



# RAV'S LAXMICHAND GOLWALA COLLEGE OF COMMERCE & ECONOMICS

M. G. Road, Ghatkopar (East), Mumbai - 400077. Tel.: 022 2102 4264

## OUR VISION

*"To provide noble education to the highest quality to students for upgrading their Socio-Economic status to bring them in the main stream"*



## OUR MISSION

- *Developing the Personality of students in a holistic manner, by combining skills and values.*
- *Providing quality education focusing the market trends and demand in the discipline of Commerce.*
- *Contributing to society through promotion of teaching, learning and knowledge.*
- *Improving the standard of the courses offered through innovative and effective teaching methods and curriculum development.*
- *Striving continually to innovate – finding new and more effective ways to educate and serve students.*



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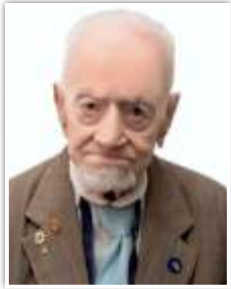


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Ms. Rutuja Gurav Secretary- Student Council	Shri. CA. Subodh Vora Member	Shir. Jitendra G. Dutia Special Invitee

## From President's Desk



***Shri. Dhirubhai Mehta***

It was in the mind of the Ramji Assar Vidyalaya from the beginning to promote higher education up to Post-Graduation from over a decade Laxmichand Golwala College of Commerce & Economics could see the light of the day with the untiring efforts of the office bearers of the Vidyalaya, well-wishers and support of Hon'ble Late Shri. R.R. Patil, former Deputy Chief Minister of Maharashtra and Hon'ble Shri. Arunbhai Gujarati, former Speaker Maharashtra Legislative Assembly.

We were fortunate in having a spontaneous generous donation for the college from Late Mansukhlal Vasa (Golwala) illustrious son of Late Sheth Laxmichand Golwala who without any hesitation gave a very handsome and generous donation for the College. Our degree college is named after his dear Father Late Sheth Laxmichand Golwala. It must be noted that Late Mansukhlal Vasa (Golwala) was the past student of Ramji Assar Vidyalaya and was anxious to repay the obligation to the school for the education he had from the school. He seized the opportunity with great pleasure. It will not be out of place to mention the support of our President Late Shri Gowardhandas B. Dhutia and Late Vice President Shri. Bhupatbhai B. Parekh. They took great interest and follow-up by our Hon. Secretaries Shri. Devendrabhai Shah, Shri.

Rameshbhai Zaveri, Shri. Jitubhai Dutia and the members Smt. Bhanuben Lathi, President and Secretary Shri. Subodhbhai Vora of Ramji Assar Vidyalaya Valimandal.

The College was inaugurated on 15th August 2009, a very auspicious day for us all. The sanction for the college came from the University of Mumbai and the Government of Maharashtra under the challenging time frame for the establishment of the College. We have started M.Com (Accountancy) and M.Com (Banking and Finance) and the innovative programmes like Investment Management, Transport Management and other job oriented programmes we are planning to start from the next academic year within the rules and regulations of the university of Mumbai and the Government of Maharashtra.

The Ramji Assar Vidyalaya Wadi Trust, the parent body is pleased and proud to have full-fledged campus where a student joining the Nursery class goes from the prestigious University of Mumbai. I think the College Magazine "LGC-Mirror" is a very effective medium to educate the community at large and it will also serve as the media for the students to see and work for the well-being of the college. Congratulations to the Editors of the Magazine.

## From I/C Principal's Desk



***Prof. Mahida Vijay***

**L**GC, throughout its glorious history of a decade, has played a pivotal role in the field of Commerce and Economics in the higher education. It provides technology based integrated and inclusive education in a disciplined, dynamic, vibrant and hygienic environment. We try to nurture students with adequate emphasis on all the three aspects of integrated education e.g. physical, intellectual and value education. LGC also enjoys the reputation of being a friend of the less privileged sections of the society.

LGC is equipped with state-of-the-art lecture rooms, computer laboratory, and enriched library with E-Resources. Besides infrastructure, college is valued for its academic rigour, in particular, the deliverance of student centric and research oriented content. We promote continuous engagement between college and industries to produce graduates and post graduate as demanded by the industry. An appreciation of cultural heritage, socio-economic

diversity and promotion of cross-cultural learning through extension unit like NSS and DLLE.

LGC fraternity has successfully achieved the required excellence. The faculty members continue to discharge their duties with dedication, commitment, passion and courage. Non-Teaching staff of the LGC fraternity with different but complementary services such as library, accounts, administration has been proving valuable in the success of the college. In the years ahead, LGC will continue to upgrade and update to meet the needs of the society and also strive to be the best college for Commerce education in Mumbai. We believe that all the stakeholders are equally significant but the most important stakeholder and the strength of the LGC is the input of the system i.e. the STUDENTS, who pass through the various processes designed by the Teaching and Non-Teaching staff members.

## Editorial



*“Never stop  
adventuring  
Embrace your  
inner child  
Stay fearless and  
stay curious  
Stay positive.  
Stay wild”*

**‘Stay Wild’ by  
MS Moem**

*In our walks of life we should never stop adventuring. Adventures and challenges make our life more exciting. Always try to reach the unreached. We are able to learn many new things when we face unexpected storms in our life. Sometimes it may lead us into new land where new wonders are there.*

*In certain unexpected turmoils most of us try to escape from the situations. Many times we become helpless in the unknown situations. In all such moments stay fearless, stay positive. Time keeps on changing so be bold and keep on moving ahead.*

*It gives me immense pleasure and satisfaction to bring the seventh issue of Mirror. This is a platform to exhibit the literary skills of students and teachers. This issue includes articles, poems, write-ups by students and teachers.*

*I would like to express my gratitude and heartfelt thanks to all those who have contributed to make this effort a success. I profusely thank the management for giving me support and a free hand in this endeavor. I would like to thank teaching and non-teaching staff for their support and encouragement. I would like to thank all those who have contributed their articles for Mirror. I wish all the readers a happy reading!*

**Prof Remya George**

# 1<sup>st</sup> Rank Holders



Khan Faisal  
FY.B.COM



Kasthuri Kannan  
FY.B.COM (A/F)



Bhuvad Ankita  
FY.B.COM (B/I)



Raj Anand Pawar  
FY.B.COM (F/M)



Khan Mohammad  
Kaif Mo. hasim  
FY.B.M.S.



Rinky Gauda  
FY.B.I.M.



Bajpai Pushpam  
FY.B.T.M.



Jaiswar Vishal  
SYBCOM



Jagde Usha  
S.Y.B.COM (A/F)



Mhaskar Minal  
S.Y.B.COM (B/I)



Kanojiya Radhika  
S.Y.B.COM (F/M)



Gurav Rutuja  
S.Y.B.I.M.



Panda Nisharani  
S.Y.B.M.S.



Jena Snehlata  
T.Y.B.COM



Khare Swapnil  
T.Y.B.COM (A/F)



Baig Atiksha  
T.Y.B.COM (B/I)



Tushar Bhoj  
T.Y.B.COM (F/M)



Gupta Priya  
M.COM (Part-I)



Shaikh Zaheer ahmed  
Jamilahmed Raziyakhatun  
M.COM (Part II)



## Teaching Staff

**Prof. Mahida Vijay**  
M.Com, B.Ed, MA(EDU),  
NET, SET(Commerce), NET(EDU)

**Prof. Raju Ambhore**  
MA(Economics),  
NET, SET(Economics), DBM

**Prof. Sukhdev Chavan**  
MA, B.Ed, NET

**Prof. Santosh Tiwari**  
M.Com, B.Ed, NET(Commerce)

**Prof. Remya George**  
MA(Economics) NET(Economics),  
MBA(Mktg), M.Com (B&I), MJMC  
(Journalism & Mass Communication)

**Prof. Amritlal Yadav**  
M.Com, NET(Commerce) B.Ed,  
LLB, GDCA, CA Inter, CS Inter

**Prof. Shikha Singh**  
MBA, NET, (Management) MPhil

**Prof. Kishor Deshpande**  
M.Com, SET (Commerce)

**Prof Shrikrishna Gupta**  
M.Com B.Ed, NET(Commerce)

**Prof Vishal Gupta**  
M.Com, MA, B.Ed, NET, SET  
(Commerce)

**Prof Dr. Kedari Ishwar Miryala**  
MA(Economics), B.Ed Ph.D

**Prof. Krishna Pandit**  
MA(Eng), B.Ed, NET, SET(Eng)

**Prof Govardhan Kalichand**  
LLM, NET (Law)

**Prof. Subhash Sarkate**  
MA(Eco), M.Phil, NET, B.Ed

**Prof. Isha Chowdhri**  
M.Com, B.Ed, SET (Commerce)

**Prof. Sachin Jadhav**  
M.Com B.Ed, SET (Commerce)

**Prof Dr. Veera Talukdar**  
M.Sc, MCom (Mgmt), B.Ed, Ph.D(IT)

**Prof. Satishkumar Kawade**  
M.Sc(Comp), M.Sc(Maths),  
M.Phil(Comp)

**Prof Jyoti Jain**  
M.Com (Accts) (Mgmt)

**Prof. Pushpa J. Jothi**  
M.Sc(Maths)

**Prof. Nilesh Pawar**  
M.Com, NET, SET (Commerce)

**Prof. Mamta Tilokani**  
Master in Fin. Analysis, CFA

**Prof. Siddharth Pasi**  
M.Com, NET (Commerce)

**Prof. Nilesh Pashilkar**  
M.Com, SET (Commerce)

**Prof. Shahin Shaikh**  
M.Com, NET, SET (Commerce)

**Prof. Poonam Kanaujiya**  
M.Com

**Prof. Anjali Dhanani**  
M.Com, SET (Commerce)

**Prof. Ashish Chavan**  
M.Com, M.Phil, SET (Commerce)

**Mr. Vasudev Patil**  
M.A.(Eng) B.Ed

**Prof. Vikas Singh**  
M.Com, NET, SET (Commerce)

**Mrs. Sheetal Chikhalikar**  
M.A., M.Lib, ISC, SET (Librarian)

## Non Teaching Staff

**Mrs. Indu Aldar**  
Sr. Clerk

**Mr. Amol Gavali**  
Sr Clerk

**Mr Sanjay Kalamkar**  
Sr Clerk

**Mr Ramesh Prajapati**  
Jr Clerk

**Mr Bhushan Khairnar**  
Jr Clerk

**Mr Patel Imtiyaz**  
Jr Clerk

**Mr. Devidas Raut**  
Library Assistant

**Mr Akade Sachin**  
Peon

**Mr Deepak Shinde**  
Peon

**Mr Jaywant Salamwade**  
Peon

**Mr Parshuram Koli**  
Peon



## Best Teacher



**Prof Sukhdev Chavan**

## Best Students



**Ms. Vaibhavi Dhuri**  
TYBCOM(Investment Management)



**Mr. Rohan Sharma**  
TYBCOM(Accounting & Finance)

## Appreciation



**Ms. Rutuja Gurav**  
TYBCOM (Investment Management)

## Significant contributions made by IQAC during the Year

<ul style="list-style-type: none"> <li>Teaching Learning Process</li> </ul>	<ul style="list-style-type: none"> <li>Provision of LCD's in maximum classrooms for making multimedia classrooms enabling teaching through ICT.</li> <li>Gearing up for higher grade in NAAC.</li> <li>We invite various agencies for aptitude &amp; soft skills training of the students.</li> </ul>
<ul style="list-style-type: none"> <li>Project Based Learning</li> </ul>	<ul style="list-style-type: none"> <li>We encourage character building by various competitions by applying technique of Learning by doing in which students prepares project.</li> <li>Students of following programs having compulsory Project work of 100 Marks TYBOM (Accounting &amp; Finance), TYBCOM (Banking &amp; Insurance), TYBCOM (Financial Markets), TYBCOM (Investment Management), TYBCOM (Transport Management), TYBMS, MCOM (Accountancy) and MCOM (Banking &amp; Finance)</li> </ul>
<ul style="list-style-type: none"> <li>Projects based on Social themes</li> </ul>	<ul style="list-style-type: none"> <li>College has following extension unit National Service (NSS) Scheme and Department of Lifelong learning and Extension (DLLE) under which various social assignment were conducted in collaboration with Government, NGO as well as Private agencies.</li> </ul>
<ul style="list-style-type: none"> <li>Industry-Institute Interaction</li> </ul>	<ul style="list-style-type: none"> <li>As a part of curriculum of BCOM (Investment Management) and BCOM (Transport Management), students need to undergo compulsory internship training for 200 Hours.</li> <li>Various firms and companies are approached for providing internship to the students well in advance to accommodate maximum students to complete their internship.</li> </ul>
<ul style="list-style-type: none"> <li>Up gradation of libraries with E-Books &amp; E- contents</li> </ul>	<ul style="list-style-type: none"> <li>College library is digitalized with software and also has collection of E- Books and E-Contents.</li> </ul>

## Plan of action chalked out by IQAC in the beginning of the academic year towards quality enhancement and the outcome achieved by the end of the academic year.

Plan of Action	Achievements / Outcomes
Organise workshop on revision of syllabus for BCOM (Investment Management), BCOM (Transport Management) and BCOM (Financial Markets)	One day Workshop was organized for Colleges offering BCOM (Investment Management), BCOM (Transport Management) and BCOM (Financial Markets)
Organise Seminar on Intellectual Property Rights	One day seminar on IPR was organized on 26th March, 2019, 170 Participants participated for the same.
Promoting Participation in Research related activities	More no. of students was trained for AVISHKAR Research Convention as well as presenting papers at various institutes.
Digitalization in conducting exams (Online assessment)	Class test of Students of FYBCOM (Investment Management) and FYBCOM (Transport Management) were conducted online using Google form technique.
Conduct more no. of sessions for promoting culture of cracking Government Exams.	Under competitive exam cell and NET / SET Study Centre no. of programs were organized.

**Prof Mahida Vijay - IQAC Coordinator**

## Research Cell

The Research Cell of Laxmichand Golwala College of Commerce and Economics attempts to cultivate an interest in research among students and tries to inspire and motivate students especially undergraduates to be innovative.

### Special Lecture On Research Methodolgy

The Research Cell and IQAC of Laxmichand Golwala College of Commerce and Economics organized a Special Lecture on 'Research Methodology and Basics of Research' on 2nd September at 9.30 am in Ruia Hall.. There were approximately 63 students present for the programme. The students were highlighted the importance of research at student level and were guided on how to do research by our key-note speaker Dr. Veera Talukdar. The programme was conducted in the presence of Dr. AD Vanjari, Executive Director, Prof Vijay Mahida, IQAC Co-ordinator, Prof. Santosh Tiwari, HOD of Accounts, Prof. Raju Ambore, HOD of Economics and other faculties. The students were motivated to make research as the part of their academic life.

### Avishkar Research Convention 2018-19

Seven students participated in Inter- University Avishkar Research Convention organized by University of Mumbai on 17th December 2018.

### Guidance Lecture for Project Preparation and Research Paper

On 19th December 2018, research cell conducted a special guidance programme for third year students of IM,BMS,BAF, BBI, FM on "Project preparation" and "How to write Research paper" with special guidance by Prin. Dr. Swati Desai and Dr. Veera Talukdar.

### Inter Collegiate Research Meet And Poster Presentation

Pushpam Bajpayi (SYTM) and Siddi Shinde (SYBBI) students of Laxmichand Golwala College of Commerce and Economics participated in an "Inter Collegiate Research meet and Poster presentation" Competition on 21st December 2018 organised by SIES College of Arts, Science and Commerce.

### Power Point Presentation Competition

The Research Cell of Laxmichand Golwala College of Commerce and Economics organized "POWERPOINT PRESENTATION COMPETITION" on 12th January, 2019 at 10.30 am in Computer Lab. There were total eight participants in the event. Participants had prepared presentation on various topics related to their curriculum. The judges for the event were Prof. Remya George and Prof. Satish Kawade. They further guided the students on how to make their power-point better and improve their presentation skills.

## Seminar on Legal Aspects in Intellectual Property Rights (IPR)

IQAC and Research Cell had organized Seminar on Legal Aspects in Intellectual Property Rights(IPR) at Ruia Hall of Laxmichand Golwala College of Commerce and Economics on 26th March ,2019. The seminar was attended by more than 170 participants.146 students from UG and PG ,16 teachers and 8 other participants from other institutions also attended the Seminar.

The Resource persons for the Seminar were Dr. Swati Rautela , Associate Professor, Department of Law, University of Mumbai Ms. Meghna Shah(CS), LLB, PH.D in process. Prof. Krupa Gopan Joshi, LLM with specialization in IPR.The aim of the Seminar was to create awareness about Legal Framework of IPR among the students & teachers, to strengthen and expand human resources, training, research & skill building related to IPR. All resource persons delivered lectures as well as provided information and guidelines related to IPR. This session was followed by interaction regarding IPR, Trade mark and copy right.

**Prof Dr Vijailakshmi Miryala - Convener Research Cell**



## Degree Distribution

On 22nd February 2019, Degree Distribution Ceremony was held at RAV's Laxmichand Golwala College of Commerce & Economics. The programme was accomplished in Ruia Hall of the College. Adv. Niranjanji Davkhare (MLC, Maharashtra State) was invited as the Chief Guest for giving away degrees to the passed out students of the College. The Degree Distribution Ceremony began at 10.00 am at Ruia Hall. Shri. Dhirubhai Mehta (President, RAV) presided over the programme. Shri. Bharatbhai C. Parekh (Director, RAV), Shri. Devendrabhai Shah (Vice President, RAV) attended the programme and encouraged students by giving away degrees to them.

Dr. A.D. Vanjari (Executive Director, RAV), Prof. Vijay Mahida (Exam Chairman Committee), Prof. Raju Ambhore (Convener) started up the programme. Dr. Veera Talukdar gave an outline of the programme in her introductory speech while Prof. Remya George compered the programme. Around 170 students attended the degree award ceremony. Adv. Niranjanji Davkhare appreciated RAV for encouraging students and organizing Degree Distribution Ceremony for promoting the students.

### Prof Raju Ambhore - Convener Degree Distribution Ceremony



Degree Distribution Ceremony 22nd February 2019

1. AN NSS volunteer, Mr. Shivam Sharma Class S.Y.B.Com successfully completed AVAHAN Camp at Dr. Babasaheb Ambedkar Maratawada University, Aurangabad from 24th May 2018 to 4th June 2018.
2. Two NSS volunteers from our college attended Yoga Training Workshop on 14th June, 2018 at R.D. National College Bandra.
3. A NSS volunteer Mr. Shivam Sharma attended 7 days camp on "Yoga Meditation" from 15th June to 21st June 2018 at University of Mumbai, sports complex, Vidhyanagri, Mumbai.
4. The blood bank of Rajawadi Hospital had organized Blood Donation Camp on 3rd July, & 19 August 2018 at Ghatkopar Railway Station and Municipal School, Our 2 NSS volunteers participated in same camp for helping them.
5. On 14th July 2018 "Tree Plantation Activity" was conducted at Khandoba hill, near Bhatt wadi, Ghatkopar (West). 60 sampling of trees were planted at Khandoba hill. About 60 NSS Volunteers participated in this activity.
6. Nearly about 30 NSS Volunteers were present in College campus on 15th Aug. 2018 for celebration of Independence Day.
7. A guest lecture on "Awareness about Blood Donation" was organized on 21st August 2018 in FY B.COM classroom. The guest speaker for this program was Dr. Kashinath Jadhav & Ms Ashwini Lohar from Rajawadi Hospital, Ghatkopar. About 150 NSS Volunteers participated in this programme.
8. The NSS Unit of Laxmichand Golwala College organized Blood Donation Camp on 23th August 2018. It was inaugurated by president of RAV's Shri. Dhirubhai Metha, Dr.Kashinath Jadhav from Rajawadi Hospital and prin. Dr.Swati Desai. Total about 150 units of blood bottles were collected in the camp. About 140 NSS volunteers participated in this camp.
9. On the occasion of celebration of Rakshabandhan on 26th August 2018 our NSS Volunteers tied Rakhi to community service providers. They appreciated their work contribution to the society and motivated them for good work in future. Our Volunteers tied Rakhi to School Watchman, Traffic Police, Station Police, Cleanup Mumbai workers etc. Nearly about 25 NSS Volunteers Participated in the same programme.
10. Our 2 NSS volunteers Mr. Raghavendra Shukla & Rutuja Borahade attended "Peer Training Workshop" at MDCAS, Wadala on 29 August 2018.
11. Two NSS volunteers namely Mr. Yatik Soni and Ms. Snehlata Nayak successfully completed "LTP Camp" at Ratanam College, Bhandup from 31st Aug. 2018 to 4th September. 2018.



12. A guest lecture was organized on 7th september 2018 on "Awareness about Anti-drug Addiction" in Ruia hall. The guest speaker was API Mr. Vinod Shivadikar and his team from Anti-Narcotics Cell, Ghatkopar (East).
13. Our volunteer Miss. Poonam Mavale successfully completed SRD state level Camp at Savitribai Phule University, Pune from 8th Sept. to 11th September 2018.
14. The NSS unit of our college celebrated "NSS Foundation Day" by conducting cleanliness activity in college campus on "SWACHHTA HI SEVA" on 24th Sept. 2018. Total about 150 NSS volunteers participated in same activity.
15. The college NSS UNIT had Organized "Posters Competition on road safety & swachhta hi seva" on 25th Sep 2018 in Ruia hall.
16. A guest lecture was organized by NSS Unit on "Swachhta Hi Seva" on 26th September 2018 at 10am in F.Y.B.Com Division D Classroom. The Guest Speaker of this programme was Mrs. Rashmi Joshi from Eco-Rox NGO, Mumbai. She had done her project work on Swachhta Hi Seva & Solid Waste Management in Mumbai and discussed the results of her project work with our NSS Volunteers. Nearly about 150 NSS and Non-NSS Volunteers participated in the programme.
17. A workshop was conducted by the NSS unit on "MAKING PAPER AND CLOTH BAG" on 27th Sept. 2018 in Ruia hall. Total about 60 NSS volunteers participated in same workshop and they made 20 cloth and 30 paper bags. The bags were distributed to nearby shop retailers with providing message to them for using eco-friendly bags.
18. A guest lecture on "VOTER'S AWARENESS AND REGISTRATION" was conducted in Ruia hall on 28th Sept. 2018 the guest speakers of this were as follows
  - Shri Tejas Samel (Dy collector Mumbai Suburban District)
  - Shri Nltin Mujumule (Nayab Tehsildar Ghatkopar)
  - Shri Satyvan Mistry (Election Inspector BMC)
  - Shri Rambhau Karade (Election Superintendent BMC).Total About 120 NSS Volunteers participated in the same activity.
19. The University of Mumbai had organized the activity on Swachhta Hi Seva for the cleanliness of University Campus on 30th Sept. 2018. Our 10 NSS volunteer participated in the same activity
20. The University of Mumbai had organized a program on "Bhajan Sandhya" for the celebration Ghandhi Jayanti on 2nd Oct. 2018. Our 20 NSS volunteers and one PO Prof. Sukhdev Chavan participated in same activity at GATE WAY OF INDIA.

21. NSS Unit of the RAV's Laxmichand Golwala College of Commerce and Economics, Ghatkoper celebrated "AIDS Awareness Week" from 1st Dec, to 10th Dec. 2018 in the college.

## Following activities were conducted

### Poster Making Competition

This competition was held on 1st Dec, 2018. Students made posters towards AIDS Awareness. Total 18 students participated in the competition.

### Poster Exhibition Competition

This competition was held on 3rd Dec, 2018. Around 34 students took part in this event. Various posters on same theme were presented in the exhibition. Mr. Krishna Pandit and Ms. Shahin Shaikh judged the competition.

### Rangoli Competition

This competition took place on 5th Dec, 2018. Mr. Kalichand Govardhan and Mr. Santosh Tiwari judged this event. Around 14 students took active part in the competition.

### Essay Writing

This competition was conducted on 6th Dec, 2018. 7 students participated in the event. Prof. Krishna Pandit judged this competition.

### A lecture on AIDS Awareness

A guest lecture on "Awareness about AIDS" was organized in the college on 8th Dec, 2018. Mrs. Savita Kurade from MDACS was the chief speaker for the lecture. Around 77 students attended the lecture. Dr. A.D. Vanjari, executive director, RAV and Dr. Swati Desai, principal of the college attended this lecture as the chief guest.

### Rally

AIDS awareness rally was conducted on 10th Dec, 2018. Around 100 students took an active part in the rally. Dr. A.D. Vanjari, executive Director, RAV and Dr. Swati Desai principal of the college inaugurated the rally. Prof. Vijay Mahida, Prof. Sachin Jadhav, Prof. Mamta Tilokani all professors attended the rally. This rally was organized under the guidance of Programme officer Prof. Sukhdev Chavan.

## N.S.S Report

22. As per the circular which came from election department of Maharashtra Government the NSS Unit of Laxmichand Golwala College of Commerce and Economics, Ghatkopar (E) had organized poster and Rangoli competition on "voter's awareness" on 22nd Jan. 2019 in Ruia hall. The program was inaugurated by our executive director Dr. A. D. Vanjari and coordinators Prof. Vijay Mahida , Prof. Santosh Tiwari and Prof. Dr. Veera Talukdar. The surprised visit was given by shri. Niteen Mujumule ( Naib Tahsildar, Ghatkopar) and his team. Total about 23 students participated in poster competition and 12 students in rangoli competition. The Judge of this event was Prof. Dr. Vijalakshmi Mirayala and Prof. Kalichand Goverdhan.
23. The NSS unit of our college had organized "Voters Awareness Rally" on 23rd Jan 2019. It was inaugurated by Naib Tahsildar Shri. Niteen Mujumule and his team with the presence of our college coordinators. Total about 100 NSS volunteers participated in the rally.
24. The trust of RAV's awarded our 3 NSS Volunteers on 26th Jan 2019( i.e Republic Day) by offering appreciation certificates and token of appreciation for their duty towards social responsibility. The names of volunteers are:
- 1) Miss. Hrinalee Gosavi – M.Com part-I
  - 2) Miss. Vaibhavi dhuri – T.Y.B.Com ( Investment Management )
  - 3) Mr. Shivamkumar Sharma – S.Y.B.Com
25. An NSS Volunteer Miss. Poonam Mavale – S.Y.B.Com (IM) represented our college in State Republic Day pared at Shivaji park, Dadar on 26th Jan, 2019. It is the great achievement in the history of the college.
26. On 5th February 2019 a programme on Diabetes Checkup Camp was organized in Ruia Hall with the help of Lion Club of Ghatkopar for the Students and Staff of Ramji Assar Vidyalyaya Institute. Total about 120 persons took the benefit of the camp.

(Prof. Sukhdev Chavan) NSS Programme Officer & Prof Raju Ambhore NSS Programme Officer



Poster Competition and Rangoli Competition on Voters Awareness on 22nd Jan. 2019

# N.S.S Report



NSS Volunteer Miss. Poonam Mavale with Prof. Babasaheb Bidve ( NSS Programme Co-ordinator University of Mumbai and Ex. Principal Dr. Swati Desai after SRD parade at Dadar on 26th Jan. 2019

NSS Volunteers Miss. Hrinalee Gosavi, Miss. Vaibhavi Dhuri and Mr. Shivamkumar sharma awarded by RAV Trust on 26th Jan. 2019 for their Social responsibility



Rally on Voters Awareness on 23rd Jan. 2019



Rally on Voters Awareness on 23rd Jan. 2019 , Group Photo With Naib Tahsildar Shree Niteen Mujumule and Tilknagar Police



Group Photo of SRD Team 26th Jan. 2019

## Cultural Forum

The Cultural Forum of the College provides a platform for developing and enhancing the hidden talents among the students in cultural activities. Various cultural activities are conducted throughout the academic year for the students at the college level. Students are promoted by the college to participate in Inter-collegiate and University level cultural activities.

Following programmes were organized under cultural forum :-

### Traditional Day

On 22nd December 2018, Traditional Day was organized in the college. Many students took active part in the programme. Students came dressed in the traditional attire. Two girls and one boy students were selected as winners based on various criteria like attire, ramp walk and knowledge of the particular attire.

### Youth Zest

The college organized Youth Zest, Intra-Collegiate Festival of the college on 12th and 13th February 2019. Around three hundred students participated in various events like Painting, Poster Making, Nail Art, Mehandi, Dance, Singing, Treasure Hunt, Logo Quiz, Khatron Ke Khiladi and Mr and Ms. Youth Zest.

### Annual Day

Prize Distribution and Annual Day Function was held in the College on 09th March 2019. Dr. Ajay Deshmukh (Registrar, Mumbai University) was the Chief Guest for the Programme. Academic Prizes, Prizes for various competitions organized by different committees were awarded to the winners. The Function was followed by cultural programme which included Instrument Playing, Music, Singing, Dance and Fashion Show

**Prof. Krishna Pandit - Convener Cultural Committee**



# Cultural Forum



# Women Development Cell

## Personality Enhancement Programme

A workshop on 'Personality Enhancement of Women' was organised in Ruia Hall on 22nd September 2018 at 9.30 a.m. for enhancing the personality of girl students various activities like problem solving, overriding selfish attitude, self-identity, confidence-building were conducted under this workshop.



## Mission Sahasi

A Self Defense programme 'Mission Sahasi' for girl students was conducted in Ruia Hall on 10th December, 2018 at 7:30 a.m. The programme was organized in collaboration with Akhil Bahrtiya Vidyarthi Parishad (North East Mumbai). The programme was conducted under the guidance of Principal Dr. Swati Desai, IQAC Coordinator Prof. Vijay Mahida and WDC Convenor Prof. Dr. Veera Talukdar.

Various techniques of self defense were taught to students. Students as well as professors participated actively in learning self defense techniques.



## 188th Birth Anniversary of Savitri Bai Phule (Expert Lecture)

188th Birth Anniversary of Savitri Bai Phule was celebrated on 3rd January, 2019 in Room No.5 at 12 p.m. The programme was conducted under the guidance of IQAC Coordinator Prof. Vijay Mahida and WDC Convenor Prof. Dr. Veera Talukdar. On this auspicious occasion Prof. Despande, Prof. Raju Ambhore, Prof. Kawade and Prof. Pandit shared their views and guided

# Women Development Cell

students. Apart from this PowerPoint Presentation was showed to the students, highlighting the contribution of great woman Savitri Bai Phule in Indian Education System.



## Women's Day Celebration

International Women's Day was celebrated on 8th March, 2019 at 11 a.m. in Ruia hall. The programme was started with a speech by Dr. Veera Talukdar. In her address to gathering she highlighted the importance of women in society. The significance of the Day was highlighted by the Hon'ble President Shri Dhirubhai Mehta. A heart touching speech was given by Prof. Satish Kawade and Prof. Kishore Despande. Apart from this, a power point Presentation highlighting the achievement of women in various fields was shown to the gathering.



**Prof Dr Veera Talukdar - Convener Women's Development Cell**



## Report of Planning Forum

Laxmichand Golwala College of Commerce and Economics started the planning forum under the Department of Economics from the academic year 2016-17.

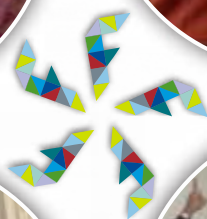
The main aim of starting planning forum to ensure enrichment of knowledge of students in the field of Economics with arrangement of Display of Information on the Notice Board, Personality Contest, Quiz Contest, and Elocution Competition, Special Lecture, Budget reading.

**The planning forum had conducted the following activities during the academic year 2018-19**

“

- The planning forum of the college had organised a special lecture on financial challenges before youth on 31st August 2018 at 9.30am in TYBCOM, the lecture was delivered by Dr. Deepak Sabale from Joshi Bedekar College, Thane.

”



**Prof Raju Ambhore - Convener Planning Forum**

## Marathi Wangmay Mandal

- 📖 Marathi Wangmay Mandal in the college organized four Programmes in the academic year 2018-2019. Essay competition was conducted in which two students won Prizes.
- 📖 College has also organized programme on lingual harmony; in this programme college students presented the poems, articles in their regional language. Swami Vivekananda's Birth Anniversary was celebrated under Marathi Wangmay Mandal.
- 📖 on 27th Feb. 2019 college celebrated "Marathi Bhasha Divas" on this occasion Mrs.Mrudula Waghmare, Professor in Acharya Marathe College, Chembur guided the students.

Date	Activity/	Guest	Winners/ Audience
20/08/ 2018	Inaugration of Marthi wangmay Mandal	Prof. Vitthal Shinde Sr. Retired professor of R.K.T College, Ulhasnagar. And Author	84 Audience
12/01/ 2019	Swami Vivekanand Jayanti	Prof. Vardaraj Bapat. Dr. Deepak Gaiwad	68 Audience / 05 Participant
03/01/ 2019	Sawitri Mai Phule Punyatithi Poster Making / essay writing / Competition on Gender sensitization	23 for Essay / 05 for Poster making	Poster : 1. Priti Waghmare 2. Pragati More Essay : 1. Pooja Panigrahi 2. Varsha Hodge
27/02/ 2019	Marathi Bhasha Din	Mrudula Waghmare, Sr. Pro. Acharya Marathi College	73 Audience



**Prof. Kishor S.Deshpande** - Convener Marathi Wangmay Mandal

# Department of Economics

Department of Economics organized various activities for providing current knowledge related to Economics and encouraged the students in the field of Economics and finance.

- A special lecture was organised on revised syllabus of T.Y.B.COM Business Economics Semester-V in the TYBCOM Class room.
- An examination oriented lecture was organized on 16/01/2019 for T.Y.B.Com students semester VI Business Economics.
- A session was organised on Interim budget for the financial year 2019 on 09/02/2019.
- A debate and essay writing Competition was organised.

**Prof Raju Ambhore**



Examination Oriented Lecture by Prof. Pawar MCC College Mulund



A Session on Interim Budget By Prof. Dr.Vijailaxmi Miryala LG College



Essay Writing and Debate Competition based on Current Economics Affairs



# Industrial Visit

Dates of Visit: 1 and 2nd February, 2019

No. Of Students: 43 Boys and 45 Girls

## Industries Visited

1. Katraj Dairy (Dairy Product Packing, Packaging, and Research, Marketing of Product)
2. Indian Express Group Press (Process of Printing of News Paper Loksatta)
3. Adiant Company (Motor Parts, Seats, Handles, Lock, Manufacturing.)

No. of Teachers : 04.

Co-coordinator : Prof. Santosh Tiwari

Prof. Kishor Deshpande

Prof. Sukhdev Chavan, Prof. Jyoti Jain, Prof. Shahin Shaikh

## Object of the Visit

- To show the Process of Production of Various Dairy Product, Marketing, Packing, of dairy product.
- To show the process of printing the newspapers.
- To show the assembling and distribution process on bulk, Machinery, Digitalization in industry etc.



Prof Santosh Tiwari

## Department of Lifelong Learning and Extension

Laxmichand Golwala of Commerce and Economics has started the Department of Lifelong Learning and Extension since the year 2015-16. This year 86 students from various courses became members of the extension unit.

The details about the activities conducted under the DLLE unit for this academic year (2018-2019) are as follows:

- The First Term Training Programme for Extension Work for Teachers & Student Managers was attended by Prof. Shrikrishna Gupta, Master Udhav Parab and Master Amol Jangam on 8th August, 2018 in K J Somaiya College of Science and Commerce, Vidyavihar.
- The Second Term Training program for Extension Work Teachers & Student Managers was attended by Prof. Shrikrishna Gupta, Master Udhav Parab and Master Amol Jangam on 15th December, 2018 in Shahir Amar Shaikh Auditorium, Vidyapeeth, Chrchugate.
- Three main activities were undertaken by the unit: SWS, APY and NIOS and accordingly the students were divided into three categories.
- Under SWS, the students did a survey of women living in Mumbai Suburban Region. Each Student interviewed 40 women. The survey was done on 8th October, 2018.
- Under APY, the students had set up a small retail stall in the Ramji Assar Vidyalyaya's campus selling eatables to school and college students. The records of the purchase and sales were also maintained. The stall was kept from 1st March, 2019 to 9th March, 2019.
- For NIOS, the students made posters for awareness of NIOS on 7th March, 2019 and the exhibition for the same was displayed on the college annual day on 9th of March, 2019.
- Our students also participated Street play, Poster Making and Research Convention in UDAAN, conducted by the Department of Lifelong Learning and Extension, University of Mumbai. 15 students participated in Street Play, 4 students in Poster Making and 2 students in Research Convention. The college received Third Prize for Poster Making.

**Prof. Amritlal Yadav - Convener DLLE**

## Sports Committee Report

- Our Boy's kabaddi team went to M. D. College of Arts, Sci. & Comm., Shri Mangaldas Verma Chowk, 25 Dr. S.S.Rao Road, Mumbai - 400 012. On 3rd oct. 2018 and secured their place upto semi-final
- Our Girl's kabaddi team went to Mahatma Phule Arts, Sci. & Comm. College, Post Box No. 124, Panvel, Tal.: Panvel, Dist: Raigad on 11th oct 2018. And won in 1st round.
- Our boy's kabaddi Team and Girls kabaddi team went to Andheri Sports club, Andheri on 3rd December 2018 and won 1st round in **Yuva Khel 2018 competition.**
- Our Girl's Cricket team participated in **Yuva Khel 2018 at Andheri Sports club, Andheri** on 3rd and 4th December 2018 and won 1st prize and secure gold medal in the competition.
- Our Boys kabaddi team participated in **M.L. Dahanukar college, Vile-parle (E)** on 18th December 2018 and reach at Quarter final in the competition.
- Our Boys kabaddi team participated in **Narayan Guru College at chembur** on 21th December 2018 and reached at Semi-final in the competition.
- Our Girls Cricket team participated in **Yuva Khel 2018 at andheri Sports club, Andheri** on 19th and 20th January 2019 and won 1st prize and secure gold medal in the competition.
- College organized in-door Sports on 22nd Dec. in Ruia hall.
- College organized Annual Sports Day on 23rd Dec. 2018 at Acharya Atre Ground, Station Road, Naidu Colony, Ghatkopar East.

**Prof Shrikrishna Gupta - Convener Sports Committee**

## Competitive Examination Centre

Keeping pace with the changing world and competitive environment and to make our student aware about the various administrative, [I.P.S; I A.S: I F.S. RRB;] Services and Banking services as well as Different level of competitive Examination, college has started competitive examination Centre in 2015. Many eminent personalities and experts have guided the College students. The main Purpose of this center is to motivate the students for the various Competitive examinations besides the regular examination.

### PROGRAMS AND ACTIVITIES are taken during year 2018-2019

Date	Activity/ Occasion /Project	Guest	Beneficiaries	Winners
16/08/18	General Knowledge test		39	1. Akshay Kumar Yadav 2. Rahul mali
August	Created What's up Group to Register students for competitive examination center		F.Y.Bms 13 Students S.Y.T.M. 18 Students S.Y.Bcom. 12 Students	
September	Separate record is maintained for the students in library for the study of competitive examination Centre		F.Y.Bms 13 Students S.Y.T.M. 18 Students S.Y.Bcom. 12 Students	
25/08/18	Awareness to Newly admitted students	Swapnil Devare	65 Students	

**Prof Kishor Deshpande - Convener Competitive Examination Committee**

## Annual Report – Student Council Committee 2018-19

### Report on “Work on Student Council”

This Session was held on 15<sup>th</sup> December 2018, the spokesperson was Assistant Professor Mr. Santosh Tiwari, Mr. Mahida Vijay, Mr. Raju Ambhore & Mr. Sukhdev Chavan. All members of Student Council were present. In this session Assistant Professors guided the members of Student Council about work of the student council and also shared past experience of Student Council.

#### The discussion was as following:-

- To work for betterment of College.
- The way to solve student's issue.
- General Secretary must look after all important activities which will be conducted in college.
- Many queries of members were solved.

Report on “Celebrating DAYS in the College in the College on 18th December: Celebration of DAYS in the College was held on 18<sup>th</sup> December 2018. From 18<sup>th</sup> December to 21<sup>st</sup> December the following days were celebrated: *Mismatch Day, Red Day, Blue and Chocolate Day, Tie & Saree Day and Traditional Day.*

Student council prepared selfie Point near the College Canteen.

“Youthzest” College Fest College Fest, Youthzest was held on 12<sup>th</sup> and 13<sup>th</sup> February. Student Council arranged all the activities and games in the Fest. Before Fest They also encouraged students to participate in Fest.

“Sports Day” Members of student council were briefed about the participation rules and regulations prior to Sport's Day.

“Degree Distribution” Degree Distribution Ceremony was held on 22th February 2019. Council members arranged and organized the entire programme.

“Campus Recruitment Drive” It was held on 23<sup>rd</sup> February 2019. This event was organized by student council members.

“Skill India” It was held on 26<sup>th</sup> February 2019 Programme was organized by members of council in Ruia hall. All information was filled in Skill India app by the attendants of programme.

Report on “Seminar on IPR” It was held on 26<sup>th</sup> March 2019 in Ruia hall. The program was organized by the member of the Research Committee of the college. Many students were participated from the various college.

“Annual Day” It was held on 9<sup>th</sup> March 2019 in College campus. Preparation for the annual function was made a few days in advance. Preparation and arrangement was done by the members of student council

.Report on “Awareness about Election” It was started on 7<sup>th</sup> April 2019. College Students visited many places to create awareness about election and importance of voting.

Prof Santosh Tiwari



## ARTICLES

English  
Section

Marathi  
Section

आज

Hindi  
Section

Gujarati  
Section



“Sometimes you will never know the value of a moment until it becomes a memory” Dr Seuss

Many times whenever we are free or in our walks of life in certain situation, some flash back of old memories of some people or some moments of our past haunts us.

There are some memories when we think about it, we feel we could have been able to go back and live again in those days once again. Some one of them might be of those which we cherish a lot in our mind. They might be of some dear ones some good things which they have done, or it may be of something which might have filled our life with lots of pleasure.

But in other case there may be some memories of some people when we remember of such events we might hate such people or even when we recall such events it might break us down. Some terrific incidence by some people might create such wounds in our minds, which might be difficult to be healed. Such painful memories sometimes hurt or even haunt us throughout our life.

I remember a quote by Stanislaw Jerzy Lec “You can close your eyes to reality but not to memories”

Many times we feel we can change others. We try our best, to make people like how we are ... But it's not very easy to change people we can't find people same like us or how well we are behaving we might not every time get the same from others. Because of some words or behavior we might hate people, we hate even to remember those faces or situations. Some people might be behaving in wrong or hurtful ways, may be they are the people who are been wounded in their life, many such

people have not received love, attention, care from their parents, children's or from whom they expected to receive. Such inner wounds which they have might be making them to trouble you or react in an unexpected way. It might make them to treat us in painful ways.

Anyway it's not possible, many times to understand others or to work out in really changing a person as we want them to be. We can take it in positive way as such people or such incidence can make it as a real learning experience which will be very useful for us in our future. Many times we feel pain because these memories we try to forget but those might be striking again and again and hurting us a lot. We should try to take it for our betterment.

The present moment which we are living might be memories after few days and years. We all don't know the place where we are living today whether, we will be living, there only after few years or the people whom we meet today in our walks of life we might not meet them again but one thing is that someday they will be memories for us. We will also become memories for them. It's possible for us to live in our present moment in cheerful way. Try in our own way to help others and not to hurt others. Because after many years when we become memory for others when they move away from us to anywhere else, it should never be that our memories or our works should ever bring tears in their eyes.

Rather, changing someone else change ourselves and make us such a person, when we or moments with us become memories for others it should be such best that our presence should be missed a lot... ..

**Prof. Remya George**



## Gratitude

There was a bird who lived in a desert, very sick, no feathers, nothing to eat and drink, no shelter to live in. One day a dove was passing by, so the sick unhappy bird stopped the dove and inquired "where are you going?" it replied "I am going to heaven".

So the sick bird said "please find out for me, when my suffering will come to an end?" The dove said, "sure, I will." and bid a good bye to the sick bird. The dove reached heaven and shared the message of the sick bird with the angel incharge at the entrance gate.

The angel said, "For the next seven years of its life the bird has to suffer like this, no happiness till then."

The dove said, "When the sick bird hears this he will get disheartened. could you suggest any solution for this."

The Angel replied, "Tell him to recite this verse "Thank you God for everything." The dove on meeting the sick bird again, delivered the message of the angel to it.

After seven days the dove was again passing by and saw that bird was very happy, feathers grew on his body, a small plant grew up in the desert area, a small pond of water was also there, the bird was singing and dancing cheerfully. The dove was astonished. The Angel had said that there would be no happiness for the bird for the next seven years. With this question in mind the dove went to visit the angel at heaven's gate.

The dove put forth his query to the Angel. The Angel replied, "yes it is true there was no happiness for the bird for seven years but because the bird was reciting the verse "THANK YOU GOD FOR EVERYTHING" in every situation, his life changed.

When the bird fell down on the hot sand it said "THANK YOU GOD FOREVERYTHING"

When it could not fly it said, "THANK YOU GOD FOREVERYTHING"

When it was thirsty and there was no water around, it said, "THANK YOU GOD FOR EVERYTHING"

Whatever the situation, the bird kept on repeating, "THANK YOU GOD FOR EVERYTHING" and therefore the seven years got dissolved in seven days.

When I heard this story, I felt a tremendous shift in my way of feeling, thinking, accepting and viewing life.

I adopted this verse in my life. WHATEVER the situation I faced I started reciting this verse \*"THANK YOU GOD FOR EVERYTHING". It helped me to shift my view from what i did not have to what i have in my life.

For instance; if my head pains I THANK GOD that the rest of my body is completely fine and healthy and I notice that the headache does not bother me at all.

In the same manner i started using this verse in my relationships (whether family, friends, neighbours, colleagues) finances, social life, business and everything with which I can relate. I shared this story with everyone I came in touch with and it brought a great shift in their behaviour too.

This simple verse really had a deep impact on my life, i started feeling how blessed I am, how happy I am, how good life is.

The purpose of sharing this message is to make all of us aware of how powerful the "ATTITUDE OF GRATITUDE" is. It can reshape our lives...!!!

Lets recite this verse continuously to experience the shift in our life.

So be grateful, and see the change in your attitude.

Be humble, and you will never stumble.

**Prof. Dr. Veera Talukdar**



## Qualities to be successful in life

If you really want to bring success into your life, you should cultivate yourself just as you'd cultivate a garden for the best yield. The attributes here are shared by successful people everywhere, but they don't happen by accident or luck. They originate in habits, built a day at a time. Remember: If you live your life as most people do, you will get what most people get. If you settle, you will get a settled life. If you give yourself your best, every day, your best will give back to you.

**Here are the traits that the highly successful cultivate. How many do you have?**

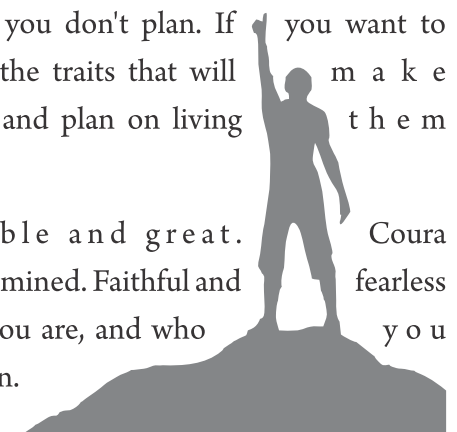
1. **Drive:** You have the determination to work harder than most and make sure things get done. You pride yourself on seeing things getting completed and you take charge when necessary. You drive yourself with purpose and align yourself with excellence.
2. **Self-reliance:** You can shoulder responsibilities and be accountable. You make hard decisions and stand by them. To think for yourself is to know yourself.
3. **Willpower:** You have the strength to see things through--you don't vacillate or procrastinate. When you want it, you make it happen. The world's greatest achievers are those who have stayed focused on their goals and been consistent in their efforts.
4. **Patience:** You are willing to be patient, and you understand that, in everything, there are failures and frustrations. To take them personally would be a detriment.
5. **Integrity:** This should not have to be said, but it's seriously one of the most important attributes you can cultivate. Honesty is the best policy for everything you do; integrity creates

character and defines who you are.

6. **Passion:** If you want to succeed, if you want to live, it's not politeness but rather passion that will get you there. Life is 10 percent what you experience and 90 percent how you respond to it.
7. **Connection:** You can relate to others, which in turns makes everything reach further and deepen in importance.
8. **Optimism:** You know there is much to achieve and much good in this world, and you know what's worth fighting for. Optimism is a strategy for making a better future--unless you believe that the future can be better, you're unlikely to step up and take responsibility for making it so.
9. **Self-confidence:** You trust yourself. It's as simple as that. And when you have that unshakeable trust in yourself, you're already one step closer to success.
10. **Communication:** You work to communicate and pay attention to the communicators around you. Most important, you hear what isn't being said. When communication is present, trust and respect follow.

No one plans on being mediocre; mediocrity happens when you don't plan. If you want to succeed, learn the traits that will make you successful and plan on living them out every day.

Be humble and great. Courageous and determined. Faithful and fearless. That is who you are, and who you have always been.



**Prof. Kishor Deshpande**

## Be ready to forget what is forgettable

Everyday people face negative experiences.. Whatever of greater or lesser import, people generally like to dwell on this negative experiences. Once this becomes a habit, it has a negative effect. Then an unpleasant experience becomes a part of their active memory, till it becomes a jungle of negativity. So it is best to forget these kinds of sad events.

In your case, whatever happened was beyond your control, but it is in your hands to forget it and prevent it from becoming a part of your memory. If others are not ready to take your advice on this, you had better become its first follower.

What is education? Education is not just the means of making you a degree holder; it is the gateway to the art of living. Education enables you to think, to discover the principles of life, and to correctly evaluate your experiences. Education gives you the ability to know the difference between the achievable and unachievable. If you are an educated person in this sense, you will certainly discover the value of the habit of forgetting.

The choice in this context is not between forgetting and not forgetting: the real choice is between living with all kinds of bitter memories and totally freeing yourself from them. Try to forget unpleasant memories, for the alternative to this is living in bitterness and that is not a good choice for anyone.

The habit - of forgetting - leads you to many good things. It saves you from distraction, it economizes your energy, it prevents you from wasting your time, and it shields you from negative thoughts. All this things are so important for a better live that any sacrifice to achieve it is certainly worth it.

In life your share is only 50%. The rest of the 50% is supplied by others. Living with bitter memories

means that you are not ready to accept this law of nature. You cannot change the law of nature, so change yourself. This will give you the gift of a comfortable life in every situation.

If you are not ready to forget what is forgettable, then after sometime you will become addicted to this habit. Bitter memory is fed by bad experiences and so you tend to recall them every day. This is a very bad sign. This will create a permanent obstacle to the development of your personality.

Of the two kinds of memories, good and bad, the former gives you energy, while the latter ruins your life. You have to appreciate this difference and try to live with good memories and forget the bad memories. This habit will help you achieve a good human life.

Memories are an integral part of your mind. There is no escape from memory. The only option is to try not to make memory a part of your conscious mind, but relegate it to the unconscious mind. And the forgetting habit serves that very purpose. We cannot delete our memory from our minds, but we can make it ineffective by storing it in the memory archives.

Memory when good is a positive guide, and when bad, totally negative. You have to control your memory rather than be controlled by it. Make your memory your intellectual storehouse and not the master of your daily conduct.



**Prof. Isha Chowdhri**



## Don't Mix Personal and Professional Life

The lack of balance between the personal and professional life can cause a burnout, a syndrome that includes emotional exhaustion, depersonalization of relationships, patients and the work, reduced sense of accomplishment (negative self-evaluation), and can be associated with impaired job performance and poor health.

I remember once a article which I had read in a write up when I was browsing through various sites from "University of Colorado, Colorado Springs"

### **Separating Your Personal and Professional Life**

Separate your professional and private life to create balance between work and family. Deliberate boundary setting can increase your efficiency on the job and reduce stress in your personal life. While technological advances are useful, they make us constantly accessible and often cause us to blur the boundaries between work and personal life. Use these tips to keep professional obligations separate from family activities and leisure time.

### **Establish Boundaries in Your Professional Life**

*Tune out all distractions to increase your productivity at work.*

- Avoid checking your personal email, text messages and home voice mail while working. These activities steal time away from your productivity and, in many cases, can be taken care of after work hours.
- Limit the time you spend online. Avoid surfing the Internet, checking social networking sites or posting on discussion forums related to personal matters.
- Save private conversations with coworkers for lunchtime and other breaks.

*Keep your personal life private at work.*

- Personal issues can be so consuming that it is often difficult to keep them separate from your work time. You spend most of your time at

work, so how is it possible to pull yourself out of a personal issue that may be stressful and sometimes even traumatic? Whether it is a minor family concern or something more serious, there are steps you can take to keep your personal life private at work so that it does not negatively affect or jeopardize your job.

- Leave the "private you" at home and only allow the "professional you" to come to work.
- Don't get sucked into personal conversations at work with gossiping colleagues if you want to maintain a personal life in the office. If you are aware of those colleagues who often bring up the kind of personal conversations that reveal themselves to a high degree, then stay away from them. You may be inclined to reveal your own personal issues, whether willingly or reluctantly at the time, but later regret being so open.
- **10 topics to avoid in the workplace:**
  1. Salary/money/personal finance details
  2. Intimate details about your love or sex life
  3. Alcohol and drug interest/use
  4. Political views
  5. Religious views
  6. Non-politically correct jokes
  7. Your Facebook or other social media accounts
  8. Medical details
  9. Gossip and negative comments about co-workers
  10. That you are looking for a new job
- Know who your friends are at work and who you can trust with your personal issues. Lunch times can be a great opportunity to take a moment and share your personal issues.
- Get the support you need outside of the office. If you don't have people who you can confide in, then look for professional help outside of work. When your personal issues are so consuming,



## Don't Mix Personal and Professional Life

you really need to talk to someone rather than bottling it inside. Professional counseling can be a great stress relief if you don't have someone else in your life to confide in.

### ***Focus on your work.***

- Practice efficiency. Copy the effective work habits of the productive coworkers and managers in your workplace. This will help you accomplish more work in less time.
- Delegate as much as possible. Assign tasks to your assistant(s) or team members, particularly those activities that will build and enhance their skills.
- Overcome procrastination. Break down large tasks into smaller, more manageable pieces. Use timers, electronic alerts and planners to keep you on task.
- Say no to unreasonable work requests. Speak to your supervisor about reassigning tasks that do not fall under your job requirements.

### ***Create and adhere to a work schedule.***

- Limit your work schedule. Work enough to meet your obligations without cutting into the hours necessary to relax and spend time with family and friends. Set a goal to leave the office at a specific time each day.
- Schedule 1 or 2 mandatory days off each week. This is especially important if you are self-employed or a telecommuter.

### **Enrich Your Personal Life**

#### ***Develop relationships outside of the work environment.***

- Spend your personal time with friends who aren't coworkers.
- If you are good friends with your coworkers, establish a rule to discuss work only during office hours.

#### ***Plan enjoyable activities.***

- Explore and plan exciting events and activities with your friends and family.
- Spend time alone. Exercise, meditate and practice hobbies that increase your sense of relaxation, well-being and enjoyment outside of work.

#### ***Focus only on your personal life outside of work hours.***

- Set a time limit on business communications at home. If you must check work email and messages while at home, designate a specific time for this.
- Ask coworkers not to call you with business-related matters on your day off.
- Leave thoughts about work at work. When at home, focus on family matters, hobbies and personal interests.
- Limit discussions of work matters at home and when speaking to friends.

**Anonymous**

## The Japanese Fresh Fish Story

The Japanese have always loved fresh fish. But the waters close to Japan have not held many fish for decades. So the fishermen had to go further out to sea to catch their supply of fish, the fishing boats got

bigger and bigger.

The farther the fishermen went, the longer it took to bring in the fish. If the return trip took more than a few days, the fish were not fresh and they lost



## The Japanese Fresh Fish Story

their fresh taste.

To solve this problem, fishing companies installed freezers on their boats. They would catch the fish and freeze them at sea. Freezers allowed the boats to go farther and stay longer. However, the Japanese could taste the difference between fresh and frozen and they did not like frozen fish. Also, the frozen fish brought a lower price. So fishing companies installed fish tanks. They would catch the fish and stuff them in the tanks, fin to fin. After a little thrashing around, the fish stopped moving. They were tired and dull, but alive. Unfortunately, the Japanese could still taste the difference; because the fish did not move for days, they lost their fresh-fish taste.

The Japanese preferred the lively taste of fresh fish, not sluggish fish.

So how did Japanese fishing companies solve this problem? How do they get fresh-tasting fish to Japan? To keep the fish tasting fresh, the Japanese fishing companies added a small shark to the tanks that the fish were kept in. The shark of course eats a few fish, but most of the fish arrive in a very lively state due to the fact that the fish are challenged.

### **Moral of the story:**

Some of us are also living like fish that have been caught, we give in too easily, and we are not challenged. Some of us could use a Shark in our life. Consider new challenges and problems in your life as a shark – the challenges and problems can keep us motivated and moving forward. Without challenges we can become complacent, find life boring, and become inactive. Challenges in our lives can keep us moving forward.

*Anonymous*

## Finding Your Way !!!

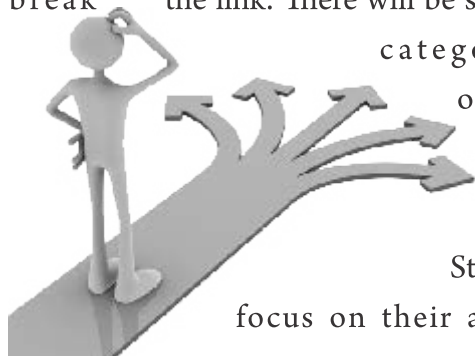
The day you enter this world you start entering into a competition, any sort of place, background, and many more well, I want to focus on the competition which is also term as extra-curricular activities held in the colleges usually the college and its curriculum focus on all round development of the student for which they take initiatives of keeping other activities with the regular studies. But, the students are one who break the link. There will be student of the

category- study oriented and fun oriented.

Study oriented focus on their academia or

grades whereas, fun oriented totally focus on having only enjoyment leaving studies far behind.

In today's era only one factor doesn't play an important role in the industrial sectors that doesn't develop or enhance a students practice knowledge or a self-performance in the fast changing world of innovation. So, from where this type of knowledge will the student develop and it's very simple, it can be act within the college itself i.e. Not extra but co-curricular activities where a student should focus not a particular things. They should diversify their way of grasping knowledge. In sense of participating in college level or inter-collegiate level competitions in any discipline. Students should participate in various competition irrespective of whether they win or loose, let's keep the result







## Finding Your Way !!!

aside apart from winning or loosing what you learn is interaction with new people, courage of standing with other competitions in field, tuning for new ideas, knowledge other than your academic study.

Self-limiting beliefs are like magnets under the floor that keep you locked in place. When you start adapting both the thing studies and co-curriculum activity these two things can shape of well-developed and not developing student for the modern era. As it is well said, "Nothing unlocks creativity like doing something that excites you". There is an poem for student who believes how can

they change their personality or habit so soon—

Be careful of your thoughts, for you  
Thoughts become your words.

Be careful of your words, for your  
Words become your actions.

Be careful of your actions, for your  
Actions become your habits.

Be careful of your habits, for your  
Habits become your character.

Be careful of your character, for your  
Character becomes your destiny.

**Sony Mourya**  
TYBcom(A&F)

## The Place Of Women in Indian society

If we look into the history of India, we will find that Indian society has generally been male dominated. During the Vedic age, women were given a lot of importance, but as the decades passed by , men started working down on women & considering them inferior. They were exploited, they were denied education. Most families had the man as the head of the household the womens duty was mainly to bear children & look after the house. To add to this, customs & traditions like sati, child marriage & the ban on widow remarriage only made the women's lot even worse.

Today the situation is different in the cities women have stepped out of their homes & they have started taking up rewarding careers. We have women doctors, engineers, lawyers, ministers, judges & scientists. We have before us shining examples of famous women like

Savitribai Phule, Indira Gandhi, Kiran Bedi, Lata Mangeshkar, Mother Teresa & many others. Women have taken up jobs as bus conductors, Postmen & Pilots, these were male dominated areas earlier.

But in our villages, the situation is still quite dismal. Women are not allowed to choose their husbands, widows are not allowed to remarry. In certain parts of India there are many cases of female infanticide, bride burning & child marriage. To add to this the health of the rural women is quite poor in most cases , she is undernourished she is the one to eat cast after the whole family has eaten & this is usually the leftovers if there are any . Besides India have traditionally given more importance to male babies & the girls often receive less favor.

As women form nearly half of the population their status in society occupies



## The Place Of Women in Indian society

more vital role. A society which neglects its women will not prosper.

In order to improve the condition of women the first thing that need to be done is to create an awareness that women need to get

better treatment education for women is extremely important. Today in school, college & university exams held in India girls have proved that they can do as well as & even better than boys.

**Nisha Rani Panda**

TYBMS



### Procrastination into motivation

*“You may delay, but time will not” Turning....*

#### **Procrastination into motivation**

Many people suffer from Procrastination. The procrastination is something many people suffer from in day to day Life. Fortunately, it's also something that is relaxed to and it can be overcome, help with them of our own mind we can overcome the problem of procrastination.

Typical procrastination excuses we tell ourselves.

**Following are the typical examples of procrastination,**

- 1) *I'll do this tomorrow, there's not enough time to do this today. I work better under pressure.*
- 2) *I'll wait until its almost due and then the work will be even better. This is such a huge project.*
- 3) *I don't even want to think about it yet, I'll put it off for one more day, I don't really need to do this yet, it can wait until sometime in the future.*

Unfortunately all of this leads to the inevitable day

when you must actually complete the task. And while most people actually do get it done under pressure, working that way does not always produce the best result and allows less time to proof and make it perfect.

#### **The causes of procrastination**

Perhaps procrastination is a part of the human conditions, having an extend period of time to accomplish something makes us put it off into future, even if we can begin it now. Perhaps it is modern society, which often seems to focus on immediate and instant results, rather than something carefully crafted and refined over a longer period of time.

While these are all the part of modern life and we have learned to function efficiently, with them. They can be a hindrance when in the midst of a project which requires complete focus.

There is absolutely nothing wrong with staying in touch or being social friendly with your peers co – workers and friends, and giving proper attention to your loved ones. In fact I encourage all of those

## Procrastination into motivation

things, but there is a time and place and unfortunately being distracted can sometimes make you ease your focus and motivation with the task at hand.

### 6 ways to minimalist procrastination and maximize motivation.

To be the most proficient, successful and happy at whatever it is you do in life, especially

If you are producing intellectual product you need to have distraction free environment. These will guarantee your mind is completely focused in the task at the hand and you'll always get the best result.

Start the project immediately if you have idle time. Once you actually start something and get into the flow of it, you'd be surprise how easy it is. Don't think about starting something act. You can always rework the project and make changes as you can go along getting that and just start is vital.

Remove all the distraction from your environment. Anything that will make you lose the focus is something that will potentially set you up for procrastination. You'll feel better; you'll be more more up beat and active and more optimistic about accomplishing your goals sooner rather than later. If you're tired or hungover, you'll be less productive and most likely to procrastinate a task until the next day.

Mix up your projects and assignments so you're not simply doing the same exact things everyday, if you keep things fresh they will be more interesting and compelling for you to work on; and you'll be less likely to procrastinate them. Keep your thoughts positive and recognize when you're entering the cycle of procrastination. Here is where you will need to address mind over matter. Start by just getting into it and doing step one of whatever your task is and go from there. Sit down and break the project upto consumable parts that are daunting.

**Priyanka Rajendra Gujar**

TYBMS



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## GST: A Boon for the Indian Economy

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The common man has been waiting for “**Ache Din**” for long time, not just in the reins of the government, but under every ruling ‘**Raj**’. But ‘**Rajneeti**’ isn't a fair and just a game it plays with man's emotions, but they don't seem to be longer.

Nevertheless, the ruling Government showed promise of change and brought various changes, and took some progressive reforms. Though they had both good and bad effects on the common man, but overall it was a pleasant change.

Government came up with a drastic change in the taxation policy by bringing up the new **GST tax** (Goods and Service Tax) in 2017. **GST** has impacted Indian Economy and the biggest tax reform in India

founded on the notion of “one nation, one market, one tax” finally took place. And once, as the wise man said, ‘being forewarned is being forearmed’ was in the minds of Indian Government.

The Budget 2017 announced the advent of GST (Goods and Service Tax) and since then there has been mixed feelings about it. However, people are somewhat ready to welcome it as positive change.

### ● What is GST?

The Goods and Services Tax is a comprehensive indirect tax on manufacture, sale and consumption of goods and services throughout India to replace taxes levied by the central and state Governments.



## GST: A Boon for the Indian Economy

The Goods and Services Tax – is the mother of all tax reforms in India. It is crucial for all businesses of GST on their brands.

### ● How GST works ?

The first and foremost beauty of GST is that it would completely do away with the cascading of multiple taxation at various stages of a product manufacturing cycle. This has been prevalent ill of taxation system historically and with advent of GST well see it going away as the system gets more and more aligned with the value addition capabilities of a product. The decision to come up with the formula on what product needs to be taxed at what bracket essentially needs to be made in a fashion to keep their impact on inflation as well as revenues to government near neutral.

*GST is being collected on value added at each stage of sale or purchase in the supply chain.*

### ● History of GST :-

The GST journey began in the year 2000 when a committee was set up to draft law. It took 17 years from then for the law to evolve. The first concept of GST was announced for the first time in February 2006. In the year 2009 in the month of November government came out with 115th constitution Amendment (GST) bill in the year 2011.

However, the GST was launched at midnight on 1st July 2017 by President of India and the Government of India. The launched was marked by historic midnight (30 June – 1 July)

Session of both the houses of parliament convened at the central Hall of the Parliament.

**Prachi Panchal**  
SYBIM

## Virtues of Helping

Helping is a characteristic that should not be taught by others but should develop from within. We should try to help others whenever we get the opportunity, and not just ignore or walk away from them. We should all try to help each other by thinking it is our problem and try to help the person in difficulty. It may be a help of a small degree, but yet it still makes a difference to the one who has been helped. We should try to help people be it in aiding old people to cross the street or sharing your umbrella with someone who doesn't have one. Bring a smile on a child's face by giving a chocolate or help one who is injured. Whether it be a human being or an animal, it is simple important to put in your hundred percent efforts as, such attempts will definitely give us immense satisfaction.

In this context, it is very important that we do not differentiate on the basis of caste, class, religion, etc. while helping. Helping someone with such

considerations make us selfish person. Instead help person wholeheartedly in their time of need only because we are all 'Human Beings'. Let me give an instance of selfless help. During the times of Nazi occupation of Austria in the second World War, there were severe floods in Vienna. Once, a man fell into the swollen waters of the Danube River and although there was crowd of onlookers they were too afraid of jumping into swirling waters of the river, to save the drowning man. However, there was a courageous youth who removed his coat and prepared himself to jump into the water to rescue the drowning person. Someone in the crowd dissuaded him saying, "Do not jump! that drowning man is Jew! Let him die! "Don't risk your life for him!" The crowd too supported the same view point. But, the youth quickly replied: "No! He's not a Jew! He is a German! I am sure." Against everybody's advice and at great risk to his life, the young man plunged into the



## Virtues of Helping

swollen water of the river. After a long struggle, he saved the drowning man. When the crowd came close to see the man who had been saved, they exclaimed in amazement: "Thanks to God! Yes, he is a German ". Then, the rescuer picking up his clothes, slowly walked away and emphatically, for all to hear remarked: "Yes, he is German! I am a Jew!" such was the nature of selflessness in the man that he did not care about his life, but tried to help the man who was in trouble.

Thus, we too should help others which will

indeed give us great joy and happiness and try to make a difference in the world. We should also not expect anything in return for our help, and who knows in future because of our small act of kindness someone else may help us in our time of need, when we are least expecting it.

I would like to end by saying, "Follow the adage of the wise; do ordinary things in an extraordinary way. HELP ONES IN DEED to make A DIFFERNCE to this world and to make it a better place to live in for every one".

**Pushpam Bajpayi**  
SYBcom(TM)

## “ Don't send me to this world”

*“ Don't send me to this world” said the girl child.  
“ Why little angel ? asked god with a confused mind.  
With tears in her eyes she said, “ Are you Blind ?  
Why cant you see the world there is totally unkind.*

*Humanity it has vanished  
Emotions have been banished  
Relations are abused  
Innocent are accused  
While the culprits are never mused  
Who is at the Fault ?  
Whose future is being put at halt?  
Was being a girl her plight?*

*Was he too naïve to decide whats wrong or right ?  
The world needs to wake up soon.  
And understand that she isn't a bane, but a boon.  
Do justice to her once  
The blessings you'll be getting will be tons.  
A mother, A sister, A daughter , A friend, or even a  
stranger,  
She doesn't deserve to live a life with such a danger.  
She needs to be saved .  
Saved from the world which seems slaved.  
Slaved by inhumanity and mind so disgraced.  
“ Karma shall do the justice too” God said.*

**Gauda Rinky Shankar**  
SYB.com(TM)

## I am Alive

*I've not died,  
I'm alive in every Indians heart.  
I promised my mother, wife and  
My little child that I'll  
Return soon*

*But my destiny flipped !  
I returned; but wrapped in our  
TRICOLOUR  
I've not seen my child yet  
Who is just 2 months old*

*But one thing I know,  
My daughter will be proud  
Of her father because,  
He was not dead,  
He was MARTYRED.*

**Sanyogeta Naik**  
TYBMS



## I Went to a Party, Mom

I Went To a Party  
AND Remembered What You Said  
You told me not to drink , MOM  
So I Had a sprite instead.

I felt proud of myself  
The way you said I would  
That I didn't drink and drive  
Though some friends said I should.

I made a healthy Choice  
And your advice to me was right,  
The party finally ended,  
And the kids drove out of sight.

I got into my car,  
Sure to get home in one piece,  
I never knew what was coming, MOM  
Something I expected least.

Now I'm lying on the pavement,  
And I hear the policeman say,  
" The kid that caused this wreck Was drunk ".  
MOM , his voice seems far away.

My own blood's all around me,.  
As I try hard not to cry.  
I can hear the paramedic say,  
This girl is going to die".

I'm sure the guy had to no idea,  
While he was flying high,  
Because he chose to drink and drive,  
Now I would have to die.

So why do people do it, mom  
Knowing that it ruins lives ?  
And now the pain is cutting me,  
Like a hundred stabbing knives.

Tell sister not to be afraid , mom  
Tell daddy to be brave.  
And when I go to heaven  
Put " Daddy's Girl " on my grave.

Someone should have taught him,  
That its wrong to drink and drive  
Maybe if his parents had  
I'd still be alive.

My breathe is getting shorter, mom  
I'm getting really scared  
These are my final moments  
And I'm so unprepared,

I wish that you could hold me mom,  
As I lie here and die.  
I wish that I could say I love you, Mom  
So I love you and Good Bye.

**Manju P Rathod**  
TYBMS

## The Vibrant Hues of life .....

The Vibrant Hues of life....  
Red as Rose, Blue as Sky,  
And Many others,  
With a unique style,  
Different phases of colours in life,  
Splashing away in their own style.

A lot to see, A lot to explore,  
Even more than anybody knows,  
Here, There and Everywhere,  
Red, Yellow, Orange and Green,  
Wit a positive attitude towards life.

Let the colours flow,  
In your stride,  
Keep your mind,  
Calm and Fresh,  
Never Say No,  
Let them enter into your vitality.

For all your good deeds,  
Words of love will flow,  
For you and I will see,  
In my Dream.

**Karishma P Jain**  
TYBcom (A&F)

## Just Because I Miss him ...

"Just Because I miss Him;  
Doesn't mean I should take him Back".

It's OKAY to miss Him;  
That's normal.

Every Relationship has its Good Moments,  
And Those moments often create great memories.

"Just Remember,  
You left for Reason,  
And at the time you left,  
That Reason turns to those memories".



"Just Now , I'm not saying you,  
To give someone a second chance.  
But, There is time when people change  
And It's up to you".

"Just Believe their change is enough for  
You to take them Back,  
However ,Don't let loneliness, or the  
fact that you miss him".

DEAR LOVE

**Karishma P Jain**  
TYBcom (A&F)

## "14<sup>th</sup> Feb" The Black Day for India

On 14th February 2019, a large convoy of multiple vehicles carrying about 2500 security personnel which was heading towards Srinagar was attacked by a vehicle bound suicide bomber in lethpora near Awantipora, Pulwama district, Jammu and Kashmir around 3:15. The vehicle which rammed into the bus carried over 100 kg of explosives. The incident killed around 39 to 44 personal and injured many. The explosion which occurred was so powerful that it reduced the bus to a heap of iron and was heard many kilometers away, including in some parts of Srinagar adjoining Pulwana district. Body parts could be seen around the area. The Pakistan based "Jaish-e-Mohammed" terror group claimed responsibility for the attack. Various reactions came from the different parts of the world, after getting the news of the attack, condemning the terrorist attack, the prime minister, Narendra Modi said that "The Sacrifice of the brave



security personnel will not go in vain". Union Home Minister, Rajnath Singh assured that a strong response will be given to the terror attack. Prime Minister Narendra Modi, Union Minister Rajnath Singh, Nirmala Sitaram along with congress president Rahul Gandhi and Delhi chief Minister Arvind Kejriwal paid tributes to the 40 CRPF soldiers at the palam airport in Delhi as their bodies arrived from Pulwama in south Kashmir.

The bodies were taken to their respective cities. Following the Pulwama terror attack, India withdrew the "Most Favoured Nation" status to Pakistan, a move which would enable India to increase customs duty on goods coming from the neighboring country .

Forget Valentines Day, 14 Feb should be "Black Day"

**Sanyogeeta Naik**  
TYBMS



## Gender Sensitization

Gender disaggregated data is the basis for gender sensitive policy formulation and programme planning. The need for gender statistics in formulating policies and programmes can hardly be over-emphasized. The Census of India is a veritable mine of information on demographic, social and economic aspects of population. It is the only source of population characteristics at the lowest administrative levels; village in rural areas and ward in urban areas.

Conceptually, information collected at the census is gender neutral and compiled and tabulated for both men and women separately. The Questionnaire and Instruction Manual for collection of information in the field have been carefully designed to avoid any bias on the basis of gender. The training of Census

functionaries also focuses on this aspect of neutrality. Evaluation of Census data indicate that while the coverage error for females was slightly higher in 2001 Census, than that for males, in the Censuses prior to 2001, there was a need to improve the data regarding the economic activity of females.

Towards this end, the last three decades have seen special efforts. In Census 1991, emphasis was laid on netting of women's contribution in the economic activities. Main emphasis was on unpaid work done by women. Question on 'Work' was amplified to include unpaid work in family farm and family enterprise. This was followed by publicity campaigns on television, radio and the print media to generate awareness. This had a significant impact that was reflected in the female work participation rate, which improved from 19.7 percent in 1981 Census to 22.3 percent in 1991. However, the data continued to show regional disparities in gender statistics on Work Participation Ratio and adult Sex Ratio.

During Census 2001, special efforts were made to address gender concerns. Gender sensitization activities were initiated right from the stage of planning. These included modifications in the Instruction manuals, special modules on gender, media campaigns and other modes of mass mobilization to raise awareness on the vital issue. Great emphasis was laid on the need to ensure that each question should be canvassed for each individual member of the household and that women's individuality should not be compromised or conditioned by any bias. Possible causes for gender bias creeping in the data collection and dissemination were evaluated. At the same time changes were made in the wording of questions and focused training was thought of to reduce gaps in understanding and to ensure accurate information and coverage to the extent possible.

With a view to review the past experience and fine-tune the strategies it is pertinent to understand gender gaps in data. The National Workshop on Gender mainstreaming held on 30 July 2010 looked at data sets on key gender indicators Drop-in-Article : Census of India 2011 Page 2 and deliberated on all sensitive issues, which could affect accurate netting in the field due to any prevailing cultural or other bias, shared local concerns of States / UTs and proposed a strategy to improve gender statistics in Census 2011. A national consultative workshop held in July 2010 was followed by number of group workshops which had participation of different DCOs and UN agencies supporting this initiative. Gender mainstreaming activities of Census 2011 encompassing gender responsive training and publicity is an outcome of detailed data analysis and subsequent deliberations and consultative processes involving different stake holders.



## Gender Sensitization

**Some of the key parameters concerning Gender disaggregated data in Census are highlighted below:**

- The overall growth rate during the 1991-2001 has been 23.1 per cent for female population, which is slightly higher than that of male population (22.2%) at the national level. The trend is similar in case of rural and urban areas. In majority of the States also this trend was noted which in fact has been reversal of trends seen during 1981-1991 when female population growth was lower as compared to male population growth.
- The Census 2001 also registered a higher sex ratio (i.e. females per thousand males) of population (933) over the Census 1991 (927), an increase of 6 points at national level. In 23 states/union territories, increase in the sex ratio of total population was observed as compared to 1991. Similar trends were seen in rural and urban areas of 23 and 25 states/UTs respectively. The increase was more pronounced in 7+ age group not only at national level but also in 29 states.
- Notwithstanding increase in the overall value of sex ratio of total population, the child sex ratio in the age group 0-6 has plummeted from 945 in Census 1991 to 927 in 2001 at the national level. The trends were alarming in some of the major States like Punjab, Haryana, Gujarat, Himachal Pradesh, Uttarakhand and the union territories of Chandigarh and Delhi. 477 districts



comprising of 70% of total districts (593) had shown a decline in the value of child sex ratio (0-6) and in 118 districts child sex ratio had fallen below 900. This shortfall of girl child population in early childhood may reflect in higher age groups in the years to come.

- The female work participation (i.e. percentage of female workers to total female population) at the National level increased from 22.3 percent in 1991 to 25.8 percent on 2001, however increase was distinct in the category of marginal workers.

Similar trends were seen in many states

while male Work Participation

Ratio remained almost

unchanged during 1991-

2001. In the 15-59 age

group 80.7 % male

population was

economically active

against 40 % females

during 2001 Census.

Despite increasing trends,

the gaps in female workers

are noted in certain districts at

the 2001 census. As many as 36

districts reported less than 10 % female work

participation rate. A point to be noted in the

context Drop-in-Article : Census of India 2011

Page 3 of work and non-work is that the Census

does not define these concepts. It is the National

System of Accounts that does so. The Census

merely enumerates as per the definition laid

down. Controversies regarding the netting of

work especially of females in the Census are

therefore misdirected.

The Post Enumeration Survey of Census 2001 has shown that while there was no gender bias in



## Gender Sensitization

coverage, the overall omission rate was 23.3 per thousand persons, which is higher than that in the Census 1991 (17.6 per thousand). The first and foremost aim of Census 2011 would be to ensure complete coverage without omission or duplication. An analysis of the net omission rate per thousand populations in selected age groups has shown a relatively higher female omission rate up to age of 24 years in rural areas. It is also noticed that the male /female gap in omission rates show a sizable differential of eight and six percentage points in the 60+ age group in rural and urban areas respectively. There is a need to focus on these age groups and ensure that the gap is narrowed if not eliminated.

The Juvenile Sex Ratio and Sex Ratio at Birth are vital parameters and it would be the endeavor of the Census organization to net these accurately.

In addition to the basic count, special efforts will also be taken to accurately net the socio-cultural, demographic and economic characteristics, which inter-alia would include correct netting of head of the household, age, age at marriage, marital status, literacy, and economic activities in unorganized and unpaid work. A number of activities involving female workers and real pictures of women at work have been added in the Instruction Manual to help probing about the female economic pursuits. The gender component will be an integral part of all training programmes.

Special focus will be directed towards areas that returned abnormal gender parameters such as sex ratio, literacy and female work participation at Census 2001, by developing special gender modules and training strategies for sensitization of Census functionaries. These efforts would be more focused in 262 districts, which have returned very low gender parameters as per 2001 Census. These districts will have Gender Master Trainer Facilitators (GMTFs) who will support Master Trainers and impart special training to Enumerators with the aid of special modules and kits specially devised for training at different levels. This module will focus to reduce stereotypes and apathy with the help of handouts on Gender and Data Sheets to make 2011 census a gender responsive Census.

It is equally important to create awareness among the general masses about the gender issues to facilitate correct reporting of information about each member specially women. Steps will also be taken to reach out to respondents through gender sensitive publicity campaigns and outreach programmes. The ultimate aim will be to create an environment that will sensitize both enumerators as well as respondents.

***Prof. Kishor Deshpande***

## Few Influential Women Personalities in Indian Politics

**Indira Priyadarshini Gandhi** (19 November 1917 – 31 October 1984), states woman and a central figure of the Indian National Congress. She was the first and, to date, the only female Prime Minister of India. Indira Gandhi was the daughter of Jawaharlal Nehru, the first prime minister of India. She served as Prime Minister from January 1966 to March 1977 and again from January 1980 until her assassination in October 1984, making her the second longest-serving Indian Prime Minister, after her father.

**Jayaram Jayalalithaa** (24 February 1948 – 5 December 2016) was an Indian politician and film actor who served five terms as the Chief Minister of Tamil Nadu for over fourteen years between 1991 and 2016. From 1989 she was the general secretary of the All India Anna Dravida Munnetra Kazhagam (AIADMK), a Dravidian party whose cadre revered her as their Amma (mother), Puratchi Thalaivi (revolutionary leader) and Thanga Tharagai (golden maiden). Her critics in the media and the opposition accused her of fostering a personality cult, and of demanding absolute loyalty from AIADMK legislators and ministers who often publicly prostrated themselves before her.

**Sushma Swaraj** is an Indian politician and a former Supreme Court lawyer. A senior leader of Bharatiya Janata Party, Swaraj is serving as the Minister of External Affairs of India since 26 May 2014; she is the second woman to hold the office, after Indira Gandhi. She has been elected seven times as a Member of Parliament and three times as a Member of the Legislative Assembly. At the age of 25 in 1977, she became the youngest cabinet minister of north Indian state of Haryana. She also served as 5th Chief Minister of Delhi from 13 October 1998 to 3

December 1998.

**Nirmala Sitharaman** is an Indian politician of the Bharatiya Janata Party (BJP), serving as the Minister of Defence since 2017 and has served as Member of the Rajya Sabha, upper house of the Indian Parliament, since 2016. Sitharaman is India's second female defence minister. She has served as the Minister of State for Finance and Corporate Affairs under the Ministry of Finance and the Minister for Commerce and Industry with independent charge. Prior to that, she has served as a national spokesperson for the BJP

**Mamata Banerjee** is an Indian politician of Bengali descent who is serving as the 8th and current Chief Minister of West Bengal since 2011. She is the first woman to hold the office. She founded the party All India Trinamool Congress (AITC or TMC) in 1998 after separating from the Indian National Congress, and became its chairperson. She is often referred to as Didi (meaning: elder sister in Hindi and Bengali). Banerjee has previously served twice as the Minister of Railways, the first woman to do so. She is also the first female Minister of Coal, and Minister of State for Human Resource Development, Youth Affairs, Sports, Women and Child Development in the cabinet of the Indian government

**Vasundhara Raje Scindia** an Indian politician who held the post of 13th Chief Minister of Rajasthan from 2013 to 11 December 2018 - previously she served for the same post from 2003 to 2008 and was the first woman to hold the post.



## Gender Criticization

“ Everything starts from home” This quote is actually really true. Be it good or bad all the stuffs are taught us since the very start in our own house. You are a girl you should not talk loudly, a girl is taught since her childhood goes like this, her whole life thinks that she’s not supposed to talk loudly, not even if there’s some injustice going on in her life.

“Boys don’t cry” is what we tell to our boys, keeping their emotions to themselves and not letting them out can burden their heart. Which in return gives them anger issues. Why are these sayings in use? Why can’t women voice their words? Why are boys taught to not cry?

Crying doesn’t make them look weak and talking loudly doesn’t make a girl shameless. If we talk about the rural part of India Women there are still treated as trash and / or burden. On the birth of a male child, the elders of the family become very happy but, the case is completely opposite if a female child is born.

One thing people should put in their mind is a child is a blessing no matter what its gender is. Boys are treated as the prince whereas since childhood, toys are snatched from the girl and the scrubber is handed to her saying “This will be helpful once you get married, not your studies.

According to a survey, girls are way more smart than boys when it comes to learning new techniques. Then coming on to education, where boys are sent to further places for further studies, a girl’s education is mostly limited to high school.

“Your in-laws will only care about your cooking skills and not about your education”, are the remarks said by the family members to a girl when she asks them to educate her further on. If these all things are taught to a girl from the very start, it is highly expected after having childrens she will also give the

same teachings to them and this cycle never ends.

Discrimination is not only limited to home and school but also carried on till jobs. A girl is always paid less in a working firm compared to a boy. Thinking that she isn’t productive as a male employee.

Sexual harassment is also a ‘Female’ issue because anyone has barely heard that a ‘Male’ employee is getting sexually harassed. These type of working issues are mostly dealt with women’s working late night. Whilst talking about late night one thing which also comes in picture is that, if men’s works late at nights they are said as to be hardworking whereas if a woman works overnight she is considered as a shameless girl and thoughts about her being a ‘prostitute’ comes in mind of people with orthodox mentality.

“orthodox mentality” is the actual one REAL reason of the backwardness of our country.

**A girl child is a burden.**

**Girls become shameless if sent to school**

**Girls should be married off once she turns 18**

A girl is supposedly a “Prostitute” if she’s working out till late night and caring harmful because she’s not having enough capacity.

These are the reasons that India is still a developing country

‘Chandi’, ‘Lakshmi’, ‘saraswati’, ‘Durga’ are female goddesses which are considered to be most powerful and the irony is people worshipping these ideas are the ones the discrimination is not limited to a particular region, religion, caste or tribe. It can be found everywhere around India.

**Shifana Khan**  
FYB.Com



## WhatsApp Corner

### Unwritten social rules everyone must follow:

- Don't call someone more than twice continuously. If they don't pick up your call that mean they have something more important to attend to.
- When someone drops something on the floor by mistake or drops food from the plate or doesn't know how to use a knife/fork don't stare at them. The same goes to people sneezing, coughing or even an uncontrollable fart. It's an involuntary reaction.
- Always skip using the washroom beside the occupied one. It makes it uneasy for the person in the occupied washroom as well as yourself if you occupy the one right next to theirs.
- Return money that you have borrowed even before the other person remembers lending it to you. Be it 1Rs or 100Rs. It shows your integrity and character. Same goes with umbrellas, pens and lunch boxes.
- Never order the expensive dish on the menu when someone is treating you for lunch/dinner. If possible ask them to order their choice of food for you.
- Don't ask awkward questions like 'Oh so you aren't married yet?' Or 'Don't you have kids' or 'Why didn't you buy a house?' For god's sake it isn't your problem.
- Always open the door for the person coming behind you. Doesn't matter if it is a guy or a girl. You don't grow small by treating someone well in public.
- If you take a taxi with a friend, and he/she pays now, you pay next time.
- Respect different political opinions.
- Don't call people on the phone very late if it's not really important.
- Never interrupt people talking.
- If you tease someone, and they don't seem to enjoy it, stop it and never do it again.
- Say "thank you" when someone is helping you.
- Praise publicly. Criticize privately.
- If you're talking to someone and notice any of the following, they're trying to end the conversation: Their eyes keep darting away. They angle their body away from you. They give you rapid one-word answers.
- There's almost never a reason to comment on someone's weight. Just say, "You look fantastic." If they want to talk about losing weight, they will.
- If you're getting a long flight or train, shower before. The person next to you will appreciate it.
- When someone shows you a photo on their phone, don't swipe left or right. You never know what's next.
- If a colleague tells you they have a doctors appointment, don't ask what it's for, just say hope you're ok. If they want to talk about it they will and you don't put them in the uncomfortable position of having to tell you their personal illness.
- Treat the cleaner with the same respect as the CEO. Nobody is impressed at how rudely you can treat someone below you but people will notice if you treat them with respect.
- If a person is speaking directly to you, staring at your phone is rude.
- Never give advice until you're asked
- Do not make plans in front of those you are not involving.
- Don't talk to someone if they are wearing headphones.
- When meeting someone after a long time, unless they want to talk about it, don't ask them their age and salary.
- When a friend/colleague offers you some food, you can politely say No. But, don't do this after tasting or smelling it. It's an insult to the one who



## WhatsApp Corner

has offered it to you

- When someone starts talking about their ailments, don't start talking about yours.
- When someone you know has an obvious change in appearance, e.g., weight gain/loss, bald spot, acne. never comment on it until they talk about it to you, they already know what is happened to them.
- Never kiss a baby that's not yours.
- Mind your own business unless anything involves you directly — just stay out of it.
- Do not view every post on Facebook as an opportunity to argue/debate, even if does not conform to your views or beliefs.

### **Nice text, very beautiful, very true .... !**

Hardly the day started and ... it is already six o'clock in the evening.

Barely arrived on Monday and it's already Friday.

... and the month is already over.

... and the year is almost up.

... and already 40, 50 or 60 years of our lives have passed.

... and we realize that we lost our parents, friends.

and we realize that it is too late to go back ...

So ... Let's try, however, to take full advantage of the time we have left ...

Let's not stop looking for activities that we like ...

Let's put color in our greyness ...

Let's smile at the little things in life that put balm in our hearts.

And yet, we must continue to enjoy serenely the time that remains. Let's try to eliminate the "after" ...

I do it after ...

I will say after ...

I will think about it after ...

We leave everything for later as if "after" was ours.

Because what we do not understand is that:

after, the coffee cools ...

after, priorities change ...

after, the charm is broken ...

after, health passes ...

after, the children grow up ...

after, the parents get older ...

after, the promises are forgotten ...

after, the day becomes the night ...

after, life ends ...

And after that it's often too late ...

So ... leave nothing for later ...

Because always waiting for later, we can lose the best moments,

the best experiences,

the best friends,

the best family ...

The day is today ... The moment is now ...

We are no longer at the age where we can afford to postpone until tomorrow what needs to be done right away.

So let's see if you'll have time to read this message and then share it.

Or maybe you'll leave it for ... "later" ...

And you will not share it "ever" ....

**Even to share with those who are not yet "seniors"**

### **Some very important financial tips that everyone should know ....**

- Avoid buying property on loans as it eats most of your earnings unless you have a clear plan for its repayment. It's important to monitor cash flow. Though, the house will be your asset, your liability will be much more.
- Start a SIP at a very young age. Try to save at least 15–25 % of your earnings.
- Avoid buying a car unless you use it everyday.
- Do not let this sentence scare you. "Mutual fund investment are subject to market risk. Please read the offer documents carefully before investing". Most people avoid investing in mutual funds just because of this one warning.
- Yes, there is a market risk, but look at the history and growth of mutual funds.



## WhatsApp Corner

- Try having a simple wedding.
- At least 20% of your wealth should be liquid so you can utilize it when necessary.
- Considering inflation, you are actually losing money if it is in savings bank account.
- Do not keep huge money in savings bank account.
- If you invest in stocks, pay due attention.
- If you invest in stocks have a separate account for delivery investment and Intraday investment. It is easy to monitor this way and also makes tax calculation easy.
- Do not have a belief that property and car make you rich. It's what you save and invest, that is important.
- Never invest in insurance for returns. Insurance is not an investment option. It is a risk management tool.
- Never use credit cards for lavish spending. Use credit cards intelligently and for needs not for wants.
- Cancel all credit cards before you die. Or inform family about all your accounts, credit cards, loans and saving now itself. Even a small residue will cost your family much.
- Invest on yourself and then on other investments.
- Always try to balance your earnings with your savings first, then on spending and loans. Never take unnecessary loans. Always have reserve and utilise them and unless no other go never take loan.
- Always have a plan for future events on your career, life, spending and finance.
- Always have a reserve on your savings for contingency and urgent situations.
- Your personal life and health are the most important investment. Do have a regular health check and do healthy workout every day. Stay healthy and live happily.
- Always remember death can come anytime.....so please do buy adequate term Insurance if you have dependents.
- Prepare a Will. It may avoid unnecessary fights after you die.

**What Sapp forwards worth reading ... ..**





एक कार्पेन्टर म्हणजे सुतार होता. तो लाकडी घरे बांधण्यामध्ये एक्सपर्ट होता. (इंग्लंड-अमेरिकेमधे लाकडाची घरे बांधायची पद्धत आहे.) प्रत्येक घर तो जीव ओतून बांधत असे. घरासाठी सर्वोत्तम मटेरियल वापरत असे. त्याचप्रमाणे प्रत्येक घर बांधतांना तो काहीतरी नवीन कल्पना राबवत असे. त्यामूळे त्याने बांधलेली घरे लोकांना आवडत असत.

तो एका कॉन्ट्रॅक्टरकडे नोकरी करत होता. त्याच्यामूळे त्या कॉन्ट्रॅक्टरची चांगली बरकत होत होती. त्यामूळे तो कॉन्ट्रॅक्टर पण खुष होता. तो त्या कार्पेन्टरला उत्तम पगाराबरोबर भरपूर बोनस पण देत होता. सगळे कसे छान चालले होते. पंधरा वर्षे नोकरी केल्यावर त्या कार्पेन्टरला निवृत्त व्हावे असे वाटू लागले. आता उरलेले आयुष्य बायको बरोबर आरामात घालवावे असे त्याला वाटू लागले. त्याला पगाराचा चेक मिळणार नव्हता पण त्याची त्याला फिकीर नव्हती. त्याने आपला विचार मालकाला बोलून दाखवला. ईतका चांगला माणूस नोकरी सोडून जाणार म्हणून मालकाला वाईट वाटले. त्याने कार्पेन्टरला निवृत्त होण्याच्या विचारापासून परावृत्त करण्याचा पुष्कळ प्रयत्न केला. पण कार्पेन्टर आपल्या विचाराशा ठाम होता. शेवटी मालकाने विनंती केली की तु शेवटचे म्हणून एक घर बांध, मग मी तुझ्या निवृत्तीमध्ये कसलाही अडथळा आणणार नाही. मोठ्या मुष्किलीने कार्पेन्टर हे शेवटचे घर बांधायला तयार झाला.

कार्पेन्टरने त्याच्या या शेवटच्या घराचे काम सुरू केले खरे. पण काही दिवसातच दिसू लागले की कार्पेन्टर चे मन त्याच्या कामात नाही. कसेतरी हे शेवटचे घर पूर्ण करून निवृत्त होण्याचा ध्यास त्याला लगला होता. कसे तरी त्याने हे काम उरकले. घर बांधताना स्वस्तातले व खराब मटेरियल वापरले. त्याच्या कामातील नेहमीची सफाई कोठे आढळली नाही. त्यान बांधलेल्या घरांमध्ये त्याने बांधलेले हे शेवटचे घर सर्वात खराब म्हणजे 'शॉबी' झाले होते.

घर पूर्ण होताच त्याने मालकाला घर पहायला बोलावले. मालकाने घर संपुर्ण पणे हिंडून बघितले व शेवटी त्या घराची किल्ली कार्पेन्टरला देताना सांगितले, आजपासून हे घर तुझे! ही माझी तुला प्रेमाची भेट. हे ऐकून तो कार्पेन्टर चाट पडला. हे घर आपल्याला मिळणार आहे असे त्याला स्वप्नात सुद्धा वाटले नव्हते. हे घर आपल्याला मिळणार आहे याची त्याला थोडी जरी 'हिंट' मिळाली असती तरी त्याने ते घर किती तरी चांगले बांधले असते. पण आता त्याचा काय उपयोग?

आपल्या आयुष्य रूपी घराचे पण असेच आहे. आपल्या आयुष्याचे घर बांधण्याकडे आपण पुरेसे लक्ष देत नाही, ज्या घरात आपल्याला कायमचे रहायचे असते. मग लक्षांत येते की आपल्या आयुष्याचे घर जसे आपल्याला हवे होते तसे बांधलेले नाही. पण हे जेव्हा समजते तेव्हा फार उशीर झालेला असतो. बरहेघर आयुष्यात फक्त एकदाच बांधता येते, परत परत बांधता येत नाही.

आपणच आपल्या आयुष्य रूपी घराचे कार्पेन्टर असतो. आपण रोजच आपल्या आयुष्याचे घर बांधत असतो. रोजच आपण त्या घराच्या भिंती, छप्पर बांधत असतो, खिळे ठोकत असतो. पण आपण हे काम कसे तरी करत असतो. मन लाऊन हे काम करत नसतो. म्हणून आपल्या आयुष्याचे घर हे आपण बांधलेल्या ईतर घरांपेक्षा 'शॉबी' ठरते.

संस्कारांच्या भक्कम पायावर आपल्या आयुष्याच्या घराची उभारणी करा! त्यासाठी उत्तमविचार, उत्तमआचार, उत्तमसंगत, चांगलेमित्र/ मैत्रीणी, चांगले छंद असे उत्तम मटेरियल वापरा. घराच्या दिखाऊ पणाकडे जास्त लक्ष न देता त्याच्या 'घर' पणाकडे जास्त लक्ष द्या! मग बघा तुम्हालाच तुमचे आयुष्यरूपीघरसुंदरकरायचेआहे.

शेवटी तुमचे आयुष्यरूपी घर कसे बांधायचे हे तुम्हीच ठरवायचे नाही कां?

### ध्यानात ठेवा

निराशावादी विचार ठेवल्याने कधीच यश मिळत नाही. सकारात्मक विचारसरणी असल्यास प्रगती होते.

जर नशीब काही 'चांगले' देणार असेल तर त्याची सुरुवात 'कठीण' गोष्टीने होते ..

आणि नशीब जर काही 'अप्रतिम' देणार असेल तर त्याची सुरुवात 'अशक्य' गोष्टीने होते.

**Prof. SATISH KUMAR KAWADE**





## भारतीय सण - उत्सव, खेळ आणि मोबाईलचे जग

भारत हा प्राचिन कालखंडातील आधुनिक व पारंपारिक देश आहे. भारत हा रामायण आणि महाभारतातील देश आहे. रामायण व महाभारतामध्ये आर्यवत असे संबोधले आहे. भारत हा विविधपूर्ण देश आहे. भारत हा सामाजिक, कला, क्रिडा व राजकीय क्षेत्रात प्रबळ आहे. भारतात अनेक सण-उत्सव साजरे केले जातात व अनेक प्रकारचे खेळही खेळले जातात. भारत हा पारंपारिक सण-उत्सव-खेळ जपणारा देश आहे. भारत हा सर्वधर्मसमभाव देश आहे. भारतात सर्व धर्मचे सण साजरे केले जातात.

भारतात विविध सण साजरे करतात. दिवाळी, गणेशोत्सव, दुर्गापुजन, दसरा, भाऊबीज, रक्षाबंधन, मकरसंक्रात, होळी, रंगपंचमी, गुढी पाडवा, गोकुळ अष्टमी, ख्रिसमस, ईद-मोहरम, शिवजयंती, पुढारी नेत्यांची जयंती इत्यादी सण उत्सव साजरे करतात. महाराष्ट्र राज्यात बाळ गंगाधर टिळक यांनी जनजागृतीसाठी केसरी वृत्तपत्रांची सुरवात केली. टिळकांनी गणेशोत्सव आणि शिवजयंती हे सण-उत्सव १८९३ साली सर्वांनी एकत्र यावे म्हणून साजरे करण्यास सुरवात केली.

महाराष्ट्रात संतांच्या कालखंडात विटीदांडू, लगोरी इ. खेळ खेळायचे. आधुनिक काळात वाढते तंत्रज्ञान आणि उत्तरोत्तर प्रगती त्यामुळे विटीदांडू, लगोरी इ. खेळ नामशेष होण्याच्या मार्गावर आहे. आधुनिक काळात क्रिकेट, व्हॉलीबॉल, बास्केटबॉल, हॉकी, कुस्ती, कबड्डी, कॅरम, बुद्धीबळ, नेमबाजी इ. खेळ खेळले जातात. त्या खेळाला फारसे महत्त्व दिले जात नाही. कारण या आधुनिक काळात वाढत्या तंत्रज्ञानाचा प्रभाव पडला आहे. आधुनिक तंत्रज्ञानामुळे व मोबाईलमुळे मित्रांसोबत खेळ यापुढे खेळले जातील का. असा

प्रश्न पुढे येणार नाही, याची भीती वाटते.

मोबाईलचे जग म्हणजे सोशल मिडिया. मोबाईलमध्ये खेळले जाणारे कॅडी क्रश, कॅश ऑफ क्लॉन्स, पब्जी मोबाईल इ. खेळ खेळतात. मोबाईलमधील खेळांमुळे बैठी व मैदानी खेळाकडे फारसे लक्ष दिले जात नाही. मोबाईलचे जसे फायदे तसे तोटेही आहेत. मोबाईलचे फायदे आज जवळपास प्रत्येक जण जवळून अनुभवत आहे. पूर्वी शाळकरी मुलांना अभ्यासाला बसतेवेळी खेळणी दूर ठेवण्यास सांगितले जायचे. नंतर लेक्चर चालू असतांना हेडफोन्सवर रेडिओ किंवा कॅसेट टेप्स तल्लीनपणे ऐकणाऱ्या कॉलेज विद्यार्थ्यांना बाहेर घालवण्याचे दिवस आले. आता या वस्तुंची जागा मोबाईल फोनने घेतली आहे. मोबाईलमध्ये जग जवळ आलयं तसे दुर झालंय का.

आपण जे सण समाजात व कुटुंबात साजरे करतो, ती मजा फारशी उरलेली नाही. ज्यावेळी गावाची फारशी प्रगती झाली नव्हती, म्हणजे मोबाईल गावात माहिती आदान-प्रदान करण्यालाठी वापरला जात होता. खरचं हे क्षण प्रत्यक्ष साजरे केले तर फारचं बरे. खरचं हे सण मोबाईलवर साजरे करतो हे प्रत्यक्षात पाहिलयं. मकर संक्रांतीच्या दिवशी मोबाईलवर तिळ-गुळाचे फोटो येतात, पण तो सण प्रत्यक्षात साजरा केला तर त्या क्षणांची मजा काही औरचं.

सण-उत्सव मोबाईलवर न साजरे करता, न खेळता कुटुंबासमवेत, मित्रांसमवेत, समाजासमवेत साजरे करणे व खेळणे, त्याची मजा काही औरचं.

ते क्षण कॅमेऱ्यात न टिपता अनुभवायला फारच मजा येते. आपल्या समाजासमोर व पुढील पिढ्यांसाठी आदर्श ठेवायला पाहिजे.

**Amey Dilip Manjrekar**

S.Y.B.com (B&I)

### शेतकऱ्यांचे हाल

विराट सतरा करोडात गेला  
धोनी पंधरा करोडात गेला  
जगाचा पोशिंदा मात्र  
झाडावर लटकून मेला ॥१॥  
भारत कृषीप्रधान की क्रिकेटप्रधान  
हाच मोठा प्रश्न पडतो

शेतकरी जगला काय नि मेला काय  
सांग कुणाला फरक पडतो ॥२॥  
अरे एखादी मॅच तुम्ही  
वावरात घेऊन पहा  
शेतकऱ्यांची जिंदगी  
एकतरी दिवस जगून पहा ॥३॥

खेळाडूंसारखे करोड नको  
फक्त पिकमालाला भाव द्या  
कृषीरत्न कृषीभूषण नको  
फक्त शेतकऱ्याला मान द्या ॥४॥

**Sumit Waikar**



## बाप नावाचं आभाळ

बाप नावाचं आभाळ जेव्हा,  
आयुष्यातून जातं ॥४॥

ओल्या पापण्यांच्या आडून  
फक्त आठवणीचं पाणी वाहतं ॥१॥

कितीही सुख पदरात आलं तरी,  
उणीव त्यांची कायम राहते ॥२॥

त्याचं आपल्यात नसणं हे मनाला  
समजावणं आवघड होऊन जात ॥३॥

बाप हा बापचं असतो  
त्याची सर कोणाला येत नाही ॥४॥

अस्तीत्वानं त्याच्या सात्या  
घराला घरपण असतं ॥५॥

तो असतो सोबत तोपर्यंत  
त्याची किंमत कोणालाच कळत नाही ॥६॥

निघून गेल्यावर आपल्यातून मग,  
फक्त काळजाचं तडफडण मागे राहते ॥७॥

म्हणून म्हणतो बाप नावाच्या  
आभाळाला समजून घ्या ॥८॥

कारण एकदा ते हरवलं की मग  
नुसतं मरत मरत जगणं राहतं ॥९॥

**Pooja Namdev Dhanawade**

S.Y.B.I.M.

## स्वामी विवेकानंद

युवा उपदेश  
तुच बलशाली  
तुच शक्तिशाली  
तुच सामर्थवान  
एकजुटीने लढ तू आता, जगी कर दिव्यप्रकाश ॥४॥

जातीवाद नको  
भेदभाव नको  
माणूस मनी तू धरावा  
एकजुटीने लढ तू आता, जगी कर दिव्यप्रकाश ॥१॥

ताय-माय अन पत्नी आपली  
थांबव अत्याचार  
घाल आळा तू या सगळ्याला  
कर तू सोचविचार  
एकजुटीने लढ तू आता, जगी कर दिव्यप्रकाश ॥२॥

श्रद्धा-श्रद्धा ही अंती असावी  
ना की भोंद-भवाद  
अंधत्वेच्या दृष्टीतून तू  
काढ मार्ग एकदाच  
एकजुटीने लढ तू आता, जगी कर दिव्यप्रकाश ॥३॥

विवेक बुद्धी धर तू अंगी  
मानवता तू हो तूज संगी  
एकदाच मिळते आयुष्यात संधी  
परिवर्तित हो तू स्वछंदी  
एकजुटीने लढ तू आता, जगी कर दिव्यप्रकाश ॥४॥

**Pooja Namdev Dhanawade**

S.Y.B.I.M.

## स्त्रीपुरुष समानता

स्त्रीपुरुष समानता ही आजच्या काळाची गरज आहे. स्त्रियांना त्यांचा मान, अभिमान, अधिकार हे आजच्या काळात मिळतो आहे काय

स्त्रि आणि पुरुष ही दोन निसर्गाची निर्मिती आहे. स्त्रि आणि पुरुषाशिवाय निसर्गचक्र पूर्ण होऊ शकत नाही. पूर्वीच्या काळात स्त्रियांवर खुप अत्याचार होत होते पण आजच्या काळात हे अत्याचार संपले असे नाही बोलता येणार ..... आपण पाहतो आजच्या काळात स्त्रियांना समान अधिकार दिले आहेत. प्रत्येक क्षेत्रांत स्त्रिया पुरुषाच्या खांद्याला खांदा लावून काम करतात. पूर्वीच्या स्त्रियांना फक्त चुल आणि मुल एवढेच अधिकार होते. स्त्रियांवर खुप अन्याय अत्याचार होत असत पण आजची स्त्रि ही स्वावलंबी झाली आहे.

पूर्वीच्या काळात पुरुष प्रधान संस्कृती होती पण आता एकविसाव्या शतकात हीच परिस्थिति बदलली आहे. स्त्रियांना त्यांचे अधिकार मिळाले आहे. आपण बोलतो आजची स्त्रि स्वावलंबी आहे पण खरचं आजची स्त्रि रात्री-अपरात्रा प्रवास करू शकते का. आजच्या स्त्रि ला शारिरीक सुरक्षा मिळाली आहे का. एखाद्या प्रसंगी एखादी स्त्रि रस्त्याने जात असेल तर चार पुरुष तिच्याकडे अगदी गलीच्छ नजरेने बघतात, ते असं नाही समजतं की त्या जागी आपलीच बहीण, आई, पत्नी आहे. त्यांच्यातला पुरुष अहंकार तेव्हा नाय जागा होत, मग स्त्रियांवर बलात्कार, अपहरण अशा संकटांना सामोरे जावे लागते आणि मग जाग येते ती पोलिसांना... पण त्या वेळी वेळ निघून गेली असते. असं का. जर वेळीच रस्त्यावरील दारूड्यांना दम दिला असता तर असे प्रसंग उद्भवणारच नाहीत ना.

आपण पाहतो की आजच्या काळातील स्त्रिया या प्रत्येक क्षेत्रांत पुढे आहेत, गरज आहे ती त्यांना प्रोत्साहन करण्याची ..... पण

काही स्त्रिया घरात बसून आहेत का तर त्यांच्या पतीच्या पुरुषी अहंकार बाईना घरातलीचं कामे करावी असा वाईट विचारांमुळे स्त्रियांचे मन दुःखावले जाते. स्त्रि-पुरुषाचा एकमेकांवर विश्वास हवा.

स्त्रि-पुरुष ही निसर्गाची दोन चाके आहेत, एक चाक जरी अडखळलं तरी संसाराचा गाडा पुढे जाऊ शकत नाही. पुरुषांना जेवढा अधिकार दिला जातो तेवढाच अधिकार स्त्रियांना पण मिळायलाच हवा. एखाद्या घरी पोरगा जन्माला आला म्हणून किती आनंद व्यक्त केला जातो पण तोच आनंद पोरगी जन्माला आली तर का नाही व्यक्त केला जात. का तर पोरगा वारस आहे आणि पोरगी कुठे घराचा वारसा पुढे नेणार आहे, असा विचार केला जातो. पण घराचा वारसा पुढे न्यायला एका पुरुषाची जेवढी गरज असते ना तेवढीच एका स्त्रि ची पण असते. आपण असा नाही विचार करत की वारसा पुढे जायला जसा मुलगा लागतो पण त्याचं मुलाचं लग्न होऊन वारसा पुढे जाण्यासाठी एका स्त्रि ची असते. मला हे बोलायला कसलीच लाज वाटत नाही आहे कारण मी एक स्त्रि आहे.....

स्त्रि आणि पुरुष एक समान चला, देशाचा करू सन्मान अशी संकल्पना सरकारने रूजु केली तरच आपल्या भारत देशाचा खऱ्या अर्थाने विकास होईल.

एखाद्या पुरुष स्त्रि च्या शरीरापलीकडे जाऊन तिच्यातला स्वाभिमान, प्रेम, अधिकार ओळखतो त्याला स्त्री-पुरुष समानता बोलाक येईल.

उदाहरणार्थ : जोतिराव फुले यांनी आपली पत्नी सावित्रीबाई फुले यांच्यातली कला ओळखली व त्यांना प्रोत्साहन देऊन त्यांच्यातली ती कला जगासमोर आणली. ही खरी स्त्री-पुरुष समानता आहे.

**Varsha Balu Hodage**  
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## बेटी

जब जब जन्म लेती है बेटी,  
खुशियाँ साथ लाती है बेटी ।

ईश्वर की सौगात है बेटी,  
सुबह की पहली कीरण है बेटी ।

तारों की शीतल छाया है बेटी,  
आँगन की चिड़िया है बेटी ।

त्याग और समर्पण सिखाती है बेटी,  
नये नये रिश्ते बनाती है बेटी ।

जिस घर जाए, उजाला लाती है बेटी,  
बार - बार याद आती है बेटी ।

बेटी की कीमत उनसे पूछो,  
जिनके पास नहीं है बेटी ।

**Priya Gond**  
T.Y.B.M.S.



लड़कियाँ चिड़ीयाँ होती हैं  
पर पंख नहीं होते लड़कियों के...

मायके भी होते हैं  
ससुराल भी होते हैं  
पर घर नहीं होते लड़कियों के...

माँ-बाप कहते हैं, बेटियाँ तो परायी हैं  
ससुराल वाले कहते हैं, ये तो पराये घर से आई हैं

भगवान, अब तू ही बता  
ये बेटियाँ किस घर के लिए आई हैं ।

**Pushpam Bajpayi**  
T.Y.B.M.S.

## आज का प्रेम

नई सदी में मिल रही दर्द भरी सौगात,  
बेटा पूछे बाप से क्या तेरी औकात ।

पानी आँखों का मरा, मरी शर्म और लाज,  
कहे बहू अब सास से घर में मेरा राज ।

भाई भी करता नहीं भाई पर विश्वास,  
बहन पराई हो गई, प्रेमिका खासमखास ।

पिता तो बोझ लगे, पत्थर लगे गणेश,  
मंदिर में पूजा करें, घर में करें क्लेश ।

बच्चे कहाँ अब शेष हैं, दया, धरम, ईमान,  
पत्थर कें भगवान हैं, पत्थर दिल ईन्सान ।

पत्थर कें भगवान को, लगते छप्पन भोग,  
मर जाते फुटपाथ पर लाखों भुखे लोग ।

फैला है पाखंड का, अंधकार सब ओर,  
पापी करते जागरण, मचा-मचा के शोर ।

पहन मुखौटा धरम का, करते दिन भर पाप,  
भंडारे करता फिरे, घर में भूखा बाप ।

**Pushpam Bajpayi**  
T.Y.B.M.S.

उसने मेरा हाथ कसकर पकड़ लिया। वह बार बार मुझे देखे जा रहा था। मैं इतनी हैरान थी कि कुछ समझ नहीं पा रही थी। हम दोनों एक-दूसरे को टुकुर-टुकुर देख रहे थे। उसका चेहरा बदला-बदला-सा लग रहा था। ऐसा लग रहा था कि वह बहुत दूर से और बहूत थककर आया हैं। वह कुछ बोल नहीं रहा था। बस खड़ा था। मैं फससे बहुत कुछ पूछना चाहती थी, लेकिन कुछ बोल नहीं पा रही थी। वह देखता रहा, गुस्से में थी। मैंने उसका हाथ झटककर और तेजी से आगे की ओर बढ़ गई। मैंने एक पल भी पलटकर नहीं देखा। वह शायद वहीं पर खड़ा था। मैं पलटना चाहती थी, मगर नहीं। मुझमें भी एक अहम था कि वह आए और कुछ बोले। लेकिन वह आ ही नहीं रहा था।

मैं जल्दी-जल्दी अपने कमरे में पहुँचकर उसे छुपकर और पलटकर देखने लगी। वह वहाँ नहीं था। मैं उदास चेहरा लिए जैसे ही पलटी तो वह मेरे पीछे ही खड़ा था। मैं सहमसी गई उलने फिर से मेरा हाथ पकड़ लिया, तभी मम्मी ने तेज आवाज लगाई, उनकी आवाज सुनकर मेरा शरीर कँप कँपा गया पर वह था की मेरा हाथ छोड़ने का नाम ही नहीं ले रहा था। मैं उसे और अपने हाथ को ही देख रही थी, की मेरी आँखों से टप-टप आँसू बहने लगे। मैं अपना हाथ छोड़ने के लिए गिड़गिड़ाने लगी।

मुझे याद हैं, जब मैं स्कूल में पढ़ती थी। छुट्टी के बाद वह मुझे रोज मिलता था और कहता था - रिश्ता है प्यारा-प्यारा, दोस्ताना हैं हमारा। बोलते हुए उसकी हँसी और ठिठोली कितनी अच्छी लगती थी उस पर छोटे-छोटे से हम कैसे गली की, सबसे उंची छतु पर जाकर परंग उड़ाया करते थे। वह मुझे सिखाता था। गली के सभी लोगों के काम करता था। किसी के दूध लाना, किसी की सब्जी, किसी के लिए कुछ पर वह तो अलग ही लग रहा था।

मुझे याद हैं, उसका यही एक पुराना ठिकाना था, जहाँ वह हमेशा खड़ा रहता था। दीवार की वह बाउंड्री जिसके सहारे वह खड़ा पल-पल मेरी याद ताकता रहता था। गली में लोग और भी हुआ करते थे लेकिन हमारी दोस्ती तो सबसे अलग थी। दिनभर खेलना और घुमना बहुत अच्छा लगता था। वह एक रूपये की साईकिल लेकर चलाना मुझे सिखाना, वे दिन मेरे दिमाग में आ-जा रहे थे। मुझे याद है, जब वह नहीं दिखता था, तब मेरी नजरें बेचेनी से उसे खोजती थी। कुछ समय के बाद मैं जब उस जगह से गुजरती थी तो पीछे मुड़-मुड़ कर देखती रहती पर वह नजर ही वहाँ आता था। उसे वहाँ न देखकर मेरी आँखें भर जाती और

दिल बेचैन हो जाता। मैं कुछ आगे बढ़कर पेड़ के सहारे खड़ी हो, उसके आने का इंतजार करती। घर पहुँचकर भी दिमाग उसके खयालों में डूबा रहता, आखिर उसे क्या हुआ, मेरे मन में तरह-तरह के खयाल आने लगे थे। न मेरा दिन कटता था और न लवाल रूकते थे।

दूसरे दिन फिरसे वही ठिकाना, वही पेड़, वही समय और वही मेरा पलट-पलटकर देखना, लेकिन आज जब वह मुझे नजर आया तो मन के सारे एहसास अचानक होठोंपर आकर थम गए। आँखें सवालियों से भर गई। तभी मैंने तेजी से उसका हाथ झटककर अपना हाथ छुड़ाया और वह भी मेरे पीछे-पीछे आने लगा। उसे देखते ही मम्मी ने पूछा, क्या हुआ तुम्हें - तुम दोनों ईतने गुस्से में क्यों हो।

मैं अंदर वाले कमरे में चली गई। वह हँसता हुआ कमरे की चौखट को देखते हुए बोला, आंटी आपकी लड़की पागल हो गई हैं। कुछ समझती ही नहीं, कुछ बोलो तो भड़क जाती है, न सुनने की तो मानो ईसने कसम खा ली है।

मैं अंदर से बोली, माँ, यह चाय पीने आया है, इसे चाय पिलाओ और भेजो। मुझे ईससे कोई बात नहीं करनी।

मम्मी ने धीरे से हँसते हुए कहा, देख लो इतने दिन गायब होने का नतीजा - वैसे कहाँ था इतने दिन..

वह झिझकता हुआ बोला, कुछ नहीं ऐसे ही।

हाँ-हाँ, ऐसे ही दिमाग खराब है न तेरा। मैंने कहा।

उसकी नजरें झुकी हुई थी। कहीं भी नहीं देख रहा था। ऐसा लगता था की जैसे वह किन्हीं बातों में खो गया हैं। उस दिन को मैं कभी नहीं भूलती जब वह बिना बताए चला गया था। घनी गर्मी का दिन था। हमारे स्कूल की छुट्टीयाँ पड़ने वाली थी। हमने उस दिन प्लान बनाया था की, हम मार्केट में पतंग की दुकान पर जाएँगे और पाँच-पाँच रूपये वाली चार पतंगे खरीदेंगे फिर गली के कोने वाले घर की छत पर जाएँगे। हमें पतंग उड़ाने के लिए सिर्फ दोहपर का ही वक्त मिलता था। मैं स्कूल से आकर, जल्दी से अपनी ड्रेस बदलकर तैयार हो गई थी। घर के दरवाजे पर खड़ी थी। वह आया मुझे मालुम था। मैं गली की दोनों ओर देख रही थी। कितना वक्त हो चुका था इसकी भनक तक नहीं थी। मैं बस देखे जा रही थी। मम्मी भी आज आने में लेट हो गई थी। घर में कोई नहीं था। गली में धूप कम होने लगी थी, यह देखकर लग रहा था की, काफी टाइम हो गया है, वहाँ पर खड़े-



## मिग्रता

खड़े यह भी सोच रही थी की, काश- मम्मी भी आ जाएँ तो मैं उसके घर जाकर देखती। मैं खड़े-खड़े थक गई थी। मैं जैसे ही घर के अंदर जाने लगी तो मम्मी की आते देखा। मैं खुश हो गई। मम्मी के आते ही बोली, मम्मी मैं अभी आती हूँ। यह कहकर चली गई। मैं तेज तेज चल रही थी। उसके घर पहुँची तो पाया कि उसके घर पर ताला लगा है। मैंने उनके पड़ोस में रहने वाली अपनी सहेली से पूछा की, रोहन कहाँ गया है- तो वह तुरंत ही बोली की, ये सभी शादी में गए है। यह सुनकर मैं वहाँ से चली आई की अब आएगा तो बात नहीं करुंगी।

दो दिनों तक मैंने उसका नाम भी नहीं लिया था। उसे पूरी तरह से भूल चुकी थी। लेकिन एक दिन सोचा की अब जाकर देखती हूँ शायद वे लोग आ गए होंगे वेमन से मैं उसके घर गई। उसका घर खुला था। उसकी मम्मी बहार ही खड़ी थी। लाईट नहीं थी। घर में अँधेरा था। मैंने उसकी मम्मी से पूछा, आँटी रोहन कहाँ हैं, तो वह बोली, वह तो अपने मामा के घर ही रूक गया। यह सुनकर मैं बहुत दुखी हुई थी। फिर मैंने पूछा, वह कब आएगा।

वह बोली, अब तो वह तभी आएगा जब कुछ सीख लेगा।

इतना कहकर वह अंदर चली गई। लाईट आ गई थी। मैं उसकी माँ से और भी कुछ पूछना चाहती थी लेकिन लाईट आने के कारण वह अंदर चली गई थी। आज पहली बार लाईट के आने का दुःख हो रहा था।

और, आज यह मेरे सामने सिर झुकाकर बैठा था।

मम्मी तेजी से हँसती हुई हाथ में चाय की ट्रे लिए किचन से बहार निकली। वह सीढ़ियों पर बैठा था। उसने चाय के कप उठाया और कुछ नमकपारे भी ले लिए। चाय की, चुसकी लेते हुए बोला, वाह आँटी, आपके हाथों की चाय आज भी उतनी ही कड़क है, किसी को मिल जाए तो उसका दिमाग ही खुल जाएगा।

मैंने बहार आकर कहा, माँ यह तुम्हें टढ़ा रहा है। तभी मेरी मम्मी उसको तिरछी नजर से देखते हुए बोली, क्या मैं चाय अच्छी नहीं बनाती।

हाँ बताओ भाई, क्या आँटी चाय अच्छी नहीं बनाती, मैं कुछ नहीं बोली।

उसी ने आँखों को मटकाते हुए बोला, हाँ, आप बहुत बढ़ीयाँ चाय बनाती हैं। यह तो बस किसी को पागल बना सकती हैं।

माँ ने अब वही बात पुछ डाली, जो मेरे मन मे चल रही थी। सुना है तू अपने मामा के यहाँ पर था इतने समय। वहाँ करता क्या था तू। वह बोला, काम- काम और बस काम। पापा ने मुझे वहाँ पर यह कहकर रूकने को कहाँ की, तू कुछ सीख लेगा। लेकिन मामा ने मुझे अपनी दुकान पर रख लिया। बस मैं वही था। मैं मेकैनिक तो बन गया आँटी मगर .... वह बोलते - बोलते रूक गया। शायद उसकी चुप्पी में ही उसका असली जवाब छुपा था।

उसकी चाय का कप खाली हो गया था। वह बोला, चाय तो खत्म हो गई। मैंने कहाँ, चल जल्दी से अपने घर जा वरना बहुत मारुंगी।

वह मुस्कुराते हुए बोला, अरे, जा रहा हूँ, तू इतना क्यों भड़क रही हैं। कुछ समय बाद जब वह जाने ही वाला था कि मैंने पूछा, फिर कब आएगा।

उसने बड़े ताव से जवाब दिया, कभी भी, जब मन करे, पर तुझे आना है तो कभी भी आ जाना। तेरे लिए तो मेरे घर के दरवाजे हमेशा खुले हैं। चंद पलो बाद वह चला गया और जाते-जाते आँखों को मटकाते हुए बोला, साँरी-गलती हो गई, मिलेंगे, बाय...

उसके पीछे मुड़ते ही मैंने उससे पूछा, तू था कहाँ इतने दिन। वह मुस्कुराने लगा और बोला, यह बड़ा हो जाना भी एक जुर्म ही है। ईसकी लंबी सजा है। यह कहकर वह चलने लगा। वह कुछ कहता हुआ, कदमों को आगे बढ़ाता हुआ अपने घर की तरफ रवाना हो गया।

मैं उसकी यह बात पूरी तरह से समझ गई थी।

आज उसका हाथ पकड़ना सभी को दिख रहा था। लेकिन यह नहि दिख रहा था, कि बचपन में छोटे-छोटे से हम दोनों कैसे गली की सबसे ऊंची छत पर जाकर पतंग उड़ाया करते थे।

**Sunita Vishwakarma**

T.Y.BMS



## क्या सचमुच आझाद हुए हम

जश्न कहीं हो किसी भवन में, डूबी जब बस्ती में ...  
तब आँधी चलती चिंतन में और प्रश्न उठता है मन में, क्या सचमुच आझाद हुए हम ...

पहले भी दुःख-दर्द कई थे, पर सब कुछ व्यापार नहीं था। खुशबु बसती थी खेतों में, पड़ते थे सावन में झूले अब कागज़ के फुल सजा कर, उन मीठे गीतों को तुलसी की चौपाई जलती, जब उलटी धनु के इंधन में तब आँधी चलती चिंतन में और प्रश्न उठता है मन में ...

क्या सचमुच आझाद हुए हम ...

माना अनपढ़ थे बाबूजी, माँ थी उपवासों की मारी, भाई की अपनी मजबुरी, भाभी की अपनी लाचारी, लज्जा के सामान नहीं थे, होड नहीं थी दिखलाने की सब कुछ खोने में खुशीयाँ थी, चाह नहीं ज्यादा पाने की, तब टूटा घर लगता था, अब सुनापन है आँगन में, तब आँधी चलती चिंतन में और प्रश्न उठता है मन में

क्या सचमुच आझाद हुए हम ...

आझादी का अर्थ नहीं है केवल सत्ता का परिवर्तन आझादी का अर्थ नहीं है चंद चुने मोरों का नर्तन आझादी का अर्थ नहीं है सबका उच्छंखल हो जाना उंची कुर्सी के आगे जब न्याय रेंगता अभिनंदन में तब आँधी चलती चिंतन में और प्रश्न उठता है मन में ...  
क्या सचमुच आझाद हुए हम ...

आजादी हैं खुली हवा के झोकों का सबको छु जाना आजादी हैं ओस सरीखी नर्म पत्तियों पर छु जाना आजादी हैं इंद्रधनुष के रंगों का मिलजुलकर रहना आजादी हैं निर्झनी -सा सबके हित की खातिर बहना आजादी हैं परिभाषित हो बंधती सत्ता के बंधन में तब आँधी चलती चिंतन में और प्रश्न उठता है मन में ...  
क्या सचमुच आझाद हुए हम ...

**Sunita Vishwakarma**

T.Y.B.M.S.

## काश मैं एक लड़की न होती...

काश ए जिंदगी किसी को जीनी नहीं पड़ती। काश मैं एक लड़की न होती। लड़कियों के पैदा होने के बाद से ही उन्हे सब कहने लगते हैं। अरे ये तो पराया धन हैं। हमारा सहारी तो हमारा बेटा हैं। मायके भी होते हैं उनके पास और ससुराल भी होते हैं मगर घर नहीं होते हैं। मायका कहता है, ये बेटा तो पराई हैं और ससुराल कहता है अरे ये पराये घर से आई हैं।

मगर ये कोई नहीं जानता की ये लड़की कीस घर के लिये बनाई हैं। लड़की से अगर ससुरालमें गलती हो जाये तो सब कहते हैं। तेरे मा-बाप ने यही सीखाया है। लड़कीयो को हमेशा अपने जिंदगी में त्याग करना पड़ता है। उन्हे कोई चीज पसंद आ गई। उसे बेटा तुम बाद में ले लेना। कोई भी बात हो, लड़कीयो को हमेशा समाज में झुकना पड़ता है।

हमारे इस समाज में लड़कीयो को आज भी लोग सम्मान नहीं देते। अगर लड़कीया हसते हसते रास्ते से आ रही होती तो, लोग कहते हैं "अरे ये देखो कैसे बेशर्मा की तरह हसते हुये जा रही हैं।" लेकिन आज भी लोग बेटे को लोग अपने बुढ़ापे का सहारा कहते हैं और लड़की को बोझ। पर कभी किसी ने सोचा है, जब वही सहारा बुढ़े मा-बाप को पत्नी के कहने पर धक्के मार कर बाहर निकाल देते हैं

तब वही बोझ अपने मा-बाप का सहारा बनती हैं। उनके इतना कहने पर भी लड़की कभी उफ भी नहीं करती।

काश मैं एक लड़की न होती। मेरी यह बात काश सच होती। एक लड़की को हमेशा समाज में बहुत तकलिफो के साथ जिना पड़ता है। अगर घर में लड़की पैदा हो जाए तो सब कहते हैं - लक्ष्मी आई हैं घर में। पर यह बात कोई नहीं मानता खाली दिखाने के लिए कहते हैं। मगर उनके मन में यह विचार रहता है की, एक और बोझ आ गई। लड़कीयो को कभी भी ना हड़ने के लिए, ना खेलने के लिए अनुमति दी जाती है।

लड़की पैदा होने से लेकर पराये घर जाने तक बोझ होती है। अगर लड़की पढ़ने गई तो लोग कहते हैं, अरे तू पढ़-लिख कर क्या करेगी, आखिर में तुझे चुल्हा-चौका करना है। यह बोलकर उन्हे दबा दिया जाता है। और अगर वो कही बाहर जाए तभी किसी लड़के ने उसे छेढ़ दिया तो समाज के नज़र में लड़की ही गलत होती है। लोग कहते हैं, तो तू उस रस्ते से क्यूँ जा रही है। रास्ता बदल के जाना चाहिए था।

**Shivam Shukla**

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## जीवन

संघर्ष ही जीवन हैं। जीवन संघर्ष का ही दूसरा नाम हैं।

इस सृष्टि में छोटे से छोटे प्राणी से लेकर बड़े से बड़े प्राणी तक सभी किसी न किसी रूप में संघर्षरत हैं। जिसने संघर्ष करना छोड़ दिया वह मृतप्राय हो गया। जीवन में संघर्ष हैं। प्रकृति के साथ, स्वयं के साथ परिस्थितीओ के साथ। तरह तरह के संघर्षों का सामना आएदिन हम सब को करना पड़ता हैं और इनसे जूझना होता हैं। जो इन संघर्षों का सामना करने से कतराते हैं, वे जीवन से भी हार जाते हैं और जीवन भी उनका साथ नहीं देता।

सफलता व कामयाबी की चाहत तो सभी करते हैं, लेकिन फस सफलता को पाने के लिए किए जाने वाले संघर्षों से कतराते हैं। मिलने वाली सफलता सबको आकर्षित भी करती हैं लेकिन उस सफलता की प्राप्ति के लिए किए जाने वाले संघर्ष को कोई नहीं देखता न ही उसकी ओर आकर्षित होता हैं। जब की सफलता तक पहुँचने की वास्तविक कड़ी वह संघर्ष ही हैं। हम जिन व्यक्तियों को सफलता की ऊंचाइयों पर देखते है, उनका भूतकाल अगर हम देखेंगे तो हमें जानने को मिलेगा की यह सफलता जीवन के साथ बहुत संघर्ष से प्राप्त हुई हैं।

और जब संघर्षों की बात की जा रही हैं तो फिर एवरेस्ट पर चढ़ते समय आने वाले संघर्षों की बात क्यों न की जाए -

एवरेस्ट की चढ़ाई अत्यंत कठीण चढ़ाई पर सफलता पाने की गौरव हासिल करने वाली पहली महिला जुंको तावेई हैं।

दुनियाँ के विभिन्न मंचों पर सन्मानित होना अच्छा लगता हैं लेकिन यह अच्छा लगना उस अच्छा लगने की तुलना में बहुत कम हैं, जिसकी अनुभूति मुझे एवरेस्ट पर कदम रखने के समय हुई थी, जबकि वहाँ तालियाँ बजाने वाला कोई नहीं था। उस समय दाड कंपकंपाती फूलती साँसों से संघर्ष के बाद जब मैं एवरेस्ट पहुँची तो वही लगा कि मैं दुनियाँ की सबसे खुश ईन्सान हूँ।

### अलफास

अब ये न पुछना ये अलफास कहा से लाता हूँ।

अब ये न पुछना ये अलफास कहा से लाता हूँ।

कुछ चुराता हूँ दर्द दुसरो के कुछ अपना हाल सुनाता हूँ।

कुछ चुराता हूँ दर्द दुसरो के कुछ अपना हाल सुनाता हूँ।

कुछ मेरी कुछ आपकी बात करता हूँ।

**Shivam Shukla**

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## लिंग समभावना

इस संसार में भगवान ने सभी को एक-समान बिना भेद-भाव किए सभी को जन्म दिया हैं। जब भगवान ने कभी भेदभाव नहीं किया तो, हमारा समाज कौन होता हैं। ये भेदभाव करने वाला। आज, हमारे समाज में ये भेदभाव इतना बढ गया हैं कि लोग बेटी होने से पहले ही उसकी गर्भ में हत्या कर दी जाती हैं। ऐसा क्यों हैं, हमारे समाज में बेटे को लोग संपत्ती मानते हैं और बेटी के कर्ज। बेटीयों को क्यों हक नहीं है की वे हमारे समाज में सबसे कंधा मिलाकर चले।

सभी को, माँ चाहिए, बहन चाहिए, पत्नि चाहिए, फिर बेटी क्यों नहीं चाहिए.....

ये भेदभाव हमारे घर में ही देखने को मिलता हैं, जैसे की जब बेटा घर में जन्म लेता हैं, तो लब कहते है की, घर के वंख पैदा हुआ

है। जब बेटी पैदा होती हैं तब कहते हैं की, मनहूस कही की पता नहीं, क्यों पैदा हो गई। हमारे समाज के लोग बचपन से ही लड़के और लड़की में भेदभाव करते हैं। जैसे की लड़के के लिए बैट - बॉल और लड़की के लिए गुडियाँ। क्या लड़कीयों बैट - बॉल नहीं खेल सकती। इस भेदभाव को हमारे समाज से निकाल फेंकना है ताकि हमारे समाज की तरक्की हो सके और हमारा समाज कीसी से पिछे ना रहे।

हमारे समाज में लड़को को शिक्षा का अधिकार दिया गया हैं। लेकिन लड़कियों को क्यों नहीं। और लड़कियों को शिक्षा का अधिकार दिया भी हैं तो उनके घरेलु तकलिफों की वजह से अपनी पढ़ाई बीच में छोड़नी पड़ती हैं। क्या लड़कियाँ डॉक्टर, अध्यापक, पोलिस अधिकारी नहीं बन सकती हैं। लड़कियों को



## लिंग समभावना

अशिक्षित रखने की वजह से आज हमारा देश उन पिछड़े हुए देशों के साथ गिना जाता है। जो कभी आगे नहीं बढ़ सकते हैं। हमें अपने समाज से ये भेदभाव समाप्त करके हमारे देश तथा समाज को उन बुलंद उचाईयों पर ले जाना है जहाँ कभी भेदभाव का प्रश्न कभी न आये।

बेटा अंश है तो बेटी वंश है। बेटा आन है तो बेटी शान है।

हमारे समाज में तीसरी लिंग भी है, जिन्हे हमारा समाज किन्नर कहता है, क्या वे लोग मनुष्य नहीं है। जो हमारा समाज उन्हें ठुकरा देता है। सरकार ने उन्हें भी समाज में सर उठाकर जीने तथा शिक्षा प्राप्त करने का अधिकार दिया है। किन्नर भी डॉक्टर बन सकते हैं। उन्हें भी अधिकार है की वे देश को आगे बढ़ाये। समाज में जिन्हे इज्जत नहीं मिलता उन्हें इज्जत देकर ये लिंग भेदभाव समाप्त करें। भगवान ने सभी को एक ही खून से बनाया है सिर्फ शारिरीक बदलाव होने के कारण ये भेदभाव करना गलत है।

हमारे समाज में लड़कियों को श्रम करने का अधिकार नहीं दिया है, घर से दूर जाकर श्रम करने का अधिकार सिर्फ लड़को को दिया गया है। उनकी सोच ये होती है की, लड़कियों को तकनिकी की जानकारी होती नहीं फिर उन्हें क्यों हम श्रम करने का अधिकार दे। क्षम स्थान पर भी लड़कियों को अलग बिठाया जाता है क्यों कि वे लड़की हैं। आज के युग में लड़कियाँ इतनी आगे बढ़ रही हैं की, लड़के भी पिछे जा रहे हैं। लेकिन हमारा समाज आज भी उन्हें आगे बढ़ने से पहले ही खेच लेते हैं। विवाह करने पर मजबूर कर देते हैं।

हमारे समाज में विवाह के समय लड़कियों के घरवालों पर दहेज के दबाव डाले जाते हैं। जिसका परिणाम ये होता है की लड़कियाँ आत्महत्या कर लेती हैं। लड़कियों के घरवाले बहुत कर्जे में डुब जाते हैं। कुछ लोग तो विवाह के बाद भी लड़कियों पर अत्याचार करते हैं, दहेज की मांग करते है। जिसके कारण देश तथा समाज में लड़कियों की संख्या दिन-ब-दिन बढ़ी तेजी ले कम होती जा रही है। वर्तमान समय में लड़के-लड़की के बीच भेदभाव केवल प्रतिशत लोग नहीं करते, बाकी नब्बे प्रतिशत लोग लड़कियों को घर में बिठा कर उनका विवाह करने का कार्य आरंभ कर देते हैं। इस सोच को बदलना होगा।

हमारे देश की सरकार ने लड़कियों के लिए बहुत सारी योजनाओं का आरंभ किया है। उन्होंने लड़कियों को अशिक्षित रखना कानूनन अपराध घोषित किया है तथा लड़कियों पर हो रहे जुल्म पर अपराधी को कड़ी से कड़ी सजा सुनाने का आदेश दिया है। हमारा देश सिर्फ एकता की वजह से आगे बढ़ सकता है, असमानता को लेकर नहीं।

धर्म वही जो सब के काम आये,

धर्म वही जो एकता दिखाये,

धर्म वही जो समानता को साथ रखे,

धर्म वही जो भेदभाव मिटाएँ.....

**Pooja R. Prajapati**  
F.Y.Bcom



પ્રોફેશનલ લાઇફ

"પ્રોફેશનલ લાઇફમાં થોડા મદદરૂપ થતાં નિયમો"

૧. કોઈપણ વ્યક્તિ ને ફોન કરો તો બે વખત થી વધુ વખત ફોન કોલ નહિ કરવાનો, કેમકે જો તે વ્યક્તિ ફોન નથી રીસીવ કરતા એનો મતલબ છે કે તેઓ કોઈ અગત્ય ના કામ માં વ્યસ્ત છે .
૨. કોઈપણ પાસે થી ઉછીના પૈસા અથવા ચીજ વસ્તુઓ મુદત પહેલા અથવા એ માંગે એ પહેલા પરત આપી દેવી. આ વસ્તુ તમારું વ્યક્તિત્વ અને તમારો વ્યવહાર દર્શાવે છે .
૩. જ્યારે કોઈ વ્યક્તિ તમને લંચ /ડિનર પર બોલાવે ત્યારે મોંઘી ડીશ નો ઓર્ડર આપવો નહી શક્ય હોય તો એ વ્યક્તિ ને જ કહેવું કે "આજે મારે તમારી પસંદગી નું ખાવું છે આપ જ ઓર્ડર આપો " .
૪. કોઈ દિવસ ઓકવર્ડ પ્રશ્નો જેમકે "ઓહ !!! તો તમે હજુ સુધી લગ્ન નથી કર્યા ? ' અથવા " તમે હજુ સુધી ઘરનું ઘર કેમ નથી લીધું ?" પૂછવા નહિ.
૫. હમંશા તમારી પાછળ ચાલતી આવતી વ્યક્તિ માટે દરવાજો તમે ખોલજો પછી એ પુરુષ હોય કે સ્ત્રી. આ રીતે જાહેર સ્થળો એ કોઈ વ્યક્તિ સાથે આવું વર્તન કરવાથી તમે નાના માણસ નહી બની જાઓ.
૬. જો તમે ટેક્સીમાં કોઈ મિત્ર સાથે જતા હોવ તો તે આ વખતે ભાડું આપે છે તો તમે બીજી વખતે તમે જ આપજો.
૭. અલગ અલગ રાજકીય વિચારધારા ને માન આપજો.
૮. કોઈ વ્યક્તિ બોલતું હોય ત્યારે એને વચ્ચેથી અટકાવવા નહી.
૯. જો તમે કોઈ ની મજાક કરતા હોવ અને એને મજા ના આવતી હોય તો એની મજાક કરવાની બંધ કરી દેશો.
૧૦. જ્યારે કોઈ વ્યક્તિ મદદરૂપ થયા હોય એનો હમંશા આભાર માનવો.
૧૧. જાહેરમાં હમંશા વખાણ કરો અને ખાનગીમાં જ ક્રીટીસાઈઝ(ટીકા/ટીપપણી) કરો
૧૨. કોઈ દિવસ કોઈના વજન પર કોમેન્ટ ના કરો. જસ્ટ

એટલું જ કહેવું " તમે મસ્ત લાગો છો ". જો તેઓ ને વજન ઘટાડવું હશે કે વધારવું હશે અને તમારી પાસે નોલેજ હશે તો એ પૂછશે અને તો જ વજન વિશે વાત કરવી.

૧૩. જ્યારે કોઈ વ્યક્તિ એના મોબાઈલમાં ફોટો ખતાવતા હોય ત્યારે કોઈ દિવસ એ ફોટો જોઈ ને "લેફ્ટ કે રાઈટ સ્વાઇપ" ના કરો. તમને ખબર નથી હોતી કે આના પછી કેવો ફોટો હશે . માટે એ ટાળવું.
૧૪. જો તમારા સહ કર્મચારી/મિત્ર તમને કહે કે તેઓની ડોક્ટર ની એપોઇન્ટમેન્ટ છે તો કદાપિ પૂછવું નહી કે શેના માટે છે? માત્ર એટલું જ કહો કે "ઓકે આશા રાખું છું કે સારું થઈ જશે". જો તેઓ પોતાની બિમારી વિશે જણાવવા માંગતા હોય તો જ જાણશો કેમકે ઘણી વખત તેમની બીમારી ખાનગી હોઈ શકે છે.
૧૫. સફાઈ કામદારોને પણ એમ.ડી. જેટલી જ રીસ્પેક્ટ આપો . તમે કોઈ સાથે ખરાબ રીતે વર્તો છો એના થી કોઈ સારી ઇમ્પ્રેશન નહિ પડે, પરંતુ લોકો તમે કેટલી નમ્રતાથી વાત કરો છો એની સારી ઇમ્પ્રેશન ની નોંધ લેશે.
૧૬. જો કોઈ વ્યક્તિ તમારી સાથે વાત કરતો હોય તે વખતે તમારું એની સામે જોવાને બદલે ફોન માં જોવું એ ખરાબ આદત છે.
૧૭. જ્યાં સુધી પૂછવામાં ન આવે ત્યાં સુધી સલાહ આપવી નહિ.
૧૮. જ્યારે કોઈ વ્યક્તિને ઘણા સમયે મળતા હોઈએ ત્યારે એમની ઉમર અથવા પગાર વિશે પૂછવું નહિ.
૧૯. તમારા બિઝનેસ ને જ્યાં સુધી કોઈ વ્યક્તિ ખરાબ ચીતરવા ની કોશિશ ના કરે ત્યાં સુધી એ વ્યક્તિને બિઝનેસને લઈને દુશ્મન ના બનાવો.
૨૦. જ્યારે કોઈ પણ વ્યક્તિ સાથે વાત કરતા હોઈએ ત્યારે ગોગલ્સ પહેર્યા હોય તો એ કાઢી ને વાત કરવી . આ વસ્તુ તમે એને આદર આપો છો એવું દર્શાવે છે. અને આપ જાણો જ છો કે આંખ ના કોન્ટેક્ટ થી તમારી વાતચીત ની અસર સારી રહે છે. (આનું જ નામ અખલાક)

Prof Mahida Vijay

## લગન માં જવાનું

કાપું જોઈને કંકોત્રીઓ ફરી પાછા તૈયાર થવાનું આ  
ઠુંઠવાતી ટાઢ માં ફરી લગન માં જવાનું

ઉભા રહેવાનું દસ પંદર મિનિટ વેલે પાર્કિંગ માટે થોભવાનું  
મળતાં જાય અનેક ચેહરાઓ

પ્લાસ્ટિક સ્માઈલ આપતા રહેવાનું પછી આવે વારો બુકે નો  
લાંબી લાઈનમાં ઉભા રહેવાનું

ભરી લેવાની આખી ડીશ બાકી કઈ નહિ રહેવા દેવાનું  
ફરસાણ પર પડે જલેબી રખડી

ને પાપડ પનીરમાં ભળવાનું રોટલી ડૂબે શાકના તેલ માં ચૂપ  
ચાપ ઝાપટી જવાનું

ઇટાલિયન મેક્સિકન ગુજરાતી એક થાળીએ બધાને  
મળવાનું બાકી રહી ગયું ચાઇનીસ

તે દળીયા માં ખાઈ લેવાનું એક સેક્શન ડેઝર્ટ નું ડોકિયું  
કરી લેવાનું ચાખી લેવાની બધી આઈટમ

ટીસ્ચુ થી મોટું લૂછી લેવાનું થાક્યા હાથમાં પ્લેટ પકડીને  
હજુ તો સ્ટેજ પર જવાનું

લાંબી લાગી હોય લાઈન હંસતા મોઢે જોયા કરવાનું મળી  
વળીને હાશ થાય ત્યાંજ ગાડી માટે ઉભા રહેવાનું વેલે  
પાર્કિંગ થી આવે ગાડી ટીલાઢસ થઈ ઘરે જવાનું ઘરે  
આવીને કંકોત્રી જોઈ

પાછા કાલે બે લગ્ને જવાનું સૂટબૂટ લટકાવીને હેંગરે લાંબા  
થઈને સુઈ જવાનું.



## જીવનમાં પ્યાસ છે

કૈંક બનવાની જીવનમાં પ્યાસ છે, મારી ભીતર કોઈ તો  
અજવાશ છે. કોઈનું અપમાન ના કરતા કદી,

સૌની ભીતરમાં પ્રભુનો વાસ છે. કર્મ ખોટા કરતા  
રોકે છે મને, ભીતરે બેસેલો કોઈ ખાસ છે.

સૌ મળી જાશે અહી આરામથી, માનવીનો માત્ર એ આભાસ  
છે. જીવી લેજો જિંદગી સૌ પ્રેમથી,

એક દી તનનો થવાનો નાશ છે. જે કરે સેવા  
હૃદયથી લોકની, એજ તો ઈશ્વરનો સાચો દાસ છે.



## હે કિશ્ન

હે કિશ્ન સ્વર્ગનાં દ્વાર ઉઘાડો ને સ્વાગતમાં સ્વયમ પધારો  
જુઓ કે કેટલાં બધાં લાડકવાયા

તવ સરણ માં આવ્યા છે એને લીલા તોરણે વધાવો ને શોર્ય  
ગીત ગવડાવો જુઓ કે વીર સપૂતો આવ્યા છે. ધન્ય થયું  
તુજ ઘર ને ધન્ય તારું આંગણ થયું એ દેશ કાજ  
કુરબાન થઈને આવ્યા છે. તારી આંખોને એણે પાવન કરી  
હવે હૃદયથી સ્નેહ વરસાવો કે એને છાતી સરસા લગાઓ  
કોના દીકરા કોના પતિ કોના ભાઈ કે કોઈ માસૂમ ના  
પ્રેમાળ પિતા આવ્યા છે. હે કૃષ્ણ સ્વર્ગનાં દ્વાર ઉઘાડો ને  
સ્વાગતમાં સ્વયમ પધારો કે લાડકવાયા આવ્યા છે.



## અંત નો પણ અંત હોય છે..!

અંત નો પણ અંત હોય છે..! કોઈયે ક્યાં અનંત હોય  
છે..!! પાનખર પણ એક ઘટના છે..! બારેમાસ ક્યાં  
વસંત હોય છે..!! એમ તો બધા લાગે એક સરખા..!  
ભગવાં પહેરેલ ક્યાં સંત હોય છે..!! બધુંય એમ સહજ  
મળતું નથી..! નાહક માણસ નો તંત હોય છે..!! અહી  
અવતરવાની શરત હોય છે..! સ્વીકારો, સઘળું નાશવંત  
હોય છે...!



## વૃક્ષો કાપીને

અજવાળાંનો આવો શું નુસખો કરવાનો, વૃક્ષો કાપીને કેવો  
તડકો કરવાનો !

સંબંધો ને સંજોગો તો પડછાયા છે, પડછાયા પર શુંયવળી  
ગુસ્સો કરવાનો !

સૌના મંતવ્યોની ખીણ અને ટેકરીઓ, કંઈ બોલીને અહીયા  
શું પડઘો કરવાનો !

પર્વત, દરિયા, વન કે રણ તો પાર કરી દઈ, અહી તો  
સ્વપ્નાં વચ્ચેથી રસ્તો કરવાનો

એ જાણે છે એનું સ્વપ્ન બધે નિખર્યું છે, તો ય નિયમ ક્યાં  
તોડે છે પડઘો કરવાનો ?

**Prof Anjali Dhanani**





## સ્ત્રી

## શું જરૂર હોય...?

સૌમ્ય કરુણાનો અમર અવતાર સ્ત્રી, માનવીની જાતનું અભિમાન સ્ત્રી,

પ્રાણ જે પાછા લઈ આવે તે હઠ, એક નજર જેની અમી વણગાર સ્ત્રી,

બાળના જીવનનો તારણહાર જે, દિલ તેનું માતૃત્વનો રસથાળ સ્ત્રી,

મર્દ જો કેવાય ઝંઝાવાત તો, વ્યાધિ વેળા છે અટલ બળવાન સ્ત્રી,

ઝટ પ્રણય સઘળો તે ન્યોછાવર કરે, શાંત કુદરત જેમ છે ધનવાન સ્ત્રી,

ધન્ય જીવન થાય એક દર્શન થકી, માણસાઈનું પ્રમુખ સન્માન સ્ત્રી.



આમ ને આમ દિવસો ગયા ને

આમ ને આમ દિવસો ગયા ને, રોજસાંજ પણ પડતી ગઈ,  
શૌખ મરતા ગયા એક એક કરીને, જવાબદારી વધતી ગઈ,  
સપનાઓ રૂંધાયા અને મુલાયમ, હાથ ની રેખાઓ બળતી ગઈ,

પૈસા ને પરિસ્થિતિના ખેલ મા, સાલી જીંદગી ઢળતી ગઈ,

સારા કે સાચા હોવાની સજાઓ, હર ઘડી ઘડી મળતી ગઈ,

આ ન કરો પેલું ન કરતાં તેવી, બરાબર સુચના મળતી ગઈ,

રહેવું હતુ નાનુ અમારે પણ , ઉંમર હતી કે વધતી ગઈ,

આમ ને આમ દિવસો ગયા ને જીન્દગી ની સાંજ પણ પડતી ગઈ.



શું જરૂર હોય...?

સરળ સાદા સાચા મિત્ર હોય, તો Meditation ની શું જરૂર હોય, ટૂંકા અંતરે મળવાનું રાખો, વાર તહેવાર હોય કે ના હોય, જે JOINT FAMILY માં રહેતા હોય, તેને Art of Living ની શું જરૂર હોય, શીખવે જિંદગી ઘણા પાઠ, Lecture Guru ઓની શું જરૂર હોય.. મસ્તી રૂપે જેને નફો મળે, પછી દોસ્તીમાં હિસાબ ની શું જરૂર હોય, કજિયા કંકાસ મુક્ત ઘર હોય, પછી મહેલો ની શું જરૂર હોય, આજ્ઞાકિત અને સેવાભાવી સંતાનો હોય, ત્યાં ઘરડા ઘર ની શું જરૂર હોય, લેતા હોય જે વડીલોની દુવા, દવાની એને શું જરૂર હોય.શું જરૂર હોય...?

સરળ સાદા સાચા મિત્ર હોય, તો Meditation ની શું જરૂર હોય, ટૂંકા અંતરે મળવાનું રાખો, વાર તહેવાર હોય કે ના હોય, જે JOINT FAMILY માં રહેતા હોય, તેને Art of Living ની શું જરૂર હોય, શીખવે જિંદગી ઘણા પાઠ, Lecture Guru ઓની શું જરૂર હોય.. મસ્તી રૂપે જેને નફો મળે, પછી દોસ્તીમાં હિસાબ ની શું જરૂર હોય, કજિયા કંકાસ મુક્ત ઘર હોય, પછી મહેલો ની શું જરૂર હોય, આજ્ઞાકિત અને સેવાભાવી સંતાનો હોય, ત્યાં ઘરડા ઘર ની શું જરૂર હોય, લેતા હોય જે વડીલોની દુવા, દવાની એને શું જરૂર હોય.

**Prof Mahida Vijay**



