

RASGANDHAYAN, CHEMICAL SOCIETY OF GARGI COLLEGE

AMALGAM

ACADEMIC
YEAR

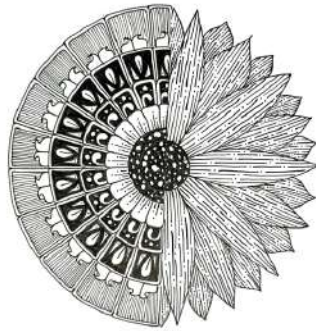
2021-22



COVER PAGE MADE BY : DISHA AGGARWAL, II YEAR

HOPE

"ON THE BRIGHTER SIDE"



BY: SHUBHANGI NAGAR, II YEAR

The last two years have been a major roller coaster ride, full of uncertainty, anxiety, and fear. People lost their near and dear ones, their jobs, their livelihoods, and much more but isn't there another reality too?

At the same time, it was once again evident that humanity still prevails in the world. People could be seen serving the ailing sections of society selflessly in spite of their own suffering. Isn't this a good sign?

India once again proved its legacy, by being referred to as the pharmacy of the world, and demonstrated that for Bharat, 'वसुधैव कुटुम्बकम्'.

In unprecedented times, several new unicorns have been born in India which once again proves the brilliance and credibility of Indian minds. Hence it is evident that despite a totally unexpected pandemic, we are heading towards a brighter end, carrying the hope for a brighter future.



SCAN THE QR CODE
TO TUNE IN TO
AMALGAM'S CHANNEL
FOR SOME MELODIC
TUNES



SCAN THE QR CODE
TO GET ACCESS TO
AN AMAZING ONLINE
QUIZ!

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Professor Promila Kumar

NOTE FROM THE PRINCIPAL

It is my privilege to be expressing my excitement and zeal for the release of Amalgam 2021-22, the Annual Magazine of the Chemical Society of Gargi College. We live in a world of uncertainty. Today topping the list of uncertainties is Covid and its associated variants. The academic session started with great displeasure, and a tough battle towards Covid with its multiplying variants, adding to another year of people being locked inside their homes, still adapting to this new normal. The virtual classrooms and our meritorious teachers never left the students to be bereft of knowledge and worked extraordinarily to reach the students virtually in every way possible, despite being miles apart. Technology did bring us together, but the most significant factor that kept us together was the will to do better, the will to keep going.

The year may have started with a negative tinge, but the humanity that prevailed, not only in India but worldwide, is really praiseworthy. Working day and night to work towards the livelihood of affected people, bringing them home, equipping beds and other hospital facilities, making indigenous vaccines, and the list goes on, humanity has finally triumphed. Now that I think of it, India and our people have definitely shifted towards a brighter end.

The magazine is a timeline of memories, a compact display of strength and efforts for making the college flourish in all aspects. I am really excited to see the contribution of the Chemistry Department towards this. To mark the positives, we could finally step into the normal college premises and the age-old beneficial offline learning system. Students are the future of our developing world and seeing them working hard, participating, and enjoying themselves to the fullest, now face to face fills my heart with extreme joy and satisfaction. Stepping out of their homes to discover themselves, and work hard for their inner and future selves, I bless all my students and wish for them to achieve every milestone they opt for and encourage them to sow seeds of every plant they ever wanted to grow.



Dr. Uttara Dutta

NOTE FROM THE TEACHER- IN-CHARGE

Amalgam has been a pivotal part of Rasgandhyan, the Chemical Society. It gives us the platform to revisit those memorable moments that we have together created during this academic session. As yet another edition of the magazine showcasing the creativity, talent and views of our young minds is all set to be released, it fills me with great pleasure and delight. Constant changes in the world have made last year truly a challenging and harrowing journey for all of us. Thankfully this year marks yet another step towards a new normal with the hope that it is here to remain. A sense of relief prevails as students once again brave the real world - exploring new domains, honing leadership prowess, and expanding their skills.

Congratulations to the Rasgandhayan fraternity, the Amalgam Editorial Board for their wonderful teamwork and our teacher conveners for their sustained guidance throughout the year.

Best wishes and good luck!

NOTE FROM THE TEACHER CONVENERS



Dr. Geeta Saini

We don't grow when things are easy, we grow when we face challenges. Since the beginning, the situation has been draconian with back-to-back Covid-19 waves and another online year. But it's rightly said, "No great art has been made without the artist having known the danger". And albeit everything seemed to be a bit difficult in the beginning, somehow we all managed to pull off every event until now. Managing events online wasn't easy as pie, but all of our students being vehement enough, made every event a peachy one. From time to time, meetings were conducted, endless changes in stipulated time were made. Nothing could have been possible without our students' perseverance and patience, and eventually, the appreciation that we got from others made everything worth it. I am over the moon to see my students' gradual growth all this time. I'm pretty sure that this experience would help everyone in the long run.

First of all, I would like to thank my seniors for providing me the opportunity to be a Convener of Rasgandhayan, the Chemical Society of Gargi College this year. Despite the challenges faced by all of us due to the unprecedented Covid situation, this year was indeed a memorable experience for me being a part of the distinguished society. Being in a position to guide young minds, along with Dr. Geeta, made me learn a lot of things, ranging from assigning work meticulously, to taking care of each and every small detail. I very well realized that success is carved out the best from small things.

Organizing events online was a difficult task, as the preparation of each and every event took a lot of time, devotion, and energy. Notwithstanding, thanks to the hard work of all my students, we could conduct each event in an organized and professional manner. What makes me glad is that everyone worked with full dedication and came up with content that is not only useful for them in the short run, but will help them in their future endeavors. I would also like to thank our Teacher-in-Charge, Dr. Uttara Dutta, and all our Department Teachers for always supporting us, providing valuable feedback, and appreciating our work. Last but not the least, I would like to thank and appreciate all my union members and students, for providing a comfortable and focused environment for facilitating the conduction of events.

Thank you.



Dr. Taruna Singh



Ms. Priyanka

NOTE FROM THE PRESIDENT

I would like to begin my message to you by quoting from the remarks made by Nelson Mandela "There is no passion to be found in playing small - in settling for a life that is less than the one you are capable of living". So, set one goal and when you reach one, set another. Serving Rasgandhayan and its members as the President of the academic year 2021-22 is a great privilege and honor. It is a great opportunity and also a great responsibility. Each and every member of the Rasgandhayan family is very special to me as I have learned something new from every member. The countless efforts put forward by the entire union in every event is the reason why we were able to do something different this time. All the events, activities, and competitions organized had a different taste this time. Endless online meets and endless desire for perfectionism are what we have put into all the events. From planning the event to its execution, every step is so crucial to me as everyone has put lots of energy into it. Every milestone we achieved this year is built up of small goals set by us and working on them with great enthusiasm. Further, I would like to especially thank the editorial team led by Ishani Khandelwal and Vishruti Shrivastava for bringing out this issue of Amalgam.

I'm very grateful to our convenors Dr. Geeta Saini and Dr. Taruna Singh, for constantly believing in us and for always supporting our new ideas, and for letting us explore whatever we wanted to.

On the closing note, I would like to wish all the very best to the upcoming batch and all the readers for their amazing journey ahead.



Ms. Ishani Khandelwal

NOTE FROM THE EDITORS – IN – CHIEF

By definition, Amalgam means a combination of things, of metals usually, however, in this case, Amalgam refers to the annual magazine of Rasgandhayan, which in its own way is a combination of things, mainly the people who make this society. The students, the members, the faculty all combined together are the embodiment of amalgam and their strengths and talents are what make this annual magazine extraordinary. As the first law of thermodynamics says, energy can neither be created nor destroyed, it is miraculous to see the energy that makes us, us, be transferred to paper and be celebrated for years to come. We often fail to recognize this phenomenon in our daily life, the beauty of chemistry, and the editorial board has aimed to bring each and every aspect of the magazine come to life and portray the very chemist we are and aspire to be.

I would like to thank Geeta Ma'am and Taruna Ma'am for their constant guidance and the Union for their never-ending support and a hearty congratulations to the Editorial team for highlighting the importance of chemistry and our bond with it. I hope the readers like what we have come up with.

Thank you!



Ms. Vishruti Shrivastava

NOTE FROM THE EDITORS – IN – CHIEF

Starting from what matters and what doesn't, I never in my life thought I, or rather us, would land in such a situation, 2 years of quarantine, no college life, stuck at home. A lot could have gone wrong, or maybe it did, The first year proved to be intimidating, pushing me back to my comfort zone and never coming out, but miraculously, the improvement I felt in myself was immense. For that, I would respectfully thank everyone who considered me apt for this position.

Being in the union taught me a great deal of things, be it management, critical thinking, brainstorming, communication, or leadership, all these small bits have definitely carved a better me. The initial drift usually led to panic, as we weren't used to the norm. but slowly and steadily everything started to get back to place. Looking at the positive part, Covid actually gave us time at home to replenish our skills and gather enough backup for our future goals or short-term plans, and for me, it was confidence.

To experience the release of the new issue of Amalgam actually makes me feel content and happy. Putting up all the beautiful stuff by our budding creative chemists together brings my heart extreme joy and satisfaction.

I'd like to thank Geeta ma'am and Taruna ma'am for always being a ray of hope, constant support, and a confidence booster throughout the journey, and most importantly a reason to smile, even if things didn't go a certain way. The union members have always been extremely talented and helpful with everything that went on the chaos days, and the beautiful days. I would also like to appreciate and thank all the Editorial Board Members who worked day and night with great efficiency and quality, who were always eager to learn and explore new methods

With my heart full of gratitude and hands joined in prayer, I Vishruti Shrivastava sign off.

EDITORIAL TEAM

EDITORS-IN-CHIEF



**Ishani
Khandelwal**
III Year



**Vishruti
Shrivastava**
II Year

EDITORS



Anshika
III Year



**Disha
Dhiman**
III Year



**Gazal
Chhawri**
II Year



**Manya
Baweja**
II Year



**Prajna
Bhowmik**
II Year



**Preeti
Chauhan**
II Year



**Ridhi
Setia**
I Year

UNION 2021-22

CORE TEAM



President
Priyanka
III Year



Vice President
Ananya Thukral
III Year



General Secretary
Jannat Arya
II Year



Treasurer
Karuna Saini
II Year

SOCIAL MEDIA REPRESENTATIVES



Head
Swati Sharma
III Year



Prachi
Gola
I Year



Shubhangi
Nagar
II Year



Tulsi
Sharma
III Year



Iqra Jabi
II Year

UNION 2021-22

EXECUTIVES



**Chahat
Kohli**
III Year



**Neha
Saini**
III Year



Vishakha
II Year



**Nidhi
Jha**
I Year

POST EVENT REPRESENTATIVES



**Ayodhika
Chauhan**
II Year



**Disha
Aggarwal**
II Year



**Prachi
Gupta**
II Year

UNION 2021-22



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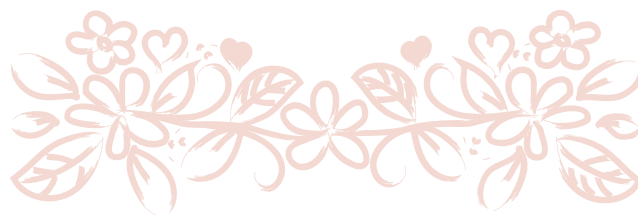
Top Row - Ridhi, Vishruti, Preeti, Manya, Gazal, Shubhangi, Neha

Second Row - Disha Dhiman, Anshika, Prachi Gupta, Prajna, Tulsi, Karuna

Third Row - Ananya, Chahat, Iqra, Swati, Disha Aggarwal, Ishani

Bottom Row - Prachi Gola, Vishakha, Ayodhika, Priyanka, Jannat, Nidhi

2021-22 AT A GLANCE



1

शिक्षकेभ्यः नमः

Teachers' Day

Date: 4th September 2021

PUSHKARAM

2

DAY 1: Inaugural Lecture on River Rejuvenation

Date: 24th September 2021

Speaker: Dr. Rajiv Ranjan Mishra: *Director-General of the National Mission for Clean Ganga.*



BY: ISHANI KHANDELWAL, III YEAR

DAY 2: Raconteur - A Picture Description Competition

Date: 25th September 2021

DAY 3: Voice of the River - a Slam Poetry Competition

Date: 26th September 2021

3

CAREER PROSPECTS FOR SCIENCE STUDENTS

DAY 1: Profile Building & Career Counseling - Career Prospects for Science Students

Date: 18th October 2021

Speaker: Mr. Abhishek Gupta: *BYJU's National Eminent Speaker, Founding Member - Career Labs, Ex Accenture Consulting*

DAY 2: Health & Nutrition: Career Prospects for Science Students

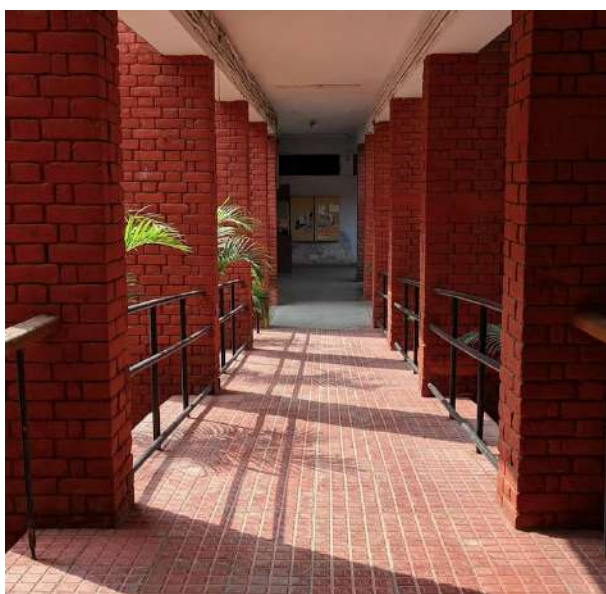
Date: 19th October 2021

Speaker: Dt. Preeti Rao: *Founder of Diets and Nutrition*

DAY 3: Silicon Solar Cells: Career Prospects for Science Students

Date: 20th October 2021

Speaker: Mr. Gaurav Gupta: *Co-founder and Director of Advit Ventures Private Limited.*



BY: ISHANI KHANDELWAL, III YEAR

RANGOLI MAKING COMPETITION

Date: 4th November 2021



BY : ISHANI KHANDELWAL, III YEAR

4



BY : ISHANI KHANDELWAL, III YEAR

5

WEBINAR ON CAREER BUILDING

CHEM ACADEMY

Date: 3rd January 2022

Speaker: Mr. Pradeep Singh: *CEO as well as a teacher in Chem Academy*

AAGAAZ

Freshers 2022

Date: 15th January 2022

6



BY : DISHA AGGARWAL, II YEAR

7

CHEMAROMA

DAY 1: Plastic Waste Management - Dr. C.K. Khurana Memorial Lecture

Date: 16th February 2022

Speaker: *Dr. R Vasudevan: Dean ECA and Professor (Department of Chemistry) Thiagarajar College of Engineering, Madurai*

DAY 2: Innovative Mind Battle - An Idea Proposal Competition

DAY 3: Paper Presentation Competition

Date: 9th March 2022

8

VALEDICTORY

Date: 2nd April 2022

शिक्षकेभ्यः नमः

Teachers' Day Celebration

BY : MANYA BAWEJA, II YEAR

"गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः ।

गुरुः साक्षात् परं ब्रह्म तस्मै श्री गुरवे नमः ॥"

Rasgandhayan, the Chemical Society of Gargi College organized a virtual event to celebrate teacher's day - शिक्षकेभ्यः नमः to express our heartfelt gratitude for their guidance and never-ending support. The event was organized in the afternoon of 4th September 2021. It was attended by 19 of our esteemed teachers and 56 students.

The event began with appreciation quotes on teacher's day and then all the teachers were welcomed by the comperes Iqra and Vishruti. The event further proceeded with a self-composed poem on the topic "गुरु" by Preeti Chauhan (2nd year). Then the Rasgandhayan Union 2021-22 was introduced by our teacher convenors: Geeta ma'am and Taruna ma'am. The program was followed by a 'thank you' message for the teachers by the students of 2nd and 3rd years titled "दो शब्द - Words of Gratitude".

The event became more interactive when two fun games were organized for the teachers, the first one was titled "Jag Ghoomeya - A Crossword game on Travel and Tourism" where they were given a crossword with hints, were asked to guess the word. The second game was titled "Gaane Sune Ansune - Guess the Title", where the teachers were asked to guess the title of the song of the short clips shared on the screen.

There was maximum participation in the game by the teachers and was thoroughly enjoyed by all. To commemorate the day, a virtual cake-cutting

ceremony took place. Two of our teachers, Sushma Ma'am and Salma Ma'am were given best wishes for their upcoming birthdays.

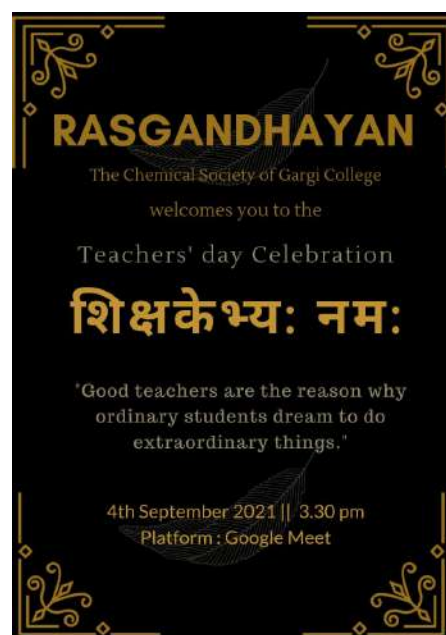
The teachers were invited to share some of their many talents on the virtual stage. Some teachers sang songs and made the evening livelier.

Finally, the most awaited results of the games were announced, and the winners were as follows:

Jag Ghoomeya- Crossword Game on Travel and Tourism - Renu Aggarwal ma'am

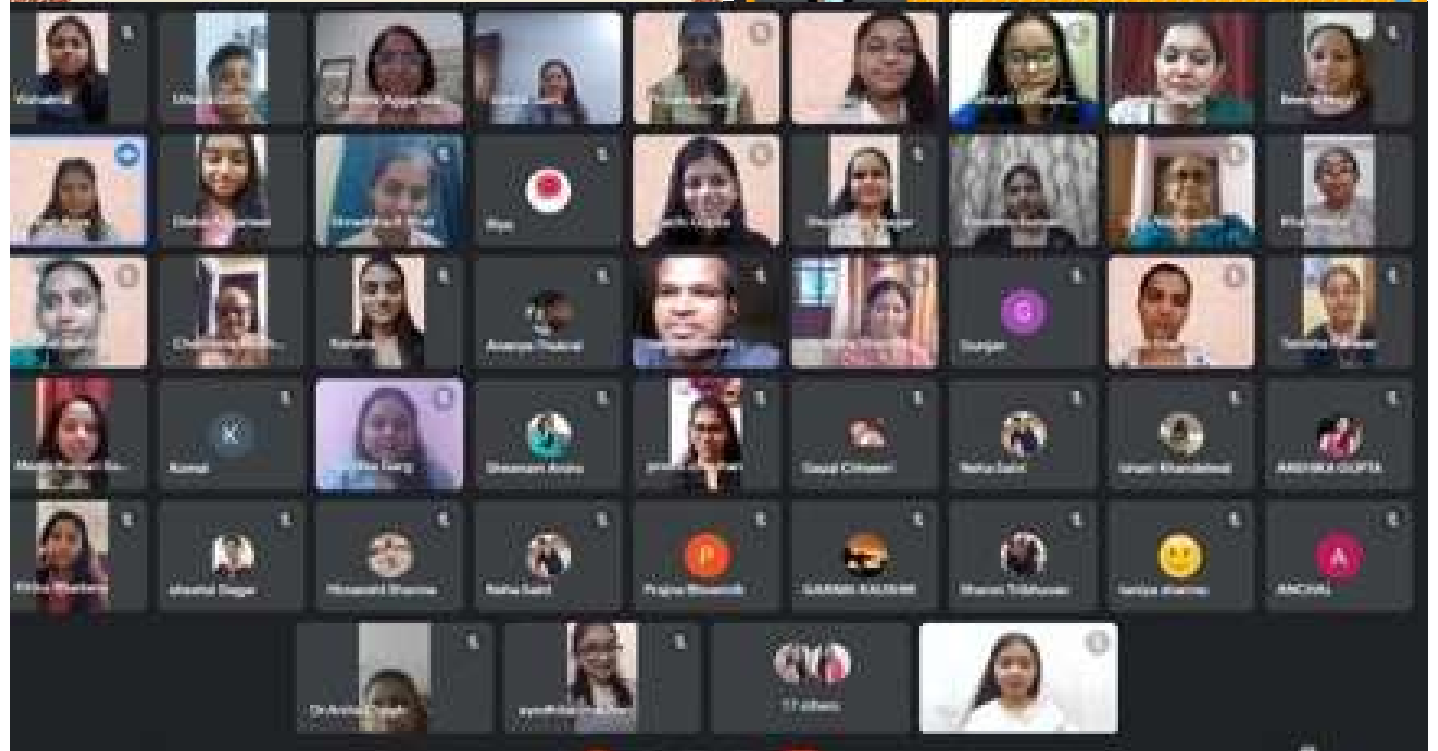
Gaane sune ansune - Neha Sharma ma'am.

Our Teacher-in-Charge Uttara ma'am graced the event with some words of appreciation. The event was concluded with a Vote of Thanks by the President of Rasgandhayan Union, Ms. Priyanka.



शिक्षकेभ्य : नमः

Teachers' Day Celebration



PUSHKARAM

NATIONAL RIVER WEEK CELEBRATION

BY : PREETI CHAUHAN, II YEAR

"A river is more than an amenity, it's a treasure" - Oliver Wendell

Keeping these inspirational lines as the spirit, Rasgandhayan, the Chemical Society of Gargi College organized a 3-day event 'Pushkaram', to celebrate India's River Week from 24th September 2021 to 26th September 2021. The whole event unfolded in 3 days.

The first day of the event, 24th November, commenced with an inaugural lecture on the topic 'River Rejuvenation', by the eminent speaker, Dr. Rajiv Ranjan Mishra, IAS officer, who is currently serving as the Director-General of the National Mission for Clean Ganga.

The event started with a virtual lamp lighting ceremony and Saraswati Vandana, followed by a speech by the principal of Gargi college, Dr. Promila Kumar enlightened the students with her kind words and expressed her gratitude towards the ardent speaker of the event.

The event was carried forward by the President of Rasgandhayan, Priyanka, who highlighted the rich heritage of Gargi College, and Rasgandhayan. Furthermore, she introduced the esteemed speaker, Dr. Rajiv Ranjan Mishra to the present audience.

The lecture aimed to create awareness about River Rejuvenation and the steps which need to be taken in this direction. The speaker emphasized about four pillars of River Rejuvenation- *Aviral Dhara, Nirmal Dhara, Geological entity, and Ecological entity*. He talked about the various causes of river pollution and degradation and showed some clips depicting the initiatives taken by his team since 2015, for cleaning the river Ganga and its tributaries.

The most fascinating part of the lecture was his take on the sacredness of our holy rivers as mentioned in our ancient scriptures.

He also mentioned various opportunities for the Bachelor's and Master's students to receive sponsorship for their academic thesis and projects under the NMCG (National Mission For Clean Ganga).

The first-day event was hence concluded by a Vote of Thanks, which was proposed by the Vice-President of Rasgandhayan, Ananya Thukral.

Day 2 of the event was marked by **Raconteur**, a Picture Description competition. As its name suggests, the participants had to describe one out of two given pictures that were related to water pollution in their words, through their perspectives.

In this competition first position was won by **Tanya Chopra; Preety Parashar** and **Malavika M S** shared the second position and the third position was secured by **Tanisha Panwar** and **Sanchalika Das**.

Finally, on Day 3, 26th September, a Slam Poetry competition was organized, named **Voice of the River**. Participants were required to voice out the pain of the river in a polluted world through their words within the given time limit. This event was judged by **Dr. Praveen Kumar Mutiyaar**, Director Technical at the Namami Gange program.

The event started with the anchors welcoming the participants and the esteemed judge to the event. Participants were very enthusiastic and narrated wonderful creative pieces which were highly praised by the judge of the event. Finally, the convenors of the society, Dr. Geeta Saini and Dr. Taruna Singh announced the much-awaited results of the competition and congratulated all the winners as well as the participants. The first position was shared by **Abhiruchi** and **Chahat Kohli, Vishruti Shrivastava** bagged the second position, followed by **Aditi Priyadarshi**, who secured the third position.

The first official event of Rasgandhayan of the academic year, 2021-22 was thoroughly enjoyed by everyone and taught us that it's high time that we need to take the issue of River Pollution more seriously.

Rasgandhayan
The Chemical Society of Gargi College
is celebrating India's River Week


PUSHKARAM
Let's protect & celebrate our Rivers
A 3-day event from 24th to 26th September, 2021

Day 1
Inaugural Lecture by
Mr. Rajiv Ranjan Mishra
Director General
National Mission for Clean Ganga (Govt. Of India)
on 24th September, 2021 at 11 a.m.

Inter College Competitions
Day 2: 25-09-21 Day 3: 26-09-21
"Raconteur" "Voice of the River"

For any query, please contact
President: Priyanka (7009487435) Vice President: Ananya Thakral (9899926687)

Rasgandhayan
The Chemical Society of Gargi College
cordially invites you for the
INAUGURAL LECTURE
on the topic
"River Rejuvenation"



Mr. Rajiv Ranjan Mishra
Director General
National Mission for Clean Ganga (Govt. of India)
on 24th September 2021 at 11 a.m
[Platform: Google Meet Click here](#)

Rasgandhayan
The Chemical Society of Gargi College
DAY 2
25th September 2021
Raconteur
(A picture description competition)

- Word Limit : 100 to 150 words
- Language : Hindi /English
- The competition will not be a live contest.
- The entries should be submitted within half an hour, after the forms have been provided.
- Further Information will be provided in the message attached with it.

For any query, please contact
President: Priyanka (7009487435) Vice President: Ananya Thakral (9899926687)

Rasgandhayan
The Chemical Society of Gargi College
DAY 3
26th September 2021
Voice of the River
(An online spoken word competition)

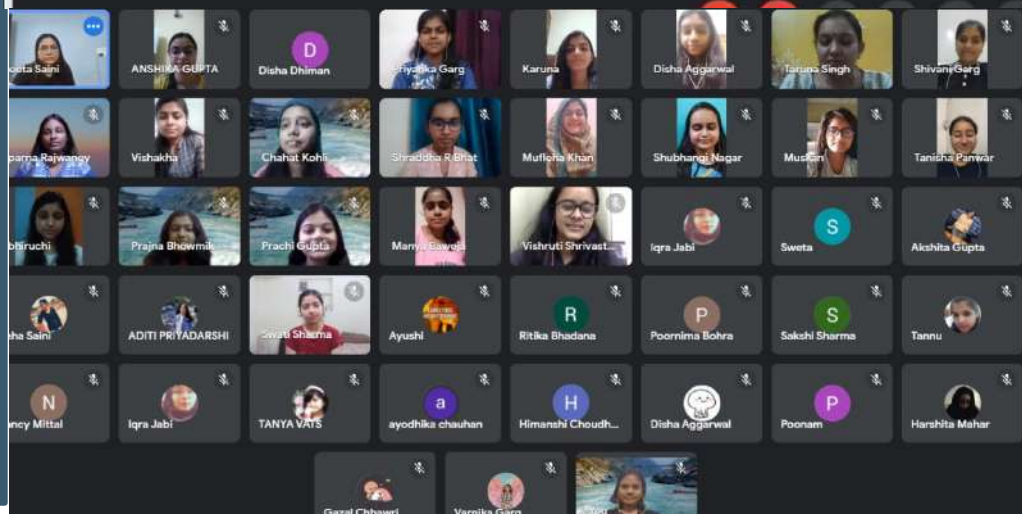
- Theme : To voice out the pain of river in the polluted world, through your ink and words.
- Time Limit : 1.5 to 2 minutes
- Language : Hindi / English
- Time: 4:00 p.m.
- Venue : Google Meet
- Word Limit : 200 to 250 words
- Further Information will be provided in the message attached with it.

For any query, please contact
President: Priyanka (7009487435) Vice President: Ananya Thakral (9899926687)



Four Pillars for River Rejuvenation
Strategic Interventions

Nirmal Dhara	Aviral Dhara	Jan Dhara	Gyan Dhara
<ul style="list-style-type: none"> • Eliminating pollution from municipal waste • Elimination of industrial effluents • Free river from agriculture run-off pollution • Solid waste management • Sanitation Planning 	<ul style="list-style-type: none"> • Maintaining Ecological Flow • Rain Water Harvesting • Conservation of water bodies, lakes, springs, aquifers and wetland • Demand Side Management • Improving water use efficiency 	<ul style="list-style-type: none"> • Re-connecting people with River • Prioritize River Conservation in education and related IEC activities in Schools and Colleges • Community engagement, linking livelihood and conservation 	<ul style="list-style-type: none"> • Promoting research and knowledge management and evidence base policy making • Planning based on scientific data and research • River Knowledge Centre



PROFILE BUILDING & CAREER COUNSELING

BY : DISHA DHIMAN, III YEAR

"Success is simple. Do what's right, the right way, at the right time."

- Arnold H. Glasow


To prepare the students for today's competitive world, and guide them through college life, Rasgandhayan, The Chemical Society of Gargi College, organized a webinar focused on Profile Building and Career Counseling.

The webinar was a part of a 3-day workshop "Career Prospects for Science Students", hosted to broaden the horizons of the students and open their eyes to the endless possibilities that exist. This educational webinar began with Ms. Shraddha welcoming everyone and introducing the speaker for the day. **Mr. Abhishek Gupta**, BYJU's National Eminent Speaker, commenced by introducing himself and conversing with students about their exciting career plans. He discussed the condition of jobs in India and shared his own experience. He further threw light on some remarkably unique and highly rewarding career options in India and abroad, and shared some wonderful tips to crack different exams and build a strong profile. Those amazing tips and suggestions made things clearer and more intelligible.

After providing us with valuable information, he asked us to solve some questions related to GMAT and GRE exams, to give a clear picture of the

type of questions asked during these exams. This was followed by an effective Q&A session where the participants posed some interesting and unique questions.


Finally, Ms. Priyanka, president of Rasgandhayan 2021-22, proposed a Vote of Thanks, and the event concluded on a positive note with every student feeling optimistic and assured.



The poster is for a webinar titled "PROFILE BUILDING & CAREER COUNSELLING" presented by RASGANDHAYAN, The Chemical Society of Gargi College, University of Delhi. It features a circular portrait of Mr. Abhishek Gupta, a man with a beard and glasses. The text on the poster includes his name, his credentials as a National Eminent Speaker, Founding Member of CareerLabs, and Ex-Accenture Consulting. The event is scheduled for 18th October, 2021, at 4 p.m. on the Cisco Webex platform. A link to join is provided. The poster also lists contact information for the President, Ms. Priyanka (7009487435), and the Vice President, Ms. Ananya Thukral (9899926687).

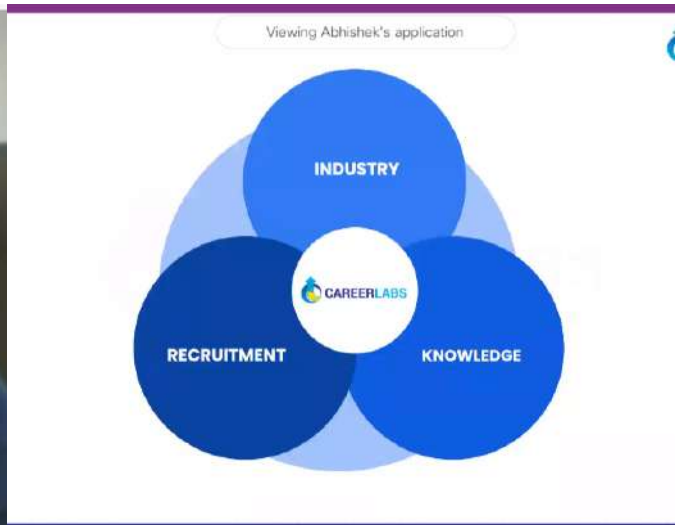
RASGANDHAYAN
The Chemical Society of
Gargi College
University of Delhi
presents
**PROFILE BUILDING &
CAREER COUNSELLING**

Mr. Abhishek Gupta
Byju's - National Eminent Speaker
Founding Member - CareerLabs
Ex Accenture Consulting

18th October, 2021 || 4 p.m.
Platform : Cisco Webex
Click here to join 

For any queries, please contact:
President: Ms. Priyanka (7009487435) Vice President: Ms. Ananya Thukral (9899926687)

PROFILE BUILDING & CAREER COUNSELING



Profile Building

1: SITUATION
Profile-Male, Engineer. No managerial experience. He worked with another consultant to make a "social impact". On their advice, he volunteered for NGO work, collected clothes, and visited relief shelters. He was still rejected from his dream college.

2: TASK
We had to help him in getting a call from the top B-schools in spite of his lack of managerial experience.

3: ACTION
BYJU's did a Profile Gap Analysis for the candidate. We recommended that he use his technical knowledge to create a social impact and suggested some NGOs for him to work with. He joined one and created an app to maintain an inventory for medicines used in villages.

4: RESULT
The app helped local stores to maintain the stock of medicines. It also reduced **mortality rate in some villages by 5%**. He put all these Profile building activities in his SOP. As a result, the candidate received acceptance letters from ISB and Duke MIM program with 20% scholarship.

Information Systems Program Ranking

University of Texas--Austin (McCombs)
Austin, TX
#4 in Information Systems Programs

University of Minnesota--Twin Cities (Carlson)
Minneapolis, MN
#7 in Information Systems Programs

Iqra
Me



Vishakha

HEALTH & NUTRITION

A CAREER OPTION FOR SCIENCE STUDENTS

BY : PRAJNA BHOWMIK, II YEAR

“There are many ways to love your body, but fuelling your body with nutritious food is the highest form of self-respect.”

-Ania Drosnes

Maintaining good health is undoubtedly one of the best practices for the overall well-being of the human body. Realizing the importance of physical and mental health, Rasgandhayan, the Chemical Society of Gargi College organized a workshop on **“Health And Nutrition: A Career Option For Science Students”**. The event was part of a 3-day workshop **“Career Prospect for Science students”**, which was organized with the students to realize the endless possibilities out there.

Dt. Preeti Rao, Founder of Diets and Nutrition, and our esteemed guest of the day was introduced by Ms. Vishakha and Ms. Chahat Kohli.

The speaker started the lecture by highlighting the need to continue following WHO guidelines against COVID-19. She then emphasized the importance of nutrition and a balanced diet, especially at a time when we are recovering from a worldwide health emergency.

She further advised the students to include exercises like yoga, jogging as a part of their daily routine. Preeti ma'am then discussed a few nutritional tips for some of the common diseases prevalent today like Hypothyroidism, Diabetes, Acidity, PCOS/PCOD, High Cholesterol, and UTIs. Ma'am also discussed the method of seed cycling.

The dietician then brought to light some of the Career Opportunities for Chemistry graduates in the field of Nutrition.

The lecture was followed by an interactive session where Preeti ma'am answered all the queries of the students.

Finally, the event ended with the vote of thanks proposed by Ms. Ananya, the Vice-President of Rasgandhayan 2021-22. This event left the students feeling positive, and understanding the need to bring healthy lifestyle changes for a better tomorrow.

RASGANDHAYAN
The Chemical Society of
Gargi College
University of Delhi
presents

HEALTH & NUTRITION
A career option for Science Students

Dt. Preeti Rao
Founder of Diets and Nutrition

19th October, 2021 || 4 p.m.
Platform : Cisco Webex
Click here to join

For any queries, please contact:
President: Ms. Priyanka (7009487435) Vice President: Ms. Ananya Thukral (9899926687)

HEALTH & NUTRITION

A CAREER OPTION FOR SCIENCE STUDENTS



HIGH CHOLESTEROL

Cholesterol

- Take fat free or low fat food.
- Maintain ideal body weight.
- Avoid high salted and sugary and processed food.
- Do some physical activity.
- Take flax seeds, chia seeds .
- No butter // ghee// fried food .
- Limit alcohol intake .

GROWTH IN CLINICAL RESEARCH

* As I told you sky is the limit , you can earn more than 10 lakhs depending on the experience.

Various Positions you can go for : CRC, project coordinator, project manager, project lead, CRA, CTA, project head, country head, QA manager, QC manager, data manager, etc.

* for more details visit www.accedeclinicals.com

ANXIETY STRESS DEPRESSION

All these are interrelated to each other .

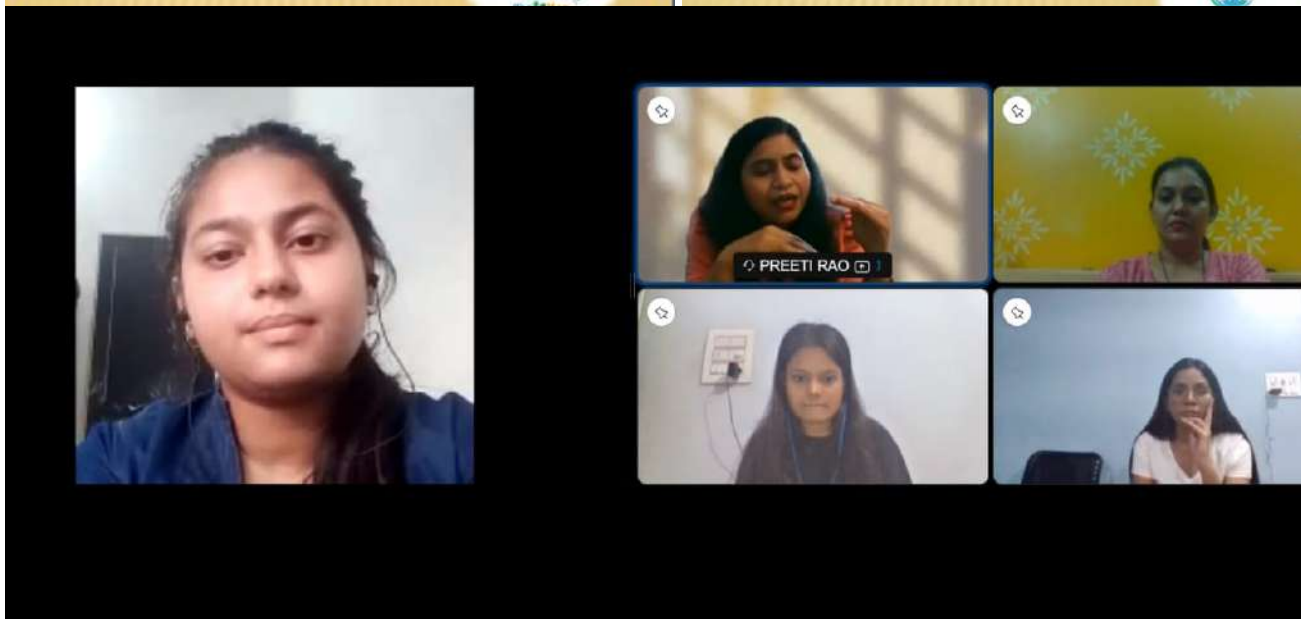
When we get panic with ups and down in our life ,we tend to face anxiety stress and depression .

Try to get out of the situation if you can

Get in touch with people with whom you feels comfortable

Try watching funny shows .

Spend some time with pet



SILICON SOLAR CELLS

A CAREER OPTION FOR SCIENCE STUDENTS

BY : ANSHIKA , III YEAR

“The sun doesn’t shine for a few trees and flowers, but for the wide world’s joy.”

- Henry Ward Beecher.

Keeping this truthful thought vitality, Rasgandhayan, the Chemical Society of Gargi College organized the 3rd day of the Online Workshop on the topic - **“Silicon Solar Cells: A Career option for Science students”**, on 20th October 2021.

The lecture was delivered by the esteemed speaker **Mr. Gaurav Gupta**, Co-founder and Director of Advit Ventures Private Limited. The lecture began with the warm welcome of Mr. Gaurav Gupta by the Vice President of Rasgandhayan, Ms. Ananya Thukral who introduced the speaker to the present audience.

The lecture aimed to provide knowledge about Silicon Solar Cells, Entrepreneurship, and Startups.

Sir began the lecture with the main sub-topics of Silicon Solar Cells including the Career Options, interesting facts about the Sun, Solar Cells, and the Solar Panel. He further mentioned the various types of Solar Panels that are being used commercially, their major advantages and disadvantages. The speaker further emphasized the basic components of Solar Power Plants, the performance criteria of Solar Energy Generators, and also discussed the Solar PV applications and introduced the newly developed Solar Trees to the present audience. Then, he talked about the innovative designing concepts of Solar PV and covered the topics - Solar Pergolas, Agrivoltaics, and the various applications of Solar cells.

Lastly, the speaker threw some light on various career options and Entrepreneurship skills in this field.

The lineup was followed by an interactive session, in which Sir solved the queries of the students regarding the lecture.

The third day of the workshop was hence concluded by a Vote of thanks, proposed by the General Secretary of Rasgandhayan, Jannat Arya.

This hence brought a beautiful and enlightening end to the three-day workshop, which aimed to provide insights on Career Prospects for various fields

RASGANDHAYAN
The Chemical Society of
Gargi College
(University of Delhi)
presents
SILICON SOLAR CELLS
A Career Option for Science Students

Mr. Gaurav Gupta
Co-Founder and Director
Advit Ventures Private Limited

20th October, 2021 || 4 p.m.
Platform : Cisco Webex

Click here to join

For any queries, please contact:
President: Ms. Priyanka (7009487435) Vice President: Ms. Ananya Thukral (9899926687)

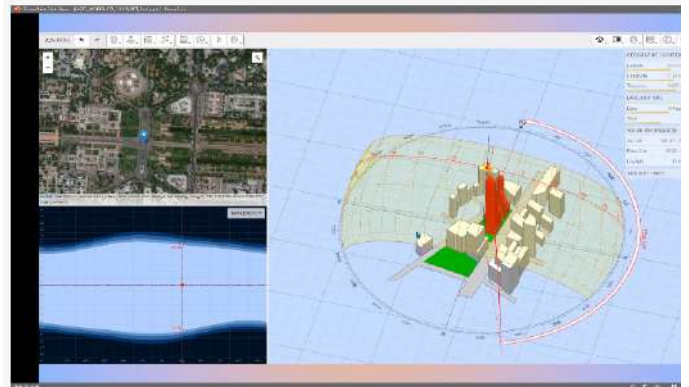
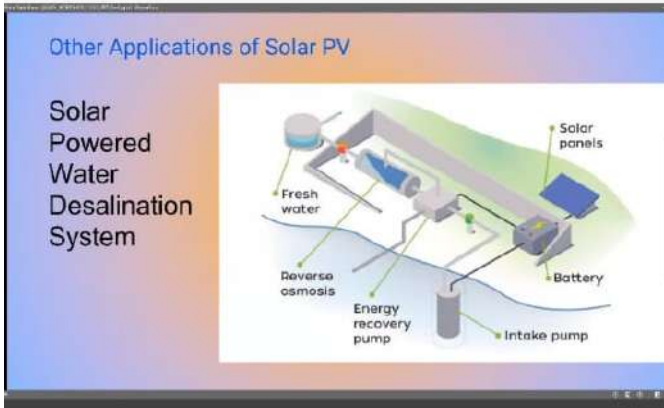
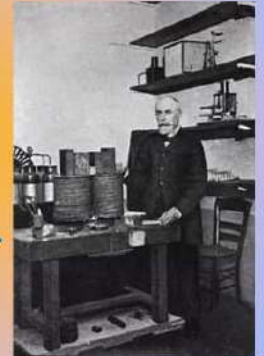
SILICON SOLAR CELLS

A CAREER OPTION FOR SCIENCE STUDENTS

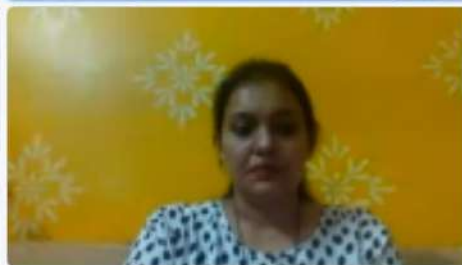
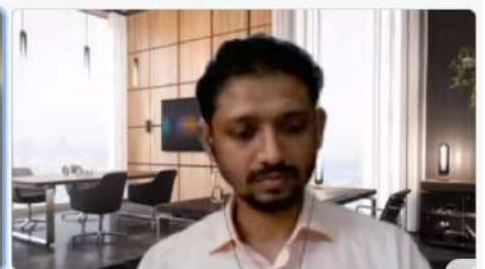
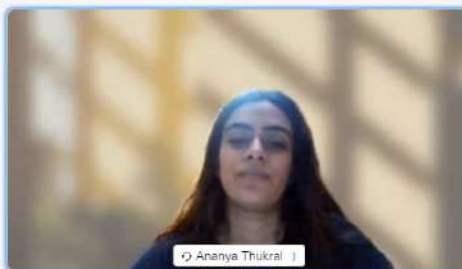


The Solar Cell and The Solar Panel/Module

- A Solar/PV Cell is the basic device which converts sunlight to electric charge
- Works on the principle of Photovoltaic effect (not to be confused with Photoelectric effect), discovered by the scientist Edmond Becquerel in 1839



Iqra
Me



anuj.stacomp@gargi....
Host

RANGOLI MAKING COMPETITION

BY : DISHA DHIMAN, III YEAR

Rangoli is a beautiful art form whose purpose is beyond decoration. It is symbolic of the happiness, delight, and vibrancy of a household. At Diwali, rangoli is created by almost everyone at the entrance of their house, not only to welcome the guests but also the Goddess herself. Thus, Rangolis have become an inevitable part of any Diwali celebration.

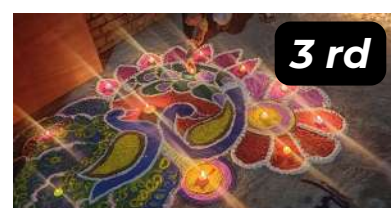
To celebrate Diwali in its true colors, without letting the pandemic break our spirits, Rasgandhayan, the Chemical Society of Gargi College organized a virtual Rangoli-Making Competition. For this, the participants were required to upload two pictures of their Diwali rangoli, one when it was half done and the other when it was complete. Also, it was mandatory for the participants to be there in the picture along with the rangoli so that any sort of

plagiarism could be avoided.

The students participated with great excitement, creating various patterns of beautiful and mesmerizing rangolis.

The long-awaited results of the competition were announced on 26th November 2021. The judges had a tough time choosing the winners, but eventually, the four best rangolis were selected. The first position was secured by **Ishani Khandelwal** in 3rd year, **Sushma Sharma** of 3rd year acquired the second position, and the third position was jointly secured by **Sakshi Sharma** and **Garima Kaushik** in 2nd year.

The winners, with their rangolis and descriptions, were then featured on Rasgandhayan's Instagram page and the event concluded successfully.



WEBINAR ON CAREER BUILDING

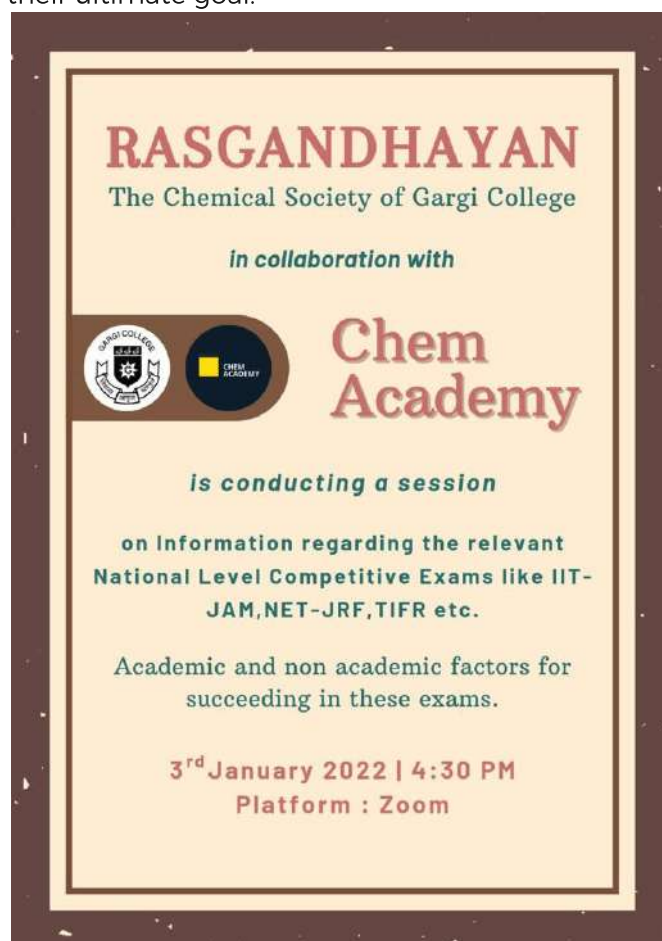
WITH CHEM ACADEMY
BY : GAZAL CHHAWRI, II YEAR

"Never regard study as a duty, but as an enviable opportunity to learn"

Rasgandhayan, the Chemical Society of Gargi College organized a webinar in collaboration with Chem Academy, on 3rd January 2022. It was an informative session regarding the preparation for various competitive exams, like IIT-JAM, NET-JRF, JNU, BHU, UPSC CS, State PCS, etc. Our teachers, students as well as other members of the department became a part of this session.

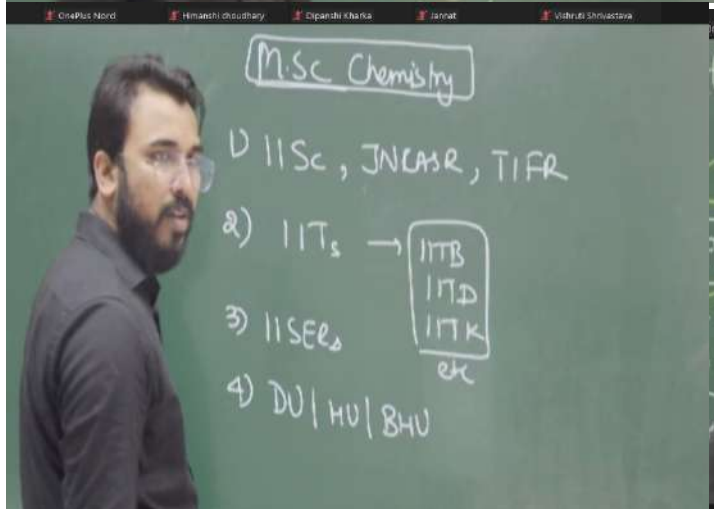
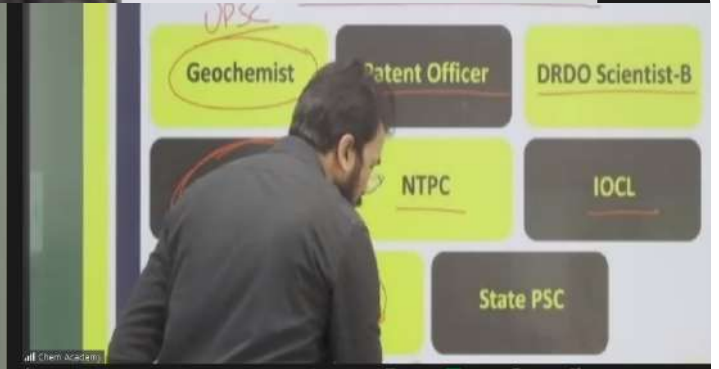
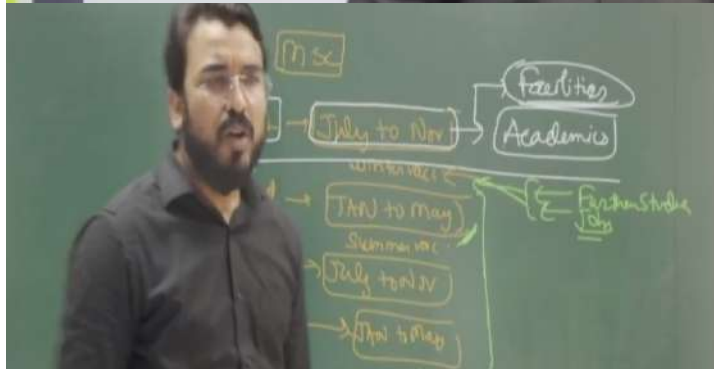
Mr. Pradeep Singh, an ardent CEO as well as a teacher in Chem Academy commenced with a peculiar question, *"Did you choose Chemistry Honors by choice or by voice?"*. After active participation from students, Mr. Pradeep further enlightened the significance of choosing the right career, at the right time. He put light on various opportunities available after B.Sc. and subsequently emphasized the importance of pursuing Master's from a renowned institute. Giving a broader spectrum to the institutes, he enlisted various names, one could pursue M.Sc. from. He elucidated about the IIT-JAM examination for the students seeking admission in IITs for M.Sc. He encouraged us to kickstart the preparation from now onwards to get the best results. Besides IIT-JAM and other post-graduation-seeking examinations, the audience also got to know about exams that they could prepare for while pursuing M.Sc. Eventually, he guided about the Ph.D. programs in the most coherent way and advised the listeners to be determined once they go for it.

He gave us information about Chem Academy's YouTube channel, live app, and various courses available. He put an end to this webinar by emboldening each one of the present audience to take requisite steps for the betterment of their future, and start working for it with stringent motivation. He also encouraged the students to achieve each and every milestone that pushes them forward towards their ultimate goal.



WEBINAR ON CAREER BUILDING

WITH CHEM ACADEMY



AAGAAZ

FRESHERS 2022

BY : PRAJNA BHOWMIK, II YEAR

“नई ऊंचाइयों को छूने की एक बार फिर से तमन्ना है
नए मुकामों को हासिल करने की एक बार फिर से
बेइंतहा ख्वाहिश है,
सिर्फ तीन साल नहीं, जीवन का हर पल गार्गी से
जुड़ने वाला है
गार्गी की कलाकृति में फिर एक नया रंग उभरने
वाला है”

- *Preeti Chauhan (II Year)*

To mark the beginning of the Freshman Year, the seniors at Rasgandhayan, the Chemical Society of Gargi College organized a high-spirited and recreational virtual interactive session to welcome the first years.

'AAGAAZ' - The Freshers' Party 2022 was organized virtually on 15th January 2022 and was attended by the chemistry family with great enthusiasm and excitement.

The event began with a virtual tour of the college campus, which was accompanied by a heart-touching poem by Preeti Chauhan. The event resumed with the announcement of the new recruits for the Rasgandhayan Union 2021-22. The session was continued further with exciting games, for enthusiastic, and crisp-goaled freshers.

The first game, '**Aankhein Dekhi Undekhi**', won by Miss Niharika Borah, was a drill where the freshers had to guess the name of the celebrity by looking at the eyes which were displayed on the screen. '**Mind Fest**', a surprise quiz for teachers, was the next, in which active participation was seen from all

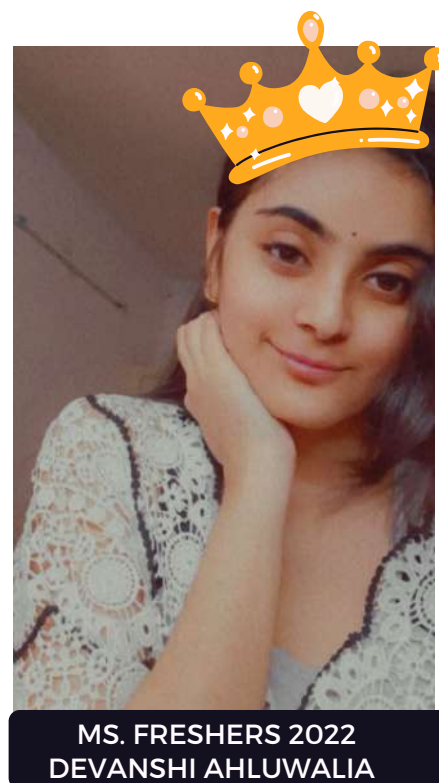
teachers.

'**Beauty and the Beat**', won by Miss Niharika Borah yet again, was a musical game, where the participants had to guess the original song from the instrumental versions played. '**Kati Patang**' inspired by a Children's game with the same name, marked the last game of the event, and Miss Nidhi Jha took the winner's charm.

For the last round to decide Ms. Freshers 2022, the three finalists from '**Glam Check**', were asked a few questions

Dr. Uttara Dutta, the Teacher-in-Charge of the Chemistry Department, gave a hearty welcome to all the freshers in her speech and was further accompanied by welcoming messages by a few teachers of the department

A short combined clip for 'Glam Check' was displayed, and finally, **Devanshi Ahluwalia** was crowned 'Miss Freshers 2022'. The event ended with a fun interactive session between the union and the freshers.



AAGAAZ

FRESHERS 2022

RASGANDHAYAN
The Chemical Society of Gargi College
cordially invites you to
Aagaaz
An exciting start to a new journey
Get ready to witness one of the best online experiences ever!
15th January 2022 | 3:00 PM
Platform: Google Meet

KATI DATANG
NHI KRNA CHAHIYE MUMMY KO TANG

AANKHEIN Dekhi Undekhi!
?!

BEAUTY AND THE BEAT

Grid of 40 video thumbnails from a Google Meet session.

DR. C.K. KHURANA MEMORIAL LECTURE

PLASTIC WASTE MANAGEMENT
BY : GAZAL CHHAWRI & PREETI CHAUHAN, II YEAR

“Challenges are gifts that force us to search for a new center of gravity. Don't fight them. Just find a new way to stand them.”

-Oprah Winfrey

Plastic Pollution is exactly this type of challenge which need not be feared. Instead, it needs to be dealt with from a new perspective. And that is what the "Plastic Man of India", The Padma Shree Awardee, Dr. R Vasudevan is doing. Rasgandhayan, the Chemical Society of Gargi College organized its annual **Dr. CK Khurana Memorial Lecture** on the topic of "**Plastic Waste Management**" which is a pressing issue in today's scenario. Speaker for the event was **Dr. R Vasudevan**, who is better known as the "Plastic Man of India", for bringing out the concept of Plastic Tar Road. The event was initiated with a lamp lighting ceremony followed by an introduction of Dr. C.K. Khurana by the compere for this event, Gazal Chhawri. Further, she invited Dr. Anita Chugh to recollect Dr. C.K. Khurana's memories, who regarded Dr. Khurana as a real chemist, real academician, and most importantly a real person. In Anita ma'am's words, "She was a motherly figure to all of us and a ray of sunshine to our department". She very aptly said that Chemistry is known for Dr. C.K. Khurana in Gargi College.

Taking the event forward, Sir shared his experience with Plastic Management and how he turned a 'problem' into a solution.

Sir thanked his Guru and his guidance which helped him in every walk of his life.

He specially mentioned the message from Bhagavad Geeta about Humanity. He further added, God never creates waste, it's man-made and it's utterly because of man's lack of understanding.

The perspective on Plastic was entirely transformed in the course of the event. Sir's hard work and innovative approach to plastic made the audience realize that Plastic is God's gift, it's upon us, whether we use it for something productive or destructive. Sir's entire journey of this tremendous call was very inspiring. The present audience also got a deeper knowledge about plastic tar roads and subsequently learned to say no to plastic pollution, but yes to plastic, not to ban Plastic, but to plan its usage. Sir expressed his delightedness for being a part of the event and the event concluded with a Q&A session in which students, as well as teachers, took part, fascinated by this ingenious idea. Lastly, Priya ma'am, daughter of Dr. Khurana, expressed her gratitude to everyone present at the event and the event ended on a beautiful note with the blessings of Dr. Khurana.

DR. C.K. KHURANA MEMORIAL LECTURE

PLASTIC WASTE MANAGEMENT



RASGANDHAYAN
Department of Chemistry
Gargi College, University of Delhi
NAAC Accredited 'A' Grade
cordially invites you all to



DR. C.K. KHURANA MEMORIAL LECTURE
on the topic
"PLASTIC WASTE MANAGEMENT"



16th February 2022
3:00 P.M.
CISCO Webex

by
Padma Shree Awardee
DR. R. VASUDEVAN
Dean ECA and Professor
(Department of Chemistry)
Thiagarajar College of Engineering, Madurai
Popularly known as "Plastic Man of India"





Plastic as a Binder - Plastic tar road & Plastone

Plastic Tar Road	Plastone Products
<ul style="list-style-type: none"> Road for cold region & Hot Region Road for Rainy Places Road for Forest Region Road for Cold Countries Road using Scrap Road for Runways 	<ul style="list-style-type: none"> Plastone as Tiles Plastone as Table Top Plastone as Hollow Blocks Plastone as sewage tank covers Plastone as Rail Sleepers Plastone as Speed Breakers Plastone as Erosion Prevention Blocks

Plastone used for

- Construction of Low Cost Toilet
- Solid Waste Management
 - Lime Stone, Ceramic Waste, Cable Waste
 - Brake Lining Waste, Construction Waste
 - Other Industry Waste

Plastic Man of India | **Tech Icon & Padma Shri**



CHEMAROMA

PAPER PRESENTATION COMPETITION

BY : MANYA BAWEJA, II YEAR

"The healthiest competition occurs when average people win by putting above average effort."

-Colin Powell

Rasgandhayan, the Chemical Society of Gargi College organized an Inter-College Paper Presentation Competition to commemorate its annual event, "Chemaroma" for all undergraduate science students. The event was attended by a large number of students as well as the teachers. The event was started by Ms. Iqra and Ms. Ayodhika, by introducing the judges of the competition and enlightening the audience about them. After that, the rules of the competition were explained where the participants were given a few topics and they had to choose one and present a presentation followed by an explanation of the topic.

The competition started on a good note with each and every participant giving their best accompanied with some informational presentations. Further, a quiz was played with the audience to keep their spirits high and to keep everyone involved. There was great participation seen by the students. Some interesting scientific facts were then presented, based on the topics of the Paper Presentation.

Finally, the most awaited results were declared. The first position was secured by Vishruti Shrivastava, The second position was bagged by Tannu Mudgal followed by the third position which was jointly shared by Priyanka and Kamini Sharma and Smriti Verma and Divyanshi Chauhan.

The event was concluded by a vote of thanks by Ms. Jannat, the General Secretary of Rasgandhayan 2022.

RASGANDHAYAN
Department of Chemistry
Gargi College, University of Delhi
NAAC Accredited 'A' Grade
presents

CHEMAROMA

**PAPER PRESENTATION
COMPETITION**

Date : 9th March 2022
Time : 5:30 P.M.
Platform : Google Meet

Refer to the message for further details.

For any queries, please contact:
President: Ms. Priyanka (7009487435) Vice President: Ms. Ananya Thukral (9899926687)

RASGANDHAYAN
Department of Chemistry
Gargi College, University of Delhi
NAAC Accredited 'A' Grade
presents

CHEMAROMA

**PAPER PRESENTATION
COMPETITION**

INSTRUCTIONS

- We request everyone to submit the abstracts by 24th February 2022, 12:00 noon.
- The names of selected candidates will be declared on 26th February 2022.
- And the final paper presentation event will be on 1st March 2022 at 2pm.
- Please prepare your presentations accordingly.

Refer to the message for further details.

For any queries, please contact:
President: Ms. Priyanka (7009487435) Vice President: Ms. Ananya Thukral (9899926687)

CHEMAROMA

PAPER PRESENTATION COMPETITION

PSYCHOLOGY OF COLOURS

Understanding the relation between colour and the moods

- Emotion, passion, power
- Excitement, cheerfulness, pleasantness
- Excitement
- Natural, organic, healthy
- Tranquility, relaxation, freshness, coldness
- Freshness, pureness, cleanliness

Types of tea

There are a lot many types of tea :

- Green Tea
- Black Tea
- Colong Tea
- Yellow Tea
- White Tea
- Kombucha Tea
- Fermented Tea, etc.

TOPICS

- Artificial Organs - Social Impacts and Ethical Angles.
- Progress and Challenges in the Treatment of Covid 19
- Carbon Nanotubes - Smart Drug Delivery Carriers
- The Wonder Beverage Tea - Types, Benefits, Side effects
- Special Effects in Movies - Chemistry Behind Mystery
- Artificially Coloured Food - A Treat for the Taste but at the Cost of Health

RULES

- Individual participation or a team of two are allowed.
- The slides should not be directly taken from the internet, it will lead to disqualification
- Slides of the presentation should be self-explanatory.
- The name of the original author of the research paper should be mentioned in the reference.
- 4-6 min will be given for presentation followed by 1-2 min discussion with judges.
- Two buzzers would be given first one after 4 mins as a warning and the second one after completion of 6 mins.

Meet - zsh-jhds-gws

meet.google.com/zsh-jhds-gws

Dr. B. Vajayanthi, Jyoti Arya, Priyanka Garg, Padma Saxena, Iqra Jabi, Geeta Saigji, Kamini Sharma, TANNU MUDGAL, ayodhika chau..., manisha singla, nisha saini, Vatsala Tyagi, Hania Ashraf, Varnika Garg, Vashruti Sharma, Prachi Gola, Neha Saini, ANSHIKA GUP..., Taruna Singh, Poonam Kumari, Akshita Gupta, Ankita Bharti, Devanshi Ahlu..., Prajna Bhowmik, Rajasvi, Shraddha R Bhat, Himant Chauhan, Ridhi Saha, Sanskriti Singh..., Manya Baweja, Tulsi Sharma, 29 Vandana Trip..., preeti chauhan, Riya, Nidhi Maurya, Prachi Gupta, ANCHAL, Dr. Divya Katyal, Nidhi Jha, Shraddha R. B..., Ms. Chingrison Kathing has left the meeting, Priyanka Garg, Chahat Kohli, Anjali Tete, Disha Dhiman, Rasgandhiya..., 2 others, You

VALEDICTORY

RECONNECT. REMINISCE. RENEW

BY : RIDHI, I YEAR

तीन सालों का ये कारवां
 एक दफा फिर आखिरी मोड़ पर आया है
 वक्त एक बार फिर
 ना चाहते हुए विदा लेने का आया है
 पर लम्हे इन चंद सालों में कुछ ऐसे बुन लिए हैं
 मन, वचन, कर्म हर किसी पर जिसने निशान छोड़
 दिए हैं
 गार्गी नामक बगिया के
 इठलाते मंडराते भवरें हैं हम
 वसंत में खिले गुलमोहर से
 बस अभी अभी तो संवरे हैं हम
 खबर नहीं आज से चंद सालों बाद
 हम में से कौन कंहा होगा
 पर एक बात का ऐतबार है मुझे
 हमारी स्मृतियों में गार्गी और उसका इतिहास सदैव
 जीवंत होगा

Rasgandhayan, the Chemical Society of Gargi College organized the concluding event for the session 2021-22, the **Alumnae Meet & Closing Ceremony** of the Chemical Society 2021-22 on 2nd April 2022.

Ms. Preeti Bansal, Examiner of Patent & Design, also an alumna of Gargi College, introduced by Ms. Vishruti and Ms. Shraddha R Bhat, was the esteemed guest for the day along with the batch of 2017-20.

The event commenced with an informative session by Ms. Preeti who provided in-depth knowledge regarding the Patent System in India. She also enlightened the audience about the abundance of career options in this field which proved to be quite eye-opening.

Then the next segment of the event was the presentation of the Dr. Minakshi Sharma Memorial Award, for which, Mrs. Usha Sharma, mother of Dr. Minakshi Sharma, was present to grace the occasion with her presence. Dr. B. Vaijayanti recalled sweet memories with Dr. Minakshi, her dedication as a teacher, and her friendly nature towards her colleagues.

She further announced the recipient of the award, Ms. Priyanka from B.Sc. (H) Chemistry, 3rd year.

This was followed by an interactive session with the graduates of the Batch of 2017-20, who shared their experiences from their college years. Though the pandemic kept everyone apart for a couple of years, Rasgandhayan successfully organized numerous virtual events, thus everyone took a look back at the journey of the society for the year 2021-22.

The much-awaited Annual Magazine of Rasgandhayan, Amalgam was officially released, which was presented by the Editors-in-Chief, Ms. Vishruti Shrivastava, and Ms. Ishani Khandelwal.

Towards the end, the Union Members, Ms. Jannat, Ms. Ananya Thukral, and Ms. Swati Sharma spoke about their experience of being a part of the Chemical Society. The Teacher Convener, Dr. Taruna Singh recalled her journey of being a Teacher Convener in the Society. The event came to a conclusion with a final Vote of Thanks by the President of Rasgandhayan for the year 2021-22, Ms. Priyanka.

Thus the session of Rasghandhayan 2021-2022 ended on a joyous note celebrating the highs and lows of the year.

VALEDICTORY

RECONNECT. REMINISCE. RENEW



RASGANDHAYAN

Department of Chemistry
Gargi College, University of Delhi



is organising

Alumnae Meet & Closing Ceremony of Chemical Society 2021-22

Highlights of the event:

- Dr. Minakshi Sharma Memorial Award
- Interaction with Ms. Preeti Bansal (Examiner of Patent & Designs) Batch 2006-09
- Interaction with the students of Batch 2017-20
- Release of Amalgam 2021-22

Reconnect. Reminisce. Renew.

April 2, 2022

3:30 pm

Cisco Webex

ALUMNAE
MEET

Viewing Swati Sharma's screen

AMALGAM
ACADEMIC
YEAR
2021-22



NOBEL PRIZE WINNERS

BY : MANYA BAWEJA, II YEAR



Benjamin List (born on 11 January 1968), is a German chemist who is one of the directors of the Max Planck Institute for Coal Research. He co-developed organocatalysis, a method of accelerating chemical reactions and making them more efficient. He shared the 2021 Nobel Prize in Chemistry with David MacMillan for the 'development of asymmetric organocatalysis'.



Jennifer Anne Doudna (born on February 19, 1964), is an American biochemist who has done pioneering work in CRISPR gene editing. She received the 2020 Nobel Prize in Chemistry, with Emmanuelle Charpentier, 'for the development of a method for genome editing.' She is the Li Ka Shing Chancellor's Chair Professor in the Department of Chemistry and the Department of Molecular and Cell Biology at the University of California, Berkeley.



Akira Yoshino (born 30 January 1948), is a Japanese Chemist. He created the first safe, Production-Viable Lithium-Ion Battery which became used widely in cellular phones and notebook computers. Yoshino was awarded the Nobel Prize in Chemistry in 2019 alongside M. Stanley Whittingham and John B. Goodenough.



Frances Hamilton Arnold (born July 25, 1956), is an American Chemical Engineer and Nobel Laureate. In 2018, she was awarded the Nobel Prize in Chemistry for pioneering the use of directed evolution to engineer enzymes. Since January 2021, she serves as an external co-chair of President Joe Biden's Council of Advisors on Science and Technology (PCAST).

YOGA

IT'S A MIND, BODY AND SPIRIT THING.

BY : SWATI SHARMA, III YEAR



During the pandemic, many people faced loneliness and went into depression due to bad mental health.

Sitting at home, and not meeting other people in person made everyone more lethargic and inactive in all the activities they used to do with fun earlier. Nowadays, we find that people at a much younger age start facing very critical health issues.

Now, Yoga is well known for its very advantageous results. Yoga, an ancient practice, and meditation have become increasingly popular in today's busy society. For many people, yoga provides a retreat from their chaotic and busy lives. Yoga provides many other mental and physical benefits. It develops inner awareness and focuses your attention on your body's abilities at the present moment. It helps develop breath and strength of mind and body. Mindfulness refers to focusing your attention on what you are experiencing in the present moment without judging yourself. Practicing yoga has been shown to increase mindfulness not just in class, but in other areas of a person's life. The researchers found that people who practiced yoga were more mindful eaters according to their scores. Both years of yoga practice and the number of minutes of practice per week were associated with better mindful eating scores. Practicing yoga helps you be more aware of how your body feels. This heightened awareness can carry over to mealtime as you savor each bite or sip, and note how food smells, tastes, and feels in your mouth. Moreover, people who practice yoga are more in tune with their bodies. They may be more sensitive to hunger cues and feelings of fullness. Yoga is well known for its ability to soothe tension and anxiety in the mind and body.

But it can also have an impact on a person's exercise capacity.

Studies have found yoga to have a positive effect on cardiovascular risk factors: It helped lower blood pressure in people who have hypertension. It was revealed that 30 to 60 minutes of muscle-strengthening activity every week is linked to a 10-20% lower risk of death from all causes, especially from cardiovascular disease, diabetes, and cancer. Another study found that practicing yoga improved lipid profiles in healthy patients as well as patients with known coronary artery disease. It also lowered excessive blood sugar levels in people with non-insulin-dependent diabetes and reduced their need for medications. Yoga is now being included in many cardiac rehabilitation programs due to its cardiovascular and stress-relieving benefits. Researchers are also studying if yoga can help people with depression and arthritis, and improve survival from cancer.

Interestingly, yoga studios typically don't have mirrors. This is so people can focus their awareness inward rather than on how a pose or the people around them looks. Surveys have found that those who practiced yoga were more aware of their bodies than people who didn't practice yoga. They were also more satisfied with and less critical of their bodies. For these reasons, yoga has become an integral part of the treatment of eating disorders and programs that promote positive body image and self-esteem.

CHEMISTRY IN HISTORY

ALCHEMY SYMBOLS OF THE ANCIENT GREEKS

BY : CHHAHAT KOHLI, III YEAR

The first recorded use of symbols to refer to elements was by Ancient Greek philosophers, who used their studies of the planets and the days to correspond to their understanding of the elements.

The Ancient Greeks promoted the use of symbols in the study of the elements. They defined the four elements as air, earth, fire, and water. Another famous philosopher Aristotle linked the elements to different concepts. He identified air as a life-giving force that represented heat and wetness. **Earth** is a cold dry element that represented movement and sensations in life. The **Fire** was an element that represented the emotions of love and anger and hot dry conditions. Finally, he defined **Water** as a cold wet element. In the symbols, it can be seen that fire is represented by an upward triangle and its opposite water is a downward triangle to signify they act as opposite elements. The ancient Greek philosopher *Hippocrates* also linked these elements to different diseases in the human body and promoted the balancing of these elements in the treatment of conditions.

Other symbols used in alchemy related to metallic and non-metallic elements that were known at the time as they could be isolated easily and used.

A common use of Alchemy Symbols was in partnership with days of the week or planets as it was thought that different planets affected that element's properties.

Lead was associated with the planet Saturn and was thought to be able to turn into gold as it had similar soft properties.

Tin was associated with the planet Jupiter and was thought to control the function of the liver.

Iron was associated with the planet Mars and the gall bladder. Iron was a common element used by alchemists in the production of materials and alloys through metallurgy.

Gold was an element that represented the Sun and was associated with the heart. Its importance is down to its consideration as a perfect element and the pursuit of many alchemists to turn lead into gold.

Copper was associated with the kidneys and the planet Venus and its symbol is the common symbol used to represent females as a circle with crossed lines.

Mercury as well as being one of the three prime elements was linked to the planet Mercury and the lungs.

The **Silver** symbol takes inspiration from the moon as the planet it is related to due to the appearance of the moon. It is linked to the brain.



BY : KAMINI SHARMA, III YEAR

CARBON-NEUTRALITY

BY : PREETI CHAUHAN, II YEAR

"If working apart we're a force powerful enough to destabilize our planet, surely working together we are powerful enough to save it"

This and several other quotes have been said in this regard but the question is how far it has been implemented in reality? How much have we reciprocated our words into actions?

Before dwelling down on these questions let's understand the new buzzword of today, Carbon Neutrality.

Carbon Neutrality in layman's terms refers to the net-zero state of carbon dioxide emissions. It means that any carbon dioxide released into the atmosphere by human activities should be balanced by an equivalent amount removed from the atmosphere.

Now the question which dominates the discussion would be how is this Carbon Neutrality made possible? And what are the steps that the multi giant companies, nations of the world, and individuals should be committed to in order to make Carbon Neutrality a reality?

Carbon emissions can be eliminated from the atmosphere by the use of carbon sinks. Carbon Sinks refer to any systems that absorb more carbon than they emit. Till today, no artificial sinks have been made to remove carbon to fight global warming on the required scale.

Hence, in order to become carbon neutral the only practical solution ahead for the nations is to adopt Sustainable Technology. There is an urgent need to shift from the present-available carbon-emitting technology to renewable means.

And in the wake of the Covid pandemic when definitions of our priorities have been re-written, all of this stuff becomes most important.

In the recent COP summit which took place in Glasgow, Scotland, European Union, United Kingdom, Japan, and many countries have pledged to become carbon neutral by 2050. China too has pledged for the same by 2060. And our country has committed to becoming carbon neutral by 2070.

But isn't it too late? What's the guarantee so far that these countries who have recklessly exploited every natural resource would transform themselves in the next few decades only?

Way lying forward is every country, every city, every financial institution, and company should adopt plans for net-zero. It isn't an easy task indeed but the fault is ours, so it's time to pay back. Countries should work diligently to achieve the targets set by Paris Agreement regarding Carbon Emissions. It's high time to decarbonize our technology and adapt ourselves to the new Gold - Carbon Neutrality.

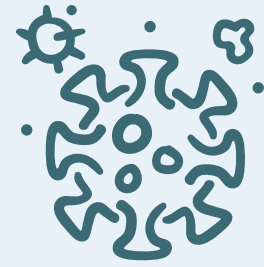


BY : PRACHI GOLA, I YEAR

COVID

IMPACT ON HEALTH INDUSTRY

BY: RIDHI SETIA, I YEAR



Thomas Fuller had accurately quoted, **“Health is not valued till sickness comes.”** The world came across a drastic sickness by the end of 2019, namely COVID-19, which took the lives of countless human beings, and even today, there exists no perpetual solution for this problem. As of 31 December 2020, it had infected about 82 million people and had killed more than 1.8 million worldwide. The total number of global “excess deaths” is a result of COVID. The latest reports suggest that the total number of deaths has reached beyond the mark of 3.3 million. COVID-19 has shown its influence on each and every industry globally, be it economic, education, business, and whatnot, with the health industry being affected the maximum. The global pandemic has bestowed an enormous challenge to public health. The second wave of COVID-19 gave rise to a devastating scenario in the sight of the health industry where the folk suffered and combated for life. The public urged for oxygen cylinders and plasma all day and night. The hospital costs were running International out and people were found on the ground. hospitals and healthcare facilities faced financial challenges. This influenced patient care, surgeries, and surgical outcomes. Who would have thought that a mortuary would become the most visiting site? The foreseen “not-so-serious” third wave of COVID-19 is knocking on our doors. The world needs to learn from health emergencies in order to rescue lives. But, one should not forget that even after being severely stirred by the waves of COVID, the health industry didn't concede defeat. The “frontline warriors”, without thinking about their own self worked day and night with utmost devotion to mankind.

That was how the administration of COVID-19 vaccines cropped up. Vaccine campaigns were set in motion in several nations or at the speed of light. Though the health industry has been competent to cope with the pandemic, it has produced numerous loopholes whose consequences will be perceived for ages.



BY: PRACHI GOLLA, I YEAR



BY: NEHA SAINI, III YEAR

IMMUNITY AT HOME

BY: DISHA DHIMAN, III YEAR

The Covid-19 pandemic has been making rounds in the news and with different variants of it coming to light, it seems that it won't go away so easily. To give it a tough fight, all we have to do is bring about a change in our lifestyle and our diet. So, here are some tips to boost your immune health and consequently fight off illnesses.

1. Sleeping well:

During sleep, our bodies produce a protein called **Cytokines**, which target infection and inflammation, creating an immune response. Our bodies also produce **T-cells**, which are white blood cells that have an important role in providing immunity against many infectious diseases.

2. Being physically active:

Physical activity flushes bacteria out of the lungs and helps in better circulating white blood cells in our bloodstream, which overall reduces the chance of getting sick.

3. Staying hydrated:

Water helps to carry oxygen to our body cells and remove toxins from the body, allowing the body system to function properly. Dehydration can cause headaches and reduce physical performance, heart and kidney functions, thereby increasing the chance of developing an illness.

4. Destressing ourselves:

Too much stress releases the hormone called **Cortisol**, which increases our risk for high blood pressure, heart disease, type 2 diabetes, and other chronic diseases. So, managing stress and anxiety is really important, and exercising, journaling, meditation and yoga can help us do that.

5. Including immunity-booster herbs and seeds in our food:

- **Cinnamon:** Cinnamon's active ingredient *Cinnamaldehyde* gives cinnamon its antibacterial properties which help fight viruses and infections. Loaded with powerful antioxidants, it protects our body from cell-damaging agents.
- **Turmeric:** Turmeric's active ingredient *Curcumin* helps the body fight off infections and boosts the health of cells. It also aids in treating wounds and lowering inflammation.
- **Giloy:** Giloy contains a number of compounds like *terpenoids*, *alkaloids*, *lignans*, and *steroids* that have antimicrobial, anti-inflammatory, and antioxidant properties. It removes toxins from the body, purifies the blood, and boosts our body's natural defenses.
- **Ginger:** It contains the compound *Sesquiterpenes* which helps in treating cold viruses. It works great for treating nausea, body aches, and a sore throat as well.
- **Chia seeds:** They are rich in *antioxidants*, *omega-3 fatty acids*, and *proteins*, and provide a number of benefits, like decreasing the level of blood sugar in the body, improving bone health and density, and reducing the risk of cardiovascular disease.
- **Cayenne Pepper:** Cayenne Pepper proves to be a great staple for boosting our health and immunity. It contains a high amount of *Capsaicin* that reduces inflammation by suppressing a neuropeptide called Substance P. It activates our circulatory system, which enhances the blood flow and speed of immune cells towards the site of infection, and thus helps our body to battle colds and flu.

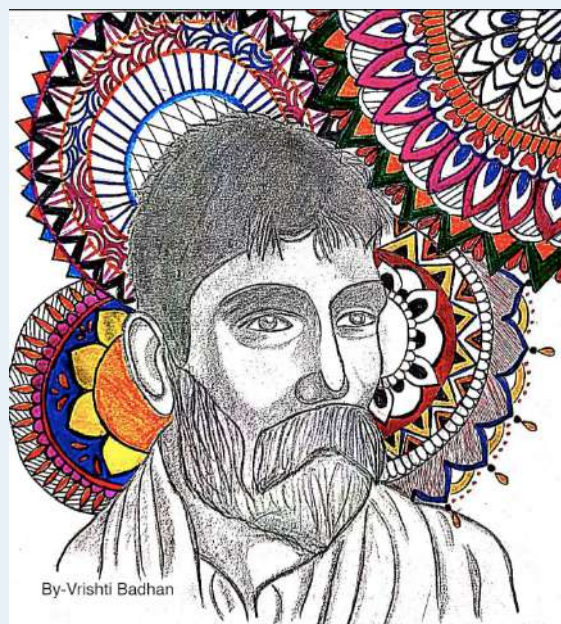
CARBON-NANOTUBES

BY : ANSHIKA , III YEAR

Carbon Nanotubes are large molecules, made from a repeating pattern of sp^2 hybridized carbon atoms in a hexagonal arrangement, wrapped into a cylinder of approximately 2.5-100 nm in diameter. Carbon Nanotubes are single or multi-walled depending on the number of carbon sheets rolled together, while the ends are capped by a hemispherical carbon arrangement as seen in fullerenes. Due to their high surface area, they are capable of adsorbing or conjugating with a wide variety of therapeutic molecules. To act as a good drug delivery system solubility and biocompatibility are necessities, hence the first property CNTs must possess is that they are easily soluble in the gastrointestinal environment which requires aqueous solubility along with easy and uniform dispersion. Carbon Nanotubes are very prevalent in today's world of medical research and are being highly researched in the fields of efficient drug delivery and biosensing methods for disease treatment and health monitoring. CNT technology has shown to have the potential to alter drug delivery and biosensing methods for the better, and thus carbon nanotubes have recently garnered interest in the field of medicine. The use of CNTs in drug delivery. CNTs as drug delivery vehicles have shown potential in targeting specific cancer cells with a dosage lower than conventional drugs used that is just as effective in killing the cells, however, does not harm healthy cells and significantly reduces side effects.

As Carbon nanotubes function like a needle at the cellular level they are used in attaching molecules that are attracted to cancer cells to nanotubes to deliver drugs directly to diseased cells.

Carbon Nanotubes can also be used as blood vessels to deliver drugs to their target. When drug delivery is done this way, the drug dosage can be lowered which will be cheaper for the pharmaceutical companies. CNTs have sufficient contractility to make them candidates to replace muscle tissues. CNTs are used to stimulate an immune response to fight respiratory viruses when inhaled. Many studies on the electrochemical reactivity of carbon nanotubes have shown that they can enhance the biomolecules and promotes electron transfer in proteins. CNTs can be used as multifunctional biological transporters and near-infrared agents for selective cancer cell destruction. Besides these medical applications, they have numerous nonmedical applications like superconductivity and many more. After finding we can conclude that CNTs are one of the most efficient biochemical tools that are emerging and will be having a huge positive impact on the medical field and research related to medicines.



BY : VRISHTI BADHAN , I YEAR

ACHIEVEMENTS AND AWARDS



Competitions held by Rasgandhayan 2021-22

I - Raconteur: *Picture Description Competition (Inter-College)*

1. Tanya Chopra (B.Sc. (H) Zoology, Gargi College, 2nd year)
2. Preeti Parashar (B.A. Programme, Gargi College, 3rd year)
Malavika M S (B.Sc. (H) Mathematics, Gargi College, 3rd year)
3. Tanisha Panwar (B.Sc. (H) Chemistry, Gargi College, 2nd year)
Sanchalika Das (B.A. Programme, Gargi College, 2nd year)

II - Voice of the River: *Slam Poetry Competition (Inter-College)*

1. Chahat Kohli (B.Sc. (H) Chemistry, Gargi College, 3rd year)
Abhiruchi (Bharti Vidyapeeth College of Engineering Pune, B.Tech.,
2nd year)
2. Vishruti Shrivastava (B.Sc. (H) Chemistry, Gargi College, 2nd year)
3. Aditi Priyadarshi (B.A. Program (English + History), Gargi College,
2nd year)

III - Rangoli Making Competition

1. Ishani Khandelwal (B.Sc. (H) Chemistry, Gargi College, 3rd year)
2. Sushma Sharma (B.Sc. Physical Sciences, 3rd year)
3. Sakshi Sharma (B.Sc. (H) Chemistry, Gargi College, 2nd year)
Garima Kaushik (B.Sc. (H) Chemistry, Gargi College, 2nd year)

IV - Innovative Mind Battle: *Idea Proposal Competition (Inter-College)*

1. Akanksha Nawani (B.Sc. (H) Chemistry, Gargi College, 3rd year)
2. Ananya Chamola (B.Sc. (H) Botany, Gargi College, 2nd year)

V - Paper Presentation Competition (Inter-College)

1. Vishruti Shrivastava (B.Sc. (H) Chemistry, Gargi College, 2nd year)
2. Tannu Mudgal (B.Sc. (H) Chemistry, Miranda House, 1st year)
3. Priyanka & Kamini Sharma (B.Sc. (H) Chemistry, Gargi College, 3rd year)
Smriti Verma & Divyanshi Chauhan (Gargi College, B.Sc. (H) Zoology, 2nd year)

ACHIEVEMENTS AND AWARDS



Individual Achievements for the year 2021

Teachers

Dr. Beena Negi

- Review Article- Conventional and green methods of synthesis of silver nanoparticles and their antimicrobial properties. Ramya Vishwanath, Beena Negi.

<https://doi.org/10.1016/j.crgsc.2021.100205>

Dr. Neha Sharma

- This year I accomplished two of my personal goals. First - Car driving. I wanted to do this for so many years but was very scared to do so. Finally, this year I got some courage and an idea too. This time I purchased my own car first and then learned to drive. Finally, now I can drive fearlessly. I took my 2-year-old daughter to many places like Qutab Minar, the zoo, etc. I am just loving it.
- Second - Yoga. Yoga is a passion that I had been practicing for many years. I also wanted to teach yoga and bring it into everyone's life. So I thought of doing a professional course. This year, I did a certificate course from Morarji Desai National Institute of Yoga and then a teachers training course in Yoga from Lakulish Yoga University. I also did a Refresher Course in Yoga. The best part was that after finishing these courses, I could get a few students whom I taught yoga for some time. The students were my lovely 3rd-year Chemistry Hons students who very sincerely learned yoga from me and became my first students. I am very thankful to them for giving me this opportunity.
- Another small accomplishment: This year I could do Shirshasana without any support.

Dr. Taruna Singh

- Secured 2nd Position in Poster Presentation on 'Algal bloom to fuel' in International science conference on Rethinking science for sustainable development organized by Department of Chemistry, Rajdhani College, UOD on April 20-21, 2021.
Mentor of Shrushti Rout of B.Sc (H) Botany
- Poster Presentation on 'Mind and Malady' in National Conference on " COVID-19 and its psychological effects" organized by Department of Chemistry, Rajdhani College, UOD on 30th April 2021
Mentor of Shrushti Rout of B.Sc (H) Botany
- Oral Presentation on 'Mask a New Normal' in the online National Conference on COVID-19 AND ITS PSYCHOLOGICAL EFFECTS organized by Department of Chemistry Rajdhani College, the University of Delhi on 30 April 2021.
Mentor of Yashika Thakran, Sweta, and Vaani Oberoi, B.Sc (P), 3rd year
- Oral Presentation on 'USE OF INDIAN MEDICINAL HERBS AGAINST COVID-19' in the Online International Conference on 'Recent Trends in Drug Discovery and Development' organized by the Department of Chemistry under the aegis of IQAC, Maitreyi College, University of Delhi, held during October 08-09-2021.
Mentor of Yashika Thakran, B.Sc (P), 3 Year
- Mentor of Research Paper accepted on the topic entitled 'Preparation of Nanoparticles incorporated green paper using organic waste' in Research Journal of Chemical Sciences, Vol. 11(3), 1-10, October (2021), ISSN 2231-606X.
- Mentor of Pathfinder Project on Topic entitled 'Herbal Mask'
Students Name: Sweta and Vaani Oberoi, B.Sc (P), 3 Year

Individual Achievements for the year 2021

First Years

Prachi Gola

- Awarded as the Best orator of the school

Ridhi Setia

- I secured 96.2% in the 12th standard CBSE board examination which made me the science topper of St. Mary's Convent Sr. Sec. School.
- I won the second prize in an article writing competition at my school.
- I am also pursuing a course in personality development from Younity.

Nidhi Jha

- One of My articles has got more than 1200 views on the blogging site Eat My News.
- My Poem "Zindagi" Was published in Amar Ujala.

Niharika Borah

- I have a Visharad degree in singing (Hindustani Classical music).
- I also have a Visharad degree in Violin.

Nikita Negi

- Secured 1st position in my 12th class with 96.4% and I was the topper of my school.
- Getting selected as an intern at Unnati cell was my most awaited achievement and I'm still a part of the internship.

Kunika Yadav

- Won in poster-making competition.

Second Years

Sakshi Sharma

- Achieved the first rank in semester exams of the first year.
- Secured third position in chemistry quiz of the department of chemistry at Hindu College.

Disha Aggarwal

- Completed Python and Data Visualization Bootcamp with ShapeAI.
- Worked as an educator for months with Myra- Ek Pahel under their initiative "Badhein Sabke Kadam".
- Worked with Spirit of Youth Foundation as a content writer for 6 months.
- Been Campus Ambassador with DriveKraft for 6 weeks.
- Worked as a content writer with RC diamonds for 3 months.

Vishakha

- Received a certificate from the Advanced Healthcare Foundation in the Research department.
- 3rd prize in college Inter-Department Competition.

Simran Bidhuri

- Volunteered at the Gyandeep Foundation under the Kilkari project by taking the initiative to teach one child.

Individual Achievements for the year 2021

Karuna Saini

- Achieved 9.5 CGPA in 1st year
- Achieved 2nd position in a poster-making competition.
- Completed an internship as a campus ambassador at drivekraft.

Iqra Jabi

- Got a 9+ CGPA in both semesters
- Completed volunteering at an NGO for the first time.
- Started earning.
- Talked to a lot of people and built confidence.

Jannat

- Volunteered in Organising Raahat- The Pathfinders campaign, an activity by NSS DU.
- Attended sign Language Training session Organised by NSS DU.
- Completed the first internship at Advance Healthcare Foundation.
- Found my interest in graphic designing.

Third Years

Nisha Jakhmola

- Vice-Captain of volleyball
- Senior State Volleyball championship - 1st position. And also got the best blocker of the tournament.
- Participation in Senior National Championship held at KIIT Bhubaneshwar.
- Youth state volleyball championship- 1st position.
- Selected for Youth National camp which is going to be held at Rudrapur (Uttarakhand).

Priyanka

- Was one of the TOP 30 students of the National Level Chemistry Quiz organized by the Chemistry Association, Goswami Ganesh Dutt Sanatan Dharam College, Palwal.
- Was one of the winners of Chembola organized by St. Stephen's College in its annual fest RESONANCE 2021.

Shraddha R Bhat

- First position in online presentation competition organized by Department of Chemistry, Shivaji College.
- Best Paper Award at "India's Premier Article Writing Competition" organized by the Centre for Chemistry & Chemical Excellence for the paper titled "Pollution Amid Pandemic: The Effect of Lockdown on Air Quality".
- Second position in Revel - a paper presentation competition, organized by the Science and mathematics department of Gargi College, under the aegis of the National Academy of Sciences on National Science Day.
- Second position in PowerPoint presentation competition organized on the occasion of National Science Day by the Department of Chemistry, ARSD college.
- Awarded with the Pathfinder Award 2021-22 for a project "Beyond Conventional: Managing Floral Waste as a Social Welfare Project".
- Article entitled "Pollution Amid Pandemic: Effect of Lockdown on Air Quality" published in International Journal of Prevention and Control of Industrial Pollution Vol 7, No. 2 (2021).

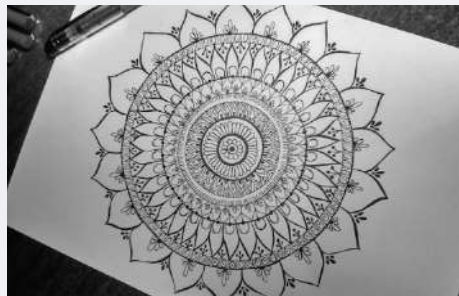
Individual Achievements for the year 2021

Swati Sharma

- Awarded with the Pathfinder Award 2021-22 for a project "Beyond Conventional: Managing Floral Waste as a Social Welfare Project".
- Completed a Google Dashboard online course

Ananya Thukral

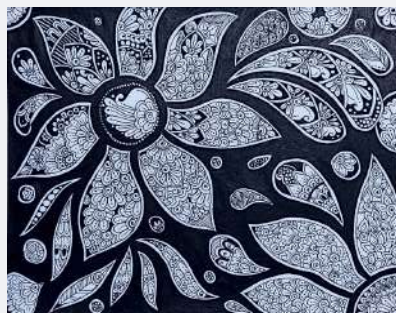
- upGrad Data Analytics Certification ongoing
- Core team member at Shiksha Uninterrupted (raised 3L cash/ kind donations to provide gadgets to girls so that they can continue their education online)
- Currently working at Opraahfx as an Intern (Have received a placement offer from this company and will join after graduation).



By: Kamini Sharma, 3rd year



By: Disha Aggarwal, 2nd year



By: Shubhangi Nagar, 2nd year



Achievements and

SCHOLARSHIPS



S.NO.	NAME	YEAR	NAME OF SCHOLARSHIP/AMOUNT	AMOUNT
1.	Chahat Kohli	3	AICTE	(20,000 per annum)
2.	Himanshi Sharma	3	National Scholarship Portal	(10,000 per annum)
3.	Pooja Tomar	3	Inspire Scholarship	(60,000 Per year)
4.	Akshita Gupta	2	Inspire Scholarship	(60,000 Per annum)
5.	Anjali Kumari	2	National Scholarship Portal	(10,000 per annum)
6.	Shubhangi Nagar	2	Inspire Scholarship	(60,000 per annum)
7.	Sakshi Sharma	2	Inspire Scholarship	(60,000 per annum)
8	Simran Sanduja	2	National Scholarship Portal	(10,000 per annum)
9.	Taniya Sharma	2	AICTEER-PMSSS	(30,000 per annum)
10.	Nikita Negi	1	-	5297
11.	Priyanka Chahar	1	POSE Scholarship	(4,000 per month)
12.	Soniya Singh	1	Student Welfare Refund	(5,000 per annum)

DR. MINAKSHI SHARMA MEMORIAL AWARD

"The reward for work well done is the opportunity to do more."

A teacher isn't someone who teaches something but someone who inspires the student to give of their best in order to discover what they already know.

Dr.Minakshi Sharma Memorial award is an award given in her memory every year to the best student in the final year across the course of chemistry honours, B.Sc.programme life science and physical sciences.

This year the award has been given to Ms Priyanka , B.Sc. Chemistry Honours.



Dr. Minakshi Sharma



Ms.Priyanka

SCIENCE BEHIND INDIAN CUSTOMS

BY : PRAJNA BHOWMIK, II YEAR



Mehandi adds its own extra beauty to the brides. Ever wondered if it has any scientific value? Well, Mehendi is a very powerful medicinal herb. Its application to hands and feet prevents stress during the wedding. It cools the body and keeps the body from becoming tense.



Sitting on the floor and eating

When we sit on the floor, we usually sit cross-legged. This position instantly brings a sense of calm and helps in digestion. It is believed that this automatically triggers the signals in your brain to prepare the stomach for digestion.



Fasting

Ayurveda sees the basic cause of many diseases as the accumulation of toxins in the digestive system. Regular cleansing of toxic materials keeps one healthy.

Fasting ensures that the digestive organs get rest and all body mechanisms are cleansed and corrected.



Our ancestors have stressed the fact that our meals should be started with something spicy and sweet dishes should be taken towards the end. The significance of this eating practice is that while spicy things activate the digestive juices and acids and ensure that the digestion process goes on smoothly and efficiently, sweets or carbohydrates pull down the digestive process. Hence, sweets were always recommended to be taken as the last item.

SCIENCE BEHIND INDIAN CUSTOMS

BY : PRAJNA BHOWMIK, II YEAR



Toe rings

In many Indian communities, it is common for women to wear a toe ring. The ring is worn on the second toe. A particular nerve from the second toe connects to the uterus and passes to the heart. Wearing a ring on this toe strengthens the uterus and regulates healthy menstrual flow.



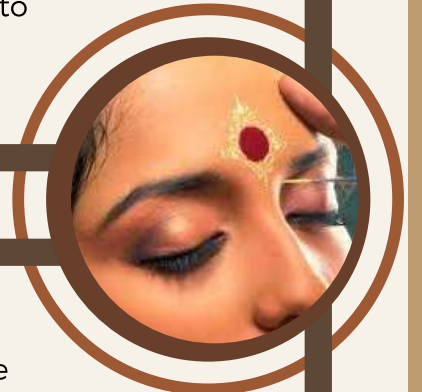
Namaste

Joining both hands during 'Namaskar' ensures touching the tips of all the fingers together. This, in turn, activates pressure points linked to the ears, eyes, and mind, helping us to remember the person for a long time. Plus point, since there is no physical contact, no exchange of germs.



Bells in temples

The sound of the bell ring clears the mind. Moreover, this sound creates a unity between the right and left parts of our brain. The duration of the bell echo is ideal to activate all the seven healing centers of the body, thus clearing us of negativity.



Tilak/Kumkum

Between the two eyebrows, there is a major nerve point in the human body. Applying tilak to this region prevents the loss of energy and retains this to control various levels of concentration. Moreover, this also ensures that the mid-brow region and the Adnya Chakra is pressed are automatically pressed. This also facilitates the blood supply to the face muscles.

Speaking Spree

A SPIRITUAL
CONNECT TO
NATURE

WINNING OVER ANGER

BY : SHRADDHA R. BHAT, III YEAR

Whenever someone does contrary to what we would have expected them to, we get angry with that person. We happen to remember all the bad things the person has done in the past at once, which creates in us a bitter emotion towards that person. However, in the moment of anger, what we fail to understand is that our emotions are overpowered by our intellect, which, in most cases, is not a good thing. Even if a person has done 1000 good things and merely 10 times has the person caused us some sort of discomfort, we automatically tend to focus on those 10 things only, and completely forget about the rest. Actually, this is just human tendency and the path an untrained brain finds comfortable to proceed in, which is solely controlled by emotions. Bhagavat Geeta says, "इंद्रियों के वश में नहीं, इंद्रियों को वश में करो"; only if we don't let our emotions control us, can we win over the evil called anger. But it is definitely easier said than done. Half the time people aren't even aware what they are doing is not correct and only adds to the ever-mounting pile of miseries. One of the main reasons for this difficulty encountered is usually that we, especially the youth of today, tend to only look at any given situation from just our perspective. We are so centered on our lives, our problems, our situations, and our hardships, that we often fail to recognize and accept the view of the person in front of us.

The other important factor behind such behavior can be attributed to the fact that we unconsciously keep people on certain pedestals and attach certain

specific characters to them, according to our idea of ideality

When it comes to humans, most people would never look twice at the situation. Why? Simply because we have kept the other person on a certain pedestal.

The pedestal may not necessarily be big, but we have framed it in our minds that the person in front of us should behave in a particular way only and any deviation from it brings us on our nerves. What we often tend to miss is that the person in front of us is also a human after all; nothing more, nothing less. Additionally, since everyone has their own life, no one is and should be, bound to what your expectations are. It is okay for people to make mistakes, but what is not is that you become narrow-minded and forget all the good virtues of the person and fail to understand their side of the story. Well, being a chemist, we all know ideal behavior is seldom seen, but we don't try to convert forcefully everything to show ideality; instead, we accept their nature and try to understand why they behave so and provide our versions of explanations. If we can do it for lifeless substances, it shouldn't be hard to apply the same to humans. After all, "हम जैसे देखें यह जहाँ है वैसा ही, जैसी नज़र अपनी". Hence, to win over anger and solve problems in an easier way, we should first learn to control our emotions and detach any expectations we have from anyone else and see them as mere humans, who are prone to make mistakes.

FEMINISM

BY : DEVANSHI AHLUWALIA, I YEAR

I support feminism, in its truest sense. And the fact that I have to include the latter part of the sentence shows how much, as a society, we have misunderstood the term and what it stands for. I am a feminist, as I wish to live in a world that is equal for men, women, and those out of this gender spectrum as well. No, I do not think of women as superior to men. No, I do not believe all men to be predators. No, I do not stay silent when I see men being harassed or abused. No, I choose not to be toxic about my womanhood. No, I do not pull other women down based on their career choices. Yes, I am a feminist. Women in the country earn 19% less than men. Every year over 2 lakh girls are killed even before they step into this world and thousands of women die due to dowry harassment. Almost 50 percent of teenage Indian girls are underweight and 52 percent are anemic. Being a homemaker is equivalent to working 2.5 jobs but the work women do in the house goes unrepresented in our lives.

In the newly elected 17th Lok Sabha, only 14 percent of the members are women. Data suggests that about 46 percent of women do not use hygienic methods of menstrual protection and 36 percent feel uncomfortable buying them with other customers around. Besides, men are expected not to show emotions, to be strong, not to be feminine. Men choose to opt for jobs to look after their kids. Men feel bad taking paternity leaves. Men feel like they have to look a certain way to be termed as men, to have beards, to have abs, to not use make-up. I believe in the free expression of femininity and masculinity where I'm not putting down anyone just making sure each one of them has a chance always to do whatever they want. Even if women wish to stay at home and work, that should also be respected.

इंसानियत

BY : PREETI CHAUHAN, II YEAR



BY : ANSHIKA, III YEAR

बावरा मन
 यहां वहां, जाने कहां-कहां
 हिचकोले खाता फिरता है,
 कभी बीते कल के
 लम्हों को संजोता है,
 तो कभी,
 आने वाले कल के
 ख्वाबों को बुनता है
 बावरा मन
 यहां वहां, जाने कहां-कहां
 हिचकोले खाता फिरता है
 आखिर अब इस
 बावरे मन ने भी,
 खुद को समझाना सीख लिया
 खुद को आखिर
 अब दूसरों की कसौटियों पर
 कसना छोड़ दिया,
 जिस उगते सूरज को
 सब सलाम करते हैं,
 उसी सूरज के
 दिन चढ़ जाने पर
 डूब जाने की दुआ करते हैं,
 ये इंसान है जनाब,
 गालियों में एक दूसरे को
 जानवर कह जायेंगे,
 पर मजाल है!!
 जानवरों से वफादारी जैसा
 एक भी गुण सीख पाएंगे
 वफादारी ओह!
 ये कला तो इंसानी प्रजाति में
 विलुप्त हो चुकी है,
 कहते थे इंसानियत जिसे
 वो कला तो कहीं खो सी चुकी है,
 शायद इसीलिए मुझे जानवर ज्यादा भाते हैं
 इंसानों से ज्यादा इंसानियत
 तो वे मूक प्राणी ही दिखा जाते हैं ।

YOUTH TODAY

GROWING UP TOO FAST

BY: VISHRUTI SHRIVASTAVA, II YEAR

With increasing competition comes dissatisfaction. The need to settle early in life, the need to work and earn is increasing in today's youth, resulting in them being materialistic and not feeling enough. Getting told to decide aims way before their adolescence, children are no longer as free and independent as they were back in the early days. The once carefree and fresh attitude has now been off course and set to being dedicated, and fulfillment of their goals has become their main priority. Children are starting to lose their innocence when put too early in the competition and grow up too fast than they should be. A study says that 'Modern Childhood ends at the age of 12'. Stuck in a rat race to be ahead of everyone, children are losing themselves. Even the selection procedures have become difficult and selective. Expecting too much or imposing or bossing children around too much can affect their development, be it mental, social or psychological. Pressuring them to grow up quickly and putting too much stress on them can hamper their growth, they won't be able to handle it.

Childhood is all about having fun and exploring oneself, then why is today's generation skipping vital practices of life for their placements in the near future. This is disastrous. Growing up is a slow process. A blossom blooms pretty when it's given enough sunlight, water, minerals, and time or it just withers away. Being mature and having a goal at an early age is good, but the key elements in one's childhood shouldn't be missed. A child who grows up too fast feels incompetent, scared of the future, feels inferior, and often doubts the future. Many lose motivation in life and this leads to major consequences. Expected to know all the technical stuff from the start doesn't make a child smart or bright, it drifts their parents away and creates barriers in their relationship. Being under societal pressure also makes children believe that growing up and

maturing way before their age is better for them to fit in the society. Children are told to act older than their age, girls are expected to be sweet and pretty, boys are expected to be strong. All this leads to the downfall in their development and finally affects their mental health. Peer pressure also plays a huge role in this aspect.

Not only do children try to grow more mature, but they are also made accessible to things and topics which are too early to know for their age. And a major role in this is played by the media. Children are influenced by what they see, and the type of content accessible to them through the internet sets the learning and innocent environment off. Television, movies or the internet is a boon and bane in itself. The Internet makes things way more accessible to children, leading their thoughts and mind to grow too fast. Having access to social media at an early age, many children undergo cyberbullying. Not knowing much about the real harsh world and how things work, they are often victims and end up getting caught in numerous cybercrimes, but is it really their fault? Telling them to grow more mature makes them lose interest in the present and look forward to the future, which only makes them repent and look for the past. Is it really necessary? They have access to all sorts of content. Not being able to analyze situations, children usually adopt the behavior they're shown and react in the same way. Not only explicit content but they're also made aware of drugs and alcohol which surely isn't suitable for their age.

Creating shortcuts and making everything available at a click, technology is great, but childhood isn't, it can't be rushed. Children need love and care, they need time, growing up needs time. But now, the world we live in is new, and the effect of the online world is going to be dangerous.

THE LIGHT OF HOPE

BY : DISHA DHIMAN, III YEAR

The Covid-19 pandemic era has been a roller-coaster ride for all of us. We all felt a wide plethora of emotions ranging from sadness to fear.

We've come across things that we wish we shouldn't have encountered- the stillness and empty streets, the city hospitals packed to the rafters, crematoriums and burial grounds being overwhelmed, and an array of negativity associated with all of this. But were we really able to infer its existence? Let's open our eyes to some positive reasons which tell us why it was really there.

It was there to bring out the goodness, kindness, and heroism in people, and make them use it in the service of the needy.

It was there to make us understand the importance of social connections and not to take them for granted. To spare a few moments from our day to meet and greet our loved ones.

It was there to help nature recover as it started to lose its importance because of the existing human habits and their cruelty towards nature.

It was there to make us realize the importance of janitors, healthcare workers, police officers, and NGOs who were tirelessly working to take care of thousands of people and provide them with the best of everything.

It was there to regain our lost interests and creativity which were overshadowed by our routine life. We've discovered our unique talents which we didn't know existed in the first place.

It was there to bring together the countries of the world in a true spirit of friendship to battle the pandemic. This showed us how countries not only work together for diplomatic and strategic ties but also do certain things out of compassion and care for each other.

It has taught us to respect and take care of our mothers who tirelessly and selflessly work for their families. Though we were all at home chilling and binge-watching Netflix, our mothers never rested or took a break.

It was there to make us realize that mental health is an issue that exists and is nothing to be ashamed of. It is not a taboo as considered by society. It has made us realize that it is perfectly OK not to be okay, and we should never hold ourselves from expressing what we truly feel.

Finally, it has taught us to be there for people, make them smile in every way possible, and raise their spirits. To reassure ourselves and everyone around us that we can get through anything if we are together.



BY : PREETIKA RAO, II YEAR



BY : KAMINI SHARMA, III YEAR

EUTHANASIA

BY : RIDHI SETIA, I YEAR

"To save a man's life against his will is the same as killing him."

This very proposition instills in one's mind the notion of euthanasia, more often known as "mercy-killing". To simplify, euthanasia is an act of willingly ending a person's life painlessly to relieve stress and pain. The first country to legalize euthanasia was the Netherlands in 2001 and Belgium in 2002. Off late, the term has generated a controversy globally with no conclusion yet. Varying views of mankind regarding this issue have created a mountain out of a molehill.

Many nations, including India, view this deed to be morally inaccurate which is absolutely justified in terms that Hindus believe euthanasia will cause the soul and body to be separated at an unnatural time and this will damage the karma of both a doctor and a patient. Although an individual has suffered a lot, people wish for her/him to meet natural death instead of showing "mercy". Sticking to their moral ethics, they consider this act of relieving a person from agony illegal. Many countries including Switzerland, Spain, Australia, Canada, etc. have legalized euthanasia. It can be performed only at the patient's own request and not at the request of relatives or friends.

Also, physicians consider this when the suffering is unbearable with no prospect of improvement. But the penitent question is whether euthanasia is the only available option? Well, not actually. It denies the patients the final stage of growth. Also, it violates the historically accepted codes of medical ethics. For Indians, culture and faith are inseparable and many moral decisions are influenced by their particular culture.

Legalizing euthanasia may satisfy a group of people but can hurt the sentiments of a large group simultaneously.

Even if every action to cure patients had gone in vain, voluntary euthanasia is unnecessary because alternative treatments do exist. Though it is carried out under medical assistance and is considered an act of "mercy", it undermines medical research. It's true that there is no harm in allowing a 'good death' wherein people decide how they want to die since human beings don't prefer to go through a long dying process. To sum up, in everything that has been stated so far, though autonomy is important it is not absolute.



BY : DISHA AGRAWAL, II YEAR



आत्मनिर्भर भारत

BY : PREETI CHAUHAN, II YEAR

धरा ये गौतम की, धरा ये बुद्ध की है
धरा ये सहिष्णुता, धरा ये प्रेम की है
धरा ये गंगा, धरा ये कावेरी की है
धरा ये वसुधैव कुटुंबकम् की है।।

भारत सिर्फ भूमि का एक टुकड़ा नहीं, एक कारवां है,
एक भावना है। एक ऐसी भावना जो हर भारतीय के
दिल में
हर पल सांसें लेती है, हर पल उसे गौरव का एहसास
कराती है। गौरव, की वे उन शूरवीरों के वंशज हैं
जिन्होंने अपनी मातृभूमि की स्वाधीनता के लिए हंसते-
हंसते फांसी के फंदे को चूम लिया।

दुश्मन की गोलियों का सामना हम करेंगे,
आज़ाद ही रहें हैं
आज़ाद ही रहेंगे।
-चंद्र शेखर आज़ाद

कुछ ऐसा जज़्बा था, हमारे स्वतंत्रता सेनानियों का,
जिनका केवल एक लक्ष्य था - स्वाधीनता।
यही स्वाधीनता पाने की ललक में स्वराज का सपना
भी देखा गया। स्वराज अर्थात् स्वशासन या अपना
राज्य।

स्वशासन की जड़ है आत्मनिर्भरता।
अर्थात् आत्मनिर्भरता की संकल्पना भारत के लिए
कोई नया किस्सा नहीं है। राष्ट्रपिता महात्मा गांधी ने भी
सदा चरखे से सूत कातने को, एवम् खादी को अत्यंत
महत्व दिया था। उनका मत था स्वाधीनता प्राप्त करने
के लिए, अंग्रेजी प्रशासन को ध्वस्त करने हेतु भारतीयों
का स्वावलंबी होना, आत्मनिर्भर होना अत्यंत
आवश्यक है।

आज जब एक अनापेक्षित महामारी से पूरा विश्व जूझ
रहा है, तब एक बार फिर आत्मनिर्भरता का पथ एक
उद्धारक की भांति हमारे समक्ष विद्यमान है।
जब पूरे संसार में कोविड नामक संकट के बादल
गहराने लगे, तब भारतीयों ने आपदा को अवसर में
बदला। इस महामारी के आने से एक बात तो स्पष्ट हो
गई, टूट कर बिखरने और बिखर कर संवरने के बीच
सिर्फ अदम्य साहस का ही फर्क होता है और वही
अदम्य साहस दिखाया हमारे देश ने, हमारे भारत ने।
जिस देश की अर्थव्यवस्था, जिस देश की मेडिकल
आधारभूत संरचना महामारी के आने से डगमगा गई
थी, उसने ना केवल खुद को संभाला अपितु जो ऐसे
देश हैं जिन्हें हमारी सहायता की अति आवश्यकता थी

भारत ने अपनी वसुधैव कुटुंबकम् की परंपरा को
चरितार्थ करते हुए उनका भी मानवीय सहयोग
किया।

भारत के अंदर दो स्वदेशी वैक्सीन का निर्माण
किया गया - कोवैक्सीन एवम् कोविशील्ड।
कोवैक्सीन का निर्माण भारत बायोटेक एवम्
इंडियन काउंसिल ऑफ मेडिकल रिसर्च द्वारा किया
गया है और कोविशील्ड को सीरम इंस्टीट्यूट ऑफ
पुणे द्वारा बनाया गया है।

ये दोनो वैक्सीन भारत की आत्मनिर्भरता अभियान
में क्रांतिकारी सिद्ध हुई हैं। भारत ने ना केवल
अपने नागरिकों का कोविड टीकाकरण किया
अपितु 71 देशों में 586 लाख वैक्सीन की खुराक
पहुंचा कर ये साबित कर दिया भारतीय अपने दुख
में भी दूसरों के आंसू पोंछने जानते हैं।

सिर्फ यही नहीं, पी. पी. ई किट जिनका उत्पादन
महामारी आने से पूर्व केवल नाममात्र था देश में,
आज हमारा देश 600 घरेलू कंपनियों के साथ पी.
पी. ई किट का दूसरा सबसे बड़ा निर्माता है। यदि ये
चमत्कार नहीं, तो मैं तो चमत्कार से अनभिज्ञ हूँ।
जिस कोविड काल में उम्मीदें, आशाएं सब धुंधली
पड़ गई थीं, उसी समय में केवल 2021 में 42
भारतीय कम्पनियों ने यूनिर्कोर्न स्टार्ट-अप का
दर्जा प्राप्त किया।

अविश्वसनीय से लगने वाला ये कार्य हमने अपने
जज्बे से सच करके दिखाई है।

अंत में चंद पंक्तियां जो शायद मेरे भाव को अधिक
सरलता से व्यक्त कर पाएंगी:-

भले ही कुछ पल,
दुख के बादल गहराते हैं
भले ही कुछ वक्त,
चौतरफा निराशा के अंधेरे छा जाते हैं
पर फिर सवेरा होगा,
इस उम्मीद के साथ जीती हूँ
फिर मुस्कुराएगा भारत
फिर खिलखिलाएगा भारत
वसुधैव कुटुंबकम् को फिर सिद्ध करके दिखाएगा
भारत
में शान से कहती हूँ,
हां, फिर से तिरंगा शान से लहराएगा भारत

THE TURNING POINT

BY : MANYA BAWEJA, II YEAR

"It is strange, but it is true that the most important turning points of life often come at the most unexpected times and in the most unexpected ways"- Napoleon Hill

Everyone has a different understanding and importance of turning points in their life. It is not that specific people face it, it is experienced by everyone at some or other point in life. According to me, a turning point is that point that changes your life totally for better or for worse and also no one can understand others' struggles unless you experience them on your own.

Imagine on a usual Sunday winter morning, sitting in your quilt in no mood to get up and go outside thinking about what the day will bring to you, your mother calling you or more aptly scolding you for being lazy and not coming to have your breakfast at the table.

Finally, after an intense battle between your mind and heart, you finally decide to wake up and go to the table to have your food. And the day proceeds as expected. In the evening, you are sitting at the window enjoying the winter chills and sipping hot coffee. All of a sudden, your brother comes running toward you and you are in a fix as to what might have happened. Trying to guess from his facial expressions as to whether it is good or bad news but unable to do so you leave any hope and wait for him patiently to come.

Ultimately, he broke the most awaited good news, that the colleges are reopening and you are standing dumbfounded not knowing either to be delighted or upset because it was the news that your ears have yearned to listen to for the last 2 years.

Everyone in the house was glad to hear the news and had started planning about the new phase that was going to come in your life which is "College Life". Eventually, the day concluded, but this night came up with a lot of questions in your mind. Lying on your bed, only one thought was revolving in your mind that the college life you have witnessed in the movies and have seen in your dreams is the one that you will see in reality in just a few days. A confusion going on: Why can't you be entirely happy or sad?. Suddenly, a thought strikes your mind about the "Turning Point" that you read in the novel last night, and at that time you didn't even think in your nightmare that such a thing would happen the next day. That time you realized the real meaning of the story as soon as it happened in your life.

To conclude, you should always be ready to face these turning points, these are like the hurdles that you need to cross anyhow in order to move forward in life. But in the long run, you should also try to sit back and admire these days as these are the moments that will become memories and you will cherish them one day as "The good old days".



BY : DISHA AGGARWAL, II YEAR

THE STOCK MARKET

BY: ANSHIKA, III YEAR

Benjamin Franklin once said: "An investment in knowledge pays the best interest"

Gone are the days when people used to only rely on their savings for future security. In today's world, savings may not be adequate to ensure financial safety. Idle money kept in the savings bank account or locker may also not serve the purpose. Investing allocates money in different asset classes with the intention of capital appreciation and earning better returns in the long run. In India, we have several investment options. One of the popularly known options is Direct Equity, commonly known as Stock investment. So, we are going to know about stocks which sound very interesting to the young generation.

WHAT IS STOCK?

A stock market is similar to a share market. The key difference is that a stock market helps you trade financial instruments like bonds, mutual funds, derivatives as well as shares of companies. A share market only allows the trading of shares.

The key factor is the stock exchange – the basic platform that provides the facilities used to trade company stocks and other securities. A stock may be bought or sold only if it is listed on an exchange. Thus, it is the meeting place of the stock buyers and sellers. India's premier stock exchanges are the Bombay Stock Exchange and the National Stock Exchange. The young generation has a lot of confusion between Sensex and Nifty, but this is quite simple to understand. Sensex and Nifty are broad market indices and benchmarks of the equity market. They represent the entire stock market, and hence any change in these two indices affects the entire market. The only difference between the two is that Sensex comprises 30 stocks while Nifty has 50.

Companies list shares of their stock on an exchange through a process called an initial public offering or IPO.

When a company establishes itself, it may need access to much larger amounts of capital than it can get from ongoing operations or a traditional bank loan. It can do so by selling shares to the public through an initial public offering (IPO). Investors purchase those shares, which allow the company to raise money to grow its business. Investors can then buy and sell these stocks among themselves, and the exchange tracks the supply and demand of each listed stock.

TYPES OF STOCK

There are two main types of stock—common and preferred—the term equities is synonymous with common shares, as their combined market value and trading volumes are many magnitudes larger than that of preferred shares. Common stock can be further classified in terms of their voting rights. While the basic premise of common shares is that they should have equal voting rights—one vote per share held—some companies have dual or multiple classes of stock with different voting rights attached to each class.

WHAT IS A STOCK EXCHANGE?

Stock exchanges are secondary markets where existing shareholders can transact with potential buyers. So when you buy a share of stock on the stock market, you are not buying it from the company, you are buying it from some other existing shareholder. Likewise, when you sell your shares, you do not sell them back to the company—rather you sell them to some other investor.

HOW TO INVEST IN THE SHARE MARKET?

First, you need to open a trading account and a Demat account to invest in the share market. This trading and Demat account will be linked to your savings account to facilitate a smooth transfer of money and shares. A beginner can learn about the stock market by investing in penny stocks. Penny stocks are usually associated with small companies and trade infrequently meaning they have a lack of ready buyers in the marketplace.

ADVANTAGES OF INVESTMENT IN THE STOCK MARKET

The fundamental goal of investments is to guarantee our future. Stocks are considered liquid assets since they can be easily converted to cash and have a large number of purchasers at any given time. The stock market is always a factor in a thriving economy, and it responds to all economic growth indices like gross domestic product (GDP), inflation, corporate profit, and so on. The stock market in every country is regulated by a regulatory body, for example in India, the body is SEBI. This means that when an investor invests in the stock market, not only his money but also his rights are protected by these regulatory bodies. This saves them from any kind of fraudulent activity done by the company they have invested in.

The stock market gives flexibility in small investments. Stocks can be bought and sold easily with the help of technology. Shares, bonds, mutual funds, and derivatives are among the financial products available in the stock market. This gives investors a wide range of things to choose from when it comes to investing their money.

Some common apps and Software related to the stock market are listed below by which anyone can invest or learn about stocks.

1. *KEAT PRO X*: A jet-speed online trading software to invest in the share market online in real-time.

2. *Kotak Stock Trader*: Mobile trading app.

3. *Dealer-assisted trading*: This is an assisted trading service that will help to make an informed investment decision.

4. *Fastlane*: A light and fast Java-based trading platform that makes share trading easy even on slow and aged old computers

5. *Xtralite*: An extra light and a superfast trading website that works best even if you have a slow internet connection.

6. *Money Control app*



BY : PRIYANKA , III YEAR



BY : NEHA SAINI , III YEAR

AN ODE TO THE NIGHTINGALE

BY : SHRADDHA R BHATT, III YEAR

On 6th February 2022, I felt a weird numbness as I saw the news of the demise of Lata Mangeshkar Ji. It was a bitter sad feeling to accept that the legendary singer, whose songs I have grown up listening to, was now no more in person. Lost deep in the thought, I could only remember how most of my memories have people singing her evergreen songs. Her songs were perfect for every mood; whether I had a bad day or a good day, each one of her songs never failed to keep my spirits up. The mastery she had over her voice was highly commendable. I speak not as a specialist, but as a common person who rejoiced in every single song of hers. Being a part of the youth who rejoice in the modern upbeat songs, listening to her golden songs was my definition of euphoria as well as peace. Each tune, each swar that she sang was always so meticulously handled and brilliantly delivered that it made me wonder at the wonders of the human capacity. Her range of voice and the variation in it clearly showed how dedicated she was and how rigorously she practiced music. Even after reaching such heights and fame, her extreme simplicity and loving nature were what fascinated me and made me admire Lata Ji not just for her talent but also for her humanity and generous heart. Not once had she ever been involved in any controversy and had stayed as down-to-Earth as never seen before. On 6th February 2022, India didn't just physically lose its nightingale, it also lost a person with a heart of gold and an epitome of talent, hard work, and dedication. However, Lata Ji's legacy will continue to live forever in the hearts of all the Indians where her songs stay afresh even today.

A PLEASANT NOCTURNE

BY : VISHRUTI SHRIVASTAVA, II YEAR

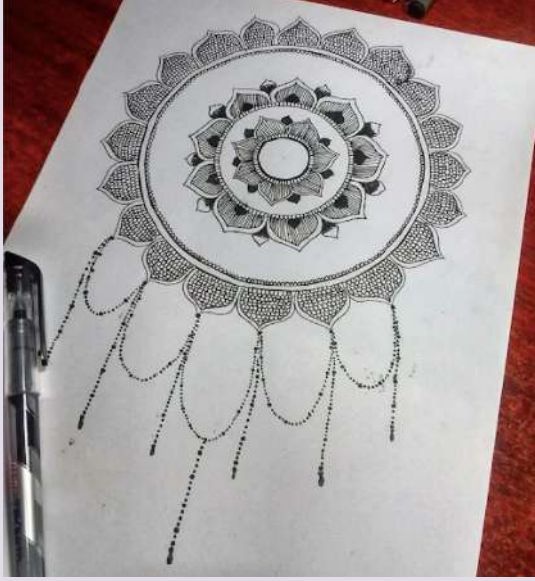


BY : PREETIKA RAO, II YEAR

A blank sheet draped with glitter came over me as the sun disappeared. Drenched with the loud chirp of cicadas, you hear neighbors laugh and scream nearby even late at this hour. Clouds stir by and you suddenly hear the roar of Thunder nearby. Above, the roof leaks and squeaks, as the clouds sweat and shed refreshing tears relaxing the Rose bushes nearby with sprinkles of liquid, clear dust, the roof draining, the now filled buckets of water. A grassy field washed with the color of Pinewood forest fills the place, toads singing in grace. Windbreaks through your hair, gradually filling the air. Never have I ever preferred another weather. Finally the night breeds. The last couple of droplets drip and pour, toads hop and mop around the tiny puddles. The sun sneaks into the sky shimmering through droplets of water revealing cobwebs you couldn't quite see before. Another beauty is thus revealed.

बस एक बार

BY : PREETI CHAUHAN, II YEAR



BY : KAMINI SHARMA, III YEAR

बस एक बार मुझे
खिलखिलाने दोगे क्या?
बाहरी जहां का दीदार करने दोगे क्या?
मेरी मां की कोख से बाहर आने दोगे क्या?
बस एक बार...
पिता के स्नेह में डूबने का अवसर दोगे क्या?
वादा करती हूं मैं,
कभी तुम पर बोझ ना बनूंगी
सदा तुम्हारे कानूनों के दायरे में रहूंगी,
कभी अपनी आवाज़ नहीं उठाऊंगी
कभी तुम्हारा सिर नहीं झुकाऊंगी
वादा करती हूं मैं।
मां कहती है,
बाहरी संसार भेड़ियों से भरा है
तुम मुझे उन भेड़ियों से रक्षित करोगे ना?
बोलो ना
बोलो ना...
अरे हां..
तुम तो समाज हो ना
वो समाज
जहां प्रथा के नाम पर
नन्हें बच्चियों को मौत की नींद सुलाया जाता है
पर क्योंकि परंपरा है,
तो कोई एक उंगली भी नहीं उठाता है
थक गई हूं मैं,
मुझे चैन की नींद सोने दो
नहीं देखना ये झूठा संसार
मुझे मेरी मां में ही खोने दो...

THE LAST ANGEL

BY : VISHRUTI SHRIVASTAVA, II YEAR



BY : POONAM NARANWARE, II YEAR

She walks with a burning rose,
watching the decaying world,
Gods are hiding in the church,
the wicked laughs of monsters she heard.
With wounded wings, she is an only
Angel alive
Once ruled the world, her species,
every single one has died.

She cannot fly back to heaven or
fight against the odd,
There is no one she could hide
behind, no mother, no Lord.
Her broken wings are the weight she
needs to carry everywhere
Beasts preying on the last Angel,
play nasty but they call it fair.

Fire, floods, tears, and scream
Humanity is dead and so is every
single dream.
She threw the burning rose at the
foot of the God
He vanished away instead of healing
the Last of Us.

She sits on the stairway, her legs
crossed
Someone charged an arrow, to her
chest it came across
She smiled at her killer, thanking
them for her escape
She could go to another heaven, that
she hopes, would be in better shape.

वैवाहिक बलात्कार

BY : PREETI CHAUHAN, II YEAR

अगर मैं गलत नहीं,
भारत ये वही है
जहा सीते को पूजा जाता है
जहां लक्ष्मी-सरस्वती को
सिरमाथे पर बैठाया जाता है
जहां शुभ कार्य की शुरुआत
कन्या पूजन से की जाती है
अगर मैं गलत नहीं,
तो भारत ये लक्ष्मी-बाई का है
फिर क्यों आज?
इतना दुर्व्यवहार अपनाया जाता है
फिर क्यों आज?
लड़कियों को उनके पराए होने का एहसास कराया जाता है
फिर क्यों आज?
बेटियों को जायज़ या नाजायज़ हर संबंध निभाने पर
विवश बनाया जाता है

इन चंद पंक्तियों से इतना तो स्पष्ट है, आज का भारत झांसी की रानी का भारत तो नहीं है।
हां, बहुत आगे बढ़ गए हैं हम। चांद पर कदम रख दिए, मंगल तक तिरंगा लहरा आए, समुद्र की गहराइयों तक पहुंच गए, गगन की ऊंचाइयों को छू लिया। किंतु जो नहीं कर सके वो है एक स्त्री की गरिमा की रक्षा।
हां, मैं स्वीकार करती हूं, ये वाक्य कर्णप्रिय कदापि नहीं, किंतु सत्य यही है।
मुद्दे अनेक हैं जिन पर वार्ता होनी चाहिए, खैर वार्ता तो हम 75 वर्षों से कर रहे हैं, अब उन मसलों पर सुनवाई होनी चाहिए। सुनवाई जो तारीखों की मोहताज ना हो, जिसमें केवल तथ्य हों, पर जाने क्यों ऐसा प्रतीत होता है कि कुछ ज्यादा मांग बैठी हूं मैं।

एक ऐसी ही समस्या है वैवाहिक बलात्कार। जो जन इस "समस्या".. हां यदि मेरे शब्दों का चयन सही है, तो मेरी दृष्टि में वैवाहिक बलात्कार एक समस्या ही है।
प्रथमदृष्टया, ऐसा लगेगा यदि विवाह हो गया है तो बलात्कार कैसे, क्योंकि हमारे समाज में तो विवाह के पश्चात कुछ गलत होता ही नहीं है। एक पुरुष जो भी करे अपनी विवाहिता के साथ वह सब सही, ऐसा कहना है हमारे भारतीय समाज का।
किंतु सर्वविदित प्रश्न यही है क्या यह संबंध सच में सही है? क्या सिर्फ विवाह के बंधन से पुरुष को सभी अधिकार मिल जाते हैं? क्या स्त्री अस्मिता का हमारे आधुनिक समाज में कोई मूल्य नहीं रह गया है?

भारतीय संविधान के अनुच्छेद 375 के अनुसार यदि कोई पुरुष अपनी विवाहिता के साथ जिसकी उम्र 18 वर्ष से कम नहीं है, उसके साथ यदि उसकी सहमति के विरुद्ध शारीरिक संबंध स्थापित करता है तो यह बलात्कार की श्रेणी में नहीं गिना जायेगा।

परंतु हमारे ही संविधान के अनुच्छेद 21 में सम्मानजनक जीवन जीने का एवम् निजता का अधिकार वर्णित है।

यदि किसी महिला की अस्मिता पर वार होता है तो भला यह किस प्रकार का सम्मानजनक जीवन हुआ?

यदि एक महिला का उसकी अपनी देह पर अधिकार नहीं तो भला यह किस प्रकार की निजता हुई?

ऐसे तत्व जो इस अपराध को सही ठहराते हैं, उनका कहना है यदि अनुच्छेद 375 के विरुद्ध कानून लाया गया या इसे खारिज किया गया तो यह विवाह नामक पवित्र बंधन का अपमान होगा एवम् इससे हमारी सामाजिक व्यवस्था अस्त-व्यस्त हो जाएगी।

मेरा प्रश्न है क्या विवाह का एकमात्र उपलक्ष्य पितृसत्ता को बढ़ावा देना होता है?

कानूनी प्रावधान तो बदले जा सकते हैं परंतु उस सोच का क्या जिसके अनुसार पति परमेश्वर है, उसका कहा हर वाक्य पत्थर की लकीर है, उसका किया हर कार्य सही। क्यों आज भी हमारे समाज में मां अपनी बेटी को हर परिस्थिति में अपना वैवाहिक दायित्व निभाने के लिए प्रोत्साहित करती है, क्यों आज भी एक मां अपने जिगर के टुकड़े को मूक होकर सहने की जगह गलत के विरुद्ध आवाज उठाने के लिए प्रोत्साहित नहीं करती हैं। क्यों?

सच में, ये सभी तथ्य हृदयविदारक है। कल्पना भी नहीं को जा सकती की उस शारीरिक एवं मानसिक पीड़ा की जो एक महिला इस अपराध के कारण सहती है।

परंतु हमारा संविधान आज भी इस कृत्य को अपराध नहीं मानता।

भारत अपनी आजादी के स्वर्णिम 75 वर्षों का जश्न मना रहा है परंतु इस जश्न में हमें यह कदापि नहीं भूलना चाहिए कि एक समाज तब तक सही अर्थों में प्रगति नहीं कर सकता जब तक उस समाज में एक महिला की गरिमा की रक्षा ना हो सके। ज़रूरत है संविधान में शीघ्र अति शीघ्र संशोधन कर ऐसे अनुच्छेद जो स्त्री अस्मिता पर वार करते हैं, उन्हें असंवैधानिक करार देने की। ज़रूरत है, हमें अपने विचारधारा को बदलने की।

अंत में चंद पंक्तियां:-

स्मरण रखना,
दुर्गा है वो, शक्ति है वो,
वक्त आने पर काली है वो
तुम उसकी गरिमा पर दाग ना लगाना
जिस दिन अपने प्राणों पर बात आएगी,
वह चंडी भी बन जायेगी...

NANI-BADI

BY : ISHANI KHANDELWAL, III YEAR

When we were little, during our 45 days of summer vacation, mom used to take us to her hometown- Kolkata.

A 20-hour train journey from Delhi to Kolkata, my mom always packed me a juice box, my coloring book, and my wax crayons. I would always climb up to the top bunk where I settled my paraphernalia for the day, napping in between every few sessions of scribblings.

In the morning when we reached the station, we caught a ride in the yellow ambassador cab that has been an iconic part of the city's culture and sat staring out the window for an hour till we reached our home, in the city filled with beauty that transcends generations, it's the heart still holding architectural marvels from the era of the British and nawabs.

At our Nani's house, we rode up to the 4th floor in the elevator that had two separate iron doors and a keypad of tiny black buttons which had a mind of its own. My mom's siblings would often plan the trip beforehand and hence the family of 5, was soon housing 10 more members, and the floor was soon jam-packed with sisters meeting after a year and cousins running around the newfound playground.

Mornings started with the more joyous hustle of the house with the preparation of breakfast, cousins queuing up to use the bath, and Nani still following her usual routine, completely unbothered by the chaos that was now her house. In the afternoon our mom would take us to the famous bazaars of the city and would point out fun facts about the buildings we saw pass by.

We held her hand as she roamed in the market, and told us tiny-tales of her memories of the same place.

The hustle of the markets and the immense amount of colorful knickknacks kept us entertained the whole afternoon.

Then she took us to her favorite restaurant that she frequented when she went to her college, which was right around the corner for lunch, after which we returned home. The weather which was unpleasantly humid in the morning turned into a windy evening

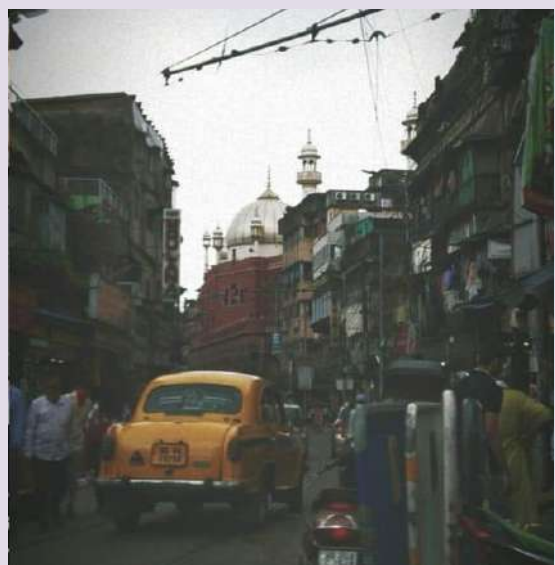
and mom would walk around the verandah at dusk, enjoying the air, which somehow always had the smell of rain in it.

Dinner in Nani house was a tradition, Aloo-Mattar ki sabji, Paratha and a glass of aamras, post-dinner the whole family would convene in the largest room in the house and we played exactly 2 games of tambola, because that's the most us kids would sit in the same place.

On the days, when my nanu had a day off, he would wake us early in the morning and we take us to the roof and handled us a handful of grains to feed to the pigeons and in the afternoon took us to the local coconut vendor and in the evening he would bring us mudhi, bhelpuri, and fresh sandes.

The whole month passed in the same cycle, breakfast in the morning, shopping in the afternoon, movie screenings in the evening, and two games of tambola at the night.

Soon enough, it was our time to return back home, our Nani would pack us food for the trip and a huge jar of sweet pickles. Our Nanu would help us board our train and buy me a coloring book and a juice box for the ride back.



Online Teaching Experiences



Dr. B. VAIJAYANTHI

13th March 2020. COVID 19 cases were on the rise and as per a Government order, educational institutions had to be shut down till the end of March. I had never experienced such a situation in my life except during the '90s when the fear of the Plague that broke out in Surat made people flee Delhi. They were moving to other SAFER cities! COVID however turned out to be a pandemic, the only border for which was the border of the earth itself. It didn't give us any safe getaway! Clueless and paranoid by the thought of getting infected by the virus, we all welcomed this break. Soon there was a circular which mandated conducting classes online. Having made video calls on skype to my son several times, it wasn't a difficult proposition for me. Soon I started using skype for my classes.

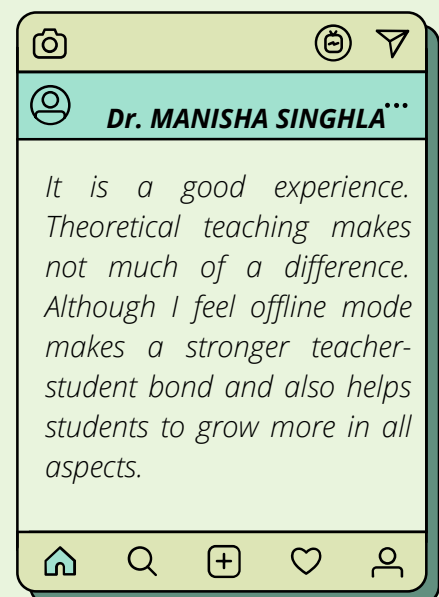
Zoom was gaining popularity as a video calling platform all over the world and one of my classes demanded that they be taught on Zoom. I readily agreed, downloaded Zoom, initiated a meeting id, and sent it to the class.

Everyone joined on time, I started teaching and suddenly in the middle of the lecture, a message pops up "Your meeting is going to be over", all because it was a free version and none of us was aware of it.

Immediately I texted the students that the class was not yet over and created another link for the second half only to learn later that we could have joined on the same link again after 40 minutes. After a class or two, I learned that we could also share our ppt or videos during a zoom meeting. Every random while though, Zoom was good to us and it would let us go on for an hour. As the debate with the students, on which platform was good, continued (I insisted on Skype as there was no time limit), it came to our notice that University had subscribed to Google services and we could use Google meet as the platform. I switched over to google meet; I also started creating Google classrooms. With a pilot test in mind, I tagged one of my younger colleagues as a student on Google classroom without realizing the consequences. She could not create any Google classroom with that account as she was considered a student! Help came in from one of my student's brothers too in understanding the working of Google classroom.

In about 15 days, everything was streamlined.

To start with we had discussions on stream but due to inconvenience to some students, it wasn't very successful. After a few classes, the students started requesting the notes to be posted; I did not want to share my notes over the internet as a lot of effort had gone into their preparation and they could be plagiarized easily. Regardless, I made up my mind and started sharing my notes. The lessons had to be reorganized and elaborated to suit the students. I was sitting through the day preparing notes on the computer. In addition to this, I would share hand-written notes on some topics old question papers on WhatsApp, and photocopies of books on Google classroom. Work from home (WFH) was the new trend and I struggled to switch between house and work. There was no help in hand due to the pandemic and all work had to be managed by ourselves. Though the lockdown was lifted educational institutions are not yet open for the students(though intermittently the final year students are given a chance).



Students were the most affected during the lockdown/ shutdown period.

I received several phone calls from my 3rd-year students who were worried about their future. Sometimes the call went up to more than an hour and just a friendly talk with the student made them cheerful.

Even though I was quite scared of the situation I consoled myself about how everything will end well. Many of our senior teachers would call me up to ask about the use of Google meet and Google classroom. My knowledge of these apps improved when I helped them out. All of us learned it together.

In the initial days of lockdown, we conducted primarily theory classes and after some time realized that the students were missing a major chunk of their studies. I was teaching a computer-based paper "Molecular Modelling and Drug Design" and Dr. Tripti Kumari was the Co-instructor. As this course required only computers and could be taught online, we decided to go ahead with the practical classes. We aimed to at least demonstrate to them the use of the software Arguslab, even if all the students didn't have a computer/laptop. We started and took long hours of practical classes. Students would note down the values and record them by hand in their notebooks. The session also got unduly extended due to COVID and before the final examinations we had covered quite many exercises. One can't imagine the amount of satisfaction we got. It was tremendous! Practical examination in the online mode followed. Since it was an open book examination (OBE) we had to constantly send guidelines to students and answer every individual query. From the subsequent semester, all of us took to teaching practicals online, each teacher finding her way out. Some teachers used recordings available on the Internet while some others visited the college and recorded the experiments. In some of my classes, I visited the college along with the teacher sharing the practicals and demonstrating the experiments to the students online. With the internet playing its hide and seek, we all are aware of it by now that the common dialogue during an online class is "Ma'am, you are not audible" or "your voice is breaking ma'am". At times the internet was steady and the classes went on smoothly.



BY : PRACHI GOLA, I YEAR



BY : ARJU, I YEAR



BY : DISHA ACCRAWAL,
II YEAR

All this teaching in the online mode was going on since the 16th of March 2020. For all my video conferences, I was using the laptop issued by the college, and by the end of March, its display started giving trouble and in a day or two it broke down. To retrieve all my lessons, I connected the laptop with the monitor of a desktop. My son had left his old laptop at home and it came to my rescue. I transferred all my data from the college laptop to my son's laptop and started using it for online teaching. And the continuous usage that too in the summer months took its toll on this laptop too. It broke down and soon I sought my son's advice on the best laptop I could purchase. I explained to him how I was missing the writing on the blackboard and that I wanted something which can project my ppt and also help me directly write something on the display. Immediately he ordered a touch screen laptop that could be used as a tablet or a laptop.

I had got what I had always wanted.

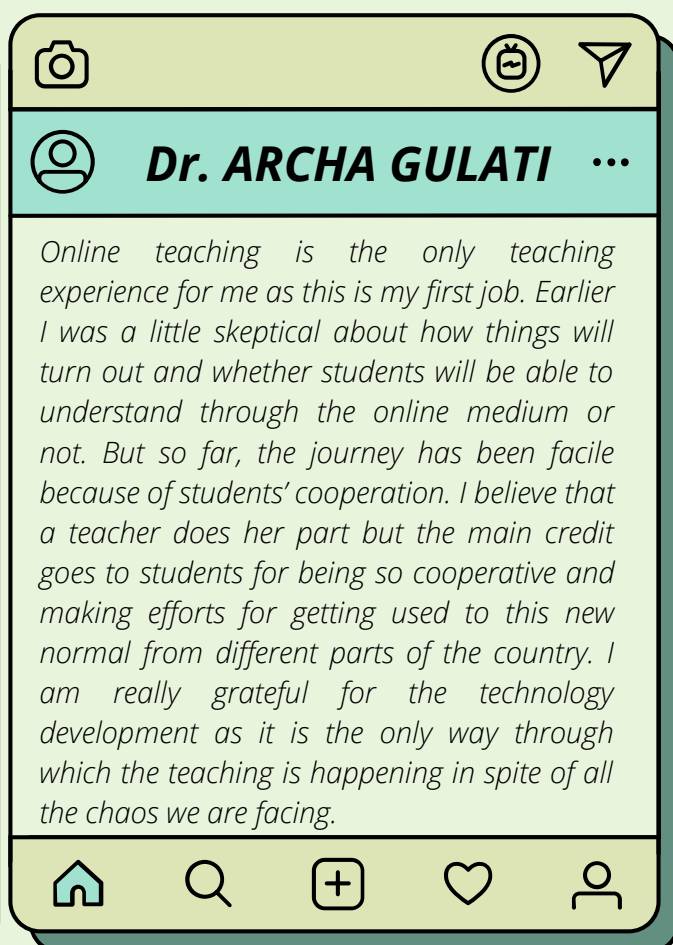
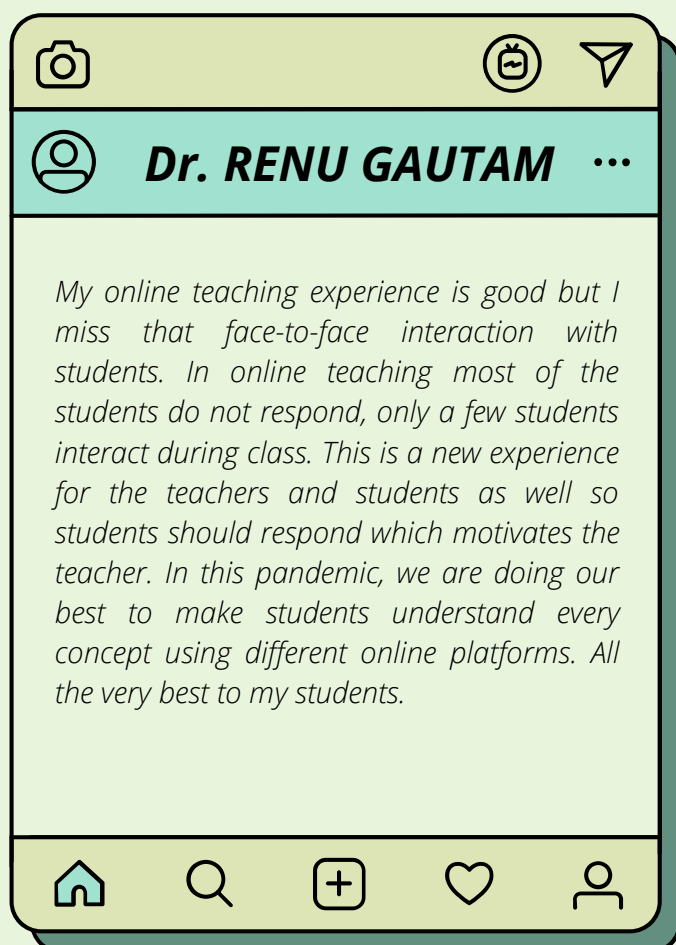
A new session and a new laptop and the classes are in full swing!

Let me share how students reacted to this online mode. A new batch of students whom I was meeting for the first time had already gained exposure to online teaching. Most of them were reluctant to put on their videos during a class either due to their backgrounds or due to insufficient data. Upon my persistence in keeping the video on, many of them did put their video on. One of the girls always had the video upside down as though doing a 'Shirshasana'; I could identify her easily because of this.

During one of those initial days of online teaching, during a lecture, I received several phone calls on my phone which was in silent mode. Even the vibration was disturbing me and hence I rejected all of them. After a while when I did not get any response from any of the students on Google meet, I checked and found that I was out of the meeting. When I called up the CR of the class, she said that they had posted several messages on the WhatsApp students group and also called me several times..those were the call I had rejected! It was a lesson for me and from then onwards I am very careful.

Everything was running smooth and now I was used to taking online classes, sending notes, and evaluating assignments. The third-year OBE examination was also over and we had to evaluate the papers on the portal. This was again a new experience and after several failed attempts (both university and we were learning) I could evaluate the paper papers. Though we had put in our heart and soul in our lectures (same we expect with other teachers as well of other colleges and other subjects)the OBE answer scripts were disheartening....there were examples of perfect answers on one side while on the other side the answers were simple reproduction of text from the books and we were supposed to find the answer from it. During this time my turn for the Superintendent ship of practical examinations came up and a seemingly difficult task was successfully carried out at the comfort of home. We had moved from face-to-face mode to the online mode in all respects of education. All this while the most important app that we all used to be in touch with the students or our colleagues, was WhatsApp.

Most institutions took advantage of WFH and arranged webinars or workshops during the lockdowns. I had the opportunity to attend some of those and enrich my CV. Keenly looking forward to the opening of the college...



DR. BEENA NEGI

It was just a regular month, March 2020, the middle of the semester. The government then imposed a national lockdown for the health and well-being of its citizens. We faced the harsh reality that our students might miss a semester of learning. We had to un-learn the traditional way of classroom teaching and quickly find a way to deliver the best quality education to students from various socio-economic backgrounds using the most accessible methods. With the rise in Covid cases every passing day, it was clear that there are meager chances of in-person classes. We initiated interaction with our students through WhatsApp, Zoom, and Google meet. We delivered our lectures online and learned a new way of teaching. We discussed these online platforms with teachers and students, and together we explored the endless possibilities of remote learning. We recorded the lectures and shared them on google classroom. We took the internal assessment and practice exams online. Many students attended their classes through mobile phones with poor internet connections. But their efforts were commendable as they joined all the lectures and submitted their assignments on time. During one of the lectures I delivered on green chemistry, I felt that some students were facing a bad internet connection during live lectures.

So I recorded my video lectures and uploaded them on my youtube channel.

<https://youtube.com/channel/UCiB32CfOFDQpD60IFoXDJVA>

Beena Negi, Assistant Professor

Then started the next academic session in August 2020, with all admissions taking place online. However, we were ready to give them a world-class learning experience. We discussed and explained the concept of practical experiments online. The concern of online classes is that the students cannot have a hands-on experience of experiments, so we tried our best to explain the experiments through videos. We made some videos of practical experiments and showed them to the students. I also asked students to deliver a presentation on chemistry-related topics, and they put all their efforts into making a good presentation and shared their screens.

Our final year student (Ramya) and I published a review article in the Journal Current research in Green and sustainable chemistry. Two other students wrote a review article and got it published in a reputed journal. I felt happy being acknowledged by them. Teaching topics like polynuclear hydrocarbons, heterocycles, and stereochemistry online was also a good experience.

The most important thing we are missing in this virtual environment is the in-person interaction of teachers and students. We expect to be teaching in a classroom environment again soon and provide a more immersive experience to students through Hybrid learning.

BY : POONAM NARANWARE, II YEAR



Sweet Conversations

Union Members' Experiences

*Iqra
Jabi*

I became part of the union this year only and was delighted to see such a formal environment. I had amazing conveners and core members. I learned leadership skills and how to manage a team. I now know how to get the work done in the team and the etiquette to talk and behave in a formal environment.

SOCIAL MEDIA REPRESENTATIVE

I have really enjoyed working as a social media representative. From the starting, I've seen myself growing and enhancing my skills even more. Being a beginner it was sometimes difficult to figure out what is to be done and how but thankfully my team members were always there to help me out as and when required.

*Shubhangi
Nagar*

SOCIAL MEDIA REPRESENTATIVE

It was overall a fine experience as I got to learn new things. From the Editorial board to participating in events, I got my confidence built up. All throughout, I could explore and delve deeper into my skills. I really feel it would help me in the long run.

*Gazal
Chhawri*

EDITORIAL BOARD MEMBER

*Neha
Saini*

With an amazing union to support, this year's journey was nothing less than a wonderful roller coaster ride. To add to the journey, being guided by two great teachers, only added to my learnings. The last year of my college life has been one of my best ones which I will cherish for years to come. I am thankful to the union for being so supportive and helping me discover my capabilities to their fullest potential.

EXECUTIVE MEMBER

Being the social media head this year gave me an amazing opportunity to interact with new and interesting minds who were always so eager and enthusiastic to give their best. Being a part of an amazing union guided by extremely generous and sweet teachers who were always encouraging and supportive. The year was a great success for the union. Rasgandhayan has been close to my heart since the first year and will remain so in the coming years as well.

*Swati
Sharma*

SOCIAL MEDIA HEAD

Vishakha

Gained leadership quality, gain confidence, good platform to increase the confidence level

EXECUTIVE MEMBER

POST EVENT REPRESENTATIVE

*Prachi
Gupta*

My journey as one of the three post-event representatives of the union has been amazing, one filled with lots of learning and exposure. Each event has helped me understand the significance of teamwork, planning, and execution; thereby, instilling the qualities of promptness, creativity, and perseverance in me. The most important lesson I've learned during this year is that sometimes things may not go in a way as one has planned but even at such times, we should not get discouraged by the mere thought of failing, rather, these are the times when we should act wisely and think of a possible solution instead of begrudging our situation. I'm glad that I got to explore so much more than what I've done before and for this, I express my sincerest gratitude towards our entire team.

*Nidhi
Jha*

Being a part of a union means responsibility but it is equally fun as well. It is one of the best parts of my college life now. Glad to be a part of such an interactive team and to have such amazing co-members!

EXECUTIVE MEMBER

Working as an Editorial Board Member was a fruitful and worthy experience. I got an opportunity to improvise on my flaws as a union member and to give my level best in every task assigned to me.

*Preeti
Chauhan*

EDITORIAL BOARD MEMBER

I would like to say it was an enlightening experience as I got to learn a lot. Also got a chance to meet more people other than my classmates. Overall, it was a lifetime memorable experience as it gave me life lessons through little things.

*Manya
Baweja*

EDITORIAL BOARD MEMBER

*Prachi
Gola*

I began my first year of college being a member of our society. I became a part of SMR and it was a wonderful experience for me. I learned a lot under the guidance of my seniors. I learned how to manage a lot of things with our studies and how to conduct successful events. After joining society I got to know that I have a talent too. In short, I can say that it is a game-changer for me, it enhances my skills and gave me life experience. I feel so lucky that I am a member of the Chemical Society.

SOCIAL MEDIA REPRESENTATIVE

I enjoyed working with my team members. I learned a lot of new skills in Rasgandhayan, it nourished me with new experiences, developed my skills like how to manage and distribute work in a team, and most importantly how to coordinate with our team members. I must say, everyone was so cooperative with me, and I never felt inconvenienced in our Union.

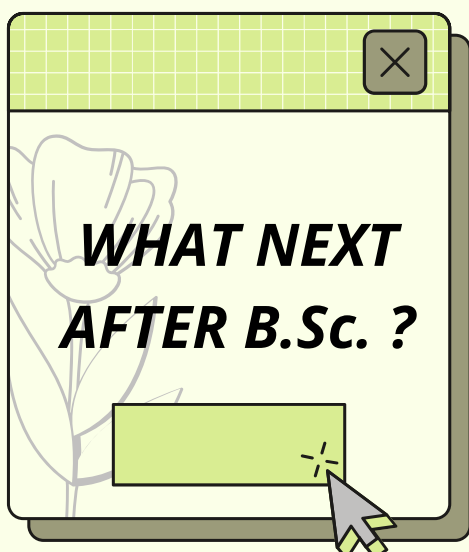
Anshika

EDITORIAL BOARD MEMBER

*Chahat
Kohli*

As we come to the end of this academic year, I want to thank you all for providing me with this opportunity to be a part of such a wonderful team and union. The skills and great ideas of our team have resulted in more efficient events that helped us increase our skills and confidence to do more. We all have demonstrated great leadership abilities and teamwork skills.

EXECUTIVE MEMBER



BY : GAZAL CHHAWRI, II YEAR

Chemistry has a greater significance in every aspect of life, an amazing thing to note is that not only in research but in other fields too chemistry has proved its vitality. We all might have heard about it, and therefore landed into our dream college pursuing Chemistry as our core subject. After achieving this milestone, yet again, we are surrounded by a new predicament, that is a tizzy in our career. It's quite obvious on our part to have such a fear, but the sheer reason is that we are not aware of the scope of Chemistry and haven't got exposure to the world of Chemistry

Chemistry is a lot more than our cognizance of it. Bachelor's in Chemistry opens doors to many job opportunities in the Public Sector as well as the Private Sector and government jobs too. Another option is to abound our knowledge of this subject, can do M.Sc. and Joint M.Sc + Ph.D. from IIT or IISc. For this, we will have to give the JAM exam i.e. Joint Admission Test for Master's.

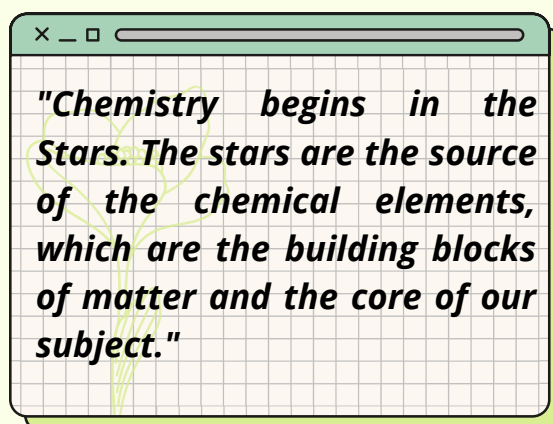
Besides that, we can go for an MBA from a renowned institute, which will earn us a handsome amount of money, but the only condition is to do it from a prestigious institute, IIM, FMS are some of these institutes, and we will have to give the CAT exam for admission. Now, some of us might be thinking that when we could get these jobs after B.Sc.

Then why go for M.Sc.? Every job has a requirement for both, undergraduates as well as postgraduates, but postgraduates are preferred for high-grade jobs over undergraduates, as every company seeks a candidate with experience.

Furthermore, there are some private firms having requirements for chemistry students, For example, Dabur, Ranbaxy, Patanjali, etc. There are many industries, be it fragrance, food & beverage, mining & metallurgy, pharmaceutical companies, etc. having a whopping demand for chemistry graduates. Then comes the government jobs, where you have umpteen options, UPSC, SSC, Indian Defence services, etc. are some of the exams we can give for government jobs.

Above all, we can go for a career in teaching, as teaching is the one profession that creates other professions. For pursuing a career in teaching, one may go for a Bachelor of Education(B.Ed.) degree, and another option is teaching in private coaching centers.

Last but not least comes entrepreneurship, it is something that has nothing to do with our degree in chemistry. Entrepreneurship is the procedure of designing, beginning & running a new business. It's not only about getting an idea for a business, instead, but we will also have to be financially as well as emotionally resilient. But an interesting fact is that entrepreneurship has a lot of scopes all around the world. We may open our business after completing our degree, the rest is our fate and hard work, subsequently. The only thing that one must remember is that every field requires hard work and perseverance, so, be prepared.



REAL POLLUTION BY THE DIGITAL WORLD

BY : SHRADDHA R BHATT, III YEAR

With everything turning digital with increasing speed in the past few years, not many of us would've expected that even pollution could be digital. Yes, you read it right, it's digital pollution that I am concerned about. So, are your internet habits as clean as you think? No, in contrast to the common perception that digital everything is cleaner, digital pollution has been increasing with a high increase in the usage of the internet across the world. Digital pollution stems from the manufacturing of electronic devices, e-waste, and digital consumption. Every time we send an e-mail, chat with our friends, use social media, stream videos online or run a google search, we are emitting carbon dioxide into the air and thus causing digital pollution.

One of the main causes of this is the huge infrastructure required to bring the internet to the entire world, which requires a high amount of energy. This energy runs our devices, operates data centers, stores data, maintains servers, and powers the wireless networks. All those unread e-mails in our inboxes, which some of us ignore without a second thought, and the thousands of necessary app notifications which we so effortlessly swipe out, are also the causes of digital pollution. An e-mail emits about 4 grams of CO₂ if it has no attachments and 50 grams if there is one. Since more than three hundred billion emails are sent and received daily, the emissions caused by these are huge. Streaming videos account for the biggest portion of the world's internet traffic and generates 300million tonnes of CO₂ every year. Interestingly, it was found that the carbon emissions produced by people watching Netflix's top 10 shows are roughly equivalent to driving a car beyond Saturn!

Overall, over 1.7 billion tonnes of greenhouse gases are produced in the manufacture and running of digital technologies around the world; each of us is responsible for producing a whopping 400kg CO₂ a year. This accounts for 3.7% of the planet's greenhouse gas emissions. It is worrying more so because the entire ecosystem nowadays revolves around the web.

Some companies have taken the problem seriously and started amending their mistakes. Companies like Google, Microsoft, and Apple are shifting to renewable energies. But still, most countries around the world are still majorly dependent on fossil fuels.

How can we play our part in decreasing digital pollution? Here are some easy ways.

- Set some time aside and delete all those unwanted emails or the e-mails no longer of importance.
- Avoid sending e-mails to multiple recipients.
- Try sending files as a shared link rather than as a direct attachment wherever possible.
- If you're not watching videos, then avoid playing them in the background.
- Stream videos preferably over Wi-fi.
- Whenever possible, switch from high definition to lower resolution.
- Always close unused background tabs.
- Directly type out the URL in the address bar instead of googling it.
- Save the websites you frequently visit.
- Download your music.
- Turn down the brightness.
- And re-use your old electronics.

These may seem mundane to one, but these small steps can really help reduce digital pollution greatly. Compromising your comfort and ease will make a huge difference. Let's combat digital pollution as early as possible and make the world a better place to live in.

CATCHING UP

with Anita Chugh Ma'am

BY : RIDHI SETIA, 1 YEAR



Ridhi- Good Afternoon Ma'am. This is Ridhi, a member of the Editorial Team, Rasgandhayan. Ma'am, I, on behalf of the entire team, want to conduct an interview with you since you have left an indelible impact on our lives, so we want you to share your experience with us so that we as students can imbibe those values among ourselves. So, shall we begin with the interview, Ma'am?

Anita Ma'am- Yes yes, for sure.

Ridhi- Ma'am, how was your experience as a teacher in this college?

Anita Ma'am(with a smile)-The experience was really wonderful. Teaching students in a classroom using chalk and blackboard has always excited me and kept me motivated. Also, I learned various new things during the journey. Teaching was always my passion and this college gave me the perfect platform to continue my passion so my experience was beautiful.

Ridhi- That's so nice to hear.
Anita Ma'am smiles.

Ridhi- So, the next question to you is, from the first day in college till today, what has been the biggest challenge during this journey?

Anita Ma'am(laughs)- The biggest challenge was to shift from the physical mode to the online mode of classes since I was never a computer-savvy person. But I still tried to learn all these technical things. To be honest, I never enjoyed the online mode as much as the physical mode since the type of response you receive in the latter can never match the former.

Ridhi- That was a bit expected answer(both laugh).

Anita Ma'am- Since you are in your first year you will understand better.

Ridhi(giggles)- Yes I can definitely relate to this.

So, to continue, here's another question for you. Can you recall an incident from your journey that has created an unforgettable impact on your life?

Anita Ma'am- I think everything is unforgettable (*heartily laughs*). I really enjoyed myself in this college but one thing that apart from teaching, in my early days, when I was a staff advisor and was managing the activities other than the academic activities is one part which I can never forget. Running to dignitaries, calling the chief guests, I mean you are always very excited about it and look forward to it, so I can't forget that.

Ridhi- Ma'am, since you have devoted so many years of your life to this college, how have you been able to manage all these aspects?

Anita Ma'am- You know, the beauty and the most basic component of your question is the attitude. If you have a very sincere attitude. This teaching has taught me one thing: always plan your things. That means writing down your schedule as a timetable is the most important component and if you make a timetable and follow it up then you can prioritize your work. So once you understand how to plan your timetable, things go very comfortably so I would suggest everyone make a timetable.

Ridhi- Thank you Ma'am for sharing this tip with us. So, my last question to you is what is your mantra for motivation that you would also suggest to your students?

Anita Ma'am- I keep telling this in my classes as well, my mantra is to keep learning as learning is a process that never stops.

CATCHING UP

with Ms. Rachna Singh

BY : ANSHIKA, III YEAR



1. What was the most memorable moment of your college life that still brings a smile when you think about it?

The memorable moments in my college life that I enjoyed the most with my friends were the “field trips”, even the last trip I remember was the Chandigarh trip. I enjoyed the rides, the food there and that was the most memorable trip for me.

2. How was your journey as a President of the Chemistry Department? How did you manage your schedule between college studies and society’s work?

My journey as a President was amazing. I had a wonderful team and we used to distribute the work we had, everyone took their responsibility very seriously, they even used to do extra work on charts and posters. I remember that we used to gather outside the labs for sharing our ideas for events, charts as well.

3. How has Gargi boosted you to shape your personality and be a step closer to the person you envisioned yourself to be?

Gargi has shaped me wonderfully. In my first year, I was shy, low, confident, not open but Gargi provided enough opportunities for me. I was the CR of class and talked to classmates, so the interaction shaped me a lot, and taught me so many things like women empowerment. Our Teachers were so friendly confident and optimistic and all that shaped my personality.

4. What were the key features of our college that you feel were unique to Gargi?

The campus area is very good, Beautiful, and aesthetic. Although Gargi is off-campus, still provides a safe space. The good feature of Gargi is “safety”. Whenever I am going to college and when I enter college I feel safe.

5. How did the transition from offline to online affected your studies during your last semester in college?

Online classes were difficult for everyone, for teachers and students, and the days were so bad. I remember that I managed my classes with a spare phone because, in the lockdown, I did not get a chance to buy a new one. My phone battery died easily. I remember that I could not attend Vijayanthi ma'am's classes with my spare phone, even I was unable to understand the platform that how the platform works.

6. In what ways do you think Gargi prepared you to face the practical hardships of real life?

As I said earlier, in Gargi, there is so much confidence and opportunities. We don't how to face the crowd but Gargi gives you more and more opportunities.

7. What is advice you would like to pass on to your juniors on how to manage themselves in the outside world?

The only advice that I want to pass on is, you should be yourself. We try to transform ourselves by seeing other people, that is what people do, but this is not good. Self-love is very important, we judge ourselves on our personality, even we judge ourselves before any other people judge us, but this is wrong. Our society puts pressure on us, and to face society's pressure you have to be yourself and your first priority.

CATCHING UP

with Ms. Ramya Vishwanath

BY : DISHA DHIMAN, III YEAR



Q1) What does Gargi College mean to you?

Ans. Gargi means more than an educational institution to me. It is a red-bricked fortress of warmth, learning, and opportunities.

Q2) From your first day in college to your last day, what was the transition that you noticed in yourself in terms of growth?

Ans. College taught me so much more than pure academics. My three years at Gargi transformed me from a shy and closed individual to a more confident and self-aware person. My experiences at college also taught me the value of empathy.

Q3) What was the most memorable moment in your college life?

Ans. My most memorable day was my first Zistatva in 2018. It was the first day my new friends and I bonded. Another day that I cherish is the Diwali Talent Hunt hosted by Rasgandhayan in 2019. It was a wholesome day as several members of the department shared their talents, and everyone cheered them on.

Q4) Which extracurricular activities helped shape you into the person you are?

Ans. I have pursued music since I was five years old. It has taught me essential life skills such as discipline and focus. Through my daily singing practice sessions, I have also learned the importance of perseverance to achieve any goal.

Q5) How did the Covid-19 crisis affect your everyday life, and how did you cope with the situation?

Ans. While I was fortunate that Covid-19 did not impact my life drastically, the pandemic took away half my college life from me. Out of my three years of college, I could physically go to college only for 1.5 years. Online learning was a challenge compared to the offline classes we were used to (for both teachers and students), and the main problem was an increase in screen time. I also found that the lack of a routine (getting up, going to college, attending class) made it difficult for me to focus and study. I coped with the situation by planning my day every morning, making timetables, setting weekly and monthly goals. I also ensured that I took regular breaks to give my eyes rest.

Q6) What is your experience at Cambridge University, and what's the difference between the study environment in India and Abroad?

Ans. My experience has been enriching and enjoyable! The main difference that I find is that the focus in India is more on the theoretical aspect of the subject, while the focus here is more on the real-life application.

Q7) Do you have any advice for your juniors?

Ans. Remember that college life is super short – three years whizzes past in no time. So, seize every opportunity that comes your way. Remember to take time to do something you love apart from your academics. And surround yourself with people who encourage you to be the best version of yourself.

WOMEN IN SCIENCE

BY : PRAJNA BHOWMIK, II YEAR



Cynthia Jane Kenyon is an American molecular biologist and biogerontologist. She has done extensive research on the aging process of organisms.

In 1999, she co-founded Elixir Pharmaceuticals with Leonard Guarente to try to discover and develop drugs that would slow down the process that makes people age.



Nina Marie Tandon is an American biomedical engineer and is CEO and co-founder of EpiBone, the world's first company growing living human bones for skeletal

She is the co-author of *Super Cells: Building with Biology*, a book that explores the new frontier of biotech.



Sunetra Gupta is an Indian-born British infectious disease epidemiologist and a professor of theoretical epidemiology at the Department of Zoology, University of Oxford.

Her area of research includes various infectious diseases like malaria, HIV, influenza, bacterial meningitis, and COVID-19. Gupta wrote her first works of fiction in Bengali.



Dr. Ritu Karidhal Srivastava is an Indian scientist working with the Indian Space Research Organisation. She was a Deputy Operations Director for India's Mars orbital mission, Mangalyaan.

She also supervised Chandrayaan 2 mission as the mission director. She has been referred to as a "Rocket Woman" of India.



Tu Youyou is a Chinese pharmaceutical chemist and malariologist. She discovered artemisinin and dihydroartemisinin, used to treat malaria, a breakthrough in twentieth-century tropical medicine

Yearbook

THE CLASS OF 2022

Akanksha Nawani



We can't have only good things in our lives, but I wish you have more good things than bad things.

Ananya Thukral



If you really want something, you don't stop for anyone or anything until you get it

Anshika Gupta



The beautiful thing you can be is yourself.

Aparna Rajwaney



"Beautiful things can happen when you take a leap of faith, so don't be afraid to try something new."

Chahat Kohli



I would like to thank juniors, Google, Wikipedia, and to whoever invented copy and paste.

Dipti Yadav



Your future is only as good as the work you put into it.

Disha Dhiman



The point of living isn't to arrive at the future; it's to arise in the present.

Gunjan



Have a smile on your face, gratefulness in your heart & kindness to be live with... Be the One!!!

Himanshi Choudhary



"If you want to succeed , focus on changing yourself, not others "

Himanshi Sharma



If you follow your dreams, you are capable of anything.

Ishani Khandelwal



Yes I was very productive today, thank you very much

Kamini Sharma



A winner is a dreamer who never gives up.

Kanishka



We have our memories, now let's go make the future.

Monika



Be someone that they believe good people exist.

Neeraj Deshwal



"Stop comparing yourself to other people, you're supposed to be unique"

Neha Saini



Success doesn't rush. The greatest reward is the journey!

Nisha Jakhmola



"Believe you can and you are half way there"

Nisha Saharan



If you follow your dreams, you are capable of anything.

Pooja Tomar



Your future is only as good as the work you put into it.

Poornima Bohra



You can't move forward without saying goodbye to the past.

Priyanka



Always be a first-rate version of yourself, instead of a second-rate version of somebody else.

Sharon Tribhuvan



You can't just sit there and wait for life to come to you, you have to go get it.

Sheenam



"You can't move forward without saying goodbye to the past"

Sheetal



When you pray god listens, when you listen god talks, when you believe god works.

Shraddha R Bhat



This quote is too important to screw up, so I'm playing it safe. Accio rapturousness ;)

Swati Sharma



Here's is the picture of my pretty face. Just in case you were having a bad day.

Tanya Vats



Dear future self, "Remember to take a more photographs of YOURSELF."

Tulsi Sharma



You are the greatest project you will ever work on.

Vandana Kumari



You can't make everyone happy, instead try to be grateful and happy with what and whom you have.

Varnika Garg



Idolize yourself because you are the one who can make yourself happy.

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BATCH OF 2022

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BY: MADHAWI TIWARI, I YEAR

PHOTO GALLERY



YEAR OF 2022

Left to Right:

Top Row - Sharon Tribhuvan, Shraddha R Bhat, Aparna Rajwaney, Tanya Vats, Disha Dhiman, Vandana Kumari, Nisha Saharan, Neeraj Deshwal, Gunjan

Second Row - Ishani Khandelwal, Akansha Nawani, Sheenam, Swati Sharma, Kamini Sharma, Priyanka, Neha Saini, Anshika, Himanshi Choudhary, Varnika Garg

Bottom Row - Pooja Tomar, Chahat Kohli, Monika, Himanshi Sharma, Poornima Bohra, Dipti Yadav, Tulsi Sharma



YEAR OF 2023

Left to Right:

Top Row - Garima, Kalpana, Dipanshi, Isha, Tanisha, Riya, Vishakha, Akshita, Prachi, Vishruti, Shubhangi

Second Row - Harshita, Anchal, Muskan, Manya, Pranshu, Sakshi, Poonam, Anjali, Disha, Taniya

Bottom Row - Karuna, Simran, Ritika, Anshu, Iqra, Jannat, Ayodhika, Komal, Preeti, Suchita



YEAR OF 2024

Left to Right:

Top Row - Jyoti, Bhoomika, Anjali, Ridhi, Arju, Kunika, Priyanka, Neha, Nidhi Maurya, Nancy

Second Row - Prachi, Devanshi, Amrita, Anjali, Ananya, Niharika, Nikita Negi, Sonia, Kripa, Riya

Bottom Row - Nidhi, Diksha, Soniya, Sanskriti, Nikita Giri, Drishti, Shiliba, Jigmet, Vandana

Period Planner

January

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June

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18	19	20	21	22	23	24
25	26	27	28	29	30	

July

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24	25	26	27	28	29	30
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August

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10	11	12	13	14	15	16
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24	25	26	27	28	29	30
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September

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18	19	20	21	22	23	24	
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October

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24	25	26	27	28	29	30
31						

November

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11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30		

December

					1	2
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- Heavy
- Medium
- Light

Notes

AMALGAM 2021-22

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