



SUBODH NEWSLETTER

February - 2020 | Volume - V(2)

Republic Day Celebration



NSS Volunteer Ms. Jhanvi Khoji (Encircled) with the Hon'ble President

The College celebrated the 71st Republic Day. It was a proud moment for the college when the NCC cadets - Tanishka Sharma, Prashant Burdak and Hemendra Singh Rathore alongwith NSS volunteer Jhanvi Khoji participated in the Prime Minister's Rally and Republic Day Parade 2020.

From the Principal's Desk



With the beginning of the New Year saplings of new dreams, new objectives have started budding out. With the fragrance of the fresh and pleasant breeze the waves of new determination have started to drift. Students, this is the right time to look forward to your goals and to put the manure of your efforts to materialize your dreams. Do not be disheartened if some of your goals remained unaccomplished in the year 2019, instead devote yourself completely with utmost zeal and zest towards the achievement of those unveiled dreams.

From the anxiety of the admission time period to the heat of the semester end exams the staff discharged all of its duties very responsibly. The bygone year was quite tedious but satisfying from my personal as well as from institutional point of view. The college received the DBT Star Status by the Department of Biotechnology, MHRD, Govt. of India, New Delhi, was honoured with the highest NSS Award - The President Award and the National Level award for remarkable services and activities in the Red Ribbon Club of the college. These achievements are just a few to mention.

With ample of ambitions in the year 2020 too in every aspect, I wish you all a very aspiring year ahead.

S.S. Jain Subodh P.G. (Autonomous) College

Upcoming Events

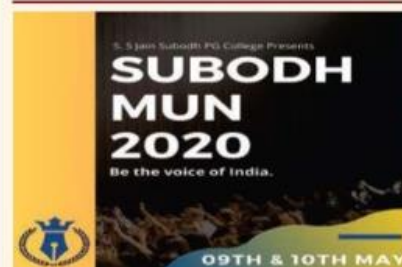


Activities:

Poster Presentation, Video/Slide Show, Debate Competition, Working Model, Non-Working Model, Science Lectures.

Last date of Registration :

February 25, 2020



Unconventional discussions on a common platform addressing innumerable International issues that await resolution.

Editorial Board

Editor-in-Chief

Dr. Rashmy Nair

Executive Editors

Dr. Chitra Rathore

Dr. Leena Bhatia

Dr. Priti Gupta

In case of any queries/ suggestions/ contributions (self penned) mail to editors.subodh@gmail.com

Achiever's Bay

Awards and Honours



Felicitation of Prof. K.B. Sharma

◆ Principal Prof. K.B. Sharma was felicitated by a number of renowned organisations and Universities for his valuable contribution in the field of education and academic excellence. Some of them are:

- University of Rajasthan and Kaushal Rozgar Evam Udyamita Vibhag, Rajasthan Government.
- ISSRF (Indian Society for the Study of Reproduction & Fertility) Jaipur.
- "Life Time Achievement Award" by The Society of Education, Agra.



Felicitation of Dr. Subhash Agarwal

◆ Dr. Subhash Agarwal, Dean Admn. was awarded with the 'Best Teacher Award' by The Society of Education, Agra, in recognition of his contributions to academic, scientific and research areas.



Felicitation of Dr. Rajesh Yadav

◆ Dr. Rajesh Kumar Yadav, Dean Academics was awarded with the 'Young Scientist Award' by The Society of Education, Agra, in recognition of his dedication and commitment to discover and initiate novel innovations in the field of life science, environment and health.

Campus Buzz



Two Day National Conference on "Changes in Lifestyle Influencing Adolescent Health"

A two-day National Conference on "Changes in Lifestyle Influencing Adolescent Health" was organised by the Department of Zoology under the auspices of Indian Society for the Study of Reproduction and Fertility (ISSRF) on September 28-29, 2019. The conference comprised of keynote addresses, invited talks, oral and poster presentation and four technical sessions with various eminent speakers per session. The conference began with lamp lighting by the dignitaries-Chief Guest, Dr. Raja Babu Panwar, Vice Chancellor, Rajasthan University of Health Sciences, Jaipur, Presiding Guest, Dr. V.M. Katoch, Former DG-ICMR and Secretary DHR, ICMR-NASI, Chair on Public Health Research at Rajasthan University of Health Sciences (RUHS), Jaipur, Guest of Honor, Dr. R.S. Sharma, Scientist-G & Head, Division of Reproductive Biology, Maternal and Child Health, ICMR, New Delhi, Prof. N. K. Lohiya, President, ISSRF, NASI Senior Scientist, University of Rajasthan, Jaipur, Sh. Vinod Lodha, Joint Secretary, Subodh Shiksha Samiti, Jaipur, Prof. K.B. Sharma, Principal Subodh College and Dr. Rajesh Kr. Yadav, Conference Convener. Valedictory address was given by the Chief Guest, Prof. Sudhir Bhandari FRCP, Principal, SMS Medical College, Jaipur. The conference was a huge success, with more than 350 registrations from all around the nation. The esteemed guests from the medical field endowed the audience with insightful discussions on the importance of healthy lifestyle. They keenly focused on the issues faced by the youth and reinforced an initiative towards UN's Sustainable Development Goals for the year 2030.

An awareness programme on the contemporary issue of Drug Addiction was held on November 1, 2019 in the college seminar hall. Dr. Rahul Jain, DCP East made the students aware of the repercussions of drug addiction and encouraged the gathering to play an active role in its awareness programme. Dr. Jain also told the students about the 'Clean Sweep Operation'. The lecture focused not only on the harmful effects of drugs but also on how to refrain from drug usages.



One-Day National Workshop on Java Technology
development. 65 MCA students participated in the workshop.

A one day National workshop on "Java Technology" was organized by the Department of Computer Science on November 26, 2019. Mr. Abhishek Jain from Road Ahead Technologies, Jaipur told the students about Java programming and its importance in the practical world. The workshop helped the participants understand the need of Java developers in IT industry and the career prospects in Java

- ◆ Dr. Neel Kamal Purohit, Incharge, Faculty of Commerce, received the I2OR Preeminent Educator Award 2019 for his remarkable contribution in the field of Accounting and Finance from the International Institute of Organised Research.



Dr. Preeti being awarded by Dr. Harsh Vardhan

- ◆ Dr. Preeti Srivastava, Department of Zoology received the National award on World AIDS day, December 1, 2019 from Union Minister of Health and Family Welfare Dr. Harsh Vardhan for the exceptional work in engaging youth for awareness on HIV/AIDS and being 'The Best Red Ribbon Club'.



Dr. Nandini being felicitated

- ◆ Dr Nandini Sharma, Department of Business Administration, was felicitated by the Institute of Company Secretaries of India in the Teachers Principal meet organized in December 2019

Faculty Achievements

- ◆ Dr. Subhash Agarwal, Dr. Balram Tripathi and Dr. S.P. Pareek, Dept. of Physics became approved Research Supervisors in Univ. of Rajasthan, Jaipur
- ◆ Dr. Neel Kamal Purohit, Incharge, Faculty of Commerce, has been appointed as Reviewer of Research Papers in the International Conference on "Advancing Management Research in Latin America" to be held from April 15-17, 2020 at Mexico.



National Workshop on Science through Experiments



A National Workshop on Science through Experiments was organized by the Department of Physics on October 1-2, 2019. The workshop included nine technical demonstrations organized by various experts. More than 600 UG & PG students from various colleges of Jaipur attended the workshop. During this workshop an innovation hub was also setup for UG students. The first technical session comprised of demonstration on Rutherford Scattering by Prof. D.K. Avasthi, Director `Nanotechnology Centre, Amity Noida, the second demonstration was made by Prof. M.S. Marwah from Chandigarh on waves and vibrations. The third demonstration was made by Prof. Y.K. Vijay, Director CIST- IIS University, Jaipur. The fourth demonstration was made by Dr. Sarmishtha Sahu, Maharani College, Bangalore on lustrous light by showing experiments of diffraction and interference. The fifth demonstration was also by Dr. Sarmishtha Sahu on Quantum tunneling. The sixth demonstration was on Electricity & Electromagnetism by Mr. Manoranjana Singh, Birla Public School Pilani, the seventh demonstration was on magic of Science by Mr. A.K. Srivastava, eighth demonstration was on Magnetic Freezer by Dr. Ambesh Dixit, IIT Jodhpur, and the ninth demonstration was on interference of light by Mr. G.S. Menaria, Jaipur. The workshop proved to be a great learning platform for the students who participated.



Faculty Development Programme 2019

A staff orientation cum faculty development programme titled 'Art of Praise and Science of Criticism' was organized on October 14, 2019. Two eminent speakers - Prof. Ramesh Arora, and Shri Shikhar Prajapati interacted with the faculty members. Prof. Arora stated that commendation and criticism are the two faces of the same coin and are equally important in life. It is an individual's discretion to use it in a fair or foul manner. Self-respect is yet another essential ingredient of success that paves the path of eternal happiness. 'Pyaar ki Thapki', is a symbol of completeness where as the 'I' attitude is a symbol of hollowness that leads a person to a life resplendent with isolation and melancholy. Shri Shikhar Prajapati spread energy and enthusiasm with his interactive session. He told about the steps to success, emphasizing on continuous and focused hard work, self-assessment, and self-improvement, whilst cautioning against the harms of mindless drudgery and abnormality. The many benefits of reading and time management were reiterated by him.

- ◆ Dr. Rajesh Kr. Yadav, Dean Academics of the college and Dr. Richa Singhal, Dept. of EAFM, chaired sessions in the Int'l Conference on "Innovative Green Praxis in Research and Academics : A Multidisciplinary Approach" held in Sun Rise University Alwar on December 15-16, 2019. Dr. Richa also delivered a lecture on "Corporate Social Responsibility and its Social Accountability."
- ◆ Dr. Suman Yadav, Dept. of History, Dr. Ranjita Singh, Dept. of Sociology and Dr. Harbhajan Singh, Dept. of Geography participated in the 112th Orientation Program conducted from November 25- December 14, 2019 by UGC-HRDC at Univ. of Raj., Jaipur.
- ◆ Dr. Rajesh Rawat and Dr. Shaifali Jain, Dept. of Pol. Sc., Dr. Anshul Sharma, Department of History, Dr. Bharat Pareek, Dept. of Business Admn. and Dr. S. P. Kothari, Dept. of ABST chaired and co-chaired different sessions in the National Conference on "Gender Equality: Issues and Challenges" organised by Govt. Girls' College, Karouli Raj. on Dec. 23-24, 2019.
- ◆ Dr. Tapasya Julka and Vikalp Joshi, B. Com. Sem. VI, secured third position in research paper presentation competition at the 14th Anniversary India-Japan Fest BICON-2019, Sustainable Development Goals, organized in Biyani College from September 23-25, 2019.
- ◆ Dr. Nandini Sharma, Department of Business Administration got a Research Paper titled "Human Resources in the Digital Age (Issues, Impact & Challenges of e-HR in the Indian Scenario)" published in the International Journal of Advanced Science and Technology Vol 29, No 02 (2020), Pg. 2632-38.
- ◆ Dr. Gauri Dhingra, Dept. of Business Administration got a Research Paper titled "The Study of Socio Economic Perspectives of Educated Unemployed Women and its Impact on their Life (with reference to Rajasthan)" published in the International Journal of Scientific and Technology Research, (Elsevier-Scopus), Vol. 9, No. 1, Pg. 1107-12.



Two day National Conference on "Climate Change and Sustainable Development : Issues and Policy Initiatives"

A two day national conference on "Climate Change and Sustainable Development: Issues and Policy Initiatives" was organized by the Department of Geography on December 23-24, 2019. Spanning over 5 technical sessions on topics of relevance in Sustainability, the galaxy of invited speakers, guests and experts included Prof. Kaushal K. Sharma, Director, ICSSR, New Delhi; Prof. S. C. Rai, Prof. H. C. Sharma, Prof. M. K. Pandit, Dr. Sanjay Raj, Prof. T. I. Khan, Prof. M. S. Nathawat, Dr. Anirudh Sahani and Prof. D. R. Khullar. Several meaningful papers were presented by researchers from all over the country on topics relating to impacts and implications of climate change, urbanization and Industrialisation, biodiversity conservation, management of waste and water resources, disaster management etc.

On the special occasion of Mahatma Gandhi ji's 150th birthday, the Dept. of Political Science in collaboration with NSS organised a lecture on Gandhiji's life and philosophy. Prof Vidhya Jain, Former Principal, Univ. Maharani's College was the Chief Guest. Poem recitation and poster presentation competitions were also conducted on the day. More than 150 students took part in the programme.



Lecture on Gandhi's Life and Philosophy



National Conference attended in Udaipur by Department of Psychology and Philosophy

The Departments of Psychology and Philosophy jointly organised an educational trip for their students to Udaipur wherein they attended a two day Multidisciplinary "National Conference on Integrative Approaches for Mental Health & Well Being" organised by Dept of Psychology, MLS University, Udaipur on September 27-28, 2019. The students were escorted by Dr. Suprithy Paliwal and Dr. Vineeta Sharma. Dr. Suprithy Paliwal also co-chaired a session on Alternative therapy and delivered a lecture on the topic "Complementary and Alternative Medicines (CAM)". It was a great learning experience for the Forty students' group several of whom also presented papers for the first time in a conference.

The NSS wing of the college was quite active and under took the following activities :

- Participated in Republic Day parade at SMS stadium, Jaipur.
- Celebration of NSS day on September 24, 2019.
- Celebration of Vigilance Awareness week by taking the pledge to fight against corruption on November 2, 2019.
- Rally with posters & parachutes on November 29, 2019 to spread the message of environment conservation in association with the Sustainability Awareness group of Washington D.C.
- Participation in Road Safety programme on December 13, 2019 to make the public aware about traffic rules at Rambagh Circle.
- Attended a seven day (January 7-13, 2020) training camp at Durgapura Gaushala.

- ◆ Dr. Supriya Paliwal attended the Parenting Expert Programme from October 9-13, 2019. She also attended the Transactional Analysis and Cognitive Drill Therapy training on December 14-15, 2019 organized by Feeling Minds-(incorporated under the Ministry of Corporate Affairs).



Capt. Harbhajan Singh

- ◆ Dr. Harbhajan Singh, Department of Geography has been promoted to the Captain Rank in National Cadet Corps, Directorate, Rajasthan.
- ◆ Dr. Anshul Sharma, Department of History, delivered a lecture on Human Rights Day at S.S.G. Pareek P.G. College, Jaipur on December 10, 2019.
- ◆ The following staff members cleared NET/NET-JRF held in December 2019.
 - Ms. Ritu Verma and Ms. Neha Verma, Department of English qualified NET-JRF.
 - Ms. Apoorva Verma, Department of Computer Science.
 - Mr. Sunil K. Sharma, Department of Mass Comm. and Journalism.

Book Publications

- Dr. Rita Jain and Dr. Shailesh Mathur, Department of ABST, got a book published on "Financial Management".
- Dr. Anshul Sharma, Department of History, got a book published with the title "Prarambh Se Dharma Sudhar Tak"
- Dr. Anshul Sharma, Department of History, got a book published with the title "Bhartiya Sanskriti Udvikas Vichar"
- Dr. Preeti Srivastava and Dr. Deepika Mishra got a text-book published on "Gamete and Developmental Biology".
- Dr. Deepika Mishra got a text-book published on "Cell Biology & Genetics".

Guest Lectures

Following guest lectures were organized by the various Departments to enhance the learning of the students:

- Guest Lecture on "Development of Mathematics" organized by Department of Mathematics on September 27, 2019. The resource person was Prof. P. N. Pandey, Vice Chancellor, Nehru Gram Bharati University, Allahabad.
- Guest Lecture on 'Sustainable Development in India' organized by Department of Economics on October 2, 2019. The resource person was Dr Kanwaljeet Kaur, Guru Gobind Singh College, Chandigarh.
- Guest Lecture on "Climate Change and Biotechnology: Appraisal and Solution" organized by Department of Botany on October 10, 2019. The resource person was Prof. S.L. Kothari, Vice President, Amity University.
- Guest Lecture on "Biodiversity Index" organized by Department of Botany on November 7, 2019. The resource person was Dr. Soumona Datta, Head, Department of Botany, University of Rajasthan, Jaipur.
- Guest Lecture on 'Rethinking Poverty and the Ways to end it.' organized by Department of Economics on November 13, 2019. The resource person was Prof Vijayveer Singh, Department of Economics, University of Rajasthan, Jaipur.
- Guest Lecture on "Forensic Wildlife-A New Approach to Young Scientists" organized by Department of Environmental Science on November 23, 2019. The resource person was Dr. Rajesh Singh, Deputy Director Crime Scene Management and Head of Biology Division, State Forensic Science Laboratory, Rajasthan Jaipur.
- Guest Lecture on "Biotechnology: Innovative Research" organized by Department of Botany on December 13, 2019. The resource person was Prof. Rajesh Kumar Dubey, Director National Resource Centre, Biotechnology Mohan Lal Sukhadia University, Udaipur.
- Guest lecture on " Classroom to Corporate" organised by Department of Business Administration on January 18, 2020. The resource person was Shri Aditya Singhal, Vice President HSBC.
- Guest lecture on " Interacting with Best View Forward: Excelling at Interviews" organised by Department of BBA on January 29, 2020. The resource person was Dr. Tanjul Saxena, Associate Professor IIMR, Jaipur.

Seminars/Workshops/Camps and Visits:

- Entrepreneurship Awareness Camp (EAC) organized by Department of Economics from September 25-27, 2019. The chairperson was Prof. Satish Batra, University of Rajasthan. Mr. K.L. Swami and Mr.R.S. Shekhawat were the eminent speakers.
- Educational trip to Mount Abu, organized by the Department of Botany for their Under Graduate and Post Graduate students from October 2-5, 2019.
- Visit to Herbarium at University of Rajasthan, organized by the Department of Botany, for the students of M.Sc. on November 13, 2019.
- One-day workshop on "Helping the students to reflect about themselves" organized by Department of Psychology on November 19, 2019. The resource person was Ms. Manju Jain, an internationally renowned psychologist from Portland, Oregon, USA and certified expressive arts group facilitator.
- One Day National Workshop on 'Programming Concepts of PHP' organized by Department of Computer Science in association with Horizon for MCA III Semester students on November 28, 2019.
- Seminar on "Role and Functions of RBI in Financial Literacy" organized by the Dept. of Economic Administration on January 22, 2020. The resource person was Mr. Arun Kumar Singh, Regional Director, RBI (Raj.) along with Mr. Mukesh Kumar, Deputy General Manager, Mr. Manoj Mathur, Deputy General Manager and Mr. Arvind Nigam, Assistant General Manager, RBI, Jaipur.

Students' Gallery of Fame

The following post graduate students cleared NET-JRF/NET-LS exam held in June -December 2019 :

- Rajendra Singh Rajpurohit, Department of Zoology (Batch 2016-18) AIR 29
- Prity, Department of Zoology, M.Sc. Semester IV AIR 56
- Meenakshi Mansukhani, Department of Zoology (Batch 2017-19) AIR70
- Divyanshu Sharma, Department of Chemistry, M.Sc. Semester IV, AIR 83
- Jyoti Dalal Department of Chemistry (Batch 2015-17) AIR 98
- Reenu Kumawat, Department of Chemistry (Batch 2017-19) AIR 103
- Renu Saini, Aditi Sharma, Nishu & Priyanka Choudhary, Department of Environmental Science (Batch 2017-19)
- Saransh Saini, Department of Business Administration (Batch 2017-19)
- Naveen Kumar, Department of EAFM (Batch 2017-19)
- Pooja Sharma, Department of EAFM (Batch 2015-17)
- Mohan Singh Khadka, Department of EAFM (Batch 2014-2016)



Winners of Inter-Collegiate Cricket Tournament

Late Satyendra Pal Memorial Intercollegiate Cricket Tournament was organized by Gokhale Hostel, Maharaja College from January 3-11, 2020. Our college boys' team won this tournament and the girls' team stood runner up. Our Principal received the trophy from Neeraj K. Pawan, IAS, with our students in closing ceremony.

The college team participated in the intercollegiate tournament organized by University of Rajasthan, Jaipur from November 28-30, 2019 and performed remarkably well. They won first prize in the following sports event : Chess, Handball, Tennis, Squash, Badminton, Athletics and Table Tennis. They won the second prize in following sports events : Basketball, Volleyball, Football, Judo, Gymnastics and Cross Country race.

Success Story of Yashpal Meena



Yashpal Meena

Q. 1 : How would you like to introduce yourself and your achievements?

Ans : I am Yashpal Meena from Sawai Madhopur, Rajasthan. I did my graduation (B.Sc) from S. S. Jain Subodh P. G. College in 2017. Professionally I am working as Junior Executive (Air Traffic Controller) in Airport Authority of India. Soon I Will get posting as Income Tax Inspector in Central Board of Direct Taxes (CBDT) Department.

Q. 2 : When did you decide to pursue your career in Income Tax Department ?

Ans. : Even as a science student the aspect of taxation fascinated me when ever I heard about it from my family members or my college friends from commerce stream. News items related to it intrigued me. I understood that a career in tax could give me the business experience to move into consultancy role. In future I could take my career further to move into a civil service role or act as a free lancer tax professional which could offer me a good work life balance.

Q. 3 : Do you have any other dream or goal in life?

Ans : Yes, I always had a dream. Earlier I wanted to become an Income tax inspector, but after achieving my goals, my new dream is to join the Indian Administrative Services because it is the best platform to serve the country.

Q. 4 : What role did Subodh College play in your life?

Ans : Subodh has played a vital role in transforming my career by providing me the right path and an active platform to pursue my passion. I got a lot of support and guidance from the faculty members of the college, who helped me in becoming what I am today. I feel fortunate enough to be a part of India's most prestigious college i.e., Subodh where my life got a positive direction and I always want to remain associated with it. The college played a great role in my inclination towards academics. I was able to set a good platform for the competitive exams using the contents which were taught in the college by college faculties and I did not need to take any coaching for physics, chemistry and mathematics. I was always supported and blessed by my teachers. Their cooperation even in my smallest problems and their providing material for my studies are unforgettable memories. And it is because of their blessings that I could qualify SSC CGL2017 during my last year of B.Sc.

Q. 5 : Which success mantra would you like to share with the students?

Ans : My success mantra is: "Be devoted and dedicated in work that you do and the aim you want to achieve". I truly believe that any genius is 1% inspiration and 99% perspiration. In order to keep your dreams alive one needs to have determination, devotion and dedication which decides whether we win or loose. Luck also favors the determined, devoted and dedicated. Of course failure is the best teacher but only when you realise that failure leads to success and success in turn is accomplished only through devotion and dedication.

- ◆ The following students won prizes in the different district level events organised by Rajkiya Mahavidyalaya, Jaipur at Derashri University of Rajasthan on November 26, 2019.
 - Arundhati Sharma, M.A. Pol. Sc. Sem IV won second prize in Debate.
 - Satyendra Pal Singh Rathore and Anjali Dixit, M. A. History Sem IV won third prize in the NSS Quiz Competition.
- ◆ In Rajivika (Rajasthan Gramin Aajivika Vikas Parishad) - Rashtriya Saras Craft Mela, Jaipur 2019-20, following students won prizes in different events.
 - Jhanvi Khoji, M. Com. (EAFM) Sem II, won third position in Hindi Debate Competition. She received cash prize of Rs. 500.
 - Prashant Mishra, B. A. Sem VI, won first prize, Ayush Sharma B. Sc. (Physics Hons.), Sem IV got Second and Janet Joy, B.Sc. (Chem Hons.), Sem IV, got third prize in English Debate Competition. The first, second and third prize winners received a cash prize of Rs 1500, Rs 1000 and Rs 500 respectively.
 - Arundhati Sharma, M.A. Pol. Sc., Sem IV won first prize in Hindi Debate as well as Extempore. She received cash prize of Rs. 1500 each in both the events.
- ◆ Ayush Sharma, B.Sc. (Physics Hons) Sem IV got first prize in English elocution at Kanoria P.G. Mahila Mahavidyalaya on September 28, 2019. He won a cash prize of Rs 1000.
- ◆ Arundhati Sharma, M.A. Pol. Sc. Sem IV, won second prize in the Antar-Mahavidyalaya Sambhashan Pratiyogita organised by Abhivyakti Club, Kanoria P.G. Mahila Mahavidyalaya on the topic "Paryavaran Apghatan: Prakriti ke Virudh ek Apradh" on September 28, 2019. She won a cash prize of Rs 750.
- ◆ Harsimran Singh and Ruchit Gupta, BBA Sem VI won second prize in Quiz at Apex College on December 3, 2019.

महाविद्यालय कुलगीत

ज्ञान-पुंज, पस्मार्थ भाव से अभिप्रेस्ति

विद्या का अनुपम आलय, हमारा सुबोध स्नातकोत्तर महाविद्यालय

जन जन में हो ज्ञान प्रसार, उत्तम हो आचार - व्यवहार

उत्मानव के धर्म बसाय मानवता के कल्याण हिताय

भास्त की मंगल बेला पर भास्त की पावन बेला पर

हमारा सुबोध स्नातकोत्तर महाविद्यालय

है अपना स्वर्णिम इतिहास, सदा श्रेष्ठता और उल्लास

आधुनिक गौख से प्रमाणित, नीतिगत मूल्यों में समाहित

अनुपम से उक्कंठ का विलय, हमारा सुबोध स्नातकोत्तर महाविद्यालय

कुलगीत का महत्व

डॉ. शिप्रा पारीक
व्याख्याता – संस्कृत

प्रत्येक विश्वविद्यालय एवं महाविद्यालय अपनी श्रेष्ठताओं और उच्चताओं की शिक्षा जगत में आयाम स्थापित करने की वांछा रखता है। ज्ञान से ही हमारा गौरव है और ज्ञान पुंज से ही "भारत" विश्व गुरु है। जिस तरह "राष्ट्र" गीत एवं राष्ट्रगान अपने देश के सांस्कृतिक महत्व का गुणगान करते हैं, उसी तरह "कुलगीत" विश्वविद्यालय महाविद्यालय के गौरव को विवेचित करते हैं। 'कुलगीत' विद्या के आलय महाविद्यालय की सांस्कृतिक व सामाजिक उत्कृष्टताओं को बताता है। 'कुलगीत' का गायन करते समय कतिपय मर्यादाओं का ध्यान रखना परम आवश्यक है।

यथा "कुलगीत" वादन और गायन के समय मात्र सावधान स्थिति में ही रहना चाहिये। अन्य कोई क्रिया-प्रतिक्रिया नहीं करनी चाहिये। यह "कुल गीत" अत्यन्त प्रतिष्ठा के गौरव का विषय होता है। सभी को इसी प्रतिष्ठा का ध्यान रखना चाहिये। हमारे सुबोध महाविद्यालय का "कुल-गीत" इस महाविद्यालय की शिक्षा जगत में ख्याति प्राप्त सभी उत्कृष्टताओं को परिलक्षित करता है। सुबोध स्नातकोत्तर महाविद्यालय नित ऊंचाइयों के सोपान पर वर्द्धन कर रहा है। प्रतिपल प्राप्त होने वाली उपलब्धियां इसकी प्रतिष्ठा में चार चांद लगा रही हैं।

महाविद्यालय में सांस्कृतिक, समाजिक व आध्यात्मिक सभी मूल्यों से ओत-प्रोत है। यथा महाविद्यालय में कोई भी कार्य प्रारम्भ करने से पूर्व "गणपति" का आराधन कर कार्य प्रारम्भ किया जाता है। यह आराधन सभी संकाय सदस्यों में सकारात्मकता प्रदान करता है। सांस्कृतिक मूल्यों को सदैव सजीव रखना महाविद्यालय का ध्येय है। आधुनिक परिवेश के साथ समस्त "नीतिगत" मूल्य इस महाविद्यालय के आधार हैं। महाविद्यालय आज शिक्षा जगत में जो परचम फैला रहा है, वह है इसकी सकारात्मक सोच के साथ शनैः शनैः उच्च आयामों में बढ़ते चलना। इसके मूल्य सदैव परम्पराओं का निर्वाह करने वाले हैं। यही भाव इसके कुलगीत में भरे हैं। 'सुबोध' हम सबका गौरव गरूर है और इसका 'कुलगीत' हमारी 'शान' व 'प्रतिष्ठा' है।

- ◆ Arundhati Sharma, M.A. Pol. Sc. Sem IV won first prize in Debate Competition organised by Rajasthan University Women's Association, University of Rajasthan, Jaipur on September 28, 2019.
- ◆ Satyendra Pal Singh Rathore and Anjali Dixit, M. A. History Sem IV, won second prize in the Quiz Competition in the event Goonj-2019 (Inter Collegiate Fest) held at LBS College, Jaipur on December 16-17, 2019.
- ◆ Harsimran Singh, Anush Gupta, BBA Sem VI, and Ruchit Gupta, BBA Sem VI and Jhanvi Khoji, M. Com. (EAFM) Sem II won third prize in AD-MAD in Camfest-2019 at Kanoria College on December 13, 2019
- ◆ In a tri-level Inter- Collegiate Hindi Debate Competition organised by Bharat Vikas Parishad on December 24, 2019, Arundhati Sharma, M.A. Pol. Sc. Sem IV and Ashish Sharma M.A. JMC Sem IV won first and consolation prizes respectively, at branch level. They won the first & second prizes respectively at the Zonal level too on January 12, 2020 and received cash prizes of Rs. 1100/- and Rs. 500/- each. The team trophy was also won by the college. At Regional level, Arundhati Sharma secured second position and won Rs 3100 cash prize on January 25, 2020.
- ◆ Anush Gupta, Harsimran Singh, Abhishek Agarwal, BBA Sem VI, Dilip Kumawat, Devesh Jain, B. Com. Sem IV won third prize in Ad Mad at Poddar Institute of Management on December 7, 2019.
- ◆ Ashish Sharma, MA JMC Sem IV, Jeetesh Sharma, Gaurav Sharma, M. Sc. Chem. Sem IV and Archana Sarkar, B. Com. Sem VI got the first prize in Ad Mad and Ashish Sharma, MA JMC Sem IV, got first prize in Budding Journalist in Vividha held at IIS University on October 17, 2019.
- ◆ Arundhati Sharma, M.A. Pol. Sc. Sem IV won first prize for oratory competition organised by "Youth Panchayat- Climate Change and Youth" on September 21, 2019 at S. S. Jain Subodh P. G. (Autonomous) College, Jaipur.

Yoga is the best tool to relieve stress and keep you fit

Dr Nandini Sharma

Department of Business Administration

Yoga is a group of exercises for the body and soul, which help to control our breathing and thus keep our body and mind relaxed. According to ancient philosophy, Yoga is a tool to unite one with God. The main objective of yoga is to have control on one's soul, body and mind. Yoga is a way to develop physical and mental discipline.

Human beings have both physical and mental stress. Physical stress can be cured by some common remedies but mental stress is quite hard to cure with the same techniques used to cure physical stress.

Certain Yoga Asanas which help relieve the stress in individuals are :-

- *Sukhasana/Padmasana* (easy pose) : In this pose, one has to sit straight, stretch the legs in front of his/her body, bend left leg and place it beneath right thigh. As it is a meditative pose, it relaxes mind, body and creates mental and physical balance.

- *Uttanasana* : It is a standing forward bend pose, in which one has to stand straight and bend his upper body to the feet and touch their nose to the knees and palms to the feet. It is a rejuvenating asana which relaxes mind and nerves and gives strength to knees, thighs and spine.

- *Prasaritapadottanasana* : In this asana one has to stand straight, widen their legs and bend forward to touch the floor. It is a pose which relieves stress, anxiety and depression and relaxes heart. It also strengthens and keeps upper body flexible.

- *Sasangasana* (Rabbit pose) : In this asana, one has to sit into child pose and hold heels slowly, keep your head on yoga mat and keep on breathing normally. This asana activates and regulates the thyroid glands and controls hormones. It enhances the function of immune system and is helpful in curing of diabetes, insomnia and improvement in blood circulation.

- *Vajrasana* : For performing vajrasana, kneel down on the floor and stretch your lower legs backwards. Toes and heels should not be apart. Keep your buttocks on your heels and thighs. Sit in this pose and keep your head straight and focus on the inhaling and exhaling of your breathing. This asana is helpful to strengthen back and relieve lower back problems and sciatica as it regulates blood circulation.

- *Garudasana* : It is called the Eagle pose. In this asana, stand in tadasana mudra. Now bend your knees slightly and keep your one knee up and balance on another foot. Cross the left leg over the right thigh and point the toes towards the floor. Straight the arms and cross them towards your torso. This asana improves concentration. It strengthens your upper back, hips, thighs and shoulder and relaxes whole body and mind.

- *Halasana* : It is an asana which is generally performed at the end of a yoga session. In this asana, lie on the floor and keep the arms at your sides, palms facing downwards. Slowly lift the legs towards 90 degree position and bring the legs towards your head. This asana increases metabolism and functioning of digestive system and is helpful in reducing blood sugar level alongwith spinal cord and back pain.

Nothing but yoga can keep you fit and destressed. It is proved by science too. Doing Yoga gives a positive impact in your body not only by giving you inner peace, but also by giving you a glowful look.