

VIBGYOR

DEPARTMENT OF B. A. PROGRAMME
2021-2022



A step towards sustainable lifestyle

-Illustration by Dishti Kawatra
(B. A. P, 2nd year)

About The Theme

Being green is more than just buying 'eco'. It is an unshakable commitment to a sustainable lifestyle.

- Jennifer Nini

The hustle-bustle of everyday life, the preference for quick fix to time-consuming but long term solutions, the love for convenience and comfort over sustainability of natural resources and life; these are the rationale behind our distinguished theme:

"नव़ेको; A step towards sustainable lifestyle"

नव़ेको is more than just an initiative, it is a thought, a mindset, a drive that we wish to bring in everyone around us. Vibgyor 2021-22 brings you a message from Earth, a plea, a cry for help, a demand that needs to be met today. A demand to conserve, reuse, recycle, preserve and to become 'eco-friendly'.

A plea to save it's resources, to maintain equilibrium and to sustain it's core.

A guide, to fare through tough times.

Climate change is real. Global warming is unstoppable.

Valuable flora and fauna are extinct.

Natural resources are at the verge of dissipation. The world is a few steps away from extinction.

So, while we stand at the brink of obsolescence, we invite you all to walk with us on the path of sustainability and life.

We hope you all recognize the need of the hour, hold hands and join us on our initiative: नव़ेको.

**- Shefali
Editor-in-chief**



PRINCIPAL'S ADDRESS

The great challenge of the twenty-first century is to raise people everywhere to a decent standard of living while preserving as much of the rest of life as possible.

– Edward O. Wilson



With the fast-pacing world today, we all have somewhere lost sight of the truth and reverberation of our existence on Earth. Climate change, more frequent natural disasters and the depreciation of quality and quantity of our natural resources, just constitute the tip of the iceberg. Sustainability; sustainable lifestyle, is the need of the hour and I whole heartedly appreciate the B.A. (P) association choosing it as it's theme for their annual magazine "VIBGYOR". An issue that has been neglected all over the world, I, like everybody else am thrilled to see it being addressed with fervour and enthusiasm.

I would like to extend my heartiest congratulations and best wishes to the Editorial team and the B.A(P) department on another unconventional and ground-breaking attempt to bring about change in our society through the theme "नवैको; A step towards sustainable lifestyle". I look forward to reading the upcoming issue with utmost excitement.

Best Wishes
Prof. Promila Kumar



TEACHER IN CHARGE'S ADDRESS

विकास किसी भी देश ,संस्था एवं व्यवस्था के लिए निहायत जरूरी है। इसके बगैर मूलभूत आवश्यकताओं की पूर्ति असंभव है, अगर देश के संदर्भ में बात करें तो मूलभूत आवश्यकताओं की पूर्ति के बगैर किसी भी लोकतांत्रिक व्यवस्था का मजबूत होना कठिन ही नहीं असंभव है। आज भी हमारे देश की एक बड़ी जनसंख्या गरीबी रेखा के नीचे जी रही है जिसे दो वक्त का खाना मयस्सर नहीं। अमीर और अमीर हो रहा है और गरीब गरीबी रेखा से ऊपर आने के लिए संघर्षरत है। आज न केवल हमारे देश के लिए बल्कि विश्व के लिए केवल रोजी रोटी का ही संघर्ष नहीं है बल्कि जीने लायक वातावरण की कमी एक बड़ा संकट है। आज खुली हवा में सांस लेना मौत का सबब बन रहा है। हवा जिसे प्राण वायु कहा जाता है आज वह प्राण वायु ही हमारा दम घोट रही है।



सतत विकास के लिए निर्धारित किए गए लक्ष्य जिनमें गरीबी उन्मूलन, भूखमरी का अंत, खाद्य सुरक्षा, बेहतर पोषण, टिकाऊ कृषि, गुणवत्तापूर्ण शिक्षा ,स्वच्छ पेयजल ,स्वच्छता, वायु परिवर्तन के दुष्प्रभावों से निपटने को हरित पर्यावरण, शोषण मुक्त व्यवस्था, नवाचार को बढ़ावा और सभी प्रकार की असमानता में कमी जैसे लक्ष्य निर्धारित हैं!

सतत विकास के संदर्भ में हमारी स्थिति दक्षिण एशियाई देशों से काफी पीछे है। इन लक्ष्यों को पाने के लिए हमें ना केवल गंभीरता से सोचना होगा बल्कि इन्हें कैसे क्रियान्वित किया जा सकता है इस संदर्भ में सामूहिक प्रयास करने होंगे! इन सामूहिक प्रयासों में मात्र सरकार नहीं बल्कि वर्तमान युवा पीढ़ी का साथ बेहद जरूरी है! विद्यालय और महाविद्यालय के विद्यार्थियों को नवाचार जैसी संभावनाएं लेकर आगे आना होगा! तभी हालात बदतर से बेहतर हो पाएंगे! महाविद्यालय में होने वाले वार्षिक कार्यक्रम एवं पत्रिकाओं का थीम इन विषयों पर आधारित होना इस बात का संकेत है कि हम बेहतरी की तरफ बढ़ रहे हैं और इसके लिए मैं बीए प्रोग्राम एसोसिएशन को बधाई देती हूँ कि वह आगे भी इसी तरह से सामाजिक मुद्दों के प्रति समझ बढ़ाने के लिए कार्यक्रम आयोजित करते रहे। साथ ही वार्षिक पत्रिका के प्रकाशन हेतु बी ए प्रोग्राम की संपादकीय टीम को मेरी ओर से हार्दिक बधाई!

डॉ अनीता यादव
बी ए प्रोग्राम एसोसिएशन
(कन्वीनर)

EDITOR IN CHIEF



Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.

– Chief Seattle, 1854

The essence of our existence and the beauty of our lives is something that I wish to capture and rejoice.

Every moment, we make a choice. A choice to either make an aware decision or to join the crowd, to bring about change or to follow the norms. So, Through the medium of our theme ; 'नवदेको', my team and I, hope to make this choice easier. Every reform, every great change took a pioneer's revolutionary mindset and determination and I hope we all find that ground- breaking leader in our own reflection.

I believe everyday is a new opportunity, a chance to better ourselves and our surroundings. We owe it to our forefathers and successors to preserve and protect our habitat to our fullest capabilities.

So I leave you with a quote we've all been hearing since our childhood. We've seen it, learned it, and repeated it. Hereby, I ask you, today, let's learn from it and together take a journey to save the Earth.

"Earth provides enough to satisfy every man's need, but not every man's greed." – Mahatma Gandhi

– Shefali
Editor-in- chief
B.A.programme

PRESIDENT'S ADDRESS

To the place, which transforms a naive Girl into a fierce Woman, gives wings to her dreams and helps her rise like a Phoenix, let me tell you that a part of my heart resides in those red walls of yours....It feels like yesterday when I stepped into the stunningly beautiful premises of Gargi, and today I take immense pride in leading the largest department of our institute which has not only helped me hone my leadership skills but also given me a home, away from home.



The term 2021-22 has been one of the most difficult transitions for all of us but at the same time filled with numerous learnings. The years that just passed by were something we never imagined in our wildest dreams but have definitely given us some beautiful life-lessons such as nature's healing, family bonding, or us discovering a newer version of ourselves. It's important that we take along these positives as we move forward.

Through this address, I take this opportunity to thank the Editorial Board for coming up with such an insightful theme of Vibgyor-2022- "Naveco: A step towards Sustainable Lifestyle" through which we wish to make a community which is socially responsible and understands the importance of maintaining a dynamic equilibrium between human and natural systems. It's high time we make conscious choices which will help us take a step towards environmental protection and lead us to a lifestyle which is not just healthy on the label but healthy to our mother earth as well.

I also express my heartfelt gratitude to Ma'am Anita for being our constant pillar of support. I owe it all to my teachers, the incredible union members and the entire student community of B.A Program for helping Navadrishti conduct various events, both offline and online.

Forever grateful for this association, identity and an enriching experience!

-Kanak Sharma
President
Navadrishti Association 2021-22

DESIGNERS



Dishti Kawatra is a 2nd year student. She loves to read art and psychology. She is a self-taught Illustrator and designer. From drawing on walls as a kid to painting on canvas she has come a long way! Ever since she was a child, her passion for art and creativity developed and intensified with every brush stroke. Her work is inspired by her experiences or by people who inspire her. She loves to experiment with different blends of materials and paint any surface she finds



Lekshree is a 3rd Year student. Her personality is as rare as her name. Awkward at first, soon you'll realise she's a friend you never knew you needed. Confident, Optimistic and Creative is what she describes herself as. She loves to paint in her free time while jamming to 2000s Bollywood music. She's always up for learning and takes Designing as something that calms her. Journaling is her second love and she won't stop till her work is perfect. If you come across someone adorning kurta and jhumkas sitting at a corner journaling, it's probably Lekshree!



Aadya, a second year undergraduate student. Being a psychology enthusiasts, she is a self-proclaimed mental health advocate, and will be all ears to you and your stories. She values her work, and is constantly in a search to learn something new. As you walk down the lane, you'll notice her being a little boisterous, but the loveliest of all, with wide smiles and wrinkled eyes!

EDITORS



Anshika Dhingra, a second year undergraduate student at University of Delhi believes that learning should never stop!! Writing makes her life more worthwhile. She believes in the power of words. She finds solace in her poetry books and music. She is an admirer of space and believes 'Life is a circle'. Do good, be good and feel good.

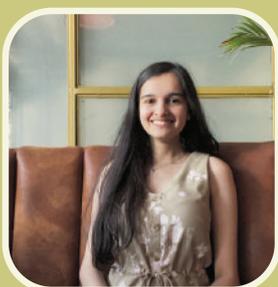


Hetal is one of the editors for this lovely publication. She has thoroughly enjoyed her time here. She now feels accomplished as a result of it. Her personal goal has always been to work toward a more eco-friendly and greener environment. She is happy that she was able to do a little more in this area this year, given the magazine's 'नववै' theme.

EDITORIAL BOARD 2022



A person who loves nature and is concerned the most about it. The theme of the magazine just made me write so much out of me that I'm still filled with so much more to write. And I'm glad that this time this was the theme, and I poured out all of my emotions.



A 2nd Year Undergrad student, Malvika Rathi is passionate about mental health, sustainability, and creating impact. Her passion towards entrepreneurship and startups knows no bounds. She loves travelling and exploring new cultures. In her free time, you will find her playing with dogs!



Yastika Mishra, is a 2nd year student She is keenly interested in photography and roaming around with guitar. Or else you will find her buried in the novels. She believes that great things never come out of comfort zones and strives to make the world a better place, one day at a time. She houses both individuality and teamwork as important components to success and will contribute to the furtherance of the same.



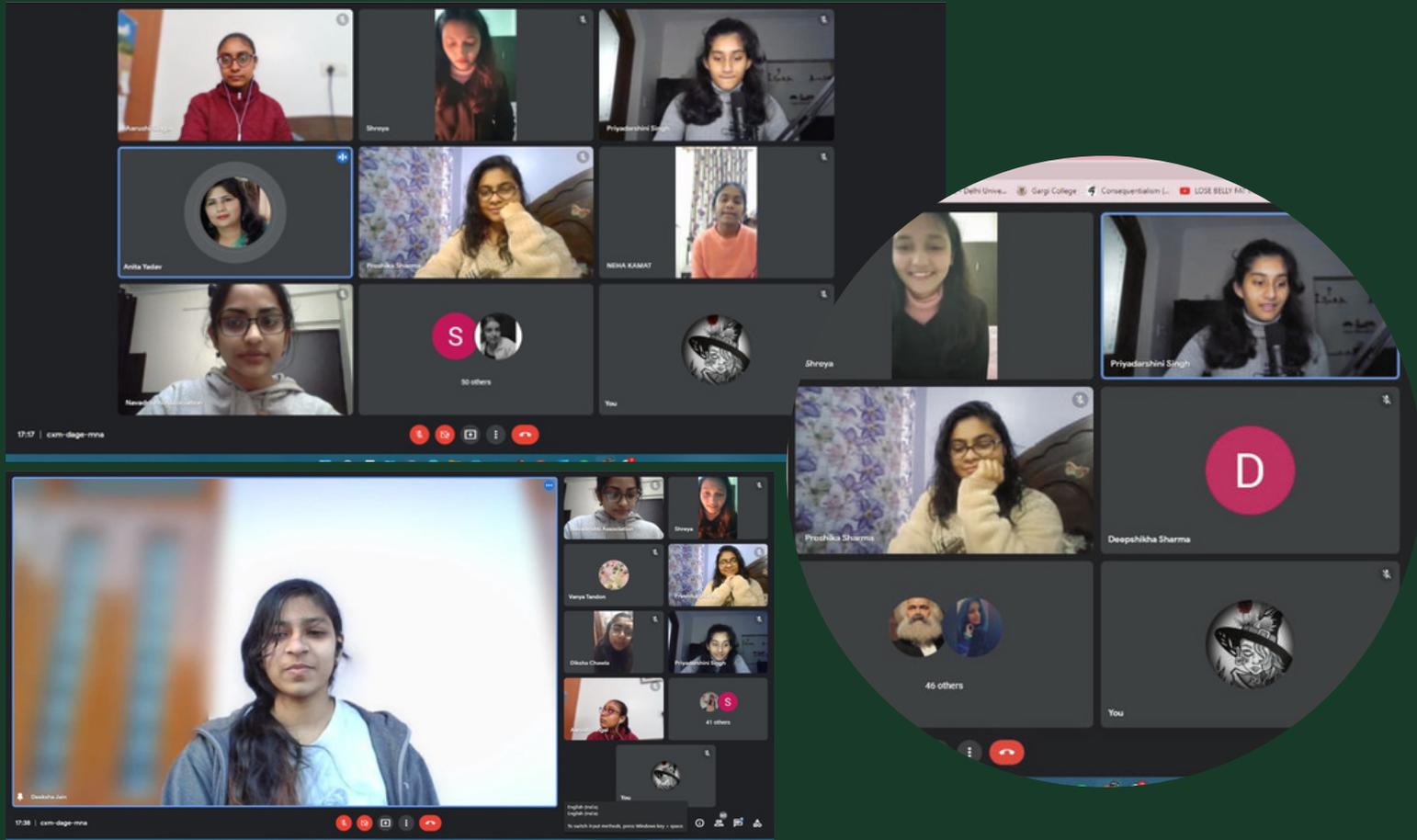
Prathna Vatsalya, she has been a humanities student and that has taught her to be responsible, creative, and humane. She believes "When you have the support of the straw, you should support others"
She feels privileged to be a part of the magazine as she loves to write and also likes travelling, seeing new things and experiencing them. She loves to bring a smile to others' faces and is always there to help!



Eventis



OPEN MIC



Navadrishti, The B.A. Programme Association of Gargi College organized an open mic event, on 22nd January'22, to celebrate the uniqueness that every year brings into our lives and mark it as an opportunity to introduce something new and to reinforce all good parts about ourselves. The event saw the participation of 18 people who performed various forms of art including singing, poetry, and prose recitation.

The event was a success, not just because it achieved the aim of celebration but also because it was a breathtaking and mesmerising experience for everyone. The event took place on Google Meet and was open for everyone to join and a throng of people tuned in as audience as well. The evening was full of emotions and joy as everyone swayed at the beats of music, weeped at the heart-touching poetries and proses, and giggled at the reinvented stories from the part. The event was also a reminder of the power we hold as individuals to voice what we believe in and create a community of women who are not just fearless but also ambitious to create the change we wish to see in this world.

Project पहचान

Project पहचान is a social media campaign designed by Dishti Kawatra, our social media coordinator, to create a community of artists and exceptional students of The Department of B. A. Program.

This campaign aims to engage passionate and creative students to use the power of visual storytelling to portray their art, poems, photos and achievements.

Navadrishti's Official Instagram page has now become a platform that brings the Stories of BAP to the people.

Through "Project पहचान Sundays" we have successfully created a community of prodigious members with over 40 entrepreneurs, artists, writers, photographers and athletes.

Here's a highlight from Project पहचान that perfectly encapsulates the impact: Meet Soujanya Ambali, a second-year student from B. A. Program and the founder of mission 'Belaku'

"I am a girl who was born and brought up in an agrarian family. Social service is a major part of my life. My father is a farmer as well as a peasant activist leader.

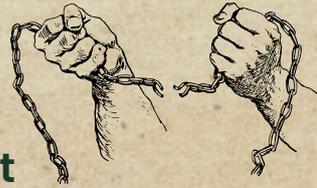
Now I have started mission 'Belaku' an awareness programme on Child marriage in the most vulnerable areas. Belaku a (Kannada word that means light) is a non-profit mission, which started on 15th October 2021 and working to create awareness about child marriage, in the rural area of Karnataka. Till now I have met more than 500 vulnerable students and conducted awareness programs. Though I have worked alone till now, now I have built a team of more than 30 members from all over the nation. We are trying to take up more initiatives to change this society. Till now I have approached 500 rural area students studying high school and pre-university courses. I also teach dance to international students on an online platform. I have won 2nd position in a photography competition held by the JMC chapter, Global Youth Organization. I have worked as an NSS team member. I am also a proud farmer"



Expressing freedom in

75 words

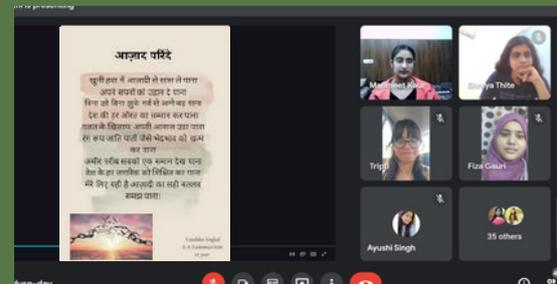
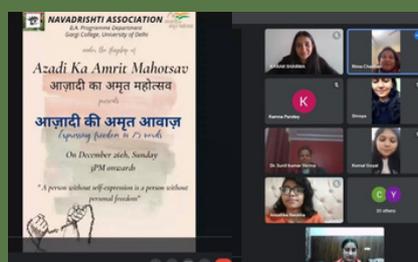
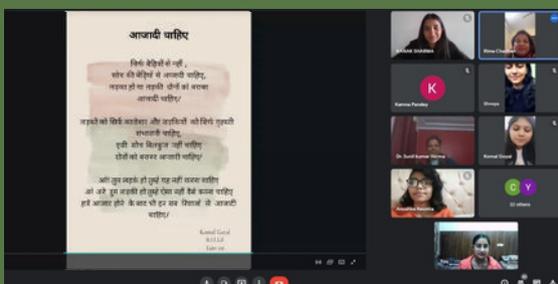
We celebrated and commemorated 75 glorious years of nation's Independence by organizing an event, titled as – “आज़ादी की अमृत आवाज़: Expressing freedom in 75 words” under the flagship of a recent initiative by the Government of India, Azadi Ka Amrit Mahotsav on 26 December, 2021. In this, participants were required to send their write-ups (prose/poetry), expressing what freedom means to them in just 75 words. On the day of contest, they presented their submitted works through online platform, Google Meet, wherein every participant and audience showed their bold spirit and talent. Mr. Sunil and Mrs. Rima Chauhan were the two judges, from Hindi and German department respectively. There were a total of 34 participants who all presented in front of judges with much confidence and talent. They all expressed this line, “A person without self-expression is a person without personal freedom”, through their works. Out of 34, Shreya bagged the top slot. Yashita and Swati were the following winners, bagging 2nd and 3rd positions respectively.



And with this, we wrapped up our last event of 2021!



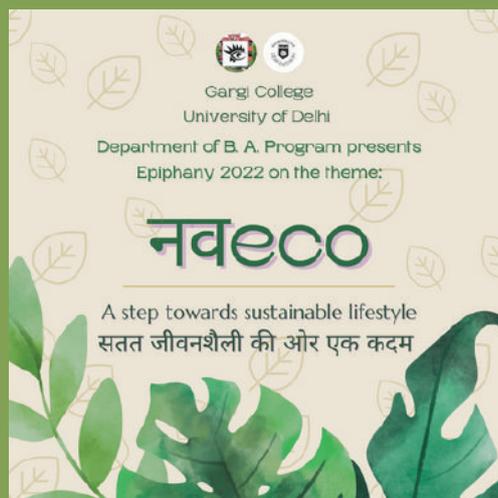
आज़ादी का
अमृत महोत्सव



With an objective to promote and raise awareness about Sustainable Lifestyle, the Department organized its Annual Fest "Epiphany 2022" ON 4th April, 2022 on the theme: नव-ECO: A step towards Sustainable Lifestyle / सतत जीवनशैली की ओर एक कदम

Inaugural ceremony was graced by Prof. Promila Kumar, Principal, Gargi College who enlightened the students with her powerful words and gave best wishes to the association for the smooth conduct of the fest. Our speakers of the day, Prof. Santosh Kumar, Head of Public Policy and Governance at National Institute of Disaster Management and Dr. Rama Gaur, Assistant Professor, PDPU Gujarat graced the occasion and reiterated the importance of making conscious choices which are not just healthy on the label but healthy to our lovely mother earth. The students got an insight into how our little actions can bring about a significant change in the way we use our resources. The speakers also mentioned some ways of living sustainably such as using reusable alternatives, minimizing food wastage, working paperless, and using eco-friendly products. The talk was concluded with the thought that the power to give should be focused and not the power to take. Dr. Anita Yadav, Convenor, B.A. Program, expressed gratitude to the speakers on the behalf of the association.

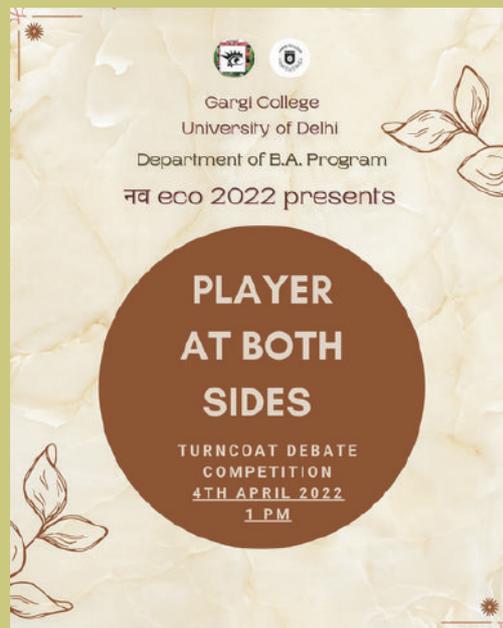
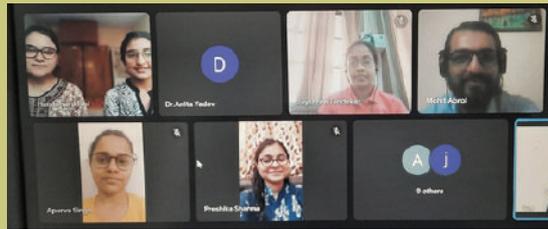
Epiphany 2022



Second event of the fest was *Player at both sides: An Inter-College Turncoat Debate Competition,*

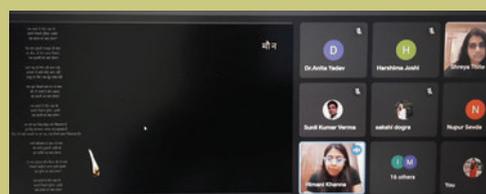
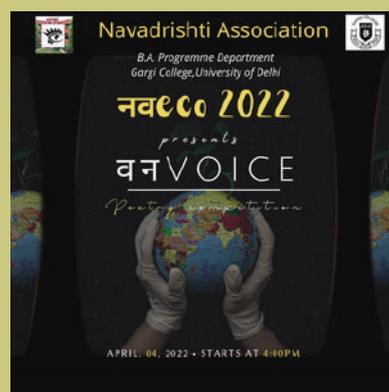
wherein participants were required to present their views both for the motion and against the motion. Participants were divided into two groups and were given a couple of motions viz.

“Companies should be taxed on their carbon emissions and other negative environmental impacts” and “Products should be taxed according to their environmental and social footprint.” Judges for the event were Ms. Jayshree Tandekar and Mr. Mohit Abrol from Department Of Political Science and English respectively. First position was bagged by Jannat Sihag, followed by Saumya Sen at 2nd. It was a tie between Tanisha Gupta and Preshika Sharma at 3rd place. Anupriya Bhatnagar won the prize for the Best Interjector. Certificate of Participation was given to everyone.



The fest concluded with *वनVoice: An Inter-College Poetry Competition*

on various themes such as Sustainable Development, Climate Change, Environmental Protection to name a few. Judges for the same were Dr. Sunil Verma and Ms. Sakshi Dogra from Hindi and English Department respectively. All The creations were absolutely heart touching and thought provoking which made it difficult for the judges to declare the winners, however first position was bagged by Nupur Sevda for her piece titled “INHUMANE HUMANITY”. Shreya Thite grabbed the second spot for “DUST” and Aayushi Rawat secured third position for “THE COLOSSAL PERIL”. Shreya got the consolation prize for her creation वह भोली मेदिनी. It was really overwhelming for the organising team to get an amazing number of responses as almost 60 students participated in total. Everyone was given the certificate of participation and the entries are also published in the creative section of our magazine.

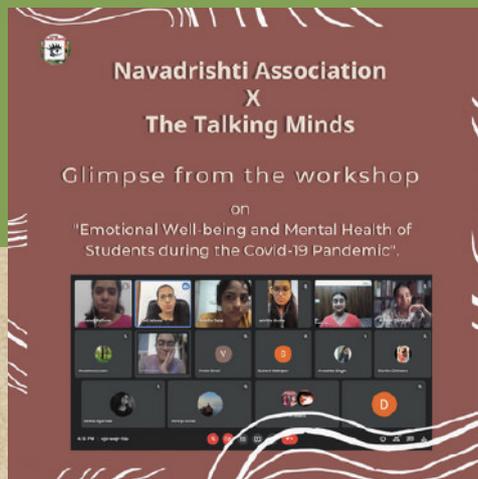


Frühjahr 2022

Collaboration with the Talking Minds

On 24th October 2021, Navadrishti Association, Gargi College, in collaboration with the Talking Minds organised a workshop on "Emotional Well-being and Mental Health of Students during the Covid-19 Pandemic".

The Speaker, Ms Soni Jaiswal an RCI registered Clinical Psychologist discussed the need for continued conversations about mental health awareness, how we should advocate for mental health and provide assistance to people in need. The societal stigma and lack of awareness around mental health proved to be fatal during and after the pandemic in a country where people refuse to visit psychologists and psychiatrists



While discussing the struggles of the Covid- 19 pandemic the speaker suggested some daily activities that could help ease the stress and pressure of being productive during a global pandemic. She talked about the importance of having a routine, exercise, journaling and other therapeutic activities.

While discussing the hyperfocus on productivity especially for students, Ms Soni suggested that it is extremely important to prioritise our mental health, take breaks and go for annual mental health checkups

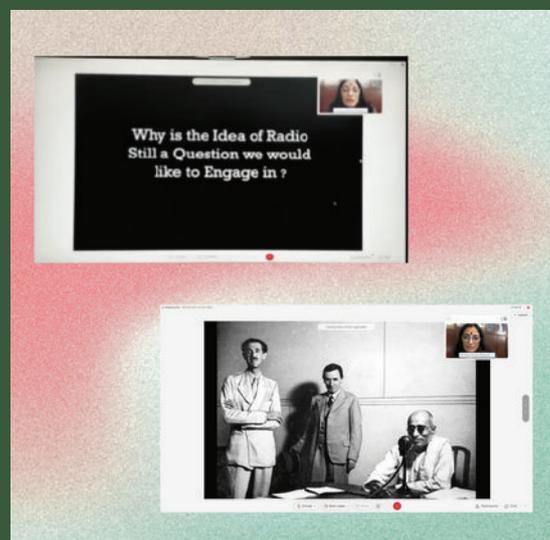
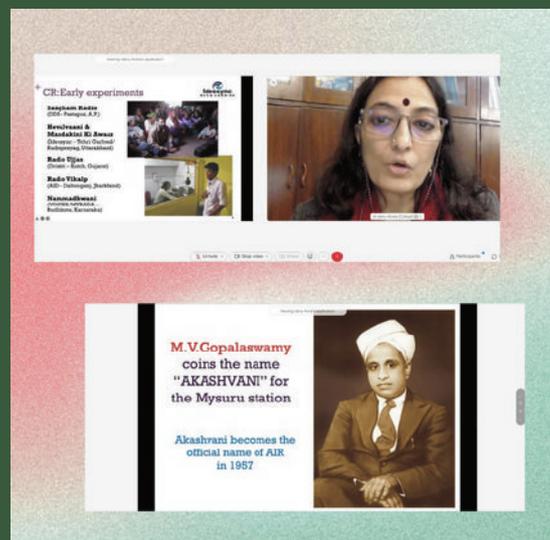
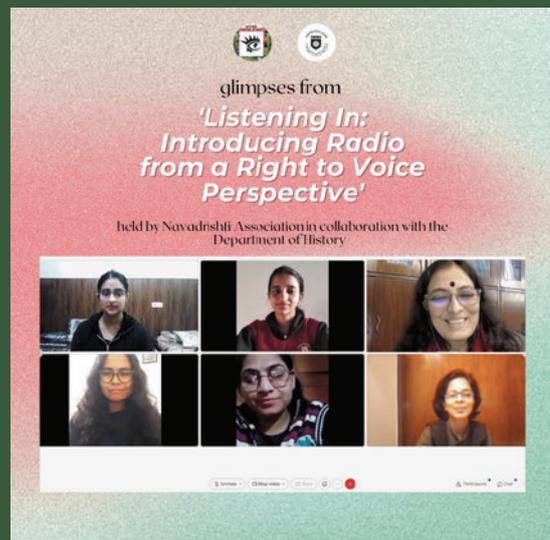
The discussion then moved on to anxiety and depression during the pandemic. Ms Jaiswal emphasised the need to not socially isolate ourselves and be in touch with ourselves and the people around us.

The discussion helped the audience gain new perspectives and lots of helpful information! It ended with an interesting question-answer round and a happy picture!

Collaboration with the Department of History

An online lecture on "Introducing Radio from a Right to Voice Perspective" was organized in collaboration with the Department of History. Ms. Venu Arora, founder of Ideosync Media Combine. She has extensive experience in radio production, script writing, direction and production.

She explained the origin of radio in India, community radio and its significance in a country like India. She spoke about Mandakini ki Awaaz community radio in Uttarakhand and shared her experience with ideosync in teaching underprivileged girls how to make use of the internet and technology.



Creative Section



Sustainable Living

A Step towards Saving the Planet

By: Prathna Vatsalya (1st year)
B.A. Programme

We hear everyone around us talking about sustainability and its importance but how is it actually helpful? Let's understand it from the basics.

What is Sustainable Living?

Sustainable living is a lifestyle that attempts to reduce the usage of natural resources. People who follow sustainable living often try to reduce carbon footprint by amending methods of diet, transportation, and energy consumption. It is also called earth harmony living or net-zero living.

Why Sustainable Living?

Sustainable Living should be practiced because it is the best way to give back to earth. It reduces the wasteful spending of money on bad habits which saves money. It reduces landfills and changes the carbon footprint. It provides the best way to promote energy efficiency. Practitioners of sustainable living lead a healthier life. It improves the quality of life. A sustainable lifestyle is the best gift humans can give to future generations.



Steps to a Sustainable Lifestyle

Following a sustainable lifestyle is not a big deal, making a few changes will help mankind in future generations. Small adjustments in food like changing from non-vegetarian to a vegan, growing plants, reducing use of electricity and water and all other modifications will make sustainable living easier.

Conscious Use of Resources

Resources like water and air are more important. Switching to renewable energy is the best way as it is beneficial both economically and environmentally. Using energy as efficiently as possible is helpful to mother nature. Using energy-efficient LED bulbs, not leaving electrical appliances on standby, using rainwater for gardening, installing a water-saver shed. Solar panels and biomass are also the best forms to conserve energy and also lessen electricity bills. All of these will reduce the carbon consumption.

Support Local

Instead of going for online shopping or international brands supporting local brands makes a huge difference. Buying locally will not only increase the economy but also a way to support small businesses. It also means putting our money in our own community which develops our area. The support that is offered to small businesses is helping to reduce the carbon footprint

Repurpose and Reuse

Reuse and Repurpose of things we consume in our day to day lives is important. A traditional concept that shields the future generation. Reusing clothes and extending their lifespan will decrease clothes wastage. Donating unwanted items to organizations or selling items by giving them a second life can reduce the amount of stuff that goes into landfills. Think twice before throwing anything, try repairing a product until it cant be utilized in any way.

A Green Home

Green Home is a type of home that is specially focus on the efficient use of renewable resources like sunlight, air, and others. It is built to protect the environment, make use of recycled products, produce less waste, and has many other features. It helps in the reduction of GreenHouse Gases, operating cost. A green home prevents external noises and people living here tend to be relatively happier.

Plastic-Free Life

Plastic is extremely hazardous. Every year thousands of animals and marine mammals are dead due to an increase in the quantity of plastic waste. Cutting down plastic is one of the best habits a person can practice to save the earth. Using reusable bags while shopping, stop single-use water bottles, bags, and straws and avoid products made from or packaged in plastic whenever possible by selecting unwrapped products at the stores and reducing online shopping.



Sustainable Lifestyle

Sustain, what this beauty contains.

By: Isha Singh (2nd Year)
B.A. Programme

You & I, we all want to live a lavish lifestyle which would make people stop and stare, meanwhile keeping in the mind that such lifestyle can't be adopted, having our planet safe! The more we consume, the more the waste generates and the consuming capacity of this beautiful planet gets exhausted. Hence, proving that a better lifestyle cannot walk with sustainability.

So does it mean we should stop consuming everything?

Well, what sustainable lifestyle really means?

A lifestyle which does not exploit earth's natural resources and is not harmful for the environment i.e., an eco-friendly lifestyle. According to a UNEP (United Nations Environment Protection) report, by 2030, this world will have its human population increased by 10 billion in numbers, which means increased consumption, increased demand and increased production. This totally doesn't mean to stop the consumption. We're not the monks, we all have the desires still alive!

Puma, the German sportswear company, is 90% eco-friendly. Now, how sustainable is it? It uses its packaging made of paper, certified by Forest Stewardship Council (FSC) or recycled paper and cardboard. It will further take more such steps to adopt sustainability. Moreover, Apple, the most sought-after brand, too, aims to make its 97-100% products sustainable by 2030. Further, we have cork leather for leather jackets, purses, shoes, etc. lovers, which can be recycled and upcycled, making it a sustainable material. We have leather alternatives too, which are really good in quality, but since it can't be totally cut off, then why not use a sustainable one? And not just these, we have so many other brands, companies, industries, which seek contradictory to sustainability, taking steps to adopt it, thus contributing towards a greener place to live. My motive, here, is not just related to garments, phones or accessories, it's about everything we consume. For instance, the bottles we use, the bags we carry, the waste we produce, and everything. Keeping a check on everything is the key. A wasted apple wastes the energy, the resources to produce it, like water, seeds, electricity and what not! The Paris Agreement, Glasgow Summit, GGI-OSOWOG (Global Grids Initiative-One Sun, One World, One Grid) and other government sessions, done at national as well as international level definitely do their work, but we, as citizens, have to contribute our bit, at our level.



Want to shop sustainably?

By: Malvika Rathi (2nd year)

B.A. Programme

Fast fashion, which emphasises speed and low prices, is extremely harmful to the environment, and a number of Indian designers are attempting to reform the business. Sustainable fashion is ethical, slow, and friendly for mother nature. But before you go on binge shopping, remember that minimalism is always incredible and if you can style your existing pieces into new attires, drop the idea of shopping!

Here is a list of upcoming Indian brands who are doing some back-breaking work to make sustainability a huge component of the shopping ecosystem. At times, you might feel that it is slightly expensive as compared to mainstream brands but the additional cost is what we have to pay for a sustainable future.

DOODLAGE

Instead of letting left-over and abandoned fabrics from huge manufacturers end up in a landfill, Doodlage makes use of them. They make their products out of eco-friendly materials including organic cotton, corn, and banana cloth. For unique projects, the brand frequently interacts with other like-minded entities, including one with an NGO named Goonj. They share leftover textiles from previous collections with the NGO, which uses them to make reusable sanitary napkins for menstruators in rural regions.

LIVA

Their clothes are made of wood pulp, which means it won't affect the environment at the end of its life cycle. It's biodegradable and recyclable. Because of its natural origins and cellulose content, LIVA is unlike any synthetic fibre you've ever endured. Airflow is maximised thanks to the fabric. And because its moisture-wicking fabric has your back, you can say goodbye to those scorching summer days.

MIO BORSA

Founded by Pallavi Behl, this startup sells bucket handbags, crossbody pouches, and totes that are trendy, compact, and convenient for everyday use. These handbags stand out because of their simple woven straps and of course, they are cruelty free.

Make a choice for the planet and switch to shopping from sustainable brands. Their quirky, cool, and aesthetic pieces aren't just great in appearance but also a means of giving the artisans and workers the due credit and compensation they deserve.

HERE IS YOUR GUIDE TO
SUSTAINABLE BRANDS!

प्रकृति हूँ मैं

- Preeti Chauhan,
B. Sc (H) chemistry,
2nd year.

प्रकृति हूँ मैं जीवनदायिनी मैं, अपने शिशुओं का
भरण पोषण करने वाली उनकी जननी हूँ मैं
उनका हर दुख हरनेवाली प्रकृति हूँ मैं।

वो काल अमर था वो काल अजय था जब मां
मुझे ये जन कह जाते थे,
आज तो कुछ विडंबना ऐसी आन पड़ी है, अब
कहा इन स्वार्थी मनुष्यों को अपनी जननी की
सुध पड़ी है। मेरी वक्ष्य रूपी बाजुएं काट दी,
वनों को उजाड़ पुरी धरा छाँट दी
विकास के नाम पर ढेरों कारखाने खोल डालें
हैं, जनसंख्या के नाम पर नदियों पर सैकड़ों पुल
खींच डाले हैं, पर ऐ मनुष्य मैं पूछती हूँ उन
कारखानों से निकले विषलै धुँए से,
प्रदूषित हुई मेरी वायु का, पुल के कारण नदियों
के बहाव का रुख मुड़ जाने का क्या ?

क्या मिला तुझे आखिर, क्या ऐसा अनमोल
प्राप्त हुआ, जो तूने मेरे हर अंग को क्षीण
विक्षिण किया, पूजते थे ना तुम तो मुझे,
फिर आज ये दुर्दशा क्यों?

जहां देखूँ बस स्वार्थ सिद्धि के कार्य क्यों?
बर्फ पिघल रही है, ग्रीष्मा बढ़ रही है
अभी भी वक्त है मानव, बिगड़े हुए को सँवारा
जा सकता है
जितना बिगड़ गया उसे फिर बनाया जा सकता
है, किन्तु यदि अब भी इन चेतावनियों को
अनदेखा किया-
सर्वनाश भयंकर होगा, मानवजाति ने कल्पना
ना की होगी इस नासमझी का फल कुछ ऐसा
होगा।



CONTEMPLATE

By - Akansha Chauhan, 1st Year
B.A. Programme

The stars you see twinkling in the sky.
They aren't visible to me, do you know why ?
They say the smog is engulfing our Earth.
Rivers are polluted and all around it's just dirt.
We're being selfish and slaughtering all other organisms.
Animals are our gullible victims as they don't understand these human mechanisms.
The temperatures are increasing and ice caps melt quickly.
It is really sad to see our mother nature this sick.
So please contemplate before it's too late.
Let's not become subjects of the upcoming generation's hate.
Contemplate about your actions and deeds.
Use resources wisely and cut down unnecessary needs.
Contemplate to make this planet once again green and clean.
Let's pledge to eradicate pollution and together we'll win !!



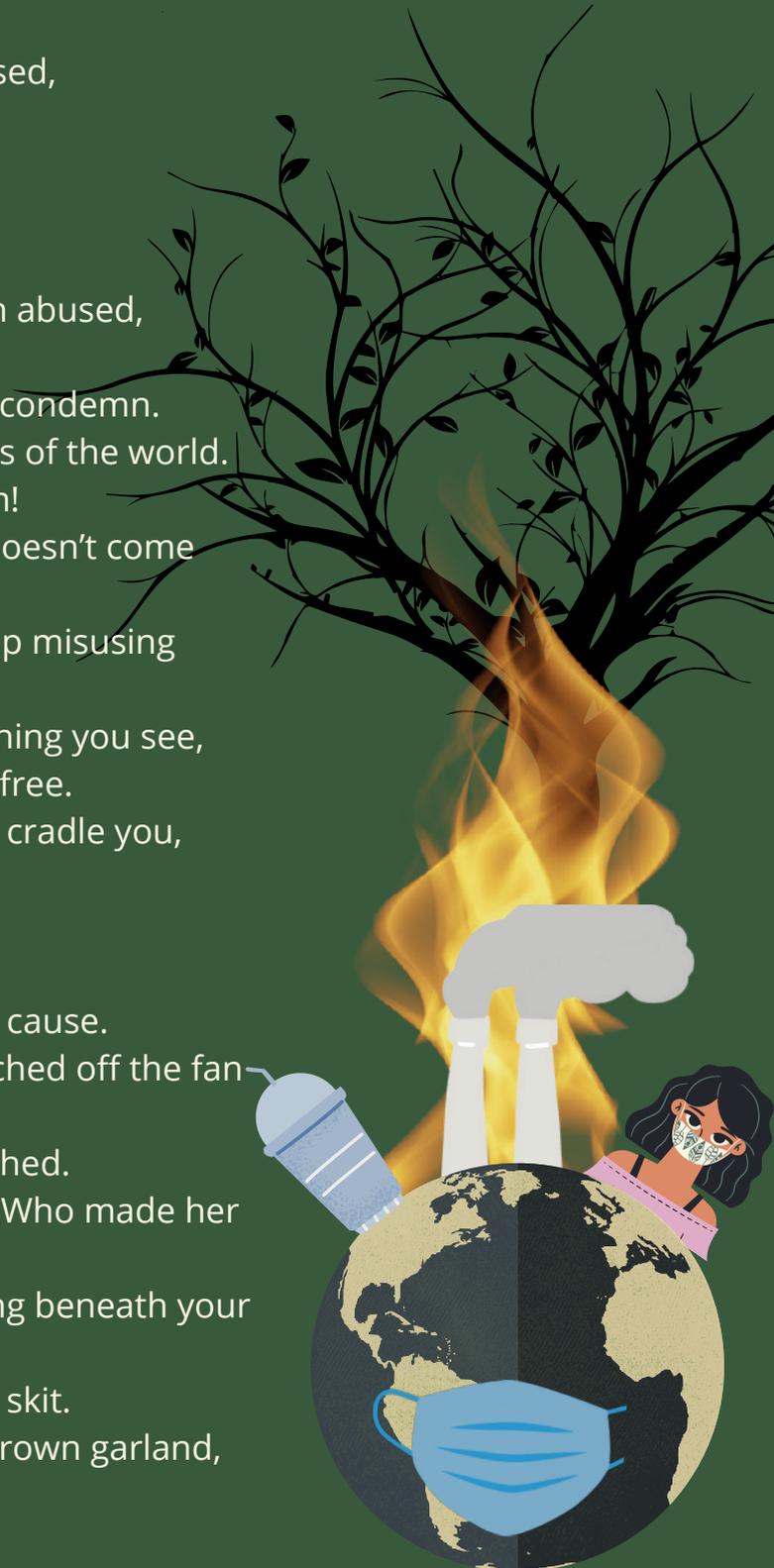
Preserve and Protect HER

By- Vanshika Rathour, 1st Year
B.A. Programme

She was crying in a corner with her hands on the face,
I put a hand on her shoulder to ask why!
Lines on her forehead, she looked so distressed,
I was dumbfounded to see a beauty like her,
In a state so shallow, it made me hurt.

I asked her why sorrow marked her face,
Eyes filled with tears, she replied, I have been abused,
torn away from my gems.
I have been used ungratefully, your actions I condemn.
I nurtured, nourished and provided resources of the world.
You do not seem to care about what you won!
Can you name one thing in your home that doesn't come
from me?
Driving forces – water, soil, fire and trees; stop misusing
them please.
Droughts, floods and storms were just a warning you see,
Consider your actions or the future won't be free.
Take right steps and I'll shelter, embrace and cradle you,
guaranteed.

I was aghast to hear her misery and cries!
Rooted to the place, I felt responsible for her cause.
I remembered I did not turn off the tap, switched off the fan
or picked up the trash.
I could feel what she felt, she was feeling bashed.
I looked at her face and asked who she was? Who made her
state like this?
With a slow smile, she said my heart is beating beneath your
feet,
You are responsible and you can change this skit.
She started to leave; I saw her green dress, brown garland,
blue bracelet, and white anklets,
She was majestic even in her distorted self!
She looked back and said, I am your mother, MOTHER EARTH.



Rethinking our economy for a sustainable future:

- Malvika Rathi (2nd Year)
B.A. Programme

The Circular Economy Approach

We all have a moral commitment to each other, future generations, and other species to keep the world alive, regardless of who we are, where we live, or what we do. Our current decisions and behaviours have far-reaching long-term consequences for future generations. Sustainability ensures that we make ethical decisions for everyone on this planet to have a secure and livable future.

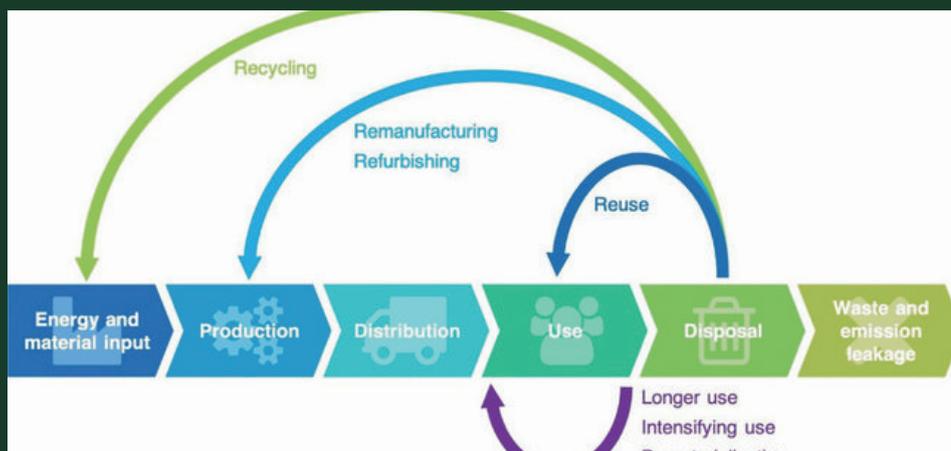
The world has been following a linear economy where products and goods are manufactured, utilised and then discarded. The linear economy has somewhat a clear beginning and the end. A circular economy operates in a very different way. In a circular economy, goods and services are created in such a way that they may be recycled in biological or technical loops.

All items are made in such a way that they can be dismantled, and materials are either recycled or decomposed by nature. Technical materials are designed to be a resource that can be used industrially again, while biological material is made up of non-toxic, clean feeds. The goal is to not throw anything away and to lessen the need to buy new goods, with renewable energy being the greatest option for transportation and distribution.

The circular economy is a profoundly divergent way of doing business, requiring businesses to rethink everything from product design and manufacturing to customer relationships. The user's role is one of the most significant variances. The emphasis has shifted away from consumption and toward the usage of a function.

This puts different pressures on the business community to develop long-term partnerships as part of their business strategies. The advantage is that in this cascade of different cycles, enterprises gain from each other's accomplishments.

Finally, it's about inspiring future generations to think and design in a sustainable manner, as well as to use circular business processes to create a better world.



प्रगति व प्रकृति

- ईशा सिंह (2nd Year)
B.A. Programme

प्रगति के पथ पर चलते -चलते
हम प्रकृति का पथ छोड़ बैठे।
प्रगति की राह बढ़ाते-बढ़ाते
हम प्रकृति को हानि पहुँचा बैठे।
अब तो सवेरा करना होगा,
सूर्योदय संग ले चलना होगा।
अब यह धुआँ हटाना होगा,
और आसमान भी स्पष्ट करना होगा।
ये कैसी राह हम चुन बैठे?
यह कैसा पाप हम कर बैठे?
प्रगति की मशाल जलाते -जलाते
प्रकृति का दीप बुझा बैठे।
अब प्रकृति का ऐसा कहर होगा
कि फिर कभी न जैसा होगा।
अब ऐसी क्रोध की ज्वाला उठेगी
कि स्वयं इंद्र की वर्षा से भी न बुझेगी।
यह कैसी पट्टी हम बाँध बैठे,
यह कैसा गुनाह हम कर बैठे?
जिसकी गोद में आज तक हैं,
उसी पर प्रहार हम कर बैठे!
प्रगति की राह बढ़ाते -बढ़ाते
हम प्रकृति को हानि पहुँचा बैठे।



CLIMATE CHANGE

- Isha Singh (2nd year)
B.A. Programme

BREATHING SMOKE
WITHOUT ANY HOPE.
NEW MASKS ON THE FACE,
OXYGEN CYLINDERS TAKING
PLACE.
IN THE HOPE OF MAKING THE
WORLD MORE URBAN,
WE DAMAGED THE PLANET'S
OZONE TURBAN.
I SAW NO RUSH,
BUT OH, HUSH-HUSH!
LOOKING ADORABLE AND URBANE,
TRANSFORMED THE PLANET FROM
BLUE TO GREY.
WATER SCARCITY GOT
COMPENSATED THIS WAY,
MELTING GLACIERS HAD TO MAKE
A WAY.
JUST AQUA AND NO LAND,
SPECIES LOST THEIR HOMELAND.
THE UN RED ALERT WAS JUST A
JOKE,
NO CARS, JUST ENJOY THE
MAGNIFICENT BOATS.



WORLD'S HUE

- Isha Singh (2nd year)
B. A. P



EVOLUTION OCCURRED,
HOMOSAPIENS ENSUED.
THE WORD TELLS,
THE 'WISE MAN' GREW.
HE WANTED TO EXPERIMENT
TO SHAPE THE WORLD LOVELY FROM
'CRUDE'.
AND TURNED THE BLUEST SKY TO THE
DARKEST GREY, THAT'S HOW HE CHANGED
THE WORLD'S HUE.



INHUMANANE HUMANITY

HUMANITY IS MEANT FOR SERVING,
I SAY IT SERVES HUMILITY.
NOW THE WHIFF OF AIR ADAGES,
GLACIAL MASSES RELAX,
SHADY DENSE ON DISPLAY,
AND DEFILEMENT DOMINATES
FIRE IN AND FIRE OUT,
EMBERS ON GLOBE AND,
HEAT IN MANKIND,
BURNING THOUGH THICK,
BURNING THROUGHOUT.
STOP! SHE SCREECH,
WONDERING MOTHER NATURE OR,
THE MOTHER OF BIRTH WHICH SHRIEKS.
PARTING DOWN THE BRANCHLET AND,
TERMINATING THE ORIGIN.
ENDING THE EARTH OR,
ENDING THE BIRTH,
WHICH WILL CLIMAX ON FIRST.
BE IT NAKED OR,
BE IT FULL OF TAGS.
THE TOUCH OF CASTE, FEAR AND
ASCENDANCY,
CAN BE READ ON ALL THAT.
DIGGING THE FAECES OF CASTE,
THE SCAVENGERS CRY THE PAST.
HOLDING THE BURDEN OF BODY,
WOMEN SHOUT THEIR PART.
SURVIVING THE DESTINY OF GOD,
DEFICIENT CLUTCHES LIFE ON CART.
WEIGHING THE UNABRIDGED PLANET,
MOTHER NATURE PLEA AGAINST THE
DEPART.
GRATING YOU ALL MAYBE GRATUITOUSLY,
ALL FAILING TO RECOGNISE THEIR WORTH
ACCURATELY.

AGAIN IT SHOUTS, STOP!
IT'S NO BEHIND HAND TO HOLD YOUR
GROUND.
APPROACH AND UNITE,
AGAINST THE DIVIDE,
SO THAT I CONSIDER NO MORE,
HUMANITY IS MEANT FOR SERVING,
I SAY IT SERVES HUMILITY.

- Nupur Sevda (2nd Year)
B.A. Programme

THE COLOSSAL PERIL

- Aayushi Rawat (*1st Year*)
B.A. Programme

As I walk through the wilderness,
Of Earth and its life
All that surrounds, is a sense of lies.
Endless deception, brimming with
contempt;
Of Nature and its bestowed beauty.
Filled with desire and disgrace
I saw the Earth falling out of place.
Oceans that gleamed, once under the Sun;
Now entangled in vicious lies
This knight in shining armour has turned
acid.
Plastic running in its veins
And conking corals
This elixir of life is now a lie.
Forests that spread, once scent so sweet;
Now smashed into flames
This saviour has turned into ashes.
With its spirit charred
And soul set ablaze

This guardian angel has fallen apart.
Air that laid, once life into souls;
Now turned poison
This boon has turned into bane.
Choking its own essence
And killing its honour
This precious preserver is dead within.
Land that fed, once mankind alike;
Now turned barren
This blessing is degrading now in shame.
Arising are, disastrous droughts
And tiring trails of hunger
This asset is haunting like a plague.
Things that once were, as right as rain
Have crumbled upon, shattered in pain
What follows now, is the Colossal Peril.
Those elements call upon me,
All wail and weep, from blatant betrayals
And promises I didn't keep.





DUST

- Shreya Thite (2nd year)

B.A. Programme

The light in the sky is blue again

We should better name it.

Cause what if it disappears again?

Grey air

Sky is blue, not anymore

I can see things that weren't visible

And

I can't see things that should be seen

Now I'm keen

As I want to go back

I want to see again, the clear sky

Now I have to take a mask

It's too much for me

The heavy air, the cloud of skylight

They bother me.

Being able to breathe

It's a natural right,

in the proper sunlight.

Living beings say that it's hard to lead properly

Not if we unnecessarily demolish things

Destroy what we got from evolution

We won't hurt our mothers?

Isn't it?

But here we are by just living our daily lives

Thriving on consumerism

Sustainability... where is it?

Where are our values?

The song "thoda hai, thode ki zaroorat hai" teaches us so many things.

So much plastic around that we have become plastic. Not so fantastic.

The only way to rejuvenate is by being

Conscious

Cautious

Judicious

With our resources.

Correcting our habits will only help us to not borrow others' rights, resources and mainly their future!



MILE OF DARKNESS

By: Tiyasha Saha (3rd year)
BA (H) Eng



I walk with my hands stretched forward. Where am I? Fumbling on something unseen, I wonder what place I am in. Darkness enveloping everything around me, not an inch of light to be seen. I feel a familiar shape against the back of my hand. It feels like the vase my mother kept on the side shelf of the living room. But is this the same room? Why is there no light? I remember the lively parties hosted here, an intermingling of happiness and light. One could get blind from the dazzling light. And now here I am, unable to see anything in the utter darkness. Did I really go blind?

From afar I see a dim light, miles and miles away. Can I reach it? I fumble again and hit against the edge of the table. A room more my own couldn't have been and yet it felt like an untraveled universe without light. The light seems to fade further away. I remember a time when light infiltrated the room from all sides. Or maybe, I dreamt all of that. Or this is a dream.

As I reach the door and yank it open for light to enter, I am met again by darkness. The light comes from a source unattainable. Is this what we have come to? No more light, no more life. This is what we had talked about, about saving light. Something so abundant, how could it ever end? Is this what life looks like, sucked of light. A new world, how will we survive? Maybe doomsday is here, but weren't we preparing for it knowingly all this while?

Planet B Does Not Exist

We all know that Earth is the only planet in our solar system where life is feasible or known to exist. There have been attempts to locate life on other planets, such as Mars and Venus, but the chances are extremely remote at this time. Life-supporting circumstances are most likely found only on Earth. The earth is neither excessively hot nor excessively cold. It contains water and air, both of which are necessary for our survival. Life-giving gases such as oxygen can be found in the air. The earth is a one-of-a-kind planet in the solar system due to these factors.

And, in order for it to remain unique, we must all work together to ensure its survival, as well as our own. How much devastation has already been done to our planet by human actions is no longer a secret. If nothing is done now to restore the environment, its ecosystem, the earth's glory, and its former state, it will be too late because the damage has already been done and is irreversible. It is past time for action at all levels: individual, community, national, and international, to return the Earth to its original state.

Our government is already working hard to ensure that sustainability is a reality. They have already established a number of long-term sustainable development goals (SDGs) to achieve. However, as we have stated, we live in a democratic country, and our government exists because of us. As a result, I believe it is equally our responsibility to make efforts and take steps to accomplish those goals on a personal level. As inhabitants of this country, we are equally responsible for how we use nature for our own gain.

The entire ecosystem and its equilibrium has been upset as a result of human activities such as tree cutting for infrastructure, paper and furniture production, overgrazing by animals, global warming and carbon emissions, and so on. The consequences are harsh, tangible, and right in front of our eyes. Food webs and food chains are disrupted. As a result, many species have been unable to evolve and adapt to certain changes, and as a result, they have grown vulnerable, and some have even become extinct. The average

worldwide temperature is rising as a result of increased carbon emissions, and pollution has become uncontrollable in a few locations. It has had a negative impact on climate change. Seasons do not have a set length of time. The monsoon pattern and rainfall are also influenced. Famines and droughts have become more common as a result of crop failure. As glaciers and ice sheets melt, ocean water levels rise, causing floods to become more prevalent. As a result, individuals in low-lying areas and elsewhere had to migrate since they couldn't subsist. Their entire lives alter all of a sudden. They must leave everything behind and begin a new life. Not to mention the environmental damage that such locations inflict to the flora and fauna.



All of us have been worried by the recent IPCC report. The intergovernmental panel on climate change (IPCC) stated in its report that no amount of climate action after 2030 will be sufficient to keep global temperatures below 1.5 degrees Celsius if the emissions pathway is not drastically altered in the next several years. It would be smart to embrace the slogan "Vasudhaiva Kutumbakam - Earth is One Family" and continue working in this direction. It will be beneficial for everyone if more people cooperate. Two is better than one, according to popular belief. The more individuals there, the better; the work will be completed more quickly.

Despite the fact that India has achieved self-sufficiency, poverty persists. The government is working on several poverty alleviation programmes, such as mid-day meals, Antodaya Anna Yojana, and so on, but we can all do our part to not waste food and use all of its components, which is known as a "zero waste meal." Our small efforts and actions can help India achieve its second sustainable development goal of "Zero Hunger."

People can also take other initiatives such as taking public transportation and walking or cycling short distances. The government's duty would be to improve the safety of public transportation and roads. On both sides of the road, there should be designated lanes for cyclists and good footpaths to encourage people to use them.

There are numerous initiatives that individuals and communities can take, but not all of them can be detailed here. I am confident that we are all aware of our obligation to Mother Nature and will take steps to improve the current situation.



By - Hetal Jain (2nd Year)
B.A. Programme

वनों और जानवरों का संरक्षण

- प्रार्थना वात्सल्य (1st Year)

B.A. Programme

मैं यहां यह नहीं बताऊंगा कि आखिर ये कौन है? क्या है? या वे किस काम के हैं क्योंकि हम उन्हें न केवल अच्छी

तरह से जानते हैं, बल्कि बहुत ही बेरहमी से और बेरहमी से उनका इस्तेमाल भी करते हैं।

आज मैं यहां उनकी आत्मा बनकर आया हूं। वह बेजुबान है, लेकिन उन्हें भी दर्द होगा, मैं उनके दर्द के रूप में यहाँ

आया हूँ

दुनिया में हजारों शौक होंगे। दुनिया में हजारों शौक होंगे मगर तुम ये शौक मत रहना दुनिया में हजारों शौक होंगे मगर तुम ये शौक मत पालना ... खुद को तिनके के सहारा मिल तुम दुसरो को देना मत भूल

और जब प्यार कोई दे उससे उन्ही मत ठुकराना...एक बार मुड़कर उनकी आंखों में जरूर देखना वह कहता कि दर्द मुझे भी होता है, मेरा दिल भी रोता है, मैं बोलता नहीं, लेकिन तुम मुझे नहीं समझते तुम मेरे

सामने मेरे बच्चे को मारते पुरे बाजार में काटते हो।

फिर यही उठाके फेंक देते हो ... कभी भट्टे में पक्काके... फिर खा जाते हो

आखिर में तुम्हे क्या नजर आता है...

पहले तुम शौक से मेरी देखभाल करते हो अपने घर में इस शौक से सजाते तुम मेरा संगीत बजाओ, फिर नकद तुम

मेरे साथ ऐसा करो। पलकें मेरी भी भींग जाति जब मुझे भूख लगती है...

आखिर मेरे साथ तुम ऐसा कैसा कर सकते हैं.....जब लोग धर्म के नाम पर मुझे कुर्बा करते हैं, तुम अपनी मस्ती

की वजह से मेरी खुशियां दबा देते हो,

मुझे याद रखना दर्द भी होता है।....

वह सिखाते हैं कि आज लगाओगे पौधा तो कल पेड़ बन जाएगा डालोगे पानी तो फल फूले और आश्रय भी देंगे

.... चिड़ियों को घर और हरियाली फैलाएंगे जहां हरी बारिश होगी पानी रहेगा तब भी जीवित रह पाएंगे हम

यहाँ...

एक बार देखो अपने आप को की तुम ने क्या कि या...तुम पुरे वन के साथ बलात्कार किया है, पुरे क्षेत्र को ट्रैश कर

दिया और धारा को सक्रमित कर दिया। तुम जहां से आए हो वही बहुत जल्द पहुंच जाओगे!!!

PAGE NO. 200

By – Khushi Chaudhary (1st Year)
B.A.programme

Are all these walls destined
to fall,
Or deemed to be
constructed?
Am I the builder
Or a passerby here?
Do I choose to live
Or am I choosing to die?
Below the shackles of dead
love this
World promised me
Will I?



PITY YOU, INSPIRE ME

By - Khushi Chaudhary (1st Year)
B.A.programme

When I see your reflection,
I see you!
I can see how your tears are
weighing you down,
How your heartache is
weighing you down,
But you couldn't even lift a
bucket of water
So tell me why are you
plummeting down
Plummeting down your spine,
Too much weight
Because good girls behave
right ?
And speak polite ?
But now I am wiping off the
mirror,
And I can still see you !
But I can still see you
crawling,
Crawling to seek help
Seek someone to pat
your back,
Seek someone to kiss
your head,
But guess what ?
They are all dead.



The trees are beige and bold,
With sky light but gold,
With grey gloomy paradises,
Where pity falls to pits
And beauty resonates in every corner.
Only if I could convince my love for it,
But guess what ?
We will never make it.

And I don't write letters to someone
who doesn't write me back,
But I will, for her,
Till the ending,
While she keeps singing,
Her pretty little fears,
Like it's a music to my ears,
"Depollute me, pretty babies,
Don't suck the blood, out
of my bloodstreams,
Hold my hands, kiss my cataphylls,
Drip down pain, end my miseries.

But
Eventually,
She will die in this life,
When this life ends,
And another, bigger bang theory emerges,
Will my words find a place in their world?
Where I let them know,
She was beautiful,
With sunsets in the purest color and
flowers
with dainty delicacy,
Will I be able to utter my words of praise,
"Love this earth then, as I love it now"



LETTER TO HER

- Khushi Chaudhary (1st Year)
B.A. programme

मौन

- हिमानी खन्ना (3rd year)

B.A. Programme

चल बसते हैं लोग यहाँ से,
बसती जिसमें दुनिया उनकी,
उस बस्ती का क्या होगा?
पेड़-पाँव मज़बूत तुम्हारे तो क्या,
नए बीज जो बोये जिसने,
उस गृहस्थी का क्या होगा?
जहाँ पशु के लिए हरी घास नहीं,
आसमान में बची कोई आस नहीं,
समद्रु के लिए एक बँदू की साँस नहीं।
वहाँ तमु किनारे लग गए तो क्या,
अरे, जो फंसी है बीच कबाड़,
उस कश्ती का क्या होगा?
चल बसते हैं लोग यहाँ से,
बसती जिसमें दुनिया उनकी,
उस बस्ती का क्या होगा?
हर वर्ष यह विश्व थोड़ा और पिघलता है,
हर दिन तापमान अपना रूप बदलता है,
फिर भी सड़कों पर क्यों हर पल एक निजी
वाहन निकलता है?
पानी बेहिसाब है आज तो क्या,
जो पकड़े तुम्हारी अर्थी को,
उस व्यक्ति का क्या होगा?
दो पल तुम्हारा मौन किया भी तो क्या,
जिस में फंसी है आज पृथ्वी हमारी,
उस मुक्ति का क्या होगा?
चल बसते हैं लोग यहाँ से,
बसती जिसमें दुनिया उनकी,
उस बस्ती का क्या होगा?



वह भोली मेदिनी

रोज़ बरस बड़े साल हुए
जब पली एक नन्ही जान यहां,
मेदिनी की गोद में
प्रकृति की हुई पहचान यहां।

पड़े कनक के पाव इसके
हर कोना रौशन कर दिया,
लाखो गुणों को साथ लिए
इसने धरा को वसुंधरा किया।

केश से नीर तस्करिया करे
यहां गंगा वहाँ पुरुष का रूप लिया,
कुदरत को दिए पांच रत्न इसने
पुष्प पाशन को भान का धपू दिया।

फिर एक मजरं आया जब
नीर में कुछ हलचल सी हुई,
सात समदर पार एक दिन
जीव जन्तु की उत्पत्ति जल से हुई।
रंग बिरंगे जीव बने, हरे भरे बगान हुए
सौंदर्य इसका बढ़ता गया,
सगं क्रमागत उन्नति पल पल में हुई॥

एक जीव हुआ बड़ा न्यारा
प्रकृति को था बड़ा प्यारा,
प्रकृति के सिद्धांत पर वो
बदल रहा था जग सारा।
कहता था वो मां इसको
खदु मनुष्य कहलाया था,
धरातल के विशाल खंडो में
इसने अपना बसेरा फैलाया था।

कहां पता था मेदिनी को
उसको लगा यह लहर विकास का,
इमारत रस्ते पाषाण के
शायद सौगात था यह त्रास का।

प्रकृति के लाडले में
न जाने कैसे आ गई लालसा,
वह धीमे धीमे चल रहा था
सकंट की ओर अज्ञात सा।

अरे ओ मनुष्य! कुछ लाज कर क्या अब भी महसूस नहीं कर रहा।
तेरी माँ बिलखकर कर तड़प रही
उसका आँचल तेरे ताप से जल रहा,
हिमनद भी आँसू बन रहे
पर तुझे तनिक भी नहीं खल रहा।



अब उठ भी जा
यह आँखों पे बिछा बाँध हटा,
मृगतृष्णा कहाँ ढूँढे फिरे
वो तो प्रकृति में ही है बसा।

आजा हाथ मिलाले अब
लालच का राज हटाले अब ,
कृपा है कि समय है अब भी
अपनी माँ को तू बचाले अब।।

- श्रेया (1st Year)
B.A. Programme



धरती है पास, तो करो सतत विकास

धरती हूँ मैं धरती हूँ,
जो सबको जीवन देती हूँ,
पर इंसान की चाह,
में अक्सर खुद को नष्ट पाती हूँ।

फिर भी मैं सबको माफ कर देती हूँ,
सब कुछ भूल जाती हूँ,
पर बाद में फिर मैं ही क्यों पछताती हूँ।

क्यों होता है ऐसा जब,
खतम होता है सब कुछ तब,
तुम्हारी आखरी उम्मीद बनके मैं ही,
तुम्हारे काम आती हूँ।
बचा लो मुझे इस परिवर्तन से,
जल वायु परिवर्तन से,

सब कुछ अब बस तुम पर निर्भर है,
क्या तुमको मेरी फ़िकर है!

बचा सको तो बचा लो,
प्लास्टिक प्रयोग है दुरुपयोग,
करना सीखो सदुपयोग

क्योंकि ये जीवन हमारा है,
पर्वजर्ज्व ने भी तो इसे सँवारा है,

क्या तुमको भी ये प्यारा है?

चढ़ो सतत विकास की
सीढ़ी क्योंकि आएगी
तुम्हारी भी पीढ़ी!
प्यार ही तुमसे माँगा है,
जीवन तुम्हे जो

मेरे पास रह कर बिताना है,
सब को मेरी गोद में आना है,
और अतंतः तुमको सब कुछ पाना है।



आगे जो लोग फिर आएंगे,
जब वो मुझे नहीं पायेंगे,
तो कैसे वो जीवन बिताएंगे!

जब खुली हवा में साँस ना ले पाएंगे ,
वातावरण की खिड़की को खट खटाएंगे,
तब हो सके वो मुझे महसूस ना कर पाएंगे ।

न करो मुझे हताश,
तुम्हारे ही हाथों में है मेरा सतत विकास!

Now,
When this step you will be taking,
You will preserve the Environment in making!
You will diversify the flora and fauna,
Just when;
You will see the birds flying high
The flowers blooming in their nature diversify, The
fishes will be swimming happily in sea, And
the trees will be growing free!
This planet earth will revolve around,
As it is one of the kind
which is hard to find.
Everything will be alright
If we continue to clean
And keep our environment green,
Without becoming mean.
So let yourself live in a sustainable way, To achieve
the protection in our every life long prayer.

- हर्षिमा जोशी (2nd Year)
B.A. Programme



एक नया संसार

- Nidhi, 1st Year

एक नया संसार
आओ मिलकर सजृन करे,
एक नए संसार का।
एक नई पीढी का,
जीवन के आधार का।
क्यों बेघर करे उन जीवो को जिनका
जीवन है बस वन मे, मनुष्य है हम,
क्यों विनाश की इच्छा लाए अपने मन में।
छीनोगे घर उनका,
तो तुम भी नष्ट हो जाओगे,
डूबते सूरज की भाँति तमु भी अस्त हो
जाओगे।
आओ मिलकर नष्ट करे,
छाए हुए अधंकार का,
हर अत्याचार का,
मनुष्य के अहंकार का।
ईश्वर की अनकुंपा से,
हमको ये संसार मिला,
कठिन तपस्याओं के परिणाम मे,
मनुष्य का अवतार मिला,
देश, माटी और धरती पर क्यों हमको हक
जताना है,

खदु धरती के वासी होकर,
क्यों धरती को मिटाना है।
पृथ्वी पे सबका समान अधिकार है,
हर प्राणी हर जीव का,
पृथ्वी को चोट पहुँचाओगे,
तो अतं होगा समस्त जाति की नीव का।
आओ मिलकर अतं करे,
हर बुरे विचार का।
हर दुराचार हो रहे संसार का।
ये धरती, ये नदियाँ, ये वन और ये उपवन
पशु-पक्षी,
समस्त मानव जन,
सब का वही आरंभ है,
सब का वही अंजाम है,
बस आज में जीने वालो,
कल का भी कुछ सोच लो,
वक्त अभी भी शेष है,
अब भी खदु को रोक लो।

अतं नही ये जीवन का,
ये केवल एक विराम है,
जो हुआ नही पर होना है,
उस पर भी कुछ बात करे,
आओ मिलकर एक नई शुरुआत
करे।
शुरुआत करे उस जीवन का जी
अभी केवल एक ख्वाब है।
वो कल जो आज के हर प्रश्न का
जवाब है?



उस रात बुलावा सबको था,
गलती हमसे ही हो गई,
कि घरों में कैद हो गए,
खिड़की या दरवाजे
तक बंद हो गए |

नीला आसमान, काले बादल,
ठंडी हवा, बहता पानी,
दहाड़ते शेर, हरे-भरे पेड़,
सारे हँस रहे थे प्रकृति की
उदास दावत में |

जश्र का माहौल था,
यह सब हमारे बिना था,
और यही अफसोस था |
कैसा है यह इंसान?

कैसा है यह इंसान?
ऐसा क्यों है यह इंसान?
गलती हुई यह मान ले,
आगे बढ़ और ठान ले |

अबकी बार हँसेंगे भी,
और बातें भी होंगी,
फ़र्क बस इतना होगा,
अब इंसानों का कुशल
व्यवहार होगा |

लिए हाथ में हाथ होगा,
हर प्राणी का साथ होगा,
क्योंकि सगं प्रकृति का
प्यार होगा |

प्रकृति की दावत

- अपूर्वा शर्मा
B.A.P



सभल जा ओ इंसान
सभल जा ओ इंसान
बचा ले इस धरती को
यू इसे बर्बाद ना कर

चारों तरफ हरियाली लाकर
तु इसे आबाद कर

घरती तेरी इतनी महान
उसको क्या देगा
तु खुदी उसका मान एहसान

देख नजारा तेरे खिलवाड़ का
आज तेरा जीवन रह गया है नाम का

गलतियों को अपनी सधुर ले
धरती को अब भी संवार ले

जंगल तूने दिये काट
किया जानवरो को बेघर
फिर तू कहता है तरे शहर आया सिंह
खूंखार
अरे! आने वाली पीढ़ी का ज़रा कर
कुछ ख्याल

वो भी करेगी तुझसे सवाल
कहाँ है सावन के झूले
कहाँ है पेड़ो की छाँव

धरती तेरी जायदाद नहीं
क्यो तुझे इसका एहसास नहीं!!!

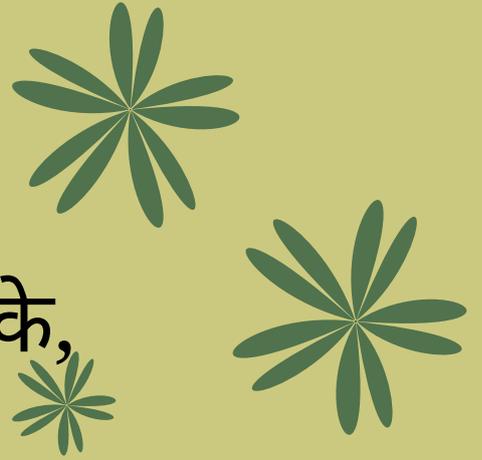
सभल जा ओ इंसान

- Kavita Nagar, 1st year
B.A. programme



किताब

जब सब दे रहे हो
अपने प्रेम के इजहार में झुमके,
कंगन, बिंदी,
जैसे बेशकीमती उपहार ।
तब तमु मुझे
ला देना बस
एक प्यारी सी किताब !
इससे अच्छा
इजहार क्या होगा ?
जब सब सजा
रही होंगी खदु को
गहनों से!
तब मैं तो
सजाऊंगी पूरा संसार!



SUSTAINABLE LIVING



- Yastika Mishra, 2nd year, BA Prog.

“A clean and safe environment is what all living creatures crave for.”

The latest edition of the IPCC (Intergovernmental Panel on Climate Change) 6th assessment report titled “Climate change 2022: Mitigation of Climate Change” has been released in the first week of April 2022. The report highlights some of the already known facts. Our beautiful planet had mesmerizing rivers, lakes, mountains and greenery all around but due to anthropogenic activities (Human activities) these beautiful gifts of nature have been destroyed.

The report by IPCC also highlights the broad picture of the progress made in achieving climate mitigation targets along with the problems being faced by our mother earth. The global temperature is expected to rise by 1.5 degree celsius till 2030 which will worsen the situation and thus, it is time for us to come together and take steps in protecting our planet. In order to protect our planet we need to go for “Sustainable living”. Sustainable living, one of the most debatable issues of the present generation. Sustainable living as a concept means an understanding about how our lifestyle choices affect and impact the world around us. The Eco or the eco friendly environment will also be helpful in adding up to the sustainable living.

Sustainable as a word means involving the use of natural resources in a way that does not harm the natural environment and so that these resources are also available for use by the future generation. Eco friendly products on the other hand are such products which do not cause any harm to the environment. These products are biodegradable, less chemicals are used and thus leave a positive footprint on the environment. Sustainability helps in improving the quality of our lives. It also helps in protecting the natural habitats, the flora and the fauna, etc, and their efficient utilization for the future generation. Sustainable living along with an eco-friendly environment are a deadly combination to save our environment. According to a study, by 2050 the world population may rise to an estimate of 10 billion and with the rise in the population the resources required by the people to fulfill their needs will also rise. There will be more demand for resources like food, clothing, jobs, housing, education, travel and such other aspirations. It is a myth to associate sustainability to the environment, as sustainability as a concept is explored in various other fields, including economic development and social responsibility.

In today’s fast moving technological world, and with rapid population explosion the concept of sustainability carries huge significance. Humans today live in harmony with the natural environment, conserving resources for their future generation so everyone can enjoy a better quality life with social justice. Big companies also now follow the concept of sustainable living under the Corporate social responsibility act 2013, promoting social justice and sustainability as a lifelong and evergreen concept. Over 29 countries have taken pledge for more than \$5 billion providing a major boost to international efforts to protect biodiversity and curb threats from climate change, end use of plastics and toxic chemicals.

There are various ways in which one can ensure sustainable living. First and foremost, choose a sustainable billing option i.e. go paperless. These are bills for almost everything. Instead of taking paper printouts of the bill we should try to reduce the use of paper as paper is one of the natural resources which needs to be preserved for the future generation. Next, choose sustainable products. There are various products in the market which claim to be sustainable and cause less impact on the environment. The citizens should use such products in order to reduce the negative impacts on the environment. Other than these, cutting down on plastics, making use of reusable products, and better modes of transport are also some of the measures citizens can take to ensure sustainable living. Last but not the least, work on REDUCING POPULATION. Population explosion is also one of the reasons for the harmful environment we are living in.

Thus, there are various ways to protect our environment. But before opting for any of these all the citizens need to be aware of the planet that time is not far when our planet will reach beyond 1.5 degree and so collective as well as individual efforts are needed to help overcome the worse situation.

Embracing Sustainability in Today's World

The concept of sustainability is not new for us. The concern for the depleting resources and the future generation, lead to various plans, concepts, and models for making sustainable development a regular practice.

In a circular economy, energy is renewable as well!

There are 5 basic principles that define the circular economy, also called the 5R Principles. Recycle, Reduce, Reuse and Rethink

Let me now tell you some business cases that incorporated one of the 5R principles in their organization...

Recycle: Case of Phinix

Phinix, a textile upcycling start-up, started by Pamela Nicole Mejia from Philippines works by collecting textile waste and converting it into fashion accessories, footwear, and other lifestyle items rather than discarding all these materials in landfills. The company prefers to use the term – upcycling, which is an endeavor to suggest that recycling adds value to the products.

Reduce: Case of Foodpanda

Foodpanda, a popular food delivery service in Thailand, through the efforts of Pratvadee (Bonnie) Sananwatananont, plans to introduce an application for people ordering food through their application to 'opt-out' for plastic cutlery while placing the order. The analysis is if this happens for 10 percent of the orders, it will save more than 2,50,000 sets of plastic cutleries. She is the winner of the UNEP Low Carbon Lifestyles Sustainability Challenge.

Reuse: Case of Karma

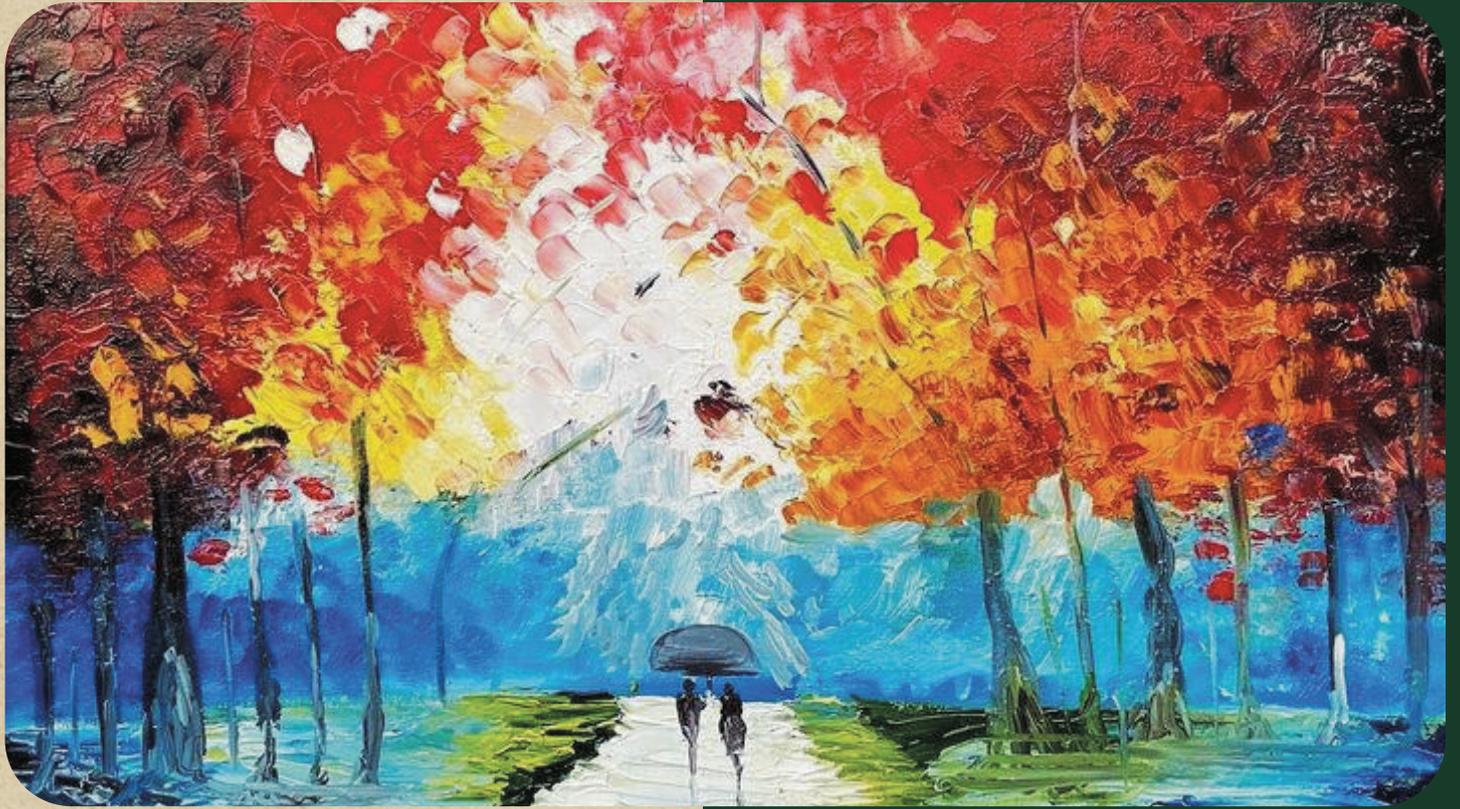
Karma is an application-based business organization that sells food waste. Instead of discarding food waste, organizations like coffee houses and restaurants can sell their food through Karma's application to other restaurants and grocery stores. This creates a win-win situation for all the parties involved. The firm is based in Stockholm with plans of expansion on the cards.

Rethink: Case of Ecovative

Ecovative is a company that produces fully compostable packaging material as opposed to packaging made of synthetic material. This eco-friendly material is made from mycelium that grows in and around agricultural by-products. It is not expensive and can take any desired shape. After use, it can be composted with ease at home.



- Prathna Vatsalya
1st year, B.A Prog



- Nitya Arora





- Dishti Kawatra





- Nitya Arora





- Himanshi





- Reshu Raj



Holding our World



In trust for our
children.

- Komal Rathore

Sustainable Living and Eco friendly products can collectively help in saving our beautiful planet.



- Yastika mishra



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DEPARTMENT OF B. A. PROGRAM
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*With this,
B. A. Programme, Batch of 2022
Bids Adieu*



*We extend our warm regards and best wishes
to all.*



Illustration by Manmeet Kaur



delve into the world
of navadrishi



Designed by Dishti, Adya and Lekshree