



# SUBODH NEWSLETTER



October - 2018 | Volume - IV(1)

## SILVER WINNING AIM



**Rajat Chauhan, B.A. Semester I, winning a Silver Medal for India Team in Archery, (Compound Category) in the 18<sup>th</sup> Asian Games held at Jakarta- 2018.**

## From the Principal's Desk



As we step on to the new academic session with new enthusiasm and determination, I would like to mention that it is you all- the students and the staff who make me proud and consistently motivate me to explore your capabilities and bring out excellence in each one of you. I congratulate the current batches for their exceptional hard work and for achieving distinction not only in academics but also in sports and other co-curricular events.

I expect each of my students to develop a caring attitude for self, for others, for country, for the world and of course for the environment. Being a part of the Subodh family, excellence should reflect through your efforts, attitude, behaviour and results.

It is rightly said that "A dream becomes a goal when action is taken towards its achievement" and we are committed towards undertaking constructive and purposeful steps to produce optimistic, independent, compassionate, life-long learners and leaders who will bring glory to the college, state and the nation.

**I wish everyone my best wishes in this endeavour.**

## Upcoming Events

**International Conference on 'Materials for Energy Applications' (ICME-2018) being organised by Department of Physics.**

**6-8 December, 2018**

### Contact Nos. :

9460067015, 9782719430

### E-mail :

balramtripathi1181@gmail.com,  
icmessj@gmail.com

### Websites :

www.subodhpgcollege.com  
www.icme2018.subodhpgcollege.com

### Important Dates

Date for abstract submission:  
20<sup>th</sup> October, 2018

Date for acceptance notifications of  
abstracts :  
30<sup>th</sup> October, 2018

Last date for full paper submission :  
30<sup>th</sup> November, 2018

## Editorial Board

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## Achiever's Bay

### Awards and Honours

- ◆ Prof. K. B. Sharma, Principal, S.S. Jain Subodh P. G. (Autonomous) College, Jaipur was honored by the Alumni Association in the event "Sunahare Pal" for his timeless efforts in the field of education.
- ◆ Dr. N. K. Purohit, Department of ABST, received the "Pareek Gaurav Award-2018" and the "Brahmin Ratna Award -2018" for his outstanding contribution in the field of research and education by Pareek Community of India and All India Brahmin Community of India respectively.
- ◆ Dr. Surendra K. Sharma, Department of Chemistry was awarded in the programme "Inka Samman Hamara Gaurav" at the Dainik Bhaskar office on the occasion of Teacher's Day.
- ◆ Dr. Amit Vyas received the "Vipra-Shiromani Samman" for his incredible contribution in the fields of Astronomy and Vastu by the Shri Parashuram Sewa Vikas Samiti
- ◆ Dr. Padma Pandel, Department of Journalism and Mass Communication received the National Award for Educational Excellence in Mass Communication by Public Relation Society of India on the occasion of National Public Relation Day, on 21<sup>st</sup> April, 2018

### Academic Achievements

- ◆ Dr. Rajesh Kr. Yadav, Department of Zoology participated in the Refresher Course in International Relations conducted by UGC-HRDC, University of Rajasthan, Jaipur from 28<sup>th</sup> May to 16<sup>th</sup> June, 2018.

## Campus Buzz



Sunhare Pal

A golden celebration "Sunhare Pal" was organized by the Subodh Alumni Association on 27<sup>th</sup> May 2018. It was a colorful conclave of the passed out students of the Subodh college. In this emotional and happy moment about 325 new former students registered their names for Subodh Alumni Association membership. Togetherness in the corridor of their alma mater gave them a feeling of self pride. Beautiful performances of dance, song, drama & mimics were followed by the introductory speech of Prof. K. B. Sharma, Principal, who too is a very active alumnus. The event ended with discussions on new plans for further growth of the college.

University Grants Commission organized a one day workshop on National Academic Depository on 23<sup>rd</sup> July 2018 in the college to create awareness about digital issuance of Academic Certificates. Professor R.K Kothari, Vice-Chancellor, University of Rajasthan, Dr. G.S Chauhan, Deputy Secretary-UGC, Prashant Prachand, Vice President -NSDL, Yashwant Gupta, Manager-CSDL were the Guests of Honour. Overall 85 Registrars/ Controller of Examination from various universities participated in the workshop.



Workshop on National Academic Depository



मिडिया में सिमटता 'वाम'

A panel discussion on मिडिया में सिमटता 'वाम' was organised in collaboration with the Department of Journalism and Mass Communication and VSK Jaipur on 29<sup>th</sup> April, 2018. Panelists were Dr. Rakesh Sinha, Delhi University, Dr. Padma Pandel, Head, Department of Journalism and Mass Communication, Subodh PG College and Mr. K.K. Bohra, Programming Officer, Doordarshan Kendra, Jaipur. An Orientation programme for the freshers at the under graduate level was organised in August 2018. The students were taken on a virtual tour of the college and given tips for a successful personal and professional life. Prof. N. D. Mathur, Prof. Anil Mehta were the guests of honour.

A batch of 15 students alongwith Dr Anu Malhotra from the Department of Chemistry attended the KARYA felicitation and Interaction Program at Science Center, Shastri Nagar on 27<sup>th</sup> August, 2018. The program was organized by DST, Government of Rajasthan. Dr Manish Sharma, IIT Jodhpur spoke about the importance of sand in research and encouraged the students to pursue research whole-heartedly.

Teachers Day was celebrated on 5<sup>th</sup> September, 2018 by the students of the college, which included various events like cake cutting, felicitation of faculty members and cultural activities.

- ◆ Dr. Chitra Rathore, Department of EAFM, participated in the 106<sup>th</sup> Orientation Program conducted by UGC-HRDC, University of Rajasthan, Jaipur from 28<sup>th</sup> May to 23<sup>rd</sup> June 2018
- ◆ Ms Swati Tiwari, Department of Management, was awarded Ph.D. on the topic "Effectiveness of Performance Appraisal System in Private Banks of Jaipur City" from Manipal University, Jaipur.
- ◆ Ms Mallika Ahuja, Department of EAFM, was awarded Ph.D. on the topic "Implementation of IBAN to UCIC integrated with UID in India" from Manipal University, Jaipur.
- ◆ Dr. Rajesh Gour, Department of ABST cleared UGC-NET 2018
- ◆ Ms. Chandani Jain, Department of EAFM cleared UGC-NET 2018.
- ◆ Ms. Sumaiyya Saleem, Deptt. of Physics got selected as Assistant Professor, Department of Physics, University of Rajasthan, Jaipur
- ◆ Dr. Jyoti Jain, Department of Chemistry, got selected as Assistant Professor, Department of Chemistry, University of Rajasthan, Jaipur
- ◆ Dr. Laxmi Parewa, Department of Public Administration, got selected as Assistant Professor, Deptt. of Public Administration, University of Rajasthan, Jaipur
- ◆ Some other faculty members got selected as Assistant Professor in the selections carried out in RPSC, Ajmer
  - ❑ Dr Reetesh Jain, Department of Political Science
  - ❑ Dr. Jyoti Sharma, Department of Physics
- ◆ Dr. Anshu Jain, Deptt of Chemistry was selected as Assistant Professor in Madhya Pradesh Public Service Commission

Two days National Conference on "Transformation of India: Opportunities and Challenges" was organized on 17-18 September, 2018 by the Department of Economics. In the inaugural function eminent Professors were invited from different parts of the country, which included Prof. Rajesh Kothari, President, ICFAI, Jamdoli, Prof. Vijay Vir Singh, Dean, Faculty of Social Sciences, Director, NITI Aayog Chair, Prof. C. S. Barla, (Retd.) Department of Economics, University of Rajasthan. In the valedictory session, Chief Guest was Dr. Ashok Mittal, Professor & Former Chairman, Aligarh Muslim University, Aligarh. Other renowned persons were Prof. Ganesh Kawadia, Central University, Kishangarh, Prof. Nidhi Sharma, Banaras Hindu University, Prof. M.L. Chhipa, Ex-Vice Chancellor MDS University, Ajmer. Along with five technical sessions, a Panel Discussion was held during the conference and more than 450 participants from



**National Conference on "Transformation of India: Opportunities and Challenges"**

all over India participated.

A National conference on "Dr. Bheem Rao Ambedkar : *Vyaktitva Avam Kratitva*" was jointly organized by Dr. Bheem Rao Ambedkar Foundation and Department of Political Science. In the inaugural session, the Chief guest was Prof. M.L. Chhipa, former Vice Chancellor, Maharishi Dayanand Saraswati University, Ajmer,



**National conference on Dr. Bheem Rao Ambedkar : *Vyaktitva Avam Kratitva***

Chairperson was Dr. B.L. Arya, former Chief Secretary, Government of Rajasthan and the key note speaker was Dr. Narayan Lal Gupta, Secretary General, Ructa (National), Rajasthan. Chief guest Prof. M.L. Chhipa addressed the audience and stated that for social justice and welfare, the mental status of every individual needs to be changed. In the valedictory session, the Chief guest Prof. P.K. Dashora, former Vice Chancellor, Kota University spoke about the personality of Dr. Bheem Rao. The other renowned personalities in the valedictory session were Dr. O.P. Bairwa, Director Economics and Statistics Deptt., Government of Rajasthan and Dr. Bharat Ram Kumhar, former Chairman, Board of Secondary Education Ajmer.

The annual convocation of Rajasthan Technical University, S.S. Jain Subodh MCA Institute, Jaipur was organized on 27<sup>th</sup> September, 2018 in which Sh. V. C. Daga, Convener of the college was the Chief guest and Principal Prof. K. B. Sharma welcomed the chief guest and addressed the gathering. Sh. V. C.



**Annual Convocation - RTU**

Daga conferred degrees to the students of MCA and MBA. He also felicitated the special awardee Miss Akshita Sharma with merit certificate. Sh. V. C. Daga, Convener delivered the convocation address. The ceremony came to an end with a vote of thanks by Sh. A.C. Swami, Head Department of Computer Science.

## Institutional Success Stories

- ◆ A new unit of girl scouts-"Rangers" under the banner of Bharat Scout and Guide under the supervision of Dr. Richa Singhal has been proudly initiated by the college. The purpose is to inspire and teach basic survival skills to the girls.

## Students' Gallery of Fame



*Siddarth Jain*

- ◆ Siddarth Jain, B.Com (2011 Batch) cleared IAS examination 2018 with 8<sup>th</sup> Rank all over India. Earlier he was serving Indian Revenue Services.
- ◆ Dr. Sonlata Bargoutya, a Chemistry post graduate (Batch 2013) was selected as College lecturer (Chemistry) in RPSC, Ajmer.
- ◆ Ms. Jaya Sharma, M.Sc. Physics (Batch 2017) was selected as a Telescope Operator Trainee at Mount Abu Infra red Observatory, Physical Research Laboratory, Deptt. of Space, Govt. of India.
- ◆ Some of the post graduate students who have cleared NET-JRF are :
  - ❑ Harshita Laddha, Batch 2018, Department of Chemistry (All India Rank 62)
  - ❑ Himani Charan, Batch 2018, Department of Zoology, (All India Rank 89).
  - ❑ Sushma Godara, Batch 2017, Department of Chemistry (All India Rank 98)
  - ❑ Anita Kulhari, Batch 2017, Department of Chemistry (All India Rank 48)



*Raksha Bandhan Mahotsav*

BrahmaKumari Padma from Prajapita Brahma Kumaris Ishwariya Vishwavidyalaya, initiated the Raksha Bandhan Mahotsav held on 25<sup>th</sup> August, 2018 by highlighting the true meaning of Raksha Bandhan. Brahma Kumari Jayanti said that tying rakhi means breaking cliches and it is not only limited to siblings and friends but also creates bonds in between parents and children, teachers and students. She gave some meditation tips to gain self strength. The programme was ended with the blessings of

Brahma Kumaris in the form of tying the symbol of purity and safety to all the staff members.

The second edition of the talk show- Legal Buzz (knowledge partner- Chir Amrit Corporate School; jointly organised by Legal Advisor and Aarunya) was conducted on 1<sup>st</sup> September, 2018.



*Legal Buzz*

The topics of discussion were Cyber Laws and the Role of Social Media in promoting Lynching, and Analysis of Section 377 of IPC 1860 in the light of Constitutional morality. The Chairman and the moderator of the show were Prof. N. D. Mathur and Mr. Prayas Sharma respectively. The talk show saw the presence of various dignitaries like Dr. C B Sharma IPS (Retd.), Senior Advocate R N Mathur, and Dr. Vijay Lakshmi Sharma. The show witnessed a large and enlightened audience.

In the month of August, the Computer Science Department organised three workshops for their students.



*Workshops in Department of Computer Science*

A one day workshop on Python Programming on 4<sup>th</sup> August 2018. The knowledge partners were from CAD DESK, Jaipur. 84 students participated in the workshop.

A one day workshop on Big Data and Machine Learning on 10<sup>th</sup> August 2018. The knowledge partners were from Red Ahead Technologies, Jaipur. 81 students participated in the workshop.

Two day workshop on Advanced Programming Concepts on 20<sup>th</sup> and 21<sup>st</sup> August 2018. The Key experts were from RAD Techno solutions Pvt Limited, Jaipur. 84 students participated in the workshop.

- ◆ Rajendra Singh Rajpurohit, Batch 2018, Department of Zoology joined as Project JRF, in Centre for Cell and Molecular Biology (CCMB), Hyderabad.
- ◆ Vivek Kumar and Karan Singh Shekhawat, B.A. Semester VI, got selected in the Indian Under-21 Handball Team and will be participating in the 27<sup>th</sup> Independence Cup to be held at Tashkent (Uzbekistan)
- ◆ Following teams have won in the University of Rajasthan Inter-Collegiate Tournament-2018:
  - Cross Country (Men)
  - Badminton (Men)
  - Tennis (Men)
  - Table Tennis



**Tennis Winner Team**

- ◆ Following teams were Runners-up in the University of Rajasthan Inter-Collegiate Tournament-2018:
  - Football
  - Basketball



**Football Runners Up Team**

- ◆ Seventy nine Rover students attended the NIPUN Camp between 14-18 September 2018 at Banipark, Jaipur.
- ◆ Arun Sharma, B.Com. Semester, participated in the National Youth Forum from 26-30 May 2018, at Dr Annie Besant Scout Guide State Training and Camping Centre, Karnataka.

## SUCCESS STORY OF DILIP SOLANKI



**Dilip Solanki**

Dilip had been a student of Computer Science completed his Masters in Computer Applications from Subodh College, Rambagh Circle, Jaipur. As any other student, he never knew that this was a golden key to his successful future. We recently had a talk with him and let's see what he had to share with us.

### **Q. What is your current professional affiliation?**

After completing my M.C.A. from Subodh P.G. College in 2013 with 82% marks, I started my career with RAD Techno Solution Jaipur where I worked on many technologies, worked directly with many clients from the USA, Greece, and UK. Currently, I'm associated with Accenture Service Pvt. Ltd. as Senior Application Developer Analyst.

### **Q. Would you like to share with us some of your professional achievements?**

I strongly believe in not only working hard but smart and this smart working has led me to a lot of professional achievements. Accenture Celebration Excellence (ACE) Award from Accenture India, MD, Winner of Hackathon (Coding contest) - 2016 organized by Accenture, India, and runner-up in Hackathon - 2016 organized by Accenture Global. I had submitted 16 ideas in Accenture to grow the business, out of which 6 ideas are in the implementation phase. I wrote many white papers on Responsive Designs, Micro-services, Qlik Sense, Geo analytics, and Artificial Intelligence. I also got an opportunity to work with Sweden based data analytics company (Qlik Sense) to expedite their tool utilization in Accenture Global and Gave Qlik Sense (Data Analytics) training to US medical companies from Accenture.

### **Q. What role, according to you, did your college play in your success?**

I would like to mention that Subodh was the niche which made me 'What I am today'. Our Principal sir has a foresighted vision which has made our college an ideal place to develop our lives and career. The college was an abode of learning where every teacher was very supportive and caring. They academically enriched me and also provided a platform to showcase my talents and bring the best out of myself, may it be interview preparations or personality grooming. During my college, I got many opportunities to take part in many events like Fashion Shows, Montage, Coding Contests, Software Presentations, Annual events etc. All these events are not only entertaining but also gave me a great learning.

### **Q. What message or Mantra would you like to give to your juniors?**

You all are lucky to be in SUBODH- an abode of BODH (getting the right senses), avail the most of it. Give your best in whatever you do and Believe in yourself.

**Wishing all Subodhians a grand success in life!**

## उड़ान

निशा जैन

रसायन शास्त्र विभाग

मुझमें भी संवेदना है, भावना है  
 क्या हुआ जो बोल ना सकूँ  
 मैं भी सपने देखता हूँ  
 मेरे उज्ज्वल भविष्य के  
 क्या हुआ जो देख ना सकूँ  
 मुझे भी प्यार चाहिए, सम्मान चाहिए  
 क्या हुआ जो चल ना सकूँ

माना कि ईश्वर ने मुझे ऐसा ही बनाया है  
 पर धड़कते दिल को मैं ना रोक सकूँ  
 क्यों मेरी खुशियाँ छिन गई मुझसे  
 इससे पहले कि मैं कुछ सुकूँ पा सकूँ  
 मैं हैरान, परेशान हो, सोचता हूँ मन ही मन  
 काश हर मानव को संवेदनशील बना सकूँ

हर सुबह मैं उठता हूँ  
 हर रात सो जाता हूँ  
 फिर भी उम्मीद नहीं मरती, रहती है जिन्दा  
 कुछ तो हो चमत्कार ऐसा  
 कि मैं अपना अतीत भूला सकूँ

यकायक मैं भी कुछ बन जाऊँ  
 पंख मुझे मिल जायें और  
 मीलों दूर उड़ पाऊँ  
 एक भयानक रात थी, जो बीत गई  
 ये मान, बीते कल को टुकरा सकूँ

फिर हर शख्स को  
 गर्व से मैं बता सकूँ  
 फर्क नहीं है तुम में मुझ में  
 फर्क है तो सोच का, नजरिए का  
 अपने आत्मविश्वास के सहारे  
 कुछ ऐसा कर जाऊँ कि  
 अपने अस्तित्व की अमिट छाप छोड़ सकूँ।

## BRAIN STILLING : HEARING THE INNER VOICE

Dr. Priti Gupta

Department of Business Administration

During the Asiads in Jakarta, newspapers were full of news about the athletes and sportsmen who created world records, through their concentration and focus in respective fields. The similar concentration and focus has enabled the intellectual satisfaction and success of innumerable writers, painters, soldiers, surgeons and commandos too. Anyone of us who tries recalling the student life experience of appearing for an exam would take a sigh of relief thanking God that those days have now become bygone! Those experiences of appearing for an exam after continuous studies throughout the previous night and even then encountering difficulty while recalling all that had been learnt so laboriously the night before are a nightmare! The tired and agitated mind was not able to clearly recall all the thoughts and ideas that had been so sincerely stored in it. Once the exam was over and we had, had a sound sleep of a couple of hours we were able to recall most of the answers and then felt so bad! The key was the calm and fresh mind which after a restful state did wonders for the knowledge stored in it. In fact our mind could utilize every ounce of available information optimally. Through this very simple example the power of a poised, calm and tranquil mind can be easily understood. History has witnessed several scientific discoveries being made through the intuitive powers of a calm and tranquil mind. Indian psycho philosophy backs the view that each mind is illuminated with an ability to make decisions with the guidance of higher consciousness. This requires a perfect calm in body and mind through a still mind and brain. This means of inviting guidance from within is the Indian insight which even the west is adopting not only in the corporate sector but in personal lives too. A lot is done to take care of the body then why not a bit of effort for the brain too; which in fact is the software of the hardware called BODY. Why not adopt the simple yet inexpensive technique of brain stilling or brain calming for the overall well being and enhanced efficiency in a world full of chaotic lifestyles, clutter of traffic, pollution, cellphones, and social networking as opposed to the frequent appointments with a psychologist!!!

Aurobindo has rightly said:

*In moments when the inner lamps are lit,  
 And life's cherished guests are left outside,  
 Our spirit sits alone and speaks to its gulfs.  
 A wider consciousness opens then it's doors,  
 Hidden in silent depths the word is formed.  
 From hidden silence the act is born,  
 In absolute silence sleeps an absolute power.  
 In silence, the mind's transcendent acts,  
 And the hushed heart hears the unuttered words,  
 In secrecy wraps the seed that eternal sows.  
 Silence, the mystic birthplace of the soul.....*

**भविष्य**

अमितेश मिश्रा  
बीसीए प्रथम सेमेस्टर



भविष्य, हॉं यही तो है जो बहकाता है,  
बच्चों को डराता है, जी उनका मचलाता है।  
पेशानी के जाल में फिर उनको फँसवाता है।।

भविष्य, यही पुकारते हैं लोग उसे,  
मिला नहीं मैं कभी उससे, बस एक बार मैं मिल पाऊँ।  
तब जाके मन के अंतर्द्वंद्व को, शायद शांत कर पाऊँ।।

भविष्य, यही तो है जिसे बनाना है सभी को,  
सँवारना है और आनंद उठाना है।  
इसी के चलते तो बिगड़ रहा वर्तमान है,  
इसी की भागदौड़ में तो लग रहा सारा जहाँ है।।

भविष्य, मैं मिला नहीं कभी उससे और नहीं मैं मिल पाऊँगा,  
बस इतना जानना चाहूँगा कि क्रूर है या सुखमय।  
तू आनंद है तो ये बता वर्तमान में क्यों दे रहा खता।  
तू क्रूर है तो ये बता क्यों पड़े लोग पीछे तेरे हर जगह।।

भविष्य एक पहेली है, हार जीत जिसकी सहेली है।  
मेहनती का है उज्ज्वल ये, बाकी का तो अंधकारमय।।  
पर वर्तमान को जो जीत गया, उसी का जीवन सुखमय।।

**SKILL DEVELOPMENT : NEED OF THE HOUR**

**Dr. Seema Singh**

Department of Chemistry

As India transforms into a diversified, internationally competitive economy, skill development is the need of the hour for the youth. It is needed to redefine the relationship of education, employment and skill development amongst its youth. To compete in this world and to make one self-sufficient, following skills are imperative for today's youth.

**Problem Solving** : Skill to craft creative solutions for problems of future. Identifying & understanding problem & writing alternative options. Selecting the best option to solve the problem from the list of possible solutions smartly through lateral thinking and brain storming.

**Critical Thinking** : It is an insightful interpretations of problems and self-directed, self-disciplined, self-monitored and self-corrective thinking.

**People Management** : This skill is needed to manage people. Key steps are- patience, good communication, ability to relate, flexibility to listen, empathy and good judgement.

**Creativity** : It is the ability to build something out of the ideas. Do something you love and convert your curiosity into some concrete shape.

**Co-ordination** : To have effective communication, team collaboration and inclusiveness is the key to success.

**Judgement and Decision Making** : It is the skill that is a part of the ability to conclude based on facts in order to make further steps. Avoid snap judgments and decisions and taking the time to jot-down potential solutions before making out our call.

**Emotional Intelligence** : It is the ability to understand, use and manage your own emotions in positive ways to relieve stress, communicate effectively, empathise with others, overcome challenges and defuse conflicts.

**Negotiations** : Bargaining (give and take) process between two or more parties (each with its own aim, needs and viewpoints) seeking to discover a common ground and reaching agreement to settle a matter of mutual concern or resolve a conflict.

**Cognitive Flexibility** : It is the ability to switch between different persons to accommodate challenges at hand.

**Earn Respect** : Celebrating and acknowledging the achievement of others - it is motivating for individuals. It is important to understand that **Respect is always commanded and not demanded.**



**LOST CHILDHOOD**

**Jinson BS**  
BA III Semester

When I was a child, my parents told  
Become mature when you grow.  
I grew up and became mature  
But what I gained by this I'm not sure.  
When I was small, I played with my toys  
I had friends, naughty and smart boys.  
But now I'm searching for my childhood  
In school, playground where earlier I stood.  
I gained sincerity and maturity with my age,  
But my lost childhood was like a bird  
caught in a cage.  
I wished if my childhood came back,  
Just as a train returning to its track.  
I thought why did my parents take away  
my childhood  
And told me to be mature as much as I could.

**Call for Papers**

**Subodh Journal of Recent Trends in  
Information Technology (SJRTIT)**  
**(UGC approved Peer Reviewed  
National Research Journal)**

ISSN : 0975-9875

Email address:

subodhjournl@gmail.com

**Subodh Journal of Commerce and  
Management (SJCM)**

**(An International biannual blind  
Peer Reviewed Research Journal)**

ISSN (online) : 2581-4338

Email address:

editorsjcm@gmail.com

**Subodh Journal of Social Sciences  
and Humanities (SJSSH)**

**(An International biannual blind  
Peer Reviewed Research Journal)**

RNI No.: RAJBIL/2017/74388

Email address:

sjsjournal@subodhpgcollege.com

**A FIGHT TO BE FOUGHT WITHOUT FEAR**

**Vedant Arora**  
BBA I Semester

Life is not just a four letter word, it is a journey filled with ups and downs and these are heightened to their highest potential particularly in adolescence, due to matters which might seem mundane when we embrace adulthood and look back at the turn of events. But for a 12 year-old, these matters seem like the highest of mountains to be conquered, as our emotions tend to take a roller coaster ride. In this not-so-joyful ride, we have to make choices, which, if prove out to be the wrong ones, take a toll on our emotions and the resultant grief lasts longer than a few weeks. Some teens do not tell anyone about these emotions. They are afraid that people are going to judge them and ultimately, many of them choose suicide as their escape plan.

I do not intend to present the statistics as the question to be asked is not "How many?", rather, it is "Why so many?" Now, if we ponder upon the reasons for committing suicides, we would come across many, ranging from rejection and loss to guilt and disappointment, which everybody encounters at some point or the other. Hence, the question arises, 'What should be done to get the better of such feelings?' As per my observations so far, even the most menial reasons contribute extensively to this act, be it rejection from a girl whose companionship we desire or the disappointment of our parents and mentors. And to steer past these situations seems like an impossible task. Though the victims might feel differently, the appropriate approach towards this dilemma is definitely sorting out the mess created by us ourselves and that too as soon as possible without giving in.

In reality, what the troubled teens resort to is much different than what is appropriate. They start punishing themselves, either with a motive of hurting themselves or to hurt somebody else, whom they hold as the culprit for their misgiving. But they fail to realise that they are actually doing nothing but wasting their own lives. Every human being is unique in his or her own way and we should not care about what others might think of us. All that happens in our life is a part of our karma. It is up to us whether we try to escape or fight every challenge with all our might, rewriting our own destiny. And surely, when we would tell the story of our respective lives to others, how we passed the most difficult examination called LIFE, we would smile upon it. We would be left with memories, like failing in our Economics examination two times consecutively, which might seem unpleasant but the fact that we did not give up would become even more memorable. Lastly, I would quote the words of a friend of mine, who empowered me when I was lost in self-doubt:

**"Believing in yourself is the first step to success."**