



Accredited with NAAC **A** Grade
12-B Status from UGC



Teaching, Learning
& Development

JIGYASA

The Engine of Achievement



ISSUE
3

CTLTD's Bi-Annual Magazine

SUCCESS



PERSISTANCE

HARDWORK

FAILURES

DISCIPLINE

ACTION

CRITICISM

DOUBTS

COURAGE

CHANGES

ADVERSITY

REJECTION

RISK

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VISION & MISSION STATEMENT OF THE UNIVERSITY

Vision Statement

To be internationally recognized as a premier institution of excellence providing quality education, research and consultancy services to the global society.

Mission Statement

Our endeavour is to impart knowledge and develop critical skills necessary to succeed both in professional and personal life by promoting learning supported by world-class faculty, infrastructure, technology, curricula and collaborative teaching and research with premier institutions in India and abroad.

Shri Suresh Jain Ji
Chancellor
Teerthanker Mahaveer University

ABOUT THE DEPARTMENT

The Centre for Teaching, Learning and Development (CTLD) , Teerthanker Mahaveer University, Moradabad came into being in the year 2019 with the aim of developing essential basic personality and aptitude skill set in students, faculty members and staff.

The department focuses on developing soft skills, quantitative, reasoning, logical & verbal abilities, and enhancing the personality of the students by encouraging and nurturing their soft skills. The major objective of The CTLD is to prepare students to cater the needs of potential employers by getting through the variety of recruitment process and also to prepare them for a fulfilling and successful life. We ensure to achieve this outcome by conducting regular credit-based courses as well as workshop mode training programs.

The department offers 37 Soft Skills courses & 10 Aptitude courses for graduate and post-graduate level like Managing Self, Managing Work & Others, Analyzing self & Dealing with others, Self -management for teachers, Soft Skills for Management executives etc. in Soft Skills domain and Fundamentals of Quantitative Aptitude, Advance Quant, etc. in Aptitude sphere.



TEACHING, LEARNING & DEVELOPMENT

Verbal and Quantitative Aptitude is an essential requirement nowadays for campus recruitments as well as other competitive exams like CAT, XAT, MAT, NMAT, GMAT, UPSC/SSC, CTET, TET etc. Hence these training modules prepare our students not only for placements, but also for national level competitive exams.

The training helps students to develop interpersonal skills, enhance communication skills, and encourage problem-solving attitude and teamwork while nourishing leadership qualities too. The final semester students are prepared through special training for specific recruiters who conduct recruitment on Campus as well as off-campus. The special type of training includes company-specific training for national & multinational companies like Infosys, Tech Mahindra, Cognizant, Max hospitals, Fortis hospitals, Glaxosmithkline, Bureau Veritas, Byjus, Hike Education, etc. as well as teaching jobs for B.Ed. students.

CENTRE FOR TEACHING, LEARNING AND DEVELOPMENT

Vision Statement - CTLD

To be a centre of excellence for behavioural, Aptitude & Employability Skills training to students and adding value to the education delivery through continuous employees development programmers.

Mission Statement -CTLD

- To foster a global mindset in the students to face real world challenges.
- To nurture & cultivate better cognitive, aptitude, social and behavioural skills in the students and employees to meet their professional goals



Once again, going through JIGYASA 2.0 was an ultimate delight. Seeing the young generation expressing its views through articles, poetry, pictures and other different means gives me satisfaction that this initiative of CTLD is making our students competent as well as expressive in terms of communicating their ideas. Every single entry in JIGYASA 2.0 was thought provoking and oriented towards the CTLD's genuine theme of 'Ceaseless Personal and Professional Growth'. One of the articles, which I particularly liked, was on Emotional Intelligence by Adarsh Keshari, which pointed out the important characteristics of emotionally intelligent people and how these attributes can be developed. I strongly believe that this bi-annual magazine published by CTLD can be a reliable source and replacement of any self-help book for any individual seeking personal and professional development and growth. I would like to appreciate and congratulate the entire editorial team of students and CTLD trainers for putting so much efforts and dedication in bringing out this magazine every six months. I am confident that this new issue JIGYASA 3.0 will certainly raise the bars further in terms of quality and content.

I wish the entire team all the very best.

Shri. Manish Jain, Group Vice Chairman

FROM THE DESK OF MANAGEMENT

The purpose of education is to free oneself from indoctrination. Freedom of expressing one's ideas, freedom of learning from anyone and anything and freedom of thinking beyond fixed horizons. CTLD's JIGYASA has been playing a pivotal role in this regard. This bi-annual collection of well thought out and researched articles, meticulously crafted poems, wholeheartedly drawn paintings and skillfully clicked photographs by our students is a living testimony that our students and their learning is not at all limited by the boundaries of their classrooms. The creative perspectives and innovative ideas shared by the faculty, trainers and our beloved students assure me that we are traversing along the right path. I personally enjoyed reading the interview of Ms. Himanshi, HR executive of MAX Healthcare. She has curated well the industry expectations in terms of skills and interpersonal attributes of graduating students, and I believe this interview would be really helpful for all the readers. The efforts of CTLD team and the editorial board are worth appreciating for bringing out this issue in its current form. I am sure that the current issue of JIGYASA is going to introduce us to very amazing & aspiring authors and it will enable & drive us towards our personal and professional growth.

Best wishes to the team.

Prof. (Dr.) Raghuvir Singh, Vice Chancellor





I am pleased to note that CTLD has taken one more unique step for developing the skills and competency of our beloved students in the form of JIGYASA, a biannual Magazine. While going through the issue 2.0, I found that editorial board was majorly of students. The chief Editor told me that most activities including, designing, marketing, motivating students to contribute articles/poems were undertaken by the students of editorial board. The chief editor's message was very well written. The Questions by Chief Editor & answers by Ms. Himanshi, HR Executive, Max Health Care were to the point and are very useful for our students. I also found the article titled "One conscience of Heart and One conscience of Mind" by Divyanshi Saini of paramedical very interesting.

I wish all the best to Director-CTLD and his team for publishing issue 3.0 of this finest Magazine.

Shri Akshat Jain, Executive Director

FROM THE DESK OF MANAGEMENT

"Unlock the Doors of Curiosity: this is the sentence that comes to mind while talking of JIGYASA". First, I would like to appreciate and congratulate editorial board of JIGYASA (issue 2) and Team CTLD for publishing a magazine full of useful articles, poems, aptitude puzzles etc. I really liked the article **Who's Driving the Bus** by Mr. Vipin chouhan, in which he has very well explained **the Equation of Cause and Effect**. He explained that the onus to choose how you feel, your motives, your outcomes, your excuses are with you. When you take that onus, the remote control is in your hand, and **you are driving the bus**. I also liked the article on how to **stay self-motivated internally** by Arun K Verma of Pharm. D final year.

I can positively claim that JIGYASA Magazine will cultivate a community of thinkers, dreamers, and visionary—individuals who dare to ponder, to inquire, and to push the boundaries of human understanding.

Wishing all Success to editorial team and CTLD team for another edition of JIGYASA Magazine. All the best to team CTLD for becoming stronger in communicating ideas with their Magazine every time.

Dr Aditya Kumar Sharma, Registrar





"Empowering Minds, Ignite Excellence"

A transformative journey through the corridors of knowledge and innovation. JIGYASA, our training department's pride, serves as a beacon of inspiration, empowering minds to reach new heights of excellence. As I flipped through the pages of JIGYASA 2.0, I found that complete material of the Magazine is well researched and written in the simple language, which can be easily understood by every student of the University. The article "Success Mantras" by Director- CTLD, has followed the proper sequence of analyzing the environment, severe competition in every industry and way head for our students to succeed in their professional life. The poem on 'Mother' by Ms. Tuba Akhter touched my heart. Therefore, I feel with this edition too each article is carefully curated and is poised to foster a culture of continuous learning and growth. Let the amalgamation of wisdom and innovation ignite your passion for knowledge, propelling you to lead and succeed in your chosen path.

Wishing the best to team CTLD on stepping into the realm of JIGYASA for the third time and letting the journey to greatness begin!

Prof (Dr) Manjula Jain, Dean Academics

FROM THE DESK OF MANAGEMENT

We at CTLD take pride in all-round development of our beloved students. Other than Regular Soft Skills and Aptitude course, we organise many University level events in which students from all Colleges participate with lots of enthusiasm and zeal for all-round development.

Publication of JIGYASA is one of the efforts made by CTLD in this direction. Students from different Colleges volunteer to make the JIGYASA an interesting and useful material to read. Contribution of students for reading material of this Magazine is huge; hence stretch their minds to develop.

The editorial team of JIGYASA has to really burn midnight oil for marketing, getting subscription from students and faculty members, thereafter designing & developing the complete Magazine. I am really proud of highly dedicated and strongly determined team.

I wish the team all the best for Volume Three of JIGYASA.

Prof. (Dr.) R.N Krishnia, Director CTLD



MEET *the* TEAM CTLD



Director CTLD
Prof.(Dr.) R.N. Krishna



Deputy Director
Mr. Dilip Dutt Varshney



Master Trainer
Dr. Jasmine Stephen



Master Trainer
Mr. Atul Dayal



Master Trainer
Mr. Anant Bhardwaj



Master Trainer
Mr. Ankit Sharma



Senior Trainer
Mr. Sagar Pratap Singh



Senior Trainers
Mr. Pradeep Panwar



Executive Trainer
Mrs. Alka Dayal



Executive Trainer
Mr. Deepak Katiyar



Executive Trainer
Mr. Chandrabhushan Sinha



Trainer
Ms. Charvee Khatri



Trainer
Mr. Pallav Pandey



PA to Director
Mr. Paras Sharma



Attendant
Mr. Arpit Sharma



Vaishnavi Sharma
B.Sc (H) Math 3rd YEAR

Time is like the flow in this waterfall. **The moment once gone, never comes back.**

CHIEF EDITOR'S MESSAGE



ANKIT SHARMA

Chief Editor - JIGYASA

Master Trainer

Centre for Teaching, Learning and Development

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The only aspect which makes human beings different and with more intellect than animals is our incessant tendency to grow and develop. We have been developing ourselves physically, mentally, socially, spiritually and psychologically since eternity. And we are called humans only upto the point we keep such desire in our hearts and prove them through our actions.

With the development of Artificial intelligence, almost all the domains of development are being hit because if machines will think for humans what will humans do? Won't that only separating element of development be impacted negatively and won't we fall to the level of animals one day when the entire thinking and decision process and eventually the intellectual abilities will be taken over by the Artificial Intelligence?

The only way to make human race fail proof to AI is the will to grow personally and professionally.

Jigyasa is a medium through which we intend to develop a sense of urgency to work in the domain of personal and professional growth among our students and all other readers.

Through the articles, poems, pictures, paintings and photographs shared by our students, faculty members and trainers, we want to showcase their abilities to the world and give them an opportunity to disseminate their ideas.

I am extremely grateful towards the editorial team and the students who contributed in terms of their efforts, articles, paintings and photographs. Thanks for bringing this magazine to this form.

May the force be with you!

Ankit Sharma

Master Trainer, CTLD

MEET *the* EDITORIAL TEAM



Ankit Sharma
Chief Editor
Master Trainer-CTLD



Charvee Khatri
Senior Editor
Trainer-CTLD




Pradeep Panwar
Senior Editor
Senior Trainer-CTLD



Deepak Katiyar
Senior Editor
Executive Trainer-CTLD



Tuba Akhter
Pharm D-5th year

A person is standing on the edge of a high, rocky cliff. The background is a vast, hazy landscape under a bright, golden sunset sky. The sun is low on the horizon, creating a strong glow and long shadows. The cliff face is rugged and textured, with some water visible at the bottom. The overall mood is one of adventure and contemplation.

*If your dreams don't
scare you, they aren't
big enough.*

Dream bigger!!

Q & A

with Mr. Aditya
from

vivo

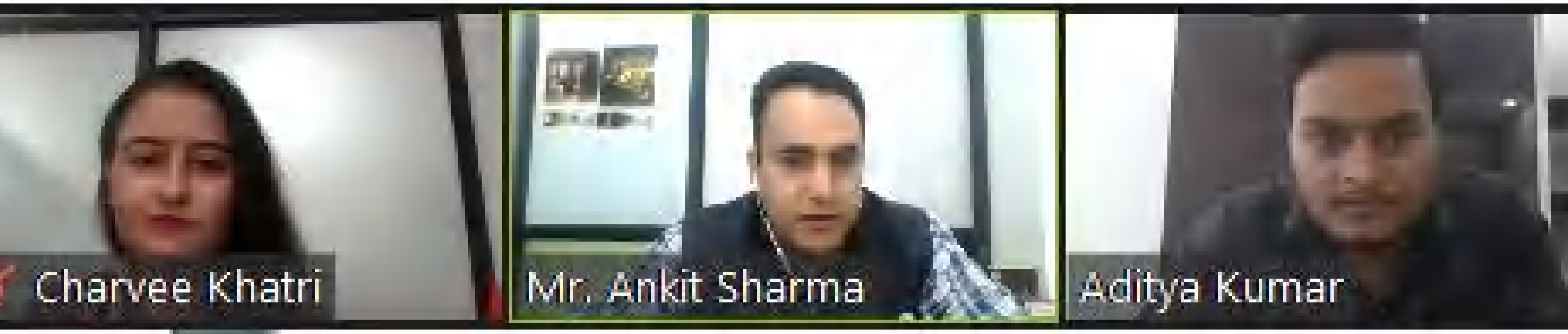
Q1. Hello and Greetings of the day! Thank you so much Mr. Aditya, we appreciate you to participate in this interview process. The first question for you is to please explain your role in Vivo Mobile India Pvt. Ltd.

I am currently employed as a Senior Lead- HR with the VIVO Mobile India Pvt. Ltd. manufacturing plant based at World Trade Center (WTC), IT Park-Tech Zone, Greater Noida (Gautam Budh Nagar). The existing infra is a factory setup i.e., the manufacturing unit of VIVO smart mobile phones. All the mobile phones, which are being sold across the country (India market), are being manufactured in the Greater Noida manufacturing plant only.

The job openings we generally have are related to R&D and SST for which we had shared our requirements to the CRC division of your university, and we are glad to share that we liked the quality of students of TMU who participated in the 2023 campus recruitment process. We had hired three girls for the Hardware & Testing Profiles (HTP) as part of engineering team. The job is majorly machine related engineering and not something which is related to computer science or software.



Mr. Aditya
Senior Lead HR
VIVO Mobile India Pvt. Ltd.



Q2. Can you briefly explain the process of recruitment & selection of your company and how do you actually ensure transition of students from academia to your organizational culture?

We usually visit the college for the campus recruitment & selection process. The first activity is the pre-placement talk in which we interact with the interested candidates and share our company profile, background, values, vision & mission and culture. We try to highlight how their career will shape with us. We are transparent about the profile and salary structure. Thereafter, we conduct the first round of technical interview, which generally happens as an M.C.Q. round where we generally have technical questions.

On joining, initial six months of probation starts where we start from scratch based on whatever the basics they have. We channelize them in a manner that they start with something related to their domain. We also have a system too, in which, when a student joins our factory, they are not bombarded with the technicalities of our department to avoid confusion.



Q3. What are the common skills, attributes and qualities which you look for in a resume?

If we are hiring for hardware and testing profile which involves skill sets related to black box testing and manual testing, then we generally look for whether they have done internships or not. Internships are incredibly important for providing the practical exposure to the students. While interviewing the candidate, we generally look for how much he or she is eager to join that particular department or that particular role, which means initially we put less emphasis on technical issues and more on soft skills or personal characteristics. I personally believe that though technical skills are irreplaceable but if they are not coupled with the soft skills, they are not as effective as they should be.

Q4. As you have mentioned that you hire students from Electronics & Communication (EC), do you hire student only from EC or from mechanical, computer science and all the branches? Are there any specific criteria for that?

We generally hire from Electronics and Communication or related branches but there is no restriction on Mechanical and Computer Science Engineering students too. We also have HR and finance related requirements, so we do recruit MBA (HR) and MBA (finance) as well.

“I personally believe that though technical skills are irreplaceable but if they are not coupled with the soft skills, they are not as effective as they should be.”



Q5. How do you assess the student's adaptability and willingness to learn in a fast growing technical environment like yours and how do you assess that capability of a students who are fresher?

Assessment varies from student to student and their potential is evaluated on their interest of working in that particular field. We do have smart working environment and according to that, we also have the rigorous filtering rounds, to eliminate and check how they generally deal with the pressure, how patient they are in difficult situations, how they react and what is their decision-making ability. This assesses their ability to work under pressure. We also check how they tackle the questions which are being put up by the other group members. This testing process gives us confidence that they'll be understanding about the particular ambience and excelling in order to achieve targets for the company. As per as adaptability is concerned, we believe in them so that they can also believe in the company and work longer with us. Eventually, we give them time to transform themselves from a college student to become a professional.

Q6. What importance do you think soft skills hold in order to have a good career for any student?

In today's cut-throat competition, Soft Skills are very important along with technical skills. As we know that the first impression is the last impression. Therefore, no matter how well you have performed in the technical abilities assessments, soft skills will always ensure good first impression and the final selection.



“ Therefore, no matter how well you have performed in the technical abilities assessments, soft skills will always ensure good first impression and the final selection. ”

Q7. An extension to the previous question is what are the common skills which you believe are very much important on the floor after completing this recruitment process.

We majorly look for the skill like team spirit and team involvement as every department is required to work in teams and let me tell you that making people work in teams is actually a difficult task. Many of the individuals are there who do not feel comfortable in working with the teams.

Q8. What are the common mistakes which students should avoid while going through the recruitment process?

I generally see that students come for the interview without preparation and with lot of pressure and fear in their mind. What we expect from any particular candidate is that at least they should know about our organization VIVO or about any other company for which they are appearing for interview. They should be able to answer basic questions like what VIVO does. Whenever we ask this question, the answer comes, it sells mobile phones. Really! This is the answer which even a kid can tell. Interviewee should be able to answer from technical aspect. Many of the students do not even know the difference between the formal, semi-formal and the casual dresses. However, we expect them to come in decent formals because the appearance also matters when one enters the room. When we look at the candidate, there are some assumptions which the recruiters and the panel members make through their appearance.

Q10. How important do you think spoken English communication is in order to get a job?

Communication generally means how easily and effectively you are able to make the other person understand your point of view. Therefore, if the person sitting in front of you is able to understand what you want to say, then your communication is effective. We do not expect that the student should be like Shakespeare. We expect the student to speak in simple English with Indian accent.

“Communication generally means how easily and effectively you are able to make the other person understand your point of view. Therefore, if the person sitting in front of you is able to understand what you want to say, then your communication is effective.”

We would like to thank **Mr. Vineet Nehra** (Director CRC) and **Mr. Sidharth Singh** (Assistant Director CRC) for their assistance in organising this interview.

Q & A

with Mr. Ashish

from



Q1. Hello Ashish and thank you for your time. Would you please tell us a bit about your profile in Medanta Hospitals.

I am working as a GM (HR) with Medanta. I joined this hospital in 2021, and it has been around two and a half years with Medanta now. Before that, I started my career with Max Healthcare in 2008 after my MBA from Institute of Planning and Management, IIT Delhi. Since then I have been working in healthcare industry only. I am heading the non-clinical vertical along with the nursing vertical at Medanta as per my MBA specialization.



Mr. Ashish
GM HR
Medanta Hospitals

Q2. Could you please briefly explain the student placement process at your organization, and how do you actually ensure the smooth transition for students from academia to industry?

When we talk about the placements, there are different processes for different verticals. If I talk about nursing, it is a very clean process wherein there are two ways. One is an internship process where people join us during their internship. They do their two-month or three-month internship with us. Post that, they go back to the college; get their degree and their nursing registration to join us full-time.

The training process helps us identify the nature of candidates and the culture of institution. It is a two-way process where candidates interact with the organization and the organization with them. The students undergo one-month induction program to ensure they are well trained before taking patients directly. Besides training we also have an ICT-enabled lab in our hospital, which is a 3D lab so that they get trained with simulator and all other high-end equipment, post which they are fully prepared to be deployed. There will be a program for six months or a year wherein they would move to different verticals of healthcare so that they are well-versed with the operation.



Q3. You mentioned that you conduct examination after one month's training. So if students do not qualify that examination, what is there for them then?

That is the good question! If there is a student who has not qualified, we give them two more chances. However, these students are not sent to the patients directly. They go through reassessment and the reassessment also involves a process wherein they are given trainings on dummy patients or less critical patients. Therefore, they have opportunities to prove themselves. In spite of these chances too, if one does not qualify then they will have to accept that they are not selected.

Q4. What are the qualities and skills which you actually look for while recruiting the students for your organization and what professional skills should they work on?

All college campus placements are for freshers, but some may require experience related to the field. The focus should be on academics, especially in management or nursing courses for the organization. Understanding a person's academic performance and behavior is crucial for evaluating their suitability for an organization. Practical knowledge is not expected, but basic behavior, attitude, and knowledge about the subject are important for fitting in. Good knowledge of the subject is the most important factor.

Q5. How do you assess the students' adaptability and willingness to learn in a fast-paced dynamic environment because hospital industry is evolving rapidly?

It is all about positivity towards the work. If their attitude is positive, that will work with us. Positive attitude is the most important. Also, student should have a genuine interest in learning new skills. If one is a keep learner, we can prepare them for any challenge.

Q6. In this ever-evolving healthcare industry, how does your organization stay updated with the latest trends and technologies and how does this influence your selection criteria for the students?

AI and Chat-GPT are important for day-to-day operations in nursing. AI enabled software assigns nurses based on their criticality and skill level. The software also updates leave and attendance trackers to automatically reassign nurses when they are absent or are on leave. Similarly, the software on the other side will have all the patients along with their criticalities. So, the software has a capability to auto-assign a nurse based on the patient`s criticality. This is how we are using IT today for our work. Students should be IT-enabled and knowledgeable in software systems, including Excel for medical operations and presentation. Colleges should focus on this area and encourage students to do the same. IT has a crucial role in today's education.

Q7. We would like to know your view on how soft skills are crucial in professional training and how do you actually analyse communication, teamwork and problem solving. Apart from this, how important in English language communication?

English is important in a global world, but communication is more important than language. Communication skills, teamwork, and problem-solving skills are incredibly important in organizations. These skills are learnt through practical activities and tasks. Communication is all about understanding what you say and how good you are at making others understand your point of view.



No doubt English is important, but more important is one's ability to effectively deliver their message with the right tone, intent, objective and expression. If the message is misinterpreted by the one who intends to receive it, the whole communication is compromised, and this miscommunication might lead to really big problems in organizations. Hence, clearing basics of communication is incredibly important for any professional.

Q8. What are the common mistakes which you find in the students while going through the recruiting process and other selection activities like interview or group discussion?

As we say that first impression is the last impression. Grooming is the first important thing because I do not know the candidate. The first thing I notice when I meet a candidate is how he looks. That really matters to me. Therefore, it will matter to my patients too. And it would matter to anyone he/she interact with while representing the organization. Therefore, that is the first thing. Then comes how one talks, their language and their behaviour. We are perfectly okay if one has committed a technical mistake, we are okay teaching that in training or through taking sessions. But, if one misbehaves, there is no tolerance to it.

Q9. Would you like to give some suggestions to the students who are actually going through the recruitment process?

Confidence is important, but overconfidence is fatal. During a campus interview, students should feel like they are already in the organization and are no more the students of their college. They should dress and behave like professionals. They should also be clear about their core subjects and be ready to work independently. This will give the recruiter an impression that they are the right choice for the job.



“ We would like to thank **Mr. Vineet Nehra** (Director CRC) and **Mr. Sidharth Singh** (Assistant Director CRC) for their assistance in organising this interview. ”

SIGNIFICANCE OF EMOTIONAL INTELLIGENCE IN CURRENT SCENARIO



A global study conducted by (posted on net by Abid Husan on 05 Nov 19) Capgemini Research Institute, suggests emotional intelligence will become a “must-have skill in the next one to five years. Globally, the demand for emotional intelligence (EI) skills will see a six-fold increase, in response to the growth of artificial intelligence and automation. With the prevalence of automation and AI, Indian executives believe that EI skill will surge to address emerging job roles:

- The demand for EI skills in India will increase 8.3 times in the next three to five years, the highest amongst all countries, says the report.
- Demand for EI will be high across sectors, especially financial services.
- More than 60% of organizations test for EI skills while assessing and hiring employees at senior management level.
- A large share of employees is willing to improve their EI skills as long as it is a part of the performance management system.
- Share of organizations conducting EI training for employees at mid – management level is double in comparison to global average.

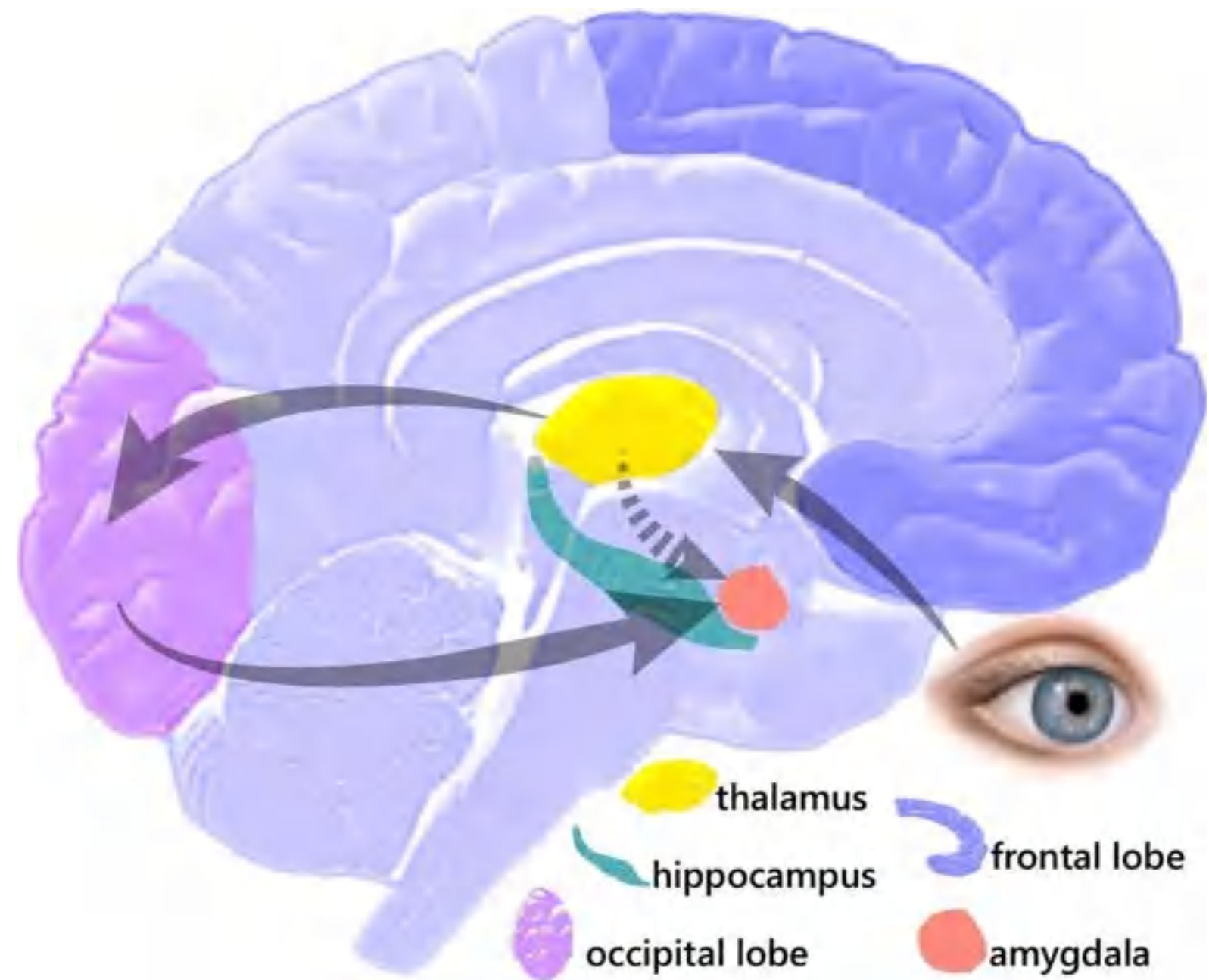
Challenges Organizations are Facing

This is the era of Globalization and VUCA (volatility, uncertainty, complexity and ambiguity) in which companies can operate anywhere around the world. This has led to severe competition, hence high emphasis on research & development and creativity & innovation. This phenomenon is leading to massive and rapid changes, huge amount of information generation, enhancement of customer loyalty, need of motivated and committed employees, collaborative efforts by all employees etc.

Above, phenomenon is leading to **high pressure on employees**, especially those working on emerging technologies. Hence, on many occasions when the results are not as expected, emotions run high. In such situation, **leaders as well as subordinate need to recognize, understand and manage emotions for optimum results and relationship.**



“The demand for EI skills in India will increase 8.3 times in the next three to five years, the highest amongst all countries.”



Structure of Human Brain

Understanding of above given organs of human brain will well explain the generation of emotions. A visual signal, 1st goes from retina to thalamus, where it is translated into brain language and then goes to the visual cortex (**occipital lobe/thinking brain**), where it is processed for response based on stored data. Processed emotional response signal goes to Amygdala (**emotional/feeling brain**) and becomes response. However, small part of signal goes directly to the Amygdala as shown by broken line and makes the Amygdala to react. These reactive emotions are not rational and hence lead to incorrect decisions. **The Amygdala becomes master even for thinking brain.** The Amygdala directs various glands to generate various hormones, which are responsible for **fear, anger, happiness, sadness and other emotions.**

Some of the Basic Emotions and Their Impact

- **Fear**– Feeling of being afraid, frightened, scared.
- **Anger**– Feeling angry, a stronger word is Rage.
- **Sadness**– Feeling sad, sorrow and grief.
- **Joy**– Feeling happy, happiness, Gladness,
- **Disgust**– Feeling of wrong or nasty.
- **Surprised**– Unprepared for something.
- **Trust**– Admiration.

All the emotions are natural and are not harmful under controlled conditions. Succeeding paragraphs will give some insight

into ways and means of controlling the emotions. When emotions are not controlled then

- a) Joy and fight are related to heart, hence leads to heart problem
- b) Anger is related to Liver, hence liver problem
- c) Sadness related to Spleen, hence Spleen problem.

Emotional Intelligence (EI)

Emotional intelligence refers to the capability of a person to recognize, manage and control his or her emotions and the ability to control the emotions of others as well. In other words, they can influence the emotions of other people also. OR An ability to monitor your own emotions as well as the emotions of others, to distinguish between and label different emotions correctly, and to use emotional information to guide your thinking and behaviour and influence that of others.

Framework of Emotional Intelligence

It is known as the Five-Four framework. It has five elements and four dimensions.

Elements of Emotional Intelligence

1. Self-awareness:

- **Emotional awareness** (recognizing one's emotions and their effects).
- **Accurate self-assessment** (knowing one's strengths and limits).
- **Self-confidence** (sureness about one's self-worth and capabilities).

2. Self-regulation:

- Self-control (managing disruptive emotions and impulses).
- **Trustworthiness** (maintaining standards of honesty and integrity).
- **Conscientiousness** (taking responsibility for personal performance).
- **Adaptability** (flexibility in handling change).
- **Innovativeness** (being comfortable with and open to novel ideas and new information).

3. Self-motivation:

- **Achievement drive** (striving to improve or meet a standard of excellence).
- **Commitment** (aligning with the goals of the group or organization).
- **Initiative** (readiness to act on opportunities).
- **Optimism** (persistence in pursuing goals despite obstacles and setbacks).

4. Empathy:

It is the ability of a person to exactly understand the mood and mental state of another person. This happens only when you put yourself in the shoes of another person. Like anticipating, understanding, and meeting customer needs will lead to customer loyalty.

5. Social skills:

It is nurturing instrumental relationships, working with others toward shared goals, creating group synergy in pursuing collective goals, negotiating and resolving disagreements etc.

Dimensions

1. Perceiving Emotions: It is being aware of and recognizing other people's emotions. Distinguishing between accurate, honest feelings and inaccurate, dishonest feelings.

2. Facilitating thoughts: Involves redirecting and prioritizing your thinking based on the feelings associated with those thoughts, using emotional states to improve your problem-solving skills and creativity.

3. Understanding Emotions: It includes understanding the relationships between various emotions and perceiving the causes and consequences of emotions.

4. Managing Emotions: One must be open to both pleasant and unpleasant feelings. You should be able to monitor and reflect on emotions. Able to engage, prolong, or detach from an emotional state and finally, manage the emotions both within self and in others.

Signs of High EQ Employees

- They are not afraid of Change.
- They are self-aware, empathetic, committed to quality and balanced.
- They are curious, open-minded, gracious, grateful and happy.
- They have a healthy work/life balance.
- They go with the flow and forgive others easily etc.

Signs of low EQ Employees

- These people have no control on their emotions.
- They are clueless about the feelings of others even those who are close to them.
- They have poor relationship and poker faces.
- They have trouble coping with sadness.
- They are emotionally tone deaf.
- They have trouble being sympathetic with others, have no "volume control" over their emotions, and are completely unmoved by emotional scenes in movies/TV/books etc.

Techniques of managing sadness

- Practice mindfulness.
- Listen to upbeat music.
- Use Touch (Clap, acupuncture, acupressure, massage etc.).
- Stop Negative self-talk.
- Distract yourself (play with a pet, go for a walk, read a book, Keep your-self busy in good activities).
- Connect with friends.
- Get enough sleep.
- Forgive others.
- Exercise regularly and
- Do not give-up.

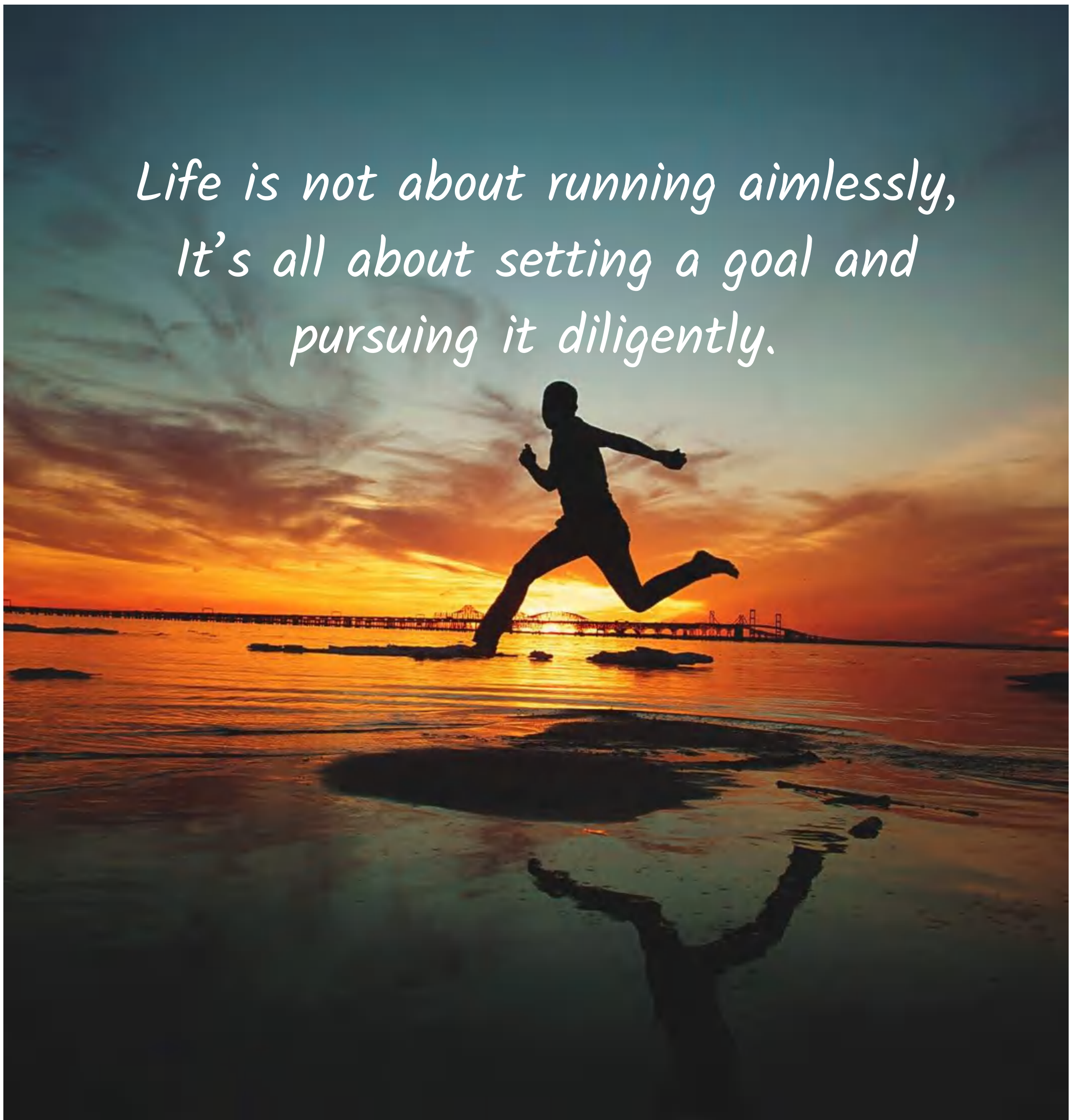
Techniques of managing anger

- Think before you speak. Once you are calm, express your anger.
- Physical exercise like brisk walk or run will help.
- Take a time out for self.
- Do not hold a grudge.
- Use humour to release tension.
- Practice relaxation skills and know when to seek help.

Techniques of managing fear and anxiety

- Breathe deeply because it lets your nervous system know that it can chill out.
- Slowly expose yourself to the things you are afraid of.
- Recognize when you are succumbing to 'misplaced' anxiety, and let it go.
- Spend time with your friends — social support reduces anxiety.
- Exercise to protect yourself against the effects of stress.
- Take responsibility for your actions.
- Do not focus on negatives.

*Life is not about running aimlessly,
It's all about setting a goal and
pursuing it diligently.*



LEADER NEED NOT BE INSECURE

Cultivating Confidence in Leadership



Dilip Dutt Varshney
DEPUTY DIRECTOR, CTLD

In the realm of leadership, one might assume that a certain level of insecurity is natural and even expected. After all, the responsibility of leading others can be daunting, and the fear of failure can loom large. However, it is crucial to recognize that leaders need not be consumed by insecurity. In fact, true leadership thrives when individuals cultivate confidence in their abilities and inspire the same in their teams. This article explores the detrimental effects of leader insecurity, highlights the importance of self-assurance, and offers strategies for building confidence as a leader.

The Impact of Leader Insecurity

Insecurity hampers the effectiveness of leaders and the overall success of their teams. When leaders are plagued by self-doubt, they may exhibit micromanagement tendencies, stifling creativity and autonomy among team members. Insecure leaders may hesitate to delegate tasks or make decisions, creating delays and a lack of direction. Moreover, their own uncertainty can spread throughout the team, fostering an environment of doubt and diminishing overall morale.

The Role of Confidence in Leadership:

Confidence, on the other hand, is a cornerstone of effective leadership. A confident leader inspires trust, motivates others, and fosters an environment of innovation and growth. When leaders believe in their own abilities, they can inspire the same belief in their team members, encouraging them to reach their full potential. Confidence enables leaders to make decisions decisively, take calculated risks, and navigate challenges with resilience. Ultimately, confident leaders are better equipped to lead their teams towards success.



“Embracing failures with a positive mindset fosters resilience and strengthens confidence.”

Building Confidence as a Leader

Self-reflection and self-awareness: Engage in introspection to identify strengths, weaknesses, and areas for growth. Embrace a growth mindset that acknowledges the potential for development and improvement.

Continuous learning and development: Invest in personal and professional development, whether through reading, attending workshops, or seeking mentorship. Expand knowledge and skills to bolster confidence in decision-making.

Embrace and learn from failures: Recognize that failures are learning opportunities and stepping stones to success. Embracing failures with a positive mindset fosters resilience and strengthens confidence.

Surround yourself with a supportive network: Seek out mentors, peers, and colleagues who provide encouragement, constructive feedback, and inspiration. Cultivate relationships with individuals who believe in your abilities and can offer guidance along the leadership journey.

Celebrate achievements: Acknowledge and

celebrate personal and team accomplishments, no matter how small. This fosters a sense of achievement, reinforcing confidence and motivation.

Practice effective communication: Enhance communication skills to articulate ideas clearly, listen actively, and provide constructive feedback. Effective communication builds rapport, engenders trust, and enhances confidence in both the leader and the team.

Delegate and empower: Recognize the strengths and expertise of team members and delegate responsibilities accordingly. Empowering others fosters trust, encourages collaboration, and allows the leader to focus on strategic decision-making.

Leadership is a journey that requires self-assurance and confidence. While it is natural to experience occasional moments of self-doubt, leaders must rise above insecurity and cultivate confidence to unlock their full potential. By nurturing confidence in themselves and inspiring it in others, leaders can create a culture of trust, growth, and success. Embracing confidence as a leader is not only beneficial for personal development but also essential for the success of the entire team.

APTITUDE

& its importance in new education policy

The National Education Policy 2020 (NEP 2020) aims to bring in radical changes to the Indian education system with the aim to bring in holistic development by promoting physical and psychological well-being while also enhancing cognitive abilities. One of the key proposals for implementation under the NEP 2020 is the way universities will be admitting students for their courses of excellence. The proposed system is said to be through an entrance exam which must include aptitude testing as well.

Key components of an aptitude-based entrance exam will be quantitative aptitude, verbal ability or communication skills. With effect from 2022, admissions for Delhi University will be brought under the existing Central Universities Common Entrance Test (CUCET). With the ever-evolving selection process of educational institutions and various companies, Aptitude plays a major and important strategic tool for shortlisting the candidates to find the right candidate. So, it is not an exaggeration when we say that aptitude building is one of the most important things that a student needs at this hour.

This can be seen in the admission processes for UG admissions for management, law, hospitality management, mass communication, computer applications, psychology, etc. It can also be seen in PG admissions for UPSC (Civil Services - Prelims), MBA, etc. for premier Indian universities and colleges which are all aptitude-based entrances to select students either on the basis of entrance tests alone or involve students to appear for personality assessment in the form of interviews and skill assessment/writing ability test where situation based on latest current affairs and a candidate's views based on it is checked.

Aptitude Tests consist of multiple-choice questions and these tests are strictly timed. Generally, the time given depends on the number of questions in the test. Mostly, 60 to 90 seconds is given for one question. There are many different types of questions which can be asked in an aptitude test. These different types of questions can be categorized as:



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1. Verbal Ability:

It comprises the English-speaking skills of a person. Spelling and grammar are included in it. It is based on the understanding of the accurate meaning of the words, formation sentence or sentence structure, idioms and proverbs. It tests the skills like understanding the information, recalling the information, and understanding of language concepts. The questions included in verbal ability can be of the following types:

- Spelling questions
- Missing word questions
- Synonyms and antonyms
- Word pair questions
- Reading Comprehension

2. Numeric Ability:

It includes basic mathematics like addition, subtraction, multiplication, and division. Data interpretation is also present which means the interpretation of charts and graphs. The numeric ability can be categorized as a speed test. It is just considered with how many questions you can answer correctly within a given period of time. You are not allowed to use a calculator. The questions included in numeric ability can be of the following types:

- Arithmetic questions
- Sequence and series
- Numbers represented by the alphabet
- Data interpretation

3. Abstract Reasoning:

It includes the questions which have a very little or no application in the real world. The question tests your understanding of patterns and figures and also the similarities and differences between shapes and figures. This test does not require any educational qualification.

4. Spatial Reasoning:

It includes your ability to draw or interpret drawings. It tests your imagination. The question may require you to imagine a given drawing rotated at some angle or visualize a 2-dimensional drawing in a 3-dimensional view. It may also include visual assembly or disassembly of an object. The questions included in spatial reasoning can be of the following types:

- Shape matching
- Group rotation
- Combining Shapes
- 3-dimension views
- Maps and plans

5. Mechanical Reasoning:

It tests your knowledge of mechanical and physical concepts. Your score significantly depends on your knowledge. The various aspects included in it are Levers, Gears, Pulleys, Electrical circuits, Springs and other tools.

6. Fault Diagnosis:

It tests your ability to find faults in mechanical and electronic systems. This type of test is taken by those who want to work as technical personnel.

7. Data Checking:

It tests that how accurately and speedily you can find out errors in the given data. Mostly, you would be given two columns of data and you have to find the differences between the two. The data is not much meaningful. This type of test is done for clerical jobs, administrative jobs, or jobs related to banking and accounting.

Importance of an Aptitude Test

The Aptitude Test can be used as a measure of the abilities of a person. These tests give the complete picture of a person's mind. The aptitude test is of a great importance for the students studying in school or those people who want to change their profession. The test will give them a precise result of what is the actual abilities of a person. The importance of an aptitude test can be understood by the fact that they being widely used now for various purposes. Some of them are:

1. Placement Purpose:

If a job requires some specific skill or some particular trait in the person, it is evaluated by aptitude tests. For example, if you have applied for a data entry job, they will test your data checking skills or if you have applied for a job in the technical field, they will test your mechanical reasoning or fault diagnosing ability.

Mostly, the aptitude test is used in conjunction with a personal interview or a group discussion or both for job placement. It is difficult to cheat in an aptitude test, therefore, they are considered reliable by most of the interviewers. These tests give the interviewer an idea of the natural abilities, strength, and weaknesses of the interviewee.

2. Choosing a Career:

The result of the aptitude test tells us about the skills or abilities of a person. This result is of great help in choosing a career. A person will get to know what he is good at and he should choose a career accordingly. For example, a person takes an aptitude test and the result shows that the person's verbal skills are excellent but the numerical skills are very poor. In this case, rather than choosing a career which requires him to enhance his numeric ability, it would be beneficial for him to choose a career which requires his verbal skills. Therefore, an aptitude test becomes guidance in choosing a career. One should definitely opt for an aptitude test before choosing a career. The right time for this test is after passing the 10th standard exam. It will guide you to choose the correct stream.

3. Academic Improvement:

If a student takes an aptitude test, it will directly or indirectly tell him his strong and weak subject. The student can, therefore, work on his weak subjects and improve them. It is very important to include aptitude tests in education. As most of the multinational companies take the aptitude test of the person trying for the job, the tips and tricks for solving the aptitude tests must be taught to the students from the very beginning. If the students practice aptitude tests from the very beginning, they will be able to solve them in proper time correctly. This would be beneficial for them when they go for recruitment. The schools should test the aptitude of the students at regular intervals so that the faculty can know the weak areas of their students. Moreover, it will tell the faculty if there is any fault in the curriculum or teaching methodology.

How to Prepare for an Aptitude Test

If you are appearing for an aptitude test which is competitive or for placement purpose, here are some tips which could be helpful to you.

Learn Basics: There is no particular syllabus for aptitude test. Anything could be asked of you in the test. So, it becomes necessary that all your basic subjects, especially mathematics, is clear to you. You should know all the basics you learned in the school.

Everything is Important: In a competitive exam, even a single mark become very important. So, you should not leave any topic while preparing. Even if you find a topic difficult, do not leave it. Read that topic again and again or take help from your teachers. You do not know what will come in the exam, so you should prepare all the topics very well.

Practice: As it is said, practice makes a man perfect. You should go for mock aptitude tests. There are many books available for aptitude. The internet is flooded with aptitude tests which are free of cost. Go for them. The more you will practice, your speed will increase. You will also come across many different types of questions, which might increase your knowledge. It is also possible that you may get the same question you practised in the test.

Know your Weak Points: You should know in which topics you lag behind. You should prepare those topics first because you do not need much time to prepare those topics which you are good at.

Do not Waste Time: Time is very precious. If you get stuck on a question and you do not find any way out, leave it for that particular time and come back to it later.

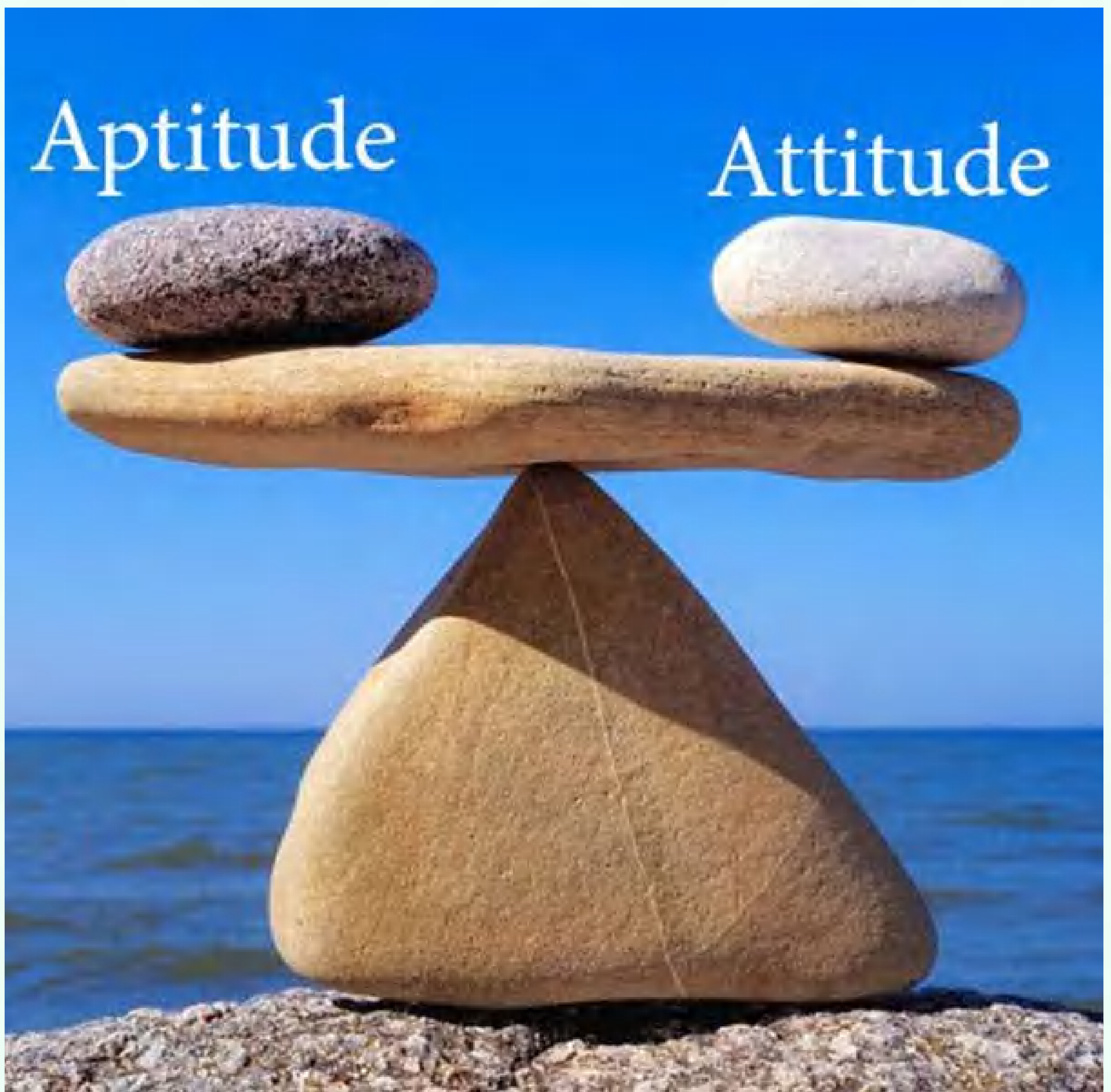
Be Careful while Attempting: Most of the tests have negative marking. So just do not attempt the question if you are not sure about the answer. Do not assume your answer to be right. A zero is always better than a minus one.

Avoid Gaps: Avoid gaps in your practicing routine as it can decrease your speed. Large gaps can make you forgetful. If you have a busy schedule on a particular day, try to take out at least 30 minutes for practicing questions. Do not waste any day without practicing.

Have a Fresh Mind: Aptitude needs a lot of concentration which can be devoted only to a

fresh and peaceful mind. If you had a fight with someone or you are feeling low or you have diverted mind, do not practice aptitude. If you practice aptitude at this instance, you will get all your questions wrong because you will not be able to devote full concentration.

Take Care of Yourself: Body and mind are interlinked. For a healthy mind, the body should also be healthy and vice versa. Sleep well and eat well. Take at least 6 hours of sleep.



Practical

DECISION MAKING



Tips for Students



Dr. Jasmine Stephen
MASTER TRAINER, CTLD

Decision-making plays a crucial role in the lives of students, as they face numerous choices and opportunities during their academic journey. Whether it's selecting a major, choosing extracurricular activities, or deciding on future career paths, students often encounter situations that require thoughtful decision-making. By developing effective decision-making skills, one can navigate these choices with confidence, align decisions with goals and aspirations, and make the most out of the educational experiences. Here are practical tips to help enhance decision-making abilities and make informed choices.

1. Identify the decision:

As a student, it's important to start by clearly identifying the decision you need to make. For instance, you might be deciding between pursuing a science or humanities major or choosing between different colleges or universities.

2. Gather information:

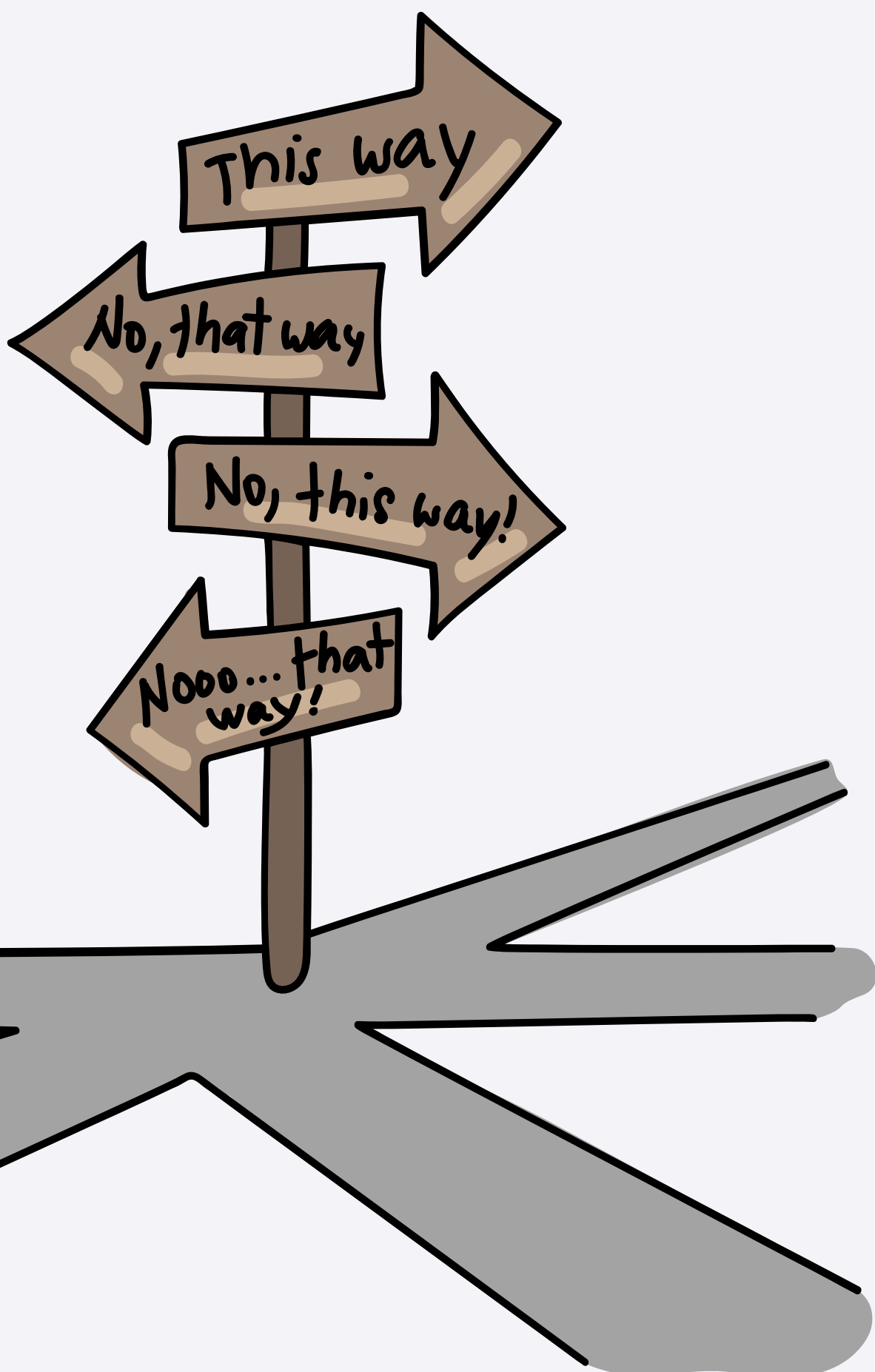
Collecting relevant information is crucial for making informed decisions. Research various options, seek advice from academic advisors or professionals in the field, attend information sessions, and explore resources online to gain insights about the different paths available to you.

3. Evaluate the pros and cons:

Create a list of the advantages and disadvantages associated with each option. For example, if you're deciding on a major, consider factors like your interests, potential career opportunities, required coursework, and long-term prospects in the field.

4. Set goals and priorities:

Determine your goals and priorities in the context of the decision at hand. Consider how each option aligns



with your personal values, aspirations, and desired outcomes. This will help you weigh the options and choose a path that resonates with you.

5. Consider the potential outcomes:

Visualize the potential outcomes of each decision. Think about the short-term and long-term consequences and how they may impact your academic journey, career prospects, personal growth, and overall satisfaction. Imagine the potential challenges and rewards associated with each choice.

6. Trust your instincts:

Intuition can provide valuable insights. Listen to your gut feeling and consider your personal inclinations and passions. While logical reasoning and evidence are important, sometimes your instincts can guide you toward a choice that feels right for you.

7. Seek advice from others:

Don't hesitate to seek advice from mentors, teachers, or individuals who have expertise or experience in the area you're considering. Their insights can provide valuable perspectives and help you make a more informed decision.

8. Take your time:

Avoid rushing into a decision. Take the time

you need to reflect on the options, weigh the pros and cons, and gather all necessary information. However, be mindful of any deadlines associated with the decision and allocate your time effectively.

9. Embrace the learning experience:

Remember that decision-making is a skill that develops over time. Embrace the process and view each decision as a learning experience. If a decision doesn't turn out as expected, learn from it, adapt, and use that experience to make better choices in the future.

10. Be confident in your decision:

Once you have made a decision, have confidence in your choice and commit to it. Trust that you have carefully considered all relevant factors and made the best decision with the information available to you. Embrace the opportunities that arise from your decision and make the most of them.

By applying these practical tips, students can enhance their decision-making abilities, make informed choices, and navigate their educational journey with greater clarity and confidence. Remember, decision-making is a continuous process, and with practice, you'll become more adept at making effective decisions that align with your goals and aspirations.



***“Good decisions come from experience.
Experience comes from bad decisions.”***

How to become **THE BEST**

in the world at what you do !



Alka Dayal
EXECUTIVE TRAINER, CTLD

It doesn't matter how good your strategy is, if you're not skilled at what you do, that strategy won't take you very far.

"Many amateur cricketers think they need expensive bats. But it's the drive that matters, not the bat. Give Virat Kohli any bat and he'll still drive fluently and score runs."

When you're confident about what you do and clear about where you're going, the right strategy will make itself known. Hence, when your **"WHY"** is strong, you'll figure out **"HOW"**.

The "HOW" comes from the "WHY". Not the other way around.

If you're looking for how to be successful, you're going about it all wrong. You're doing it for the wrong reasons. If you know what you want and why you're doing it, you're not worried about the "outcomes". Your security has to be internal. You aren't worried about the outcomes because you already know they are coming. It's only and always been about seeing how far you can go. About achieving the impossible.

Here's how to become the best at what you do:

1. Work On Yourself, Not On Your Job

"Work hard at your job and you can make a living. Work hard on yourself and you can make a fortune."

Your work is a reflection of you. If you're not getting the results you're looking for, stop looking for better strategies. Instead, look inside and find out how you can make your strategy work for you.

If you want something different: improve YOU.



20% of your energy should be devoted to your work. 80% of your energy should be devoted to rest and self-improvement. This is what fuels your work and makes it better than anyone else's.

While others are trying to improve their jobs, you're continuously improving yourself, expanding your vision, skills, and abilities. Sharpen your saw. Most people are trying to chop down their tree, their "job", with a blunt saw.

"Give me six hours to chop down a tree and I will spend the first four sharpening the axe." - Abraham Lincoln.

Within a short period of time, you'll have developed true mastery. Everyone else is trying to hone their "craft." Don't work on your job. Work on yourself. Trust me when I say that you are not the only person looking for ways to better yourself. You just need to look for resources for Self-Improvement.

Perfection is not necessary.

2. Consistently Put Yourself Into Situations Others Can Only Dream Of

Most people never put themselves in demanding situations. Situations that humble and scare you.

You need to put yourself into positions that create immense pressure. The kind of pressure that will either make or break you. This is how you purge out your weakness and small-mindedness. It won't be pretty. But it will change you. And eventually, you'll rise up. New. Changed. Better.

This is how you evolve.

How do you put yourself into these situations? You initiate. You don't wait for life to come to you. You don't wait for the "next" opportunity. You improve your current situation or "job" by providing actual value. You pitch ideas. You ask questions. You try and fail. You take on roles that require greater responsibility.

"Leadership" is available to everyone. You just need to assume a leadership role. You can do

that right now, in whatever situation you're in. You do this enough, and continuously pitch yourself and your ideas, you'll create opportunities. You then maximize those opportunities and more will come.

Opportunities are like ideas. The more you use them, rather than let them simmer, the more will come. Most people sit on their ideas far too long and they become stale. Similarly, most people sit on their opportunities too long and they stop coming.

3. Don't Copy Other People. Make Them Copy You.

If you're categorically mimicking the work of other people, Good Luck!!!

If you're trying to replicate the work and results of other people, what does that say about your own inner compass? What does that say about your motivations? Are you just trying to find what's working? Are you looking for the "how"?

If you're following someone else's tracks, where do you think those tracks will lead you? To your own destination or to theirs?

And even if you'd be happy with their destination, do you really think you could do it better than them? It's their path. They're driven by something deep and internal. You can't get ahead if you're always a few steps behind. If you're always reacting rather than creating.

4. Stay In Love With The Process

"The more you sweat in peace, the less you bleed in war."

Success comes easy because it's the last thing on your mind. You already know it's going to happen.

The work itself and becoming better and better at it, is what drives you. It almost doesn't matter what you're doing. It's why you're doing it that matters.

The "what" can and does take many forms. Don't over-attach to one role. Whether you're a leader, writer, athlete, parent, "employee", the what doesn't matter. Why you do it and subsequently how you do it is what matters.

When you are in love with the process, you seek feedback, mentoring, and coaching, even when you're at the top of your game.

You surround yourself with people who aren't afraid to tell you the truth. You avoid people who suck-up and only tell you what they think you want to hear. Those aren't friends. They have an agenda.

Self-transcendence comes from collaborating with others who are driven by a greater and grander vision. When the whole becomes fundamentally different than the sum of its parts. When the work is the reward.

Going beyond anything you've ever imagined. Complete openness to the possibilities. Unless you're continuously improving and working with better people, you'll never realize this.

When you hone yourself, your work, and you produce opportunities. They won't help but come. Because you're a magnet, pulling them in.

5. Never Forget Why You're Doing This

How often we see people throw their value-systems out of the door in hope of quick success.

When it happens, we know these people won't succeed long-term. They clearly don't have a "why" or they forgot it. They don't have an inner compass. Consequently, they don't really know where they're headed. It's a destructive path.

Many of us have convinced ourselves that we are able to break our own personal rules "just this once." In our minds, we can justify these small choices. None of those things, when they first happen, feels like a life-changing decision.

The marginal costs are almost always low. But each of those decisions can roll up into a much bigger picture, turning you into the kind of person you never wanted to be. This, unfortunately, is more common than not.

It's so common, in fact, that it's almost expected. Hence, few people become the best at what they do. They end up becoming something far less.

Conclusion:

Becoming the best is about never being satisfied with what you've done. It's about continually improving who you are.

It's knowing success will come because you know who you are and what you stand for.

It's about initiating, continually creating situations that force you to become more than you currently are. Purging yourself of all your imperfections. Evolving. Start embracing the journey to become the BEST.

This is your journey. Take it.

“Becoming the best is about never being satisfied with what you've done. It's about continually improving who you are.”

Unleash Your POTENTIAL



Pradeep Panwar
SENIOR TRAINER, CTLD

University life is a transformative journey that offers you the opportunity to explore, learn, and grow in ways you've never imagined. This chapter of your life is a blank canvas waiting for your unique colors to paint it with achievements, experiences, and memories. As you embark on this remarkable adventure, remember that your time in university is a precious gift, and it's up to you to make the most of it.

University is a hub of diverse interests and opportunities. Discover what truly lights up your soul and immerse yourself in it. Whether it's joining a club, pursuing a hobby, or delving into a subject that captivates you, following your passions will bring you a sense of purpose and joy.

Don't limit yourself to your comfort zone. University is the perfect time to broaden your perspective and try new things. Take courses outside your major, engage in conversations with people from different backgrounds, and participate in events that challenge your thinking. These experiences will shape you into a well-rounded individual.

The pursuit of knowledge is an endless journey. Cultivate a curious mindset that seeks to understand the world around you. Ask questions, seek answers, and engage in intellectual discussions. Every class, every lecture, and every book has something new to teach you.

University life can be demanding, but with effective time management, you can conquer any challenge. Create a schedule that balances classes, studying, socializing, and personal time. Prioritize tasks and avoid procrastination to make the most of your days.

Challenges and setbacks are an inevitable part of any journey. Instead of letting failures discourage you, view them as opportunities to learn and grow. Each stumble is a chance to rise even



stronger and wiser. Remember that you're not alone on this journey. Don't hesitate to reach out to professors, mentors, or counselling services when you're facing difficulties. Building a support network will provide you with guidance and encouragement when you need it the most.

University is a melting pot of personalities and perspectives. Treasure the friendships you make along the way. These connections have the potential to be some of the most cherished and enduring relationships of your life. Whether it's acing a tough exam, completing a challenging project, or simply surviving a hectic week, celebrate your achievements – both big and small. These moments remind you of your progress and give you the motivation to keep pushing forward.

University is a stepping stone towards your dreams and ambitions. Use this time to envision the future you desire and start laying the foundation for it. Set goals that challenge you and work diligently towards realizing them.

Life beyond university will present its own set of trials and triumphs. The resilience you build during your university years will serve as a strong foundation for your future endeavors. Embrace change with open arms and never lose sight of your potential.

Your journey through university is not just about earning a degree; it's about discovering who you are, honing your skills, and preparing for the limitless possibilities that lie ahead. Embrace every opportunity, overcome every challenge, and cherish every moment. As you contribute your unique colours to the canvas of your university experience, remember that you have the power to shape your future and leave an indelible mark on the world. Seize this moment, unleash your potential, and let your university years become a chapter of inspiration and growth in your life's story.



“ Challenges and setbacks are an inevitable part of any journey. Instead of letting failures discourage you, view them as opportunities to learn and grow.”

EMBRACING ORIGINALITY

Learning from Animals in a Human World

In a world brimming with diversity, it's essential to maintain our originality and authenticity, just as animals do without hesitation. While humans possess remarkable cognitive abilities, they often find themselves struggling to break free from societal norms and expectations. Yet, there's much we can learn from the animal kingdom's innate ability to embrace their true selves without doubt.

Animals, in their natural habitats, display a remarkable level of authenticity. A peacock flaunts its vibrant plumage to attract a mate, a lion's roar resonates with authority, and a butterfly's delicate wings captivate with intricate patterns. These creatures don't question their identity; they live it fully. In contrast, humans tend to downplay their uniqueness, fearing rejection or judgment.

So, why do we doubt ourselves in a world filled with people? One reason lies in the intricate web of societal pressures and the need for acceptance. From early childhood, we're bombarded with expectations to fit in, conform, and meet certain standards. This can lead to a fear of standing out and revealing our true selves, stifling our creativity and originality.

Nonetheless, embracing one's originality can lead to profound personal growth and societal contributions. Just as a zebra's stripes or a peacock's feathers serve distinct purposes in nature, our unique traits have significance in the human ecosystem. Our diversity fuels innovation, fosters empathy, and enriches our collective experiences.

To overcome self-doubt and cultivate authenticity, we can draw inspiration from animals. Just as a turtle carries its home on its back, we can find strength in our individuality. Here are a few steps to consider:

1. Self-Reflection

Take time to explore your passions, interests, and values. Understanding yourself is the first step towards embracing your originality.



Charvee Khatri
TRAINER, CTLD



2. Let Go of Comparisons

Instead of measuring yourself against others, focus on your journey. Every creature in the wild has its own role and purpose—so do you.

3. Fearless Expression

Much like a howling wolf, don't be afraid to express yourself. Speak your mind, share your ideas, and showcase your talents without reservation.

4. Resilience

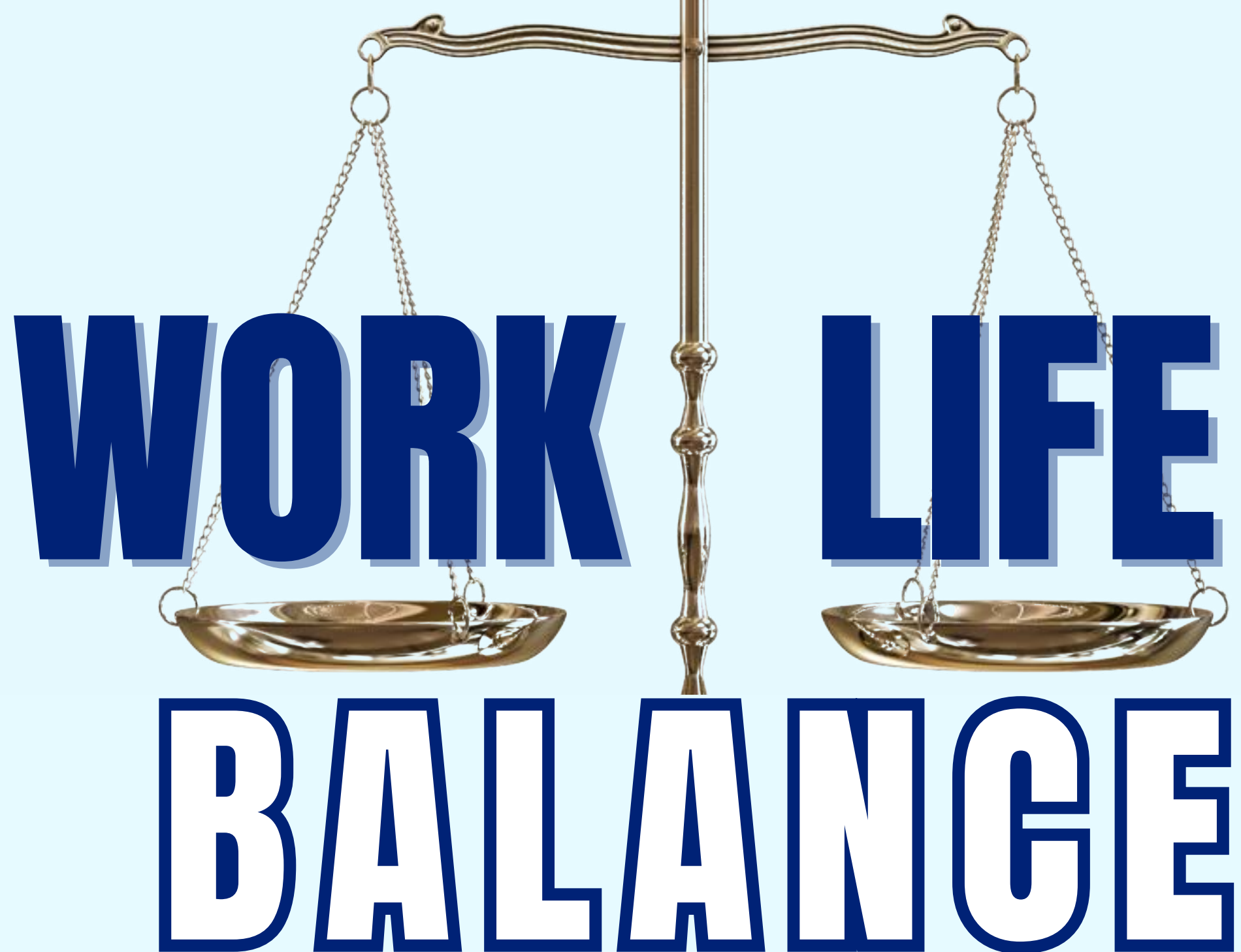
Just as animals adapt to their environments, be open to change and growth. Overcoming challenges helps you discover new facets of your authenticity.

5. Connect with Nature

Spend time outdoors to reconnect with your natural surroundings. Observing animals in their habitats can inspire a sense of freedom and originality.

In conclusion, the animal kingdom offers us a powerful lesson in authenticity. As we navigate the complexities of the human world, let's remember that we too are unique, with the capacity to enrich our surroundings through our individuality. Embracing our originality is not a sign of weakness but a testament to our strength and courage, just like the creatures who roam the wild without doubt or hesitation.

“ Embracing our originality is not a sign of weakness but a testament to our strength and courage, just like the creatures who roam the wild without doubt or hesitation.”



WORK LIFE BALANCE

Work life balance is the ability to manage one's time and energy between different aspects of life, such as academic, personal, social, and professional. Achieving a good work life balance can help students reduce stress, improve well-being, and enhance performance.

However, finding a work life balance as a student can be challenging, especially in the face of deadlines, exams, extracurricular activities, and other commitments. Some of the common obstacles that students face are:

Lack of time management skills: Students may struggle to prioritize their tasks, set realistic goals, and plan ahead. They may also procrastinate or get distracted by social media, entertainment, or other temptations.

Lack of self-care: Students may neglect their physical and mental health by not getting enough sleep, exercise, nutrition, or relaxation. They may also experience burnout, anxiety, depression, or other emotional issues.

Lack of support: Students may feel isolated, lonely, or overwhelmed by their academic workload. They may also lack the guidance, feedback, or encouragement from their teachers, peers, family, or friends.

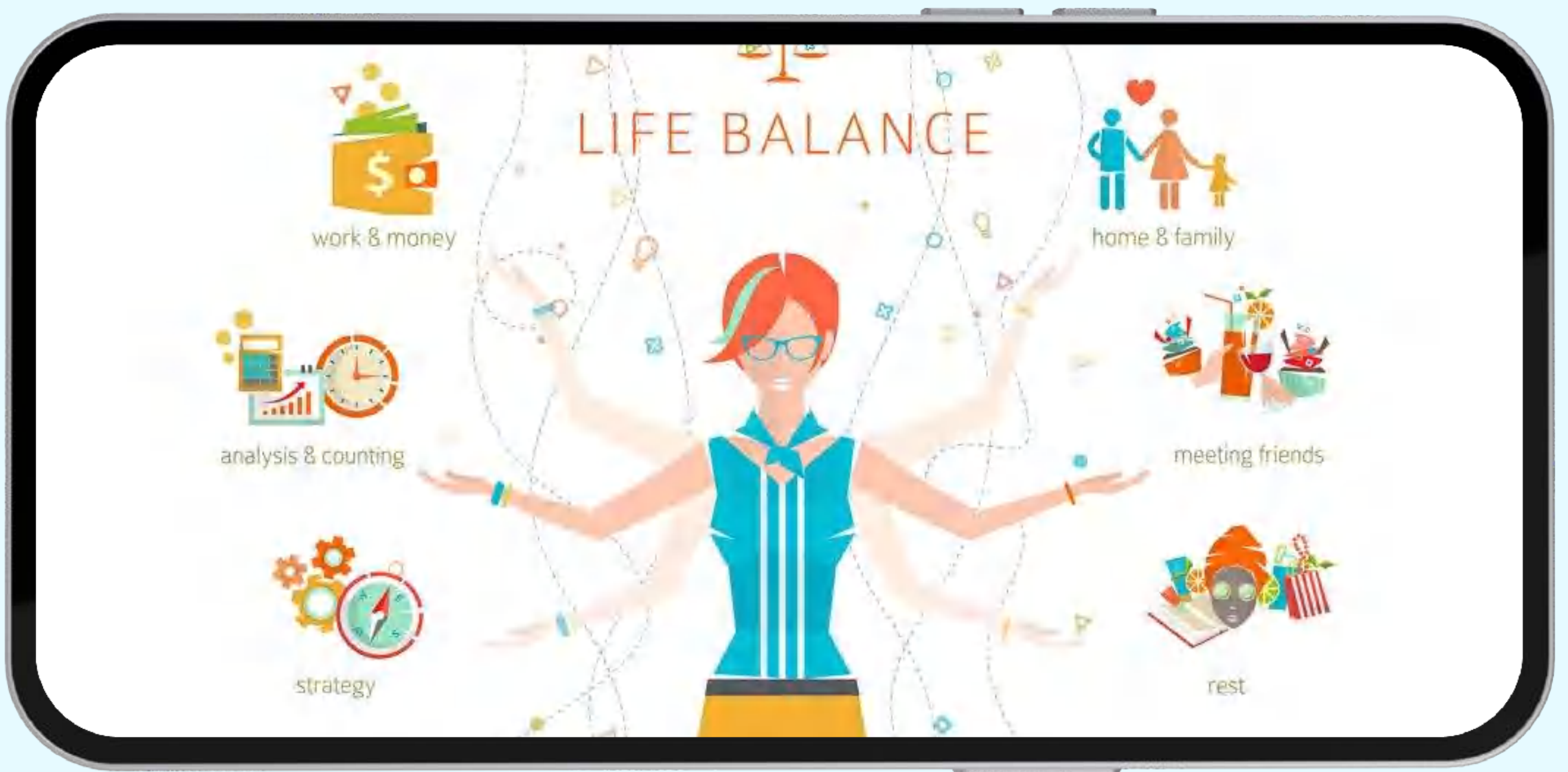
SALONI TYAGI
B.OPTOM 5TH SEM

“ Achieving a good work life balance can help students reduce stress, improve well-being, and enhance performance.”

To overcome these challenges and achieve a better work life balance as a student, here are some tips:

Set SMART goals: SMART stands for Specific, Measurable, Achievable, Relevant, and Time-bound. By setting SMART goals, students can clarify what they want to accomplish, how they will do it, and when they will do it. This can help them stay focused, motivated, and organized.

Use a planner or calendar: A planner or calendar can help students keep track of their assignments, deadlines, exams, meetings, and other events. It can also help them allocate their time and energy wisely and avoid overcommitting or underestimating their workload.

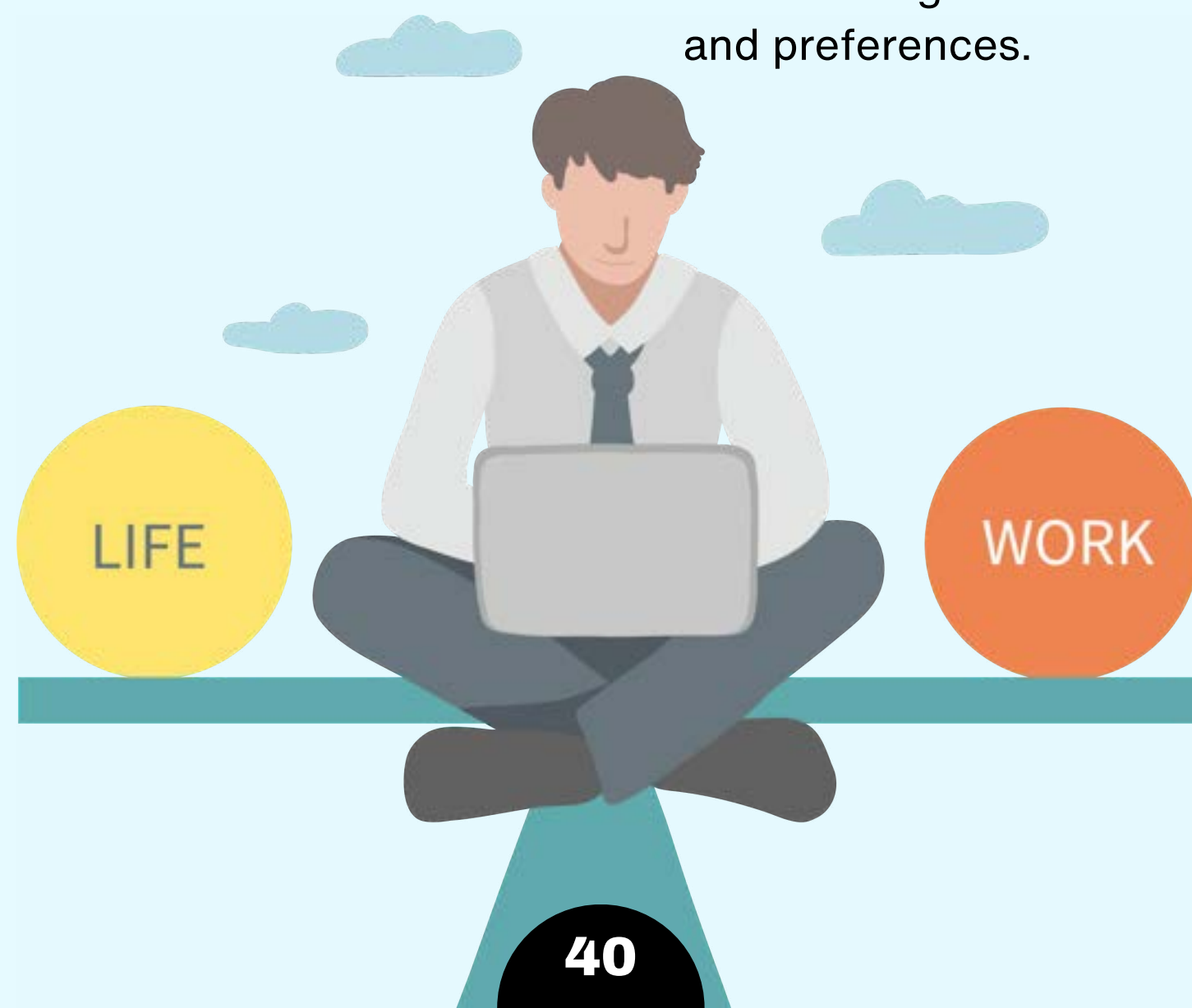


Establish a routine: A routine can help students create a structure and consistency in their daily life. It can also help them form healthy habits and rituals that support their well-being. For example, students can have a regular sleep schedule, a morning routine, a study routine, and a bedtime routine.

Take breaks and have fun: Taking breaks and having fun can help students recharge their batteries and reduce stress. It can also help them improve their creativity, productivity, and learning. Students can take short breaks every hour or so during their study sessions and have longer breaks during the weekends or holidays. They can also engage in hobbies, sports, games, music, art, or other activities that they enjoy.

Seek help and support: Seeking help and support can help students cope with their challenges and improve their performance. They can also benefit from the advice, feedback, or encouragement from others. Students can seek help and support from their teachers, tutors, counselors, mentors, coaches, or other professionals. They can also seek support from their peers, family, friends, or online communities.

By following these tips, students can achieve a better work life balance and enjoy their academic journey. Work life balance is not a fixed state but a dynamic process that requires constant adjustment and evaluation. Students should monitor their progress and make changes as needed to suit their needs and preferences.



A LUNAR ODYSSEY

The story of Chandrayaan



VAIBHAV DANGWAL
B.PHARM 3RD YEAR

Oh, India's Chandrayaan,
how splendid is your feat!
For you have touched down
on the moon's surface fair,
And made the world rise on its feet,
With your triumph, peerless and rare.

The mission's goal was to land and survey,
The Vikram Lander and Pragyan Rover,
And you have accomplished it, oh, what a display!
You have made India's pride flow over.

The moon's south pole was your destination,
A region of scientific importance,
For water ice deposits' exploration,
And future missions' fuel and sustenance.

Oh, Chandrayaan, you are a point of pride,
For India and humanity's space ride.



सुकून की तलाश है...

गम-ए-ज़िंदगी सुकून की तलाश है....
युं ही चले जाना है खाली हाथ एक दिन बस सब्र की तलाश है ।
इस ज़िंदगी मैं अंधेरे बहुत हैं , एक रोशनी की तलाश है...

सफर जारी है बस मंज़िल की तलाश है...।

युं तो मौसम भी सर्द और गर्म हैं ,
हमे तो बस बहार की तलाश है...।

खो गये हैं बीच दरिया मे कहीं.....

हमे बस अब साहिल की तलाश है ।

पूरा हो चुका बी० टैक हमारा.....

बस एक नौकरी की तलाश है ।

युं तो मुमकिन नही कि हार जाएं तुझसे ए-गम-ए ज़िंदगी.....

हमारा हौसला बुलंद है बस उड़ान की तलाश है ।

गम-ए-ज़िंदगी सुकून की तलाश है.....

ना होना तु मायूस ऐ बंदे इस ज़िंदगी के उतार चढ़ाव से....

हर अंधेरी रात के बाद का सवेरा ही वही है जिसकी तुझे तलाश है।

रख हौसला अपने इरादो पर

तेरे सामने किसी गम की क्या मजाल है ।

ए-गम-ए ज़िंदगी सुकून की तलाश है....



JUNAID HUSAIN
B.TECH CSE (AI)
FINAL YEAR



**LIMITLESS IS YOUR
POTENTIAL
MAGNIFICENT IS YOUR
FUTURE**

Govind Mohan
Pharm D, 4th Year

माँ

तुम नहीं हो तो सब कुछ अधूरा सा लगता है माँ ।
तुम नहीं हो तो सब कुछ सूना सा लगता है माँ ॥
तुम नहीं हो तो लगता है मानों सब कुछ थम सा गया है ।
तुम नहीं हो तो लगता है मानों सब कुछ उजड़ सा गया है ॥

खुद का वजूद अब ज़र्रा ज़र्रा बिखरा सा लगता है मुझे ।
हर पल खुद पर एक खतरा मंडराता सा लगता है मुझे ॥
अब रातों को नींद कम और आँखों में आँसू ज़्यादा आते हैं ।
तेरे खयाल माँ मुझे तन्हाई में बड़ा सताते हैं ॥

कुछ कह तो नहीं पाती किसी से बस बच्चो सा रो पड़ती हूँ ।
अब तन्हा रातों को मैं सिर्फ करवटे ही तो बदलती हूँ ॥
तुम कहती थीं की खुद के लिए तुम ज़रा लड़ना सीखो ।
गिरकर खुद ही उठना और उठकर खुद ही आगे बढ़ना सीखो ॥

तुम ही तो थीं जो हर दम मेरा हौंसला बढ़ाती थीं ।
नींद ना आने पर थपकी दे देकर मुझे सुलाती थीं ॥
भले ही डांटती थीं मुझे लेकिन प्यार भी तो तुम ही लुटाती थीं ।
भूख नहीं है कहने पर अपने हाथों से खाना तुम ही तो खिलाती थीं ॥

ये दुनिया अब मुझे बेहद मतलबी सी लगती है ।
अब इस ज़िंदगी में मुझे खुशियों की कमी सी लगती है ॥
तुम कहती थीं खुद के लिए लड़ो खुद को साबित करो ।
तुम कहती थीं कि हर कदम मुस्कुरा कर आगे बढ़ो ॥

मुश्किलों से लड़ना, चुनौतियों का हसकर सामना करना तुम ही ने तो सिखाया था ।
क्या पता था माँ मुझे, तुम्हारा न होना इस सीख का इम्तहान लेने आया था ॥
कुछ बनकर यकीनन खुद के पैरो पर खड़ी हो दिखाऊंगी ।
बेटियाँ बेटों से कम नहीं, तुम्हारी यह बात एक दिन मैं ज़रूर साबित कर जाऊंगी ॥

मैं ज़रूर साबित कर जाऊंगी ॥



TUBA AKHTER
B.PHARM, 4TH YEAR

मेरे सपने

मैं जैसी थी मैं जैसी हूँ मैं वैसी ही नहीं रहूंगी
लोग क्या कहेंगे मुझे अब फर्क नहीं पड़ता
मैं जैसी थी अब मैं उससे भी आगे जाऊंगी

अपने हाँसलो को बुलंद इतना करूंगी
पंख लगाकर आसमान में उड़ूंगी
लोग क्या कहेंगे मुझे अब फर्क नहीं पड़ता
मैं जैसी थी अब उससे भी आगे जाऊंगी

यकीन है मुझे इतना एक दिन नर्स बन दिखाऊंगी
लोग मुझे डॉक्टर का दर्जा देंगे
पर मैं एक अच्छी इंसान बन दिखाऊंगी
लोग क्या कहेंगे मुझे फर्क नहीं पड़ता
मैं जैसी थी अब उससे भी आगे जाऊंगी

सब कुछ छोड़ मैं आगे बढ़ती जाऊंगी
अपने सपनों को टूटने से बचाऊंगी
यकीन है मेरे मां-बाप को मुझपे
मैं एक दिन अच्छी लायक बेटी बन दिखाऊंगी
लोग क्या कहेंगे मुझे फर्क नहीं पड़ता
मैं जैसी थी अब उससे भी आगे जाऊंगी

विश्वास है मुझे इतना एक दिन खूब नाम कमाऊंगी
लोग मुझे मेरे काम से पहचानेंगे
इतनी आगे बढ़ती जाऊंगी
लोग क्या कहेंगे मुझे अब फर्क नहीं पड़ता
मैं जैसी थी अब उससे भी आगे जाऊंगी

VANDANA
ANM, 1ST YEAR

सफलता

जीतेंगे हम ये वादा करो, कोशिश हमेशा ज्यादा करो ।
किस्मत भी रूठे पर हिम्मत ना टूटे मजबूत इतना इरादा करों ॥
ना थके कभी पैर ना, कभी हिम्मत हारी हैं।
हौसला है जिन्दगी में कुछ कर दिखाने का, इसलिए अभी भी सफर जारी है॥
मंजिल मिलें न मिलें, ये तो मुकद्दर की बात है।
हम कोशिश भी न करेंगे तो गलत बात है ॥
दुनिया क्या कहेगी क्या सोचेगी, इस मामले को छोड़ दो।
कामयाबी पानी है तो, खुद को निरन्तर मेहनत में जोड़ लौं ॥
ख्वाइशें क्यों न छोटी हो मगर इसे पूरा करने के लिए दिल जिद्दी होना चाहिए ॥

NAINA
ANM, 1ST YEAR



TUBA AKHTER
B.PHARM, 4TH YEAR

BORN TO FLY

Her eyes like stars shined so bright,

Her dad had told her to always choose the right.

Had beautiful dreams that were yet to be chased,

But wait was she soon going to be caged?

Her dad once said I want you to live a passionate life,

So please never limit yourself to just being an all-time wife.

Take out time for yourself and do set your goals high,

Because why not darling, after all you are born to fly.

Why all fathers are not as supportive as mine? Oh why?

She wondered as she looked up having dream of conquering the sky.



मैं

मेरे पिता जी की तरफ से

PARUL CHOUDHARY
ANM, 1ST YEAR

मेरे सपने पूरे करने को उसे धूप से लड़ते देखा है,
मेरी टूटी उम्मीदों से उनको रोज झगड़ते देखा है,
कहते हैं नाकामी से कि तुम दूर रहो मेरी बेटी से
खाली कमरे मे पापा को दीवारें पढ़ते देखा है।

बंजर से कहते हैं, कि तुम भी खिलजाओगे सब रखो,
बिटिया को अपनी मैंने तूफान से अड़ते देखा है,
कहते हैं, चट्टानों से तुमको भी जीता जायेगा,
नन्ही सी गुडिया को जब से मैंने सीढ़ी चढ़ते देखा है।

वो धैर्य नहीं हारेगी, कहते फिरते हैं दुनिया भर में,
आँखों में उसकी ज्वाला को मैंने रोज भड़कते देखा है
और कहते है, मैं स्थिर हूँ कभी वेग नदी सा है,
मुझमें कठिनाई को आगे उसके मैंने घुटने पड़ते देखा है।

वो रोती है तो मत समझना हारकर वो बैठेगी,
दिल्ली की सेहराओं में उसको आगे बढ़ते देखा है,
वो बनकर दिखलाएगी अपने बापकी आँखों का तारा,
आँखों में उसकी मैंने संसार उमर्ते देखा है।।



इन्सानियत का रिश्ता

दुनिया में सबसे लड़ा है इन्सानियत का रिश्ता,
जो बचपन से ही हर दिल में पन्ना,
कोई तो इसे अच्छी तरह से समझ लेता,
कोई समझकर भी नहीं समझता ।
कोई किसे के सुख से होता है सुखी,
तो कोई किसी के दुःख को दुख ही नहीं समझता ।
कोई किसी के गमों को बाँटना है चाहता
तो कोई किसी की खुशियों में भी जाना नहीं किसी चाहता ॥
जब भी किसी पर कोई मुसीबत आई,
किसी ने तो इसे दूर करना चाहा,
तो किसी ने ढूँदी उसमें अपने स्वार्थ की गहराई।
कामयाबी भी है एक अच्छे इंसान की इन्सानियत का हिस्सा,
समझोगे तो समझ जाऊगे नहीं तो लगेगा,
ये किसी कहानी का किस्सा ।
कभी ना डगमगाने दोगे अगर अपना ईमान,
तो इस जहाँ में ही नहीं उस जहाँ में भी पाओगे इंसान
है रब का अनमोल फरिश्ता, सम्मान,
समझोगे अगर ऐसा ही तो यहाँ ही नहीं,
जुड़ जायेगा भगवान सी भी अटूट रिश्ता

SONI
ANM, 1ST YEAR

Hostel life

With all the interesting people you will meet and all the cool activities you will do, you will discover the city in another light.

Maybe you will get a super helpful insider tip from someone or maybe, your hostel will take you on a tour to somewhere that you would have never found by yourself. The possibilities are endless...!

Hostel life, teaches students to become more independent. They learn to take changes of their life by taking decisions solely in different circumstances.

Students were tackling with different situation and meet different types of people while living in the hostel.

Hostel life teaches countless lessons: self dependence, self reliance, and disciplined way of life.

The most important lesson we learn is to adjustment and social accommodation with others.

At home, the young remains dependent to the responsible one. But in hostel, everything has to be done by our self.

A regulated living way of life, learn in a hostel.

Almeen Haider

Love Your Eyes



Out of 8.1 billion population of the world, 1.1 billion people are living with the consequences of sight loss. The main reason is due to lack of access to the eye care services. If, further intervention won't be taken then it will raise to 1.8 billion people by 2050.

So, there are few tips, how to take care of your Eyes:

1. FOLLOW THE 20/20/20 RULE TO GIVE BREAKS TO YOUR EYES FROM SCREEN

When using any digital screen, look at something 20 feet away for 20 seconds in every 20 minutes, to avoid eye strain and headaches.

2. SPEND TIME OUTSIDE.

Children should spend at least two hours a day outside. This also helps their eyes develop in a healthy way and helps them avoid developing nearsightedness (Myopia).

3. USING THE SUNGLASSES FOR OUTDOOR.

Make sure you are using the sunglasses for outdoor activities & also make sure either your sunglasses offer UVA and UVB protection to prevent radiation from the sun damaging your eyes.

4. WEAR PRESCRIPTION SPECTACLE IF YOU NEED THEM.

You should wear your prescription glasses to see clearly and prevent your eyes facing to work harder which can lead to eye strain and headaches.

5. CHECK YOUR FACE & EYE COSMETICS TO AVOID EYE INFECTIONS.

Check the expiry date on eye & face makeup and replace your brushes regularly to prevent the buildup of bacteria that could cause eye infections.

6. PHYSICAL EXERCISE REGULARLY.

Doing regular physical exercise can reduce the risk of developing conditions like diabetes or high blood pressure which can affect your sight.

7. EAT A HEALTHY DIET.

Eating a balanced diet, rich in vitamins and minerals that are essential for maintaining healthy eyes

8. AVOID SMOKING.

Smoking increases your risk of developing serious eye conditions and permanent sight loss.

9. TO DETECT EYE PROBLEMS, BOOK AN EYE TEST BEFORE THEY ARISE:

An eye test can detect an eye condition even before it's affected your eyesight, so even if you don't think there's anything wrong with your eyes, you should book a test in every six months

10. PRIORITISE YOUR EYES - YOU NEED THEM TO LAST ALL YOUR LIFE.

Put reminders in your calendar to have regular eye checks. You should have your eyes checked every six months



RAKESH K. YADAV
HOD-OPTOMETRY
COLLEGE OF PARAMEDICAL SCIENCES, TMU

माँ का आँचल

जीवन को सुरभित करना
पल्लवन कर पोषित करना
रिक्तता को पूर्ण करना
हर धूप से रक्षित करना
ऐसा, माँ का आँचल होता।

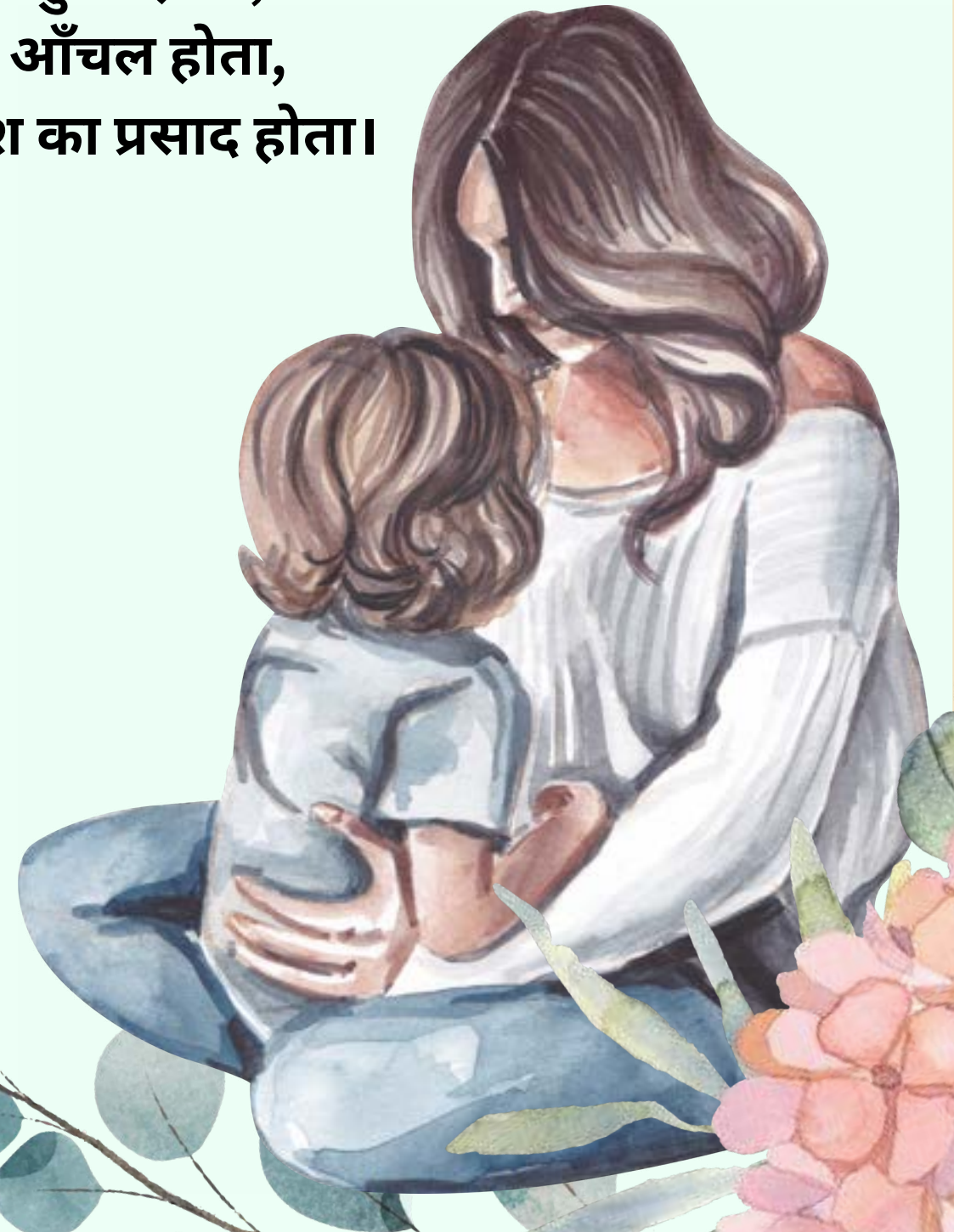
क्रोधित, आकुलित मन का संधारण,
प्रसन्ता, धैर्य, स्नेह का संचालन,
द्रवित होकर शुभेक्षा संवाहन,
कृतसंकल्पित, ऊर्जावान सम बन,
ऐसा माँ का आँचल होता।

कल्पित भय से आशंकित,
रुक्ष सांसारिकता से क्रन्दित,
निष्प्रह घटनाओं से स्पंदित,
ईश्वरीय कल्पों से शोभित,
ऐसा माँ का आँचल होता।

वो कितना भी चंचल होता,
चलित विचलित भटक हुआ होता,
फिर भी उसकी माँ का आँचल होता,
ऐसा ही, माँ का आँचल, ईश का प्रसाद होता।



डॉ. आशीष सिंघई
Assoc. Prof.
कॉलेज ऑफ फार्मेसी
तीर्थाकर महावीर विश्वविद्यालय
मुरादाबाद



Your paragraph text

Your paragraph text

नारी के लिये Make Up क्यों जरूरी है

लोगों कहना है कि औरते बहुत मेक अप करती है,
और ये सच ही तो है ।
औरते सिर्फ चहरे पर ही नहीं बल्कि घर, परिवार, बच्चे, पति, समाज
सभी पर मेकअप ही तो करती है ।
जब एक बेटी पैदा होती है,
तब अपने सुंदर मुस्कान से घर में बेटी की पैदाइश के शब्द को छुपा लेती है।
उस वक्त लोगो के चेहरे पर मेकअप करती है,
और लोग बेटी- बेटा भूलकर मुस्कराने लगते है।
वही बेटी जब थोड़ी बड़ी होती है तब भाई की गलतियों को अपने सिर ले लेती है,
और भाई की कमियों पर हमेशा मेकअप करती है।
दोस्तों की गलतियों पर मेकअप, टीचर की गलतियों पर मेकअप,
बेहतर शिक्षा ना मिलने पर माता-पिता पर मेकअप....
शादी होने पर ससुराल वालों के अत्याचार पर मेकअप,
मायके की कमियों पर मेकअप, रिश्तो की बदनियति पर मेकअप....
बच्चों की कमियों पर मेकअप, और फिर उनकी गलतियों पर मेकअप,
बुढ़ापे में दामाद के द्वारा किए गए अनादर पर मेकअप....
तो कहीं बहू की बेरुखी पर मेकअप, पोता - पोती की शरारतों पर मेकअप,
और आखिर में बुढ़ापे में परिवार में अस्तित्वहीन होने पर मेकअप,
एक औरत जन्म से लेकर मृत्यु तक मेकअप ही तो करती रहती है
सिर्फ एक ही आस में की उसे तारीफों के दो बोल मिल जाए।
फिर भी हमेशा उसी को जलील होना पड़ता है।
तभी तो कहते हैं बिन मेकअप अधूरी है नारी ।
इस दुनिया में निरादर कि नहीं सत्कार की प्रतिमा है नारी।।

माँ एक जिंदगी।

हमें खुश करने में खुद के गम भुला देती है
हमें खुश करने में खुद के गम भुला देती है
एक माँ ही होती है जिसकी याद हमें हंसते-हंसते रुला देती है।

जो दूर होके भी दिल के पास हो,
जिसका आशीर्वाद हमेशा साथ हो,
जो सबसे खास हो,
बस यही दुआ है मेरे रब से
की तेरी जैसी माँ हर जन्म में मेरे पास हो।



मेरा स्वाभिमान

समझ नहीं आता कि आखिर मैं क्या करू।
कब तक और किस हद तक अब मैं सहूँ।।
आगे बढ़कर भी मैं अक्सर पीछे रह जाती हूँ।
बहुत कुछ है कहने को लेकिन मैं चुप ही रह जाती हूँ।।

क्योंकि पता है मुझे कि यहां बोलकर भी कुछ होना नहीं है।
कर लिया है इरादा कुछ हो जाए अब मझे रोना नहीं है।।
यह तो दुनिया है यह तो यूँ ही चलती रहेगी।
भले ही जीवन रुके तुम्हारा यह तो आगे बढ़ती रहेगी।।

निश्चित है अब खुद के लिए कुछ तो करना होगा।
सारे डर भुलाकर अपने खुद ही आगे बढ़ने होगा।।
नहीं है यहां कोई जो किसी भी प्रकार आपका हौंसला बढ़ाएगा।
जिस जिस को मानोगे अपना वो ही आपका आत्मविश्वास तोड़ना नज़र आएगा।।

अरे यह तो दुनिया है, यहां तो सबकी रीत ही यही है।
हर किसी के हिसाब से बाकी सब गलत सिर्फ वो खुद ही सही है।।
अब तो ऐसे लोगों के लिए मेरे पास एक ही जवाब है।
अरे भाईसाहब आप तो बेहतरीन, एक हम ही बड़े खराब हैं।।

ज़िंदगी में अपनी अब खुद के लिए लड़ना है।
तरक्की हासिल करके अब खुद को साबित करना है।।
आत्मनिर्भरता ही अब एक मात्र समाधान है।
क्योंकि अब मेरे लिए सबसे बड़ा मेरे स्वाभिमान है।।



TUBA AKHTER
B.PHARM, 4TH YEAR

NAVIGATING

LIFE AFTER COLLEGE

CHALLENGES AND OPPORTUNITIES

Graduating from college marks a significant milestone in one's life, signaling the end of an era and the beginning of a new chapter. As students toss their caps into the air and bid farewell to the campus that has been their home for several years, they step into the uncharted territory of adulthood and professional life.

The transition from college to the "real world" can be exciting and daunting, as fresh graduates face many challenges and opportunities. In this article, we explore the journey that awaits graduates after college and offers insights on how to navigate this critical phase successfully.

1. Embracing Change: Life after college is a time of immense change, and graduates must be prepared to adapt to new environments, responsibilities, and routines. The comfort of the college bubble will no longer be present, but with an open mind and a positive attitude, graduates can embrace the opportunities that come their way.

2. Job Hunting and Interviews: One of the primary concerns for graduates is securing a job that aligns with their career aspirations. Job hunting can be a time-consuming and sometimes discouraging process. Graduates should utilize their college career services, build a strong network, and tailor their resumes and cover letters to stand out to potential employers. Interview preparation is crucial, as it allows candidates to showcase their skills and personality effectively.

3. Pursuing Further Education: While some graduates venture into the workforce immediately, others may choose to pursue higher education, such as postgraduate degrees or professional certifications. Deciding whether to continue formal education requires careful consideration of personal and professional goals.

ABHINAV JAIN
BCA 5TH SEM



4. Managing Finances: With newfound independence comes financial responsibility. Graduates need to create a budget, manage student loans, and develop smart spending habits. Seeking advice from financial advisors or experienced family members can be beneficial during this time.

5. Building a Professional Network: Networking plays a pivotal role in career development. Graduates should attend industry events, join professional associations, and utilize online platforms like LinkedIn to build a robust professional network. Connections can lead to valuable job opportunities and mentorship.

6. Embracing Continuous Learning: Learning does not end with college graduation; it is a lifelong process. Graduates must remain curious, seek new knowledge, and stay updated with industry trends. Continuous learning enhances employability and personal growth.

7. Work-Life Balance: Maintaining a healthy work-life balance is essential for overall well-being and productivity. Graduates should prioritize self-care, hobbies, and social connections alongside their professional pursuits.

8. Cultivating Resilience: Life after college may not always unfold as planned, and setbacks are a part of the journey. Cultivating resilience and learning from failures is crucial to bounce back and continue progress.

9. Mentoring and Seeking Guidance: Seeking guidance from experienced professionals or mentors can provide invaluable insights into career choices and personal development. Mentorship relationships can offer advice, support, and encouragement.

10. Embracing Gradual Progress: Graduates need to remember that success does not happen overnight. Patience, perseverance, and dedication are vital as they work toward their goals.

Life after college is an exciting adventure filled with opportunities for personal and professional growth. While it may be challenging to navigate through uncertainties, with the right mindset and preparation, graduates can overcome obstacles and flourish in their chosen paths. Embracing change, being proactive, and continuously learning will pave the way for a fulfilling and successful life beyond college.



LACK OF MANNERISM IN TODAY'S YOUTH

AMAAN SHAH KHAN
BRIT

Manners are the polite ways of treating other people and behaving in public. It appears to me that good manners seem to be lacking these days. It would be gross injustice to categorize all children and youths as lacking in manners and morals, but the general trend would certainly suggest that there has been a major decline among many of them. The importance of manners and kindness is terribly underestimated. "Thank You", "Excuse Me," and "Please", have been replaced with ungrateful, dissatisfied faces barks to "move" and patronizing demands. Instead of "Hello. How are you?" people are greeted with judgemental looks, and conversation is filled with petty, insipid gossip. Why is that?

Practising good manners is a simple way of showing respect, which every body wants. Unfortunately many people, specifically young adults, expect to be respected but do not give respect.

Usually, fingers are pointed at the parents of these disrespectful young adults, who may have neglected to instill in their children the value of respect and courteousness. But it's also because

of the different influences that totally affect them such as social media and peers. With children having their own devices like cell phones and tablets at as young as three years old, they have become entangled in the digital world instead of the real world. Since a majority of the current generations have grown up with technology being a normalized part of their life, they have not had proper experience in society. More so, they have not learned how to have common courtesy in public.

Good manners still exist and are practised by numerous people. Your manners are a part of your personality, respect others and be courteous. It is important to acknowledge and appreciate good manners from others. Show your peers the benefits of showing kindness and respect. Always remember, "A man who is kind benefits himself, but a cruel man hurts himself."

A famous American author, Emily Post said that, "**Good manners reflect something from inside- an innate sense of consideration for others and respect for self.**"

HOW WORLD WANT A GIRL TO BE -

DREAM GIRL

YASHASVI RAJPUT

Hello! Everyone. First, let me introduce myself because knowing who has written the story is important so that to know his or her point of view. So, I am a girl from a small town who is a teenager and want to bring to your notice one of the biggest failures of the world, that is how a girl is supposed to be as the world wants and only then will they accept her.

A girl plays a variety of significant roles in our society from birth till the end of life. Even after playing her all the roles and all the job timely in effective manner in the modern society, she is weak because men are still strongest gender of the society. Even after lots of awareness programmes, rules and regulations in the society by the government, her life is more complicated than a man.

POLITICIANS & CELEBRITIES TALK ABOUT THE RIGHTS OF THE GIRLS BUT THOSE RIGHTS ARE LIMITED TO THEIR SPEECHES ONLY."

A girl is considered as the goddess in the Indian society from the ancient time however it is also true that they are not treated as goddess. They are being ill-treated for many years and used just to fulfill the wishes of men.

Considering them goddess is not enough to give them full empowerment in the society; however, it needs positive continuous effort and participation of both men and women.

Women play a great role in everyone's life without whom we can not imagine the success of life. They are highly responsible for the successful continuation of life on this planet.

Even today in the backward areas, women are considered as mere wives and mother who have to cook food and take care of the whole family members alone.

Women are treated differently than men in terms of rights and dues in many Indian societies even in the modern world. Men have dominating nature over women in various perspectives. It's worth giving a thought that if women are treated equally and given all the opportunities equivalent to that given to men, what will stop them from performing like men! Afterall, nature has made both of them equal in all respect.

There is a famous saying- **"YOU EDUCATE A MAN; YOU EDUCATE A MAN. YOU EDUCATE A WOMAN; YOU EDUCATE A GENERATION."**

In many places, women are still treated as inferior sex and are forced to handle only household chores. Some women in the society might love to follow old traditions but they also need to realize their roles towards their society and country.

Without women nothing is possible for men. They are the basic unit of the society. They make a family, family makes a home, home makes a society and ultimately society makes a country.

"A WOMEN TAKES BIRTH THREE TIMES IN A LIFE. FIRST WHEN SHE BORN, SECOND WHEN SHE GETS MARRIED, THIRD WHEN SHE GIVES BIRTH TO A CHILD."

Our society hasn't changed a lot; people still see their daughters as burden on themselves. Parents give speeches to the society that having a daughter is their privilege, but the harsh reality is that they don't even love their daughters over their sons. They don't spend money on their daughter because they don't think that it is profitable. Afterall, one day she will leave their home, so they prefer to invest in their sons. This thinking needs to be changed. Though very rare but even today some parents leave their daughters on the street or even burn them to death. I don't understand when and how people will understand the importance of women.

नयी राष्ट्रीय शिक्षा नीति 2020: भारतीय शिक्षा प्रणाली के विकास में मातृभाषा

मातृभाषा एक व्यक्ति के व्यक्तित्व और पहचान का महत्वपूर्ण हिस्सा होती है। यह उसकी स्थानीय संस्कृति, रीति-रिवाज और समाज के साथ जुड़ाव को प्रतिबिंबित करती है। राष्ट्रीय शिक्षा नीति (National Educational Policy 2020) में मातृभाषा को महत्वपूर्ण एवं प्राथमिक स्थान दिया गया है। यह नीति उस प्रक्रिया को प्रोत्साहित करती है, जिसमें बच्चों को उनकी मातृभाषा में शिक्षा दी जाए। जिससे वे अपने विचारों और भावनाओं को सही ढंग से व्यक्त कर सकें। NEP 2020 के अनुसार मातृभाषा के माध्यम से हम अपनी संस्कृति और स्थानीय ज्ञान को संरक्षित रखा सकते हैं। जिससे छात्रों को अपनी जड़ें और मूल्यों के साथ जुड़ा होने का अवसर मिलेगा। नई राष्ट्रीय शिक्षा नीति में भी यह प्रावधान रखा गया है कि हम अपनी मातृभाषाओं को अपने व्यवहार में लाकर गर्व अनुभव करें। सभी देशी, विदेशी भाषाओं में ज्ञान का भंडार है, लेकिन पहला सम्मान अपनी मातृभूमि और अपनी मातृभाषा के लिए बहुत आवश्यक है। महात्मा गांधी ने भी कहा था कि हमारा बालक स्नातक, परास्नातक तक की पढ़ाई में छः वर्ष अंग्रेजी के पीछे बर्बाद करता है, अगर यह समय उसके विषय पर खर्च होता तो वह अपने विषय में अधिक सक्षम हो सकता है। राष्ट्रीय शिक्षा नीति की अनुशंसाओं के अनुसार विद्यालयीन शिक्षा के स्तर पर कम से कम कक्षा 5 तक तथा जहां तक संभव है वहां कक्षा 8 तक शिक्षा का माध्यम मातृभाषा होना चाहिए। मातृभाषा के माध्यम से बालक शिक्षा को अधिक सकारात्मक और आसान बना सकेंगे जो उन्हें आगे बढ़ाने में सहायक होगा। मातृभाषा में शिक्षा लेने से विद्यार्थी को समझने और अध्ययन करने में आसानी होगी। यह उनके मानसिक विकास को बढ़ाएगा और उन्हें नए विचारों को समझने में सहायक सिद्ध होगा तथा विभिन्न भाषाओं और उनकी संस्कृतियों को संरक्षित करना भी आसान हो जायगा। इस नीति ने भाषा संबंधित शिक्षा को बढ़ावा देने, बच्चों की शिक्षा में सुधार करने और उन्हें समृद्ध एवं विशिष्ट व्यक्तित्व के साथ तैयार करने के लिए ये एक सराहनीय कदम उठाया है। इस नियम के माध्यम से सरकार का उद्देश्य बच्चों को भारतीय भाषाओं से जोड़ना है। संस्कृत भाषा को भी विषय के तौर पर रखा गया है। सरकार को यह सुनिश्चित भी कर देना चाहिए कि भाषा संबंधी ये नियम निजी विद्यालयों पर भी सख्ती से लागू किए जाएं, कहीं ऐसा न हो कि ये नियम केवल सरकारी विद्यालयों तक ही सीमित होकर रह जाएं।

पंडित मदनमोहन मालवीय जी ने कहा था कि किसी विदेशी भाषा का मातृभाषा के स्थान पर ज्ञान कराना मूर्खतापूर्ण है। केवल हमारे देश में ही नहीं अपितु विश्व के अनेक देशों के मनोवैज्ञानिकों की भी यही राय है कि प्रारंभिक अवस्था में बच्चों को उनकी मातृभाषा में ही शिक्षा दी जानी चाहिए। रूसो भी यह कहते हैं कि शिक्षा का प्रमुख कार्य मनुष्य को उसके वास्तविक रूप में मनुष्य बनाना है। जो कि मातृभाषा के माध्यम से ही संभव है। राष्ट्रीय शिक्षा नीति का ये नियम निश्चित ही हमारे देश की नयी पीढ़ी को विभिन्न प्रकार के विषय क्षेत्रों की संकल्पनाओं को समझने तथा सीखने में सहायक सिद्ध होगा। मातृभाषा के माध्यम से शिक्षित होकर हमारे देश के युवा ज्ञान को उसके आदर्श रूप में आत्मसात कर पाएंगे तथा अपने देश की सभ्यता एवं संस्कृति को पुष्पित एवं पल्लवित करके देश का गौरव बढ़ाएंगे।

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“Unveiling the Unknown: A Research Journey’s Tale”

In the realm of academia, a tale to unfold,
A 20-year-old fellow, her dreams took hold,
In marketing research, her path was set,
Guided by a mentor, she’d never forget.

Within the university’s excellent embrace,
Infra-structured brilliance, a nurturing space,
She delved into knowledge, a quest so bright,
With each step she took, she’d reach new height.

Her dedicated mentor, a guiding light,
Through challenges faced, she’d shine so bright,
With wisdom and patience, they’d prove the way,
In the pursuit of truth, day by day .

With helping friends, a supportive crew,
Together they’d seek insights anew,
In camaraderie and laughter, they’d find,
The joy of discovery, so intertwined .

Her parents and siblings, a loving clan,
Cheering her on, with a proud fan,
Their care and support, a loving embrace,
In their hearts, her dreams found their place.
In the world of research, she’d make her start,
With passion and drive, she’d follow her heart,
In the journey ahead, she’d rise and soar,
A 20-year-old fellow, her future in store .

With mentor, university and friends so dear,
With family’s love, forever near,
This young researcher, in brilliance will grow,
A tale of success, in her heart will glow.

Pragati

EMBRACING

AUTHENTICITY

HOW TO BE THE REAL YOU

We live in a world where the pressure to conform to social norms is high. From the way we dress to the way we speak, we are constantly being judged and evaluated by others. It can be difficult to stay true to ourselves when we feel like we're being scrutinized at every turn. However, embracing authenticity is key to a happy and fulfilling life. Being the real you is liberating and empowering, allowing you to live life on your own terms. In this article we will explore the importance of authenticity and provide practical tips on how to be your authentic self. Whether you're struggling with self-doubt or just looking for ways to be more confident, this article is for you. It's time to stop hiding behind a mask and start embracing who you truly are!

The importance of embracing authenticity

In a world that often encourages conformity and comparison, embracing authenticity is more important than ever. Being the real you is not only liberating but also essential for personal and professional growth. Authenticity is about embracing your true self, and it can have a profound impact on every aspect of your life. By living authentically, you can tap into your passions and strengths, leading to a more fulfilling and purpose-driven life.

Authenticity breeds resilience. When you are true to yourself, setbacks and failures become stepping stones rather than sources of shame or self-doubt. Embracing authenticity means embracing vulnerability and embracing the notion that it's okay to make mistakes and learn from them. This resilience allows you to bounce back stronger, adapt to challenges, and keep pushing forward.

Understanding the concept of authenticity

Understanding the concept of authenticity is the first step towards embracing it. In a world that often

encourages conformity and pretense, authenticity stands as a refreshing and empowering approach to living and connecting with others.

At its core, authenticity is about being true to yourself, your values, and your beliefs. It means embracing and expressing your genuine thoughts, emotions, and personality without fear of judgment or rejection. It is about honoring your uniqueness and allowing it to shine through in everything you do.

Authenticity is not about being perfect or presenting a polished image to the world. It's about embracing your flaws, and imperfections, recognizing that they are part of what makes you human and relatable. It's about being honest with yourself and others, even when it's uncomfortable or challenging.

Living authentically requires self-awareness and self-acceptance. It involves understanding your values, passions, and aspirations and aligning your actions and choices with them. It means avoiding the temptation to conform to societal expectations or to mold yourself into someone you think others want you to be. It also enhances your self-confidence and self-esteem, as you no longer have to hide behind .



The benefits of being the real you

Being authentic and true to yourself has numerous benefits that can greatly enhance your life. When you embrace authenticity, you allow yourself to live a more genuine and fulfilling existence. One of the greatest advantages of being the real you is the sense of inner peace it brings. By embracing your true self, you eliminate the need to constantly wear a mask for others. This freedom allows you to be comfortable in your own skin and radiate a genuine aura that attracts others. By being the real you, you inspire others to do the same, creating a positive ripple effect in your personal and professional life.

Furthermore, embracing authenticity empowers you to pursue your passions and goals without fear of judgment or criticism. You are more likely to take risks and step out of your comfort zone when you are secure in your authentic self. This can lead to personal growth, new opportunities, and a greater sense of fulfillment.

Authenticity also promotes self-acceptance and self-love. When you embrace your true self, including your flaws and imperfections, you learn to love and accept yourself unconditionally. This self-acceptance allows you to cultivate a positive self-image and boosts your self-confidence, which can positively impact all areas of your life. Embracing authenticity sets you apart and allows you to stand out. It gives you a unique voice and perspective that can make a lasting impact on others. By being the real you, you inspire others to do the same, creating a world where individuality and authenticity are celebrated.

Identifying your true self

Identifying your true self is a crucial step in embracing authenticity. In today's world, it's easy to get caught up in the pressure of conforming to societal norms or trying to fit into a certain mold. However, true fulfillment and happiness can only be achieved when you embrace who you truly are.

To begin this journey of self-discovery, take some time for introspection. Reflect on your values, passions, strengths, and weaknesses. What makes you unique? What brings you joy and fulfillment? By understanding your core values and what truly matters to you, you can start aligning your life and actions with your authentic self.

It's also important to pay attention to how you feel in different situations and around different people.

Do certain environments or relationships drain your energy or make you feel like you're pretending to be someone you're not? On the other hand, do you feel a sense of ease and genuine happiness when you're engaged in certain activities or surrounded by specific individuals? These insights can provide valuable clues about your true self.

Overcoming fear and societal expectations

Overcoming fear and societal expectations can be a challenging but liberating journey towards embracing authenticity. Society often sets certain standards and expectations that can create a sense of pressure to conform, leading many individuals to suppress their true selves in order to fit in or be accepted. However, living inauthentically can result in feelings of dissatisfaction, disconnection, and even a loss of self-identity.

To overcome these fears and societal expectations, it is crucial to first recognize and understand them. Take a moment to reflect on the fears that hold you back from being your authentic self. Are you afraid of judgment, rejection, or not meeting societal norms? Identifying these fears can help you confront and address them head-on. Surround yourself with a supportive community. Seek out individuals who celebrate and encourage authenticity. Having a network of like-minded individuals who embrace their true selves can provide a sense of belonging and support as you navigate your own journey.

I hope you found this article on embracing authenticity helpful and inspiring. In a world that often encourages us to conform and fit into certain molds, it's important to remember the power and beauty of being true to ourselves. By following the steps outlined in this article, you can begin to explore and embrace your authentic self. Remember, being authentic is not about being perfect, but rather about being genuine and true to your own values and beliefs. Embrace your uniqueness and let your true self shine through in all that you do.

SHAIK. AMEER SOHAIL
BSC AGRICULTURE -3RD YEAR

YES YOU CAN

Believe, you can shine brightly like a sun...
You can do that also, which is done by none...
Let your work be done...
and then see people will stop making your fun...
Life is one...
So, till then learn as much as you can learn...
and we all know, one day we all shall burn...
and a day will come when you will earn... more than anyone.
You have to prove yourself and that is enough for your motivation...

Anshika Yadav

सफलता

जिन्दगी भर चलना है तो राहों में जोश बनाये रखो, आगे बढ़ने की लालसा को दिल में समाए रखो। हर सुबह जो मिलती है, उसे एक मौका समझो, हार को भूल जाओ, जीत की ओर कदम बढ़ाये रखो ।

हर प्रयास से नया हौसला जन्म लेता है, अपने दिल में जज्बातों की जगाए रखो। आगे बढ़ते रहो निरन्तर, बनो ताकतवर, जीवन के उजाले में उजला रूप बनाये रखो।

छोटी छोटी नदियों से बनता बड़ा संमदर, संघर्ष से सभी अवरोधों को मिटाए रखो। लक्ष्य को पाने की जिध कभी मत छोड़ी, अपनी महत्कांक्षा को दिल में जगाए रखो।

जिन्दगी में चाहे जितनी भी कठिनाइयाँ आए, तुम अपने अंदर के उत्साह को जगाये रखो। हर टूटे हुए सपने को नये रंग से भर दो, संघर्ष के साथ लक्ष्य में ध्यान बनाये रखो।

जब तक हौसलों की कमान हाथ में है, तब तक कोई भी रास्ता मुश्किल नहीं होता। मंजिल की तरफ बढ़ते रहो निरन्तर, और खुद ही अपनी उड़ान की बनाये है।

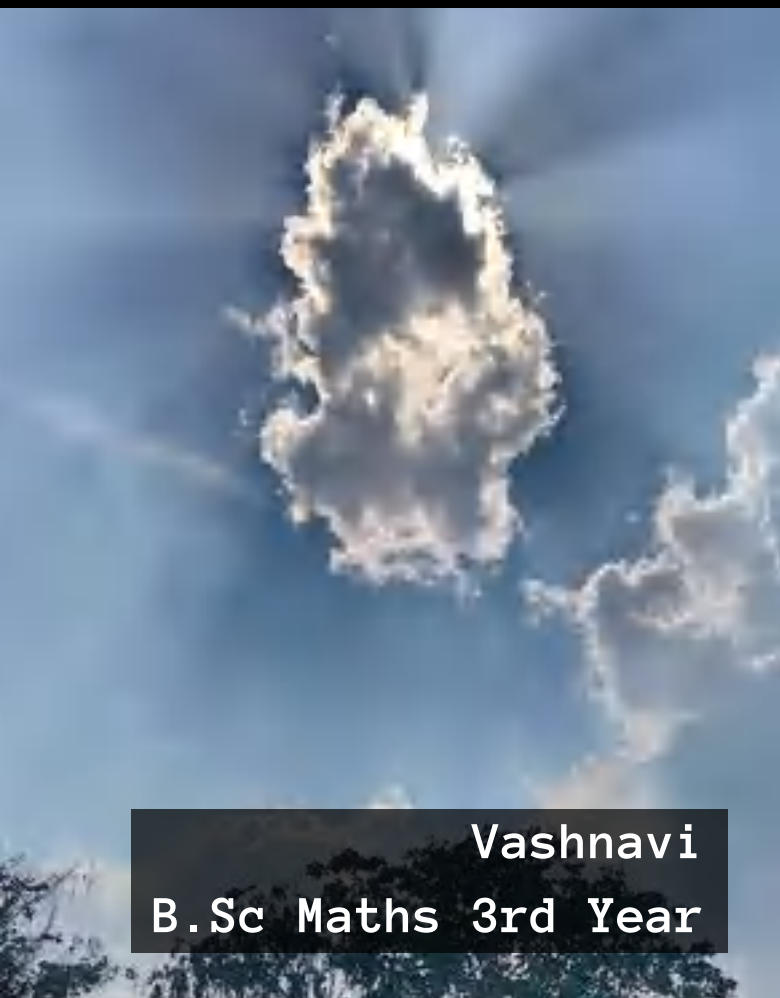
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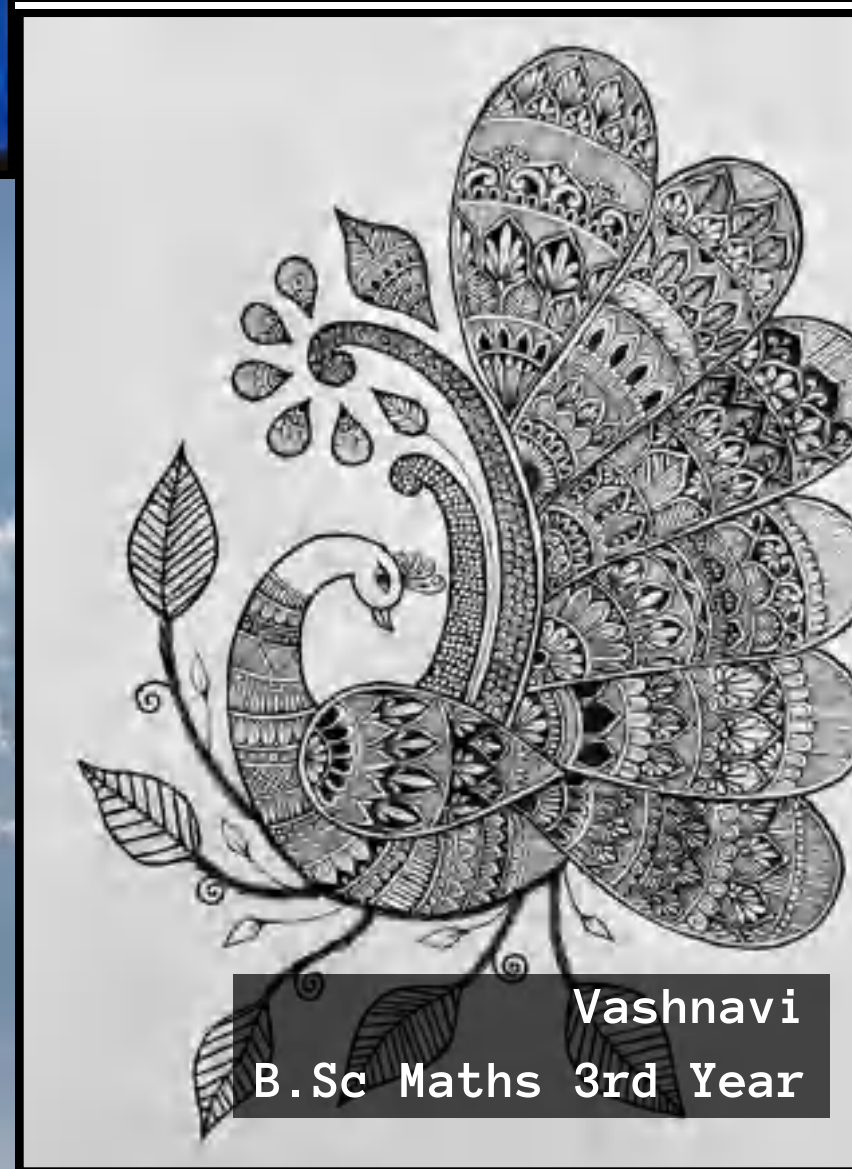
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B.Sc Maths 3rd Year



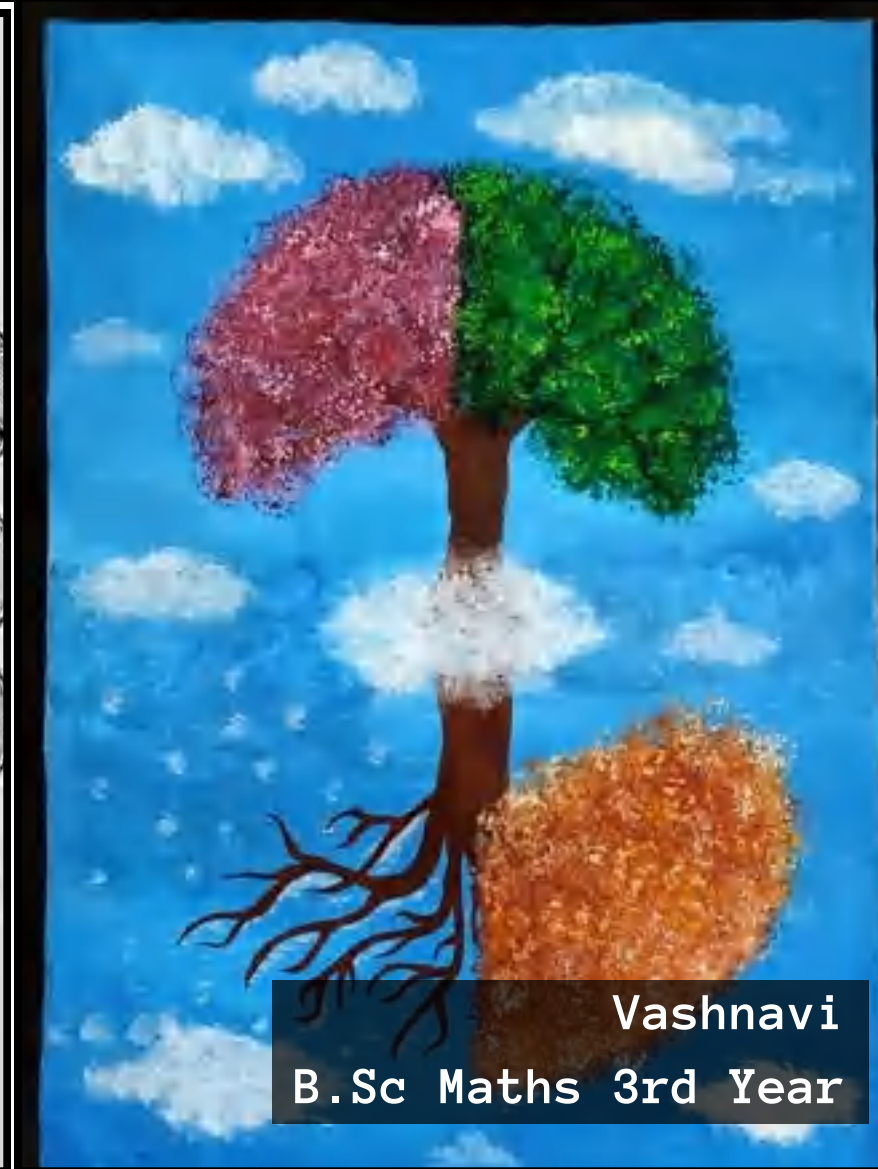
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B.Sc Maths 3rd Year



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B.Sc Maths 3rd Year



Vashnavi
B.Sc Maths 3rd Year



Vashnavi
B.Sc Maths 3rd Year



Sania Firoz Khan

ART GALLERY



Sania Firoz Khan



Sania Firoz Khan



Sania Firoz Khan



Sania Firoz Khan



Sania Firoz Khan

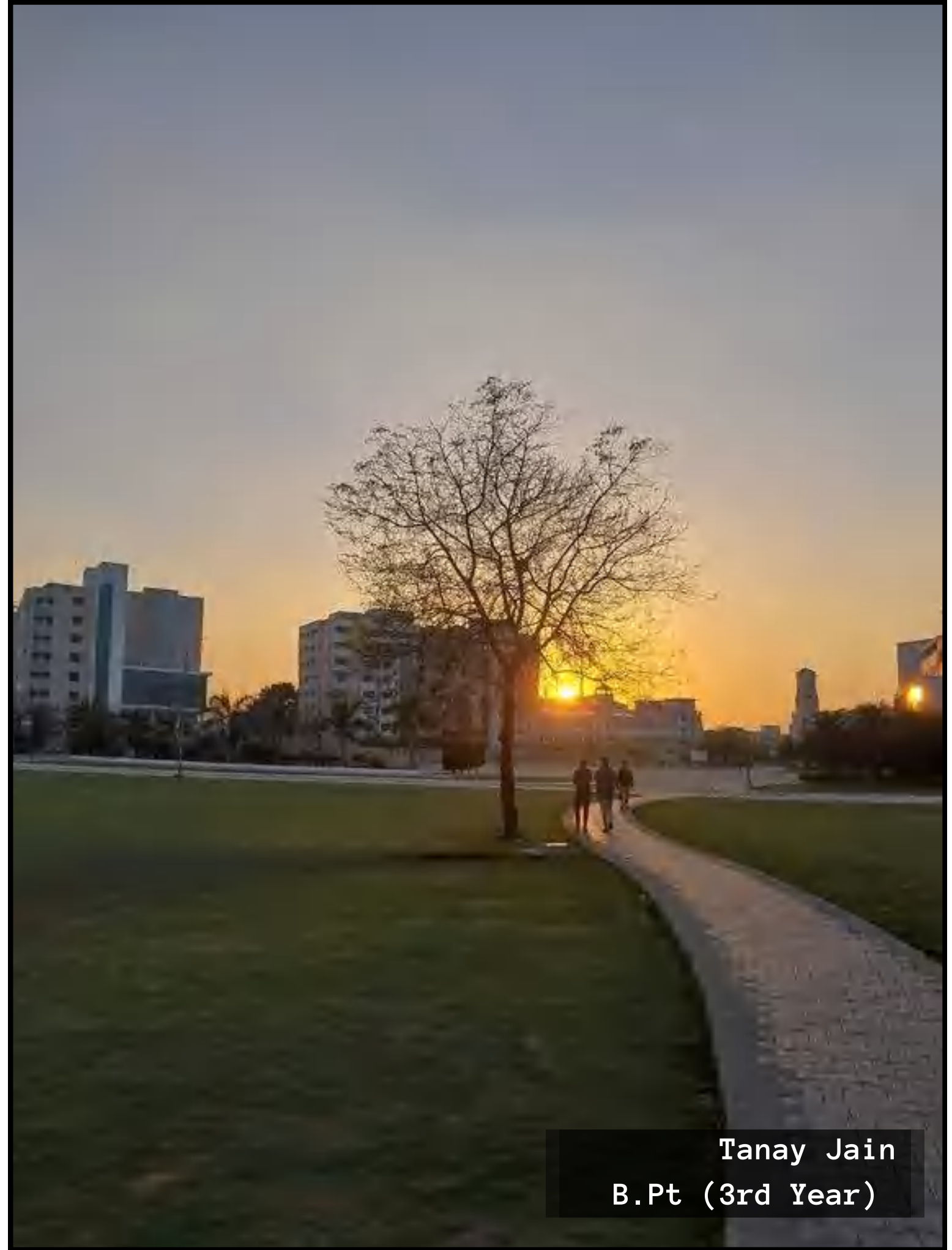


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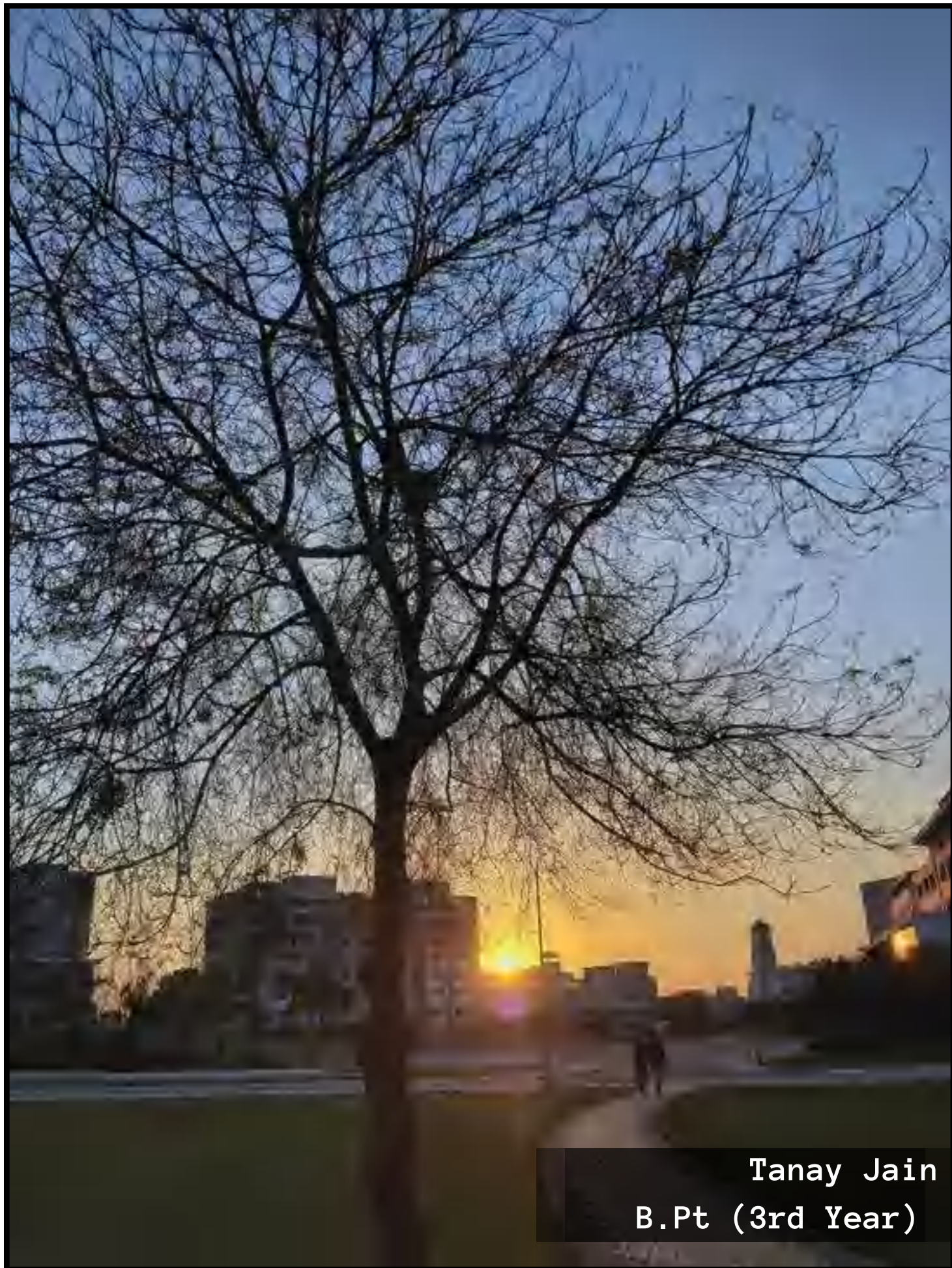
GALLERY



Tanay Jain
B.Pt (3rd Year)



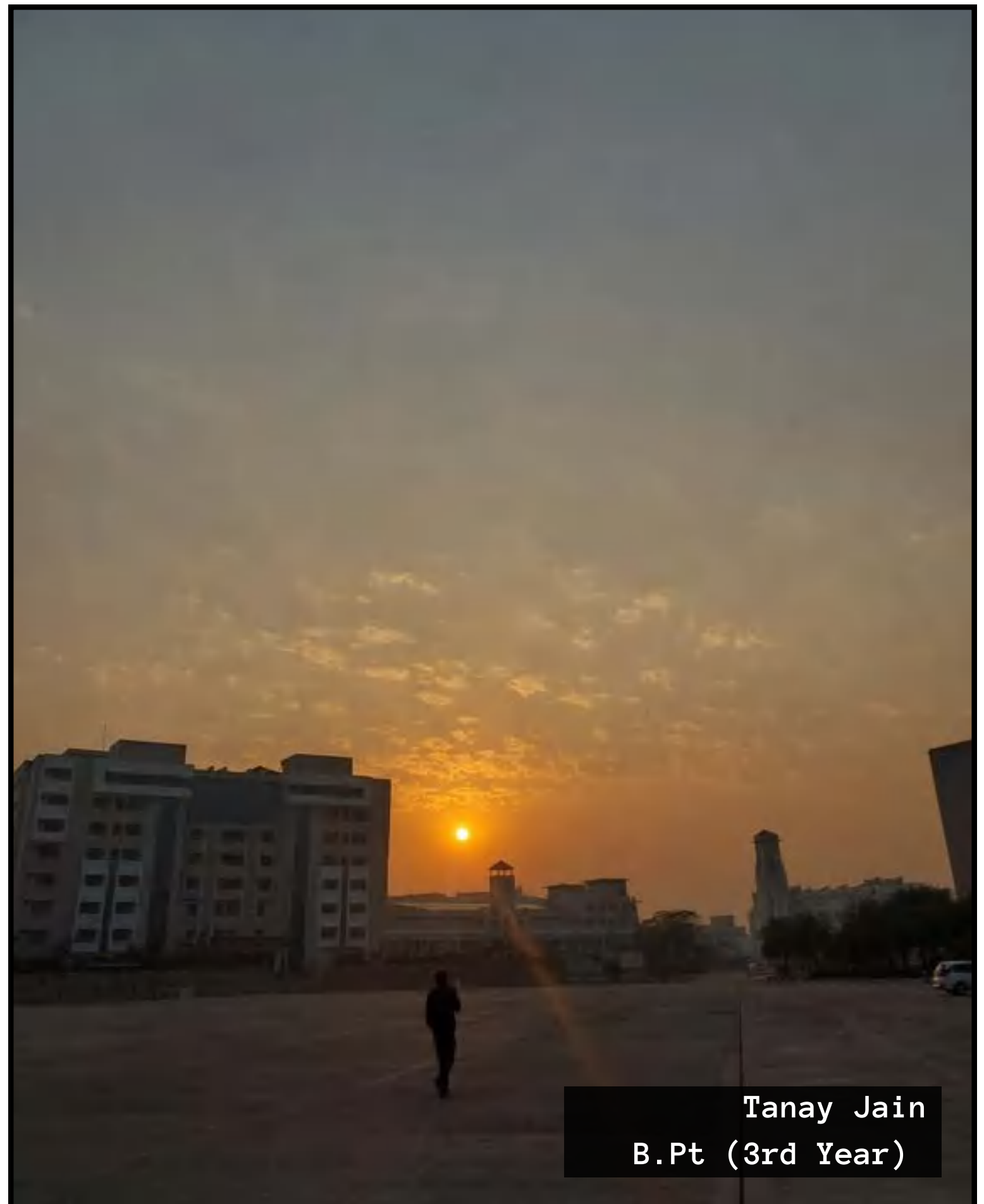
Tanay Jain
B.Pt (3rd Year)



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B.Pt (3rd Year)



Tanay Jain
B.Pt (3rd Year)



Tanay Jain
B.Pt (3rd Year)

EVENTS AT A GLIMPSE

VOCABADDICTS 3.0

Teerthanker Mahaveer University's Centre for Teaching, Learning and Development (CTLD) for the third time hosted a month-long event with a purpose of vocabulary enhancement of students titled Vocabbadicts 3.0, leading to development of Communication skills.

Team Clashers from College of Pharmacy received first prize, Team Vanguard and Team GenZ from College of Education received second and third place respectively.



SAMARTHYA BODH

March 24, 2023. Teerthanker Mahaveer University's Centre for Teaching, Learning, and Development (CTLD) recently conducted an innovative event titled "SAMARTHYA BODH," aimed at preparing pre-final year students of BTech, MCA, BCA, and BSc programs for the upcoming 2023-24 placement season. **The event successfully emulated various stages of a real recruitment process, offering participants a valuable opportunity to practise and receive feedback on each activity.**



EXTENTION ACTIVITIES

FDP ON EMOTIONAL INTELLIGENCE

July 8th, 2023, In response to the ever-changing landscape of the global workforce, and recognising the increasing importance of **Emotional Intelligence (EI) skills**, the Centre for Teaching Learning & Development (CTLTD) at Teerthanker Mahaveer University has taken a significant step to equip the faculty members of the university in this context.



ICT TRAINING FOR FACULTY

In an era characterised by rapid technological advancements, the integration of Information and Communication Technology (ICT) has become crucial for effective teaching and research. Recognising this paradigm shift, the **Centre for Teaching Learning & Development (CTLTD) at Teerthanker Mahaveer University** recently conducted a groundbreaking ICT training program series.



*Ask and it shall be given.
Seek and you shall find it.
Knock and it shall be opened to you.*



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TIMELY

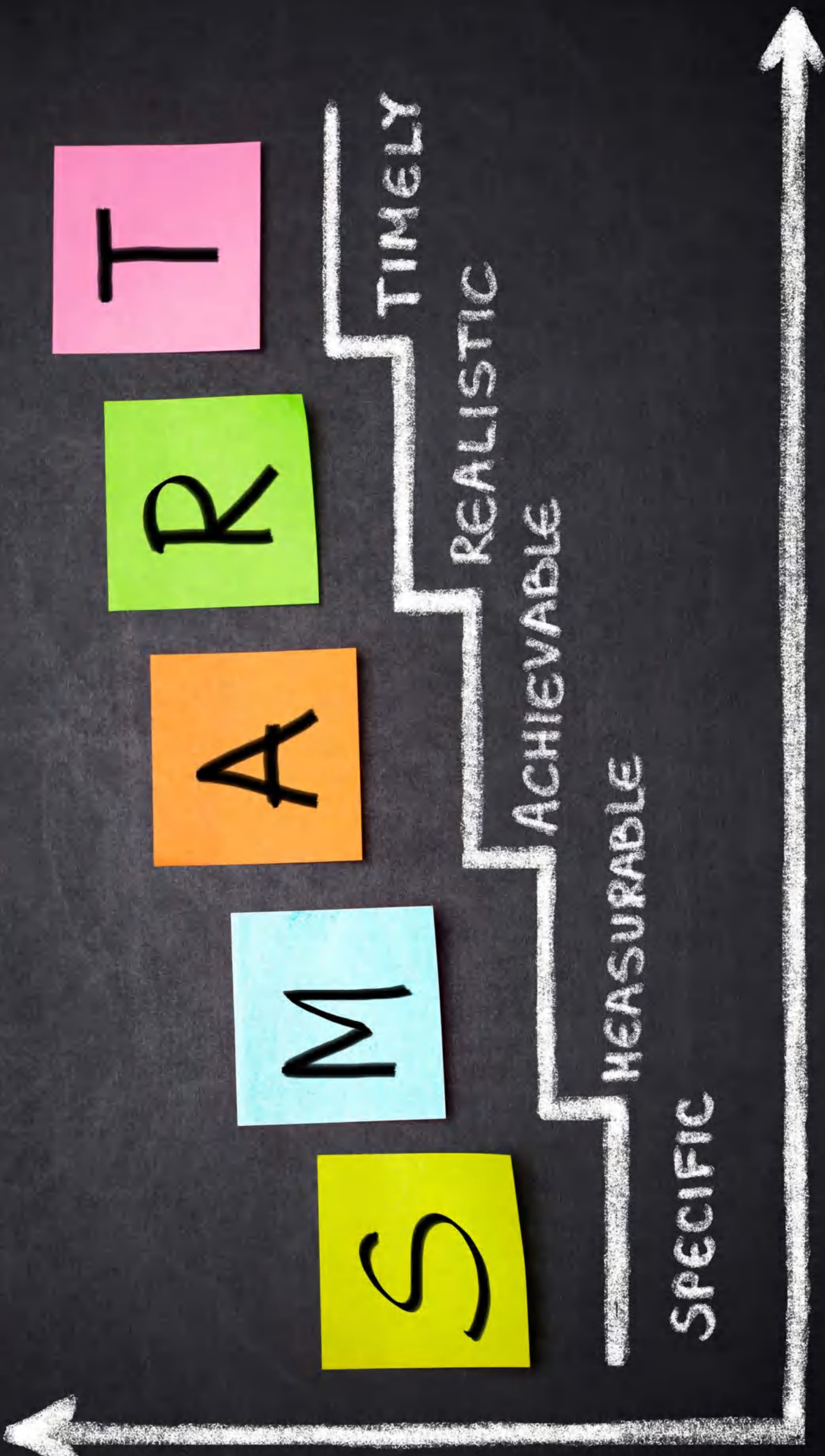
REALISTIC

ACHIEVABLE

MEASURABLE

SPECIFIC

GOAL



TMU

TOP PRIVATE UNIVERSITY IN UP



82

% Excellent Placements

21+

Years of Excellence

14

On-Campus Colleges
& Departments

800+

Faculty Strength

12000+

Students from almost all
States of India & Abroad

130+

Acres of Campus

800+

Bedded Super-Speciality
Hospital

4600

Student accommodation in
hostels