 like morning sunlight touching closed curtains,
 quietly entering every corner.

Her love never demanded applause;
 it dissolves instead-

like *haldi* disappearing into warm milk,
 becoming invisible

yet healing everything it touched.

Mothers are strange alchemists-
 they turn exhaustion into lullabies,
 worry into recipes,

and sacrifice into something
 children mistake for routine.

Her presence is therapeutic.

When the world bruises me blue with its
 indifference,

she wraps me in ordinary things:

oil in my hair,

fingers against my forehead
 checking for invisible fevers.

My oldest friend is mint-green.

She arrived in my life

like rain striking dusty earth-
 sudden, cooling, necessary.

With her, laughter felt uncaged.

She knew how to air out sorrow
 the way windows are opened after storms.

The colour of pauses.

Of grief shared silently.

Of people who never force language
 upon your suffering.

Love itself is kesar-red.

Rare.

Delicate.

Expensive in ways no currency understands.

There are people whose presence
 lingers long after departure,

like fragrance trapped in old shawls.

It entered my life slowly,
 staining everything golden-red with meaning.

A single strand was enough
 to change the entire milk of my existence.

And yet love frightened me too.

Because saffron teaches a dangerous lesson:
 the most precious things in life
 arrive in the smallest quantities.

Brown cinnamon- the colour of old stories.

The Weight of 100/100

100! A number that holds value whether at the gym or in an exam. The weight of 100 carries pressure in both the cases.

We all are aware of the value that a 100 holds but what about its weight? Marks are definitely associated with contentment but it is also associated with stress. Most of our student life is reduced to just that - Marks.

Life has become so shallow that marks, out of all things in this big beautiful world, give us contentment. A trip brings happiness too, but somehow society has conditioned us to believe that it is not as satisfying as a 100/100. We have all been pushed through the same mould, yet a few manage not to give in, the free-spirited, the people who truly *live*. They come out as lighter, happier, more alive. The experience and street-smartness one gains from being out in the real world should count too, because that is what often determines survival. Education, then, becomes one giant factory where those who escape the mould, emerge as “defects” in the eyes of the system. Yet ironically, these are often the very people the world later admires: innovators, artists, entrepreneurs, and visionaries who managed to break the mould and still succeed. Meanwhile, those basking in the real experiences of life are often shamed for not being “moulded” correctly by this mechanical factory. That does not mean that everyone who scores well has failed to enjoy life. Some are God’s favourites who get to do both effortlessly. As for those who feel the full weight of expectations, they are not shallow or robotic either. Many are just scared. Scared of instability, disappointing family, losing opportunities, not being enough in a competitive world. A trap that everybody wants to escape but somehow finds themselves more tightly wound within it. A trap that makes us yearn for that one mark even when you score a ninety nine. A trap that keeps reminding us that no number of hundreds is ever enough and that there is always another hundred waiting to be yearned for. The system conditions survival around performance, so people adapt to it.

A hundred kilograms tests the body’s strength; the expectation of a hundred often tests the mind’s. The number remains the same; only the weight changes. Marks were created to measure academic performance, not human worth. Until we learn the difference, generations of students will continue carrying a weight they were never meant to bear. Perhaps it is time we asked ourselves not how much value a hundred holds, but how much weight we expect our students to carry.

-Dona Theres Raju (B.Ed.)-

The Importance of Cybersecurity in the Digital Age

In today's hyper-connected world, cybersecurity has become one of the most critical aspects of technology and daily life. As individuals, businesses, and governments rely heavily on digital systems, the risk of cyberattacks has grown at an alarming rate. From data breaches to ransomware and phishing scams, cybercriminals constantly exploit vulnerabilities to steal sensitive information, disrupt operations, and cause financial losses.

Cybersecurity refers to the practice of protecting systems, networks, and data from unauthorized access, damage, or theft. It involves a combination of technologies, processes, and human awareness working together to defend against evolving threats. With the rise of cloud computing, IoT devices, and remote work, the attack surface for hackers has expanded significantly, making robust security measures more essential than ever. Organizations must adopt proactive strategies such as regular vulnerability assessments, penetration testing, employee training, and strong access controls to minimize risks. Simple practices like using strong passwords, enabling multi-factor authentication, and keeping software updated can prevent a large percentage of attacks. On a larger scale, ethical hackers and security professionals play a vital role in identifying weaknesses before malicious actors can exploit them.

As technology continues to advance, so do the tactics used by cybercriminals, making cybersecurity a continuously evolving field. Investing in cybersecurity is no longer optional but a necessity, ensuring the safety, privacy, and trust that digital systems depend on.

-Lawrence (BCA)-

THE FUTURE OF ARTIFICIAL INTELLIGENCE

Beyond Machines, Towards Humanity

AI has become our generation's defining technology, seamlessly integrated into daily life through face recognition, virtual assistants, recommendations, and GPS navigation that work invisibly behind the scenes. Beyond humanoid robots, AI encompasses computer systems that learn from data, recognize patterns, and make autonomous decisions, revolutionizing healthcare diagnostics, agriculture, fraud detection, and education. For students, AI offers unprecedented career opportunities in programming, data analysis, and machine learning that enable building intelligent systems solving real-world problems. AI development must be guided by ethical frameworks protecting privacy, ensuring fairness, preventing bias, and preventing misuse—technology alone cannot determine its societal impact. Rather than replacing humans, AI partners with people by automating routine tasks, freeing them to focus on creativity, critical thinking, emotional intelligence, and meaningful interactions.

India is rapidly emerging as a global AI leader through the IndiaAI Mission, indigenous development, and start-ups building solutions for agriculture, healthcare, and financial inclusion. The future of AI depends on decisions about data protection, human-AI collaboration, transparency, and trustworthy systems that benefit society broadly rather than narrowly. Key priorities include AI in regional languages for digital access, stronger data protection, workplace collaboration, and explainable AI systems. Diverse voices and stakeholders must be included in AI decisions to ensure benefits are widely shared rather than concentrated among few. Empathy, creativity, leadership, and emotional understanding remain irreplaceable human qualities that AI cannot replicate. Privacy protection and ethical responsibility must be fundamental principles in all AI development and deployment. Educational institutions must prepare the next generation with AI, data science, cybersecurity, and critical thinking skills. Responsible innovation requires balancing technological advancement with ethical considerations and long-term societal benefits. AI's greatest potential lies in solving humanity's challenges in healthcare, education, agriculture, and environmental sustainability. The wisdom to use technology responsibly with compassion will matter more than artificial intelligence itself—success depends on human values guiding AI development.

- Omkar Thakur (BCA)-

ECHOS OF THE HOMELAND

An old man sits by the window's light,
Wrinkled hands folded, mind taking flight.
Eyes dim yet proud, he remembers the days
When his youth was woven in his country's praise.
The soil once rich with young hearts' beat,
Dreams in the air, strength in their feet.
He'd toiled and danced, laughed and bled,
Under skies that burned with a hopeful red.
Now he sighs, with thoughts grown grave,
For the youth who leave, the paths they pave,
Across oceans vast, in lands unknown,
Seeking futures they might call their own.
And as they go, a piece departs—
The nation's spirit, its beating heart.
Who will till these fields? Who will sing the song,
If the young grow foreign, if they drift along?
He dreams of a day they'll find their way,
Back to the soil where their ancestors lay,
Bringing knowledge and dreams anew,
To light the land he once knew.
A tear falls, yet his spirit stays,
For he believes in the coming days.
Proud of his home, he'll keep the flame,
Until they return to honor its name.

-JOEL T ABRAHAM (B.Ed.)

The Role of ICT in Modern Education: Transforming Teaching and Learning

In the twenty-first century, Information and Communication Technology (ICT) has become an essential part of human life. In education, ICT has transformed the traditional teaching-learning process into a more interactive, flexible, inclusive, and student-centred experience. It has changed how students learn, teachers teach, and educational institutions operate. ICT refers to technologies that provide access to information through telecommunications. It includes computers, smartphones, the Internet, wireless networks, digital projectors, interactive whiteboards, e-learning platforms, and multimedia resources. In education, ICT is used to collect, store, process, share, and communicate information. It also supports assessment, collaboration, and independent learning.

The use of technology in education began with audio-visual aids such as radios and projectors in the mid-twentieth century. Personal computers became increasingly popular during the 1980s. The growth of the Internet in the early 2000s accelerated e-learning and online education. The COVID-19 pandemic further increased the use of platforms such as Google Classroom, Zoom, and Microsoft Teams, making ICT an important component of modern education. ICT makes teaching more interesting and effective through multimedia presentations, videos, animations, and simulations. Complex concepts can be explained visually; for example, science students can observe chemical reactions through virtual simulations. Online platforms such as Khan Academy and Coursera provide students with opportunities to learn at their own pace and explore subjects beyond textbooks.

ICT also improves communication among teachers, students, and parents through emails, messaging groups, and online portals. Students can access global resources such as e-books, research papers, digital libraries, and educational websites. Platforms such as JSTOR, Google Scholar, and the National Digital Library of India provide valuable learning materials. Another major contribution of ICT is online assessment. Tools such as Google Forms, online quizzes, and Learning Management Systems (LMS) provide immediate feedback and help teachers identify students' learning gaps. Platforms such as Moodle and Google Classroom allow teachers to distribute assignments, conduct assessments, and share study materials.

ICT promotes inclusive education by supporting learners with disabilities. Technologies such as screen readers, text-to-speech software, and closed captioning enable students with different learning needs to participate more effectively. Virtual Reality (VR) and Augmented Reality (AR) can provide immersive experiences, such as virtual visits to historical places or exploration of three-dimensional biological models. ICT has also changed the role of teachers. Instead of being only transmitters of knowledge, teachers increasingly act as facilitators who guide students in finding, analysing, evaluating, and applying information. Therefore, teachers need continuous professional development to improve their digital and pedagogical skills. For students, ICT promotes active learning, collaboration, creativity, critical thinking, digital literacy, and independent learning. Despite its benefits, ICT has several challenges. Unequal access to devices and Internet connectivity creates a digital divide, particularly among rural and economically disadvantaged students. Schools may also face problems such as inadequate electricity, poor Internet speed, outdated equipment, and insufficient technical skills among teachers. Excessive screen time can cause distraction and affect attention. Cyberbullying, data theft, privacy concerns, plagiarism, and excessive dependence on technology are additional challenges. India has made significant progress in integrating ICT into education through initiatives such as Digital India, SWAYAM, DIKSHA, NPTEL, and PM eVIDYA. NEP 2020 also emphasizes the effective use of technology to promote equitable and quality education. Teacher education programmes, including B.Ed., should therefore prepare future teachers to use PowerPoint presentations, online quizzes, multimedia resources, digital libraries, and plagiarism-detection tools effectively. The future of education will be closely connected with emerging technologies. Artificial Intelligence (AI) can personalize learning, while data analytics can help teachers monitor student progress. Cloud computing, mobile learning, VR, and AR can make education more accessible and experiential.

In conclusion, ICT is not merely a teaching tool but a transformative force that can democratize education by reducing geographical and social barriers. However, technology should complement—not replace—the human qualities of teaching, such as empathy, creativity, critical thinking, and moral guidance. With appropriate policies, teacher training, digital literacy, and ethical use, ICT can make education more inclusive, engaging, accessible, and effective.

-Bhomika Upadhyay (B.Ed.)-

The Time That Changed Everything

The final time of academy is always a whirlwind of feelings — a blend of pressure, excitement, expectation, and nostalgia. For me, class 12 was meant to be a time of medication and festivity. My pre-boards had just started, and board examinations were around the corner. It was a pivotal time academically, but further than that, it was the season of creating “lasts” — the last days of academy, the last laughs in the classroom, and the last debonair recollections with my musketeers. During the short gap between pre-boards and boards, we were technically supposed to be at home, preparing seriously for our final examinations. But our hearts pulled us in another direction. My musketeers and I used to go to academy under the rationale of clearing dubieties, but in verity, it was a way to cherish our final moments together. Indeed, the preceptors knew we were not there just for studies, and occasionally they would advise us to stay home and concentrate on board test medication. Still, we could not repel going. We'd spend many hours at academy, share laughs, click film land, and return home by half-day — our hearts full, indeed if our scrapbooks were not. It was also the time of Diwali, the jubilee of lights. At home, there was the usual hustle of cleaning, decorating, and preparing for the fests. Everything felt alive and joyous, with a turnabout of unease about the forthcoming examinations. I was balancing everything — academy, studies, and gleeful medications and I flash back feeling authentically happy. But occasionally, life throws a curveball when you least anticipate it. One autumn, I stayed back at academy a little longer than usual due to some redundant work. My uncle was supposed to pick me up, as he frequently did. When he arrived and I got into the auto, his expression incontinently bothered me. He turned to me and still said, “Your mama has had an accident. She's okay, but she got hurt on the head.” In that moment, my heart sank. Everything around me faded. I could not hear anything differently. My only study was I need to get home. The lift back felt like the longest of my life. I was scarifying outside, soliciting she was really “okay” as my uncle had said. As we reached our structure — we live on the third bottom — I saw a large pool of blood on the first bottom. My legs set, and I felt an inviting surge of fear. Seeing blood like that made everything real, terrifyingly real. I rushed upstairs, my heart pounding. As soon as I entered, I saw my family. She tried to speak, but I could not hold it in. I broke down crying, the fear and pressure of the moment crashing down on me all at formerly. I did not indeed have the strength to ask questions; I just demanded to cry. The scariest part was still ahead — seeing my mama in the sanatorium. I was reluctant. I did not want to see her in that condition. The veritably allowed of seeing the strongest woman in my life, someone who no way showed a hint of weakness, lying in a sanatorium bed was too important for me.

But I gathered my courage and went. When I eventually saw her, with tapes and bruises, I could not hold myself together. My heart shattered. It felt like my world had stopped. She spent a week in the sanatorium. Every day was filled with solicitude and query. When I eventually saw her, with tapes and bruises, I could not hold myself together. My heart shattered. It felt like my world had stopped. She spent a week in the sanatorium. Every day was filled with solicitude and query. Diwali passed, but we did not light any diyas that time. Our home, generally filled with brilliance and joy during the jubilee, was quiet and heavy with concern. When she eventually returned home, effects were not the same. She was weak, demanding rest and care. That's when everything changed for me. My mama the bone who no way let me lift indeed a glass of water — now demanded my help for everything. I had to come her strength, indeed when I felt weak myself. It was in those days that I truly realized the meaning of family. I had always loved my Mumma, but this incident made me value her in a deeper, more profound way. The house without her active presence did not feel like Page 1 of 2 home presently. Her horselaugh, her scolding, her constant fussing all those effects I formerly took for granted were the very effects I missed the most when she was bad. As a pupil, that time was formerly gruelling. But emotionally, it came one of the hardest times of my life. Balancing studies with the emotional weight of what had happed was not easy. But I pushed through. My musketeers supported me, my family stayed strong together, and sluggishly, my mama began to recover. Looking back, that time tutored me assignments that no classroom ever could. It tutored me how fragile life is, and how snappily effects can change. It tutored me that family is everything. No matter how numerous dreams we chase, how numerous musketeers we make, or how busy life becomes it's our family that holds us together when everything differently falls piecemeal. And most importantly, it tutored me about strength — not the loud, heroic kind, but the quiet, enduring strength of a son trying to hold herself together for her Mumma.

Now, when I walk past that first bottom where I formerly saw blood, or when I see my mama laughing again, I feel a deep gratefulness. I learned to no way take my favoured bones for granted. I learned to say “I love you” more frequently, to help without being asked, and to value every single moment with the people I watch about. We may not always get a warning before life changes. But we can choose to hold on, stay strong, and appreciate the blessings we do have. Because occasionally, the darkest times show us the brightest trueness.

Birth of the Enlightened One

The story of Gautama Buddha, as presented in *Birth of the Enlightened One*, is far more than the biography of a spiritual leader; it is a profound journey of human awakening. The narrative begins even before Siddhartha's birth, with the life of his mother, Queen Mahamaya, whose dream of a radiant white elephant entering her womb symbolized the arrival of an extraordinary child. The prophecy surrounding Siddhartha's birth suggested that he would either become a great king or a great spiritual teacher. However, the joy of his birth was soon overshadowed by tragedy when Mahamaya passed away only a week later, leaving the infant prince to be raised by his aunt and stepmother, Prajapati. This early loss reminds us that suffering touches every human life, regardless of status or destiny. King Shuddhodana, determined to ensure that his son would become a ruler rather than a renunciant, shielded Siddhartha from every form of pain and sorrow. The prince grew up surrounded by luxury, beauty, and comfort. He excelled in education, martial arts, and royal responsibilities, and later married Yashodhara, with whom he had a son, Rahula. Yet despite having everything one could desire, Siddhartha felt an inner emptiness that wealth and pleasure could not satisfy. This aspect of his life resonates deeply with modern readers, as many of us seek happiness through material comforts while still feeling a sense of incompleteness.

The turning point came when Siddhartha encountered the realities of life beyond the palace walls. He saw an old man, a sick man, a corpse, and finally a wandering monk. These four sights shattered the illusion of permanence that had surrounded him since childhood. For the first time, he realized that aging, illness, and death are unavoidable parts of human existence. At the same time, the calm and peaceful monk suggested that there might be a path beyond suffering. These encounters awakened within Siddhartha a powerful desire to understand the nature of life and find a solution to human misery. Driven by this quest, Siddhartha made the difficult decision to leave behind his family, royal privileges, and future throne. His renunciation was not an act of selfishness but a courageous search for truth. For several years, he practiced meditation, studied under renowned teachers, and followed severe ascetic disciplines. He pushed his body to the brink of death, believing that self-denial would bring enlightenment. However, he eventually realized that neither indulgence nor extreme austerity could lead to true wisdom. This realization gave rise to the concept of the **Middle Path**, a balanced approach that avoids all extremes.

The climax of his journey occurred beneath the Bodhi tree at Bodh Gaya. There, Siddhartha resolved not to rise until he had discovered the truth. Despite facing temptations, fears, and doubts represented by Mara, he remained steadfast in meditation. As dawn broke, he attained enlightenment and became the Buddha, “the Awakened One.” He understood the nature of suffering, its causes, its cessation, and the path leading to liberation. These insights became the foundation of Buddhism through the **Four Noble Truths** and the **Eightfold Path**.

What makes the Buddha’s story truly inspiring is that he did not keep this wisdom to himself. He spent the rest of his life teaching people from all walks of life, spreading a message of compassion, understanding, and inner peace. His return to his family demonstrated the healing power of wisdom and forgiveness. Yashodhara and Rahula eventually embraced the path of Dharma, showing that spiritual growth can transform even painful experiences into sources of understanding.

In conclusion, *Birth of the Enlightened One* offers timeless lessons that remain relevant today. It teaches us that life is impermanent, suffering is universal, and true happiness cannot be found through material possessions alone. The story encourages us to face reality with courage, seek balance in our lives, and cultivate compassion for others. Siddhartha’s journey from a sheltered prince to the Buddha reminds us that enlightenment is not about escaping life but about understanding it deeply and living with wisdom, mindfulness, and kindness. His message continues to inspire humanity, guiding people toward a more meaningful and peaceful way of living.

-Sahil Jhakada (B.Ed.)-

FEMINISM AS A WAY FORWARD

Every society develops its own cultural values, norms, and traditions that are passed from one generation to another. Although cultures differ across the world, one common feature found in many societies is patriarchy. Patriarchy is a social system in which men hold greater power and authority, often resulting in the belief that men are naturally superior to women. This system shapes expectations about how men and women should behave. Men are often associated with strength, leadership, independence, and rationality, while women are expected to be nurturing, emotional, dependent, and submissive. Such assumptions create unequal opportunities and reinforce gender hierarchies. As Simone de Beauvoir famously stated, "One is not born, but rather becomes, a woman," emphasizing that gender roles are socially constructed rather than biologically determined.

The impact of patriarchy can be seen in various aspects of life. Women continue to face challenges such as unequal pay, limited representation in leadership positions, and the burden of maintaining family honour and cultural traditions. These inequalities often begin within families and are reinforced through social, political, and economic institutions. However, patriarchy does not affect only women. Men are also constrained by rigid expectations of masculinity. Society often discourages men from expressing emotions or seeking support, considering such behaviour a sign of weakness. This pressure can contribute to stress, emotional isolation, and mental health issues.

In today's digital age, media and popular culture sometimes promote "toxic masculinity," encouraging unrealistic ideals of dominance, emotional suppression, and control. Such narratives further strengthen harmful stereotypes and create barriers to healthy relationships and personal growth. Feminism offers a constructive response to these challenges. At its core, feminism advocates for the political, social, economic, and cultural equality of all genders. The feminist movement has evolved over time, beginning with the struggle for women's voting rights and later addressing issues such as workplace discrimination, domestic violence, sexual harassment, child marriage, and reproductive rights. In India, social reformers like Jyotirao Phule, Savitribai Phule, and Tarabai Shinde played a significant role in challenging patriarchal practices and promoting women's education and empowerment. Meaningful social change begins with everyday actions. Challenging gender stereotypes, sharing household responsibilities, questioning discriminatory traditions, and promoting equal opportunities can help create a more inclusive society. Feminism is not merely a movement for women; it is a pathway toward equality, dignity, freedom, and justice for all members of society.

-Aparna Reji (B.Ed.)-

CLEANLINESS IS NEXT TO GODLINESS

Swachh Bharat Abhiyan is one of the most important cleanliness campaigns launched in India. It was initiated by our Prime Minister, Shri Narendra Modi, on 2nd October 2014 with the aim of making India clean, healthy, and hygienic. Since its launch, millions of people have joined this movement and contributed towards creating a cleaner environment. The campaign encourages citizens to take responsibility for maintaining cleanliness and promoting better sanitation practices. India is one of the most populous countries in the world, making cleanliness a major challenge. Problems such as littering, open defecation, and spitting in public places not only make the surroundings unpleasant but also contribute to the spread of diseases. Dirty environments can lead to health problems and increase medical expenses. Moreover, unclean streets and public places negatively affect the image of the country. A clean nation attracts more tourists, which helps in economic growth and creates employment opportunities.

India is known for its rich cultural heritage, historical monuments, and natural beauty. However, careless disposal of waste and lack of cleanliness can damage these valuable assets. Therefore, maintaining cleanliness is essential for both public health and the preservation of the country's beauty. One of the major objectives of Swachh Bharat Abhiyan is the elimination of open defecation. To achieve this, the government has constructed public and household toilets across the country and encouraged their use. The campaign also focuses on proper waste management. Citizens are encouraged to follow the principles of the 5Rs—Reduce, Reuse, Recycle, Refuse, and Repurpose—to minimize waste and use resources efficiently. The government has introduced color-coded dustbins for waste segregation, with green bins for wet waste and blue bins for dry waste. Various organizations, youth groups, and volunteers also participate in cleanliness drives, inspiring people to become responsible citizens. Education and awareness are crucial for the success of this mission. People should avoid throwing garbage in public places and understand the importance of sanitation and hygiene. Every citizen must realize that keeping the country clean is a shared responsibility.

In conclusion, Swachh Bharat Abhiyan is more than a government campaign; it is a national movement aimed at building a cleaner, healthier, and more prosperous India. By adopting good habits and working together, we can create a better future for generations to come.

- Khushi Sabharwal (B.Ed.)-

Idea of a Good Life

The idea of a good life has fascinated philosophers, thinkers, and ordinary people across generations. It is a question that lies at the heart of human existence: What does it mean to live well? Is a good life measured by wealth, success, and comfort, or is it defined by happiness, meaningful relationships, and personal growth? Through an exploration of John Stuart Mill's philosophy and contemporary perspectives on well-being, it becomes evident that the concept of a good life is both deeply personal and shaped by the world around us.

Mill's philosophy in *Utilitarianism* places happiness at the center of human life. According to him, happiness consists of the presence of pleasure and the absence of pain. However, Mill's understanding of happiness is far more sophisticated than the simple pursuit of enjoyment. He distinguishes between higher and lower pleasures, arguing that intellectual, moral, and emotional fulfilment are superior to mere physical satisfaction. His famous assertion that it is "better to be a human being dissatisfied than a pig satisfied" highlights the importance of quality over quantity in the pursuit of happiness. This idea suggests that a truly good life is not one that simply maximizes pleasure, but one that cultivates deeper forms of fulfilment through knowledge, reflection, creativity, and meaningful engagement with the world. One of the most compelling aspects of Mill's theory is his recognition of subjectivity. Different people find meaning and happiness in different ways. For some, a good life may involve professional achievement and financial security; for others, it may be rooted in family, friendship, spirituality, or service to society. This diversity of aspirations reflects the uniqueness of human experience. No single formula can define a good life for everyone because individuals possess different values, desires, and life circumstances. What brings joy and satisfaction to one person may not hold the same significance for another.

At the same time, the pursuit of a good life is not entirely independent of external influences. Mill acknowledges that education, social conditions, and opportunities play a crucial role in shaping people's choices and aspirations. Individuals can only appreciate higher pleasures when they are exposed to them. Access to knowledge, culture, and enriching experiences broadens one's understanding of what life can offer. Conversely, environments marked by poverty, inequality, or limited opportunities may restrict an individual's ability to pursue a more fulfilling existence.

Therefore, while the good life is subjective, it is also deeply connected to the social and cultural context in which a person lives. Another important insight from Mill's philosophy is the role of personal responsibility. Once basic needs are met, individuals must make conscious choices about how they live their lives. Happiness is not something that simply happens; it is cultivated through thoughtful decisions, meaningful actions, and a commitment to personal growth. A good life requires balancing immediate desires with long-term well-being. It involves learning to distinguish between fleeting pleasures and enduring sources of fulfilment. In this sense, the pursuit of a good life is an ongoing process rather than a final destination.

The contemporary relevance of Mill's ideas is evident in modern discussions of well-being. In a world increasingly driven by consumerism, social media, and material success, many people continue to struggle with feelings of dissatisfaction despite having access to unprecedented comforts. This paradox reinforces Mill's argument that happiness cannot be reduced to material possessions alone. Genuine well-being emerges from meaningful relationships, purposeful work, intellectual development, and a sense of connection with others. These higher pleasures enrich life in ways that temporary gratification cannot.

In conclusion, the concept of a good life is a complex and deeply personal pursuit shaped by both individual choices and external circumstances. John Stuart Mill's philosophy offers valuable insights by emphasizing happiness, the distinction between higher and lower pleasures, and the importance of personal judgement. While each individual may define a good life differently, certain universal themes emerge: the pursuit of meaningful happiness, the cultivation of knowledge and virtue, and the development of fulfilling relationships. Ultimately, a good life is not merely the absence of suffering or the accumulation of pleasure; it is a balanced and purposeful existence that allows individuals to realize their potential while contributing positively to the lives of others. By embracing both personal freedom and social responsibility, we can move closer to understanding and achieving what it truly means to live a good life.

-Aastha Pachouri (B.Ed.)-

हिंदी भाग

मासूमियत का कत्ल - नन्ही मुस्कान की चीख

वह आँगन की रौनक, वह नन्ही सी जान,
जिसकी हँसी में बसता था पूरा जहान। गुड़ियों से खेलने का चाह था जिसे,
देशवासियों के प्रति लगाव था जिसे।
मगर एक रात मकरूह साये करीब आए,
इंसानियत को रुसवा करने के इरादे लाए। वह नन्ही हथेली जो दुआओं को उठती थी,
आज दरिदों के ज़ख्मों से कुचली थी।
वह चीखती रही, "माँ बचा लो न मुझे!"
मगर उस सन्नाटे में सुनने वाला न था कोई उसे। जो हाथ शफ़क़त (प्यार) के लिए तरसते थे,
आज वही हाथ उसे ज़ख्म दे रहे थे।
मैं नारी हूँ, कोई कलंक नहीं, मैं बेटी हूँ,
कोई बोझ नहीं। मैं आत्मनिर्भर, कठोर और शालीन भी,
मैं शमशीर भी, मैं दुर्गा और काली भी!
हर दुर्योधन की मैं ही पांचाली हूँ,
अब लड़ाई में बार-बार गोविंद को न पुकारूँगी। अगर टकराओगे मुझसे,
तो राख कर जाऊँगी, मैं प्रेम,
मर्यादा और सबसे ज्यादा हूँ।
मेरी क्षमताओं का तुम नाप-तोल न करना,
मैं अनमोल हूँ, मेरा कोई मोल न करना। तू शिव-प्रिया, तू रूपवती रुक्मणी,
हक छीने कोई तो कर प्रचंड प्रहार तू ही।
तू मृगनयनी, तू ही शारदा, तू ही अनुपमा,
तू धीर-वीर-गंभीर, तूने नया रूप जन्मा। तू बन जा धार,
शूरवीर अधीर, न बन राधा, न रानी, तू बन रण की रानी!
काट पाखंड, सागर के अखंड को,
तू सूर्य सा तपता तेज बन। तू ही योद्धा की अधिकारी,
अब अल्फाजों का वक्त गुजर चुका है।
मौन रहकर तहजीब को हम खो चुके हैं,
सजा ऐसी दो कि रूह काँप जाए। ऐ वतन के रखवालों!
ऐसा पहरा लगाओ, कि हर बच्ची महफूज महसूस करे।
चलो बुझती हुई शम्मा को फिर से जलाते हैं,
मासूमियत के दुश्मनों को ज़ेर-ए-खाक में मिलाते हैं।

-मंताषा इमाम (बी.एड)-

काश! वो बचपन फिर वापस आए

काश वो बचपन फिर वापस आए,
खिलौनों की शादियों में हम फिर एक बार डूब जाएँ।
ज़िद से या रोने से हर एक चीज़ अपनी मनवाएँ,
माँ-बाप के कंधों पर फिर सारी दुनिया देख पाएँ।

काश वो बचपन फिर वापस आए!

अपने में डूबे रहें, हो न रात-दिन की फ़िक्र,
जब दादी कहें — “तुझे लगे ना किसी की बुरी नज़र!”
हो नानी की कहानियों में फिर वही राजा-रानी का ज़िक्र,
सुनते-सुनते खो जाएँ सपनों के उस सुंदर फ़िक्र।

काश वो बचपन फिर वापस आए!

मिट्टी की खुशबू, बारिश की बूंदों का गीत,
पतंगों की लड़ाई, और दोस्तों की हँसी का मीत।

अब हम फिरसे दोहराएँ,

काश वो बचपन फिर वापस आए!

चलो उन पलों को दिल में फिर से दोहराएँ,
बीती हुई यादों को आँखों में फिर सजाएँ।
हर दुआ में बस यही ख्वाहिश दोहराएँ

काश वो बचपन फिर वापस आए!

- रजनीप्रिया (बी.एड) -

वादियों से वर्गकक्ष तक

रानीखेत की शांत वादियों से
मैं एक सपना लेकर आई थी,
माँ-पापा की उम्मीदों को
आँखों में सजाकर लाई थी।

घर की वो प्यारी सुबहें,
भाई की हँसी, माँ की बातें,
सब पीछे छोड़कर मैंने
दिल्ली की राहें अपनाई थीं।

अब पीजी के छोटे कमरे में
मैं खुद को रोज संभालती हूँ,
सुबह चार बजे उठकर,
अपने लिए खाना बनाकर,
मैं समय पर कॉलेज पहुँच पाती हूँ।

टिफिन लेकर घर से निकलती,
चेहरे पर मुस्कान सजाती हूँ,
दो घंटे के लंबे सफर में
हर दिन खुद को समझाती हूँ।

मैं “कुसुम” हूँ,
भागती हुई इस जिंदगी में अकेले खिल जाती हूँ,
अपने व्यस्त से हर दिन को
मुस्कुराकर जी जाती हूँ।

भीड़ भरी उन सड़कों पर
थककर भी चलती जाती हूँ,
क्योंकि अपने सपनों की खातिर
हर मुश्किल सह जाती हूँ।

फिर शुरू होता है,
कॉलेज का नया सफर,
और मंजिल बनकर सामने आता है।

यहाँ सिर्फ किताबें नहीं,
जीने का हुनर सिखाया जाता है,
हर मुश्किल में आगे बढ़ना
और खुद पर भरोसा करना सिखाया जाता है।

सुबह की वो प्रार्थना भी
मन को सुकून दे जाती है,
पंद्रह-बीस मिनट की शांति
दिनभर की थकान मिटाती है।

चार बजे से भागती जिंदगी
जब अंदर से थक जाती है,
तब प्रार्थना की हर एक पंक्ति
नई हिम्मत दे जाती है।

हफ्ते में दो दिन होने वाला
मेडिटेशन भी खास लगता है,
हालाँकि मन अक्सर
घर की यादों में उलझता है।

जब शिक्षक कहते हैं –
“आँखें बंद करके ध्यान लगाओ”,
तब माँ का चेहरा याद आता,
और मन घर की ओर चला जाता।

फिर हल्की-सी आँखें खोलकर
जब मैं सामने देखती हूँ,
तो शिक्षकों को खड़ा पाकर
खुद को फिर संभाल लेती हूँ।

कभी असाइनमेंट्स का दबाव,
कभी लेसन प्लान बनाना,
कभी फाइलों की भागदौड़,
तो कभी Viva के एक दिन पहले फाइल स्पाइरल
करवाना।

फिर जब कॉलेज में लंच का समय होता,
सब अपने टिफिन खोलते हैं,
कोई कहता –
“आज मम्मी ने ये बनाया”,
कोई प्यार से घर की बातें बोलते हैं।

तब चुपके से माँ की याद में
मेरी आँखें भर आती हैं,
और चेहरे की उस मुस्कान के पीछे
कितनी बातें छिप जाती हैं।

लेकिन यहाँ के शिक्षकों ने
हर बार हौसला दिया है,
टूटे हुए इस मन को
फिर सपनों से भर दिया है।

मेरा बी.एड. का प्रथम वर्ष
संघर्षों से गुजर रहा है,
कभी आँसू चुपके बहते रहे
कभी खुद पर विश्वास बढ़ रहा है।

अभी तो एक साल और बाकी है,
अभी सफर अधूरा है,
पर अब इतना समझ गई हूँ –
सपनों का रास्ता थोड़ा मुश्किल जरूर है।

और आज
इस छोटे से कमरे में बैठकर
जब मैं यह कविता लिख रही हूँ,
तो माँ की याद में
मेरी आँखें फिर भर आई हैं।

लेकिन शायद —
यही संघर्ष एक दिन
मेरी सबसे बड़ी ताकत बन जाएगा,
और एक दिन
माँ-पापा की आँखों में
मेरी मेहनत का गर्व साफ नजर आएगा।

- कुसुम (बी.एड.) -

भारतीय संस्कृति: हमारी पहचान



भारत की संस्कृति हमारी पहचान है, जो हमें हमारे पुरखों से मिलाती है। यह संस्कृति हमें हमारे देश, समाज और परिवार से जोड़ती है। भारतीय संस्कृति की विशेषता यह है कि यह हमें एकता, सद्भावना और समरसता के मूल्यों को सिखाती है। भारतीय संस्कृति दुनिया की सबसे पुरानी, सबसे विविध और सबसे समृद्ध संस्कृतियों में से एक है। सभी के प्रति हमारे स्वागत करने वाला रवैया पूरी दुनिया में प्रशंसित किया जाता है। हमारी संस्कृति के हर पहलू में विविधता है, धार्मिक प्रथाओं से लेकर त्योहारों, खाद्य पदार्थों और पारंपरिक कला रूपों तक। आज भारत एक धर्मनिरपेक्ष और लोकतांत्रिक देश है क्योंकि भारत की प्राचीन संस्कृति व साहित्य में मनुष्य की इच्छा और उसकी स्वतंत्रता को जोड़कर देखा गया है। हमारी संस्कृति हमारी पहचान है क्योंकि यह हमें हमारे पूर्वजों और मातृभूमि से जोड़ती है और हमें एक पहचान देती है।

मार्क ट्वेन ने एक बार कहा था कि भारत एक ऐसी भूमि है जिसे हर कोई देखना चाहता है, और एक बार देखने के बाद यहाँ तक कि इसकी एक झलक भी, पूरी दुनिया के बाकी हिस्सों में इसकी तुलना में कम ही देखने को मिलती है। भारत की संस्कृति में भारतीय कपड़े, त्योहार, भाषाएँ, धर्म, संगीत, नृत्य, वास्तु कला और भोजन कला शामिल हैं। सबसे उल्लेखनीय बात यह है कि भारतीय संस्कृति अपने पूरे इतिहास में कई विदेशी संस्कृतियों से प्रभावित रही है। सबसे पहले भारतीय मूल के धर्म हिन्दू धर्म, बौद्ध धर्म, जैन धर्म और सिख धर्म हैं। इनमें से सबसे प्राचीन धर्म हिन्दू धर्म (सनातन धर्म) है, जो कर्म और धर्म पर आधारित है। इसके अलावा इन चारों को भारतीय धर्म कहा जाता है। इसके अलावा भारत में कई विदेशी धर्म भी मौजूद हैं, जिनमें अब्राहमिक धर्म जैसे यहूदी धर्म, ईसाई धर्म और इस्लाम धर्म शामिल हैं। इसके अलावा पारसी धर्म, बहाई धर्म और अन्य कई विदेशी धर्म हैं जो भारत में मौजूद हैं। इतने सारे विदेशी धर्मों के होने के बावजूद भी भारत में एकता है क्योंकि भारतीय संस्कृति इतनी निराली है जो प्रत्येक मानव से प्रेम और दयालुता का व्यवहार सिखाती है। इसी कारण भारत में सहिष्णुता और धर्मनिरपेक्षता के सिद्धांत को अपनाया गया ताकि सभी धर्मों के लोग भारत में सुरक्षित महसूस करें।

पश्चिमी देशों और अरब देशों में कई ऐसे देश हैं जो अपनी सभ्यता और संस्कृति के अलावा अन्य किसी सभ्यताओं को अपने देश में अपनाने की इजाजत नहीं देते हैं। वहाँ मनुष्य केवल अपनी जीविका के लिए रह सकता है, लेकिन अपने अधिकार और स्वतंत्रता की मांग नहीं कर सकता, लेकिन भारत एकमात्र ऐसा देश है जहाँ विदेशी धर्मों को भी उतना ही महत्व और सुरक्षा दी जाती है, जितना कि इस देश के मूल धर्म के लोगों को प्राप्त है। यहाँ तक कि भारत में अल्पसंख्यक धर्म के लोगों के लिए विशेष नियम भी बनाए गए हैं और सरकारी योजनाओं में भी विशेष आरक्षण प्रदान किया जाता है ताकि उनका कल्याण हो सके। उदाहरण के तौर पर यदि हम पाकिस्तान या बांग्लादेश जैसे देशों का उदाहरण लें, जो एक समय में भारत के ही मूल धरातल थे, लेकिन बंटवारे के बाद वर्तमान समय में पाकिस्तान में हिन्दू और सिख धर्म के लोगों की संख्या 4.6% है, जो स्वतंत्रता के समय 23% थी। बांग्लादेश में 1950 के समय में हिन्दू धर्म के लोगों की संख्या 30% थी, लेकिन वर्तमान समय में हिन्दुओं की संख्या 7.95% है। इससे यह पता चलता है कि कहीं न कहीं हमारे पड़ोसी देशों में अल्पसंख्यकों के साथ अन्याय का दौर गुजरा है, जिसके कारण उनकी संख्या लगातार घटती जा रही है। लेकिन वही भारत एक ऐसा महान राष्ट्र है जहाँ स्वतंत्रता के बाद से अल्पसंख्यकों का सम्पूर्ण रूप से कल्याण हुआ है, और यहाँ के मूल लोगों ने उन सभी को समान अधिकार, सुरक्षा और सम्मान प्रदान किया है, और यह केवल इस कारण है क्योंकि भारत प्राचीन समय से ही अन्य लोगों को चाहे वह धर्म, जाति, भाषा, संस्कृति और रंग-रूप के आधार पर अलग हों, उन सभी को समान अधिकार, सम्मान और सुरक्षा प्रदान करता है।

भाषा के आधार पर देखा जाए तो भारत में प्राचीन समय से ही संस्कृति के अलावा उर्दू, फारसी, अरबी आदि अन्य भाषाओं को भी बराबर की मान्यता दी गई है और हमारे संविधान में भी इसी विविधता के आधार पर 22 भाषाओं को संवैधानिक मान्यता प्रदान की गई है। यह सब दूसरे देशों में इतना सम्भव नहीं है, लेकिन हमारे भारत में यह इसलिए सम्भव है क्योंकि भारत की संस्कृति सभी को समाहित करने का भाव रखती है।

आज के वर्तमान समय में पर्यावरण को सुरक्षित रखने के लिए पश्चिमी और अन्य कई देशों में कई नीतियाँ बनाई जा रही हैं, जबकि भारत में प्राचीन समय से ही प्रकृति और पर्यावरण की पूजा की जाती है। यह क्रिया केवल पूजा के लिए नहीं की जाती, बल्कि इसका उद्देश्य यह होता है कि भारतीय लोगों को उनकी प्रकृति से जोड़कर रखना और प्रकृति व पर्यावरण के प्रति प्रेम और आदर को बनाए रखना, क्योंकि जब मनुष्य को किसी चीज़ के प्रति उसके संबंधों से जोड़ दिया जाता है तो मनुष्य अपने आप उस चीज़ के प्रति जान न्योछावर के लिए तत्पर रहता है। जैसे भारत में प्राचीन समय से ही पेड़-पौधों, पहाड़ों, मिट्टी, जमीन, हवा, आग, पानी, नदियों आदि की पूजा करना सिखाया जाता है, यह इसलिए सिखाया जाता है ताकि भारतीय लोग इसका सम्मान करना सीखें। आज के वर्तमान समय में पश्चिमी देशों में योग और ध्यान को महत्व दिया जा रहा है, जबकि भारत के मूल निवासियों को यह बात नहीं पता कि भारत में प्राचीन समय से ही ध्यान, योग आदि को महत्व दिया जाता रहा है, और ध्यान योग आदि आयुर्वेद का जनक भारत देश को ही माना जाता है।

भारतीय प्राचीन संस्कृति के बारे में रोचक तथ्य:

गणित में इस्तेमाल होने वाले शून्य और दशमलव प्रणाली का आविष्कार भारत में हुआ। आज आधुनिक अंक प्रणाली भारतीय दशमलव पद्धति (0, 1, 2, 3 आदि) पर आधारित है। T का शुरुआती मान और सौरमंडल पर सटीक विवरण का आधार भारत में ही तैयार हुआ। भारत विश्व की सबसे प्राचीन चिकित्सा प्रणाली आयुर्वेद का घर है। दुनिया का सबसे लंबा महाकाव्य “महाभारत” भारत में ही आधारित है, जिसमें लाख से अधिक श्लोक हैं। विश्व का सबसे प्राचीन लिखित धर्मग्रंथ ऋग्वेद (Rigveda) है, जिसकी रचना भारत में लगभग 1500 ईसा पूर्व में हुई थी। हमारी प्राचीन संस्कृति ही है जो हमें “अतिथि देवो भव” का ज्ञान देती है, जिसका अर्थ है कि अतिथि भगवान के समान होता है। हमारी प्राचीन संस्कृति ही है जो हमें “वसुधैव कुटुम्बकम्” का ज्ञान देती है, जिसका अर्थ है कि दुनिया एक परिवार है, अर्थात् हम पूरी पृथ्वी को एक परिवार के तौर पर मानना चाहिए। हमारी भारतीय प्राचीन संस्कृति की देन है जो हमें सामने खड़े व्यक्ति को भी नमस्ते करना सिखाती है, जिसका अर्थ है कि “मैं आपको नमस्कार करता हूँ”, अर्थात् सम्मानपूर्वक किसी के सामने झुकना। यह वही देश है जहाँ प्राचीन समय में राम जैसे मर्यादा पुरुषोत्तम और कृष्ण जैसे महान योद्धाओं ने जन्म लिया। यहाँ पर महाभारत और रामायण जैसे पवित्र ग्रंथों की रचना हुई। यहाँ की संस्कृति और सभ्यता ने पूरे विश्व को प्रभावित किया है। यहाँ के लोगों ने हमेशा ही सच्चाई, न्याय और धर्म के मार्ग पर चलने का प्रयास किया है।

अंत में इसकी एक ही निष्कर्ष है कि हमें अपने गौरव की संस्कृति को दिल से सम्मान करना चाहिए। हमें अपने धर्म को निजी रखकर अपने राष्ट्र हित में हमेशा तत्पर रहना चाहिए। हमारी संस्कृति हमारी पहचान और हमारा गर्व है, जो हमें विश्व में एक महत्वपूर्ण स्थान दिलाती है। तो हमें अपने इस पर सच्ची निष्ठा रखनी चाहिए। हमें इसके लिए सांस्कृतिक, सामाजिक कार्यों और व्यक्तिगत रूप से प्रयास करना चाहिए। हमें अपनी प्राचीन संस्कृति को संरक्षित करने के लिए सांस्कृतिक कार्यक्रमों, उत्सवों और प्रतियोगिताओं का आयोजन करना चाहिए। हमें अपनी प्राचीन संस्कृति को शिक्षा में शामिल करने के लिए काम करना चाहिए, और इसके मूल्यों और परम्पराओं को आने वाली पीढ़ियों तक पहुँचाना चाहिए ताकि ये सदियों तक ऐसे ही फलता-फूलता रहे।

- नूरतारा (बी.एड) -

वसन्त आ गया है

पीली चादर ओढ़ कर धरती, हँसती फिरती आ गई है,
 सरसों के फूल सोने जैसे, खेतों में छा गए हैं।
 धीरे-धीरे बहती हवा, खुशी के गीत सुनाए,
 ठंड को रुखसत (विदा) कर के वसन्त, नए रंग लाए।
 कहीं उड़ते नीले-पीले (पतंग), आसमानों में शोर मचे,
 हर गाँव, हर शहर के अंदर, खुशियों का मेला सजे।
 ढोल की थाप पर बोली नाचे, चरखा भी गीत सुनाए,
 वसन्त के बिना तो लगता जैसे, सुंदर पंजाब अधूरा रह जाए।
 माँ सरस्वती कृपा करें, बुद्धि को मिले उजाला,
 ज्ञान की ज्योति जगे हर मन में, मिट जाए अज्ञान का काला।
 आओ नाचें, गाएँ सारे, डालें रंग गुलाल,
 वसन्त कहता: "जिंदगी सजा लो, यह पल हैं बेमिसाल।"

- तमनदीप (बीसीए) -

साइबर अपराध

आज के डिजिटल युग में, जहाँ इंटरनेट ने हमारी ज़िंदगी को आसान और तेज़ बना दिया है, वहीं इसके दुरुपयोग से एक नई प्रकार की आपराधिक गतिविधि उभरकर सामने आई है, जिसे “साइबर अपराध” कहा जाता है। साइबर अपराध का अर्थ है- कंप्यूटर, इंटरनेट, मोबाइल नेटवर्क या अन्य डिजिटल माध्यमों का उपयोग करके किया गया अपराध। यह अपराध किसी व्यक्ति, संस्था या सरकार के विरुद्ध भी हो सकता है। साइबर अपराधों में कई प्रकार की गतिविधियाँ शामिल होती हैं, जैसे किसी के व्यक्तिगत डेटा की चोरी करना, बैंक खातों से धन की हेराफेरी करना, सोशल मीडिया पर किसी की पहचान का दुरुपयोग करना, अफवाह फैलाना अथवा किसी की निजी जानकारी को सार्वजनिक करना। इन अपराधों से न केवल व्यक्ति की निजता को खतरा होता है, बल्कि सामाजिक और आर्थिक सुरक्षा पर भी प्रतिकूल प्रभाव पड़ता है। आज के समय में अधिकांश लोग इंटरनेट से जुड़े हुए हैं, चाहे वे शिक्षा, व्यापार या मनोरंजन के क्षेत्र में हों। ऐसे में साइबर अपराधियों के लिए यह एक आसान माध्यम बन गया है। कई बार लोग अपनी जानकारी स्वयं ही असुरक्षित वेबसाइटों पर साझा कर देते हैं, जिससे अपराधी उसका दुरुपयोग कर लेते हैं। इस कारण डिजिटल साक्षरता अर्थात् “साइबर सुरक्षा की समझ” अत्यंत आवश्यक हो गई है।

भारत सरकार ने साइबर अपराधों को रोकने के लिए **सूचना प्रौद्योगिकी अधिनियम, 2000 (आईटी एक्ट, 2000)** बनाया है, जिसके अंतर्गत इंटरनेट पर किए गए अपराधों के लिए सख्त सज़ा और दंड का प्रावधान है। इसके अतिरिक्त साइबर पुलिस सेल तथा ऑनलाइन हेल्पलाइन सेवाओं के माध्यम से नागरिकों को सहायता प्रदान की जाती है। साइबर अपराध से बचाव के लिए आवश्यक है कि हम अपने पासवर्ड गोपनीय रखें, अज्ञात लिंक या ईमेल पर क्लिक न करें, सोशल मीडिया पर अनजान लोगों से बातचीत करते समय सावधानी बरतें तथा नियमित रूप से अपने डेटा का बैकअप लेते रहें।

अंत में कहा जा सकता है कि इंटरनेट हमारे जीवन का एक अभिन्न हिस्सा बन चुका है, परंतु इसका सुरक्षित और जिम्मेदारीपूर्ण उपयोग ही हमें इन अपराधों से बचा सकता है। जागरूकता, सतर्कता और सही जानकारी ही साइबर अपराधों से सुरक्षा का सबसे प्रभावी उपाय है।

- मांसी कुमारी (बीएड) -

सूचना और संचार प्रौद्योगिकी : बदलती दुनिया का आईना

आज का युग तकनीक का युग है। कभी कहा जाता था कि “ज्ञान ही शक्ति है”, पर अब यह कहना सही होगा कि “सूचना ही शक्ति है”। सूचना और संचार प्रौद्योगिकी, जिसे हम संक्षेप में आईसीटी (ICT) कहते हैं, ने हमारी दुनिया को इस कदर बदल दिया है कि अब जीवन के हर क्षेत्र में इसका असर दिखाई देता है। शिक्षा, स्वास्थ्य, व्यापार, शासन, मनोरंजन—सब कुछ ICT के इर्द-गिर्द घूमने लगा है। यह सिर्फ मशीनों का मामला नहीं है, बल्कि यह इंसानों के सोचने, जुड़ने और आगे बढ़ने का माध्यम बन चुका है। सूचना और संचार प्रौद्योगिकी का अर्थ सूचना और संचार प्रौद्योगिकी का सीधा अर्थ है ऐसी प्रणालियाँ या उपकरण, जिनसे सूचना का संग्रहण, प्रसारण और आदान-प्रदान किया जा सके। इसमें इंटरनेट, कंप्यूटर, मोबाइल फोन, सैटेलाइट, नेटवर्किंग, क्लाउड सर्विसेज़, ईमेल, सोशल मीडिया, आदि शामिल हैं। यह तकनीक एक से दूसरे व्यक्ति तक विचार और जानकारी पहुँचाने का सबसे सरल और तेज़ साधन बन चुकी है। ICT का विकास और इसका प्रभाव आईसीटी का इतिहास बहुत पुराना नहीं है, पर इसके प्रभाव गहरे और व्यापक हैं।

बीसवीं सदी के उत्तरार्ध में जब इंटरनेट का विकास हुआ, तभी से यह स्पष्ट हो गया कि आने वाले समय में पूरी दुनिया डिजिटल नेटवर्क से जुड़ जाएगी। शुरुआती दौर में कंप्यूटर और टेलीफोन ने सूचना के प्रसारण को गति दी, फिर मोबाइल तकनीक, ईमेल और इंटरनेट क्रांति ने सब कुछ बदल डाला। आज तो हालात यह हैं कि बच्चा-बच्चा मोबाइल और इंटरनेट से परिचित है। घर, स्कूल, दफ्तर, बैंक-हर जगह ICT का प्रयोग हो रहा है। गांव तक अब डिजिटल भारत अभियान के तहत इंटरनेट पहुँच चुका है। इससे कारोबारी लेन-देन, शिक्षा और सरकारी सेवाएँ भी अब बहुत आसान हो गई हैं।

शिक्षा के क्षेत्र में ICT ने क्रांतिकारी परिवर्तन किए हैं। पहले जहाँ शिक्षण केवल कक्षा और पुस्तक तक सीमित था, अब ऑनलाइन लर्निंग, स्मार्ट क्लासेस, डिजिटल लाइब्रेरी और ई-लर्निंग प्लेटफॉर्म के माध्यम से शिक्षा सीमाओं से परे पहुँच चुकी है। कोविड-19 महामारी के दौरान पूरी शिक्षा प्रणाली लगभग ICT पर आधारित हो गई थी। मोबाइल, लैपटॉप और इंटरनेट के सहारे लाखों विद्यार्थियों ने घर बैठे अपनी पढ़ाई जारी रखी। ICT ने न केवल शिक्षक और विद्यार्थियों के बीच संवाद बढ़ाया, बल्कि शिक्षा को अधिक रोचक, व्यावहारिक और व्यक्ति-केंद्रित बनाया। विभिन्न ऐप्स और वेबसाइट्स ने शिक्षार्थियों को स्वतंत्रता दी है कि वे अपनी गति से सीख सकें और विषयों की गहराई में उतर सकें। शासन और प्रशासन में ICT सरकारी कामकाज में आईसीटी ने पारदर्शिता, गति और दक्षता बढ़ाई है। आज “ई-गवर्नेंस” एक आम शब्द बन चुका है। आधार कार्ड, डीजी लॉकर, उमंग ऐप, डिजिटल हेल्थ मिशन, ऑनलाइन टैक्स रिटर्न – ये सभी ICT के उदाहरण हैं जिनसे आम नागरिक को सुविधा मिली है। अब सरकारी योजनाओं की जानकारी से लेकर आवेदन, भुगतान और ट्रैकिंग तक सब कुछ डिजिटल हो गया है। ICT के इस्तेमाल से भ्रष्टाचार पर भी कुछ हद तक अंकुश लगा है, क्योंकि अधिकांश प्रक्रियाएँ ऑनलाइन रिकॉर्ड होती हैं। इससे जनसेवा की गुणवत्ता और जवाबदेही दोनों बढ़ी हैं।

व्यापार और अर्थव्यवस्था में ICT व्यापार जगत में भी ICT किसी वरदान से कम नहीं है। डिजिटल पेमेंट, ऑनलाइन मार्केटिंग, ई-कॉमर्स प्लेटफॉर्म जैसे Amazon और Flipkart ने बाजार के पुराने ढाँचों को बदल दिया है। छोटे दुकानदार भी अब QR कोड और UPI के जरिए बिजनेस कर रहे हैं। डेटा एनालिटिक्स और आर्टिफिशियल इंटेलिजेंस के माध्यम से कंपनियाँ ग्राहकों की प्राथमिकताएँ समझकर बेहतर सेवाएँ प्रदान करती हैं। भारत के लिए “डिजिटल इंडिया” और “मेक इन इंडिया” जैसे अभियानों ने ICT को आर्थिक विकास का मुख्य इंजन बना दिया है। इससे रोजगार के नए अवसर भी पैदा हुए हैं और युवाओं के लिए स्टार्टअप संस्कृति का विकास हुआ है। ICT ने हमारे आपसी संबंधों, संवादों और जीवनशैली को गहराई से प्रभावित किया है। सोशल मीडिया प्लेटफॉर्म जैसे व्हाट्सएप, इंस्टाग्राम, फेसबुक ने दुनिया को एक छोटे से गाँव में बदल दिया है। अब लोग सीमाओं और समय के बंधन से परे होकर एक-दूसरे से जुड़ सकते हैं। परिवार और मित्र चाहे किसी भी देश में हों, वीडियो कॉल और चैट के जरिए निकट महसूस करते हैं। हालाँकि, इसके कुछ नकारात्मक पहलू भी हैं - जैसे प्राइवेसी का हनन, मानसिक दबाव, फेक न्यूज़ और साइबर अपराध। इन चुनौतियों के बावजूद, अगर ICT का उपयोग जिम्मेदारी से किया जाए तो यह समाज को अधिक जुड़ा, जागरूक और सशक्त बना सकता है। कृषि और ग्रामीण विकास में ICT ग्रामीण भारत में ICT का उपयोग अब तेजी से बढ़ रहा है। किसान इंटरनेट के जरिये मौसम की जानकारी, बीज और खाद की गुणवत्ता, मंडी भाव और सरकारी योजनाओं तक पहुँच पा रहे हैं। डिजिटल प्लेटफॉर्म के माध्यम से किसान सीधे खरीदारों से जुड़ रहे हैं, जिससे उन्हें उचित मूल्य मिल रहा है।

ग्रामीण स्तर पर शिक्षा, स्वास्थ्य और रोजगार से संबंधित सूचना पहुँचाने में भी ICT अहम भूमिका निभा रही है। ICT से जुड़ी चुनौतियाँ हर तकनीक के अपने लाभ और सीमाएँ होती हैं। सूचना और संचार प्रौद्योगिकी के क्षेत्र में भी कई चुनौतियाँ हैं साइबर अपराध और डेटा चोरी जैसी समस्याएँ बढ़ रही हैं। इंटरनेट की लत और फर्जी सूचनाओं से सामाजिक असंतुलन पैदा होता है। ग्रामीण और शहरी इलाकों में डिजिटल विभाजन अभी भी मौजूद है। बहुत से लोग अभी तकनीक से अनभिज्ञ हैं, जिससे वे पीछे रह जाते हैं। इन चुनौतियों का समाधान ICT साक्षरता और नैतिक उपयोग में है। सरकार और समाज मिलकर डिजिटल सुरक्षा, साइबर जागरूकता और जिम्मेदार उपयोग को बढ़ावा दे सकते हैं। सूचना और संचार प्रौद्योगिकी ने मानव जीवन को नई दिशा दी है। यह न केवल सुविधा का माध्यम है, बल्कि संभावनाओं का द्वार भी है। अगर हम इसका सदुपयोग करें तो यह मानवता के विकास का साधन बन सकता है। लेकिन गलत उपयोग से यह विनाश का कारण भी बन सकता है। इसलिए ज़रूरत है कि हम तकनीक के साथ-साथ मूल्य, विवेक और संवेदना को भी बनाए रखें। आईसीटी आज केवल एक तकनीक नहीं, बल्कि मनुष्य की नई भाषा बन चुकी है, वह भाषा जो दुनियाभर के लोगों को जोड़ती है, उन्हें समझने और एक बेहतर भविष्य निर्माण की प्रेरणा देती है।

-पूजा (बीएड)-

PLACEMENT AT KIRAS - 2026

B.Ed.



Ocika Singh,
TGT, Surajkund
International School



Aleena Anthony
TGT, Don Bosco School



Vartika Kohli
PRT, Don Bosco School



Disha Solanki
TGT, K.R.Mangalam
Global School



Shrishti Sharma
TGT, Kalka Public School



Anushka Bhowmik
PRT, Summer Fields
International School



Ishika Parashar
Dehradun Public School



Reshma Suna
PRT, Summer Fields
International School



Konika Kher,
TGT, Vanasthali Public
School



Anisha Bhatt
TGT, Venkateshwar
International School



Anushka Singh
TGT, The Indian school



Kirti Pratap Mogha
PRT, Karan Public
School



Riya Verma
Counsellor, EHSAAS,
Psychiatric Clinic



Ananya
PRT, The Shri Ram
Wonder School



Priyansha Mahajan
TGT, Panchsheel Public
School



Esha Gupta
PRT, Laxman Public
School



Anisha Garg
TGT, Ramagya School



Sakshi Saini
TGT, Shiv Vani Model
Sr. Sec. School

BCA



Hardik Jaraut,
Develops Engineer,
Ginger Webs, Noida



Shashank Rai,
Operations and Mngt.,
HCL Tech, Noida



Brinda Kapoor
Analyst, R1RCM, Sec-21,
Gurugram



Sarthak Ahuja
Technical Support,
Intileo Tech, Delhi



Govind Giri
Software Developer,
APCL, Mumbai



Khushi
Developer, Cap Gemini,
Phase-2, Noida

RESULT AT A GLANCE - 2026

B.Ed. Semester 2



Komal Roy
92.77%, Rank 1



Anna Anto
92.88%, Rank 2



Mantasha Imam
92.77%, Rank 2



Tanu Gupta
92.77%, Rank 1



Anjali Aggarwal
92.00%, Rank 2



Anushka Kishore
90%, Rank 3

BCA Semester 2



MAYANK BHARDWAJ
CGPA – 9.23



ISHTA
CGPA – 9.12



VIKA SHARMA
CGPA – 8.9



RUDHRA P. SINGH
CGPA – 9.52



MANTHAN DAHIYA
CGPA – 9.27



DEV PRATAP SINGH
CGPA – 9.23

BCA Semester 4

BCA Semester 6



MANSHI
CGPA – 9.25



KARAN SINGH NEGI
CGPA – 9.06



SARIKA
CGPA – 8.98

CTET CHAMPIONS

(SESSION 2025-26)



Aman Kumar



Anushka Kishore



Noor Tara



Anu Choudhary



Mahi Saxena



Aanchal Dalal



Khushi Yadav



Mamta Tiwari



Esha Gupta



Anu Kumari



Anjali Aggarwal



Janhvi Mishra



Deepti



Taneesha Kumari



Joel T. Abraham



Anuradha Vashisht



Jasmeet Kaur Vodi



Sanya Gupta



Disha Solanki



Komal Keshri

CTET CHAMPIONS

(SESSION 2025-26)



Rishabh Sharma



Ritika



Komal Kumari



Nidhi Baisoya



Diksha



Komal



Isha Lamba



Vartika Kohli



Geetikhaha



Shrishti Sharma



Anushka Bhowmik



Anam



Ocika Singh



Fiza Parveen



Geeta Kumari



Riya Verma



Priyanka Rawat



Rohit Jha



Vaishali Bhatnagar



Manisha Kumari

CTET CHAMPIONS

(SESSION 2025-26)



Aleena Antony



Pooja Bijali



Geetanjali Choudhary



Devesh Chamoli



Dona Theres Raju



Komal Roy



Harsh Kaushik



Runia Demta



Aparna Reji



Jyoti Tomar



Zoya Hashmi



Pexy



Aastha Pachouri



Sneha Teresa Joseph

Photo Gallery

Workshop on “A Significant Event/Experience in Life”



Workshop on “Mindfulness”



Workshop on ‘Understanding Working In Groups’



Seminar on 'Glimpses of Different Childhoods in India'



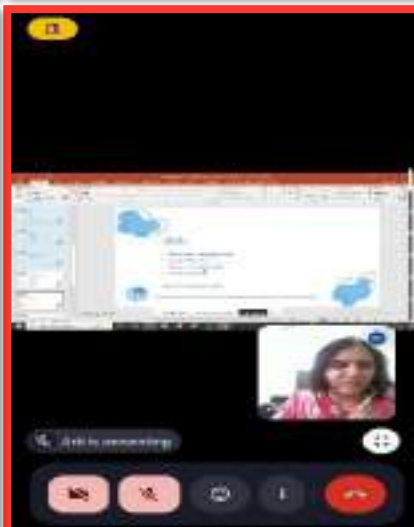
Faculty Development Programme



National Conference



Workshop on Resume Making



Several participants joined the meeting

Independence Day Celebration



Janmashtmi Celebration



Teacher's Day Celebration



Fresher's Party



हिंदी दिवस समारोह



Deepawali Celebration





Anugoonj Prelims



Republic Day/Basant Panchmi Celebration



Anugoonj



National Science Day



Holi Celebration



Women Day Celebration



Industrial Visit BCA



Nukkad Natak on Water Day



Food Exhibition on World Health Day



Workshop of Art in Education







Farewell



Meditation Sessions



Movie Screening



Classroom Presentation



CTET CLASSES



YOGA PRACTICE



World Earth Day



Book Fair Visit



Surajkund



Dreamland Trip



SPORTS MEET OF KIRAS

