

# PRAVAH

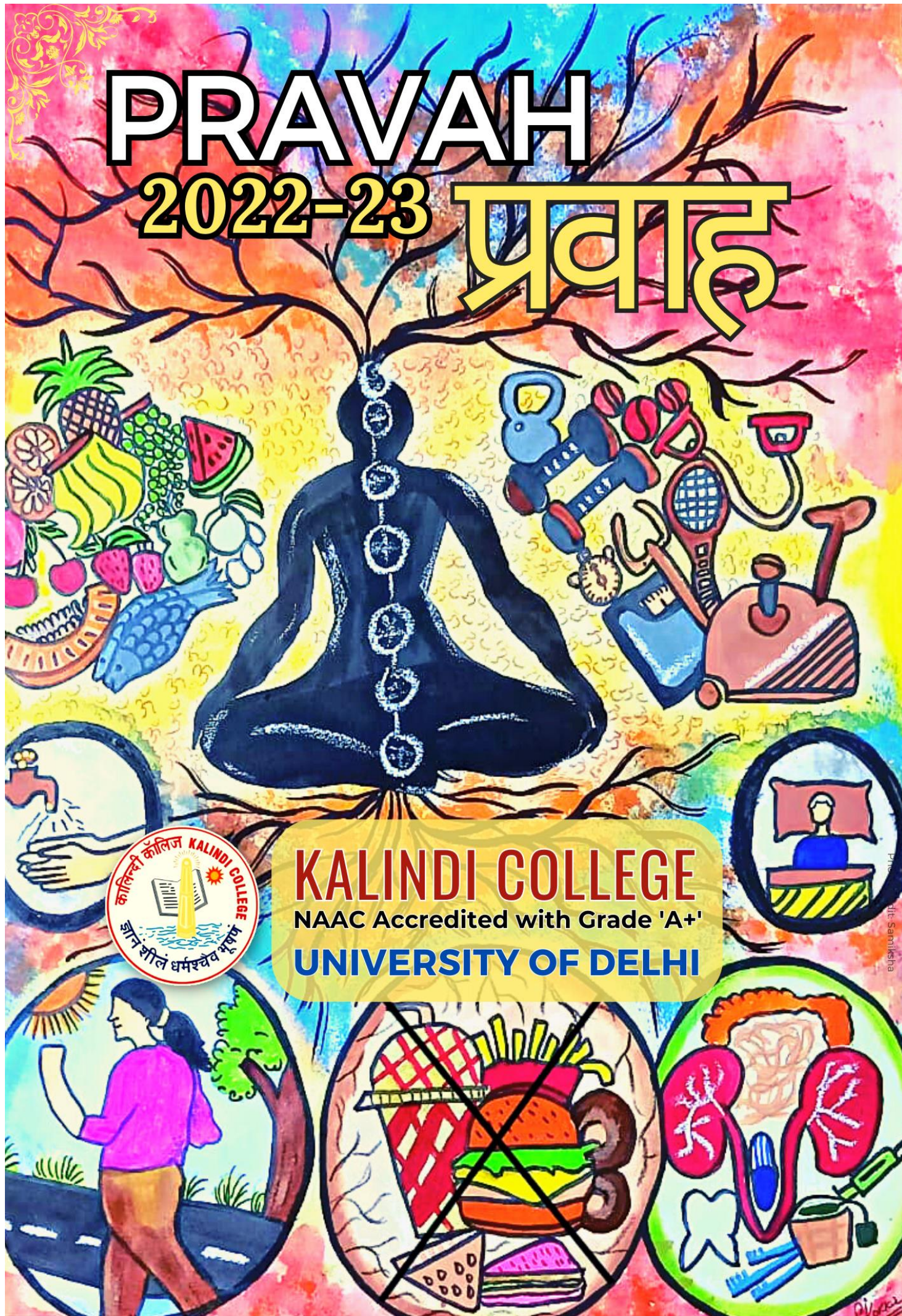
## 2022-23

# प्रवाह

### KALINDI COLLEGE

NAAC Accredited with Grade 'A+'

### UNIVERSITY OF DELHI











## प्राचार्या की कलम से...

'आरोग्यं परमं भाग्यं

स्वास्थ्यं सर्वार्थ साधनम्'

'आरोग्य ही सर्वार्थ साधन का मूल है!'

स्वस्थ शरीर में ही स्वस्थ मस्तिष्क निवास करता है अतः मनुष्य को स्वस्थ रहने के लिए स्वस्थवृत्त का पालन करना आवश्यक है यदि इसका पालन नहीं किया गया तो मनुष्य में नानाविध शारीरिक तथा मानसिक विकार उत्पन्न होते रहते हैं और अस्वस्थ पुरुष इहलोक तथा परलोक में उपलब्ध पुरुषोचित भोगों को प्राप्त नहीं कर पाता इसलिए आरोग्य को पुरुषार्थ-चतुष्टय का मूल माना गया है- धर्मार्थकाममोक्षाणामारोग्यं मूलमुत्तमम्' स्वस्थ नागरिक ही श्रेष्ठ भारत के निर्माण में अपनी महत्वपूर्ण भूमिका निभा सकता है इस तथ्य को दृष्टि में रखकर कालिन्दी महाविद्यालय की वार्षिक पत्रिका प्रवाह के वर्ष 2023 के अंक के लिए 'स्वस्थवृत्त' विषय का चयन किया गया है। महाविद्यालय की छात्राओं ने इस विषय में अपनी अभिरुचि के अनुरूप अनेक लेखों के माध्यम से स्वास्थ्य के प्रति जनमानस को जागरूक करने का सार्थक प्रयास किया है। इनके इस सराहनीय प्रयास के लिए मैं छात्राओं को हृदय से साधुवाद देती हूँ। छात्राओं के मार्गदर्शन हेतु मैं समस्त कालिन्दी परिवार को धन्यवाद ज्ञापित करती हूँ जिनके भागीरथ प्रयासों से छात्राएं निरन्तर प्रगति के पथ पर अग्रसर हैं।

वार्षिक 'प्रवाह' पत्रिका के इस अंक के सम्पादन हेतु मैं पत्रिका की संयोजिका- सुश्री मोनिका जुत्शी, सह-संयोजिका- डॉ.हरविंदर कौर और उनके अन्य सहयोगी सदस्यों एवं छात्र संपादक समूह को हृदय से बधाई देती हूँ जिनके सहयोग एवं निर्देशन से पत्रिका का यह अंश आपके समक्ष प्रस्तुत है।

धन्यवाद !

प्रो.अनुला मौर्या

# Pravah Magazine Committee



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# FROM THE EDITOR'S DESK

It is a great pleasure to once again greet you as we present to you the latest edition of Pravah. As always, it is a labour of love of Team Pravah as much as it is an expression of our students' thoughts and talent.

The theme of Pravah this year is "Wellness and Healing". With the recent emphasis on health, we are now beginning to have a more holistic perspective, i.e. one that includes a sense of wellness and well-being, not merely the absence of disease and stress.

Till recently, most people's notion of good health was largely about the absence of illness. Chronic conditions were to be managed through medicines and diet, under medical supervision. The contemporary focus is on the concept of wellness and healing. This is a comprehensively different approach to living life. It speaks to the human as a multi-dimensional being. Each aspect of the person, namely, physical, emotional, mental and spiritual is addressed. The physical aspect includes exercise, diet and sleep. The emotional aspect is seen as equally important to boost positive emotions namely love, gratitude, appreciation and joy.

Mindset plays a significant role in the emotional as well as mental well-being. We can fulfill our need for intellectual stimulation and growth by extensive reading of texts which teach us how to live a more balanced life. The spiritual aspect of the human too needs tending. Activities that uplift and make us more deeply reflective fuel our sense of connection and purpose. While all these aspects need to be nurtured, we also need all of them to be well-aligned and balanced.

Unfortunately, given the pace of contemporary life, we often find ourselves afflicted by stress. Stress affects all aspects of the human body and life. Thus, stress management is a crucial part of being well-balanced. Hence, healing practices have become integral to living a healthy and balanced life.

No publication is the work of an individual. I am grateful to our Principal, Dr. Anula Maurya for her support and encouragement. I thank all my colleagues who are part of Team Pravah who help shape the magazine. I also appreciate the hard work put in by the entire team of student editors: Kavya Agarwal, III BA(H) English, and Anamica, II BA(H) English (English Section), Vishakha, Mansi, Bharati, all from III BA(H) Hindi (Hindi Section), and Neha Srivastava, III BA(H) Sanskrit, and Niyati Mishra, I BA(H) Sanskrit (Sanskrit Section).

We hope you enjoy this edition. Happy reading!

Monica Zutshi  
Editor and Convener, Pravah Magazine Committee

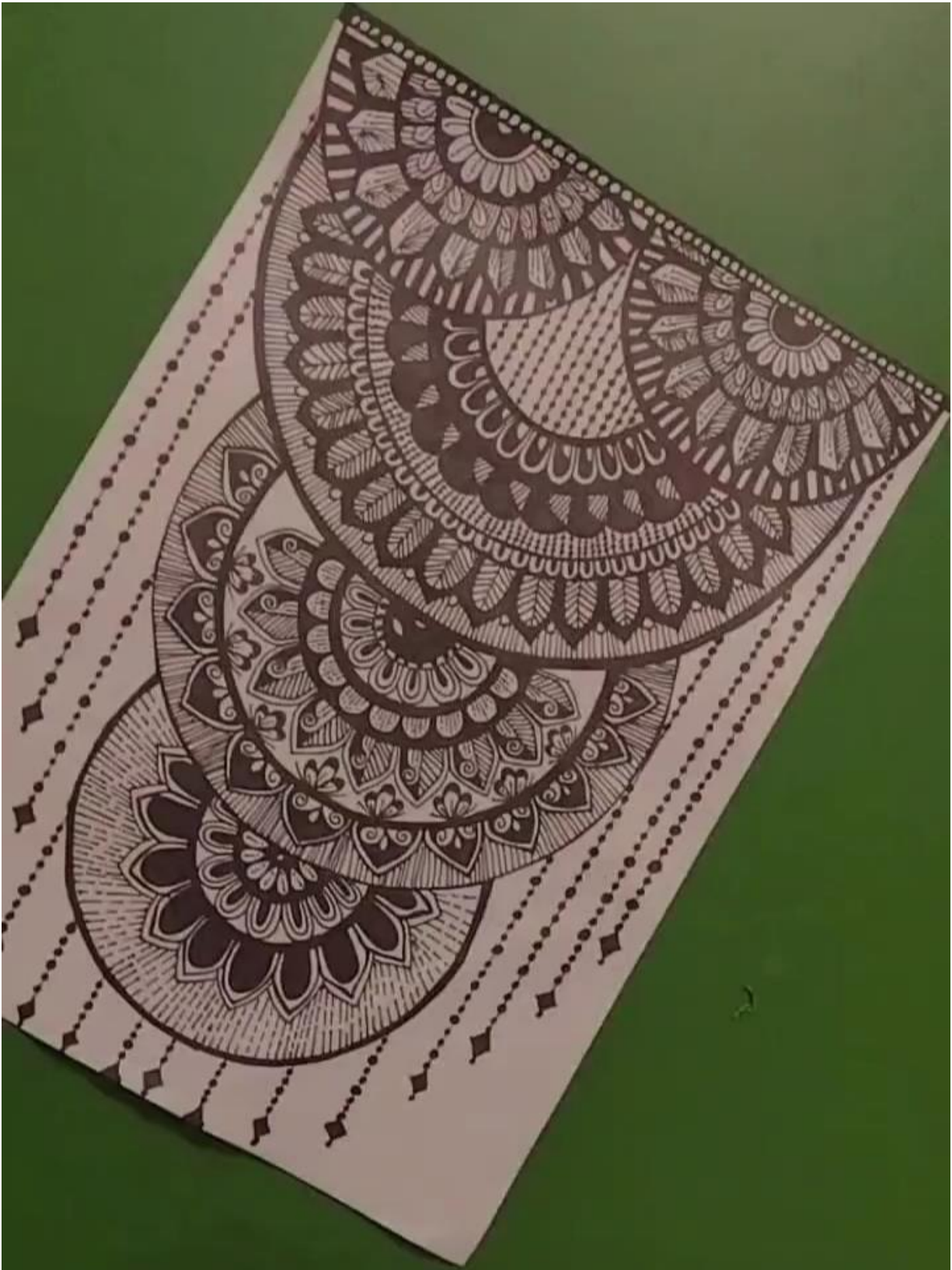






# **ENGLISH SECTION**





**RISHU MISHRA**  
**B.A. (HONS) ENGLISH 1<sup>st</sup> YEAR**



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## Student Editorial

Greg Anderson once said, "Wellness is the complete integration of body, mind, and spirit - the realization that everything we do, think, feel, and believe has an effect on our state of well-being." Everyone desires a healthy life, but in the rush to achieve their goals, people often forget that their health is getting compromised. Wellness and healing are interconnected concepts that are essential to living a healthy and fulfilling life. Wellness refers to the state of being in good health, both physically and mentally, while healing refers to the process of recovering from an illness or injury. Wellness and healing are closely related because they both contribute to our overall health. When we are injured or sick, our bodies need to heal to return to a state of wellness. However, even when we are in good health, we still need to take care of ourselves to maintain that wellness. Eating a balanced diet, getting enough sleep, and exercising regularly are all ways to promote overall wellness and prevent illness. Having battled our way through the difficult times of the Covid pandemic, it is only apt that we reorient our lives towards wellness and healing in a holistic sense.

This issue of **Pravah**, themed "**Wellness and Healing**," offers glimpses through essays, poems, and art that "the greatest wealth is health." We hope to inspire you to live life to the fullest and prioritise yourself and your health. Always remember, achieving wellness is a journey, not a destination. By incorporating healthy habits, practising self-care, and seeking support when needed, you can improve your overall well-being and lead a fulfilling life. And this is what the students of Kalindi College want to draw your attention towards in their own creative ways in this edition.

We all face ups and downs in life and need to heal, making this a topic that resonates with everyone. As Rachel Naomi Remen said, "healing may not be so much about getting better, as about letting go of everything that isn't you - all of the expectations, all of the beliefs - and becoming who you are," as healing is a matter of the heart. It's not just about what you do physically to your body but what you do for your soul.

We extend our thanks to all the students who contributed to the magazine. The stories and experiences of individuals who have experienced the power of wellness and healing bring stories from all walks of life, highlighting the impact of these practices on individuals and communities. We hope these stories will help us understand the importance of prioritising our



mental and physical health and the role that wellness and healing practices play in promoting overall well-being.

We would also like to express our heartfelt thanks to Ms. Monica Zutshi for giving us this wonderful opportunity. We would like to thank Ms. Keertika Lotni and Mr. Sushrut Bhatia for their constant support, guidance, and understanding, without which this magazine would not have taken form.

We hope that the pages of Pravah offer readers love, support, and the inner strength of the beauty of life.

Kavya Aggarwal, B.A(Hons.) English, III Year  
Anamica, B.A(Hons.) English, II Year



**KAVYA AGARWAL, B.A. (HONS) ENGLISH 3<sup>RD</sup> YEAR**



## **Lavender**

Picnic days, trees run wild

Summer tide, Summer spice.

The Sun and July,

July, it calls you blooming.

Bordered by Lavenders,

Holds the sweet hints of floral notes.

You feel like picnic days,

Linen laid down, worries laid behind.

Surrendered in the aroma,

Oh - this Lavender spell.

Faint pastels,

Mellow the hues, mellow with you

You feel like Lavenders.

Incomparable, the agate, the amethyst.

Mulberries and lilacs, your beauty surpasses.

Solace and quiet, you feel like Lavenders.

**KAYRA TAK**  
**B.A. (HONS) ENGLISH 1<sup>ST</sup> YEAR**

## The Picture of You

The picture of you  
Oh! So in love,  
Still hangs on your wall  
And in my mind.

The wound of a past  
I have never had,  
The smiles,  
The gleam in the eyes

That love makes me sick,  
Am I enough?  
How could I ever be?

Am I blinded?  
Is there a storm coming?  
The sky, my thoughts,  
is my air poisoned?

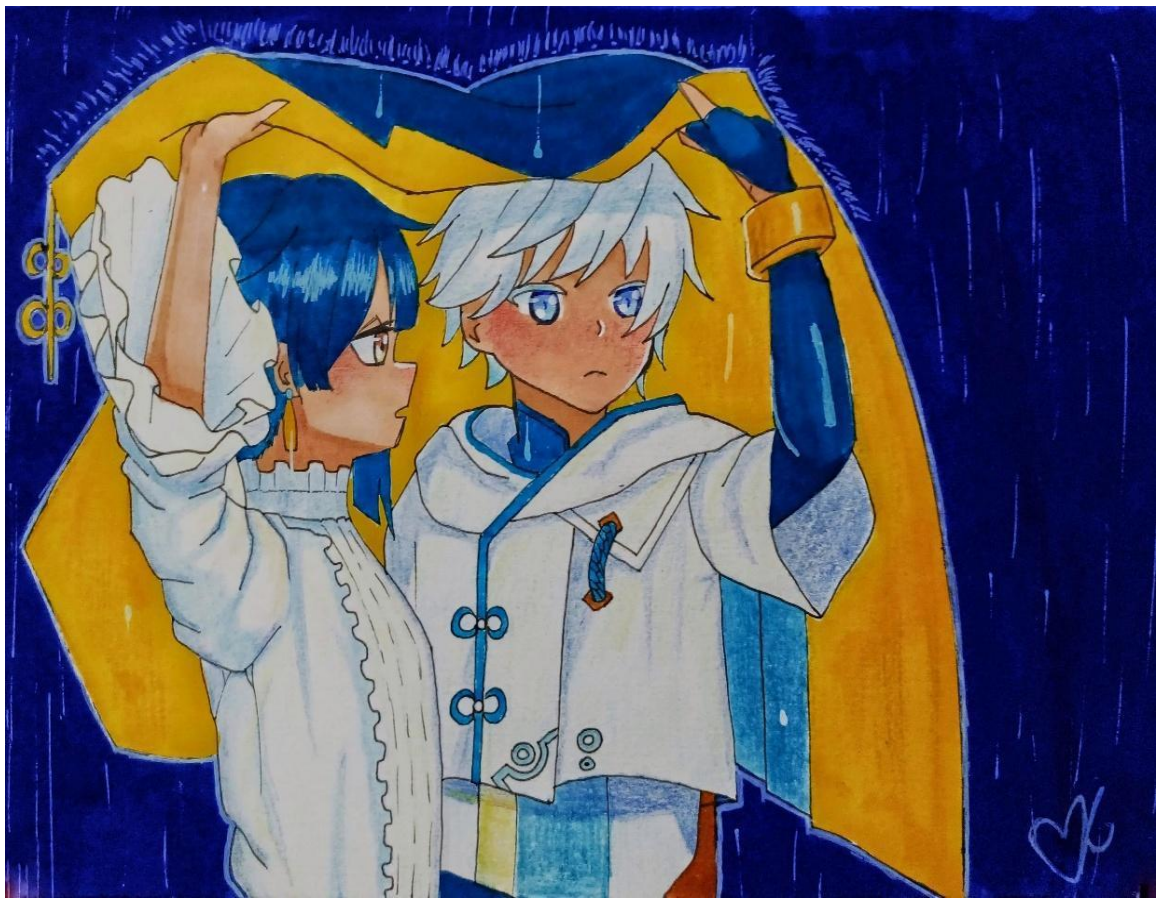
It's my hands, always mine,  
Replay, rewind, replay, rewind,  
Scrolling through memories,  
Only mine, only mine,

I know you love me,



Not more than her, I know,  
That's not true, I know,  
It is. Not.  
To be kind, to be fooled,  
Turn my key,  
Of the Jack that never leaves.

**SUBHANSA SINGH**  
**B.A. (HONS) ENGLISH 3<sup>RD</sup> YEAR**



**KAVYA AGARWAL**  
**B.A. (HONS) ENGLISH 3<sup>RD</sup> YEAR**

## Friend/Stranger

You think I tell you everything I say

Everything I buy

Everything I do

Guess what? I really don't

Wanna know why? Cuz you're you.

A friendship of convenience

A friendship I'd rather not have

With someone who finds problem in me

I guess you just can't deny.

You're telling everyone about my flaws

Putting them on the blast

I know I'm not perfect but neither are you

At least I'm not turning our friends against you.

So let's part ways

Let's divide our group

Where everyone will side with you

And I'll be left in the dust.

Don't worry, I'm used to it now

Maybe I'm the problem

But you broke my trust first

So I'll break our friendship

Like it's a piece of twig



A snap and a clean cut

Except nothing is clean

You've butchered their minds

You tried to butcher my soul too

But guess what darling?

I didn't have a soul to begin with

Where once was my heart

Is now a rotting hole

I've got a list of all the people who did me wrong

All the people who left me

And I've got your name underlined to remind me of your discrepancies

I'll mention you on my final note

Just to give you some credit

For the hell you handcrafted for me

In the short time I knew you

I bid you farewell, Ms Stranger

Who pretended to be everyone's friend

I hope you never again stab someone in the back

While shaking their hands and smiling in their face

I hope you figure out all the problems you have to deal with

So you can't use it as an excuse to be rude

I hope more people see through your fakeness

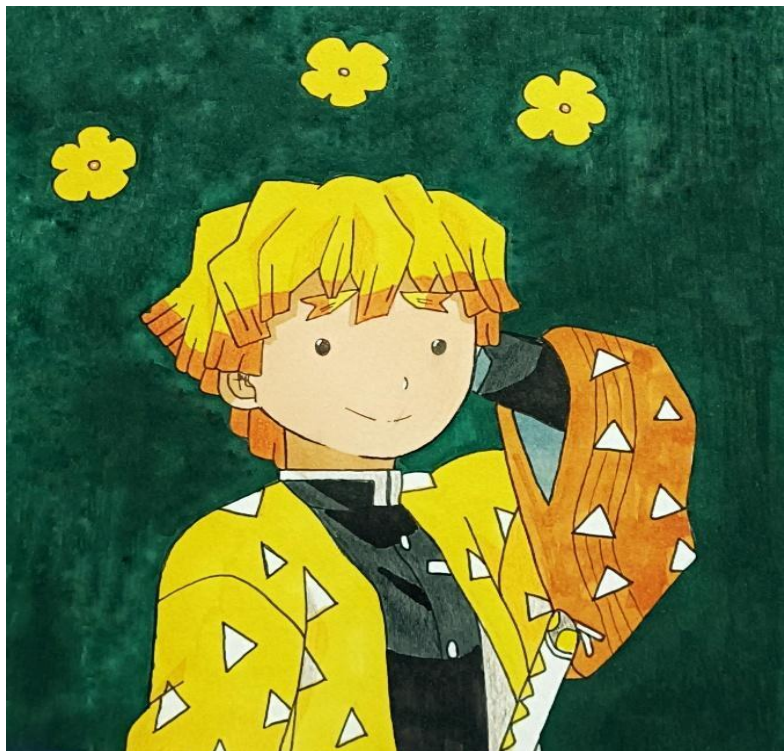
I hope your smile loses its gold sheen

I hope your eyes stay red for crying at every opportunity

I hope your outside matches your inside  
Because truly you're the devil spawn  
I won't be around to see these things  
Perhaps you won't change at all  
You'll stay the same and I would have already moved on

So I bid you farewell, Ms Stranger  
Stop looking at me and be gone  
Don't talk about trust  
Don't talk at all  
Just take your friends and go  
I don't want a piece of it after all

**KAVYA AGARWAL**  
**B.A. (HONS) ENGLISH 3<sup>RD</sup> YEAR**



**KAVYA AGARWAL**  
**B.A. (HONS) ENGLISH 3<sup>RD</sup> YEAR**



## Anxiety

I sit on the floor some nights,

Cold is the floor, colder am I.

Cacophony of voices of the people I've met,

Of the voices in my head.

There's this void,

Where that horrible creature resides.

Dark and cruel, staring straight into your eyes with an ugly grin, as if stabbing you with a knife.

Reminding you- it's a sad/unfair world, no matter how hard you try.

For, cruel things end up crueller,

While the good is always meant to die.

Days my mind becomes a graveyard

Of all the good memories I've had and

Asks me to bury them because

They're all dead now,

They're long gone.

But I smile knowing the bad ones are long gone too and they're the ones which I'll bury instead.

The good ones, I'll use them on my epitaph.

In this way, I might save myself.

And when yet another shattered girl will visit me she'll know that- "it's not certain that bad memories can end people, but it's very much certain that good memories can sometimes save people."

I stand in front of the mirror and fail to recognize my own distorted self.

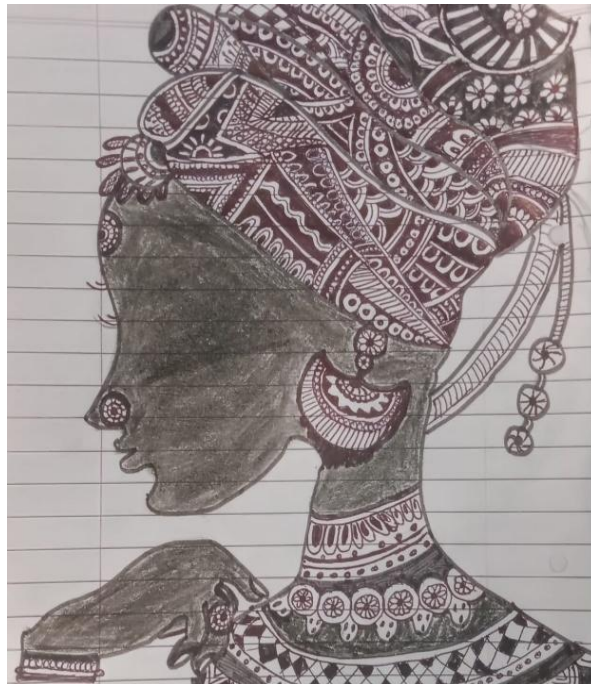
I hush the voices- "shh, go away you vile monstrous thing, you don't belong to me."

I pour a glass of wine, they break it in angst and ask me to consume the smashed pieces.

Cruel, they are.

They say, enraged -  
“Gulp it, devour it,  
It might fill your hearts crevices  
And then you might stop blaming us; the voices,  
For all that you do to yourself.  
Tears fall and penetrate through my skin,  
I see fumes making their way out reminding me of all the burning wounds of mine.  
Can you help me without tearing my flesh apart?  
I ask.  
Can you? You little monstrous thing?  
Where’d you go? Come back.

**MUSKAN PAL**  
**B.A. (HONS) ENGLISH 1<sup>ST</sup> YEAR**



**MUSKAN PANDEY**  
**B.A. (HONS) ENGLISH 1<sup>ST</sup> YEAR**



## **Gen Z and Mental Wellness**

“We fall in love, we fall apart,

We don't reach the middle, get stuck at the start,

We have too many flaws but ambitions high,

We are afraid of walking but dream to fly!”

That's how I penned the emotions I felt when I started to write on this topic. Gen Z is a generation which is confused about being or not being emotionally available. It is a generation which seeks mental peace in the outside world, which wants to achieve everything but is directionless, which, caught up in the race of life, is confused. In a society like we have today, every third person is talking about mental health, mental awareness, programs are being organised; which is definitely a very good initiative as it evidences the fact that we have progressed as a society. I am no psychologist or a doctor, I am just another student of this same gen Z who is seeking peace and hustling, but the reason I am writing this is just to help my dear fellows, known or unknown, just to let all of them know that they are not alone but we all are in this together.

Talking about such an issue, I think there are a few things I must mention here. The very first one being social media. There is a very small percentage of gen Z which is not on social media, in my opinion. Social media has served as the biggest source of relief in some people's lives whereas some people's lives have been turned upside down by it. To some it is moonlight in the dark and to some it has become that intoxication that they want to leave but are unable to. Gen Z got a new lifestyle through social media but is it actually beneficial? Many people have stopped thinking about life in the long run and have accepted it as their only source of income, and with such an unstable source of livelihood comes stress and anxiety. Insecurities eat away at gen Z, we do not love ourselves and seek for that love amongst our social media followers. Irony, isn't it? But if getting love is one side of this coin named 'social media', then its other side is receiving hatred. There has been a rise of around 82 per cent in hate speech on social media platform Facebook and 86 per cent jump in violent and inciting content on Instagram, according to a monthly report released by Meta. Gen Z, which is 24x7 exposed to social media is very prone to depression, anxiety and other mental health issues. The solution to it lies in the problem itself. Why search for love outside when it is within us? How many people would rule over me saying, “it's not as easy as said” – and yes, you are absolutely correct. It is not easy at all because of the insecurities we have instilled in our minds. But instead of lowering those walls you have built for others, lower them your own self, so that it can love itself. Try! Aren't the people of our generation the best hustlers? In my eyes we definitely are! So lower the amount of time you spend on social media, lower your exposure to social media. My Inspiration tells me, “don't give the key to your emotions to everyone, otherwise your home will be robbed.” In your daily lives, as you take out time for your social media, your work, your people, take out some time for yourself, and you will witness the magic!

It won't make sense if I talk about Gen Z without mentioning relationships. We sure are the epitome of lovers, aren't we? We have romanticised the idea of love more than anything, and the feeling of love is such that it is definitely worth it. But... haven't we forgotten the true essence of love amongst all this? We seek unconditional love, but does it exist? – if your answer is “yes?” then I guess we need to clear certain things out. There is no love without conditions, there are conditions in all kinds of love - be it parental love, the love of a teacher, a partner, a brother/sister or any other. We always expect something in return and there is nothing wrong in that. So my request to all of you would be to not get into such a delusion and fulfil all of your relationships with utmost love and sincerity from your side but with an always-conscious-conscience, which will alert you when to stop and where to continue. Yet again the major answer to this comes out to be, love yourself first. If you would not know how to love yourself then how would you love others? And if you answer, “we can love others very well but cannot love ourselves”, then that too is incorrect because if you do not love yourself then you wouldn't realise when to stop loving the other person, ultimately they would take advantage of you and you will be harmed. So learn to be alone and happy, learn to be self-dependent first, that way no one will be able to hinder your peace. Definitely that doesn't mean you would completely stop depending on others but you would know how to be on your own, you would be mentally strong.

Spirituality as the ultimate answer –

If you believe in God then try to connect yourself to divinity, you will get the answers to all your questions, and this is nothing too difficult. It is as simple as sitting alone with yourself; sit separately for some time and try to think of God. And if you are an atheist then just sit separately and ask your subconscious, your inner self. I quote my Inspiration – “There is a difference between loneliness and solitude. Loneliness means being alone, not having anyone around and feeling low, down; it is a negative emotion. Solitude means to be with yourself, in your own company, happily; it has a positive connotation. It is being all alone by yourself even in a crowd of hundreds.” So, try to inculcate that solitude, that peace within you. Trust me, it will be tough in the beginning but later on you will enjoy it. It will feel like a miracle but it will all make sense.

“I know you want to give love, I know you want to receive it as well,

I know you want to grow, I know you want to come out of your shell,

But among all these things, remember you are there too,

Love yourself my tribe, as no-one will love you like you can.” With this verse I hope I was able to convey the message I wanted to. We are all in this together, so let's love but not overdo it, let's grow but not get too desperate about it, let's compete healthily but not fight, let's hustle together! Maybe that way, we will find peace, because that way we will also create peace.

**PRESHA RAWAT**  
**B.A. PROGRAM 1<sup>ST</sup> YEAR**



## Voice

Children are so sweet,  
The sweetest in a cruel world,  
A world full of people,  
Who leer at them like wolves.

How could I even hope that  
He did not have an ulterior motive?  
With his white beard and towering frame?  
With his bared teeth and hostile eyes?  
With his insistence and twisted logic?

He wasn't a good person  
I mean, how could he be?  
Concerning two young girls  
In broad daylight where anyone could see

She stood there trembling  
As he kept asking for her address  
She tried to refuse  
And find some sort of excuse

I stood behind her, albeit silent  
I did not have a voice back then  
All I could say to her,  
“Don't give him your address.”

Even as children, we knew  
Not to talk to him  
So i whispered to her,  
“Give him any address.  
He’ll leave us alone.”

“But lying is wrong, and he’s older.  
We’ll get in trouble”,  
She said to me.  
So I grabbed her by the arm  
And ran as fast as I could  
Making turns this way and that  
He might be following us.  
We had to get away.

I feared for her safety, then and again  
We never visited that road again  
We never spoke of it again  
We did not have a voice back then

But I do now  
So I’ll stand beside her  
As she stands there trembling  
And you – you keep asking

Can’t you hear her refusal?  
She’s already said no

Why must you keep asking  
When she's already said no?

I dare you to take another step.  
I dare you to insist again.  
I've got a voice now,  
And very gray morals.

I'm not the silent kid anymore  
Who thinks respecting your elders  
Should be a steadfast rule.  
I'm not the silent girl anymore  
Who won't stand up to you.

**KAVYA AGARWAL**  
**B.A. (HONS) ENGLISH 3<sup>RD</sup> YEAR**



## Not So Far

not so far away we are when

you are ringing the doorbell and I let you enter, through the passage with webs and darkness

my feet are flinching as I eye you pacing barefoot towards the shackles I'm dying in

my soul is soaring

my world is fading

no, I can't shout, I can't scream, I can't cry, I'm hollow inside

your one look is making me thirsty for hope, don't, please don't stare with those eyes too bright, shining like pearls, so pure and divine

if I call you near, will you listen or scorn? if I call you near, will you loosen these chains of thorns? if I call you near, will you kiss my torn hands? if I call you near, will you take me to another land?

probably, you are here to witness the catastrophe of my fragile decaying feathers, which once flew in sunrise and sunset streams

I hate goodbyes, leave without telling me you were here to watch me hanging at the end of rope

I won't beg, you may return the next day but drop a black veil just like they did and we might live together, sleep in one bed, eat in one plate but parting ways

this smoggy cage with black walls haunts me every night

"would I be able to make it to the morning"?

are my only words

perhaps my soul is dragging itself to come to you, visit you rather than your illusion vanishing every second in the tired eyes

Will you wait for me? I'm really trying hard to not cut the nerves, these lashes instead

I'm trying hard

wait for me

I'm coming

not so far away we are when I'm running with bleeding feet, shredded skin and you let me enter in your shelter's warm keep.

**KHUSHI MANN  
B.A. (HONS) GEOGRAPHY 2<sup>ND</sup> YEAR**

## **Wellness and Being**

Wonder why we keep straining ourselves so much? As we cross various stages of our lives, it becomes gradually more complicated and challenging that we hadn't even expected and these issues are not simple to manage. One has no choice but to face these challenges if he or she wants to get released from that problem. Fighting our own battles is excellent but the scars left still haunt us. One may change his or her personality - like hide their true nature, stay quiet for long or even worse enter into the stage of depression.

Some show their merry faces but deep inside only that person knows what he or she is hiding in their shell and when that shell breaks because of all the stored anxiety, it takes its next level up to depression which servers that person from the rest of the world. Each and every human has to face some or the other obstacle in his or her life. Whether that person is wealthy or poor at some stage of his or her life a person has no choice but to face his or her own problems. It does affect our mental health but we have to balance it and get ourselves to that position where our anxiety level is minimal. It is not simple but still, for our happiness and wellness it's necessary to maintain our mental health for our welfare.

Everyone has their own self-healing techniques like one may read a book, listen to music, meditate, spend time with their family, write, etc. These things support a person to reduce anxiety. Though we can't fully remove our anxiety, we can maintain it by our own self-healing methods. Psychologists suggest that we already know the solution to our problem, we just need to find it out. Self-healing methods are one thing but supporting someone who is in need of guidance is another. One person can be a huge help for the other like, listening to the situation of the other person, by being positive, taking care of them and most importantly, if still the person is taking much time to heal one should suggest that they opt for professional medical help which can be really supportive for that person.

Seeking professional medical help can be productive as it involves counselling and specialised methods or techniques which help a person to regain their true self. It is totally alright to pursue professional medical help and nothing to be humiliated of as at the end we all are humans and like our physical health our mental health also matters. So, yes! Always be cheerful, don't overthink, be there for someone who is in need and never give up on yourself.

**TAPISHA TIWARI**  
**B.A. PROGRAM 2<sup>ND</sup> YEAR**

## Dear Me

Its Ok if everything isn't ok,

It happens,

There are phases & situations,

That misshapes life.

Dear Me,

Its ok if you're unable to concentrate,

At times comes a point when

A lil' more also you can't saturate.

Its pretty Ok if you feel broken at times

Don't blame yourself,

Everything can't be fine.

Dear Me, its Ok if you like so many guys,

At least better than that the one's 'ditchful' goodbyes.

Its pretty Ok if you don't study at all,

All you need is to bravely bear every fall

Don't think you've fallen,

Be happy you have got another chance to RISE.

WOW! In another few months

You'll be turning Nineteen

People gonna wish you,

Ok that's nice...

But you don't forget

To praise yourself

For everything you've been.

Its Ok if people didn't realise,

But to pamper yourself,



You should never be precise.  
You've tried being a great daughter, understanding sis,  
A friend anyone needs  
When they wanna express or celebrate,  
A student always trying to make  
An emotional connection...  
Or the well-wisher who  
Every time wishes for everyone the BEST ...  
In short Everything you've Been  
Is always The BEST....  
Miss. Me....you are simply different from the rest!

**JIGYASA SINGH**  
**B.SC. (HONS) LIFE SCIENCE, 2<sup>ND</sup> YEAR**

## **Smile, A Mask**

I wear a smile, a mask

Fine if anybody asks

Turbulence inside my heart is locked within my eyes

Pain buried deep, my heart no longer feels alive

Veiling my emotions even from my shadow

No one knows I am hollow

Good to everyone, cruel towards myself

Unknowingly gratifying a goal to please the self

In a party of fine animas

I stand alone, a deserted soul

Loneliness inside me bottled up and

Became the ink for my thoughts, so bold

I write a story of my shattered heart

In the war of mind and heart

My mind won and said "Shut up, just conceal it with a smile"

Smile, a mask

Fine if anybody asks

**ANAMICA**  
**B.A. (HONS) ENGLISH, 2<sup>ND</sup> YEAR**

## **Not All Men**

Have you ever  
Crossed the road at night  
Stayed with your friends  
Or drank less in public  
Because of a man?

Have you ever  
Faked a phone call  
Kept your keys in hand  
And pulled your jacket closer  
While walking home at night?

Have you ever told someone  
Only to hear “Oh, you’re overreacting”?

Have you ever held your tongue  
When a stranger calls you out in the streets?

Have you ever changed your clothes  
Cuz they would be seen as “too provoking”?

Of course it’s not all men  
But it is all women

Men and women live in different worlds  
Those worlds collide without our consent



Or rather, one crashes into the other  
As if stumbling like a newborn gazelle

It's not all men  
But even a small percentage of a billion  
Is still in millions

It's not like they wear a tag  
Saying that they'll one day threaten our safety  
It's not like we can tell by their faces  
If they're gentlemen or someone shady

It's NOT all men  
It's not ALL men  
But it is all women  
It has always been, ALL women.

**KAVYA AGARWAL**  
**B.A. (HONS) ENGLISH 3<sup>RD</sup> YEAR**

## **White Chrysanthemum**

It wasn't an ordinary day, as I was going to visit myself once again. I rode in public transport and went to the place where I was buried. Without wasting any moment, I went straight to my grave and examined every detail surrounding it. I saw tiny flowers blooming there, and as always, I was amazed by their beauty. Holding a White Chrysanthemum in my hand, I stood in front of my tomb. Unconsciously, a teardrop fell on my hand, but I was so used to it that nothing seemed to bother me.

You may ask why I kept going there even though I knew I would end up being more pathetic and craving sympathy. I really don't know the exact cause, maybe to be certain of what destroyed my old self or to know what brought doom to the girl whose innocence was beyond the universe. Maybe the reason was simply that I still wasn't able to let go of the numerous memories of my old self because a part of me was still willing to cherish that melancholic yet euphoric self of mine.

But doesn't it seem too late now to even try having her in my memories? I have consistently been a part of this cruel world from the beginning of my life. I am also the source of the energy of that devil who swallowed the light near me and eventually killed the guardian inside of me.

Even after breaking down multiple times, I still couldn't figure out when it all started to go wrong for me and when I became a person who started doubting myself and my abilities. I was also one of those who let her give in, and unfortunately, I was there just standing still while she was taking her last breath in that freaking reality. Now, I can't bring her back to life, even if I scream the hell out of myself.

As I was busy drowning in the river of my thoughts, I realised that it's about time I should go back home and act like I've never been hurt, that I didn't cry until I almost got out of breath, and that there's nothing wrong with me.

At last, I placed the White Chrysanthemum, which the little girl and I appreciated almost eternally, on my grave and bid farewell to my old self, saying, "Be well! Hope I'll never come closer to you again, crying a river, just like someone who never got to live."

**SAKSHI THAKUR/KUMARI**  
**B.A. PROGRAM, 2<sup>ND</sup> YEAR**

## **Bodily Hymns**

A clay model once heated  
Can not be altered, but what it can do  
Is break  
And  
to be taught that a body  
Is nothing different,  
Is how they get away with murders  
Done in the name of beauty,  
For, I, once had cracked my  
Nose,  
Just to align it with the transverse  
Of my canvas, that I learnt  
If every face was expected to appear  
The same,  
They'll start selling variance instead,

When the flat stomachs would  
Run out of space, and arched  
Eyebrows would run of lines,  
Who all will join hands  
to commit crimes,  
In the name of prettiness,

Will they continue pointing at  
Slimmer bodies,  
with a sign of pity,



While sliding extras into  
Their plates, terming it nutrition,  
Which aimed only at  
Adding mass to a living,

And that the lips  
Would juxtaposition themselves  
Into being kissable ones  
Like cushions  
Of pink leather against  
A soul, what are they going  
To sell next, I wonder,

Probably skyscraper-esque  
Cheekbones would gain profits  
In the name of "starting one's best life"  
When a piercing cheekbone  
Would cut similar to a knife  
Within,  
That I conclude dislocating shoulders  
For defined collarbone is not a dream  
Far off.

**VARNIKA THUKRAL**  
**B.A. (HONS) JOURNALISM 1<sup>ST</sup> YEAR**

## **A phase like that**

Have you ever been  
In a phase like that?  
When you can't cry or sigh either  
When tears don't wanna  
Fall anymore  
When you just sit there  
Holding your head in your hands  
When you just stare at the wall.  
There's nothing worse than that  
There's nothing that hurts more than that.  
There's nothing that kills more than that.  
Once again i sit on the ground  
The cycle repeats itself again.  
I am stuck in a loop  
Have you ever been in  
A phase like that?

**ARUSHI SHARMA**  
**B.A. (HONS) JOURNALISM, 1<sup>ST</sup> YEAR**

## **When in Battle with Your Body: Slow and Steady Wins the War**

'Mirror, mirror on the wall, do you think I'm pretty at all?' Yes, you heard it right. A mirror can show you a reflection of yourself, but what if you can't accept the reflection that it shows? Well, this is one dilemma that I faced when I was growing into my adolescent age, as my own bodily changes scared me.

For a long time, I had a love-hate relationship with mirrors. I just couldn't look at them. They wanted me to accept the version that my eyes could see every time I got ready, but I just couldn't. My brain was my biggest enemy and always reminded me, 'What if you looked just a little thin?'

And that started an engine of failed attempts of crash dieting, extreme exercise routines, and hate towards every centimetre of fat that I saw. Body dysmorphia is one of the most common body disorders nowadays, along with anorexia and bulimia. It's a mental illness involving obsessive focus on a perceived flaw in appearance. The flaw may be minor or imagined, but the person may spend hours a day trying to fix it. The person may try many cosmetic procedures or exercise excessively.

You heard it right, in the age of filters where every flaw seems to be corrected in the click of a button in the virtual world. But what about your own two eyes? We can't fix our permanent features with a touch of a screen. And I too was a prey to that. I hated my body to an extent where I covered every itty-bitty portion of my body.

Now, when I talk about it, many can wonder- "who feels that way?". And those who can relate to me will ask, 'How can you talk so freely about it?' Well, it's all good with time. The more time you give your body and mind to heal, the better will it be, everything will be peaceful. But that's not easy, is it? I know that, but it's better to try it once than to not do anything about it. Of course, it will take time, patience, acceptance, and at times you'll end up hating yourself, but it'll all be worth it when you look at yourself in the mirror and feel confident and happy with your body."

**SANCHITA MAJI**  
**B.A. (HONS) ENGLISH, 1<sup>ST</sup> YEAR**

## **The Bitter Enemy of Illness**

Wellness is a state of being. It is a standard of life which determines our productivity, our mental state, our physical health and is basically the driving force of our life. Without

wellness and health, life comes to a halt. I came to this realisation when life threw the challenge of poor health at me in 2019. A chronic illness which continues to follow me till today, in 2023. Every day I think to myself that I have accepted my illness and learned to live with it but following that, the thought that arises and haunts me is that am I even living to the best of my potential? I was an energetic, enthusiastic child. I took care of my body and mind. I exercised, meditated, played sports, mentally invested in myself. But ever since my sickness, I stopped

putting an effort into taking care of myself. I avoided self-care and sabotaged my own self. I wondered what drove me to this misery and I figured it was because it felt worthless. I felt as if my body had betrayed me and it did not deserve my efforts to take care of it because it did not reward me with good health.

The same incident also triggered major feelings of hypochondria in me. Hypochondria i.e., health anxiety. It's a term which is given to the belief that you have a serious illness and develop doubt and trust issues towards doctors and your own health. It is a draining and exhausting condition to live with. I can confirm this because since my medical episode, every time I had to visit the doctor for even the most minor issues, my mind would wander off to the darkest of places and assume the worst verdict that the doctor could possibly give. I had basically succumbed to the idea of living in sickness for my entire life. Gradually, this fear took over my entire life, my youth. I'm in my prime years of life where I should ideally be my most productive self, going out into the world and exploring the adventure that life has to offer. But my physical and mental health both limit me from having the energy to even get out of bed.

I sit in the doctor's office with my legs shaking and I open my Instagram with a desire for distraction and I end up watching a gazillion stories of my friends living their best lives at concerts and parties while I sit here surrounded with the smell of syringe and medicines. Sickness is not just a matter of the physical body; it can traumatise your mind to the extent that it leaves you with no ability to think in the right direction. It takes up so much-

The bitter enemy of illness. Takes up space in your head and heart. It leaves no room for you to think about what you want to do with your life because it forces you to live in survival mode. Surviving the day without falling sickness feels like an achievement in itself. Health and the anxiety associated with it is a far deeper issue than we deem it to be. It deserves more importance and significance than we give to it. It needs to be identified and discussed.

As a matter of fact, the only thing that helped me drag myself out of the dark mental place I was in, was talking about it to friends who have had similar experiences and researching the condition of 'hypochondria'. Just knowing that a term for it exists and there are more people who go through it, is reassuring in itself. Anyone going through it deserves to know that



feeling anxious and depressed in response to poor health is anything but abnormal. It is completely valid and deserves to be acknowledged. My biggest lesson from my own personal experiences with health is that we can have all the materialistic possessions in the world but if our health is not good, it's all a waste. Living with sickness and anxiety is a haunting experience. It can impact your life in ways that you can't imagine. It is a blessing to be healthy. Hence, if you have the opportunity to save yourself from falling into the hellhole of sickness, take it.

**JIA AHUJA**  
**B.A. (HONS) JOURNALISM, 2<sup>ND</sup> YEAR**

## **Hey God!**

"Hey God, why do these things only happen to me? Why do all the problems come my way? Why am I a failure? Why am I not able to do it? If I did good, why aren't bad things leaving my way? Was being good a mistake? Didn't I work hard enough? I keep complaining all the time, asking-why me. I just keep overthinking and surrounding myself with negativity, becoming more and more mentally weak every day.

But the truth is, we all face problems at every phase of life. Those difficulties make us think that we are incapable, unlucky, and heartbroken. But we are not alone in facing problems or emotional breakdowns. Every person we meet has problems and emotional instability.

Some people think that wealth brings happiness. But if you were to ask Mukesh Ambani, he would tell you about a hundred business problems. The fact is that wounds will always be there, but you just need to heal.

When Lord Rama faced difficulties throughout his life and when Krishna faced separation from his love, how can we humans expect a life without struggle or pain? The pain and struggle of Lord Rama made him a god from a king, and Krishna's unconditional love for Radha made us feel a connection with Krishna.

You will face difficulties, failures, and so on. You will definitely feel sad, and it may seem like everything is finished. But believe me, the sun will rise again. Sometimes it may take a while to spread its warmth because of winter, but one day it will definitely provide warmth to your heart.

When we lose people in our lives, it is very difficult to heal the pain of that loss. We complain to God that he has taken away our precious things, but we forget that the people we consider ours were given to us by him. And now, the time has come when he wants his precious things back and wants to give them to other needy people. We may lose people physically, but they always exist in our hearts.

When you were born, your mother bore the pain like the breaking of twenty bones. So when you were born through such a painful process, how can you be afraid to experience pain? Pain is the most beautiful process that gives you birth. You just need to survive, and one day you will be born with happiness all around you.

**HARSHITA SINGH**  
**B.A. PROGRAM (ECO+GEO), 1<sup>ST</sup> YEAR**

## **Effective Ways to Support Someone in Need**

We all have loved ones, close friends, or acquaintances who go through difficult times, and we want to help them in any way we can. However, it can be tricky, especially if you're not sure how to be there for them. If you find yourself struggling to be there for someone in need, it's important to remember that there is not one "correct" way to do it as different people have different needs and what works for one person may not work for another. However, there are some things to keep in mind in order to be more effective in helping others and providing meaningful support.

One of the key ways to support someone is by offering reassurance.

An easy way to approach this could be to simply say, "I'm here for you" or "If you ever need someone to talk to, I'm here to listen." Make sure to let the person know that you care about them and that you're willing to support them in whatever way they need.

Bear in mind that everyone copes with difficult situations in their own way. Some people may withdraw and isolate themselves as a way of dealing with the stress or anxiety that they're feeling. In these situations, it's important to avoid putting pressure on them to talk if they're not ready. Instead, simply letting them know that you're there for them and available to listen if they want to talk can be incredibly helpful. By showing that you care and are available to listen, you're creating a safe, supportive, and non-judgmental environment where they can open up, which may make it easier for them to seek the help and support they need when they're ready.

Showing your presence, being available to listen, and offering words of encouragement and kind messages can make a big difference in helping them feel supported and cared for. Something that I find can be really helpful is to acknowledge and validate their feelings, letting them know that it's completely normal to feel the way they're feeling and that it's okay to not be okay. In addition to this, regardless of how significant their problem may appear, be sure to avoid disregarding their feelings, as this can make them feel unheard or unsupported.

It's true that sometimes just being present for someone can be incredibly helpful, but there's also nothing wrong with asking the person directly how you can best support them. By asking the person what they need and how you can be of assistance, you can ensure that you're providing effective support according to their needs, whether it's providing practical support with chores or offering emotional support. So don't be afraid to ask the person what they need or want from you. It's a great way to show that you're there for them and that you care about their needs. Moreover, it indicates that you're genuinely concerned about their well-being and are willing to put in the effort to support them in their difficult times.

Another point I want to emphasise on is to keep checking in on them. Checking in regularly shows that you're there for them in the long run, and they can easily rely on you. Also, when someone is sharing their thoughts and feelings, it's important to give them your full attention without getting distracted. Definitely avoid getting distracted by your phone or other things around you, and make sure that you're not interrupting them while they're speaking. One of

the most important things I've learned is that sometimes people just need someone to listen to them without giving unsolicited advice. So, make sure to ask them if they would like your advice or if I just need someone to listen to them.

In addition, it is crucial to recognise that you are not a professional and that you should avoid diagnosing them. It is true that accessing mental health support from professionals in India can be difficult and expensive, but some options are available. I have come to realise that there are many resources available online and on social media that provide mental health support for free or at a low cost, which one can recommend.

Lastly, remember that taking care of your own mental health is just as important as supporting others. Sometimes, people who frequently help others can neglect their own needs, which can lead to burnout, so don't forget to prioritise self-care and reach out for support if you need it. I know it can be difficult to put ourselves in other people's shoes sometimes. It's tough to know how to be there for someone when they're going through something difficult, especially if we're not the best at social situations. Finding the right words or actions can feel overwhelming, but I think it's important to keep trying, even if we stumble a bit along the way.

**ALEENA UROOJ**  
**B.A. (HONS) ENGLISH, 2<sup>ND</sup> YEAR**

## **Your Characters and You**

I have always been longing to understand the gist of the line I've heard many times: "The world is full of people with different characters and temperaments". So, my fanatic personality went on a journey to understand why people think it's important to have contrasting personalities.

Would it baffle you if I said that your personalities are what you think you lack in yourself? Would it astound you if I said that your lack of self-awareness is what makes you envious of others and causes you to develop a completely different version of yourself? Maybe, maybe not. For those who are both baffled and astounded, I love your honesty. Meanwhile, for others who do not agree but keep on reading, I love your commitment.

We are different when we are at work, different when we are with friends and family, and completely different when we are alone. Of course, the question arises: isn't that obvious? I am not talking about your formal and informal behaviour, but the person behind all those character curtains.

Why do you think you need to be a totally made-up character who is 100% dedicated and has no shortcomings to get a job? Why do you think you need to be like the person you want to be with, or have similarities between the both of you? Why do you think you need to be premium like high society social groups to get accepted by them? Why do you think that in a population of billions, you will not get what you want by being yourself?

The answer is that "you don't know" or maybe "you just do it," and my favourite argument is "because the world is designed that way." No, you have designed your mind-set like this. The world consists of people like you who have similar contemplations. I am not blaming you because different characters arise from different tragedies.

I am sorry if you did not get the job you wanted, even though you were qualified, because maybe you did not do the right wordplay. I am sorry if that person did not want to be with you because you were too much for them, even though you gave it all. I am sorry if you did not get to be part of that circle you always wanted because you were too different. I am sorry that because of others, you had to create a different version of yourself and carry it everywhere with you.

But the moment you accept your weaknesses without sugar coating them is when you put your best foot forward to validate them. The moment you realise that the beauty of two people being unlike is that they are nothing alike. The moment you get that whoever and whatsoever made this universe with those beautiful mountains, rivers, waterfalls, forests, and animals for some reason also made one of you for the same reason is the day you begin a new life, a life without any character, a life without any burden.

Embrace your exhaustion, your anger, your weird likings, your dreams that make others laugh at you, and most importantly, embrace your original character, the no-filter, unburdened character. So go out there and start a new life.

**AADHYA SINGH**  
**B.A. (HONS) ECONOMICS, 2<sup>ND</sup> YEAR**



## **Wellness and Healing**

The word health refers to a state of complete emotional and physical well-being. Health care exists to help people maintain this optional state of health. Two types of health

1. Mental
2. Physical

We are talking about mental health (Depression)

Depression

Depression is a mood disorder that causes persistent feelings of sadness, emptiness, and loss of joy. It is different from the mood fluctuations that people regularly experience as a part of life. Depression symptoms can vary from mild to can include.

- Feeling sad or having a depressed mood.
- Trouble sleeping or sleeping too much.
- Feeling worthless or guilty.
- Differently thinking, concentrating, or making decisions.
- Loss of energy or increased fatigue.
- Changes in appetite and body weight.
- Loss of interest or pleasure in hobbies and activities.

Symptoms must last at least two weeks and must represent a change in your previous level of functioning for a diagnosis of depression.

### **MEDICAL CONDITION**

Thyroid problems, a brain tumour or vitamin deficiency can mimic symptoms of depression so it is important to rule out general medical causes. Depression is among the most treatable mental disorders. Between 80%and 90%percent of people with depression eventually, respond well to treatment almost all patients gain some relief from their symptoms.

Before a diagnosis or treatment, a health professional should conduct a thorough diagnostic evaluation, including an interview and a physical examination. In some cases, a blood test might be done to make sure the depression is not due to a medical condition like a thyroid problem or a vitamin deficiency cause would alleviate the depression-like symptoms.

- 1 - Medication
- 2 - Psychotherapy
- 3 - Electroconvulsive therapy (ECT)

#### 4 - Self-help and coping

There are different types of depression, some of which develop due to specific circumstances.

**MAJOR DEPRESSION** - which includes symptoms of depression most of the time for at least 2 weeks that typically interfere with one's ability to work, sleep, study, and eat.

**PERSISTENT DEPRESSIVE DISORDER** - which often includes less severe symptoms of depression that last much longer, typically for at least 2 years.

**PERINATAL DEPRESSION** - which occurs when a woman experiences major depression during pregnancy or after delivery.

**SEASONAL AFFECTIVE DISORDER** - which comes and goes with the season, typically starting in late fall and early winter and going away during spring and summer.

**DEPRESSION WITH SYMPTOMS OF PSYCHOSIS** - which is a severe form of depression where a person experiences psychosis symptoms, such as delusions (disturbing, false fixed beliefs) or hallucinations (hearing or seeing things that order do not see or hear)

Individuals with bipolar disorder (formerly called manic depression illness) also experience depressive episodes, in which they feel sad, indifferent, or hopeless, combined with a very low activity level. But a person with bipolar disorder also experiences manic episodes, or unusually elevated moods in which the individual might feel very happy, irritable, or "up" with a marked increase in activity level. Examples of other types of depressive disorders newly added to the diagnostic classification of the Diagnostic and statistical manual of mental Disorders include disruptive mood dysregulation disorder and premenstrual dysphoric disorder.

**PREETI KAKKAR**  
**B.A. PROGRAM 2<sup>ND</sup> YEAR**

## **Mental Health**

A person's mental health is measured by how well they are able to think and behave socially and emotionally. When a person's emotions, thoughts, and relationships are all in good shape, they are able to take pleasure in life and successfully navigate adversity. Maintaining a healthy mental state is vital at any age, from early childhood through old life. It changes the way we think, feel, and act. Also, it helps

We figure out how to deal with stress, get along with other people, and make decisions. If you have mental health problems, they could change how you think, feel, and act in many important ways over the course of your life. Our emotional, mental, and social well-being are the three main things that can affect our mental health. Mental health problems are caused by different things that affect our emotional, psychological, and social well-being. These things include biological factors like genes or brain chemistry, life experiences like abuse, and a family history of mental health problems.

### **Emotional Well-being**

To some extent, one's psychological health is influenced by their emotional health. Emotional health includes a mind-set that is both positive and strong in the face of adversity. There are a lot of people out there that feel negative emotions like anger, resentment, fear, concern, and frustration but choose to ignore them. Negative feelings, if held for too long, can be detrimental to mental health. These negative feelings can put a strain on your body and mind, which can lead to health issues, if they are persistent or overwhelming. Mental trauma can have real-world consequences for your health.

Research shows that mental anguish raises the odds of developing gastrointestinal problems, insomnia, and exhaustion. Increased susceptibility to viral infection, occupational stress, and heart disease are all possible outcomes. Lower levels of emotional health are associated with stress, depression, and anxiety. Anxiety and grief both serve us well by keeping us on guard and prompting us to take action. The danger arises when these feelings become excessive, ongoing, irrational, distressing, and disruptive. Anger, sadness, and other negative emotions have all been linked to negative behaviours like drinking, smoking, and overeating.

It's not necessary to be happy to be emotionally healthy. This demonstrates an ability to recognise and cope with one's feelings. While some people only experience negative feelings temporarily, others struggle with them constantly. An individual's life might be profoundly affected by persistent feelings of sadness. Failure to manage negative emotions can lead to social withdrawal, self-injury, or even suicide. Even healthy people experience negative emotions like anger, worry, and despair, but they are strong enough to overcome them. Emotional disorders can be helped by psychotherapy, support groups, and medication. Anybody experiencing persistent emotional difficulty can benefit from speaking with a doctor or therapist, as well as a trusted friend or family member, in order to get the treatment they need. If their physical health is in danger, they can aid in the search for a cure that will also boost their emotional health.

### **Psychological Well-being**

Managing painful emotions like disappointment, sadness, and failure is essential for long-term health. Psychological and emotional well-being are linked. When intense or long-lasting negative emotions impair regular life. Mental health includes psychological well-being.

Emotional well-being—happiness and satisfaction—is related to psychological well-being.

Psychological well-being emphasises life purpose and meaning. If I am pleased and satisfied with my life, you can assume my psychological well-being is excellent. Psychological problems like anxiety, dementia, mood, psychosis, and others can result from uncontrolled and constant emotions. Psychologically, functioning well means developing one's potential, having some control over one life, having a feeling of purpose (like working towards objectives), and having positive connections. Psychological well-being has been linked to longer and better lives in recent studies. They also live better. Psychological well-being reduces social issues. High psychological well-being has been linked to lower rates of crime and drug and alcohol usage. Psychological distress leads many to bad behaviour. Differentiating psychological well-being approaches are crucial. Treating, preventing, and improving disorders is crucial. Positive psychological well-being predicts better earnings and prosocial activities like volunteering and donating. They're happy and want to keep succeeding with family, friends, acquaintances, and strangers. Psychological well-Being is linked to flexibility, creativity, prosocial conduct, and good health.

### Social Well-being

When it comes to our emotional and psychological well-being, our social lives play a key part in our overall health. Studies have shown that being alone is harmful to one's health. Nevertheless, the people we know and the bonds we form shape who we are and how we act. Health is also influenced by one's level of social well-being. Cardiac illness, depression, and anxiety may all benefit from having a strong social support system. Those who have a positive outlook on life in general are more likely to thrive and even extend their lifespan. Having more friends strengthens your immune system, making it more effective against illness. The negative effects of social isolation on one's health are extensive, as reported by [mhnews.org](http://mhnews.org). There is evidence that social isolation contributes to the development of chronic diseases like hypertension, obesity, and smoking.

The hormonal and cardiovascular systems benefit from strong social networks. Increased resistance to illness is one benefit of maintaining positive relationships with others. If you're having trouble deciding whether or not your relationship is healthy, it may be helpful to talk to a trusted friend or health expert. Social wellness can be enhanced through interpersonal contact, the development of supportive connections, and group activities. Maintaining relationships with loved ones, be they blood or romantic, is beneficial. Making friends at work or in a yoga or Zumba class is another option. The ability to connect with others and nurture those bonds is beneficial. It takes time to build a social support network, but doing so is beneficial to your mental health and happiness. Strong bonds help celebrate success and mitigate hardship. Improving your emotional and physiological well-being together is a fantastic way to actively cultivate your relationship.

**DEEPIKA MANDAL**  
**B.A. (HONS) ENGLISH 3<sup>RD</sup> YEAR**

## Untitled

I am again being adventurous with my life

I've Made up my mind

To visit that place again where our eyes met

Where our hearts skipped the beat

And where the epic had begun

I've made up my mind

To visit that place again....

But now this time...

I don't know

What would be the vibe

I don't know

How will I handle myself...

God! Please return that Jigyasa

Who was courageous enough to fall for him

I need that courage

That day I encountered that same place.

But this time Jigyasa would be

Strong enough to laugh at her own faults

Maybe she can try to do

What he did way back

Move on!

But hers should be the Different walk

Not an easy one

Rough & Tough

Calm and contented

Sparkling and Glorious

So yes

I've made up my mind

**JIGYASA SINGH**  
**B.SC. (HONS) LIFE SCIENCE 2<sup>ND</sup> YEAR**



## Untitled

The only moment that I've ever felt alive was never  
A moment, an excerpt  
From my mundane life,  
It was those lies, that  
Mum pointed at,  
Denouncing fiction for  
The fear of the writer  
Who wrote her reality  
Might recognise  
The possible edits  
If re- read,  
The only moment that I've ever wanted to live  
Was when the climax of  
A book, hung around my neck, not pressing against a nerve, but caressing  
Those marks  
That I left behind  
Whenever unsaid words from people shaped themselves in my journals, as,  
"Who would want her born?"  
I, I would answer, than I might scribble it away,  
The only day I've ever wanted to exist was never a day at all,  
It was an excerpt that  
I still cling onto  
Hopelessly.

**VARNIKA THUKRAL**  
**B.A. (HONS) JOURNALISM 1<sup>ST</sup> YEAR**

## Untitled

Does the world feel it too?  
The existential crisis?  
For she weeps and burns  
Is it spring yet?  
For in the moon of Pisces  
I see the seasons taking another turn  
Dry leaves falling off,  
Like the departure of vices,  
From one's body; never to return  
Is the sun down yet?  
For I see my luna in slices  
Shedding her skin - of her discern  
I'm shedding too,  
Limb to limb, head to toes  
I like to call myself a snake,  
For I'm scared of those  
"Time to wake up," I said  
Hoping it'll be different ahead  
That we all heal in no time,  
You, me, the earth  
For,  
"When all the wars are done,  
A butterfly is still beautiful"  
As one should be

**TANAYA GOGOI**  
**B.A. (HONS) ENGLISH 2<sup>ND</sup> YEAR**

## **An Ode to the Universe**

“It is forbidden to walk on the grass,  
It is not forbidden to fly over the grass”  
But I choose more today  
I lay here, not to disobey  
But to feel, to immerse  
How are you, universe?  
Been a long time since you left, breaking your ties and vows.  
Can you see me running out of the house,  
With only my favourite book?  
Can you see me I’m torn apart;  
Fully clothed and yet naked?  
Can you see me I’m dwindling,  
With thoughts of oscillating on one hook-  
One knot; be looked at as dying art  
But not today, not my day to get painted.

I choose more today  
To feel, to breathe,  
To sleep on the grass half naked  
Cry till I drench the dry hay  
Scream and seethe  
For I see what’s left in me is all faded  
But I wait, and I breathe and I take charge  
I may be running out of breath,  
Running out of will and courage,  
Running out of luck and change

But I'll never run back to you  
I'll lay here and I'll write  
Write my fortune, do everything on repeat  
But not run back to you  
For you are my greatest enemy  
And I shall not forfeit

**TANAYA GOGOI**  
**B.A. (HONS) ENGLISH 2<sup>ND</sup> YEAR**

### **Peace is a Home of a Writer**

Peace is a home sound in whirlwinds  
Roaring and weeping, this house stays  
Still as it sits down to listen  
And bear the sighs, outbursts  
Of the sky above,  
To whom no one would  
Ask, if the sun is burning it  
Or is the moon draining  
It into a tiring sleep,

Peace is not an outcome but  
A way of living, an exercise to practise,  
Only if one wishes can  
they see the forests  
As a hometown  
Never visited,

Peace is not a word given

And delivered for applause in return,  
It is a hymn for those who cling  
Onto it, letter by letter,  
They build themselves a lifestyle,  
A way of living not yet written before  
As the quill lands near the forefinger  
And somehow, a peace lover  
Knows how to write,  
Hence, she rewrites  
Master plans as poems  
And poems as fragrance  
Of mogra beads.

**VARNIKA THUKRAL**  
**B.A.(HONS) JOURNALISM 1<sup>ST</sup> YEAR**

## Untitled

I sit on the porch, cup of emptiness in my hand.  
I ask myself the point of all of this and that.  
The wind blows, the leaves shudder, the flowers start to bloom.  
Cold endorphins in my hair and eyes,  
I look at her from skies apart.  
Her pale skin, and shiny smile,  
The subtlety in her comfort.  
I was sitting in the dark, she sat worlds apart.  
I needed light and she became the bulb in the sky.  
The dust of the enchanting crescent and the scent of the nectar nearby,  
took me out of my trance, to put me in another one.  
Those out for war, bloodshed, and disaster,  
come home to bathe in the same moonlight as the enemy.  
They sniff the same flowers, unknown of their likeness.  
If only they knew what they have in common.  
I ask myself the point again, and now briefly, I see.

**DIVYANSHA BATRA**  
**B.A. PROGRAM 1<sup>ST</sup> YEAR**



## **Always Fall Forward**

Even if you are feeling lonely

Always lean forward,

Even if you are feeling empty

Always move forward,

Even if the things are going the other way

Always step forward,

Because, you never know how much forward you need  
to go.

If it's hard to stand straight

Always fall forward.

**SHREYA NANDNI**  
**B.A. PROGRAM 3<sup>RD</sup> YEAR**

## **Don't Quit**

There will be times when you'll feel like "This Is the End".

As you feel tired, which you sometimes will.

You'll give up on everything, which someday might happen.

But remember when things go wrong, you can always correct them.

When you want to cry, you can cry out loud.

When the world seems dark, give light to the darkness.

When you are not at peace, search for it.

When you feel like you're breaking apart, you don't dare quit.

You can always express but please don't suppress.

**LEENA SINGH**  
**B.A. PROGRAM 2<sup>ND</sup> YEAR**

# College's Awards



Three photographs showing awards and certificates. The left photo shows a plaque for Prof. Anula Morya, Vice-Chancellor of Kalindi College, Delhi, awarded by the Ministry of Education, Government of India. The middle photo shows a 'Higher Education Conclave' award for the same professor, presented by Kalindi College, University of Delhi. The right photo shows a certificate from the World Hindi Literature Council, awarding Prof. Anula Morya the 'Vishw Vagishwari Samman' for her contribution to Hindi literature.



■ नई दिल्ली, संवाददाता

दिल्ली विश्वविद्यालय के कुसुमती प्रो. योशिता प्रिन्स ने आज शिक्षा और महिला कल्याण के क्षेत्र में सहायता योग्यताओं और उल्लेखनीय योगदान देने वाली एक विषय महिला शिक्षाविद्यालय को सम्मानित किया गया। सम्मानित होने वाली महिलाओं में प्रो. कृष्णा शर्मा, प्रिंसिपल ज्योतीश्री कलिङ्ग, प्रो. अरुणा शर्मा, प्रिंसिपल सैलुन सुविधाओं की हर्षाणा यादव, सन कुलपति सैलु सुविधाओं की हर्षाणा यादव, प्रो. अरुणा शर्मा फेकरी, प्रो. गीता शर्मा, ज्योतीश्वरी विद्या, लक्ष्मीश्वरी कलिङ्ग, प्रो. रजत राय चौधरी, हिंदी विभाग, कस्तुरी नेहरू कालेज को 2023 को अंतर्राष्ट्रीय महिला साहित्यिक पुरस्कार रूढ़ि सम्मान-2023 से सम्मानित किया गया। समीक्षा का आयोजन अंतर्राष्ट्रीय महिला साहित्यिक पुरस्कार संस्थान, नई दिल्ली ने सोमवार को दिल्ली विश्वविद्यालय के नेहरू हॉल में किया गया। संस्थान के चेयरमैन डॉ. हरराज सुमन के अध्यक्षता में सम्पन्न कार्यक्रम को प्रो.



विश्वरिष्ट अतिथि के रूप में डीपू के रजिस्ट्रार डॉ. विकास गुप्ता, भौतिकी विभाग के सीनियर प्रोफेसर पी.डी. सारार, प्रोफेसर अर्जुनजेश अवस्थी, प्रोफेसर श्वेताज सिंह बेवेन, अमेरिका, ऑनिस राय आदि कार्यक्रम में उपस्थित थे। कार्यक्रम में डॉ. धनीराम, डॉ. प्रोतम शर्मा, डॉ. मनोज कुमार केन, डॉ. मोह सारार, डॉ. शुभम आदि भी उपस्थित थे। समाधि का संचालन संस्थान के उपाध्यक्ष शिक्षाविद् दयानन्द वर्तन ने किया। मुख्य अतिथि प्रो. योगेश शर्मा ने अपने संबोधन में कहा कि माता स्वीडित्रीबाई फुले का सम्पूर्ण जीवन परिश्रम और समज्ञा को समर्पित था उन्होंने विषम परिस्थितियों में समाज में व्यपन्न करीबीतों को

विपरित जाकर नियंत्रण को शिक्षा का अधिकार  
 दिलिया, संस्थानों के अन्तर्गत में भी वह खूब  
 शरासिकरण के लिए हदता से तलवती रह  
 उन्होंने कहा कि विश्वविद्यालय से जुड़े  
 शिक्षकों और छात्रों का समाज के लिए विशेष  
 योगदान होना चाहिए जिसमें प्रत्यक्ष और  
 अत्यन्त रूप से भी, पिछड़े और यंत्र  
 तन्त्रों के लिए तत्पर कार्य करने हों, इसी भा  
 में समाज का विकास निहित है। प्रोफेसर सिं  
 ने वर्तमान सरकार की विकास नीति के तहत  
 पिछड़े वर्गों के लिए (समाप्त 80 करोड़  
 भोजन का व्यवस्था की। आधारभूत  
 आवश्यकताओं को पूरा करने का सरकार द्वारा  
 वह योगदान सराहनीय है मगर विश्वविद्यालय

[illegible]

नई दिल्ली, 23 जनवरी (नवोदय टाइम्स) : दिल्ली विश्वविद्यालय (डीयू) के कुलपति प्रो. योगेश सिंह ने सोमवार को शिक्षा और महिला कल्याण के क्षेत्र में सराहनीय सेवाओं और उल्लेखनीय योगदान देने वाली 6 विदुषी महिला शिक्षाविदों को सम्मानित किया। सम्मानित होने वाली महिलाओं में प्रो. कृष्णा शर्मा, प्रिंसिपल पीजीडीएवी कॉलेज, प्रो. अनुला मौर्या, प्रिंसिपल कालिंदी कालेज, प्रो. सुषमा यादव, सम कुलपति सेंट्रल यूनिवर्सिटी हरियाणा, प्रो. अनु मेहरा लॉ फैकल्टी, प्रो. गीता सहारे, राजनीति विज्ञान विभाग, लक्ष्मीबाई कॉलेज, प्रो. रजत रानी मीनू, हिंदी विभाग, कमला नेहरू कालेज को 2023 को अंतरराष्ट्रीय माता सावित्रीबाई फुले राष्ट्रीय शिक्षा सम्मान-2023 से सम्मानित किया गया।

समारोह का आयोजन अंतरराष्ट्रीय माता सावित्रीबाई फुले शोध संस्थान द्वारा डीयू गेस्ट हाउस में किया गया। संस्थान चेयरमैन डॉ. हंसराज सुमन के अनुसार सम्मान स्वरूप सभी को 11 हजार रुपए, शॉल, स्मृति चिन्ह, प्रशस्ति पत्र, अंग वस्त्र आदि भेंट किए गए।



# Principal's Awards & Achievements





# Orientation Programme & Oath Taking Ceremony





# National Festivals



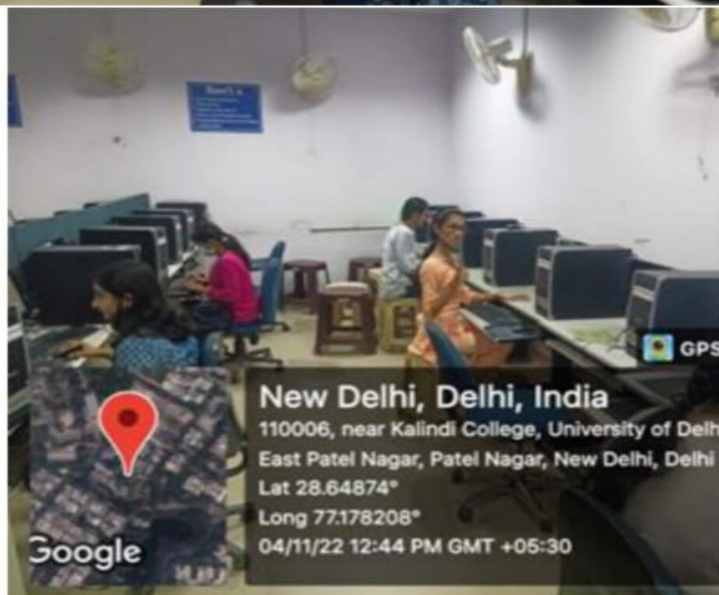
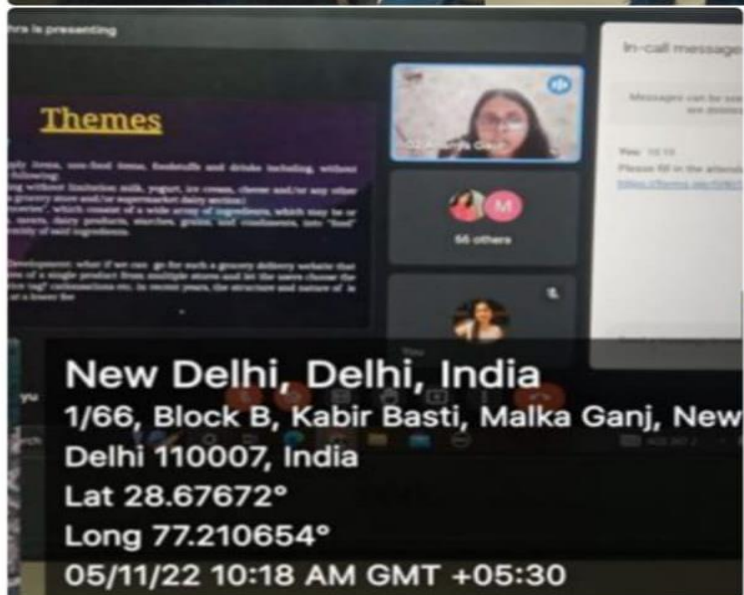


# Departmental Activities





# Departmental Activities





# Departmental Activities



New Delhi, DL, India

Kalindi College Cross Road, Patel Nagar

East, New Delhi, 110005, DL, India

Lat 28.648528, Long 77.178062

11/15/2022 02:07 PM GMT+05:30

Note : Captured by GPS Map Camera



# Departmental Activities



**RESURGENCE 2023**  
The Annual Geofest of Department of Geography

**PANEL DISCUSSION**  
TOPIC - Nature, Norms and Necessity: Sustainable Development in Himalayan Region

**Dr. Bindhy Wasini Pandey**  
Department of Geography

**Dr. Deep Narayan Pandey**  
Jawaharlal Nehru University.

**Mrs. Indu Sinha**  
Sustainable Environment Activist.

**Waste to Wonder**  
Theme - Reusing waste and converting them into useful items

**CLIMATE COOKING**  
Theme - Environment friendly cooking without using any fuel

**Mr. and Ms. Earth**  
Theme - Representing earth with sustainable ideas and knowledge

**Debate competition**  
Title - Environmentalists want India to rethink it's hydropower projects on the wake of Joshimath tragedy

**TREASURE HUNT**  
Theme - Searching the treasure with the given geographical clues

Participants making wonderful items by using the waste materials

Participants preparing their dishes and explaining their prepared items to the judges

Participants showing their talents in different round on the stage

Participants delivering their respective speeches on for or against the motion on the given topic

Participants on their way of searching the treasure, with the help of given clues





# Developmental Activities



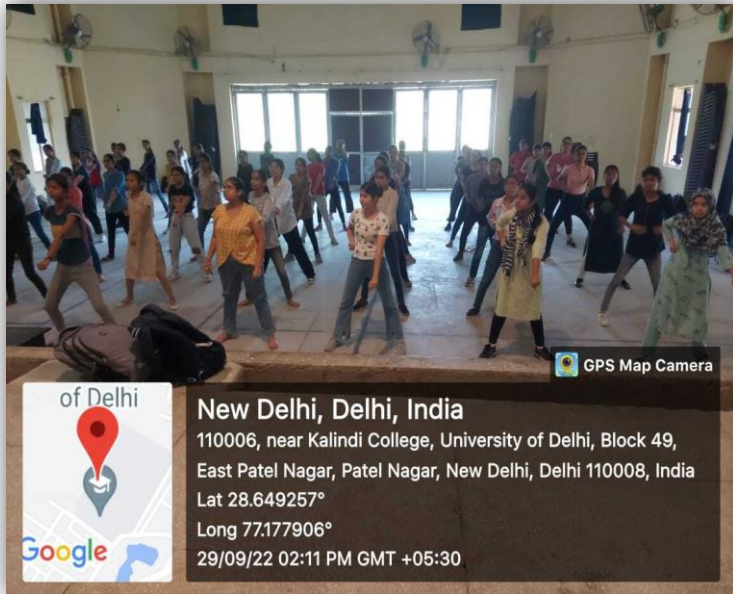


# Developmental Activities



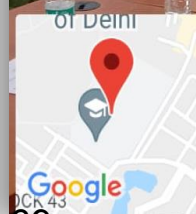


# Developmental Activities





# Developmental Activities



New Delhi, Delhi, India  
110006, near Kalindi College, University of Delhi, Block 49,  
East Patel Nagar, Patel Nagar, New Delhi, Delhi 110008, India  
Lat 28.649069°  
Long 77.178334°  
08/03/22 02:40 PM



# Developmental Activities





# National Cadet Corps (NCC)





# National Service Scheme (NSS)





**LET'S COME ALL AND PARTICIPATE IN POSTER MAKING AND SLOGAN WRITING COMPETITION .**

Program Officer (NSS)  
Dr Harvinder Kaur

Convener  
Dr Punam Tyagi

Principal  
Prof Anula Maurya

TO PARTICIPATE, REGISTER TO:  
HTTPS://DOCS.GOOGLE.COM/FORM/5728181AF4P5L57YXVX3ZFAB2P  
B528A1INXNGY779NLV7CALME4  
H5874VLTA7I8W5DINT  
VC=08C=08M1AF1K=08USP=HAI  
L=FORM\_LINK

AN INITIATIVE BY  
**NSS**



**Let's Raise Hands To Eradicate Corruption**



**THEME: VIGILANCE AWARENESS**

**Fight It Together And Build A New India**

**Venue**  
August Kranti Park

**Time- 11 Am**  
**Date - 9th Nov , 2022**





# Lehren: The Annual Fest





# Lehren: The Annual Fest



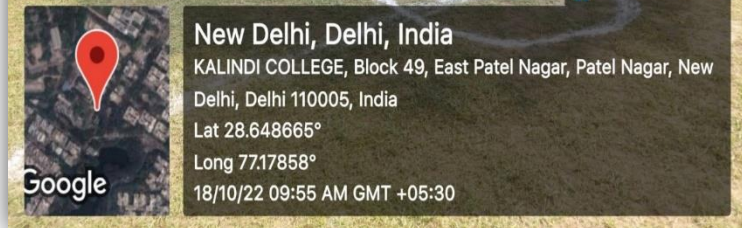


# Alumni Meet



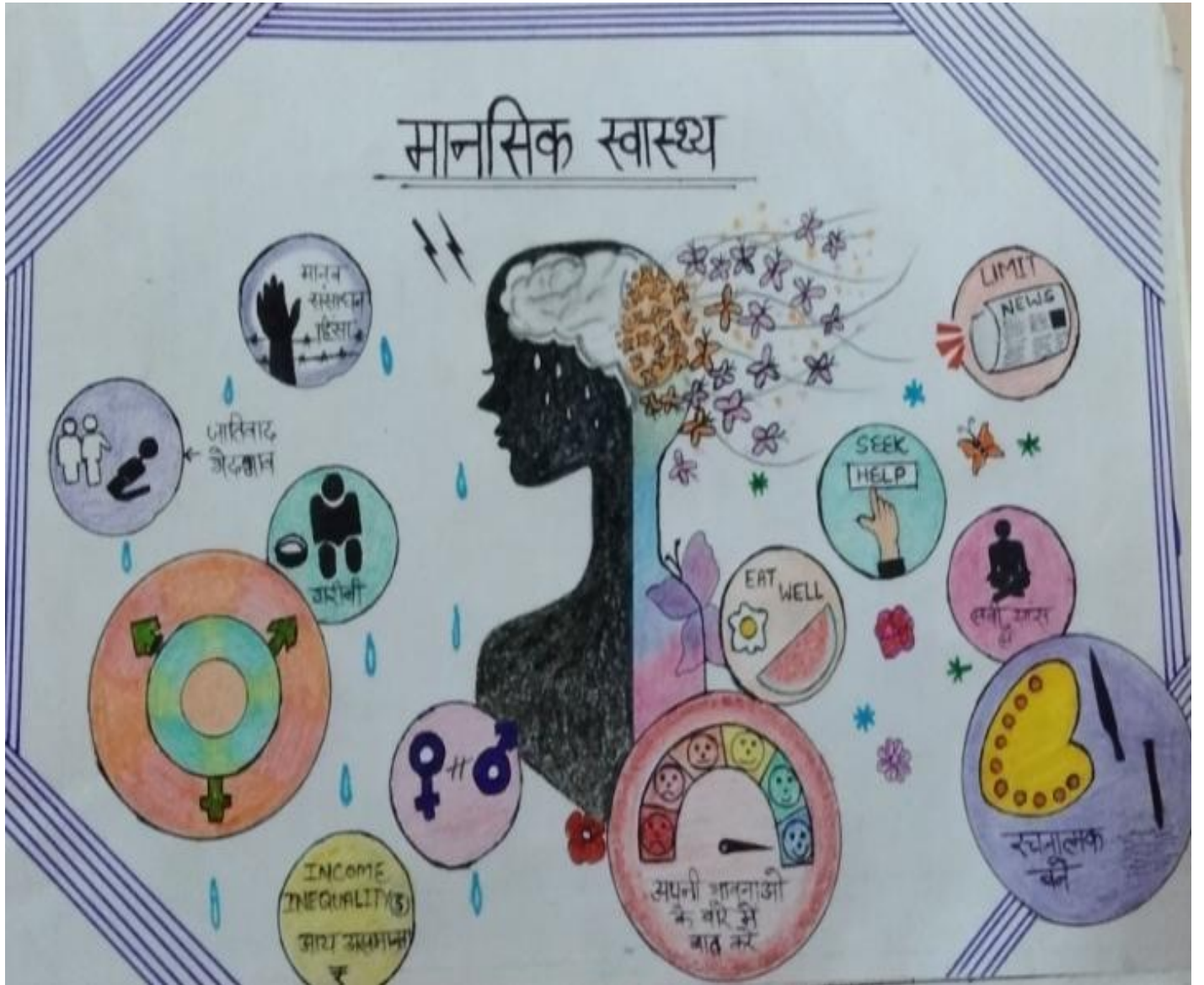


# Sports Day





# हिन्दी अनुभाग



तनु हिन्दी विशेष, तृतीय वर्ष

अपनी कलम से...

सृजनात्मक अभिव्यक्ति प्रत्येक मनुष्य में जन्मजात होती है। अंतर केवल यह है कि कोई इसे अपने भीतर महसूस कर, अपने विचारों की समझकर व अपने आसपास हो रही चीजों को देखकर लेखनीबद्ध कर देता है इसी अभिव्यक्ति को हम सृजनात्मक अभिव्यक्ति कहते हैं। सृजनात्मक अभिव्यक्ति सभी की बुद्धि या विचारानुसार अलग-अलग होती है। रचना करने में कोई व्यक्ति इतना डूब जाता है कि मानो उसके ख्याल फूलों के बाग हों और वह बाग में बैठ अपने मनोभावों को कोरे कागज पर उतारकर संतुष्टि प्राप्त करता है। उसका मन अपने मनोभावों को पढ़कर पुलकित हो उठता है ठीक वैसे ही जैसे एक डाली पर नए पल्लव आने शुरू होते हैं। उसी प्रकार मनुष्य का भी चरित्र विकसित होता है।

कालिंदी महाविद्यालय की वार्षिक पत्रिका "प्रवाह" 2023 का संपादन करते हुए, मैं अत्यंत गौरव का अनुभव कर रही हूँ इस पत्रिका में रचनाओं के प्रकाशन में मेरी सहपाठी छात्राओं व अध्यापकों का सहयोग प्रशंसनीय रहा है जिसे आप सभी के समक्ष प्रस्तुत करने में मुझे अत्यंत प्रसन्नता हो रही है। इस वर्ष "प्रवाह" का केंद्रीय विषय है "स्वास्थ्यवृत्त"। छात्राओं ने स्वास्थ्य सम्बंधित समस्याओं एवं उपचारों पर आधारित स्वरचित रचना और भावनात्मक विचारों को लेख, कहानी, कविताओं व चित्रों के माध्यम से पाठकों तक पहुँचाने का प्रयास किया है। आज के समय में स्वास्थ्य का विशेष ध्यान रखने की आवश्यकता है। बदलते समय के साथ सेहत से जुड़ी परेशानीयां भी बढ़ती जा रही है। जिसमें अधिकतर युवा वर्ग प्रभावित होता नज़र आ रहा है। हमारी यह कृति स्वास्थ्य के प्रति जागरूकता की ओर बढ़ता एक विशेष कदम है। जिसका अनुसरण भविष्य में किया जाएगा। इस अंक में छात्राओं की रचनाओं प्रवाह अपनी विशिष्ट लेखनी महाविद्यालय के गौरव व उसकी अस्मिता को प्रकट करने का माध्यम है, जिसमें छात्राओं को अपनी भावनाओं को अभिव्यक्त करने व अपनी रचनात्मकता को सामने लाने और कुछ नया सीखने का अवसर मिलता है। जिन नवोदित प्रतिभाओं की रचनाओं को पत्रिका में स्थान मिला उन्हें बहुत-बहुत शुभकामनाएं देती हूँ। साथ ही अपने सहपाठियों से अनुरोध करती हूँ कि हर वर्ष पत्रिका में छोटे-छोटे लेख, संस्मरण, कविता, कहानी, चुटकुले लिखने का प्रयास अवश्य करें। क्योंकि तभी वे भी रचनात्मक बन सकेंगी।

विशाखा (सम्पादक)



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## अवसाद

अवसाद या डिप्रेशन का अर्थ मनोविज्ञान के क्षेत्र में मनोभावों संबंधी दुख से होता है। इसे रोग या सिंड्रोम के नाम से जाना जाता है। अधिकतर यह अवस्था व्यक्ति के प्रेम संबंध को लेकर गंभीर होती है। किसी भी व्यक्ति के जीवन में अपने जीवन साथी के प्रति बहुत अधिक लगाव प्रमुखता या इसका सबसे बड़ा कारण होता है। डिप्रेशन की अवस्था में व्यक्ति स्वयं को लाचार और निराश महसूस करता है। उस व्यक्ति-विशेष के लिए सुख, शांति, सफलता, खुशी यहाँ तक कि संबंध को भी बुरा मानना शुरू कर देता है। संबंधों में बेईमानी का उसे संदेह होने लगता है। उसके द्वारा उग्र स्वभाव, गाली गलौज व अत्यधिक शक करना इसमें शामिल होता है इस दौरान उसे सबसे ज्यादा निराशा, तनाव, अशांति, अरुचि, और निरस्ता प्रतीत होती है। डिप्रेशन के भौतिक कारण भी अनेक होते हैं। इनमें कुपोषण, आनुवांशिकता, हार्मोन, मौसम, तनाव, बीमारी, नशा, आदि प्रमुख हैं। विभिन्न प्रकार की स्थितियों में लंबे समय तक रहना, पीठ में तकलीफ आदि प्रमुख हैं। इनके अतिरिक्त डिप्रेशन के 90 प्रतिशत रोगियों में नींद की समस्या होती है। मनोविश्लेषकों के अनुसार डिप्रेशन के कई कारण हो सकते हैं। यह मूलतः किसी व्यक्ति की सोच की बुनावट या उसके मूल व्यक्तित्व पर निर्भर करता है। डिप्रेशन लाइलाज रोग नहीं है। इसके कई कारण निम्नलिखित हैं। पीछे जैविक, आनुवांशिक और मनोसामाजिक कारण होते हैं। यही नहीं जैवरासायनिक असंतुलन के कारण भी डिप्रेशन घेर सकता है। इसकी अधिकता के कारण रोगी आत्महत्या तक कर सकते हैं। इसलिए परिजनों को सजग रहना चाहिए और उनके परिवार का कोई सदस्य गुमसुम रहता है, अपना ज्यादातर समय अकेले में बिताता है, निराशावादी बातें करता है तो उसे तुरंत किसी अच्छे मनोचिकित्सक के पास ले जाये।

मनोविश्लेषकों के अनुसार प्राकृतिक तौर पर महिलाएं पुरुषों की अपेक्षा डिप्रेशन की शिकार अधिक बनती हैं, लेकिन अवांछित दबावों से वह इसकी शिकार हो सकती हैं। इस कारण प्रायः माना जाता है कि महिलाओं को डिप्रेशन जल्दी आ घेरता है। इसके विपरीत पुरुष अक्सर अपनी डिप्रेशन की अवस्था को स्वीकार करने से संकोच करते हैं। मोटे अनुमान के अनुसार दस पुरुषों में एक जबकि दस महिलाओं में हर पाँच को डिप्रेशन की आशंका रहती है।

डिप्रेशन का संबंध मस्तिष्क (brain) के उन्हीं क्षेत्रों द्वारा होता है, जहाँ से निद्रा, नींद और जागने की अवस्था नियंत्रित होती है। डिप्रेशन अक्सर दिमाग के न्यूरोट्रांसमीटर्स की कमी के कारण भी होता है। न्यूरोट्रांसमीटर्स दिमाग में पाए जाने वाले रसायन होते हैं जो दिमाग और शरीर के विभिन्न हिस्सों में तारतम्यता स्थापित करते हैं। इनकी कमी से भी शरीर की संचार व्यवस्था में कमी आती है और व्यक्ति में डिप्रेशन के लक्षण दिखाई देते हैं। इस तरह का डिप्रेशन आनुवांशिक होता है। डिप्रेशन के कारण निर्णय लेने में अड़चन, आलस्य, सामान्य मनोरंजन की चीजों में अरुचि, नींद की कमी, चिड़चिड़ापन या कुंठा व्यक्ति में दिखाई पड़ते हैं। डिप्रेशन के कारणों में इसका एक पूरक चिंता (एंगज़ायटी) भी है।

इसके उपचार में योगासन में प्राणायाम बहुत सहायक सिद्ध हुआ है। कई बार अतिरिक्त चिड़चिड़ापन, अहंकार, कटुता या आक्रामकता अथवा नास्तिकता, अनास्था और अपराध अथवा एकांत की प्रवृत्ति पनपने लगती है या फिर व्यक्ति नशे की ओर उन्मुख होने लगता है। ऐसे में जरूरी है कि हम किसी मनोचिकित्सक

से संपर्क करें। व्यक्ति को खुशहाल वातावरण दें। उसे अकेला न छोड़ें तथा उससे झगड़ा कतई न करें, उसकी रुचियों को प्रोत्साहित कर, उसमें आत्मविश्वास जगाएँ और उसको आशा दिलाए। निराशा या अवसाद का कारण जानने का प्रयत्न करें। अमेरिका के कुछ वैज्ञानिकों ने गहन शोध के बाद यह दावा किया है कि, यदि कोई व्यक्ति लगातार सकारात्मक सोचने का अभ्यास करता है, तो वह उसके डिप्रेशन या अवसाद की स्थिति का एकमात्र इलाज हो सकता है। अमेरिकन एकेडमी ऑफ फैमेली फिजिशियन का कहना है कि लोगों को नकारात्मक नहीं सोचना चाहिए। न ही विफलता के भय को लेकर चिंतित होते रहना चाहिए। इनकी बजाय हमेशा सकारात्मक सोच दिमाग में रखना चाहिए जो होगा अच्छा होगा। घर में अन्य सदस्यों को डिप्रेशन की बीमारी होने से भी यह परेशानी महिलाओं को जल्दी पकड़ती है क्योंकि घर से लगाव पुरुषों के मुकाबले उन्हें ज्यादा होता है। इसके चलते कभी-कभी उनमें आत्महत्या की इच्छा जोर मारने लगती है। उनको प्रेरित करे, सकारात्मक विचारों से परिपूर्ण करे। इसलिए पुरुषों के मुकाबले महिलाओं का डिप्रेशन ज्यादा खतरनाक होता है। हालाँकि मंदी और कॉम्पटीशन के दौर में डिप्रेशन अब युवाओं को भी अपना शिकार बनाने लगा है इसलिए कोशिश यह रखनी चाहिए कि आप खुशनुमा पलों की तलाश करें और सकारात्मक सोच रखें। इससे बचने के उपायों में व्यस्त रहकर मस्त रहना, अपने लिए समय निकालना, संतुलित आहार सेवन, अपने लिए समय निकालना और सामाजिक मेलजोल बढ़ाना मूल उपाय हैं।

छोटी-छोटी बातों की चिंता ना करे।

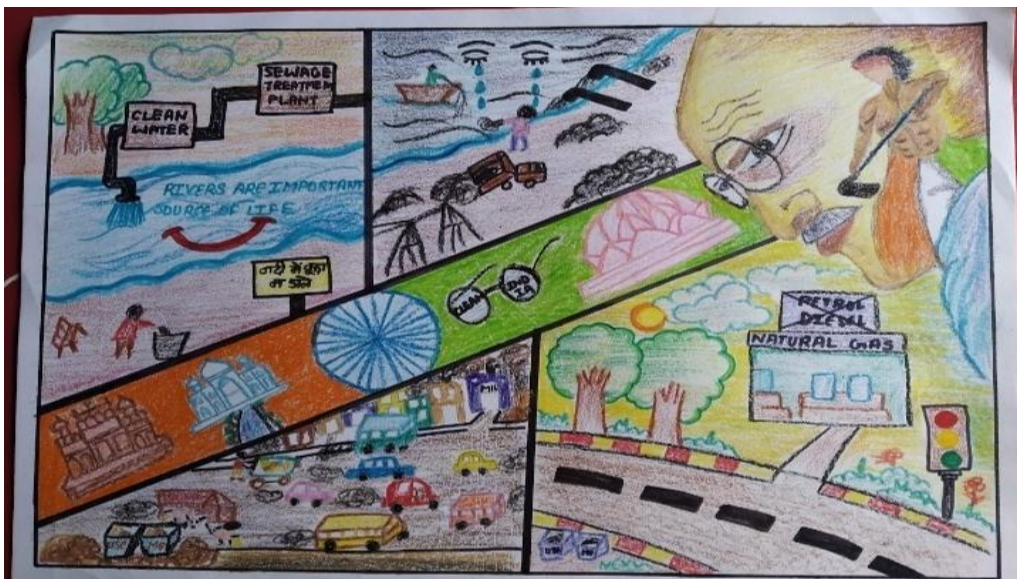
योगा करे, प्राणायाम करे।

निराशावादी लोगों से दूर रहे।

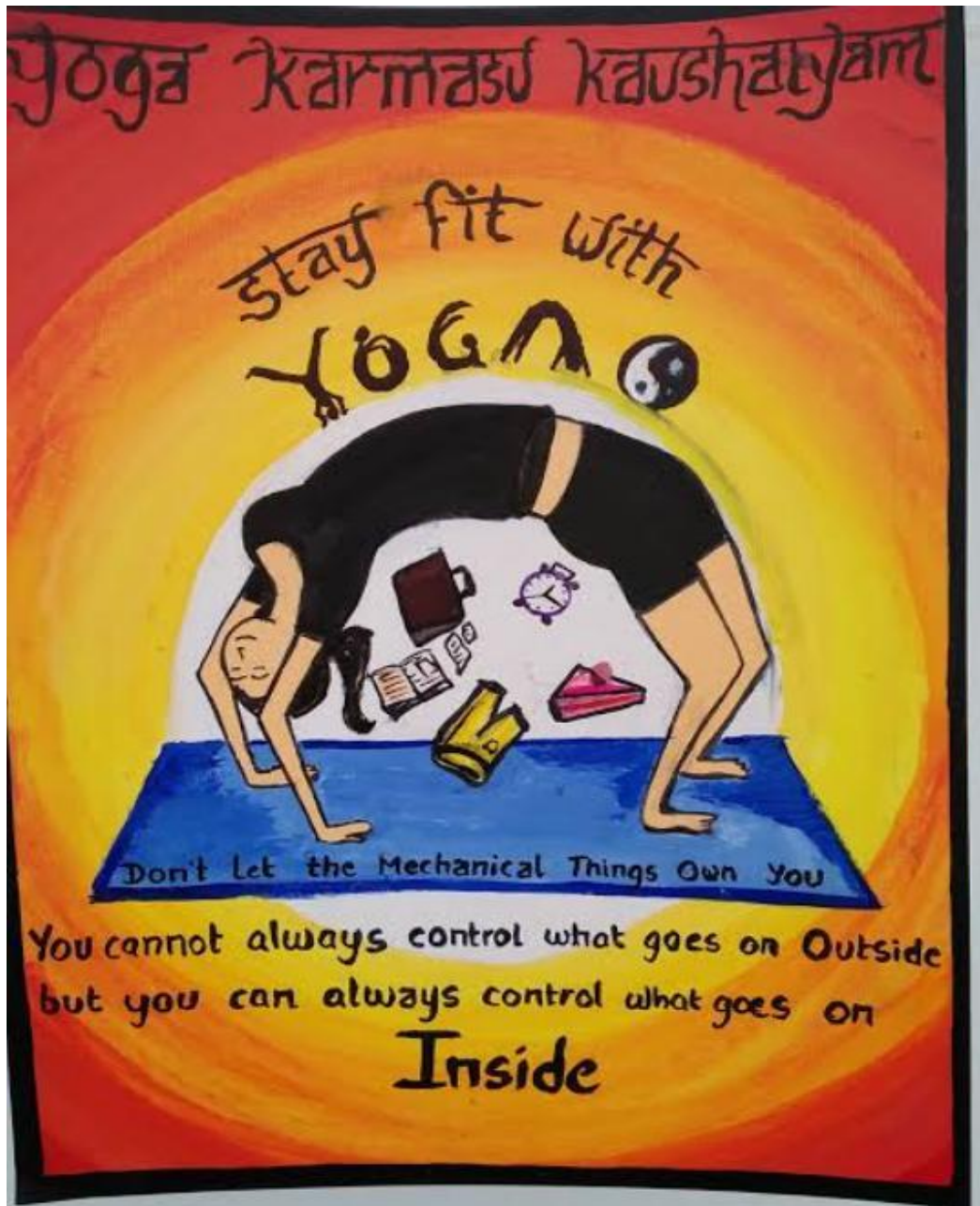
और लोगों को भी प्रेरित करे

सकारात्मक सोचें और खुश रहे जीवन का महत्व समझे।

नाम:-फ़िजा खातून  
हिन्दी विशेष, तृतीय वर्ष







काजल कुमारी,  
हिन्दी विशेष, तृतीय वर्ष

## स्वास्थ्य जीवन है

18 वर्ष के बच्चे नादान

खाते बाहर का ना रखते ध्यान

पैसों की करते बर्बादी और

माता-पिता से कहते की हम है सत्यवादी

बच्चे कहते माँ यहीं तो उम्र होती है मजे करने की

लेकिन उन्हें नहीं पता कि ये संकेत है किसी बड़े बीमारी की

आज तो जैसे ट्रेंड बन चुका है बाजारू खाना

न चाहते हुए भी जाता है उसके पीछे ज़माना

अब क्या करे - यह एक प्रश्न है

लोगों का कहना है गया ज़माना

वो पुराना अब तो नई ख़बर है

पर पुरानी ख़बर तो पुरानी है

नई में वो बात कहाँ नई ख़बर ने दी बीमारियाँ

जैसे मोटापा आदि विकार पर पुरानी ख़बर ने दी

खुशियाँ जैसे तंदुरुस्ती की बौछार

इसलिए स्वास्थ रहना है तो जाग जाओ

वक़्त रहते पहचान जाओ

वर्ना रह जाओगे तुम हाथ धरे

फिर याद करोगे साग-रोटी वो छने के दाने

पूजा कुमारी

हिन्दी विशेष तृतीय वर्ष

## सोशल वायरस

एक अजनबी वायरस के दस्तक से पूरी दुनियां सकते में है। वैज्ञानिकों का कहना है कि यह वायरस धीरे-धीरे हमारे दिमाग में प्रवेश कर एक केमिकल छोड़ता है, जिसका नाम है डोपामाइन। यह केमिकल धीरे-धीरे इंसानों को अंदर से खोखला बना देता है। और इस वायरस का नाम है सोशल मीडिया। आज एक लाइक की घंटी युवाओं के हँसने और रोने का कारण बन गयी है। पापा के कमरे में टीवी पर चल रहे समाचार की आवाज़ बरामदे में बैठी रश्मि तक साफ़-साफ़ पहुँच रही थी।

सत्रह साल की रश्मि जो मनमौजी, हँसती-मुस्कुराती, अपनी माँ की प्यारी गुड़िया थी। उस दिन रश्मि का सत्रहवां जन्मदिन था। पहले किरण के साथ मानो रश्मि ने भी सूर्य के रथ पर सवार होकर पूरे घर में धमाचौकड़ी मचा कर रखा था। रश्मि, नहा लो बेटा फिर मंदिर जाना है। माँ के आवाज़ पर ओके माँ, बोलकर रश्मि नहाने चली गई। पीले टॉप जिस पर छोटे-छोटे सफेद फूल बने थे और नीली जींस पहने रश्मि बिल्कुल बसंत ऋतु के ताजा खिले सूरजमुखी के सुकोमल फूल-सी तरो-ताज़ा लग रही थी।

अपने फोन को उठाते हुए उसने देखा उसके सोशल मीडिया प्रोफाइल पर बधाई के कई मैसेज आ रखे थे। हजारों छोटे-छोटे दिल उस फोटो पर आए थे जो रश्मि ने साझा किया था। यह देखकर सूरजमुखी का पीला रंग खुशी से थोड़ा और सुर्ख हो गया।

हल्के गुलाबी रंग के दुपट्टे और गुब्बारों से पूरा घर सज चुका था। किचन से तरह-तरह के पकवानों की खुशबू दूर से ही ललचा रही थी। रश्मि के जन्मदिन की तैयारी लगभग पूरी हो चुकी थी। उसके फोन की घंटी लगातार बज रही थी, उसने उठाकर देखा तो बसंत का वह पीला फूल गुस्से के लाल रंग में बदल चुका था। गुस्सा और बेचैनी से रश्मि के माथे पर पसीने की कुछ बूंदें भी उभर आई थी। वह जोर - जोर से चीख रही थी। माँ... माँ... कहाँ हो? यहाँ आओ जल्दी। रश्मि की चीख कड़कती बिजली सी खतरनाक गरज रहीं थी।

क्या हुआ रश्मि इतनी परेशान क्यों हो? माँ ने पूछा। यह...यह... आपने डाला है सोशल मीडिया पर? क्यों डाला है? और डालना ही था तो मुझसे पूछ लेती। कितनी गलतियाँ है इस पोस्ट में, अरे आपको तो बर्थडे भी लिखना नहीं आता ठीक से। देखिए क्या बोल रहे हैं लोग कि 'आंटी बर्थडे बाद में विश करना पहले बर्थडे लिखना तो सीख लो'। और मेरे दोस्तों को लग रहा है मैंने उनसे झूठ बोला कि मेरी माँ पढ़ी-लिखी है। सब मुझे अनफॉलो कर रहे हैं यह क्या किया माँ अपने।

माँ जैसे बूत बन गई थी। वह नहीं पहचान पा रही थी अपनी उस सी बेटी को, क्या वाकई यह वहीं छोटी सी रश्मि थी जो माँ से इतना प्यार करती थी। जिसकी कोई सुबह माँ के बिना नहीं होती थी। इसी की खुशी के लिए तो उन्होंने सोशल मीडिया पर अकाउंट बनाया था। और आज भी इसी की खुशी के लिए उन्होंने पोस्ट किया था। माँ आप थोड़ा कूल बनो, सोशल मीडिया इस्तेमाल करो मेरे सभी दोस्तों की माँम करती हैं। यहीं कहा था ना रश्मि ने!



रश्मि, बेटा मैं इसे अभी हटा देती हूँ। गलती से हो गया तुम गुस्सा मत करो, आज तुम्हारा जन्मदिन है। माँ ने जल्दी-जल्दी पोस्ट डिलीट करते हुए कहा। कोई फायदा नहीं है अब इसका। मेरे सभी दोस्तों ने देख लिया है। कितनी बेइज्जती हुई है मेरी और अब तो कोई लाइक भी नहीं करेगा। माँ आपने सब खराब कर दिया।

पढ़ी-लिखी समझदार सोशल मीडिया की दुनियां में एक छोटी सी गलती पर माँ को जाहिल परिभाषित कर दिया गया। आज पूरे आठ दिन होने को आए थे। रश्मि ने अपनी माँ से कोई बात नहीं की थी एक अजीब गुबार उसके मन में घर कर चुका था। घटते फॉलोअर्स और लाइक जैसे उसकी सांसे भी घटा रहे थे। सोशल मीडिया की वह नकली दुनियां वायरस की तरह फैल गई थी। कितना अजीब है ना जो हमारे सामने होता है, उसे नकार कर हम उसकी तरफ मुड़ जाते हैं जो वास्तव में है भी नहीं। सच मान बैठते हैं उन अनजान लोगों की अजनबी खुशियों को जिन्हें "स्माइल प्लीज" बोलकर सहेजा जाता है। इन दुख तकलीफों से बस भाग जाना चाहते हैं। बिना मेहनत किए हमें सब कुछ चाहिए। कपड़े, जूते, पर्स, खाना घूमना-फिरना, गाड़ी, घर बस दुनियां खत्म। कितनी नकली दुनियां बना ली है हमने अपने चारों ओर, जिसकी खोखली दीवारें दिखावे की नींव पर टिकी हुई होती है।

माँ के लाख प्रयासों के बाद भी रश्मि जैसे वास्तव दुनिया को स्वीकारना ही नहीं चाहती थी। अवसाद का अंधेरा कुआँ उसे अपनी ओर तेजी से खींच रहा था। सोशल मीडिया के इस अंधकार में जैसे रश्मि कहीं गुम हो गई थी। सोशल मीडिया नामक उस वायरस ने रश्मि को शून्य कर दिया था, जहाँ संबंधों की डोर भी बेमानी लग रही थी। उस दिन सफेद चादर में लिपटी रश्मि डूबते सूरज की आखिरी किरण सी लग रही थी, जो अंधकार से लड़ते लड़ते खत्म हो जाती है।

विशाखा

विशाखा कुमारी, हिन्दी विशेष तृतीय वर्ष

## योग का महत्व

योग हमारे जीवन में बहुत ही महत्व रखता है। यह हमारे शरीर को शारीरिक तथा मानसिक रूप से स्वस्थ रखने की प्रक्रिया है, जिसे हजारों वर्षों से भारत में उपयोग किया जाता है। यह एक प्रकार का व्यायाम है, जिसमें कई प्रकार के आसन शामिल हैं। योग हमारे शरीर की रोग प्रतिरोधक क्षमता बढ़ाता है तथा हमें शारीरिक तथा मानसिक रूप से स्वस्थ रखता है एवं शरीर के अंगों को लाभ पहुंचाता है। पुराने समय से योग को एक स्वस्थ जीवनशैली के लिए उपयोग किया जाता रहा है। हर किसी को योग करना चाहिए, यह हमारी मानसिक क्षमता को भी बढ़ाता है। नियमित योग करने से अनेक लाभ मिलते हैं। यह हमारे मस्तिष्क को मजबूत करता है और हमारे शरीर की मांसपेशियों के लिए भी लाभकारी है। भारत में हुए महान पुरुष योग की सहायता से ही खुद को शारीरिक तथा मानसिक रूप से विकसित किया करते थे।

योग के प्रकार -

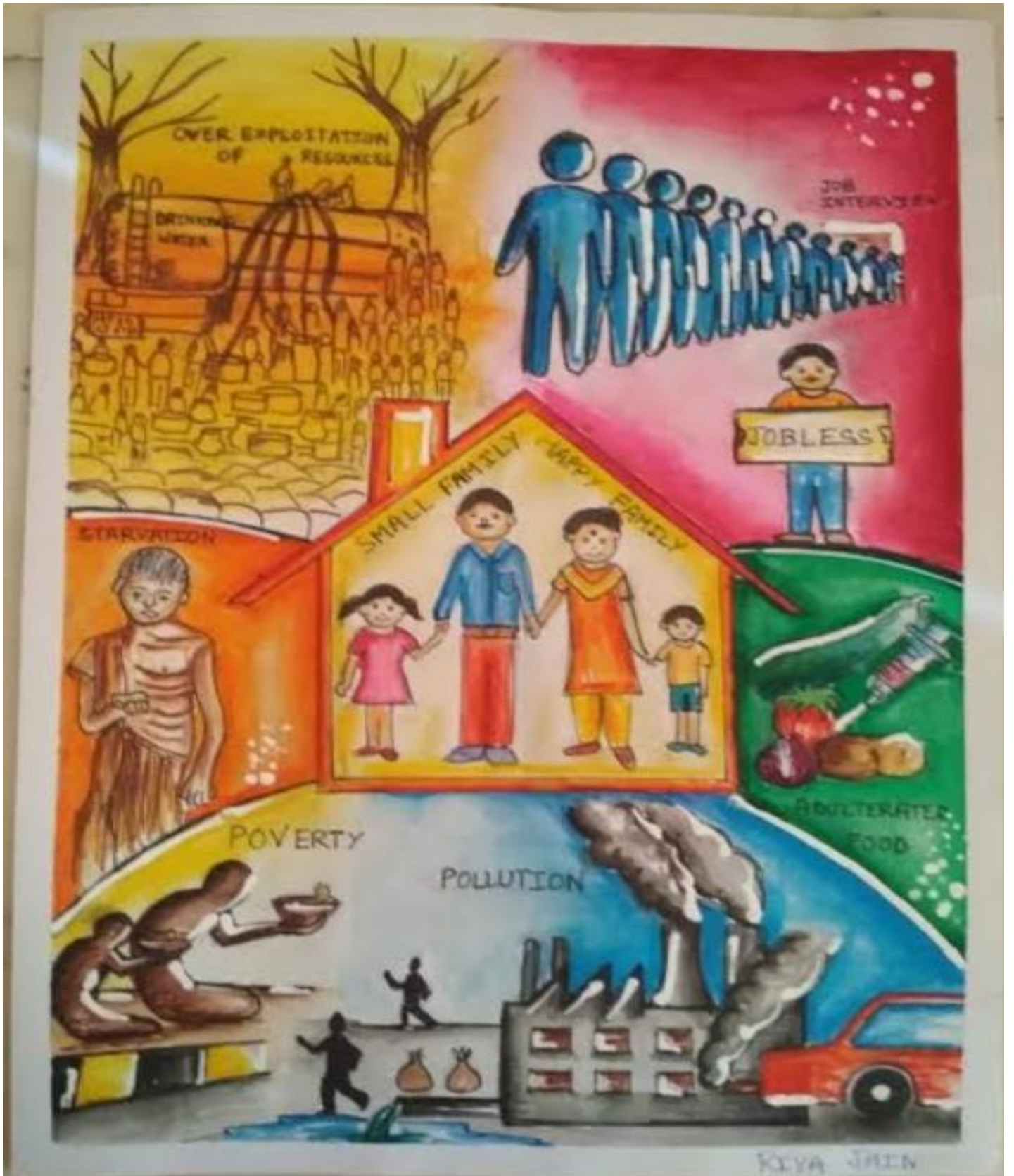
योग चार प्रकार के होते हैं। जिसमें पहला है “राज योग” जिसके अंतर्गत सूर्य नमस्कार और पदमासन जैसे आसन आते हैं। फिर दूसरे स्थान पर है “कर्म योग” जिसका अर्थ कार्य से सम्बन्धित है जैसा आप कर्म करोगे वैसा ही फल आपको मिलेगा। तीसरे स्थान पर है “भक्ति योग” इसमें आपको शांति से बैठ कर ध्यान लगाना होता है। अंत में आता है “ज्ञान योग” जिसमें, एक रूप में ज्ञानयोगी व्यक्ति ज्ञान द्वारा ईश्वरप्राप्ति मार्ग में प्रेरित होता है।

योग के लाभ -

1. योग मांसपेशियों को मजबूत करता है।
2. योग करने से हमारा शरीर निरोगी रहता है।
3. योग मन को शांति प्रदान करता है।
4. आत्मविश्वास बढ़ता है।
5. योग से नकारात्मकता दूर होती है।
6. शरीर शक्तिशाली महसूस कराता है।
7. योग से मांसपेशियों के लचीलेपन में सुधार होता है।

मानसी

हिन्दी विशेष तृतीय वर्ष



काजल कुमारी, हिन्दी विशेष तृतीय वर्ष



## संसार की हालत

देख तेरे संसार की हालत  
कितना बदल गया इंसान,  
न बदला प्रकृति का नूर  
न बदला सूरज, आसमान  
किंतु बदल गया कितना इंसान

पशु-पक्षियों को नुकसान ये पहुंचाते  
बाद में इंसान इंसान पर हावी हो जाते।  
अपनी भारतवर्ष की कला, संस्कृति,  
व्यवहार को भूल जाते,  
अपनेपन की होड़ में एक दूसरे पर वार करते।

भ्रष्टाचार के इस पंक में कितना डूब गया इंसान  
दौलतों की होड़ में एक दूसरे को भूल जाते,  
सच में बदल गया इंसान  
भूख कि होड़ में चोरी चकरी करते  
स्वधर्म , पुण्य, सत्य, इज्जत भूल जाते।

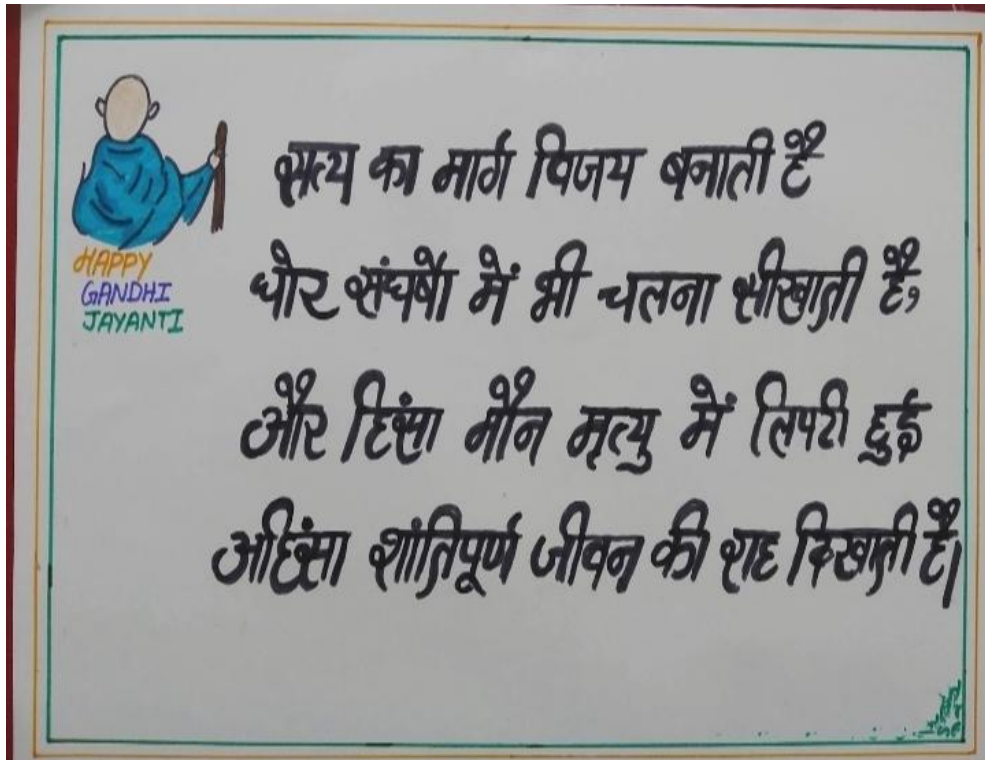
नैतिकता व शिष्टाचार को क्यों भूल जाते  
मानव से दानव बन जाते,  
इंसानियत की हृद पार ये कर जाते।  
सच में बदल गया इंसान।

देख तेरे संसार की हालत क्या हो गई भगवान

खुदकों ही खुदा के मार्फिक मान बैठा इंसान  
अपनी नजरों में ही खो दी अपनी पहचान  
कितना बदल गया इंसाना

"देख तेरे संसार की हालत  
कितना बदल गया इंसान"

नाम -मीनाक्षी  
द्वितीय वर्ष, बी. ए. विशेष (हिंदी)



विशाखा कुमारी, हिन्दी विशेष तृतीय वर्ष

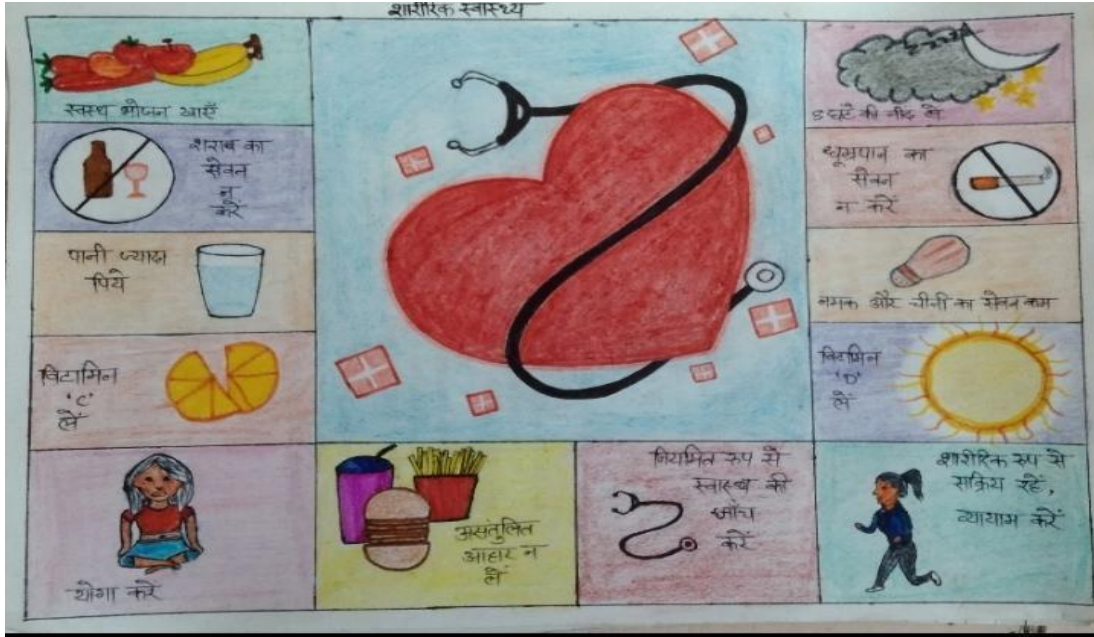
## सपनों की दस्ता

कितने सुनहरे होते हैं न ये सपने  
इंसान को कहाँ से कहाँ ले जाते हैं  
एक पल को लगे जिंदगी खुशहाल  
और आँख खुलते ही लगे दुनिया  
जंजाल असल में ये सिर्फ दास्ताँ नहीं है सपनों की  
और जब आँख खुलती है तो ना जाने  
किस गुफा में जाके छुप जाते हैं ये सपने कितने अजीब होते हैं  
एक पल को जन्नत दिखा दिया  
दूसरे ही पल नर्क के द्वार से वाकिफ करा दिया  
सपने तो होते है झाग की तरह जो छन से मिट जाते हैं।  
लेकिन बुलंद सपनों को तो कुछ ही व्यक्ति पूरा कर पाते हैं  
सपने तो ऐसे ही होते हैं जो  
हर मोड़ पर दे जाते हैं सीख  
कभी बहुत बड़ा दर्द दे जाते हैं तो  
कभी बरसों पुराना घाव भर जाते हैं  
पहचान है बुलंद इरादों की, ये इशारा है उन जन का  
जो बदल सकते हैं देश का गौरव।

पूजा कुमारी

हिन्दी विशेष, तृतीय वर्ष





तनु विश्वकर्मा, हिन्दी विशेष तृतीय वर्ष

ऐ खुदा

ऐ खुदा

ऐ खुदा दुआ कबूल कर,

हर अनाथ को गोद मिले पनपे वालिद के आगोश में,

झूठी मुस्कान नहीं, "हँसी" हो हर मुस्कान में,

बदन ढके हो, महफूज हो, हर इंसान घर में।

ऐ खुदा दुआ कबूल कर,

ख़त्म हो महामारी, कोई नुकसान ना हो तूफ़ान में,

ख़त्म हो जाए भेद-भाव सब एक हो मोहब्बत में,

कबूल हो दुआ, माँगा जो हर रोज़े हर नमाज़ में।

ऐ खुदा दुआ कबूल कर।

विशाखा

हिन्दी विशेष, तृतीय वर्ष

## चप्पल एक जोड़ी

चप्पल एक जोड़ी वो  
जिसे हर बार बाबा बनवाते हैं  
मीलों दूर पहन कर जाते हैं  
टकटकी लगाए देखते हैं वो छेद  
शायद भूमि के आंचल को स्पर्श करते हैं

चप्पल एक जोड़ी वो  
जिसे भैया कभी पहन जाता है  
गांव गांव भर मजदूरी कर आता है  
तीजे पहर वो फिर टूट जाती है  
उसे कच्ची सी डोरी से सहेजे जाता है

चप्पल एक जोड़ी वो  
जिसे पहनने को मैं लालायित होती हूं  
तभी शायद उसे रात के अंधेरे में पहनती हूं  
उसे पहन मन ही मन इतराती हूं  
उसके बिखरेपन पर भी मैं पुलकित होती जाती हूं

चप्पल एक जोड़ी वो  
जिसे धूप से बचाती है मेरी मां  
रखती है मड़ई की छांव में  
ताकि टिकी रहे पाँव में।

मानसी

हिन्दी विशेष तृतीय वर्ष

## युवा आसमान

‘युवा’ यह शब्द स्वयं में एक नए जोश और उत्साह से भरपूर लगता है। जीवन का ऐसा पड़ाव जहाँ ऊँचे - ऊँचे पर्वत को फतेह करना और अंतहीन समुद्र में डुबकी लगाना सहज प्रतीत होता है।

युवा शक्ति वह मंत्र है, जिससे बड़े-बड़े तप किए जा सकते हैं। 1857 में आजादी की जंग का आगाज करने वाले मंगल पांडे का जयघोष, स्त्रीशक्ति को नए अंदाज में परिभाषित करती लक्ष्मीबाई और झलकारी बाई, चंद्रगुप्त का समूचे नंद वंश का विनाश कर देना और ऐसे ही अनगिनत नाम हैं, जो युवा शक्ति और उनके द्वारा लाए गए बदलावों का परिचायक हैं और आज के युवा वर्ग के लिए प्रेरणादायक हैं।

परिवर्तन संसार का नियम है। पहले के मुकाबले आज परिस्थितियाँ काफी बदल चुकी हैं। युवा वर्ग की सोच, जीने का तरीका, कल्चर सब कुछ परिवर्तित हो रहा है। जहाँ एक ओर आधुनिकता, आविष्कार, विज्ञान, विकास की सकारात्मकता आगे बढ़ने का संकेत देती है तो दूसरी ओर अकेलेपन, तनाव, आगे बढ़ने की होड़, बढ़ती आशाएं और खुद को साबित करने की दौड़ में युवा वर्ग अपनी वास्तविकता और पहचान कहीं पीछे छोड़ देते हैं। किसी मशीन की भांति बस बिना संवेदनाओं के निरंतर काम करना और जिंदगी काट लेना।

एक बच्चे के जन्म के साथ ही यह तय कर दिया जाता है कि वह बड़ा होकर क्या बनेगा और क्या नहीं। उसी बंधी-बंधाई परिपाटी पर चलकर वह तो सांस लेता है, लेकिन उसके अंदर का हुनर दम तोड़ चुका होता है। असल में आज युवावर्ग को यह मौका ही नहीं मिल पाता कि वह खुद को पहचाने आत्मविश्लेषण करें। हम एक ऐसी दुनिया में जी रहे हैं, जहाँ गलतियों की कोई गुंजाइश नहीं, यहाँ हमें सब कुछ परफेक्ट चाहिए।

बस मानो सोशल मीडिया का प्रोफाइल बनकर रह गयी हो जिंदगी। जहाँ परफेक्ट जिंदगी, शरीर की लंबाई - चौड़ाई, गोरा रंग, खड़ी नाक, उभरे होंठ और मिल गया परफेक्ट होने का टैबू। परफेक्ट दिखने की जंग युवाओं में दिन-प्रतिदिन बढ़ता जा रहा है। लेकिन यह पहलू युवाओं को पूर्णतः नहीं दर्शाता। भला वह युवा ही क्या जो मुश्किलों से दो - दो हाथ ना करे।

अगर केवल भारत की बात करें तो यह पिछले 70 वर्षों में युवा शक्ति के माध्यम से सबसे तेजी से विकास करने वाला देश है। ओलंपिक में गोल्ड दिलवाने वाले नीरज चोपड़ा, दुनिया के सबसे युवा लेखक अभिजीत गुप्ता, महज 12 वर्ष की आयु में पीएचडी जैसी उपाधि हासिल करने वाली तथागत अवतार तुलसी, मेयर आर्या राजेंद्रन, आयशा अजीज, मयंक प्रताप सिंह, विश्व सुंदरी हरनाम कौर संधू कुछ ऐसे ही नाम हैं, जो आज के गौरवशाली युवा हैं।



एक नए दृष्टिकोण के साथ उभरता युवा वर्ग जो आधुनिकता और संस्कृति का सामंजस्य कर उन्हें साथ लेकर आगे बढ़ना जानता है। हाँ, कुछ परेशानियाँ और विपदाएँ हैं, लेकिन इनका समाधान स्वयं युवा वर्ग ही है-

हौंसले की ताजगी खुद में भर और,

विश्वास के पंख लगा ये आसमान तेरा है-

एक छल्लाँग और उड़ जा,

कुछ नाकामी के मंजर,

कुछ तूफ़ाँ निराशा के आएँगे,

तू रुकना मत तेरे जज़्बे से ऊँचे पर्वत भी झुक जाएँगे।

कोशिश तो कर, हर मुश्किल पीछे हट तेरा परचम लहराएँगे।

विशाखा

हिन्दी विशेष, तृतीय वर्ष



काजल

हिन्दी विशेष, तृतीय वर्ष

## सामाजिक सोच की संकीर्णता

कल सुबह से बारिश हो रही है। न जाने कब धूप की तीखी सी किरण इस खिड़की पर पड़ेगी। मां भी मुझे सोनम के घर नहीं जाने देती कहती है तू अब बड़ी हो गई है। उनको क्या लगता है कि बड़े लोग दूसरे के घर जा कर खेल भी नहीं सकते। दादी तो दिन भर इन घंटियों से शोर मचाती रहती हैं सुबह हुई नहीं कि मेरे मोहन, मेरे मोहन लगाए रहती हैं। हे भगवान! अब तो रोक दो इस बरसात को तभी ख्याल आया कि पीछे वाला मैदान तो पानी से भर गया होगा और कीचड़ तो जैसे जगह जगह घर बनाए होगा। कल दीपक ने किल्ली भी वहीं छोड़ दी बुद्धू बड़ा आया, कहता था बारिश न होगी लो अब भुगतो।

‘मधु...’ तभी आवाज़ आई। अरे ये तो मां पुकार रही हैं।

हां, मां आई। धीरे से वह अन्दर रसोई में जा रही थी कि पीछे से दादी ने टोका -“अरे ओ मधुइया! कहा रसोई में चली जाती है? चल निकल। पीछे जब देखो तब धर्म भ्रष्ट करने पर तुली रहती है, इतनी बड़ी हो गई, लेकिन मां ने तनिक भी सहूर न सीखाया, मासिक धर्म के समय कोई जाता है! क्या” चूल्हे में और न जानें कितनी ही बातें दादी ने सुना दी होगी, लेकिन मैं बस एकटक मां को ही निहारा करती। मां की सहमी सी स्थिति जैसे अनकहे शब्दों में कुछ कहे जा रही हो, लेकिन क्या ये न समझ पाई।

मेज पर बैठते ही मां करछी से सब्जी निकालते हुए मुझे ही देखा करती और मेरे ही आस पास घूमा करती। उनकी साड़ी जैसे अस्त-व्यस्त थी, लेकिन उसकी तरफ उनका तनिक भी ध्यान न गया, मुरझाए केश मानों पत्तियों की भांति सिहर गए हो।

तभी एकाएक दरवाजे पर नज़र जाती है पापा भीगते हुए काली सी छतरी लिए अन्दर प्रवेश करते हैं। उन्होंने पुकारा ‘शांति सुनती हो’। मां मेज पर ही सब्जी के बर्तन को जल्दी से रखती हुई उन्हें तौलिया लिया देती हैं।

आज लेट हो गया जी।

हां, आज दफ्तर में टैगोर साहब नहीं थे तो रुकना पड़ा।

अच्छा चलिए जल्दी से जूते उतार कर कपड़े बदल लिजिए।

हां हां जाते हैं।

तभी मां कामों में व्यस्त होते हुए भी न जानें कहा से देख लेती हैं कि मैं खा नहीं रही।

‘मधु खा भी ले’ अब क्या सोचती है।

मैं एक क्षण के लिए चौंक उठी जाने कैसे जान लेती है मां ये सब।

तभी ख्याल आया। हां, मां ने कल भी तो उस लाल रंग को झट से पहचान लिया था और दादी भी आज उसी लाल रंग को मासिक, मासिक कुछ पुकार रही थी।

मैं कल जब घबरा गई तो मां मुझे बार - बार समझाती- 'मेरी मधु बिटिया तो बहुत समझदार है, है न! ' मैंने सर हिलाया, परंतु कुछ कह न सकी। वही द्वंद बार - बार मन में विचार आता, आखिर वो लाल रंग क्यों इतना डराता।

दादी और मां मुझे क्रिकेट खेलने भी नहीं जाने देती कहती कि इस समय खेलना कूदना नहीं चाहिए और पापा तो कुछ भी न बोलते बस दादी ही कहती रहती कुछ न कुछ।

सुबह होते ही एक तीखी सी रोशनी मानो मेरे मुख को सहला रही हो। तभी ख्याल आया कि आज तो धूप निकल आई। आज मैं खूब चौके छक्के उड़ाऊंगी और उस वसंत की बारी भी न आने दूंगी। अरे ये क्या 7 बज गए स्कूल भी जाना है। मां मेरी चोटी तो बांध दो-अरे हां आती हूं। अच्छा मधु सुन ...

मां ने मुझे फिर बड़े प्यार से पूछा...

मैंने भी कहा हां मां बोलो

कल रात ठीक से सोई तो थी न?

मां का ये सवाल मन में ही चुभता था मानो वो अब हर वक्त दादी की तरह सवाल करती हैं। तभी मैंने भी ऊपरी मन से कहा- 'हां मां सोऊंगी क्यों न'। मां जैसे मेरे इस मन को भी झांक गई हो। अब क्या बताऊं मां को की कल रात में कितने दर्दों से गुजरी और कितने ही सवालों से वो क्या था कैसा था मैं खुद न जान पाती थी। फिर भी मैं हिम्मत करके स्कूल गई। वहां सलोनी, मीना के साथ बातें करके भी कुछ अच्छा महसूस न होता था। बस मन क्रिकेट की ओर ही लगा रहता था। शाम होने का ज्यादा इंतजार रहता था। वही पीछे का मैदान याद आता, पर स्कूल के ये अकडू लड़के मुझे अपमी टीम में लेते ही न थे। कहते कि लड़कियां नहीं खेल सकती। अब इन बुद्धुओं को क्या पता एक बार में चौका मारू बाउंड्री के पार। इस पप्पू को तो आता भी नहीं फील्डिंग करना और बड़ा आया मुझ सिखाने धत्त ...

शाम हुई घर पर सब खामोश थे, मैंने जैसे ही स्कूल बैग उतारा पापा ने तिरछी नजरों से मुझे देखा और मैंने मन में ही सोचा की पापा आज दफ्तर से इतना जल्दी कैसे आ गए। मम्मी ने मुझे हाथ मुंह धोने को कहा तभी पापा ने आवाज़ दी -

'मधु इधर आओ....'

मैं मौन अवस्था में आगे बढ़ी तभी पापा का हाथ मेरे कंधों पर आया वो एहसास कुछ अजीब सा सुकून देता था। पापा ने कहा ...

'बेटा! आज से तुम मैदान में खेलने नहीं जाओगी'।

मेरी आंखें पापा की ओर से हटती न थी जैसे वो उनसे सवाल करती हो। आखिर क्यों?



दादी ने उलाहना देते हुए कहा- 'हां नहीं जाओगी, तुम अब बच्ची नहीं हो। लड़कों के बीच खेलना, शोभा नहीं देते तुम्हें। कल शारदा आई थी घर पर और कहने लगी कि मधु लड़कों के बीच जाकर खेल कूद, हल्ला मचाती है।'

मेरी आंखें पापा की ओर ही टिकी थी, दादी ने जो बोला वो मानो जैसे अनसुना सा था।

सोचने के बाद पापा ने कहा...

'देखो मधु ये उम्र पढ़ने की है, कुछ करने की है। इस उम्र में तुम्हें अपने आप को निखारना होगा। इन खेलों में कुछ भी नहीं रखा और वैसे भी ये लड़को के खेल हैं। समाज में इस खेल को लड़कियां नहीं खेल सकती। 'कुछ खेल केवल लड़को के लिए ही बने हैं।' इतना कहते ही पापा बेडरूम की ओर चले गए।

मां ने मुझे हाथ मुंह धोने को एक बार फिर कहा और मेज पर मेरे लिए खाना निकालने लगी। मैं बस पापा के वही शब्द सोचे जाती थी कि 'कुछ खेल केवल लड़को के लिए ही बने हैं।' मेरा बदन सिहर उठा था, शीशे के सामने मुंह धोते हुए भी मैं बस अपने अस्तित्व को खोजती रहती कि क्या केवल लड़को में ये गुण हो सकते हैं। मेज पर रखा खाना मुझे उसी विचार को सोचने पर विवश करता था।

तभी ख्याल आया सोनम से मिलना चाहिए। मैं खाने का दो कौर खा कर उसके घर पहुंची तो सोनम अपने कमरे में थी और आंटी मुझे बिना पलके झपकाए बस देखा ही करती। सोनम को आवाज दी तो उसने कमरे में बुला लिया। आश्चर्य तब हुआ जब उसके साथ भी मेरे जैसी ही घटना हुई। घर लौटते समय यही सारी बातें मुझे कचोटती थी। मेरी जिन्दगी का एक अभिन्न अंग जैसे कहीं बांध दिया गया हो। मेरे लफ़्ज़ जैसे अपनी जुबान को समेटे रहे हो, वो सपना जैसे किसी खाली जगह में जा कर दुबक गया हो।

"सामाजिक सोच की संकीर्णता को पहली बार अनुभव किया इस सोच की दलदल बहुत गहरी थी जिसे पार करते जाना और नीचे धंसते जाना"

मानसी

हिन्दी विशेष, तृतीय वर्ष

संस्कृतस्य अनुभागः

# जीवयन्ती लोकान् विजयतां प्रकृतिरियं





# संपादकीयम्

भो पाठकाः,

प्राणिमात्रस्य कृते आरोग्यं सर्वोत्तमम् सुखम् अतः सर्वेषां कृते अतीव स्पृहणीयम् वर्तते। आरोग्यमेव मनुष्याणां जीवनस्य सार्थक्यं निर्धारयति । रोगरहितः एव मानवः ऐहिकानि पारलौकिकानि च स्वानि कर्तव्यानि पूरयितुं समर्थो भवति। स एव दीर्घायुष्यं लभते यो नीरोगः शक्तियुक्तश्च भवति । आरोग्यं विना पुरुषार्थचतुष्टयस्यैव उपलब्धिर्न सम्भवति । आयुर्वेदस्वास्थ्यस्य अभिप्रायोऽस्ति शारीरिकरूपेण, मानसिकरूपेण भावनात्मकरूपेण चेति त्रिभिः प्रकारैः स्वास्थ्यं तस्यैव उत्तमम् भवितुमर्हति यः नित्यं हिताहारविहारसेवी अस्ति समीक्ष्य कार्यं करोति, सत्यं भाषते, व्यसनेषु अशक्तो भवति। यदि मानवस्य शरीरं स्वस्थं भवति तर्हि तस्य आत्मा, मनः इन्द्रियाणि च प्रसन्नानि भवन्ति । स्वस्थं शरीरं व्याधिरहितं शरीरम् वा तदैव भवति यदा मानवः सम्यक्-व्यवहारं करोति । अथ च सर्वेषु समत्वं बुद्धिं, धारयति । एवं एते नियमाः यत्र वर्ण्यन्ते तदेव स्वस्थवृत्तं अस्ति ।

धन्यवादाः

नेहा श्रीवास्तवा (स्नातक- तृतीय-वर्षः)

नियति मिश्रा (स्नातक- प्रथम- वर्षः)

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## क. आयुर्वेदेन रोगाणाम् अपाकरणम्

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आयुर्वेदानुसारेण आयुः चतुर्विधम् - हितायुः, अहितायुः, सुखायुः, दुःखायुश्चेति।

हिताहितं सुखं दुःखं आयुस्तस्य हिताहितम्।

मानं च तच्च यत्रोक्तं आयुर्वेदः स उच्यते ॥

मानसिकशारीरिकरोगरहितस्य ज्ञानिनः सुदृढस्य मानवस्य आयुः सुखायुः। एतद्विपरीतं दुःखायुः। अरिषड्वर्गं विजित्य सर्वभूतहिते रतस्य आयुः हितायुः। तद्विरोधे अहितायुः भवति। आयुश्च शरीरेन्द्रियसत्त्वात्मसंयोगः। इत्थं हि शरीरं तु नानाविध-आधि-व्याधीनाम् आगारमेव। अतः व्याध्युपसृष्टानां व्याधिपरिमोक्षः, स्वस्थस्य स्वास्थ्यरक्षणं च आयुर्वेदस्य द्वे प्रयोजने स्तः।

चरकाचार्यविरचिता 'चरकसंहिता', सुश्रुताचार्यप्रणीता 'सुश्रुतसंहिता', वाग्भटग्रथितम् 'अष्टाङ्गहृदयम्', माधवकरस्य 'माधवनिदानम्', शार्ङ्गधरस्य 'शार्ङ्गधरपद्धतिः' इत्यादयः आयुर्वेदस्य प्रमुखग्रन्थाः सन्ति। चरकसंहितायां ३४१ सस्यजन्यद्रव्याणां, १७७ प्राणिजन्यद्रव्याणां, ६४ खनिजद्रव्याणां च उल्लेखः कृतोऽस्ति। ग्रन्थस्यास्य महत्त्वमभिलक्ष्य अस्य नैकानि व्याख्यानानि रचितानि। चरकसंहितायां अष्टौ स्थानानि सन्ति। मूलतः एषा अग्निवेशेन रचिता संहिता। तत्र चरकमहर्षिणा प्रतिसंस्कारः कृतः। ततः दृढबलनाम्ना अपरेण वैद्येन संपूरणं कृतम्। एवम् अद्य उपलब्धायां चरकसंहितायाम् एषां त्रयाणां कर्तृत्वं विद्यते।

नेहा श्रीवास्तवा  
स्नातक- तृतीय- वर्षः



## ख. आरोग्यं सर्वार्थसाधनम्

यदि मानवस्य शरीरं स्वस्थं भवति तर्हि तस्य आत्मा, मनः इन्द्रियाणि च प्रसन्नानि भवन्ति । स्वस्थं शरीरं व्याधिरहितं शरीरम् वा तदैव भवति यदा मानवः सम्यक् व्यवहारं करोति । स्वस्थस्य शरीरस्य कृते सर्वोत्तमः उपायः व्यायामः एव । शारीरिकक्रीडा, धावनं, नृत्यं, श्रमसाध्यं कार्यं, चलनं च व्यायामाः भिन्नाः भिन्नाः सन्ति । क्रीडा सर्वोत्तमः रोचकः च व्यायामरूपः अस्ति ।  
व्यायामस्य लाभाः-

व्यायामात् लभते स्वास्थ्यं दीर्घायुष्यं बलं सुखम् ।  
आरोग्यं परमं भाग्यं स्वास्थ्यं सर्वार्थसाधनम् ॥

भ्रमण-धावन-क्रीडनादिभिः शरीरस्य श्रान्तिः व्यायामः कथ्यते । व्यायामः नित्यं करणीयः भवति । अस्य नित्यानुष्ठानेन गात्राणि पुष्टानि भवन्ति । यदि मनुष्यः दीर्घायुः वाञ्छति, तर्हि तेन नियमितरूपेण व्यायामः करणीयः । स्वास्थ्यरक्षायै व्यायामः अतीव आवश्यकः अस्ति । नियमित- व्यायामनैव शरीरं नीरोगं जायते । नियमितव्यायामेन शरीरे रोगाः न उद्भवन्ति । शरीरस्य रोगेभ्यः रक्षणाय व्यायामः आवश्यकः , तथा उचिता- हारसेवनमपि आवश्यकम् । व्यायामेन क्षुधावर्धनं भवति, किन्तु उचितं भोजनमेव सेवितव्यम् । चरकसंहितायां कथितम् -

‘न अदेशे, न अकाले, न प्रतिकूलोपहित, न पर्युषितम् अन्नं सेवितव्यम् ।’ यदि आहारः उचितो नास्ति तर्हि व्यायामस्य कः उपयोगः? स्वस्थस्य शरीरस्य महत्त्वम् अस्ति प्रसन्नं मनः, प्रसन्नाप्रज्ञा, प्रसन्नात्मा ।

स्वस्थे शरीरे एव स्वस्थं मस्तिष्कं भवति ।

नियति मिश्रा  
स्नातक- प्रथम- वर्षः



## ग. आरोग्याय अरुणोदयसेवनम्

प्राणिमात्रस्य कृते आरोग्यं सर्वोत्तमम् सुखम् अस्ति । प्रभाते शुद्धे वायौ परिभ्रमणेन मनुष्यस्य स्वास्थ्यं वर्धते । प्रातः काले प्रकृतेः शोभा अपि मनोहारिणी भवति । एकत्र सूर्योदयकाले रवेः रक्तः बिम्बः मनो हरति अपरतश्च सुप्तोत्थिताः पक्षिणः मधुरेण कलरवेण शान्तं भूमण्डलं संगीतमयं कुर्वन्ति । वनेषु उपवनेषु, पर्वतेषु, नदीतटेषु, क्षेत्रेषु च शीतलः मन्दः, सुगन्धः समीरः वहति । अतः बुद्धिमन्तः पुरुषाः, स्त्रियः बालाश्च प्रातः भ्रमणार्थं गच्छन्ति । युवानश्च व्यायामम् आचरन्ति शक्तिं स्वास्थ्यं च लभन्ते ।

प्रातःकालीनानां वृक्षाणां हरिता शोभा पुष्पाणां सुगन्धिश्च विहरतां जनानां नेत्रे मनः च प्रीणयतः । प्रभाते ओषजनवायुना लब्धशक्तयः पुरुषाः आसायं स्वस्थचेतसा कायेन च कार्यं कुर्वन्ति, श्रान्तिं च नानुभवन्ति ।

अतः अस्माभिः सदैव सूर्योदयात् पूर्वमेव उत्थातव्यम् । उद्यानादिषु च यथाकालं परिभ्रम्य गृहम् आगन्तव्यम् । अथ स्नानादितो निवृत्य विद्याभ्यसने, स्वेषु अन्येषु व्यवहारेषु वा प्रवर्तितव्यम् ।

शशि द्विवेदी  
स्नातक- तृतीय- वर्षः



## घ. सुस्वास्थ्यस्य मूलं सद्वृत्तता

आरोग्यं प्रति सद्वृत्ततायाः अतीव महत्वं अस्ति । न हि कोऽपि बालः जानाति यत् किं सद्वृत्तम्, किं च असद्वृत्तम् । बालस्तु ज्येष्ठान् वृद्धान् च पश्यति । ते वयोवृद्धाः यथा-यथा आचरन्ति बालोऽपि तथैव आचरति । शिष्टानां वंशेषु वृद्धाः, युवानः, बालाः महिलाश्च सर्वे परस्परं सभ्यतया आलपन्ते, ते अन्योऽन्यं सम्मानयन्ति । ज्येष्ठानां सद्भावहारं दृष्ट्वा शिशवोऽपि परस्परं 'जी' शब्देन सर्वान् आकारयन्ति, अपशब्दान् न वदन्ति, सर्वान् सत्कुर्वन्ति च ते वयोवृद्धानाम् आज्ञां पालयन्ति ।

अतो विपरीतमेतद् दृश्यते यत् कस्मिंश्चिद् परिवारे सर्वे सदस्याः परस्परम् अपशब्दैः व्यवहरन्ति, न कोऽपि कस्यापि पूज्यस्य आज्ञां पालयति । तत्र लघवोऽपि जातकाः तथैव शिक्षन्ते । ते च युवानः भूत्वा अपि कुसंस्कार-वशीभूताः जगति स्वैः सह तथैव व्यवहरन्ति । येन ते जगति अपमानं निन्दां च लभन्ते । अतः सर्वतः : प्राक् ज्येष्ठेभ्यः वृद्धेभ्यश्च एतद् उचितम्, यत्ते परिवारे सभ्यतया परस्परं व्यवहरन्तु । विद्यालयेऽपि गुरवः छात्रैः सह सद्भावेन व्यवहरन्तु । ज्येष्ठाः छात्राश्च लघुभिः छात्रैः सह स्नेहेन व्यवहारं कुर्वन्तु । इत्थं बालाः बाल्ये सद्वृत्तं शिक्षन्ते ।

अथ च नरः निम्नस्थान् सदाचारनियमान् पालयेत् । तद्यथा- प्रातःकाले उत्थाय मातापितरौ, वृद्धान्, गुरुन् च प्रणमेत् । तेषाम् आज्ञां पालयेत्, तान् सेवेत च । इत्थं करणेन पुरुषाणां आयुः, विद्या, यशः बलं च-1 - एतानि चत्वारि सत्त्वानि वर्धन्ते ।

नरः कदापि असत्यं न वदेत् । परधनं न हरेत् । पापं न आचरेत् । मूर्खैः सह मित्रतां न कुर्यात् । अपशब्दान् न वदेत् । अलसः न भूयात् ।

मनुष्यः यत्नेन ब्रह्मचर्यं पालयेत् । स्वदेशाय धर्माय कुलाय च प्राणानपि त्यजेत् । ईश्वरं भजेत् । समयानुसारं हितं मधुरं च वदेत् । स्वहितं कदापि न त्यजेत् । निर्धनेभ्यः दानं यच्छेत् । विद्योपार्जने धनोपार्जने च सदा प्रयत्नशीलः स्यात् ।

उक्तनियमानां पालनेन नराः सदाचारिणः उन्नतिशीलाः संसारे सम्मानिताः च भवन्ति । अतः अस्माभिः अपि उक्तानां सदाचारनियमानां पालने तत्परैः भवितव्यम् ।

काजल शुक्ला  
स्नातक- द्वितीय- वर्षः



## ड. धर्माचरणेन आरोग्यलाभः

शुद्धसात्विकजीवनशैल्या कर्मक्षयः सम्भवति येन स्वयं मुक्तिमाप्नुयादपि च लोकहितमपि भवेत् । कर्मकुर्वन् मोक्षसाधनमपि स्वलैकिकजीवनयापनात्मकविज्ञानं वर्तते। तादृशी जीवनशैली चरकसंहितायाम् आचाररसायन -रसायनपादे विवृता वर्तते। तां ज्ञास्यामहः-

“समर्थानामरोगाणां धीमतां नियतात्मनाम्। कुटीप्रवेशः क्षमिणां परिच्छदवतां हितः॥”

समर्थानां नियतात्मनां कामक्रोधादिविरहेण निश्चित्य यमशीलतया स्थिरमनसां क्षमिणां क्षमशीलानां परिच्छदवतां धनजनादिभिः सम्पन्नानां कुटीप्रवेशो हितः।

“अतोऽन्यथा तु ये सौख्यमारुतिको विधिः। ताभ्यां श्रेष्ठतरः पूर्वो विधिः स तु दुष्करः॥

रसायनविधिभ्रंशाज्जायेरन् व्याधयो यदि। यथास्वमौषधं तेषां कार्यं मुक्त्वा रसायनम्॥

सत्यवादिनमक्रोधं निवृत्तं मद्यमैथुनात्। अहिंसकमनायासं प्रशान्तं प्रियवादिनम् ॥

जपशौचपरं धीरं दाननित्यं तपस्विनम्। देवगोब्राह्मणाचार्यं गुरुवृद्धारचने रतम्॥

अनुशंस्यपरं नित्यं नित्यं कारुण्यवेदिनम् / (करुणवेदिनम्)। समजागरणस्वप्न नित्यं क्षीरघृताशिनाम्॥

देशकालप्रमाणज्ञं युक्तिज्ञानमनङ्कृतम्। शस्ताचारमसङ्कीर्णमध्यात्मप्रबलेन्द्रियम्॥

उपासितारं वृद्धानामास्तिकानां जितात्मनाम्। गुणैरेतैः समुदितैः प्रयुङ्क्ते यो रसायनम्।

रसायनगुणान् सर्वान् यथोक्तान् स समश्नुते॥

इत्याचाररसायनम्॥

मधुमैथुनात्रिवृत्तं नित्यम् , अखलत्वे तत्परं, नित्यं कारुण्यवेदिनं, समजागरणस्वप्ननित्यं, सङ्कीर्णभावरहितमध्यात्मप्रबलेन्द्रियं, वृद्धोऽपसेविनं, सर्वदाचरितरसायनं एतैः समुदितैः गुणैः यो रसायनं प्रयुङ्क्ते स सर्वान् रसायनगुणान् यथोक्तान् समश्नुते।

शास्त्रान्तरेषु तोल्यते-

धर्मशास्त्रं परिप्रेक्ष्य सद्वृत्तयः आचाराः कथिताः। तेषु धर्मस्य दशलक्षणानि एवं वर्तन्ते। स्वस्थसमाजस्य निर्माणार्थं स्वस्थजनाः एव आपेक्ष्यन्ते। वैदिककाले सुसमीचिनासंस्कृतिरासीत्। यतः धर्माचरणमिति मत्वा जनाः सदाचारिणः अभवन्। धर्मलक्षणमिदमुक्तम् यथा-

“धृतिः क्षमा दमोऽस्तेयं शौचमिन्द्रियनिग्रहः। धीर्विद्या सत्यमक्रोधो दशकं धर्मलक्षणम्॥”[1]

अपि च-

“वेदः स्मृतिसदाचारः स्वस्य च प्रियमात्मनः। एतत् चतुर्विधं प्राहुः साक्षात् धर्मस्य लक्षणम्॥”[2]

किञ्च-

“इज्याध्ययनदानानि तपः सत्यं धृतिः क्षमा। अलोभ इति मार्गोऽयं धर्मस्याष्टविधः स्मृतः॥” [3]

धृतिः-क्षमा-दमः-अस्तेयं-शौचम्-इन्द्रियनिग्रहः-धीः-विद्या-सत्यम्-अक्रोधः एते धर्मस्य दशलक्षणानि इति। वेदः-स्मृतिः-सदाचारः-स्वस्य प्रियमात्मनः च एतत् चतुर्विधं साक्षात् धर्मस्य लक्षणमिति महर्षिः गौतमः प्राह। इज्याऽध्ययनं-दानानि-तपः-सत्यं-धृतिः-क्षमा-अलोभेत्ययं मार्गः धर्मस्याष्टविधः स्मृतः। अत्राऽप्याचरणस्य प्रधानत्वं दर्शितं वर्तते। प्रायः पूर्वाचार्यैः आचारस्य महत्त्वमवगम्यैव सदाचारस्य महत्त्वं प्रतिपादितम्। धर्मशास्त्रे स्वस्थाचरणस्य विचाराणि विशदतया विवृतानि। सदाचारेण समाजस्य एवं स्वस्य च लाभः इति निरूपितः विषयः।

साक्षी झा  
स्नातक- तृतीय-  
वर्षः



Preeti

## च. पथ्यापथ्य विमर्शः

आरोग्यं स्थापयितुं स्निग्धभोजनं न खादितव्यं, गुरुभोजनं न खादितव्यं यतः शरीरे आलस्यं जनयति । एकदा एव अधिकं न खादतु

यदि भवन्तः स्वस्थं गृहनिर्मितं च भोजनं खादन्ति अपि, यदि भवन्तः अन्नस्य परिमाणं नियन्त्रयितुं न शक्नुवन्ति तर्हि भवन्तः वजनवृद्धिं निवारयितुं न शक्नुवन्ति अतः अन्नस्य परिमाणं अर्थात् भागस्य नियन्त्रणं अतीव महत्त्वपूर्णम् अस्ति ।

प्रातःभोजनं न त्यजन्तु

कियत् अपि त्वरितम् अस्ति चेदपि प्रातःभोजनं कदापि न लङ्घयन्तु । अस्माकं देशे उक्तिः अस्ति यत् नृप इव प्रातःभोजनं खादितव्यम् इति । यदि प्रातःकाले रिक्तं उदरं धारयन्ति तर्हि अग्रिमेषु भोजनेषु अतिभोजनस्य सम्भावना अधिका भवति । अधिकं शर्करां न खादन्तु

शर्करायाः अतिरिक्तसेवनेन स्थूलतायाः, रक्तशर्करायाः च सम्भावना बहुधा वर्धते । अतः यथाशक्ति संसाधित-पैक्ड्-आहार-भोजनं परिहरन्तु, यतः तेषु शर्करायाः मात्रा अतीव अधिका भवति ।

श्वेता  
स्नातक- तृतीय-वर्षः





## छ. पुरुषार्थ-चतुष्टयमारोग्यञ्च

धर्मार्थकाममोक्षेति चतुर्विधपुरुषार्थसाधनमेव परमलक्ष्यमिति भारतीयाः मन्यन्ते। तान् पुरुषार्थान् साधयितुं काय- वाङ्मनांसि इति त्रिकरणसाधनान्येव भवन्ति। तानि त्रिकरणान्युपयुज्य एकां समीचीनाजीवनशैलीं लेखेऽस्मिन् विवक्षामि।

“योगक्षेमं वहाम्यहम्” इति खलु गीतायाः वचनम्। किं वा योगक्षमेति जिज्ञासिते सति आह- “अलब्धस्य लाभः योगः लब्धस्य परिपालनं क्षेमः इति।” आयुर्वेदस्योद्देश्यमपि स्वस्थस्य स्वास्थ्यरक्षणम् आतुरस्य विकारप्रशमनम् इति अस्ति। आरोग्यस्य प्राप्तिः योगः आतुरस्य प्रशमनं क्षेम इति। तर्हि रोगनिवारणस्यापेक्षया रोगनिरोधमेव क्षेम इति सर्वैर्विदितमेव। कालिदासोऽपि “शरीरमाद्यं खलु धर्मसाधनम्” इति अवदत्। भारतीयसम्प्रदायेषु चतुर्विधपुरुषार्थानां प्राधान्यात् पुरुषार्थसाधनार्थं शरीरं संरक्षणीयमिति। तदर्थमेव आयुर्वेद-योगादयः समुदिताः।

भारतीयसिद्धान्तेषु कर्मसिद्धान्तोऽपि अन्यतमः। स्वकर्मफलं भोक्तुं जन्तवः जायन्ते इति सिद्धान्तः। स्व-प्राग्जन्मार्जितम् कर्माऽपि व्याधिरूपेण बाधते इति ज्योतिःशास्त्रोक्तिरियम्-

“पूर्वजन्मार्जितं कर्म व्याधिरूपेण बाधते।

तच्छान्तिरौषधि दानैः जपहोमतपादिभिः।।” इति।

एवं मानवः पुरुषार्थानाम् सिद्धयै स्वस्थः एव भवेत्। यदि कदाचित् रूग्णोऽपि भवति तर्हि औषधिदानैः तप आदिभिश्च रोगाः निवारणीयाः। तदैव जीवनस्य सार्थक्यम्।

साक्षी झा  
स्नातक- तृतीय-वर्षः



## ज. मनोरोगाणां निवारणोपायाः

मनोरोगाः आहारविहारादिहेतुना उत स्वकर्मफलेन वा जनीयन्ते। तत्र मनोरोगे उन्मादविचारं रोगकारणसहितविभागान् विव्रीयन्ते-

हर्ष इच्छाभयशोकादेः विरुद्धा अशुचि भोजनात्। गुरुदेवदि कोपाच्च पञ्चोन्मादाः भवन्त्यथ॥

त्रिदोषजाः सन्निपाता आगन्तुक इति स्मृताः। हसना स्फोटनाक्रन्ध गीतनर्तनरोधनम्॥

आस्थानमङ्गविक्षेपस्ताम्रामृदुकृशा तनुः। जीर्णे बलञ्च वाग्बह्वीवातोन्मादस्य लक्षणम्॥

संरम्भामर्ष वैदग्ध्यामभिद्रवणतर्जनम्। छायाशीतान्न तोयेच्छा रोषः पीतोष्णदेहताः॥

नारीविविक्तप्रियता निद्रारोचौमनाग्वचः। लाला छर्दिबलं भुक्तौ नकादिषु च शुक्लता।

एताः पित्तकफोन्मादचेष्टाः श्लोकोदिताः क्रमात्। सम्मिश्रलक्षणो वर्ज्य उन्मादः सान्निपातिकः॥

आगन्तवो ग्रहाज्ञेयास्ते तु देवसुरादयः। अमर्त्या बलवाग्ज्ञानविक्रमादिसमन्विताः॥

वातोन्मादे स्नेहपानं पित्तोन्मादे विरेचनम्। श्लेष्मके नस्यवमनमागन्तुष्वखिलाः क्रियाः॥

सर्वे नश्यन्ति चोन्मादाः जपहोमादि कर्मतः।

उन्मादरोगाः पञ्चधा विभक्ताः भवन्ति। वातोन्मादः, पित्तोन्मादः, कफोन्मादः, सन्निपातोन्मादः, आगन्तुकोन्मादः, एवं पञ्चधा भवन्ति। तेषां हेतूनां प्रास्ताविषत। हर्ष-इच्छा-भय- दुःख इत्यादीनाम् अतिशयवशात् रोगोद्भवः जायते इति।

तत्रादौ वातोन्मादस्य लक्षणान्युक्तानि-हसना-स्फोटना-आक्रन्ध-गीत-नर्तन-रोदनं-ताम्रमृदुकृशातनुः-अङ्गविक्षेपाः

जीर्णे बलञ्च वाग्बह्वीवातोन्मादस्य लक्षणम्।

संरम्भम्-आमर्ष-वैदग्ध्यामभिद्रवणतर्जनं-छायाशीतान्नतोयेच्छा-रोषः-पीतोष्णदेहताः एते पित्तोन्मादस्य लक्षणानि।

नारीविविक्तप्रियता निद्रारोचौमनाग्वचः लालाछर्दिबलंभुक्तौ-नखादिषु च शुक्लता एते कफोन्मादलक्षणानि।

सम्मिश्रलक्षणो वर्ज्य सान्निपातिकः उन्मादः भवति। आगन्तवो ग्रहाः ज्ञेयास्ते तु देवसुरादयः। अमर्त्या बलवाग्ज्ञानविक्रमादिसमन्विताः। वातोन्मादे स्नेहपानं पित्तोन्मादे विरेचनम्। श्लेष्मके नस्यवमनमागन्तुष्वखिलाः क्रियाः। सर्वे उन्मादाः जपहोमादि कर्मतः नश्यन्ति।

रोगागमनस्यापेक्षया रोगहेतौ नष्टे सति रोगोद्भवः एव न भवति ननु ? तदर्थम् ; उन्मादरोगस्य हेतून् विवक्षामि

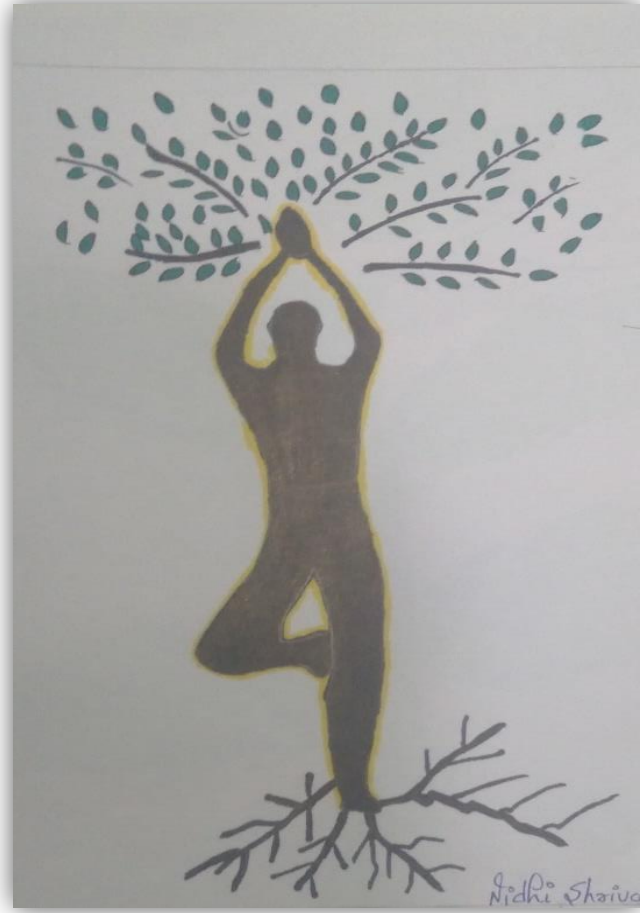
विषमाशुचि भोजनोपवासैः भय वैराग्यमुधा क्रुधाभिचारैः। गुरुपावक देवतापवादैस्त्रिविधोन्माद उदाहृतस्त्रिदोषैः।

दशेति हेतवो भ्रान्तौ दशहेतुभवा अपि त्रिदोषजा स्युः उन्मादाः पित्तजे बन्धनं भवेत्॥॥[9]

- 1) विषमभोजनम्।
- 2) अशुचिभोजनम्।
- 3) उपवासः।
- 4) भयः।
- 5) वैराग्यम्।
- 6) क्रोधः।
- 7) अभिचारः।
- 8) गुरुदेवतानिन्दा।
- 9) अग्निदेवतानिन्दा।
- 10) त्रिविधदोषैः जातः।

अत एतेषां ज्ञात्वा समतोलनेन जीवनं यापनीयम्। प्राचीनभारतीयऋषिमुनिभिः तपोबलेन या जीवनशैली वर्तते तत्र गुणाः एव वर्तन्ते। काले सात्त्विकाहारं स्वीकरणम्, पञ्चेन्द्रियेषु नियन्त्रणम्, सत्यवाक्, सुसमीचिनचिन्तनम्, सदाचारेत्यादेः अनुसरणेन त्रिकरणशुद्धिरपि तापत्रयनिवारणपूर्वकपुरुषार्थानां सिद्धिर्भवति। प्राचीनभारतीयानां जीवनलक्ष्यमासीत् आत्मनः मोक्षाय जगतः हिताय इति। अतः अत्युत्तमजीवनशैलीमिमामनुसृत्य

प्रिया पाठका  
स्नातक-तृतीय-वर्षः





## झ. आरोग्यलाभे ज्योतिषशास्त्रम् आयुर्वेदशास्त्रञ्च

ज्योतिषशास्त्रेऽपि दैवज्ञलक्षणे एवं वराहमिहिराचार्यः बृहत्संहितायां प्रादर्शितः।-

“प्रियदर्शनो विनीतवेषस्सत्यवागनसूयकः

समः

सुसंहितोऽपचितगात्रसन्धिरविकलश्चारुकरचरणनखनयनचिबुकदशन -श्रवणललाटभू-उत्तमाङ्गो वपुष्मान् गम्भीरोदात्तघोषः। प्रायः शरीराकारानुवर्तिनो हि गुणा दोषाश्च भवन्ति। तत्र गुणाः शुचिर्दक्षः प्रगल्भो वाग्मी प्रतिभानवान् देशकालवित् सात्विको न पर्षद्दीरुः सहाध्यायिभिः अनभिभवनीयः कुशलोऽव्यसनी शान्तिकपौष्टिकाभिचारस्नानविद्याभिज्ञो विबुधार्चनव्रतोऽपवासनिरतः स्वतन्त्राश्चर्योत्पादितप्रभावः पृष्ठाभिधायिन्यत्र दैवत्ययाद् ग्रहगणितसंहितहोराग्रन्थार्थवेत्तेति”। यदि ईदृशगुणवान् दैवज्ञेन सुसमीचिनफलनिर्देशं कर्तुं शक्यः। आचारो हि परमो धर्मः इति भावं ज्ञातुं शक्नुमः। समाजस्य मार्गनिर्देशकरूपी दैवज्ञः श्रेष्ठ व्यक्तित्ववान् स्यादिति। अपि च ज्योतिषशास्त्रायुर्वेदयोः मिथः सम्बन्धः दृश्यते। यथा नवग्रहाः शरीरस्थाः वातपित्तकफादिषु प्रभाववन्तः। तानि गुणान्येव शरीरे भविष्यन्ति। अतः तान् अधिकृत्य पश्यामः।

ग्रहाणां वातादि त्रिदोषकारकत्वमाह-

पित्तं वातयुतं करोति दिनकृद्वातं कफं शीतगुः। पित्तं भूमिसुतस्तथा शशिसुतो वातञ्च पित्तं कफम्।

जीवो वातकफौ सितोऽनिलकफौ वातं च पित्तं शनिः। क्षीणेन्दुस्थितराशिनाथकथितं पूर्णः कफं तोयभेः॥[4]

रविः वातयुक्तपित्तकारकः। चन्द्रः वातकफकारकः। पित्तकारकः कुजः। बुधः वातपित्तकफकारकः। गुरुः वातकफकारकः। शुक्रः वातकफकारकः। शनिः वातपित्तकारकः। क्षीणचन्द्रः स्वराश्याधिपस्य कारकः। जलराश्यां स्थितः पूर्णचन्द्रः कफकारकः। ग्रहाः स्वोक्तकारकैः पञ्चभूतवशादपि तत्कालजैः ऋतुसमयैः रोगान् कुर्युः। यदुक्तञ्च-

रोगान् कुर्युः ग्रहास्वोक्ता पञ्चभूतवशादपि। तत्कालश्चर्तवः स्वोक्तास्तथा शास्त्रान्तरोदितम्॥[5]

दुस्थयोः अर्कं भूसून्वो रोगास्युः पित्तसंभवाः। शुक्रोद्धोः जलजा मन्दे वातजाज्ञे त्रिदोषजाः॥[6]

दुस्थानस्थिताऽर्कभूसूनोः पित्तरोगसंभवाः भवेयुः। शुक्रेन्द्रोः जलज रोगाः भवेयुः। मन्दे वातजः ज्ञे त्रिदोषजाः।

बादिर्याद्या नभोजाता अनिष्टस्थानगे गुरौ। अनिष्टगा निजान् रोगान् कुर्युः निज निजर्तुषु॥[7]

अनिष्टस्थानगे गुरौ आकाशादिभूताज्जाता बाधाः जायन्ते। अपि च रोगकालः सूचयन्त यथा निजऋतुषु अनिष्टगाः ग्रहाः स्वरोगान् कुर्युरिति।

रोगदायिषु खेटेषु तत्प्रोक्तेषु धातुषु। अपि रोगोद्भवो वाच्यः प्रोक्तं ग्रन्थान्तरे तथा॥[8]

रोगदायकग्रहाः स्वधात्वादिकारकेषु रोगोद्भवाः वाच्याः इति केचन अवदन्।

दुस्थितास्थ्यादि धातुस्थो रोगिणां रोग ईर्यतां। रोगप्रश्नेऽथवा रोगदाश्रितांशपधातुगः॥

सन्तिप्रकार भेदाश्च रोगभेदनिरूपणे। तेचाप्यत्र विलिख्यन्ते तथा शास्त्रन्तरोदिताः॥

निजागन्तुकभेदतः द्विविधाः रोगाः ज्ञेयाः। तत्र द्विविधः दृष्टनिमित्तजा अदृष्टनिमित्तजाश्चेति। तदुक्तं यथा-

“रोगास्तु द्विविधाः ज्ञेया निजागन्तुकभेदतः। निजाश्चगन्तुकश्चापि प्रत्येकं द्विविधा पुनः।।”

निजरोगे शरीररोगाः चित्थोत्थरोगाः इति भेदः। आगन्तुकरोगे दृष्टनिमित्तजन्यादृष्टनिमित्तजन्यौ इतिद्विविधः। एवं व्याधयः चतुर्विधाः। तदुक्तञ्च-

“निजशरीरचित्तोत्था दृष्टादृष्टनिमित्तजाः। तथैवागन्तुश्चैवं व्याधयस्युश्चतुर्विधाः।।”

निजे वातादीजन्यरोगाः अष्टधा भवन्ति। ते च 1.वातजन्य 2.पित्तजन्य 3.कफजन्यः 4.संसर्गजन्य 5.वातपित्तजन्य 6.वातकफजन्य 7.पित्तकफजन्य 8.सन्निपातजन्य एवमष्टधा भेदाः भवन्ति। रोगाः न केवलं शरीरजाः अपि च मानसजाः अपि भवन्ति। तान् मनोरोगचिन्तनप्रकारं ज्ञास्यामः-

“वातपित्तकफोद्भूताः पृथक्संसर्गजास्तथा। सन्निपात भवाश्चैते शारीराः कीर्तिता गदाः।।”

क्रोधः-साध्वस-शोकादि-वेगजातस्तु मानसिक रोगाः भवन्ति। चन्द्रअष्टमाधिपयोः योगः दृष्टिर्वा तेन मनोरोगचिन्तनं करणीयम्।

“क्रोधसाध्वस शोकादि वेगजातस्तु मानसाः। ज्ञेया रन्ध्रमनोनाथमिथोयोगेक्षणादिभिः।”

“शापाभिचार घातादि जातादृष्ट निमित्तजाः। ज्ञेयाः षष्ठतदीश्याभ्यां तद्द्रष्टा तद्गतेन वा।”

आगन्तुक रोगः शापाभिचारघातेन जाता दृष्टनिमित्तजाः भवन्ति।

रन्ध्रेश षष्ठसम्बन्धे शापाद्याः प्रबलाश्च ते। अदृष्ट हेतुजा ज्ञेयाः बाधकाः ग्रहसम्भवाः।।

अदृष्टजन्यरोगाः भूतादि बाधावशादपि भवेयुः।

श्वेता  
स्नातक- तृतीय-वर्षः



## **Sports Achievers 2022-23**



**Isha Rajput**  
**B.A. (P) III Year**  
**Judo Inter-University**  
**Participation**  
**Bronze in Delhi State**



**Shalini Pawar**  
**B.A. (P) III Year**  
**Inter-University Boxing**  
**Championship**  
**Delhi State Silver II Medal**



**Neha**  
**B.A. (P) III Year**  
**Handball Inter-University**  
**Participation**



**Rashi Birla**  
**Sanskrit (Hons.) I Year**  
**Participation in Boxing National**  
**Gold in Delhi State**



## **Sports Achievers 2022-23**



**Dimpi**  
**Hindi (Hons.)**  
**Taekwondo Open International**  
**Competition Participation**



**Sanya**  
**B.A. (P) II Year**  
**Bronze in Delhi State Boxing**  
**Championship**



**Ritu**  
**B.A. (P) II Year**  
**Silver in Delhi State Boxing**  
**Championship**



Riya Rajput, BA (Prog) II Year





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