TEERTHANKER MAHAVEER UNIVERSITY
TMU
MORADABAD
तीर्थंकर महावीर विश्वविद्यालय
सम्यक् दर्शन • सम्यक् ज्ञान • सम्यक् चारित्र

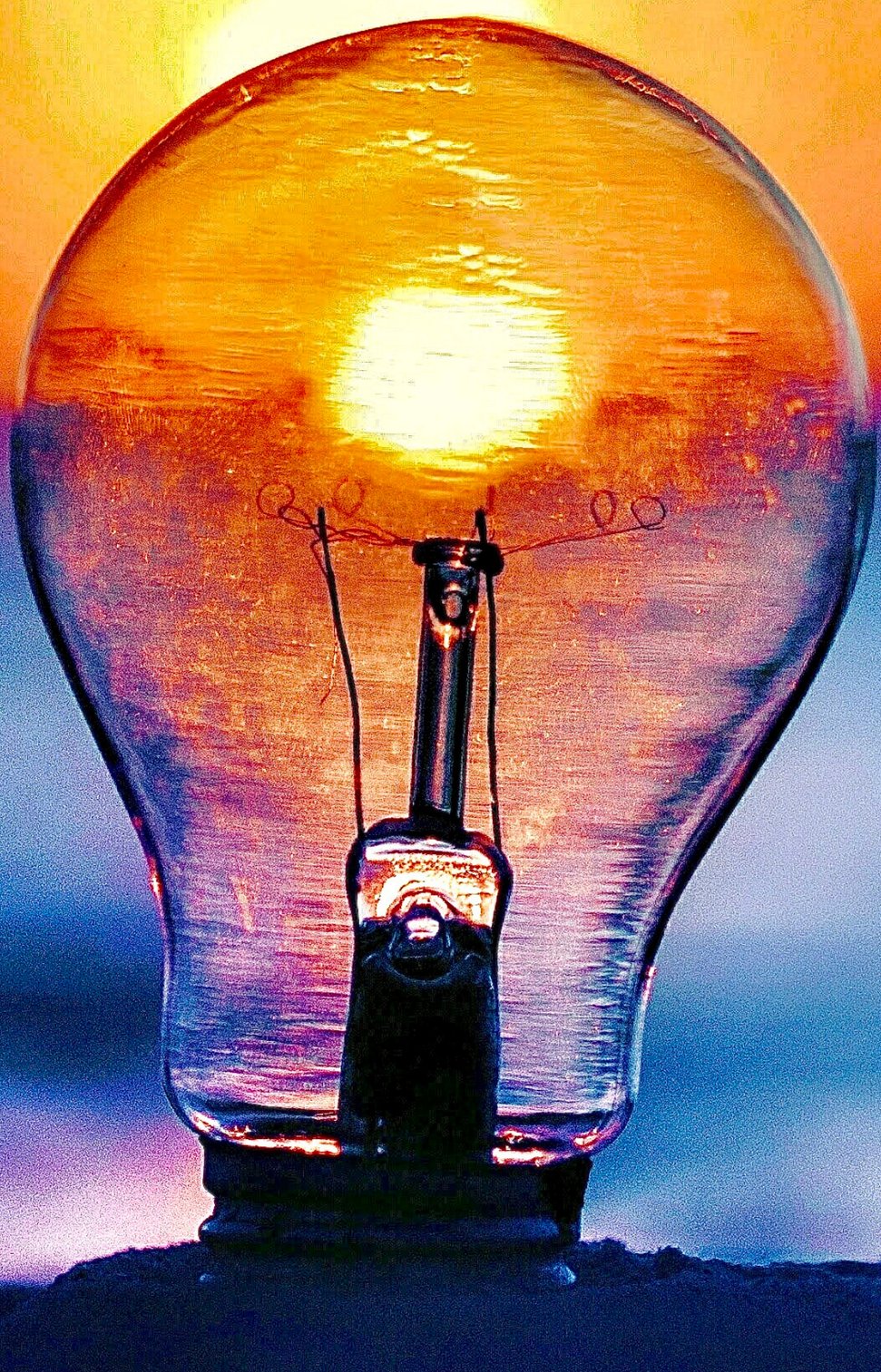
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Centre for
Teaching, Learning
& Development

JIGYASA

The Engine of Achievement



ISSUE 2

CTLD's Bi-Annual Magazine



The painting depicts ***Hope*** as the ***fire that ignites our spirits in dark and drizzly times!***

TABLE OF CONTENTS

- *Vision and Mission of the University* 3
- *About the Department* 4
- *Vision and Mission of the Department* 5
- *From the desk of Management* 6
  - *Group Vice Chairman*
  - *Vice Chancellor*
  - *Registrar*
  - *Dean - Academics*
  - *Director CTLD*
- *Team CTLD* 9
- *Chief Editor's Message* 10
- *Editorial Team* 11
- *Interview with HR from Max Healthcare* 13
- *Articles on Soft Skills & Aptitude* 17
- *Literary Poems & Articles* 32
- *Art & Photo Gallery* 61
- *Events* 64
- *Math Puzzles* 66





VISION & MISSION STATEMENT OF THE UNIVERSITY

Vision Statement

To be internationally recognized as a premier institution of excellence providing quality education, research and consultancy services to the global society.

Mission Statement

Our endeavour is to impart knowledge and develop critical skills necessary to succeed both in professional and personal life by promoting learning supported by world-class faculty, infrastructure, technology, curricula and collaborative teaching and research with premier institutions in India and abroad.

Shri Suresh Jain Ji
Chancellor
Teerthanker Mahaveer University

ABOUT THE DEPARTMENT

The Centre for Teaching, Learning and Development, Teerthanker Mahaveer University, Moradabad came into being in the year 2019 with the aim of developing essential basic personality and aptitude skill-set in students and faculty members.

The department focuses on developing quantitative ability, reasoning ability, verbal ability and developing the personality of the students by encouraging and nurturing their soft skills, so as to be productive to meet the demands of the employers and clearing the placement interviews which will pave the way to their dream company. These training programmes also upgrade the students social and professional skills which are required for their future work-life.

The department offers 37 Soft Skills courses & 10 Aptitude courses for graduate and post-graduate level like Managing Self, Managing Work & Others, Analyzing self and Dealing with others, Self management for teachers, Soft Skills for Management executives etc. in Soft Skills and Fundamentals of Quantitative Aptitude, Advance Quant, etc. in Aptitude.

Centre for

Teaching, Learning & Development

Quantitative Aptitude is an essential requirement nowadays for campus recruitments as well as other competitive exams like CAT, XAT, MAT, NMAT, GMAT, UPSC/SSC, CTET, TET etc.

The training helps students to develop interpersonal skills, enhance communication skills, and encourage problem-solving attitude and teamwork while nourishing leadership qualities too. The final semester students are prepared through special training for specific recruiters who conduct recruitment on Campus as well as off-campus. The special type of training includes company-specific training for national & multinational companies like Infosys, Tech Mahindra, Cognizant, Max hospitals, Fortis hospitals, Glaxosmithkline, Bureau Veritas, Byjus, Hike Education, etc. as well as teaching jobs for B.Ed. students.

CENTRE FOR TEACHING, LEARNING AND DEVELOPMENT

Vision Statement - CTLD

To be a centre of excellence for behavioural, Aptitude & Employability Skills training to students and adding value to the education delivery through continuous employees development programmers.

Mission Statement -CTLD

- To foster a global mindset in the students to face real world challenges.
- To nurture & cultivate better cognitive, aptitude, social and behavioural skills in the students and employees to meet their professional goals



I felt delighted to read JIGYASA 1.0. In my opinion, hard work with right intention never goes waste and is always rewarded.

As a result, I am ecstatic about the release of issue-2.0 of JIGYASA, the bi-annual magazine of the Center for Teaching, Learning and Development. The last edition of the magazine was very well made and featured lot of interesting articles like inner structure of effective leaders, which brings out the core principles of leadership like honesty, integrity, loyalty, purity, selflessness, character etc. I believe that anyone in a leadership position can benefit from reading the tenets mentioned in the article. I would appreciate and congratulate the contributors of various articles.

I am confident that this new edition will be more influential and larger than the previous one; I am excited to read the useful content inside.

I wish the team all the best.

Shri. Manish Jain, Group Vice Chairman

FROM THE DESK OF MANAGEMENT

I am a firm believer that learning is not restricted to classrooms; knowledge can be gained from multiple sources. JIGYASA- the CTLD magazine is one such useful resource.

I was simply in awe of the material presented in JIGYASA as I read through the previous issue of the magazine. Articles by trainers and students were commendable and reflected their creativity and tenacity. I personally enjoyed reading the interview of Mr. Nehul Kawa, Manager (HR) of Capgemini, a renowned consulting company, as it clearly highlighted the industry's expectations of students who enter the professional field as fresh talent.

JIGYASA is another feather in CTLD's cap, and I appreciate the enthusiasm with which the Editorial team has approached the publication of JIGYASA. I am told that the contribution of students in terms of editorial team and contribution of articles had increased phenomenally. I am certain that the new issue of the magazine will be both enriching and thought provoking.

BEST WISHES TO THE TEAM!

Prof. Raghuvir Singh, Vice Chancellor





JIGYASA, which means "an eager desire to learn," resonates with us because we are all lifelong learners and seekers of knowledge. The very first painting in the previous issue represented 'Seeking light, seeking growth,' which, in my opinion is the ultimate goal of one's life. When we do this, we shift from Tamas (darkness) to Sattva (brightness). People are not their behaviour, an article published in the previous issue, compelled me to think about the subject. I also enjoyed our agriculture sciences student's well- researched and eloquently written agricultural article.

Teerthanker Mahaveer University (TMU) highly values its students. I am confident that with this new issue of the magazine, many more students will contribute and show us their creativity and intellect.

MY SINCERE WISHES ARE WITH CTLD.

Dr. Aditya Sharma, Registrar

FROM THE DESK OF MANAGEMENT



JIGYASA represents the desire to learn and acquire knowledge. It is the insatiable desire to unravel the mysteries and wonders of the universe that drives one to run through the deep tapestries of the universe. This is what made Galileo think, Vivekananda wonder, and Gandhi believes.

The first issue of the magazine served as a platform for various voices commenting not only on soft skills required to live and ‘skills to pay the bills,' but also on the creative talents of our students. I really liked the articles titled one-step at a time and inner structure of effective leader, and would try to follow the learning from these articles.

I'd like to express my sincere appreciation to Director CTLD, the Editorial team, and other members for taking a wonderful initiative to gather such creative and compelling content at one place.

I am confident that the new magazine will be a force to be reckoned with and extremely inspirational.

WISHING THE TEAM ALL THE BEST FOR GREAT SUCCESS.

Prof. Manjula Jain, Dean Academics

FROM THE DESK OF DIRECTOR CTLD



CTLD's mission has always been to recognise, nurture, and treasure each student's uniqueness, with an emphasis on LEARNING rather than teaching.

Our goal is to prepare our students to be global citizens who have tolerance, respect, and appreciation for different cultures and religions. We strive to make them self-motivated, independent, and self-assured decision-makers to take on leadership roles in the future. In this endeavour, our departmental magazine JIGYASA is proving to be extremely helpful.

The first issue featured articles written by extremely talented students, which I thoroughly enjoyed reading. We also published an interview with HR from the top-tier organisation Capgemini, which provided insight into industry expectations from students.

The editorial team for this issue includes not only CTLD faculty members but also five TMU students from various programmes. Under the capable leadership of the Chief Editor, these members have burned the midnight oil to produce an excellent magazine. The response from students for content submission was also outstanding. During my interaction with students editorial team, I found that there is no dearth of talent, enthusiasm and zeal in our students if someone knows to explore it. For this, I would like to appreciate the chief editor from bottom of my heart.

I wish the team all the best and look forward to a lucid, eloquent and thought stimulating issue of JIGYASA.

(Director – CTLD)

TEAM CTLD

Director CTLD
Prof. R.N. Krishnia

Deputy Director
Mr. Dilip Dutt Varshney

Master Trainers
Ms. Jasmine Stephen
Mr. Atul Dayal
Mr. Anant Bhardwaj
Mr. Amod Singh Solanki

Senior Trainers
Mr. Sagar Pratap Singh
Mr. Pradeep Panwar

Executive Trainers
Mr. Vipin Chauhan
Ms. Alka Dayal
Mr. Vikas Ranjan
Mr. Deepak Katiyar
Mr. Chandra Bhushan
Ms. Charvee Khatri

PA to Director
Mr. Yogesh Kumar

Attendant
Mr. Arpit Sharma

MEET *the* TEAM

















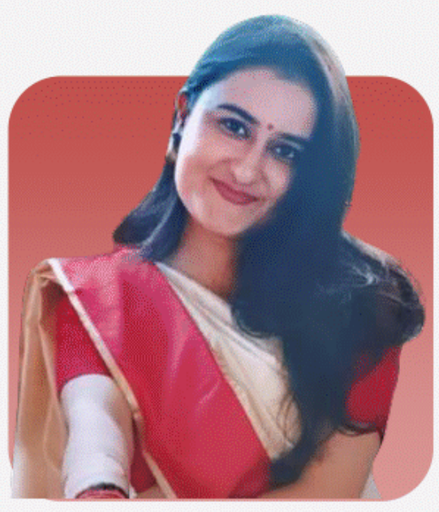
















CHIEF EDITOR'S MESSAGE



VIPIN CHAUHAN

Founder & Chief Editor - JIGYASA

Executive Trainer

Centre for Teaching, Learning and Development

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Focused. Competent. Resolute. Robust. Eager to make a difference in the world. Willing to stay up late and wake up before dawn in order to pursue their passion. These are just a few of the words used to describe some of the TMU students whose creative content features in this issue. My team and I couldn't stop talking about the articles, poems and images while we were putting them together. "Wow, Look at this kid!" “What an absolutely brilliant piece of creativity!"

The first issue of 'JIGYASA' sparked a lot of creative curiosity, and we were overwhelmed by the amount of content we received from students from various colleges, making it difficult for us to choose which ones to include in this issue of the magazine. Nonetheless, we tried to select the best of the best, and we hope that readers will find the magazine interesting, intriguing, and thought-provoking.

One very interesting and fateful chance that we took this time was the addition of students from various programmes to the editorial board. And what a decision it was! These wonderful students have enhanced not only the magazine's but also our (especially mine) creative faculty. Their expertise and calibre shine through the pages of this magazine, and their excellent work speaks for itself!

We'd like to thank all of the contributors for sharing their valuable content with us, as well as all of our benefactors and stakeholders.

We encourage more students and faculty to develop their creativity and contribute to future issues of the magazine.

Happy Reading!



MEET *the* EDITORIAL TEAM



Sagar Pratap Singh

Senior Trainer-CTLD



Vikas Ranjan

Executive Trainer -CTLD



Vipin Chauhan

Chief Editor

Executive Trainer-CTLD



Jasmeet Singh

Pharm D-5th year



Adarsh Keshari

Pharm D-5th year



Astha Jain

B.tech CS IBM-3rd year



Shuaib Akhtar

BPT-3rd year



Harjeet Kaur

BRIT-2nd year

LOVE

WHAT YOU DO

AND

DO WHAT YOU

LOVE

Q&A

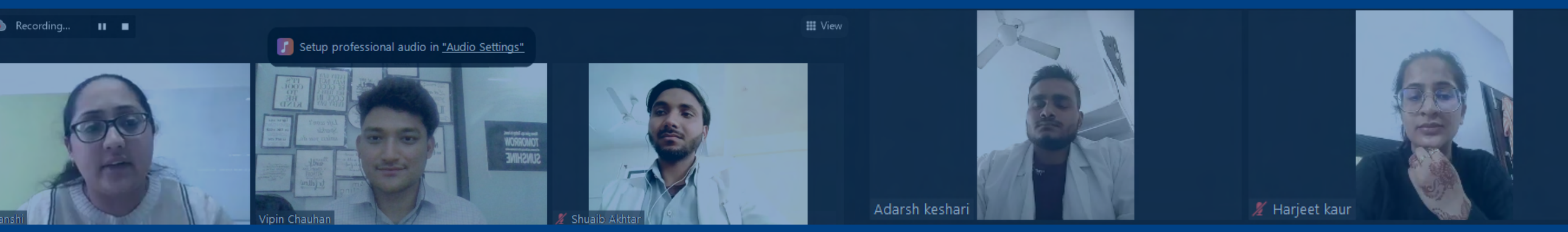
with Ms. Himanshi from MAX Healthcare

Q1. Hello, Ms. Himanshi, We appreciate your consent to participate in this interview. Our students will greatly benefit from this interview to grasp the crucial components of resumes and job interviews. Could you please share your profile with our readers to start?



Ms. Himanshi
HR Executive
MAX Health Care

Well, I am Himanshi and I work with Max Healthcare Institute Ltd in the capacity of Senior Executive in Talent Acquisition. I am a skilled HR Executive with proven expertise in recruitment and implementing the poliies and procedures, having 1-year hands on experience and I am Skilled in attracting the most qualified employees and matching them to jobs for which they are well-suited. I have years of experience working with clients like Medanta the Medicity, Paras Hospital, FMRI (Gurugram), Fortis Escorts Hospital, Fortis Hospital (Shalimar Bagh, New Delhi), Max Hospital (Saket), Max@Home, Antara Senior Care, C.K. Birla Hospital (New Delhi, Gurugram), Apollo Cradle, (Gurugram), Apollo Pharmacy and many more. I have completed BBA from Baba Mastnath University and MBA from The ICFAI University. I would understand my company's mission and vision while growing and progressing with my organization. My father had wanted me to be a Medico but due to my firm determination and continuous efforts I took my own path in commerce and very successfully completed my responsibilities as an HR executive.



Q2. How do you shortlist the best resumes?

To shortlist the best resumes, we may use a variety of strategies, such as Automated screening tools, many organizations use automated tools to scan resumes for keywords and other relevant information. Applicant tracking systems can help recruiters manage large volumes of resumes and quickly identify the most promising candidates. A recruiter or hiring manager may conduct a brief phone screening with promising candidates to get a sense of their qualifications and fit for the role. Candidates who pass the initial screening may be invited to an in-person interview, which can help the recruiter or hiring manager get a better sense of their skills, experience, and fit for the role. The recruiter or hiring manager may reach out to the candidate's references to get a better sense of their work history and performance.



Q3. What are the qualities you look in a candidate during recruitment?

We have a few eligibility criteria that we look into while shortlisting the candidates. Candidates who possess the skills and experience necessary to succeed in a role are typically highly valued. Candidates who demonstrate a strong work ethic, a commitment to excellence, and a willingness to go above and beyond are often highly sought after. Candidates who are able to communicate effectively with others, both verbally and in writing, are often viewed as strong candidates. Candidates who share the values and work ethic of the organization are often highly valued. Candidates who are able to adapt to changing circumstances, learn quickly, and thrive in a fast-paced environment are often viewed as strong candidates.

Q4. How much does English language proficiency matter in interview and workspace while working?

English language proficiency is generally considered to be important in both job interviews and the workplace. English is the primary language of communication, both internally and externally, and we require employees to be proficient in English to effectively perform their job duties. During job interviews, English language proficiency may be evaluated in various ways, such as through a verbal interview, written test, or presentation. Candidates who demonstrate strong English language skills may be viewed more favorably, as it can be an indicator of their ability to communicate effectively with colleagues, clients, and patients. English can help employees to understand and interpret instructions and information accurately, communicate effectively with colleagues and clients, and participate in meetings and presentations. It's important to note that English language proficiency is not the only factor that determines a candidate's suitability for a role or an employee's success in the workplace.

For a nurse, communicating effectively with the patients is important, be it in English or Hindi or any other language. Other factors, such as technical skills, work experience, and cultural fit, are also important considerations. Additionally, in some regions of India, other languages may be more commonly spoken and understood, so the importance of English language proficiency may vary depending on the specific context.

Q5. What are some mistakes that one must avoid in a resume?

The resume should contain all the relevant details about you and should look decent. There are several mistakes that you should avoid when creating a resume. Spelling and grammar mistakes can make a bad first impression and indicate a lack of attention to detail. Resumes should be concise and focused, highlighting only the most relevant skills and experience for the job. Including too much information can make the resume difficult to read and can cause important details to be overlooked. Including experience that is not relevant to the job can make it more difficult for the recruiter to see how the candidate is qualified for the role. Using a generic resume for all job applications can make it more difficult for the candidate to stand out as a strong fit for the specific role. Resumes should highlight the candidate's accomplishments and include specific, quantifiable achievements where possible. Vague descriptions of job duties may not make an impact. Using an unprofessional email address can make a bad impression on the recruiter. Using inconsistent or incorrect formatting can make the resume difficult to read and may reflect poorly on the candidate's attention to detail. Candidates should avoid including personal information such as age, marital status, religion, or political affiliation on their resume.

Q6. In an interview, how important do you consider soft skills to be? Could you recommend what soft skills might one work on to showcase their best?



Soft skills are considered to be very important in an interview, and in fact, they can often be the deciding factor in whether a candidate is ultimately hired or not. While technical skills and experience are certainly important, soft skills are often what make a candidate stand out from the competition and demonstrate that they have the ability to work effectively with others, communicate clearly, and solve problems creatively. Communication, the ability to communicate effectively

with colleagues, clients, and customers is a crucial soft skill in many roles. Collaboration, the ability to work effectively with others and contribute to a team is highly valued by many employers. Problem-solving, the ability to think critically and come up with creative solutions to challenges is a valuable soft skill in many industries. Adaptability, the ability to adapt to changing circumstances and learn new skills

quickly is an important asset in today's fast-paced work environment. Leadership, the ability to lead and motivate others is highly valued in many roles, even for those not in formal leadership positions. Time management, the ability to manage one's time effectively, prioritize tasks, and meet deadlines is an important soft skill in many industries. To showcase their best soft skills in an interview, candidates should be prepared to provide specific examples of times when they demonstrated these skills in previous roles or situations.By providing concrete examples of how they have used their soft skills to achieve positive outcomes in the past, candidates can demonstrate their value to potential employers and increase their chances of being hired.

Q7. Are there any suggestions for students who are fresh graduates if they want to work with an elite organization like max?

Yes, here are some suggestions for fresh graduates who are seeking to work Focus on building relevant skills, Identify the skills that are in high demand in your desired industry and focus on developing them through internships, volunteering, or online courses. This will make you a more attractive candidate to elite organizations. Network, attend job fairs, professional association meetings, and other networking events to connect with professionals in your desired field. Join online professional networks such as LinkedIn to build connections with industry professionals and learn about potential job openings. Build a strong resume, create a targeted, well-written resume that highlights your relevant skills and experience. Tailor your resume to each job you apply for to make a stronger impression on potential employers. Be persistent, Elite organizations often receive a high volume of applications, so it may take time to hear back from them. Don't give up if you don't hear back right away, and continue to apply to relevant positions. Prepare for interviews, practice your interview skills and prepare thoughtful, well-researched responses to common interview questions. Research the company you're applying to and come up with questions to ask the interviewer. Consider starting with an internship, if you're having difficulty landing a job at an elite organization right away, consider starting with an internship or entry-level position. This can provide valuable experience and give you an opportunity to prove yourself to the company. Be open to learning, once you do land a job with an elite organization, be open to learning and growing in your role. Seek out feedback from your supervisor and colleagues, and take advantage of professional development opportunities to continue to build your skills.

“We would like to thank **Mr. Vineet Nehra** (Director CRC) and **Mr. Sidharth Singh** (Assistant Director CRC) for their assistance in organising this interview.”

SUCCESS MANTRAS

IN CURRENT ENVIRONMENT



Prof. R .N. Krishnia
DIRECTOR - CTLD

Until, 1991 India was a closed economy and markets were sellers markets. Therefore, whatever was produced was sold at the terms and conditions of manufactures and service providers. There were very few foreign companies in India, as they were not permitted to operate from Indian soil. Number of Schools and Colleges were also very less as there were hardly any private institutes, hence number of students passing out from educational institutes were very less. Therefore, there was no competition for students. I remember, in early 1970s many students getting selected as teachers for government Schools after completing 11th class (Higher secondary those days) with 3rd division. Today even after completing post graduation and M Ed one cannot become primary school teacher without coming in merit through competitive exam.

In 1991, India's foreign currency reserve was reduced to meet only 15 days of import payment requirements. Dr Man Mohan Singh, one of the renowned economists of India took over as finance minister of the country that time. With the approval of Prime Minister Shri Narshima Roa and his cabinet, He decided to liberalise the economy, Privatise/close all sick enterprise of governments of India and states and open the economy for foreign companies. This lead to an era of LPG. Large number of foreign companies arrived in India with lots of foreign currencies as India was a big market and their own markets were saturated. Demand for skilled MBAs and Engineers with handsome salary packages increased phenomenally. This demand motivated large number of entrepreneurs to open education institutes to meet the requirement and earn lots of money. Hence, private players as well governments established many institutes. Large number of companies coming to India and mushrooming of Indian companies due to liberalisation has created severe competition in all the industries. Today it is said that excellence is not enough, every company has to maintain sustainable excellence. Today customer also does not want to satisfy with the product or service but wants to be delighted. Customer delightedness and sustainable excellence can be achieved, when the quality of human resource of the company is very high. Therefore, companies are making hue and cry for not getting suitably skilled employees.

Current scenario is such that supply of Schools pass outs, Graduates and Postgraduates including Ph. Ds is much higher than the demand. In addition, most of these institutes have concentrated on expansion rather than quality of education, hence most of the pass outs of these higher education institutes lack in skills required to get suitable jobs. Development in technologies is at supersonic speed. To handle ever changing technology, employees of the organisation needs to have certain skills. Strong foundation to handle and develop these technologies has to be laid at education institutes.



Success is not an accident. It is the result of our attitude and our attitude is a choice. Therefore, success is a matter of choice and not the fluke.

Success Mantras: - Today India has approximately 140 Crore people, of which 65% are below the age of 35 years and 50% are below the age of 25 years. India is known as youngest nation of the world. Country has large number of youth, which if utilised well it can become a great asset otherwise big liability. However, it may be really difficult to create suitable jobs in India for all of them and we may have to move to other Countries for suitable jobs. Indian and foreign companies will hire only those candidates who are competitive and achievers who will ensure that their companies always excel. Person becomes competitive and achiever only when he/she develop knowledge, skills and attitude, for which person needs to follow following success mantras.

Develop Foresight

Anyone who wants to succeed has to clearly analyse how things will change in 05, 10 & 15 years as he/she will have to prepare to face those changes. The process of developing your foresight is to learn from your hindsight, which is to think about the mistakes you made in past and your learning from those mistakes. If a person does not learn from past mistakes, and makes the same mistake again, he could be called as **nincompoop**. Once you start learning from past mistakes, you will arrive to mid-sight. Which means, while doing a job you come to know whether the decision is right or wrong? However, this decision is reactive, which is not desired in current competitive environment. You need to be proactive, for which one need to have foresight. How things are going to change in 05, 10 & 15 years. Once you have the competence of analysing future, you will make proactive decision. This will ensure success.



Goal Setting and Action Planning

Once you are able to analyse future, the next stage is setting goal and preparing action plan to achieve it. Without goals we will not know what to do, how to do and when to do? A person without the goal is like Rudderless ship, which will move as per the direction and force of the wind. You never enter a Train or Bus without knowing whether it is going where you want to go then why you should go in life without goals? Hence anyone who wants to do well in life needs to set right goal for self. The goal has to be balanced and SMART. Life is a six spoke wheel and those are good physical health, good mental health, sufficient wealth, good knowledge and requisite skills, social responsibility, desired spirituality. When goals are not balanced, this is what happens? In 1923, eight of the wealthiest persons of America met, their combined wealth was more than American government but their end was very bad.

One died bankrupt, one insane, one insolvent, three committed suicide and two of them were sent to jail. Reason is only one; their goal of life was not balanced but to make money by hook or crock. Goals also have to be SMART, where S stands for specific. M-stands for measurable, A-stands for achievable, R-stands for realistic and T- stands for time bound

Develop Positive Attitude

It is said that the word Attitude is the most important word in English dictionary. It is a process of perceiving everything around us and behaving in right or wrong way. If thinking is positive, we call it positive attitude and if it is negative, we call it negative attitude. Positive attitude people are better team player, they will not waste organisation's time for which they are paid, and they would reduce waste, improve quality and hence improve productivity and production. Thereby improving profitability for which organisation exists. On the other hand negative attitude people are also paid from the organisation's kitty, but they will keep criticising every one irrespective of level of employees they are dealing with.

Take a decision that henceforth I will keep company of positive people, avoid negative people, and take following steps:

a) Change Focus-look for the positive. Even in paradise, faultfinders will find fault. Avoid them and keep company of positive people.

b) Make a habit of doing it now because procrastination leads to negative attitude. A completed task is fulfilling and energising; an incomplete task drains energy like a leak from a tank.

c) Develop attitude of gratitude. Be grateful to the God for giving you the thinking brain. Count your blessing not your troubles.

d) Believe in lifelong learning. If you keep on learning on continuous basis you will always remain positive

e) Develop your positive self-esteem. When we feel good about our self, our behaviour becomes better, hence relations become better.



Develop Self-Confidence

Self-confidence is extremely important trait for success in life. If self is not confident, how can others be confident on him/her? I am not saying that one should be over-confident. Over-confident person may take unreasonable risk, where as confident person will take calculated risk. One can develop self-confidence by practice. 1st day no one becomes confident in cycling, swimming, or any other skill. Continuous practice makes a person confident. In case of students, classrooms are the best places where they can develop their confidence. Whenever one gets chance, one must express on variety of topics and develop his public speaking skills. These processes will develop self-confidence and thereby achieve success. We all hear the story of Albert Einstein and his chauffeur, which goes like this. One day the Chauffeur told the eminent scientist Sir, what is special about your lectures, even I can deliver (he has been listening Einstein for long time so he remembered). Einstein told him tomorrow where we are going no one knows me, hence you become Scientist and I will be your driver and accordingly they dressed. They reached the venue, where large no of Scientists were waiting to listen to Einstein. Chauffeur went on the podium and Einstein set at the back of the hall. Chauffeur delivered the complete content of the topic. At last, one of the audiences asked a tricky question. Chauffeur realised that he cannot reply, however, he was very confident, so he said; even my driver can answer this question and asked Einstein to get up and reply. Such confident people always succeed.



High Commitment

Once the goal is set, action plan is prepared to achieve the goal and confidence is high, 1st requirement is high commitment. In most cases, it has been seen that people set goals but lack in commitment. One of the richest man of the world reached that level because of very high commitment to the goals he set for self. Similarly Indian Business man Dhrubhai Ambani achieved new heights, because of strong commitment. In this world nothing is freely available. Your success is directly propositional to your commitment to your goal.



Strong Determination

It is said that failure is the stepping-stone for success. All successful people have failed many times before they succeeded. What is required is strong determination. This trait of success can be well explained by the example of following successful people:

a)Abraham Lincoln: He was a failure in all his attempts till he became president of USA at the age of 52. He is most successful president of all the presidents of USA.

b)Lee DE Forest, inventor of triode was charged by a judge for telling people that he can transmit human voice across the Atlantic Ocean.

c)Wisdom of Wright Brothers was questioned when they said they are making a machine which is heavier than air and would fly.

d)Young Cartoonist, Walt Disney faced many rejections.

e)Thomas Edison, failed 999 times before he could find the tungsten to light the lamp.

f)Mark Spitz won 03 gold Medal in swimming at 1968 Olympic and 07 at 1972 Olympic. After 72 Olympic someone asked, Mr Spitz you must be lucky enough as your Medal tally has increased from 03 to 07? Mr Spitz replied, I do not know if I am lucky or not but I know that I have practiced for 10,000 hours in last 04 years , which means, every day 08 hours without any holiday.

g)In 2008 Olympic, above record was broken by Mr Michael Phelps after 36 years. Mr Phelps's right hand was fractured two years before the Olympics; however, he did not stop practicing and mainly used his legs to practice until hand recovered. In the process his legs become so strong which made him the best swimmer of all times. An indication of strong determination.

Perseverance leads to Miracles

Never to give up attitude will certainly leads to success. This can be explained well with an example. In one of the family there were 04 members. Husband, wife, 06 years daughter and 03 years son. The boy had a tumour in his head, hence he was seriously ill. One day mother was holding the boy in her lap and was conversing with the husband.

She said we do not have sufficient money to get our son treated. How our son will recover? Husband said, do not worry we will sell this house and move into smaller house, with remaining money we will get him treated. The girl sitting in another corner was listening to the conversation. At one movement mother said, now only **miracle** can save my son. The 06 years old girl thought that miracle is name of some medicine and mother does not have money but I have. Therefore, she went to her room, counted the money in the piggy bank, from back door went to the Chemist, and pored the complete money on the counter and said uncle give me miracle, my brother is very serious. Mom say only **miracle** can save him. Chemist said, my dear child I do not have **miracle** but she was persevering and said I will get you more money but I want **miracle**. A gentle man passing by heard this conversation. He was moved by the perseverance of the little girl. He also understood the problem. So he asked little girl, I have the **miracle** tell me how much money you have? Girl replied, I have Rs 20/-. The gentle man said what a coincidence, the **miracle** costs exactly Rs 20/-, give me money and take me to your house. He went to the house and took away the boy, treated him and after sometimes brought the healthy boy home. Now again the boy was in mother's lap. This time she was very happy and said to her husband, I do not know how much it would have coasted to the gentle man? Little girl smilingly said mom I know how much. It is Rs 20/-. The gentle man was a Neurosurgeon of repute and had treated the boy free of cost due to perseverance of little girl, which proves that one can achieve **miracles** with perseverance.

Little age matters

One has to maintain little age over others. Prize money of gold Medallist is always much more than a person who is second but gold medallist may be faster by fraction of a second. Therefore, practice or work little more than competitors to maintain that little age.



Never, let success go into your head

Success is a lousy teacher; it seduces smart people into thinking that they can never fail. It is said that handling success is something most people are unsuccessful. Handling success requires discipline, determination, strong belief in self. Remember, people do not like you for your wealth but for humility, appreciation, respect to others, tolerance and flexibility, tranquillity, discipline, character etc. Sometimes in 1884, Mr Leland Stanford along with Ms Jane Stanford went to meet the president of Harvard University, Mr Charles Eliot, as he wanted to donate something in memory of his only beloved son, who died at the age of 15 years. After seeing, them in thread bear dress, secretary to the president said Mr President is not free for next 03 hours. Mr Stanford coolly said no worry we will wait. After about 03 hours, secretary thought they would not go without meeting, so see informed president. President called them inside and said what can I do for you? Mr Stanford with composure said, you do not have to do anything, we wanted to do something in memory of our son, who died recently, it could be University building. President asked, you really mean it. Do you know how much a university costs? Stanford said no. A University building costs $10 Million. Ms Stanford said if the cost of University is only $10 Million then why not to open our own University. They went to San Francisco and opened Stanford University in 1985. We must remember that Mr Leland Stanford was a Railroad Magnate; he was Governor of California and member of American senate. However, success has never gone into his head.

Hone your Emotional Intelligence

Advancement in technology is phenomenal and people working on these technology needs to be very competent. They are aware of most of their rights and duties. They are also well aware of other companies in their industry. Hence, dealing with them appropriately becomes very important. Emotionally intelligent people will not react on an incident, rather they will respond. When a person responds his behaviour is always appropriate. This happens because emotionally intelligent people can recognise, understand and analyse their emotion and do not allow Amegdala to become master of their behaviour but always keep the thinking brain as master of their behaviour. Emotionally intelligent people can also understand emotions of others and modify their behaviour accordingly.

"Success is a Matter of Choice"

Think critically

In today's competitive environment, organizations cannot afford to make irrational, wrong and delayed decisions. For making rational, right and timely decisions, critical thinking becomes extremely important.

Critical thinking is the ability to objectively analyze information and draw a rational conclusion. It also involves gathering information on a subject and determining which pieces of information apply to the subject and which do not, based on deductive reasoning. The ability to think critically helps people in both their personal and professional lives and is valued by most employers.

Critical thinking is thinking about your thinking while you're thinking in order to make your thinking better. Employees who can engage in critical thinking are reflective, independent and competent. If you practice critical thinking, you logically connect ideas, scrutinize and evaluate arguments, find inconsistencies and errors in your work and the work of others, solve complex problems and engage in reflection. A critical thinker does not only accumulate information well, but they also know how to use the information to deduce important facts and outcomes. By conceptualizing outcomes, critical thinkers are better at problem-solving than people who simply memorize information. Because of this, employers value critical thinking, especially in roles where preparing strategy is essential. Critical thinking is considered a soft skill, which means it's a skill inherent in personality. That said, it is possible to develop this skill.

Maintain pocket diary

The average adult human brain can store equivalent to 2.5 million gigabytes digital memory, which means it can store any amount of information but problem is we do not recollect when needed. Therefore on many times very important and urgent tasks are not remembered, hence, are delayed, which leads to inefficiency and stress. Our mind is like computer, which does not do anything without mouse. Whatever operations we want to perform, requires use of mouse. On many occasions you may have experienced that at the time of going to the bed you remember the tasks which you were suppose to perform during day time but did not remember, hence delayed and next day also happens the same. Similar to the mouse this diary (electronics/paper) will help you become efficient. Hence, **whenever, wherever and whatever tasks you remember, write them in this pocket diary and read it twice a day.** This will enable you to perform most of your tasks immediately; hence, you will become proficient and have optimum level of stress.





EDUCATION IS ALIVE WHEN IT TEACHES LIFE ITSELF



Atul Dayal
MASTER TRAINER

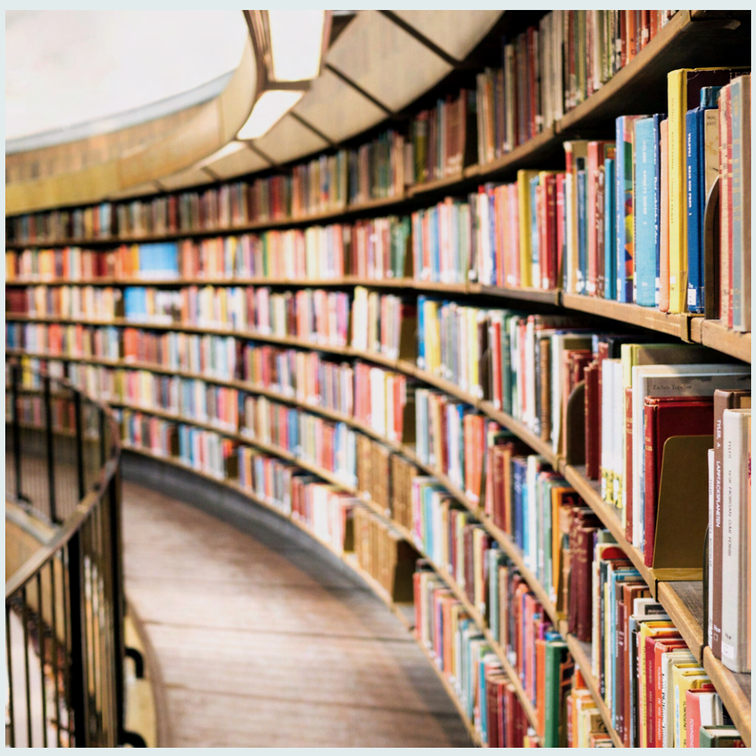
“I am like a midwife. I will bring out what is hidden in you.”

This is a tremendously apt definition of education. Fortune and misfortune are both hidden in humans; nectar and poison exist in them; God and the animal both dwell in them. And this gives humans the glorious freedom to choose whatever it is they wish to become. The right kind of education will be the one that shows them the path to godliness.

But it must be remembered that when humans do not strive towards the achievement of a better life, they automatically sink to a level even lower than that of the animals. It is always easy to slide down; it requires work and constant application of oneself to rise. It takes effort, courage and determination. Rising upwards is an art, the greatest art in life.



THE GOAL OF EDUCATION MUST BE LIFE ITSELF



THE AIM OF AN AUTHENTIC EDUCATION MUST BE TO TEACH THIS ART, TO TEACH THE ART OF BECOMING ONE WITH GOD.

The goal of education must be life itself, not merely providing instruction in how to earn a livelihood. In itself this means nothing. It is often mistaken as the aim of education. The means of a human's livelihood is only the existence of their body and education will only be alive when it teaches life itself.



To teach life is to teach knowledge of the self. Humans may know everything else, but if they are unaware of the existence of self then all of their knowledge is negated. Of what use is knowledge that does not have the self as its centre? The illumination of the whole world is useless if the self is in darkness.

To begin this ascent to consciousness, the first step must be in the direction of self-knowledge. The extent to which humans begin to know themselves is the extent to which their animality declines. The perfection of self-knowledge establishes humans in God. Only in that attainment is their fulfillment.

Humans carry the seed of that supreme development, of that ultimate perfection within themselves, and unless those seeds are fertilized, they will remain barren. Their situation is not unlike that of seeds sown in the earth. Only when the seeds are watered and cultivated do they sprout; only then do they poke through the soil and reach the light of the sun. And the sense of anxiousness, the feeling of restlessness that exists between the sowing and the harvest is an excellent sign, because only after restlessness can there be peace. Education can intensify and sharpen this wonderful time of restlessness in young people.

When education moves towards real knowledge and real peace, a new human and a new humanity will be born. Our future depends on this. The fate of humankind is in the hands of education. If humans are to be saved from themselves, it is essential that they be reshaped and re-created. If this does not happen, the animal in humans will destroy them. The only escape from this nightmare is for humankind to establish itself in God.

The subject narrative would be golden if we throw light like this: Definitely education is a pivotal tool but prior education self consciousness plays an equally important role with perceiving mind to absorb the right one from the mixed available because a soul on earth needs to struggle a lot for being inclined to be illuminated with the help of consciousness and education. Good and evil present in us, where the evil allure always with greedy tentacles pushing the good one behind. In such war within, consciousness acts as an auxiliary force and education works as a beacon light.





Vipin Chauhan
EXECUTIVE TRAINER

DRIVING TO THE CAUSE: WHO'S DRIVING YOUR BUS?

"He makes me so angry!"

"She made me feel sad!"

"I am depressed because my partner made me feel lonely and unloved!"

"It wasn't me, it was her who messed up my life!"

"My friends always make me feel unwanted and lonely!"

"I feel that my parents have never cared for me!"

If you are like most of the people, then you would have at some point in your life made statements like these to yourself or to somebody else. Majority of the people have a tendency to shift the onus or the responsibility of something that goes wrong with them (as perceived by them) on others. They feel that people can make them angry, sad, depressed, happy, guilty and all sorts of emotions. While that is perfectly normal to think, it is not advisable.

Now before we delve into the logic of the aforementioned, let's look at what the cause and effect equation is.

The cause and effect equation basically defines two sides of reasoning that people live in. Cause means that you take responsibility for creating anything you want in your life. You take the onus of whatever you achieve or fail to achieve. You view the world as a Pandora's box of opportunities rather than a web of obstacles and you move positively towards the life that you want. To be at Cause means you accept that you have a choice about who you are as an individual, what you do and how you react to others, their emotions and responses to you and to the happenings around you.

However Effect is when you are likely to blame other people or situations for what you don't have or what you have failed to achieve in your life. When you are at the effect side, you act almost like a victim. You feel powerless and unmotivated. You wait tirelessly for something miraculous to happen to improve your situation in any way whatsoever. Therefore you are unable to come out of this vicious cycle of lies that you feed your own self.

So take a moment and pause here. Think of a few incidents in your life where you thought the situation was really not in your control, that someone had made you feel a certain way, that you felt desolate and distressed due to certain happenings in your life caused by someone else or some situation. Who did you put the responsibility on? Yourself or someone or something else?

Why being on the cause side is recommended?

When you say things like "I am responsible for how certain events make me feel" or “I am responsible for my outcomes and I can create my future”, you are instructing your unconscious mind on how to act responsibly and positively. You know that nobody can make you feel a certain way as long as you don’t feel it yourself. People take actions and if their actions make you feel a certain way, then the onus is on how you **CHOOSE** to feel. in response to their actions. **YOU** choose your outcomes! It’s like when a child scribbles on the wall, you can choose to feel delighted or angry. You **CHOOSE** your motives, your outcomes, your excuses, your reasons and your feelings. You have the remote **CONTROL**. This might appear a little confusing for some who will say “I had a bereavement in my family and I had no control over the situation and so I got sad.” And that is perfectly normal. It is absolutely called for in such situations to be sad. But how long do you choose to be sad, is again up to you, isn’t it?



So, think about it. Are you on the cause side or the effect side of the equation?

WHO IS DRIVING YOUR BUS?



Prof. R. N. Krishnia
DIRECTOR - CTLD

DON'T MAKE YOURSELF INDISPENSABLE

My people will not make a move without asking me first.
Is that you?

If so, you are not doing your job as Dean/Director/Principal (leader). You are much too busy trying to do everybody else's job.

TRYING TO MAKE YOUR-SELF INDISPENSABLE IS JUST PLAIN BAD MANAGEMENT.

You are paid to make decisions, and the most important job of a leader is to make correct decision.

Without any doubt, you are responsible for the outcomes. However, that does not mean you cannot and should not involve the people you work with in the decision-making processes. It has been seen that on many occasions, junior most member of team gives solution to the most difficult problem, as creativity is not related to seniority. Give your subordinates the goals, stand aside, and let them make a plan. Some of us might be thinking, organization will fall apart if I am not there, but you cannot afford such self-indulgence.

Coach your subordinates so well that they become confident enough to carry out plans without you and capable enough to do it well.

THE BETTER THE DEAN/DIRECTOR/PRINCIPAL YOU ARE, THE LESS CONTROL YOU NEED OVER YOUR FACULTY/STAFF MEMBERS

When you let them take a lead three good thing happens:

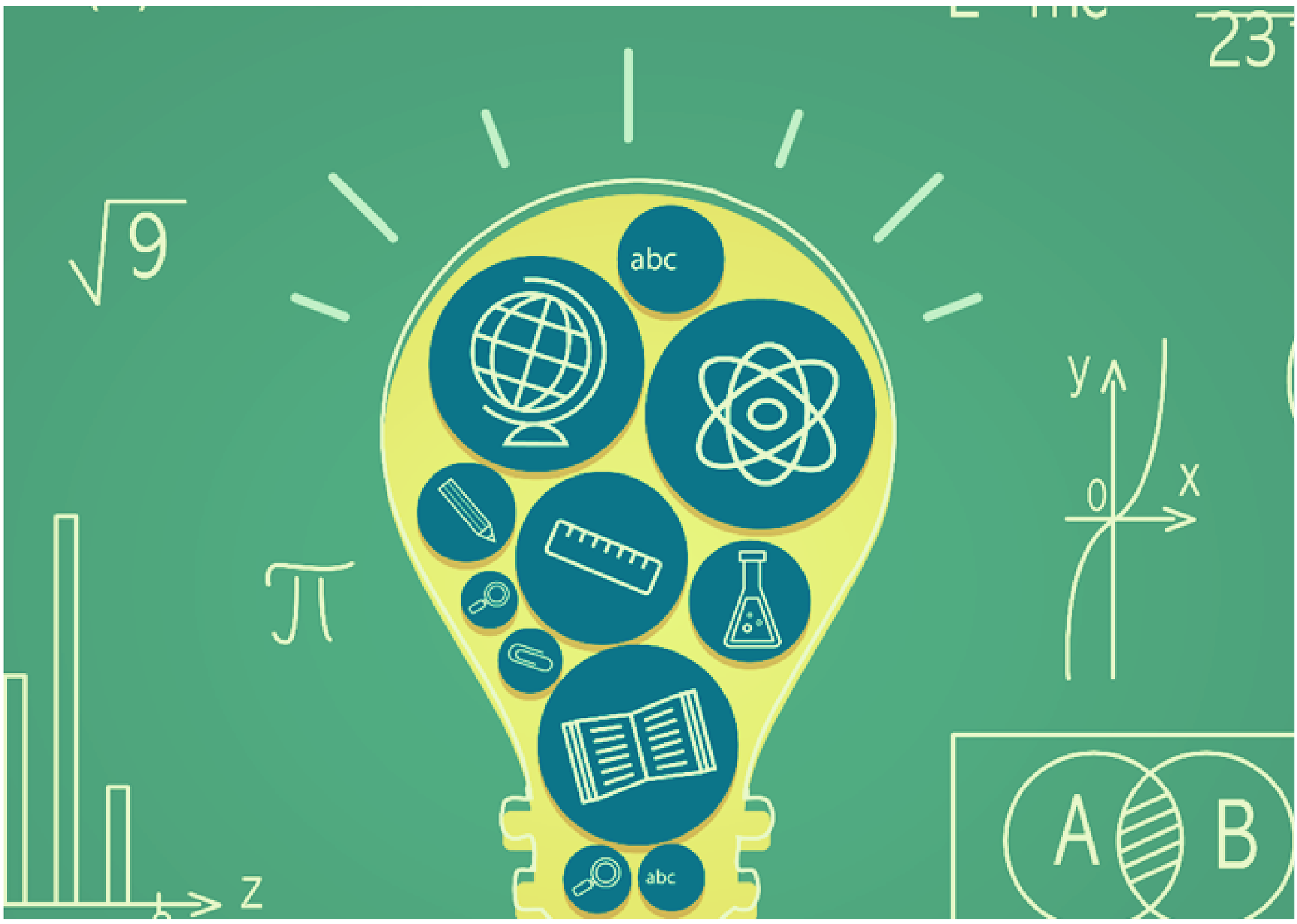
- You show your respect for your subordinates
- You show that you don't think you have to do it all.
- You spare yourself for the leadership role.

Your faculty/staff members (subordinates) are often lot closer to the student/employee's problems than you are. They have much better sense of how to solve it. Give them chance. You will not lose face; you will gain respect.



ASPECTS OF APTITUDE TESTS

Anant Bhardwaj
Master Trainer



(A) How Quantitative Aptitude is different from Maths

People often confuse Quantitative Aptitude with Mathematics thinking that both are the same, however, that's not the case. It is true that Quantitative Aptitude entails questions relating to numerical and equations but both are not the same. Mathematics is the subject that deals with questions of profit and loss, percentage, probability, geometry, trigonometry, etc. while Quantitative Aptitude is the ability of a person to solve such questions. Mathematics is a separate field of study while Quantitative Aptitude is an important section of various entrance examinations.

Aptitude can be regarded as the knowledge or ability that a person gains from learning and practice. The level of aptitude is measured through tests and exams and given ranks accordingly. These tests are held to measure the ability to reason and react in different situations as well as the ability to learn from past experiences. When this ability is measured through solving problems related to Mathematics it is known as Quantitative Aptitude.

Aptitude Tests were conducted long back to evaluate the skills of soldiers and the military. With innovations and the emergence of various fields of study, aptitude tests are now being used in almost every field so as to verify whether the candidates will be able to function with reason and logic in the future. The first Aptitude Test was conducted by Sir Francis Galton in the 19th century which was later rejected for being physical and sensory in nature. The tests that are conducted now are mental and cognitive in nature.

It makes sense to say that both Mathematics and Quantitative Aptitude deals with logic and reason. However, they are not entirely the same and have different roles to play. This article emphasizes the difference between Mathematics and Quantitative Aptitude with respect to approach, method, and importance.

In Mathematics, greater emphasis is laid on the method of solving a particular problem rather than the answer. While in Quantitative Aptitude more emphasis is laid on the answer than the method. Since the method is important in Mathematics one single step by step method is acknowledged while solving the problem. That is why in schools, teachers use step marking, i.e., marks are given for the method even if the answer is incorrect. While in Quantitative Aptitude multiple methods can be used in order to find the answer. It is important in Quantitative Aptitude that the answer should be quick and accurate. The basis of Mathematics lies in formulas and calculations while the basis of Quantitative Aptitude lies in conceptual understanding and the application of this understanding of the problem. For a question of profit and loss in Mathematics, we have to derive the answer by showing the step-by-step process. For the same question in Quantitative Aptitude, various methods can be used to derive the answer and the step need not be shown.

The approach used is different for Mathematics and Quantitative Aptitude. In Quantitative Aptitude we use elimination or shortcut approach where four options will be given and we have to choose the correct answer eliminating the other options. However, in Mathematics there is no shortcut method. We have to show the question step by step and show the entire method.

Mathematics is the subject encompassing difficult questions that require a though process while Quantitative Aptitude evaluates the ability of a person to solve the question accurately within a short span of time. QA demands one’s analytical and logical skills. A candidate has 1-1.5 minutes to deal with a question. Within that time, he is expected to read and understand the question, analyze and apply the formula, evaluate and verify, and tick the correct answer.

The major branches of Mathematics include Algebra, Geometry, Arithmetic, Number Theory and Trigonometry. Mathematics has now emerged as a diverse field of study and has made significant contributions to technology. While Quantitative Aptitude evaluates the problem solving and managerial skills of the students, where the Arithmetic part tests how one understands patterns, algebra tests the ability to find correlations, and geometry tests the ability to handle challenges. The topics covered under Quantitative Aptitude are Profit and loss, percentage, probability, time speed and distance, average, etc.

Though both mathematics and QA requires immense practice, the latter demands greater effort than the former since there is no scope for evaluating a problem using a long method and only a few seconds can be spared to solve the question. One must have sharp calculation skills so that even the complex questions can be solved within seconds.

(B) Aptitude Interview Questions with Sample Answers and Tips

When applying for a job, companies conduct different aptitude tests to objectively screen and shortlist suitable candidates. Understanding aptitude tests can help you prepare for the interview and make you feel at ease. With adequate preparation and commonly asked aptitude interview questions, you can enhance your chances of getting a desirable job. In this article, we explore common types of interview questions and review Aptitude Questions with sample answer responses and discover some preparation tips.

Types Of Aptitude Interview Questions

A hiring manager can ask many types of aptitude interview questions during a job interview process. Some common types of questions are:

Abstract reasoning questions: Employers ask abstract reasoning questions to assess your mental ability and help an employer test logical connections between the dataset. Such interview questions help an employer determine your creativity and ability to solve problems quickly.

Numerical reasoning questions: These questions help in analysing your aptitude for numbers. This helps an employer assess your ability to use numbers and work with graphs, statistics and equations.

Verbal reasoning questions: An employer uses verbal reasoning questions to analyse reading comprehension. It helps the employer assess your ability to understand, analyse and draw accurate conclusions from written information.

Psychometric questions: Often, an employer asks a psychometric question to test your ability to understand real-time scenarios. It helps an employer understand whether you can make the right decisions at the right time.

Logical reasoning questions: Such questions evaluate your ability to conclude from the information. Such questions help employers understand your problem-solving capabilities. The key is to apply correct logic and rationality to the problem.

Here are a few tips that can help you perform to the best of your abilities:

- **Read the question carefully**: Before answering the question, read them carefully. Some aptitude questions only require you to use some basic logic.
- **Manage your time**: Usually, employers expect candidates to complete aptitude
- **Tests in a fixed time frame.** So, when solving aptitude questions, use the time available and try answering as many questions as you can.
- **Be careful about trap questions:** Employers often include many trap questions in the aptitude test to test a candidate's skills. So, carefully read the questions and answer them only when confident.



(C) Examples of Various Types of Questions

I. Numerical Ability Questions

1. The cost of ten apples, eight kiwis and 12 papaya is ₹240. The cost of eight apples, six kiwis and ten papayas is ₹ 180. Find the cost of one apple, one kiwi and one papaya.
Ans = 30

2. Two numbers are in the ratio 5:4. Aman subtracts 12 from each. The new number is in the ratio of 4:3. Find the smaller number.
Ans = 48

3. Ram, Shyam and Poorav can complete a piece of work in 10, 15 and 30 days. In how many days can Ram complete the work if Shyam and Poorav assist him every third day?
Ans = 7.5 days

4. In how many ways can you arrange the letter of the words “WOOLLEN”?
Ans = 1260

5. Find the odd one out in the series: 53, 59, 61, 73, 79, 87, 89
Ans = 87

6. Find the number that you can write in place of the dollar sign ($) in the following number series:7, 11, $, 19, 23
Ans = 15

7. What is the probability of rolling a die and showing a multiple of three?
Ans = 1/3

8. A bottle of milk contains 50% water. If we replace this milk with another milk containing 10% water, the percentage of water in the milk becomes 25%. What quantity of milk did you replace?
Ans = 5/8

II. Verbal Reasoning Questions

9. Introducing a girl to his best friend, Pallav said, “She is the daughter of the son of the mother of my aunt.” How does the girl relate to Pallav?
Ans = Sister

10. Arrange the following words in a meaningful sequence.
Country, state, member, community, city, family
Ans = member, family, community, city, state, country.

11. Which of the following is the odd one?
Money notes, cheques, debit cards, coins, letters, credit cards and stocks
Ans = Letters

III. Psychometric Questions

12. Examine the following statements:
Statement 1: Shruti has short hair.
Statement 2: Poorva is 19 years old.
Statement 3: Poorva has black hair.
Statement 4: Shruti has the same hair colour as Poorva.
Statement 5: Poorva has long hair.
Which of the two statements showcases that Shruti has black hair?
Ans = statements 3 and 4

13. Which of the following letters does not belong to the group?
L, T, K, L, N, P, V, F
Ans = P

14. A chef receives 60 orders of pasta and it takes 30 minutes to cook pasta and season one-third of the orders with jalapeno. How many pastas can the chef cook in two hours?
Ans = 80

LIFE IS
YOUR CREATION.

MY LIFE JOURNAL

फिर फहराया परचम



Dr. Ashish Singhai
ASSOCIATE PROFESSOR & HOD (DIP)
COLLEGE OF PHARMACY

गिरधारी के लाल विक्रम,
कारगिल के शेरशाह विक्रम,
निडर कैप्टेन परमवीर विक्रम
तेरे अद्भुत दम खम ने,
फहराया था, फिर भारत का परचम।

कश्मीर राइफल रेजिमेंट,
तेरह का, तू वीर विक्रम,
शौर्य,वीरता का कर संगम,
फहराया था तूने, फिर भारत का परचम।

द्वंद युद्ध और साहस से,
करे दाँत खट्टे दुश्मन के,
साथियों को दिखा रास्ता,
दिया बलिदान ग्रेनेडों से,
फहराया था तूने, फिर भारत का परचम।

कौशल और नीति से हल कर,
दिया बलिदान, कारगिल हिल पर,
रक्त बह गया फूटे तन से,
पर डिगा नही तू अपने मन से,
फहराया था तूने, फिर भारत का परचम।

मैं भी नही डरूँगा अब,
शैतानो की शैतानी से,
लड़कर दूंगा, अड़कर दूंगा,
जवाब, साहस और रवानी से।
फहराउंगी फिर परचम,
तेरी इस कहानी से।

जय हिंद! जय माँ भारती!

INDIA
AN ACCOLADE

India, the land of Kings and Queens,
The mother of a thousand Gods,
And the home of a trillion dreams,
When her landscapes lay in slumbers chain
And echos slept within her cells,
Her Avengers fought, feeling no pain,
Pride within their hearts dwelled.
Her children build her pillars deep
And lift them high to the sky.
Her dignity, till their dying breaths they keep.
Making her flag soar high!
The wind lies asleep in the arms of her Dawn,
The rain gently comes and places a crown.
The day is done, and darkness falls
from the heavenly wings of night.
She nestles all her creatures dear
To bear them to the dawn of life.



UNKNOWN SOLDIERS

The brave soldiers, who sail the precious seas
for the protection of nobody but you and me
To those who fly across the perilous sky
To ensure that the Tricolour flies high.
We are indebted to these men and women
As they fight fearlessly without any rest
It saddens me to admit, we don't even know them
they are the unknown soldiers.
Enemy fire brings them down
Airplanes crash and their vessels drown
Amidst the battle field, they know a peaceful sleep
When they are injured and and the wounds are deep.
We live to honour the sacrifice
We shall ever be grateful, to the lost lives,
And the selfless act you have done
And the shattered voices that call for their loved ones.
So in honoured glory, brave hearts
Each and everyone of you.
We stand to salute you,
No longer do you stand as the unknown soldier!



Astha Jain
B.TECH CS IBM-3RD YEAR

एक ऐसा किरदार



मुझे खाक से उठाकर, मुझे नींद से जगा कर, ख्वाबों को
हकीकत में बदलना सिखाया
एक ऐसा किरदार मेरे टीचर ने निभाया

जल जाते है वो दिये की तरह,
कई जीवन रोशन कर जाते है
इस तरह से हर गुरु अपना फ़र्ज़ निभाते है

जीवन के हर अंधेरे में रोशनी देता है टीचर
बंद हो जाए सब दरवाजे , नया रास्ता दिखाता है टीचर
सिर्फ किताबी ज्ञान ही नहीं, जीवन जीना भी सिखाया

मुझे खाक से उठाकर, मुझे नींद से जगा कर, खाबो को
हकीकत में बदलना सिखाया
एक ऐसा किरदार मेरे टीचर ने निभाया

गिरते है जब तो उठाते है टीचर
जीवन की राह दिखाते है टीचर
अंधेरे यहां के, बन कर दीपक जीवन को रोशन करते है टीचर
जब आंख हमारी कभी नम हो जाए, एक अच्छा दोस्त बनकर
हमेशा हसाया

मुझे खाक से उठाकर, मुझे नींद से जगा कर, ख्वाबों को
हकीकत में बदलना सिखाया
एक ऐसा किरदार मेरे टीचर ने निभाया

मां बाप से ऊंचा मान होता है
भारत में टीचर का सम्मान होता है
प्यार से मार से या कभी इंकार से
विद्यार्थी के लिए गुरु हमेशा वरदान होता है

हमारी अज्ञानता को गहराई से निकाल लेते है
हमारी नादानियों को समझ नई चाल देते है
लाख चाहे कोई क़र्ज़ चुका नहीं सकता
मन में ज्ञान का दीपक जला कर जान देते है

हमेशा खुश रहे टीचर यही दुआ है मेरी ऐ मेरे खुदाया
मुझे खाक से उठाकर, मुझे नींद से जगा कर, ख्वाबों को
हकीकत में बदलना सिखाया
एक ऐसा किरदार मेरे टीचर ने निभाया।





Shuaib Akhtar
BPT 3RD YEAR

THEY WHO ALWAYS CARE



Born with the name of healing,
They're exceptional in their way of dealing.
Hard is to earn that "Dr's" title,
Yet then that makes him so many lives' vital.
An honour to cherish,
An identity to never relinquish.
He learns to cure,
For he shakes hands with life to be sure.
Sure to achieve his chosen bucket,
Yet not everyone is able to earn that socket.



Hours of perseverance,
Nights of disciplined skeleton adherence.
At the birth, he's the first to pick,
At the death, he's the last to pick.
India is not just a land of diversity,
But more than that of being respect worthy.
In double quotes is the doctor quoted,
With a suffix of "Sahib" is he respected.
A synonym to Lord,
Life saver's identity makes him odd.

No point of break,
So much is not there for it to shake.
They make sacrifices,
Being blessed with the best supplies.
Giving his own life a secondary priority,
He turns up to treat his patient with so much superiority.
That white coat,
Peace, which carries in its throat.
Always short and straight,
No chance to outlook their's heart weight.
His patient treats him as God,
He never considers him so odd.





A man whose joys are in the patient,
A man whose life is in the one on the chair seated.
New Years, Christmas, birthdays,
With him he celebrates all the days.
Keeping celebrations aside,
Holidays not to be tried.
Ever for the patients,
For he, from them best smell, so fragrant.
Are they so proud of themselves? ?
Or do they really consider themselves are elves? ?
Being two doctors' daughter,
I never fail to flaunt the pride of making their life broader.

Muskan Sharma
BDS 2nd Year

RAIN OF MY CHILDHOOD

Rain of my childhood,
taught me the brotherhood.
Created a sense of belongingness,
I was really free of stress.

It's the rain of the past,
that have a scenario vast.
There's a lot to tell you,
inexpressible in a word or two.

Today the same are my juniors,
as I was ago many years.
No mathematics, no history,
life wasn't really a mystery.

Those colourful paper boats,
and my rejections to raincoats.
Those enthusiastic paper boat races,
with my friend's cheerful faces.

It's beauty was appreciable,
giving lessons commendable.
So wonderful was that rain,
was the healer of every pain.



THE LADY OF MY LIFE

The best person I ever met in my entire life,
not only the best mother but the best wife.
Her importance to me is really hard to explain,
she has always hidden her tears and her pain.

Taught me numerous values since my birth,
she is the most beautiful lady on this earth.
May she wear saree or may wear suit,
always looks fabulous and so cute.

She is the lady full of grace and modesty,
always made me follow the path of honesty.
The woman full of determination and dedication,
for me she is my favourite inspiration.

I promise in life I will never let her down,
for her selfless deeds she really deserves a crown.
I know I haven't been the best daughter in this world till yet,
but she is the most wonderful mother on this planet, I bet.



Tuba Akhter
B.PHARM 3RD YEAR

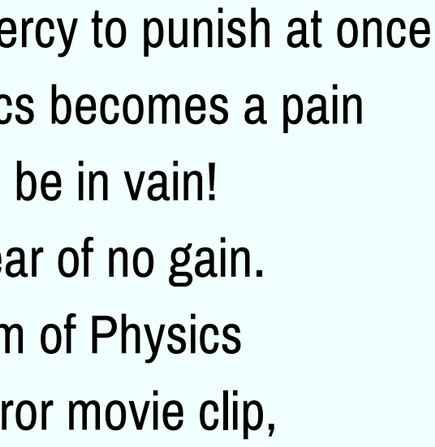
PHYSICS

A UNIQUE FORM OF MISERY



Lakshika Chaudhary
B.TECH CSE ADCA IBM
3RD YEAR

Physics...Physics...Physics…
What a difficult Lyric!!
Physics is a Subject,
Which One can't Reject.
This is a Slide,
Which One can't Ride.
Physics is Deep,
So, one can't Weep.
Go far away from it,
Or you'll get kicked.
One can be Terrible...
But Physics is Horrible!!
Because, the questions are never ending
And tears arrive at solving.
With Teachers looking like Devil,
If none of us increases our level…
As no term such as Refusal exists for them
Those have no mercy to punish at once.
That's why, physics becomes a pain
Which leads us to be in vain!
Due to extreme fear of no gain.
In short, The Exam of Physics
Is much like a horror movie clip,
Always to scare the one who faces it.
As the derivation of a formula…
Seems much like a Godzilla!!
Physics…Physics…Physics…
What a difficult Lyric!!



Prabhkirat Singh
MLT 2nd Year

FLOTATION

Rocks in a river.
Ice in a drink.
Some things float.
Some things sink.
Floating things have buoyancy.
Test a little toy and see.
Does it sink?
Does it float?
Could you use it as a boat?
Try a pencil.
It pops up.
Try a hammer.
Try a cup.
If something is denser than the water it will sink.
But if the water's denser, then...
Well,
what do you think?

COLOURS



Nikita Jindal
BSC PHYSICS

My life is like a beautiful colour box,
Different different colours randomly pops,
Sometimes it is as calm as blue,
Like the sky, I wish I could fly too.
Sometimes it is as scary and bloody as red,
As if I have signed someone's dead.
Sometimes it is just as simple as yellow,
As if the sun rays are my fellow.
Sometimes it is as girly as pink,
I must go make some aesthetic drink!
Sometimes it is as peaceful as green,
As if I am watching a beautiful movie scene.
Sometimes it is as royal as purple,
As if I am the princess of my world!
Sometimes it is colourless purely white,
Still I can add any colour to it, right?
And sometimes it is just dark, all black,
Seriously, I am going to get panic attack!
This is my life filled with all these colours,
Without them, it is like bunch of dead flowers.

ORBIS

In a world full of hypocrisy,
Try to be a genuine person!

In a world full of Criticism.
Praise someone!

In a world full of inhumanity,
Be kind to someone!

In a world full of egotist,
Be generous to someone!

You never know your words might
make someone's day a lil more happening.



Ramlah
BPT 2ND YEAR

YOU ARE NEEDED

When life feels heavy and hard to bear,
And each day feels like an endless nightmare,
When the weight of the world is on your chest,
And the darkness in your mind won't let you rest,

Remember this: you are not alone,
There are others who have walked this road,
And though it may feel like there's something tearing you apart,
There is always hope for a brand new start.

You are stronger than you think,
And though the road ahead may be steep,
You have the power to conquer your fears,
And rise up above your doubts and tears.

So take a deep breath and close your eyes,
And imagine a world where your spirit flies,
A world where your dreams will take a flight,
And your heart is filled with joy and light.

It may take time, but you'll get there,
Step by step, and day by day,
With each small victory, you'll feel more alive,
And the shadows of depression will slowly subside.

You are loved, and you are needed,
And the world is a better place with you in it,
So keep your head up, and hold on tight,
For the future and the stars are shining bright.



PHARM D FINAL YEAR

Smriti Tiwari

LIVE IN TOTALITY

Live in totality, that's the way to be,
Don't just exist, but truly live, free.
Embrace the highs, the lows, the in-betweens,
Life's a trip, so enjoy the scenes.

Take in the beauty, the good and the bad,
Celebrate the wins, and learn from the sad.
Let your soul be filled with all that is real,
Experience it all, it's how you truly feel.

Don't hold back, let yourself be bold,
Don't be afraid, let your story unfold.
Take risks, try new things, break out of your shell,
Living in totality means living well.

Life's not always easy, that's for sure,
But every challenge is an opportunity to mature.
It's okay to stumble, it's okay to fall,
Get back up and stand tall.

Be present in every moment, savour the now,
Don't worry about tomorrow, or why, or how.
Live for today, live for the present,
Live in totality, it's truly heaven-sent.

So, dance in the rain, laugh until you cry,
Take a chance on love, and don't be shy.
Life is short, don't waste a minute,
Live in totality, and you'll win it.



PHARM D FINAL YEAR

Abhijith Murali

GOING 19 TO 20



I’m putting on my glasses
Now seeing not just the mountain
but also, its trees, the building blocks
Seeing not only the blue tarpaulin
but also, the birds flying in flocks.

I see the fault lines in people’s houses
and flowers stolen from their spouses
every scar on a person’s body
and bad words they utter to their ‘buddy’.

Switching from 144p to 1080p
visible are to me
every miniscule thing of beauty.
The glimpses of demons are ever so daunting
I’m putting on my glasses,
I’m going from 19 to 20.



MESSAGE TO MY YOUNGER SELF

If one day I could go back to the younger me
Me, who is not swimming in darkness, but drowning
Drowning her sadness and pasting on a smile everyday
Days go by, and so do the nights
‘Night’ said she, trying to get the demons to sleep
Sleep seems like the only way to get some peace
‘Peace’ is what she said, when they asked what she
wanted for her birth day
Days of contentment and comfort seems infinitely distant
Distant are all the family and friends
Friends of her are only numbness and anxiety
Anxious about how to hold on
On that day I’ll tell her, ‘It’s ok, we made it!’.

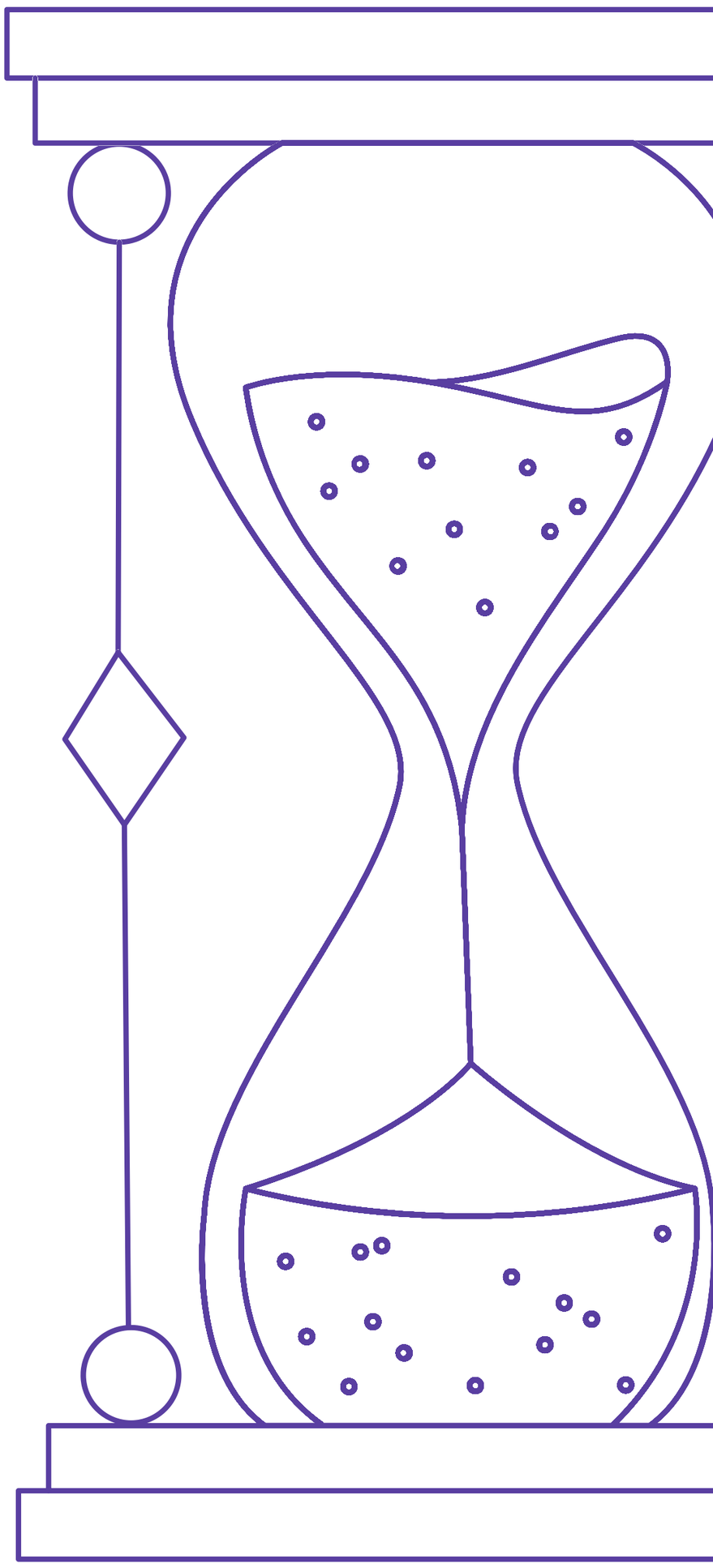
Ayushi Agarwal
B.COM LLB

सब्र

जिंदगी में संभल कर चलना पड़ता है
ख्वाहिशों को भी मारना पड़ता है
सब्र जैसी चीज को अपना पद है
होता नहीं है ये गुर जिस किसी में
उसे जिंदगी को फिर संवरना पड़ता है
कई बार वक्त को परेशान करता है
करना चाहिए सबर क्यूंकी, सबर ही अच्छा है
करना चाहिए सबर क्यूंकी, सबर ही अच्छा है

इनायत सदा करनी चाहिए हमें दुसरो के साथ
तर्ज लेहजे में नहीं करना चाहिए हमी बाथ
सुलुख भी शक्ति का एक अहम भाग है
बेहतर नहीं बनाना जिसको शक्तिया
में दाग हैं
मिल कर रहता है, जो किस्मत में पसंद है
नहीं बदला है, जो नसीब में होना है
करना चाहिए सबर क्यूंकी, सबर ही अच्छा है
करना चाहिए सबर क्यूंकी, सबर ही अच्छा है

अफसुरदागी में काम अक्सर खराब होते हैं
मुस्कान में काम अक्सर शबाब होते हैं
माज़ी में जो तकलीफ़ हमें होती हैं
उसके याद आने से भी चुबन सी होती हैं
बाद-ए-सबा में खिल हुआ फूल देखा है
वह ख्वाब डार हकीकत लाजवाब देखा है
मैनी दरख्त को शबनम का इंतजार करते हुए हैं
करना चाहिए हमेशा सबर क्यूंकी, सबर ही अच्छा हैं
करना चाहिए हमें सबर क्यूंकी, सबर ही अच्छा हैं





Muaaz Khan

DIPLOMA IN COMPUTER SCIENCE
2ND YEAR

मेरा जहां तुमसे

कहीं गिरी तो तुमने मुझे संभाला है,
कहीं बिखरी तो तुमने ही सँवारा है,
हर खूबी हर खामी को मेरी,
तुमने ही निखारा है।

तेरा मुझे हँसाना,
रुलाकर चुप कराना,
डाँटकर मनाना,
प्यार से मुझे हर बात समझाना,
दुनियादारी सिखाना,
जज़्बातों के परे एक दुनिया दिखाना,
रिश्ते, दोस्ती आदि इत्यादिनिभाना,
फिर दुनिया में खोकर खुद को ही पाना,
सब तुमसे ही तो सीखा है,
फिर भी न जाने क्यों,
तुमसे यह कहना आसान नहीं होता-
कि तुम्हारे बिना मेरा जहाँ, जहाँ नहीं होता।

Nitisha Saxena
BCA



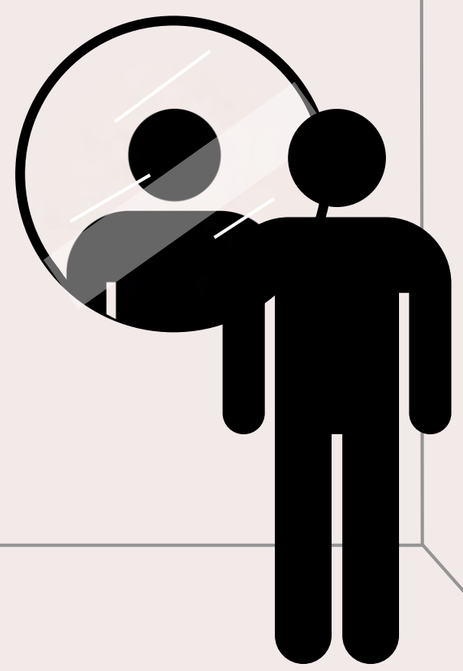


जीवन यात्रा

पूछा जो मैंने एक दिन खुदा से,
अंदर मेरे ये कैसा शोर है,
हंसा मुझ पर फिर बोला,
चाहतें तेरी कुछ और थी,
पर तेरा रास्ता कुछ और है,
रूह को संभालना था तुझे,
पर सूरत सँवारने पर तेरा जोर है,
खुला आसमान, चांद, तारे चाहत है तेरी,
पर बन्द दीवारों को सजाने पर तेरा जोर है,
मैंने मन ही मन सोचा हम दोनो क्यू खफ़ा है एक दूसरें से
मै जिंदगी और जिंदगी मुझें समझा रही थीं,
मैने पूछ लिया- क्यो इतना दर्द दिया क़मबख्त तूनें,
वो हंसी और बोलीं- मै जिंदगी हूं पगले
तुझे ज़ीना सिख़ा रही थी.....

Muskan Sharma
BDS 2ND YEAR

तू खुद करके तो देख



क्यों सोचना की कोई तुम्हें समझे, तू खुद को समझ कर तो देख।

क्यों किसी के भरोसे रहना, तू खुद पर भरोसा रख कर तो देख।

क्यों हर जगह खुशियां ढूंढना, तू खुद के अंदर खुशियां ढूंढ कर तो देख।

क्यों सोचना की कोई तुम्हें प्यार दे, तू खुद से प्यार करके तो देख।

क्यों किसी से उम्मीदें रखना, तू खुद से उम्मीदें रख कर तो देख।

क्यों किसी को बदलने की कोशिश करना,तू खुद के अंदर बदलाव ला कर तो देख।

क्यों सोचना की कोई तुम्हारा सारथी बने, तू खुद का सारथी बन कर तो देख।

ऐ राही तू चलता जाना



माना रास्ते में मुश्किले आएंगे हजारों,पर तू उनसे घबरा न जाना।
ऐ राही तू चलता जाना.....।
कोई साथ दे या न दे तेरा, पर तू अकेले आगे बढ़ता जाना।
ऐ राही तू चलता जाना.....।
लोगों की बातों को सुनने की बजाय, सिर्फ अपने दिल की सुनता जाना।
ऐ राही तू चलता जाना.....।
कभी जीत तो कभी हार आएगी हाथ तेरे, पर तू उससे उदास न हो जाना।
ऐ राही तू चलता जाना.....।
गलतियां तो सबसे होती है तुझसे भी होंगी, पर तु उससे कुछ सीखता जाना।
ऐ राही तू चलता जाना.....।
लोगों की भीड़ देखकर ,तू अपने लक्ष्य से पीछे मत हट जाना।
ऐ राही तू चलता जाना.....।
किसी का सहारा मिले ना मिले, तू अपनी लड़ाई खुद लड़ता जाना।
ऐ राही तू चलता जाना.....।
तेरी मंजिल तुझे मिलेगी जरूर, तू बस अपने कदम पीछे मत हटाना।
ऐ राही तू चलता जाना.....।



Divya Jain
MBA 1ST YEAR

CTLD TEAM OF THE UNIVERSITY

CTLD team of the university
A group so wise and bright
Leading students to their future
Guiding them with all their might

CTLD group of knowledge seekers
With wisdom in their hearts and skills to spare
They help students everywhere

With knowledge as there arsenal
And passion in their hearts
They strive to make a difference
And leave a lasting mark

Their teachings are a treasure
That students hold so dear
A gift that they'll forever cherish
And hold so very near

With every lesson they impart
And every skill they impart
They shape the minds of tomorrow
And prepare them for a part

So here's to the CTLD team
A group we hold so high
May their efforts never cease
And their impact never die.

Astha Jain
B.TECH CS IBM-3RD YEAR

BAATCHIT - A THERAPY

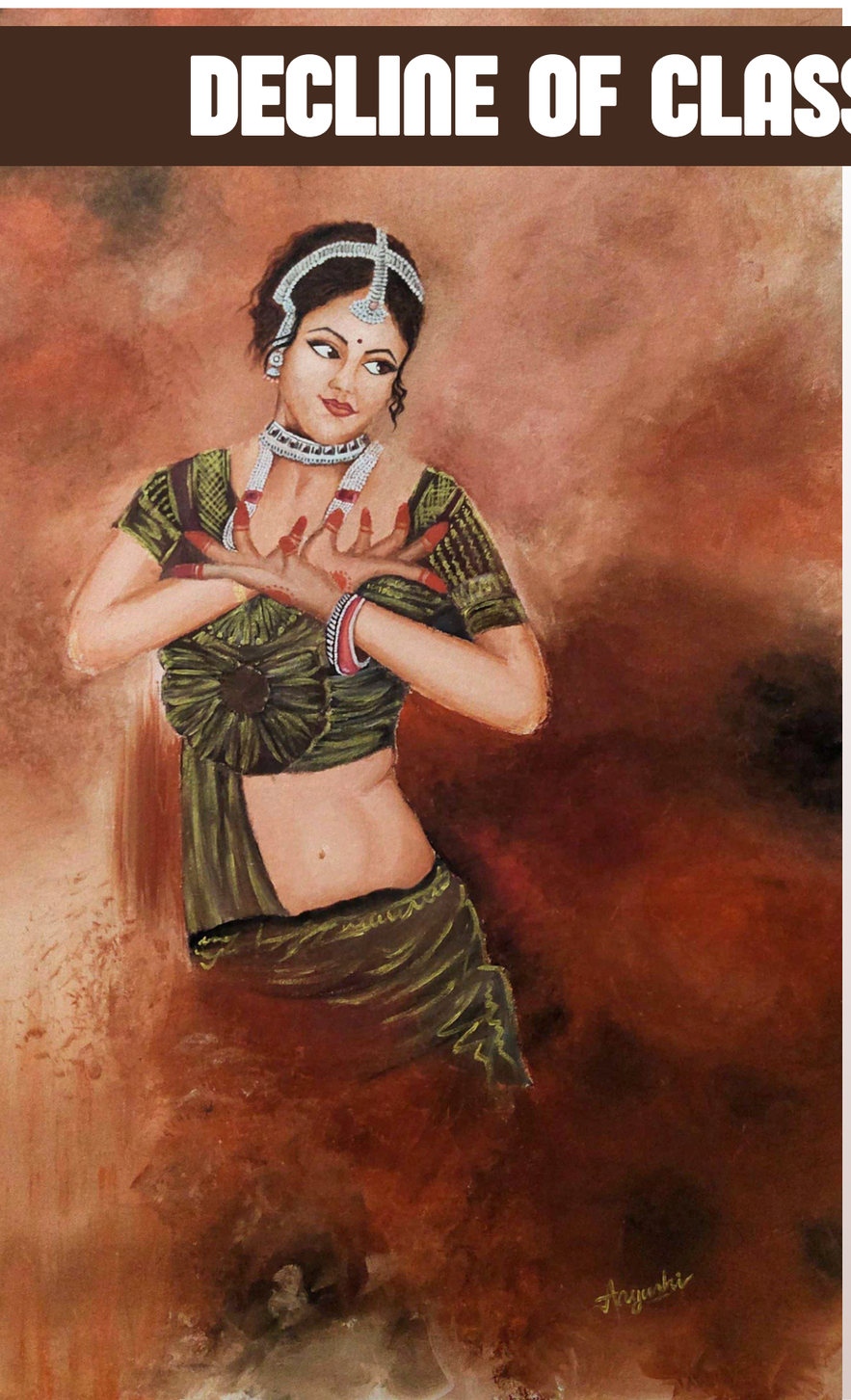
Firstly , the thing is we need to understand that we are a bunch of sensitive and emotional people .
We Indians pride ourselves over our tight-knit family structures and strong communal ties. We are running in which will never end.
However, how many of us would tell our families about our mental health problems, openly? Barely anyone. And this is ironic .
Because a big reason for stress and anxiety among youth in India is misunderstandings, household problems, parental pressure, lack of communication, weight of family expectations and the list goes on.
Many times, because one can't speak our loved ones get estranged from us , our loved ones get fuzzy in our sight and we feel bad for the same. That's why, **"baat-chit"**.

This will be a holistic solution for middle class Indian families. And you can introduce your parents to this concept as a fun group activity or an exercise. And the best thing about this is you can do it anytime anywhere.
Many of us have tried this as well to feel good, this may also include hugs and motivation and sometimes we can simply share our problems to someone just to feel lite , even if we do not get any solution for that.
So, not a therapy, which can be off putting for us but they empathise with it.



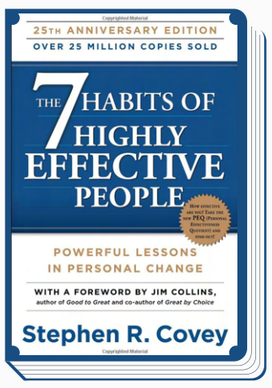
Yash Jaiswal
BRIT 2ND YEAR

DECLINE OF CLASSICAL DANCE IN INDIA



Under British rule, propaganda prevailed against Indian art, misrepresenting it as crude, immoral, and inferior to the concepts of Western civilization. This influence was pervasive enough to dissuade the patronage of royal courts for ritual temple dances, and to alienate educated Indians from their traditions. The devadasi system declined. This in turn diminished the reputation of the devadasis as a community. Even the terms by which the dance was known – Sadir, Nautch, Dasi Attam, and so on – took on derogatory connotations. In the late 19th and early 20th centuries, social reformers under Western influence took advantage of these circumstances, launching an Anti-Nautch campaign to the art itself, condemning it as a social evil. By the first quarter of the 20th century, the classical dance of South India was almost wiped out, even in Tamil Nadu.

Aayushi Rathi
COLLEGE OF LAW AND LEGAL STUDIES



A BOOK SUGGESTION BY AMEER SOHAIL

About the Author

Stephen Richards Covey (October 24, 1932 – July 16, 2012) was an eminent American non-fiction author. He was a multitalented personality who was recognized for his work as a successful businessman, educator and an influential public speaker. He is credited for writing one of the most influential business books of twentieth century, titled **The Seven Habits of Highly Effective People**.

Stephen Covey was a successful man, not just in his career but also in his life of faith, his family life, and his relationships with friends and colleagues. A faithful Mormon, his religion and his relationship with God were central to his life.

How I came across this book?

I'm Shaik. Ameer Sohail of BSC AGRICULTURE (2nd year) from Andhra Pradesh. I came across this book when I was in my school as my school(Good shepherd school, Nandyal) used to have a subject called LIFE SKILLS in which we were taught only about this book in particular. We had classes twice in a week and they used to teach us those 7 habbits. I'm sure that the school is still continuing it.

About the book

Covey's seven habits are composed of the primary principles of character upon which happiness and success are based. The 7 Habits of Highly Effective People puts forward a principle-centered approach to both personal and interpersonal effectiveness. Rather than focusing on altering the outward manifestations of your behavior and attitudes, it aims to adapt your inner core, character, and motives. The seven habits in this book will help you move from a state of dependence, to independence, and finally to interdependence. While society and most of the self-help books on the market champion independence as the highest achievement, Covey argues that it's interdependence that yields the greatest results.

THE 7 HABITS

Habit 1: Be Proactive

Take initiative in life by realising that your decisions (and how they align with life's principles) are the primary determining factor for effectiveness in your life. This involves the realisation that you are in control of your life, if not through action then through your attitude and reactions.

Habit 2: Begin with the End in Mind

Self-discover and clarify your deeply important character values and life goals. The step of seeing the end is the first part of any successful plan—create a mission statement.

Habit 3: Put First Things First

Prioritise, plan, and execute your week's tasks based on importance rather than urgency. Evaluate whether your efforts exemplify your desired character values, propel you toward goals, and enrich the roles and relationships that were elaborated in Habit 2.

The next three habits have to do with Interdependence (working with others):

Habit 4: Think Win-Win

Genuinely strive for mutually beneficial solutions or agreements in your relationships. Value and respect people by understanding a "win" for all is ultimately a better long-term resolution than if only one person in the situation succeeds.

Habit 5: Seek First to Understand, Then to be Understood

Use empathic listening to be genuinely influenced by a person, which compels them to reciprocate and adopt an open mind to being influenced by you. This creates an atmosphere of caring, respect, and positive problem solving. To implement this involves a paradigm shift in how communication is viewed—change from seeing it as a way to transmit information to others to understanding that communication flows both ways and flows most easily when resistance is lowered.

Habit 6: Synergies

Combine the strengths of people through positive teamwork, so as to achieve goals no one person could accomplish alone. In this way, the creative forces of everyone are combined to produce a result that is greater than the sum of its parts.

The Last habit relates to self-rejuvenation:

Habit 7: Sharpen the Saw

Balance and renew your resources, energy, and health to create a sustainable, long-term, effective lifestyle. The primary emphasis is on exercise for physical renewal, prayer (meditation, yoga, and so forth) and good reading for mental renewal. Service to the society is also recommended for spiritual renewal.



Shaik. Ameer Sohail
BSC AGRICULTURE 2ND YEAR

EMOTIONAL INTELLIGENCE (EQ)

The workplace need no longer linger in darkness regarding the factors leading to great performance. More than 25 years of research in the neurological field and specific study about the factors that contribute to success in the workplace have resulted in breakthrough perceptions about intelligence. Quantifiable data on performance in a myriad of industries and organizations has resulted in a body of study called emotional intelligence. These years of study have named and identified the “intangibles” that predict success in the workplace. Emotional intelligence explains why despite equal intellectual capacity, training, or experience, some people excel while others of the same calibre lag behind. Repeatedly, we heard and told stories of people with intellectual brilliance often coupled with great experience and education that did not always produce the most capable leaders.

Sometimes, even worse, these purveyors of knowledge and intellect created emotional disasters among their followers and plagued the halls of corporate America dooming their followers to a work life of low creativity, minimal enthusiasm, low productivity, and even fear. And of course, the corporate answer was “send them to a training class.” Training classes almost always fell short because the training was not designed to get to the root of the matter and develop the core issue. Also, training was generically designed and was not targeted to the individual’s own failure prescription. Brilliant research by Daniel Goleman, Robert Cooper, Ayman Sawaf, and Robert Kelley have quantified the characteristics of emotional intelligence and allowed for measurement in a field that was before void of such measurement and definition. It is no longer an “accident” that certain competencies are found repeatedly in high performers. Many of these competencies are found in high performers at all levels, from customer service representatives to CEOs. No longer is the discussion about non-quantifiable “soft skills.” Instead, we as must find ways to build those talents that have been identified by these experts and labelled as emotional intelligence.

EI aimed mostly at developing the following set of talents:

1. **Self-Awareness and Control** – This talent comprises two separate skills. The self-awareness component demands intimate and accurate knowledge of one’s self and one’s emotions. It also demands understanding and predicting one’s emotional reactions to situations.
One who is emotionally competent at self-awareness is also fully aware of one’s values and core beliefs and knows the impact and effect of compromising these core components. The self-control component requires full mastery of being in control of emotions. Both positive and negative emotions are channelled in the most productive manner when one controls the emotion versus the emotion controlling the person. The person with mastery and control of emotions can both anticipate and plan emotional reactions to maximize effectiveness.

2. **Empathy** – Empathy requires the ability to understand how others perceive situations. This perception includes knowing how others feel about a particular set of events or circumstances. Empathy requires knowing the perspective of others and being able to see things from the value and belief system of the other person. It is the ability to fully immerse oneself in another's viewpoint, yet be able to remain wholly apart. The understanding associated with empathy is both cognitive and emotional. It takes into consideration the reasons and logic behind another's feelings or point of view, while also allowing the empathic party to feel the spirit of a person or thing.

3. **Social Expertness** – Social expertness is the ability to build genuine relationships and bonds with others that are based on an assumption of human equality. Social expertness allows people to genuinely express feelings, even conflict, in a way that builds rather than destroys relationships. Social expertness also enables a person to choose appropriate actions based on his or her feelings of empathy. The talent of social expertness allows caring, support, and concern to show for fellow humans in all of life's situations. Social expertness also demands that one reads social situations for readiness, appropriateness, and spoken and unspoken norms. Resolving conflict without compromising core beliefs or values is an important component of social expertness.

4. **Personal Influence** – Personal influence is the ability to inspire others through example, words, and deeds. It is the ability to lead others by way of social expertness. Personal influence is the ability to read situations and exert influence and leadership in the desired direction. Personal influence is also the ability to confront issues that are important or debilitating to relationships, goals, missions, or visions.

5. **Mastery of Vision -** Mastery of vision requires that the individual has the ability to set direction and vision guided by a strong personal philosophy. The ability to communicate and articulate with passion regarding direction and vision are also essential to mastery of vision. This talent serves as the inner compass that guides and influences one's actions. This inner compass also provides resilience and strength to overcome obstacles. It is the inner motivator and the guardian angel of our purpose. It is because of mastery of vision that we know who we are and what we are compelled to do with our lives. When our actions and words are consistent with this personal philosophy, it is our sense of authenticity. When inconsistent, it is our sense of stress and discomfort.

Adarsh Keshari
PHARM D FINAL YEAR



THE AWAKENED TRAVELLER



The Awakened Traveller is a unique composition, yet simple. It is an effort to touch the hearts of its readers. Just like a beautiful memory, it is hoped to stay with them eternally.

Life is a journey. A beautiful one. And we are the travellers, experiencing the good and bad coming along the way. Each one possessing the treasure of values and lessons.

It comprises of three short write-ups, comprehensive and thoughtfully linked. They are:

- A man who lost himself

As the title suggests, the man is losing himself while facing the tragedies of life. He is immersed in excruciating pain. In this journey, everyone has had their share. A scar, one covers or a story, one hides. The reader can totally relate to the emotions.

- Your One Decision

However, this is not the end. One can cover the scar or wear it with pride, hide the story or inspire others through it. We have the choice to make a difference. This part of the composition, aims to awaken its reader. To make him or her, “The Awakened Traveller”. It stresses on the importance and influence of one’s decisions in life.

- I am proud of you

Lastly, concluding it with a heartfelt message. No matter how many times one fails, the fact that he or she is trying is enough to bear witness to his or her greatness.

A MAN WHO LOST HIMSELF



There was…

A man who understood the silence of others in pain, but was misunderstood when he screamed out his unsettling thoughts.

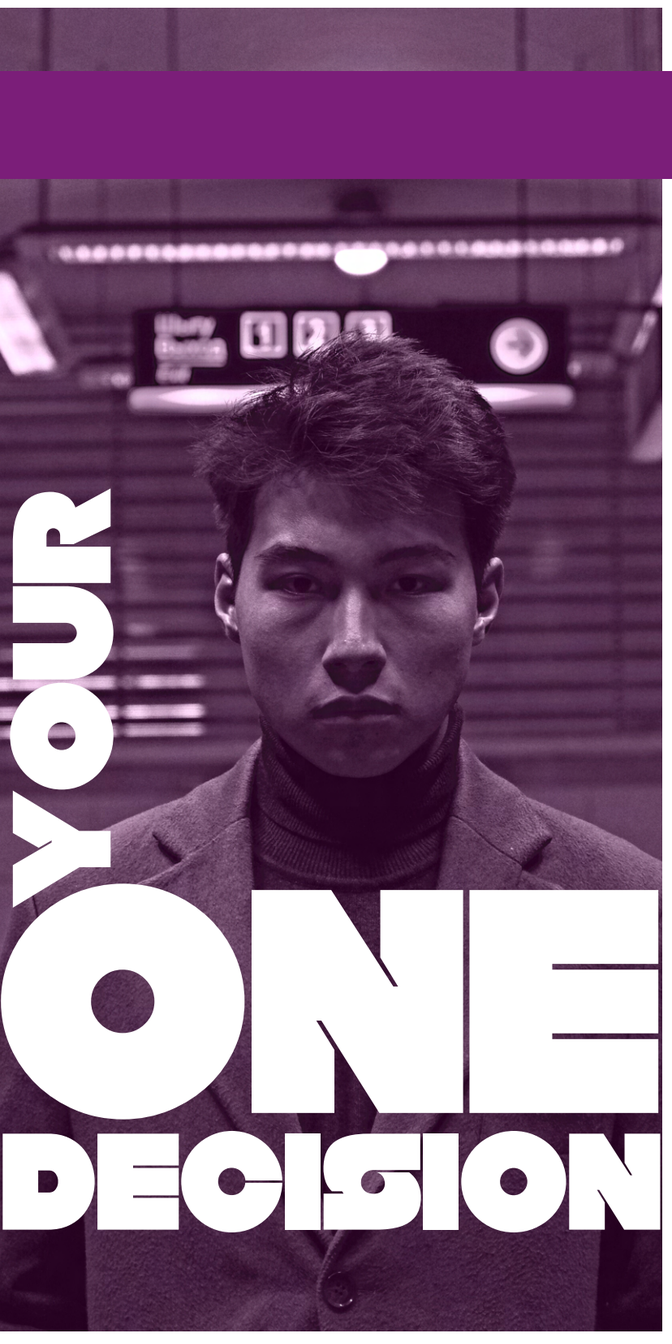
A man who loved someone so deeply and innocently, was left unheard so mercilessly and ruthlessly.

A man whose father would bring anything in the world that he once desired, was in tears, helpless, staring at his son struggling.

A man who kept smiling as he lost himself every day to his traumas. It was as though a price he paid to live that one day.

A man who always dreamt larger than life, was now praying to have a life itself.

There was a man…



YOUR ONE DECISION

There is a quote by Victor E. Frankl which is dear to my heart. I would read it like a morning ritual.

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

Your life is literally dependent on the decisions that you take. If you find something is going wrong in life, observe yourself. Intentionally live your day and decide what is right.

To add value to life is a decision and to do otherwise, is also a decision. Whatever pathway you choose whether consciously or unconsciously, will impact your life significantly.

The effect of the decision might be seen years later but you will for sure witness it with your very own eyes.

You not taking the bold decision that you should, is also a decision. Your inaction is a decision.

At the end, a fulfilled life or a life fully filled with regrets, all comes down to the decisions you take.

I AM PROUD OF YOU



I am proud of you,
You got out from your bed despite a heavy heart.

I am proud of you,
For showing up every day without any support.

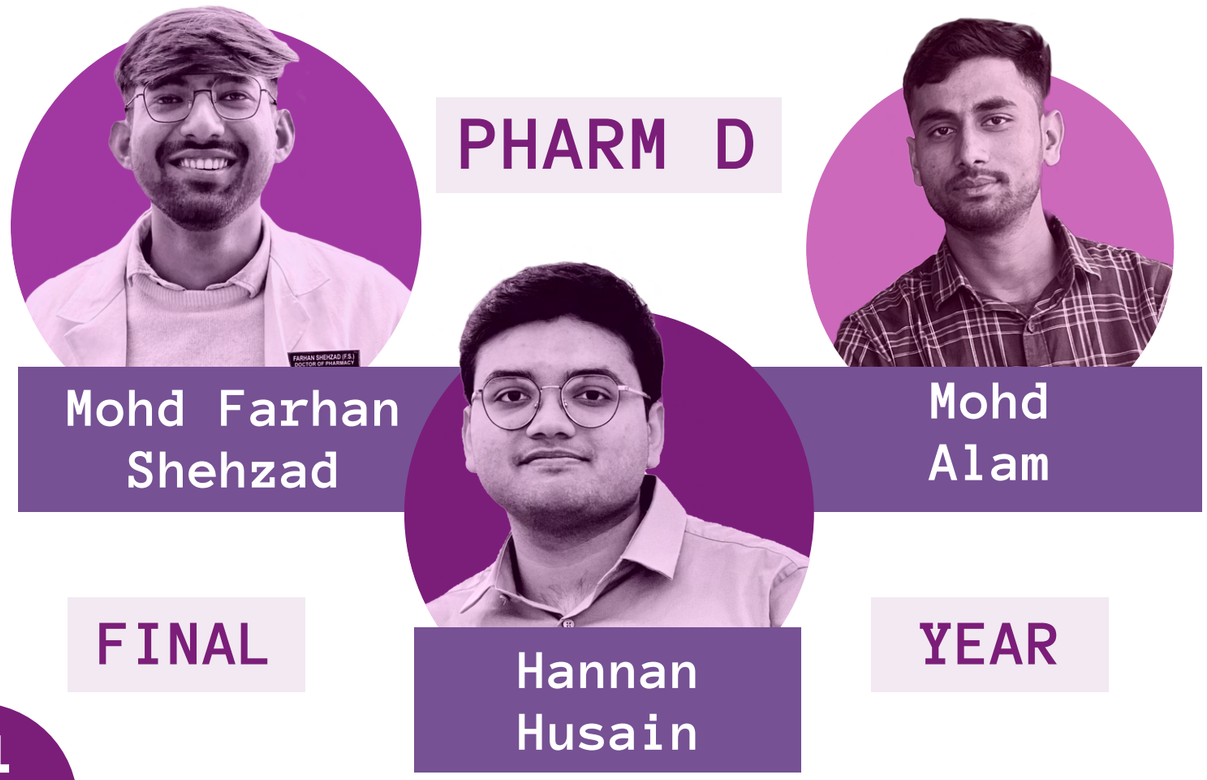
I am proud of you,
For facing the challenges of life with the spirit of a soldier who fights till the last breath.

I am proud of you,
There is no one to cheer you up but that smile hiding immeasurable pain, is inspiring.

I am proud of you,
To uplift others while you yourself are drowning.

I am proud of you,
For the person you are.

I know there is no one to appreciate you but trust me,
I am proud of you.



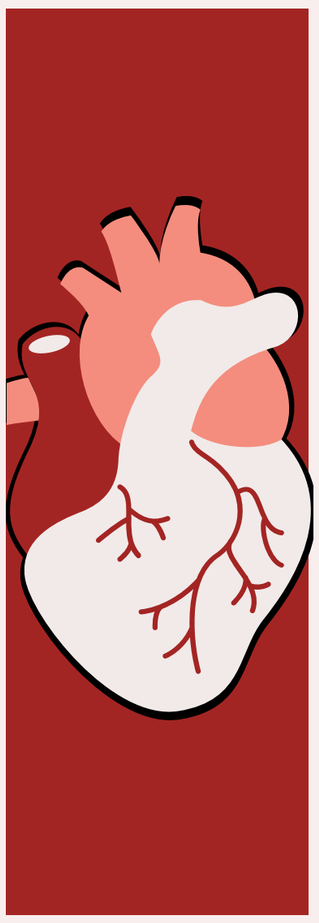
ONE CONSCIENCE OF THE HEART
ONE CONSCIENCE OF THE MIND

Charles Dickens , the famous writer once said that, "there is one conscience of the heart and one conscience of the mind".

We know our brain very well. Our thinking power, whatever we read and write or any of the things from which we get information and knowledge is stored in our brain in the form of data which we call knowledge but do we know what is heart?

If we talk in term of science, it is just a pumping organ which helps in Blood Circulation. Then how can we say that there are feelings in the heart? Heart is such a beautiful thing made by God which no only helps in our blood circulation but also the feelings present in it, connects one person to another. That's why Charles Dickens has said that ,"there is one conscience of the heart also".

There are so many ups and downs come in our life, in which we need to think with both heart and mind that how do we deal or face those ups and downs? There are many decisions in life that are not taken from the heart but from the mind, and there are many that are taken only from the heart. Probably because some people get trapped in this game of heart and mind in such a way that they can't think whether our heart is giving the right testimony or our mind.



The only way to get out of this dilemma is to first listen to your heart, what your heart is saying. Because our mind only seeks logic. Our mind is based only on the power of logic. That's why before making any decision, listen to your heart first and then your mind.

When a student set his goal, he thinks with both heart and mind because if he will think only with his mind, then that target will remain in his mind, but if he settles his goal in his heart, then such a zeal or passion will arise in him to achieve that goal that he will try to achieve that goal till death. Like we all have love in our hearts for our loved ones and sometimes if something happens to them, at that time our mind doesn't work, heart works.

Suppose something happens to your mother and the doctor says that five lakhs rupees will be required for her treatment. So, if you can deposit the money, then only sign the form at that time you would not take a single minute to think where all this money will come from? You will sign the form immediately. Why? Why did you do this? It is because your heart told you to do so. Whoever you love the most in this world, whatever it is, you will think about it not with your mind, but with your heart. Now it comes to thinking with the mind.

Suppose you like someone for their appearance. You will say that, I love him/her. It's not like this. This is almost certainly false because it is love not from the heart but from the mind, which lasts only for a short period of time. But love made from the heart always remains with you, whether the person you love is with you or not. He can be anyone like brother, sister, parents etc.They always live in your heart. This is exactly how nation love happens.

When a Soldier loves his country, he does it with his heart, not with his mind. The mind seeks logic but a Soldier never loves the nation on the basis of logic. He doesn't think that I should love my nation on this basis. Perhaps that's why he has the zeal/passion that he get martyred by getting shot on his chest. This is the power of thinking from the heart. There is very famous proverb in our India that, ***"If you want to shine like the Sun, then learn to burn like the Sun"***.

That's why according to me a student should take his goal once in his heart. Once he has taken his goal in his heart, then he will be so dedicated towards his goal that even the biggest difficulties in the world will come in his way, can not turn into stone of his way. When a writer writes something, he thinks not only from his mind but also from his heart. Because there is so much power in the writing written from the heart that it can attract anyone else. It is not that our mind, or the thoughts of our mind is wrong or right, it is not necessary. What matters is who do you listen to your heart or mind or both. There are many decisions in life, in which brain is needed, use brain in that and listen to your heart in those decisions which needs the heart.

Therefore, what Charles Dickens had said was true that, "there is one conscience of the heart and conscience of the mind".



Divyanshi Saini
RIT 2ND YEAR

3A ATTRACTION ATTACHMENT ADDICTION

HOW TO STAY SELF-MOTIVATED INTERNALLY?

Negativity and remorse inside our body gives rise to an inferiority complex. Trying to find happiness inside something for yourself. Or try to remove the tension inside you through something or actions. It all depends on 3A's. 3A=Attraction, Attachment, Addiction the result after this varies for everyone, mostly remorse. And there is inner suffering and then there is inferiority complex in us. We cannot avoid all these things. To avoid all these things. After performing any action, do not think too much about it. There should not be much conversation about it. Like we brush daily in the morning and have breakfast and after we forget it and do it every day. And if we do not talk much about it, then an activity continues regularly in all our lives.

Let's look at the process of birth by connecting it to stay intrinsically motivated. The process of birth begins when the fittest sperm out of approximately 300 million sperm fused with one egg. All people are born through this process. Therefore, we can all say that every human born on earth is the most capable person in themselves. And no worthy person wants to bow down. So here you will get to see other jealous and greediness you don't have to be disappointed with this. Like others, you are also a worthy person. Because of the speaking of others. And for other reasons. The dreams you have made as a bud inside yourself. And you have a great desire to make that dream come true. Don't let that bud fade away by others saying something or seeing their jealousy. If you kill your dream inside for fear of saying something to someone, then you will understand that you will lose your existence. You learn to be calm; others will burn of their own jealousy. Make yourself a broad minded and wait for your inner bud to blossom into a flower. Later the fragrance of this flower is scattered around you. Believe that if you manage yourself today, then you will be inspiring source for the coming generation.

Your desire begins through Mind, Eye, Tongue and Heart everyone must have their own control on these organs. Do not let them be arbitrary. By controlling these, you will avoid mistakes made by you. This will increase your inner beauty and inner purity. You will feel good and you will also lose the inferiority complex towards you. And definitely you will have good thought, aim and one day your dreams come true. Nothing is presented by life whose value should be paid by worrying. Find the reason of the problem and try until you get solution for that problem.



Anup Kr. Verma
PHARM.D (PB) FINAL YEAR

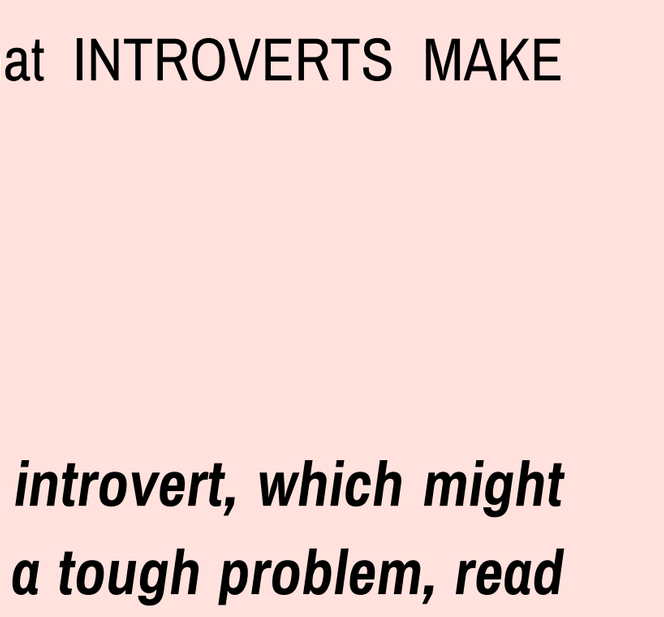
INTROVERTS MAKE GREAT LEADERS

Introverts are those who are very shy , never speak too much and behave very formally.
Myself being one of them have everything going in mind but nothing comes on mouth.
Being an introvert is many a times very challenging and stressful because you are judged in various moments where you feel very under-confident at that time it is very difficult to keeping everything going on only in the mind. At this time there is a need of a lot of motivation.
Always listen to motivational speakers as they help us a lot in overcoming our stress. At the time you are highly motivated try to push yourself, push yourself very hard that YES you can do it. only then you can become great leaders. There are various examples that we see around us, say; BILL GATES one of a very known international personality who was an introvert but now everyone is aware of his success and leadership.
You will be, A leader who will be quit and patient.
A leader who will be having formal behaviour.
A leader who will be intelligent.
And A leader who will be successful.
Never demotivate yourself and keep one thing in your mind that INTROVERTS MAKE GREAT LEADERS.

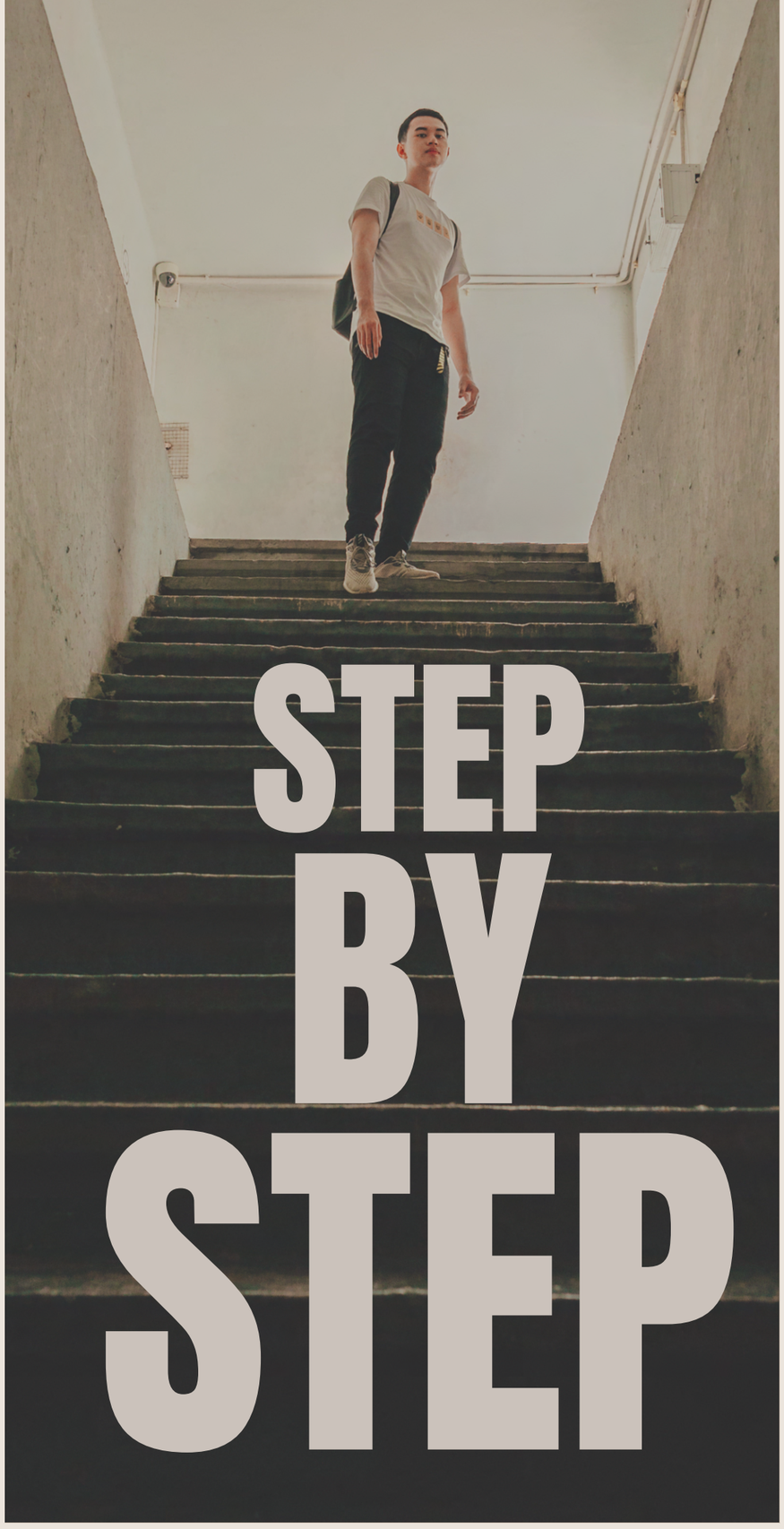
Bill Gates once said;

"If you are clever, you can learn to get benefits of being an introvert, which might be, say, being willing to go off for few days and think about a tough problem, read everything you can, push yourself very hard to think out on the edge of the area."

Gurleen Chhabra
BRIT 2ND YEAR



SUCCESS



QUALITIES REQUIRED FOR SUCCESS

Success is an important element of our life. God has given us birth and has sent to us on this earth to do something and to become someone. And for that, success is essential. We don't have to succeed only as students but as good human beings, also.

There are many things, which are important to be successful in our life. First of all, we should have knowledge of each and every aspect of the field, which we are going to opt, and should try to make ourselves the king of those field. Good friends are must so that, whenever we are free we can discuss with each other and share each other's views. This will elaborate our thinking.

There are other factors too, which are responsible for successful living. We should drain the word 'laziness' from our life. Success is ours when we work hard as much as we can. Leaving even a single stone unturned can be a hurdle in our life.
'Honesty is the best policy' and without being honest we can't build the castle of our dreams. So, we should be honest and should always have a positive attitude during the bad times too. Then only we can achieve success.

A KEY TO SUCCESS

What makes a man perfect? Of course, it is practice. But why do many people get sad and upset just because they do not read their goals in first go? Once a diver dived into a sea to get pearls. He went down into the water but could not find a glimpse of pearl. He became very upset and went to his friends with gloomy face. He told them that there were no pearls in the sea and sea was empty. His friends seen him sad and upset, told him that "practice makes a man perfect? If he tried repeatedly, he would surely get them. So, he tried several times, and he found a place where there were many pearls. He scooped out as many as he could and came back to his friend beaming with success.

Our life is similar to that of diver. If he had not repeatedly dived for pearls, he would have never got them. He practiced, struggled & achieved his goal. If we are not successful for the first time, we should practice and struggle. Life is full of opportunities and Challenges. Each new day brings a chance to do better. The only that we need is to struggle, practice and achieve. If we fail, we should not lose heart but keep on trying till we reach our goal.

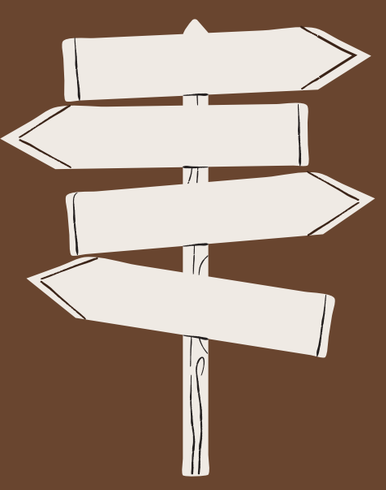




Ahmad Arsalan
BA-LLB (H)
4TH YEAR

JUST HANG IN THERE

Life never stops teaching. It uniquely enlightens us through countless experiences. What mesmerizes me is that how even an insignificant incident can guide you to a lesson worth treasuring!



Sharing one such incident is my trip plan with college friends. I will be leaving to Rajasthan in the coming few days. My excitement level has already skyrocketed. Since it is the last trip of my college life, I am a bit emotional. Watching the movie “Zindagi Na Milegi Dobara” always left me dreaming. I am elated and blessed that I will be able to have such an adventure.



There is a quote by St. Augustine that I am in love with,
“The world is a book and those who do not travel, read only one page.” Gladly, I won’t be stuck reading this “one page”.

However, it wasn’t easy. I had all the odds against me. From convincing my family to sorting out my hectic schedule, everything felt out of hand. But I didn’t give up. I kept grasping at straws. Eventually, everything started to fall in place.

In order to reach this “fairy tale” ending, I had to make a choice. It was either to lose heart considering the situations or take a leap of faith and face them head on. I am proud that I chose the latter.



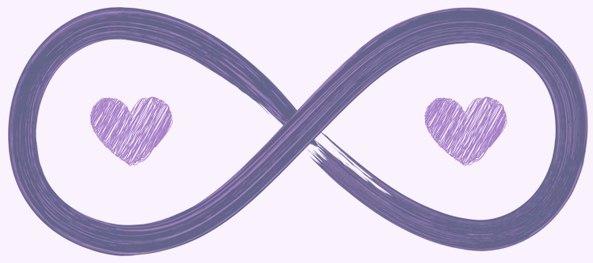
As I packed my bag, I realized that no matter what happens in life, don’t lose hope. I had the genuine reason(s) to give up but I kept striving.

So, if you ever feel stuck in life or having to face one storm after the other or on the verge of losing sight of your goals and dreams, remember this valuable lesson that I had learnt- **Just hang in there!**



Kriti Jain
PHARM.D 5th YEAR

RELATIONSHIPS



Let’s have an eye on different perspectives :

1. CHILDREN :



Being a parent has always been a tough job. And if there has ever been a time when parents have found their role to be difficult it is now. Yet this is one of the most fulfilling relationship and one that gives any individual immense joy.

Tips :

Encourage your children to express their feelings, whether good or bad

Establish clear limits on their behaviour.

Use praise to promote good behaviour.

Respect your child’s choices, unless they endanger safety or health.

Honour small requests even if you’d prefer not to; this will help your child make decisions on his own.

Don’t behave in ways you wouldn’t want your child to imitate.

Criticize incorrect behaviour or action, not the child..

Pay attention when your children talk to you, Listening to your children tells then that you think they’re important and that you’re interested in what they have to say.

2. SPOUSE :



Marriage is one of the most demanding commitments that we make in our adult lives. Not only does it require a whole host of qualities such as generosity, patience and maturity, one also to be eternally vigilant to potential problems.

Tips :

When you are angry, criticise the behaviour, not the person.

Talk about your problems.

Think of the two of you as a team.

Spend time with each other.

Never take each other for granted.

Keep each other’s good points in mind.

3. OLDER PARENTS :



The relationship between parents and children, not always easy when the children are young, often becomes even more difficult when the children become mature adults and the parents grow old.

Tips :

Stand by your parents in periods of transition such as retirement, death, illness and so forth.

Even though you are your parent’s caretakers, don’t feel hesitant to express your need for their approval and love.

Understand that your parents can’t give you as much as they could when you were young. It’s your turn to give now.

Show sensitivity and understanding towards your parents and their needs.

Make them feel that they are special and they matter to you.

If your parents are living with you spend some time with them every day.

4. FRIENDS :



“A man should keep his friendship in constant repair,” said a philosopher. That’s very true, since good friends are one of life’s choicest blessings.

Tips :

Don’t smother. Good friends know how to give space.

Lose the fight not the friend. Even the closest of friends don’t agree on everything. Expressing your resentments beats letting anger simmer inside you.

Accept your friend’s flaws.

Keep in touch even if you are far away. Call, write, e-mail, remember birthdays. Distance shouldn’t keep real friends apart.

Never reveal your friend’s secrets to a third person.

Learn to forgive.

5. COLLEAGUES :



Since we spend around eight hours a day at work it is very important to have good relations with one’s colleagues. An office filled with squabbling employees, who do not trust each other can be real hell; by contrast, when colleagues get along and like each other, going to work can become a great pleasure.

Tips :

It’s important to not just trust yourself but also others in your environment. The more trusting you are the more creative you are likely to be.

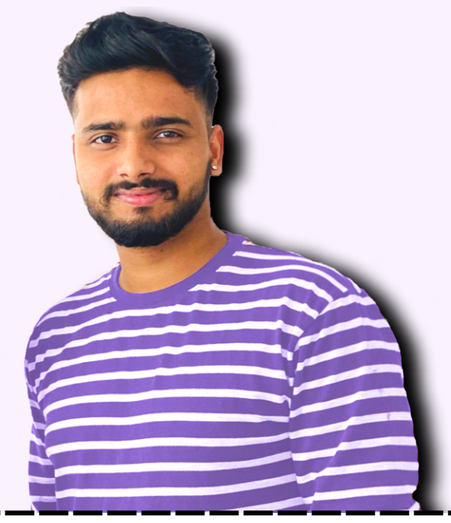
Be willing to acknowledge a good point in a colleague, even if you dislike him.

Take responsibility for your actions and emotions.

Listen to the feedback your colleagues’ and clients’ non-verbal cues are giving you.

Try and communicate with understanding and respect.

Increase positive feedback to yourself and to others.



Roshan Pandey
PHARM D FINAL YEAR

OCEAN IN THE WORKPLACE

“OCEAN” is an acronym used to represent the Big Five personality traits in the workplace, which include **Openness**, **Conscientiousness**, **Extroversion**, **Agreeableness** and **Neuroticism**.

Openness - Openness helps people feel more satisfied with their life, lowers stress and supports good physical health. How an employee generally feels with their life directly impacts how they show up at work. If employees are open to new experiences, it’s possible they’ll feel more motivated in their work and tasks.

Conscientiousness - Conscientiousness is commonly associated with awareness. Typically, conscientious people are well organised, demonstrate self-control and can plan their time very well. They are known as great team players and diligent workers.

Extroversion - Extroversion is the quality of being outgoing and directing attention to things other than yourself. It’s characterized by sociability, assertiveness, talkativeness, and excitability. People who are high in extroversion seek out social stimulation and love to engage with others.

Agreeableness - Agreeableness is a personality trait characterised by compassion, friendliness, politeness and empathy. People high in this personality trait can be described as "nice"; they tend to make good friends, are good listeners and good team players.

Neuroticism - The last OCEAN trait is also known as emotional stability. It measures how well a person can control emotions like anxiety and sadness. Scoring high in this area indicates that someone may be prone to those emotions and may also have low self-esteem. Those receiving a low score are probably more confident and adventurous.

Harjeet Kaur
BRIT 2ND YEAR





Shruti Yadav
Agriculture 1st Year



Khushi Jain
MBBS 1st Year



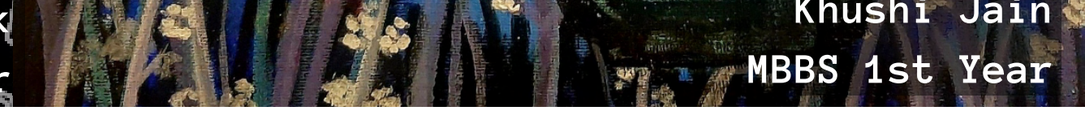
Sania Firoz Khan
BPT 2nd Year



Ahalya Suresh
1st year

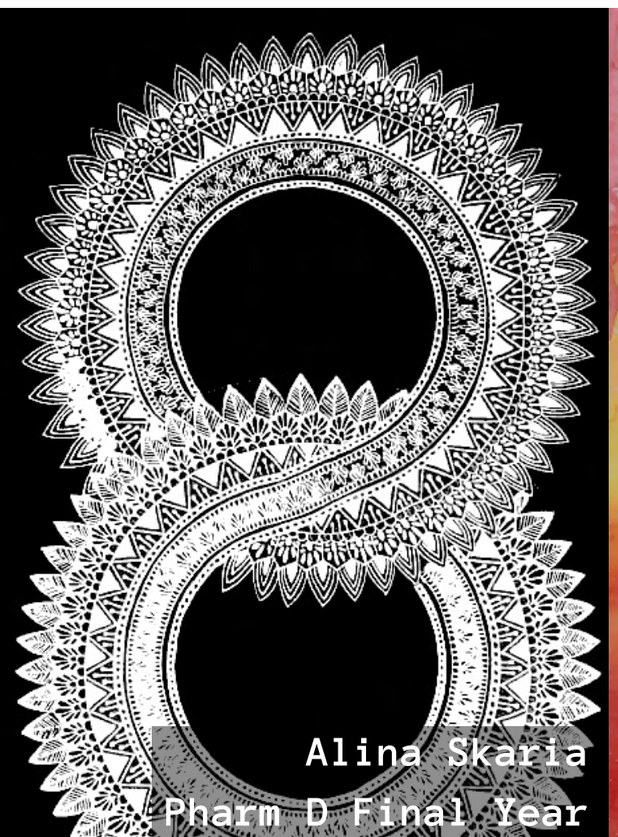


Neha Pathak
Pharm D Final Year



Khushi Jain
MBBS 1st Year

ART



Alina Skaria
Pharm D Final Year



Sania Firoz Khan
BPT 2nd Year



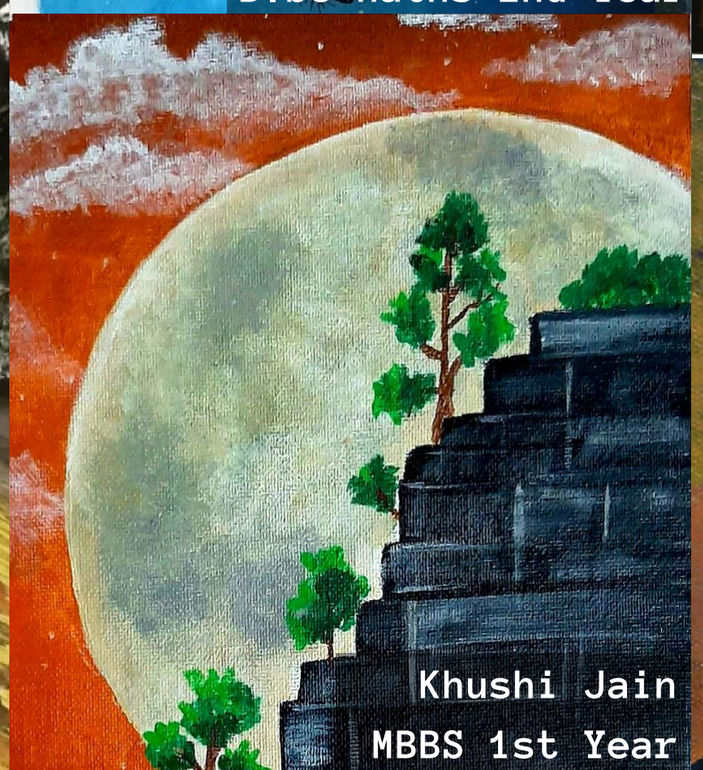
Vashnavi
B.Sc Maths 2nd Year



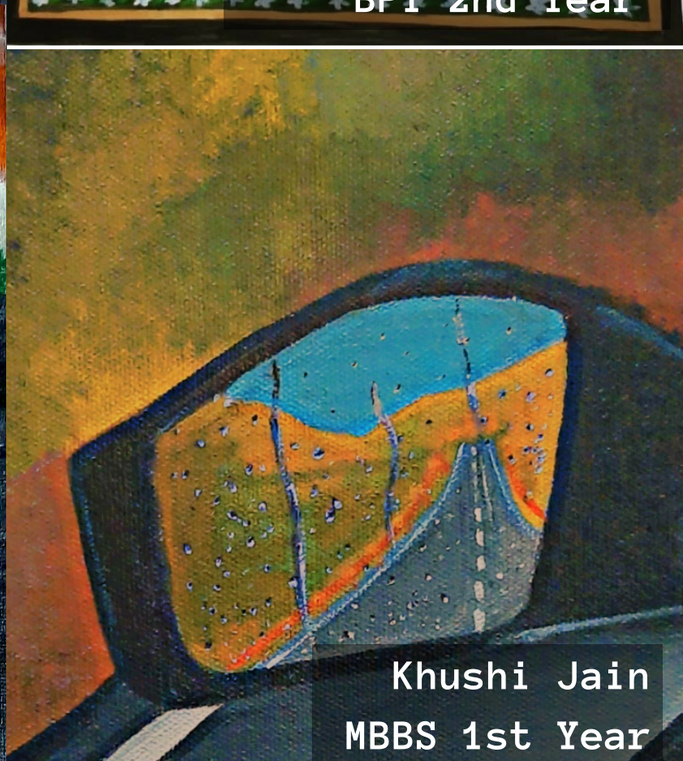
Sania Firoz Khan
BPT 2nd Year



Sania Firoz Khan
BPT 2nd Year



Khushi Jain
MBBS 1st Year



Khushi Jain
MBBS 1st Year

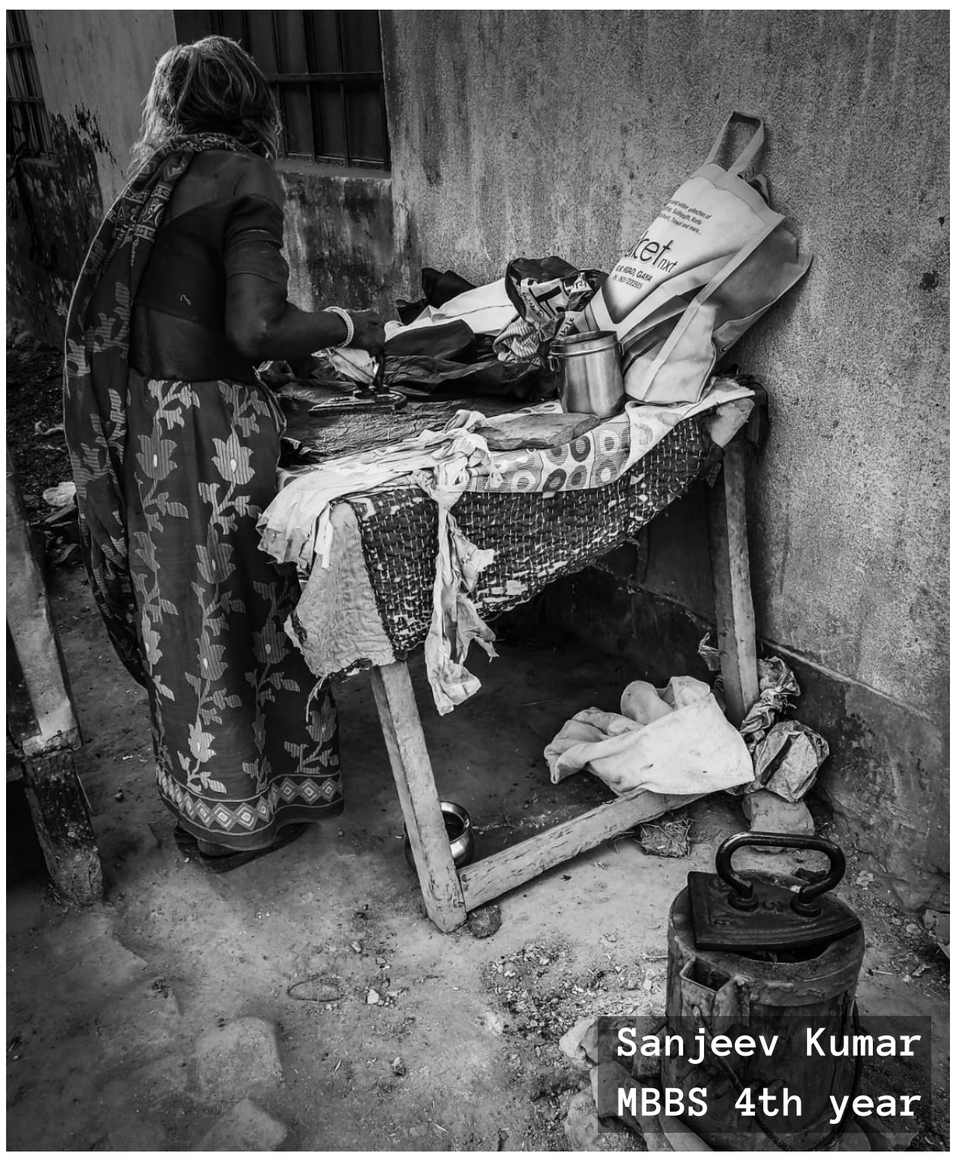
GALLERY


Yash Jaiswal
BRIT 2nd year

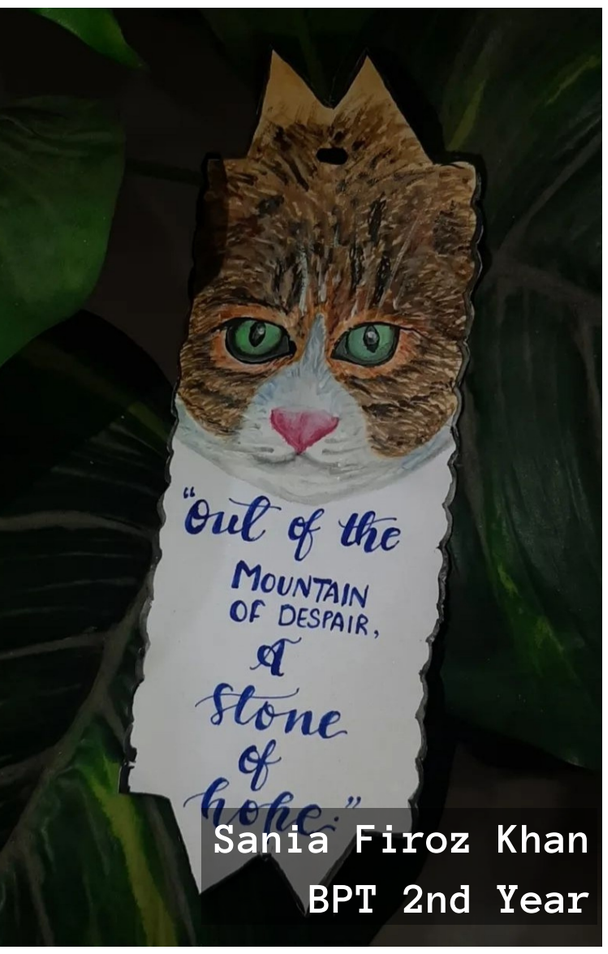

Yash Jaiswal
BRIT 2nd year


Yash Jaiswal
BRIT 2nd year


Sanjeev Kumar
MBBS 4th year


Sanjeev Kumar
MBBS 4th year





Sania Firoz Khan
BPT 2nd Year


Sanjeev Kumar
MBBS 4th year


Shruti Yadav
Agriculture 1st year


Yash Jaiswal
BRIT 2nd year


Shruti Yadav
Agriculture 1st year

SPACE



Shruti Yadav
Agriculture 1st year



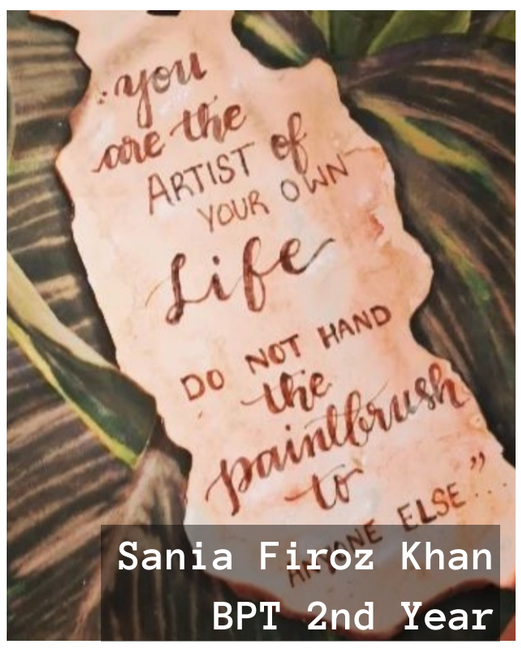
Shruti Yadav
Agriculture 1st year



Sanjeev Kumar
MBBS 4th year



Sanjeev Kumar
MBBS 4th year



Sania Firoz Khan
BPT 2nd Year



Shruti Yadav
Agriculture 1st year



Sanjeev Kumar
MBBS 4th year



Mayank Sahani
B Optometry 2nd year



Shruti Yadav
Agriculture 1st year

EVENTS AT A GLIMPSE



BRAINMANTHAN 2.0





This event gave students a platform to hone there critical thinking and team work skills. Students participated in teams of three and fared through the screening, semi final and final round. Exemplary logical reasoning and aptitudes skills were shown and a saga of wit followed.

Harsh Kumar, Shristi Mittal and Sweety Saini emerged as the winners



CROSSROAD'S 3.0





The theme of this event was entrepreneurial dilemma and teams were given case studies to be presented in front of live audience. Judgment was done on the basis of presentation skills, communication skills, decision making and problem solving skills. The **Team High** hopes which included **Adarsh Keshari , Hannan Husain and Alina Skaria were the winners**



VEDIC MATH



To present students with the effectiveness of Indian knowledge system, a workshop on Vedic Math was organized which was a registration based event. Students understood the concepts of vedic math and it's usability in competitive exams

STUDENT CONNECT AT SPRINGFIELDS





Prof. Krishnia delivered a workout on Success Mantra's for 21st century to the students of Springfield Moradabad. Students learnt about various skills that are required to be a successful individual through various interactive activities.

FDPs







Faculty Development Programs on topics like " The Impact of transaction analysis and life positions ", "The significance of emotional intelligence in current scenario ", " Stress management for effective work life balance ".

WORKSHOPS





Various workshops were organized by the department for students from various programs like special personality development workshop for jain students, B.ed students and nursing students, work place effectiveness workshop for paramedical students, SECEP for all students, etc..

HAVE FUN WITH MATHS

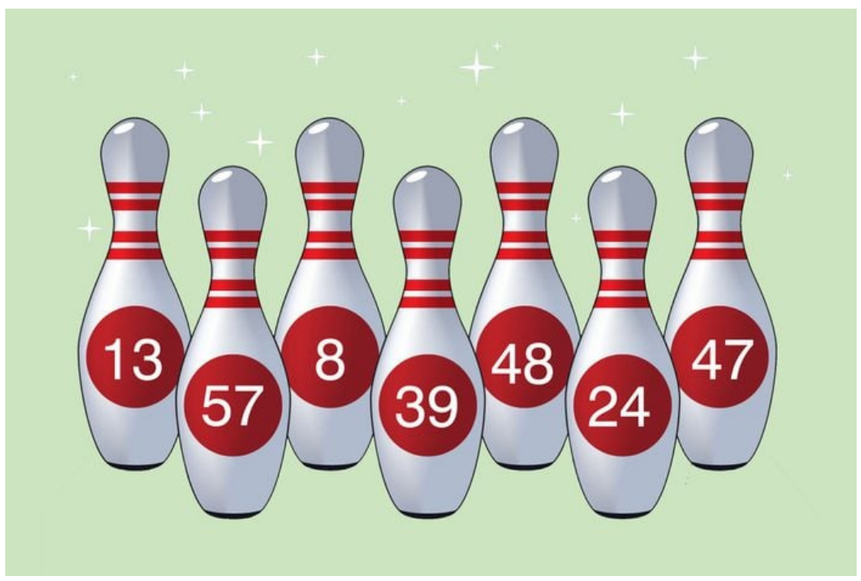


12 ×  = 132

 = 20 − 

 −  = 7

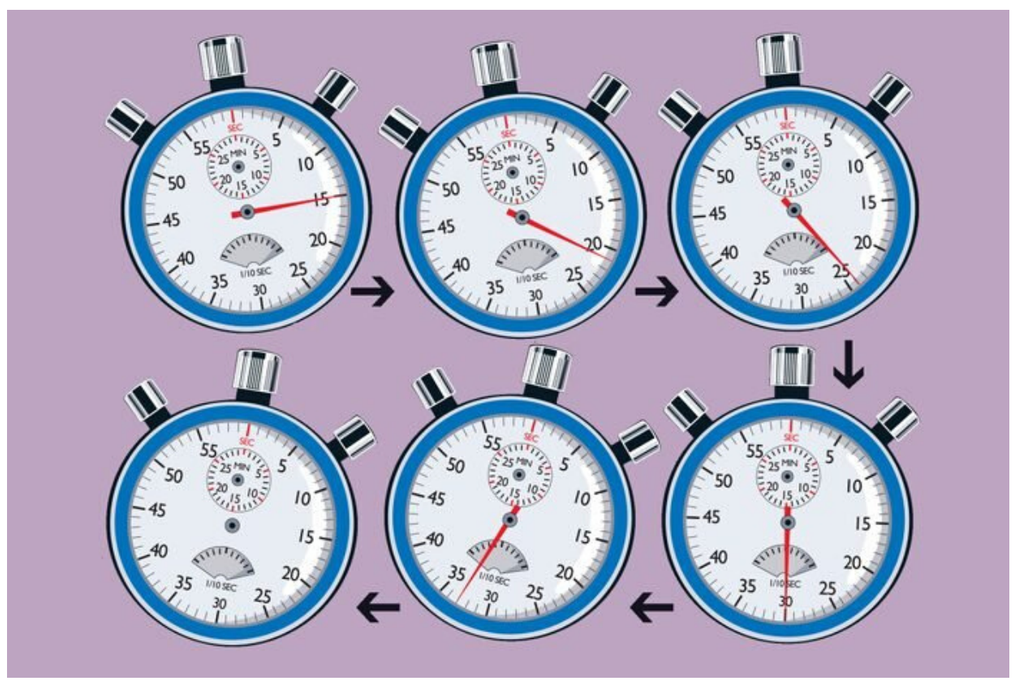
 ×  = ?



Which pins must be knocked over to score exactly 100 points?
(Hint: there are three!)

2□1□6□6 = 48

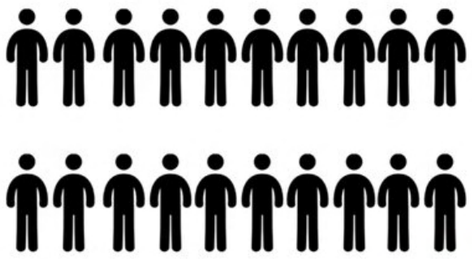
+ − × ÷



The winner has run the distance in 15 seconds, the second in 21 seconds, etc. How many seconds will it take the sixth athlete to cross the line?

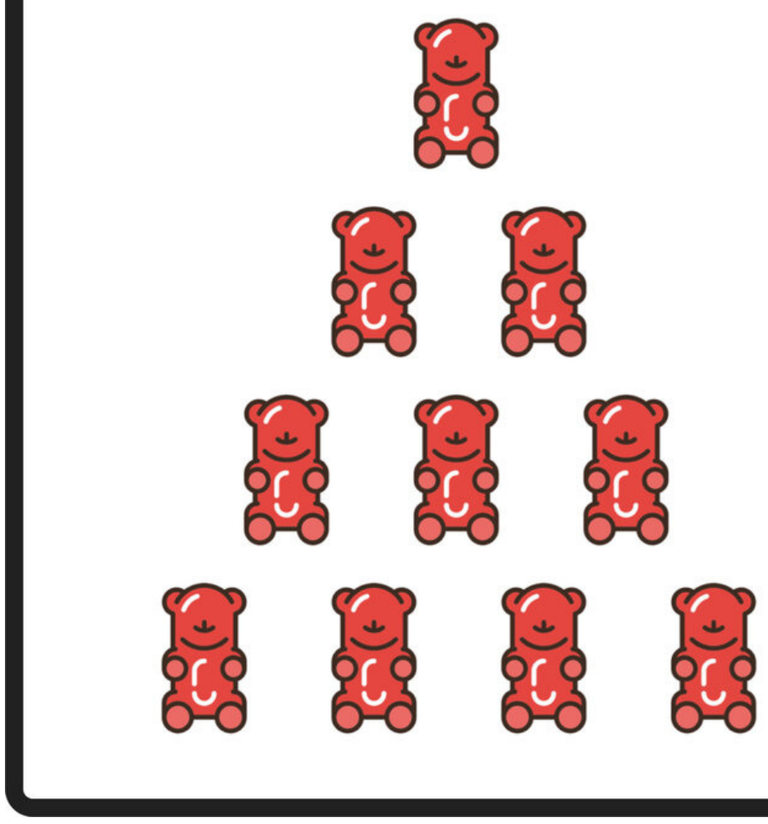
There are 20 people in a room.

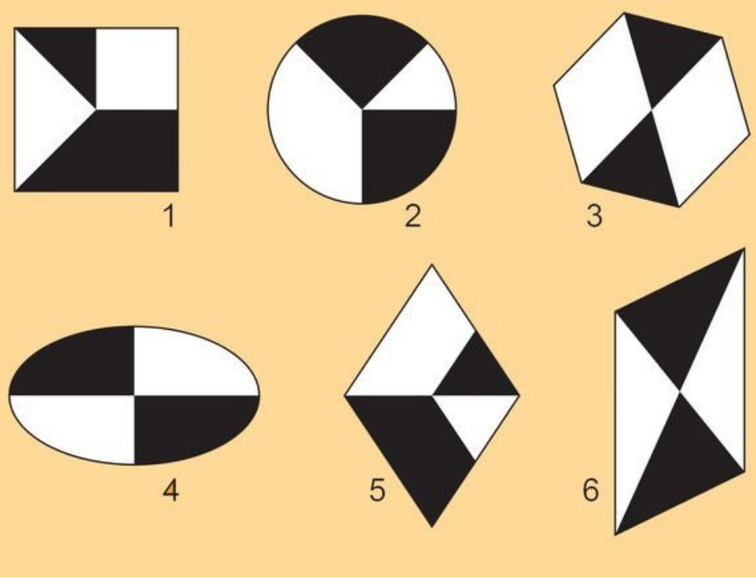
If they shake each other's hands once and only once, how many handshakes are there all together?



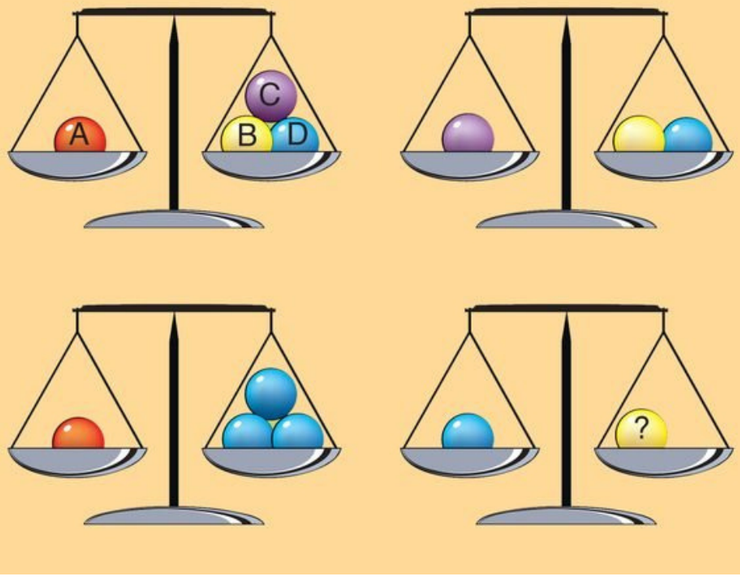


How can you flip the gummy bear pyramid upside-down by moving only THREE gummy bears?

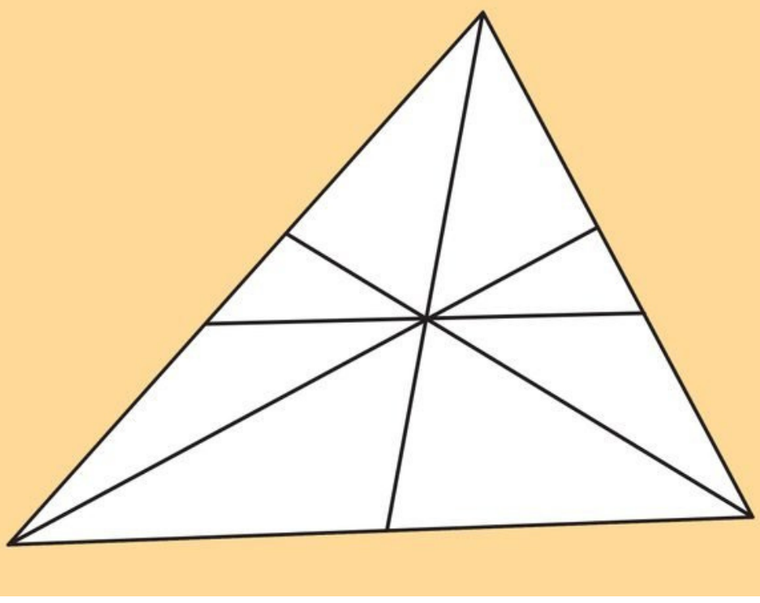




Which shape (1-6) contains more white than black?



Which weight (A-D) should replace the question mark so that the scale is in balance?



How many triangles can you see?

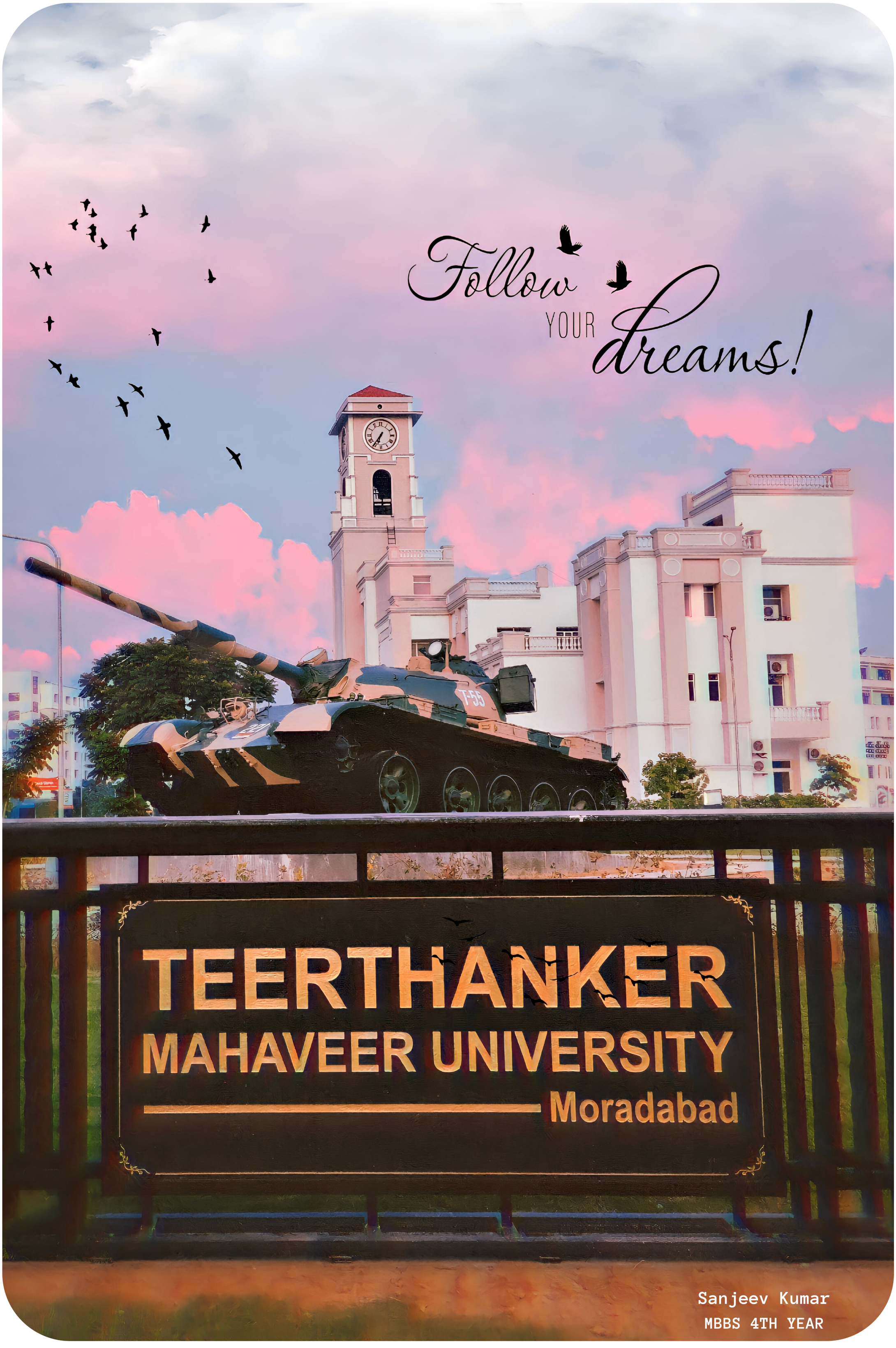
WHICH ONE DOESN'T BELONG?

3 + 3 ÷ 3 = 4

3 × 3 × 3 = 27

3 + 3 - 3 = 3

3 × 3 + 3 = 12



Sanjeev Kumar
MBBS 4TH YEAR

Curiosity

is the wick

in the candle of

Learning

TMU

TOP PRIVATE UNIVERSITY IN UP



82
% Excellent Placements

21+
Years of Excellence

14
On-Campus Colleges & Departments

800+
Faculty Strength

12000+
Students from almost all States of India & Abroad

130+
Acres of Campus

800+
Bedded Super-Speciality Hospital

4600
Student accommodation in hostels

