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2024-25



KIRAS

Annual Magazine

(2024-25)



Kalka Institute for Research and Advanced Studies

(Approved & Affiliated by GGSIP University & Govt. of NCT Delhi & NCTE)

Kalka Public School Campus, Alaknanda, Kalkaji, New Delhi – 110019

Ph. 011-41563733, 011-26274952

E- mail: kalkagroup.delhi@yahoo.com

Website: www.kirasdelhi.com

Tribute



Late C P MEHROTRA

"The winners of the 21st century will be those who can transform their organization into something that more resembles a jeep-on all wheel drive, all-terrain vehicle that is lean, mean and highly manoeuvrable. The need of the hour is to develop thinking leaders, teachers and students. Therefore, we at Kalka Group of Institutions (KGI) put in all possible efforts to create the learning environment that takes us nearer to our goal.

Someone has rightly said that the foundation of every state is the education of its young minds. Education is thus the most important aspect of mind development to make life tolerable and the acquisition of life skills to make it possible. The strength of a nation lies more in the quality of its people than in its material. Education is the passport to upward mobility. As India emerges as a leading knowledge power; student's thirst for education has become unquenchable. KGI is committed to such development of its pupils. Emphasis is laid by blending modernity with tradition. Actually we mould the future of our pupil. At KGI we encourage healthy competition to enable our students to find a place in today's competitive world. Hence sharing and understanding of knowledge in different fields of study is our core strength; not confining the students to rote & traditional academics only. KGI inspires the students not only to dream of a successful and rewarding future but also to translate it to reality".

MESSAGE FROM THE DIRECTOR'S DESK



“What do you want to become, depends on your thoughts, decisions and the actions you do” Thus, you are the creator of your life, you will write your future. This will influence your lifestyle, attitude and quality of life. You have to adopt the self-responsibility to enhance your self-esteem. Always remember that all of us are gifted by God in one or the other way. All that remains is to bring out that hidden potential, have a keen observation and an eye for talent and no one other than you can do it. So do it now. . . "Be what you want to be"

Dr. Anju Mehrotra, Director KGI

MESSAGE FROM THE CO- DIRECTOR'S DESK



A warm welcome is always assured at the Kalka Group of Institutions. Here we aspire to craft socially conscious and responsible individuals who will serve the society. KGI aims to be an institution that empowers each learner with a strong foundation of knowledge and skills. We are preparing global citizens committed to humanistic values and democratic traditions. Care, love and emotional security underpin our ethos. The Institution has a very welcoming, supportive and inclusive atmosphere. A culture of mutual respect is clearly evident in the positive relationships between staff and learners.

Dr. Onika Mehrotra, Co-Director KGI

From the Chief Editor's Desk



It is a great pleasure for me to become the Editor-in-Chief of the college magazine. A college magazine is a mirror of college life. A college may reach great heights of glory, but without content like the college magazine, it cannot be known to the outside world. Therefore, the role of a college magazine is crucial in promoting an institution's offerings. It brings to the fore what has remained untapped. It reflects the enthusiasm of students in their extracurricular activities as well as their academic endeavours. Today's student is an individual, a true human being with a sense of self-respect, sensitivity, responsibility, and compassion. We need to recognize, appreciate, appreciate, and foster the perfect blend of sensitivity in a student—and therefore, this magazine should be seen as a launching pad for a student's creative aspirations to blossom naturally. This magazine is one such attempt to reflect the minds of young writers who have attempted to express their various unspoken feelings and perceptions related to life and society. I hope you will appreciate their efforts and overlook any shortcomings. The difficult task of editing this magazine would not have been possible without the sincere support of the members of the College Magazine Committee, who encouraged our students to write their articles, then edited them, and finally prepared a good format. I am deeply grateful to our respected Director and Co-Director for entrusting us with the responsibility of editing. We are also grateful to our colleagues for their support. We sincerely hope that everyone will enjoy this magazine.

**Dr. Rajeev Kumar,
Principal, KIRAS**

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ABOUT KIRAS

Kalka Institute for Research and advanced studies (KIRAS), New Delhi was set up in the year 2000 to impart professional excellence in the field of Information System and Teacher Education affiliated to Guru Gobind Singh Indrapratha University, Dwarka, New Delhi. At present it is offering full-time 2-year B.Ed. Programme (To be revised according to the university Norms) and 4-year BCA Programme.

OUR VISION

To provide a learning environment in which all students are challenged to develop their intellectual, practical and social skills in a holistic way focusing on leadership, socially

OUR MISSION

To Create Leaders, Winners and Achievers in a global world. Leaders who inspire a vision, Winners who set positive paradigms of action and Achievers who have will and the strength to make a small difference to the cause of humanity. Kalka Educational Society (KES) is committed to raising the standards of Higher Education in India by instilling the following modules:

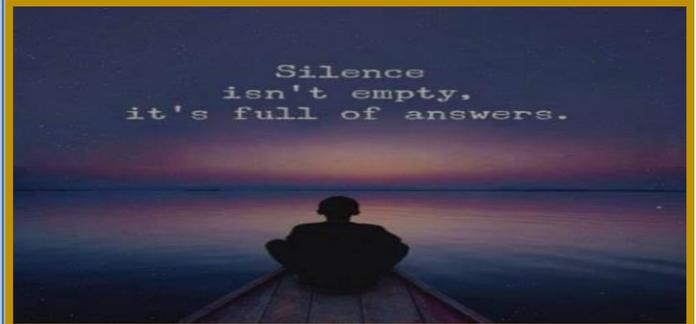
- To encourage the students to be more focused about the goals and opt for career oriented Professional courses which gel with their aptitude.
- To provide education that is exciting, exciting, exhilarating & enterprising.
- To develop inter-disciplinary& multi-disciplinary skills and generate application oriented learning.
- To sharpen the analytical skills of the students by providing them with real life case studies.
- To equip students for the professional careers & provide them the facilities for interface with the industry/Organizations.
- To instil among the students, the passion for excellence, commitment to ethical standards and respect for the community.
- To provide individual attention, world class quality of education and take care of character building.

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English Section

The Hidden Power of Silence



It's easy to get the feeling that silence is pretty unusual in today's fast paced, noisy world. We're surrounded by social media humming, endless to-do lists looming, and just the general buzz of life but rarely do we find that moment to step back and let silence in; that's when the magic happens: silence leading to clarity.

It is not the absence of noise that means being silent. Perhaps it was an opportunity for reconnecting with the self. If we absorb some quiet time, then perhaps we can think freely and reflect. Often is when that solution to the problems or creative ideas might come up in the otherwise stillness of the mind. That is, most likely, when we can think better because we are not burdened by distractions.

But silence also has its role in how we feel at the mention of others. We are always so quick to fill in the pauses in conversations but what if we simply listened? But listened with all our might, and allowed those moments of silence to hang there. This is where real understanding is met. Sometimes less said strengthens relationships.

There is also a very strong side to silence in conflict. Speak may only come when you've cooled down and thought about what you'd really like to say. In that pause, perhaps we can avoid a host of things we might later regret saying.

In the end, silence is less empty space and more of a tool to find that balance within a world always alert. The next time chaos feels overwhelming, give it some quiet time. You might be surprised at what it teaches you.

By Anchal Dalal (B.Ed.)



Hard work
is the key
to success

Once in a small village, there was a bright young girl named Meera who loved learning. However, her village didn't have a proper school, and most children did not pursue education beyond the basics.

One day, a kind teacher named Mr. Sharma moved to the village. Seeing the potential in the children, he decided to start a small school under a big banyan tree. Meera was the first to join. Mr. Sharma taught them not only to read and write but also about the wonders of the world outside their village.

Meera's thirst for knowledge grew with each lesson. She would read every book she could find and ask countless questions. Her enthusiasm inspired other children to join the classes. Years passed, and Meera's hard work paid off. She earned a scholarship to study in the city and eventually became a renowned scientist. She never forgot her roots and returned to the village to build a proper school, ensuring that future generations had the opportunity to receive a quality education.

Meera's story shows that with the right guidance and a passion for learning, education can transform lives and communities.

By Anu Kumari (B.Ed.)

LAST REGRET (POEM)

O sweet mother of mine
Please stop weeping and crying
I am still far from dying
But there is no denying

For, there are not much months' left
Until I give in and take my last breadth.

They say my stomach has something malign
But more than all this pain of mine
I have regrets that don't decline
I wish I could have spent more time
Singing, dancing, laughing and crying
With father, mother, siblings and friends of mine

I had a dream where I was fine
No pain, no suffering, no agony, no crying
But I know that this will never be true
For, I could not stay another day
To laugh, to love, to work, to play.

By Janhvi Mishra (B.Ed.)

THUS WE MOVE FORWARD (POEM)

Something which started with excitement,
flourished with love and trust,
moved with presence and partnership,
suddenly fell apart.

Felt like the world stopped
this is not what it is.
But this is what life is,
expect the unexpected
The only way out is
face the reality, move on.

Here a second life begins,
a fresh new start
which leaves the past behind
and accepts the future.

By Vyshnavi R\$ (B.Ed.)

COMPOSING A RAINBOW (POEM)

Composed a rainbow
But they saw a shadow,
Dark like a grave.
Hush-hush! The father said,
Nobody should hear,
We can't keep such a "queer"
I wish! It wasn't so,
But the child was abandoned
To beg on unhappy streets,
Until a man came with work.

Maybe now the extinguished world could shine with light a little

The child knew

This day was another fight.

Taken to a brothel forcibly,

All wept for their friend the entire night.

Even during the holocaust,

Labelled with pink triangles,

Their souls shrilled.

Years have passed since then

And may pass ahead!

Composing a rainbow

But they saw

A rumbling storm.

By Jasmeet Kaur Vedi (B.Ed.)

Darling, you're just like me (Poem)

Do you wonder when to dive,

as the waters of doubt ripple before you?

Your palms, sweaty storms brewing beneath your skin,

the clock ticks on—

mocking, relentless.

You're not prepared yet,

tired, tuckered, torn.

Still, you dive.

The current pulls, but you hold on.

Oh! Darling, you're just like me.

You've got it.

Do their mountains make you a pebble?

Their integrity looms high,

casting long shadows on your smallness.
You glare at the jaundiced wallpaper,
a sickly sun mocking your stillness.
Doubt writhes beneath your skin,
a nest of restless serpents.
Deep breaths don't silence the hiss.
Still, you pass.
Or perhaps pass out.
I see you try.
Oh! Darling, you're just like me.
Still holding on.

Do you wonder why your shadow
doesn't dance with theirs?
The same songs cradle your silence,
each note a seed in your garden of stillness.
You hope for the simplest things to go right,
but wonder why your tune
is a solo in their symphony?

Look back—your footprints bloom like flowers
on the barren paths you've walked.
Lonely, sometimes—yes.
But are you truly alone?
Oh! Darling, you're just like me.
We're stronger than we see.

By Anushka Bhowmik (B.Ed)

The Paradox of Progress (Poem)

Every time I look back on the past;
Your evolution and development are all that last
You bloom like a flower in every season;
The solution to each Gordian knot, but also a path for treason
You leave no room for doubt with accuracy on point;

Seems like a dictionary that doesn't possess the word disappoint
You imitate us, fabricate the dread of losing our jobs
Still manage to sow the seeds that yield the knowledge crops
Your evolution has been drastically astonishing
From cosy couch to formal desk, is there anything left for accomplishing

You're the bridge connecting us to our relative and beloved
Facile to cross feels like gardening unloved
You have made our lives snugly and secure
Akin to living in nirvana with no more pain to endure
Some believe you proliferate like the plague;

Some say you have a fog-like nature that's vague
You're the Superman that saves the day
But also a hero that is yet to turn grey
You're the popular girl in the town that everyone talks about;
From Elon Musk to Jeff Bezos, you got all the clout
Validation and criticism, you carry both the baggage;
Unaware of menace but you alter into a magnet to attract every challenge

By Anshika Rai (B.Ed.)

DISABILITY AWARENESS AND ITS INCLUSION



Disability awareness is an essential aspect of building a more inclusive and compassionate society. However, in reality it is considered as a curse of god or something which is left aside or of no use. They are not considered as a part of society and not even as if they exist. This is the dark side of our society which is unfortunately true. People don't count them in groups list even also they see these people with pity eyes. But we need to change this perception and make things accessible for them as well and for this the first step should be change in the mind-set of society.

Recently, mahavishnu, the speaker was called in school event to motivate students claimed that deformities such as blindness and social inequalities were the result of sins committed in past lives. Shankar, a visually impaired teacher at the school, strongly objected to the speaker's remarks during the event.

This news highlighted the mind-set of educated people towards especially abled people which needs to be changed. Moreover, one IAS officer also commented that these people should be debarred from getting into higher positions as they are incapable for such high respect. I was amazed reading this comment that what mentality normal people will carry if these officers have this kind of mind-set. People don't treat them normally; they don't get

accessibility at every place because no one thinks about them while making their cafes, restaurants, temples etc. they are not considered a match for their daughter's groom, they are not including in the list even. In fact, no one falls in love them due to this mentality. We only sympathise them we don't have empathy towards them, there is need to empathise only and not to sympathise only.

'My Daughter Transformed How I See the World' The Chief Justice of India Dr. D.Y Chandrachud launched the 'Handbook Concerning Persons Disability Rights' of the Supreme Court of India stressing the need to build an inclusive society for children with disabilities. Change is possible but it should first start from empathising towards their problem.

By Isha Lamba (B.Ed.)

Cryptocurrency and Block chain

In the ever-evolving landscape of technology, two terms have become buzzwords: cryptocurrency and block chain. These innovations are not just reshaping the financial sector but are also influencing various other industries. But what exactly are they, and why should we care?

Understanding Cryptocurrency

Cryptocurrency is a type of digital or virtual currency that uses cryptography for security. Unlike traditional currencies issued by governments (like the Indian Rupee or the US Dollar), cryptocurrencies operate on a technology called block chain. The most well-known cryptocurrencies include Bitcoin and Ethereum, but there are thousands of others, each with unique features and uses.

The Magic of Block chain

At the heart of cryptocurrency lies block chain technology. A block chain is a decentralized digital ledger that records transactions across many computers in such a way that the registered transactions cannot be altered retroactively. This ensures transparency and security, making block chain a revolutionary

technology. Imagine a traditional ledger book, but instead of being kept in a single location, it is distributed across a network of computers. Each transaction is recorded in a “block,” and these blocks are linked together in a “chain,” hence the name block chain. This decentralized nature means that no single entity controls the entire chain, reducing the risk of fraud and manipulation.

Why Block Chain Matters?

Block chain’s potential extends far beyond cryptocurrency. Here are a few areas where block chain is making a significant impact:

- 1. Finance:** Beyond cryptocurrencies, block chain is being used to streamline banking processes, reduce fraud, and increase transparency.
- 2. Supply Chain Management:** Companies are using block chain to track the journey of products from origin to consumer, ensuring authenticity and reducing counterfeiting.
- 3. Healthcare:** Block chain can securely store patient records, making them accessible only to authorized individuals and ensuring data integrity.
- 4. Voting Systems:** Block chain can create tamper-proof voting systems, ensuring fair and transparent elections.

Challenges and Considerations

Despite its potential, block chain technology faces several challenges. The energy consumption of block chain networks, especially those using proof-of-work consensus like Bitcoin, is a significant concern. Additionally, the regulatory environment for cryptocurrencies is still evolving, which can create uncertainty for users and businesses.

The Future of Block chain and Cryptocurrency

As we look to the future, it’s clear that block chain and cryptocurrency will continue to play a crucial role in the digital economy. They offer a glimpse into a world where transactions are secure, transparent, and free from the control of centralized authorities. For students and future professionals, understanding these technologies is not just an option but a necessity.

In conclusion, block chain and cryptocurrency are more than just technological trends; they are transformative forces that are reshaping our world. As we continue to explore their potential, one thing is certain: the future of digital transactions is here, and it's powered by block chain.

By Anisha Garg (B.Ed.)

SUSTAINABLE DEVELOPMENT



Finding a balance between the needs of the present and the ability of future generations to meet their own is the goal of environmentally sustainable development. The natural environment is under more and more stress as a result of resource misuse, pollution, and deforestation as our planet gets more and more urbanized. A way to strike a balance between the preservation of our planet and economic advancement is through sustainable development.

Responsibly using resources is one of sustainability's main principles. This entails encouraging energy efficiency, increasing reliance on renewable energy sources like solar and wind, and reducing waste by recycling and reusing resources. Communities, governments, and businesses must work together to implement eco-friendly policies that reduce their environmental impact. By doing this, they guarantee the preservation of biodiversity and the integrity of ecosystems.

However, sustainability also involves social and economic justice in addition to environmental preservation. All societal strata must profit from economic expansion in order for individuals to have access to resources for survival, clean water, and air. It also necessitates tackling climate change's effects, which disproportionately affect the most vulnerable communities on Earth.

We may contribute to the creation of a future where human well-being, environmental health, and economic progress coexist by adopting sustainable behaviors. By doing this, we create a world that is just, robust, and able to support the present and coming generations. Sustainable growth is essential to the existence and prosperity of our world, not only a choice.

By Nidhi Chauhan (B.Ed.)

The Power of Mindfulness in a Fast-Paced World

This is coming in a world that is getting increasingly fast and technology-driven and throws great and unparalleled demands on our time and attention. An antidote to the chaos that our fast-paced, gadget-driven, pressure-ridden, often multitasking lifestyles have created comes in the form of mindfulness. With constant buzz in the forms of notifications, work pressures, social commitments, and need for multitasking, it becomes very challenging to stay grounded.



All of us are victims of the cycle of stress and anxiety and feel like we can never catch our breath. Enter mindfulness as the possible solution.

Mindfulness refers to the state being fully present and engaged in the present moment. It refers to paying attention to what is happening within and around us without judgment. Mindfulness leaves space for things to settle, making our thoughts clearer, focused, and emotionally balanced; we do not even need a free day anymore. Let's, in this article, dig into the power of mindfulness and how one can integrate it into his life for better well-being.

Understanding Mindfulness

Mindfulness is not a new concept. Its roots trace back thousands of years to ancient Buddhist traditions, but today it has been adapted into a secular practice that is accessible to everyone. At its core, mindfulness is about **awareness**—the ability to pay attention to your thoughts, emotions, and surroundings without getting swept up in them.

How to Practice Mindfulness Daily?

The beauty of mindfulness is that it can be incorporated into everyday life, no matter how busy you are. Here are some practical ways to integrate mindfulness into your routine:

1. **Mindful Breathing:** One of the simplest ways to practice mindfulness is by focusing on your breath. Take a few moments throughout the day to pause and pay attention to your breathing. Feel the sensation of the air entering and leaving your body. When your mind starts to wander, gently bring your attention back to your breath. This simple practice can calm your mind and bring you back to the present moment.
2. **Mindful Eating:** Eating mindfully involves paying full attention to the experience of eating—savoring each bite, noticing the flavors, textures, and smells, and appreciating the nourishment your food provides. Avoid distractions like phones or TV during meals, and you'll find yourself more satisfied and aware of your body's hunger cues.
3. **Body Scan Meditation:** A body scan meditation involves mentally scanning your body from head to toe, paying attention to any sensations or areas of tension. This practice helps you become more aware of how stress affects your body and allows you to release physical tension as it arises.
4. **Mindful Walking:** Turn your daily walk into a mindfulness practice. As you walk, pay attention to the sensations of your feet touching the ground, the movement of your body, the sounds around you, and the feeling of the air against your skin. Walking mindfully can help clear your mind and refresh your senses.

The Benefits of Mindfulness

The practice of mindfulness offers numerous benefits. Here are some key ways it can improve your overall well-being:

1. **Reduces Stress and Anxiety:** Studies have shown that mindfulness can reduce levels of the stress hormone cortisol. By helping you stay in the present moment, mindfulness prevents the mind from becoming overwhelmed by worries about the future or regrets about the past. It allows you to acknowledge stressors without being consumed by them, creating a sense of calm even in challenging situations.
2. **Improves Focus and Productivity:** In a world full of distractions, staying focused can be difficult. Mindfulness enhances concentration by training your mind to focus on one task at a time. This not only improves efficiency but also the quality of your work, as you become more present and engaged in what you're doing.
3. **Enhances Emotional Regulation:** Mindfulness fosters emotional intelligence, helping you become more aware of your emotions and less reactive to them. When practiced regularly, it can reduce the intensity of negative emotions like anger, frustration, and sadness, and increase positive emotions like joy and contentment. You become better at responding thoughtfully to situations instead of reacting impulsively.
4. **Boosts Physical Health:** Interestingly, mindfulness also has tangible benefits for physical health. Research has shown that regular mindfulness practice can lower blood pressure, improve sleep, and even strengthen the immune system. By reducing stress and promoting relaxation, mindfulness contributes to better overall health.

Conclusion

In a world that's always rushing forward, the practice of mindfulness offers a way to slow down and reconnect with ourselves. By paying attention to the present moment, we can reduce stress, improve focus, and enhance our overall well-being. Whether through mindful breathing, eating, or simply being more present in conversations, there are countless ways to bring mindfulness into our lives. The beauty of mindfulness lies in its accessibility—it's available to anyone, anywhere, at any time. Start small, be patient with yourself, and you may soon discover the profound impact that mindfulness can have on your life.

By Akanksha Mehta (B.Ed.)

THE BENEFITS OF MULTILINGUAL EDUCATION

In our increasingly interconnected world, the ability to communicate in multiple languages is more valuable than ever. Multilingual education, which involves teaching students in more than one language, is not only beneficial for personal and academic growth but also contributes significantly to social and economic development. This article explores the myriad benefits of multilingual education, highlighting its advantages in cognitive development, cultural awareness, academic performance, and career opportunities.

One of the most significant benefits of multilingual education is its impact on cognitive development. Research has shown that learning multiple languages enhances critical thinking skills, creativity, and problem-solving abilities. Bilingual or multilingual individuals often demonstrate improved executive function, which includes skills such as planning, task-switching, and attention control. Studies suggest that the cognitive flexibility gained through multilingualism allows individuals to approach problems from different perspectives, leading to innovative solutions. Moreover, children exposed to multiple languages from an early age have been found to outperform their monolingual peers in tasks requiring abstract thinking and reasoning. This enhanced cognitive capability can lead to better academic outcomes and lifelong learning skills.

Multilingual education fosters greater cultural awareness and sensitivity. Language is deeply intertwined with culture; thus, learning a new language opens the door to understanding diverse cultural perspectives. Students exposed to different languages and cultures develop empathy and appreciation for the richness of human experience. This cultural competence is crucial in today's globalized society. Individuals who can navigate various cultural contexts are better equipped to collaborate effectively in diverse environments, whether in the workplace, in their communities, or while traveling abroad. As a result, multilingual education plays a vital role in promoting inclusivity and social cohesion, helping to bridge gaps between different communities and fostering a spirit of cooperation.

Multilingual education has been linked to improved academic performance across subjects. Studies indicate that students who are taught in their native language alongside a second language often perform better in literacy and numeracy. This is because multilingual education supports cognitive skills that transfer across disciplines, allowing students to excel in various academic areas. Furthermore, students who are proficient in multiple languages can access a broader range of educational resources. They can engage with literature, scientific research, and cultural materials in their original languages, enriching their learning experience and deepening their understanding of complex concepts. For instance, a student fluent in Spanish can read original texts by Latin American authors, gaining insights that translations may not fully capture.

In today's global economy, multilingualism is a highly sought-after skill. Employers increasingly value candidates who can communicate in multiple languages, as businesses expand their operations across borders and seek to connect with diverse clientele. Multilingual employees can facilitate better communication, foster relationships, and help organizations navigate international markets. Moreover, bilingual and multilingual individuals often enjoy higher earning potential. According to various studies, workers who speak more than one language tend to have access to better job prospects and higher

salaries. In many industries, from education to healthcare to technology, the ability to communicate in multiple languages is a significant asset. For example, in healthcare, multilingual practitioners can better serve diverse patient populations, improving health outcomes.

Multilingual education also contributes to social benefits, promoting better communication and understanding among diverse communities. In multicultural societies, the ability to speak multiple languages can reduce barriers and foster connections among individuals from different backgrounds. This can lead to stronger community bonds and a more cohesive social fabric.

Furthermore, multilingual education encourages family and community involvement. Parents who speak different languages can engage more fully in their children's education, enhancing the support system for students. This inclusivity can lead to better educational outcomes and a stronger sense of belonging for all families, fostering a supportive environment where students thrive. While the benefits of multilingual education are clear, implementing such programs can present challenges. Schools may face resource limitations, a shortage of qualified teachers, and the need to develop effective curricula that integrate multiple languages. Additionally, there can be societal resistance to multilingual education, particularly in regions where a dominant language prevails. To overcome these challenges, it is essential for policymakers, educators, and communities to collaborate in creating robust multilingual education frameworks. This may involve training teachers, developing resources, and fostering a culture that values linguistic diversity. Community involvement and support are also crucial in ensuring the success of multilingual programs.

Conclusion

In conclusion, multilingual education offers a wealth of benefits that extend beyond language acquisition. It enhances cognitive development, fosters cultural awareness, improves academic performance, and opens doors to diverse career opportunities. Moreover, it promotes social cohesion and

community engagement. As the world becomes more interconnected, embracing multilingual education is not just an educational choice; it is a necessity for preparing future generations to thrive in a global society. By investing in multilingual education, we can cultivate a more inclusive, understanding, and prosperous world. The future belongs to those who can navigate it in multiple languages, and the time to start is now.

By Anjali (B.Ed.)

"Gamification in Education: Unlocking the Power of Play for Learning"



In recent years, the concept of gamification has gained significant traction in the field of education, transforming traditional learning methods into engaging, interactive experiences. By integrating game-like elements into educational environments, gamification has proven to be a powerful tool for enhancing student engagement, motivation, and knowledge retention. The idea is simple yet revolutionary—leveraging the principles of game design to make learning more enjoyable and rewarding. This shift has the potential to change the way students perceive education, making it a dynamic and rewarding experience that fosters creativity, critical thinking, and a love for learning.

Gamification in education involves using game mechanics such as points, levels, badges, leader boards, challenges, and rewards to drive student motivation. It taps into the natural human desire for achievement, competition, and recognition. When students are presented with tasks that resemble

challenges or quests, they become more motivated to participate actively in their learning journey. The competitive element in games can drive students to push their limits, improving their skills and striving for excellence. The sense of accomplishment when earning points or unlocking levels triggers a psychological response that fuels intrinsic motivation, leading to increased engagement and perseverance. One of the most significant benefits of gamification in education is its ability to make learning more interactive and personalized. Traditional teaching methods often follow a one-size-fits-all approach, which may not cater to the diverse learning needs of students. Gamification allows educators to create customized learning experiences that adapt to the individual progress and pace of each student. Through interactive simulations and immersive scenarios, students can learn by doing, experiment with different strategies, and receive instant feedback. This hands-on approach not only enhances understanding but also encourages students to take risks and learn from their mistakes without the fear of failure.

Moreover, gamification has proven to be particularly effective in enhancing cognitive skills such as problem-solving, critical thinking, and decision-making. By engaging students in puzzles, strategy games, and scenario-based challenges, gamified learning encourages them to think analytically, make connections, and apply knowledge in practical situations. These skills are crucial in today's fast-evolving world, where the ability to adapt and solve complex problems is more valuable than rote memorization. Through the structured play that gamification offers, students can develop a growth mind-set, where they view challenges as opportunities for learning rather than obstacles. Another crucial aspect of gamification in education is its role in fostering collaboration and social learning. Multiplayer games and team-based challenges encourage students to work together, share knowledge, and support each other in achieving common goals. This collaborative approach not only enhances social skills but also builds a sense of community within the classroom. Students learn the importance of teamwork, communication, and empathy as they navigate through game scenarios that require collective problem-solving.

This shift from isolated learning to a more social and interactive experience makes the educational process more dynamic and enjoyable for students.

The integration of gamification in education also helps reduce student anxiety and stress. Traditional assessment methods, such as exams and tests, can be intimidating and pressure-filled. Gamified assessments, on the other hand, present evaluation as a fun and engaging activity, where students can demonstrate their knowledge in a low-stress environment. The use of leader boards and progress tracking allows students to visualize their growth and see how much they have improved over time. This positive reinforcement helps build confidence, as students recognize their achievements and understand that their efforts are being rewarded.

Additionally, gamification supports differentiated learning by catering to different learning styles and preferences. Visual learners may benefit from graphic-rich games, while kinaesthetic learners might excel in interactive simulations that require physical involvement. By offering a variety of game formats and learning paths, gamification ensures that every student has an opportunity to engage with the material in a way that suits their individual needs. This flexibility promotes inclusivity, ensuring that all students, regardless of their abilities or learning pace, can participate and succeed. One of the most profound impacts of gamification is its ability to create a sense of purpose and relevance in education. When students understand the real-world applications of what they are learning, they are more likely to stay motivated and invested in their studies. Gamified learning often integrates real-life scenarios and challenges, allowing students to see how their skills can be applied in various contexts. This connection between the classroom and the outside world makes education more meaningful and helps students develop a sense of purpose and direction in their learning journey.

However, while gamification offers numerous benefits, it is essential to implement it thoughtfully to avoid potential pitfalls. Overemphasis on competition or excessive use of rewards can sometimes lead to a focus on extrinsic motivation rather than genuine learning. Educators need to strike a

balance between encouraging friendly competition and fostering a supportive learning environment. It's also crucial to design games that align with the educational objectives and ensure that the gamified elements contribute to the learning process rather than becoming mere distractions. Despite these challenges, the advantages of gamification in education far outweigh the drawbacks when implemented correctly. It has the potential to reshape the educational landscape by making learning more engaging, personalized, and effective. The integration of technology and game-based learning in classrooms prepares students for a digital future, where adaptability, creativity, and problem-solving skills are key.

In conclusion, gamification in education is more than just a trend; it is a transformative approach that has the power to make learning more exciting and meaningful. By tapping into the inherent human love for play, gamification creates an environment where students are motivated to learn, collaborate, and grow. It empowers them to take charge of their learning, encourages a positive attitude towards challenges, and nurtures essential skills that will serve them well beyond the classroom. As we continue to explore innovative educational strategies, gamification stands out as a compelling tool that brings the joy of learning back into the spotlight, fostering a lifelong love for knowledge.

By Riya Verma (B.Ed.)

INDIAN CULTURE AND CUISINE

Food is more than a basic need for survival. It is the culture, belief, ideals and love that our previous generations have passed on to us. Just like how every meal reflects the love of our family, every recipe reflects the knowledge and care of our ancestors. With diversity in race, religion, culture, and language, Indian cuisine is unique to each region. Hence, every household has its own unique recipe. The same lentils and rice are made in different ways in different parts of the nation. In North India, the lentils are often cooked into thick,

flavourful curries known as dal while the rice usually eaten in this region is basmati rice.

In South India, rice is a staple food, often served with sambar, rasam, which are made of lentils. Idli, dosa, and uttapam are popular rice-based dishes. In east, lentils are frequently used in fish curries and vegetable stews. On the other hand, Bengali cuisine features a variety of lentil preparations, including musoor dal and kichdi. While rice is used in a variety of dishes, including fish curries, vegetable stews, and pulao. In the west, rice is often used in pulao, biryani, and other rice-based dishes. Goan cuisine features a variety of rice-based desserts, such as bebinca and dodol. While lentils are often used in spicy curries and pulao, a rice dish flavoured with lentils and spices. Goan cuisine features a variety of lentil-based dishes, including sorakaval and sanna. The varied nature of the cuisine is mainly based on what is grown and harvested, depending on the climate and region. Various spices and herbs are added to enhance the flavour and to keep the food fresh. Moreover, spices and herbs are also used for medicinal purposes. History suggests that earlier people consumed traditional food and followed the dietary rules outlined in Ayurveda. In Ayurveda, food and wellbeing are highly related, with nutrition playing a central role in ensuring a balance of the mind, body, and spirit.

Indian food also has a fascinating history which is inter woven with the country's culture. It can be traced back to ancient times when extravagant feasts and culinary traditions were described in revered texts like the Vedas and the Mahabharata. Indian food has changed over time, highlighting the trade routes that linked the subcontinent with far-off places. This happened as the Greeks, Mughals, Mongols, the Chinese, British, and the Portuguese, as well as the early colonists, entered India at different phases in time. They have immensely contributed to enriching and transforming the food culture of India. Due to vast variations in local culture, geography, seasons and availability of ingredients, Indian cuisine varies from region to region. Although it's not entirely fair to compress the regions into four headings, owing to the large number of

cuisines and the most suitable way to dissect them, the division can be done under four headings- North, South, East, West.

North Indian cuisine features tandoor-cooked meats and vegetables with yoghurt and cream, served with naan or chapatis. This particular cuisine includes Mughlai cuisine, born in the Mughal Empire's imperial kitchens, and Awadhi food, which is renowned for its dum cooking method. South Indian cuisine is centred around griddle-cooked dosas, spicy sambar, and numerous seafood, with flavours of tamarind, coconut, and 'Kari' leaves. This cuisine has the famous Hyderabadi meals like biryani and chicken korma, which are influenced by Mughlai flavours, are served throughout Andhra Pradesh. Globally popular Chettinad cuisine hailing from Tamil Nadu is renowned for its fiery flavours and aristocratic background. Muslim Moplah cuisine, with Arab-inspired dishes like Alisa, is found along the Malabar coast, while Kerala's diverse ethnic blend produces delicious foods like appam and stew, ulli theeyal, and famous banana chips.

East Indian cuisines vary from state to state. For example, as a result of their distinct environment and cultural legacies, the north-eastern states of Sikkim, Manipur, Meghalaya, Mizoram, Assam, and Nagaland have varied culinary traditions that are inspired by Tibetan, Chinese, and Western cuisines. Oriya food is known for its subtle flavours and love of seafood, particularly prawns and crab. While Bengali food is renowned for its use of mustard oil and chilli peppers. West Indian Cuisine has many different flavours. There are several examples of the same. Vegetarian diet of Marwar and Jodhpur, which includes famous dishes like Dal baati and choorma laddoo. Gujarati food, which is primarily vegetarian, has a range of delicacies with a hint of sweetness, such as oondhia, patra, khaandavi, and thhepla. Dhansakh, a trademark dish of Parsi cuisine, which is a representation of the Zoroastrian culture in India, combines caramelised onions and brown rice with a mixture of dals, vegetables, and meat. Portuguese colonisation that left its mark on Goan cuisine. And The food of the Konkan region, known as Malvani/Konkani cuisine, is a fusion of vegetarian and non-vegetarian foods.

The Cuisines of India are unique to every region, with special ingredients and unique cooking methods. Exploring Indian food is similar to a journey with no destination, yet full of uniqueness, history and local customs. But the topic of food would be incomplete without the mention of sweets. Indian sweets and their relation to Indian culture also known as “mithai” holds a significant place in the culture, religious, and social fabric of India. From ancient times, sweets have been an intrinsic part of Indian culture, traditions, and religion. They are often used in religious offerings, festive celebrations and as a symbol of hospitality and goodwill. The consumption of sweets is also associated with special occasions like baby shower, weddings, new job and promotion. It symbolises prosperity and happiness in the family.

In addition to their cultural significance, certain Indian sweets also have ethno-botanical and medicinal uses. In Udaipur city, Rajasthan specific sweets prepared from various plants and are consumed for their health benefits. Mainly the winter sweets such as different kinds of “laddu,” “halwa” and milk based sweets are believed to increase immunity and treat ailments like joint pain, asthma and arthritis. The sweets also symbolise devotion, gratitude, and hope. As it is believed that gods and goddesses enjoy sweet delicacies as a symbol of purity and happiness. Sweets are often associated with sattva, a quality representing purity, harmony, and enlightenment. The relationship between Indian sweets and Hindu deities is a beautiful reflection of the cultural and spiritual richness of India.

Hence, Indian cuisine is a tapestry woven with threads of local cultures, geography, and religious values. And is a testament to the nation's rich heritage. From the humble rice and lentil staples that unite the country to the diverse regional flavours that showcase its cultural mosaic, Indian food is more than just sustenance; it's a reflection of the Indian soul, symphony of flavours, a testament to the ingenuity of generations, and a reflection of the divine.

By Janhvi Mishra (B.Ed.)

Understanding Social Anxiety: Overcoming Fear in Social Settings

Feeling of social anxiety consists not simply in being shy but it is a deeply-rooted fear of being judged, embarrassed or otherwise negatively evaluated by others in some social or performance situation. For those who are socially anxious the simplest things can issue such, to them it is a nightmare to be in the presence of others; socializing other people, going to parties, or even speaking in public are things that usually trigger very strong feelings of fear and self-doubt for them.

This is a condition that can seriously affect the daily sector. It can harm your relationships, your chances, and even your mental health. People who experience social anxiety often shun any situation that might make them feel embarrassed, which can lead to loneliness and make the anxiety stronger and stronger. However, the glad tidings is that it is not. One of the best and newest treatments for social anxiety disorder is the cognitive-behavioural therapy (CBT) that has been helping individuals revolutionize their negative thinking and over time expose themselves to fear. On top of that, re-training to mindfulness, doing deep breathing exercises, and risk-taking step without the need to rush in fighting anxiety can gradually bring symptoms under control.

Finding help for social anxiety means getting savvy about the fact that this is not who you truly are but rather a challenging aspect of being human. Patience, the encouragement of friends and the love you give to yourself and you will slowly but surely learn to navigate social anxiety. If you're in pain, make communication with a therapist or else be a part of a support group, it will definitely take a positive turn in breaking the cycle of anxiety.



When feelings of ease in communication are so forced on people acknowledging social anxiety is a positive step that gives them strength and belief in themselves. As time progress, tools and support, people having social phobia could get rid of their fears and lead happy lives can develop assertiveness step by step.

By Ishika Parasar (B.Ed.)

The Impact of the Internet on Youth: A Double-Edged Sword



The internet has become an integral part of our daily lives, and its influence on youth is undeniable. It serves as a gateway to knowledge, social interaction, and entertainment. However, while the internet offers numerous benefits, it also presents challenges and risks for young people

Negative Impacts:

1. Addiction and Mental Health Issues- While the internet can be a source of entertainment, it can also lead to excessive use. Many young people find themselves spending hours scrolling through social media or playing online games, which can affect their academic performance, physical health, and sleep patterns.

2. Cyberbullying and Online Harassment- is a growing concern for youth in the digital age. Social media and messaging platforms can be used to spread harmful messages or target individuals, causing emotional distress.

3. Exposure to Inappropriate Content- The internet is a vast space where young people can easily encounter inappropriate or harmful content, such as violence, hate speech, and explicit material.

4. Privacy and Security Risks- Youth often share personal information online without fully understanding the consequences. This makes them vulnerable to data breaches, identity theft, and other forms of cybercrime.

How to Navigate the Impact of the Internet on Youth?

1. Promote Digital Literacy
2. Encourage a Balanced Lifestyle
3. Exposure to Inappropriate Content
4. Privacy and Security Risks

Conclusion- The internet is a powerful tool that can significantly benefit youth by offering educational resources, opportunities for connection, and platforms for self-expression. However, it also poses challenges, such as addiction, exposure to harmful content, and mental health risks. The key is to find a balance that allows young people to grow and thrive in both the online and offline worlds.

By Anuradha Vashisht (B.Ed.)

How to Simplify Your Life?

From every angle, modern life encourages us to do more, be more, achieve more, spend more. We end up trying to do 'all the things' and then wonder why we feel tired, stressed out or stuck on auto-pilot as one day drifts into the next. Do 1 thing at a time. It is more difficult than it sounds, but it is proven to be more productive, less stressful and yes, simpler.



On what's important to you. It's about finding easier ways to do the things that you have to do and giving yourself more wiggle room for the things you want to do. If this feels familiar, I encourage you to pause and think. Here are my ideas for simplify your life...

1. Before you organize, **ELIMINATE**. Everything: clutter, tasks, social obligations, meetings, boring people, meaningless activities. Define what is essential and eliminate ruthlessly.
2. Track your income and your expenses. Life is much simpler when you are aware of your finances.
3. Delete Facebook, Instagram etc. You don't really need to know "Who is doing what" or "Who is eating what with whom."
4. Eat right, get some exercise. Health is very important. Never say "I am too busy". Your extra investment of yourself in your job is nothing if you are unhealthy. Besides, Medical bills isn't cheap now a day.

5. **Avoid attachments and mind your own business!** Root cause of unhappiness is undue attachments and what other people do is none of your business.

Apart from this you can read spiritual books like Bhagavad Gita. The Bhagavad Gita offers timeless wisdom that can simplify our lives in various ways by providing practical guidance on how to navigate challenges, reduce mental clutter, and find inner peace. By making these changes gradually, you'll find more clarity and calm in your daily life.

By Aafreen (B.Ed.)

Cyber security: A crucial need of digitalized India



According to Cisco, Cybersecurity is the practice of protecting systems, networks, and programs from digital attacks. These cyberattacks are usually aimed at accessing, changing, or destroying sensitive information; extorting money from users via ransomware; or interrupting normal business processes.

With the growing advancement and digitalization in our country, the cases of cyber-crimes are also increasing. On one hand digital platforms are a boon to us whereas on the other hand not the correct usage of it can harm us in many ways. Due to Cyber-crimes, the need of cyber security arises, which is crucial to help us in safeguarding the loss and the data against the theft.

Types of cyber security threats can be Malware (viruses, worms, trojans), Phishing and social engineering. Ransomware, SQL injection and cross-site scripting (XSS), Denial of Service (DoS) and Distributed Denial of Service (DDoS), Man-in-the-Middle (MitM) attacks Advanced Persistent Threats (APTs).

These security threats are not in our control as it can happen to anyone at any time or any place but it's always best to keep us secure in whatever way possible hence to protect ourselves from these cyber security threats, the best possible ways can be by using Strong passwords and multi-factor authentication, by Regular software updates and patching, installation of Firewalls and intrusion detection/ prevention systems, Encryption and secure data storage Secure browsing habits (HTTPS, VPNs), Network segmentation and isolation, giving Employee training and awareness about it.

In conclusion, cybersecurity is a critical aspect of our digital lives, and it requires a proactive and collective effort to stay ahead of emerging threats. As technology continues to evolve, cybersecurity must remain a top priority for individuals, businesses, and governments to ensure a safe and secure online environment. Effective cybersecurity measures can prevent devastating consequences, protect sensitive information, and safeguard our digital future.

By Esha Gupta (B.Ed.)

Building a More Inclusive Feminism



Feminism has been an important movement that has empowered women to achieve significant progress in all areas of society. Unfortunately, mainstream feminism has mostly been centred on the experiences of white, middle and upper class, upper caste and cisgender women, often overlooking the struggles faced by the doubly marginalised. Feminism should fully embrace intersectionality and represent them all.

Intersectionality recognizes that women experience violence, operation and sexism in different ways. For example, a Dalit woman may face both caste-based oppression as well as sexism and a disabled transgender woman may experience gender, identity and ability-based discrimination. Therefore, these overlapping issues and experiences must be considered to make feminism more representative and inclusive.

Laverne Cox, Roxane Gay, and Thenmozhi Sundararajan are a few prominent feminists who advocate intersectional feminism in today's time. They talk about a broader sense of gender equality that advocates for all women—especially the ones whose voices are often silenced or overlooked. Social movements like 'Black Lives Matter', 'Me Too', 'Disability Justice Movement', and 'Climate Justice Feminism' highlight the need for feminism to fight against

multiple forms of oppression. These movements highlight the connections between racism, sexism, ableism, and other types of discrimination and why feminism must address these complexities.

Gender equality in its true sense cannot be achieved if the voices of certain women are unheard, misheard or silenced. Intersectional Feminism represents all women, especially those who have historically been marginalised. With it, we can build a society in which every woman's struggle for equality and justice is recognised and valued. Intersectional feminism is essential to bring a real change in society. Therefore, we must address the collective struggle.

By Jasmeet Kaur Vedi (B.Ed.)

ROLE OF WOMEN IN NATION BUILDING

“You can tell the condition of a nation by looking at the status of its women.”

This is a famous quote by Jawaharlal Nehru on women. The status of women depicts the social, economic and mental condition in a nation. Women have been regarded as a symbol of spirituality in our scriptures.



Women have always played a pivotal role in shaping societies and contributing to nation-building. From nurturing families to participating in the workforce, their contributions are vast and diverse. In modern times, their role extends beyond traditional boundaries-women now lead in politics, education, healthcare, and entrepreneurship, often driving economic growth and social change.

***“She builds the future with quiet grace,
A nation’s heart, its steadfast pace.
In every role, her strength is shown,
Through her, the seeds of hope are sown”.***

According to **Swami Vivekananda** *“Women have more right to education than men have, because they are going to the mothers of future generation”.* Education is key to empowering women, allowing them to break free from societal constraints and contribute effectively to national development. Educated women become leaders and decision-makers, advocating for policies that promote equality, health, and the welfare of communities. In politics, women bring fresh perspectives, fostering inclusive governance that benefits everyone. Women’s involvement in social causes, like fighting for human rights, environmental conservation, and poverty alleviation, highlights their commitment to building a just and sustainable future. Their resilience and determination in the face of challenges inspire nations to progress. In essence, when women thrive, nations flourish. Their empowerment is not just a moral imperative but a crucial factor in the success and advancement of societies. Women are not merely participants in nation-building; they are the architects of a stronger, more equitable world. By harnessing their potential, nations can unlock unparalleled growth, innovation, and social progress. To build a nation is to build its women, and in doing so, we build a brighter, more inclusive future for all. Women are the backbone of every nation, and their role in building a brighter, more equitable future is undeniable.

By Tanu Gupta (B.Ed.)

Blood Donation: A Lifesaving Act

Blood donation is one of the most selfless and noble acts a person can perform. It is a simple yet powerful way to help save lives. Every year, countless individuals are in urgent need of blood due to surgeries, accidents, or medical conditions like anaemia, cancer, and blood disorders. Unfortunately, the demand for blood often exceeds the supply, making blood donation essential.

The process of donating blood is safe and straightforward. A healthy individual can donate blood every three months. When blood is donated, it is separated into components such as red blood cells, plasma, and platelets, which can be used to treat various medical conditions. Just one donation can save up to three lives. The blood donation process is quick, typically taking less than an hour. It is a painless experience, as blood banks maintain a sterile environment. After donating, the body replenishes the lost blood within a few days. Regular blood donors also enjoy health benefits, including a reduced risk of heart disease and improved blood circulation.

Moreover, blood donation fosters a sense of community and solidarity. Awareness campaigns and drives often bring people together, creating a ripple effect of compassion. Schools, colleges, and organizations frequently conduct blood donation drives, encouraging participation and promoting the importance of helping those in need. In a world where many lives are lost due to a shortage of blood, each donation can make a significant impact. By donating blood, we support a cause that transcends boundaries and unites humanity in the spirit of care and compassion.

In conclusion, blood donation is a gift of life. Everyone eligible should consider becoming a regular donor to support this lifesaving mission. Remember, your blood can give someone a second chance at life.

By Richa Lavania (B.Ed.)

The Benefits of Physical Fitness: Elevate Your Life



Physical fitness offers a multitude of benefits that extend far beyond the gym. Regular exercise can enhance your overall quality of life in various ways, making it a vital component of a healthy lifestyle.

1. Improved Mental Health: Engaging in physical activity releases endorphins, the body's natural mood lifters. Regular exercise can reduce symptoms of anxiety and depression, boost self-esteem, and improve cognitive function.

2. Enhanced Physical Health: Staying active helps maintain a healthy weight, reduces the risk of chronic diseases like heart disease and diabetes, and strengthens bones and muscles. This leads to increased longevity and a better quality of life.

3. Boosted Energy Levels: Contrary to the belief that exercise drains energy, it actually increases your stamina. Regular workouts improve your cardiovascular system, making daily tasks feel easier and less tiring.

4. Better Sleep Quality: Engaging in regular physical activity can help regulate sleep patterns, leading to deeper and more restorative sleep. A good night's rest is crucial for overall well-being.

5. Increased Flexibility and Balance: Incorporating activities like yoga or stretching can enhance flexibility and balance, reducing the risk of injuries and improving overall physical performance.

6. Social Connections: Joining fitness classes or groups fosters community and social interaction, combating feelings of loneliness and isolation.

In conclusion, the benefits of physical fitness are profound and wide-ranging. By making fitness a priority, you not only improve your physical health but also enhance your mental well-being, social connections, and overall quality of life. So lace up those sneakers and start reaping the rewards today!

By Priyansha Mahajan (B.Ed.)

The Difference Between Happiness and Bliss: A Journey Within



In today's time of advanced scientific technology and people having materialistic approach in their lives, Peace or rather Serenity is what we should work upon. In our everyday lives, happiness is something we all seek. It comes from fulfilling our desires, achieving goals, or enjoying pleasurable experiences. However, happiness, while gratifying, is often ephemeral and dependent on

external circumstances—whether it's receiving a compliment, meeting friends, having scrumptious dinner, getting gifts or buying something we desire. As soon as the stimulus changes and the desire is fulfilled happiness can fade, leaving us yearning for more. It is a reaction to the world outside of us.

Bliss, on the other hand, is something much deeper and far more enduring. Unlike happiness, bliss is not tied to external events or material achievements but is rather spiritual and philosophical in nature. It is an inner state of being, a profound sense of contentment that comes from within that is directly from the soul itself. It is not fleeting and stays for a longer time sometimes even for lifetime. Bliss is the result of being in harmony with oneself, beyond thoughts, desires, and even emotions. Dr. Ranjan, a contemporary thinker, describes bliss as a “zero state of thoughts,” which can be accessed through meditation. Meditation is believed to be the key aspect of getting into the state of bliss. This state transcends fleeting feelings and provides a sense of fulfilment that isn't dependent on external situations. While happiness is often about seeking pleasure, having luxuries and avoiding discomfort, bliss comes from embracing stillness and silence, where the mind moves toward peace and unity, where the soul unites with the Ultimate reality (God). It is a state of existence that remains steady regardless of life's ups and downs, success and failure, good or bad times. Where happiness fluctuates with the world, bliss is constant for ever, a quiet but powerful undercurrent.

The journey from happiness to bliss is one of inner exploration. It is associated with Socrates's statement, “know Thyself”. It requires shifting focus from the outside world to the world within, through practices like mindfulness and meditation. By cultivating this deep sense of inner peace, we open ourselves to the lasting serenity that bliss offers, turning life from a search for temporary joy into a continuous state of peace and balance. In general, Bliss is the equilibrium mental state which is definitely more intense and spiritualistic than happiness.

By Ocika Singh (B.Ed.)

Mental Health in the Digital Age: Navigating the New Frontier



In today's digital age, technology has transformed nearly every aspect of our lives—communication, work, education, and entertainment. While these advancements bring convenience and connectivity, they also raise significant concerns about mental health. One of the most pressing issues is the rise of social media. Platforms like Instagram, Facebook, and TikTok can foster connection and self-expression, but they can also contribute to feelings of inadequacy and anxiety. Constant exposure to curated images of others' "perfect" lives can lead to unhealthy comparisons and a distorted sense of reality. The pressure to maintain an idealized online persona can take a toll on self-esteem and mental well-being.

Additionally, the constant availability of information and entertainment can lead to digital overload. The dopamine-driven cycle of scrolling, notifications, and endless content can leave individuals feeling drained and distracted. This "always-on" culture often disrupts sleep, reduces productivity, and makes it harder to focus on important tasks, contributing to stress and burnout. Moreover, the rise of remote work and virtual social interactions, while providing flexibility, can also increase feelings of isolation. Face-to-face interactions are vital for emotional connection, and the shift to digital communication may leave some individuals craving more meaningful human engagement.

However, the digital age also offers tools for mental health support. From mental wellness apps to online therapy services, technology provides avenues for individuals to seek help and manage their mental health more effectively.

In this complex landscape, it's crucial to develop a balanced relationship with technology. Setting boundaries, fostering real-life connections, and using digital tools mindfully can help protect mental health in this ever-evolving digital world.

By Srishti Sharma (B.Ed.)

Inner Peace Finding: A Journey to Serenity

In this fast world, inner peace has become a pursuit of utmost importance. technology, in the midst of it all, moments of peace are often overlooked. Yet, attaining inner peace is not just for the alleviation of noise; it is some space-making that may cushion us in our busy lives when the inevitable ups and downs come about.

Inner peace is that state wherein we feel mentally and emotionally balanced. It's a place of balance; we are strongly feeling centered, grounded yet devoid of anxiety. It will make it easier for us to face the challenges of life with grace and resilience. Such a place is achieved by self-discovery, mindfulness, and the commitment to living with authenticity.

How to Cultivate Inner Peace

Mindfulness: An example would be mindfulness, the art of living now without judgment. Simple techniques could be deep breathing, meditation, or yoga, and can anchor you in the here and now. Start out at just a few minutes a day and gradually increase the time as you become more comfortable.

Limit Distractions: Because we live in a digital world, distractions are rampant. Set your boundaries about how much screen time you will allow yourself, and for how much on social media to create room for much more meaningful activities. Indeed, think about how you can implement at least one "digital detox" day a week to recharge.

Connect with Nature: Nature time is extremely refreshing to the mental being. Whether it's a walk in the park, hiking up the mountain, or just sitting by the

body of water, nature will be able to help a person ground themselves and find their connection. Do your best to include some outdoors into your day, even if it is just a short walk.

Simplify: The decluttering of the physical space can result in clarity of thought. Reducing clutter and commitments allows you to concentrate on the things that truly matter to you. Consider minimalism—not just about your possessions but also about your activities and relationships.

Practice Gratitude: Practice gratitude. That can shift your view of things and make you feel more fulfilled. Try maintaining a gratitude journal where you are simply writing down things you appreciate daily. Sometimes this can even bring to mind something small you appreciate, even when things get tough.

Practice Self-Compassion: Be gentle and compassionately considerate of yourself when you have failed or are truly flailing. Have self-compassion by paying some attention to how you feel without judgment and giving yourself permission to be a little flawed, too.

Get Your People: Surround yourself with people who inspire and raise you up. Interacting with a community—of friends, family, or like-minded clubs or organizations—is a great way to feel connected and cared for.

Seek a Professional's Guidance If Needed: If this does not resonate with you, then consult a mental health professional. Therapy may serve to offer far greater than simply the tools and strategies for mastering stress and anxiety.

Conclusion

Inner peace is such a radical act of self-love in a chaotic world. It has the power to establish within you an oasis; cultivate mindfulness, simplify your life, and be grateful for what you have. Remember, the smallest steps lead to the greatest changes. So, breathe, and take the first step into serenity—your inner peace is waiting for you.

By Mahi Saxena (B.Ed.)

The Effect of Social Media On Relationship

Social media has revolutionized the way we communicate and connect with others, but it has also introduced challenges to personal relationships. Platforms like Facebook, Instagram, and Twitter enable us to stay connected with friends, family, and even long-lost acquaintances. However, the influence of social media on relationships can be both positive and negative. On the positive side, social media allows for instant communication regardless of distance. Couples in long-distance relationships, for example, can stay in touch through video calls, messaging apps, and social updates. It also offers a platform to celebrate milestones, share memories, and build digital connections.

However, I feel social media can also strain relationships. Constant exposure to other people's seemingly perfect lives can lead to comparisons, jealousy, and insecurity. Partners may feel pressured to maintain a facade of happiness, which can erode trust and lead to misunderstandings. Moreover, excessive time spent online can reduce face-to-face interaction, leaving less room for genuine connection. Another concern is privacy. Social media blurs boundaries between public and private life, often leading to oversharing, which can affect relationships. Arguments about online behaviour, such as excessive posting or inappropriate messages to others, can become sources of conflict.

In conclusion, while social media can enhance relationships by fostering communication, it also presents risks that can lead to emotional strain. To maintain healthy relationships, it's important to balance online and offline interactions, communicate openly, and avoid unhealthy comparisons.

By Vivek Kumar (B.Ed.)

The Code Within

When the world was asleep, the hum of old fans echoed through a one-room apartment in Bengaluru. Under the pale light of a laptop screen sat Aarav Mehta — a 22-year-old computer science graduate with nothing but a second-hand Dell, a slow internet connection, and a dream bigger than his circumstances.

Aarav had just been rejected from his fifth interview. “You lack industry experience,” they told him. But how was he supposed to gain experience without being given a chance? His father, a retired railway clerk, often said, “Beta, the world may not open doors for you — sometimes you’ll have to code your own.” That night, Aarav decided he would build something of his own. Not for grades, not for a company — but for people.

He started small — creating a simple web app that helped small vendors track their daily sales in local languages. Most of his clients were chai stall owners, fruit sellers, and rickshaw drivers who didn’t understand English. The interface was in Hindi, Kannada, and Tamil — colorful, easy, and friendly. When he posted it online, he didn’t expect much. But within weeks, local news picked it up: “Young Coder Builds Free App to Help Small Vendors Go Digital.”

Soon after, an angel investor reached out. Aarav’s project turned into a startup: “StreetSmart Tech.” It grew into a 15-member team working from a rented co-working space, focusing on digital inclusion for small businesses across India. Within two years, StreetSmart partnered with UPI platforms and helped over 40,000 street vendors manage their sales digitally. Aarav’s story became a case study in innovation driven by empathy, not just ambition. When asked in a magazine interview what inspired him, Aarav smiled and said,

“Coding is not about machines. It’s about people. Every line of code I write solves someone’s real problem — and that’s what keeps me going.”

His words resonated across the IT sector — reminding young developers that the future of technology doesn't just lie in AI or automation, but in understanding human needs.

Today, Aarav's company is mentoring rural students, teaching them how to build tech solutions for their own communities. His journey from a struggling coder to a social innovator embodies what India's IT revolution truly stands for — hope, skill, and the power of purpose.

By Lawrence (BCA)

Digital Detox: A Practical Approach to Reduce the Effect of Social Media

The technological advancement has turned out to be an inevitable succession in 21st-century life. Today, each one of us is using an array of digital tools - from cell phones, computers, and social media to social networks promoting more web browsing, and various platforms catering to music, etc., as a means of their daily activities, be it communication tools, workplaces, or entertainment. In terms of an increase in convenience and accessibility so far-mentioned developments generally do have side effects such as addiction-the unintended consequences of technology.

Addiction to digital gadgets manifests as an uncontrollable reliance on digital devices and platforms, which affects daily routine and general well-being. Unlike the traditional forms such as drug abuse or alcoholism, the digital form is easily mistaken by many as normal: merely because techniques are a very common part of our life. However, the results can be equally unsettling. Frequently checking notifications, scrolling through social networks, and binge-watching shows individuals may fall into everlasting consumption loops, which might cause the loss of productivity, damage relationships, and inner experiences.

Children and teenagers are also easily lured by tech giants' overuse social media and selfies, video game addiction; all of the persuasive techniques applied in the development of current social media and gamification are based upon the manipulation of human psychology. As a user starts networking along social media and hands on gaming addiction, creating a balance between use and overuse start becoming the most challenging issue amongst adults too.

Rooted deeply in a culture of instant gratification, some would argue that the digital revolution has paved the way for the rise of digital addiction. Through an understanding of the circumstances that gave rise to its existence, the present chapter will look into what other reasons exist for turning an unhealthy habit into a problem and will reflect some personal and general effects on individuals and society as a whole. Also, it will look at interventions that have been generally accepted or that are helpful for treating end stage conditions.

Modern society is constantly evolving, and every day the opportunity to develop a technological addiction arises due to or thanks to technological buildings and functions. As technology advances and becomes more deeply embedded in our daily routines, it is important to fix this problem. Trying to strike a balance between using digital tools and maintaining our mental and emotional health.

By Rishika Mishra (BCA)

The Impact of Digital Relationships On Mental Health: Indian Perspectives

The quick growth of digital connections has changed how people form and keep relationships in India where internet use has jumped in the last ten years. Social media dating apps, and quick messaging have reshaped how people interact creating a feeling of global connection. Yet, these online relationships also bring new problems, as the boundary between online and real-life interactions fades having an impact on emotional health in deep ways.

In India cultural details play a key role in how digital relationships affect mental health. These factors often make feelings of being alone, worried, and having low self-worth worse showing the two-sided nature of digital interactions. What is more when technology meets traditional Indian values, it makes the mental health conversation more complicated.

Cultural factors, such as the importance of community and familial expectations, further influence how digital interactions affect psychological well-being. This duality calls for a deeper exploration of the interplay between digital relationships and mental health in the Indian socio-cultural context, highlighting the need for strategies to promote healthy digital engagement.

Understanding the impact of digital relationships on mental health in India requires examining the interplay between technology and cultural values. The Indian socio-cultural framework, with its emphasis on collectivism and familial ties, shapes how individuals navigate digital interactions. Addressing these issues through awareness, digital literacy, and mental health initiatives is essential for fostering healthier engagement with digital platforms while preserving emotional well-being.

Digital platforms help people stay connected in a big country like India bringing families and friends closer. But they can also invade privacy, set unrealistic relationship goals, and make people depend on online approval. Looking at these effects from an Indian point of view is crucial to create healthier online interactions and tackle mental health issues head-on.

By Akanksha Devgun (BCA)

हिंदी भाग

धरती माँ के सम्मान हेतु प्रतिदिन की जाने वाली भूमि वंदना

“क्या आपने कभी सोचा है कि जिस धरती पर हम चलते हैं, वह हमारी कितनी बड़ी ऋणी है?” धरती माँ हमें जन्म से लेकर मृत्यु तक पालती-पोसती हैं। उनके आँचल में हम भोजन, जल, वायु और आश्रय पाते हैं, वो हमें हर दिन अपनी गोद में सुलाती हैं, हमारी हर आवश्यकता पूरी करती हैं। क्या हम कभी इस अनमोल सेवा का आदर करते हैं? उनके प्रति आभार व्यक्त करते हैं? आइए इस लेख में हम इसे भारतीय सभ्यता के संदर्भ में इसे गंभीरता से समझने का प्रयास करते हैं।

सनातन धर्म एक ऐसा धर्म है जिसने मानव के विकास एवं उत्थान हेतु पंचमहाभूत को संपूर्ण भौतिक सृष्टि का मूल आधार माना है। साथ ही प्रकृति के समस्त तत्वों; पेड़, पौधे, जीव, जन्तु, आकाश, धरती, जल, वायु, पर्वत, पठार आदि को ईश्वर रूप में स्वीकारा है। हमारे धर्म की यह विशेषता है कि यहाँ प्रत्येक उस वस्तु को माँ के समान माना गया है जो व्यक्ति का पालन-पोषण करने में महत्वपूर्ण भूमिका निभाती हैं, इस श्रेणी में पंचमहाभूत का सर्वोपरि तत्व माँ धरती का स्थान है। धरती माता जो समस्त मनुष्य जाति को जन्म से मृत्यु तक अपने आँचल की शीतल छाया प्रदान कर अपनी गोद में शरण देती हैं। शास्त्रानुसार व्यक्ति को प्रत्येक उस वस्तु व शक्ति का सम्मान करना अनिवार्य समझा गया है जो इस सृष्टि के संचालन में अपना योगदान अंकित करता है। शास्त्रों में वर्णित इसी शिक्षा का अनुसरण करते हुए ब्रह्मांड में व्याप्त दिव्य शक्ति माँ धरती द्वारा न्यौछावर की गई उदारता का आभार व्यक्त करने हेतु हम क्षमा मंत्र या गायत्री मंत्र के माध्यम से उनकी सहृदय वंदना करते हैं। हमारे पौराणिक ग्रंथ, वेद व पुराण आदि धार्मिक ग्रंथों में इस तथ्य का वर्णन मिलता है कि किस प्रकार ईश्वर ने स्वयं को प्रकृति का ही अंग स्वीकार किया है। संपूर्ण जगत को सृष्टि के संचालन का मूल मंत्र (किसी भी रूप में प्रकृति की रक्षा) का ज्ञान दिया है।

हे मनुष्य तू मुझे कहाँ खोजता फिरता है।

मैं तो प्रकृति के कण-कण में विराजता हूँ।

मैं ही तो सूर्य का तेज हूँ, मैं ही तो नदियों का पवित्र जल हूँ,

मैं ही तो चंद्रमा की चाँदनी हूँ और मैं ही तो मानव के भीतर समाहित मानवता का अंश हूँ।

हे मनुष्य तेरे द्वारा प्रकृति को दिए गए सम्मान;

भूमि वंदना, सूर्य अर्घ, गौ पूजन, गंगा पूजन, तुलसी पूजन, पशु पूजन आदि के समर्पण भाव से ही

तू मुझे प्रसन्नचित्त कर लेता है।

हे मनुष्य तू मुझे कहाँ खोजता फिरता है।

मैं तो प्रकृति के कण-कण में विराजता हूँ।

मनुष्य द्वारा भूमि वंदना कर जहाँ प्राकृतिक लाभ प्राप्त किए जा सकते हैं वहीं वैज्ञानिक तथा आयुर्वेदिक लाभ प्राप्त कर मनुष्य नकारात्मक विचारों से मुक्ति पा सकता है। यह एक ऐसी साधना है जिससे मनुष्य ईश्वर को प्रसन्न कर मनोवांछित फल, उत्तम स्वास्थ्य एवं भौतिक कल्याण की कामना कर सकता है।

वृक्षारोपण और धरती माँ का सम्मान

प्राचीन भारतीय संस्कृति में प्रकृति के प्रति सम्मान और संरक्षण को सर्वोच्च प्राथमिकता दी जाती थी। वृक्षारोपण का महत्त्व न केवल पर्यावरणीय संतुलन के लिए था, बल्कि यह धार्मिक और सांस्कृतिक कर्तव्य भी माना जाता था।

प्राचीन भारत के कई राजवंशों में वृक्षारोपण का विशेष महत्त्व था। उदाहरण के लिए, मौर्य वंश के राजा अशोक के शासनकाल में, वृक्षारोपण एक नियमित प्रथा थी। अशोक ने 'धम्म' (धर्म) के अंतर्गत न केवल प्रजा के कल्याण के लिए सामाजिक और नैतिक नियम बनाए, बल्कि वन और वृक्षारोपण की नीतियाँ भी लागू कीं। उनके शिलालेखों में स्पष्ट उल्लेख मिलता है कि उन्होंने सड़कों के किनारे वृक्षारोपण को प्रोत्साहित किया ताकि यात्रियों को छाया और फल प्राप्त हो सके।

प्राचीन काल में, हर सुबह ऋषि-मुनि भूमि पर कदम रखने से पहले 'समुद्रवसने देवि' मंत्र का जाप करते थे, जिससे वे धरती माँ से क्षमा मांगते थे और उनका सम्मान करते थे। यह प्रथा हमें सिखाती है कि हर कदम जो हम धरती पर रखते हैं, वह माँ धरती को सम्मान देने का एक अवसर है।

इन प्रथाओं से यह स्पष्ट होता है कि प्राचीन भारतीय समाज में वृक्षारोपण केवल पर्यावरणीय संतुलन के लिए नहीं, बल्कि धरती माँ के प्रति आभार व्यक्त करने और उनकी सुरक्षा के लिए भी महत्वपूर्ण था। यह सामाजिक, धार्मिक और आध्यात्मिक जीवन का एक अनिवार्य हिस्सा था, जिसे हर व्यक्ति का कर्तव्य माना जाता था।

योगिता (बीएड)

कृष्ण मेरे अनुसार

गीता का सार, जो जीवन आधार
शक्ति करुणा व भक्ति आपार
ये हैं कृष्ण मेरे अनुसार

श्याम वर्ण, मोर पंख, कानों में कुंडल
कमल नयन, श्रीधरम, सुंदर श्रृंगार
ये हैं कृष्ण मेरे अनुसार

प्रेम जिसकी शुद्धता, पवितत्रा आधार
प्रेम राधा से हृदय में अपार
ये हैं कृष्ण मेरे अनुसार

आज के युग में हे जब तेज बदलाव
है दुशकर्मों और कर्म का केवल लाभ आधार
तब हे प्रासंगिक उनके गीता का सार
ये हैं कृष्ण मेरे अनुसार

ममता तिवारी (बीएड)



Art- Section

Enrollment No. - 00214402124

Student Name - Ocika Singh

ARTWORK

Title - "Whispers of Rain"

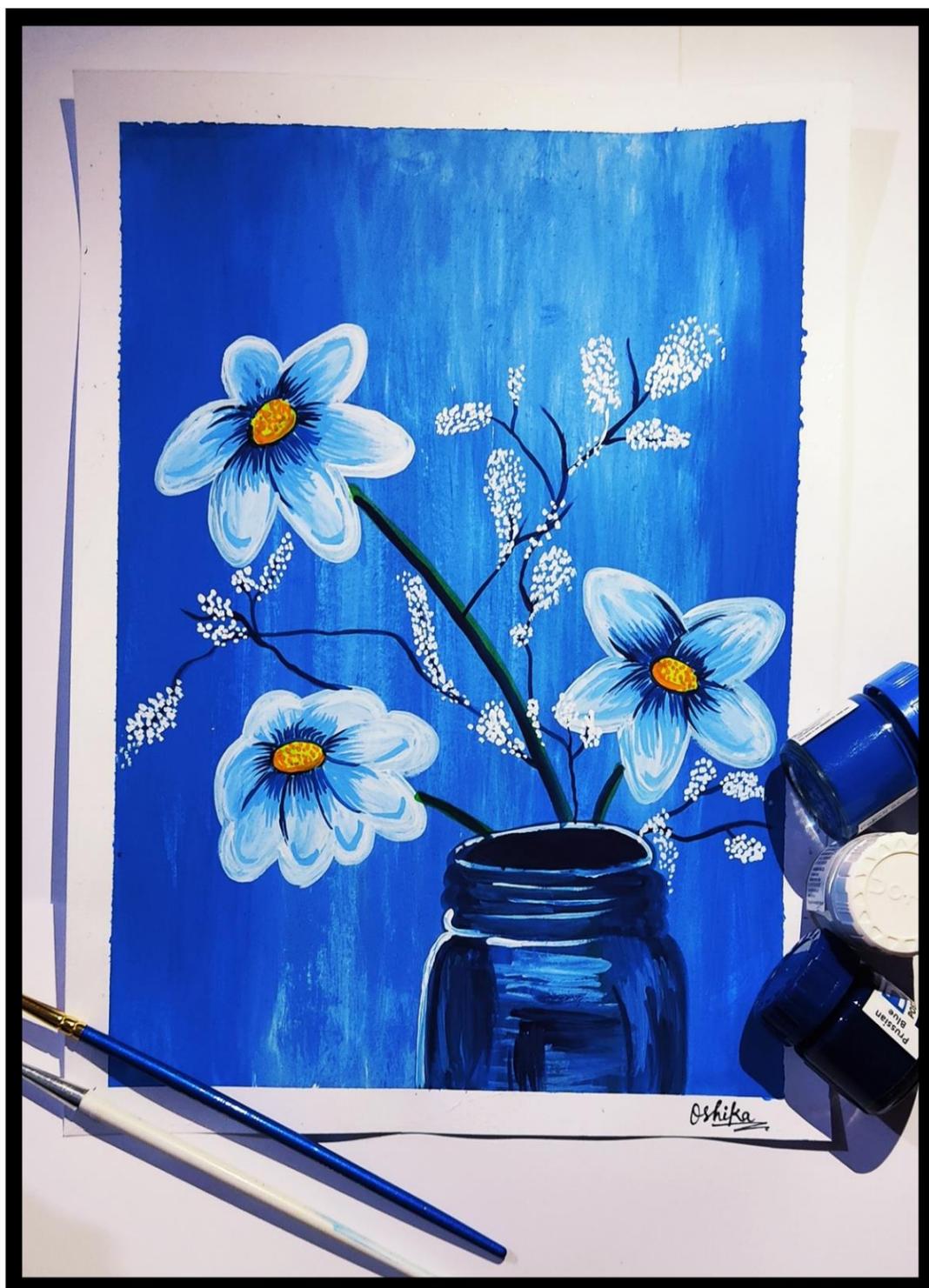


Enrollment No. - 00214402124

Student Name - Ocika Singh

ARTWORK

Title - "Blossoms of Peace"



Enrollment No. - 00214402124

Student Name - Ocika Singh

ARTWORK

Title - "Magical Mandala Bookmarks"



Enrollment No. - 00214402124

Student Name - Ocika Singh

ARTWORK

Title - "Window to the Soul"



Enrollment No. - 00214402124

Student Name - Ocika Singh

ARTWORK

Title - "Cherry Bliss"





By Manthan (BCA)



By Isha (BCA)



By Khushi (BCA)



By Manthan (BCA)

Photo Gallery

National Conference on "Emotional & Mental Well Being in the Era of Digitalization through Indian Knowledge System" (18.01.2025)

The National Conference on "Emotional & Mental Wellbeing in the Era of Digitalization through Indian Knowledge System" was organized on Jan 18, 2025 by Kalka Institute for Research and Advanced Studies

The event featured insightful discussions by experts on integrating traditional wisdom with digital advancements for holistic well-being.



Research presentations explored themes such as digital addiction, emotional resilience, and mindfulness through Indian philosophies.

The conference concluded with reflections on its impact, emphasizing the need for continued research and application of Indian knowledge systems in modern digital challenges.



WORKSHOP on MICROSOFT WORD - A KEY TO SMART DOCUMENTATION



SPORTS MEET OF KIRAS



VALUES AT KIRAS

MEDITATION SESSIONS



YOGA PRACTICE



CTET CLASSES



Ek Ped Maa Ke Naam



Excursion (Wild Vadi, Gurugram)

