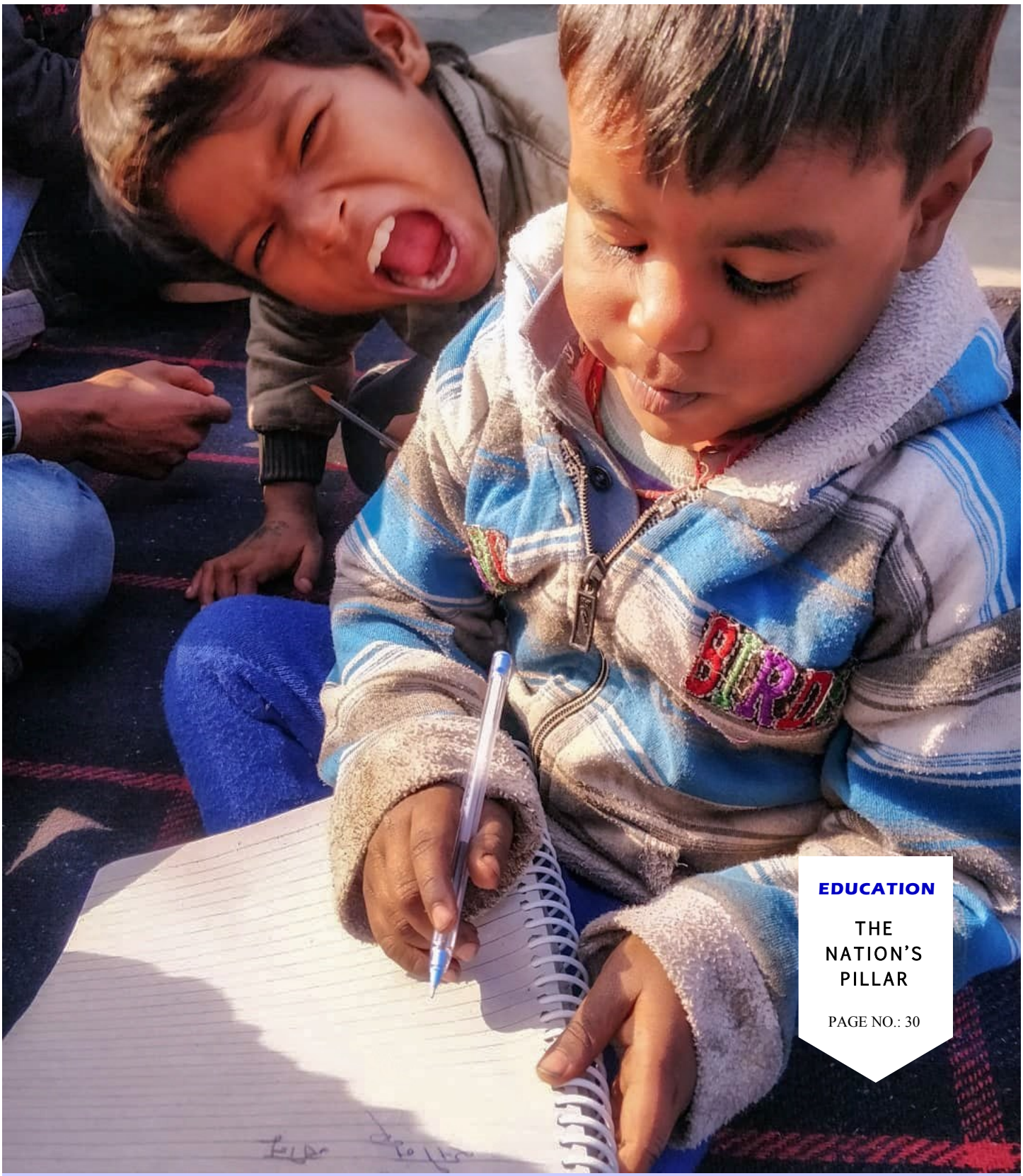
NSS SHIVAJI COLLEGE

srijanatmak seva



EDUCATION

THE NATION'S PILLAR

PAGE NO.: 30

NOT ME, BUT YOU

The National Service Scheme (NSS) is a Central Sector Scheme of Government of India, Ministry of Youth Affairs & Sports. It provides opportunity to the students of 11th & 12th Class of schools at +2 Board level and students of Technical Institutions, Graduate & Post Graduate at colleges and University level of India to take part in various government led community service, activities & programmes. The sole aim of NSS is to provide a hand to youth to deliver community services. Since inception of the NSS in the year 1969, the number of students has increased from 40,000 to over 3.8 million till March 2018. Students from various universities, colleges and Institutions of higher learning have willingly volunteered themselves to take part in various community service programmes with the motto "NOT ME BUT YOU".

From its inception, NSS Shivaji college has celebrated its each and every *'sewa'* with full of excitement and dedication. Respected Principal ma'am, teachers and students always enthusiastically participate in endeavors and celebrate every service that they impart with satisfaction. The NSS Unit of Shivaji College is committed to the cause of social upliftment and education for all and, in this pursuit, several small and big initiatives have been taken up from time to time. Several activities like debates and discussions, cleanliness drive, health check-ups, blood donation camps, soft skill enhancement workshops and many social awareness programmes have been organized for college students as well as for the community outside the college. The NSS Unit aims to groom students, the makers of future, to do service in the most innovative manner. The NSS Unit has served the college by sensitizing students about the prevalent social issues. It is committed to imbibe the spirit of equality, patriotism, and honesty in the students of Shivaji College. This unit will always strive in its mission of transforming this society and the nation for goodwill.

The parlé

From the desk of the chief

"The main aim of NSS unit of Shivaji College is to develop the habit of doing service to society", proclaims our honourable Principal ma'am, Dr. Shashi Nijhawan. She says that the active NSS unit with over 400 volunteers and 35 teachers work throughout the year for the underprivileged children. She believes that NSS serves as the medium to build an understanding of social evils, services, and approaches, and the feeling of sharing, and caring act as its building block. "Being in NSS enfolds you into a more confident person and develops leadership quality in oneself", says Dr. Shashi Nijhawan. Expressing her sense of admiration, she says, "This time, the NSS unit has come up with the e-Newsletter, 'srijanatmak seva', which will definitely prove to be a milestone in the history of NSS- Shivaji college." For the final token of remark, Principal ma'am delightly enunciates, "I am proud of our NSS unit and wish them success and I hope that they will make Shivajians proud."

Dr. Shashi Nijhawan,
Principal
Shivaji College

Torch Bearers

नर ही नारायण

ईश्वर सृजित इस संसार में प्रकृति और पुरुष रुप में स्वयं परमतत्व सर्वत्र विद्यमान है।संतों और सूफियों ने नारायण को पाने के विभिन्न मार्ग बताए हैं जिनमें मानवता सर्वोपरि हैं। कहते हैं ' ना जाने किस भेष में मिल जाए भगवान ' अतः सेवादान महा दान माना जाता है।यह हमें सिखाता है कि ' मैं ' से पहले समाज है। जातिगत, वर्गगत, भाषागत वैमनस्य व भेदभाव को भूलकर, मानवता से जुड़े कार्यों को करके हम समाज में फैली बुराइयों और कुरीतियों को दूर करने के साथ अपने व्यक्तित्व में भी सकारात्मक परिवर्तन ला सकते हैं। शिवाजी कालेज में राष्ट्रीय सेवा योजना के कर्मठ युवा छात्र छात्राएं दृढ़ता के साथ तन, मन, धन से इस महायज्ञ में निरंतर अपनी सेवा समिधा अर्पण करने के लिए कृतसंकल्पित है।

- डा. रुचिरा ढींगरा, हिंदी विभाग

I congratulate the NSS unit of Shivaji College for publishing it's first e-Newsletter. It's a culmination of hard work and dedication on part of both students and teachers. NSS unit of our college is a very strong group of people. Always engaged in activities which are for the betterment and upliftment of society. My best wished for the team efforts of NSS unit of our college. I am sure this e-Newsletter will be a permanent feature of NSS activities. My wishes and blessings.

- Dr. Shiv Kumar Sahdev, Department of Mathematics

An endeavour such as this needs not just passion but loads of devotion. Not that I doubted the potential of my young jewels i.e, the team who worked for this e-Newsletter for a full year, but let me admit they surpassed my expectations, jubilantly. It started as a dream, it culminates as the voice of every thinking Indian, who cares for the country. You signify the true essence of NSS, Shivaji College i.e Nishkaam Sewa. You signify the essence of sheer perseverance. We are proud of you all.

- Ms. Nishtha Srivastava, Department of History

One of the earliest quests of mankind has been to know about God. Major religions and various philosophies have elaborated several ways to realize the Divine. However one belief is common amongst all doctrines. That one of the ways to realize God is to serve his Creation. Be it service to mankind and other creatures, or protecting and preserving the Nature- all are ways of feeling and getting closer to THE DIVINE. This e-Newsletter is an effort by the committed NSS volunteers who have penned down their experiences and thoughts about service, with an aim to spread the sunlight of love and kindness all around.

- Dr. Mridula Budhraja, Department of Mathematics

Torch Bearers

शिवाजी कॉलेज के एन .एस .एस समिति के विद्यार्थियों द्वारा प्रकाशित होने वाली ई पत्रिका के लिए मैं अपनी हार्दिक शुभकामनाएं देता हूं। निश्चित रूप से इस ई- पत्रिका के माध्यम से विद्यार्थियों के भीतर की तमाम अनुभूतियां न केवल अभिव्यक्त होंगी बल्कि उनको व्यक्ति, समाज और देश के विविध पक्षों के विषय में चिंतन एवं मनन करने में भी सहायता मिलेगी। सेवा, समर्पण और त्याग भावना को आत्मसात करके समाज को समरस और सुखकर बनाया जा सकता है। इसके लिए जहां भी, जिस किसी से भी प्रेरणा, सहायता और शक्ति प्राप्त हो, उसे ग्रहण करना श्रेयस्कर होता है। इस रूप में विद्यार्थियों को अपने जीवन और जगत के व्यापक अनुभवों को भी अभिव्यक्ति देने तथा मौलिक दृष्टि प्रदान करने में भी यह पत्रिका सहायक सिद्ध होगी। उनके वैचारिक क्षमता और विकास में भी विशेष लाभकारी हो इसके लिए मैं असीम शुभकामनाएं देता हूं। इस ई-पत्रिका के माध्यम से विद्यार्थियों की अंतर्निहित सृजनात्मक प्रतिभा का भी उन्नयन होगा ऐसी मैं आशा करता हूं।

-डॉ० दर्शन पाण्डेय, हिंदी विभाग

NSS volunteers of Shivaji college live the motto of NSS "Not Me But You" and work unitedly and selflessly for the betterment and upliftment of weaker sections of the society. I congratulate all NSS volunteers for their hard work and wish them to keep this enthusiasm of social service alive.

बुलंद कर होसले के आसमान भी सर झुकाऐ कदम बढ़ा और कर्म कर, फल कि चिन्ता न रोक पाऐ

- Ms. Manisha, Department of Commerce

'Service to Man is Service to God and NSS provides us this opportunity for contribute in the service of community.

- Ms. Manisha Rani, Department of Commerce

In this world of machine we have developed speed, but we have shut ourselves in. More than machinery we need humanity. So let us all unite to make changes in society and spread the message of peace, love and development.

- Ms. Vineeta, Department of Commerce

"One thing to learn from life is that getting UPSET will never sort out any issue, but getting 'UP' to 'SET' the things to right will help a lot in life."

- Mr. Ankush, Department of Mathematics

If you can think about what you want in your mind, and make that your dominant thought, you will bring it into your life.

-Mr. Mukesh Kumar, Department of Mathematics

Torch Bearers

The NSS unit of the Shivaji College have been playing a significant role at the local level and contributing in bringing the local community into the mainstream through their various activities the national service scheme plays a pivotal role in linking the student with the community it will help them in their own understanding of the social issues in the context of community imperatives. The environment and the economy are really both two sides of the same coin. if we cannot sustain the environment we cannot sustain ourselves.

- Dr. Bharat Ratnu, Department of Geography

I truly believe the happiest persons are those, who earn success based on service to others not on expense of others.

- Dr. Rashmi Singh, Department of Zoology

If each individual decides to serve just one underprivileged person, then this world can be a better place.

- Dr. Parul Kulshreshtha, Department of Zoology

NSS aims at developing student's personality through community service and adhering to its motto " NOT ME BUT YOU" students did an extraordinary work in community service. We appreciate students contribution in organizing various activities for social welfare. We are proud of you.

- Mr. Nitesh Kumar, Department of Mathematics

Let's be a part of the National Service Scheme and rededicate ourselves to the service of the nation. Let's take a pledge that we will volunteer to take part in various community programmes and offer our services during crisis situations.

- Dr. Moonmoon Roy, Department of Mathematics

As a human being, I believe the world is one big family and we need to help each other. A small effort to make society change is great service to humanity.

- Dr. Neetu Singh, Department of Zoology

Let us unite together as a team of National Service Scheme to spread awareness and create a sense of social contribution amidst our citizens.

- Dr. Pallavi Agarwal, Department of Chemistry

Our Vision

SNEAK PEEK TO THE TEACHERS' EDITORIAL BOARD

राष्ट्रीय सेवा योजना के अंतर्गत कार्यरत सभी छात्र एक स्वयंसेवक के रूप में संलग्न रहते हैं| विभिन्न प्रकार से सामाजिक हित में शामिल रहते हुए ये छात्र राष्ट्र सेवा में अपना योगदान देते हैं।

अंत:महाविद्यालय और अंतर्महाविद्यालय दोनों ही स्तरों पर समय -समयांतर सामाजिक हित में छात्रों द्वारा किये जाने वाले प्रयास सराहनीय रहते हैं। मानव मूल्यों का साकार संयोजन राष्ट्रीय सेवा योजना का ध्येय है।

— डा० सरिता
हिंदी विभाग

Our oceans, rivers and air we breathe don't know local, national boundaries. Thus, it is our duty to protect our environment. To look after our environment is not only significant for ourselves but for our future generation. We really need everyone in the world to unite and come together to protect the environment and use resources in sustainable ways. This e-Newsletter is a small initiative by NSS, Shivaji College, to encourage people to recognize and perform their social duties efficiently as well willingly.

— Dr. Anubha Saini
Department of Commerce

I want to congratulate the entire team of NSS for putting their hearts and souls in bringing out this e-Newsletter. The articles ponder upon various social issues, and speak volumes about our students' dedication towards the upliftment of our society. NSS, Shivaji College, provides a platform for the millenials to materialize their innovative ideas in social service. The e-Newsletter provides a glimpse of the potential of our young minds who are ready to lead the society towards a brighter future. Happy reading!

— Ms. Meenakshi Yadav
Department of English

The happiest people I know are those who lose themselves in the service of others. During the process, we discover our own lives and our own happiness.
This e-Newsletter is a great initiative by NSS volunteers in defining true happiness by giving and serving others.

— Ms. Shweta
Department of Commerce

Our Vision

SNEAK PEEK TO THE STUDENTS' EDITORIAL BOARD

Creativity is the core essence of every field. Social service converts you into an ingenuitive creature. Come let's explore this beautiful journey together.
Happy reading readers!
— Sankalp Garg, Editorial Head

Hola fellas!
The basic reason behind creating this newsletter was to let our readers know about the social outlook of the prevalent issues. We have tried our best to leave you all with some insights in your heads. Every section is exquisite in its nature and we hope we will fulfill every expectations.
— Astha Agrawal, Editorial Head

In the process of connecting the dots of this e-Newsletter, I got to know something that I didn't know I was capable of. Now I am glad, I was a part of it.
— Vaibhav Sinha, Designer-In-Chief

The most remarkable quality of mankind is service. Yet most of us lack it. It is indeed a pleasure to be a part of this e-Newsletter. I am confident that this e-Newsletter will play a long role in nurturing the NSS and its institutional objectives among the students of our institution.
— Nandini Joon, Content Editor

"*Srijanatmak Sewa*"- the very first edition of our college's NSS e-Newsletter is a compilation of the immense efforts put forward by our NSS team. We have tried our best to portray the philosophy of NSS which underlines that the welfare of an individual, is ultimately dependent on the welfare of society as a whole.
— Divya Aggarwal, Survey Head

One can be the centre of one's own life but the world needs to be the circumference. Social service at college level shapes one's perspective regarding various issues and their possible solutions in the society.
— Gauri Bansal, Survey Head

Hello readers, this editorial team of NSS is presenting to you a small outlook of our work at NSS and events which we did in the past few years, and try to find the solution to social issues and challenges which we are facing in our daily lives. So that you can also save our environment and our society by small steps taken by you.
— Unnati Srivastava, Event Report Manager

College is a place for recreation and we do need innovate ideas and a medium to fulfill our role for the good cause. In case, if we are not able to find that one idea, we have to make one by ourselves.
— Rajat Yadav, Documentary Editor

NSS is not anything new which is happening for the first time to the society but definitely the approaches to reach to the solutions are changing with time, and we are here with our type of elucidation for our readers with the first volume of e-Newsletter.
— Rajesh Meena, Cartoon Designer

शिक्षा

नवोदय की किरण

Image source : NSS Shivaji College Facebook Page

विद्या ददाति विनयं विनयाद् याति पात्रताम्। पात्रत्वात धनमाप्नोति धनात् धर्मं ततः सुखम्॥

(विद्या से विनय अर्थात नम्रता आती है, विनय से पात्रता आती है, पात्रता से धन आता है ,धन से धर्म होता है और धर्म से सुख मिलता है|) मनुष्य तथा पशु को केवल शिक्षा ही अलग करती है| शिक्षा का पर्याय, साक्षरता व ज्ञान के प्रयाये में अत्यंत विभिन्नता है- साक्षरता का एक निश्चित पैमाना होता है| जैसे भारत में सात वर्ष से अधिक उम्र के व्यक्ति को किसी भाषा को पढ़ने लिखने का ज्ञान हो तो वह साक्षर होगा परंतु आवश्यक नहीं कि साक्षर व्यक्ति शिक्षित व ज्ञानी हो तथा शिक्षित व्यक्ति साक्षर हो| जैसे कबीरदास (मसि कागद छुओ नहीं कलम नहीं गयो हाथ) साक्षर नहीं थे परंतु उनका ज्ञान व शिक्षा अतुलनीय है| शिक्षा वह है जो मनुष्य के सर्वांगीण विकास में सहायक होता है जो वास्तव में मानव को मानवता सिखाता है| शिक्षा के दो रूप हैं 'दार्शनिक' व 'वैज्ञानिक'| इन्हीं के कई उपभाग हैं, जिसमे सामाजिक, राजनीतिक, आर्थिक शिक्षा शामिल है| दया, प्रेम, करुणा, ईर्ष्या, घृणा, पाप, पुण्य, सकारात्मकता, नकारात्मकता, सहानुभूति, इच्छा, जिज्ञासा, दुख, सुख आदि शिक्षाएं दर्शन पर आधारित हैं जो अनुभव पर आधारित होती हैं| तर्क पर आधारित शोध, खोज, अनुसंधान, प्रशिक्षण, तकनीक, गणित आदि वैज्ञानिक शिक्षा पर आधारित हैं| सामाजिक ज्ञान प्रायः पारिवारिक वातावरण से एवं समाज के विभिन्न माध्यमों से प्राप्त होता है|

वर्तमान समय में शिक्षा का उद्देश्य व्यावसायिक होता जा रहा है| विद्यार्थी के विद्यार्जन का कारण भविष्य में धनार्जन को सुनिश्चित करना है परंतु शिक्षा का दायरा इतना सीमित नहीं है |

स्वामी विवेकानंद के अनुसार शिक्षा वह है-
*जिससे चरित्र का निर्माण हो
*मानसिक शक्ति का विकास हो
*बुद्धि का विकास हो
*व्यक्ति आत्मनिर्भर बनें
हमें ऐसी शिक्षा की आवश्यकता है जिससे व्यक्ति का चौमुखी विकास हो| शिक्षा का उपरलिखित रूप वास्तव में हमारे वर्तमान भारत के लिए अति अनिवार्य है। भारत सरकार या राज्य सरकार को केवल नागरिकों को साक्षर नहीं करना चाहिए, बल्कि उन्हें शिक्षित करना चाहिए| साक्षरता शिक्षा का वह अंश है जो अल्पज्ञता व संशय को जन्म देता है| शिक्षा मनुष्य का भीतर से विकास करता है जो अनंत ज्ञान की खान है|

Image source : NSS Shivaji College Facebook Page

शिक्षा व्यक्ति की सबसे अच्छी मित्र है| शिक्षित व्यक्ति हर जगह सम्मान पाते हैं| शिक्षा मनुष्य की प्रतिमा को सम्पूर्ण बनाती है|
चाणक्य कहते हैं शिक्षा विहीन मनुष्य बिना पूँछ के जानवर हैं इसलिए माता-पिता का कर्तव्य है कि वह बच्चों को ऐसी शिक्षा दें जिससे वह समाज को सकारात्मकता से सुशोभित करें|
शिक्षा वह धन है जिसे ना कोई छीन सकता है, ना चोर चुरा सकता है, ना कोई बांट सकता है| भारत को जगतगुरु कहा जाता था| भारत के विज्ञान, तकनीक, दर्शन, आयुर्वेद, युद्ध कौशल, अध्यात्म, भूगोल, गणित आदि की प्रसिद्धि विश्व स्तर पर है, परंतु गुलामी ने भारत की शिक्षा की दुर्गति कर दी जिससे आज तक भारत जूझ रहा है| पश्चिम ने भारतीयों को मानसिक गुलाम बना लिया है जिससे इनकी वैचारिक शक्ति क्षीण हो चुकी है| इक्कीसवी सदी के इस तकनीक व वैज्ञानिक युग में शिक्षा सहज सुलभ होती जा रही है| अतः विज्ञान से दर्शन, अध्यात्म से योग, आयुर्वेद से तकनीक तक सभी ज्ञान हम अपने दूरभाष यंत्र से ही प्राप्त कर सकते हैं और उसकी वास्तविकता जान सकते हैं परंतु इसका अर्थ यह नहीं कि शिक्षा के लिए शिक्षक की आवश्यकता नहीं है| वर्तमान शिक्षक चाणक्य, द्रोणाचार्य, विश्वामित्र व रामकृष्ण परमहंस के समान हैं जो चंद्रगुप्त, अर्जुन, राम व विवेकानंद जैसे महापुरुष गढ़ने वाले शिक्षक हैं| 'गुरु शिष्य परंपरा' शिक्षा की उत्तम कोटि का माध्यम है| आज तक जितने विद्वानों ने अपने लक्ष्यों को प्राप्त किया, उसमें उनके शिक्षकों का सबसे बड़ा हाथ रहा है तभी कबीर ने कहा है

"गुरु कुम्हार शिष्य कुंभ है काड़े है गढ़ि गढ़ि काढै खोटा। अंतर हाथ सहार दै बाहर बाहै चोट।।

गुरु कुम्हार है और शिष्य मिट्टी के कच्चे घड़े के समान है। जिस तरह घड़े को सुंदर बनाने के लिए कुम्हार घड़े के अंदर हाथ डालकर बाहर से थाप मारता है। ठीक उसी प्रकार गुरु शिष्य को कठोर अनुशासन में रखकर अंतर से प्रेम भावना रखते हुए शिष्य की बुराइयों को दूर करके संसार मे सम्माननीय बनाता है।

- अम्बुज मिश्र
बी.ऐ. प्रोग्राम

सामुदायिक सेवा

Image source : NSS Shivaji College Facebook Page

मनुष्य द्वारा निस्वार्थ किए गए कार्य जो समाज के लिए हितकारी सिद्ध हो, सामुदायिक या सामाजिक सेवा कहलाते है| मानव धर्म के महत्वपूर्ण कार्यों में सेवा भाव सर्वोपरि माना जाता है। भारतीय परंपरा में नर सेवा, नारायण सेवा मानी जाती है (जिसका तात्पर्य मानव की सेवा करना ईश्वर की सेवा करने के बराबर है) | मानव को उसके जीवन में अनेक भूमिकाओं मे अभिनय करना पड़ता है, जिसमें समाज सेवक की भूमिका उसके जीवन की अति महत्वपूर्ण कड़ी होती है| भारतवर्ष में सामुदायिक सेवा के कार्य प्राचीन काल से ही प्रचलित तथा अनिवार्य रूप से हो रहे हैं| राजाओं का धर्मशाला निर्माण करना, यज्ञ करवाना, दान देना आदि विभिन्न कार्यों के माध्यम से सामुदायिक सेवा करनी होती थी। भारतीय दर्शन में तो मनुष्य ही नहीं बल्कि वृक्षों को व पशुओं को भी सामुदायिक सेवा के लिए तत्पर माना जाता है| *परोपकारायफलंतीवृक्षः परोपकारायवहंति नदया परोपकाराय दुहंती गायः परोपका राय मिद्म शारीर है|* (अर्थात दूसरों की सेवा के लिए वृक्ष फल देते हैं, नदी बहती है, गाय दूध देती है, और परोपकार के लिए ही हमारा मानव शरीर भी है)|

अंतर्मन की आवाज़

Image source : NSS Shivaji College Facebook Page

सामुदायिक सेवा के लिए अनेक महापुरुषों ने अपने गृहस्थ कार्यों को भी त्याग दिया| राजा राममोहन राय ने सती प्रथा, बाल विवाह ,स्त्री शिक्षा की समाप्ति के लिए सराहनीय कार्य किए| स्वामी दयानंद सरस्वती ने भौतिक छलावे से हटकर वैदिक ज्ञान को समझाने का प्रयास किया| विवेकानंद, महात्मा गांधी, भीमराव अंबेडकर ,पंडिता रमाबाई आदि महान समाज सुधारकों की सामुदायिक सेवा अतुलनीय तथा प्रेरक भी है| अमेरिका, ब्रिटेन जैसे देशों में समाज सेवा के लिए अनेक संगठनों के निर्माण का कार्य प्रारंभ हुआ। संयुक्त राष्ट्र संगठन ने विश्व के अनेक देशों के विभिन्न मुद्दों के विकास के लिए अनेक समाजसेवी संगठनों का निर्माण किया जो अशिक्षा, गरीबी, बीमारी, भुखमरी, प्राकृतिक आपदा आदि से लड़ने में उक्त देश की सहायता करती है| भारत में भी समाज सेवा के लिए अनेक गैर सरकारी संगठनों का निर्माण लगातार हो रहा है। पर्यावरण, शिक्षा, बीमारी, दिव्यांग, योग, जागरूकता कार्यक्रम, सर्वेक्षण, आदि समाज सेवा के कार्यों में इनकी भागीदारी बढ़ती जा रही है|

राष्ट्रीय कैडेट कॉर्प, राष्ट्रीय सेवा आयोग, स्काउट गाइड संस्थाएं विद्यार्थियों को सामुदायिक सेवा के प्रति प्रेरित करने के साथ-साथ प्रशिक्षित भी करती हैं| एक मनुष्य को आनंद व संतुष्टि की आवश्यकता होती है जो सामुदायिक सेवा से प्राप्त होती है। सामुदायिक सेवा, आवश्यक नहीं की एक बड़ा संगठन बनाकर या उससे जुड़कर हो, बल्कि यह व्यक्तिगत तौर पर भी कि जा सकती है। वह निस्वार्थ कार्य जिससे पूरे समाज का भला हो, जो एक वृक्ष लगाकर भी हो सकता है, समाज सेवा कहलाता है। समाज सेवा का उद्देश्य व्यक्तियों और समुदायों का अधिकतम हित साधना होता है। सामाजिक कार्यकर्ता, सेवार्थी को अपनी समस्याओं का समाधान करने में सक्षम बनाने के साथ उसके पर्यावरण में अपेक्षित सुधार लाने का प्रयास करता है व अपने लक्ष्य की प्राप्ति के निमित्त, सेवार्थी की क्षमता तथा पर्यावरण की रचनात्मक शक्तियों का प्रयोग करता है |

- अम्बुज मिश्र

बी.ऐ. प्रोग्राम

युवा

नवसमाज का संरक्षक

Image source : NSS Shivaji College Facebook Page

युवा शब्द सुनते ही मानव जीवन की ऐसी अवस्था का दृश्य कौंधता है जिसमें असीम ऊर्जा व शक्ति से मनुष्य युक्त होता है| युवाकाल शारीरिक व मानसिक पुष्टता तथा विकास का चरमोत्कर्ष काल होता है| युवा का पर्याय माने जाने वाले "स्वामी विवेकानंद" ने युवा की परिभाषा दी है कि युवा कौन है?

*जो अनीति से लड़ता है |

*जो दुर्गुणों से दूर रहता है|

*जो काल की चाल को बदल देता है|

*जिसमें होश के साथ जोश भी होता है|

*जिसमें राष्ट्र के लिए आस्था है, जो समस्याओं का समाधान निकालता है|

*जो प्रेरक इतिहास रचता है|

*जो बातों का बादशाह नहीं बल्कि कार्य करके दिखाता है|

विवेकानंद जी की इस परिभाषा में युवा की उम्र सीमा नहीं है क्योंकि युवा मनुष्य के विचारों व कार्यों में जीवंत होता है| यदि उपरोक्त गुण एक वृद्ध व्यक्ति में हैं तो वह भी युवा है परंतु यदि ये गुण किसी नवयुवक में नही हो तो वह युवा ना होकर असमय बुजुर्ग ही होगा| भारत में 2011 के जनगणना के अनुसार 65% लोग 35 वर्ष से कम उम्र के हैं, जिसे युवा जनसंख्या कहा जाता है| परंतु यह वास्तविक युवा तब तक नहीं होंगे जब तक युवा के गुणों से परिपूर्ण न हो| इक्कीसवी सदी के इस उच्च तकनीक व वैज्ञानिक युग में युवा का कर्तव्य और भी बढ़ जाता है, जिसमें युवाओं को मानव संसाधन के रूप में परिवर्तित करना एक महत्वपूर्ण चुनौती बनती है|

भ्रष्टाचार, आतंकवाद, अनैतिक राजनीति, निर्माण व स्वार्थ सिद्ध सामाजिक वातावरण मनुष्य के प्राकृतिक एकाधिकार की नीति आदि से ग्रसित माहौल में युवाओं को एक उचित मार्गदर्शन मिलना भी एक चुनौती है| मॉब लिंचिंग (भीड़ हिंसा), पत्थरबाज़ी, बलात्कार, नशाखोरी, रैगिंग आदि दुर्गुणों में लिप्त हमारे देश के कुछ युवा देश के विकास में भी अवरोध उत्पन्न करने लगते हैं| फेसबुक, व्हाट्सएप, ट्विटर, इंटरनेट आदि विभिन्न उपयोगी दूर संचार माध्यमों का दुरुपयोग कर देश के कर्णधार विद्यार्थी राष्ट्र निर्माता के बजाय आलसी, कमजोरी संयुक्त प्राणी बन जाते हैं|

Image source : NSS Event

प्रत्येक युवा को निष्पक्ष भारतीय बनने की आवश्यकता है- निष्पक्ष भारतीय का अर्थ एक ऐसा भारतीय जो सभी विचारधाराओं, राजनीतिक दलों, भारतीय धरोहरों, राज्यों की विविधताओं को अपने में समाहित कर लें तथा उनकी बुराइयों का पूर्णता परित्याग कर दे| वोट बैंक, सत्ता लोलुपता से परे इस भारतवर्ष से वास्तविक रूप से हमें प्रेम करना चाहिए और इस भारत को अपने अंदर ऐसे स्थापित करना चाहिए जैसे यह हमारी आत्मा हो| हम युवाओं का नाम व धर्म भारतीय हैं, हमें किसी एक धर्म, एक जाति, एक विचारधारा, एक राजनीतिक दल, एक सोच के संकुचित विचारों में नहीं बंधना चाहिए बल्कि निष्पक्ष राष्ट्रभक्त बनकर अपने अस्तित्व का असीमित विकास करना चाहिए| संविधान के अनुच्छेद 51 (क) में वर्णित मौलिक कर्तव्यों का प्रत्येक नागरिक को पालन करना चाहिए| युवाओं के प्रत्येक कार्य से देश का लाभ हो यह सोच होनी चाहिए| वर्तमान समय के पश्चिमी मानसिक परतंत्रता से हम सावधान नहीं हुए तो वह दिन दूर नहीं जब हम सिर्फ "*इंडियन*" बचेंगे और भारतीय केवल प्राचीन ग्रंथों में ही सिमट कर रह जाएंगे, और विलुप्त हो जाएगी भारतीय संस्कृति, परंपराएं, दर्शन, ज्ञान, विज्ञान और भारतीयता| सत्ता लोभ, पद लोभ, धन लोभ आदि लोभ के चलते हम युवा ही भारत को अवनति की ओर ले जा रहे हैं। हमें 1984 का सिख विरोधी दंगा, 2002 का गुजरात दंगा, 2013 का मुजफ्फरनगर दंगा, वर्तमान के उत्तर प्रदेश, बिहार, जम्मू और कश्मीर, बंगाल दंगों आदि से सीख लेनी चाहिए कि यह किसको लाभ पहुंचा रहे हैं और किसको हानि? तथा क्या यह हमारे भारतवर्ष की गरिमा और विकास के लिए आवश्यक है? भारतीय लोकतंत्र में क्या नागरिक बनना आसान है? लोकतंत्र में किसी भी घटना का कारक नागरिक बनता ही है, क्योंकि यह जनता का जनता के लिए जनता द्वारा शासन है| भारत के पग पग पर विविधताएं दृश्य है जो इसकी ताकत भी बनाई जा सकती हैं और कमजोरी भी, अब यह भारत के युवाओं को तय करना है| स्वामी विवेकानंद, भगत सिंह, आजाद, महात्मा गांधी, अंबेडकर, ए पी जे अब्दुल कलाम जैसे महापुरुषों से हमें प्रेरणा लेनी चाहिए| चाणक्य, बुद्ध, आर्यभट्ट, श्रीनिवास रामानुजन, चरक आदि के ज्ञान को अपने अंदर समेटना चाहिए तभी हम बनेंगे युवा| युवा में "वसुधैव कुटुंबकम" का रक्त संचार होना चाहिए| अपने से प्रश्न कीजिए "क्या आप युवा हैं?"

- अम्बुज मिश्र

बी.ऐ. प्रोग्राम

मानवता के विक्रेता

सभ्य समाज का अनदेखा रूप!

"मनुष्य स्वतंत्र पैदा होता है लेकिन वह सामाजिक जंजीरो में जकड़ लिया जाता है।" रूसो ने मनुष्य के लिए यह बात उसके परंम्पराओ, रीतियों एवं आडंबरो को ध्यान में रखकर कही थी। परन्तु प्राचीन काल से ही एक मनुष्य दूसरे मनुष्य को निर्जीव मानकर उसकी तस्करी, खरीद-फरोख्त करता आ रहा है। यूरोप में गोरे लोगो ने काले लोगो को दास बनाकर, उन्हें असभ्य, आदिवासी बताकर उन पर शासन किया। क्या इक्कीसवीं सदी, जैसे "पोस्ट मॉडर्निज़्म" के युग मे मानव ने मानवता को समझा है? आतंकवाद, नशीली दवाओं के कारोबार के बाद मानव तस्करी विश्व का तीसरा सबसे बड़ा संगठित अपराध माना जाता है। संयुक्त राष्ट्र की परिभाषा के अनुसार "किसी व्यक्ति को डराकर, बल प्रयोग कर या दोषपूर्ण तरीके से भर्ती करने, एक स्थान से दूसरे स्थान पर ले जाने या शरण मे रखने की गतिविधि मानव तस्करी की श्रेणी में आते है।" वर्तमान समय मे दासप्रथा के चलन का तरीका बदल गया है। दुनिया भर में 80 प्रतिशत से ज्यादा तस्करी यौन शोषण तथा बंधुआ मजदूरी के लिए की जाती है। 'अमेरिकी विदेश विभाग' प्रतिवर्ष मानव तस्करी से जुड़ी अपनी रिपोर्ट जारी करता है। इस वर्ष के पूर्व 2017 में चीन, रूस, ईरान, सीरिया जैसे देशों को सबसे संवेदनशील माना गया। इन देशों को टायर-3

Image source: Google

में रखा गया तथा भारत को टायर-2 में रखा गया। विश्व के विकसित देशों के आंकड़े तथा मानव तस्करी के मामले में स्थिति संतोषजनक नही है।

'यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवता:' (अर्थात जहां स्त्रियों का सम्मान होता है वहां देवता निवास करते है) जैसी भावनाएं रखने वाले भारतवर्ष को मानव तस्करी का एशियाई गढ़ माना जाता है। मानव तस्करी कम होने की बजाए दिन-प्रतिदिन बढ़ती जा रही है। भारत सरकार के आंकड़ों के अनुसार हमारे देश मे हर 8 मिनट में एक बच्चा लापता हो जाता है। यहां केवल एक बच्चा लापता नही होता, लापता होता है भारत का भविष्य, लापता होता है एक संसाधन जो आर्थिक, राजनैतिक व सामाजिक क्षेत्र में भारत को धनवान बना सकता है। अब लापता होकर वह पराधीन हो जाएगा अथवा भिक्षावृत्ति, बेगार मजदूरी,

या अन्य अनैतिक कार्य करेगा। भारत के कई राज्यो में गरीबी, अशिक्षा, अत्यधिक असमान लिंगानुपात, शहरो में कामतृप्ति हेतु बच्चियों की आवयश्कता मानव तस्करी का मुख्य कारण है। नौकरी देने, विवाह करने जैसे झांसे देकर, गरीब माँ-बाप से उनकी बेटियो को खरीद कर वैश्यालयों में छोड़ दिया जाता है या बलात्कार किया जाता है। असमान लिंगानुपात वाले क्षेत्रों में एक ही स्त्री परिवार के सभी पुरुषो के वासनाओ का शिकार बनती है।

अगर इन्ही देश की बेटियों को अवसर मिलता है तो ओलंपिक, एशियाई खेलो में भारत की झोली स्वर्ण पदको से भर देती है। वे डॉक्टर, अभिनेता, राजनैतिक, शिक्षक, भारतीय सैनिक, अंतरिक्षयात्री, योद्धा कुछ भी बन सकती है। भारत के प्रत्येक नागरिक की रक्षा का दायित्व राज्य पर है। भारत सरकार ने 1098 - चाइल्ड हेल्पलाइन जैसे कार्यक्रमो के द्वारा जन जागरूकता फैलाने की चेष्टा की है। लेकिन कठोर कानून को बनाकर व उसके पालन से ही इसे रोका जा सकता है। अगर हमारी सरकारें दुश्मन सेना को भारतीय सीमा में घुसने से, खाद्यान्न की कमी से लोगो को मरने से रोक सकती है तो ये भी आसान है। इसमें समाज के लोगो का भी कर्तव्य है, कि वे जागरूक होकर दलदल में फंसे लोगों की मदद करे।

Image source : Google

- अम्बुज मिश्र
बी.ऐ. प्रोग्राम

प्रयावरण की चेतावनी

कचरा प्रबंधन

पुन: उपयोग रीसायकल कम

सात अरब से अधिक जनसंख्या वाले हमारे इस संसार में कचरे का ढेर जमा होना लाज़िमी है। पर उस कचरे का निपटान कैसे करना है ये हमारे हाथ में है। तैतीस करोड़ भारतीयों आज भी कचरे और गंदगी के अंबार में रहने को मजबूर हैं। कारण है बढ़ती जनसंख्या, *औद्योगीकरण* और फिर परिणामस्वरूप प्रचंड उपभोक्तावाद। इस कचरे के सकुशल निस्तारण के लिए हम जो योजनाएं संचालित करते हैं, वे कचरा प्रबंधन के अंतर्गत आती हैं। कचरा प्रबंधन में तकनीक एवं उसका सही उपयोग अत्यंत आवश्यक है। पर क्या यह कार्य इतना आसान है कि कागज़ी तौर पर ही दिशा निर्देश देकर इसे अमल में लाया जा सके? यह जानने के लिए आवश्यक है कि हम कुछ तथ्यों पर गौर करें-

तथ्य 1. संयुक्त राष्ट्र का नौ-तिहाई कचरा पुनः चक्रित ही नहीं हो पाता। जिसके कारण प्राकृतिक संसाधनों के दोहन में कोई कमी नहीं आ पा रही है।

तथ्य 2. लैंडफिल जोकि कचरा निपटान हेतु प्रयोग की जाने वाली सबसे लोकप्रिय विधि है, वह मृदा अपरदन एवम प्रदूषण का सबसे बड़ा कारण है।

तथ्य 3. संयुक्त राज्य अमेरिका से हर वर्ष 11.4 बिलियन लागत की प्लास्टिक कचरे के रूप में द्वीपों पर फेंक दी जाती है जोकि पुनः चक्रित की जा सकती है।

तथ्य 4. समुद्र में इस वक़्त लगभग पच्चीस ट्रिलियन प्लास्टिक के टुकड़े हैं जोकि जलीय जीवों एवम मानव सभ्यता के लिए खतरा बन चुके हैं।

तथ्य 5. एक करोड़ से भी ज्यादा जलीय जीव प्रतिवर्ष प्लास्टिक भक्षण से मर रहे हैं।

यही नहीं, अगर हम अपने आसपास भी देखें तो दिल्ली के गाज़ीपुर कचरा भराव क्षेत्र में हाल में ही हुई दुर्घटना से जान माल की काफ़ी हानि हुई है।

तो क्या हम हाथ पर हाथ धरे बैठे रहें? नहीं! वर्तमान में समय की मांग है कि जो भी अपशिष्ट हम उत्पादित कर रहे हैं उसका समुचित निस्तारण हो ताकि हमारा सतत विकास संभव हो सके|

कचरा निस्तारण के लिए आवश्यक है कि सबसे पहले अतिक्रमण हटाया जाए। सड़कों पर, खेतों में न फेंककर उसको सही स्थान अर्थात कूड़ेदान में रखा जाए। अपघटित हो सकने वाले जैविक अपशिष्ट से बायोगैस और कार्बनिक खाद का उत्पादन किया जाए जो पुनः चक्रण और पुनः उपयोग की परिभाषा पर खरा उतरता है। ज्वलनशील कचरे को बिजली बनाने के ईंधन के रूप में इस्तेमाल किया जाना चाहिए ताकि वातावरण में उत्सर्जित ग्रीन हाउस गैसों की मात्रा कम हो सके एवम भूमंडलीय ऊष्मीकरण जैसे हानिकारक प्रभाव से बचा जा सके।

अन्ततः उपर्लिखित सभी तथ्यों और सूचनाओं को मद्देनज़र रखते हुए यह निष्कर्ष निकलता है कि कचरा प्रबंधन किसी भी समाज या सभ्यता के लिए अत्यंत महत्वपूर्ण है क्योंकि जीवों का जीवन एवम पर्यावरण अपशिष्ट से प्रभावित होता है। परिस्थितियों के अनुरूप हमें स्वयं को इस आदत में ढाल ही लेना चाहिए कि हम यह संकल्प लें कि अपनी और अपने आसपास के परिवेश की सफाई व्यवस्था हमारी जिम्मेदारी है और इसे हम हर हाल में निभाएंगे। किसी व्यक्ति विशेष पर निर्भर रहना हमारी बड़ी भूल साबित हो सकती है। पर्यावरण हमें चेता रहा है कि अभी भी हम स्वयं को सुधार लें अन्यथा इस समस्या के दूरगामी परिणाम सामने आएंगे।

- वर्षा शुक्ला

बी.एस.सी. लाइफ साइंस

पगडंडी पे सोता मनुष्य

संवेदनशील हालातों से गुज़रता जन-साधारण!

वागाबॉन्ड शब्द मुख्य रूप से उन लोगों की ओर संदर्भित करता है जो अपने खाने की तलाश में एक क्षेत्र से दूसरे क्षेत्र में पलायन करते हैं। खाना बदोशी अब हमारे भारत में एक बड़ी समस्या बन चुकी है।

एक सर्वेक्षण में यह देखा गया है कि अधिकांश आवासहीन लोग भारत के उत्तर भाग के है। ये लोग घर-घर जाकर कपड़े बेचने वाले व्यक्ति हो सकते हैं, या एक घर से दूसरे घर तक विभिन्न खाद्य पदार्थों की बिक्री करने वाले व्यक्ति हो सकते हैं। वे उन जानवरों की तरह हो गए है जो सड़कों पर घूम रहे हैं। लेकिन उनके पास अब भी एक आशा है जो उन्हें बताती है कि एक दिन उनके पास भी अपना घर होगा। लोग किसी प्रकार की जानकारी के लिए पूरी तरह से मीडिया पर निर्भर है लेकिन यह एक कठोर वास्तविकता है कि हमारा मीडिया आवासहीन लोगों पर ध्यान केंद्रित करने में विफ़ल रहा है। पिछले वर्षों में इन आवासहीन लोगों को हत्यारा या आरोपी करार दिया जाता रहा है। 24 दिसंबर 2018 को दिल्ली में एक भयानक घटना हुई, जिसमें, दो आवासहीन लोगों के बीच फुटपाथ में चिमनी के पास सोने के लिए लड़ाई हुई जो *दोनों* के बीच हाथापाई में बदल गई। जिसमें उनमें से एक ने दूसरे को मौत के घाट उतार दिया| वित्तीय समस्याओं की वजह से दिल्ली में 5 दिसंबर 2018 को एक भयानक घटना हुई जिसमें अवसाद पाया गया कि महिलाओं का बलात्कार किया गया

Image source: Google

और उन्हें आवासहीन लोगों ने मार डाला। पुलिस ने अपराध की जांच की और बाद में अपराधियों को पकड़ लिया। यह अब तक की सबसे बुरी ख़बरों में से एक थी। ये आवासहीन मुख्य रूप से समाज के गरीब तबके से ताल्लुक रखते है और वे छोटे- छोटे कारणों से एक-दूसरे से लड़ते हैं। लेकिन यह इकलौती घटना नहीं है, पिछले वर्षों में ऐसी कई घटनाएं हुईं। भारत में ही नहीं, दुनिया के कई देशों में इस समस्या का सामना किया गया है। लोगों के आवासहीन होने का मुख्य कारण अशिक्षा, बेरोज़गारी और उनकी वित्तीय समस्याएं हैं। मुख्य कारण जो उन्हें आवासहीन की उपाधि देने के लिए बने, वह उनकी खराब स्थिति है। वे अपनी वस्तुओं को बेचने के लिए कमाते थे, ताकि वे अपने परिवार को खिला सकें, लेकिन निश्चित रूप

से इस अन्यायपूर्ण दुनिया से उन्हें बाहर निकालने में मदद करने का एक ही तरीका है। हम इन गरीबों की मदद कर सकते है, उनके लिए धन जुटाकर या उन्हें ऐसे साधन दिलाकर जहां वह कुछ नया *स्टार्टअप* बनाना सीख सकते हैं।

हम इन आवासहीन लोगों की मदद के लिए विभिन्न सेमिनारों या बैठकों का आयोजन कर सकते हैं, लेकिन हमारी सरकार ने इन गरीबों पर ज़्यादा ध्यान नहीं दिया है इसलिए यह हमारा कर्तव्य है कि हम सरकार को यह महसूस कराएं कि उन्हें समाज के गरीब तबके के लिए कुछ सोचना चाहिए और देश के नागरिक के रूप में यह हमारा कर्तव्य है की हम उनके उत्थान के विषय में सोचें, ताकि वे हमारे देश के बेहतर नागरिक बन सकें।

यह वास्तव में कहा जाता है कि कुछ भी असंभव नहीं है, इसीलिए हमें आवासहीन लोगों की रहने की स्थिति में सुधार करने का प्रयत्न करना है ताकि एक बार फिर हमारे देश 'एक सुनहरा पक्षी' कहलाए।

Image source : contexts.org

- बलजीत सिंह
बी.एस.सी. ऐ पी एस

रिरियाता जंतु

आवासहीन या रक्षक?

पृथ्वी एक अनोखा ग्रह है जिस पर जल व जीवन दोनो पाया जाता है। यहां सक्षम जीव कवक, फँजाई से लेकर हाथी व ब्लू व्हेल जैसे जीव पाए जाते है। इस पृथ्वी पर सभी प्राणियों का उतना ही हक़ है जितना कि मनुष्य का, लेकिन मनुष्य संसाधन की विचारधारा लाकर पृथ्वी के भौतिक व जैविक परिस्थिति के तंत्र का शासक बन बैठा है। इसके इस अतिदोहन की नीति से अन्य प्राणी प्रभावित होते है।

वर्तमान परिप्रेक्ष्य में जानवरो के घर मनुष्य ने छीन लिए और उन्हें 'आवासहीन' बना दिया। भारत मे आवासहीन जानवरो की जनसंख्या मे वृद्धि आर्थिक व तकनीक वृद्धि से भी तीव्र है। केवल आवासहीन कुत्तों की जनसंख्या 30 मिलियन से अधिक है। गाये, सुअर बिल्ली, नीलगायें, सियार, बंदर, हिरण आदि जानवर प्रायः भारत के ग्रामीण या शहरी क्षेत्र में देखे जा सकते है। कभी-कभी शेर, तेंदुआ, भालू, जंगली हाथी के देखे जाने की खबरे अखबार की सुर्खियां बनती है। गलियों का शेर कहा जाने वाला वफादार जानवर दिन-रात अपरिचितों से गली की रक्षा के लिए गश्त लगाता रहता है। भारत मे मनुष्यों की जिस प्रकार उच्च, मध्यम व निम्न वर्ग का स्तर है उसी प्रकार जानवरो (कुत्तो) का भी है। प्रथम स्तर में पालतू कुत्ते है जो मालिक के परिवार के सदस्य होते है, दूसरे वर्ग के कुत्तों को केवल खाना मिलता है, रहने की व्यवस्था नही होती। निम्न वर्ग के कुत्ते आवासहीन होते है जिनके पास न तो खाने का ठिकाना होता है न ही रहने का। ये मनुष्य के लिए खतरनाक होते है। इनकी जनसँख्या बढ़ने के भी कुछ प्रमुख कारण है। आवासहीन कुत्तों की आने वाली पीढ़ी भी आवासहीन होती है। कुछ सज्जनों को जब कुत्ते पालने का शौक खत्म होता है तो उन्हें आवासहीन छोड़ देते है।

आवासहीन जानवर भोजन की तलाश में भटकते है कूड़ेदान में, भंडारो के जुठे पत्तलों में, जानवरो के गोबर में, नालो में, सब्जी मंडी में, मास की दुकानों के पास ये प्रायः भटकते है। ये आवासहीन पशु हमारे परिस्तिथितिक तंत्र के लिये बहुत आवश्यक है।

ये भोजन चक्र को पूरा करने में महत्वपूर्ण योगदान देते है। लावारिस व मृत जीवो को खाकर ये पर्यावरण की रक्षा भी करते है। वर्तमान समय मे यह, मानव के लिए मुसीबतो का पहाड़ खड़ा करने लगे है। प्रत्येक घंटे कुत्तो के काटने के नौ मामले केवल दिल्ली में ही दर्ज किए जाते है। इनसे *रेबीज़, हीटस्ट्रोक, हर्टवार्म, डॉग फ्लू, मैगट्स* आदि बीमारियां होती है जो संक्रामक है। यदि कुत्ते के काटने से किसी की मृत्यु हो जाती है तो तीन लाख और यदि विकलांग हो जाए तो एक लाख का मुआवजा *म्युनिसिपेलिटी* द्वारा दिया जाता है। प्रायः ये यातायात दुर्घटना का भी कारण बनते है।

औद्योगीकरण के बाद कृषि संयंत्रो के आविष्कार के कारण बछड़ों का प्रयोग कृषि कार्यों में बहुत कम हो गया, जिससे वे भी आवासहीन पशु बन गए। भारत के विभिन्न नगर निगमो की जिम्मेदारी बनती है, कि वे इन आवासहीन जानवरो पर काबू पाने मे समर्थ हो। वन बंदरो, गीदड़ों, जैसे जानवरो के घर थे परन्तु वनोन्मूलन ने उनसे उनके घर छीन लिए। यह भी मनुष्य द्वारा पारिस्थितिक तंत्र बिगडने का ही नतीजा है।

हमे इन जानवरों के प्रति दयावान होने की आवश्यकता है। अगर एक परिवार एक आवासहीन जानवर को अपना ले तो इनको संख्या कम हो सकती है जोकि शहरो में बहुत मुश्किल है।

हमे राष्ट्रीय स्तर के कार्यक्रम बनाने होंगे जो जमीनी स्तर तक पहुंचे। मानव अस्तित्व के लिए जानवरो का अस्तित्व भी महत्वपूर्ण है।

-अम्बुज मिश्र

बी.ऐ. प्रोग्राम

पहाड़, घाटियाँ और उपलब्धियां

सभी जानते है कि जिस तरह हम अपने स्वयं के पारिस्थितिक तंत्र को नुकसान पहुंचाते है, व भविष्य में हमारे विनाश का कारण हो सकता है। हम अतीत में ही इस तरह के विनाश की घटनाओं के साक्षी बन चुके है। जिस तरह से दुनिया मे जनसंख्या बढ़ रही है वैसे ही प्राकृतिक संसाधनों की मात्रा कम होती जा रही है। यदि यह प्रक्रिया समाप्त नही हुई तो हमारा भविष्य अंधकार में है।

चिमनी, एयर कंडीशनर और कुछ नए उपकरणों के माध्यम से प्रदूषण बड़े पैमाने पर हिमनदों को प्रभावित कर रहा है और इसके परिणाम- स्वरूप हिमनद ओर हिमखंड पिघल रहे है। यह समुद्र के स्तर को नुकसान पहुंचा रहा है, जिससे समुद्र के निकटवर्ती स्थानों के डूबने की आशंका रहती है। उदहारण के लिए *शंघाई* ओर *सैन फ्रांसिस्को* कुछ ऐसे शहर है जो प्राकृतिक आपदा के खतरे के निशान पर है। ऊपर लिखित 'चेतावनी' का सबूत यहां एक लेख के रूप में दिया गया है जो 30 अप्रैल 2018 को ब्रिटेन और यू.एस की संयुक्त परियोजना के आधार पर *'हिन्दू'* में प्रकाशित हुआ। ब्रिटेन और संयुक्त राज्य अमेरिका ने 30 अप्रैल को अंटार्कटिका में एक विशाल ग्लेशियर के पतन के जोखिमो का अध्ययन करने के लिए 25 मिलियन का प्रोजेक्ट लांच किया। पांच वैज्ञानिक शोध, जिसमे सौ वैज्ञानिक शामिल थे, 1940 के दशक से लेकर अब तक अंटार्कटिका में दो देशों की सबसे बड़ी संयुक्त वैज्ञानिक परियोजना हुई।

यू.के. नेचुरल एनवायरनमेंट रिसर्च काउंसिल और *यू.एस. नेशनल साइंस फाउंडेशन* ने संयुक्त वक्तव्य में कहा कि वैज्ञानिक पश्चिम अंटार्कटिका में फ़्लोरिडा या ब्रिटैन के आकार वाले *ठवाइट्स ग्लेशियर* का अध्ययन करेंगे। *यूके* के विज्ञान मंत्री सैम ग्यामा ने कहा, "बढ़ते समुद्र का स्तर वैशविक स्तर का एक महत्वपूर्ण मुद्दा है जिसे अकेले एक देश द्वारा निपटाया नही जा सकता।"

ठवाइट्स और पास के *पाइन आइलैंड ग्लेशियर* अंटार्कटिका में सबसे बडे ओर सबसे तेज़ पिघलने वाले ग्लेशियर में से दो है। यदि दोनो का अचानक पतन हो जाये, तो महासागर में बर्फ को तेजी से बहने की छूट मिल जाएगी, विश्व समुद्र का स्तर एक मीटर से अधिक बढ़ सकता है। शंघाई से सैन फ्रांसिस्को और दूसरे तटीय क्षेत्रों के शहरो में इसका बहुत नुकशान हो सकता है।

दी गयी रिपोर्ट के अनुसार समस्या का समाधान एक बडे वैज्ञानिक स्तर पर किया जा रहा है। लेकिन अपने स्तर पर, हमे अपनी दैनिक गतिविधयों में बुनियादी परिवर्तन लाने होंगे। केवल किताबो, समाचार पत्रों, लेखों या अन्य स्रोतों को पढ़कर या सुनकर हमे रुकना नही है। हमे दुनिया को बाद में पहले अपने आस पास के वातावरण को दूषित होने से बचाना है। जिस दिन हम अपने मूल स्तर पर इसे करने में कामयाब हो गए उस दिन हम अपने वातावरण को बचाने में भी कामयाब और अग्रसर हो जाएंगे और एक दिन हम फिर से अपने वातावरण को पूर्णतः बचा लेंगे। परंतु सवाल यह है कि उसके लिए हमे करना क्या होगा? तो हम सभी को कोई बड़ा कार्य नही करना है, सिर्फ इतना करना है कि-

1) हमे कम से कम ईंधन इस्तेमाल करना है।

2) जितने भी पेड़ पौधे हम लगते है उन्हें केवल लगाकर मरने के लिए नही छोड़ देना है बल्कि उनकी देख-रेख भी अच्छे से करनी है।

3) हम सभी को सबसे ज्यादा ध्यान कूड़े का रखना है। कूड़े को हमेशा कूड़ा गाड़ी में फेंके ताकि वो कूड़ा-घर पहुंच सके और हवा अथवा जल को दूषित करने का कारण न बने।

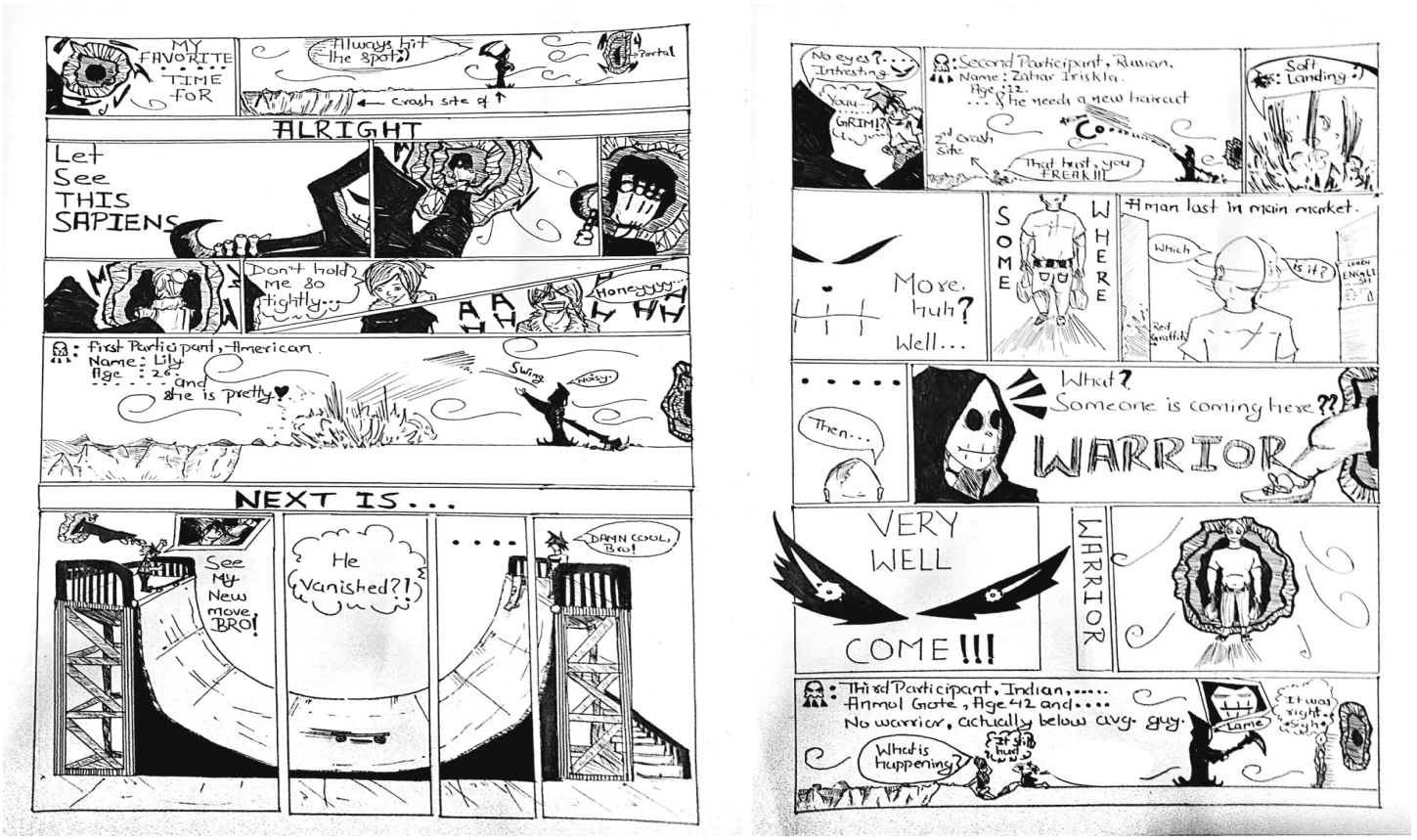
हमारी आबादी लगभग आठ सौ करोड़ है और हम सभी मिलकर इन छोटे छोटे उपायों से अपने वातावरण की रक्षा तथा सेवा कर सकते है। गाड़ियों व चिमनियों का कम इस्तेमाल तो एक तरीका है ही, अपने वातावरण को संरक्षित रखने का परन्तु उतने भर से काम नही चलेगा। अब हम सभी को हमारी आम दिनचर्या में कुछ कठोर कदम उठाने की जरूरत है। हम अपनी जरूरतों को कम तो नही कर सकते परंतु संतुलित रखने की सख्त आवश्यकता है ताकि हमारी आने वाली पीढ़ी को सुरक्षित जीवन मिल सके।

-अमेय तिवारी

बी.ऐ. प्रोग्राम

The Day of Judgement

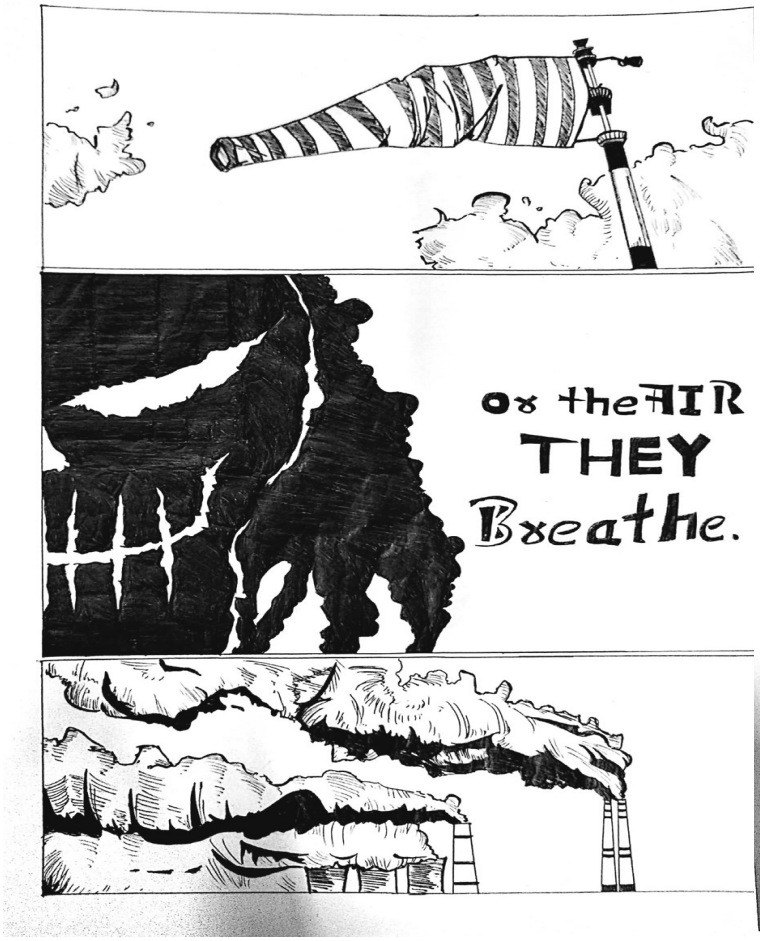
Designed by - Rajesh Meena

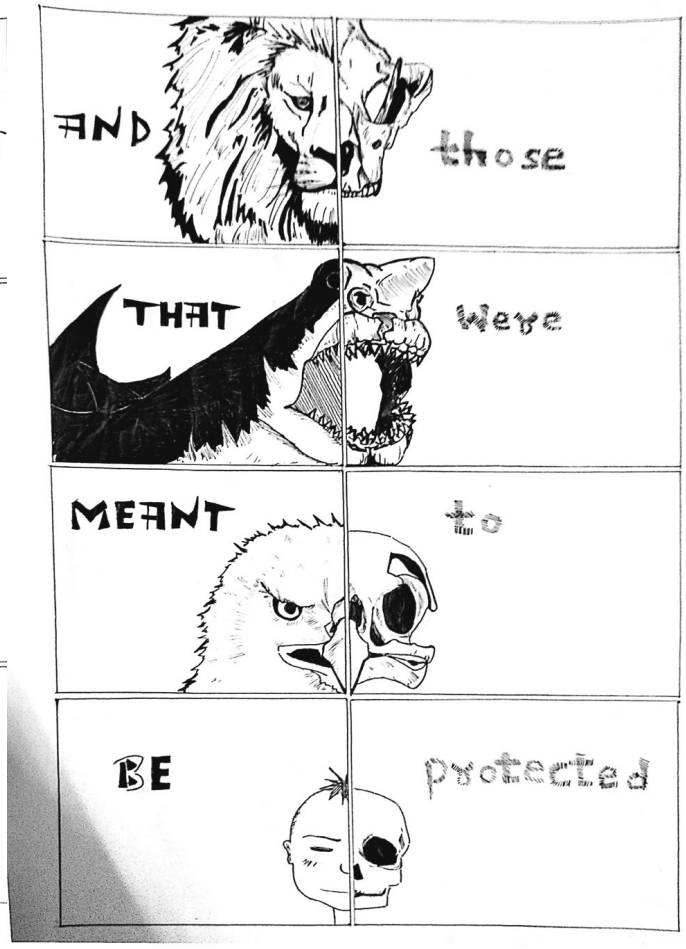


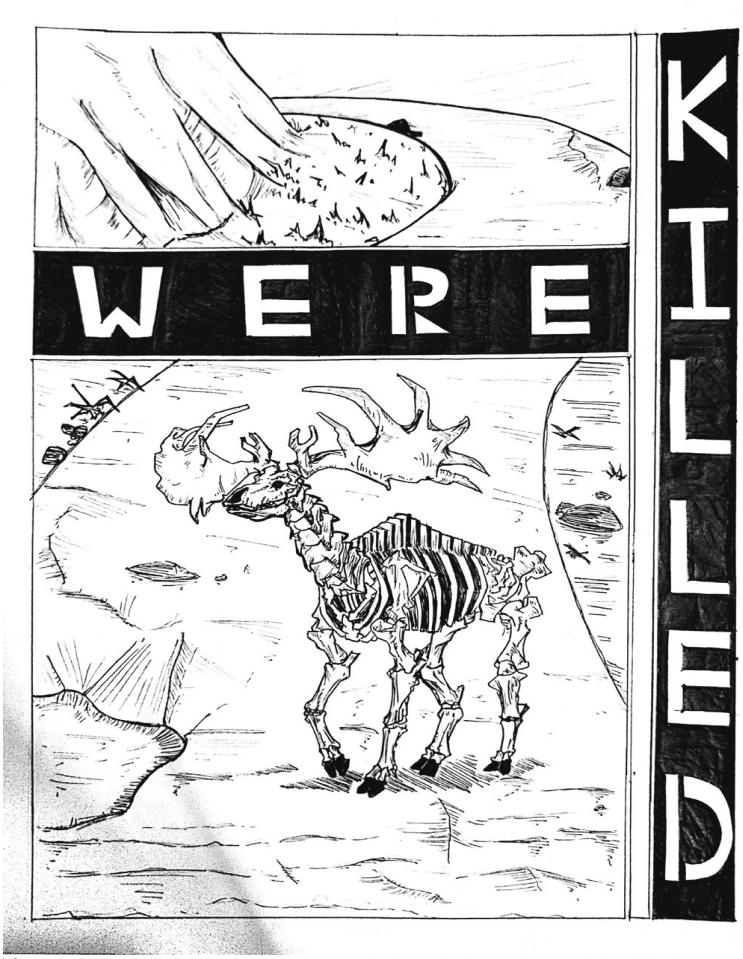
The portal is still alive?
Haddi?
How many...
Is that?
GRIEF
How many rulers do this planet have?
This planet is little from the other planets we visited..
Well they are divided on many levels..... Country, Religion, Caste, Culture, economic classes...
Like that "Baldy" Country is a democracy & gives power to every single individual. And "Pretty♥" Lily country is also same
BALDY
Women
BLONDE
Did you hit your head or something?
Ignored People
Yeah Yeah. India.... whatever...
It is super-duper coolll... man! & America isn't, my grandfather told me.
Typical American
Typical Russian
And you know India ahh hhhh
Shut up, you lame warrior!!
Do you who is my father?
Retired govt. officer.
TYPICAL INDIAN
Oh you know
HOW MANY?
hmmm...
Indians are influencive :)
DON'T
HMMM.... ME!
WELL
SOME SIX BILLION RULERS
WHAT?
One head... Two head... Three head... Freaking...
Noise
Six.... 6...
RUMBLIG
I'm new in town, lady. Can you give me direction to your apartment.
REALLY?
SHUT THE HELL UP.
Acidity:
That Russian has a EYE!!
What's with that wicked aura?
FWEEETTO
Did he just farted? Acidity! *Sigh*
Oye LUCIFER, don't destroy this planet yet..
Destroy? Lucifer?
Step
Step
Step
What?
...
You..
You all have won a chance to protect your planet .... Congrats.
....
Scammer
you!
What the hell is happening here?
You lazy bone, we have to invite all the rulers
Six... S-I-X Billion rulers.. Are you crazy?
You know what, you are a scammer!
A Freak, a pervert baldy, a russian dude.... and apparently the freak isn't a ventriloquist, so a talking skull too.
Dialing
You doubted him
My vegetables are ruined
O. So you are willing to miss that 'show' in Hell, my friend?
No network, great!
No
Okay, fine!
ALRIGHT
SNAP
My Eyes
Too Bright
Is the dream ending?
Lucky ones, you are before the Great Lord Lucifer, the ruler of Hell. And you all are here to defend your planet
Lets begin the TRIAL!
Thanks, Lucy (Lucifer). They were heavy
Verbally
My eyes.. *rubbing*
....
Put
Put

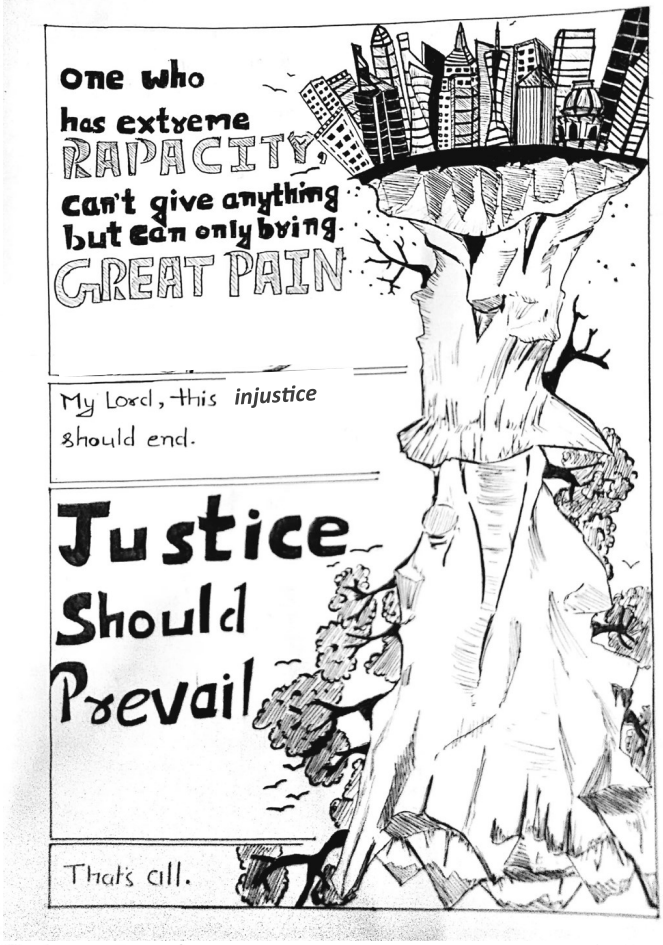
You imbecile
What's with that dumb look?
Don't tell me you...
Lucifer, these creatures are too dumb.
And you were going to invite them all!
Now explain them. Fast...
No idle chat.
Okay
A FEW MOMENTS LATER...
Commence the trial
I will start then
The ruling species, homo-sapiens are accused of exploiting, polluting and ultimately destroying this planet
Be it the water that gives them Life.
THEY
CORRUPTED IT.

Or be it the prosperous and beautiful Lands
They just
ATE
THEM
GROWTH


Or the AIR
THEY
Breathe.


AND
those
THAT
Were
MEANT
to
BE
protected

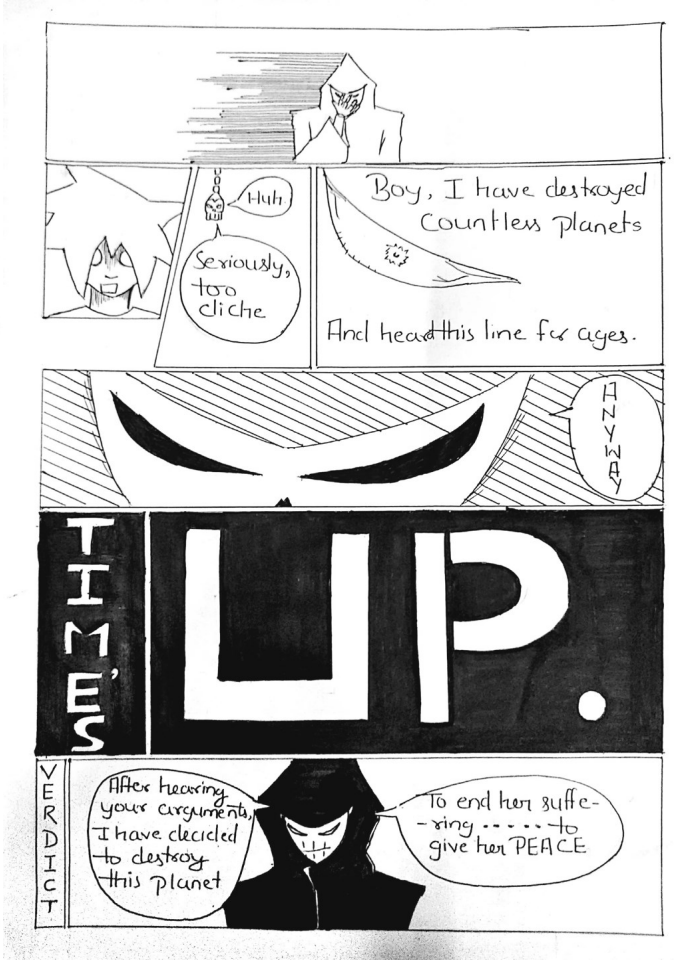

WERE
KILLED


One who has extreme RAPACITY, can't give anything but can only bring GREAT PAIN
My Lord, this injustice should end.
Justice Should Prevail
That's all.

That's all
Your turn, Sapiens!
This case is a lost cause.
I understand your reasons Great Lord Lucifer.
But we are just common citizens. You should bring, President or PM to talk
Play safe Lily, PLAY SAFE!
President?
Here?..... Are you insane? Lucifer will kill us twice!!
It doesn't matter
You too are a ruler.
If not for these standard procedures, I would have ended this in a matter of seconds!
This trial is your last chance, Sapiens.
Give me reasons to spare your low lives or will you fight me?
I prefer the latter.

TRIAL
Then women, will you start?
me?
very well.
What should I say?
Think Think Think...
What crazy concentration
Super Saiyan
Huh
What?
These 3rd world countries are the reason for all this... They- blah blah blah...
You
Don't blame us for everything
You are no innocent
He is laughing!
Blah Blah Blah Blah Blah
Blah Blah Blah Blah Blah Blah
Sitdown.
Both of you have lost your chance
Haha haha haha
Over such trivial fight.
You fools, right now you speak for this planet!
Not for your countries

No eyes, your turn
One more to go, huh?
At, last it is going to end.
thinking
Hmmm
This is going to be dramatic.
My Lord.
I won't ask for forgiveness but for a chance to-
to correct our past mistakes
We young generation
will save this Planet!
We will show you that we Humans are the true and needed ruler.
So give us, the new generation a chance to proof ourselves
Great Lord Lucifer, don't cloud your judgement over the mistakes of past generation
Belive in us
Belive in the new generation
I am amazing.... learn you old goat, that's how you do it.
Grinning
My speech is perfect.... Hate to admit, but these lines are working for decoies. Sorry Lucifer


Huh
Seriously, too cliche
Boy, I have destroyed countless planets
And heard this line for ages.
ANYWAY
TIME'S
UP.
VERDICT
After hearing your arguments, I have decided to destroy this planet
To end her suffering..... to give her PEACE

HAHAHA
Finally
Give us one-
-More chance!
OH NO!!!
Lets meet again in my realm, Hell. See ya!
Bye-Bye.
SLICE
SLICE

EDUCATION

THE NATION'S PILLAR

The importance of real education!

A ten year old boy was standing outside the gate of the class of a school in a rural village of Ambadwe in Maharastra. He didn't enter the class because of the social stigma that was stuck with the depressed classes. One day a teacher came out and admitted that child in the school and that boy changed the destiny of our country by writing the "Constitution of India".

Education is the process of learning or acquiring knowledge, values, skills and habits. Education brings about an inherent and permanent change in a person's thinking and capacity to do things. It is a learning experience that changes our outlook and perception to see the society on a broader perspective enriching us with the pearls of wisdom.

India has the largest youth population in the world comprising twenty-eight percent of the total population under the age of fourteen, giving us an edge over other countries to modernize and expand our education system by providing skills to our youth, thus helpful in advancement of nation. The importance of education can be seen in terms of parameters of social, political-administrative, environment and ethical values.

At the social level, it uplifts the bottom of pyramid like no other tools, helpful in diffusing modern, liberal ideas that erode orthodox and divisive mindsets which are major hurdles in India's progress. In terms of the political and administrative scenario, there is a consistent demand for technically skilled manpower to combat corruption and bring transparency and accountability in governance. In the context of environment, education brings about behavioral change, making people urge towards the need for sustainable development. In terms of ethics and values, wholesome education creates a population that is moral and disciplined. India initiated a wide range of programmes for achieving the goal of University Elementary Education through several schemes and programmes interventions like *Sarva Shiksha Abhiyan*, *Midday Meal Scheme, Right to Education*

Act. Primary school enrolment in India has been a success story largely due to the initiatives taken by the government. India's gross enrolment ratio in primary education was 99.2% in the year 2015-16. Improvements in infrastructure has been a boon to the education, thus reaching to the grass root level. Now India has 1.4 million schools and 77 million teachers so that 98% of habitations have a primary school within one km and 92% have upper primary school within three kms.

It is quite a pity that our education system has been entangled in a vicious circle that curtails the essence of education in India. It includes the poor quality of education in government schools, teachers crunch, lack of infrastructure, dropout rates touching the sky which is much higher in upper primary and secondary education level. According to the *Pratham's* Annual Status of Education Report (2013), about 78% of children in standard III and 50% of children in standard V cannot read standard II textbooks.

Arithmetic is also a cause of concern as only 26% student in standard V can solve a problem related to division. Only half of the concerned school s have functional toilets and access to safe drinking water. India is also witnessing issues like brain drain resulting in dearth of talented students.

Commercialization of education led to many non accredited institutes mushrooming and duping rural and semi urban students. Though many barriers and hurdles stand right facing us, but we as a nation are capable to overcome these hurdle.

The government has launched an integrated scheme named '*Samagra Shiksha'* which is based on learning outcomes methodology.

Many initiatives have been taken to build proper hygienic toilets, accessibility to safe drinking water, improving the quality of food, proliferation of teachers and many more. The government is focusing on better infrastructure, adequate funding in research, vocational training as well as digitalized education. While much has already been done in policy formulation, implementation in not always up to mark. The outlay on education should be raised from the current 2.4% of the GDP. An All India Education Services (IES) has been established in 1886.

As India enters the period of 'demographic window' which will last roughly 30-40 years, the government urgently needs to educate and skill the burgeoning youth to capitalize in it. Only this can aid a rise in the education levels of our youth.

— *Saurav Kumar*
B.A. (Hons.) Political Science

Trafficking

HUMAN - AN OBJECT ?

According to the latest figures of the National Crime Records Bureau, released in 2017, our country has seen a whopping increase in the cases of human trafficking, with the number of cases reported increasing from 6,877 in 2015 to 8,132 in 2016. An estimated 2.5 million people become the victims of human trafficking every year, all over the world. The United Nations Convention against Transnational Organized Crime (UNTOC) defines human trafficking as, 'The act of recruitment, transfer, transportation, harboring, or receipt of persons, by means of the threat or use of force or other forms of coercion, of abduction, of fraud, of deception, of the abuse of power or of a position of vulnerability or of the giving or receiving of payments or benefits to achieve the consent of a person having control over other person, for the purpose of exploitation'. Broken down into simpler terms, it consists of movement or recruitment by deception or coercion for the only purpose of exploitation. The nexus of the child trafficking is the hardest to break, and so it is difficult to obtain information. Moreover, India doesn't have any separate preventive measures or legislations for tacking child trafficking except for some like the Protection of Children against Sexual Offences Act (2012) and Immoral Traffic (Prevention) Act. The latest figures estimate that 1.2 million children are trafficked worldwide every year. The objectives of traffickers include forced labor which can take many forms such as work in agriculture, service and hazardous manufacturing industries, domestic servitude and still worse; they are engaged in sex or drug trade. They are trained to be the drug couriers or dealers, and are remunerated in drugs, therefore trapping them in the vicious circle of addiction and crimes. The exploitation, constant abuse and the sub-human living conditions deny them of their right to live their life with dignity, rob them of their self-esteem, confidence and leaves them shell-shocked.

Factors behind the menacing problem of child trafficking are many in India. There are a variety of circumstances that create a toxic cocktail of vulnerability that increases the incidence of exploitation. The marginalized and poor communities are the main targets. Their penury forces them to trade their lives in the hope of improving their life. Gender inequality also influences the preference of the traffickers. Girls are considered to be more vulnerable than boys,

physically and emotionally, and therefore are deemed as a bigger risk. Moreover, the demand for girls also comes from the prostitution industry. Among the other easy targets are the children with mental and addiction issues who face isolation, have diminished capacity to consent or informed consent, and limited ability to assess the risk. Traffickers deliberately supply drugs to these children, so as to break down their resistance and coerce them into forced labor or sex. With the social media, it has become much easier for them to lure vulnerable children.

India is a source, transit as well as a consumer country in South-East Asian human-trafficking industry. West Bengal has become a major trafficking hub, registering more than one-third of the total number of victims in 2016, the reason being the porous borders, the state shares with Bangladesh and Nepal.

Steps Taken by the Government to curb Child Trafficking:

India ratified the United Nations Convention against Transnational Organised Crime in 2011 and SAARC Convention on Preventing and Combating Trafficking in Women and Children for Prostitution. Article 23(1) of the Indian Constitution prohibits trafficking in human and forced labour. The Government of India applies the Criminal Law (Amendment) Act 2013, as well as Section 370 and 370A of Indian Penal Code, which provides stringent punishment for human trafficking; trafficking of children; or any form of sexual exploitation; servitude; or forced removal of organs. Apart from this there are other laws and provisions like- The Immoral Traffic (Prevention) Act of 1956, Bonded Labour System (Abolition) Act of 1976, Protection of children from Sexual Offences (POSCO) Act of 2012. In spite of these laws providing 'stringent punishment', the numbers of victims is always on a spurt. To further combat the menace of the trafficking, the Trafficking of Persons (Prevention, Protection, Rehabilitation) Bill has been passed in 2018.

The bill provides a robust policy framework which ties together the approaches of prevention, rescue, rehabilitation and capacity building of the victims. Under the bill, a National Anti Trafficking Bureau (NATB) will be established for coordinating, monitoring and surveillance of the trafficking cases from all over the country. The bureau will also be helpful in dealing with the inter-state ramifications. Anti-Trafficking Relief and Rehabilitation Committees are to be established at national, state and district levels, which will be responsible for providing compensation, repatriation and the re-integration of the victims in the society. It also provides a framework for the appointment of state anti-trafficking officers and establishment of anti- trafficking units which will take on the responsibility of prevention, rescue, and protection of victims and witnesses, and designated courts for each district, aiming to provide a time-bound (within a year) judgement for the cases.

The bill is being advertised as a comprehensive solution to the problem of trafficking . However, there are certain issues that need to be rectified. For instance , the bill promotes 'rescue raids' and institutionalisation which may be detrimental to all developmental domains of children. The bill is also not in accordance with the recommendations of the UN Human Rights Council.

Child and human trafficking forms a lucrative illicit economy that must be attacked from every angle in a sustained manner. Law enforcement officers need to be more sensitive in dealing with the victims. They need to create a sense of safety and ensure the victims that they will not be victimized further. Rehabilitation must be holistic. Psychological healing is the most important step in the recovery process. For the re-integration of the victims into society, they should be equipped with employable skills and education, so that they can live a life worth living. Shelter homes can play a critical role in this, providing them with medical help, vocational courses and education. This calls for higher budgetary allocations from the government. Finally, the masses can contribute by accepting the victims back into their lives and society, and sparing them of the social stigma. Only then can the process of restoration and social integration be anywhere near complete.

- Anuj Singla
B.A. (H) Geography

THE KEY TO SUSTAINABLE LIVING

WASTE MANAGEMENT

REDUCE REUSE RECYCLE

A landslide in Delhi's Ghazipur swept many persons away into the canal nearby and also costs the lives of two people. But Delhi is not a mountainous area!
Shocked?
Yes!
This landslide was caused by Ghazipur landfill which is one of the four major dumping sites in the capital of India. Continuous dumping has led it to reach the height of more than 50 meters, i.e., taller than a 15 storey building. This pile of trash is a stark reminder of the administrative apathy pressing the need for a multi-pronged approach for solving the problem of waste.

Waste, as traditionally understood, is any unwanted or unusable extra substance or effluents, scrap material that neither has utility nor worth and need to be discarded. However, with the help of proper waste management, not only can waste be successfully disposed off, but money can also be saved. Waste management is a comprehensive term used for the plethora of processes ranging from collection, transportation, segregation, treatment, disposal of waste in an environment-friendly manner and recuperation of any usable resource. It is largely based on the three R's approach- Reduce, Reuse, Recycle. The general techniques are landfills, incineration, recycling, chemical treatment and biological reprocessing. The real situation, however, speaks a sorry figure. The current management practice in India involves the collection of household waste through community based bin collection, transportation to the local landfills or the ones lying in the periphery of the cities, with little segregation and treatment. In 2017, only a quarter of the waste generated in Indian cities was processed while 75% waste was dumped unprocessed. Several factors like unplanned urbanization, general apathy, lack of administrative will, lack of proper funds and technologies etc. have contributed to the present situation. A holistic and multi-dimensional approach is the need of the hour. The first and foremost task, in the battle for waste management, should be the segregation of the waste at the source into wet and dry, bio-degradable and non-biodegradable material.

The Waste Management Rules, 2016, also mandate the same but they need to be actively enforced. One way is rewarding the households that pursue segregation with incentives, for instance rebate in the household tax, electricity and water bills. The collection and processing systems need to be strengthened, so as to ensure the proper transportation of waste with leakages.

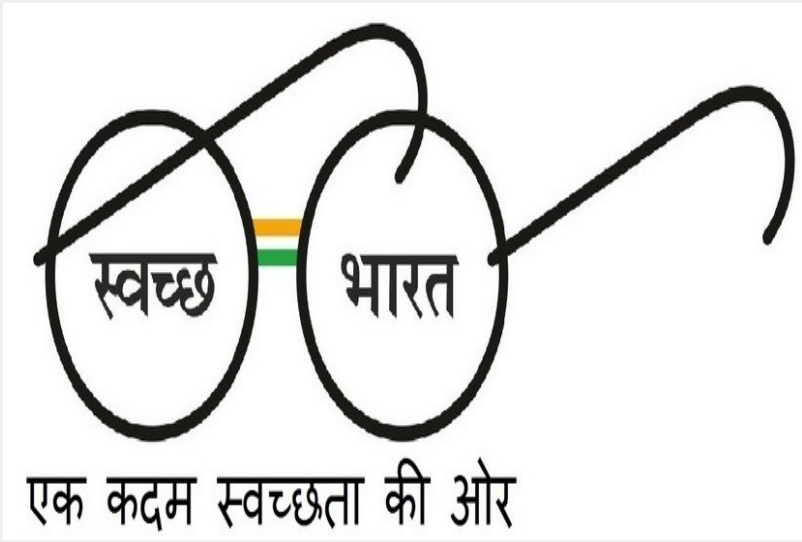
A new order of management with more accountability, transparency and innovative technologies needs to be put in the place. This should be complemented by an aggressive campaign to impose penalties, fines for littering in open spaces, and change the outlook of people, till the day when waste management becomes the norm. Public participation should be, perhaps, the most important component of our approach, has aggravated the menace.

What we have to learn is that our cities, places of livelihoods, neighborhood parks where life springs, cannot have hills of trash. We need to gear up and use the waste as a resource than our liability.

Absence of waste management techniques leads to multiple adverse ill effects. The garbage dumps pollute the nearby water resources through the seepage of toxic effluents. Also, there is a continuous emission of methane gas, which eventually causes fire adding to the toxicity of the atmosphere. Urban waste also has significant effect on human health. There is always the fear of spread of diseases to the thousands of rag pickers working in the vicinity.

Waste Management, on the other hand, solves these problems. Firstly, it helps in environmental preservation by ensuring that the toxic and harmful materials are removed or treated before discharge. Recycling

Image Source: Canva.com



has twin benefits, that is, it not only reduces the amount of waste produced, but also decreases the amount of new goods produced in the economy and thus saves resources. It also provides employment to the people, as in all the facets of waste management, a huge amount of labor is required. Waste can be used to generate energy. Recently a solid waste to energy conservation plant has been inaugurated in Narela, Delhi. Other than the economical and environmental benefits, there is also ethical perspective. We, as the inheritors of this beautiful earth have the responsibility of leaving it to the generations down the line, in the same condition as we have received it, if not better.

— *Anuj Singla*
B.A. (Hons.) Geography

ECOLOGICAL FOOTPRINT

Your guide to a modern lifestyle in a sustainable environment

LUXURY OR RESOURCE : TIME TO DECIDE

The evolution of human beings was followed by multiplication of their demands. Their needs on environment have been increasing manifold, as and when compared to other animals. Land, water and air are already under tremendous pressure due to increase in human population and their voracious demands. Ecological footprint measures these demands on nature. In the broader sense, it is the quantity of nature which every individual required to survive on this planet. Quality of nature constitutes the amount of land, air and other resources we utilize and pollute. We all have been taught that we should only utilize what we have in our hands and ultimately we are heading towards a big decline. Reports have revealed that 1.6% of this planet is being utilized to meet our irrelevant desires. There are numerous instances where we could have preserved our resources but just for our personal future gains we here continuously exploited the ecology.

In broader terms, it takes 19 months for earth to regenerate what we utilize in a year. If we continue utilizing the resources at this rate, the day is not too far when we will be left only with the so-called ‘development’ and zero resources.

The world is already divided into two distinctive quarters, the former with huge development and resources availability and in the latter with negligible resources or scarcity of resources. Six out of ten people in my college believe that development is a criterion to explain resource utilization. The developed countries have far better technologies for resource utilization, hence they should be deficient in resources. But, this is not true. Developing countries like India and sub-continent countries had also become resource deficient long-back in 1961.

Discussing ecological footprint is not something new to ponder upon. It was way back in 1995, when the problem of resource deficiency got highlighted in the system. But it took twenty years to understand the vast expanse of the problem. Hence, on 25th September,2015, 193 heads of state met and accepted the solution to the problem as 'sustainable development'.

Sustainable development is defined as the development of present generation without compromising the future needs. But do we really understand it? In a survey done, eight out of ten people are not ready to coexist. Everyone wants an independent house, vehicles and resources. This has a two-fold negative impact on the society. First, the valuable limited land resources are being wasted. Second, the valuable non-renewable fossil fuels get utilized at a faster rate.

The question which is important to understand is, where do we actually lack in the system? We lack when it comes to helping those poor to get a roof over their head. Neither do we have enough land to provide them with this facility, nor do they have the money to buy expensive residencies. The most basic land resource wastage, according to me is the branching of particular types of restaurant, brand, shops and other things. I believe if all the quality, quantity and stuff can come at one place of a particular type of brand then it can be the biggest help to our nature to procure itself. Just because of greed of some MNC owners, no nation should allow them to waste their land in this manner. Since the most basic fossil fuel usage is due to the increase in number of vehicles day by day and the problem becomes interlinked. With the increasing number of vehicles, the requirement of land will hype, since branches of shop will require more vehicles.

Ecological footprint is a way to understand how much resource in this world can be saved while maintaining the proper ratio of development. It tracks the demand of people through an ecological accounting system. From the beginning of human civilization to developing ourselves towards a better lavish lifestyle has been a universal goal. There was a time when we worshipped the mother earth for providing us this "beautiful nature". But now we are responsible for

deteriorating her beauty and that too at a fast rate.

Biological capacity plays an important role in maintaining ecological footprint. It is defined as the ability of earth to regenerate the biological material like land, forest, and to absorb carbon dioxide. We have been worshiping mother earth since decades as our creator. But, with the changing times, the responsibilities for the betterment of society and nature are allocated just to the government. The moment we become ignorant about our duties, we would never be able to conserve our resources and ultimately this will fails the notion of providing better lives to the future generations. Ten on ten people believe that we should first preserve our resources and then look towards the development. But for that we need to have clear understanding of the issue. It suggests that for next ten years we should not be using transportation, we should not be releasing smoke from the industries and factories and the list goes on.

But this observation is nearly impossible and hence young minds have to come forward and find a way to solve the problem in some other manner. Two projects were created to achieve solution for both the problems. First being bio-regional in London and other being masdar in Abu Dhabi. Although both the projects focused on a planned structure to bring an area under the determined bio-capacity, both have not succeeded yet, while the other remaining countries still do not have any plan.

The most important thing is to become sensitive and consider nature and ourselves in a closer proximity. Everyone has to understand that every unit of land is important. While making the roads our dump yard, while riding the four-wheelers in narrow pavements, while honking on an empty road, you are directly or indirectly destroying the resources of this beautiful world.

The simplest thing is that everyone has to understand that they have to play an important role in the society. One can make the business online rather than utilizing land area from many different places. One can simply turn off vehicle at traffic signal. These small steps will make big differences in the nature. While many other small steps can be taken but these small steps could aid in achieving a lot. Online transactions can be combined with offline practices so as to use resources intelligently.

— *Sankalp Garg*
B.Sc. APS with C.S.

Carefree Smile!

Image source : NSS Shivaji College Facebook Page

We often come across the notion that human beings are social animals, yet they are the most developed among the total species found in nature. Right since the beginning of life on the planet , living in groups has been the key feature that sustained the existence of the entire human race.

Through the course of evolution we managed to develop different groups with varied beliefs, traditions and culture.

The group in which all individuals have a lot in common is called a community and providing services to the community members which benefi ts them is called Community Service. Now, the question arises, why to serve?

Darwin's Theory : "Survival of the fittest" suggests that the stronger survives, weak dies and similar trend is also observed in various communities around the world. There are always some sections in the community which are weaker and alienated from the rest .These sections comprise the elderly, people disgraced or abandoned by their own children and orphan or the poorest of poor who have no means of livelihood or they may be the people with special abilities .Often such people choose begging in public places for sustaining their lives . Although begging is criminalized in 22 states of India , yet there are about 4 l akhs beggars, which is quite a large number to comprehend, as a developing nation. Since ages, befriending the weaker section has been a conventional way to lead a nation. Ancient poet Tulsidas wrote, " *Vriksha kabhun nahin fal bakhe nadi na sanche neer Parmarath ke karane, sadhu dhara sharir*" which suggests that a tree never eats its own fruits. A river does not accumulate water, a saint takes birth for the welfare of others.

Image credit : Vaibhav Sinha

Endearment, companionship, and fraternity are some of the assets of any community which lead to its growth. These days in the blind race of resource accumulation and rush in the megacities, society has become a heartless mob. For instance, people don't even bother to turn back if someone groans with pain or even die in front of them. Crime rate and road rage is increasing exponentially throughout the world. Does it mean that we are pacing towards an insensitive race of humans?

We can now say that society is stepping from 'we' towards 'I' and when a group of people inherit the sentiment of 'I', which leads to singularity, society itself loses its stability. The only way to stop the above mentioned moral declinations is to practice the idea of giving. To induce such immense commitments in the youth of country, Government of India launched "National Service Scheme" in 1969, under Ministry of Youth Affairs and Sports. In the recent years, widespread awareness regarding community service is observed in youth. There are numerous NGOs and many government, semi-government institutions who are also working for the same. There are food policies like *mid-day meals, Antyodaya, distribution of iron tablets, Awas Yojana, Kaushal Vikas Yojana* etc. But what we lack amongst ourselves is awareness. While working with the ministry of Social Justice and Empowerment, I myself got to know about problems with such marginalized people living in slums or night shelters (rain baseras). There are children who are not able to attend schools as they don't have *AADHAAR* card or birth certificates and parents don't know how to enroll in them. The old people can't be engaged in working and they are bound to live on the mercy of others. Being unaware about the *Awaas Yojanas,* homeless people have been living in the shady shelters for decades. Many young children go to schools but they drop out from school, as there is no environment of study, and this states true in the case of the girl child all the more. Children, the only hopes of this developing nation are surrounded by violent activities and drug addiction. For saving the families from this vicious cycle of poverty, insecurity and helpless living, education is inevitable. Spending time with elderly, specially-abled people, or with any marginalized person which make them happy is also a form of community service and it serves the way towards fulfilling our conventional methods towards nation building.

" *वसुधैव कुटुम्बकम*"

These words tell us that this world is similar to our family. We all must try to bind by this and practice service for community to achieve growth of an individual as well as of the whole nation.

- *Vidula Sharma*
B.Sc. (H) Mathematics

Vagabonds on streets

In India, the condition of vagabonds or the people living on the streets is very dismaying. Due to lack of ample housing, these people have to involuntarily stay on railway platforms, temples, pavements, streets, or other unsecured places.

As per the 2011 census, there are 1.7 million people or 0.15% of the country's total population living without a roof over their head. But this is a huge under-estimation according to activists working in the field. These homeless people mostly consist of single men, women, mothers and the disabled. Moreover, there is a bulk of mentally ill and unaccompanied street children in the population.

Living without a home makes these people a key target of anti-social elements and can be subjected to violent activities. These people carry all their belongings and supplies everywhere they go as they don't have any permanent address. Due to lack of access to bathrooms and restrooms, these people are compelled to live in unhygienic conditions which makes them vulnerable to diseases which can be life-threatening. Teens and unattended minors are often subjected to physical and sexual abuse. Also not everyone who lives on the streets are technically homeless. Recent statistics show that there is an increase in the number of women living on the streets because they have been subjected to domestic or sexual abuse at least once.

Homelessness is generally the result of cumulative impact of a number of factors, rather than a single cause. Key factors include the lack of adequate income, access to affordable housing, etc. Poverty is inextricably linked to homelessness. These impoverished people are frequently unable to pay for necessities such as housing, health care, food, child care, education, etc. Moreover, shortage of affordable housing, personal circumstances such as job loss, relationship problems such as family break-up or domestic violence and addiction challenges which include drug addiction, can be a cause of homelessness.

I'M COLD
I'M SLEEPY
I'M HUNGRY
BUT THAT'S NOT ALL I AM
I'M HUMAN

Image source : contexts.org

Incidents of violence against women and the homeless provoked a Supreme Court order in 2012 that for every 1,00, 000 city population, one shelters for the homeless must be built across all Indian cities. During 2014 bitterly cold winter, over 100 homeless people died in New Delhi. The Centre launched the **Urban Homeless Scheme** in 2013 and the next year augmented it by teaching high-demand skills to equip them to learn. Fifty square feet of area is mandatory for each occupant, an area that can hold a floor mattress to sleep on and a suit-case beside the mattress .

However, reviewing the schemes' implementation, Supreme Court appointed a panel headed by a retired Delhi high court judge. The result came up with a stern picture for urban homeless people. Over 90% of them have no roof over their heads.

"Despite the availability of funds and a clear mechanism through which we can disburse them, there is an extremely unsatisfactory state of affairs on ground," the judge noted. The crisis of homelessness is not one of scarcity, but of policy. It is a crisis related to blatant economic greed that devalues the lives of those who are outside the margins. Addressing homelessness is the key to solve many problems. A home makes a dignified life possible. It enables fuller participation in the society. We have to understand that the homeless also have an equal right to live life, as we do.

It is our responsibility to do what little we can do for them.

- *Vaibhav Sinha*
B.Com. (Prog.)

Whimpering Creatures

ROAD IS THEIR ULTIMATE SHELTER

One of the major problems faced by our country in the past few years has been the increasing number of stray animals. To understand more about this matter we need to understand the meaning of a stray. Animals become stray either when abandoned by people, or by being born on the streets. They grow exponentially in populated areas where food scraps and waste is readily available, which in turn causes overpopulation in certain areas. In certain instances they cause havoc and chaos in their surroundings, resulting in increase of diseases like rabies, leptospirosis, para influenza etc.

On the other hand, they are subjected to discrimination and suffering, often becoming victims and being abused by humans, fellow animals, hunger, diseases and other health problems. Feral animals often get into aggressive conflicts and cause destruction. The overpopulation in certain urban areas is dealt with certain harsh techniques such as lethal round ups or indiscriminate poisoning. The main question which arises is that why does India have such a complicated issue like strays. One of the major reasons being no efficient disposal of waste and open garbage dumping areas. Stray animals usually rely on garbage on the street as a source of food which is not possible in other countries due to proper administration and effective cleanliness measures. Secondly, India has a lot less government and NGO services than other countries that deal with stray animals. In many countries the government sterilizes, spays and neuters strays to decrease their population growth. They have proper private shelters and rescue organizations for animal control which require a lot of resources that Indian agencies fail to provide. For example, the statistics provided by the humane society of the U.S. estimated a gradual decrease in the number of euthanized dogs in the past forty years due to a number of factors including implementation of shelter sterilizing policies, increase and change in sterilization practice by private veterinarians and the progressive process of implementing differential fees for sterilized pets.

Image source : OutLookIndia.com

Another indication may be the increase in adoption in the past 15 years that have been a driving force for a decline in such hefty numbers.

Another question which is important to ponder about - what has India done to deal with stray animals. In 1960, the government passed the 'Prevention of Cruelty of Animals' Act which aimed to minimize the suffering of animals and promote an animal welfare in the country. But, despite this, the mass killings continued. After the failure of the previous Act, the government amended the Prevention of Cruelty of Animals Act with the Animal Birth Control Rules in 2001 which aimed to revise the previously amended program by the government. According to this, instead of killing stray animals in India, the government would sterilize, vaccinate and then release the stray back to its original territory. However, this has not been effective. In August 2017, a man was killed when hit by bulls on Kursi road, Lucknow. A lot of such incidences have been reported where stray cattle and dogs also cause accidents and hurt people, besides littering surrounding areas. On the brighter side, animal welfare organizations like PETA, Friendicoes, STRAW(Stray relief and animal welfare), are against the spay and neuter model programs and are trying to promote increased adoption which is far less present in India than in other countries. Regardless of all this, the key focus of both the government and the people should be changing the public's idea of the stray animals in India. Because of the number of attacks reported in the media, people often feel that dangerous animals should better be killed, but it is more important to change this opinion and promote adoption. Changing people's perception about strays and boycotting mass killings should be the main aim of both the government and other organizations.

So today, when we pledge and hope for equality, let it not only be for communities and gender, but, also for each and every creature living around us.

- Vidushi Srivastava
B.Sc. Life Science

Image source : Google

Heights, Mountains & Achievements

Floods during monsoons are frequent not only in coastal areas, but all around the country. Uttar Pradesh and Bihar are prone to bad monsoons, the worst of which was seen in the catastrophic floods last year, that affected an estimated forty million people according to an UN report. Glaciers are melting much faster today than they were a hundred years ago. The main culprit is said to be global warming caused by the industrial revolution of the past century.

A study published in the journal '*Science*' has found that between 1851 and 2010, humans were directly responsible for only around a quarter of the global loss of glacier mass. The rest can be attributed to natural factors such as variable radiation from the sun and volcanic activity. "The main reason for floods have been assessed as high intensity rainfall in short duration, poor or inadequate drainage capacity, unplanned reservoir regulations and failure of flood control structures" according to a report filed in March this year by the ministry of water resources to *Rajya Sabha*.

Image source : Canva.com

According to results given out by the World Glacier Monitoring Service, the UN Environment Programme declared that glaciers around the world are melting rapidly. In fact, data analyzed between 2004-05 and 2005-06 revealed that the average rate of melting and thinning of ice had more than doubled in the recent pasts. The emerald lakes that form at the snouts of glaciers are a beautiful sight, but rapidly melting glaciers can cause these lakes to breach their walls, inundating villages downstream. To reduce the threat, the World Wide Fund for Nature (WWWD) and the United Nations Environmental Program (UNEP) monitor and drain some of these lakes.

UNPLANNED AND ILLPLANNED URBANIZATION:

Flood is a consequence of unplanned growth in the river plain. What happened to Kerala and south Karnataka this time can also be blamed to unplanned urbanization to a l arge extent. A lot of unplanned development took place in the periphery of Periyar river in Kerala, damaging the floodplain.

HUMAN IMPACT ON GLACIER MELT INCREASING :

The steady melt of glacial ice around the world is largely due to man-made factors, such as greenhouse gas emissions and aerosols. A new study finds that humans have caused roughly a quarter of the globe's glacial loss between 1851 and 2010, and about 69 percent of glacial melting between 1991 and 2010.

LACK OF ENVIRONMENTAL AWARENESS:

People tried to meet their requirements in whatever way they could , like cutting trees in large numbers. Environment experts who predicted devastating flo ods would hit Kerala, said that their warnings went unheeded by politicians eager to fastrack money making projects.

Kerala is crisscrossed by forty four rivers and famed for its backwaters, a chain of brackish lagoons and lakes that run parallel to Arabian sea creating a environmentally sensitive reason.

MALADMINISTRATION:

Flood management was not up to the mark in Kerala Aro und more than 400 people died due to maladministration, Lack of timely rescue of people added to their woes.

SOLUTION :

As glaciers are melting much faster than they can be repl enished. the only way to slow rapid glacial melting is to reduce global warming. Drive as little as possible.

Many urban areas have excellent public transportation networks. You can carpool, bicycle, walk, or jog to your destination. Save power at home by taking shorter showers, turning off the water taps while brushing your teeth.

Turning off lights when they are not in use, h anging laundry outside to dry and unplugging electronics when they are not being used.

These seemingly little things make a big impa ct if they are executed on a large scale, and they'll go a long way towards reducing your carbon footprint and saving the glaci ers.

Image source : Google

— *Vicky Gupta*
B.Com. (H)

EVENTS' TRIVIA

NISHKAAM

The annual festival of NSS - Shivaji College, '***Nishkaam***' is a two-day long extravaganza. The event is a collective effort of teachers and over 250 student volunteers.

The theme for the festival changes year after year but the basic crux always remains the same which deals with thinking and discussing about nature, environment-related aspects and fulfilling the social needs. The air breathes the unending spirit of community service of the event in the organizers and as well as in the participants. NSS at Shivaji College, stands for continuous community service, both for organizers & participants.

National Service Scheme- Shivaji College
23 February 2017 ·

The most blissful of all the event out of fest day was #Langar for Raghubir nagar students... Our volunteers enthusiastically took part in providing langar to them.

NSS Shivaji College successfully celebrated its two day annual festival NISHKAAM'18 on 27th and 28th March. The first day of the event witnessed several unique and exciting competitions on social issues. The second day brought with it vigour and energy when the inauguration was done with Chief Guest Shri. Swami Agnivesh Ji and Guest of Honour Mr. Veerendra Mishra, NSS Director.

EVENTS' TRIVIA

Musical memories with a mesmeriz-ing message

NSS volunteers visualize, produce & perform a play for which they work throughout the year. Be it the ill effects of alcoholism or the prolonged issue of Education, the NSS-play team covered it all.

The stage experienced a totally different per-spective, when the play team presented the mirror image of Shivaji college, which left the audience awe-struck. The team has per-formed among the upper-middle classes too with the subject of water in their heads.

Since the team is formed, it hadn't seen any backlogs and it is constantly learning, work-ing and improving.

A street play on the awareness of ill-effects of alcoholism was conducted by NSS-Shivaji college at Raghubir Nagar today. Volunteers from NSS marched on to Raghubir Nagar along with teachers which attracted alot of people to ask about the event. As the play started it gathered attention of people who lived there and they were able to connect with the similar situation. The children and women showed enthusiasm as the play proceeded and the play was a success.
At the end there were requests by different people to perform the play in some areas nearby to aware people about the ill effects of alcohol.

"Water Conservation"

"The NSS unit of shivaji college organized awareness campaign and street play on water conservation with special emphasis on rain water harvesting , water shed management in college premises and nearby locality of Rajouri Market . There was a short street play highlighting the alarming situation and ways of conservation.
The play was very well received by general public with some people commenting like- "This is actually a serious issue", and " College students are doing good work these days".

EVENTS' TRIVIA

National Service Scheme- Shivaji College
17 December 2016 ·

NSS students of Shivaji College today visited the 'Digi Dhan Abhiyan' an initiative by Ministry of Electronics and IT, at Major Dhyanchand National Stadium, to promote cashless transactions.

Under this Digi Dhan Campaign, Various Private and Public Banks joined hands in huge number to set stone to Digital India. All banks and institutions were giving step by step demo classes about digital payments using UPI (Unified Payment Interface), Various E wallets(Paytm, Frecharge, mobikwikk, etc), and Cards. The Ministry has also launched a new website cashlessindia.gov.in to promote awareness about digital transactions. Gone are those days of keeping heavy cash in your wallets to make and receive payments..Its the time to GO DIGITAL GO CASHLESS.

Shivaji College observed Vigilance Awareness Week from 29th October to 3rd November, by organizing various events and activities to create awareness about corruption, how it affects our society and how can we fight it.
The NSS volunteers signed the Unity Pledge on the site Of Government of India.

An essay competition was organized on the topic - What Actually is Corruption? Many students participated in the competition.

In collaboration with Oriental Bank of Commerce, a seminar was organized in the college. The event aimed at creating awareness regarding our rights , duties , corruption and it's vigilant effects . For any fight against the corruption to be effective it must be supported by the citizens.

Despite the heavy frolic rains determination crossed the power to success....
Yet again the students of Raghubir Nagar showed their dedication towards learning.
We were amazed to see our students resolute towards studying despite the natural obstruction . The day could have been another holiday for these students but they crossed that bar and willingly running , jumping splashing the stuck water came to the gates of Shivaji college spreading smiles to the faces of their teachers (our NSS voluteers).

NSS Shivaji organised an Awareness campaign against use of plastic with a massive rally of around 200 students. The enthusiastic and dedicated students marched on shouting slogans and holding placards to aware the people about the effects of plastic on the environment.
The rally was successfull in its aim gaining appraisals from everyone.

- It gained wide support from the local public, shopkeepers and street vendors.

They took a pledge not to use plastic bags and replace them with environment-friendly options like jute, paper etc.

- Delhi Times published on their Facebook page about the massive rally.
- Many renowned newspapers like Dainik Jagran, Veer Arjun, Lok Satya and Action India appreciated our hardwork in their articles.

This was all possible with the guidance of NSS teachers and our Principal madam.

Shivaji College observed Vigilance Awareness Week from 29th October to 3rd November, by organizing various events and activities to create awareness about corruption, how it affects our society and how can we fight it.
The NSS volunteers signed the Unity Pledge on the site Of Government of India.

An essay competition was organized on the topic - What Actually is Corruption? Many students participated in the competition.

In collaboration with Oriental Bank of Commerce, a seminar was organized in the college. The event aimed at creating awareness regarding our rights , duties , corruption and it's vigilant effects . For any fight against the corruption to be effective it must be supported by the citizens.

National Service Scheme- Shivaji College
17 June 2016 · New Delhi, India ·
A single pin can save three lives.
A single gesture can create a millions of smiles.
(Blood donation camp)

In the world of destitute, some of the privileged visited "Apna Ghar" on 23rd of January 2018. Apna Ghar Ngo, an abode for those devoid vagabond who are abandoned by their families, helpless impoverished by their circumstances, or victims of depression. These abandoned victims from different part of the city live together as a family irrespective of caste and religion. We not only learned how to live together in this world of materialism but also gained respect for the staff serving these "Prabhu jans"- the name given to these people by the Apna Ghar Ashram. Many of the staff members live permanently in the ashram, serving the Prabhu jans day and night, because for them these Prabhujis are their God,their family, their father, their mother. For them God resides in everyone.

This Ashram is located in Bawana, West Delhi. So next time you come accross any such person on the road, you may help him by calling Apna Ghar, whose van will arrive to pick up the Prabhuji. Meanwhile you just have to stay with the "Prabhuji" till the time the van arrives. So let's BE A CHANGE.

HealthCaster

A STUDY ON LIFESTYLE RELATED HEALTH PROBLEMS

Conducted by: Ms. Shweta & NSS students' editorial board

ABSTRACT

The nexus between lifestyle choices and health indicators has been extensively investigated in epidemiological literature. With increasing prevalence of lifestyle diseases in India, the present study has been undertaken to identify the determinants of life-style related risk factors for poor health such as obesity, poor diet, physical inactivity, smoking and alcohol abuse among people and to measure the health of a representative sample of the population of New Delhi by using a structured questionnaire. The convenient sampling method is used to represent the general population aged fifteen and over, living in the community. This type of questionnaire is a practical way to measure the health of a population and to detect differences in subgroups of the population. The main outcome of measures are the average values for change in health status w.r.t. self-care, usual activities including both physical and mental activities, dietary habits, pain or discomfort, and anxiety or depression. Results of this survey have indicated that there are differences in the perception of health according to the respondents' age, gender, economic status, education, smoking and drinking pattern.

Keywords: *Lifestyle, Self-Assessed Health, Healthcare, and Diseases*

Image source : Google

Image source : Google

1) Introduction

The measurement of health is central to the evaluation of lifestyle and healthcare. Among the determinants of the health status, a growing attention is given to the role played by specific behaviors, such as good lifestyle practices, mental health and work-related health. Today, wide changes have occurred in the life

of all people. Malnutrition, unhealthy diet, smoking, alcohol consumption, drug abuse, stress and so on, are the presentations of unhealthy lifestyle that are used as dominant forms of lifestyle.
With increasing prevalence of life-style diseases in India, one out of four Indians is at risk of dying from non-communicable diseases like diabetes, cardio-vascular ailments or cancer before the age of 70, according to the estimates of various global and domestic organizations.
This report provides representative estimates and trends in these diseases and their association with lifestyle practices. The data will provide information on trends regarding the health status in the Indian society and awareness. The present study will support the development of programs for encouraging individuals to engage in healthy lifestyle.

2) **Research Objectives**

The main objectives of the present study is to analyze the trends in the prevalence of hypertension, diabetes, obesity and depressive symptoms in the Indian population and assessing lifestyle and behavior patterns namely physical activity, cigarette smoking, and dietary patterns.

3)**Literature Review**

This section comprises discussion of recent studies that have been conducted to analyze the nexus between unhealthy lifestyles and increasing diseases among individuals. **J Burniston (2012)** examined health behavior change and lifestyle-related condition. Lifestyle behaviours, namely, inactivity, tobacco use, poor nutrition, obesity, elevated stress, and suboptimal sleep, are major contributors to the pandemic of lifestyle-related conditions, morbidity, and premature death. **M Sharma (2009)** cited scientific evidence that healthy diet and adequate physical activity - at least 30 minutes are important for good health. Occupational lifestyle diseases are emerging as a threat. It also states that India will incur an accumulated loss of $236.6 billion by 2015 on account of unhealthy lifestyles and faulty diet. **G Egger (2014)** outlined that the obesity epidemic and associated chronic diseases are often attributed to modern lifestyles. **Dd Farhud (2015)** probed that problems like metabolic diseases, joint and skeletal problems, cardio-vascular diseases, hypertension, overweight, violence and so on, can be caused by an unhealthy lifestyle. The relationship of lifestyle and health should be highly considered. **PE Puddu (2015)** discussed the role of lifestyle behaviour on health and disease. Possible predictors or causes of diseases were not only medical conditions but also behavioral characteristics. Among these, a pivotal role was played by smoking habits, physical activity and dietary habits.

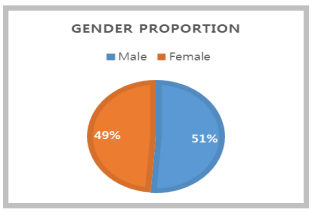
4)**Data Methodology**

Primary data has been collected by using a structured questionnaire. The convenient sampling method is used to represent the general population aged fifteen and over, living in the community. A questionnaire is sent to approximately 1500 individuals' aged 15 years old and above and out of which 1000 people responded. Hence response rate of our survey is 66.66%. The questionnaire is designed in line with the other Risk Factors' National Survey (ENFR) conducted in other countries.
For our analysis, we have divided questionnaire into four categories 1) Health status 2) Lifestyles 3) Health Indicators and 4) Demographics factors. Self assessed health (SAH) is used as proxy to measure health status of an individual. (Miilunpalo et al, 1997; Burstrom and Fredlund, 2001; and Quesnel- Vallee, 2007) have used similar measure to assess health status. Life style behavior has been evaluated by assessing tobacco consumption, alcohol consumption diet, and exercise patterns. Health indicators comprise of blood pressure, overweight, diabetes and cholesterol related problems. Finally demographic factors such as age, gender, education etc. are examined. IBM Statistical Package for Social Sciences (SPSS 25) software is used for analyzing above reported variables.

5)**Data analysis**

The analysis of survey is categorized into following sections.

5.1 Demographic Factors: Gender Proportion, Age and Occupation



Source: Primary Data

Among a relatively even proportion of males (51.2%) and females (48.7%) in the population sampled between the age of 15-54 and above, more than 4/5th of them (82%) are students.

Attending college graduation is the most frequently reported highest level of education (73%) and only 15% are of the level of under higher secondary school.

5.2 Self assessed health (SAH) Indicators

Descriptive statistics of self assessed indicators have been given below. Descriptive statistics are descriptive coefficients to reflect quantitative description of data set in an appropriate way. It describes the underlying features of data used in the study in form of measure of central tendency and variability. Descriptive statistics includes measure of central tendency such as mean, median and measure of variability such as standard deviation.

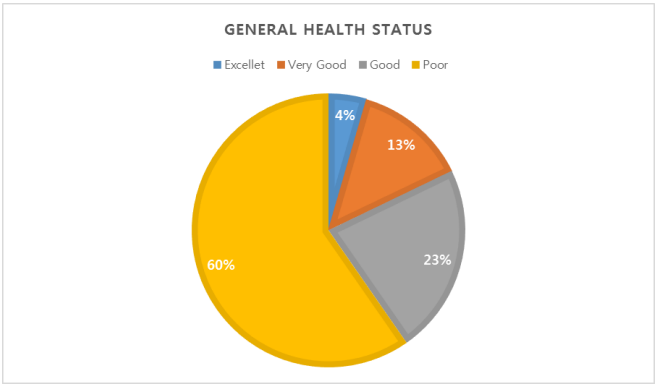
Descriptive Statistics of Self Assessed Health (SAH) Indicators

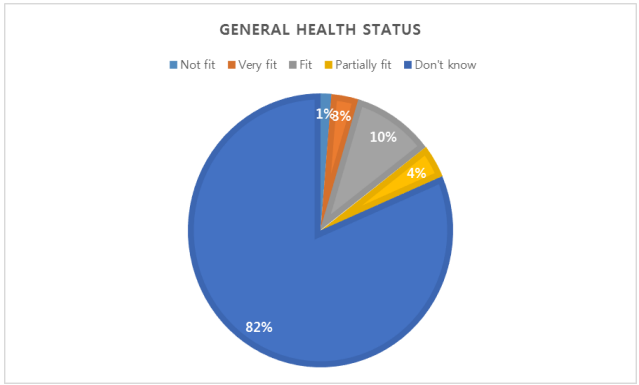
	How is your health in general ?	In general, how physically fit would you say you are?	In general, how mentally fit would you say you are?	What is your general mental state?
Mean	3.23	3.70	3.97	1.54
Median	3.00	4.00	4.00	1.00
Std. Deviation	.929	.980	1.018	.887

Source: Primary Data

- **General Health And Fitness Status**

The percentage of people who considered their self-perceived health status as “excellent”, “very good”, or “good” was 81.1%. Males were more likely than females to consider their self-perceived health status as good to excellent with a mean of 2.23.This percentage decreased with age. About 18.9% perceived their health as poor to fair. Data gathered on examination revealed that 69.5% individuals consider themselves "fit" or "very fit", 20.3% reported their status as partially fit and about 11.2% think that they are unfit or not sure. People who were satisfied with their lives were also the ones who considered themselves very fit.





Source: Primary Data

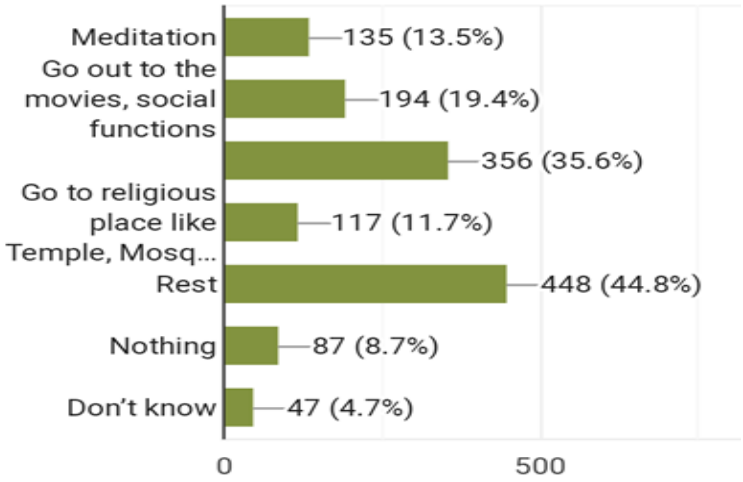
- **General Mental State, Fitness and Recreation**

Mental health was assessed by enquiring about levels of satisfaction with life, involvement in activities for relaxation and the presence of symptoms of depression and anxiety.

More than 3/4th (79%) of the respondents are mentally fit with a mean of 3.96 and about 1/5th of them feel unfit or are not sure of their mental state.

More than 2/3rd (70.2%) of the respondents feel calm and peaceful generally. About 8% are constantly de-

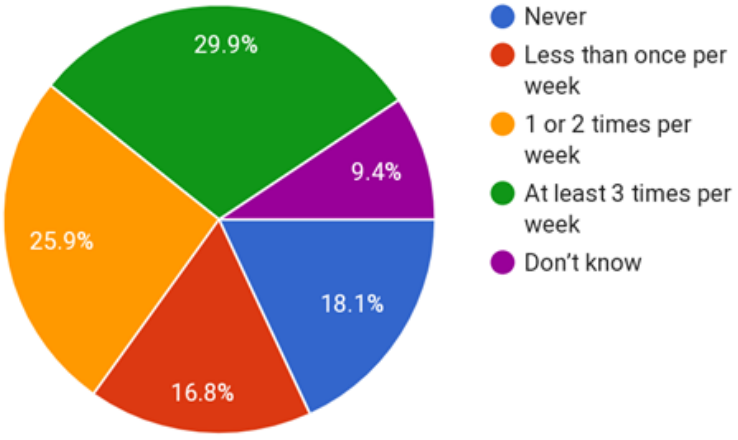
pressed and anxious, 19.4% takes stress and become depressed and 2% are always filled with anxiety and have suicidal thoughts. For recreation, a little less than half of the population (44.8%) takes rest, 19.4% prefer socializing, 35.6% like going to religious shrines and only 13.5% indulge in meditation. Those who spend time meditating also reported themselves as very satisfied with life. The ones who considered them as having right weight were also very much involved in socializing.



Source: Primary Data

- **Physical Activity**

Physical activity among common people was examined by accessing both occupational and recreational involvement and in the mode of transportation to and from their place of work. More than half of the respondents engage in physical exercise at least twice a week. About 2/3rd (65.2%) individuals are students and only 1% are involved in heavy work under occupation. For going to work, 46.8% of them spend time walking or cycling for atleast 30 minutes a day and rest 53% spend less time than that.



Source: Primary Data

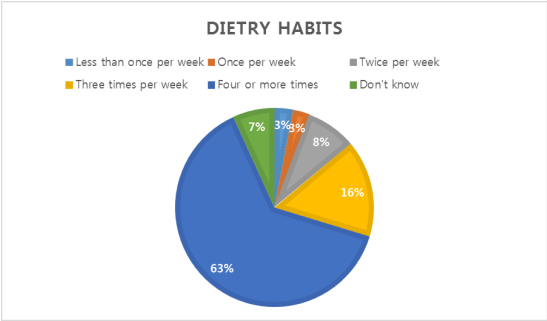
5.3 Lifestyles Indicators

Descriptive statistics of lifestyles indicators have been given below.

Descriptive Statistics of Life Style Indicators									
	During a usual week, how many times do you eat vegeta-ble ?	During a usual week, how many times do you eat fruits ?	Do you usually add salt to your meals at the table?	During a usual week, how many times do you eat at fast food places such as Burger King, KFC, Tastee, Juici Patties or Pizza Hut?	Do you cur-rently smoke any form of tobacco (cigarettes, beady etc.)?	Have you smoked at least 100 cigarettes in your entire life?	How old were you when you start smoking?	Do you ever drink alco-hol?	Do you drink every day or week-ends?
Mean	5.14	4.40	1.86	3.23	1.98	1.95	5.50	1.90	2.91
Median	6.00	5.00	2.00	3.00	2.00	2.00	6.00	2.00	3.00
Std. Devi-ation	1.466	1.577	.715	1.507	.297	.308	1.331	.485	.324

- **Dietary Routine and Habits**

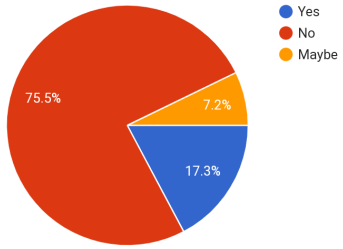
We investigated the dietary habits of the respondents to determine the lifestyle of their characteristics in respect of the frequency of eating outside, eating fruits and vegetables and addition of extra salt in food. 56% of the sampling population eat more frequently outside in a week and about 43% eat less frequently in a week. Approx. 2/3rd of them eat vegetables more than four times a week and about 36% eat less than that.
On a contrary only 1/3rd of them eat fruits more than three times a week, about 16% eat only once and rest eat twice or thrice. 1/3rd population adds salt to the meal on table, a large proportion of about 46% don't add extra salt and the rest may add sometimes.



Source: Primary Data

- **Alcohol Consumption**

More than 3/4th (75.5%) of the respondents have never consumed alcohol with a mean of 1.90. About 17% have consumed liquor in some form out of which 7.7% drink on weekends and only 1.2% are regular consumers of alcohol. Most of the alcohol consumers were aged from early twenties with more number of males.



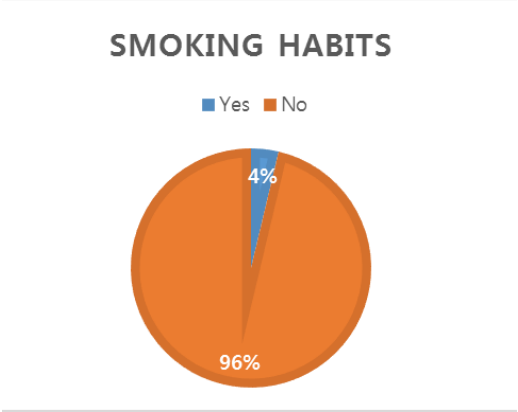
Source: Primary Data

- **Smoking Habits**

Similarly, smoking pattern was analyzed. Never indulged in smoking was most frequently reported with more than 96% of the population has never smoked any form of the tobacco (cigarette, biddi.) Out of the 5.7% smokers only 7.2% have smoked at least 100 cigarettes.

Out of the population of smokers, 7.6% of them started smoking in adolescence and early adulthood.

Smoking was reported almost among males of mid to late adulthood.



Source: Primary Data

5.4 Health Indicators

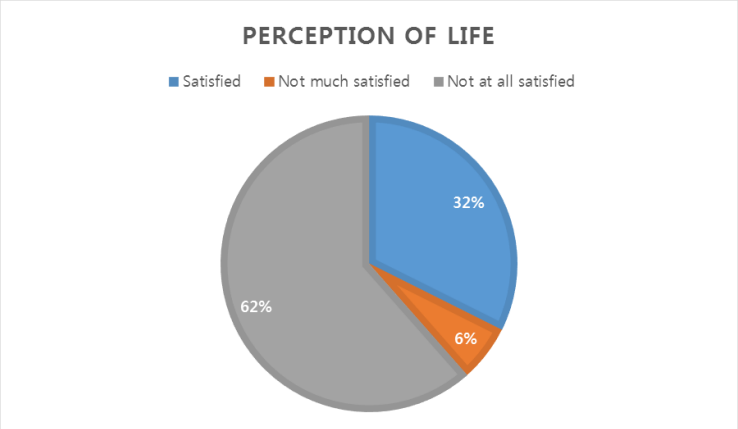
Descriptive statistics of Health indicators have been given below.

Descriptive Statistics of Health Indicators								
	In an average week, how many times do you engage in physical exercise ?	Which of the following describes the nature of your work?	How many minutes a day do you spend walking, cycling or in any other physical activity on your way to work?	In general, how satisfied are you with your life? Would you say you are…?	When you consider your body weight, do you consider yourself to be -	During the past 12 months, what type of health services did you use ?	How many times in the past 12 months did you need to see a doctor for curative ?	What is your level of expense on medical bills ? (monthly)
Mean	3.49	5.46	3.30	3.71	3.77	2.70	1.44	1.54
Median	4.00	7.00	3.00	4.00	4.00	2.00	1.00	1.00
Std. Deviation	1.332	2.219	1.318	1.091	1.344	.966	1.417	.770

- **Perception of Self**

When asked how satisfied you are with your life, an impressive 73.7% of people are "satisfied" or "very satisfied" with their lives. About 14% are not much satisfied and 2% are not at all satisfied with their lives at the moment. More people in mid adulthood reported of being anxious.

Most people who perceive their health as good or very good also reported that they are very satisfied with their lives. Some people who don't indulge in physical activity are not very satisfied with their lives. We sought to examine the body weight perception among common masses, less than half of the population consider themselves the right weight and the rest 57.9% either consider them overweight (32.8%) to underweight (18.1%). People other than teenagers were more in number who considered themselves right weight.

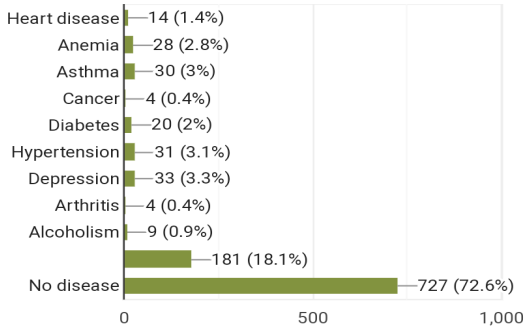


Source: Primary Data

- **Disease Occurrence**

Data revealed that a large proportion with 72.6% people do not suffer from any disease and were mostly among the age groups of 15-30 years.

About 2.8% suffer from anemia. More females have reported that they are suffering from anemia. 3.1% above the age of 35 suffer from hypertension and is reported more in males. 3% suffer from respiratory disorder of asthma more, after the age of twenty four years.



Source: Primary Data

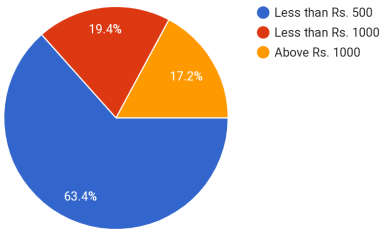
- **Type of Health Services And Medical Bills**

It is revealed that 66.5% individuals have never or less than three times went to the doctor for curative. About 43% went to private clinic and only 20% went to government clinic, 7% visited drug clinic and the rest didn't go to any clinic.

A little less than 2/3rd of the population (63.4%) have monthly expense of less than Rs. 500 on medical bills and only 17% spends more than rupee 1000 on medication per month who mostly belong to age group of above 25.

It is revealed that those individuals who eat more fruits and vegetables, spend less on medication and don't visit the doctors much.

Those who visited private clinics reported higher medical expenses as compared to those who visited government clinics. People who considered themselves very fit, very healthy, very satisfied, calm and peaceful were the ones who indulged in regular physical activities and practiced meditation and also had a good dietary habit.



Source: Primary Data

Conclusion

This survey was aimed to elucidate the various lifestyle disorders prevailing among common masses and to analyze our everyday practices, which were influencing our health. Lifestyle reflects the way one lives. It includes both tangible and intangible factors. In the past years, there have been significant changes in the way one spends his/her everyday life and thus lifestyle is now a factor for knowing one's health status. In accordance with the results, regular physical activities like walking and cycling are very beneficial and should be added to the daily routine especially with dramatic decline in vigorous physical activities. In general, a good dietary routine is observed with regular intake of fruits, vegetables and less frequency of outside eatables. Adoption of a healthy diet has become an educated choice favored by the availability of fresh eatables. Among young and middle aged individuals, it is seen that refraining from smoking and alcohol consumption, being physically active and adopting a healthy diet based on nutritional principles and elements that are all a part of lifestyle, affects the well being of an individual making one feel contended both physically and mentally. A very large proportion reported of not indulging in alcoholism and smoking, consuming nutritious diet and thus being physically and mentally fit, are spending very less on medication.

References

Burniston, J., Eftekhari, F., Hrabi, S., Worsley, R., & Dean, E. (2012). Health behaviour change and lifestyle-related condition prevalence: Comparison of two epochs based on systematic review of the physical therapy literature. *Hong Kong Physiotherapy Journal*, *30*(2), 44-56.

Burström, B., & Fredlund, P. (2001). Self rated health: Is it as good a predictor of subsequent mortality among adults in lower as well as in higher social classes?. *Journal of Epidemiology & Community Health*, *55* (11), 836-840.

Conte Grand, M., & D'Elia, V. V. (2008). Self-assessed health as a key determinant of lifestyles: An application to tobacco consumption in Argentina.

Farhud, D. D. (2015). Impact of lifestyle on health. *Iranian journal of public health*, *44*(11), 1442.

Miilunpalo, S., Vuori, I., Oja, P., Pasanen, M., & Urponen, H. (1997). Self-rated health status as a health measure: the predictive value of self-reported health status on the use of physician services and on mortality in the working-age population. *Journal of clinical epidemiology*, *50*(5), 517-528.

Puddu, P. E., & Menotti, A. (2015). The impact of basic lifestyle behaviour on health: how to lower the risk of coronary heart disease, other cardiovascular diseases, cancer and all-cause mortality. *Lifestyle adaptation: a global approach. Esc Council for Cardiology Practice*, *13*, 32.

Quesnel–Vallée, A. (2007). Self-rated health: caught in the crossfire of the quest for 'true'health?. *International Journal of Epidemiology*, *36*(6), 1161-1164.

Sharma, M., & Majumdar, P. K. (2009). Occupational lifestyle diseases: An emerging issue. *Indian journal of occupational and environmental medicine*, *13*(3), 109.

Our Pride

SUCCESS STORIES OF OUR ALUMNI

Being one of the most active alumni, Mohit Chauhan has proved that he has the spirit of serving the nation, through his current projects.
"NSS has provided me with a strong framework for imparting social science and helped me in fetching the two years Gandhi Fellowship programme", says Mohit.
He currently works with Gujarat's five government schools at the outskirts, associates with their villages, and looks forward towards possible solution for the problems of general public.
Mohit believes that social entrepreneurship is a totally new concept for India, and he is looking forward to grow in its lap.
"I am myself in a learning phase and would adore if coming generations will look beyond the cubicle of 9 to 5 corporate job and explore something new, which favours the well being of our society", he shares as his final remark.

— *Mohit*

Counsellor, successful NSS-president, gender champion and chief coordinator at Ladli foundation, Tanya Chadha , the one name that remains in the heads of teachers and volunteers of NSS - Shivaji College all the time. The reason for this is that, Tanya has served as one of the most mature presidents in the history of NSS and she is using all her expertise in her future ventures.
"I couldn't participate in any fellowship after my graduation, but I believe joining fellowship programmes is a great way to initiate one's career in social services", says Tanya.

She believes that NSS had aided her personality development and helped her to figure out her interests.
According to Tanya, Environment, Women safety, Rights of LGBTQI community, healthcare for men are some of the burning issues that our nation has to work upon.
For the final token, she says, "There is no limit to social growth. One must always be ready for community services and it is one of the most pious jobs for all."

— *Tanya Chadha*

THE SOCIAL VENTURE

NEVER GIVE UP

Started in 2016 by friends Naman Gupta and Vishal Kanet, Noida-based Code Enterprises today operates in 20 states. It is the country's first company that focuses on discarded cigarette butts and recycles them to create attractive byproducts. With some research and experiments, 23-year-old Naman and 26-year-old Vishal came up with most feasible chemical process to clean and recycle cellulose acetate, the polymer used in cigarette butts, as well as the residual tobacco and paper. While organic compost came from the tobacco and paper, the polymer can be used to make cushions, stuffed toys, accessories, and key chains, among other things.

"We were familiar with the Delhi-NCR region, and hence started operations there. We visited cigarette vendors explaining what we were trying to do," Naman explains.

The duo used social media extensively to promote their enterprise. Currently, Code Enterprise has 60 associates, spread across 100 districts who collect and send the cigarette waste to Delhi, where it is recycled.

For further reading, visit : https://yourstory.com/2018/01/youth-startup-innovation/

FORTUNE IN HAZE

As an initiative started by Jai Dhar Gupta, Nirvana Being brings a host of top-quality, high-performance products to the Indian market that are dedicated to health, and safeguarding the human body against contaminants. His venture was established after Gupta visited Beijing and Shanghai to experience China's learning curve in the field. Starting with bringing a range of high performing facemasks known as Vogmasks to India, Gupta has accomplished several product milestones. Passionately condemning the wasteful use of plastic bottles along with apathy for waste production and disposal, his Water Bobble purifies regular tap water to make it potable, eliminating the need for single-serve bottles.

For further reading, visit : https://yourstory.com/2017/11/nirvana-being-protecting-delhi-residents-from-air-pollution/

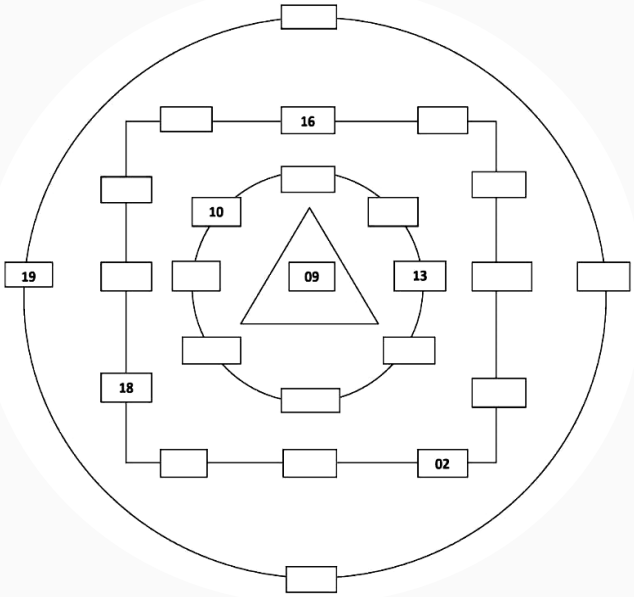
CHILDREN FOR THE PLANET

The students at the city-based On My Own Technology (OMOTEC) Institute, have leveraged these qualities of the locally-available and financially viable leaves to develop a unique packaging solution. Christened Evergreen, they have built a prototype of a packaging machine that not only secures food hygiene but also has the power to ensure additional income to farmers. EverGreen is cost-efficient as a metre of banana leaf costs about Rs 5, while plastic and aluminium foil cost anywhere between Rs 40 to Rs 60 per metre. "Also during our three-month research, we figured how banana leaf packaging could be a good source of additional income to farmers. In most cases, the farmers dispose of the banana plantation after it bears fruit only once a year. Shockingly, 106 million tonnes of banana leaves are wasted each year. So the method could be a great way to give this food waste a new lease of life, while also avoiding health and environmental hazards".

For further reading, visit : https://www.thebetterindia.com/164286/children-innovation-eco-friendly-changemaker-mumbai-news/

MASTERMIND

Conceptualized and Designed by - Sankalp Garg, (Editorial Head)



CLUES :

1) All the fields must be filled with numbers between 1-25 and every field must have a unique number.
2) Fields on circumference of inner most circle must have sum of 72.
3) Fields on each diameter of inner circle must have a sum of 27.
4) Fields on each side of square must have a sum of 39.
5) Fields on each diameter of outer radius must have a sum of 102.

TIK—TOK TIK—TOK

LET'S START !!!

- Mail your solution in JPEG format at nssshivaji2018@gmail.com .
- The solution of this puzzle and name of the winners will be posted on our social media handles (Facebook/Instagram) on 19th February, 2019.

Disclaimer : This e-Newsletter is the product of extensive reading from various sources as well as self analysis.