



SUBODH NEWSLETTER

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Dr. Kapil Kumar Anand receiving the highest NSS award 2017-18 from the Honorable President of India, Shri Ramnath Kovind at the Darbar Hall at Rashtrapati Bhawan, New Delhi on 24 September, 2019.

From the Principal's Desk



A beginning that is positive and motivating adds to the pleasure of further journey by making it not only enriching but also more purposeful. With the commencement of new session, my heart is doubly delighted at the thought of welcoming you as well as sharing the news of recognition of Subodh as a mentor and brand ambassador for the NAAC accreditation aspirant institutions in the state and country. Moreover, the college has also become a recipient of the top most NSS award from the President of the country, Hon'ble Shri Ramnath Kovind.

We have always placed quality and excellence as the prime principles of our existence in the field of education. Every milestone of success further strengthens our resolute to set higher and challenging goals and makes us more determined to achieve them. With the first issue of this session of our newsletter, I extend a warm welcome to all those who have chosen Subodh to achieve their academic goals and invite them to collaborate with us in defining further milestones of success and attaining them too. Together we strive, together we succeed !

My heartiest congratulations and warm wishes for a safe and prosperous Diwali to all the patrons and well wishers of Subodh family!!!

Moments of Glory

- ★ The college has attained a new milestone by becoming the mentor and Brand Ambassador under the UGC Paramarsh Scheme for the NAAC Accreditation aspirant institutions in the state and country
- ★ The college received the highest NSS Award along with a prize money of ₹ 1,00,000/- from Shri Ramnath Kovind the Honorable President of India. The college is the first recipient of this award in the Rajasthan state.
- ★ Dr. Kapil Kumar Anand also received the best programme officer award along with a prize money of ₹ 50,000/- from the Honorable President of India.

**"LIFE DOESN'T
REQUIRE THAT
WE BE THE BEST.
ONLY THAT
WE TRY OUR
BEST."**

H. Jackson Brown.Jr.

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Achiever's Bay

Awards and Honours

- ◆ Dr. Bharat Pareek, NSS Programme Officer was awarded with the prestigious NSS State Level Award 2017-18 at the Directorate College Education, Jaipur. He received the award for his commendable contribution in the different ventures of NSS.
- ◆ Dr. Rajesh Kr. Yadav, Dean Academics, was honoured on the eve of Teachers Day by the *Rajiv Gandhi Sadbhavana and Gramothan Sansthan* for his outstanding contribution in the field of education
- ◆ Prof. Ripu Ranjan Sinha, Department of Computer Science, has been appointed as a Development Consultant of Republic of South Sudan by Prof. Gen. James Wannu IGGA, Vice President of South Sudan. Prof. Sinha shall be leading Green and Industrial Revolution of Republic of South Sudan.
- ◆ Dr. Nandini Sharma and Dr. Gauri Dhingra, Department of Business Administration were felicitated with the Youth World Indian Icon award 2019 on 4 May 2019 at Chamber of Commerce, Jaipur for their significant contribution in education and social work.
- ◆ Dr. Neeru Gakkhar, Department of Chemistry has been appointed as one of the Editorial Board Members in Science Journal of Chemistry (SJC), Science Publishing Group, New York, USA.
- ◆ Dr. Padma Pandel, Department of Mass Communication and Journalism was honoured during 8th Principal and Teachers Award ceremony 2019, for her valuable contribution in the field of media education.

Campus Buzz



MCA Convocation Ceremony 2019

MCA Institute of the college, as per the directives given by Rajasthan Technical University Kota, conducted its Ninth Convocation Ceremony on 19 August 2019. In the ceremony, the degrees of MCA and MBA were awarded to 89 students. Mr. Rajendra Kumar Jain 'Raja', Convener of the MCA Institute was the Chief Guest of the programme. He congratulated all the students and motivated them to excel in their respective domains. Prof. K. B. Sharma, Principal gave best wishes to students for their future endeavors.

"Rakshasutra is not just a thread but a life source. It is not only a protective shield but a facilitator of happiness and sorrow." These words were shared by Brahmakumari Padma on 17 August, 2019 on the occasion of Raksha Bandhan Mahotsav organised by Prajapita Brahmakumari Ishwari Vishwa Vidyalaya. Brahmakumari Jayanti talked about the spiritual and social aspect of tying the Rakshasutra. During the programme, Brahmakumari extended her good wishes and tied the symbol of purity and safety to all faculty members and students. They also entertained the participants by organizing a lucky tarot card (Sankalp Patra) picking session with faculty members and the students. Dr. Alpana Saxena, Vice Principal addressed the gathering and thanked both the sisters for adding a spiritual dimension to the festival of Raksha bandhan. The program was conducted by Dr. Shaifali Jain, Event Coordinator of the college.



Bhramakumari's Rakshabandhan



Campus Drive by Axiom

The Training and Placement Cell organised a campus drive by Axiom consulting in the college premises on 21 August 2019. The company offered the role of Technical Consultants, ERP Financial Consultants, and ERP Functional Consultants with a package of three lakh per annum to the selected students. The students of MCA, M. Com, B.A.(Economics) participated in this drive.



Faculty Achievements

- ◆ Dr. Ashish C. Swami, Department of Computer Science was felicitated as an organizer of the "Global Digi Sports Conference 2019" conducted at Kanyakumari, Tamil Nadu on 2-3 August 2019. In this conference, International delegates from Spain, Malaysia, UAE and other countries participated and discussed the "Role of Information Technology in Sports Domain".
- ◆ Dr. Anshul Sharma, Department of History delivered an invited lecture on "Indian Culture: Vedic Period and Present status" at Stani Memorial PG College, Jaipur.
- ◆ Dr. Rashmy Nair, Department of Chemistry, supervised M.Sc. dissertation of Ms. Poornima Arya, M.Sc. (Chemistry) student of Mahatma Jyoti Rao Phule University, Jaipur on the topic "Analysis of soil samples from Jaipur district" as a consultancy project.
- ◆ Dr. Suprithy Paliwal, Department of Psychology participated in a two day training programme on "Cognitive Techniques for Children and Adolescents" organized by Feeling Minds, under the Ministry of Corporate Affairs, Government of India on 21-22 September 2019 at New Delhi.
- ◆ Dr. Bharat Pareek, Department of Business Administration and Dr. S. P. S. Kothari, Department of ABST participated and chaired the technical sessions in First GRCF International Conference on Management, Business, Economics and Sustainability-2019 held in Bangkok, organized by Global Conference Research Forum, Pune and Himalayan University, Arunachal Pradesh.
- ◆ Ms. Shashi Sharma, Department of Physics visited the Advanced Materials Division, N-BARD, Hiroshima University for her Ph. D work in June 2019. During her one month stay, she learnt several experimental techniques and gained hands-on experience with XRD, SEM, DSC, TG-DTA-MS etc.



Prof. K.B. Sharma and Prof. R.R. Sinha receiving QIV Certificate and Award

Rajasthan Technical University Kota, had conducted evaluation process for Quality Index Value (QIV) of affiliated colleges during session 2019-20. In this ranking, MCA Institute has been awarded with "A - Grade". Prof. K. B. Sharma, Director, MCA Institute was felicitated by Honorable Vice-Chancellor of Rajasthan Technical University, Kota on 15 August 2019 and was given Quality Index Value Certificate and memento during the award ceremony.

On 15 August 2019, the independence Day was also celebrated in the college with a patriotic fervor. Sh. V.C. Daga, Convener of the college unfurled the flag to mark the celebration of freedom and victory for the nation.

A two-day National conference on "Transforming Society through Literature and Social Movements" was organized by the Department of English on 6-7 September 2019. The conference provided a vibrant platform for the discussion of the imperative role of literature and social movements in proliferation of transformation in society. Shri Vishnu

Lata Mayor, Jaipur Nagar Nigam inaugurated the ceremony as the chief guest. Keynote address was given by Prof. Pankaj K. Singh, Himachal Pradesh University, Simla, Prof. Gautam Ghosal, Visva Bharti University, Shanti Niketan graced the occasion as the special guest. The conference witnessed participation in large number by eminent scholars, researchers, experts, students and paper presenters from all across the nation. The valedictory ceremony took place on 7 September, 2019. Prof. Bodh Prakash, Ambedkar University, Delhi was the main speaker of the ceremony. Prof. Naresh Dadhich, former Vice Chancellor, VMOU, Kota graced the occasion as the chief guest of the ceremony. The ceremony ended on a highly optimistic note for future with righteous implementation of the discussion held in congregation.



National Conference on "Transforming Society through Literature and Social Movements"

The Chemistry Department organized International Year of Periodic Table on 31 August, 2019 to commemorate 150 anniversary of Mendeleev's periodic table. On the occasion, Prof Rakesh Kumar, University of Delhi and Prof Pritam Mukhopadhyay, Jawaharlal Nehru University, New Delhi delivered plenary lectures on the Periodic Table. Prof. P. S. Verma,

Former Chairman, RPSC was the Chief Guest. About 415 participants registered themselves for various competitions like Scientific rangoli, Quiz contest, Power point presentation and Poster making. Prof. Anshu Dandia and Dr. C. L. Khandelwal were the judges for the competitions; the winners were given cash prizes, certificates and medals. The programme was coordinated by Ms. Anu Malhotra.



International Year of Periodic Table Celebrations



◆ Dr. Shyam B. Mathuria, Department of Statistics qualified NET and got selected as a Statistical Officer in the Agriculture Department through Raj. Public Service Commission, Ajmer.

Award of Ph. D.s

The following faculty members were awarded with Ph.D from different universities-

University of Rajasthan

◆ Ms. Sonal Bordia Jain, Department of Computer Science- "E-reporting System in Banks: A Comparative study of Public and Private Sector Banks"

◆ Mr. Ravi Gupta, Department of Business Administration- "A Study of Consumer Behavior in Two Wheeler Industry: A Comparative Study of Hero Moto Corp and TVS Motorcycle."

◆ Mr. Jitendra Singh, Department of Business Administration- "Work Life balance among the Sales Force (with Special Reference to Selected Financial Services)"

Amity University, Jaipur

◆ Mr. Vaibhav Bhatnager, Department of Computer Science- "Design a Decision Support System for Irrigation and Fertilization of Major Crops in Rajasthan"

Publications

Research Papers

◆ Dr. Sandeep Gupta, Department of Mathematics published two research papers in SCOPUS indexed journals viz. Non-Linear Engineering, Volume 8, 2019 and Multi discipline Modeling in Materials and Structures 2019.

Books

The following faculty members published books on various subjects

◆ Dr. Surendra Kumar Sharma and Dr. Geetanjali - *Inorganic Chemistry*

◆ Dr. Richa Singhal - *Management of Financial System & Indian Economic Administration*

◆ Dr. Davendra Kumar Sharma - *Entrepreneurship Development*

◆ Dr. Manita Bhagtani, Dr. Radhika Goyal and Mridula Jain- *Discrete Mathematics*

◆ Dr. Monalisa Kulshrestha - *Microbiology, Fungi and Plant Pathology*

◆ Dr. Surendra Kumar Sharma, Dr. Yashoda Saini and Dr. Shipra Sharma- *Environmental Science*



Power Point Presentation

A series of Power point presentations for the first semester students of B.A., BBA, B.Sc. and B.Com. was organized in the month of August. The objective of the presentations was to revise the syllabus incorporated in the first Continuous Internal Assessment. The overwhelming number of students in the auditorium showed their positivity and interest towards the exercise.

On the occasion of Hindi Diwas on 14 September 2019, a debate competition was organised by the Department of Hindi on the topic "Effect of Social media on Society in the Present Scenario". Dr. G. S. Chauhan, Joint Secretary, UGC was the Chief Guest and Dr. Vinod Sharma, Director, Mass Communication Centre, University of Rajasthan and Former Head, Department of Hindi, University of Rajasthan was the presiding guest. Dr. Sudha Rathi from College Education explained the importance of Hindi language while also highlighting its democratic perspective. Dr. Alpana Saxena, Vice Principal welcomed all the dignitaries. The vote of thanks was given by Dr. Umesh Sharma, Head, Department of Hindi.



Hindi Diwas Celebration

A sensitization and awareness programme on harmful effects of tobacco, "TOBACCO FREE JAIPUR" was jointly organized by Subodh College and Vaagdhara NGO on 20 September 2019. The objective of the programme was to emphasize upon the harmful impact of tobacco since more than three times of the revenue generated by Government through tobacco is spent on medical and health facilities. Government has banned not only tobacco products but also E-cigarette and E-Hukkah, which are another dreaded alternatives of cigarette smoking. Tobacco consumption causes several health problems such as asthma, heart attack, cancer etc. Therefore, people should be motivated towards making healthier life choices and be encouraged to quit these unhealthy habits for their own good as well as of their loved ones. Mr. Rajesh Hiran, Manager Advocacy along with



Sensitisation Programme on "Tobacco Free Jaipur"

Ms. Varsha Khanchandani and Ms. Renu Beniwal from Vaagdhara Foundation addressed the students and faculty members and made them aware of the damage caused by tobacco. A pledge was also taken by all the students and faculty members to make the city, tobacco free. Dr. Alpana Saxena, Vice Principal and Dr. Shaffali Jain, Co-ordinator of the programme thanked the gathering for their presence and inputs.



Students' Gallery of Fame

◆ Smart Vision India (SVI Learning), a free learning platform and opportunity centre is a group of Subodhians, founded by Chhagan Lal Bothra B.Sc. V Semester. It is an initiative to provide free and quality education, skills and training to the world.



Chhagan Lal Bothra, B.Sc. V Semester, was invited in a "One-day Mentor India Round Table Discussion" organised for selected "Exemplary Mentors of Change" on 27 June 2019 at T-Hub, IIIT Hyderabad. It was attended by Amitabh Kant, CEO, NITI Aayog; R Ramanan, Mission Director, Atal Innovation Mission (AIM), NITI Aayog, Govt. of India; and AIM Leadership Team. It was the first meet-up of selected thirty five "Exemplary Mentors of Change" out of 3000 mentors, selected from all over India by Atal Innovation Mission (AIM), NITI Aayog, Govt. of India.

◆ The following post graduate students have cleared NET-Lectureship

- Neeraj Swami, M. Sc. Semester-III, Department of Botany (All India Rank 58)
- Dikshita Kumawat, M.Com Semester-III, Department of EAFM.
- Amit Yadav, M. Com Semester-III, Department of EAFM.
- Shakshi Jain, Batch 2018, Department of Chemistry (All India Rank 8).
- Harshita Goyal, Batch 2018, Department of Chemistry (All India Rank 28).
- Lata Sharma, Batch 2018, Department of Political Science.
- Vikram Singh Gurjar, Batch 2018, Department of Political Science.
- Diksha Chaudhary, Batch 2017 Department of Environmental Science.



Teacher's Day Celebration

The students of Science, Commerce, Arts and BBA celebrated teacher's day on 5 September with great zeal and enthusiasm. They showed their respect towards their teachers by offering floral welcome with and greetings, and organizing a cultural programme followed by cake cutting ceremony.



Plantation Programme

noble cause.

A Guest lecture on "Microbial Biotechnology" by Prof. K. Mohan, Head, Research and Development, Birla Institute of Scientific Research, Jaipur was organized by the Department of Botany on 11 September 2019. Dr. N.C. Jain, Director, Rajasthan Forestry and Wild Life Training Institute (RFWTI), Jaipur delivered a lecture on "Green Vision of Jaipur" on 19 September 2019.

The students and faculty members of Botany department participated in "Trek for Clean Heritage" event organised by the Rajasthan Forestry and Wildlife Training Institute, Jaipur on 22 September 2019 for the mission Green vision of Jaipur. The participants chose Gatore Chhatriyan and Galta gate for trekking and cleaning. After the trekking, they participated in exhibition "Best out of waste" at Jalmahal. Two students from the college got prizes in lucky draw.



Lecture by Prof. K. Mohan and Dr. N.C. Jain



Trek for Clean Heritage



Skill Training Programme in CIMAP Lucknow

Under the DBT Star Scheme, five students and one faculty member, Dr. Shazia Jamal from the Department of Botany participated in three-day skill training programme on "Cultivation and Processing of Economically Important Medicinal and Aromatic Crops" organized by CSIR-CIMAP Lucknow, UP from 18-20 September, 2019.



◆ In the debate competition held on Hindi Diwas, the following students won prizes.

- First Prize : Ashish Sharma, M.A. JMC Semester III
- Second Prize : Arundhati Sharma, M. A. Political Science Semester III
- Third Prize : Prashant Mishra, B.A. Semester V & Pooja Sharma, M.Sc. Chemistry Semester I



Winning team, Inter College Badminton Championship

◆ The college won the Inter college Badminton Championship organised by the University Sports Board, University of Rajasthan, Jaipur from 11-13 September 2019. The team members were Manan Jain, Ajay Meena, Praveen Kumawat, Ritu Raj and Rajendra Poonia. Dr. Raj Narain Sharma was their coach. The runner up team in this event was S. S. Jain Subodh Commerce and Arts College, Jaipur.



Runner up team, Inter College Basketball Championship

◆ The college had been runner up in the Inter college Basketball championship 2019-20 organised by the University Sports Board, University of Rajasthan, Jaipur from 14-15 September 2019.

◆ Preeti Sharma and Ashvini Jangid got selected for National Level Rover-Ranger Meet in an interstate camp held from 19-23 August 2019. Ashvini Jangid got first prize for her performance in Chari dance and Preeti Sharma bagged second position in Slogan writing and Poster making.



Workshop on "Assessment of Biodiversity and Field Botany"

A one-day field oriented workshop on "Assessment of Biodiversity and Field Botany" was organized for the students of B. Sc. and M. Sc. Botany on 31 July 2019 at Smriti Van, JLN Road Jaipur. In the programme, Dr. N. C. Jain, Director, Rajasthan Forestry and Wildlife Training Institute, Jaipur, discussed the biodiversity of state of Rajasthan and talked about the importance of conservation of local flora and fauna. Botanical expert and a retired Professor from the University of Rajasthan, Dr. Sudhakar Mishra, offered guidance to the scholars on plant identification. Dr. Amit Kotia, Assistant Professor, University of Rajasthan explored the vegetation of Kulish Smriti Van with scholars to enrich their botanical knowledge of local species. A documentary film on Tiger Wildlife Sanctuary was also shown to students to reiterate the importance of conservation of biodiversity.

On the occasion of World Organ Donation Day i.e. 13 August 2019, an interactive programme was organised by NSS unit of Subodh College in collaboration with Akhil Bharatiya Marwari Yuva Manch to encourage donation of organs and body, post death. Prof. Rahul Roy, Consultant Hepatologist, Narayana Hridayalaya and Dr. Prithvi Giri, Consultant Neurologist, Narayana Hridayalaya gave detailed information about the need and procedure of organ donation with viability of organ replacement in brain dead people and importance of body donation, post death.



World Organ Donation Day



Google Training Programme

On 21 August, 2019, one day Google Training Programme was organised by the Department of Journalism and Mass Communication to caution students from getting misled by fake news. Ms. Aparna Praveen Kumar from Google discussed the ways to identify fake news and validate it through different tools.

From 19 - 23 August 2019, the second unit of rangers comprising nineteen students from different streams attended a training programme under the banner of "BHARAT SCOUT AND GUIDE". During the camp, they participated in different activities and accomplished various tasks with full enthusiasm.



Rangers unit of the College





Vikas Didel - IIT JAM 2019 topper
Mathematics All India Rank (AIR 2)

The college feels pride in sharing that the following students cracked the IIT-JAM exam and have joined IITs for higher qualification.

M.Sc. Physics

(Batch 2017-19)

Ashok Kumar : IIT Roorkee

Indu Jangid : IIT Roorkee

Himanshu Gupta : IIT Guwahati

Aman Gautam : IIT Bombay

Amit Choudhary : IIT Kharagpur

Manish Swami : IIT Guwahati

Pushpendra Kumar : IIT Delhi

Yomesh Saini : IIT Jodhpur

Ajay Sharma : IIT Dhanbad

Mali Ram Sharma : IIT Madras

Varsha Meena : IIT Madras

Ekta Yadav : IIT Mandi

(Batch 2016-18)

Umesh Yadav : IIT Delhi

Vaibhav Pandey : IIT Bhuvaneshwar

M.Sc. Mathematics

(Batch 2017-19)

Vikas Didel : IIT Bombay

Pragya Gupta : IIT Roorkee

Jitesh Gupta : IIT Roorkee

M.Sc. Chemistry

(Batch 2017-19)

Madhur Gupta : IIT Kanpur

Sachin Babel : IIT Delhi

Success Story of Zuber Khan



1) How would you like to introduce yourself and your achievements?

Ans : I would like to be recognized as an alumnus of Subodh college, which played an important role in making me a better human being, a renowned musician and a proud Indian. I belong to Kirana Gharana, one of the reputed music families of Jaipur and gave my first performance at the tender age of three years. Afterwards, I performed on different TV channels like Zee TV, Sony TV, DD National Channel etc. and with many celebrities like Vishal Shekhar, Mika Singh, Sunidhi Chauhan, Anil Kapoor, Hritik Roshan, Daler Mehandi, Sajid

Wajid, Asha Bhonsle, and many more. I also had the opportunity to compose music for a Bollywood movie named 'The Doll's House', based on Nirbhaya case of Delhi which has also been dubbed in my voice. I have done around 1000 music concerts nationally and internationally with performances at Germany, Netherlands, France, Sweden, Denmark etc. to name a few.

I am trained in Western, Indian and Carnatic Classical music which helped me in composing the lyrics of various songs. I love playing multiple musical instruments like Keyboard, Guitar, Drums, Cajon (a unique Spanish drum), Tabla and Dholak.

2) When did you decide to pursue your career in music industry?

Ans : I was good in academics and wanted to become a physician initially, but the things started changing gradually when my passion and interest inclined me towards music and with time, it became my foremost priority. I decided to work hard on the gift of Maa Saraswati and opted it as my career.

3) Do you have any other dream or goal in life?

Ans : I just believe in working hard and keep going with good intentions. My topmost rather only goal is to achieve new heights in the field of music.

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 lot of support and guidance from the faculty members of the college, who helped in defining what I am today. I find myself 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 the college.

4) Which success mantra would you like to share with the students?

Ans : My success mantra is : Shortcut to success is a myth, so keep working hard. Recognise your aim, be in good company, get inspired from anyone who is doing good in life, keep going on the right path and you'll reach your goal.



ये हो भी सकता था

Shiv Kumar Meena
B.A. Semester V

पुरजोर दस्तक दी ही नहीं किसी ने,
वो दरवाजा खुल भी सकता था!
दुनिया से डरकर छुपाया उसने,
मिताने की कोशिश नहीं की,
वो दाग धुल भी सकता था!!

उन्होंने कभी चाहा ही नहीं,
ये फासले कम हो दूरियाँ-दरिया मिट जाए!
उनकी बराबरी कहाँ होगी हमसे,
मगर उस दूध में ये पानी घुल भी सकता था!

जब भी मिले तिलक छापे और दाढ़ी साथ
में लेकर मिले, वरना दिल पंडित का
मौलवी से मिल भी सकता था!!
मेरा यार इज्जत का लिबास अंटी में लिए
फिरता है,
जबकि वो छोटा सा सुराख मैं सिल भी सकता
था!

Call for Papers

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Editor-in-Chief : Anu Malhotra

The Strength of Your Mind Determines the Quality of your Life

Anu Malhotra

Department of Chemistry

Arguably, one of the most important qualities that successful people possess is mental toughness, drive, determination and will-power to keep going when the going gets tough. There are innumerable examples of people who have turned their seemingly hopeless situations into wonderful opportunities. After all, God helps those who help themselves.

Former Ms Universe **Sushmita Sen** had to take steroids every eight hours to stay alive as her adrenal glands stopped functioning suddenly which meant that the stress management mechanism (cortisol production) in her body became redundant. The doctors advised her to change her profession as the steroids would make her bloated. But Sushmita refused to live like a patient and turned to yoga, meditation and exercise. After two years, her body began to produce cortisol again which is a miracle in medical terms. Olympian swimmer **Michael Phelps** was continually criticised by his teachers for his inability to sit still and was formally diagnosed with Attention Deficit Hyperactivity Disorder ADHD. He took medicines for two years and then used swimming to help him find focus. He ended his career in glory with 18 gold medals in Olympics. **Dr Stephen Hawking** while living with the devastating condition of incurable motor neuron disease for more than half a century made his mark as a great theoretical physicist and celebrated author. India's blade runner **Maj. Devender Pal Singh**, lost his right leg to a Pakistani mortar during the Kargil War. He showed unbreakable spirit when life tried to take him down. He has participated in 20 marathons with a prosthetic leg and inspires others by saying that *"Make yourself stronger than your excuses."*

The easiest thing in the world is to feel sorry for yourself and quit, but quitting doesn't make the challenges go away. So face them head on, which would require a powerful burning motivation to take action despite setbacks. *"Throw away all weakness, tell your body it is strong, tell your mind it is strong and have unbounded faith and hope in yourself"* said **Swami Vivekananda**.

Celebrity Chef **Vikas Khanna** was born with Club Foot, a condition in which the leg bones are not aligned properly at the joints and appear to have been turned sideways. Because of this, he couldn't walk until the age of thirteen. He turned this disability into an opportunity to spend more time in the kitchen to learn cooking. Today he ranks among the ten iconic chefs of the world and has cooked meals for the Obamas and PM Modi. He has also received the Michelin Star which is the highest honour in the international culinary industry. **Usain Bolt**, the fastest man in the world has scoliosis; his spine is curved like S which hampers running. He has worked towards keeping his core and back strong so that the scoliosis doesn't bother him.

Adversity is a part of life and helps us to develop courage, confidence and perseverance, thus, transforming our greatest struggles into our greatest strengths. Any misfortune which doesn't kill you only makes you stronger.

The legend **Mohammed Ali** rightly said - *Champions aren't made in the gyms. Champions are made from something they had deep inside them-a desire, a dream, a vision. They have to have the skill and the will but the will must be stronger than the skill.*

