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IMS TODAY

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**AI ki
Duniya**
•Urvi Singh

The field of artificial intelligence (AI) has witnessed remarkable advancements in recent months, ranging from breakthroughs in generative AI to its application in healthcare, robotics, and education. These developments showcase the growing impact of AI across industries and highlight the challenges and opportunities it presents.

Artificial Intelligence (AI) plays a significant role in journalism by automating repetitive tasks like data analysis, generating basic news articles, fact-checking, translating languages, and personalizing content, allowing journalists to focus on more complex investigative reporting and in-depth analysis while improving efficiency and reach within newsrooms; however, ethical considerations regarding bias and transparency must be carefully addressed when using AI in journalism.

Generative AI Advances

One of the most prominent areas of progress has been in generative AI, with the release of advanced models like GPT-4 and its successors. OpenAI recently unveiled updates that enhance the ability of these models to generate coherent and contextually relevant text, images, and even code. These tools are revolutionizing content creation, enabling businesses and individuals to automate tasks and explore new creative avenues. Furthermore, multimodal AI models, which combine text, image, and video processing, have demonstrated capabilities in complex tasks such as video editing and real-time transcription, pushing the boundaries of what AI can achieve.

Artificial Intelligence in Healthcare

In the healthcare sector, AI is playing an increasingly pivotal role. Researchers at prominent universities, such as Georgia Tech and the University of Miami, are leveraging AI to predict disease outbreaks, optimize patient care, and assist in drug discovery. A notable breakthrough involved the use of AI algorithms to analyse medical imaging, achieving diagnostic accuracy comparable to seasoned radiologists. This technology is accelerating diagnosis and improving patient outcomes, particularly in areas with limited access to medical expertise.

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The Valentine's Day Impact on Business



Sonal Satsangi

New Delhi: Valentine's Day is a day of love when we express and celebrate our passion for our romantic partners, friends, and family. We express love through different love languages, such as gifts, acts of service, words of affirmation, quality time, and much more.

In India, the concept of Valentine's Day became popular around the late 20s through modern media, cultural globalization, and commercialization. Valentine's Day is popular among urban youth, celebrated with gifts and outings. However, some conservative groups oppose it, calling it a Western influence against Indian values. While cities embrace it, rural areas often ignore it. It has become a centre of attraction in the market also by increasing sales of



Hallmark is a Perfect Example

Hallmark offers a perfect example of how Valentine's Day can significantly benefit a brand. Each year, the company experiences a dramatic increase in sales, particularly during the weeks leading up to February 14th. With millions of cards sold and special-edition gifts released, Hallmark strategically taps into the holiday's emotional appeal, positioning itself as the go-to brand for heartfelt sentiments. Their extensive marketing campaigns—highlighting themes of love, affection, and connection—boost consumer engagement, not just for the holiday but year-round. Valentine's Day sales help solidify their presence in the market, creating long-term brand loyalty. This seasonal boom is essential for Hallmark, illustrating how Valentine's Day can drive substantial revenue while reinforcing brand identity.

chocolates, flowers, gifts, and jewellery. Restaurants, hotels, and online stores offer special deals, while brands run love-themed promotions. It's also expanding to include self-love and friendship, making it a great opportunity for businesses to attract more customers and grow profits.

The economics of Valentine's day:

Increase in sales: People often buy specific items like flowers, chocolates, jewellery, soft toys, etc., which are considered symbols of love. Brands should usually launch Valentine's editions in their products and services for their benefit.

Small businesses: These businesses often offer personalized and customizable gifts, which create a

sense of emotional connectivity between customer and seller, boost sales, and make a suitable choice for gifting.

Brand campaigns: campaigns consist of taglines that showcase emotions, for example- "Share a Coke" by Coca-Cola, "Swipe right for love" by Tinder, and " Say it with chocolate" by Cadbury.

Boost in hospitality and tourism: many people plan their holidays and trips during Valentine's to make it special which includes an increase in bookings and crowds at beautiful places, restaurants, hotels, etc as well as people plan proposals and weddings also during this.

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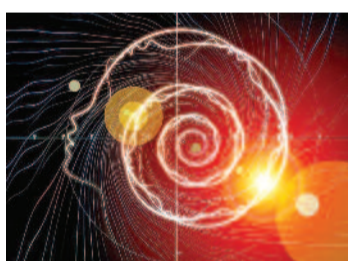


The Era of Influence: Environment and Values Shape Love and Human Behavior

Kushagra Garg

New Delhi: Human behavior is like a reflection of the environment we live in. The people around us, the situations we face, and the emotions we experience all shape our thoughts and actions. Our surroundings have a deep and lasting effect on how we see the world and how we treat others. The family, as the first school of life, plays a vital role in this process, instilling values, ethics, and principles that stay with us forever.

Love, the most beautiful emotion, grows when it is shared and nurtured. When we are surrounded by love, kindness, and



understanding, we learn to give the same to others.

A child who grows up in a warm, caring home feels safe and valued. They learn to trust and love others because they have experienced it themselves.

Love is like a flower—it blooms when watered with care. A family that teaches love through small acts of affection and selflessness creates



individuals who spread happiness and peace wherever they go.

Indian culture emphasizes the importance of "Sanskar" (values) in nurturing love, respect, and kindness.

Values such as respecting elders, treating others with compassion, and being truthful are the foundation of a strong and loving mindset. Families that instill these

The Effects of Negativity in an Unkind Environment

But the opposite is also true. In an environment filled with hate or neglect, a person can grow distant and bitter. If someone is constantly criticized or ignored, they may start to believe they are unworthy of love. This pain can turn into anger, resentment, and even hatred. Just as love is passed on, hate can also spread from one person to another. A family devoid of warmth and understanding can unknowingly pass down negativity, creating wounds in the heart that are hard to heal. Anger, another strong emotion, is often a reaction to hurt or injustice. It's normal to feel angry when things go wrong or when someone causes us pain. But when anger is not understood or managed, it can grow into something harmful. If a person lives in a place where shouting, fighting, or negativity is common, they may carry that anger with them into their relationships. However, a family grounded in moral values teaches patience and self-control, helping individuals channel anger into constructive action rather than destruction.

values create a legacy of goodness and humanity that transcends generations.

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Guest Editor of This Issue



From the Editor's desk

Mrs Indu Sharma
Principal
Mount Litera Zee School,
Greater Noida West

ROLE OF NEP-2020 IN MAKING CHILDREN FUTURE READY

When we talk about NEP-2020 i.e. National Education Policy-2020, the first question arises is that why a need was felt for New Education Policy when old existing education policy was good enough to provide adequate education. Everyone may have varied version of theirs for this question. However, the key reason remains – To prepare our students for future.

Going by current scenario, we understand what we are teaching our students today will not be useful to secure jobs in future. The job market is drastically changing at a fast pace. Here, the role of NEP2020 is to introduce a paradigm shift in India's current education system by transitioning from traditional, rigid and exam focused model to holistic, flexible, multidisciplinary and aligned with the global educational standards making students 21st century ready.

HOW NEP PREPARES STUDENTS FOR UNFORESEEN FUTURE

Multidisciplinary Approach: Emphasizes on the integration of humanities, arts, and sciences, fostering critical thinking, creativity, and problem-solving. Enabling students to pursue diverse interests.

Skill Development and Employability Focuses on 21st-century skills like digital literacy, coding, data analysis, and design thinking from an early stage. Introduces vocational education from Grade 6, ensuring students acquire practical skills for employment and entrepreneurship.

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We Must be Committed to the Society : Mrugank Paranjape

• Moksha

IMS Ghaziabad University Courses Campus, in collaboration with Sewa International, hosted a CSR Conclave titled "Reimagining CSR: Strategic Pathways to Sustainable Impact", on 24th January 2025. IMS Today reporter Moksha Tyagi had the privilege of interviewing Shri Mrugank Paranjape, Chairman of Sewa International and Independent Non-Executive Director at SBI, with over 33 years of experience in banking and capital markets. Conversation covered a range of insightful topics. Here are some highlights from the conversation:

How do you see the evolution of banking and capital markets?

India is one of the most progressive capital markets, offering strong investor protection. In the coming years, these strengths are expected to grow further. The market is highly retail-driven, and in recent years, retail market institutionalization has also developed. India stands out as one of the few countries offering mutual funds to the smallest SIPs and providing complex products through AIFs, commodities, and other segments.

Two key trends are shaping the future. First, digitization, already advancing at a brisk pace, is expected to enhance affordability and cost efficiency. Second, a



challenge looms as India faces an aging population. Many rely on salaries, with incomes stopping after 60. The capital market must develop affordable and efficient retirement solutions to ensure a comfortable old age for everyone.

On the banking front, innovation is gaining ground. Beyond traditional banking of deposits and lending, innovative products are emerging. This makes banking and capital markets among the most exciting sectors going forward.

What challenges do large organizations like SBI face

significant challenge. Ensuring consistent operational standards and equal access to technology across far-flung areas is no small feat.

However, this geographic reach is a unique advantage. There is no other Bank in this country who can actually leverage the geographic presence so much. By digitizing routine services, SBI can harness the power of its network. As seen post-COVID, a balanced approach is essential. A bank can't rely solely on digital or physical operations. For SBI, blending these two streams is key. Converging digital efficiency with physical reach ensures its vast presence is fully utilized.

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Digital Art is Shaping the Future of Painting

Deepanshi Tyagi

New Delhi: Art has always mirrored society's evolution, reflecting cultural shifts, technological advancements, and new ways of thinking. In today's digital age, the emergence of digital art has redefined how art is created, consumed, and valued. This transformation is particularly evident in the world of painting, where digital tools are both revolutionizing and challenging the traditions of brush and canvas. While digital art offers limitless creative possibilities, it also sparks debates about the relevance and future of traditional painting in this fast-paced, technology-driven era.



Traditional painting relies on physical materials such as oil, acrylics, watercolours, and canvas. Its tactile nature, requiring patience and precision, has long been celebrated. However, digital



painting, facilitated by tools like drawing tablets, styluses, and software such as Adobe Photoshop, Procreate, and Corel Painter, has introduced a new paradigm. These tools allow artists to explore their creativity with unprecedented ease and flexibility.

Digital painting offers advantages that traditional methods cannot match. Features like unlimited colour palettes, undo buttons, and layering capabilities enable artists to experiment fearlessly.

Perhaps one of the most significant impacts of digital art is its accessibility. Traditional painting often requires expensive materials

and dedicated studio space, which can deter aspiring artists. Digital art eliminates many of these barriers.

Moreover, digital platforms have democratized the way art is shared and consumed. Online galleries, social media, and digital marketplaces allow artists to showcase their work globally, reaching audiences that traditional exhibitions might never access. This instant connectivity has not only given a voice to emerging artists but also created a vibrant global community of creators.

The aesthetics of digital art have also influenced traditional painting. Digital tools have introduced new styles, such as glitch art, pixel art, and 3D rendering.

Ways Which Digital Art Influences Painting

- **Digital Mimicry:** Advanced software replicates traditional textures like oil and watercolour, often making it hard to distinguish between digital and physical art.
- **Undo Revolution:** Digital tools allow endless experimentation, unlike traditional painting where mistakes are permanent.
- **Collaborative Creation:** Digital platforms enable artists to collaborate in real-time globally, something traditional mediums cannot achieve.
- **AI Assistance:** Tools like AI-generated art are blending human creativity with machine efficiency.
- **Art Preservation:** Digital technology restores damaged traditional paintings and helps archive them in virtual galleries for global access.
- **Hybrid Styles:** Many artists now merge traditional and digital methods, creating unique hybrid artworks.

However, traditional paintings continue to hold a special place in the art economy. Their physical presence, historical significance, and tangibility make them coveted collectibles, particularly among art connoisseurs and

investors. While digital art dominates commercial industries such as advertising, gaming, and film, traditional painting remains a symbol of timelessness and authenticity. Despite the challenges

posed by digital art, traditional painting is far from obsolete. Instead, it is finding new ways to thrive. Many artists use digital platforms to study, preserve, and reinterpret classical styles, ensuring their legacy endures.

Grit of India's Underprivileged Athletes

Shaurya Srivastava

New Delhi: In the remote villages and small towns of India, open fields serve as playgrounds while homemade equipment substitutes for professional gear, morphed into an avenue for a silent revolution to happen. With nothing more than passion and the courage of their dreams, these young athletes want to do something in sports.



Young Athletes in Remote Areas

- **Homemade Equipment:** Wrestlers in rural areas rely on traditional training methods, using whatever tools they can create to build endurance and strength.
- **Natural Diets:** Without access to expensive supplements, they depend on local, protein-rich foods like dal, eggs, milk, peanuts, and seasonal fruits.
- **Community Support:** Local coaches and experienced players step up as mentors, while village-level tournaments provide much-needed exposure.
- **Government and NGO Interventions:** Programs like Khelo India and the Sports Authority of India (SAI) are making efforts to scout and nurture rural talent. Scholarships, free coaching, and better facilities are slowly reaching these regions.

For many budding athletes in the hinterlands of India, basic infrastructure is a luxury. In states like Bihar, Jharkhand, and parts of the Northeast, cricket is often played on uneven fields with wooden planks serving as

athletes make do by lifting bricks, stones, or homemade weights.

Nutritional Challenges

Nutrition is another hurdle a proper protein-rich diet is



scientifically curated meal plans, these rural athletes rely on natural food resources. Milk, eggs, bananas, locally available grains, and lentils become their primary sources of nutrition simple yet effective in fueling their bodies.

Champions Against All Odds

Yet, some of India's greatest athletes have emerged from these very hardships. MS Dhoni, one of India's most celebrated cricketers, honed his skills on the dusty grounds of Ranchi before reaching international stardom. Neeraj Chopra, India's first Olympic gold medalist in athletics, grew up in a small Haryana village where proper javelins were scarce.

Similarly, sprinter Dutee Chand and runner Hima Das battled financial struggles and inadequate facilities to make their mark on the global stage. Their stories prove that

while resources are important, an unbreakable spirit and relentless dedication can bridge the gap.

The journey of India's rural athletes is not just about their personal victories but also about the larger fight against economic barriers. Cricketers like Harbhajan Singh, athletes like Karanbir Singh, and philanthropists like Amrit Sidhu have contributed to district-level funding efforts. Corporate sponsorships, small business donations, and scouting programs are essential in ensuring that hidden talent in India's villages is not lost due to financial constraints.

For these young athletes, the message is clear: no gear, no supplements, no excuses. Success is not just about resources it is about relentless passion, discipline, and an unyielding will to win. Their journey is a testament to the fact that while support can accelerate progress.



Mount Everest Might Not Be the Tallest Mountain Anymore

Scientists have made a groundbreaking discovery of massive peaks hidden 1,200 miles beneath the Earth's surface—towering 100 times higher than Mount Everest. Deep beneath Africa and the Pacific Ocean is a hidden world far bigger than anything on the surface. These mysterious formations, known as Large Low Shear Velocity Provinces (LLSVPs), are no ordinary mountains. Measuring an astonishing 620 miles (1,000 kilometres) tall.

Scientists Discover a New Type of Magnetism: Altermagnetism

Third type of magnetism has been discovered by the scientist named altermagnetism. Earlier only two types of magnets were known: ferromagnets and antiferromagnets. Scientists now have discovered a third kind of magnetism. From past many years, researchers believed ferromagnetism and antiferromagnetism were opposites, forever incompatible. But altermagnets, first suggested only two years ago, act as a link between the two types of magnetism.

Astronomers discover unusual radio signals from 'dead' galaxy

Astronomers have found fast-repeating radio signals coming from an outlying "dead" galaxy. This is a rare discovery because "dead" galaxies aren't supposed to have enough energy to produce these signals. These signals also known as fast radio bursts (FRBs), are quick flashes of radio waves lasting only milliseconds. FRBs come from young, highly energetic neutron stars. But the galaxy these signals are coming from is ancient and inactive.

India Achieves Historic Space Docking Milestone

Docking, the joining of two spacecraft in space, was first achieved by the Soviet Union in 1967. It enabled historic missions like Apollo 11 in 1969 and the operation of space stations. Recently, India marked a significant step in its space exploration journey by successfully achieving docking, crucial for future interplanetary missions and advanced space programs.

Training Program on ISO 50001 Energy Management System Implementation

Ghaziabad (IMS News Service): GMA has organized "ISO 50001 Energy Management System implementation" Training program at ITC, Ghaziabad. Training program focused on all aspects of standards and implementation process of energy management system, terms & definitions used in



energy management. The effective method of monitoring, measurement, analysis and evaluation of energy data was discussed along with data analysis and

energy reporting. Internal Auditing of Energy Management System and management for energy efficiency action plans were also explained.

CHANKYA-2025 Organized

Ghaziabad (IMS News Service): Ghaziabad Management Association (GMA) organized "CHANKYA" at Ajay Kumar Garg Institute of Management, Ghaziabad. The session was taken by Sri Chandrashekar Rastogi. The Game was conducted by ALL INDIA MANAGEMENT ASSOCIATION.



Hypothetical case scenario was presented to the participants. They had to take decisions to maximize the winning criteria. Every round new development was

intimated like strike by labor, increase in cost price etc. Case was on a particular industry that has been developed taking into view the real world conditions.

Training Course on Industrial Energy Efficiency and De-Carbonization



Ghaziabad (IMS News Service): GMA organized one-day training course on "Training on Industrial Energy Efficiency and Decarbonization using Virtual Reality based Digi-Twin training simulators". The objective of the training was to understand linkage of industry 4.0 and digital twinning technology, to understand simulation of industrial processes with digital twins, improve energy performance through better use of energy-intensive assets, improves environmental footprint through the consideration of energy performance in the purchase of products,

processes and/or services, including procurement of energy, improving operational efficiency through energy usages analysis, predictive maintenance. The topics covered were Combustion System and Reheating Furnace, Compressed Air System, Induction motor and drives, Compressed Air System, Fans, blowers and Pumping system. The resource persons were Mr. M. Natarajan Director (Technology Management & Energy Management) and M. Joel Franklin Asaria Director (Energy Management) from National Productivity Council.

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The Valentine's Day Impact...

A company should promote itself in the best way possible to attract customers.

5) **Promotion and publicity:** A brand should identify its target audience and promote itself through different mediums and ways such as social media marketing, advertisements, discounts and special offers on its products, launching Valentine's edition, providing personalized products and services, e-gifting, collaboration with dating apps, etc.

6) **OTT platforms:** Circulation of movies, series, stories of romance genre becomes the centre of attraction. People spend money on digital subscriptions, rent movies, virtual experiences.

Understanding & Managing Anger

Understanding is the bridge that connects us to one another. It is born in an environment where people listen, care, and try to see things from each other's point of view. When families encourage open communication and teach the importance of empathy, they foster an environment of acceptance and harmony. Such homes become the bedrock of strong, compassionate individuals who value relationships and emotional well-being. Our environment doesn't just shape our emotions—it shapes who we are. A family that upholds moral values and "sanskar" nurtures individuals who embody positivity, kindness, and respect. They understand the importance of giving love, forgiving mistakes, and building

meaningful relationships.

The power to create a positive environment lies in our hands. Every kind word, every small act of love, and every effort to uphold values can make a difference. Love creates more love, and hate breeds more hate. The choice is ours.

Let us strive to build families and surroundings filled with love, "sanskar", and understanding. When we do, we not only shape ourselves but also inspire others to do the same. A world built on love, moral values, and kindness is a world where every heart can find peace.

AI ki duniya

In summary, the evolution of Artificial Intelligence has transformed the way we live and work, with its applications spanning from virtual personal assistants to autonomous vehicles. The benefits of AI, such as improved productivity and decision-making, are undeniable. However, it also raises important questions about job displacement, privacy, and security. As we continue to advance in this field, it is essential to strike a balance between leveraging AI's potential and addressing its challenges. Future research should focus on creating transparent, explainable, and ethically sound AI systems.

In this way, we can ensure that AI is a force for good, enhancing human capabilities and contributing to a better future for all.

ROLE OF NEP-2020 IN MAKING...

Experiential and Inquiry-Based Learning Encourages project-based and experiential learning, which enhances

analytical and application-based knowledge.

Technology Integration Advocates for the integration of technology in education, including AI, VR, and online learning platforms, to prepare students for tech-driven careers.

Multilingualism and Global Perspective Encourages learning in mother tongue/local languages for better conceptual understanding, alongside promoting global languages for international exposure.

Research and Innovation Culture Establishes the National Research Foundation (NRF) to promote a culture of research and innovation among students

Conclusion: NEP 2020 prepares students for a dynamic and uncertain future by fostering adaptability, resilience, and a lifelong learning mindset. By emphasizing skills, creativity, and inclusivity, it ensures students are equipped to contribute meaningfully to society and thrive in a globalized world.

Commitment to Society...

How do you balance your responsibilities across various organizations while maintaining a focus on social impact?

Commitment to social causes must stem from a clear decision. It's essential to define what that commitment will be. Not everyone can contribute in the same way. Some may cut a very large checks, while others can dedicate their time. Once this is decided, it becomes easier to follow through. Most people excel when they set clear goals. For those at my stage or age, this commitment is as vital as career success as in my earlier years. Commitment to the social cause has first come as a defined goal and after that it is not too different to manage.

Students' Led Initiatives for a Greener Campus



IIT Delhi Showcases 147 Startups, Global Collaborations, and Groundbreaking Innovations in Research Impact Report.



On its 67th Foundation Day, IIT Delhi unveiled a 'Research Impact Report' highlighting significant milestones, including the incubation of 147 startups, 271 international research collaborations, and pioneering innovations like affordable COVID-19 diagnostics and advanced ballistic armor for the Indian Armed Forces. Unveiled by Jaya Jagadish, Country Head and SVP, Silicon Design Engineering at AMD India Private Limited, along with IIT Delhi Director Prof. Rangan Banerjee, the report highlights IIT Delhi's extensive research impact, including ₹2,340 crore in cumulative research funding and ₹300 crore in consultancy projects. The institute's contributions extend across various domains, including medtech, AI, quantum communications, renewable energy, and sustainable infrastructure.

Vignan launches Online MBA in Hospital and Healthcare Management

Vignan Online, the digital learning division of Vignan's Foundation for Science, Technology, and Research (Deemed-to-be-University), has launched a specialized Online MBA in Hospital and Healthcare Management. Designed to address the growing need for skilled professionals in the expanding healthcare sector, this program equips aspiring healthcare leaders with the expertise to manage organizations efficiently and enhance patient outcomes in an evolving industry. The Online MBA program is designed to give students a deep understanding of healthcare management. It covers important topics like hospital operations, healthcare finance, quality improvement, healthcare policies, and information systems. Students will also learn about hospital planning, managing risks and disasters, and using new technologies like telemedicine, artificial intelligence, and blockchain in hospital systems.

Sudoku

4	7				2		8
			7				
6							1
	2			3	7		
		4	2				5
	4			1			
8			3				7
		1		7	4		

Bhoomi Bansal

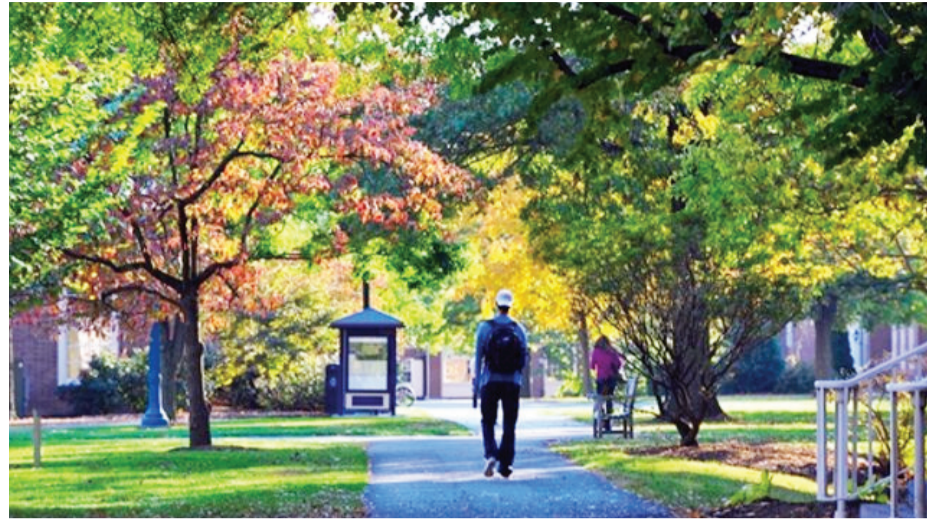
New Delhi: In the era of environmental consciousness, students are stepping up to make a difference by championing initiatives that promote a greener and more sustainable campus. These efforts not only address pressing environmental issues but also foster a culture of responsibility and innovation among young minds.

One of the most impactful initiatives involves tree plantation drives. Students organise campaigns to plant saplings across the campus, transforming barren spaces into lush green areas. These efforts are often coupled with awareness sessions to educate peers about the

The promotion of eco-friendly practices is another highlight. From encouraging the use of bicycles and public transport to implementing carpooling systems, students are actively reducing the campus's carbon footprint

significance of afforestation and biodiversity.

Another noteworthy contribution is waste management. Many student-led organisations are implementing waste segregation systems, encouraging the



community to separate biodegradable and non-biodegradable waste. Composting units have also been set up, turning organic waste into nutrient-rich compost for campus gardens.

The promotion of eco-

friendly practices is another highlight.

From encouraging the use of bicycles and public transport to implementing carpooling systems, students are actively reducing the campus's carbon footprint.

Additionally, campaigns advocating for the reduction of single-use plastics have led to the adoption of reusable alternatives.

Sustainability-themed events like workshops, clean-up drives, and competitions further

engage the student body, making the cause both educational and enjoyable. Tech-savvy students are also exploring innovative solutions like solar energy installations and water conservation systems to enhance the campus's environmental efficiency.

These initiatives reflect how collective student action can create a lasting impact. By taking small yet significant steps, students are not only contributing to a greener campus but also setting an example for society at large. Such endeavours underscore the power of youth in shaping a sustainable future. Together, they are proving that change begins at home—or in this case, on campus.

IMPACT OF BULLYING ON YOUTH

Sameer

New Delhi: Bullying is a form of aggression in which individuals are intentionally harassed. It is the intentional use of words or deeds on one person or group by another person or group to cause distress. Usually bullying happens when there is an imbalance of power. Bullying can be face to face or even online. It can be physical verbal or even psychological

Most affected by Bullying

The groups that are most affected by bullying are the LGBTQ+ and youngsters having cognitive or physical disabilities. Frequently immigrants also face bullying due to their cultural differences

Long term impact

Boys tend to experience more physical bullying. Girls report more verbal and social bullying. (Source: NLM, affiliated with the US Government)

Bullying can have a long-lasting impact on individuals, much more severe than one can imagine. Occasionally individuals can



feel anxiety or depression and in extreme cases PTSD (Post - Traumatic Stress Disorder) might also trigger leading to flashbacks and nightmares. Bullying can also make it arduous for individuals to form healthy

relationships prompting more social isolation.

Implications of bullying aren't just social or emotional. Coping mechanisms can sometimes induce substance abuse making a person much more hostile or truculent

Up to 20% students face bullying during their school time (Source: National Centre of Education Statistics)

Affects child development

Bullying can affect a child's emotional development resulting in

low self-esteem and increase in self-doubt. Bullying can also contribute to complex trauma and affect a child's emotional regulation and holistic health.

Bullied teens are almost 2 times more likely to suffer from depression and anxiety. (Source: Youth Ranch, NGO)

Bullying can often affect relationships between kids and their parents, usually when parents are oblivious of the struggles that their kids are facing due to bullying

Bullying can also strain relations between teachers and their students if teachers



don't respond to students efficaciously and students start to perceive their teachers as less cooperative, supportive or available which further exacerbate their distress

Solutions

To dwindle or bring down bullying in schools, anti-bullying programs must be implemented to promote kindness and empathy among students.

Recurrently bullying occurs in places with less supervision, therefore schools must focus on providing adequate supervision. Schools must also train teachers with bullying recognition and response

and correspondingly individuals must also be taught about

kindness and to respect others. Also, youth must be motivated to develop a positive self-image and use positive affirmations to build self-esteem.

Youth must be motivated to break stereotypes and seek help when needed from trusted adults or teachers.

Bullying has adverse effects on individuals especially school going students and by understanding and exploring the deep implications of bullying, we can work towards creating a more supportive environment and accumulate resources to address bullying.

Addressing bullying can help affected children to mitigate its effect and promote healthy development.

"Discover The Magic Of Healthy Skin"

Skincare is like dieting. You have to invest time and efforts. There is no instant miracle cure.

Bhumi Chaudhary

Skin care is like dieting. You have to invest time and efforts. There is no instant miracle cure.

Good skin care is important for the following reasons: It helps your skin stay in good condition. You're shedding skin cells throughout the day. So it's important to keep your skin glowing and in good condition. An effective routine can help prevent acne, treat wrinkles, and help keep your skin looking it's best.

Key benefits of skin care:- Anti-aging effects: Regularly using skincare products can help slow down the appearance of wrinkles and fine lines by promoting collagen production and maintaining skin elasticity.

Improved skin texture and tone: A consistent skincare routine can help even out skin tone, reduce hyperpigmentation, and improve the overall texture of the skin by removing dead cells.

Some Tips For Take Care of Your Skin Naturally

Wash Gently: Use a mild cleanser and warm water, and avoid scrubbing.

Moisturize: Use a fragrance free moisturizer to prevent dryness and itching. Cream works better than lotion, and are best applied when your skin is slightly wet.

Stay hydrated: Drink plenty of water through out the day.

Eat well: Eat a diet rich in plant foods, lean protein, fruits, vegetables and whole grain.

Reduce stress: Try to manage stress with exercise, meditation, or yoga.

Avoid touching your face: Hands can contain oil and dirt that can clog pores and increase the risk of acne.



Knowledge Solve Quiz No. 124 For Students



Solve Quiz No. 124



Solve the following quiz and reply promptly through email. Names and photos of students who answer correctly will be published in IMS TODAY. IMS Engineering college students can provide reply through personal submission-Editor. Email imstoday.imsec@gmail.com

1. Malachite is a mineral of
 - a) Iron
 - b) Calcium
 - c) Copper
 - d) Magnesium
2. Name the chemical substance present in the bones and teeth
 - a) Calcium Sulphate
 - b) Calcium Phosphate
 - c) Calcium Chloride
 - d) Calcium Borate
3. Which of the following is not a natural polymer?
 - a) Silk
 - b) Cellulose
 - c) Rubber
 - d) Plastic
4. Fluoride pollution mainly affects to
 - a) Kidney
 - b) Teeth
 - c) Eyes
 - d) Nervous system
5. For evolutionary success mutation must occur in
 - a) Somatic R.N.A.
 - b) Somatic D.N.A.
 - c) Germ plasm R.N.A.
 - d) Germ plasm D.N.A.
6. Which of the following causes Polio disease?
 - a) Bacteria
 - b) Virus
 - c) Fungus
 - d) Parasite
7. Which of the following gas is considered responsible for damage to the Taj Mahal at Agra?
 - a) Sulphur dioxide
 - b) Chlorine
 - c) Fluorine
 - d) Carbon fluoride
8. Which of the following atmospheric layers is nearest to the earth?
 - a) Troposphere
 - b) Exosphere
 - c) Stratosphere
 - d) Thermosphere
9. pH of normal rain water is
 - a) 2.6
 - b) 3.0
 - c) 5.6
 - d) 9.3
10. Name that component of diet which is assimilated as such
 - a) Fats
 - b) Proteins
 - c) Carbohydrates
 - d) Vitamins

Participation format

Quiz No.....
 Name of Student.....
 (also attach your PP size Photo)
 Class.....Year.....
 College name.....
 Mobile number.....
 Email.....
 Present Address.....
 Permanent Address.....

Answers (QUIZ-123) Jan, 2025 issue:

1	2	3	4	5	6	7	8	9	10
b	c	b	c	c	c	d	a	c	d

सम्पादकीय

अवैध अप्रवासियों को भारत भी वापस भेजे

अमेरिका का राष्ट्रपति दोबारा बनने के बाद डोनाल्ड ट्रंप बदले हुए तेवर के साथ काम कर रहे हैं। वह एक के बाद एक बड़े फैसले ले रहे हैं। उन्होंने अमेरिका में रह रहे अवैध अप्रवासियों के खिलाफ सख्त कार्रवाई की है। ट्रंप का अवैध प्रवासियों के बारे में सख्त कदम काफी दूरदर्शी और दूरगामी परिणाम डालने वाला साबित होगा। भारत सरकार को भी ट्रंप की इस नीति और रीति से सबक लेना चाहिए। आज भारत के विभिन्न राज्यों में लगभग 2 करोड़ अवैध अप्रवासी रहते हैं। उनको वापस उनके देश भेजने का यह बिलकुल उपयुक्त समय अमेरिका में अवैध अप्रवासियों की संख्या भी काफी ज्यादा है। ब्लूमबर्ग की रिपोर्ट पर नजर डालें तो करीब 18,000 भारतीय अवैध अप्रवासियों की पहचान की गई है। हालांकि ऐसे भारतीयों की संख्या लाखों में बताई जा रही है। ट्रंप ने अमेरिका फस्ट की नीति पर चलते हुए भारतीयों को भी वापस भेजना शुरू कर दिया है। हालांकि अमेरिका ने जो तरीका अपनाते हुए 104 अवैध अप्रवासी भारतीयों को पहले लॉट में वापस भेजा है, वह अनुचित है लेकिन यह अलग विषय है।

अवैध अप्रवासी उन विदेशी नागरिकों को कहा जाता है जिनके पास वैध कागजात मसलन पासपोर्ट व वीजा नहीं होते अथवा वे फर्जी दस्तावेज तैयार कर देश में आकर रहने लगते हैं। ऐसा करना देश के आद्रजन कानून का उल्लंघन होता है। भारत सात देशों के साथ 15000 किमी से अधिक भूमि की सीमाएं साझा करता है। भारत की राष्ट्रीय सुरक्षा चीन, पाकिस्तान, बांग्लादेश, आदि की सीमाओं के पार होने वाले अवैध अप्रवास से एक गंभीर खतरा है। भारत की स्वतंत्रता के बाद से अलग-अलग कारणों से लाखों अप्रवासियों ने भारत में बांग्लादेश, म्यांमार, नेपाल, पाकिस्तान, आदि देशों से भारत में आए हैं। सीमापार से भारत में अवैध प्रवासियों की संख्या बढ़ने के आर्थिक, राजनैतिक, धार्मिक एवं सामाजिक कारण हैं। भारत में अपेक्षाकृत बेहतर आर्थिक संभावनाएं म्यांमार, बांग्लादेश और श्रीलंका जैसे देशों के अप्रवासियों के लिए एक महत्वपूर्ण पुल कारक के रूप में कार्य करती हैं। इसके अलावा पड़ोसी देशों में राजनीतिक अस्थिरता और संघर्ष, जैसे कि बांग्लादेश, श्रीलंकाई और म्यांमार में गृहयुद्ध, ने लोगों को भारत में शरण लेने के लिए मजबूर किया है। भारत में अवैध तरीके से घुसपैट होने के चलते हमें कई तरीके की विपदाओं को झेलना पड़ा। 12019 में कश्मीर में पुलमावा आटेक, 2008 के मुंबई हमले, जिसमें आतंकवादियों ने देश में घुसपैट करने के लिए समुद्री मार्गों का इस्तेमाल किया। असम, पश्चिम बंगाल, दिल्ली, मुंबई सहित अनेक शहरों में अवैध घुसपैटियों खासतौर पर बांग्लादेशी एवं रोहिंग्या अवैध अप्रवासियों के चलते अपराध की घटनाएं बढ़ गई हैं। तमिलनाडु में भी, अवैध श्रीलंकाई अप्रवासियों और उग्रवादी समूहों के चलते चिंताएं बढ़ गई हैं। ऐसे लोग हथियारों की तस्करी में संलिप्त हैं। यह तस्करी आतंकवादियों और अन्य चरमपंथी समूहों को समर्थन देने वाली है। म्यांमार और बांग्लादेश से अवैध हथियारों की तस्करी होती है। भारत-बांग्लादेश और भारत नेपाल की सीमाएं कथित तौर पर तस्करी और मानव तस्करी के लिए एक हॉटबेड रही है। उत्तर-पूर्वी राज्यों, विद्रोह को अनियंत्रित अवैध प्रवास द्वारा डूब रहा है। इसके चलते देश की कानून-व्यवस्था, एकता एवं अखंडता खतरों में पड़ जाती है। अवैध अप्रवासी अपराध एवं राष्ट्र-विरोधी गतिविधियों में संलग्न पाए गए हैं। दिल्ली पुलिस और महाराष्ट्र पुलिस ने ऐसे लोगों के खिलाफ एफआईआर कर कार्रवाई भी की है। यही नहीं, बांग्लादेश से अवैध घुसपैट के परिणामस्वरूप असम में सांप्रदायिक हिंसा एवं राष्ट्रीय सुरक्षा के लिए खतरा पैदा हुआ है। यहां सबसे महत्वपूर्ण बदलाव जो हो रहा है, वह है जनसांख्यिकी में। अवैध अप्रवासी विभिन्न उत्तर-पूर्वी राज्यों, पश्चिमी बंगाल, दिल्ली एवं महाराष्ट्र में जनसांख्यिकी बदलने के पीछे मुख्य कारण हैं। इसके कारण स्थानीय लोगों और प्रवासियों के बीच तनाव भी बढ़ा है। निःसंदेह, एनडीए के नेतृत्व वाली केंद्र सरकार ने असम में नेशनल रजिस्टर ऑफ सिटीजन्स (एनआरसी) और राष्ट्रीय स्तर पर नागरिकता संशोधन अधिनियम (सीएए) जैसे विभिन्न कानूनी उपाय किए हैं। सरकार समय-समय पर यह दावा करती रही है कि वह देश से अवैध अप्रवासियों को उनके देश वापस भेजेगी। हालांकि वह यदा-कदा ऐसा करती भी रही है लेकिन भारत में अवैध अप्रवासियों की लगातार बढ़ती संख्या से समाज में अनरस्टेड बढ़ रहा है। आज आवश्यकता है कि हम अमेरिका से सबक लें और अवैध अप्रवासियों को उन्हीं के देश में वापस भेजने के लिए सख्त कदम उठाएं।

The Benefits of Plant Based Diet

In recent years consent of people on a plant-based diet has gained popularity as more people concede as it's numerous health and ethical benefits like animal welfare. A plant-based diet focuses on foods derived from plants, including fruits, vegetables, legumes, grains, nuts and seeds moreover plant-based foods are packed with dense-nutrients, vitamins, minerals, fiber, necessary protein and antioxidants (substance when present in food, protects cells or fight from free radicals in your body) free radicals like cigarette smoke, singlet oxygen, hydrogen peroxide which play a crucial role in diseases such as Cancer (breast, colorectal and prostate), heart diseases, Stroke, Alzheimer, Obesity and other. If you are considering to eating plant-based diet partially or fully, each step towards this diet contribute to a cleaner and healthier body.



Arya kumari

Transition to a Plant-Based Diet

- ▶ First educate yourself
- ▶ Experiment
- ▶ Start small
- ▶ Incorporate variety
- ▶ Per day make one meal plant-based
- ▶ Prioritize protein
- ▶ Plant-based milk (almond, soy, coconut, oat, hemp, rice).

The Multifarious Benefits of plant-based diet.

- Health Advantages**
- ▶ **Lower risk of chronic diseases such as Diabetes** – According to 2009 study, plant-based diets manage diabetes and moderate insulin level. People eating vegetarian diets had a lower risk of type 2 diabetes (when blood glucose level is too high in your body) than meat eaters.
 - ▶ **Cancer** – Plant-based diet contains phytochemicals or phytonutrients that can inhibit the cancer cell growth and help your immune system to function properly.
 - ▶ **Heart disease** – In 2019 journal of the American Heart Association found that middle aged adults who ate diets high in plant foods and low in meat products had lower risk of heart disease because plant-based diet reduces cholesterol levels and improving cardiovascular health.
 - ▶ **Better weight management** – Plant-based food naturally contains lower fat and calories that help to maintain weight.
- Research suggests that people who eat primarily plant-based diet tend to have lower body mass index (BMI) and lower rates of obesity.
- Environmental Advantages**
- ▶ Shifting towards plant-based farming that help to protect biodiversity and ecosystems.
 - ▶ As compare to animal farms plant-based agriculture generate less waste and need only fewer chemicals like fertilizers and pesticides.
 - ▶ Livestock farming consumes much amounts of water for many purposes like cleaning, drinking but producing plant-based diet uses significantly less amount of water.
- Choosing plant-based diet into your lifestyle is not just a choice it's commitment to your personal health, environmental sustainability and healthier planet.

Bridging Gender Gap in STEM Education

Despite significant advancements in gender equality over the past few decades, women remain underrepresented in the fields of Science, Technology, Engineering, and Mathematics (STEM). The gender gap in STEM education is a persistent issue, according to the World Economic Forum, women comprise of only 28% of the global STEM workforce. In India, the number is even more depressing, with women making up only 14% of the STEM workforce. Research indicates that women encounter social and cultural barriers that restrict them from entering STEM fields. According to a study published in Psychological Science (2014), girls less frequently view themselves as "math people" and are more likely to accept the societal stereotypes suggesting that STEM is for men.



Nimishka

Bridging this gender gap is essential for fostering innovation and creating diverse perspectives in these critical industries. Here are a few ways to address this issue:

- ▶ **Challenge Gender Stereotypes Early:** Promoting positive representations of women in STEM from a very young age and encouraging girls to engage in STEM

- ▶ **activities. Increase Access to Mentorship:** Connecting female students with mentors in the STEM fields to provide career guidance and emotional support.
- ▶ **Create Inclusive Environments:** Ensuring classrooms foster equal participation and engagement from both genders, allowing all students to succeed.
- ▶ **Celebrate Women in STEM:** Highlighting and celebrating the achievements of women in STEM to inspire the next generation and provide role models.
- ▶ **Offer STEM Scholarships for Women:** Increase financial support for women pursuing degrees in STEM to reduce barriers to education.
- ▶ **Address Workplace Inequality:** Implementing policies to tackle gender bias, promote equal pay, and offer career



advancement opportunities for women in STEM. Promote Hands-On STEM Activities: Encourage girls to participate in coding camps, science fairs, and robotics clubs to build confidence and practical skills. Bridging the gender gap in STEM education is not just about equal opportunities but also about enriching the whole field. Women bring diverse perspectives, fresh ideas, and innovative solutions to STEM fields, perspectives that are crucial for addressing the world's most pressing challenges. A report by the National Science Foundation (2022) reveals that women are more likely to stay in STEM careers if they have mentorship

and networking opportunities. Research by McKinsey & Company (2020) has revealed that companies with a higher level of gender diversity in their STEM positions are 25% more likely to be profitable than others. According to a study by Deloitte in 2019, women are more likely to continue pursuing their STEM education and careers when there are visible role models in their field. Despite the progress achieved, the work is far from over. The gender gap persists in both education and the workforce, but through collective effort, we can create a more inclusive and equitable environment for future generations of women in STEM.

Geopolitics of Health: Decoding Trump's WHO Decision

President Donald Trump commenced the process for the United States to exit the World Health Organization (WHO), which aligned with his campaign pledge that criticized the organization's response to pandemics and its perceived ties to China. By initiating the withdrawal of U.S. membership, Trump confronted the WHO's role in global health coordination, indicating a major change in American engagement with international organizations and embodying his "America First" foreign policy approach, even though the U.S. was the largest financial supporter of the organization, contributing about \$400 million each year. The day-one executive order fulfills Trump's campaign promise to reject global institutions. Health experts worry it isolates the U.S. with consequences for pandemic and disease response and diplomatic relations worldwide.



Anish Singh

The U.S. is and has historically been the largest funder of the global health agency headquartered in Geneva, Switzerland. WHO, part of the United Nations, is tasked with preparing for and fighting health emergencies. The U.S. has strongly influenced the agency since its founding after World War II. Despite his promise, he failed to do so under U.S. law

governing the timeline for withdrawal and funding obligations to the agency. Former President Joe Biden reversed Trump's decision after taking office and restored funding to WHO. Trump's executive order on the first day of his second term rather than the last year of his first presidency allows him to actually carry out his decision. The United States has been a member of the World Health Organization since it was established in 1948, and if it were to withdraw, it would be the only major nation not part of the 194-member organization. WHO Director-General Tedros Adhanom Ghebreyesus stated that the agency will work diligently with the new Trump administration to enhance global health security, as noted by Tarik Jašarević, a spokesperson for WHO, in an email. Jašarević mentioned that the collaboration between WHO and the



U.S. has "protected and saved millions of lives in America and globally," as highlighted by the director-general.

Grave Strategic Error Health Experts Say

- ▶ Trump's declaration was anticipated by health authorities. Both in discussions with the public and in private settings, officials and scholars expressed worries about the move, citing potential risks to the health of both the nation and the globe.
- ▶ In December, Dr. Ashish Jha, the former COVID-19 response coordinator for the Biden administration, labeled it a "disastrous error" for the global population and a "significant blunder" for the United States.
- ▶ "This will represent a major strategic misjudgment that will diminish

America's health and safety," Lawrence Gostin, a public health authority and faculty director at Georgetown University's O'Neill Institute for National and Global Health Law, stated to USA TODAY.

"The withdrawal is likely to lead to America's isolation," Gostin added. "It will create diplomatic separation and hinder our ability to respond effectively to pandemics. Gostin said exiting the WHO would be an "own goal" for the US and would come at the cost of the "enormous influence" the country has in global health. "I think it would be deeply avers to US national security interests. It would open the door to the Russian Federation, China and others. That might also be true with the BRICS: South Africa, India, Mexico," Gostin told DW. Can "America First" protect itself from global health challenges? Trump has ordered his government to identify "credible and transparent United States and international partners to assume necessary activities previously undertaken by the WHO." At the same time, the new administration is likely to wind down a Biden-era Global Health Security Strategy intended to monitor and protect against infectious disease threats.

Dopamine Makes You Feel Happy

Dopamine is a type of monoamine neurotransmitter. It's made in your brain and acts as a chemical messenger, communicating messages between nerve cells in your brain and the rest of your body. It also works as a hormone. Your body makes dopamine, along with two other important chemicals—epinephrine (adrenaline) and norepinephrine. These chemicals help control things like your heart rate and stress response. Dopamine is made in different parts of your body, including your brain and adrenal glands (tiny organs on top of your kidneys). Your brain also releases dopamine as a hormone to help control certain functions.



Nandini Agarwal

Function of Dopamine

- ▶ **Movement.**
- ▶ **Memory.**
- ▶ **Pleasurable reward and motivation.**
- ▶ **Behavior and cognition.**
- ▶ **Attention.**
- ▶ **Sleep and arousal.**
- ▶ **Mood.**
- ▶ **Learning.**
- ▶ **Lactation.**



That's dopamine at work.

- ▶ **Social-Media and Dopamine** – Every time you get a like, comment, or notification on social media, your brain releases a small amount of dopamine, making you want to keep checking your phone.
- ▶ **Food Cravings** – Eating your favorite junk food, like pizza or chocolate, gives a dopamine rush, making you crave it again. That's why unhealthy food can be addictive.
- ▶ **Exercise and Motivation** – When you work out, run, or play a sport, your brain releases dopamine, making you feel energized and happy afterward. That's why exercise is often called a natural mood booster.

How Dopamine Affects Everyday Life

- ▶ **Feeling Happy After Achievements** – When you finish a task, like completing homework, winning a game, or getting a compliment, you feel good.

Happiness Index 2024

The World Happiness Report 2024 ranks countries based on their happiness scores, which are derived from Gallup polling data. Here are the top 10 happiest countries according to the report:

- ▶ **Finland:** Ranked first with a happiness score of 7.344.
- ▶ **Denmark:** Ranked second with a happiness score of 7.583.
- ▶ **Iceland:** Ranked third with a happiness score of 7.525.
- ▶ **Sweden:** Ranked fourth with a happiness score of 7.344.
- ▶ **Israel:** Ranked fifth with a happiness score of 7.341.
- ▶ **Netherlands:** Ranked sixth with a happiness score of 7.319.
- ▶ **Norway:** Ranked seventh with a happiness score of 7.302.
- ▶ **Luxembourg:** Ranked eighth with a happiness score of 7.122.
- ▶ **Switzerland:** Ranked ninth with a happiness score of 7.06.
- ▶ **Australia:** Ranked tenth with a happiness score of 7.057.

Out of 143 Countries, India Ranked 126 — the Same as Last Year's Index Position.

- ▶ Older age is associated with higher life satisfaction in India.
- ▶ On average, older men in India are more satisfied with life than older women.
- ▶ **Listening to Music** – When you listen to your favorite song, dopamine is released, making you feel relaxed, excited, or emotional.

BOOK NOOK



BOOK – Dust

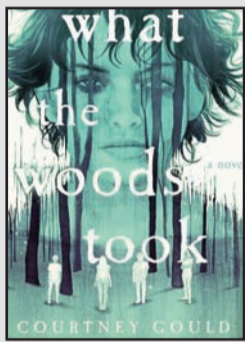
Mugdha Jugran

Book: Dust
Author: Alison Stine
Published: December 3, 2024,
by Wednesday Books
Rating: 4 stars



Dust by Alison Stine is a haunting, atmospheric novel that explores themes of survival, isolation, and the ravaging effects of environmental collapse. Set in a remote Appalachian town, the story follows Darlene, a woman grappling with her troubled past and uncertain future. Stine's writing paints a vivid picture of a world on the brink, capturing the emotional depth of its characters and their struggle to find hope amidst devastation. The novel is both gritty and lyrical, offering a poignant reflection on human resilience and the consequences of neglecting the planet.

Book: What the Woods Took
Author: Courtney Gould
Published: December 10, 2024
by Wednesday Books
Ratings: 3.8 stars



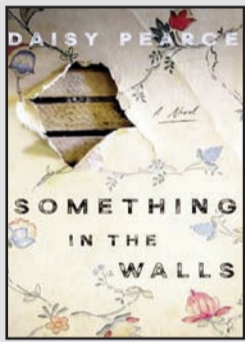
What the Woods Took by Courtney Gould is a suspenseful YA thriller set in a town haunted by dark magic. Quinn must uncover the truth behind her sister's disappearance, facing family secrets and supernatural forces. Atmospheric, eerie, and packed with mystery.

Book: Perfect Storm
Author: Paige Shelton
Published: December 3, 2024
by Minotaur Books
Ratings: 4 stars



Perfect Storm by Paige Shelton is a cozy mystery set in a small Alaskan town. When a violent storm traps residents, a local woman is found dead, and it's up to the protagonist, Beth, to unravel the secrets surrounding the death. Blending suspense with a close-knit community vibe, this book offers intrigue, warmth, and twists. Great for fans of atmospheric mysteries with a hint of romance.

Book: Something in the Walls
Author: Daisy Pearce
Published: February 25, 2025
by Minotaur Books
Ratings: 3.5 stars



Something in the Walls by Daisy Pearce is a chilling, atmospheric thriller that follows a young woman who moves into an old house, only to uncover disturbing secrets lurking within its walls. As she digs deeper, she begins to unravel a dark history tied to the house and its previous inhabitants. Tense and eerie, Pearce's storytelling keeps readers on edge, blending psychological suspense with supernatural elements. A perfect choice for fans of haunted house mysteries.

ISRO's Milestone, Great Achievements for India

Abhanshu Dwivedi

2024 was a remarkable year for space exploration and scientific advancement, with ISRO achieving numerous milestones and successes in its various missions. ISRO's accomplishments have greatly benefited India and provided a forward-thinking vision for its people and elevated India's status in global space exploration. From groundbreaking satellite launches to advancements in reusable launch vehicles and preparations for the Gaganyaan human spaceflight mission, a great impact in India in the field of Astronomy.



XPoSat: Pioneering X-ray Polarimetry

A dedicated mission to study the polarization of cosmic X-rays was successfully launched on January 1, 2024, at 9:10 AM IST, using a PSLV-DL rocket from the Satish Dhawan Space Centre. The mission will focus on observing the 50 brightest known sources in the universe, such as pulsars, black hole X-ray binaries, active galactic nuclei, neutron stars, and non-thermal supernova remnants. Cosmic energy has always been the interest of Indian society and studying these will be a significant

advancement in India's space-based astronomical research. The data collected from this research will help in contributing to deeper understanding of energies which can enhance the equipment for space and positioning India as a key player in global space research.

Aditya-L1: India's First Solar Mission

India's maiden solar mission, Aditya-L1, reached its halo orbit at the Lagrange point (L1) on 6 January 2024. Launched on 2 September 2023, this spacecraft will study the Sun's atmosphere, including its photosphere, chromosphere, and corona. Aditya-L1 aims

to enhance our understanding of solar activities and their impact on space weather. This knowledge in India is crucial for improving satellite communication and navigation systems, protecting space-based technologies from solar radiation hazards and advancing scientific research in Heliophysics.

INSAT-3DS: Strengthening Weather Monitoring

INSAT-3DS is an Indian meteorological satellite launched on February 17, 2024, at 17:35 IST from the Satish Dhawan Space Centre, Sriharikota, using the GSLV-F14 rocket. Another milestone which is designed

for a 10-year operational life, the satellite enhances India's capabilities in weather forecasting, disaster management, and environmental monitoring. India always faces Tsunami and other weather disaster leading to loss of lives and resources, this can help India to be better in the management of natural calamities.

Reusable Launch Vehicle Achievements

ISRO achieved breakthroughs in reusable technology with two successful landing experiments (RLV-LEX-02 and RLV-LEX-03) in 2024. Conducted in March and June, these tests demonstrated autonomous landing capabilities from complex flight conditions was released from a Chinook helicopter at a height of 4.5 km. ISRO validated critical technologies like navigation, control systems, and high-speed landing essential for reusable vehicles.

This year also ISRO is preparing for achieving more and more milestone and a big achievement of taking man to the space. As we embrace knowledge and education, the shadows of a 200+ years of oppression and historical setbacks. A new dawn approaches a brighter destiny for our country.

Pushing Yourself Beyond Your Comfort Zone: Alumni

Kushagra Garg



Monty, a passionate technophile, reflects on his transformative journey as a BCA (Batch 2016-19) student at IMS. His love for technology and its ever-evolving nature fueled his drive to excel, laying a strong foundation for his career in the tech world.

This features an interview with Monty, a recent BCA graduate from IMS. In this conversation, Monty shares insights about his academic journey, the challenges he faced during his studies, and his aspirations for the future. Read on to learn more about his experiences and perspectives as a fresh graduate stepping into the professional world.

Can you tell us about your journey at IMS College during your BCA years and how it shaped your career?

My BCA journey at IMS provided me with a strong academic and practical foundation, enhancing my technical and problem-solving skills. The curriculum, combined with hands-on projects, deepened my understanding of computer science

and IT concepts. Engaging in hackathons, research work, and extracurricular activities refined my analytical thinking and teamwork abilities. This transformative experience has equipped me with the expertise and confidence to excel in my professional career.

What inspired you to choose the field of computer applications, and how has the industry evolved since you started?

Inspired by my deep passion for technology, I have closely observed its rapid evolution over the years. The industry has witnessed groundbreaking advancements in AI, cloud computing, and automation. These innovations are reshaping businesses, enhancing efficiency, and transforming user experiences. Staying updated with these trends fuels my curiosity and drives my continuous learning.

What were the most valuable skills or lessons you learned during your time at IMS that you still apply in your professional life?



MONTI ALUMNI

I learned that adaptability is crucial in overcoming challenges and thriving in dynamic environments. Effective teamwork enhances collaboration, problem-solving, and achieving shared goals efficiently. Continuous learning is essential for personal and professional growth, keeping up with evolving trends and skills. Embracing these lessons has strengthened my ability to navigate diverse situations with confidence and resilience.

What advice would you give to current BCA students at IMS who are aspiring to excel in technology-related careers?

Mastering core concepts builds a strong foundation for problem-solving and innovation. Engaging

in real-world projects enhances practical skills and deepens understanding. Staying curious about emerging technologies keeps you adaptable and ahead in the field. A combination of these ensures continuous growth and career success.

Can you share a memorable experience or project from your college days that significantly impacted your learning or career path?

One of my most memorable projects was developing a comprehensive management system, which involved designing databases, optimizing workflows, and enhancing user experience. This project challenged me to apply my technical knowledge in a real-world scenario, improving my problem-solving abilities. Successfully completing it not only strengthened my coding and analytical skills but also deepened my understanding of project management. The experience significantly boosted my confidence, proving my capability to handle complex technical tasks effectively.

How do you stay updated with the latest trends and

technologies in the rapidly changing IT industry? Any tips for students?

To stay updated, I regularly follow industry blogs, attend insightful webinars, and engage in hands-on projects. This approach helps me stay informed about the latest trends, tools, and technologies.

Students should also adopt these strategies to enhance their learning and practical understanding. Actively exploring real-world applications will keep them ahead in their field.

What message would you like to convey to your juniors at IMS College to help them make the most of their time here?

Maximize your experience at IMS by actively developing your technical and soft skills through hands-on projects and learning. Embrace challenges as opportunities for growth, pushing yourself beyond your comfort zone.

Stay curious and updated on the rapidly evolving tech industry to remain adaptable. Foster a mindset of continuous learning to keep pace with emerging trends and technologies.

CAREER CANVAS

Turning Feedback Into a Tool for Career Growth

Nowadays, many people get offended when someone gives them opinions about their work. Maybe because negativity is so widespread, feedback is often mistaken for criticism—a blow to one's confidence. But if you truly want to grow, you can utilize it as a powerful tool for success.



Sushma Jha

Change your mindset

Feedback can be reframed as an opportunity for improvement—can be a stepping stone to sharpening your skills, fixing blind spots, and excelling in your field. For example, instead of thinking, "They don't like my work," try asking yourself, "How can I improve this?"

Identify the intent behind the feedback

Some people criticize simply out of insecurity or negativity. The key is learning how to filter valuable feedback from meaningless criticism and use it to accelerate your growth. Ask yourself: "Is this person giving me constructive feedback or just being negative?"; "Do they have expertise in this area?"; "Are they pointing out something specific, or just making vague/judgmental remarks?"

For example, if someone says, "your presentation was not good"—instead of doubting yourself, ask, "Can you be specific about what needs improvement?" If they can't

give specifics, they probably have nothing valuable to say.

Think before you react

Often, people tend to act or react impulsively—and then regret later on. The next time someone gives you any feedback, resist the urge to immediately respond or justify yourself. Pause, absorb, and reflect before reacting.

Building on to the previous

example, let's say that you got the feedback that your presentation was well structured, but your voice was very low and your tone was monotonous. Now, before you start justifying it, repeat what you understood: "So, I should work on my voice modulation and style of delivery?" This approach shows openness and willingness to improve.

Separate Emotion from Improvement

Receiving criticism can sting, especially when you've put your heart into your work. But remember: Feedback is about the work, not you. When you feel defensive, take a deep breath and ask yourself: What can I learn from this? How can I use it to grow?

Handle Unfair or Toxic Criticism Smartly

Some people criticize just to feel superior, not to help you grow. If feedback is vague, overly negative, or personal, it's not worth your time. Ignore personal attacks and focus on mentors and constructive sources.

If you have any query email to head.cdc@imsuc.ac.in

UPCOMING EVENTS

Harshi Goel

- ▶ **Chinese New Year:** This is celebrated on February 17, 2025 and this marks the start of the Lunar New Year with the celebrations that last for several days, including parades, fireworks and feasts.
- ▶ **Academy Awards (Oscars):** This is the event, which is celebrated on February 25, 2025, and it is the Hollywood's biggest nights, recognizing achievements in film industry.
- ▶ **Mardi Grass:** This is celebrated on February 25, 2025, and with the celebrations of full parades, music and festivities in New Orleans, marking the lent of start.
- ▶ **Carnival Festival:** This is celebrated between February 25 to March 5, 2025 and with the major celebration before the beginning of lent, especially known in places like Brazil, Italy, and other parts of the world.
- ▶ **World Book Day:** This is celebrated on March 5, 2025 with a celebration of reading and literature of many countries.
- ▶ **Spring Equinox:** It is celebrated on March 20, 2025 from the official start of spring in the Northern Hemisphere, marked by a balance of daylight and nighttime hours.



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WE HAVE NO BRANCH IN NOIDA

News Brief ...

Session on Startup Chronicles: Lessons from Real-Life Entrepreneurs



Ghaziabad (IMS News Service): The Technology Incubation Foundation-IMSEC (TIF-IMSEC) organized an inspiring session titled "Startup Chronicles: Lessons from Real-Life Entrepreneurs" at IMS Engineering College, in collaboration with IMS

Ghaziabad. Designed to enlighten and empower graduating students, the event featured renowned entrepreneurs, including Dr. Prasoorn M. Tripathi, Ms. Shilpi, Mr. Shubham Tyagi (PGDBM Alumni, IMS Ghaziabad), and Mr. Shardul Jha (B.Tech-BT Alumni, IMSEC Ghaziabad), who shared their valuable entrepreneurial experiences. Sincere thanks was extended to Prof. (Dr.) Shailesh Tiwari, Director, IMS Engineering College, for his constant support and guidance. Dr. S. N. Rajan and Dr. Monika Nagar attended the session and appreciated its relevance and impact on aspiring entrepreneurs.

Expert Session Organized



Ghaziabad (IMS News Service): Department of MBA at IMSEC has organized a session on "Expert Session from Mr. Heitesh Srivastav", Owner of 'BagBugs' Company. The speaker had taken an insightful session of MBA first year students related to industry, Start-ups and the process to establish their own business ideas.

Mr. Heitesh Srivastava has also guided and assured the students regarding internships opportunities in Bag Bugs as well as the job opportunities in the company. Students had asked various doubts regarding start-ups, and marketing and branding of new business ideas. The insightful summarization by HOD Dr. M. P. Singh had put a remarkable impact on students and fully assured about great opportunities that are coming for students in terms of industry interaction, leaning and job placements in coming future. He had given his best regards and willing to continue the MOU between IMSEC and Bag Bugs. The event was successfully coordinated by Faculty Coordinator Dr. Siby James.

The Centenary Birthday of Former



PM Atal Bihari Vajpayee

Ghaziabad (IMS News Service): The social club of Department of MCA proudly celebrated the Centenary Birthday of Honorable Shri Atal Bihari Vajpayee, the Former Prime Minister of India as a heartfelt tribute to one of the most esteemed leaders of our nation. The program started with the welcome address by Dr. Kavita Saxena, head of the department. Students of MCA & BTech(BT) participated with full enthusiasm and interests.

It was a memorable occasion filled with reverence and admiration for Shri Atal Bihari Vajpayee Ji. The students presented poems that reflected Atal Ji's poetic genius, his life, and achievements, further enhancing the spirit of the event. Dr. Ajay Sharma, Head and faculty members of BT Dept were also present during the session. The program was very well coordinated by Ms. Neelu Mourya, Asst. Professor, and student coordinators. Our esteemed Director Prof.(Dr.) Shailesh Tiwari appreciated the entire team of MCA dept. for organizing this event. Program ended with the national anthem to salute true leader of our nation.

Workshop on Innovation & Higher Studies for IT Professionals

Ghaziabad (IMS News Service): Department of Information Technology of IMSEC organized Workshop on "Innovation & Higher Studies for IT Professionals". The session was conducted by B.Tech(IT) Alumni Mr. Shantanu Mukharjee (Batch 2008-12) who is working in USA as a Senior Software Engineer with Amazon, Texas, USA. The B.Tech(IT) students participated in the event through online mode. Mr. Shantanu highlighted the various issues of technical advancements in IT industry and the

Industrial Visit to MoMagic Pvt. Ltd. Noida

IMS News Service

Ghaziabad: To bridge the gap between academic learning and industry practices, an industrial visit was organized for MCA 1st-year students to MoMagic Pvt. Ltd., Noida. This visit, accompanied by Mr. Varun Chaudhary, Assistant Professor from the Department of MCA, provided an excellent opportunity for the students to gain insights into the functioning of the IT industry.

The visit commenced with a warm welcome from



the MoMagic team, led by their CEO, Mr. Arun Gupta, followed by an informative session on the company's vision, mission, and core areas of expertise. The students were introduced to various domains such as mobile app analytics, digital advertising strategies, and

AI-driven consumer insights. The experts shared real-life case studies and examples of how data-driven decisions are transforming businesses.

Introduction to MoMagic's Expertise: A detailed overview of MoMagic's core

specializations and expertise in cutting-edge technologies.

Recruitment and Career Opportunities: Comprehensive details about the recruitment process, placement opportunities, and internship programs.

Industry Insights: An understanding of career growth, meeting industry expectations, and the importance of staying updated with emerging tech trends.

Interactive Q&A Session: A highly engaging session addressing career opportunities, effective placement strategies, and the significance of the latest technologies in shaping future careers. The visit concluded with a group photograph and words of encouragement from the faculty

coordinator, Mr. Varun Chaudhary, who thanked the MoMagic team for their hospitality and efforts in making the visit a memorable learning experience. Prof. (Dr.) Kavita Saxena, HOD MCA, congratulated all the participants and extended her best wishes for their future endeavours. This visit was an incredible opportunity for our students to gain real-world exposure, connect with industry professionals, and prepare themselves for future challenges in the tech domain.

Advitiya Society Inauguration: A Celebration of Talent, Unity, and Growth

IMS News Service

Ghaziabad: IMSEC delightfully shared the success of the grand inauguration of "Advitiya", the cultural society of IMS Engineering College. This occasion was celebrated with great zeal and enthusiasm. In the article on Hindi Diwas, please change the title to - Hindi Diwas Celebration in Collaboration with IIC The ceremony was inaugurated by our esteemed Prof. (Dr.) Shailesh Tiwari, Director of IMS Engineering College, and graced by the presence of Dr. SN Rajan, Dean Academics, along with IMSEC Cultural coordinators Prof. (Dr.)



Savita Agarwal and Dr. Sachi Singh. The event was also enriched by the presence of Heads of Departments and other faculty members.

Advitiya is a vibrant umbrella society comprising five dynamic clubs:

Udgam (Dance Club) - Celebrating rhythm and grace.

Aaroh (Singing Club) - Nurturing melodious



voices. Anukriti (Creative Club) - Unleashing artistic expression. Pratyaksh (Drama Club) - Bringing stories to life on stage.

Shrutivang (Literary Club) - Inspiring intellectual and literary pursuits.

Adding to the day's significance, a Tree



Plantation Ceremony was conducted, symbolizing growth, sustainability, and our commitment to a greener future.

Another major highlight was the launch of Advitiya's official LinkedIn ID, connecting the society to a broader audience and opening doors for wider engagement and collaboration.

Celebration of Republic Day



IMS News Service

Ghaziabad: 76th Republic Day was celebrated at IMS Engineering College, Ghaziabad, with immense enthusiasm, honoring the spirit of patriotism and unity. The event, organized by the college's cultural society, Advitiya, was graced by the presence of the Prof. (Dr.) Shailesh Tiwari, Director IMSEC, Ghaziabad along with Department heads, faculty, staff members and students. The program commenced with the solemn unfurling of the National Flag, followed by the National Anthem. Prof. (Dr.) Shailesh Tiwari delivered an inspiring address, while a



patriotic poetry recitation and lively cultural performances celebrated India's rich heritage and diversity. The celebration reflected the college's dedication to instilling national pride and responsibility in its students, leaving everyone motivated to contribute to the nation's growth.

Interactive Session on Human Values

IMS News Service

Ghaziabad: The department of Applied Sciences & Humanities in collaboration with "Institute's UHV Education Cell" under the aegis of IQAC, organized an interactive session on "Achieving Work-life Balance through Human Values: The only Mantra to climb Professional Ladder", via offline mode for "Faculty Members and Non-Academic Staff" of all departments.

The "Key Speaker was



Dr. N.K. Sharma", Coordinator B.Tech. 1st Year.

The program was extremely informational, eye opening and enlightening. The staff members had raised their queries and solutions were bestowed to them instantly.



The members cherished and praised the session as they found the same fruitful and beneficial for their personal and professional development. Dr. Naveen Kumar Sharma contributed his experiences and enriched the session wholeheartedly. Prof. (Dr.)



Jyoti Sinha, HoD of B. Tech. 1st year, had praised the organizing team for their success and taking initiatives for life changing endeavors through refinement of the thought processes. The event was well coordinated by Dr. Subhash Mishra.

MOU Signing and Expert Session on Entrepreneurship and Young Leadership

IMS News Service

Ghaziabad: In IMSEC, Department of MBA has organized an MOU signing and expert session on "Entrepreneurship and Young Leadership" with Mr. Tejas.S from Yash Foundation, Ahmednagar, Maharashtra. The Guest speaker has taken an insightful session of MBA first year students related to Entrepreneurship,



Leadership, and other skill sets. Students had asked various doubts regarding



vision in life and Profession, leadership and value of time. The insightful



summarization by HOD Dr. M. P. Singh had put a remarkable impact on students and fully assured

leaning and other skill sets furthermore. He has given his best regards and continued the MOU between IMSEC and Yash Foundation. The event was successfully coordinated by student coordinator Ms. Ishvita Lohri, Ms. Sanchi Sharma, Ms. Shradha Singh and Mr. Rachit Bansla along with Faculty Coordinator Dr. Siby James and convener himself Hod MBADr.M.P.Singh.

Hindi Diwas Celebration with Collaboration IIC

IMS News Service

Ghaziabad: Department of MBA of IMS Engineering College, Ghaziabad, collaborating with IIC Department has celebrated 'Hindi Diwas' on 10th of January 2025 in A block. In the event department has initiated the program with Essay writing, Debate and Poetry competition. MBA first year students has participated in the event with



full enthusiasm. The insightful summarization by HOD Dr. M.P. Singh has put an remarkable impact on



students for valuing our Nation, language and culture. Moreover, Department has got great guidance, support and



encouragement through the judges and team of faculty members as well. Student Coordinators were Ms. Sheetal Anjali, Ms.



Shradha Singh, Mr. Vishu Tyagi and Ms. Muskan Yadav along with event faculty co-ordinator Dr. Kavita Singh and Dr. Anurag Aggarwal.

Excursion Trip to Rajwada Farms



IMS News Service

Ghaziabad: To rejuvenate employees and enhance their team spirit, an excursion trip was organized for all the faculty and staff members to Rajwada Farms - Ethnic Village, Sports and Adventure Camp, Faridabad. The trip was tailor-made to

facilitate better understand of the real, multicultural world. Rajwada Farms provide a trip down the memory lanes to the village life of India. A place for urban dwellers who seek solitude and peace far from maddening cities, which are looking for authentic rural experiences to refresh their memories. The

place is set off the beaten path, the rich rural experience let you discover the vibrant culture of a typical Indian village, indulge in delectable local food, uncover traditions and ways of rural life, rejuvenate your spirit with the folk music & dances. From various thrilling activities like Rope

Climbing, Zip Lining, Sky Bike, Zorb Roller, Commando Training to exploring the village life for a day, was the enthralling moments for everyone. Excursion trips are an excellent way to learn about new places and cultures. This trip was filled with exciting experiences. The destination

that we visited provided us with a diverse learning experience that was both educational and exciting. The tour signifies the importance of preserving our history, culture, and environment. Overall, it was an enriching experience that everyone will cherish for years to come.

Strengthening Global Academic Ties

IMS News Service

Ghaziabad: Institute of Management Studies (IMS) Ghaziabad - Business School, India delightfully announced the significant milestone of signing of a Memorandum of Understanding (MOU) with Kathmandu University, School of Management, Nepal, during the insightful visit of Roshee Lamichhane, Assistant Professor, KU, School of Management. This partnership signifies a shared commitment to fostering innovation, collaboration, and global excellence in education. Through this MOU, both institutions aim



to:
 ▶ Facilitate student and faculty exchange programs, enabling immersive international learning experiences.
 ▶ Collaborate on cutting-edge research and consultancy projects to address global challenges.
 ▶ Offer joint courses and virtual cultural exchanges, bridging cultures and academic perspectives.
 ▶ Organize round-table discussions and symposiums, creating platforms for intellectual exchange.
 This alliance reflects the vision of empowering students and faculty with global exposure, collaborative opportunities, and cultural insights to thrive in a dynamic world.

News Brief ...

Proud Winner of 3-Star Rating-

IMS News Service
Ghaziabad: IMS Ghaziabad has been awarded a 3-Star Rating by the Ministry of Education, Govt. of India for fostering Innovation, Entrepreneurship, and Startup culture on campus (2023-2024). This achievement reflects our unwavering commitment towards creating an ecosystem that nurtures young innovators and future entrepreneurs.

Joy of Giving- A Noble Contribution

IMS News Service
Ghaziabad: IMS Ghaziabad's Aabhaa Club organized a heartwarming event, spreading joy and happiness among underprivileged children. It's heartwarming to see the power of small acts coming together to create such a meaningful impact during your Daan Utsav Drive. The institution praised the amazing team, donors, and everyone involved for making the drive a success!

IMS Ghaziabad Organized Winter School

IMS News Service
Ghaziabad: Winter School 2024 was a journey of insights, inspiration, and impact. With visionary leaders like Dr. Vishal Talwar, Mr. Pronoy Dutt, Mr. Sudhanshu Shekhar, and CA Neha Gupta, students explored new horizons and gained invaluable knowledge.
Startup Chronicles: Lessons from Real-Life Entrepreneurs
 IMS Ghaziabad hosted an inspiring session, 'Startup Chronicles: Lessons from Real-Life Entrepreneurs,' empowering the PGDM 2024-26 batch with invaluable entrepreneurial wisdom.

The Hostel Night Party Organized



IMS News Service

Ghaziabad: The Hostel Night at IMS Engineering College, Ghaziabad, brought the campus to life with a vibrant celebration that seamlessly blended academic excellence with spirited festivities. The evening resonated with laughter, music, and the energy of students coming together to create lasting

memories through dance, music, and camaraderie. At IMSEC, we take pride in nurturing not only academic brilliance but also the holistic growth of our students, ensuring they thrive both in their studies and in experiences that shape their lives. This unforgettable night stood as a testament to our commitment to fostering well-rounded individuals who excel in all aspects of life.

New Year Celebration



IMS News Service

Ghaziabad: New beginnings, endless possibilities as they say, the way you spend your New Year's day one is the way you spend the rest of the year. The faculty and staff members of the IMS Ghaziabad (University

Courses Campus) celebrated New Year's day for 2025 in the college campus on 1st January 2025 which was filled with great fun and enthusiasm. From laughter to resolutions, the day was a perfect start to the New Year, reflecting the spirit of unity and positivity that

defines IMS Ghaziabad. The event began at 12:00 PM at the College Lawn. The celebration kick started with a warm welcome addressed by Dr. Arun Kumar Singh (Director, IMS Ghaziabad, University Courses Campus). The highlight of the day was gift-exchanging activity called

Buddy of the Year 2025 that aimed to uphold the positive relationships that are valued and appreciated within the entire IMS family. The reason for such an activity was to promote efficient teamwork and increase employee confidence. The celebration was filled with engaging activities and fun games hosted by Mr. Monil Arora (Coordinator-Marketing), Ms. Nidhi Sharma (Assistant Professor, Management Department) and Ms. Shalini Sharma (Assistant Professor, Bioscience Department). These heartfelt moments strengthened the bond within our community. The organizing team was thankful to the management, HR department and Admin department for carrying forward the energy, optimism and dreams as we step into a promising year ahead.

Research Department Successfully Hosted the 7th Session of Insights Exchange

IMS News Service

Ghaziabad: Deliberations & Discussions at IMS Ghaziabad, brought together faculty members for an engaging session focused on innovative academic assessment practices. Dr. Prasoon M. Tripathi, PhD, Director IMS highlighted the importance of refining assessment tools to foster a student-centric,



inclusive, and sustainable education system. The collaborative discussions

sparked new ideas and strategies for enhancing assessment frameworks,

ensuring fairness, transparency, and improved learning outcomes.

National Startup Day

IMS News Service

Ghaziabad: The Department of Computer Science & MCA, in association with CSharp, organized an expert talk on "Innovation and Entrepreneurship in the Tech Industry." Conducted under the guidance of IQAC, the session brought together students, faculty, and industry professionals. Mr. Mahesh Chand, Founder & CEO of CSharp Inc., delivered the expert talk, highlighting AI, cloud computing, and software development trends shaping the entrepreneurial landscape. He shared valuable insights on overcoming start-up challenges and building scalable tech solutions. The event saw enthusiastic participation from MCA and



CS students, engaging in discussions on leveraging technology in startups. Prof. (Dr.) Shailesh Tiwari commended the organizing team, while Prof. (Dr.) Kavita Saxena appreciated Mr. Chand's impactful session. The event was successfully coordinated by Mr. Sanjeev Sanyal (AP, CS), Mr. Amit (AP, CS), and Ms. Deepshikha Rai (AP, MCA), along with student coordinators. Held at Auditorium, C-Block, IMS Engineering College, the session encouraged students to embrace innovation in their startup journey.

Informative Session on Current Trends in Engineering Job Markets



IMS News Service

Ghaziabad: The Department of CS of IMSEC organized a highly informative session entitled "Current Trends in Engineering Job Markets" in the C Block Auditorium for the students of B.Tech second year Dr. Irphan Ali



delivered an in-depth talk on the evolving trends in the engineering job market, emphasizing key areas like artificial intelligence, GenAI and data analytics. He highlighted the critical importance of adaptability, continuous skill development, and strong interpersonal skills in



providing attendees with actionable insights and guidance. The session was coordinated by Ms Kajal Kaushal & Ms Sonia Sharma, Department of CS. All the faculty members of Department of CS and the students of second year were present in the auditorium.

Republic Day Celebration



IMS News Service

Ghaziabad: IMS Ghaziabad (University Courses Camps) celebrated Republic Day with great enthusiasm and patriotism. The event was organized on college grounds, and students from all courses especially hostellers actively participated in the celebration. The event began with the hosting of the National Flag by the Director, Dr. Arun Kumar Singh followed by the singing of the National Anthem by all the students, faculty and staff members present. The college band then played the patriotic song & Vande Mataram which added to the patriotic

fervour of the event. Later, Dr. Singh shared his insights on the importance of the day, where he emphasized the importance of being responsible citizens and contributing towards the development of the nation. He also highlighted the significance of the Indian Constitution and the values enshrined in it. The Republic Day celebration in the college was a memorable event, showcasing the patriotic spirit and the cultural diversity of our institution. The event served as a reminder of the importance of our national identity and the need to work towards the development of our nation.

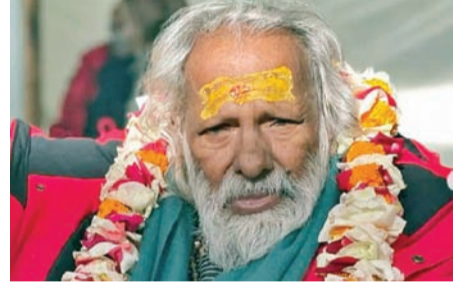
Spiritual Icons of Maha Kumbh 2025

New Delhi (Pratham Gupta): Maha Kumbh 2025 is held in Prayagraj and is expected to be attended by millions of devotees and sadhus from all over the world. Among the countless saints, three sadhus stand out for their spiritual wisdom, austere lifestyle, and profound influence on Hindu tradition.

Swami Avdeshanand Giri



Swami Avdeshanand Giri was a saint and the Acharya Mahamandaleswar of Juna Akhara, renowned for his profound spiritual knowledge and teachings of Vedanta. He played a significant role in the spread of Hindu philosophy across the world and has devotees in many countries. His words on honesty and self-awareness have won thousands of followers. The spiritual climax of the 2025 Mahakumbh Festival is expected to be his teachings and religious rituals.



Pilot Baba

Pilot Baba is a former Indian Air Force pilot and spiritual teacher who is revered for his unique experiences ranging from military training to deep meditation and good manners. He claimed to have mastered many yogic practices, including breath control and prolonged meditation techniques. His teachings focus on self-discipline, inner peace, and achieving understanding. On Mahakumbh 2025, his followers will gather to witness his philosophical insights and spiritual practices.

Naga Baba of Juna Akhara

Naga Sadhus are known for their extreme



asceticism and renunciation of material life and are one of the major attractions of Mahakumbh. One of the most revered among them is the Naga Baba of Juna Akhara. He practiced asceticism in a cave in the Himalayas for many years. His emergence, covered in ashes and with matted hair, symbolizes his detachment from

worldly life. The highlight of the event will be his participation in the Royal Procession (Shahi Snan), which is considered a spiritually enlightening moment for devotees.

Maha Kumbh 2025 is expected to be a grand spiritual gathering where these revered saints will offer guidance and wisdom to devotees. Their teachings and presence add immense value to the festival, making it a once-in-a-lifetime experience for those seeking spiritual enlightenment. The sacred rituals, discourses, and ascetic practices performed during this period will inspire millions to follow a path of righteousness and devotion.



Manya Joshi

Movie Name: SKY FORCE

RELEASE DATE: 24th JANUARY 2025
DIRECTOR: Sandeep Kewani, Abhishek, Anil Kapur
DISTRIBUTED BY: PVR Inox Pictures
Production companies: Jio Studios Maddock Films Leo Films UK Production
BASED ON: The real story behind the 1965 Sargodha Airstrike (fabricated with fiction)
MUSIC: Songs: Tanishk Bagchi Score: Justin Varghese
BOX OFFICE COLLECTION: Rs-11.25 crore (net) on its opening day

Multi-starrer new release SKY FORCE, a Hindi-drama film has gripped the audiences in its story consisting realism. I went in the theatre with low expectation but it proved me wrong. The story revolves around India's first airstrike, the Sargodha airbase attack of Pakistan in the Indo-Pakistani air war of 1965. This film came in limelight last year due to sharing similarities with the film Fighter (2024), unlike Fighter this film is packed with realism and the intensity of the scenes can be felt prominently. Akshay Kumar portraying Wing Commander Kumar Om Ahujagave one of his best performances he delivered recently alongside Veer Pahariya as Leader Ajamada Bopayya Devayya marking his debut with a decent performance. The leading ladies were marked Sara Ali Khan and Nimrat Kaur, their characters were not deeply explored but the performances got the job done.



The first half of this film gives you a slow burn as it explains about the details and teaches us about technicality of Indian force on contrary the second half acts as a roller coaster of emotions diving into disappearance of Veer's character. Props to the makers for executing the dogfights (an aerial battle between fighter aircraft that is conducted at close range) which were shot perfectly. The intensity in the cockpit were perfectly depicted by Akshay and Veer, their chemistry was the backbone of this film. The underwhelming aspects of this film comprises of the few unsettling CGI scenes, the song 'Rang' has decent music but the cinematography comes out as less introspected setup and it can act as a resistor in storytelling but the other background music was smartly used. The seriousness of the concept rather than fabricating the story into blaming others made this a fresh watch. Overall this was a decent family watch which could make you feel emotional and patriotic.

नागा साधु: त्याग, तपस्या के प्रतीक

मोक्षा त्यागी

नई दिल्ली। नागा साधुओं का जीवन रहस्यों से भरा होता है, जिसे बहुत कम लोग समझते हैं। संस्कृत में 'नागा' का अर्थ पहाड़ होता है, जबकि कछरी भाषा में इसका अर्थ बहादुर सैनिक होता है। ये साधु शास्त्रों के साथ-साथ शस्त्रविद्या में भी निपुण होते हैं।

नागा साधुओं का इतिहास आदि शंकराचार्य से जुड़ा है, जिन्होंने भारत की चारों दिशाओं में मठों की स्थापना कर, उनकी रक्षा के लिए नागा साधुओं की टोली बनाई। नागा साधु बनने की प्रक्रिया कठोर होती है। इसमें व्यक्ति पहले अपने शरीर का त्याग करता है, प्रतीकात्मक रूप से अपना अंतिम संस्कार करता है और पिंडदान के बाद नागा साधु की दीक्षा प्राप्त करता है। इतिहासकारों के अनुसार, नागा साधुओं की परंपरा सिंधु घाटी सभ्यता

से भी पुरानी है। खुदाई में मिले प्रतीकों पर जटाधारी साधुओं की मुद्राएं मिली हैं, जो इस परंपरा की प्राचीनता को दर्शाती हैं। कुछ ग्रंथों में उल्लेख मिलता है कि नागा साधु दुनिया के सबसे कुशल योद्धाओं में से एक हैं। इनका इतिहास जापान और चीन के सैनिकों से भी पुराना है। भारत में वर्तमान में 13 प्रमुख अखाड़े हैं, जो 16 से 20 वर्ष की आयु के युवाओं को नागा साधु बनने की दीक्षा देते हैं।

देश में चार लाख से अधिक नागा साधु हैं, जो कठिन तपस्या और आध्यात्मिक जीवन व्यतीत करते हैं। अब महिलाएं भी दीक्षा प्राप्त करने के बाद नागा साधु बन सकती हैं। हम नागा साधुओं से क्या सीख सकते हैं? नागा साधु हमें यह सिखाते हैं कि आनंद और प्रसन्नता

भौतिक वस्तुओं पर निर्भर नहीं होती। वे बिना किसी सांसारिक संपत्ति के भी संतुष्ट रहते हैं। उनका

जीवन हमें मानसिक नियंत्रण और आत्मनिर्भरता का मूल्य समझाने के लिए प्रेरित करता है।



जिंदगी



आर्या कुमारी

हाथ थामकर तुम अपना मन में रखना एक सपना। निकली हो एक कलम लिए भरकर स्याही में सपना। जो अधूरा रहा, उसे ख़ाब समझो जो मिल रहा उसे रब का दिया समझो। दिल दुखे किसी की बातों से तो उसे जिंदगी की सीख समझो। गले लगाकर अपने सपनों को तुम बस अपनी उड़ान भरों। न सोचो, क्या सिखलाएगी न सोचो क्या रुलाएगी। ये जिंदगी की सीख है ये सबको एक दिन आजमाएगी। सिसक-सिसक के बैठोगी तो दबकर ही रह जाओगी। गौंठ बाँध लो हिम्मत में तो पिंजरे संग उड़ जाओगी।।



Sportify



Shaurya Srivastava

Bopanna Claims the Australian Open Men's Doubles Championship at 43, Setting a Record



At 43, Rohan Bopanna made history as the oldest man to win a Grand Slam doubles title in the Open era, teaming up with Matt Ebden for a 7-6 (0), 7-5 victory over Simone Bolelli and Andrea Vavassori in the

Australian Open final. This marked Bopanna's first major title in men's doubles, achieving it on his 61st attempt with his 19th partner. Bopanna, soon to be ranked No. 1, broke the previous record, and Ebden secured his third Grand Slam doubles title. Bopanna joins Leander Paes and Mahesh Bhupathi as Indian Grand Slam winners.

India Vs England T20 Clash: Abhishek's Fireworks Stun England, But Rajkot Twist Keeps Series Alive



The much-awaited five-match T20 series between India and England kicked off on January 22, 2025, at Eden Gardens, Kolkata, with India claiming a remarkable victory by seven wickets in the opener. England batted first and scored 132 runs, which India chased down comfortably riding Sharma's belligerent innings of 79 off 34 balls. After the second T20 match which India won comfortably, the series turned gloomy for the Men in Blue as England returned on January 28, in the third T20 at Sardar Vallabhbhai Patel Stadium in Rajkot, winning a life-important match by 26 runs by setting a target of 172 runs. Adil Rashid's extraordinary bowling performance held India back from exploiting the full potential of their batting lineup as India succumbed to 145 runs with 9 wickets in hand. The series is now standing at 2-1 still going India's way but fueling great expectations for the remaining matches.

India Reigns Supreme in Inaugural Kho Kho World Cup, Clinches Double Victory



India made headlines by winning both the men's and women's championships at the first Kho Kho World Cup 2025 held at the Indira Gandhi Indoor Stadium, overcoming Nepal 54-36 and 78-40 on Sunday. Both the Indian men's and women's teams had vanquished Nepal in last year's Asian Kho Kho Championships in Assam and recognized their strengths and weaknesses. The seamless running and coordination of the Indian women's team was the standout feature of the decisive victory. India began robustly in Turn 1, with captain Priyanka Ingle taking the lead. Although Nepal had a short resurgence in Turn 2, India continued to hold their advantage. In the men's final, India similarly excelled, keeping control all through the game.

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India Open 2025: Axelsen and An Se-young Smash their Way to Victory in Epic Finals



At the India Open Super 750 badminton tournament in New Delhi, Viktor Axelsen and An Se-young emerged as champions. Axelsen, a two-time world champion and former India open winner, secured victory in the men's singles final, defeating Lee Cheuk Yiu from Hong Kong with scores of 21-16, 21-8, marking his third title despite battling injuries.

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इतिहास के कदम

आभाशु द्विवेदी

वैदिक काल की शिक्षा पद्धति विकास का मार्गदर्शक

शिक्षा समाज का दर्पण है और विकास के लिए एक महत्वपूर्ण साधन भी। पर आज भारत में शिक्षा की गुणवत्ता एक गंभीर चिंता का विषय बन चुकी है। देश में चल रही शिक्षा प्रणाली गुणवत्तापूर्ण शिक्षा और सृजन, योग्य एवं सक्षम नागरिक देने में असमर्थ दिखाई देती है। आजादी के इतने वर्ष बाद हम आज भी लॉर्ड मैकाले की रची हुई शिक्षा प्रणाली का प्रयोग कर रहे हैं। उसका उद्देश्य केवल गुलाम बनाना ही था, न की लीडर। आज हम अपनी शिक्षा पद्धति में विद्यार्थियों में अनुशासन, एकता और शिक्षकों में समर्पण की कमी, अत्यधिक शुल्क, ब्रह्म आचरण, रटत विद्या देख सकते हैं जो हमारे समाज को खोखला करता जा रहा है।

समाज के सफल कार्यान्वयन के लिए सही ज्ञान और सार्थक साधन जरूरी होता है। वैदिक काल की शिक्षा प्रणाली इन सभी गुणों से लैस थी। वैदिक काल की शिक्षा पद्धति बाल केन्द्रित थी जिसका उद्देश्य विद्यार्थियों के शारीरिक, मानसिक और बौद्धिक विकास को पाना था। वैदिक काल में ह्रस्वदेश पूज्यते राजा, विद्वान सर्वत्र पूज्यतेह के किंचार को माना जाता था जिससे ज्ञान की महत्ता को समझा जा सकता था। इस काल में सभी के लिए निःशुल्क शिक्षा का प्रवधान था जिसका जिम्मा समाज उठाता था। सभी को समान रूप से शिक्षा दी जाती थी। इससे समाज के सभी वर्ग एक साथ शिक्षित होकर समाज के विकास में सहयोग करते थे। आज हमारे देश में शिक्षा का स्तर गिर चुका है जिसके कारण समाज का एक हिस्सा शिक्षा से वंचित रह जाता है।

वैदिक काल में शिष्य अपने गुरु के साथ ही गुरुकुल में रहता था, जहाँ उन्हें लकड़ियाँ इकट्ठी करनी होतीं, जल लाना होता और ऐसे ही सभी घरेलू कार्य करते थे जिससे वे समाज के हर वर्ग का और कार्य का सम्मान कर सकें। वहीं आज की शिक्षा पद्धति ये सिखाती है कि यदि पढ़ाई सही से नहीं की तो इस प्रकार कार्य करने पड़ेंगे यानि इन कार्यों को आज अच्छा नहीं माना जाता है। इस काल में शिष्य अपने गुरु के साथ रहकर उनसे सही आचरण एवं अनुशासन सीखता और उन्हें ही अपना प्रेरणा स्रोत मानता था। परंतु



- ▶ वैदिक काल में पढ़ाए जाने वाले विषय :- दर्शन, भाषा (उच्चारण वा नियम), ज्योतिष, तर्क, वेद, गणित, विज्ञान इत्यादि
- ▶ वैदिक काल में पढ़ाने के तरीके :- बहस के जरिये चीजों को समझाना, वर्वा, वाद-विवाद, संगोष्ठियाँ इत्यादि
- ▶ वैदिक काल में संगीत और नृत्य जैसी अनेक कलाएँ शिक्षा में अहम भूमिका निभाती थीं। ये उस काल में सधना का स्वरूप थी जो एक विद्यार्थी के सम्पूर्ण विकास का एक अहम हिस्सा थी।

आज शिक्षक और शिष्य के बीच केवल पेशेवर संबंध बनता है। उनमें अन्य चीजों का अभाव दिखाई देता है। वैदिक काल में नैतिक मूल्य सिखाये जाते थे। साथ ही उनके व्यक्तित्व को संवारा जाता था। उन्हें हर तरह से अत्यनिर्भर और देश सेवा के योग्य बनाया जाता था हालांकि ये नैतिक मूल्य आज किताबों में तो होते हैं पर व्यावहारिकता में इनका नितांत अभाव देखने को मिलता है। यही कारण है कि आज समाज में ब्रह्मचर, कट्टरपन, भुखमरी, पक्षपात जैसे अव्युण दिखाई देते हैं। आज हम विकास की ओर तेजी से बढ़ना चाहते हैं पर हम अनुशासनहीन हैं और अपने नैतिक मूल्यों को खोते जा रहे हैं। इसके चलते हमें कई बाधाओं का सामना करना पड़ता है। यदि हम अपने देश को आगे बढ़ाना चाहते हैं, हमें अपनी शिक्षा पद्धति को सशक्त बनाने पर विशेष ध्यान देना चाहिए।