

Subodh Newsletter

March | 2017

Editorial

Amidst all the changes happening around, the qualities that can help one remain positive and unaffected by the hardships are the integrity of character and strength of mind. The purpose of education should be no different from preparing individuals that possess not just outward finesse but internal strength too.

As we approach the end of the session, we can not help revisiting the goals that we had always set for ourselves. The whole session remained focused and devoted towards creating an environment conducive to one's intellectual, physical and spiritual growth. Thus, this final issue of the session 2016-17 is an essence of all the efforts that were made to help the students realize their dreams as well as acquire the values integral for success in this competitive world. The contribution of the management, faculty as well as the mentors has also been highlighted through glimpses of numerous student-centric activities that were initiated and conducted by them during the session. Wishing you all a successful and meaningful accomplishment of another academic year!!!!

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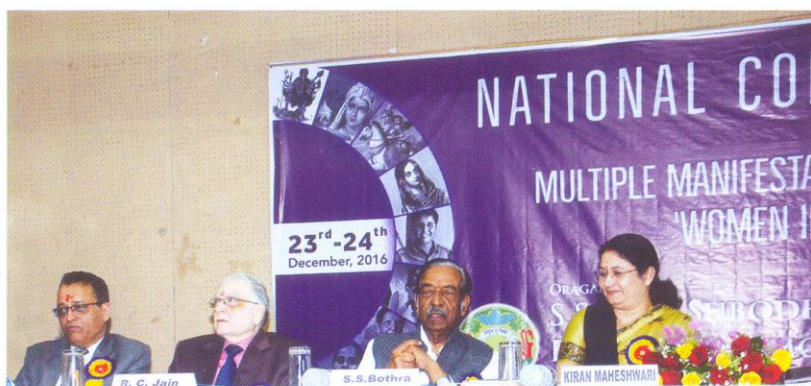
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In case of any suggestions/comments regarding newsletter, mail to editors.subodh@gmail.com

Neither be a Puppet nor a butterfly : Kiran Maheshwari

The quarter began with a National Conference on " Multiple Manifestations of Women: Women in Indian Society", organised by the Department of History on 23-24 December, 2016. The conference was themed on the need to review the history of women in India in nationalist terms by its own historians. The two days of the academic event were graced by the presence of Mrs Kiran Maheshwari, Hon'ble Minister for Higher education; Prof Naresh Dadhich, Former VC, VMOU; Rao Rajendra Singh, Hon'ble Deputy Speaker of Rajasthan, Vidhan Sabha; Mrs. Suman Sharma, Chairperson, Rajasthan State Women's Commission, Prof Narayan Rao, Member ICHR from Odisha and Prof Ravindra K Sharma, OSD, Higher Education, Government of India.



National Conference on Multiple Manifestations of Women

From the Principal's Desk



"Winners from all walks of life have their own strategies and plans, but the one thing that they have in common is - they TRY... rather they keep on TRYING!"

Constantly adapting to the changing needs of the world outside, our stride towards the commitment to unleash the talent of every student through innovative learning, is firm. As the head of the institution, it gives me immense pleasure to see our students grow and acquire academic acumen, leadership skills, ethical orientation and self confidence. I congratulate the faculty and staff for their compassionate and resilient efforts to achieve this positive learning environment and convey my best wishes for attainment of higher and even more ambitious goals in the next session too. All the best !

Achiever's Bay

Awards and Honours

- ☆ Prof. K.B. Sharma was felicitated with "Best Principal of the Year" award by *Samajik Anveshan evam Shodh Sansthan*, a nationally acclaimed institution.
- ☆ Dr. Raj Narain Sharma, Director (Physical Education) received a *Certificate of Appreciation* from Sports Board, University of Rajasthan, for his outstanding contribution in retaining the general championship for 5 consecutive years in the Intercollegiate tournaments.
- ☆ Dr Kapil Kumar Anand, Deptt. of Political Science was awarded the NSS State Level Award 2015-16 for the best Programme Officer at the NSS State Level award function by Smt. Kiran Maheshwari, Minister for Higher Education, Government of Rajasthan
- ☆ Dr. Neelu Kanwar Rajawat qualified CSIR- NET examination, June 2016 and was also awarded with Ph. D. degree in October 2016.

Research Projects

- ☆ Dr. Varsha Sharma, Department of Chemistry completed a Major Research Project entitled "Environmental and Socio-Economic Impact of High Chemical Input Use in Agriculture : Emerging Challenges and Strategies". This project worth Rs. 10 lakhs was sanctioned by ICSSR, New Delhi.

Refresher Courses attended

- ☆ Dr. Prakash Chand Meena, Librarian, attended a refresher course in Library & Information Science organized by UGC & Maharshi Dayanand Saraswati University, Ajmer.

Campus Buzz

A two day National Conference on "Development and Governance: Issues and Prospects" was organised by the Department of Public Administration on 27-28 January, 2017. The inaugural session was presided by Prof Arvind K. Sharma, Former Vice Chancellor, Mizoram Central University and Former Professor of Indian Institute of Public Administration, New Delhi. Prof. Y. Pardhasaradhi Director, Regional Center for Urban and Environmental Studies; Professor, Osmania University and Adjunct Professor "UESTC" China was the keynote speaker. The conference concluded with the valedictory ceremony,



National Conference on Development and Governance: Issues and Prospects

graced by Dr Arun Chaturvedi, Minister, Social Justice & Empowerment, Govt. of Rajasthan; Sh. Rajeev Singh Thakur, Secretary, Department of Rural Development; Prof. N. Ambedkar Sole, Central University of Rajasthan and Prof. Sunil Dutt, Indian Institute of Public Administration, New Delhi.

An International Conference on 'Aesthetic Affirmations: Mediatic Manipulation, Literary Laxity and Artistic Arbitrariness' was organized by the Department of English in collaboration with SADAA (Society for Analysis, Dialogue, Application and Action) in January 2017 in which scholars, academicians and research scholars from various parts of the country participated and discussed the changing dynamics of aesthetics in media, literature and arts. Dr. Lauren Clark from the University of Sunderland, UK was the chief guest.



International Conference on Aesthetic Affirmations

The National Science day programme based on "Science and Technology for especially abled persons" was inaugurated by Dr. Samit Sharma (IAS), Director, Mahila Evam Bal Vikas Mantralaya; Dr. B.B. Arora, Director, SFSL; and Dr. Arun Chougale, Dean, SMS Medical College, Jaipur. The students from colleges all over the state participated in working and non working models presentation, video slides competition, quiz and debate competition etc. and those with distinctive performance were felicitated.



National Science Day

A State level job fair, a joint venture of Sub-Regional Employment Exchange and District Administration, Jaipur, was organized on 20th January 2017. The chief guest of the job fair was Dr. Jaswant Singh Yadav, Minister, Labour Skill Planning and Entrepreneurship, Industrial Boiler Supervision Department. Shri Rajat Kumar Mishra, Principal Secretary, Labour skill Planning & Entrepreneurship Department and

Students' Gallery of Fame

平成28年度次世代グローバルリーダー事業
「シップ・フォー・ワールド・ユース・リーダーズ」
外国参加青年歓迎会
"Ship for World Youth Leaders"
Welcome Reception
Cabinet Office, Government of Japan 18 January 2017



Anshul Gour (right)

- ☆ Anshul Gour, MA (Pol. Sc.) Semester II earned a place for the college on the global map by representing the country in 'Ship World Youth Program 29' at Japan, New Zealand and Fiji after getting selected as the only NSS volunteer from Rajasthan.
- ☆ The college won the General Intercollegiate Sports Championship 2016-17
- ☆ Arjun Singh Jodha, (MJMC Sem II) achieved distinctive positions in the following intercollegiate events:
 - ✓ First Position-Extempore organised by B. Lal Institute of Biotechnology Jaipur
 - ✓ Third Position- Toggle competition organised by the IIS University, Jaipur-
 - ✓ First position (jointly with Mr. Govind Alwani)- Media Quiz competition organised by the IIS University, Jaipur
- ☆ Arjun Singh Jodha also received Subodh College Excellence award from Subodh College of Global Excellence, Jaipur
- ☆ Anuj Upadhyay, M. Sc. IT Semester II excelled in photography competitions held at IIIM, Kanoria College and Apex College by securing first position in these colleges.

Campus Buzz

Shri Siddharth Mahajan, Collector, Jaipur were the special guests of the occasion. Two MOUs were signed on the day by the college with two renowned government institutes of Rajasthan, 'Academy for skills' and 'Kismat Yojna'. The vote of thanks was proposed by Shri Krishan Kunal, Commissioner, Skills Employment and Entrepreneurship Department, Govt. of Rajasthan.



State Level Job Fair

Centre for Peace Studies of the college organised a one-day basic training programme on Human Rights on 18 March 2017. The programme was sponsored by National Human Rights Commission, New Delhi. The chief guest of the inaugural session was Justice N. K. Jain (Retd.) Chief Justice, Madras and Karnataka High Court and former Chairperson, Rajasthan State Human Rights Commission. The session was presided over by Prof Kailash Sodani, Vice Chancellor, MDS University, Ajmer. The resource persons for the



Basic Training Programme on Human Rights

different sessions were Justice R. K. Akodia, Former Judge, Rajasthan High Court and Member, State Human Rights Commission; Justice H. R. Kuri, Former Chairperson, Rajasthan State Human Rights Commission; Dr Meeta Singh, Chairperson, Dignity of Girl Child; and Smt. Manan Chaturvedi, Chairperson, Rajasthan State Commission for Protection of Child Rights. All the sessions were interactive and invited a number of queries from the students.



Interaction with Smt. Manan Chaturvedi

A two-day workshop on Public Financial Management System (PFMS) for RUSA (Rashtriya Uchchar Shiksha Abhiyan) Rajasthan beneficiaries was organized by the college in January 2017. The keynote speaker, Mr. S. Francis, Finance Department, Govt. of India shared useful and technical information about the formalities required to be completed by the institutions to register for financial assistance from the Government.

A one-day workshop on the contemporary issue "Demonetization in India: Effective or Defective?" was organized by the Department of ABST. Eminent academicians and economists, Prof N.D. Mathur, Prof Anil Mehta, Adv. Siddharth Ranka, CA Pawan Parashar and Sh. B. M. Agarwal participated in the discussion and contributed to the existing understanding of the topic by clarifying doubts about this economic change and its implications.

☆ The institution participated in Rio + 23 program of Centre for United Nations in India which is an international certification program to promote humanitarian concerns and consciousness for sustainable development.

✓ Rohit Soni, MSc (Env Sc) Semester II stood first with A+ grade and received a medal. Mr Devvrat Pant, the campus ambassador for the program and representative of Centre for United Nations India stood second with A grade.

☆ Ashish Bhardwaj, B. Com Semester VI secured First position in Mr. and Miss Aura 2017 organised by Maharshi Arvind College, Jaipur.



Shaukat Ali

☆ Shaukat Ali, B. A. Semester VI secured second position in a National Level Essay Writing Competition "Articles 2016" organized by Google Developer Group, Noida and received a cash prize of Rs. one lakh.

☆ Shyam Sharma, B.A. Semester VI topped the Rajasthan State and Jaipur District in the LDC exam held by RPSC, Ajmer.

☆ Karan Sharma, BBA Semester II became a star performer by securing a place in top 60 positions in All India Dance Reality show "Shine of India" produced by MTV.

Campus Buzz

"MATLAB", a one-day workshop for technical computing was organized by the Department of Mathematics in January 2017. Mr. Akhilesh Sharma, Engineer (Technical support), Designtech Systems Ltd. introduced MATLAB and described its tools that are widely used in industries, education and various other sectors.

A one-day workshop on Red Hat Linux Operating System was organised by the Department of Computer Science in March 2017. Mr. Ashish, Tech. Manager, Red Hat, shared his rich knowledge about the Open Source Technologies and its applications, with the students.



Workshop on Red Hat Linux Operating System

On the occasion of the birth anniversary of our great mathematician Dr Ramanujan, a lecture on the topic "भारतीय गणित एवं ज्योतिर्विज्ञान का अन्तःसम्बन्ध" was organised by "Vigyan Bharti". The lecture emphasized upon the early development of mathematics in our country.

To impart learning that goes beyond the regular syllabus and the traditional classroom space, a series of guest lectures were organized by various departments of the college. The guest lecture on "Antarctica: World's Largest Open Air Laboratory" was delivered by Prof. M. K. Pandit, Department of Geology, University of Rajasthan. He provided comprehensive information about its geography, life in Antarctica and its geography and about establishment of three research stations for collection of data related to the climate.

To generate awareness and promote sensitivity towards environment and public health, the Department of Chemistry organized a special lecture on "Invisible Pollution of Environment and its Effects" by Prof. D. D. Ojha, Department of Chemistry, Jai Narain Vyas University, Jodhpur. He emphasized on varied forms of sound pollution and pollution by radiations including their harmful effects on public health. He



Series of Guest Lectures

motivated students to learn science in one's own mother tongue so that it can be delivered and dissipated to the layman with ease. In the present scenario, a proper balance between the physical and mental health of an individual is essential. To help students achieve that balance, the Department of Psychology organised a guest lecture on "Mental Health" by Dr. Kalpana Jain, Head, Department of Psychology, M. L. S. University, Udaipur. She emphasized upon the importance of communication in life for exploring the 'self'.

Speak your 'Self'

Resilience: How to bounce back ...

Dr. Supriathy Paliwal
Department of Psychology

The best way to deal with problems is to bounce back, which can be done by resilience. Resilience is the ability to deal with adversity so that we can achieve our goals, be happy, and succeed in life inspite of negative events.

Some of the self help techniques are as follows:

- Communicate to draw upon the strengths to solve them and to know that these problems can be easily solved.
- Exercise your strengths, rather than focusing on weaknesses.
- Develop needed life skills.
- Mental flexibility will afford the ability to shift gears to adjust, instead of struggling.
- Try to get some positive meaning from what is happening.
- See the problem as a challenge
- Avoid being trapped in thinking. Instead, engage in thoughts that help you look for a way out of the situation.
- Have a role model and analyze how they deal with adversity, and then create rules for yourself.
- Practice meditation to develop an inner life of self-knowledge, self-nurturance, and peace which acts as a buffer from external pressures.
- Give it time by learning to be patient.

☆ (In case of any query or counseling assistance, please mail to suprithipaliwal@gmail.com)

Campus Buzz

To make the students of Statistics get better acquainted with its various tools and their implications, a guest lecture on the topic "Statistical Inference" was delivered by Prof. Amita Sharma, Principal, Rajasthan College.



Guest Lecture by Prof. Amita Sharma

A guest lecture on "Borosil Equipments: Uses in Various Synthesis" was organized by the Department of Chemistry. Mr. Prashant Shukla, Zonal Manager, Borosil Glass Works Limited while discussing different parameters affecting glass which makes them highly versatile also explained the

process of annealing and its importance.

The college participated in Jaipur Marathon on 5 February 2017 to promote and spread the message "Eat Healthy Live Healthy" along with a slogan "Beti Bachao Beti Padhao". It was an attempt by the Literary Society of the college to encourage the education of girl child and promote healthy food habits among the youth of the country.

'Laado Chaupal', a programme on "Beti Bachao" movement was organized in collaboration with Rajasthan Patrika in March 2017.



Laado Chaupal

Dr. Naveen Jain, Mission Director (National Health Mission) addressed the gathering and gave information about the steps taken by the Rajasthan Government to combat female foeticide. Prof. K.B. Sharma appreciated Rajasthan Patrika and

Rajasthan Government for initiating "Laado saath Kadam" a movement for saving a girl child.

An Alumni Meet- "Yaadein" was organized in January 2017. In the soothing sunlight of Sunday, all the old batchmates sat together remembering and reliving their old memorable associations. The



Alumni Meet - Yaadein

whole atmosphere buzzed with enthusiasm with everyone traveling down the memory lane, enjoying melodious songs with feet tapping beats. The executive of Subodh Alumni Association was also constituted on the same day. A token of remembrance was given to all the old students.

In the month of February, when air is pleasantly fragrant and surroundings colorfully & soothingly yellow like the blooming mustard, it is time for the change of weather cycle. The new season was warmly welcomed by Saraswati Poojan on the occasion of Basant Panchami.

अमृत नु विद्या

डॉ. शिप्रा पारीक
संस्कृत विभाग



विद्या (ज्ञान) निश्चित रूप से अमरत्व को प्रदान करने वाली है। चहुँमुखी रूप से विद्या अमरत्व को देने वाली है। कहा गया है – “विद्या परा देवता” अर्थात् विद्या ही परम देवता है। विद्या गुप्त धन है, विद्या व्यय करने पर वृद्धि को प्राप्त करती है। परदेस में विद्या भाई-बन्धुओं के समान है। “विद्या राजसु पूज्यते नहि धनं” अर्थात् राजाओं में विद्या की पूजा होती है, धन की नहीं। अतः विद्या अमृतत्व (अमरता) को देने वाली है।

जीवन

डॉ. मोनिका कपूर
दर्शन शास्त्र विभाग

जीवन है सुख का संसार, जीवन है सुख का संसार।
जो झाँकों भीतर एकबार, जीवन है सुख का संसार।।
जब दुःख की पीडा होती है, मन विचलित होता एक बार।
पर इधर-उधर हिंडोलों में, पाता है सुख का संसार।
जीवन है सुख का संसार, जीवन है सुख का संसार।
ये व्यथा करुणा है इक पल, परमुदितामुख की अनेक बार।
जीवन है सुख का संसार, जीवन है सुख का संसार।
ये बात कहती हूँ, मैं तुमसे, ये मेरी स्व अनुभूति है।
बनती है प्रेरणा का आधार, जीवन है सुख का संसार।
जीवन है सुख का संसार, जीवन है सुख का संसार।

Creative Hues

A talk show 'Janta ka Manch' was recorded and telecast by Zee TV Rajasthan on the issue "Digital Nasha: Digital Detox - A Need of the Hour" on 17 March 2017. The expert panel comprised of Prof. K.B.



Sharma, Principal, S. S. Jain Subodh PG (Autonomous) College; Dr. Vidhya Jain, Retired Principal, Maharani College; Dr. Jyoti Sidana, Department of Sociology, Govt. P.G. Girls College, Kota; Mrs. Jayshree, Counsellor, SMS Hospital; Mrs. Naheed Khan, an entrepreneur; and Dr. Madhu Sharma, IT Expert.

Besides the theoretical knowledge of the subjects, their functional aspects are also of significant value. Realizing the importance of hands-on experience of certain integral processes and procedures fundamental to the understanding of the topic, visits were organized by various departments. The Department of Economics organized a visit to Rajasthan Vidhan Sabha for attending the budget session.

The Department of Statistics visited NSSO (National Sample Survey Office) in order to enhance the statistical and survey skills of their students.; and an industrial visit to 'Akshaypatra' & 'Jaipur Saras Dairy' was organized by the Department of Business Administration for the budding managers & entrepreneurs of BBA. All the post graduate students and faculty members of Departments of Political Science, Public Administration. History and MJMC went for an educational trip to Ranthambhor National Park, Sawai Madhopur.



Faculty Sports Event "Oorja"

In the month of February, a sports event "Oorja" with various indoor and outdoor sports activities was organized for the faculty. Moving out of the walled classrooms to the open stadium, all the faculty members participated with zeal and reveled in every moment of 'Oorja'.

On second day, the winners were felicitated by the college Convener, Shri R.C. Jain and Prof. K.B. Sharma, the college principal.

To acknowledge the woman power, Subodhians reiterated their identity by tagging themselves with the names of important women in their lives and celebrated Women's Day by paying homage to womanhood.

Besides the physical strength, it is essential to utilize the inner energies too for a mentally and social fit personality. The Personality Development Programme titled 'Science of Inner Engineering' was organized by the Department of Physical Education to help the participants gain a deeper understanding of their personal and spiritual 'self'.

सामाजिक पुर्नस्थापना में परिवार की महती भूमिका

डॉ. सुमन यादव
इतिहास विभाग

परिवार भारतीय जीवन का केन्द्र बिन्दु तथा भारतीय समाज की आधारशिला है। परिवार ही व्यक्ति को जीवन के मूलभूत आदर्शों से परिचित करवाता है, उसे कर्तव्यों की जानकारी प्रदान करने और दायित्वों के निर्वाहन हेतु प्रेरित करता है। परिवार मनुष्य के सभ्य और सुसंस्कृत होने का स्वाभाविक तारतम्य है, जिसके माध्यम से मानव जीवन उन्नत होता है। परिवार के सदस्यों में अगाध स्नेह तथा प्रेम होता है। ये गुण ही परिवार के सदस्यों को परस्पर आबद्ध रखते हैं तथा उनके सांस्कृतिक जीवन को पल्लवित एवं पुष्पित करते हैं। भारतीय सामाजिक संस्थान में परिवार का विशिष्ट संस्था के रूप में विकास हुआ। भारत में प्राचीनकाल से ही संयुक्त परिवार रहे हैं। जिसके द्वारा पारिवारिक तथा गृहस्थ जीवन से सम्बन्धित अनेक नियमों तथा संस्कारों आदि का विधान हुआ। हमारे यहाँ गर्भाधान से लेकर अन्त्येष्टि तक विभिन्न संस्कारों की लम्बी श्रृंखला है। परिवार सामाजिक गुणों की श्रेष्ठ पाठशाला हैं। परिवार से सीखा हुआ आचार विचार व शिष्टाचार एक व्यक्ति के पूरे जीवन काम आता है।

माता सन्तान की सबसे श्रेष्ठ शिक्षक है वह जैसे संस्कार सन्तान में डालती है, उसका व्यक्तित्व निर्माण उसी के अनुरूप हो जाता है इसलिए हमारे ऋषियों ने माता को सर्वश्रेष्ठ गुरु माना है। सन्तान को सन्मार्ग की ओर उन्मुख करने वाली तथा कुमार्ग से रोकने वाली वात्सल्य की पूति मूर्ति माता सदैव प्रणम्य है। परिवार व्यवस्था व्यक्ति को मानसिक, आर्थिक, सामाजिक सुरक्षा प्रदान करती है, वहीं उसे समाज का सदस्य और राष्ट्र का योग्य नागरिक बनाती है, उसे कर्तव्य पालन की शिक्षा देती है। सुसंस्कृत परिवार ही अच्छे समाज को बनाता है और अच्छा समाज ही समृद्ध राष्ट्र के निर्माण में सहयोग प्रदान करता है। इस प्रकार परिवार के माध्यम से ही एक व्यक्ति समाज और राष्ट्र के प्रति अपने उत्तरदायित्वों को निभा पाता है तथा समाज और राष्ट्र से मिलने वाले लाभों को प्राप्त कर पाता है।

किन्तु समय एवं परिस्थितियों के अनुरूप उसमें परिवर्तन होते रहे हैं। आज अधिकांश परिवारों में पति पत्नी दोनों ही नौकरी पेशा होने से परिवारों का ताना-बाना ही भिन्न प्रकार का होता जा रहा है। आज बच्चे के पैदा होते ही उसके कैरियर के प्रति अभिभावक अधिक चिंतित होने लगते हैं। पहले क्रैच में, उसके बाद प्रेप में और फिर अच्छे से अच्छे स्कूल में प्रवेश दिलाने के साथ ही कोचिंग की चिंता में लग जाते हैं।

एक ही छत के नीचे रहने के बावजूद एक दूसरे से सार्थक संवाद दूर की बात होती जा रही है। इसी का कारण है कि जहाँ अभिभावक अपने काम के बोझ तले तनाव व कुंठा में रहने लगे हैं वही बच्चे मां बाप की सोच के चलते बचपन में ही कैरियर की चिंता के बोझ तले दबते जा रहे हैं।

अभिभावकों को यह समझना चाहिए कि बच्चों की अपनी नैसर्गिक प्रतिभा है। उनको सपने बुनने, अपनी दुनिया जीने और खोजने की आजादी है। बच्चे दुनिया की इस रेस में दौड़ने को तैयार है पर उन्हें सीखने और समझने का समय तो दें। एक बार जब उनके पंख मजबूत हो जाएंगे, तो परवाज भरने के लिए खुद-ब-खुद तैयार हो जाएंगे। बच्चों की परवरिश के लिए धैर्य की जरूरत होती है तथा अभिभावक का तुलनात्मक व्यवहार उनमें हीनभावना पैदा कर सकता है।

आचार्य चाणक्य ने बच्चों के लालन पालन के लिए कहा है—

**लालयेतपंचवर्षाणी, दशवर्षाणीताडयेत ।
प्राप्ते षोडशेवर्षे, पुत्रमित्रवदाचरेत् ॥**

अर्थात् पांच वर्ष की आयु तक बच्चों को खूब लाड़ प्यार दुलार करें, इसके बाद दस वर्ष तक अनुशासन शिक्षा और संस्कारों की सैद्धान्तिक और व्यवहारिक शिक्षा दें और जैसे ही बालक-बालिका किशोरावस्था में पहुँचें, उनके साथ मित्रवत् आत्मीय व्यवहार करें।

जब तक परीक्षा के बाद बनने वाली मेरिट से सामाजिक प्रतिष्ठा को गहराई से जोड़कर देखा जाता रहेगा तब तक अभिभावक अपनी अधूरी महत्वकाक्षाओं का बोझ इस तनाव के रूप में बच्चों पर डालते रहेंगे। तेजस्वी युवा का उत्साह उसकी संकल्प शक्ति में समाहित होता है। अथक प्रयत्न करने वाला युवा हर वर्ग की चुनौतियों का सामना कर सकता है।

बदलते सामाजिक आर्थिक परिपेक्ष्य में सामाजिक व्यवस्था की पुनर्स्थापना के लिए आगे आना होगा। परिवार को बोझ नहीं आवश्यकता समझनी होगी एवं आज की पीढ़ी को भी समझना होगा कि परिवार सदस्यों को एकजुटता में बांधे रखने का प्रमुख केन्द्र है।

अनमोल वचन

डॉ. अन्जुबाला शर्मा
समाजशास्त्र विभाग

उपलब्धि और आलोचना एक दूसरे की मित्र हैं, उपलब्धियाँ बढ़ेंगी तो निश्चित ही आपकी आलोचनाएँ भी बढ़ेंगी।

ज्यादातर लोग शान और प्रतिभा की कमी से नहीं हारते, बल्कि इसलिए हार जाते हैं क्योंकि वे जीत से पहले ही मैदान छोड़ देते हैं।

जिन्दगी में अच्छे लोगों की तलाश मत करो खुद अच्छे बन जाओ, आपसे मिलकर शायद किसी की तलाश पूरी हो जाए।

बाधाओं को देखकर विचलित न हो। विश्वास रखें जीवन में निन्दानवे द्वार बन्द हो जाते हैं, तब भी कोई न कोई एक द्वार जरूर खुला रहता है।

यदि आप सही हैं तो आपको गुस्सा होने कि जरूरत नहीं और यदि आप गलत हैं तो आपको गुस्सा होने का कोई हक नहीं।

सिक्के हमेशा आवाज करते हैं मगर नोट हमेशा खामोश रहते हैं इसलिए जब आपकी कीमत बढ़े तो शांत रहिए। अपनी हैसियत का शोर मचाने का जिम्मा आपसे कम कीमत वालों के लिए है।

जिन्हें सपने देखना अच्छा लगता है, उन्हें रात छोटी लगती है, और जिन्हें सपने पूरे करना अच्छा लगता है, उन्हें दिन छोटा लगता है।

Digitalization : Pros and Cons

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Everything is going digital these days and as such there has been ever growing need for cyber education for protecting one's digital identity against cyber hackers.

India is the second largest country in the world calculated by the number of internet users. More than 26% of the population of India is presently using the internet, which was only 4% in 2007. But how many are aware of cyber attack?

2016 was the year of cyber attacks and online hacking with millions of Yahoo accounts and high profile Indian Twitter accounts being hacked. Ransomware attacks also continued to rise in India.

Do you know what is ransomware? As per Kaspersky Security India, among the top five countries to be attacked by ransomware, Karnataka (36.58%) was the most affected state with ransomware, but still more than 40% of people have not even heard about it.

Ransomware is a type of malware that secretly gets installed on your computer, encrypts your entire data and demands money to unlock it. Ransomware primarily targets Government agencies, school-colleges and hospitals to demand high ransom.

Saket Modi, an Indian ethical hacker & cyber security expert (also the co-founder and CEO of Lucideus Tech. and a security solutions provider to RBI, ICICI, HDFC Bank and Microsoft and responsible for the security of the recently launched Unified Payments Interface), says "In the virtual space like the physical space there is nothing called hundred percent security; you just can be hundred percent sure that everything is hackable, without a doubt. Then what should one do? I feel the best way is that when you're using the internet, assume that everything is already hacked."

When you assume that anyone can access your data, there is a shift in the mentality that you have. You will never send your bank details on whatsapp, never save secret information on your mobile. Always do a regular backup of your files and protect yourself from ransomware.

Golden Tips: Every time when you sign into any service like gmail, Netbanking etc., look at the browser address bar and ensure that URL is starting with https://.