

# PRATIBIMB

2024-25



GOVERNMENT HOME SCIENCE COLLEGE  
SECTOR-10, CHANDIGARH  
NAAC Grade 'A++' NIRF 2025 Rank: 35





# EDITORIAL TEAM



Seated Left to Right: Dr. Gaurav Kalra, Mrs. Akshata Verma, Dr. Neha Sharma, Prof. Sudha Katyal (Principal), Dr. Uttara Singh, Mr. Navtej Singh.  
Standing Left to Right: Aarya Singh, Anupreet Kaur Sobti, Vaani Kumari, Shallu, Livjot Kaur.



# MEET OUR MEMBERS



**DR. GAURAV  
KALRA**

ENGLISH



**MALLIKA RAMYA  
KADRI**  
STUDENT EDITOR



**PROF. SUDHA KATYAL**  
Chief Editor



**MS.  
AKSHATA  
VERMA**

CREATIVE  
ART



**AARYA SINGH**  
STUDENT EDITOR



**DR. NEHA  
SHARMA**

RESEARCH  
ABSTRACTS



**ANUPREET KAUR**  
STUDENT EDITOR



# Principal's Desk

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My Dear Students

In keeping with the dynamic **landscape of knowledge and global employment trends**, the college is dedicated to cultivating an environment where students develop **industry-relevant skills and market-driven competencies**. Through cutting-edge **teaching methodologies, immersive internships, and strategic placement initiatives** with top firms and industries, we equip our students with the expertise and experience needed to excel in the professional sphere.

Our commitment to academic excellence is evident in our remarkable progress in national rankings. **The college proudly attained the prestigious NAAC A++ grade in the recent assessment conducted by the National Assessment and Accreditation Council (NAAC) in August 2023.** This distinguished recognition underscores our steadfast dedication to academic excellence and institutional growth. It is a testament to our unwavering commitment to **holistic development, innovative pedagogy, research excellence, and robust governance**, reaffirming our position as a leader in higher education. The college has maintained its legacy of excellence by securing **35th rank at National Level and topped amongst all the colleges in Tricity, seventh time in a row, in NIRF India Rankings released by Ministry of Education, GOI.**

With the NEP 2020 emphasizing **multidisciplinary education**, our focus extends beyond academics to fostering **critical thinking, problem-solving abilities, and practical skills**. We firmly believe in the uniqueness of every student and are dedicated to **empowering young women with quality education**, enabling them to step confidently into the professional sphere and contribute meaningfully to nation-building.

As educators, we prioritize holistic student development in a nurturing environment. Our approach integrates academic rigor with the promotion of traditional values, facilitated through a diverse array of co-curricular, extracurricular, and extension activities. These initiatives align with key national programs such as Vocal for Local, Atmanirbhar Bharat, and Skill India. In line with the Government of India's vision to position the country as a Global Hub of Millets, Government Home Science College has been at the forefront of promoting millet consumption and awareness across diverse communities.

The annual magazine Pratibimb is another platform that reflects our dedication to fostering creativity and skill development among students. I extend my heartfelt congratulations to the entire editorial team and contributors for bringing out this edition of Pratibimb. I eagerly look forward to reading our students' insightful perspectives on the diverse themes explored in this issue.

*Prof. Sudha Katyal*  
*Principal*



# Editor's Desk

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As we unveil this edition of our college magazine, I am filled with immense pride and excitement. This publication is a vibrant canvas of our collective spirit, creativity, and aspirations.

The thought-provoking articles, artistic expressions and inspiring stories of resilience and achievement truly embody the indomitable spirit of our college. Our students and faculty have worked tirelessly to bring this magazine to life, and their dedication is evident in every piece you read.

This year has been one of transformation. We have witnessed growth, challenges, and triumphs, both within our institution and beyond. Education is no longer confined to textbooks; it is about experiences, perspectives, and the courage to question and innovate. Our magazine mirrors this dynamic journey, embracing the diversity of thought that makes our college unique.

I extend my heartfelt gratitude to the editorial team, contributors, and everyone who played a role in shaping this edition. Your passion and commitment have made this possible. To our readers, I hope this magazine inspires you, sparks new ideas, and serves as a reminder of the boundless potential we all hold.

*Dr. Gaurav Kalra*  
*Editor*



P R A T I B I M B



2024-25

ENGLISH  
SECTION



# Editorial

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Dear Readers,

It is with great pleasure that we present to you the English section of the college magazine where creativity, critical thought, and expression come alive.

Language has always been a bridge between imagination and reality, allowing us to tell stories, voice opinions, and share perspectives that shape the world around us. In this edition, we offer a diverse spectrum of literary expressions, featuring poetry that resonates with feeling, essays that inspire critical thought, and stories that open doors to unexplored realms. Each contribution is a testament to the talent, passion, and dedication of our students.

As you turn these pages, we hope you find inspiration, amusement, and perhaps even a new perspective. Our writers have poured their hearts into these words, and we invite you to engage with them, reflect on their ideas, and celebrate the power of language.

*Dr. Gaurav Kalra*  
*Assistant Professor*  
*Dept. of English*

# Student Editorial

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A student's life revolves around the pursuit of knowledge, with rare opportunities to reveal the hidden zeal within. While they yearn to have an audience, it is often challenging to find a versatile platform to address their peers and beyond. To give voice to these remarkable talents, the college magazine has been initiated with the sole purpose of spreading the perspectives and creativity of our adept students.

The magazine represents a collaborative effort between the student body and the faculty, nurturing extracurricular talents that can be vividly depicted. It invites readers to set aside their figurative burdens and immerse themselves in the world of the writers—a realm as boundless and infinite as the sky. It offers the opportunity to walk in another's shoes and indulge in the beauty that can only be born from the imagination of several aspiring minds.

As the student editor of the college magazine, I was profoundly moved by the enthusiasm exhibited by the students. It has been an honor to partake in the publishing of such a testament to the college's creative capabilities. This year's articles have been especially enlightening and undeniably entertaining.

Through the magazine, the college faculty aims to cultivate the imaginative and constructive spirit of the students, ensuring they have a platform to flourish beyond the confines of academic rigor in today's ever-evolving world. Creativity is the cornerstone of innovation and self-expression and fostering it in young minds lays the foundation for a brighter, more dynamic future. When students are granted the freedom to think beyond boundaries, to imagine the extraordinary, and to explore their unique talents, they not only grow as individuals but also contribute fresh perspectives to society.

*Mallika Ramya Kadri*  
*PGDND*



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# Vivekananda's Vision: Empowering Youth as the Catalysts of Change

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The youth of a nation are its most valuable and dynamic resource, holding the key to a brighter future. In a diverse and vibrant country like India, the potential of the youth to shape its progress is immense. As the torchbearers of tomorrow, the youth play a pivotal role in resolving issues and making positive changes that can better the country. This was also the belief of one of the most influential thinkers and spiritual leaders of modern India, Swami Vivekananda. His teachings emphasize that the vigor, idealism, and potential of the younger generation are crucial to the growth and strength of a nation. Vivekananda's insights on youth and nation-building offer a profound understanding of how the dynamism of young people can be harnessed to forge a resilient and prosperous society.

Swami Vivekananda has left a lasting impact on how we perceive the role of youth in nation-building. His perspective on youth was rooted in his belief in the innate potential of every individual. He famously declared that the youth are the backbone of any country, holding the key to its future. His vision was not merely about physical or material development but encompasses moral, spiritual, and intellectual growth.

Vivekananda believed that young people are a powerful force in society and can bring about significant positive changes. He emphasized the importance of providing them with a strong sense of purpose and guiding them with moral values. According to Vivekananda, education should focus not only on imparting knowledge but also on developing good character and self-reliance. He stressed that a nation's progress cannot be achieved through material success alone and that moral and ethical values are crucial. Vivekananda advocated for a practical education system rooted in Indian traditions, aimed at building self-confidence and self-respect. In his famous speech at the Parliament of Religions in Chicago in 1893, Vivekananda highlighted the significance of recognizing one's inner strength. He argued that young people should be taught to believe in their potential for greatness and not underestimate themselves. This self-realization goes beyond personal success and should inspire individuals to contribute meaningfully to the well-being of society as a whole.

Vivekananda's teachings emphasize the importance of instilling a sense of duty and national pride in the youth. He believed that the youth should see themselves as integral to the nation's progress and take on the responsibility of contributing to its development. According to Vivekananda, this sense of duty should not be limited to one's immediate community or personal success but should extend to the broader national and global context.



Vivekananda's vision of youth involvement also includes a strong emphasis on social reform. He was acutely aware of the social challenges and injustices prevalent in his time, and he saw the youth as agents of change capable of addressing these issues. He encouraged the youth to channel their energy into productive endeavors that benefit society. He believed that by engaging in constructive activities and pursuing their passions with dedication, young people can contribute to national development in meaningful ways and also develop a deeper sense of fulfillment and purpose. This includes participating in entrepreneurial ventures, scientific research, and social initiatives that address pressing issues and drive progress.

According to Vivekananda, social reform is not merely about addressing immediate problems but about fostering a sense of empathy and responsibility towards fellow citizens. He advocated for the youth to engage with and understand the needs of the underprivileged, to work towards eradicating social inequalities, and to contribute to the overall upliftment of society. Vivekananda's call for service was not merely a charity appeal but a recognition of the interconnectedness of humanity.

Swami Vivekananda's teachings also emphasize the importance of national unity and patriotism as key components of a strong nation. He believed that the youth should cultivate a deep sense of love for their country and work towards its unity and progress. In his view, patriotism is not just about national pride but also about actively contributing to the country's development. Vivekananda encouraged young people to be involved in activities that promote national integration and cohesion. He saw the youth as crucial in bridging regional, linguistic, and cultural divides, thus fostering a more unified and harmonious society.

An essential aspect of Vivekananda's philosophy is the emphasis on spiritual awakening and self-realization. He believed that true strength comes from understanding one's inner self and recognizing the divine potential within. In his view, spiritual education fosters a deeper understanding of oneself and one's place in the world, which in turn cultivates a sense of inner strength and moral clarity.

Vivekananda's idea of spirituality was not confined to religious dogma but was about understanding and realizing one's potential. His teachings advocate for a balance between material and spiritual pursuits. He believed that self-realization leads to self-confidence and self-reliance, qualities that are essential for effective leadership and societal contribution. For Vivekananda, the development of spiritual and moral values was crucial for the youth to act with integrity and commitment in their endeavors.

Swami Vivekananda's vision for the youth also encompassed fostering a culture of innovation and progress. He saw the youth as the harbingers of change and progress, urging them to break free from the shackles of tradition and embrace new ideas and technologies. Vivekananda believed that progress is achieved through the amalgamation of tradition and modernity, and the youth are in a unique position to navigate this intersection.

He encouraged young people to be pioneers in their fields, to think creatively, and to pursue excellence. According to Vivekananda, innovation should be guided by ethical principles and a sense of social responsibility. This balanced approach ensures that progress does not come at the cost of moral values but contributes to the holistic development of society.

In his teachings, Vivekananda often highlighted the importance of resilience and the ability to face challenges. His concept of resilience is not just about enduring difficulties but also about learning and growing from them. He saw challenges as opportunities for growth and believed that the youth, with their inherent energy and adaptability, have the potential to rise above adversity and drive positive change.

He encouraged the youth to develop a strong mental and emotional fortitude, essential for overcoming obstacles and setbacks in the pursuit of their goals.

While his vision for the youth is inspiring, it is important to acknowledge the challenges that may hinder their role in nation-building. These challenges include socioeconomic disparities, educational inadequacies, and a lack of opportunities for meaningful engagement. The modern world, with its rapid technological advancements and complex social dynamics, poses new challenges for the youth.

Addressing these challenges requires concerted efforts from both the government and civil society. Policies that promote equitable access to education, support for youth development programs, and opportunities for community engagement are essential. Additionally, creating platforms for the youth to voice their concerns and participate in decision-making processes can empower them to take an active role in shaping their society.

"We are responsible for what we are, and whatever we wish ourselves to be, we have the power to make ourselves. If what we are now has been the result of our own past actions, it certainly follows that whatever we wish to be in the future can be produced by our present actions; so we have to know how to act." This quote sums up the vision and philosophy of Swami Vivekananda.

Swami Vivekananda's perspective on the role of youth in building a strong nation reflects a deep understanding of the potential and responsibility inherent in this phase of life. His teachings emphasize the importance of strength, education, moral values, and idealism in shaping the character and contributions of young individuals. Vivekananda's vision of a strong nation is one where the youth are not only empowered but also deeply committed to the principles of justice, unity, and progress.



Incorporating Vivekananda's insights into contemporary discussions about youth and nation-building can provide valuable guidance for addressing current challenges and fostering a brighter future. As young people continue to play a pivotal role in shaping the world, Vivekananda's teachings offer a timeless framework for harnessing their energy and idealism in the pursuit of a better and more equitable society.

*Inayat Atwal*  
*BSc Home Science, First Year*

# India's Message of Universal Tolerance and Acceptance

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India is a country rich in culture and traditions. All these traditional and religious practices are carried out from ancient times. India has diverse cultures, religions, languages and traditions. The philosophy and teaching of different religions such as Hinduism, Buddhism, Jainism, and Sikhism, all emphasise the idea of acceptance, purity and non-violence. Every religion has its own and different norms which are followed by different sections of people to worship God. And for this, Swami Vivekananda said, 'As the different streams having their sources in different places all mingle their water in the sea, so, the different paths which men take through different tendencies, various though they appear, crooked or straight, all lead to Thee'. One may follow different religions but the motive is always to meet God.

The idea of 'Vasudhaiva Kutumbakam' which means 'The world is one family'. This phrase has been passed from past times to today's generation by our Indian leaders and many others. The idea addresses the world as one family which means every person regardless of their religion, culture and caste is brothers and sisters. No one is different, no one is superior and no one is inferior. Just like in a family where everyone is treated and loved equally and listened and spoken equally. Everyone is regarded as equal and a unit. As Swami Vivekananda, when started their speech in an open event in America, he addressed everyone as 'Sisters and Brothers of America'.

India has always conveyed the message of tolerance and acceptance. India has accepted different religions and respected their cultural practices. In India, every person is free to perform their regional practices. One even gets involved in each other's cultural norms and practices and celebrates their traditions. As Swami Vivekananda quotes "Ours is a country that has taught the world both tolerance and universal acceptance. India believes not only in universal toleration but we accept all religions as true". Despite some heated moments and arguments between people regarding religion and culture in the past, India always managed to become a symbol of brotherhood and peace. Different religions have coexisted in this country and India's constitution has guaranteed every individual to choose their religion freely and protects their rights to follow and practice their own beliefs. In India, every culture is welcomed with open hearts and no one interferes in each other's beliefs and thoughts.

We have a Sanskrit phrase, says 'Atithi Devo Bhava' which means 'The Guest is God'. We always welcome people of every religion, every culture and every tradition with full respect and hospitality. We consider them as God has come to visit us. India is a country who has always welcomed everyone with love from the historic times to the modern era. Like, till now about eight American presidents has visited India and every one was fully satisfied and happy with Indian hospitality and love. India has developed very good relations with foreign countries with brotherhood and love.

India's message of universal tolerance and acceptance is deeply rooted in its cultural and philosophical traditions. The country has a long history of accepting and respecting different religion, culture and beliefs. India has been ruled by British for about 89 years. India has tolerated and struggled a lot to get its freedom and own identity. People of different religion and culture united together to fight against the atrocious behaviour done to them. And in present times, India is in really good terms with the British countries. So, India's independence is one of the best example of brotherhood and peace ; and acceptance and tolerance. India has sacrificed lots of its treasury and heritage to others but the treasure of its brotherhood is still safe and guarded with its population and has passed on from generation to generation. The message of tolerance still has its existence in the 21st century. India and its people are still tolerating many hardships.

In India's history there are also well- known figures who have shown great tolerance and acceptance. Mahatma Gandhi, the father of the nation, has always worked with non-violence and unity. His idea of ahimsa(non- violence) and belief in respecting every religion highly influenced the people's tendency of tolerance. He taught the nation how to fight for our rights without violence. Even if we Indians are being ill-treated, we accept the idea of fighting without violence. India has great examples of such leaders who have conveyed the message of tolerance and acceptance.

There are different Indian festivals like Diwali, Baisakhi, Eid, Christmas etc. which are celebrated by people of different religious backgrounds. These festivals are not only celebrated by the people of that particular community but also by people of other communities. Every festival is celebrated as the nation's festival regardless of the person's culture. These festivals become a symbol of unity and communal harmony. Also the rich heritage and architectural monuments of India like temples , gurudwaras, mosques, Taj Mahal and others are the symbol of different cultures and traditions related to different beliefs of people. All these give a testament to the message of acceptance. People live in brotherhood and peace by accepting all the other religions.

The thinking and mentality of Indian people has changed a lot from the past few years and they had started thinking more openly and broadly in different aspects of life. However, India is also facing different challenges in maintaining this message of universal tolerance and acceptance in the society. It can be said that it is not easy to maintain such a message in such a diverse country of religion, culture and beliefs. Some people may not like to accept others' beliefs and traditions. There are still some crucial and sensitive issues in Indian society that still need to be resolved.

The topic of culture and religion is one of the most sensitive topics which can create turmoil in people. People do not accept and tolerate atrocities. One cannot say that it is wrong to fight for your rights but there should also be a feeling of brotherhood and love and things can be resolved with love and peace. People need to accept the idea of brotherhood and peace. The conflict between people of different religions, discrimination among people based on caste and gender and the thought of being always on the upper level in some sections of society are some issues that are demanding attention and collective efforts.



There is no doubt that India is living in brotherhood, acceptance, cultural harmony and peace but these are some issues that are being ignored by the people of India and need to be paid proper attention and efforts. These issues have been resolved in some of the areas and have been taken care of but there are still some areas where people experience such problems and discrimination. Where different religions are treated on the basis of their living standards. Efforts are constantly being made to end caste discrimination, promote gender equality and promote religious harmony and inclusivity.

The people and government of India have to work together to maintain religious and cultural harmony and brotherhood and peace in India. India's message of universal tolerance and acceptance will always remain an important part of its identity and is deeply ingrained in its diverse history, rich culture and beliefs. Challenges exist but India continues in making an environment of brotherhood and embracing different beliefs, culture and religions. India is a country which has accepted all religions as true and all Indians as one.

*Mankirat Kaur*  
*PGDND*

# Transcending Boundaries for an Inclusive Nation

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Mahabharata, an ancient Indian epic, known by people all around the world as the symbol of righteousness and complexity, where they have seen Pandavas and Panchali struggling to get justice. But there were others about whom very very less is known, those who suffered more injustice than the Pandu Dynasty. The people who don't fit in traditional gender roles, highlighting gender fluid perspective in Mahabharata.

Shikhandini, is the a prominent transgender character. Born as a female but lived life like a male, they played a crucial role in the war of Kurukshetra. Shikhandini prayed to the deity to receive a boon and change his gender to male. He then became Shikhandi, beyond physical form. Shikhandi was a warrior who became the reason of Bhishma's death, as Shikhandi was wronged by Bhishma and his death avenged her past life form, Amba. Bhishma bound by his vows, refused to attack a female which gave Arjun access to defeat Bhishma easily. It states that Shikhandi plays a powerful role, but is still seen as a feminine figure, challenging norms of gender identity.

A similar transgender personality in Mahabharata is Brihannala, the cursed form of Arjun. During the exile period, Arjun took the feminine form of Brihannala. He lived as a eunuch and dance teacher of Princess Uttara for a year. He was cursed by Apsara Urvashi, who wanted to marry the great archer. Instead of accepting her advances, he addressed her as "Mata", which hurt her feelings. Hence, she decided to curse him to live the rest of his life as a female. Fortunately, Devraj Indra interrupted them and requested Urvashi to reconsider the time period of her curse. Unexpectedly, Arjun's temporary identity worked as a boon for him as he was successful in hiding his identity during their last year of exile. He adopted feminine characters, dressed like a dancer and behaved like a woman despite being a biological male. He accepted a new gender to show his respect towards the Apsara. He accepted both masculine and feminine qualities in that period, where he was a man but behaved as a woman, which emphasizes fluidity in gender.

Mahabharata offers a great lesson to the people of today, to accept and respect a person despite their gender identity. It depicts that the roles and duties played by Shikhandini and Brihannala, are beyond their gender identity and should be seen as self-acceptance and exploring themselves in a non-binary form. Their contribution is discussed less in comparison to other characters of Mahabharata due to the conservative society.

Mahabharata took place nearly 5100 years ago, yet the existence of transgenders played an essential role in the establishment of Dharma. Whereas, in the 21st century, acceptance of transgender people as a part of their society faces criticisms from certain communities. This must be addressed, as they are just as much a part of our world as we are.

*Vaidehi Sharma*  
*B.Sc. Home Science 1st Year*



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# The Youth: A Nation's Posterity

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Youth is the backbone of any country. In India, where more than 65% of the population is under 35 years old, the role of youth in nation-building is not just crucial, it is inevitable. Youth are not only the inheritors of a nation but also its creators and shapers, responsible for carrying forward the legacy of previous generations.

India is often said to be at the peak of its demographic dividend. What does this mean for the nation? A country where the majority are young and capable can transform society, accelerate economic growth, and foster innovation. For instance the success stories emerging from India's startup ecosystem, which has been largely driven by young entrepreneurs. Companies like Byju's, Ola, etc founded by young Indians that have reshaped sectors such as education and transportation, generating both employment and technological advancements. Yet, while some youth are seizing opportunities, many are left behind due to lack of access to quality education and skill development.

How can India bridge this gap? It is crucial that the government, private sector, and civil society collaborate to ensure that every young Indian has the opportunity to contribute to nation-building. Schemes like the Skill India Mission and Startup India are steps in the right direction, but their reach must be expanded, especially to rural areas where millions of young people await opportunities.

Now taking a look at Indian politics, it has often been dominated by older generations. But recently, a growing number of young leaders are stepping up, bringing new ideas and fresh energy into governance. What does this signify for India's future? With youth like Aaditya Thackeray and Tejasvi Surya gaining prominence, there is a visible shift toward inclusivity in politics, where young leaders are more considerate to the aspirations of today's youth. This is crucial in a rapidly modernizing society like India, where the youth have different expectations for governance, employment, education, and global integration. But how engaged are India's youth in political discourse? While urban youth are increasingly vocal about issues like climate change, gender equality, and corruption, rural youth often remain disengaged from politics. Bridging this gap requires initiatives that encourage young people to participate in local governance, making politics more accessible and relatable to them. The growing influence of social media in shaping political narratives also demonstrates how youth engagement has evolved; platforms like Twitter and Instagram have become arenas for political activism, allowing the youth to express their views and demand accountability from leaders.

Youth have always been at the forefront of social change. The involvement of young Indians in various movements—be it the anti-corruption protests led by Anna Hazare or the more recent farmers' protests—shows that they are not passive observers but active participants in shaping the nation's path. How can this energy be channeled for constructive nation-building? The youth's passion for addressing issues like climate change, human rights, and inequality is evident. For instance, Disha Ravi, a young climate activist, made headlines for her involvement in advocating for environmental reforms and highlighting the climate crisis through international platforms. Young people have a unique ability to raise awareness and demand action on critical issues, pushing the government and private sector to take a bold stand on sustainable development. Their influence is not limited to protests but extends into initiatives which proves that the youth can drive change through innovation as well as activism.

While the potential of India's youth is undeniable, they face numerous challenges that could hinder their contributions to nation-building. One major issue is unemployment. According to recent data, India's youth unemployment rate stands alarmingly high, and the COVID-19 pandemic has worsened this problem. How can a nation harness the potential of its youth if they are struggling to find jobs? Addressing this requires a multi-pronged approach that includes expanding the manufacturing sector, promoting entrepreneurship, and enhancing digital literacy.

Mental health is another significant challenge. The pressure to succeed, coupled with unemployment and social inequality, has led to a rise in mental health issues among India's youth. There is an urgent need to provide support systems, counseling, and resources to help young people navigate these challenges. Initiatives like Manodarpan, a government program aimed at providing psychological support to students, are positive steps, but a lot more needs to be done to break the stigma surrounding mental health in India.

As India marches toward becoming a global superpower, its youth hold the key to this transformation. But nation-building is not the responsibility of the youth alone; it is a collective endeavor. Families, communities, educational institutions, governments, and businesses all have roles to play in nurturing the potential of young Indians. India's future depends on how well it can support its youth, ensuring they have the education, opportunities, and guidance to shape a prosperous nation.

To truly empower its youth, India must invest in policies that foster innovation, create jobs, and build a more inclusive society. The nation must also engage its young population in civic duties, encouraging them to be active participants in democracy. Will India be able to leverage the power of its youth to build a nation that is not only economically powerful but also socially just and environmentally sustainable? The answer lies in how effectively we nurture, empower, and involve our youth in every aspect of nation-building.

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# The Lost Identity

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It had been almost a year since the day a soft, wet nose had nudged me awake from a dreamless sleep. I couldn't remember much, but I do recall the dread that had threatened to drown me whole, until I opened my eyes and stared right into the brown ones of a deer.

I was startled, to say the least, when I sat up and found myself on a green patch of grass, surrounded by an assortment of curious, harmless fauna. The sun had filtered between the leaves and settled all around the beautiful greenery, making me squint at a shadow that carefully approached my side. It was enchanting when the shadow turned out to be a tall, handsome hunter, who stepped before me, sank to his knee, and held my hand, devotion brimming in his eyes.

Since childhood, I have been diagnosed with chronic sleepwalking, which occasionally had me making my way to the woods in the middle of the night, unaware. My husband, the hunter, said that sometimes I would lose memories when it happened. Perhaps that explain why I couldn't remember anything from before I woke up a year ago.

I had my pictures, memories, fingerprints embedded on the cabin walls, but the ones in my head were gone. But my husband would fondly caress me, saying that I used to have such episodes even when we were childhood sweethearts, and they would return in time. I was grateful to him, as he guided me through my tantrums until I had settled into my life, despite the void in my head.

Now, as I sat outside our beautiful cottage, I smiled at the soft rays of the sun. Woodland creatures were my constant companions, and they scampered around me cheerfully. Even little birds perched on my hair and fingers, chirping merrily. I was like a nature goddess, strolling through the flowers. Surprisingly, my life as a carefree housewife in an isolated cottage in the woods was magical, and I was content.

I wondered when my husband would return. He was on a mission issued by the Queen herself. A huge honour, he said with a smile, as he let me strap his armour onto him. He was loyal to Her Majesty and always wished to help her ease the burden of ruling over the kingdom. A year ago, his wish had come true, and now the Queen was finally happy again. I was almost jealous, but I couldn't help the joy that spread through my heart.

But now, a seed of doubt grew within me. He did warn me that he would be gone for longer this time around, but I was worried. Tomorrow will be a year since the day I lost my memories, and I was feeling antsy. I didn't want to be alone, but I had never walked to the nearest village alone, and I was afraid of getting lost in the forest. Even in bright daylight, there were beasts lurking about, and I didn't trust myself with a knife.



I absent mindedly stroked the head of the squirrel that ate nuts from my palm, when I decided that a walk couldn't hurt. Besides, every time I did lose my way, the deer would always guide me back. So I put on my red cloak, barred the gate, and entered the woods.

Today, I moved to a darker part of the woods, where my husband forbade me from exploring. It was dangerous, he had said, but it was also where I had sleepwalked a year prior. With turbulent emotions in my head, something dragged me to that place, almost like a magnet.

"Just one look," I promised myself. "One glance and I'll leave."

Soon, the light dimmed. Thick foliage hid the sun from view, and mist curled up from the damp soil. I shivered, dragging my cloak tighter against me, but the chills seeped into my bones. Still, I stubbornly forged ahead, until I began to faintly recognise the overgrown path to a clearing.

"We're here," I said cheerfully to the deer that followed me, but when I turned back, they were gone. I was alone, with no actual route to follow back home. The animals had been driven away by something, something dark that existed only in these parts of the forest. Why had I even walked here in the first place? Doesn't a sleepwalker usually follow in their waking moments?

Hesitantly, I finally entered the clearing. My feet froze. The entire clearing was destroyed, charred black and scorching, like it had fallen victim to a raging fire. The black covered a large circumference, with no sign of life upon it, except for a small circle of green that flourished in the centre. That was where I had woken up.

Despite the dread that coated my body like a second skin, I carefully walked to the patch of green, almost feeling a part of me that awaited my arrival. Then I realized that the green now had a pool in it, a small pond of reflective silver. At one side of the pond, on a neatly polished slab of wood, engraved words glared at me. 'BLOOD OF QUEEN ELENA'.

I frowned in confusion. Queen Elena was the queen my husband protected. Why was her name here? And why was the pond named in such a way? Wasn't this where I had been found?

Squinting, I peered into the cold, dark pond, leaning far enough that I could see myself clearly. My reflection stared back at me, as I had expected it to. What I had not expected, however, was the glint of gold that proudly circled my head. I gasped at the crown that appeared over my head.

Suddenly, a twig snapped behind me. I twirled, panting, to see my husband stand before me, my crown on his hair. He was brooding, his gaze dark as he studied the pond behind me, and then the wild look in my eyes.

"Oh Ellie," he softly growled, "what have you done?"

I inhaled, grasping onto any excuse I could imagine. But before I could, he pushed a rough hand against my breast, and I stumbled into the metallic pond, unable to struggle as the heaviness dragged me under. His eyes were still imprinted into my mind when I opened my eyes and woke up in the patch of green, just like I had a year ago.

But now, I remembered my past.

*Mallika Ramya Kadri*  
*PGDND*

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# The Vanishing Mystery

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Meera and Priya were getting ready for school while their mother packed their lunches.

The day started off well enough, but soon, no one, absolutely no one, could have predicted how things would turn out by the end of the week.

"Meera, wear your shoes properly! You'll trip!" Neeta, her mother scolded.

"Yes, Mom!" Meera said, rolling her eyes as she stepped outside. She placed her shoes neatly on the porch to get something from inside. But when she returned, they were gone.

"Mom! My shoes! They... they're missing!" Meera cried, searching the porch in confusion.

"What do you mean, missing?" her mother hurried to the door, looking around. There was no sign of the shoes. Priya joined them, her arms crossed, looking suspiciously at Meera.

"Are you sure you didn't misplace them?" Priya asked.

"I just kept them here!" Meera replied, her voice rising with panic.

For the next hour, the family searched high and low, but there was no trace of the shoes.

"I guess I'll just have to go to school in slippers today" said Meera grumpily.

The mystery of the missing shoes became the talk of the house. A few days later, something even stranger happened. Meera's father, a man who rarely misplaced anything, walked up to the door one evening only to find his shoes missing as well.

"Where are my shoes?" he said, scratching his head in confusion.

Meera giggled "Maybe the shoe thief got them too, Dad!"

"This is getting ridiculous," he said madly, heading out in his slippers to look for them. He wandered down the street, glancing around suspiciously. Just as he was about to give up, he spotted them—his shoes were sitting in the middle of the road!

"What in the world...?" He bent down, picking up the shoes.

When he got back home, he told the family. "There's something strange going on. First Meera's shoes, now mine... and I found them on the street!"



Priya, ever the logical one, said “Who would steal shoes and then leave them in the street? That doesn’t make any sense.”

The mystery deepened until one night, everything changed. It was well past midnight when Meera’s mother, Neeta, was stirred from her sleep by a strange noise outside the front door.

It sounded like... scratching. She sat up in bed, her heart pounding.

“What’s that?” she whispered to herself, slipping out of bed quietly.

She tiptoed to the front door, her ears straining to catch the sound again. There it was—a low, persistent scratching, followed by the soft clinking of something being dragged.

Holding her breath, Neeta slowly opened the door just a crack and peeked outside. Her eyes widened in disbelief. There, standing in the moonlight, was a scruffy dog. In its mouth was a small statue that had been sitting on the doorstep. Neeta gasped as she recognized it.

“Hey!” she whispered, pushing the door open further. The dog froze, statue clamped between its teeth, staring at her with wide, guilty eyes.

“Oh my god,” Neeta said, stepping outside. “It’s been you all along, hasn’t it?”

The dog didn’t move. It looked as though it had been caught in the act, frozen with indecision. Neeta stared at it, trying to process the absurdity of the situation.

“Wait... you’ve been stealing our shoes, too?”

As if to answer, the dog dropped the statue with a soft clink and bolted off down the street. Neeta stood there for a moment, watching it disappear into the shadows.

The next morning, Neeta gathered the family in the living room. “I’ve figured it out,” she announced, crossing her arms.

“Figured what out?” Meera asked, looking curious.

“The shoe thief,” Neeta said. “It’s a dog.”

“A dog?!” Priya exclaimed, wide-eyed.

“Yes, I caught it in the act last night. It was trying to take the statue from the front door.”

Neeta couldn’t help but laugh at the memory. “It must have been sneaking around at night, taking anything left outside—shoes, statues, whatever it could find—and dragging them off.”

Meera giggled, "So a dog has been stealing our stuff all this time? That's so silly!"

"Well, it's true," their father said, shaking his head in disbelief. "Who knew we had a kleptomaniac dog in the neighborhood?"

"I guess we should stop leaving things outside," Priya added with a smirk.

"Or... we could leave a nice pair of shoes out tonight and see what it does with them!" Meera suggested, eyes twinkling mischievously.

"Oh no," Neeta laughed, "we're not giving it any more of our shoes. But we will have to keep an eye out for our little four-legged thief."

And so, the family learned to keep their belongings inside from then on. But every so often, they'd spot the scruffy dog wandering down the street, a pair of someone else's shoes hanging from its mouth, and they couldn't help but chuckle at the absurdity of it all.

*Shreya Guglani*  
*M.Sc. Foods and Nutrition 2nd Year*

# A DAY IN THE LIFE OF A DEER

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The breeze  
The way it feels  
Against my skin  
It would feel like freedom  
Mother said, but  
I could see her eyes  
The frantic search  
For shelter  
For safety

I would roam  
Unaware  
The soft grass  
The clear sky  
The warmth,  
Of my mother

The terror came  
A fast creature  
A cheetah  
Yesterday we were  
saved or we  
Survived



Mother lies  
Resting  
We survived

The night passed  
The full moon  
Shining  
Taunting  
Comforting

Mother lies  
Lifeless  
I survived

I would roam  
Beware  
The soft grass  
The clear sky  
The memory  
Of my mother

*Aarya Singh*  
*B.Sc. H.Sc. 1st Year*

## Love: Fading or Evolving

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I never thought I could find comfort in  
people  
But I found you

The more I know you  
The more the question lingers  
How much longer until you'll despise me  
How much longer until I despise you

The more I love you  
The more I'm hurt  
By the thought of us separating  
The more I confess  
That I'm in love with you

The more I say it  
The more it'll lose its meaning  
I'm not scared of it losing its meaning  
I'm scared of not being able to say it again  
I'm scared that my feelings will change

But now that I doubt  
Have they already changed their course  
To become something that was never  
before

*Aarya Singh*  
*B.Sc. H.Sc. 1st Year*

# My Loyal Companion

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Some say a dog is just a pet, but anyone who has loved a dog knows that's not true. Bruno, my beloved friend and companion, was so much more than that. He was family. There are no words that can capture everything he was, but as I reflect on our time together, I feel an overwhelming need to try.

When Bruno first came into my life, I was simply looking for a pet. Little did I know, I was opening my heart to a connection so powerful it would change me forever. Bruno was a shaggy ball of energy from the start, bounding toward me with wide eyes and a wagging tail, a mixture of curiosity and love. He claimed my heart that day and never gave it back. We were inseparable.

Bruno was the one constant in a world that often felt unpredictable. When life grew overwhelming, he was there. Whether it was the warmth of his body curled up beside me on lonely nights, or the quiet understanding in his eyes on days I felt low, Bruno offered the kind of companionship only a dog can. His presence was a comfort, his loyalty unwavering.

One of my favourite memories is of our daily walks. Bruno was never just walking; he was exploring, every single day as if it were a new adventure. He would stop to sniff every tree, his nose pressing into the ground as he investigated every inch of his world. Sometimes, he would look back at me as if to say, Aren't you seeing this? That pure, innocent curiosity reminded me to slow down and find wonder in the everyday.

Bruno taught me patience, and he taught me joy. But he also taught me about strength. The day he started slowing down, his once bouncy steps turning into a gentler, more measured pace, I realised that our time was finite. Age crept up on him, turning his face a little grayer and his movements a little stiffer. But still, he was Bruno - loyal, loving, my best friend.



The hardest part was watching him struggle, knowing I couldn't change the course of time. Despite his pain, Bruno's spirit remained strong. Even when he was tired, his tail would wag at the sight of me, his eyes shining with that familiar love. And when the day came to say goodbye, he looked at me with a calm understanding, as if to say, Thank you. I'll be with you always.

There's an emptiness in my home without him, the quiet that falls where his soft snores once filled the room. Every corner of my life feels his absence, yet everywhere I turn, I find traces of him. His favourite spot on the couch, a lone toy under the bed, or a picture that reminds me of a particularly joyful day together. It hurts to know he's gone, but I feel grateful for every second we shared.

Bruno's love was a gift, one I will carry with me forever. Some say a dog is just a pet, but those who have truly loved one know that a dog is a guardian of the heart, a keeper of memories, and a forever friend. I will miss him every day, but I know that part of him will always be with me, living on in my heart.

Thank you, Bruno, for everything.

*Vidhi Sharma*  
*B.Sc. H.Sc. 3rd Year Dietetics*

# Gender Equality

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Gender equality means treating everyone equally, whether they are men, women or other genders. Everyone deserves equal rights, and giving them equal opportunity in life is vital.

The discussion about gender equality has changed a lot in recent years, now including the experiences of transgender and LGBTQ+ individuals. This shift is important because it helps to create a society where everyone, no matter their gender identity, can enjoy the same rights and opportunities. Historically, conversations about gender equality have mainly focused on women's rights, often leaving out the unique challenges faced by transgender and non-binary people. By expanding our understanding of gender equality, we can address these diverse experiences more effectively.

Despite progress, many challenges remain the same for people of all genders. Women continue to face significant barriers, including wage gaps, underrepresentation in leadership roles, and high rates of violence and harassment. However, transgender and non-binary individuals encounter additional difficulties. Many experience discrimination in healthcare, employment, and even within their families and communities.

For example, transgender individuals often struggle for an appropriate medical care, facing stigma and a lack of knowledgeable providers. Non-binary people may find it challenging to navigate spaces that adhere strictly to gender binaries, which leads to feelings of exclusion and invalidation.

Currently, schools, workplaces, and communities are starting to implement training programs focused on inclusivity, which helps to create supportive environment for everyone. Furthermore, providing support services, like mental health resources and community programs, is essential for the well-being of transgender and LGBTQ+ individuals.

By standing up against discrimination, supporting marginalized voices, and promoting inclusive policies, we can help to create a fairer society. The journey toward true gender equality must include the experiences and needs of transgender and LGBTQ+ individuals as well. By fostering a culture of acceptance and respect, we can work toward a world where everyone can live authentically and with dignity, regardless of their gender identity.

Achieving gender equality requires a collective effort that embraces and respects all gender identities. By recognizing the unique challenges faced by different groups and advocating for inclusive policies and practices, we can work toward a society where everyone can thrive.

Gender equality is not just a women's issue; it is a human issue that affects us all.

*Lavanya Gulati*  
*B.Sc. H.Sc. 1st Year*



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# Violence Against Women

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The United Nations has organized four world conferences on women. These took place in Mexico City in 1975, Copenhagen in 1980, Nairobi in 1985, and Beijing in 1995, followed by a five-year plan.

The last series of the Beijing Conference globally marked the fourth conference. The matters concerned were related to women and education, women's rights, health, and other significant issues. The focus was on various aspects of gender equality, such as training women, violence against women, and the rights of the girl child.

Violence against women remains one of the most prevalent human rights violations in the world today. Despite significant laws made for gender equality, millions of women continue to suffer in silence.

Violence not only affects physical health but also leaves a terrible impact on their psychological state for a long period. According to the World Health Organization, approximately one in three women worldwide experiences some form of physical or sexual violence in their lifetime.

The impact of violence on women is profound and far-reaching. Physically, victims may suffer from bruises, broken bones, and long-term health complications such as chronic pain. However, the psychological toll can be even more harmful. Women subjected to abuse often experience anxiety, depression, and post-traumatic stress disorder. This impacts their ability to function normally in their lives and affects their self-esteem, leaving them feeling isolated.

Cultural and societal norms, fear of retaliation, and economic dependency also result in violations of women's rights. One such example was the traditional practice of Sati Pratha and the killing of the girl child.

Domestic violence against women is still common in the outskirts of Indian states. This kind of violence is normalized, and victims are blamed for provoking the abuse. Additionally, many women fear that reporting the abuse could lead to greater harm. These barriers to reporting, combined with inadequate support systems, make it difficult for many women to escape their abusers.

Furthermore, the legal framework must be strengthened to protect women from violence. In many countries, laws regarding violence are either insufficient or poorly managed.

In conclusion, violence against women is deeply rooted. It is still an important issue, and increasing social insecurity related to women continues to grow, developing a sense of fear. This creates an unsafe working environment for women. It is important to work together through education, media, social, and legal support to end this cycle and provide opportunities for women to lead a happy and safe life.

*Anvi Kumar*  
*B.Sc. H.Sc. 1st Year*

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# THE DREAM MUSEUM

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The clouds poured heavily. Rohit took shelter under the awning of a small bookstore in a quiet alley. His mind had been troubled with the thoughts of his failing business and an impending loan. The annoyance had led him to wander aimlessly through the streets.

That's when an old building caught his eye with the sign saying 'The Dream Museum'. He didn't remember ever seeing it before, but something about it pulled him closer. He crossed the empty street and stepped inside the building.

"Looking for something?" asked the old man at the counter

"I'm not sure," Rohit replied, his voice uncertain. "What is this place?"

"This," the old man said, gesturing around the room, "is the Museum of Dreams."

Rohit laughed, "A museum of dreams? Like... dreams while you sleep?"

"Yes. And no. It's a place where dreams are collected, stored, and sold. The dreams of people who no longer need them... for a price."

Rohit's heart skipped a beat. "Sold? Who buys them?"

"Those with the means," said the old man. "The rich, the powerful. They buy the dreams of others, and, once in possession, can bring those dreams to life."

Rohit blinked, trying to grasp what he was hearing. "You mean... they can make them real?"

"Yes, very real but only if the dream was sold willingly."

Rohit hesitated before asking, "Why would someone sell their dream?"

"For money or because they've given up hope of ever achieving it. The reasons vary, but the transaction is always the same."

"And what happens to the seller?" Rohit asked.

"They walk away with money in their pocket. But the dream... it is gone forever. No second chances."

Rohit glanced around the room at the tiny bottles. Each one shimmered faintly in the dim light, like bottled hope. He stepped closer to the nearest shelf and noticed a small tag beneath each bottle, with the name of the original dreamer and the price it was sold for.

"People really give up their dreams for this?" he asked.

The old man replied, "People give up more than that, boy. A dream is just the start."

Rohit's eyes caught on one bottle. The tag beneath it read 'Neha Sharma: ₹50,000'. He reached for it, drawn in by an unseen force.

Before his fingers could touch the bottle, the old man's voice boomed. "Careful. Dreams are not toys. Once you touch it, it's yours."

Rohit pulled his hand back. "What would happen if I bought it?"

"You would own her dream," the old man said. "You could make it your own. Whatever she dreamt of - wealth, success, love. It could become your reality."

He had come here with no idea of what he wanted, but now, the thought of holding someone else's hope, making it his own, sent a thrill through him.

"How do I buy it?" he asked.

"Money, of course," the old man said with a grin. "But once the dream is yours, it becomes... irreversible."

Rohit hesitated. He didn't have the money. But he knew people who did. And the idea of owning a dream, of finally having a way to escape his mundane life, excited him.

Rohit asked gesturing towards the bottles, "What happened to them?"

"They got their money. They live a life, but one without their dreams, it's hollow. A life without a dream is no life at all."

Rohit felt a shiver run down his spine. Suddenly, the small room felt suffocating.

"I don't want to buy," Rohit said, taking a step back. "I just want to know more."

"Once you enter the museum, you are already part of the transaction," said the old man. "A dream will find you, whether you buy or not."

Rohit felt dizzy. The room seemed to twist and turn around him, and when he blinked, the old man and the museum vanished. He found himself standing in the middle of a grand hall, filled with hundreds of people in expensive suits and designer clothes. The air was thick with the scent of perfumes and money.

An auctioneer's voice echoed through the room. "Next dream—Anjali Rao's wish to become a world-famous dancer. Opening bid: ₹2 crores!"



Rohit watched as hands shot up, the rich yelling to own a life they'd never lived, dreams they'd never had. Panic surged through him. He had stepped into a world where dreams were commodities, sold to the highest bidder, leaving the original dreamers behind, lost in regret. He had to get out.

But as Rohit turned to leave, the auctioneer's voice called out again. "And now, our special item: Rohit Sharma's dream. Starting bid: ₹10 crores."

Rohit froze. His heart pounded in his chest as realization hit him like a tidal wave. He had already sold his dream—without even knowing it.

Dreams were always easy to collect when the dreamer never realized they'd given them up.

*Shreya Guglani*  
*M.Sc. Foods and Nutrition 2nd Year*

# Teachers We All Know

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College life? It's not just about books; it's about our beloved teachers who make classes a total masala movie. From those who prepare for class like it's an international summit to those who treat every lecture as life storytime, here's a peek into the teacher types we all know, love, and sometimes barely survive {Jk...or not}

## 1. The Walking Wikipedia a.k.a "Madam Google"

This teacher is like a live Google search! Notes, presentations, extra readings—she has everything ready before we can even blink. Jab hum sirf introduction pe hain, she's already teaching Chapter 7, complete with diagrams.

Catchphrase: "Kisi ne notes nahi dekhe? Main kya karu phir tumhara?"

## 2. The Chill Baba a.k.a "Chalo, Aaj Life Ke Baare Mein Baat Karenge"

Aaj ka lecture? Nah, it's life advice with a side of syllabus. She walks in with that "Zen" energy and asks, "Aaj kaise feel kar rahe ho?" No worries about assignments or deadlines; she just wants to talk about inner peace. Koi problem ho, she'll solve it with "follow your heart" advice.

Catchphrase: "Marks important nahi hain. Inner peace important hai, samjhe?"

## 3. The Roast Queen

Her class is a roast session disguised as a lecture. Show up without studying? Prepare for a sarcastic roast that'll make the entire class laugh. Kabhi kabhi toh class mein hum bas yeh soch rahe hote hain, "Kya hum agla target banne wale hain?"

Catchphrase: "Oh, tum fully prepared ho? Mujhe toh laga tum sleepwalking mein aaye ho."

## 4. The Storyteller a.k.a "Our Alif Laila"

A class with them is like watching an episode of Kahani Ghar Ghar Ki. They don't believe in textbooks alone; they bring in stories, personal experiences, and sometimes just pure fiction. Every lecture has at least three stories, none of which will be on the exam but will definitely be unforgettable.

Catchphrase: "Ek baar ka incident yaad hai mujhe..."

## 5. The Family Fanatic a.k.a "Meri Beti Meri Jaan"

This teacher is in a long-term relationship with her family stories. No matter what topic, it somehow circles back to "my son's sports achievements" or "my daughter's university ranking." You'll know their family's daily routine better than you know your own syllabus by the end of the semester.

Catchphrase: "My daughter does this too, now look at her!"

### 6. The Syllabus Sprinter a.k.a “Race Against Time”

This teacher? She's got one mission: finish the syllabus ASAP. She'll start classes at lightning speed, giving us four chapters in one go. But then, halfway through, she's suddenly busy helping her mom, and we don't see her for weeks. Her classes go from “Fast and Furious” to “Lost and Found” real quick.

Catchphrase: “Jaldi karo, poorā course karna hai 3 hafte mai!”

### 7. The Confused Newcomer

New teacher with zero idea about where we're at. Padhate hue bhi she's asking, “Hum kis chapter mein hain?” We're basically on a mutual journey of “Aaj kya sikhna hai?”

Catchphrase: “Tum sabko samajh aaya na? (in their heart-Mujhe bhi nahi aaya, honestly.)”

### 8. The TED Talk Madam a.k.a “Madam Positive Vibes Only”

Every class with her is like a motivational workshop. Feeling lazy? Not after her class! “Tum sab mein potential hai” and “Believe in yourself” is her vibe, even if we're just trying to pass. By the end of her talks, you feel like kuch bada karna hai life mein.

Catchphrase: “Marks se kuch nahi hota, beta. Real success aapka confidence hai.”

### 9. The Gossip Expert a.k.a “humari param dost”

Yeh teacher toh knowledge ka sagar hai, but not the kind you find in textbooks. Unka asli talent hai gossiping—and honestly, we're all ears! She'll start the class with full enthusiasm, but before you know it, she's whispering about who said what in the staff room, Need a break from the syllabus? Just ask her one question, and she'll give you a full-blown news bulletin.

Catchphrase: “arre tum log kisse padh rhe ho.....idhar aao mai smjhati hu”

### 10. The Busy-on-Call Madam a.k.a “Mumma Se Hi Baatein Karo”

This teacher starts off every class with full energy, like aaj toh poorā syllabus ho ke hi rahega! She'll explain the first slide with passion, but then—ring ring! Her mom calls, and suddenly we're in an episode of “Saas-Bahu ka Live Update.” While we're sitting with open books, she's on the phone maybe discussing family plans, kya banega dinner, and why aunty ji's cat isn't eating. By the time she's back, the bell's ringing.

Catchphrase: “Haan beta, ek minute...bas, mumma ka call tha...Ab hum kahan the?”

And there you go! The real superstars of Govt. Home Science College. They make college classes unforgettable—kyunki, let's be real, without them, classes would just be way too normal!

*Tashi Khatri*  
*B.Sc. H.Sc. 3rd Year*

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# Relatable Classroom Personalities

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College life? Pure comedy show! Not because of the exams, the lectures, or even the assignments (God save us), but because of the unique characters in every class. From the "Einstein" to the sleeping beauty, here's the rundown of our most iconic classmates we know, love, or just survive.

## 1. The Topper a.k.a "Humare Apne Einstein"

She's not just a topper; she's on a mission. We're still figuring out where the classroom is, and she's done five chapters with rainbow-colored notes. Ask her about "relaxing," and she'll say, "Woh kya hota hai?"

Catchphrase: "Abhi tak chapter 12 nahi hua sabka?"

## 2. The Meme Queen a.k.a "Hamara Entertainment Package"

She's got memes on demand for every exam struggle, mess-food disaster, and teacher assignment. Our class group chat is her meme masterpiece, and who needs Netflix when she's around?

Catchphrase: "Arey, yeh toh bilkul tere jaisa hai!"

## 3. The "Ma'am, Ek Last Question" Queen

Freedom is in sight, the bags are packed, and there she goes: "Ma'am, ek last question!" Uske baad, silence toot jaati hai. Mtlb smjhate hai curiosity, but seriously?

Catchphrase: "Ma'am ek last question, bas ek last doubt!"

## 4. The Nap Queen a.k.a "Sone Do Naa"

It's 8:30 AM, and she's on nap number two. While people say, "Sleep is for the weak," she's here to prove it's an art form, snoozing in full stealth mode.

Catchphrase: "Main sun rahi thi, bas aankhein bandh thi..."

## 5. The Snack Queen a.k.a "Class Ki Tiffin Service"

Bag full of snacks-chips, chocolate, you name it. Just a quick, "Kuch hai kya tere paas?" and voila, lunch is served. Somehow, she's never caught.

Catchphrase: whispers "Kurkure chahiye? Maggi bhi milegi!"

## 6. The Confused Cutie a.k.a "Perpetually Lost"

Totally adorable and totally lost. She has no clue what's going on, yet she's cute about it. Mention "genetics" and she's asking, "DNA mein bhi enzymes hote hain?"

Catchphrase: "Hum abhi kaunsa chapter padh rahe hain?"



**7. The Backup Topper a.k.a “Silent Genius”**

She’s as smart as the topper but too cool to show it. She’ll step in when needed, casually throwing out the answer without asking for the spotlight.

Catchphrase: “Oh haan, yeh toh pata tha, bas bola nahi.”

**8. The Group Project Ghost a.k.a “Our Miss India”**

There for exactly one group meeting, then poof! She reappears on the last day like, “Wow, thanks, girls!” Skill level: Pro.

Catchphrase: “Busy thi, but tum logone sambhal liya!”

**9. The Walking Wikipedia a.k.a “Boring sa Encyclopedia”**

Knows every detail. Start with “vitamins,” and she’s explaining ancient origins and fun facts no one asked for. She’s a professor in disguise.

Catchphrase: “Actually, iska origin ancient times mein tha...”

**10. The Daydreamer a.k.a “Sapno Ki Rani”**

Physically in class, mentally in Goa. Always doodling or zoning out, and when called on? Her face is priceless.

Catchphrase: “Ma’am... woh...(arre bata na hum kaha hai hain?)

And that’s our lineup of classroom legends! Next time you see them in action, remember—without them, class would be so boring!

*Saumya Dhingra*  
*B.Sc. H.Sc. 3rd Year*

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# My Bond With Teachers

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*"Student, student – yes, sir?"*

*Did the homework? –yes, sir!*

*Telling a lie? – no, sir!*

*Show the notebook – I forgot, sir!!!"*

Is this the bond we share with our teachers? Well, to some extent, yes!!!

TEACHERS – the primary builders of the nation, who have a very beautiful and pure bond with the students. This bond revolves around dedicated teaching, invaluable guidance and motivation by teachers, and obedience and respect towards the teachers from the students.

However, the mindset of most of the students revolves around having a formal bond with their teachers. This involves copying down the class work, submitting the assignments for internals, or attending the lecture for just the sake of attendance and marks.

But have you ever experienced the invisible, cordial bond between a teacher and a student? This unseen bond is deeply rooted in their hearts and minds subconsciously, which forms a link between them. It is formed when teachers form a safe space, where students can fully express themselves; it is a relation of trust and empathy, where the students completely believe that their teachers will understand them.

Although teachers usually treat all students equally and put their efforts into shaping their lives, we always find some students following only some teachers. This scenario is commonly known as favoritism, and in the student's world, it is popularly called being "TEACHER KA CHAMCHA".

In my case, during my school life I had this bond with some of my teachers, as I was lucky enough to be blessed with their graceful presence. Their memories remain fresh in my heart, and trust me, this relationship formed with our teachers is unforgettable. Now, when I have finally entered college, I wish that I will be able to make the same strong bond with the present teachers, with memories that last a lifetime.

*Anvi*  
*B.Sc. H.Sc. 1st Year*

# Smart Plates, Healthier Lives: The Role of IoT in Nutrition and Wellness

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"IOT IN NUTRITION IS NOT JUST ABOUT SMART DEVICES; IT'S ABOUT SMARTER, HEALTHIER CHOICES MADE EFFORTLESS."

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Internet of Things (IoT) has revolutionized numerous industries, and the medical field is no exception. Within this domain, IoT has particularly transformed the nutrition and food sectors, offering innovative ways to monitor, analyse, and manage dietary habits and food safety. By combining real time data collection with smart technology, IoT has opened new possibilities for healthier lifestyles, more efficient food supply chains, and enhanced healthcare.

One of the most profound impacts of IoT in the medical field lies in its ability to collect and analyse vast amounts of data. Wearable devices such as fitness trackers and smartwatches are capable of monitoring an individual's physical activity, heart rate, and sleep patterns. They also track dietary intake, offering valuable insights into eating habits. Advanced devices, like smart plates and utensils, take this a step further by measuring the nutritional content of meals, guiding users in making healthier choices. This data can be seamlessly shared with healthcare providers, allowing them to create tailored interventions and advice based on real-time insights. With such technology, even our utensils seem to have taken a step toward ensuring we stay fit and healthy.

IoT has also enabled the creation of highly personalized nutrition plans. Healthcare professionals can analyse the data collected from wearable devices and health-monitoring tools to develop dietary recommendations that suit an individual's specific needs and goals. Smart kitchen appliances, such as connected refrigerators and ovens, enhance this personalization by suggesting recipes based on the user's preferences and health objectives. These appliances even track the freshness and nutritional value of stored ingredients, ensuring that users have access to high-quality, wholesome food. With IoT, it's almost as if your kitchen becomes a personal nutritionist, ensuring your diet aligns with your health aspirations.

The role of IoT in food safety and traceability is another vital contribution to the nutrition and medical sectors. In the food supply chain, IoT sensors and RFID tags monitor the journey of food products from farm to table. These technologies ensure that food is stored and transported under optimal conditions, significantly reducing the risks of spoilage and contamination. In the unfortunate event of a foodborne illness outbreak, IoT can swiftly identify the source of the problem, enabling rapid recall and containment. This not only protects consumers but also upholds the integrity and trustworthiness of the food industry. By ensuring that "farm-fresh" products truly live up to their name, IoT safeguards both health and confidence in the food supply.

IoT has made remote monitoring and telehealth more accessible and efficient. Patients can use connected devices to track their health from the comfort of their homes, transmitting data to healthcare providers in real time. This is particularly beneficial for individuals managing chronic conditions, such as diabetes or heart disease, who require close monitoring of their diet and overall health. The convenience of telehealth allows healthcare professionals to offer personalized advice without the need for frequent clinic visits. For many, this accessibility has transformed healthcare into a seamless part of their daily lives, removing barriers like distance or time constraints.

Central to the effectiveness of IoT in nutrition and food management are methods that ensure its potential is fully realized. Data integration plays a pivotal role, enabling information from multiple IoT devices to converge into a central platform for comprehensive analysis. A unified system can combine data from fitness trackers, smart scales, and food diaries to offer holistic insights into an individual's health. Furthermore, user-friendly interfaces ensure that people can easily interact with these devices. After all, no one has time for a complicated gadget when all they need is a quick update on what's for dinner.

Another critical aspect of IoT implementation is security. Strong measures, such as encryption and secure data transmission, must protect sensitive user information. People deserve the assurance that their health and dietary data remain private and secure. Regular updates and maintenance of IoT devices further bolster their reliability, ensuring optimal functionality and the integration of new features. Collaboration between IoT developers and healthcare providers is equally important, as it helps align the technology with real-world medical needs, ultimately improving patient outcomes.

The practical applications of IoT in nutrition and food are extensive. Wearable devices, for instance, allow users to monitor not only their physical activity but also their calorie intake and nutritional balance. Smart kitchen appliances take food management to another level by tracking inventory, suggesting recipes, and even automatically restocking essentials when supplies are low. Sensors in the food supply chain ensure that products are stored in optimal conditions, while telehealth tools empower individuals to manage their health with professional support at their fingertips.

As IoT continues to evolve, its potential to further revolutionize the medical field appears boundless. By improving the accuracy of data collection, enhancing personalization, ensuring food safety, and enabling remote healthcare, IoT has transformed how we manage and maintain our well-being. It has effectively become a tireless assistant in our journey toward healthier lives, proving that technology can be both innovative and deeply human-centric. The future of healthcare is bright, and IoT stands at the forefront, ensuring that individuals have the resources and support they need to lead healthier, more fulfilling lives.

*Rithika Sharma*  
PGDND



# Compassionate Connections: The Role of Kindness in Mental Health

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“KINDNESS IS A LANGUAGE WHICH THE DEAF CAN HEAR AND THE  
BLIND CAN SEE”

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When you see someone in trouble or problem, and you get sad on their behalf with the urge to help them, then you are definitely kind-hearted. But being unhappy with someone's misery will not reduce their suffering. Understanding others' problems and solving them is an act of compassion.

The problem which I feel is the most underrated and requires more attention is the problem of mental health. Mental health issues don't mean serious disorders and diseases. These are the minor issues that we usually ignore and do not deal with because we think that they don't make sense. We are too busy with improving our lives that we forget that mental stress and anxiety are serious issues, and we should help the people facing such distress.

Kindness is defined by doing something towards others, motivated by a genuine desire to make a positive difference. Kindness and mental health are deeply connected. We should help people suffering from mental health issues. We don't need to spend a lot of money for this. Listening and understanding someone's problems and also understanding the situation in which they are living will help us to tackle their problem. Nowadays, most teenagers and adolescents are facing mental health issues. Peer pressure, tension related to studies, choice of career and others are the main reasons behind their stress and anxiety which lead to serious mental health issues. In this competitive era, everyone has to move forward and achieve their goals. And while doing this, they get lost in this competitive world and develop mental health issues.

The United Nations has given 17 sustainable development goals which includes poverty, hunger, education as well as good health and well-being. Health does not only mean to be free from diseases, it has various other aspects as well. According to world health organization (WHO) "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." An important implication of this definition is that mental health is more than just the absence of mental disorders or disabilities. The World Health Organization (WHO) conceptualizes mental health as a "state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". How can we help anyone dealing with mental health? We can help our friend or family member by recognizing the signs of mental health problems and connecting them to professional help.

Talking to friends and family about mental health problems can be an opportunity to provide information, support, and guidance. Learning about mental health issues can lead to Earlier treatment, Greater understanding and compassion.

If someone is showing signs of a mental health problem then we can offer support by:

- Expressing our concern and support
- Reminding them that help is available and that mental health problems can be treated.
- Listening to ideas, and being responsive when the topic of mental health problems come up
- Treating people with mental health problems with respect, compassion, and empathy

Feelings of sadness, anxiety, worry, irritability, or sleep problems are common for most people. However, when these feelings get very intense, last for a long period of time, and begin to interfere with school, work, and relationships, it may be a sign of a mental health problem. And just like people need to take medicine and get professional help for physical conditions, someone with a mental health problem may need to take medicine and participate in therapy in order to get better.

So, we can conclude by saying that: *"A kind gesture can reach a wound that only compassion can heal."*

***Vaani Kumari***  
***M.Sc. FN 1st Year***

# Guardians of Happiness: The Life-Changing Magic of Pets

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"SOME ANGELS CHOOSE FUR INSTEAD OF WINGS."

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There's an undeniable magic that pets bring into our lives. Whether it's the way a dog rushes to greet you after a long day or how a cat settles beside you with quiet affection, their presence fills our hearts with warmth. For anyone who has shared their life with a pet, it's clear—they aren't just animals; they are family, healers, and companions who transform our lives with their love.

When life becomes overwhelming, pets have a unique way of grounding us. Imagine sitting in silence, burdened by stress or sadness, and then feeling the soft weight of a pet leaning against you. Their quiet comfort is profound, as if they instinctively know how to ease our pain without uttering a word. It's not just their presence but their genuine, unspoken connection that reminds us we are never truly alone.

The joy of coming home to a pet is unmatched. It doesn't matter if you've been gone for minutes or hours; their enthusiasm and affection are always there, waiting. A dog might bounce with excitement or a cat might approach with a slow, gentle rub against your leg. These small, heartfelt gestures make even the simplest moments special, transforming a quiet house into a home filled with love.

Pets bring a sense of security that is both emotional and physical. The protective nature of a dog or the quiet vigilance of a cat offers reassurance that we're cared for and watched over. They become a steady presence in our lives, a source of comfort during times of uncertainty, and a reminder that we are never truly on our own.

Grief and loss often feel overwhelming, yet pets seem to have an innate ability to help us cope. They don't offer solutions or words of encouragement; instead, they sit quietly by our side, offering comfort in their purest form. Caring for them during difficult times—feeding, playing, or simply stroking their fur—gives us a sense of purpose. Their playful energy or quiet companionship gently pulls us back to the present, showing us that moments of joy can still be found even in the depths of sorrow.

One of the most valuable lessons pets teach is how to live fully in the present. Watching them immerse themselves in the world—whether it's a dog eagerly sniffing the air or a cat chasing a flickering shadow—reminds us of the beauty in simple things. They don't dwell on the past or worry about the future; instead, they find happiness in the now, inspiring us to do the same.

Pets also help us form connections with others. A walk in the park with a dog often leads to friendly exchanges, and sharing stories about pets creates moments of shared understanding. They act as bridges, bringing people together and fostering a sense of community. Through their presence, we find opportunities to build relationships and strengthen bonds with those around us.

Their love is an unwavering lesson in forgiveness. Pets never hold grudges; they welcome us with open hearts no matter the circumstances. Even after a long day when we're distracted or distant, they offer the same unconditional affection. Their loyalty teaches us the value of second chances and reminds us to focus on what truly matters—kindness, patience, and love.

The memories we create with pets are treasures that last a lifetime. The sound of their soft breathing as they rest, the playful energy they bring to our days, or the quiet moments shared in their company leaves long lasting imprints in our hearts. Even after they're gone, their presence lingers in the warmth of those memories, a testament to the profound impact they've had on our lives.

Pets are more than companions; they are silent protectors, sources of endless joy, and teachers of life's most profound lessons. They show us how to love deeply, live fully, and appreciate the beauty of the present moment. Their love transcends words, touching our hearts in ways that are as transformative as they are magical. Truly, they are angels in disguise, making the world a kinder and more beautiful place simply by being in it.

*Prabhgun Kaur*  
*PGDND*



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# CRAVINGS OF HEART

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Sitting under a dazzling tree  
Enjoying the weather  
Which makes me free

Oh I hear a voice, which takes me back in time  
A sudden drop of rain touches my cheek, giving  
me a moment of contentment in the  
Lapse of the glorious nature

The heart starts pondering about the glee and  
glorious part that someone could spend with  
Loved ones

Heart comes and speaks to me, Why? You  
always tease me with negative vibes,  
Can't you be a fun-loving person?

*Lakshika*  
*BSc Home Science, First Year*

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# Thunderstorm

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There was a woman who was like a thunderstorm - wild, fierce, and unpredictable. But beneath that rough exterior, she was just as vulnerable and fragile. She had let her guard down for the one who loved her the most, but even then, she silently cried herself to sleep every night.

Escaping her chaotic thoughts, she would go to the sea, where she found her solace and comfort. The sea would listen to her and gently soothe her until she could no longer cry. Each tear that fell from her eyes would mingle with the sea, as if the sea was taking away her pain.

The man who loved her watched as each tear melted into his soul, and he knew that he would always be there for her. He was the one who could calm her mind, even when it was racing with thoughts. She longed to find her sea, but she would always end up shredding her raindrops into a puddle.

The sea had become her sanctuary, the one place where she could let go of all her worries and fears. It was the only place where she felt truly alive. She knew that no one could ever love her as much as the sea did...

*Arshdeep Kaur*  
*B.Sc. H.Sc. 1st Year*

# How Deep Is Your Betrayal

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There were always whispers—quiet murmurs that followed Maya wherever she went. Maya was the kind of friend people needed in their lives: effortless laughter, a constant presence that anchored the chaos of everything else. But somehow, Priya always felt like she was in the shadow of that brilliance.

Maya was the one who got the most attention in class. She was the one everyone turned to when they needed advice. Priya had always been second—second in grades, second in praise, second in everything that mattered. It wasn't that Priya wasn't capable; she knew she was. It was just that Maya always seemed to have something more, something that made people gravitate toward her.

And then the internship opportunity arrived, and everything changed. It wasn't just any internship—it was the internship, the kind that would secure a future, a chance to work with the biggest names in their field. Priya had always imagined it would be her stepping into that world, her moment to rise above the noise. But now, Maya's name stood beside hers on the list of applicants, and something shifted.

It was subtle at first. They had always been friendly competitors—rivals without the animosity. But as the internship deadline drew nearer, the silence between them deepened. Their conversations, once effortless, were filled with a careful, calculated politeness. They talked about the application, the interview, the potential outcomes, but the edge in their voices betrayed what they refused to say aloud.

Priya told herself she was fine. She told herself that she didn't need to be the one to land this internship to prove her worth. But the truth settled in her chest like a stone: she needed this. More than she wanted to admit, she needed to prove that she could outdo Maya, even if it meant doing things she hadn't planned.

It happened one night, after a long stretch of grueling revisions and endless practice interviews. Priya was sitting in her room when an email came through—an invitation to a private networking event. The subject line was simple: pre-interview networking for selected applicants.

Priya blinked, confused. Maya had mentioned nothing about this event. They had been preparing together for weeks, yet this was the first time Priya had heard of it.

The email contained everything—details, location, date. It was exclusive, invitation-only. Priya stared at it for a long time, her finger hovering over the forward button. She wasn't supposed to be included. She hadn't received the invite. But there was nothing stopping her from forwarding the email to herself, nothing stopping her from making sure she was part of that world, that exclusive space.

She hesitated for a moment. But then the voice inside her head spoke louder: What if Maya was getting ahead again? What if this was the one thing that could put her over the edge, make her untouchable?

And just like that, Priya forwarded the email to herself, as if the decision were nothing at all.

The event wasn't anything extraordinary. A cocktail hour, a few casual conversations, but what Priya noticed most were the people—the decision-makers. She listened in, asked questions that positioned her as knowledgeable, eager. She smiled and laughed and made all the right connections. And when it was time to leave, she felt something settle inside her—a quiet satisfaction that, at least for tonight, she had taken a step ahead.

But when she told Maya the next day, there was only confusion in her voice. "Priya, you didn't tell me you were going to the event."

Priya's throat tightened. "I thought I mentioned it. I forwarded the email to myself after you'd told me you didn't want to attend it."

Maya's voice was soft, uncertain. "I don't remember you saying anything. I didn't get that email..."

But the conversation didn't go deeper than that. They both smiled, both awkward, both pretending there wasn't something more. Priya told herself that Maya didn't care. After all, Maya was always in control. She had everything—why would an extra event matter?

But it did matter.

The interview came, and Priya stood in the waiting room, dressed in the perfect attire, armed with all the preparation she had done. She answered questions confidently, presented herself with precision. The recruiter seemed impressed. Priya felt that familiar rush—the one she always felt when she knew things were going her way.

Then came the call. Maya's phone rang first.

When the recruiter spoke, Priya's heart sank. Maya was offered the position.

Priya could have congratulated her, could have smiled and nodded and accepted the defeat as gracefully as she always had. But she couldn't. She couldn't ignore the quiet, growing anger in her chest—the anger that came from the knowledge that the chance Maya had won wasn't just about her ability. It was about who Maya was.

The weeks that followed were a blur of muted calls, unanswered texts. Priya watched as Maya flourished—she'd landed the internship, she'd risen above the competition. And Priya, despite everything she had given, found herself drowning in silence. She tried to reach out to Maya—tried to explain—but Maya was distant, polite, but cold.



The worst blow came a week later when Priya received an email from the recruiter.

“We regret to inform you that, due to a breach in the application process, we must withdraw your candidacy for the internship position. You attended an event that was not intended for applicants.”

Priya read the words again and again, as though they were a mistake. She sat there, staring at the screen, her mind frozen.

The betrayal hadn't been in the event. It hadn't been the email. The betrayal had been in the decision she made, in the moment she let ambition cloud her judgment, in the belief that she could win by any means necessary.

Maya never knew. Maya never needed to know.

And now, Priya would never be able to explain that her own choices had unraveled everything she had worked for. In the end, the greatest betrayal wasn't one that was ever spoken aloud. It was the silent collapse of everything she had taken for granted, the fall of a world that could never be rebuilt.

As Priya lamented her fate, Maya smiled to herself for fooling her opponent once and for all, emerging as the victor in their rivalry.

*Mallika Ramya Kadri*  
*PGDND*

# The Last Letter

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In shadows cast where silence lay,  
Through innocent love, I wished to stay.

A distance woven in tender threads,  
Yet shyness held the words unsaid.

You felt like dreams from realms askew,  
For a heart untouched, so pure and new.

With you, dear heart, it stuck like glue,  
But fate sometimes brews a bitter rue.

Might be the last time our paths align,  
In pages penned, your essence, divine.

Yet hope flutters softly with every sigh,  
To guard against tears when goodbyes imply.

For the love that bloomed in moments few,  
I cradle the pain of losing you too.

The presence fades yet lingers somehow,  
Now I face the void; I must allow.

May my heart find peace in echoes past,  
And cherish the love that wasn't meant to last.

One last letter to you,

With love,  
Xx Ashu.

*Arshdeep*  
*BSc Home Science, First Year*

# Technology Preserves Information, Connection Preserves Wisdom

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Technology and wisdom hold hands for different generations to conquer the hardships and adversity of the modern era. "Technology", we hear this word very often in our daily life. It has become a vital part of our lives. Our day starts with different applications of technology, from watching time on a mobile or a timepiece, and ends with technology in every individual way.

Technology has not only made our life easy, but it has also aided in preserving information. "Information", but what kind of information? The most basic answer will be, all the historical, cultural, scientific, evolutionary and traditional information of our society. Technology has preserved information in such ways that it will remain indestructible, to pass it on from one generation to another, ensuring its longevity and accessibility. Technology has provided us with a secure and reliable platform to store data and information about different aspects of life. The books, documents, files, photographs etc. that might get destroyed one day on paper can be kept secured in digital form, lasting for decades.

Talking about the different aspects of life, the most important is wisdom. Wisdom refers to all the knowledge, ideologies and different life experiences that our ancestors have gained and shared. It can be transferred through talks, stories, writing and many other ways. It helps a person to shape a good character and enables them to make good and right decisions based on the experience of their elders. By doing so, one can improve their quality of life.

Here I want to share one of my real life experiences. So, there is a Shiv Mandir near our house and in the opposite direction at a similar distance is a Gurudwara and we used to go to both places every week to seek blessings. I remember an incident where a close friend of our family told me and my sibling not to visit a temple as you are from a Sikh family. Then our father taught us that we should respect every religion regardless of our religious backgrounds. God is one and if you are going to Gurudwara to follow your culture then you should also visit a temple to respect others culture. Whenever you want to seek blessing don't wait to find a Gurudwara, whatever you see whether a temple or a church, just visit the god. He has always encouraged us to celebrate every festival whether it's Navratri, Janamasthmi or Gurupurab. And this idea of respecting and celebrating every religion has been received from our ancestors. This wisdom is being passed to different generations in our family. Through talks, stories and through technology sitting miles away from home.

Technology has become a bridge between wisdom and generational connection. Through digital platforms, one can share wisdom. Technology has provided a means of connection between the elder generation and young generation. There are different technical methods through which one can preserve and transfer wisdom from one generation to another. Through social media platforms, video callings, messaging and so on. Not only the wisdom shared in families but also globally. For example- The concept of “Vasudhaiva Kutumbakam” originated from an ancient Maha Upanishad still has its existence in the 21st century and can be taken forward through technology by preserving digitally. The idea which tells us to unite the world as one family. And the ones who don't not know about this idea mostly the upcoming generation can be taught through technology. The idea of “Atithi Devo Bhava” which means ‘the guest is god’ has been followed by Indian society for decades encouraging tourism in India.

Moreover, technology not only preserves public and professional information. But can also help to preserve our personal information and memories. One can preserve their family data and information about different generations of a family. Also, we can preserve our beautiful memories and movement in the form of photos or videos. The movement we are spending now may not come back but by creating digital memories we can live that movement again. One can also display their memories in front of others to portray their life experiences and beautiful movements. Also, one can keep intact the information and memories of the ones that are no longer with them.

Hence, technology serves as a powerful tool in preserving both information and wisdom. By intersection of both technology and wisdom, we can ensure to connect different generations and continue to pass wisdom which will help us to create a bright and successful future.

*Mankirat Kaur*  
*PGDND*



# Cultural Influences on Home Design: An Indian Perspective

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Home design in India is a rich tapestry woven from the country's diverse cultural heritage, traditions, and lifestyle practices. Each architectural style reflects not only aesthetic preferences but also the values, beliefs, and environmental contexts of the communities that inhabit these spaces. This article explores the cultural influences that shape home design in India, highlighting how these elements create spaces that are both functional and deeply meaningful.

India's geography significantly affects its architectural styles. In the arid deserts of Rajasthan, homes are often crafted from sandstone, chosen for its ability to withstand extreme temperatures. Conversely, coastal regions favor laterite and mud, materials that are abundant and well-suited to humid climates. This use of local materials is practical and a testament to the ecological wisdom and cultural identity passed down through generations. Traditional craftsmanship, evident in intricately carved facades and artistic details, enhances the cultural narrative embedded in these structures.

Spirituality is a cornerstone of Indian home design, often reflected through Vastu Shastra, an ancient architectural philosophy that emphasizes harmony with nature. Homes are typically oriented to capture auspicious directions, with dedicated spaces for rituals and prayer. The pooja room—a sacred area for worship—is a common feature, illustrating how spiritual practices intertwine with daily life. Such designs foster a sense of peace and sanctity, transforming homes from mere living spaces into sanctuaries.

The importance of family and community in Indian culture profoundly influences home design. Traditional homes, especially in rural areas, often feature a central courtyard that encourages social interaction and communal living. This architectural choice reflects the cultural values placed on relationships, with spaces designed for shared activities and gatherings. In urban settings, the trend of joint families continues to shape home layouts, leading architects to create multifunctional spaces that accommodate larger groups while ensuring individual privacy.

India's cultural diversity manifests in distinct regional variations in home design. For instance, homes in Kerala showcase vibrant colors, intricate carvings, and lush gardens, reflecting the state's artistic heritage. In Punjab, expansive terraces and open spaces cater to the lively social gatherings characteristic of its culture of hospitality. These regional aesthetics enhance visual appeal and create environments that resonate with the lifestyles and traditions of their inhabitants.

As India embraces globalization, contemporary design sensibilities are increasingly merging with traditional elements. Modern Indian architects often blend these styles, creating homes that resonate with the aspirations of the younger generation while respecting cultural roots. This fusion is evident in the rising popularity of minimalist designs that prioritize functionality and sustainability without sacrificing aesthetic values. Innovative use of space, natural light, and eco-friendly materials reflects a growing awareness of environmental issues, marrying tradition with modernity.

Cultural influences on home design in India reflect the country's rich diversity, spirituality, and communal values. From the choice of materials to the layout of spaces, each element tells a narrative that connects inhabitants to their heritage. As India continues to evolve, designers face the challenge of balancing modern aspirations with traditional values, ensuring that homes remain true reflections of the cultural stories that shape them. For aspiring home designers and architects, understanding these influences is essential for creating spaces that are not only beautiful but also meaningful and deeply rooted in cultural identity.

*Inayat Atwal*  
*B.Sc. Home Science 1st Year*

# "The Healing Power of Music: How Melodies Shape Our Minds and Souls"

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"MUSIC GIVES WINGS TO IMAGINATION, HAPPINESS TO SOULS, AND  
LIFE TO EVERYTHING."

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Music has always held a special place in our lives. From its ability to stir emotions to its deep connection with our memories, music resonates with us on a personal level. Whether it's the calming tones of classical music or the energetic beats of contemporary pop, music has a powerful impact on our minds and overall well-being. But beyond its role in entertainment, music also plays a vital role in managing our emotions and promoting mental health.

From an early age, we are naturally drawn to music for its emotional influence. Certain songs have the power to evoke happiness, sadness, nostalgia, or motivation. And this isn't just a personal experience—there's scientific evidence supporting it. Studies show that listening to music triggers the release of dopamine, a neurotransmitter associated with pleasure and reward. This explains why a favorite song can instantly elevate our mood or offer comfort during tough times. Dr. Daniel Levitin, a neuroscientist and author of *This Is Your Brain on Music*, notes that music has a "unique ability to alter our brain chemistry," which is why it can be so effective in boosting our mood and well-being.

Music's impact isn't just emotional—it's deeply tied to memory as well. Many of us have experienced the sensation of hearing a song that brings back specific memories, whether it's a childhood lullaby or a song tied to a significant life event. This connection between music and memory is especially beneficial for individuals with Alzheimer's disease or dementia. Music has been shown to trigger memories and reconnect patients with their past. Dr. Oliver Sacks, a renowned neurologist, shared in his book *Musico Philia* that music can "unlock parts of the brain that have been shut down," providing a sense of identity even when communication becomes difficult. Music stimulates the hippocampus, a brain region linked to memory, helping individuals recall moments that might otherwise be lost. Moreover, music enhances cognitive functions like attention and focus, making it a valuable tool for maintaining brain health.

One of the most remarkable effects of music is its ability to improve mental health. Research has shown that listening to or creating music can lower anxiety, reduce symptoms of depression, and improve sleep quality. Music therapy, in particular, has become an established treatment for many mental health conditions. Dr. Michael Thaut, a music therapist and professor at Colorado State University, states that "music can influence our brain waves and neurochemistry, promoting relaxation or energizing us, depending on the type of music." For people dealing with anxiety, soothing music can slow the heart rate and promote relaxation, while more upbeat tracks can lift spirits and combat depressive feelings. In this way, music becomes a form of self-care, offering a therapeutic outlet for emotions and stress relief.

Music therapy is now widely used to treat various mental health issues, including depression, PTSD, and chronic pain. During therapy, patients may listen to music, create it, or even perform it. Dr. Tony Wigram, a leading music therapist, explains that music therapy "can help patients express emotions they might find difficult to communicate verbally." This therapy is especially helpful for people processing trauma in a safe environment. For instance, individuals with PTSD might use music as a means to explore and express painful emotions, which assists them in healing. Studies have shown that music therapy reduces stress, improves emotional regulation, and provides a creative way for individuals to manage mental health challenges.

The impact of music on emotions, memory, and mental health is undeniable. It has the power to uplift us when we're down, help us remember treasured moments, and offer comfort during stressful times. With ongoing research uncovering more about its potential, music is poised to play an even more significant role in enhancing mental well-being. Music is not just an art form—it's a vital part of the human experience, with a unique ability to heal, inspire, and transform us in ways we are only beginning to understand.

To truly appreciate the healing power of music, there are several soulful songs that have touched hearts around the world. In English, songs like "Fix You" by Coldplay and "What a Wonderful World" by Louis Armstrong have become synonymous with healing and comfort. Their soothing melodies and heartfelt lyrics help listeners feel understood and supported in times of need. Similarly, in Hindi, songs like "Tum Hi Ho" from *Aashiqui 2* and "Kabira" from *Yeh Jawaani Hai Deewani* offer emotional depth, bringing a sense of peace and connection. These tracks, whether in English or Hindi, showcase the universal power of music to heal and uplift, providing a sense of joy and solace to those who listen.

*Rithika Sharma*  
*PGDND*



# The Ties That Bind

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“YOU DON’T CHOOSE YOUR FAMILY. THEY ARE GOD’S GIFT TO YOU, AS  
YOU ARE TO THEM.”

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Leaving home for higher studies is a defining moment in the life of any student. It is a choice made with a heavy heart, torn between the comfort of familial love and the pursuit of personal aspirations. This journey is not just about academic growth; it is also about cherishing the bonds of family, embracing independence, and navigating the bittersweet essence of being apart from loved ones.

The day of departure is filled with a whirlwind of emotions. As the student bids farewell to her family, the weight of leaving behind her parents, siblings, and the home that has been her sanctuary, sinks in. The warm embrace of her mother, often lingering a little longer, conveys an unspoken reassurance of love. The father, though holding back his emotions, silently helps load the luggage into the car, his actions speaking volumes. Even the younger sibling, known for playful teasing, now stands quieter, their eyes reflecting a mix of pride and sadness. These moments of departure underline the intensity of family bonds that, though stretched by distance, remain unbroken.

As days turn into weeks, the student begins to feel the pangs of homesickness. Simple things, such as the aroma of her mother’s cooking, the lively banter during family meals, and the warmth of her own room, become poignant reminders of home. Festivals and celebrations feel incomplete without the familiar faces and shared laughter of her family. Each phone call home, filled with updates, advice, and loving reminders, becomes a lifeline. A mother’s comforting words or a father’s motivational pep talk reminds her of the unshakable foundation of love and support she has left behind.

The relationship with her siblings also undergoes a transformation. While physical distance separates them, the emotional connection deepens. A younger brother, who once relied on her for help with homework or shared jokes, now looks forward to her calls and guidance. Similarly, an elder sibling, perhaps a mentor figure, continues to offer advice and emotional support through texts and video chats. The bonds of siblinghood, though tested by distance, grow stronger as they learn to appreciate one another in new ways.

Adapting to life away from home brings with it an array of challenges and opportunities. Learning to live independently teaches valuable lessons in responsibility, time management, and resilience. Yet, amidst the struggle of balancing academics and daily chores, she finds herself often reflecting on the values instilled by her family. The importance of discipline, kindness, and perseverance—qualities nurtured by her parents—become guiding principles in her new journey.

From the family's perspective, her absence leaves a void. Parents, accustomed to her presence and routine, find themselves reflecting about her laughter and conversations. A mother may still instinctively prepare her favorite dish, only to realize it will remain uneaten until her next visit home. A father, who took pride in driving her to school or discussing her career plans, now channels his energy into finding ways to support her from afar. These changes, though difficult, foster growth and reflection within the family.

However, this separation is not without its benefits. For the student, stepping away from the comfort of home allows her to gain a broader perspective on life. She learns to adapt to different cultures, meet new people, and explore opportunities that shape her future. Her achievements, whether acing an exam or securing an internship, become a source of immense pride for her family. Each milestone she crosses reaffirms the family's belief in the importance of education and personal growth.

Similarly, the family discovers new ways to stay connected and support each other. Weekly video calls, surprise care packages, and heartfelt letters become cherished rituals that bridge the physical distance. The absence of one member often brings the remaining family closer, as they rally together to fill the gap and ensure her success. Parents, in particular, find joy in watching their daughter grow into a confident, capable individual, knowing their sacrifices and love have played a crucial role in her journey.

The experience of living apart from her family also deepens the student's appreciation for the little things that once went unnoticed. The comforting touch of her mother's hand, the protective presence of her father, and the closeness with her siblings now hold a special place in her heart. Holidays and visits home transform into joyous reunions, filled with laughter, stories, and the simple pleasure of being together again.

This phase of life, though challenging, ultimately strengthens the bonds of family. It highlights the enduring nature of love and support, proving that physical distance is no barrier to emotional closeness. The student grows into a resilient individual, ready to take on the world, while her family learns to adapt and find new ways to cherish their connection. "Family is the compass that guides us, the inspiration to reach great heights, and our comfort when we occasionally falter." The journey of leaving home for higher studies is a testament to the power of familial love. It is a story of growth, sacrifice, and the unbreakable bonds that sustain and inspire us, even when miles apart.

*Prabhgun Kaur*  
*PGDND*

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# Manifestation: A Secret

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Manifestation has become a trendy and attractive phenomenon in the past few years. But what does manifestation mean? It can be an affirmation, visualization, or meditating your thoughts, and there are many more statements and phrases used for its description. But in reality, it is the process or technique of turning your thoughts into reality.

Our ideas have a great influence on the world we create around us. People unaware with the process might find difficulty in believing the process of manifestation. But once you start believing, you can also mold your reality in a more positive and meaningful way. On the other hand, it doesn't imply ignoring or denying bad feelings. While trusting the process, the thoughts you have don't turn into reality immediately, but it takes a period of time. It's like a mechanism between our conscious and subconscious mind.

Now, you might wonder about the conscious and subconscious mind, and its role in the magnificent phenomenon of Manifestation. Our conscious mind reacts to what we think about, and our subconscious mind is what we've learned and stored in our brain. So, it's very important to accumulate positive thoughts, beliefs and actions into our subconscious thinking to increase the effect of manifestation.

Manifestation, which works along with the principle of the law of attraction, works with the type of thoughts we have in our daily lives. Visualization is considered as the strongest manifestation technique that uses imagination to build a clear mental image of the desired outcome, but for that you need to have clarified intentions, activation of the subconscious mind, and proper alignment of actions and thoughts.

When it comes to manifesting your desires, there are various ways that may help you along the way, like visualizing, journalizing, repetition of desired thoughts and many more. But, as this process takes some time, one needs to stay committed, be patient and have faith in the process. Realization of thoughts is also an important aspect to control your thoughts, it is the only medium that will help you have partial control over your thoughts and encourage you to ignore negative thinking. By transforming your attitude towards the type of thoughts you have, and deepening your spirituality manifestation, can help you gain your desired life. Manifestation will affect your personal progress. It is a path of self transformation by actively harmonizing your thoughts, beliefs and ideas to turn your dreams into a reality.

*Manya Sharma*  
*B.Sc. H.SC. 1st Year*



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# The Ritual

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There was a ghost in my room, and something told me that she wasn't happy.

It started a month ago, when my family fell in love with this apartment in the city centre. Four bedrooms, a spacious drawing and dining room, advance technology-based kitchen, and the most beautiful bathrooms, one of which had a jacuzzi. To label it as a penthouse wouldn't be an exaggeration, which was why we were surprised that such elegance existed for the middle class.

That was, until we heard of the unsolved disappearance of the previous family.

They were all assumptions, of course, but it wasn't a lie that there previously were occupants who mysteriously disappeared. Apparently, they hadn't paid up the entire sum for the flat, so after two years of their missing report, the ownership was terminated. But by then, the place already had a haunted reputation, hence it remained empty until a happy-go-lucky family decided to move in. Yup, that's us.

Did it bother me? Yes. Did it bother us as a family? Nah, I've never seen them to be happier, especially since the massive discount didn't mention the free, luxurious furniture of the previous occupants. It was ridiculous how I was the only one who seemed to see the markings of the start of a horror movie.

It took three weeks of creepy noises and sudden chills for me to finally catch a glimpse of the apparition in my bedroom. My eyes snapped open somewhere around three in the morning. Sweat coated my skin and I almost lost control of my bladder as I met the glare of the pale, icy girl floating above my bed.

I had heard of sleep paralysis demons. I almost believed that I was having a hallucination or a nightmare. Until I heard her throaty screech that turned my body cold.

"Get out of my room!"

I think I fainted out of terror. When I woke up in the morning, my bedsheets were ripped, looking like they were shredded by claws. To say that I was horrified was an understatement. I had rushed to my family who were laughing at the dining table, tearfully begging to leave the cursed apartment. They had, of course, rolled their eyes and consoled me, telling me not to believe the exaggerated tales of 'those nosy neighbor's'.

That was a week ago. Now I was sitting on the cold floor with an Ouija board at my feet, sweating as I lit a bunch of candles in the dark. Finally, I looked at the time. 3 in the morning, also known as the witching hour. My ghost's favourite time to haunt me.



I nervously dab at my sweat as I pull out an incantation that I found for free on the internet, one that was probably fake. Holding a plastic amulet in my right hand, I did my best not to cringe as I spoke the incantation. Once. Twice. Trice. And... nothing happened. I rubbed my mortified cheeks right as a sudden wind blew all the candles out.

Panicking, I knocked the candles around in my haste to find the matchbox. My fingers shook as I struggled to light a lone match. Several attempts and a bucket load of perspiration later, my shaky fingers held a flickering flame, revealing rotten flesh on the face of a woman without eyes.

I screamed, the matchstick forgotten as scrambled away. Sticky, brittle fingers wrapped around my ankles as the monstrosity dragged me back, kicking and yelling. In the darkness, I felt her fingers wrap around my throat as I twisted and squirmed, sobbing into the darkness.

"I just want to talk," I begged, trying to push her off of me. "Please, I don't want to die!"

"You're...in...my...house," she snarled, her rotting teeth almost scratching my face. "In my room, on my bed! How dare you, how dare you!"

"I'm sorry," I cry out, feeling the skin around my collar bruise and break. "I didn't know!"

Her fingers tighten, cutting off my oxygen supply as I gasp desperately. "I'm tired," she growled, "tired of this stupid state of not being dead or alive. Of watching as you filthy commoners take over what is mine...my poor parents, they're suffering. They want to leave but their spirits are as tormented as I am." She smashed me against the floor and my teeth rattled.

I shook my head desperately, dark spots covering my vision as I began to faint. "I just...want to help!" I croaked out as blood rushed to my head. "I can try to help! There must be something I can do to help you to..." My voice faded as I realized how offensive I would have sounded. To die properly.

Her hoarse laugh was sarcastic. "What? You want to get rid of us so that you can live in our house?!" She grabbed my throat again and threw me to the bed, where I hit the side with my hip and crumpled to the floor, sobbing in pain.

Cold shot through my nerves and I panted, struggling to breathe as some sort of weird negative energy encased me. "Please," I whispered. "I can help, I just want to know how!"

She leisurely strode to my side and crouched before me, her empty sockets reaching for my soul. "There is a ritual to free the disturbed souls that roam the Earth. I want my family to find peace."

I nodded desperately, "I'll do it! Tell me how to do it!"

She smirked, then pointed at one of the sheets of paper in which I had scribbled the online incantation. Under the pale moonlight, dark letters appeared on the sheet. I stared, wide eyed, as the entire page became covered with a list of ingredients and instructions.

"One week," the ghost whispered.

I shuddered, "Yes, ma'am." As she laughed and began to fade away, my heart raced. "Where are your parents? If they are also ghosts..."

Her skin almost glowed. "They're watching you, my dear." And then she was gone.

It was almost five by the time I cleaned up my room and got into my bed, shaking and shivering. I ignored the torn sheets and pulled the blankets over my head, sobbing into my pillow. I wasn't able to sleep, and by the time mom called for me to join them for breakfast, I was down with a burning fever.

For the next few days, I couldn't eat, sleep, or function properly. I always felt hostile eyes on me, judging me, cursing me, until my paranoia became so intense, that I began consuming several glasses of coffee to stay awake. I was terrified that the next time I sleep would be the last time.

Of course, since I would have ending up taking my own life at the thought of resentful souls constantly planning my demise, I took the time to gather the items on the list compiled by the ghost for the ritual. They were easily available, but preparing for the ritual itself was tedious. I practiced drawing the symbols on the sheet with the ingredients over and over again, until I collapsed out of sheer exhaustion.

A week later, I shivered at the center of an elaborate diagram I had drawn on my bedroom tiles with vermilion. The red sindoor powder was glaringly red against the snow patterns, and as icy cold as the blood running through my veins. I repeatedly checked every pattern to ensure that I had the details correct, just the way the ghost had drawn it. Herbs and unusual mixtures in wooden bowls surrounded the large diagram, and I hurried to light up the strategically placed candles when the clock struck three. The moon provided no light, refusing to aid me in my misery.

Familiar chills crept along my spine and I froze, slowly lifting my eyes to meet the empty sockets of the ghost where her eyes should have been. In the flickering glow of the candles, I resisted the urge. Behind her, vague shadows danced along the wall, and I squinted to try to figure out what they were.

"I see that you're very eager tonight," the ghost croaked, making me shudder.

"You asked, and i delivered," I put up a brave front. "Tell me what to do."

She snarled at me, but circled the diagram with me right in the center. I held my breath, then released it when she completed a circle without attacking me. "Step out."

My body trembled as I carefully stepped out of the intricate diagram and stood silently, awaiting further instructions. The shadows against the wall were suspiciously more defined, almost forming humanoid shapes. The ghost gestured towards a sharp knife that I had prepared as per her instructions, and I reluctantly held it in my hand.

"Cut open their chest," she growled.

"What?" My hands shook. "W-who?"

Suddenly, I yelped as the humanoid shadows stepped forward into the diagram. Two of them, a middle-aged man and woman. Their bodies were pale, with thin lines crossing their limbs, like cracks on white porcelain. I almost gagged at the unnatural smell that wafted from them as they lay on the floor in the center of the diagram. Stunned, i stepped back.

"W-what's this? Who are they? You-"

"They're my parents," the ghost growled, stepping towards me. "Or their disturbed ghosts. Now will you finish the ritual, or should I kill you?"

She shoved me towards the floor and told me to chant the mantras that had been written with the instructions. Choking on my tears, I took deep breaths to control my panic and began to whisper the foreign words. Forcing myself to stay conscious, I began uttering the mantra more firmly.

*"Ātmanāṁ parivartayāmi, ātmanāṁ pratisthāpayāmi."*

I had translated the Sanskrit script. Although I knew the meaning, I couldn't understand it, so I just continued chanting as I reluctantly pierced the knife through the chest of the man, then the woman. Sweat coated my skin as I felt resistance, almost like they had real bodies, but the malicious presence of the female ghost behind me prevented me from stopping. I told myself that they were just ghosts, and I was freeing them from their shackles; that I was helping them attain peace. But it was getting harder to ignore the dread pooling in my stomach.



*"Ātmanāṁ parivartayāmi, ātmanāṁ pratisthāpayāmi."*

I transform the soul, I establish the soul in another form.

Five times, ten times, twenty times. My head was twirling, drowsiness and a massive headache threatening to take me under. I took heavy breaths, almost panting as my energy drained at a fast pace. Until a white light rose from their chests and glowed bright. My vision flashed and I fell to a faint, belatedly realizing that the ritual could be to exchange their souls for mine; to give them life at the cost of mine. The ghost screeched ecstatically as I fell into a deep slumber.

When I jerked awake, the sun was blazing through the open windows onto my sore body. I groaned awake right as a shrill scream pierced my ears. Shocked, I turned to see a girl on my bed, her eyes wide with horror as she stared at me. Beautiful brown eyes that hadn't existed when she haunted me as a ghost.

Disoriented, I shook my head and glanced at the floor behind me where the remnants of the ritualistic diagram remained. One look was all it took for my heart to drop into the cold pits of hell.

Last night, there were two ghosts at the center of the pattern, and I had driven a knife into their chests to free their souls. In the warmth of daylight, blood coagulated around the two very solid bodies. The bodies of MY parents, not hers; their faces frozen in pain and terror, with deep gashes around their chests where I had driven my knife in.

I think I screamed, but then I was dragged away by uniformed men with handcuffs. I struggled to free myself as they dragged me through the halls and out the door, but I got a glimpse into my parents' bedroom before I left. I saw the middle-aged couple from last night. The two who were barely more than humanoid shadows at the start of my ritual were now made of flesh and blood as they smiled triumphantly at me.

The ghost had tricked me. Her entire family had made me kill mine so that they could replace us.

I stayed silent, numb, in the police station. I curled into myself after sobbing myself hoarse. The officers questioned me on why I had broken into someone's apartment, and why I had killed my own parents in an innocent girl's bedroom. I shivered and shuddered, a nervous wreck who couldn't think clearly. They were marking me as a mental case, and I had begun to believe that there was something wrong with my head too.

That night, as I slept on the cold jail cell out of sheer exhaustion, I felt calloused fingers caress my cheeks. Drowsily, I opened my eyes. The clock struck three as I gazed silently into the empty sockets of my parents' cold and withered corpses, their mouths split into toothy grins.



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# The Longing Rain

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That day it rained heavily,  
Our bodies drenched  
in the cold rain,  
As our eyes never left  
each other.

The droplets fell  
like tears from the sky,  
Mixing with the salt of our own,  
Creating a chord of  
sorrow and love.

We stood in the downpour,  
Our hair plastered to our foreheads,  
But our hearts still  
beating as one.

The world around us  
disappeared,  
Leaving only the two of us,  
Lost in a moment  
frozen in time.

Your touch was filled with  
passion and desire,  
Drew me in like  
a moth to a flame,  
As we held each other close.

The rain washed away  
our fears and tears,  
Leaving us vulnerable and raw,  
But also cleansed and renewed.

I never wanted the storm to end,  
To stay in this moment  
forever,  
Wrapped in the warmth of your  
gentle embrace.

But as the clouds cleared,  
And the sun peeked through,  
I knew our time was running out.

I wished we kissed  
under the grey sky,  
A promise of forever on our lips,  
Even though we knew  
it couldn't be true.

That day it rained heavily,  
But it was  
the most beautiful day of all,  
For it brought us together  
in a way  
nothing else could.

So let the rain fall,  
Let it wash away my pain,  
And leave only love in its wake.

*Arshdeep*  
*BSc Home Science, First Year*

## Balancing the Scale: Population Control in India

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As one of the world's most populous countries, India's demographic size is both a source of pride and concern. On one hand, a large population can drive economic growth through a vast labor force, while on the other, it can strain resources, infrastructure, and the environment. With India crossing the 1.4 billion mark, the question of whether population control measures or policies are needed has sparked intense debate.

Population growth remains one of the most critical challenges facing the country today, and how India addresses this issue will dictate its future. The conversation about population control involves understanding why it's growing, how societal mindsets contribute, and whether government intervention is the solution.

Why is India's population growing so rapidly? The reasons behind India's rapid population growth are deeply rooted in history, culture, and economics. One primary factor is the decline in death rates, thanks to advancements in healthcare, medicine, and sanitation, without a corresponding decline in birth rates. This demographic transition initially results in a population boom. Improved child survival rates, availability of vaccines, and better maternal health services have all played significant roles in lowering infant and child mortality. However, why do high birth rates persist? In many rural parts of India, children are still seen as economic assets, especially in agrarian economies where more hands are needed to work the land.

Another factor contributing to population growth is early marriages. Although child marriage is illegal, it remains prevalent in some regions. Early marriage often leads to early childbirth, increasing the number of childbearing years for women. This perpetuates higher fertility rates. Additionally, access to family planning methods and contraception is often limited or influenced by cultural norms. Can India truly reduce its birth rate without addressing these deeply rooted societal practices?

The idea of family planning is still met with skepticism and misinformation in various communities. While urban, educated populations are adopting smaller family norms, rural populations, where education levels are lower and access to information is limited, still view large families as insurance against poverty. The adverse effects of unchecked population growth are numerous. India's resources, particularly land and water, are under tremendous pressure. The country's land area remains constant, but the number of people dependent on this land continues to increase, leading to overcrowding, depletion of resources, and environmental degradation. For example, over-extraction of groundwater has caused water crises in several regions, including Chennai and Delhi. Population growth also puts immense strain on public services and infrastructure.

In cities like Mumbai and Delhi, the influx of people has resulted in overcrowded public transport, traffic congestion, inadequate housing, and slums. Furthermore, education and healthcare systems struggle to keep up with the demand.

Economic development is also hindered by population growth. While a large population can provide a demographic dividend — a period during which the working-age population is larger than the non-working dependent population — it can also lead to widespread unemployment if there are not enough jobs to absorb the workforce. The situation is already grim with millions of youth unemployed or underemployed. Can India harness the potential of its young workforce if population growth outpaces job creation?

India has a long history of population control measures. The most prominent attempt was during the Emergency period in the 1970s when forced sterilizations were carried out, leading to public outcry and the fall of the government. Since then, the focus has shifted toward voluntary family planning programs, emphasizing education and contraception. The government has also introduced policies to encourage smaller families, such as the two-child policy in some states, which imposes restrictions on those with more than two children from holding government jobs or contesting local elections. But is such a policy practical and fair in a democratic country like India?

China's one-child policy is often cited as an example of successful population control, but it came at a high cost: human rights violations, gender imbalances, and an aging population. India must learn from these examples and strike a balance between encouraging smaller families and respecting individual rights. Rather than coercive measures, should the government focus on improving access to healthcare, family planning services, and education, especially for women?

Empowering women is key to controlling population growth. Studies show that educated women tend to have fewer children and marry later, contributing to lower fertility rates. In Kerala, for example, higher levels of female education and healthcare access have led to a much lower fertility rate compared to other states like Bihar and Uttar Pradesh.

Government policies must also focus on raising awareness about family planning and breaking down cultural taboos surrounding contraception. The National Population Policy and the National Rural Health Mission (NRHM) have made strides in increasing contraceptive use, but significant gaps remain, particularly in rural areas. The government should prioritize expanding these initiatives and making family planning more accessible to all.



India's population growth presents both challenges and opportunities. While the need for population control is evident due to resource constraints and economic pressures, coercive measures may not be the answer. Instead, a multi-faceted approach that focuses on education, healthcare, and gender equality is more sustainable in the long run. Empowering individuals to make informed choices about family size, breaking down cultural barriers, and improving access to contraception will be crucial in stabilizing India's population. Ultimately, can India leverage its demographic potential to become a global powerhouse without addressing the issues of population control? The answer lies in the policies and actions taken today.

*Aarya Singh*  
*BSc Home Science First Year*

# “Reading: A Pathway to Imagination and Knowledge”

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Reading is one of the most important fundamental skills that a person can possess. Studies have found that reading books helps to strengthen our brain and increase intelligence. Books provide us with a window into different worlds, allow us to expand our horizons and gain a deeper understanding of ourselves, the world we live in and people we live with. When someone reads a book, they are opening the doors to endless possibilities.

One of the significant benefits of reading is, it helps to improve our imaginative skills. Through books, the mind can unlock imaginary worlds, explore different culture and visit new places without leaving the comfort of home. As one dives into the page of the book, they become a part of the story and see themselves in the character of the story. Reading enables us to visualise the story that we read, which can be a powerful tool for developing creativity and a sense of wonder. The imagination power of reading can create characters that we love, places that we want to visit and stories that touch our heart.

Reading also helps to gain knowledge. Through books, people can learn about history, science, culture and languages. It helps us to learn and understand the world in a deeper and meaningful way. It enhances our knowledge about different culture and ways of life, making the reader more aware and understanding of other people. Nelson Mandela, who was a great activist, used to read lots of books in imprisonment. ‘War and Peace’ and ‘The Grapes of Wrath’ are some of the books that have inspired him a lot. Moreover, it also helps to improve vocabulary and comprehension skills.

Reading is the best source to acquire knowledge, whether it is through books, newspapers or magazines. It is the best teacher. It will help the reader to be confident, knowledgeable and imaginative.

*Mankirat Kaur*  
*PGDND*

# Rising Strong: How Resilience Paved My Path to Success

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In today's world which is full of shifts and uncertainty, the golden words said by Elizabeth Edwards, "Resilience is accepting your new reality, even if it's less good than the one you had before." fits so perfectly. This powerful statement underscores the essence of resilience: the ability to adapt to and find strength in the face of adversity, even when the new reality is far from what we once cherished.

To fully grasp the depth of this concept, it's beneficial to delve into a story that illustrates how resilience transforms our response to life's challenges. This is the crux of a personal experience. As a Bachelor's of Science (Dietetics and Nutrition) student, I had applied for the same course in the Masters stream. Unfortunately, due to the high merit list and stiff competition, I failed to make it to the first list. I was expecting to get through, and it was utterly disheartening... It wasn't only the shattering of my expectations, but also my dream to work in the public sector. Thankfully, I got a seat in my second preferred course. It took time, but I slowly came to terms with reality.

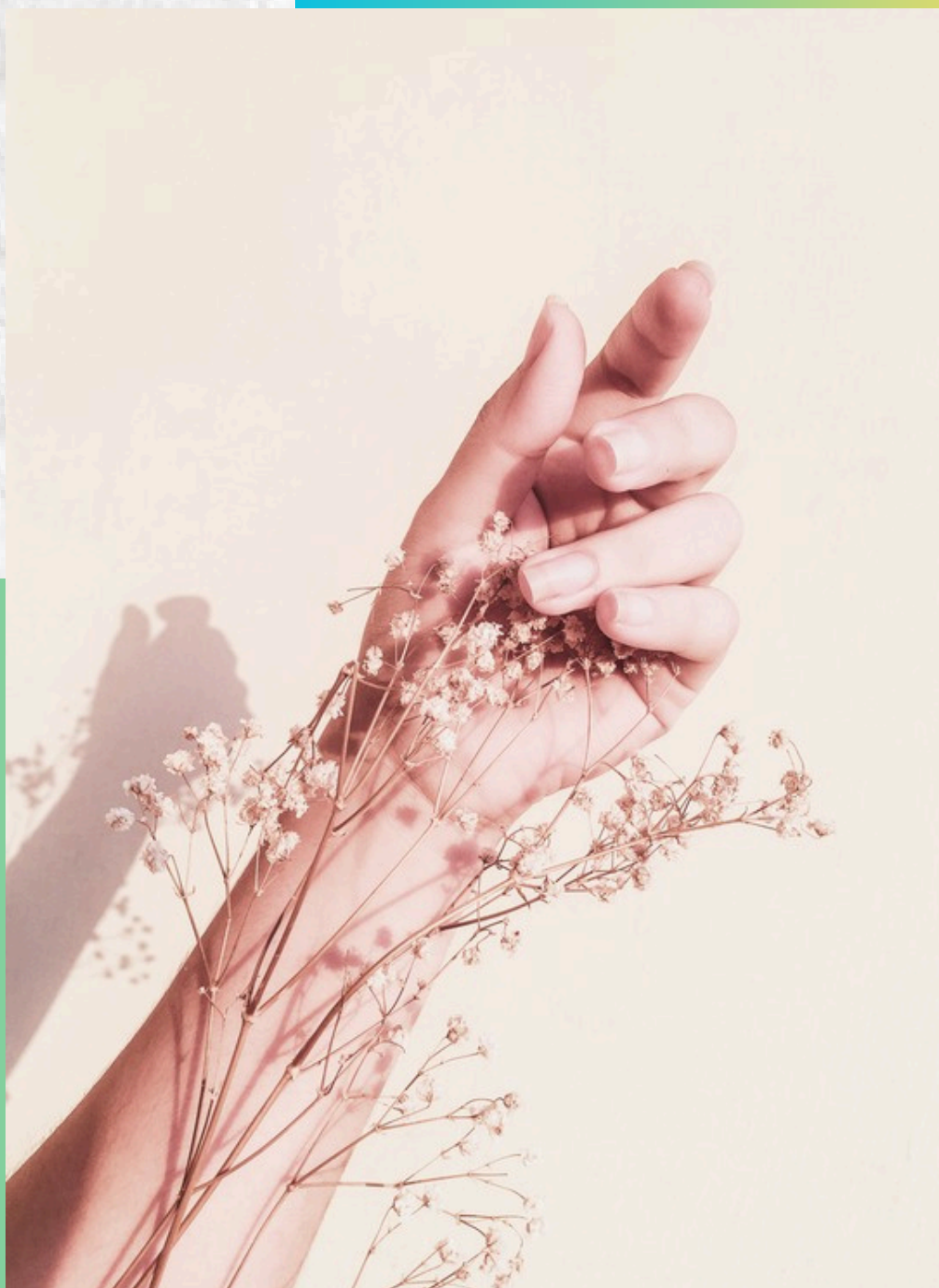
Two weeks into the new field, it felt as if everything that happened was curated by destiny. I made peace with the fact that perhaps, I am meant to contribute to the society, but, as a counsellor, helping people navigate through sorrow, anxiety, and life in general. As the dust settled and I was fully engrossed in making the best out of the opportunity that lay in front of me, I got a call from the college office, offering me a seat in my first preferred course, i.e. Dietetics and Nutrition, due to someone else relinquishing theirs. I was taken aback, to an extent that I didn't know what to do. I called my father, and also took advice from my teachers. And each one of them asked me to join the course as soon as possible. I, though, was in a state of dilemma. On one hand, I finally had what I wanted, but on the other hand, I was held back by my own insecurities and fears: the fear of failure, of disappointing my loved ones etc.

At one moment the latter seemed to weigh heavy, and I had almost made up my mind to relinquish the seat offered to me. I was also worried that I might not be able to cover up the syllabus that had been covered. Undoubtedly, I am still struggling with the completion of the leftover syllabus, but I am also determined to cover it all up, and also to top my batch. This confidence and will power was not inherent, but it was something I cultivated. The fact that things worked out for me despite all odds, indicated that it was indeed meant to be. I now have the opportunity to pursue something I've wholeheartedly wanted to, and to leave an indelible mark in the lives of people I come across through my work.

*Nupur*  
*M.Sc. FN 2nd Year*

P R A T I B I M B

2024-25



REFLECTION  
CREATIVE ART



## Editorial

### *"THE CANVAS OF EXPRESSION"*

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Art is more than just colors on a canvas, words on a page, or movements in the air. It is the unfiltered voice of the soul, an echo of emotions, and a reflection of our world seen through the eyes of imagination. As we unveil this edition of our college magazine, we celebrate the limitless creativity that flourishes within our campus.

The Creative Art Section stands as a witness to the boundless creativity of our students. Here, each piece, whether a sketch, a digital illustration, or a photograph, carries a unique narrative—one that speaks to the heart as much as to the mind.

In an era where digital screens dominate our daily lives, art remains a powerful medium of connection and self-exploration. It allows us to break free from the mundane, dive into the depths of our thoughts, and bring forth creations that inspire, challenge, and comfort. This issue is dedicated to every artist who dares to dream, and every creator who turns the ordinary into the extraordinary. To those who have contributed their work—your passion is the heartbeat of this section. To those who are yet to share their art—may these pages inspire you to take that bold step.

Let this section be more than just a collection of artistic expressions. Let it be an invitation—to feel, to wonder, and to create. After all, art is not just about seeing; it is about feeling, experiencing, and transforming the world one stroke, one word, and one vision at a time.

Happy reading, and keep creating!

*Akshata Verma*  
*Assistant Professor*  
*Dept. of RME*

## Student Editorial

“CREATIVITY IS THE HEARTBEAT OF  
EXPRESSION, A BRIDGE BETWEEN  
IMAGINATION AND REALITY”

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Art speaks where words fall short. It captures emotions, tells stories, and preserves moments in ways that language often cannot.

In this edition of Pratibimb, the creative section includes- photographs that freeze time, drawings that bring imagination to life, paintings that evoke emotion, and embroidery that weaves tradition with innovation.

Each piece featured here is a testament to the talent and vision of our college's artists.

To our talented contributors- 'thank you for sharing your art with us.'  
And to our readers- 'take a moment to truly see, to feel, and to appreciate the stories within these visuals.'

May they inspire you to create, explore, and express yourself in new and meaningful ways.

*Aarya Singh*  
*B.Sc. H.Sc. 1st Year*

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# *Golden Hour Photography*



*As dawn breaks over the rolling hills of Ooty, the mist clings gently to the valleys, drifting like a whisper through the dense eucalyptus forests and tea plantations.*

*As the sun begins its slow descent behind the Nilgiri Hills, Ooty is bathed in a soft, golden light that melts into warm shades of orange, pink, and purple.*



*Akshata Verma  
Assistant Professor  
Dept. of RME*

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*Let the light tell the story.*

Photography is the art and technique of capturing light with a camera to create images. It can be done using digital or film cameras and encompasses various styles such as portraits, landscape, wildlife, fashion and documentary photography.



*As the sun sinks low over the Chao Phraya River, Bangkok glows in golden hues. The sky blazes with shades of amber, rose and deep violet, reflecting off the rippling water like liquid fire. The grand Palace and Wat Arun catch the last rays, their gilded roofs glowing against the fading sky.*

**Akshata Verma**  
Assistant Professor  
Dept. of RME

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*When the sky does all the talking.*



# *Architectural Photography*



*Toorji ka Jhalra, nestled in the vibrant streets of Jodhpur, is an architectural marvel that reflects the city's rich history and ingenuity in water management. Built in the 1740s by Maharani Toorji, this stepwell was designed to serve as a vital water source for the people of Jodhpur, especially during the intense desert summers. With its graceful, multi-storey structure, the stepwell is an impressive blend of beauty and functionality.*

*Akshata Verma  
Assistant Professor  
Dept. of RME*

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*Design speaks without words.*





*Nestled within the serene ruins of Hauz Khas Complex in Delhi, the tomb of Sultan Firoz Shah Tughlaq stands as a modest yet powerful reminder of the 14<sup>th</sup> century Indo-Islamic architecture. The square structure built with rubble masonry and topped with a large dome is surrounded by remnants of a once-flourishing water tank (hauz).*

*Dr Neha Sharma  
Assistant Professor  
Dept. of HD*

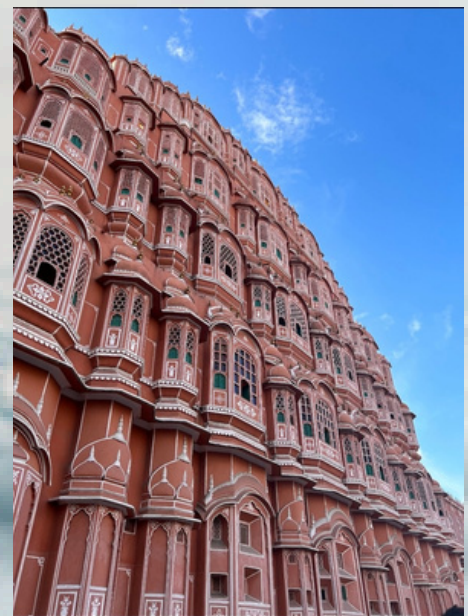
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*Freeze the moment, cherish forever.*





*Rising like a delicate honeycomb of pink sandstone in the heart of Jaipur, Hawa Mahal—meaning “Palace of Winds”—is a stunning example of Rajput architecture blended with Mughal finesse. Built in 1799 by Maharaja Sawai Pratap Singh, this five-story structure features 953 intricately carved jharokhas (small windows), designed to allow royal women to observe city life without being seen, while also promoting natural ventilation throughout the palace.*



**Akshata Verma**  
Assistant Professor  
Dept. of RME

*Built for queens, admired by the world.*



# *Fashion Photography*



Fashion photography is all about showcasing clothing, accessories, and style in a visually compelling way. It blends art, storytelling, and branding to create images that capture trends, moods, and personalities. There are different styles within fashion photography, such as:

- Editorial Fashion Photography – Found in magazines like Vogue or Harper's Bazaar, this style tells a story using fashion, often with a creative or cinematic approach.
- High Fashion Photography – Dramatic, bold, and sometimes avant-garde, featuring luxury brands and striking styling.
- Street Fashion Photography – Captures real-world fashion, often featuring everyday people or influencers in urban settings.
- Commercial Fashion Photography – Focused on selling products, often seen in ads and catalogs.
- Lookbook Photography – A clean and simple way to showcase a designer's collection, usually with minimal distractions.



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*Style isn't spoken, it's worn.*

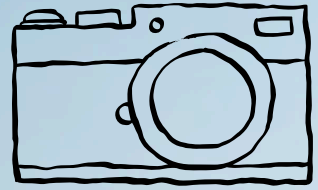




Designed and stitched by students of B.Sc. Fashion Designing, M.Sc. Clothing & Textiles and PG Diploma in Fashion Designing



# *Reflection Photography*



Reflection photography is a creative technique that captures mirrored images using reflective surfaces such as water, glass, mirrors, or polished metal. It adds depth, symmetry, and a surreal quality to photos, often making ordinary scenes look extraordinary.



*Sonam*

*B.Sc. H.Sc. 1st Year*



*Hanushi*

*B.Sc. H.Sc. 1st Year*

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*Water Reflections: Sunset at Sukhna Lake*



# Green Rated Buildings



Green building is a structure that is designed, constructed, and operated to reduce or eliminate negative impacts on the environment and human health. Think of it as a building that's smarter about using resources.

Green Building Rating Systems in India:

- GRIHA (Green Rating for Integrated Habitat Assessment)–India's national green building rating system.
- LEED (Leadership in Energy and Environmental Design)–an international standard also used in India.

*The new integrated passenger terminal at Chandigarh Airport, inaugurated in 2015, achieved a 4-star GRIHA rating, becoming the first airport building to receive such recognition. It's designed to accommodate approximately 1,500 passengers and hosts both national and international flights.*



- The completed 570,000 square foot terminal incorporates extensive use of sustainable building technologies:
  - fly ash building material
  - motion/ heat sensors
  - rooftop 200kW solar plant

- Terminal incorporated 5.5 million fly ash bricks
- Passive solar orientation, south-side shading to minimise heat gain
- Solar rooftop plant to generate clean power
- Two-thirds lower water consumption due to low flow features



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*Architecture with a conscience.*

Indira Paryavaran Bhawan, New Delhi, headquarters of Ministry of Environment, Forest and Climate Change (MoEFCC) of Government of India is known for being India's first **net zero energy** building, featuring state-of-the-art green architecture, including solar energy use, passive cooling, energy-efficient lighting, and rainwater harvesting. It has GRIHA 5-Star Rating and LEED Platinum Certification.



- Sustainable building technologies include:
  - maximum natural daylight, about 75% of occupied spaces receive ample sunlight, reducing reliance on artificial lighting
  - a central courtyard and strategically placed fenestrations to facilitate cross-ventilation, enhancing indoor air quality
  - energy-saving lighting fixtures, such as T5 lamps, coupled with occupancy sensors
  - rooftop solar photovoltaic system covering approximately 4,600 square meters, generating around 1.4 million kWh annually
  - low-flow water fixtures and systems to collect and utilize rainwater

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*Built green, breathing clean!*



# Sketching



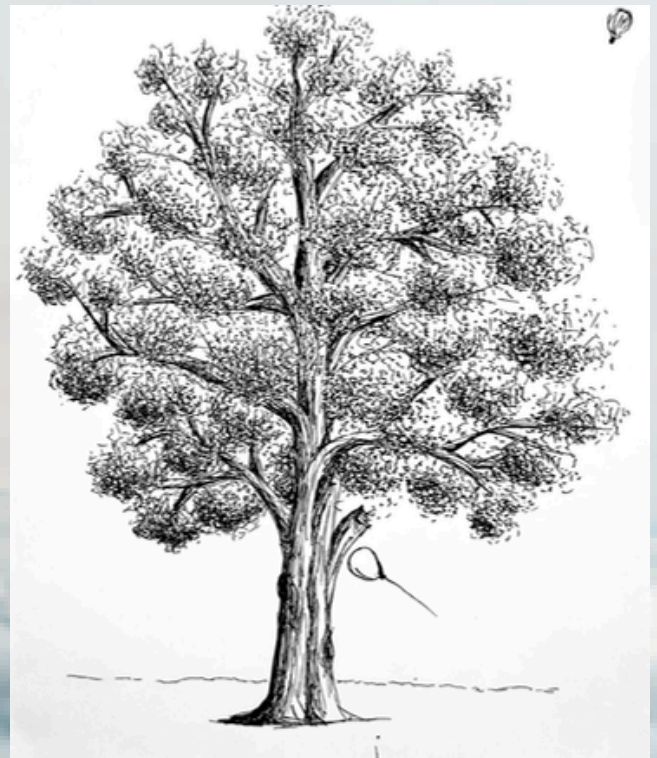
Sketching is a quick, freehand drawing technique used to capture ideas, concepts, or rough outlines of a subject. It is often done with minimal detail, focusing more on shape, form, and movement rather than fine details or color. Sketching serves as a foundation for more detailed artwork or as a standalone expressive medium.

Purpose of sketching is to brainstorm & idea development, practice drawing skills, create blueprints for final artwork, and express creativity freely.

Sketching is widely used in art, fashion, architecture, animation, and industrial design, making it a versatile and essential skill for artists and designers.



*Ritika*  
*B.Sc. Home Science 1st Year*



*Bishnu*  
*B.Sc. FD 1st Year*

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*Lines, shadows and a touch of creativity.*



Arshdeep Kaur  
B.Sc. Home Science 1st Year

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*Lines, shadows and a touch of creativity.*





# Croquis

Croquis is a French term that means 'sketch' or 'quick drawing'. It refers to a rough, fast drawing that captures the basic form, movement, or essence of a subject without focusing on details.



Fashion sketches are an essential part of the design process, helping designers visualize ideas before creating patterns and samples.



Shifa  
B.Sc. H.Sc. 1st Year

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*Before the runway, there's the sketchpad.*



# Watercolor Painting



Watercolor painting is a form of art that uses pigments mixed with water to create soft, translucent, and flowing effects. It is known for its delicate, transparent layers and ability to blend colors seamlessly. Common techniques for watercolour painting include: Wet-on-Wet, Wet-on-Dry, Glazing, Dry Brush and Lifting.

The first documented application of watercolor techniques was on papyrus scrolls and tomb walls, where natural pigments were combined with water. Paintings on scrolls from the 7th to the 10th century, illuminated manuscripts from the Middle Ages, scientific drawings from the 14th to the 17th century, especially in botanical and anatomical research, and landscape paintings from the 18th century were all done using watercolor techniques.

Today, watercolors with its fluidity, transparency, and spontaneity remains a popular medium among artists worldwide, used for everything from traditional landscapes to abstract art and urban sketching.



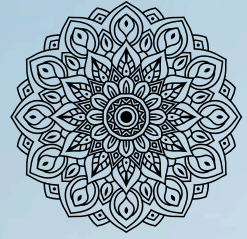
Bishnu  
B.Sc. FD 1st Year

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*A dance of water and pigment, creating magic*



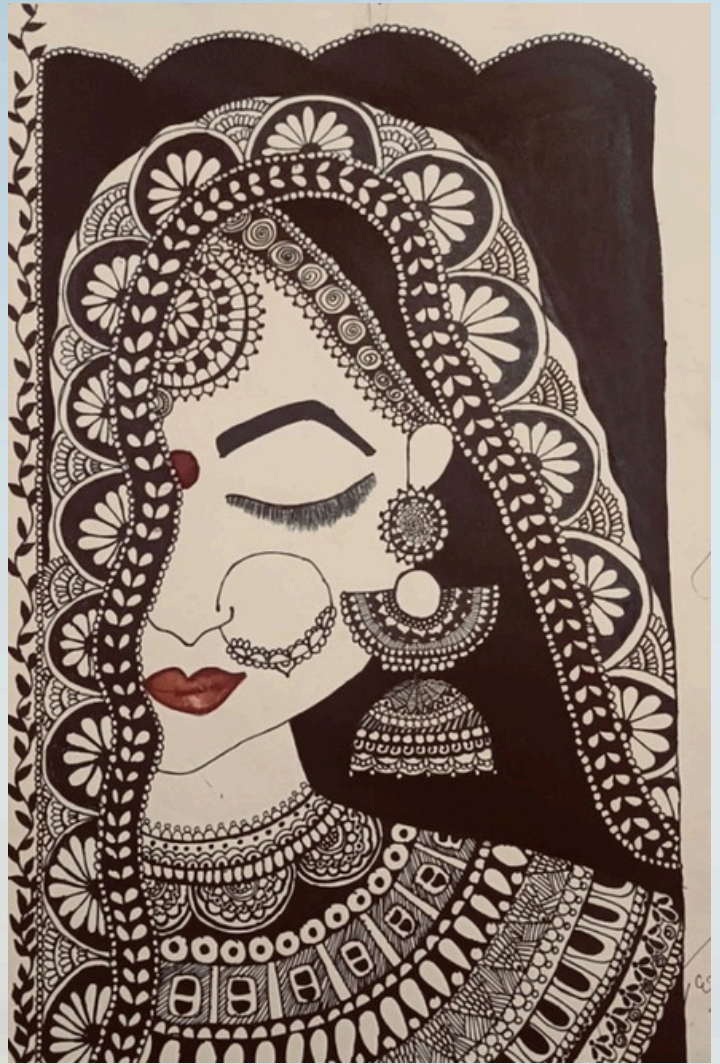
# Mandala Art



Mandala art is a geometric design that holds spiritual and symbolic significance in various cultures, especially in Hinduism and Buddhism. Mandalas are often intricate, symmetrical patterns that radiate from a central point, representing balance, harmony, and unity.



**Vaidehi**  
*B.Sc. H.Sc. 1st Year*



**Shifa**  
*B.Sc. H.Sc. 1st Year*



**Garvita**  
*B.Sc. H.Sc. 1st Year*

The word 'mandala' comes from Sanskrit, meaning 'circle'. Mandalas are used in meditation, therapy, and artistic expression. They can be drawn, painted, or even created with sand (as seen in Tibetan Buddhist traditions). In modern times, mandala art is popular in coloring books, tattoos, and home decor because of its calming and aesthetically pleasing patterns.

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*A mandala is more than art; it is a journey within.*



# Digital Art



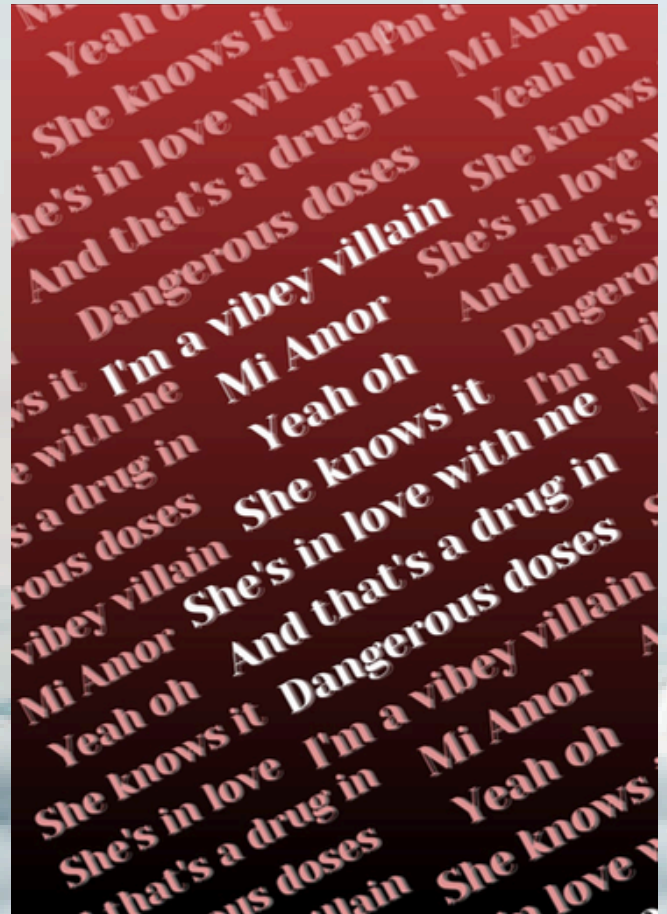
Digital art is a form of artistic expression created using digital technology. It involves the use of software, computers, tablets, and other digital tools to produce images, animations, and interactive designs. Unlike traditional art, which relies on physical mediums like paint or clay, digital art is created and stored electronically.

Various types of digital art: Digital Painting, Vector Art, 3D Art, Pixel Art and AI-Generated Art.

Digital art is used in various industries and creative fields:

- Entertainment Industry: Used in movies, animation, video games, and virtual reality (VR).
- Advertising & Marketing: Brands use digital illustrations, vector graphics, and 3D visuals for campaigns.
- NFTs & Crypto Art: Many artists create and sell digital artworks as NFTs (Non-Fungible Tokens) on blockchain platforms.
- Fashion & Textile Design: Digital sketches and patterns are used in the fashion industry.

Digital Art has its advantages: Flexibility, Cost-Effective, Versatility, Accessibility, Environmental Benefits. And at the same time, it has some challenges like Learning Curve, Lack of Tangibility, Software & Hardware Costs and Over-Reliance on Technology.



Aarya Singh  
B.Sc. Home Science 1st Year

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*Painting with pixels and a touch of imagination.*

P R A T I B I M B



2024-25

# RESEARCH ABSTRACTS

# Editorial

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The pursuit of knowledge stands as the foundation of intellectual growth and progress. Research serves as a powerful tool to nurture critical thinking, logical reasoning and organizational skills, paving the way for new insights and transformative ideas. It not only broadens perspectives but also enhances employability by developing problem-solving abilities and analytical skills. Moreover, research fosters a deeper understanding of cause-and-effect relationships and offers profound insights into human behavior and societal dynamics.

At our college, we are dedicated to fostering a scientific temperament and an inquiry-driven mindset among students. Through a well-structured curriculum and a supportive academic environment, we encourage them to explore diverse research areas that challenge conventional thinking and inspire innovation. This emphasis on research equips students with the skills to address real-world challenges and contribute meaningfully to their chosen fields.

This section showcases abstracts from selected student projects and contributions across interdisciplinary domains of Home Science, reflecting the latest advancements in Food & Nutrition, Human Development, Clothing and Textiles, Resource Management and Extension Education. The Research projects undertaken by students under the guidance of qualified teachers exemplify the college's unwavering commitment to advancing knowledge, fostering understanding and driving innovation in these critical areas.

The findings of these research endeavours have far-reaching implications, offering valuable insights that shape social awareness, influence lifestyle choices and inform policy-making processes. By highlighting these contributions, we celebrate the spirit of inquiry and the transformative potential of research in creating a more informed, progressive and equitable society.

*Dr. Neha Sharma*  
*Assistant Professor*  
*Dept. of Human Development*



# Student Editorial

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Research is not just an academic requirement but is also a cornerstone of innovation and progress. In the context of Home Science, research holds a unique significance. This interdisciplinary field encompasses vital areas including Foods and Nutrition, Human Development, Clothing and Textiles, Resource Management and Extension Education that help create interventions to promote holistic well-being. It is a field that directly impacts lives, bridging the gap between science and society.

This research abstracts section is a reflection of our institution's commitment to foster a culture of curiosity, critical thinking, and evidence-based learning, particularly in the diverse and interdisciplinary field of Home Science. It highlights the efforts of our students and faculty who have wholeheartedly incorporated the spirit of inquiry. Each abstract presented here reflects their dedication, perseverance, and commitment to achieve excellence.

These researches emphasize the importance of evidence-based practices, community-centric approaches, and scientific innovation in addressing contemporary societal challenges. By featuring these works, we aim to embrace research as a tool for problem-solving, and contribute to the greater good. May this section ignite the spark of curiosity in every reader and reinforce the relevance of Home Science in a rapidly evolving world.

*Anupreet Kaur Sobti*  
*Research Scholar*

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## RESEARCH ABSTRACT

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## EMPHASIZING ROLE OF PROBIOTICS IN MAINTAINING HEALTH AND DISEASE PREVENTION

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DR. RITU PRADHAN

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The intestinal microbiome plays crucial component in regulating gut health. Over the past decade, various researches have emphasized the correlation of microbiome composition with health and several pathological conditions. Probiotics are live microorganisms that provide health benefits when consumed in adequate amounts, have become a focal point in health research. This study examines the effectiveness of probiotics in enhancing immune function, supporting digestive health, and reducing risks of chronic diseases. A systematic literature review was conducted using Web of Science, Google Scholar, PubMed, and Scopus etc. Peer-reviewed articles, case studies, research papers across various journals were explored by analysing data from randomized controlled trials, cohort studies, and meta-analyses. Studies were selected based on criteria including probiotic strain type, dosage, and duration. Relevant data was extracted and categorized for analysis. Results indicated that probiotics, particularly strains from *Lactobacillus* and *Bifidobacterium*, significantly improve gastrointestinal disorders such as irritable bowel syndrome (IBS) and Inflammatory Bowel Disease (IBD) by restoring gut microbiota balance and reducing inflammation. Evidence also suggests that probiotics enhance immune defence, reducing upper respiratory tract infections and allergic reactions. Additionally, significantly impact lipid profiles and glycaemic control, contributing to reduced cardiovascular and diabetes risk. Probiotics influence the gut-brain axis, highlighting their role in reducing anxiety and depression through neurotransmitter production. However, individual responses to probiotics vary, suggesting that strain specificity and personalized approaches are essential for optimized outcomes. In conclusion, probiotics hold substantial potential for health maintenance and disease prevention, particularly in digestive, immune, and mental health. While promising, the benefits are strain-specific, with further research required to fully understand their mechanisms and develop targeted probiotic therapies. Continued advancements in probiotic delivery methods and strain selection are needed to enhance their stability and efficacy. Probiotics offer a viable, natural adjunct to traditional health interventions, with future studies essential to establish standardized protocols for their use in clinical and dietary applications.

**Key words:** Probiotics, Gut health, Disease Prevention, Health, Gut microbiome.

### TRADITIONAL VS MODERN FOOD PROCESSING METHODS: INNOVATIONS AND IMPLICATIONS FOR FOOD PRODUCT DEVELOPMENT

DR. RITU PRADHAN & ANUPREET KAUR SOBTI

Food processing methods have played a pivotal role in shaping the quality, safety, and functionality of food products. The present study explores the comparative benefits, challenges, and applications of traditional and modern food processing methods in food product development. A comprehensive review of literature was conducted to analyze traditional and modern processing techniques across parameters such as nutrient retention, shelf life, energy efficiency, scalability, and consumer acceptability. Case studies of food products developed using these methods were examined to identify trends, innovations, and challenges. Traditional methods were found to excel in sustainability, cost-effectiveness, and flavor development. However, they showed limitations in consistency and safety under industrial conditions. Modern techniques demonstrated superior performance in nutrient preservation, process standardization, and shelf-life extension. Integration of traditional and modern methods, such as combining fermentation with high-pressure processing, emerged as a promising approach for creating innovative and culturally relevant food products. Both traditional and modern food processing methods have unique advantages and limitations. While traditional techniques uphold cultural heritage and sustainability, modern methods address contemporary consumer demands for safety, convenience, and nutritional value. A hybrid approach leveraging the strengths of both can lead to the development of innovative, sustainable, and nutritionally enhanced food products.

**Keywords:** Food processing, traditional methods, modern techniques, food product development, sustainability, functional foods.

### EMPHASIZING BIODEGRADABLE PACKAGING AS A SUSTAINABLE ALTERNATIVE TO PLASTIC PACKAGING

DR. RITU PRADHAN & SURBHI VASHISHTH

Packaging is India's fifth major economic sector, growing rapidly at a 26.7% compound annual growth rate (CAGR) between 2020 and 2025 and accounts for 46% of plastic waste from the total generated waste. The widespread use of plastic in packaging has led to an increase in significant environmental challenges due to its non-biodegradable nature, emission of greenhouse gases, microplastic formation, posing high health risk to humans and wildlife. Recently, concerns about its production and disposal have been growing rapidly. Biodegradable packaging has emerged as a promising solution, offering the potential to reduce the environmental impact of packaging waste while aligning with sustainable practices. This paper explores the biodegradable alternatives to plastic packaging. A comprehensive literature survey was conducted using Web of Science, Google Scholar, PubMed, and Scopus etc. Peer-reviewed articles, case studies, research papers across various journals were explored. Relevant data was extracted and categorized for analysis. The present review highlights that packaging made up of natural biopolymers such as bamboo fiber, banana and palm leaf fiber, coconut coir, bagasse, rice husk can significantly reduce plastic waste and support local economies by utilizing regionally available resources. Biodegradable packaging can play a pivotal role in mitigating plastic pollution, reducing the ecological footprint, empowering communities, preserving cultural indigenous practices, fostering innovation at grass root level while contributing to the environmental sustainability. However, biodegradable packaging materials also pose some limitations such as high production cost, inferior mechanical strength, thermal sensitivity and poor melt rheology, Low heat resistance and moisture barrier, less stability to temperature & humidity, less durable. Recent advances in technology & strategies like plasticization, blending, nanomaterial reinforcement and multilayer composite structures improvement may expand biopolymer applicability to overcome limitations to make major contributions to sustainable development in the food industry.

Key Words: Biodegradable Packaging, Environment Sustainability, Plastic Waste.



## DESIGNING OF WALL PANELS INSPIRED FROM CELTIC SYMBOLS

DR. SONIA & AANCHAL

The present study was undertaken with the aim of exploring and utilizing Celtic art for creative applications. The objectives included the collection of Celtic symbols characteristic of this art form, followed by the innovative design of wall panels inspired by the gathered symbols. Additionally, the study sought to evaluate the market and consumer acceptability of the designed wall panels to determine their appeal and potential for commercial success. Through this approach, the research aimed to bridge traditional art and modern design, contributing to the preservation and practical application of Celtic cultural motifs. To perform the research various Celtic symbols were collected from e-book "Ancient Celtic Symbols and Their Meanings". Suitable base fabrics for Wall panels were displayed and evaluated. The most preferred fabric i.e. Jam Cotton was selected for Wall panels and the background textures were created with the help of colour blending techniques. These background textures painted with one Celtic symbol were displayed and evaluated by the faculty members and students of Clothing and Textiles department, Government Home Science College, Chandigarh. Top three most preferred background textures of colour blending techniques i.e. Technique no.7 (tangled thread effect), Technique no. 9 (balloon effect) and Technique no. 3 (water drop effect) were selected. For Wall panels, 30 designs were displayed out of which fifteen designs were for Single Wall panel (Category A) and fifteen were for multi-Wall panels (Category B). Top three designs from both the categories of Wall panels were selected and painted on the top three selected background textures of colour blending techniques on Jam Cotton fabric. The created Wall panels were then framed. The selling price was calculated and then exhibited to find the consumer acceptance and marketability. Market acceptability was encouraging as the majority of the shopkeepers found the quoted price reasonable and sellable. Consumers also accepted the Wall panels well, and found them to be creative and distinctive.

## TO STUDY THE CLOTHING NEEDS OF MENTALLY DISABLED CHILDREN OF KARNAL DISTRICT

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MRS. ANNU DEHARWAL

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Clothing provides a mean of self-expression and aesthetic enjoyment. Like normal people disabled individuals have their physiological needs like sense of safety, recognition and self-esteem and Provision of well designed, attractive functional clothing can prove to be a great motivation. The present study is taken up in order to analyse the needs and problems of clothing for mentally disabled children from rehabilitation centres in Karnal district. A list of rehabilitation centre for disabled children was obtained from CWC (Child Welfare Committee), Karnal District. According to CWC there were four rehabilitation centers, which comprises students with all disabilities such as learning disabled, speech & hearing impaired, autistics, cerebral palsy and mentally disabled. As the present study was on mentally disabled children, so the whole 210 mentally disabled children were selected purposively for the accuracy of results. The sample for the study comprised of 210 respondents, which included mild ( $n_1= 110$ ) and moderate ( $n_2= 100$ ) IQ levelled mentally disabled children. The information regarding clothing needs and problems faced by them while dressing up was collected personally by the researcher by conducting personal interview of the respondents after taking telephonic appointment. The data collected was coded, tabulated and analysed. This study reveals that mentally disabled children participating in the survey did not prefer to dress up in special clothing. Instead, they preferred to dress up like other normal individuals in their vicinity. The study also recommended suitable and comfortable range of clothes and clothing styles to the Mentally Disabled children.

## POP ART: FROM CANVAS TO THE WORLD OF TEXTILES

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MRS. ANILA & KHUSHBOO

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Art always confronts man with concrete facts from life. It is an ideal depiction of certain phenomenon from real world. Textiles have been an integral part of mankind since the ancient times and the art of all ages have depicted this in various mediums. It is rightly said the modern approach to art will be blending of already existing art forms. Perhaps the most well-known artistic development of the 20th century, Pop art emerged in reaction to consumerism, mass media, and throughout the sixties. Pop art transitioned away from the theory and methods used in abstract expressionism, the leading movement that preceded it. Instead, it drew upon everyday objects and media like newspapers, comic books, magazines, and other mundane objects to produce vibrant compositions, establishing the movement as a corner stone of contemporary art.

**Keywords:** Textiles, Pop Art, Abstract Expressionism, Vibrant, Contemporary Art



## CREATION OF LIVING AND DINING AREA RANGE BY TAKING INSPIRATION FROM GWALIOR FORT

MRS. NIDHI DUGGAL

The study aimed to merge historical architectural beauty with modern interior design. The objectives included collecting motifs from the Gwalior Fort, renowned for its intricate and unique artistic elements, to inspire the design process. Using these motifs, the study developed designs for a living and dining area range, which was then created through hand-painting techniques. Additionally, the study evaluated the marketability and consumer acceptability of the living and dining area range, assessing its potential appeal in the contemporary home décor market. This research aimed to bring the rich heritage of Gwalior Fort into modern living spaces while preserving its cultural essence. To conduct the study, related literature was reviewed and various motifs of Gwalior Fort for creation of living and dining area range were collected by visiting the place and clicking the photographs and websites. Total of ten designs were created for each product under two categories i.e. Living and Dining Area Range by using adobe photoshop software. The preferred fabric Khaddar Casement and Poly Khadi were dyed in 2 selected base colours (Capri K7 and Cam- bray Blue P4 from pantone color palette 2024). Topmost design of each product range was constructed on Khaddar casement and Poly Khadi by hand painting. The products were finished and displayed to find the consumer acceptance and marketability. This study revealed the fact that richness of traditional artwork when put to use in a contemporary and innovative style attracted the consumer. The finished product has good consumer acceptance and marketability.

## DESIGNING AND CONSTRUCTION OF DRESSES, SKIRTS AND SHRUGS USING MACRAME

ARUSHI AGGARWAL & MRS. SAKSHI SHARMA

Macramé is a traditional craft that involves the art of knotting cords to create decorative and functional products. Originating in ancient times, macramé has evolved over the centuries, encompassing various techniques and designs. The beauty of macramé lies in its intricate knot patterns, which can range from simple to complex, allowing artisans to express their creativity and skill. Macramé offers a versatile medium for creating unique and personalized pieces. With its rich history and timeless appeal, macramé continues to captivate enthusiasts and inspire new generations of crafters. The study was undertaken with the aim of exploring the creative potential of macramé in modern fashion. The objectives included studying the origin and evolution of macramé, designing innovative dresses, skirts, and shrugs using diverse macramé techniques, and constructing the most preferred designs based on their aesthetic and functional appeal. Additionally, the study sought to evaluate the marketability and consumer acceptability of these macramé garments, highlighting their potential to merge traditional craftsmanship with contemporary fashion trends. A total of 60 designs were developed by introducing new design ideas with the assistance of secondary sources i.e. dissertations, journals, and internet etc. Evaluation was done by the faculty and students of clothing and textiles department of Government Home Science College, Chandigarh. A total of 9 designs were selected for construction, categorized into 3 groups: dresses, skirts, and shrugs. Each category included 3 designs. T-shirt yarn was chosen for construction of products in macramé. Colour palette was developed by considering latest colour forecasts and trends in 2024. The costing of dresses, skirts and shrugs were calculated by adding the price of yarn, trimmings (beads) and labour cost. A profit margin of 20% was then added to the cost price to calculate the selling price. After costing, developed product were shown to the owners of designer studios to find the market acceptability. It was very encouraging as all of them found that products were sale able. To find the consumer acceptability, products were shown to consumers. They also found them to be innovative, stylish and unique. This shows that the developed products were highly accepted by both. The study also introduced something new for designer, manufacturer as well as for the consumer.

## DESIGNING OF KAFTANS BY TAKING INSPIRATION FROM ROGAN ART

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MRS. SIMAR PRABH KAUR & SUPRIYA

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The folk and tribal arts of India are very ethnic and simple, yet colourful and vibrant enough to speak volumes about the country's rich heritage. Centuries ago, art travelled with people and moved from its place of origin to new foreign lands. Thanks to such movements, India is now home to one of the rarest forms of art, the Rogan Art. Rogan art is a centuries-old, unique style of art. The Persian art form now settled in Nirona Village of Kutch in Gujarat is a migrant art form that has become a cultural asset for India. Rogan Art, with its decorative technique, has again become of considerable interest and popularity. The research focused on designing of Kaftans by Taking Inspiration from Rogan Art, aiming to blend traditional artistry with contemporary fashion. The objectives included studying the origin and historical significance of Rogan art to gain an in-depth understanding of this traditional craft. Using Coral Draw, kaftans were designed incorporating Rogan art motifs, followed by the creation of a range of kaftans enhanced with 3-D fabric outliners to bring the designs to life. Furthermore, the study evaluated the marketability and consumer acceptability of the kaftans, assessing their appeal and potential for commercial success. This research aimed to promote Rogan art by integrating it into modern apparel design. The Rogan art motifs were explored from various sources like various books, journals, thesis and websites and different motifs were collected. Basic silhouette of kaftan was developed on coral draw. Different styles of kaftans were created by making changes in the basic silhouette of kaftans. Most preferred styles were chosen for final designing of kaftans with Rogan art motifs. Designs of kaftans with Rogan art motifs were developed based on chosen styles of kaftan. For the selection of fabric for kaftans, various types of fabric swatches were collected which were Georgette, satin, rayon, taffeta, jam cotton, abu dhabi silk, uppada silk, chinon, shimmer, chiffon and were painted with 3D outliners to shortlist most suitable fabric for kaftans. The color idea was collected from the fashion color forecast for spring 2024. Colors that are used in traditional Rogan art were selected, and blended tints of colors from the color palette were developed for the final base color of kaftans. The cost of the kaftans was calculated by adding the cost of fabric, dye, fabric paint colors, stitching charges, and labor charges. A profit margin of 25% was added to calculate the sale price. The estimated sale price ranged between Rs. 1800- 2500. The Kaftans with Rogan work showed clearly noticeable marketability and consumer acceptability. This work is an attempt by the investigator to create attractive and innovative products that are accepted by the market as well as consumers. This study will help the recovery of Indian Rogan art and has inspired a burst of innovation, much like a metaphorical phoenix rising from the ashes. The designs positively raised the demand to save dying art form and centuries-old traditions. The variety and knowledge of the available designs and techniques and the latest fashion trends will always help a designer to develop something new and unique for fashion seekers.



## FUSION FINESSE: JEWELLERY INSPIRED FROM SINDHI EMBROIDERY AND TIE -DYE

BILPREET KAUR & DR. PREETI ALAGH

This study investigates the synergy between Sindhi embroidery and tie-dye techniques, examining their combined aesthetic impact and cultural significance. Consumers are continually looking for newer and more appealing textile solutions, in addition to the diversity of possibilities available. So ongoing creative design researches are needed to decide when, where, and how traditional perception meets modern desires for a positive client response. Thus, creation of the jewellery designs opens doors for designers to experiment and be the part of this flowing system of the manufacturing process of the product. The study was undertaken to explore the creative integration of traditional art forms into contemporary jewellery design. The objectives included a thorough review of literature by accessing online and offline resources, including library visits, to understand the cultural significance and design elements of Sindhi embroidery and tie-dye. A questionnaire was formulated to assess the availability and consumer interest in similar products. Based on the insights, innovative designs were developed in two categories: Lariat sets and Choker sets. The study further evaluated the designs and constructed the top 10 most preferred pieces, showcasing a harmonious blend of Sindhi embroidery motifs and tie-dye techniques. This research aimed to celebrate traditional craftsmanship while meeting modern aesthetic preferences. Review of literature provides the information about the methods and stitches of Sindhi embroidery and techniques of tie and dye to create something innovative. A market survey was conducted to check the availability in the market using embroidery and printing techniques; but combination of Sindhi Embroidery and Tie -dye. This will be helping and finding us to identify growth opportunities and enhance the market segment. Shopkeepers were filled the questionnaire regarding the end use of the product and market demand. The collected data was examined and chosen articles, like necklace and earrings in two distinct categories - Lariat sets and Choker sets, because the appropriate selection of stitches and output of the embroidery work would look great. After evaluating the designs, the selected sets were constructed. A survey was conducted to check the acceptability of sets in which both the jewellery sets were liked by college going girls and adult women. They were happier that they can customized the jewellery sets in any of the color and style in sync with their traditional love for the embroidery. Consumer acceptance for these jewellery sets was very encouraging as consumers showed a keen interest in the designs and found them unique and were willing to buy them at the quoted price. This research found that the attractive effects of embroidery and dyeing on jewellery items are very valued. The diversity of designs and techniques available and knowledge of these and the latest fashion trends will always help a designer to develop something new and unique for fashion seekers.

## DESIGNING AND CONSTRUCTION OF SCHOOL BAGS FOR PRE-SCHOOLER WITH HAND PAINTED TEMPLATES

MRS. HEENA NARANG & VANI GARG

A school bag is specifically designed to transport books and supplies to school, typically featuring one or two straps for shoulder or backpack-style carrying to ensure ease and convenience for the user. The current study aims to design preschooler school bags with hand-painted templates prioritizes safety, durability, comfort, and visual appeal. Denim has been selected as the fabric for these bags due to its notable durability and the strength provided by its twill-woven construction. Denim is widely recognized for its ability to withstand daily wear and tear, making it an ideal choice for school bags that will be used by young children. The hand-painted templates for these school bags draw inspiration from marine life, featuring vibrant designs inspired by various sea creatures and shells. These colorful and imaginative designs are not only visually appealing but also serve to foster creativity and individuality among preschoolers. The incorporation of such lively and unique patterns ensures that each bag stands out while remaining practical and supportive for everyday use. By blending functionality with artistic expression, these school bags aim to enhance the overall school experience for young children, providing them with both a reliable accessory and a source of personal expression. The study aimed to combine creativity and functionality in designing school bags for young children. The objectives included creating innovative designs for school bags using various patchwork techniques and templates, with templates inspired by the vibrant and captivating forms of marine life. The study also focused on constructing the most preferred school bag designs and templates based on consumer feedback. Furthermore, the marketability and consumer acceptability of the constructed school bags were evaluated to assess their appeal and potential for commercial success. This research sought to merge artistic expression with practical utility, catering to the needs and preferences of pre-schoolers and their caregivers. A total of thirty designs of school bags were developed under five categories, with six designs in each category. Thirty templates were created under two categories (Creatures and Shells), with fifteen designs in each category. Evaluation was conducted by the faculty and students of the Clothing and Textiles department at Government Home Science College, Chandigarh. After evaluating the designs, the selected designs were constructed. The cost of each school bag with hand-painted templates was calculated by adding the cost of denim fabric, labour cost, stitching, and watercolour sheets. The estimated cost of the products ranged between 1143/- and 1256/-. The market and consumer acceptability of the constructed products were then evaluated. After costing, the developed products were shown to shopkeepers to assess the marketability of the school bags. The majority of the shopkeepers liked the school bags and found the quoted price reasonable. Consumer acceptability was checked by prospective buyers. All the mothers found the products innovative and unique, and their responses were overwhelming. They found the quoted price to be reasonable.



## DESIGNING OF SCARVES BY TAKING INSPIRATION FROM ARTIST “S.H. RAZA’S BINDU ART

MRS. CHANDANA RAJPUT

The study was undertaken to blend the essence of iconic art with modern fashion. The objectives included an in-depth study of the life and works of the renowned artist S.H. Raza, with a specific focus on his celebrated Bindu art. Using graphic designing software, CorelDRAW, designs for scarves were developed, capturing the essence of Raza’s artistic vision. These designs were then brought to life through hand-painting techniques on fabric. Additionally, the market and consumer acceptability of the hand-painted scarves were evaluated to gauge their appeal and potential as a unique fashion product. This study aimed to honor traditional artistry while exploring its relevance in contemporary design. The present study involves the collection of S.H. Raza’s paintings from various sources and using them innovatively for the creation of scarves. For this study, the literature was reviewed and paintings related to the theme of Bindu Art were collected from different sources. Motifs from these paintings were collected and further modified using graphic design software Corel Draw. For selection of most suitable fabric, six silk fabric samples were collected after a market survey, one motif was hand-painted on all six samples and result was analyzed after evaluation. For selection of base colour of fabric, twelve pastel shades were made from the colour wheel by mixing white with the original colour in the colour wheel in the ratio 9:1, one motif was hand painted on all different base colour fabric samples and these fabric samples were evaluated. Thereafter thirty designs in three categories were create in graphic design software Corel Draw. After evaluation, top five designs were selected for hand painting. Costs of the created scarves were calculated and the marketability and consumer acceptability were assessed. The shopkeepers appreciated the designs and uniqueness of the scarves. The consumers also gave overwhelming response for the idea and designing and also placed orders for buying scarves.



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FAMILY ENVIRONMENT, SOCIAL SUPPORT AND JOB SATISFACTION AS  
CORRELATES OF HAPPINESS AMONG WORKING COUPLES  
(28 – 45 YEARS OF AGE)

DR. NEHA SHARMA & BHAWNA

The present study entitled “Family environment, social support and job satisfaction as correlates of happiness among working couples (28-45 years of age)” was conducted to assess the levels of happiness among working couples and to examine the relationship of attributes like family environment, social support and job satisfaction with happiness in working couples. The Oxford Happiness Inventory (Michael Argyle, 2001), Family Environment Scale (Dr. Harpreet Bhatia & Dr. N.K. Chadha, 1993), Social Support Questionnaire (Cohen et al., 1983) and Job Satisfaction Scale (Muthayya, 1973) were administered on 100 working couples (28-45 years of age) living together in Chandigarh. The objectives of the study were, (a) to assess the levels of happiness, family environment, job satisfaction and social support among working couples, (b) to find out the gender differences in happiness, family environment, job satisfaction and social support among working couples, (c) to examine the relationship of happiness with family environment, job satisfaction and social support among working couples, (d) to find out differences among working couples who perceived highest and lowest level of happiness with respect to family environment, job satisfaction and social support and (e) to provide coping strategies so as to improve level of happiness among working couples who are at risk. Results revealed that husbands significantly perceived more happiness, more expressiveness, higher levels of conflict, more acceptance and caring, higher active recreational orientation, more independence, more organisation, more control, higher levels of job satisfaction and more social support as compared to their wives. Correlation analysis revealed that family environment, social support and job satisfaction were significantly positively correlated with happiness. Differences in least happy couples and happiest couples revealed that happiest couples significantly perceived higher levels of family environment, social support and job satisfaction levels as compared to least happy couples.

**Keywords:** Family Environment, Social Support, Job Satisfaction, Happiness

## RESEARCH ABSTRACT

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### A STUDY OF CINDERELLA SYNDROME IN RELATION TO EMOTIONAL QUOTIENT AND CHILD MALTREATMENT AMONG WORKING AND NON-WORKING WOMEN

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DR SHIKHA GARG & DIVYAPREET KAUR

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The study aimed to gain insight into Cinderella Syndrome in relation to Emotional Quotient and Child Maltreatment among working and non-working women in Chandigarh and Panchkula. The Cinderella Syndrome is named after the Story of Cinderella, waiting for the handsome prince to come and save herself from her evil stepmother and siblings, and was first conceptualized by Collette Dowling in the early 1980s. Cinderella syndrome is a concept that is used to define a woman who fears being independent. The study was conducted on 200 women (100 working and 100 non-working women) from Chandigarh and Panchkula. Standardized tools, namely Cinderella Complex, psychological syndrome. S Saha, T Safri (2016), Emotional Quotient Test Developed by Dr. Dalip Singh & Dr. NK Chadha, Comprehensive Child Maltreatment Scale By Heggins and Mc Cab (2001) were used. Statistical analysis using Descriptive statistics, t-test, and Karl Pearson Coefficient of correlation was used. Working and non-working women are insignificantly differing in their Emotional Quotient. Cinderella Syndrome among working and non-working women is found that 44.5% of women had a low level of dependency, 46.5% of women had a moderate level of dependency and 9% had a high level of dependency thus it shows that Non-working women have high Cinderella Syndrome than working women. The result shows that women who scores high emotional quotient have low level of Cinderella syndrome and women who score low Emotional Quotient have High level of Cinderella Syndrome. Child Maltreatment has a positively significant correlation with Cinderella Syndrome in women and the result shows that women who score high levels of child maltreatment will have high level of Cinderella syndrome, and low level of Maltreatment as a child than low level of Cinderella Syndrome.

**Keywords:** Cinderella Syndrome, Emotional Quotient, Child Maltreatment, Working and Non- Working women.



## ENHANCING DIABTETIC-CONDUCTIVE PATIENT CARE VIA FINGER MILLET UTILISATION

AAINA KAUSHAL & DR. VASUDHA BANSAL

Millets are among the most neglected foods in many parts of the world, despite being highly nutritious and gluten free which are highly beneficial for diabetics. The objective of this study was to develop gluten-free pasta via use of use germinated finger millet flour. The amount of pasta in the present study was standardized with varying proportions of finger millet flour and tapioca flour (50, 70, 80, 85 and 90% level). The pasta which was developed with 70% millet flour with 30% tapioca flour was found to be the most acceptable during sensory evaluation. This gluten-free developed pasta was found with increased iron, calcium, zinc, dietary fibre, vitamin B and antioxidants whereas, the levels of carbohydrates, sugars, antinutrient phytic acid got decreased. Thereby, the results illustrate that 100 g sample of developed germinated finger millet pasta contains 26.33 mg/Kg of iron, 405 Kcal/100 g of energy, 71.78% of carbohydrates, 6.01% of protein, 10.43% of fat, 2.4% of sugar, 13.15 mg/Kg of zinc, 0.21 mg/Kg of beta-carotene, 11.95 g/100 g of dietary fibre, 32.50 mg/100 g of total phenols, 1.02 mg/100 g of phytic acid, 27.0 mg/ 100 g of total vitamin B and 2356 mg/Kg of calcium. However, 100 g of control pasta C1 contains 12.89 mg/Kg of iron, 391 Kcal/100 g of energy, 72.34% of carbohydrates, 10.55% of protein, 6.65% of fat, 3.1% of sugar, 5.62 mg/Kg of zinc, 7.80 g/100 g of dietary fibre, 5.58 mg/100 g of total phenols, 3.09 mg/100 g of phytic acid, 6.3 mg/100 g of vitamin B and 198.2 mg/Kg of calcium. However, beta-carotene was detected below detection limit in control pasta C1. Polyphenols are known for their antioxidant and anti- diabetic effects. Thus, finger millet is an attractive diet for patients with diabetes. The ingestion of gluten, even in minimal quantities, can trigger inflammation in the small intestine of celiac patients, which can hinder their absorption of essential nutrients such as folic acid, calcium, iron, and fat-soluble vitamins. Moreover, gluten is responsible for spike in insulin levels. In addition, as per the recent studies, consumption of millets found to have numerous clinical benefits including weight loss, reduced blood sugar levels, oxidative stress, improved hormonal imbalance, bone density, cardiovascular friendly. Therefore, there is a critical need for developing gluten-free products that are both affordable and of high nutritional quality, since currently available gluten-free products are known to have poor nutritional quality and to cost more than gluten-containing food products.

**Keywords:** Gluten free, Finger millet, Pasta, Germination, Controlled Diabetes

# REVOLUTIONIZING BREAD: SORGHUM MILLET-BASED GLUTEN-FREE SUBSTITUTE FOR DIABETES MANAGEMENT

DEEPAKSHI & DR. VASUDHA BANSAL

As diabetes mellitus becomes more common, there is a growing need for gluten-free products. Sorghum, millet, and rice flours are the ideal for the same. Consuming sorghum improves blood glucose; reduce oxidative stress markers and insulin sensitivity. This effect is observed in both non-diabetic and type 2 diabetes individuals. Sorghum can be a gluten-free alternative to wheat, rice, and maize, that brings desirable glycaemic responses and reduce oxidative stress, potentially benefiting chronic lifestyles disease. The aim of this research was to optimize ratios of germinated sorghum flour (GSF), rice flour (RF), black lentil flour (BLF), and soybean flour (SF) for the development of millet-based gluten-free bread. This study investigated the nutritional content of gluten-free bread made from germinated sorghum. To accommodate those with gluten sensitivity, celiac illness, or those looking for alternate grain options, the primary ingredient in the gluten-free bread was germinated sorghum flour. Germination has enhanced the bioavailability of nutrients while lowering anti-nutrient levels. Thus, in the current study, several compositions of germinated sorghum millet-based breads were developed in varying amounts to assess the consumer acceptance and the impact of nutritional content. Different samples of sorghum millet-based bread in three different proportions were investigated for sensory evaluation on the basis of a 9-point hedonic scale, and the results revealed that the three samples, sample SS<sub>1</sub>, sample SS<sub>2</sub> and sample SS<sub>3</sub> having 60%, 70% and 80% germinated sorghum, respectively. The most acceptable sample SS<sub>1</sub> (60% germinated sorghum) of millet-based breads, as well as the control sample (wheat flour), were subjected to a series of biochemical tests. This gluten free developed bread was found with increased calcium, iron, sugars, proteins, dietary fibre, phenols and vitamin B whereas; the levels of energy, carbohydrates, fats, phytic acid got decreased. The most acceptable sample (60% sorghum flour) had the highest amount of calcium (450 mg/ Kg), whereas, iron (25.16 mg/ Kg), energy (212 Kcal/100g), carbohydrates (43.86%), sugar (6.6%), protein (7.76 %), fats (0.71% ), zinc (8.49 mg/ Kg ), dietary fiber (11.7 g/100g), vitamin B (12.9 mg ), total phenols (24.7 mg) were also improved. An anti-nutritional variable such as total phytic acid level (0.75 mg) was found in lower amounts due to germination process. Control sample CS (wheat flour) had the lowest concentrations of calcium and less amount of iron (21.67 mg/Kg), dietary fiber (5.9 g/ 100 g), vitamin B (5.1 mg), total phenols (9.72 mg). An anti-nutritional variable such as total phytic acid level (2.91 mg) was found which was higher than the gluten free sample. In conclusion, germinated sorghum-based gluten-free bread shows potential as a nutritious and healthy choice for diabetic and celiac patients looking to follow a gluten-free diet without sacrificing taste and nutritional quality.

**Keywords:** Gluten-free, Germinated sorghum, Nutrient enhanced bread



# EXPLORING THE USE OF GERMINATED FINGER MILLET FLOUR IN GLUTEN-FREE PASTA PRODUCTION WITH TAPIOCA FLOUR

AAINA KAUSHAL & DR. VASUDHA BANSAL

Millets are among the most neglected foods in many parts of the world, despite being highly nutritious and gluten free which are highly beneficial for diabetics, cardiovascular disease, celiac disease, and many more. The objective of this study was to develop gluten-free pasta via use of use germinated finger millet flour. The amount of pasta in the present study was standardized with varying proportions of finger millet flour and tapioca flour (50, 70, 80, 85 and 90%). The pasta which was developed with 70% millet with 30% tapioca was found to be the most acceptable during sensory evaluation. This gluten-free developed pasta was found with increased iron, calcium, zinc, dietary fibre, vitamin B and antioxidants whereas, the levels of carbohydrates, sugars, antinutrient phytic acid got decreased. Thereby, the results illustrate that 100 g sample of developed germinated finger millet pasta contains 26.33 mg/Kg of iron, 405 Kcal/100 g of energy, 71.78% of carbohydrates, 6.01% of protein, 10.43% of fat, 2.4% of sugar, 13.15 mg/Kg of zinc, 0.21 mg/Kg of beta-carotene, 11.95 g/100 g of dietary fibre, 32.50 mg/100 g of total phenols, 1.02 mg/100 g of phytic acid, 27.0 mg/ 100 g of total vitamin B and 2356 mg/Kg of calcium. However, 100 g of control pasta C1 contains 12.89 mg/Kg of iron, 391 Kcal/100 g of energy, 72.34% of carbohydrates, 10.55% of protein, 6.65% of fat, 3.1% of sugar, 5.62 mg/Kg of zinc, 7.80 g/100 g of dietary fibre, 5.58 mg/100 g of total phenols, 3.09 mg/100 g of phytic acid, 6.3 mg/100 g of vitamin B and 198.2 mg/Kg of calcium. The ingestion of gluten, even in minimal quantities, can trigger inflammation in the small intestine of celiac patients, which can hinder their absorption of essential nutrients such as folic acid, calcium, iron, and fat-soluble vitamins. Germination, common household technique reduced antinutrients and improved nutritional and functional properties. Therefore, there is a critical need for developing gluten-free products that are both affordable and of high nutritional quality, since currently available gluten-free products are known to have poor nutritional quality and to cost more than gluten-containing food products.

**Keywords:** Gluten free, Finger millet, Pasta, Germination, Controlled Diabetes



# EMPOWERING HEALTH AND LIFESTYLE MANAGEMENT THROUGH INNOVATIVE FOXTAIL MILLET-BASED SPAGHETTI

TRIPTI & DR. VASUDHA BANSAL

In the pursuit of addressing the escalating challenges of diabetes management, especially in the context of dietary interventions, the role of innovative food products has emerged as a promising avenue. The study presents a novel approach of development and evaluation of foxtail millet-based spaghetti, a gluten-free alternative rich in essential nutrients and low glycemic index, making it ideal for diabetes management. Through meticulous sensory evaluation and quality assessment, we have optimized the formulation to ensure both palatability and therapeutic benefits. The germination process enhances these benefits, making foxtail millet an excellent candidate for developing functional foods aimed at diabetes care. The objectives are to develop and optimize the formulation of foxtail millet-based spaghetti to ensure it is both nutritious and appealing, focusing on achieving a low glycemic index suitable for diabetes management. Different foxtail millet-based spaghetti compositions (developed from germinated foxtail millet flour and whole wheat flour) were tested to determine public acceptance and the impact on nutritional and anti-nutritive value. Different samples of germinated foxtail millet-based spaghetti [sample 1 (70:30), sample 2 (60:40), and sample 3 (50:50)] were prepared for sensory evaluation using a 9-point hedonic scale, and the results suggested that sample B (60:40) was the most acceptable sample. The most acceptable sample of germinated foxtail millet-based spaghetti, as well as a control were subjected to a number of biochemical tests. Comparing with the control, the germinated sample showed an increase in energy content (from 334 Kcal to 342 Kcal), carbohydrates (from 68.12 g/100 g to 65.63 g/100 g), sugars (from 2.5 g/100 g to 7 g/100 g), fats (from 2.57 g/100 g to 4.95 g/100 g), protein (from 9.63 g/100 g to 8.82 g/100 g), Vitamin A (from 3.01 mg/100 g to 2.51 mg/100 g), Vitamin B (from 13.2 mg/100 g to 30.20 mg/100 g), iron (from 18.04 mg/kg to 33 mg/kg), calcium (from 272 mg/kg to 369 mg/kg), zinc (from 2.69 mg/kg to 12.22 mg/kg), and dietary fiber (from 6.9 g/100 g to 12.6 g/100 g). Conversely, the germinated sample exhibited a decrease in phytic acid content (from 4.02 mg/100 g to 0.62 mg/100 g) and total phenols (from 12.3 mg/100 g to 34.2 mg/100 g) compared to the control. Germination enhances the nutritional profile of millet grains by increasing the bioavailability of essential nutrients and reducing anti-nutritional factors. Germination activates endogenous enzymes, leading to the breakdown of complex carbohydrates into simpler sugars and the increase of protein digestibility. Additionally, the process enhances the levels of vitamins and minerals, as well as the production of beneficial bioactive compounds, making germinated foxtail millet a nutritionally superior ingredient. In conclusion, the study highlights the potential of germinated foxtail millet-based spaghetti in promoting beneficial dietary choices for individuals with diabetes. The nutritional enhancements and favourable sensory properties of the product demonstrate its feasibility as a functional food for diabetes management. By incorporating germinated foxtail millet into spaghetti, we provide a nutritious and satisfying option that aligns with current health and wellness trends, supporting the management of diabetes and overall endocrine health.

Keywords: foxtail millet, low glycemic index, germination, sensory evaluation.

## FRIENDSHIP PATTERNS AS A CORRELATE OF NEED OF GUIDANCE AND COUNSELING SERVICES AMONG ADOLESCENTS

VANIKA

The present study entitled "Friendship patterns as a correlate of need of guidance and counselling services among adolescents" was conducted to assess the provision status of guidance and counselling services and the correlation between friendship patterns and the need of guidance and counselling services among adolescents in private and government schools of Ludhiana city. The study was conducted on 240 adolescents (120 government school adolescents and 120 private school adolescents). Dimensions of Friendship Scale by Chandna and Chadha (1986) was used to assess the friendship patterns among adolescents. Grewal Guidance Needs Inventory (1997) and Psychological Counselling Needs Scale by Chouhan and Arora (2009) were used to assess the guidance and counselling needs. A self-structured questionnaire was used to assess the provision status of guidance and counselling services to adolescents. The results revealed that there was inadequacy of counsellor in the government schools. Female adolescents perceived significantly more social and psychological guidance needs than males whereas males were more in need of educational and vocational guidance. Government school adolescents perceived significantly high requirement for psychological counselling needs as compared to private school adolescents. Significant gender differences were found in the mean score distribution where males were seen more in need of psychological counselling than females. Irrespective of the gender and type of school, results of correlation analysis revealed that the adolescents who have better friendships are in lesser need of guidance and counselling needs.

**Keywords:** Psychological counselling needs, guidance needs, friendship patterns, provision status, adolescents



## STUDY ON THE EFFECT OF GERMINATION ON NUTRITIVE AND ANTI-NUTRITIVE VALUE OF SORGHUM MILLET BASED GLUTEN FREE BREAD

DEEPAKSHI

As celiac disease becomes more common, there is a growing need for gluten-free products. Sorghum, millet, and rice flours are ideal for gluten-free products. The goal of this research was to optimize mixes of germinated sorghum flour (GSF), rice flour (RF), black lentil flour (BLF), and soybean flour (SF) for the development of germinated sorghum millet-based gluten-free bread. This study investigated the nutritional content and sensory properties of gluten-free bread made from germinated sorghum. To accommodate those with celiac illness, gluten sensitivity, or those looking for alternate grain options, the primary ingredient in the gluten-free bread was germinated sorghum flour. The germination procedure was used to improve the nutritional value and digestibility of sorghum. The nutritional analysis indicated that germinated sorghum-based gluten-free bread is high in key nutrients such as protein, dietary fiber, vitamins, and minerals. Germination enhanced nutrient bioavailability while lowering anti-nutrient levels. Thus, in the current study, several compositions of germinated sorghum millet-based gluten-free breads were developed in varying amounts to assess consumer acceptance and the impact of nutritional content. Different samples of sorghum millet-based gluten-free breads in three different proportions were investigated for sensory evaluation on the basis of a 9-point hedonic scale, and the results revealed that the three samples, namely, Sample SS<sub>1</sub> (60% germinated sorghum), Sample SS<sub>2</sub> (70% germinated sorghum), and Sample SS<sub>3</sub> (80% germinated sorghum). The most acceptable sample SS<sub>1</sub> (60% germinated sorghum) of millet-based breads, as well as the control sample, were subjected to a series of biochemical tests. Sample SS<sub>1</sub> (60% germinated sorghum) had the highest concentrations of calcium (450 mg/ Kg), iron (25.16 mg/ Kg), moisture (45.5% ), energy ( 212 Kcal/100g ), carbohydrates (43.86%), sugar (6.6%), protein (7.76 %), fats (0.71% ), zinc (8.49 mg/ Kg ), dietary fiber (11.7 g/100g), vitamin B (12.9 mg ), total phenols (24.7 mg). An anti-nutritional variable such as total phytic acid level (0.75 mg) was found in lower amounts due to germination process. In conclusion, germinated sorghum-based gluten-free bread shows potential as a nutritious and delicious choice for celiac patients looking to follow a gluten-free diet without sacrificing taste or nutritional quality.

**Keywords:** gluten-free, germinated sorghum, celiac, bread