

DBS students donates blood for dengue patients

-ABHISHEK BANSAL

Indian military academy (IMA) blood bank in association with Doon Business School (DBS) organized a blood donation camp in DBS campus to help the dengue patients in Dehradun and nearby area. The demand of blood is increasing day by day due to dengue spread in the area.

On 15th october2015 IMA blood bank of Dehradun visited Doon Business School, a team of 9 to 10 people from IMA blood bank volunteers the blood donation camp in DBS. This initiative was taken by DBS due to increasing number of dengue patient in Dehradun. The public

relation officer Mr. Kamal Sahu and DBS administration jointly organized this event. "Daily we get 110-140 reports of dengue demanding high number of platelets per day. Random donor platelets(RDP) are essential for the patient of dengue and the blood of 10 donors is required by one dengue patient. The BPL card holder and thalassemia patients offered free blood from IMA blood bank" said Kamal Sahu.

After a camp of 6hours IMA blood bank got 130 units of 350ml each blood from Doon Business School. Apart rom the students of DBS, faculties SnehaBadola,

Kamal Singh, PritiThapa also donated their blood. The donors were given a coffee mug and a certificate of appreciation as a memento.

Sahu appreciated the volunteers of DBS for their work and effort made for blood donation. Students of MBA 1st semester volunteers the blood donation camp, heading the team of volunteers ShubhamGoel followed by Vivek, Sonali, Niranjan, Sumit, Manisha, Tushar, Ashutosh, Anil and Karti Selfless contribution towards society is not a very common in today's world but is the youth is



Students of DBS with their certificate after blood donation.

withholding its power than nothing can stop well being.

Placement season in DBS

-ADITI ANAND

The placement season at Doon Business Schools is witnessing a significant uptrend this year with rush of offers from domestic as well as international MNCs. Reflecting the optimistic business sentiment, corporate across industry verticals are showing keen interest in the current placement season and are offering higher pay packages. Out of the total batch size of 200 students of MBA and PGDM almost 20 students have already been placed in the first month of placement itself. Sales & Marketing continues to dominate the recruiting sectors like every year. Other top sectors include Finance and Consulting. Some of the large companies who have shown their interest

in DBS are SMC Global, Flipkart, Just dial, FedEx, Vortex Financials, Colgate, Crystal consultancy, FinEdge, Europa etc. The shift towards the e-commerce sector shouldn't come as a surprise. Companies such as Flipkart and Just Dial flush with new funding and on a high on the back of record sales, are offering between Rs 2.16 lakh to 3 lakh in annual salaries. 10 students have been shortlisted by Just dial and 4 by Flipkart after a series of group discussion and mock interview. Whereas 2 students specialising in finance got selected in FinEdge with a package of 3.25 lakh/per annum. The highest salary as on date is of AnkitGhiria of PGDM batch in Vortex Financials with a salary of 4.5 lakh/per annum.

DBS organizes clothes donation campaign



Students makes an initiative to aware people



-SHWETABH RANA
A cloth collection program was held at Doon Business School on 17th and 24th October, 2015 with the efforts of the students of mass communication who had volunteered for the program.

This program mainly focused on social welfare. The volunteers were divided into seven groups with a respectable group leader who were to guide them in their activity. Each group was given clear instruction regarding the cloth collection campaign and its timings. The students visited nearby

residences and focused mainly on collecting warm clothes as the winters are arriving. The activity was held in two stages. The first one was on 17th October, where the focus was on spreading awareness. The volunteers visited the local residential areas in groups. They made the people aware about their responsibility towards the society and asked them to cooperate by donating clothes. The cloth donors were given a time of one week to arrange the clothes for the donation day. Proper contact numbers and residential address

were noted down for the records, of the donors by the members. The second stage of the act was held on 24th October (Saturday), the volunteers headed straight to the donor's residence and collected the clothes. There were total 107 residential donors. A bulk of clothes was collected and sent for cleaning, two days later they were distributed in the slum areas near Premnagar (Dehradun)



त्योहारों पर सवाल

रवि जगदीश पन्त
हाल ही में खबर आई थी की कुम्भ मेले के दौरान सरकार ने पर्यावरण को बचाने के लिए कुछ अधिनियम जारी किये थे। ऐसा ही कुछ इस बार नवरात्री के दौरान भी देखने को मिला। दीवाली, होली, नवरात्रि, गणेश चतुर्थी, यह सब उन उत्सवों के नाम हैं जिन्हें हम भारतीय खूब धूम-धाम से मनाते हैं इस देश में उत्सवों कि कोई कमी नहीं है, एक गया तो दूसरा दस्तक दे देता है, नवरात्रि गयी तो अब दीवाली की तैयारियां शुरू हो चुकी हैं पर सवाल इन त्योहारों से होने वाले बड़े और छोटे स्तर के बदलावों का है, इनके परिणामों का है, हमारे आज के समाज के पर्यावरण के प्रति रवैये का है, हमारी नैतिक और सामाजिक जिम्मेदारियों का है। यह समाज जिसकी नींव स्वच्छता, सादगी, सत्यता और कर्तव्यपरायणता पर रखी गयी थी, आज किसी और ही दिशा की ओर बढ़ रहा है। हमारी अधिकतर नदियाँ दूषित हो चुकी हैं। दिल्ली, मुंबई, कोलकाता और कानपुर जैसे कई सारे शहर विश्व के सबसे प्रदूषित स्थानों की सूची में अपना परचम लहरा चुके हैं। गणेश विसर्जन के दौरान जहाँ खतरनाक पदार्थों से बनी मूर्तियों को नदियों और समुद्रों में विसर्जित किया जाता है वहीं दीवाली में दमादम पटाखे फोड़े जाते हैं। स्थिति ऐसी हो जाती है के अगले दिन आसमान की नहीं दिखाई पड़ता। पिछले वर्ष दीवाली के बाद सेंट्रल पोल्लुशन कंट्रोल बोर्ड की रिपोर्ट आई की महानगरों में प्रदूषण अपनी चरम सीमा पर पहुँच चुका है पर फिर भी हमारी आँख नहीं खुली और इस साल सभी फिर से अपनी गलतियाँ दोहराने को तैयार हैं। अगर हम लोग थोड़ा ठहर कर साँस ले और ठंडे दिमाग से सोचे तो

पायेंगे कि शत्रु देशों से जल, थल और वायु को बचाने के लिए जल सेना, थल सेना और वायु सेना तो बनाई गयी है पर हम देशवासी ही इन तीनों को प्रदूषित कर रहे हैं और इनसे मिलने वाले लाभ से स्वयं को वंचित कर रहे हैं। हमारे सभी त्योहार और कुछ नहीं तो ध्वनि प्रदूषण तो करते ही हैं। माइक और स्पीकरों का प्रयोग अकसर ही किया जाता है जलसों के दौरान खासकर त्योहारों के समय। इन सब समस्याओं का निचोड़ यह है कि यह वो मूल्य नहीं हैं जिनके किये इन त्योहारों की नींव रखी गयी थी और हम कहीं न कहीं अपनी राह से भटक गए हैं जल, थल, वायु और ध्वनि प्रदूषण आँख, कान, नाक, फेफड़ों, दिल, आतों और त्वचा से जुडी हुई कई बीमारियों और समस्याओं में अपना योगदान देते हैं। इस तरह से देखें तो हमारे त्योहारों का कोई अर्थ ही नहीं निकलता, जो त्योहार किसी एक समाज का जीना बेहाल कर दे, उसके विकास में एक रोड़े की तरह हो उसकी अहमियत ही क्या होती है, वो फिर एक कुरीति से बढ़कर कुछ रह ही नहीं जाता य भारतवासी होते हुए अब हम सबका यह कर्तव्य बनता है की हम खुद भी जीयें और दूसरों को भी जीने दें। इसके लिए हमें कुछ कुर्बानियां देनी पड़ेंगी, अपनी आदतों को बदलना पड़ेगा। एक स्वस्थ और सुखी समाज की नींव इसी प्रकार सबके सहयोग से ही रखी जाती है। होली जैसे पवित्र त्योहार को मानते हुए हमें हमारे समाज में हो रही पानी की किल्लत को भी ध्यान में रखना होगा, दशहरे और दीवाली में हमें पटाखों का इस्तेमाल कम करना पड़ेगा, नवरात्री और गणेश विसर्जन के समय हमें अपने आराध्य के पुतलों की सामग्रियों की ओर ध्यान देना होगा।

WOMEN EMPOWERMENT

-MANSI SHARMA

India is a country of vibrance, colour, traditions, festivals, cultural harmony, brotherhood, humanity and male dominance. Yes, you read it right male dominance.

India has been a country of male dominance since ages. The head of the family is a male, you use your father's surname and even his name as your middle name, children want to grow up and be like their fathers do I still need to sight more examples? Let's take another test. Name prominent male personalities of the country, come on, more, yes that's enough, now do the same for female prominent personalities Mrs. Kiran Bedi, Mrs. Indira Gandhi, Mrs. Chanda Kochchar, Mrs. Indira Noii, Mrs. Sushma Swaraj, a few more? Now compare the list of names for both the male and female prominent personalities. I bet the former list has more names than the latter one. This is where we put the women of our country and then we complain that India is not advancing. Our country cannot advance at any cost until and

unless we raise the standard of the women of our country. Today the country has entered the 21st century. We all have up-to-date smartphones and gadgets but when talking in context of the women of our country we are caught up in the age old ideologies, it's time we update our mind. We are very prone towards westernisation, following western culture and trends is the coolest thing now-a-days. Live-in-relationships, surrogacy, what not are we adopting in our lives then why not women empowerment even it is a part of western culture. Indian women never fail to surprise me with their endurance power. They have let themselves to be downtrodden and ruled upon for years. It actually amazes me how they could endure so much keeping into consideration my impatience. The so called Feminists of the country are asking for reservation of women in every sector be it Parliament or Railways. They think it is their social responsibility to represent women and asking for special treatment for women will for sure help in

women empowerment. But I choose to differ. I guess women of the country are capable enough to represent themselves. They don't need any shortcuts to success they can make their own ways. They are already at par with men and it's time we realise it. I stand for an egalitarian approach that is equal rights for both men and women. Women are infact better than men, they rule both spheres competent world and home. They can be both your manipulative boss as well as a loving mother. If we start giving equal rights and equal status to women they will overpower the men any sooner. Change begins with us. The day we decide to change we will see the world with new eyes. At last but not the least rather than criticizing your daughter's dressing sense do teach your son how to behave, above all, do teach him to respect women.

“Women empowerment is not about making women strong. Women are already strong. It's about changing the way the world perceives their strength.”

GIONEE launches its first 4G smartphone

-NISHANT SHUKLA

Gionee launches its first 4G smartphone F103 in Indian market in an event in Visakhapatnam. In the event, Gionee also announced to invest more than 300 crore in Indian market. Chief minister of Andhra Pradesh, N Chandrababu Naidu who was also present in the launching event has

assured to give all kinds of support to the company that will be required. In a press conference he said "We are confident that Indian economy would grow 9-10 percent every year. There is a huge demand for electronic and hardware in India. By 2020, electronic and hardware will be \$400. This cellphone alone



will bring upto 38 percent, that is \$38 billion. Emerging brand Gionee also announced that all 4G smartphones in India will be manufactured in Visakhapatnam. Gionee had already sold more than 70 lakh handsets in India in the past two years. Gionee India MD and,

CEO Arvind Vohra also shared his market strategy that he first wanted to meet 4G market demand in a country and also planned to look at the exporting to South Asian and African countries from India.

ब्रिटेन में हुआ मोदी बस का उद्घाटन



रवि जगदीश पन्त

ब्रिटेन में भारतीय समुदाय के नागरिकों ने प्रधानमंत्री नरेन्द्र मोदी की अगले माह होने वाली यात्रा से पहले मोदी बस का उद्घाटन कर दिया है। यह बस वहां के महत्वपूर्ण स्थलों में अगले एक माह के लिए भ्रमण करेगी। इस बस का उद्घाटन बड़े ही पारंपरिक तौर पर नारियल फोड़ कर किया गया। यूके वेलकम्स मोदी आयोजन समिति की मयूरी परमार ने कहा, 'हमने भारत में चाय पर चर्चा की, अब हम ब्रिटेन में बस पर चर्चा करेंगे।' टिकटों का वितरण हो चुका है और यह अंदाजा लगाया जा रहा है कि आयोजन में 60 हजार से ज्यादा लोग शरीक होंगे। इस कार्यक्रम के आमंत्रण के लिए ब्रिटेन में 250 शहर और कस्बों के लोगों ने आवेदन किया है। वेंबली के आयोजन में 15 लाख भारतवंशियों में से बड़ा हिस्सा

वहां पहुंचेगा। आवेदन करने वालों में सबसे कम उम्र के, दो महीने के बच्चे हैं तो सबसे बुजुर्ग में 100 से ज्यादा साल के एक व्यक्ति भी शामिल हैं। मोदीएक्सप्रेस बस के समन्वयक नितिन पालन ने कहा, 'हमारी वेबसाइट सक्रिय हो चुकी है। इसकी मदद से आप पूरे देश-भर के कार्यक्रम में शिरकत करने के लिए मोदीएक्सप्रेस बस की टिकट बुक करा सकते हैं। ब्रिटेन की भारतवंशी सांसद कीथ वाज ने कहा 'आप आने जाने के लिए स्मार्टकार्ड घर पर भले भूल जाएं लेकिन आप कहीं भी हों मोदीएक्सप्रेस से जुड़ने के लिए 'मोदी कार्ड' लाना ना भूलें।' नेता मुहम्मद बट ने कहा, "मैं प्रधानमंत्री के स्वागत के लिए आशान्वित हूँ। यहाँ पर सभी समुदाय के बीच बहुत उत्साह है।"

Rare White Rhino at the verge of extinction

-SWAPNIL SHARMA

After the death of Nabire, a female white Rhino, there has been a strong possibility of their species getting extinct from the world as only four of the kind are left including one male and three female.

Nabire (31), died on Tuesday due to ruptured cyst inside the Dvur Kralove premises, which is the world only zoo to have succeeded at the captive breeding of the rare rhino. Due to this

mis happening, officials all around the world have now become more careful about the left four rhinos which include Nola, a female living at zoo in San Diego, Sudan, an elderly male living with two females Najin and her daughter Fatu on the OlPejeta reserve in Kenya.

The cause of the situation is hunting and poaching for the horn and wars that happened in Africa, according to the World Wildlife Foundation. 24 hours protection has been now given to Sudan for it is the last hope

for the continuation of the kind. Sudan's horn is considered a vital ingredient for Asian medicine but for deterring attackers, he had his it removed.

Breeding efforts have so far been failed, as there has been no positive result even after the encouragement done to Sudan to mate with Fatu and Najin.

Male rhino are only expected to live till 40 and Sudan's current age is 42, so maybe time is running short to save the creature.



NEW HOPE FOR BREAST CANCER PATIENTS

-KAMNAKASHWANI

Perjeta (Pertuzumab), the new drug being introduced by Roche has now been approved by the European commission for the treatment of breast cancer patients. Along with this, two more medicines are to be used alongside chemotherapy for the neoadjuvant treatment of adult patients with HER2-positive, locally advanced inflammatory or early stage breast cancer at high risk of recurrence. Breast cancer is the second most common reason for death amongst women. Every individual whether male or female develops some breast cells and tissues develops cancer and finally leads to death. Every year more than 100,000 people go through HER2-positive breast cancer which comes up with an aggressive type of diseases; which is more likely to convert into HER2-negative cancer. Roche, expecting rapid growth from its drugs,

'Perjeta' and 'Kadcyla', well into 2017. Kadcyla's increased demand in the market is dropped because of its high price. It's becoming more difficult for patients to pay more than 70,000 per year, per patient. It treats patients for advanced cancers that have stopped responding to conventional chemotherapy and radiotherapy techniques. The UK's largest breast cancer therapy believes that now, this responsibility lies on the shoulders of manufacturers to reduce the price of drugs so that NHS can afford it. Lisa Ray and Angelina Jolie are big examples: They had a tremendous mental strength and fought against breast cancer with all their might. Their real life stories have been highly inspirational for several women. Roche's chief medical officer, Sandra Horning said, "This approval is a significant milestone in the neoadjuvant treatment of HER2-positive early breast cancer bringing 'Perjeta' to patients years earlier than typical adjuvant treatment."

Shahruk Khan honoured with doctorate

-DHEERAJ KUMAR

Mega superstar Shahrukh Khan has got his doctorate honorary from Edinburgh University at Scotland on 16th Oct 2015. It was the most honorable moment for the Indian actor to receive the degree of Doctor Honoris Causa from the university chancellor HRH The princess royal in Edinburgh. The 49 year old actor was appreciated in Scotland for his remarkable record of philanthropy, humanitarianism and for his global recognition as actor. Some of his charitable work include bringing solar power to rural villages in India, creating a children's ward at a

Mumbai hospital and supporting relief funds to assist areas destroyed by tsunamis. 80 films old actor has delivered speech in Edinburgh University along with dancing on 'lungi dance'. The excitement and craziness of the students in the university was intense seeing their ideals live before eyes. Shahrukh handled the crowd with lots of fun elements along with some touching lines. The response of the crowd was pretty much high as expected. Being an international star king Khan has made India feel proud. At the event, Mr. Khan also answered many questions of the students regarding

his personal experience about life struggle. In the conference of media he told that he does not think that he deserves Such a prestigious honour from the elite personalities of the university. He even told that he has no complaints with his life as he has received much love and appreciation that was beyond his expectation. He expressed his views regarding his audience that he can only pay back his love to them by entertaining them more and more. All and all his presence itself made everyone enthusiastic and his lecture glorified the event even more.

Virendra Sehwag announces his retirement



-RAVI JAGDISH PANT

Indian cricketer Virender Sehwag announced his retirement from international cricket on 19th October 2015. Sehwag, who is the only Indian batsman to score a triple-century in test matches twice have had a remarkable career spanning 17 years. Sehwag comes fifth in India's all-time list with 8586 runs from 104 Test Matches. In terms of ODI, he had scored 8273 runs

with 15 centuries. Further, he had taken 40 wickets in Tests and 96 in ODI's. As far as his Test career is considered, Sehwag is remembered for his match winning centuries in Mumbai, Kolkata, Colombo, Kanpur and Galle. Sehwag was the part of Indian team when it reached 2003 ICC World Cup. Though his ODI career had not been so overwhelming, he definitely has had an

incredible career in Tests. This can be checked by the fact that out of his 23 Test centuries, 14 were in excess of 150. In the year 2012, he became the ninth Indian Cricketer to play 100 test matches. He played his last Test Match in March 2013 against Australia in Hyderabad and his last ODI was against Pakistan in January 2013.

Cricket has made me the individual that I am: Zaheer khan

-SWAPNIL SHARMA

Zaheer khan, announces his retirement from international & first class cricket on 15th of this month.

Left arm, fast medium bowler of the Indian team finally finished his career as a team player but will be The marathi boy is considered as India's most successful bowler & the fourth highest wicket taker for India and has second highest wicket tally. Injury in his left shoulder forced him to take a break. "He feels with a hurt shoulder he cannot bowl at this best, for him to perform at international level consistantly so he divided to call it a day." said Sudhir Naik, mentor of Zaheer to ESPN cricinfo.

The bowler also had attractive and effective records in test career with an average of 32.94 and



career with 282 wickets at 29.43. In the year 2007, he took 18 wicket at an average of 20.33 against England which was remarkable. In ODI, he played a vital role as the leader of the pace during India's victorious 2011 World Cup campaign with 21 wickets to finish as the two highest wicket taker.

"Cricket has been my only life over the past two decades & is in fact the only thing i know well. Cricket has made me the individual that iam, giving me everything in life 7 much more. I walk away with fantastic memories, life defining

experiences & great friendships. My mother summerised it well saying "Theek hai, bhaut acha safar tha humara." was the few words that Zaheer delivered during announcing his retirement.



SAINA'S EARLY DISMISSAL IN THE ODENSE WHEREAS SINDHU MAKES A MARK



-DIVYARAO

On Thursday, world no.1 was left stunned when Japanese wonder overpowered the Indian. Minatsu Mitani thrashed Saina Nehwal in mere 39 min match by 21-18, 21-13. With her court movement limps and her knee issue she struggled with her form throughout the game. Indian's were left in a shock when its strongest challenger on International circuit failed to maintain the desired level. The reasons behind her not up to the mark performance were a major injury in her knee as well as her back ache. One cannot neglect the fact that a lot was expected out of her. Her early round exit from Denmark open super series premier is identical to that of French open last year against the same opponent. Coach Vimal Kumar hinted at the trouble in heel flair, hip-flex strain in severely

restricting her movement on court. Saina has been struggling with her movement since world championship. The pain was first felt during the world championships when she reached the finals and lost to her opponent, Carolina Marin. In round 1 of Denmark open, she struggled throughout the game though she took over her Thai opponent, Busanan Ongbumrungpan, she had to fight for over 69 min. But as Saina gets demoted to a lower ranked player, her compatriot PV Sindhu looks in great form as she takes over Spaniard, Carolina Marine in 3 games 21-15, 18-21, 21-17 to dive into the finals. The Hyderabad who is rightly criticized for not justifying her talent, faced Olympic champion, Li Xuei of China on where she lost to the Chinese in two Straight games 21-19, 21-12 in \$650,000 tournament. In coming week both Indian players are up for the French open and will hope to bounce back.

बंगाल क्रिकेट बोर्ड को मिला नया सारथी

-धनशांत शुक्ला

बंगाल क्रिकेट बोर्ड के पूर्व अध्यक्ष जगमोहन डालमिया की असामयिक मृत्यु के बाद भारतीय टीम के पूर्व कप्तान सौरव गांगुली को बंगाल क्रिकेट बोर्ड का नया अध्यक्ष चुन लिया गया है।

बंगाल क्रिकेट बोर्ड की सहकित्तु सूत्रों के हवाले से मिली जानकारी के मुताबिक यह स्पष्ट है कि यह निर्णय मुख्यमंत्री ममता बैनर्जी ने से मिली जानकारी के मुताबिक यह स्पष्ट है कि यह निर्णय मुख्यमंत्री ममता बैनर्जी का किसी भी प्रकार की मूर्खता से सामना करेगा।



और बोर्ड के सदस्यों की मंजूरी औपचारिकता मात्र थी। गौरतलब है कि गांगुली बंगाल क्रिकेट बोर्ड के ज्वाइंट सेक्रेटरी पद पर जुलाई 2014 से बने हुए हैं।

बंगाल क्रिकेट बोर्ड के नये अध्यक्ष चुने जाने की संख्या को पत्रकारों को सम्बोधित करते हुए गांगुली ने कहा मैं अविश्वस्य के लिये बेहद खुश हूँ। वे प्रशासन मे अपने नये जीवन की विस्वरूप एवम सुबीर सभी सम्मिलित होकर कार्य करेगे और व्यक्तिगत निर्णय था दृढ़ता से सामना करेगे।

Words of Editor in Chief...

Dear Readers,

At present time, Mass communication is the straight highway to journalism, the study of this stream gives us the precise knowledge of understanding situations and act according to them. A businessman have to know everything about business and a lawyer have to know everything about the law, but a mass communication personality is not bounded by his/her subconscious

mind at any point of situation.

He or she keeps a third eye on everything and that makes them a better visualiser in every aspect of life.

Let's take a short example of an over punctual boy, it's not the word exactly, but there is a logic. If a boy follows a fixed routine which includes his eating, studying and leisure time, he would never get into new situations to handle, and after a long period of implementing this

routine his subconscious mind will get caged up in his own creation of mental working's, and as we know that change is the only constant thing in this world. Therefore a time will come when situation will change in his life and he will have to act accordingly, but now his mind will not accept new situation's because it will face the lack of Manomine oxidase A/B Enzyme, which leads to fear. The mind gets blunt by stress

caused by the regular subconsciousness of following the routine. Practically we should know how to manage time not to follow it."The reason of the presence of our head at top is to think wide and high"just like a wifi router and rest of our body below so that we can keep an eye on every act performed by us.

In this edition of October we have a variety of entertaining and knowledgeable news for all of you .We

have focused on everything going around the world, which we need to know. Each article, news and photograph are chosen from best of the best, and it was a tough job as the students of mass communication have put their countless effort's in this brain touching issue.

With regards
Shwetabh Rana

Words of Sub-Editor...

FITNESS FOR GOODNESS

When we say goodbye to someone, often do we say take care, don't we.

But how many of us takes this seriously. Do we self-introspect. No we

don't. We take our highly capable bodies for granted. Do you know how

precise this complex machine is, that how about three hundred million

cells die in the human body every minute and then everyday an adult

produces 300 billion new cells. Do you know that your skeleton

keeps renewing itself every ten years, means that every ten years you get a

new skeleton without your own efforts. Do you know that your nose can

remember 50,000 different scents, that humans shed about 6,00,000

particles of skin every hour, that there are 1,00,000 miles of blood vessels in an adult

human body, that human eye can distinguish about 10 million different colours, do you know that if the human eye would

be digital camera it would be 565 megapixels. Do you know about our

automatic immune system which keeps on curing our bodies against

bacterial and virus attacks. But do we take care of atleast

ourselves. NO. It's a big no. Early to bed and early to rise makes a

man healthy, wealthy and wise . This is a saying that most of us would

have heard but nowadays in order to fit in this highly competitive

world, we have forgotten the significance of this super-wise saying.

It's true. The benefits of waking up early fuse together into great life benefits – the

benefit of possibly living a longer, healthier life – free of hypertension, cancer,

heart diseases and diabetes. The

values we were given in our childhood holds some significance in our

life, we realize it when we don't neglect it. But then what about

waking up late, about sitting in front of screens for longer duration,

about ignoring every given advised, about skipping meals, about being

addicted to caffeine, about smoking and drinking, about remaining

indoor, about consuming food bad for health. Why is it so? Why don't

we take responsibilities for ourselves. When you play havoc with your

body, you build up the stress and then depression in your life as they

say," a healthy mind resides in a healthy body" and the vice-versa is

also true. A person should be healthy enough to carry on his day to

day activities without fatigue, this is even the definition of being healthy. If you are healthy you skip many misfortunes and surely have

a less stressful life. However today people, especially youngsters

sleep late and wake up late in the morning without realizing its short

term and long term consequences. This habit of sleeping plays havoc

with your internal clock because It's the most daily rhythm of our

life, the sleep-wake cycle should be ideally related to the cycle of sun. The brain region

that is charged with keeping time is called the

suprachiasmatic nucleus or SCN, its situated above the point in the

brain where the optic nerve fibers cross. This location enables the SCN to receive the cues it needs from light in the environment to help

it keep time. Its sooo complicated. Yes it is

but that's how precise our body is. Further, the above mentioned are just a few things we score badly in and are the factors which are surely under our control.

However there are certain factors outside the direct control of an individual such as the air and water pollution in the environment

which are again the result of our ill mindedness. This further

elevates the risk of our health degradation. I think its not a big deal to atleast control

the factors which are controllable . Do you agree with me? If yes then read more often

about your health and put

your efforts to live a healthier and happier life.

Take Care
Ravi Jagdish Pant



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SUNBURN GOA

ज़िन्दगी

पिता की भावनाएं



-ATISH

state of trance.

India's premier electronic music band, hosting Asia's largest 3 day electronic music festival is back again.

Tickets for the festival are available in various packages. The early entry pass is given away from rs 2500 and gives an entry till 3pm. Tickets for one entire day costs Rs 4000 whereas an all three-day pass will cost you rs 10,000 . Other than these VIP AND VVIP passes are available till upto the price of 800000 and gives access to after parties, cocktail bars, private front row table, complimentary food and alcohol and also an elevated platform for a better view of the stage.

Dated 27 to 30 December, sunburn Goa will be held on the vagator beach this year. Sunburn has already seen DJ's and artists like Avicii, above and beyond, Dash Berlin, Tiesto, armin Van Buuren and etc, but the lineup for this year has not yet been decided.

Apart from electronic dance music, Sunburn also offers tons of adrenaline pumping activities and experiences to choose from such

as football zurling , bungee jumping , ziplining , getting inked , etc.

Sunburn has also tied up with vacation rental company Ngouse to offer packages at various accommodations near the performance venues for the people who choose not to live in private apartments, holiday homes or villas.

Sunburn 2014 earmarked new beginnings and it continues the bequest to music aficionados India as well as worldwide. So book your tickets for Sunburn 2015 and know how it feels like to attend Sunburn, A synergy of food, shopping, music, entertainment and life.

यह जिन्दगी न हो पाएगी लफ्ज़ों में बयाँ, राहो से, राहो तक ,राहो पर , चलती चली जायेगी यह जिन्दगी । ठोकर लगने पर ये जिन्दगी होगी एक बंदगी , मगर हर खशी की संगिनी बनेगी यह जिन्दगी, कभी बचपन का भोलपन ,यौवन का लड़कपन और बुढ़ापे का अकेलापन दिखलाएगी यह जिन्दगी । तो कभी एक पुरानी सी तस्वीर , एक पन्ने पर लिखे कुछ शब्द , सी बनकर रह जाएगी यह जिन्दगी । कभी अँधेरे रात के बाद सुनहरी सुबह लाएगी यह जिन्दगी , तो कभी खुशियों के अनगिनत सितारों से सज जाएगी यह जिन्दगी ।

- साक्षी मिश्रा

“Where the mind is without fear...”

-DIVIYA RAO

'Where the mind is without fear', are not just words but a hope that someday, everything is going to be alright and one day we will live free. Although we did get our freedom way back in 1947, but are we free? Are we free of fear? Daily, we leave for our respective schools, offices, shops or on adventures, but one thing that always stays with us are our 'fear'. Fear of getting late for work... Fear of not being able to complete our work within the given time limit, and Fear of getting castigated by our boss or teacher... And, with all these fears we say that we are living? No, with all those fears inside us we are not living, but we are just merely alive. Apart from these fears, there is a particular fear meant only for a specific section of the society, and that is 'WOMEN'. Yes, women. How many women will be comfortable with going out at 12p.m? Hardly any, for even if they have to leave because of work commitments, will they be fearless? Every stare of a guy will scare them, every help offered will make their heart skip a beat out of fear. Everyone has fears and it's only human. It's not abnormal to have fears. But, when people fear to live and fear to walk alone, then that is not normal, but a stimulus instigated by the very unity and coordination that we, humans, lack in our society. But, still we fight and every day with our fears in the hope of being fearless one day. Apart from this, we still need to find a land where our mind is without fear,

“Where the mind is without fear and the head is held high,
Where knowledge is free and the world has not been broken into fragments by narrow domestic worlds,
Into that heaven of freedommy father let my country awake”

- A portion from a well known poem by Rabindranath Tagore

Thoughts

We know what we are, but know not what we may be.

William Shakespear

The measure of who we are is what we do with what we have.

Vince Lombardi

पिता की भावनाएं

माँ को गले लगाते हो, कुछ पल मेरे भी पास रहो ! 'पापा तुम याद बहुत आते हो' कुछ ऐसा भी मुझे कहो ! मैं भी मन मे जज्बातों के तूफान समेटे हैं, जाहिर नहीं किया, न सोचो पापा के दिल में प्यार न हो! थी मेरी ये ज़म्मेदारी घर मे कोई मायूस न हो, मैं सारी तकलीफें झेलूँ और तुम सब महफूज रहो, सारी खुशियाँ तुम्हें दे सकूँ, इस कोशिश मे लगा रहा, मेरे बचपन में थी जो कमियाँ, वो तुमको महसूस न हो! हैं समाज का नियम भी ऐसा पिता सदा गम्भीर रहे, मन मे भाव छुपे हो लाखों, आँखों से न नीर बहे! करे बात भी रुखी-सूखी, बोले बस बोल हिदायत के, दिल मे प्यार है माँ जैसा ही, किंतु अलग तस्वीर रहे!

भूली नहीं मुझे हैं अब तक, तुतलाती मीठी बोली, पल-पल बढ़ते हर पल मे, जो यादों की मिश्री घोली, कन्धों पे वो बैठ के जलता रावण देख के खुश होना, होली और दीवाली पर तुम बच्चों की अलहड टोली! माँ से हाथ-खर्च मांगना, मुझको देख सहम जाना, और जो डौंटू जरा कभी, तो भाव नयन मे थम जाना, बढ़ते कदम लडकपन को कुछ मेरे मन की आशंका, पर विश्वास तुम्हारा देख मन का दूर वहम जाना! कॉलेज के अंतिम उत्सव में मेरा शामिल न हो पाना, ट्रेन हुई आँखों से ओझल, पर हाथ देर तक फहराना, दूर गये तुम अब, तो इन यादों से दिल बहलाता हूँ, तारीखें ही देखता हूँ बस, कब होगा अब घर आना! अब के जब तुम घर आओगे, प्यार मेरा दिखलाऊंगा, मैं की तरह ही ममतामयी हूँ, तुमको ये बतलाऊंगा, आकर फिर तुम चले गये, बस बात वही दो-चार हुई, पिता का पद कुछ ऐसा ही हैं फिर खुद को समझाऊंगा!

.अदिती आनन्द

वो सुहाना बचपन

वेह बचपन का जमाना था जहाँ खुशियों का खजाना था । न काम और नही पढाई का कोई ठिकाना था । पेट दर्द होना तोह स्कूल न जाने का बहाना था । थक हार के स्कूल से आना, पर खेलने भी तोह जाना था । खेल खेल में लड़ाई झगडे होना तोह एक बहाना था, दोस्तों के संग रिश्ते जो निभाना था । बचपन में वो कागज़ की नावथी, बचपन का वो हर मौसम सुहाना था । एक ज़माना था गम की जुबान न होती थी, न जख्मों का पैमाना था । न हँसने की वजह थी, न रोने का बहाना था । क्यों हो गए हम इतने बड़े ठससे अच्छा वो बचपन का ज़माना था ।

.तरन्नुम

The best and most beautiful things in the world can not be seen or even touched - they must be felt with the heart.

Hellen Keller

CARTOON CORNER SUDOKU



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