

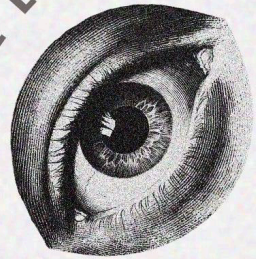
# SENTENTIAS

THE HOUSE OF STORIES

JUL-DEC'25



KALINDI COLLEGE  
DEPARTMENT OF  
JOURNALISM  
NEWSLETTER



CONTENTS

COLLEGE  
EVENTS

DEPT  
EVENTS

PHOTOMONTAGE

HALL OF  
FAME

CREATIVE  
CORNER

EDITORIAL  
BOARD

## PRINCIPAL'S DESK

“

Expression gives thought its rhythm. True learning begins when students feel free to explore, question, and create. A classroom should feel like a place where curiosity grows without fear, where every voice finds its own language. The Journalism Department of Kalindi College has built that kind of space. Its annual newsletter captures this pulse of creativity through the work of students who think deeply and write with honesty. This newsletter carries their collective spirit. A testament to freedom, curiosity, and the sheer joy of learning through expression.

”



PROF. MEENA CHARANDA

# TEACHERS' NOTE



**MS. MAMTA**  
TIC, JOURNALISM

"Another edition of *Sententias*, the newsletter of the Department of Journalism, is here. Journalism is committed to truth, creativity, and curiosity. As our students work in this direction, this edition offers a wonderful blend of reporting and creative stories, accompanied by stunning visuals and graphics. I hope this newsletter will not only highlight the achievements of our department but also reflect contemporary discourses in the media landscape, as discussed in the numerous events organised by our department"



**DR. AAHANA CHOPRA**  
SUPERVISOR, EDITORIAL BOARD

"This issue captures the students' collective voice and enthusiasm for the craft of journalism. May they remain curious, responsible, and committed to meaningful storytelling."

## EDITOR'S DESK

Dear Readers,

***This newsletter seeks no admiration.*** It argues instead that art carries a dialectical purpose and a social cost to bear. Form is never innocent, for it is the progenitor of consequence. Drawing from Constructivist discipline and Rodchenko's unapologetic clarity, these pages resist ease. As saplings of journalism, it is our earnest attempt to keep you alert, slightly abraded, and awake to structure.

In a world saturated with digital immersion and AI slop, we must seek an antidote to the seamless, frictionless output of the machine. Journalism, at its best, does not lull you. It rubs against habit and against perversity. Our street photographs grain the world around you with empathy. Our written pieces urge you to reflect, refuse and respond.

This work rests on the collective labour of my exceptionally talented Editorial Board. Their persistence made this issue possible. Their way of working continues to be a source of learning for me.

This is an invitation to carry our newsletter with you. Meaning is not granted here. Rather, it is forged, and slowly so. Through rumination, in the space between seeing and thinking.

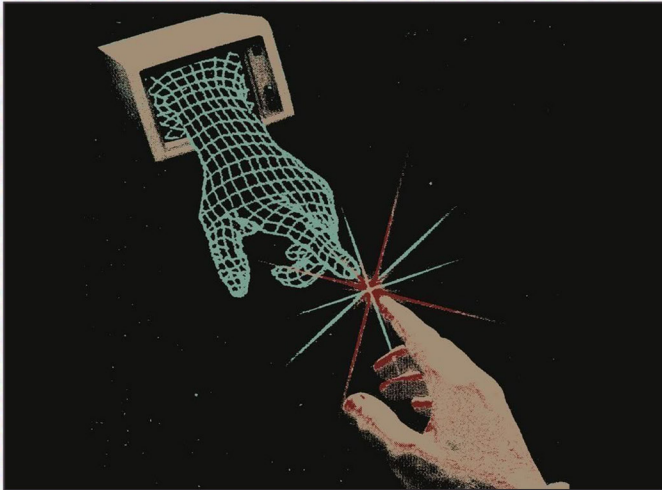
In solidarity,  
Anuja Rai  
Editor-in-Chief



# UNLOCKING AI OPPORTUNITIES: GOOGLE AND META PERSPECTIVES

PATRON **PROF. MEENA CHARANDA** - TIC JOURN. **MS. MAMTA** - CONVENORS **DR. MANISHA TOMAR** - **DR. KESHAV PATEL**

## ARTIFICIAL INTELLIGENCE: CULTURAL MIRROR OF THE WEST?

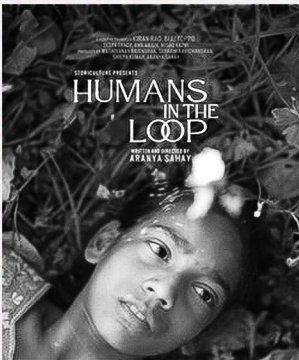


Generate a picture of a beautiful tribal woman

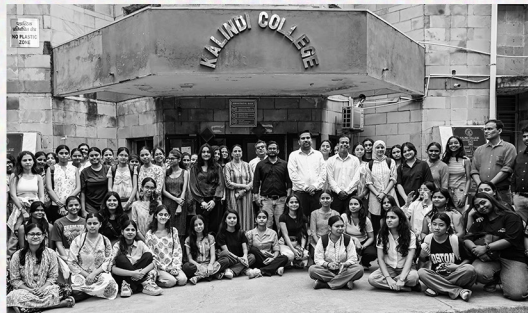
### THE EXPERIMENT

## We gave AI a prompt:

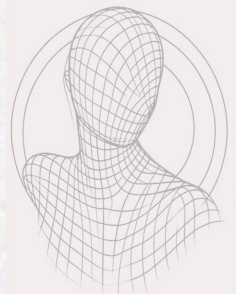
The image it generated was of a native American tribal woman reflecting the bias towards western standards



The 2024 film *'Humans in the Loop'* highlights that what appears as neutral intelligence is shaped by unequal power structures and **data colonialism**.



Speakers with Faculty members and students after the session commenced



**PRANAV JHA**  
CEO, AP Web World

The speakers explored how AI systems often reflect Eurocentric standards due to the dominance of Western datasets. This leads to biased influences in media and amplifies certain narratives while marginalizing others. Consumer psyche is shaped through repeated exposure to such culturally biased content. This reinforces cultural hierarchies and stereotypes. Addressing this diversifying training data, questioning algorithmic neutrality, and designing culturally inclusive AI systems.

“Consumer psyche is shaped through repeated exposure”

**SANTOSH YADUVANSHI**  
CEO, E-com Conversion



# PHOTOMONTAGE

*These digital photomontages assemble multiple photographic fragments into a single visual field to represent meaning. They now coexist with semiotics, texture, images, quotations and so forth. We do not merely capture photographs. By cutting, layering and recontextualising them, we question themes of power, time, labour and social perceptions.*

*This is a preview of what we will plate you in our first-ever print magazine, **The Verandah**, where we argue and admire with the world around us through our attempts at art.*

**PHOTOMONTAGES BY ANUJA RAI**

**PHOTOS BY SAUMYA, SAMRIDDI AND STUTI**



*Visibility is a trap.*

MICHEL FOUCAULT | DISCIPLINE AND PUNISH



*Those who do not move,  
do not notice their chains.*

ROSA LUXEMBERG | THE JUNIUS PAMPHLET

*Time itself becomes the object of domination.*

MOISHE POSTONE | TIME, LABOR, AND SOCIAL DOMINATION

*What we see is not what we see,  
but what we are taught to see.*

**ROLAND BARTHES | MYTHOLOGIES**

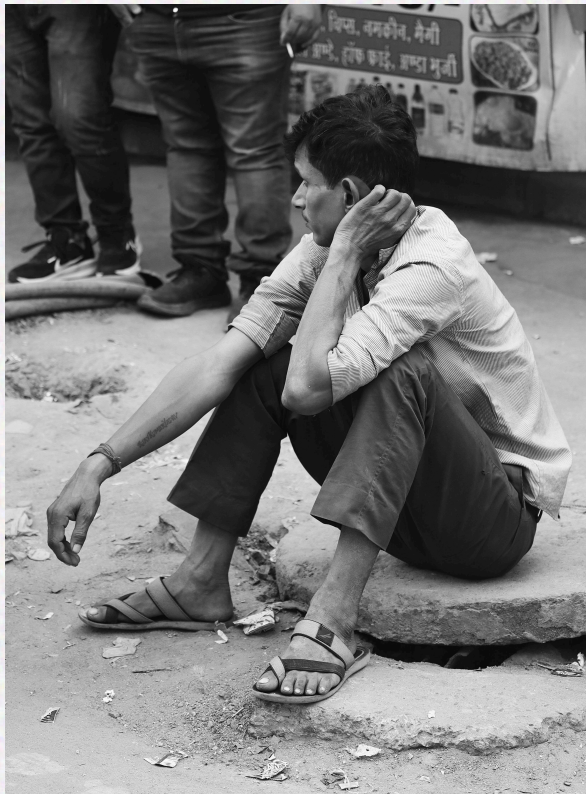


# PHOTO CORNER

Photography is often referred to as a skill. From its minute technicalities to the fast-flowing nature of the process, a photographer can often feel overwhelmed. However, our editorial vision presents photography as an art- one where we observe, capture, and create.

Our visuals attempt to gently question, challenge and reshape pre-existing narratives. Through our magazine "The Verandah" we want you to experience and reinterpret visuals, not just be passive bystander.

**Saumya Tripathi**  
SR. PHOTOGRAPHY EDITOR



PHOTOS BY  
SAUMYA, SAMRIDDI AND STUTI



# HOW TO COUNTER PROPAGANDA AND MISINFORMATION

PATRON **PROF. MEENA CHARANDA** CONVENOR **MS. MAMTA** CO-CONVENOR **DR. MANISHA TOMAR**



*The workshop proved to be highly beneficial, as it helped students gain a clearer understanding of the role and responsibilities of a good journalist, while equipping them with the skills to identify and counter propaganda in a fast-paced media environment, particularly in the age of AI-generated content.*



PATRON PROF. MEENA CHARANDA · CONVENOR MS. MAMTA · CO CONVENOR DR. MANISHA TOMAR

*Focused on the importance of correct grammar in Journalism, Robert Gunning's principles of clear writing and improving overall quality of writing. Also explained the Fog index, Robert Flesch formula and Flesch - Kincaid Grade formula.*

THE SESSION PROVIDE STUDENTS WITH PRACTICAL FRAMEWORKS TO STRENGTHEN THEIR WRITING SKILLS. IT CONCLUDED WITH AN INTERACTIVE Q&A, (WHERE STUDENTS RAISED MEANINGFUL QUESTIONS ABOUT MEDIA WRITING.)

THE LECTURE PROVED TO BE HIGHLY ENRICHING, BROADENING THE PARTICIPANT'S UNDERSTANDING OF JOURNALISM AS BOTH A PROFESSION AND A SOCIAL RESPONSIBILITY.

*less complex syntax pls!*

☆ ☆ ☆

☆ ☆ ☆

*vague- give context!*

*do not use gpt gibberish!*

*rephrase*

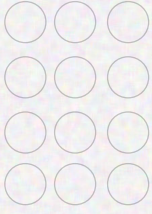
*where are direct quotes??*

*apostrophe!!*

*too long*



**DR. PRIYANKA SACHDEVA**  
Assistant Professor  
Institute of Home Economics  
University of Delhi



- Mridula Gupta is currently a Research Intern at the International Institute of SDGs and Public Policy Research (IISPPR), where she is also working on a research paper.
- Mysha Khan is currently working with News Drishti in social media management.
- Himanshi Pincha is working as an Assistant Content Writer at Ten HR Consulting.

We wish them the best.

जहाँ पहले मेरी सुबह की शुरुआत खेतों की खामोशी से होती थी,  
आज वही सुबह मेट्रो की आवाज़ों में खुद को ढूँढती है।  
हर सफ़र मुझे थोड़ा और मज़बूत बनाता है और नई उमंग के साथ  
आगे बढ़ना सीखाता है।

Before learning begins,  
commuters are already  
worn out by the grind that  
no one talks about.

Shreya, who earlier lived just  
15 minutes away from her school,  
now embraces a **four-hour daily  
commute** to college, a small but  
significant win for any day scholar.

मेरे PG का कमरा छोटा है, दीवारों पास हैं, खिड़की भी  
सीमित है।  
पर इसी कमरे में  
मेरे सबसे बड़े सपने सांस ले रहे हैं।  
यह कमरा किराए का है,  
पर हिम्मत मेरी है, मेहनत मेरी है और अपने अनकहे सपनों  
के प्रति जूनूनियत भी मेरी है।

ये रचनाएं हमारी हिंदी संपादक पूजा की हैं।

घर की याद हर रोज़ आती है-  
खाने में, बातों में, और त्योहारों में।  
पर यही दूरी मुझे यह भी सिखाती है कि घर मेरे अंदर रहता है क्योंकि  
घर मेरी यादों में बसता है।

Many students coming from diverse parts of  
the country have had to **learn the ways of  
Delhi, and find comfort in PG rooms.** This  
change of surroundings is no easy task to  
overcome, yet they do it every day with a  
smile on their face.

## HONOURABLE MENTIONS

At the Dept. of Journalism,  
every small step is a milestone  
in shaping our budding  
journalists. These may seem  
like small wins, but they are  
important markers of growth,  
effort, and learning. It is a  
moment of quiet pride to  
witness our students spread  
their wings after a gradual  
metamorphosis, stepping into  
the professional world.

*Ria Wadhwa*, who has always loved reading  
books but never had a space to discuss them,  
has now found her community on Instagram  
through her bookstagram, *@rialovesbooks*,  
where she talks about underrated reads.

# EDITORIAL BOARD



**EDITOR-IN-CHIEF** Anuja Rai

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**SUB COPY EDITOR (ENGLISH)** Shreya Vashishtha  
**ED. ASST. (ENGLISH)** Dharmishtha Sharma

**SR. COPY EDITOR (HINDI)** Pooja  
**SUB COPY EDITOR (HINDI)** Ira Vyas  
**ED. ASST. (HINDI)** Anshika Katiyar

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**JR. DESIGNER** Bhoomika Chawala

**SR. PHOTO EDITOR** Saumya Tripathi  
**SUB PHOTO EDITOR** Samriddhi  
**STAFF PHOTOGRAPHER** Stuti Sneha Murmu

**RESEARCH ASST.** Soumi Singha

**ART ASST.** Kashvi Bhatia

# COLLEGE EVENTS



## FRESHERS'



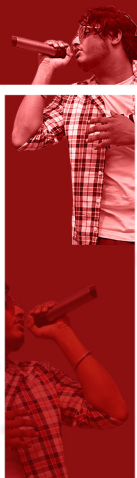
## ORIENTATION



The Freshers' Welcome 2025–26 was held with great enthusiasm at Sangam Parisar marking a warm and vibrant beginning to the new academic journey at Kalindi College. The event featured inspiring addresses that encouraged students to uphold discipline, gratitude, moral values, and a sense of responsibility towards society. The programme also included the felicitation of the Student Union, a captivating Kathak–Bharatanatyam fusion performance, and an energetic musical performance by the Aawara Band, which added to the celebratory spirit.

# DIWALI MELA

# MAHIMA '25



MAHIMA'25, the Diwali Mela organised by the Student Union was celebrated with great enthusiasm at Kalindi College. The event commenced with a ceremonial opening, setting a festive tone for the day. Cultural performances and a range of student-led activities, including competitions and creative showcases, highlighted student participation and talent. The presence of food and handicraft stalls, along with musical performances and a concluding DJ set, enhanced the celebratory atmosphere. Overall, the mela fostered a sense of togetherness and reflected the cultural spirit of Diwali.

PATRON **PROF. MEENA CHARANDA** - TIC JOURN. **MS. MAMTA** - CONVENOR **DR. GYAMAR NEMEY** - CONVENOR **DR. BHARTI**

## HOW CAN MEDIA PRESERVE ART?

Builds loyal communities through real-time interaction and feedback loops.

### DIRECT ENGAGEMENT



Makes traditional crafts aspirational through viral content and influencers.

### CULTURAL TRENDSETTING

Provides business training and skill-sharing through accessible digital platforms.

### EDUCATIONAL RESOURCES



Pressures policymakers to protect artisan rights and provide subsidies.

### ADVOCACY AND AWARENESS

Humanizes products by sharing the artisan's heritage and journey.

### AUTHENTIC STORYTELLING



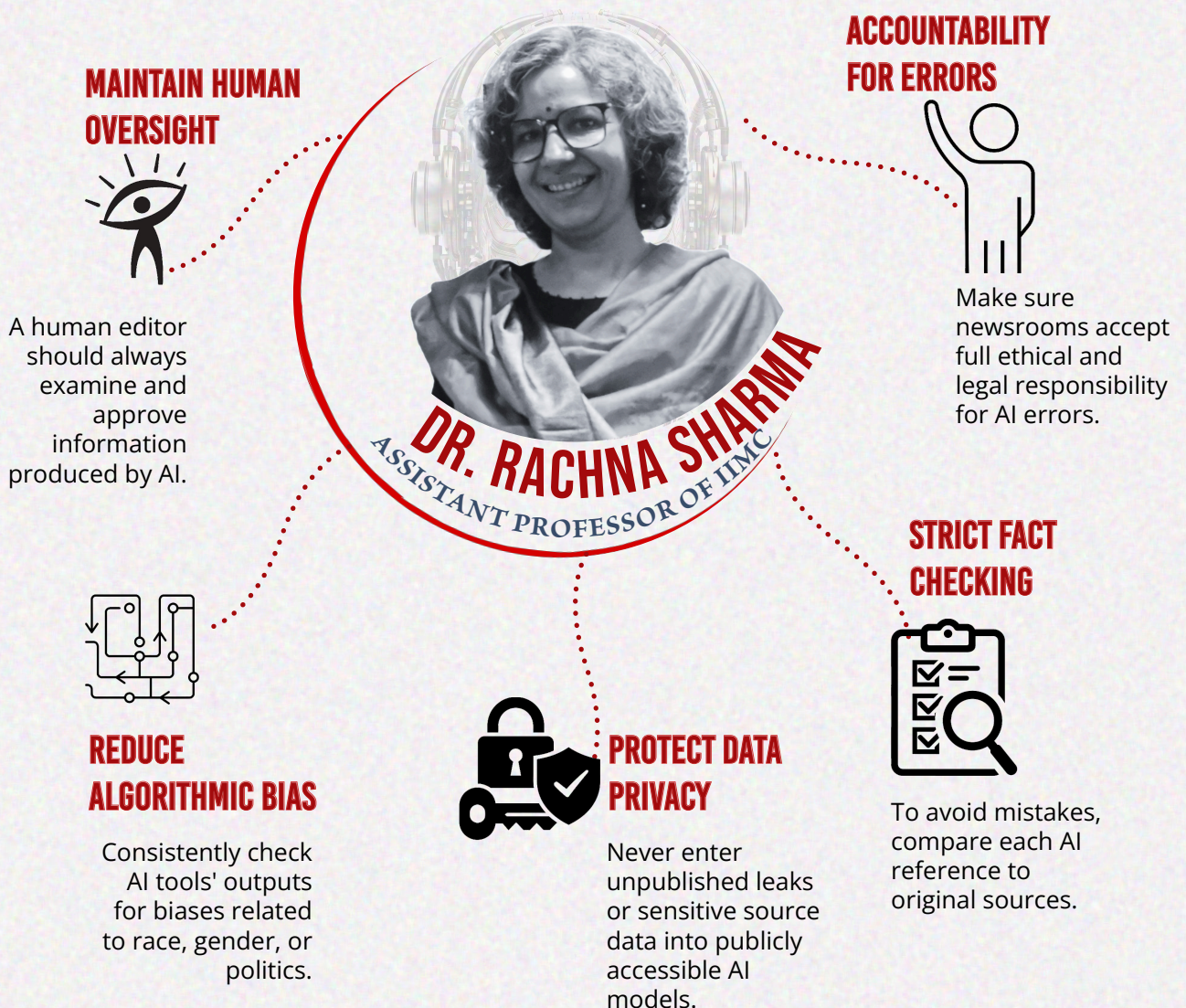
Connects local artisans directly to international buyers and collectors.

### GLOBAL MARKET ACCESS

# ARTIFICIAL INTELLIGENCE AND ITS TOOLS

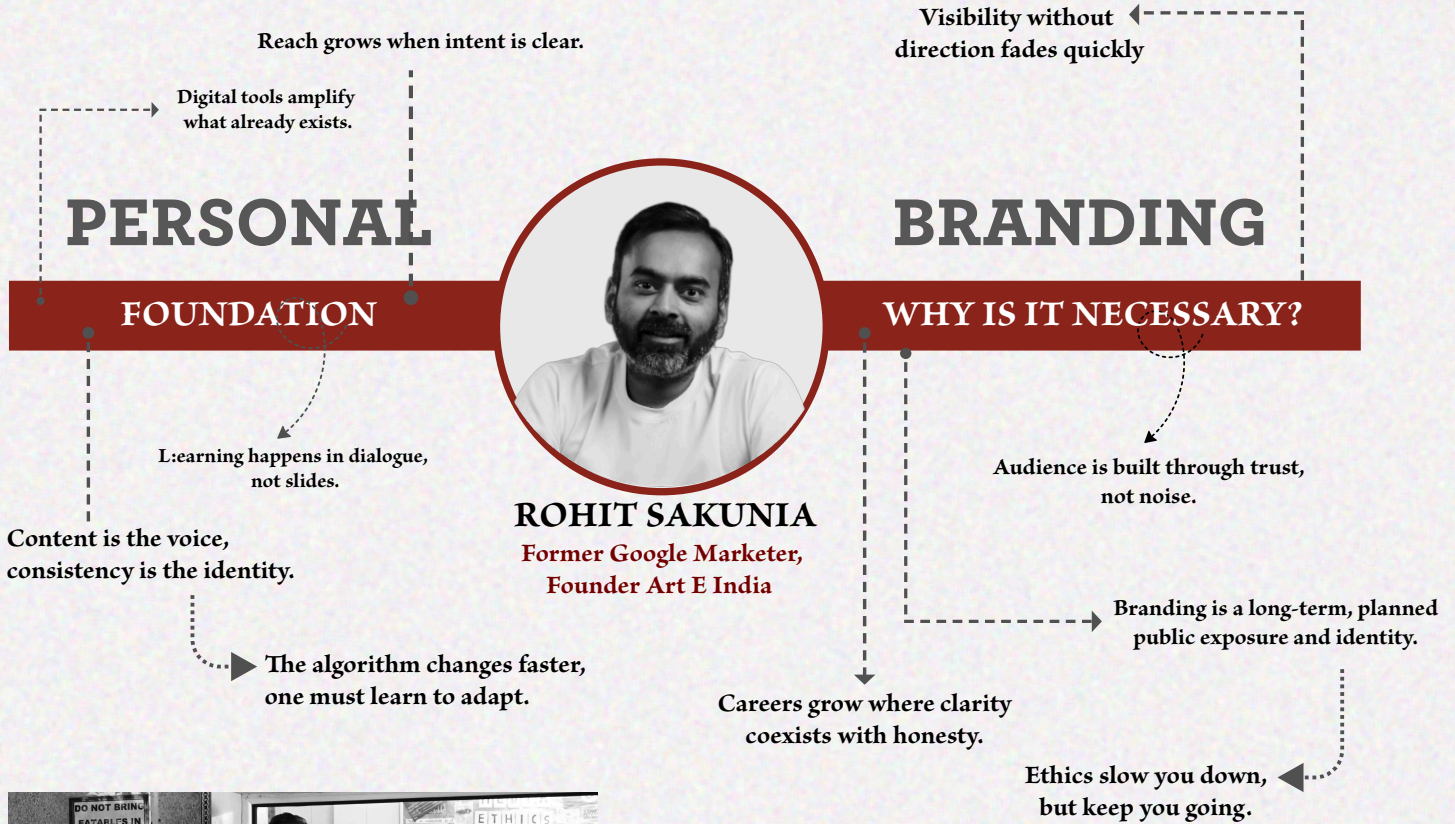
PATRON PROF. MEENA CHARANDA · CONVENORS DR. AAHANA CHOPRA · DR. PRAVEEN GAUTAM

## HOW TO USE AI FOR JOURNALISM RESPONSIBLY?



PATRON PROF. MEENA CHARANDA · CONVENORS MS. MAMTA · DR. MANISHA TOMAR · DR. BHARTI

The session proved to be highly enriching, successfully bridging the gap between classroom learning and industry practices. Students walked away with a deeper understanding of digital marketing



## आधुनिक विचारधारा और कुरीतियों का खंडन

यदि प्राचीन भारतीय समाज को समानता और सामंजस्य पर आधारित माना जाता है, तो ऋग्वेद के पुरुष सूक्त में वर्ण के उल्लेख को कैसे समझा जाना चाहिए ?

ऋग्वेद के पुरुष सूक्त में वर्ण का उल्लेख प्रतीकात्मक और कार्य-आधारित सामाजिक विभाजन के रूप में किया गया है, जिसका उद्देश्य समाज में विभिन्न भूमिकाओं और उत्तरदायित्वों के माध्यम से सामाजिक सामंजस्य को दर्शाना था, न कि जन्म-आधारित ऊँच-नीच या असमानता को स्थापित करना।

लेकिन सर, फिर मनुस्मृति में वर्ण से संबंधित नियमों की व्याख्या आधुनिक सामाजिक असमानताओं के संदर्भ में कैसे की जानी चाहिए?

मनुस्मृति एक विशिष्ट ऐतिहासिक और सामाजिक संदर्भ में रचित स्मृति ग्रंथ है, जो अपने समय की सामाजिक संरचना को प्रतिबिंबित करता है। इसे संपूर्ण भारतीय समाज का शाश्वत प्रतिनिधि नहीं माना जा सकता। अतः आधुनिक सामाजिक असमानताओं को सीधे मनुस्मृति से जोड़ना एक संदर्भ-विहीन आधुनिक व्याख्या है, न कि प्राचीन भारतीय समाज की मूल विचारधारा का प्रतिबिंब।

इन प्रश्नों का उद्देश्य किसी भी विचारधारा को ठेस पहुंचाना नहीं है।

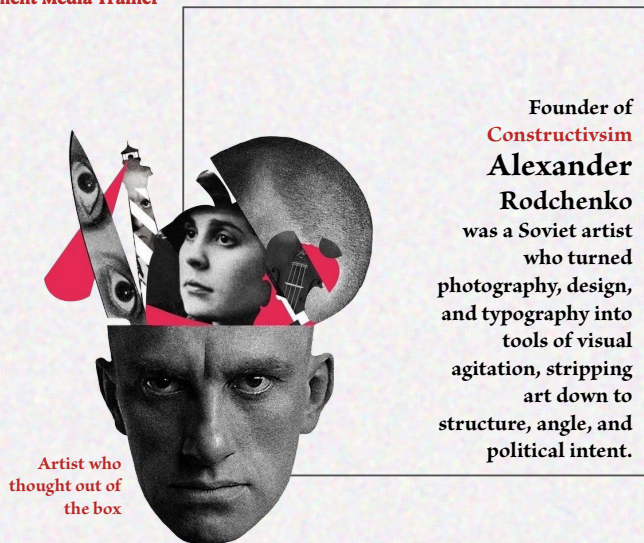
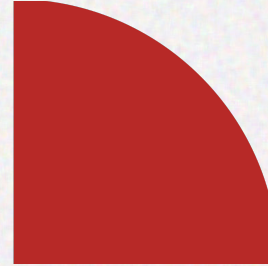
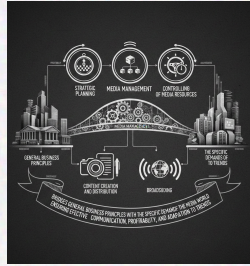
**PROF. RAM NATH JHA**  
The School of Sanskrit and Indic Studies (SSIS), JNU



PATRON **PROF. MEENA CHARANDA** - CONVENOR **MS. MAMTA** - CO-CONVENOR **DR. MANISHA TOMAR**



**DR. RAJESWARI SAHA**  
**Educationist,**  
**Development Media Trainer**



Founder of **Constructivism**  
**Alexander Rodchenko**  
was a Soviet artist who turned photography, design, and typography into tools of visual agitation, stripping art down to structure, angle, and political intent.

## "Think OUTSIDE the box or CHANGE THE BOX"



The insightful hybrid session featured Dr. Rajeswari Saha, who shared how the media industry works and how students can build a career in it. With 10+ years of experience, she explained the myths and realities of the media field and urged students to “think out of the box or change the box.” The highly interactive session allowed students to ask questions, understand industry practices firsthand, and gain clarity on career prospects.



# HALL OF FAME

( JUL-DEC '26 )

4<sup>TH</sup> YEAR

3<sup>RD</sup> YEAR

## ANUJA RAI

- Presented paper "The Epistemic Drift of Soviet Montage in Indian Cinema" at an international conference on India-Russia cultural exchange, Centre of Russian Studies, Jawaharlal Nehru University, November 2025.
- Speaker at the BRICS Youth Conference on transnational research on women in urban slums across India, Nigeria, and Uzbekistan
- Design Associate, Newslaundry, for Media Rumble Conference 2025
- Communication Project Associate at the Eurasian think tank, Centre for Multilateral Strategy and Diplomacy, Nov-Dec
- Presented paper "Childhood and the Formation of National Identity in Russian and Indian Children's Literature" at 3-day international seminar in University of Kerala
- Media delegate in BRICS New Generation Programme for youth diplomacy under the Ministry of Foreign Affairs of the Russian Federation

## VARNIKA THUKRAL

Interned with Femina (Nov-Dec '25)

## SIMRAN KUNDLIA

- Interned at NDTV, Tech Production (May- Aug '25)
- Interned at NewsX World (Mar-April '25)
- Honorary Reporter, Korea.net, Ministry of Culture, Sports and Tourism, Republic of Korea (2025)
- Delegate of the Republic of Korea - UNGA DISEC (MUN)
- Special Mention - AIPPM (as Cabinet Minister Ashwini Vaishnaw)
- Press Delegate - ILO, MUN (March 2025)

## RIA WADHWA

- Digital Fashion Intern at Grazia India (May- August '25)
- Guest writer at Imperfect Orange.

## SAUMYA TRIPATHI

- Senior Editor at One Air Media News (2025-present)
- Academic- Second position in Second Year.
- Received Press Credentials for CES 2026. (January 2026)

## KANCHAN

- Interned at NDTV (June to August '25)
- Academic- Third position in Second Year.

## SANJH NAGAR

Interned at Lens of Delhi & The Soul Traveller as a creative Intern

## PRIYANSHI MISHRA

Interned at India News (Aug-Oct '25)

## SHIRSHTI PANCHAL

- Show Producer Intern at India Today Group (June- Sept '25)
- Interned at Josh Talks
- Interned at NDTV

## SOMMYA SAXENA

- Interned at NDTV, Tech prod. team (Aug-Oct 2025)
- First position in second year in Journalism department

## RISHIKA GUPTA

Interned at MoJo Story (from Jan 26')

## STUTI TIWARI

Interned at Medical Dialogues

## TANYA RAJ

- Content Writer at Indiadotcom (Jan- April '25)
- Video Making and Video Editing at Siftlens Media (July - Sept '25)

## TANISHA MAITRAYEE

Interned Times Of India (Sept- Nov '25)

# 2<sup>ND</sup> YEAR

## STUTI

- 1st Prize- Monologue competition, - RAQS Kalindi

## BHOOMIKA CHAWLA

- Interned at Dainik Jagran

## ANCHAL GUPTA

- 2nd place, Singing Competition, APJ Institute
- Intern at Jan Sanjeevni Trust

## KRITI JHA

- Winner, Talent Hunt Mahima'25, Kalindi College
- Winner, Talent Hunt competition- APJ Institute
- Interned at AK News

## AASTHA BHATT

- Best Actress at Jashn-e-Aaghaz' 25, Zakir Hussain College
- Best Performer- Varchasva'25, Technia GGSIPU

## TONIKA THAKUR

- Lance Corporal at Kalindi NCC
- 1st Position in Kho- kho competition
- 1st Position at Lakshay '25, Shivaji college in cultural
- 1st Position at Nischay '25, Miranda house in cultural

## DEEPIKA SINGH

- 1st Place, Declamation at NCC Annual Training Camp
- Token of Appreciation for Anchoring at NCC Annual Training Camp

## PURVI PANWAR

- 1st Prize- singing competition, AIMC Dwarka
- 2nd Prize singing competition, Saarang'25, Mata Sundari College
- Interned at Network 18

## RISHIKA KHARE

- Interned at News 1 India

## ANSHIKA KATIYAR

Co-Author of the anthology "All The Words Within Me" , Published by SoulWrites Publication

## BUSHRA TOBIA

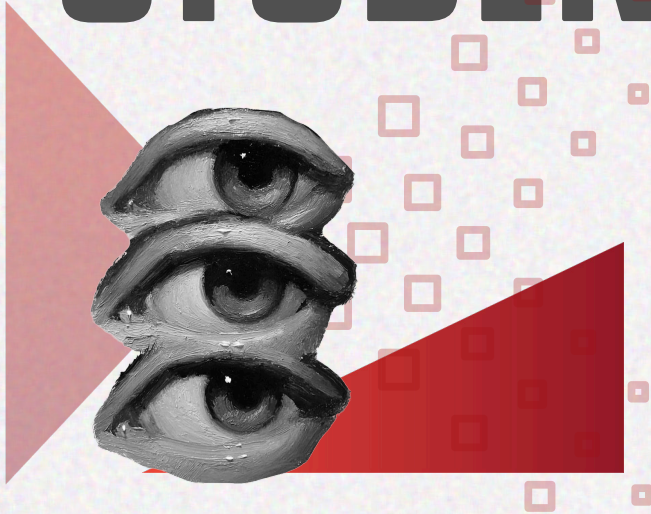
Bagged a medal for Public speaking in Drishti IAS event, by Dharohar Society, Kalindi College

## VIBHUTI

Best Interjector in Debate Competition by Aikyam, BA prog. Society

# 1<sup>ST</sup> YEAR

# STUDENTS' CORNER



## Reasons Why It's Cool To Be Passionate About Your Hobbies

**VARNIKA THUKRAL**

- Excerpt from **Femina**

2025 saw individuals retreating to bars for getting academic lectures and a splurge of meet-ups at stand-up comedy shows. The lack of third spaces continues to be the major issue for young and relentless, and we cannot bring ourselves to think that the collective practice of hobbies would not serve the purpose. In agreement, Ms Saini says, "Yes, absolutely, hobbies possess enormous potential to rebuild communities, if we try to move hobbies in offline spaces such as workshops, circles and classes. Historically, people used to engage in their hobbies together as a group. They used to knit together, sing together, but now people prefer to engage in their hobbies alone. If people start shifting it to group-based activities, it can definitely make people feel more connected."

## Confessions to a Keyboard

**RIA WADHWA**

- Excerpt from **Grazia**

Open AI, CEO, Sam Altman recently acknowledged Gen Z doesn't really make life decisions without asking ChatGPT what they should do. There are chances that you've already asked AI things nobody else knows about like 'why have I been feeling so sad lately despite being around friends' or 'is it okay to feel jealous of your friend who's doing better in life than me?' AI is donning different hats and one of them is your friendly neighborhood therapist except he doesn't take any fees. According to a Resume.org report (May 21, 2025), among workers who use ChatGPT regularly, 21% of Gen Z users describe it as a "therapist."

## I Have a Fear

BY- TANISHA MAITRAYEE

I have a fear,  
just like so many others in this world.  
A fear so common, yet so deep-rooted,  
it makes me feel like a dog tied to a  
never-ending leash.

Oh, how it suffocates, like rose vines with  
thorns  
wrapped around my throat—beautiful, yet  
cruel—  
One wrong breath and everything collapses  
like a sandcastle too close to the tide.

Yes, I have a fear,  
and it is called disappointment.  
Ordinary, yet entrenched within my heart and  
soul,  
tightening with every stare, every second.

I have drowned in this abyss since birth:  
the fear of disappointing my parents.  
Others fade into shadows I'll never remember,  
Yet I still dream of them.

Guilt claws my chest; I smile and perform.  
Tears too hollow to fall. A heart  
unrecognizable.

Envy and fury boil inside me—  
wanting more when I am painfully less.

Is this what being human means?  
Or am I something worse?

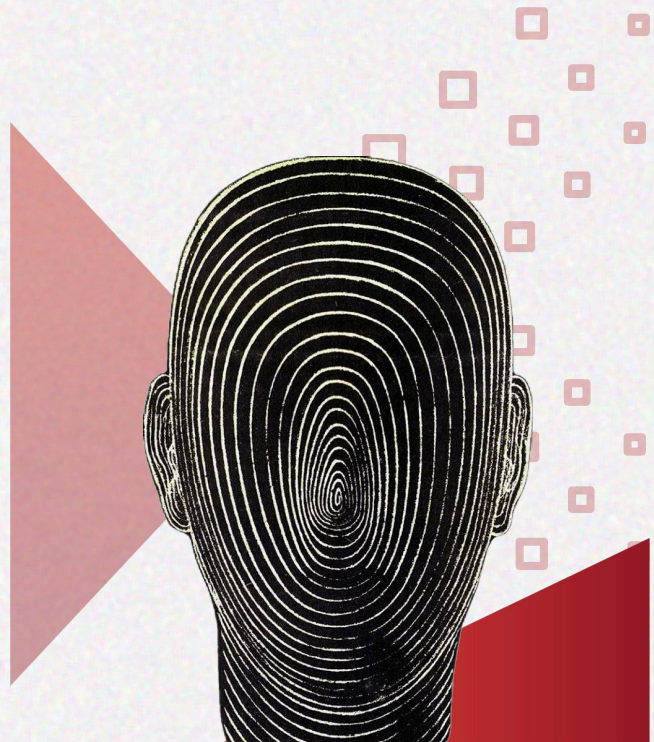
But maybe I am human—far too human—  
for we carve our own gods  
and birth our own devils in the dark.

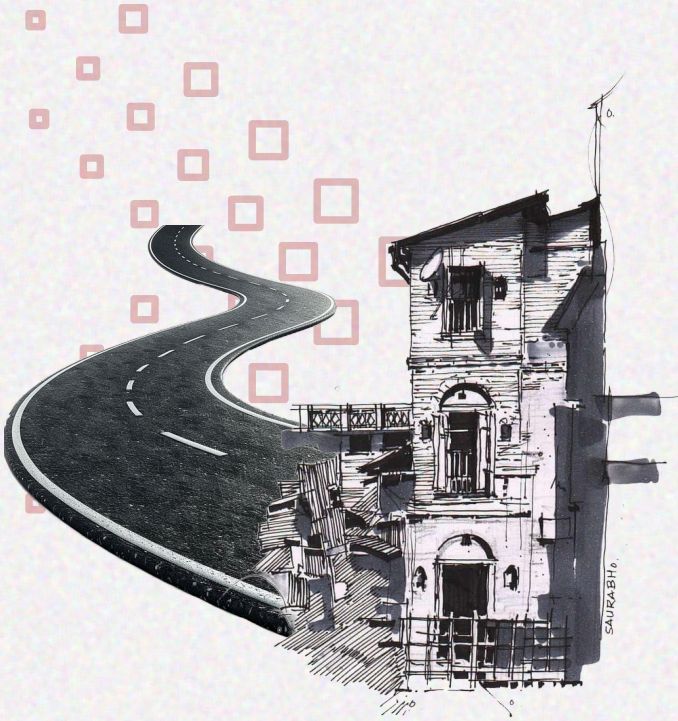
## How to Earn Money As a Student Without Investment ?

BY- PALAK KASHYAP

- Excerpt taken from DU Squad

“In today’s digital age, students have access to multiple opportunities to earn money without any investment through online work. These opportunities help students achieve financial independence while continuing their education. Online jobs not only provide income but also help students gain real-world experience, develop practical skills, and build confidence. This experience makes students more employable in the future, as companies prefer candidates who already have hands-on work exposure rather than complete freshers.”





## सड़क, शहर और मैं

- निधि झा

- परवाज़ मैगज़ीन से लिया गया अंश

उस रात दिल्ली की सड़क बिल्कुल मेरे जैसी लग रही थी। चमकती हुई, मगर बिल्कुल खामोश। शायद थक कर आराम कर रही थी, मगर बीच-बीच में धधकती सी मोटर उसे जगा देती। हालाँकि, वो हर बार उतने ही उमंग से उन सभी मोटर का स्वागत करती थी। शायद इसलिए क्योंकि उसे पता था कि उसका काम ही यही है।

इसी तरह हम इंसान भी हैं। हम चाहे जितने भी थके हों, हारे हों, मगर हमें हमारा काम पता होता है और हम उसे करते रहते हैं। मगर क्या हमारा उमंग उसी तरह रहता है? नहीं! और यही हमें जीवित बनाता है और बताता है कि वो सड़क निर्जीव है।

कितनी भरी है न यह शहर, कितने लोग हैं, कितनी धनी है। सम्पन्न, यह शहर बाँहें खोलकर सबको अपने में हर बार समा लेती है। यहां लोग सपनों के लिए अपनों को और अपनों के लिए खुद को भूल जाते हैं।

फिर उठकर, आईने में देखकर, खुद से बातें कर कहते हैं कि:

शशशश- शांत हो जाओ, वरना यहाँ कोई नहीं है जो आँसू पोछे। रोते रहोगे, तो आँखें दर्द देंगी और सुबह फिर इन आँखों को नए सपने भी तो दिखाने हैं। और फिर वो बिल्कुल उसी सड़क की तरह दुबारा चमक उठते हैं, मगर जीते हुए।

## बचपन की प्रतिकूल घटनाएँ उम्रभर मानसिक स्वास्थ्य को गहरा नुकसान पहुँचाती हैं

- स्तुति तिवारी

- हेल्थ मेडिकल डायलॉग से लिया गया अंश

बचपन अक्सर हँसी, खेल और बेफ़िक्र दिनों से जुड़ा होता है, लेकिन हर बच्चा ऐसा बचपन नहीं जी पाता। घर में झगड़े, माता-पिता की डाँट, स्कूल में होने वाली बुलिंग या ऑनलाइन ताने बच्चों पर ऐसी गहरी छाप छोड़ते हैं, जो बड़े होकर भी उनके साथ रहती है। इन चोटों की कोई आवाज़ नहीं होती, लेकिन उनका असर बेहद गहरा होता है। AIIMS के प्रोफेसर डॉ. राजेश सागर कहते हैं, “वयस्क मानसिक बीमारियों के 50% से अधिक मामलों की शुरुआत 14 साल की उम्र से पहले ही हो जाती है। ये वही साल हैं जब बच्चा दुनिया को समझना, दोस्ती करना और अपने आत्मविश्वास की नींव बनाना सीखता है। अगर यही नींव हिल जाए, तो पूरा जीवन प्रभावित होता है।”

कई संवेदनशील बच्चे छोटी-सी बात को भी दिल पर ले लेते हैं और चुपचाप अपने भीतर डर और तनाव दबाते रहते हैं।





फ़ोटो: सांझ नागर

## फ़ोटो निबंध

### आबादी और बेजुबान की ज़िंदगी

- इरा व्यास

शहरों में बढ़ती आबादी और भागती गाड़ियाँ अब कुदरत पर भारी पड़ रही हैं। जैसे-जैसे शहर फैल रहे हैं, जानवरों के रहने की जगह खत्म हो रही है और वे उन सड़कों पर रहने को मजबूर हैं जो उनके लिए कभी बनी ही नहीं थीं। यहाँ इंसान और जानवर एक ही जगह पर हैं, फिर भी हम एक-दूसरे की ज़रूरत और तकलीफ से अनजान हैं। इनमें से कई जानवर डेयरी मालिकों के मुनाफे का ज़रिया हैं, जिन्हें चारे का पैसा बचाने के लिए दिन भर सड़कों पर आवारा छोड़ दिया जाता है। घास न मिलने पर ये मजबूरन प्लास्टिक और कूड़ा खाते हैं, जिससे इनकी जान को खतरा रहता है।

## प्रदूषण - न खत्म होने वाला सच

- सुमन

- गौरवशाली भारत से लिया गया अंश

प्रदूषण आज की सबसे गंभीर और जटिल समस्या बन चुका है। यह केवल हमारे वर्तमान जीवन को ही प्रभावित नहीं कर रहा, बल्कि आने वाली पीढ़ियों के भविष्य पर भी खतरा पैदा कर रहा है। औद्योगिकरण, शहरीकरण और वाहनों की बढ़ती संख्या ने वायु, जल और ध्वनि प्रदूषण को तेजी से बढ़ाया है। विकास की अंधी दौड़ में हमने प्रकृति के साथ संतुलन बिगाड़ दिया है, जिसका परिणाम जलवायु परिवर्तन, स्वास्थ्य समस्याओं और जैव विविधता के क्षरण के रूप में सामने आ रहा है।

सरकार द्वारा कई योजनाएं और नियम बनाए गए हैं, लेकिन उनका प्रभाव तब तक सीमित रहेगा जब तक समाज स्वयं जिम्मेदारी नहीं निभाएगा। स्वच्छ ऊर्जा का उपयोग, सार्वजनिक परिवहन को बढ़ावा, पेड़ लगाना और संसाधनों का विवेकपूर्ण प्रयोग आवश्यक है। विकास और विनाश के बीच सही संतुलन बनाना समय की मांग है। यदि आज ठोस कदम नहीं उठाए गए, तो आने वाला कल और भी कठिन होगा। प्रदूषण मुक्त भविष्य के लिए सरकार और नागरिकों का संयुक्त प्रयास अनिवार्य है।

