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# Youth is the Backbone in Shaping the Future

INS. TODAY



New Delhi: Youth are the foundation upon which the future of any society is built. With their energy, creativity, and determination, young people hold the potential to transform the world in ways that benefit humanity. They are not just leaders of tomorrow but active participants in shaping today's world. The power of youth in society is a significant demographic force, bringing energy and new perspectives to social, political, and economic spheres. Their ability to think beyond conventional boundaries allows them to drive change, challenge outdated norms, and inspire

progress. With their inherent optimism and resilience, people young are instrumental in addressing pressing global issues like climate change, poverty, and inequality. Historically, youth movements have been at the forefront of societal transformation. From the civil rights movement to modernday climate protests led by young activists, youth are proving to be powerful catalysts for change. Their ability to mobilize communities and leverage technology to spread awareness has amplified their impact. By voicing concerns and taking action, young people push for a fairer, more inclusive



#### **Empowerment of Youth**

The role of youth in shaping the future cannot be overstated. They are visionaries, innovators, and change-makers with the capacity to transform society. By empowering them and addressing the challenges they face, we can harness their potential to create a brighter, more equitable future for all. It is time to recognize the importance of youth in building a world where progress is not just a dream but a shared reality.

technology and innovation. From young entrepreneurs creating startups to students contributing to ground breaking research, the youth have become key drivers of technological advancements. Innovators such as Mark Zuckerberg and Malala Fund's team showcase how young minds can revolutionize industries and

#### Youth Face Significant **Challenges**

Despite their immense potential, today's youth face significant challenges. Economic instability, rising unemployment, mental health issues, and the pressure to meet societal expectations are some of the hurdles they encounter. Additionally, access to quality education, healthcare, and opportunities remains unequal in many parts of the world. These challenges can hinder their ability to contribute fully to society. Addressing these issues through targeted policies and support systems is crucial to empowering the youth.

critical role in boosting the economy. With their ability to take risks and embrace innovation, young entrepreneurs are creating jobs, driving economic growth, and addressing societal problems. From initiatives are fostering economic resilience. Continued on Page 2 ...



Intelligence: Transforming the Present and Shaping the Artificial Intelligence (AI) has become a cornerstone of technological advancement, revolutionising industries and redefining human interaction with technology. Its ability to process, analyse, and interpret massive datasets has enabled innovations across multiple domains, offering solutions to complex problems and improving efficiency. As we embrace this era of AI-driven transformation, it's essential to highlight recent advancements that showcase AI's profound impact on our lives.

#### **Recent Trends in AI**

Quantum-AI Collaboration

The convergence of AI and quantum computing is paving the way for unprecedented computational power. Companies like IBM and Google are developing quantumenhanced AI algorithms capable of solving complex problems in minutes, which would take traditional computers years. These advancements promise breakthroughs in fields like drug discovery, financial modelling, and climate change simulations. However, the technology remains in its infancy, with challenges like error correction and scalability requiring attention. **AI in Personalized Healthcare** 

AI is revolutionizing healthcare by enabling personalized treatment plans. Startups and research labs are leveraging AI to analyse patient data, predict disease risks, and recommend tailored therapies. A recent innovation is the development of AI tools that use genetic data to suggest preventive measures for chronic illnesses. Additionally, AI-powered mental health chatbots like Wysa and Woebot are providing accessible, affordable support to users worldwide.

AI's relentless evolution underscores its potential to address global challenges and improve quality of life. From healthcare to creativity, its applications are reshaping the future, highlighting the need to balance innovation with ethical considerations. As we step into this AI-driven world, one thing remains certain: the possibilities are limitless.



of the defining One

characteristics of today's youth is their affinity for

create solutions to global challenges. Their vision tech startups to sustainable businesses, youth-led shapes not only industries but also how we interact with the world. Youth entrepreneurship plays a

### **Guest Editor** of This Issue



From the Editor's desk Mrs. Aradhna Bajpayee **Principal** LN Public School Hapur

#### **Reimagining Education:** The Future of K-12 Learning in a Digital World

Beyond the confines of the classroom, learning is a continuous process. India's K12 educational institutions have come to recognize the critical need to prioritize experiential, project-based, hands-on, and individualized learning. With a 360-degree bandwidth, the digital platform has made digital education possible, adding a new dimension to learning. Even though the pandemic made digitizing education necessary, the only practical way to maintain continuous and consistent learning was to switch from offline to online learning-both synchronous and asynchronous—on the virtual platform.

The school curricula must be completely redesigned for blended learning, and the best features of both platforms must be combined to create the best possible collaboration that revitalizes classroom instruction.

A comprehensive understanding of the subject matter has been guaranteed by the shift from text book pages to threedimensional teaching aids and finally to digital platforms. Students are able to brainstorm, plan, work together, and draw conclusions from their own learning curve. In addition to being holistic, a well-rounded education should be effectively integrated. Art-integrated learning for all disciplines will be brought to new heights through a crossdomain linkage and a multifaceted, creatively designed high bay space. Learning from the environment is the main component of 360-degree learning. A degree of exposure and experience is established through experimentation and observational learning.

### आईएमएस गाजियाबाद ने किया कानपुर के शिक्षकों का सम्मान आईएमएस न्यूज सर्विस

गाजियाबाद । आईएमएस गाजियाबाद युनिवर्सिटी कोर्सेज कैंपस द्वारा कानपुर में शिक्षक सम्मान कार्यक्रम का आयोजन किया गया। कार्यक्रम का उद्देश्य कानपुर, के शिक्षकों का शिक्षा क्षेत्र में उनके अद्वितीय योगदान का जञ्चन मनाना एवं उन शिक्षकों को सम्मानित करना था। ये ऐसे शिक्षक हैं जिन्होंने अपनी प्रतिबद्धता और शिक्षा के माध्यम से न केवल स्कुली शिक्षा की गुणवत्ता में सधार किया है, बल्कि छात्र–छात्राओं के जीवन को समद्ध भी किया है ।

विस्तृत खबर पेज-7 पर

#### • Shaurya Srivastava

Abhishek Aggarwal, founderofGrivaa Capital, a prominent equity and angel investor, and a Certified Financial Planner, visited IMS Ghaziabad (University Courses Campus) for an entrepreneurship awareness session hosted by the E-Cell in collaboration with IIT Bombay. IMS Today reporter Shaurya Srivastava

hadtheprivilegeof interviewing Mr. Aggarwal, here are some key takeaways from his insights.

# **Resilience and Passion: The Keys to Entrepreneurial Success : Abhishek Aggarwal**

#### What inspired you to become a financial planner and investor?

I've always been passionate about finance, but my real inspiration to enter financial planning and investment came during my college days. At that time, India was undergoing significant economic transformations, most notably with the implementation of GST and the demonetization initiative. These changes not only reshaped the country's financial landscape but also made me realize the growing need for effective financial management and planning. Witnessing the impact of these events on individuals and businesses alike, I felt



compelled to step into this field. That's when I decided to establish Grivaa Capital, aligning the firm with the rising interest in financial investment and providing tailored solutions to help people navigate this evolving landscape. What challenges did you

face early in your career, and how did you overcome them?

I have faced numerous challenges. For instance, acquiring clients is difficult, and there are overhead expenses, among other things. The dynamics of team turnover are constantly changing. These can be very overwhelming at times, but I have learned that resilience is the most important thing. When things get tough, staying focused on your goals

is very important. You must have strong conviction in your business idea and believe in its potential, even when faced with setbacks. It is easy to lose hope, but the fact is that one needs to be persistent, adapt, and keep pushing forward. Entrepreneurship is a rollercoaster ride of ups and downs, but through dedication and confidence in the vision, one can navigate through any challenge. What things do you keep in mind while creating personalized investment plans that align with individual goals?

When creating personalized financial plans, I emphasize the importance of understanding each client's

risk appetite, financial goals, asset allocation, and insurance needs. Every individual is unique, and their financial situation requires a customized approach. I don't believe in offering a one-sizefits-all solution. Instead, I focus on designing a strategy that aligns with their specific needs and aspirations. Whether it's selecting the right investment mix or determining the appropriate insurance coverage, the objective is always to ensure that the plan reflects their best interests. A tailored financial plan can help clients achieve their long-term goals while managing risks and maximizing growth opportunities.

Continued on Page 2 ...

# Miscelläneous



# A Roadmap to Health and Happiness

#### Harvard Study on Positive Thinking

Harvard University did an important study about positive thinking. The research showed that thinking positively is strongly connected to feeling happy and satisfied with life. It showed that having a positive attitude can lead to more happiness and success in the long run. The study followed people for many years and found that those who stayed positive were happier, did better at work, had better relationships, and felt more successful. This is one example of how science proves the good things about positive thinking.

#### Health Benefits of Positive Thinking

- Better stress management and coping skills
- Enhanced psychological health
- Greater resistance to the common cold
- Increased physical well-being
- ▶ Longer life span
- Lower rates of depression
- Reduced risk of cardiovascular disease-related death

#### Nandini Agarwal

New Delhi: In today's busy world, thinking positively is more important than ever. Positive thinking doesn't just make us feel happy, it can also help our body stay healthy. When we focus on good feelings like joy and

hope, it makes tough times easier to handle. Positive thinking involves

focusing on the positives and replacing negative thoughts with a more optimistic outlook. This can include positive self-talk, positive imagery, and building selfesteem. Positive thinking

doesn't mean that you ignore life's less pleasant situations. Positive thinking just means you approach that unpleasantness in a more positive and productive way. **How to Practice** 

#### **Positive Thinking** Notice your thoughts: Start

paying attention to the type of thoughts you have each day. If you notice that many of them are negative, make a conscious effort to reframe how you are thinking in a more positive way. Write in a gratitude Practicing journal:

of positive benefits, and it can help you learn to develop a better outlook. Experiencing grateful thoughts helps people to feel more optimistic. Use positive self-talk: How you talk to yourself

can play an important role gratitude can have a range in shaping your outlook.

front of a screen.

missing

interactions,

Encouraging

loneliness

• Isolation – Isolation in

online learning arises from

disengagement.

face-to-face

causing

and

group

Studies have shown that shifting to more positive self-talk can have a positive impact on your emotions and how you respond to stress. According to book The Power of Positive Thinking written by Norman Vincent Peale, the precursor to The Secret, The Power of Positive Thinking has helped millions of men and women to achieve fulfillment in their lives. In this phenomenal bestseller, Dr. Peale demonstrates the power of faith in action. With the practical

जिंदगी में लाएं **खुशहाली** 

techniques outlined in this

#### book you can energize your life -- and give yourself the initiative needed to carry out your ambitions and hopes.Positive thinking and emotions can change our lives in amazing ways. By staying positive and taking care of our feelings, we can enjoy many benefits.

# **Online Learning:** Transforming Education in the Digital Era

Cons

#### Khushi Bisht

New Delhi: Online learning is rapidly transforming education, offering flexible and accessible solutions to a global audience. As technology evolves, its role in shaping the future of education is both promising and complex.

**Pros** • Accessibility-Online learning allows students to attend classes from any location of their choice. Online lectures can be recorded, archived and shared for future reference. This allows students to access the learning material at a time of their comfort.

• Efficiency – Online learning is highly efficient



available for use such as videos, pdf, podcast and • Technology Issue - It is a common challenge in teachers can use all these as online learning. Slow a part of the lesson plans. • Affordability – Online internet, broken devices learning is more affordable or software errors can cause hindrance in the traditional than learning. It eliminates smooth learning. additional costs like Without a good students' transportation, internet connection meals and classroom for students and materials It allows teachers there can students to pursue higher education or skill development without any financial burden of traditional school.

concerned about the health hazards of having their children spend so many hours staring at a screen. Sometimes students also develop bad posture and other physical problems due to staying hunched in

> projects, virtual discussions, and regular check-ins fosters connection and builds a sense of community, helping students feel supported and engaged in their learning journey. Online learning offers affordability, efficiency, and flexibility, making education inclusive and

accessible. However, challenges like technology issues, screen time, and isolation can limit its impact. Addressing these issues can unlock its potential full to transform education positively.

### **Best Practices on Processes of Improvement for Sustainability**



**IMS News Service** 

**Ghaziabad:** Ghaziabad Management Association has organized a competition among industries on "The Best Practices on Processes of Improvement for Sustainability" at IMT, Ghaziabad. Eight teams from various industries participated and shared their best practices on process of improvement for sustainability.

The presentations were made three categories: in Productivity improvement (TPM, Kaizen, 5S), Quality Initiatives (Zero Defects, Six sigma, TQM) and ESG (Energy saving, Maintenance, CSR initiatives). Winner team was from Shriram Pistons & Rings Ltd on the topic of Productivity Improvement in IP coating process.

First runner was from Micromatic Grinding on the

#### topic of ESG. The 2nd runner up was from ITC on the topic of quality initiative, CIR: Competition intelligence report.

The jury consisted of Mr. Anil Bhargava, Ex quality head of Moser Baer, Mr. Dinesh Agrawal Ex GM and national head of CSR / sustainability in NTPC and a consulting advisor in CII, Mr. Achal Pandey, Director- CCIL, and Mr. Mukul Gupta, Director Shimuk enterprises.

#### Industrial Visit for E-Waste Management

Ghaziabad (IMS News Service): processed, and recycled. The students Ghaziabad Management Association learned about techniques used for material

as it saves time and resources. It offers teachers an efficient way to deliver lesson to students. Online number of tools are

be a lack of continuity in learning. • Manage Time Many parents are

Screen

organised an industrial visit on "E-waste management at Eco-work session" for RCCV Girls college Ghaziabad. The visit was helpful in gaining firsthand knowledge about how ewaste is collected, segregated, dismantled, recovery, such as metals, plastics, and other reusable components. It provided real-world examples of supply chain operations, from ewaste collection to final disposal or repurposing.

### Industry Visit to Shriram Pistons & Rings Ltd

#### **IMS News Service**

Ghaziabad: Ghaziabad Management Association has organized an industry visit of Shriram Pistons & Rings Ltd for the students of RCCV Girls college. 55 Post Graduate students and 6 faculty members of Chemistry visited plating facility of SPRL to get to



know the plating process, chemical Laboratory, the DOs&DONTsofachemical Plating plant. They could see

the robots used in the process. SPRL's ETP plant was also visited by all students and faculty members.

### **GMA Organized Cricket Match**

**IMS News Service** 

Ghaziabad: Ghaziabad Management Association has organized "CRICKET MATCH" at ABES Cricket Stadium. GMA members from institutes, corporates and individual participated. The match of 12 overs between two teams was played.



by family members of GMA members also. A trophy to winner and runners up was awarded. The awards for

best all-rounder, batsman, and bowler were also given. All the players were awarded the medals.

#### **Continued Page 1...**

#### Youth is the Backbone in Shaping...

Governments and organizations worldwide are recognizing this potential by providing resources, mentorship, and funding to young entrepreneurs. Education is a vital tool that empowers youth to unlock their potential and shape their future. However, youth are not just recipients of education; they are also redefining its purpose. Many young individuals are advocating for an education system that focuses on critical thinking, inclusivity, and sustainability. They are taking the lead in creating learning platforms, mentoring programs, and advocating for accessible education for underprivileged communities, ensuring no one is left behind. The collective effort of youth, communities, and institutions is essential for shaping a better future. Youth must be provided with opportunities to lead and innovate while being supported by governments, organizations, and society. Building a world where young people can thrive requires investment in education, mental health resources, and sustainable development. Collaboration between generations can create a synergy that blends experience with fresh perspectives,

ensuring a balanced approach to tackling global challenges. Reimagining Education...

Current events should be the main focus of the school environment and the learning modules. Students will remain motivated and eager to learn with the help of contextualized, modern teaching methods. Teachers must continually rethink, reimagine, and plan in order to inspire students' curiosity, zeal, and joy in order to co-create and construct knowledge. In order to maintain that spark, the various learning strands must be integrated and there must be variation, modulation, and adaptation. Knowledge construction must replace knowledge acquisition, and this is something we must keep in mind.

Using design thinking to co-create knowledge and create their own prototypes through experiential methods with measurable results is another way to achieve meta learning, which fosters students' curiosity and personal development. The prevalence of prescriptive learning is declining. It is imperative that we update our pedagogical model with dynamic curricula that align with the 2020 National Education Policy recommendations, which prioritize competency-based learning over content-based learning. Since they had to switch to a virtual platform, the entire teaching community was in a panic. However, looking back, I think it has been a mixed bag. It is undeniable that it has resulted in a digital divide, depriving children in remote and distant places and even in urban areas of education. This is especially true because of economic disparities, as not everyone has access to the technology needed to conduct virtual classes.

#### Resilience and Passion..

What advice would you give to someone who is just starting their investment journey?

I always advise budding entrepreneurs to focus on their passion and excellence rather than being money chasers. Where one is truly passionate and striving for the best, of course, financial success is a natural byproduct of it. It's about the long-term value being created rather than the quick reward. My experience in this regard has taught me that success comes from persistent work and a clear vision. I also make it clear the importance of early investment planning, especially in a lowinterest environment. The early you start, the earlier you can take advantage of compound growth. It will mean you will have planned sufficiently and, therefore, could make wise, informed decisions to secure your financial future.



**Breakthrough in Bioengineering:** Deciphering Cellular Identity

Scientists have made significant progress in understanding how cells determine their unique functions within an organism. This research has implications for regenerative medicine and the treatment of diseases like cancer.

#### ▶ 27 New Species Discovered in the Peruvian Amazon

A recent expedition to the Peruvian Amazon has uncovered 27 previously unknown species, including an "amphibious mouse" and a "dwarf squirrel." These discoveries highlight the incredible biodiversity of the Amazon rainforest.

#### ▶ NASA Delays Sunita Williams' Return to Earth

Due to unforeseen circumstances, NASA has delayed the return of astronaut Sunita Williams from the International Space Station (ISS). The new return date is expected to be in March 2025.

#### NASA Discovers "Tipped-Over" Black Hole **Rotating in Unusual Direction**

Astronomers using NASA's NuSTAR telescope have discovered a black hole rotating in the opposite direction of its surrounding disk of material. This unusual phenomenon challenges current models of black hole formation and behavior.

#### NASA Unveils Image of Wreath-Like Cluster, Symbolizing Life, Death, and Rebirth of Stars

NASA has released a stunning image of a star cluster known as NGC 2264, which resembles a wreath. This image showcases the dynamic processes of star formation and evolution within the cluster.

# The match was attended

# Miscelläneous

# 26 जनवरीः सिर्फ छुट्टी का दिन नही बल्कि अधिकार और कर्तव्यों का दिन



डॉ . खुर्शीद आलम

र साल 26 जनवरी को हम गणतंत्र दिवस के रूप में मनाते हैं। यह र साल 26 जनवरी को हम गणतंत्र दिवस के रूप में मनाते हैं। यह दिन हमारे देश की लोकतांत्रिक व्यवस्था का प्रतीक है, जब 1950 में भारत का संविधान लागू हुआ और हमारा देश एक संप्रभु, समाजवादी, धर्मनिरपेक्ष और लोकतांत्रिक गणराज्य बना। इस दिन का महत्व केवल परेड, छुट्टी या सांस्कृतिक कार्यक्रमों तक सीमित नहीं है; यह हमें हमारे अधिकारों और कर्तव्यों की याद दिलाने का दिन है।

#### गणतंत्र दिवस का महत्व

26 जनवरी केवल एक तिथि नहीं है, बल्कि यह हमारे देश के नागरिकों के लिए एक जिम्मेदारी का दिन है। इस दिन हमने अपने संविधान को अपनाया, जिसने हमें मौलिक अधिकारों और कर्तव्यों का अनमोल तोहफा दिया। हमारा संविधान देश के हर नागरिक को समानता, स्वतंत्रता और न्याय प्रदान करता है।

#### मौलिक अधिकार : स्वतंत्रता और सम्मान का आधार

संविधान ने हर भारतीय को कुछ ऐसे अधिकार दिए हैं जो उनके जीवन की स्वतंत्रता और गरिमा सुनिश्चित करते हैं।

- ▶ समानता का अधिकार: जाति, धर्म, लिंग, या किसी अन्य आधार पर भेदभाव से सुरक्षा।
- स्वतंत्रता का अधिकारः भाषण, अभिव्यक्ति, और निवास की स्वतंत्रता। शोषण के विरुद्ध अधिकारः तस्करी और जबरन श्रम जैसी प्रथाओं
- पर रोक। > धार्मिक स्वतंत्रता का अधिकारः अपने धर्म का पालन और प्रचार करने
- की स्वतंत्रता।
- सांस्कृतिक और शैक्षिक अधिकारः अपनी संस्कृति को सुरक्षित रखने और शिक्षा प्राप्त करने का अधिकार।
- मंवैधानिक उपचारों का अधिकारः अपने अधिकारों की सुरक्षा के लिए न्यायालय जाने का अधिकार।

गणतंत्र दिवस केवल एक समारोह नहीं, बल्कि आत्ममंथन का दिन है। हमें सोचना चाहिए कि क्या हम अपने अधिकारों का उपयोग सही तरीके से कर रहे हैं ? क्या हम अपने कर्तव्यों को पूरी निष्ठा से निभा रहे हैं ?

#### अधिकार और कर्तव्यों का संतुलन

मौलिक अधिकार और कर्तव्य एक-दूसरे के पूरक हैं। अधिकारों का दुरुपयोग और कर्तव्यों की अनदेखी समाज में असंतुलन पैदा कर सकती है। एक स्वस्थ समाज के निर्माण के लिए हमें दोनों का पालन करना होगा।

#### गणतंत्र दिवस का सच्चा जश्न

इस 26 जनवरी. आइए हम केवल झंडा फहराने और परेड देखने तक सीमित न रहें। अपने संविधान के प्रति वफादारी और देश की सेवा का संकल्प लें। अधिकारों का सम्मान करें और कर्तव्यों का पालन करते हुए एक मजबूत और आदर्श राष्ट्र का निर्माण करें।

#### जिम्मेदार नागरिक बनने की आवश्यकता

26 जनवरी हमें यह भी सिखाती है कि एक जिम्मेदार नागरिक बनकर ही हम देश की प्रगति में योगदान दे सकते हैं।

# **Overcoming Exam Fear: Strategies for Success**

**Bhumi Chaudhary** 

importance to grades and New Delhi: The heart throbs using those as an impression before the night of the exam. to self-esteem, negative self-It is scary not only for the talk before and during exam, students struggling to cover setting a high bar for oneself, everything but even for the students with complete preparation. The exam time nervousness can make students forget what they to poor know and put their efforts and preparation down the drain due to exam. However, fear doesn't have to control your academics results, with the

right planning and mindset and leads to lower selfyou can overcome your fear esteem. Students of exam and regain focus on overcome the fear of exam, What causes exam fear? Fear of faring badly in and positive reinforcement exam, fear of letting you parents and teachers down, regularly. It's with the help of fear of certain subject that are their elders and a change in considered difficult, inability one's thinking that students

comparing oneself to another are some of the common causes which lead to exam fear. Examphobia often leads academic performance which increases anxiety and depression among students. It affects their overall physical and mental health

can get over the fear of exams.

while studying, giving

can but they need a lot of guidance, emotional support, from parents and teachers moment.



#### Ways to overcome exam fear

Early revision: Start your exam preparation well in advance and avoid leaving everything for the last

Make timetable: Creating a well-structured timetable is an essential step to manage your study sessions effectively. Make a study plan: Break

down your syllabus into manageable chunks and assign them to different study sessions.

Prepare each subject equally: Distribute your study time evenly among all

subjects, giving adequate attention to each one.

Make concise notes: One of the best ways to reduce anxiety is to make short and concise notes on your own. Get proper sleep: During exam preparation, ensure you get enough restful sleep

each night.

Experiencing exam fear is a common thing. If you go through exam phobia, remember that you are not alone. Ťalk to your parents, teachers, or friends and share your concerns. Think of escaping this fear and focusing more properly on your studies.

Take Breaks: Incorporate short, regular breaks during your study sessions to recharge your mind.

**Engage in group studies:** Group studies can be beneficial for understanding difficult concepts, discussing study material, and gaining new perspectives.

eco-friendly practices like

cycling, carpooling, and

reducing single-use plastics

events such as workshops,

These actions highlight

Sustainability-themed

reusable

enhance

### Power of Subconscious Mind & Lucid Dreaming

#### Nimishka

studies.

Delhi: The New subconscious mind has long been a subject of fascination, it is a powerful force that shapes our thoughts, actions, and emotions, often beyond our conscious awareness. One fascinating aspect of the subconscious mind is its ability to create vivid, immersive experiences during sleep – a phenomenon known as lucid

to remember or concentrate

dreaming. When combined with lucid dreaming the subconscious becomes a potent tool for problemsolving, personal growth, and creativity.

The subconscious mind stores memories, emotions, and learned behaviours that influence our decisions and reactions. It operates automatically, handling processes like breathing and muscle memory. It's estimated that the mind subconscious Enhance problem-solving

processes around 11 million bits of information every second, while our conscious

storing information, often process and manage their emotions, leading without our conscious improved emotional

regulation. Lucid dreaming has been a topic of interest in the Boost creativity: It can scientific community, with allow individuals to tap into researchers exploring its their subconscious mind and potential applications in access new ideas and

insights. Here are some ways to harness the subconscious for personal and creative

growth: Visualization: Practice vividly visualizing your goals and desires. outcomes, or creative

statements such as "I am confident," or "I am capable," helps influence the subconscious mind's programming, promoting healthier self-beliefs and behaviour patterns.

Meditation and Mindfulness: Mindfulness leads to heightened selfawareness, helping you connect with and reprogram subconscious thought patterns.

Lucid Dreaming: Practice lucid dreaming to interact Visualizing success, positive with the subconscious. Techniques like reality

### **Students' Led Initiatives** for a Greener Campus

through

alternatives.

#### **Bhoomi Bansal**

New Delhi: In an era of environmental consciousness, students are championing initiatives for a greener, sustainable campus, fostering responsibility and

clean-up drives, and innovation. competitions engage peers, Tree plantation drives while tech-savvy solutions transform barren spaces into like solar energy and water lush green areas, coupled conservation with awareness sessions on efficiency. biodiversity. Waste management efforts include the power of youth in driving change, proving that segregation systems and collective efforts can create composting units, converting organic waste lasting impact and set an example for a sustainable into compost for campus

gardens. Students promote

Sudoku 5 3 6 1 9 5 9 8 6 3 8 6 4

future.



to

- स्वच्छता अभियानः देश को स्वच्छ रखना हमारे कर्तव्यों में से एक है।
- सामाजिक सौहार्द्रः जाति, धर्म और भाषा के आधार पर विभाजन से बचते हए एकता का संदेश फैलाना।
- शांति और अहिंसाः सार्वजनिक संपत्ति का आदर और विरोध प्रदर्शन में शांति बनाए रखना।
- mind can only handle about subconscious mind and access creative solutions to 40 bits per second (Kahneman, 2011). This means that the

complex problems. Improve emotional subconscious mind is regulation: It can provide a constantly processing and safe space for individuals to

awareness.

science.

fields such as psychology,

neuroscience, and cognitive

**Studies have** 

shown that lucid

skills: It can allow

dreaming can:

individuals to tap into their solutions helps program the subconscious mind to work toward those goals. **Affirmations:** Use positive affirmations to reshape

checks, dream journaling, and focusing on becoming aware within dreams can help you control and explore your subconscious during limiting beliefs. Repeating sleep.

7			2				6
	6				2	8	
		4	1	9			5
			8			7	9

### SAD: Seasonal HEALTH **Affective Disorder** TIPS

#### **Anjali Singh**

New Delhi: Seasonal Affective Disorder (SAD) is a type of depression that is linked to seasonal changes, often beginning in late fall or early winter and improving in spring or summer.

Lets understand what is SAD and how to manage

Due to its shorter daylight hours and colder weather. Here are the primary causes of SAD in January:

#### **Reduced Exposure to Sunlight**

- Shorter days in January result in less natural sunlight exposure, which can disrupt the body's internal clock (circadian rhythm). This disruption affects sleep, mood, and energy levels.
- Lack of sunlight can lead to a drop in serotonin, a brain chemical (neurotransmitter) that influences mood.

#### Melatonin Imbalance

Longer periods of darkness can cause the body to produce more melatonin, a hormone that regulates sleep. Elevated melatonin levels can lead to increased sleepiness and lethargy.

#### **Disrupted Circadian Rhythm**

The limited daylight affects the body's natural sleep-wake cycle, causing fatigue and mood

#### swings.

#### **Vitamin D Deficiency** Sunlight is a natural source of vitamin D, which plays a role in mood regulation. In January,

decreased sun exposure can lead to a deficiency, contributing to depressive symptoms.

#### Post-Holiday Stress and Letdown

January marks the end of the festive holiday season, which can leave some individuals feeling isolated, disappointed, or stressed about returning to routine.

#### **Colder Weather and Isolation**

Cold temperatures and poor weather conditions can discourage outdoor activities, leading to less physical exercise and social interaction, which are essential for mental well-being.

#### Symptoms of SAD in this month

- Persistent low mood
- Lack of interest in usual activities
- ▶ Fatigue and low energy
- Difficulty concentrating
- Changes in sleep patterns (oversleeping or difficulty waking)
- Increased appetite, particularly cravings for carbohydrates
- Weight gain



#### Tips to Manage SAD in January

- Using a light therapy box can mimic natural sunlight and help regulate serotonin and melatonin levels.
- Regular physical activity, especially outdoors, can boost mood and energy.
- Consuming foods rich in vitamin D and omega-3 fatty acids may help alleviate symptoms.
- Staying connected with friends and family can reduce feelings of isolation.
- If symptoms are severe, consulting a mental health professional for counselling or medication may be beneficial.

Addressing these mentioned causes and maintaining healthy habits can significantly improve the quality of life for individuals affected by SAD in January.

Knowledge

b) Virus

c) Protozoa



# For Students

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

<ol> <li>Atom bomb is based on the principle of         <ul> <li>a)Nuclear fusion</li> <li>b)Nuclear fission</li> <li>c)Radioactivity</li> <li>d)Nuclear fission and fusion both</li> </ul> </li> <li>The color discharge tube for advertisement mainly contains         <ul> <li>a)Xenon</li> <li>b)Argon</li> <li>c)Neon</li> <li>d)Helium</li> </ul> </li> <li>The heart of human being</li> </ol>	<ul> <li>d) None of the above</li> <li>6. Twinkling of stars is due to</li> <li>a) Diffraction</li> <li>b) Reflection</li> <li>c) Difference in temperature between different layers of air of varying density</li> <li>d) Scattering</li> <li>7. Dengue fever is caused by</li> <li>a) Protozoa</li> <li>b) Bacteria</li> <li>c) Algae</li> <li>d) Viewa</li> </ul>	<ul> <li>c)It is by nature green</li> <li>d)It absorbs green color</li> <li>9. The chemical used for cooling in refrigera- tion is</li> <li>a)CO2</li> <li>b)NH4CI</li> <li>c)NH4OH</li> <li>d)Liquid ammonia</li> <li>10. The harmful sub- stance present in tobacco is</li> <li>a)Smoke</li> </ul>			
a)Rests while you sleep	d)Virus 8.Grass appears green	b)Morphine c)Enzyme			
b)Never sleeps	because	d) Nicotine			
c)Rests between beats					
d)Rests during period of	Participation format				
stress	Quiz No				
4. Sodium potassium car-	Name of Student				
bonate is	ClassYear				
a)Carbon	College ame	i			
b)A normal salt	Mobile umber Email				
c)A mixed salt	Present Address				
d)None of the above	Permanent Address				
5. Sleeping sickness is					
caused by	Answers (QUIZ-122) De	c, 2024 issue:			
a) Bacillus	1 2 3 4 5	6 7 8 9 10			

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

Prepared By: Prof. Pradeep Kumar, Assistant Professor (AS&H)





### बांग्लादेश पर अंतरराष्ट्रीय दबाव आवश्यक

बांग्लादेश में जिस तरीके से हिंदुओं, उनके व्यावसायिक और धार्मिक स्थलों पर अनवरत क्रूर बा हमले किए जा रहे हैं, उसने भारत में मुसलिम आक्रांताओं द्वारा किए गए अत्याचारों की याद दिला दी है । यह अत्यंत दुर्भाग्यपूर्ण है कि आज उसी बांग्लादेश में हिंदू समुदाय के लोगों को लक्ष्य बनाया जा रहा है जो अस्तित्व में ही भारत के अपार सहयोग से आया था। हालांकि भारत सरकार ने हिंदुओं पर कटटरपंथियों के हमलों पर सख्त विरोध दर्ज कराया है लेकिन मोहम्मद यूनुस के नेतत्व वाली बांग्लादेश सरकार इसको लेकर गंभीर नहीं दिख रही । भारत ने ढाका में गिरफ्तार किए गए इस्कॉन के धर्म गुरू चिन्मय कृष्ण दास की एक मनगढ़ंत आरोप में गिरफ्तारी और उसके बाद इस्कॉन मंदिर में की गई तोड़फोड़ और आगजनी पर बांग्लादेश के समक्ष अपनी आपत्ति व्यक्त की, लेकिन इससे उसकी सेहत पर कोई असर पड़ा। इसके विपरीत बांग्लादेश ने चिन्मय कृष्ण दास की गिरफ्तारी को अपना आंतरिक मामला बता दिया। प्रश्न यह है कि क्या बांग्लादेश को इसकी अनुमति दी जानी चाहिए कि वह हिंदुओं के उत्पीड़न से आंखें मूंदे रहे ? राष्ट्रीय और अंतरराष्ट्रीय स्तर पर मानवाधिकारों की आवाज उठाने वाले तथाकथित बुद्धिजीवी आज मौन क्यों हैं ? अगर बांग्लादेश भारत की आपत्ति को गंभीरता से नहीं ले रहा तो भारत का अगला कदम क्या होना चाहिए? यह बात स्पष्ट है कि अल्पसंख्यकों का गंभीर उत्पीड़न किसी देश का आंतरिक मामला नहीं हो सकता । बांग्लादेश में शेख हसीना सरकार के तख्तापलट के बाद से हिंदू और अन्य अल्पसंख्यक कट्टरपंथियों के निशाने पर हैं । उन्हें केवल आतंकित ही नहीं किया जा रहा है बल्कि उनके धार्मिक स्थलों व्यावसायिक टिकानों पर इस उददेश्य से हमले किए जा रहे हैं कि वे अपना घर–बार छोड़कर भाग जाएं । सर्वविदित है कि बांग्लादेश भारत की मदद से बना था। वर्ष 1971 के पहले यह पूर्वी पाकिस्तान कहलाता था। पाकिस्तान के शासक अपने ही देश के इस पूर्वी इलाके के सहधर्मियों के साथ बहुत बुरा व्यवहार करते थे। उनकी स्थिति दोयम दरजे के पाकिस्तानी नागरिकों वाली थी। वे खुलकर स्वयं को पाकिस्तानी नहीं कह सकते थे। शेख मुजीबुर्रहमान ने इसी हालत के चलते विद्रोह किया था और भारत की मदद से बांग्लादेश एक स्वतंत्र देश बना । संपूर्ण विश्व में आज भारत एक शक्ति बनकर उभरा है । अमेरिका, कनाडा, आस्ट्रेलिया और ब्रिटेन में हिंदुओं की अच्छी खासी आबादी है । उनके पास बुद्धि, कौशल और पैसा है । हिंदुओं की तीस वर्ष पहले वाली स्थिति नहीं रही है । आज इन देशों की राजनीति और अर्थव्यवस्था में उनका दखल है ।

1947 से 1960 के बीच हजारों हिंदू पूर्वी पाकिस्तान से भारत आ गए। इनमें पाकिस्तान के श्रम मंत्री जोगेंद्र नाथ मंडल पाकिस्तान छोड़ कर भारत आ गए । जोगेंद्र नाथ मंडल मंडल ने पाकिस्तान में दलितों और अल्पसंख्यक समुदायों के खिलाफ हिंसा रोकने का आग्रह तत्कालीन प्रधानमंत्री लियाकत अली खान से किया परंतु उन्होंने कोई कार्रवाई नहीं की । इसके विरोध में जोगेंद्र नाथ मंडल ने मंत्रिमंडल से इस्तीफा दिया और भारत वापस आ गए । धीरे–धीरे पूर्वी पाकिस्तान के हिंदू भी भारत लौटने लगे और वर्ष 1971 में जब पाकिस्तान में स्वतंत्र बांग्लादेश बनाने का आंदोलन चला तब पाकिस्तान की याह्या खान की सरकार ने भारी उत्पीड़न किया । हिंदुओं को सहज निशाना बनाकर मारा गया, लेकिन भारत की तत्कालीन इंदिरा गांधी की सरकार की मदद से पाकिस्तान से पूर्वी पाकिस्तान मुक्त हो गया और एक स्वतंत्र राष्ट्र बांग्लादेश बना । शेख हसीना सरकार का तख्ता पलट होने के बाद मोहम्मद यूनुस के नेतृत्व वाली अंतरिम सरकार ने तमाम कट्टरपंथियों और यहां तक कि जिहादियों को भी जेल से रिहा कर दिया है। उन्होंने ऐसे कई अतिवादी संगठनों को भी राहत दी है, जिन पर शेख हसीना सरकार ने प्रतिबंध लगा रखा था। सर्वाधिक दुर्भाग्यपूर्ण है कि अंतरिम सरकार के मुख्य सलाहकार कहे जाने वाले मोहम्मद यूनुस हिंदुओं पर अनगिनत हमलों को बांग्लादेश के खिलाफ आधारहीन दुष्प्रचार करार दे रहे हैं। हालांकि अमेरिका के नविनिर्वाचित राष्ट्रपति डोनाल्ड ट्रंप सहित कई देशों के नेता हिंदुओं पर हमले को लेकर चिंता व्यक्त कर चुके हैं । आज जिस तरीके से बांग्लादेश में हिंदुओं और अल्पसंख्यकों पर अमानवीय अत्याचार हो रहा है, वह रोंगटे खड़ा करने वाला है । आज बांग्लादेश भारत सरकार द्वारा दर्ज कराए जाने वाले विरोध को गंभीरता से नहीं ले रहा है । ऐसे में भारत सरकार को इस मामले में अपनी रणनीति बदलते हुए अत्यंत सख्त रवैया अपनाने की आवश्यकता है । साथ ही भारत में अल्पसंख्यकों पर उत्पीड़न और मानवाधिकारों की दुहाई देने वाले तथाकथित राष्ट्रीय एवं अतंरराष्ट्रीय बुद्धिजीवियों को इंसानियत के हित में बांग्लादेश सरकार पर दबाव बनाने के लिए आंदोलन छेड़ना चाहिए ताकि बांग्लादेश में हिंदुओं की जीवन और अस्मिता की रक्षा की जा सके ।

### एक राष्ट्र , एक चुनावः भारतीय लोकतंत्र की नई दिशा



# Al in Business: Revolution or Risk? Weighing the Pros and Cons

rtificial Intelligence (AI) is A reshaping the business world, bringing a wave of innovation and efficiency to industries across the globe. From automating repetitive tasks to enhancing customer experiences, AI has become a cornerstone of modern business strategies. Companies are leveraging this technology to improve productivity, streamline operations, and gain competitive advantages. However, while the benefits are substantial, the challenges and risks associated with AI cannot be overlooked.

One of the most prominent advantages of AI is its ability to automate routine processes, freeing employees from timeconsuming tasks. By deploying tools such as robotic process automation and chatbots, businesses can handle tasks like data entry, inventory management, and customer service with minimal human intervention. This not only reduces errors but also improves overall efficiency, allowing teams to focus on more strategic goals.

AI also empowers businesses to make data-driven decisions by analyzing vast amounts of information at remarkable speeds. Predictive analytics, a key application of AI, enables companies to anticipate market trends, understand consumer behaviour, and identify potential risks. Organizations like Amazon and Netflix have harnessed AI to provide personalized recommendations, enhancing customer satisfaction and loyalty. In addition, AI's role in fostering innovation is evident in



areas such as autonomous driving and advanced product development, helping businesses stand out in competitive markets.



Despite these advantages, the integration of AI in business is not without its challenges. The initial costs of adopting AI can be substantial, particularly for small and medium-sized enterprises. Investments in infrastructure, technology, and skilled talent are often necessary, and ongoing expenses for system maintenance and updates add to the financial burden. Moreover, the automation capabilities of AI have raised concerns about job displacement, as roles in manufacturing, customer service, and administrative tasks are increasingly taken over by machines.

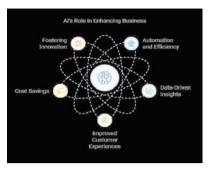
Data privacy and security are other critical issues in the AI landscape. AI systems depend on vast amounts of data, raising concerns about compliance with regulations like the General Data Protection Regulation (GDPR). Furthermore, the risk of cyberattacks on AI systems could expose sensitive information, damaging reputations and incurring legal consequences. Ethical concerns are equally pressing, as biased algorithms have been known to perpetuate inequalities, such as in hiring practices or credit approvals.

Another challenge lies in the human element. While AI excels in efficiency and precision, it often lacks the empathy and understanding that human interaction provides. For instance, chatbots may efficiently resolve technical issues but fail to address a customer's frustration or emotional needs. This highlights the importance of balancing automation with the

human touch to maintain strong relationships and trust with customers.



To navigate these complexities, businesses must approach AI integration strategically. Starting with pilot projects allows organizations to test AI solutions and minimize risks before scaling. Investing in employee training and upskilling is crucial to ensure the workforce remains relevant in an AI-driven environment. Transparent and ethical AI practices, along with robust cybersecurity measures, can help address issues of bias and data security.



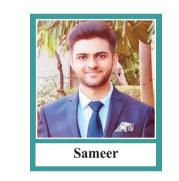
AI is no longer a futuristic concept—it is a reality transforming industries and redefining how businesses operate. While the advantages of AI are clear, the associated risks demand thoughtful consideration and planning. Companies that adopt AI responsibly, combining its capabilities with human expertise, will position themselves for sustainable growth and long-term success in an increasingly digital world. The question isn't whether businesses should adopt AI, but how they can do so in a way that aligns with their values and future aspirations.

### **Cryptocurrencies- Decentralized Currency**

n just over a decade, cryptocurrencies have grown from digital novelties to trilliondollar technologies with the potential to disrupt the global financial system. For its proponents, cryptocurrencies are a democratizing force, wresting the power of money creation and control from central banks. Critics, however, say that cryptocurrencies empower criminal groups, terrorist organizations, and rogue states while stoking inequality.

Cryptocurrencies are virtual coins minted using protocols such as 'Proof of work' and 'Proof of stake' by authenticating data and recording information onto the Blockchain.

Bitcoin was launched in 2009 by a pseudonymous software engineer



more than \$1 trillion.

Once dismissed as a fringe interest of tech evangelists, cryptocurrencies particularly bitcoin—have skyrocketed to mainstream popularity and trilliondollar valuations. As of December 2024, bitcoin has gone to an all-time high of \$108,319.87 and is currently valued at 98000 dollars. decentralized finance (DeFi).

DeFi aims to offer people access to financial services—borrowing, lending, and trading—without the need for legacy institutions such as banks and brokerages. DeFi has the potential to disrupt traditional financial systems by providing individuals with access to financial services that are faster, cheaper, and more secure.

Despite several benefits, Cryptocurrency is not with its challenges.It has given rise to new set of challenges for government to consentwith,

Drug cartels and money launderers are also increasingly incorporating virtual currency into their activities

: Terrorist groups such as the ISIS, L-Oaeda, and the military wing of the  India has taken a tough stance against cryptocurrencies since 2018, with the Financial Intelligence Unit (FIU) issuing show-cause notices to nine offshore cryptocurrency exchanges in December 2023 for non-compliance with local rules. Despite restrictions India has widespread adoption of crypto currencies

 Block chains are a decentralized digital ledger that stores records across a network of computers.

huge amount of electricity and is an energy-intensive process.

: The rapid rise of cryptocurrencies means that billions of dollars of transactions are now taking place in a relatively unregulated sector, raising

रत, जो अपनी जीवंत लोकतांत्रिक परंपराओं के लिए जाना जाता है, लंबे समय से एक समावेशी और सक्रिय चुनावी प्रक्रिया के माध्यम से अपने नागरिकों को सशक्त करता आया है। स्वतंत्रता के बाद से अब तक लोकसभा और राज्य विधानसभाओं के 400 से अधिक चुनावों ने भारतीय लोकतंत्र की मजबूती को दशार्या है। हालांकि लगातार और अलग-अलग होने वाले चुनावों की जटिलता और इसके साथ आने वाले आर्थिक व प्रशासनिक बोझ ने 'एक राष्ट्र, एक चुनाव' जैसी सुसंगठित और किफायती प्रणाली की आवश्यकता को उजागर किया है।

इस विचार को साकार रूप देने के लिए 2 सितंबर 2023 को, भारत सरकार ने पूर्व राष्ट्रपति रामनाथ कोविंद की अध्यक्षता में एक उच्च स्तरीय समिति का गठन किया। इस समिति का उद्देश्य न केवल लोकसभा और राज्य विधानसभाओं के चुनावों को एक साथ कराने की व्यवहार्यता का मूल्यांकन करना था, बल्कि इसके संभावित लाभ, चुनौतियों और संवैधानिक आवश्यकताओं का गहन विश्लेषण करना भी था। समिति ने 21,500 से अधिक प्रतिक्रियाएँ प्राप्त कीं, जिनमें से 80% ने इस पहल का समर्थन किया।

विशेषज्ञों और व्यापार संगठनों ने इस मॉडल को प्रशासनिक दक्षता और आर्थिक स्थिरता के लिए क्रांतिकारी माना। समिति ने इसके कार्यान्वयन के लिए अपनी रिपोर्ट में दो चरणों का सुझाव दिये जिसमें पहले चरण में लोकसभा और राज्य विधानसभाओं के चुनाव एक साथ कराए जाएं और दूसरे चरण में 100 दिनों के भीतर स्थानीय निकायों के चुनाव आयोजित किए जाएं। इसके अलावा, मतदाता सूची और पहचान पत्र के एकीकरण की सिफारिश की गई ताकि त्रुटियों और प्रशासनिक अड़चनों को कम किया जा सके। एक राष्ट्र, एक चुनाव का प्रस्तावित मॉडल भारतीय लोकतंत्र को कई मायनों में सशक्त बनाता है। यह शासन में निरंतरता लाता है, नीतिगत निर्णयों में तेजी सुनिश्चित करता है, और संसाधनों का अधिक प्रभावी उपयोग करता है। इससे क्षेत्रीय दलों की प्रार्सांगकता बनी रहती है, राजनीतिक दलों को व्यापक दृष्टिकोण अपनाने का अवसर मिलता है, और बार-बार चुनावों से उत्पन्न होने वाले वित्तीय बोझ और व्यवधान से मुक्ति मिलती है। अगा एक राष्ट्र, एक चुनाव का कानून देश में बन जाता है तो यह विचार न केवल लोकतांत्रिक प्रक्रिया को अधिक स्थिर और प्रभावी बनाने की दिशा में एक महत्वपूर्ण कदम होगा बल्कि यह आर्थिक और प्रशासनिक सुधारों के माध्यम से एक संतुलित और समावेशी राजनीतिक व्यवस्था की नींव भी रखेगा।

#### चुनौतियाँ और जोखिम

**लोकतांत्रिक संरचना पर प्रभावः** एक साथ चुनाव होने से क्षेत्रीय दलों की भूमिका सीमित हो सकती है, क्योंकि राष्ट्रीय मुद्दे चुनावों में प्रमुख हो सकते हैं।इससे क्षेत्रीय मुद्दों की अनदेखी हो सकती है।

**संविधानिक और कानूनी बाधाएं:** एक साथ चुनाव कराने के लिए संविधान में आवश्यक संशोधन और राजनीतिक सहमति की आवश्यकता होगी, जो एक जटिल प्रक्रिया हो सकती है। **प्रशासनिक चुनौतियाँ:** बड़े पैमाने पर चुनावी प्रक्रिया का संचालन प्रशासनिक दृष्टि से चुनौतीपूर्ण हो सकता है। चुनाव आयोग को चुनावों के संचालन के लिए उचित संसाधनों और समय की आवश्यकता होगी। Satoshi Nakamoto and today by far is the most prominent cryptocurrency, and its market capitalization has peaked at One of the most significant developments in the cryptocurrency space has been the emergence of

Palestinian organization Hamas also traffic in cryptocurrency. Bitcoin mining uses an enormously concerns about fraud, tax evasion, and cybersecurity, as well as financial stability.

### Unlocking the Digital Treasure Trove: Mastering Social Media Search

I ntoday's digital age, social media platforms are rich reservoirs of real-time data and insights. Yet, their full potential often goes untapped. Strategic social media search empowers brands, researchers, and individuals to uncover trends, analyze sentiment, and predict cultural shifts. Beyond mere browsing, it involves crafting focused queries to gain meaningful perspectives. Whether

monitoring brand reputation or exploring global conversations, mastering these techniques turns casual scrolling into purposeful discovery—essential for navigating our hyperconnected world effectively and insightfully.

#### What is social Media Search?

Social media search involves seeking products, brands, or information directly on platforms like Instagram. While Google remains dominant, Forbes Research reveals 24% of consumers now rely on social media for answers, rising to 46% among Gen Z, who increasingly use these platforms as their primary search engines. It provides real-time access to trends and discussions, offers businesses valuable insights into customer feedback and preferences, and enables competitive analysis, helping organizations adapt strategies and make informed decisions in today's fastpaced digital landscape.

#### Advanced Tips for Mastering Social Media Search

**1. Utilize Platform-Specific Search Features:** Each social media platform offers unique search functionalities. Familiarize yourself with these



Mastering social media search is a crucial skill in the digital age, enabling individuals and organizations to access real-time information, monitor brand presence, gauge audience sentiments, and stay ahead of industry trends. By leveraging advanced search techniques, specialized tools, and ethical prac-

tices, one can navigate the expansive social media landscape with precision, transforming data into actionable insights and maximizing its potential.

features to refine your searches effectively. For instance:

**X** (Formerly Twitter): Use advanced search operators to filter tweets by date, hashtags, user mentions, and more.

**Facebook:** Leverage the search bar to find posts, pages, and groups related to specific topics. **Instagram:** Explore content using hashtags and location tags to discover relevant posts and accounts.

2. Employ Boolean Operators: Enhance your search precision by using Boolean operators:

**AND:** Combines terms to narrow results (e.g., "climate change" AND "policy").

**OR:** Broadens results by including either term (e.g., "renewable energy" OR "solar power").

**NOT:** Excludes terms to filter out unwanted results (e.g., "technology" NOT "smartphones").

**3. Search by Hashtags and Keywords:** Hashtags categorize content and make it discoverable. Identify and use relevant hashtags to find discussions pertinent to your research. Similarly, searching by specific keywords can yield targeted results.

4. Monitor Trends and Conversations: Stay updated with trending topics and participate in

relevant conversations. Platforms like Twitter display trending hashtags, while tools like Facebook's "Trending Topics" highlight popular discussions.

**5. Leverage Third-Party Social Media Search Engines:** Several tools aggregate data across multiple platforms, offering comprehensive search capabilities. Social Searcher allows monitoring public mentions across networks without login, providing analytics on sentiment, popular users, and content types.

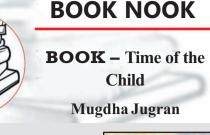
**6. Analyse Usernames and Profiles:** People often use the same username across platforms. Searching for a specific username can uncover a person's presence on multiple networks, providing a holistic view of their online activity.

**7. Set Up Alerts for Real-Time Monitoring:** Use tools that offer alert features to receive notifications about new mentions or discussions related to your specified keywords or topics. This ensures you stay informed about the latest developments.

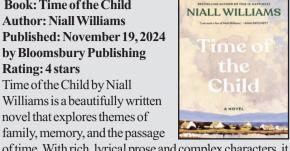
**8. Respect Privacy and Ethical Considerations:** Always adhere to ethical guidelines and respect user privacy. Avoid accessing or sharing information that is not publicly available or intended for private audiences.

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# Miscelläneous



**Book: Time of the Child Author: Niall Williams** Published: November 19, 2024 by Bloomsbury Publishing **Rating: 4 stars** Time of the Child by Niall Williams is a beautifully written novel that explores themes of



of time. With rich, lyrical prose and complex characters, it draws readers into a world of deep emotional resonance. I recommend it for those who appreciate reflective, heartfelt storytelling that captures the intricacies of life and relationships.

**Book: Tell Me Everything Author: Elizabeth Strout** Published: September10, 2024 by Random House **Ratings: 4 stars** Tell Me Everything by Elizabeth Strout is a compelling exploration of secrets, relationships, and the

complexities of human nature. With her signature introspective style, Strout delves deep into her characters' lives, making this novel a poignant and thoughtprovoking read.

Book: Death at the Sign of the Rook Author: Kate Atkinson

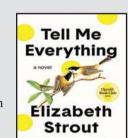
Published: September 3, 2024by Doubleday Ratings: 3.8 stars Death at the Sign of the Rook by Kate Atkinson is a captivating historical mystery, blending

sharp wit with intricate storytelling. It is a must-read for fans of intriguing mysteries and well-crafted narratives.

**Book: Gabriel's Moon Author: William Boyd** Published: December 3 2024, by Atlantic Monthly Press Ratings: 3.5 stars Gabriel's Moon by William Boyd is a poignant and evocative novel that explores themes of love, loss, and

identity. Boyd's masterful storytelling and deep character insights make this a captivating read for those who enjoy emotional, reflective narratives.







Gabriel's

Moon

William

Boy

New Delhi: A healing and the Saraswati). journey with transformative **Cultural Significance** powers, the Maha Kumbh Mela is a journey with Kumbh Mela microcosm peaceful destination having of Indian power to enlighten the culture, showcasing the

Prayagraj on the confluence

of the Ganga, the Yamuna

cultural heritage of India whole world with the knowledge of spirituality, passed down through humanity and living generations since time conscience. It is a immemorial.The richness and purity of Indian culture spectacular congregation of sages, ascetics and common have been men which is astrologically meticulouslypreserved by predetermined taking place the Akharas, the unique after every 12 years at four order that participate in different destinations in mela. These Akharas, with India (Haridwar on the their rich history and diverse Ganges River, Ujjain on the traditions, represent various Shipra River, Nashik on the streams of Hindu and philosophy and practice.



The Tapestry of Culture, Tradition and Tourism in India

They are not merely religious groups but are custodians of centuries-old traditions, encompassing everything from militant asceticism to profound spiritual teachings.

#### Traditional Significance

The tradition of Kumbh Mela is not only tradition its



biological, psychological, social, and spiritual ways. These traditions are experience of collective synergy, a transient state of heightened awareness congealing everyone around to a unified state.

the

auspicious

One can observe various traditions here. The Shahi

Snan is the most important ritual of the Kumbh Mela. It more of therapeutic in marks



Kumbh Mela is one of the best places for tourists in India.Kumbh Mela has been inscribed as intangible Cultural Heritage of Humanity in 2017 by UNESCO. The popularity of Kumbh mela Is increasing every year, 24.4 crorevisitorsvisited the Sangam City in 2019 and this year Maha Kumbh Mela is likely to see over 6.5 crore visitors. Reports suggest that around 3,00,000 to 4,00,000 international tourists may visit the Kumbh Mela.

The mela has its cultural, traditional and tourism tapestry but we need to be careful as mass bath often leads to water pollution. We have the responsibility of preserving the holiness of the mela as well as the rivers of our nation. The Kumbh Mela is not just a religious gathering it is a living legacy that continues to inspire and captivate the world.

moment when the planets align favourably, believed to imbue the river waters with spiritual potency. Taking a dip in the river during the Shahi Snan is thought to cleanse one of all sins and lead to salvation

## Never Stop Believing in Yourself: Alumni

Sameer

Godavari

River

Abhanshu Dwivedi

bhishek Chauhan talks about his experience at IMS Ghaziabad, including extracurricular activities, opportunities, and his journey in IMS Ghaziabad. He also gave his valuable advice to aspiring media enthusiasts. Abhishek is an alumnus of IMS Ghaziabad, University Courses Campus, BAJMC 2015-2018.

What was the defining moment during your time at IMS Ghaziabad that had a lasting impact on your career

trajectory? IMS helped me alot in my career

#### holistic growth, and what key skills did you acquire through these experiences?

You can never know your artistic potential until you practice your art my academic knowledge. skills extensively and get feedback In what ways did



#### how did this balance contribute to your overall success?

I had a clear strategy and priorities in place. I carefully planned what needed to be done and when. I would break tasks into smaller parts, prioritizing activities that contributed most to enhancing



"I would love to give some advice as a friend that ,you should never lose confidence on yourself. You should never stop believing in yourself and should always move forward."

their field, and how can they apply these skills in a practical setting?

An individual working in this industry is not a magician but rather an alert and technically skilled

professional who stays well-

#### 1. International Conference on Education & Management (ICEM)

Scheduled for January 11-12, 2025, at The Retreat Hotel and Convention Centre in Mumbai, this conference focuses on academic research in education and management.

2. 59th National Cross-Country Championships Taking place on January 12, 2025, in Uttar Pradesh, this event marks the beginning of the Indian athletics season.

#### 3. Kho Kho World Cup 2025

The inaugural Kho Kho World Cup is set for January 13-19, 2025, at the Indira Gandhi Arena in New Delhi, featuring teams from 24 countries.

#### 4. National Games 2025

Uttarakhand will host the National Games from January 28 to February 14, 2025, featuring a wide range of sports disciplines.

#### 5. Saarang 2025

Hosted by the Indian Institute of Technology Madras, Saarang is one of Asia's largest student-run cultural festivals. Scheduled from January 9 to 13, 2025, it offers a platform for students nationwide to engage in various cultural, artistic, and musical events.

#### 6. Uttarakhand Urban Local Body Elections:

Scheduled for January 23, 2025, these elections will encompass 100 of the 102 municipalities in Uttarakhand, including the Dehradun Municipal Corporation.

#### 7. All India Video Photo Trade Fair

Scheduled from January 3 to 5, 2025, in Pune, this trade fair connects manufacturers and suppliers in the videography and photography sectors, attracting professionals and enthusiasts from across the country.

#### 8. Photo Today Expo

Taking place from January 3 to 5, 2025, in Naganakulam, this premier photography, videography, and digital imaging exhibition showcases the latest trends and technologies in the field, providing a platform for industry professionals and hobbyists to network and explore new products.

journey by helping me stand out in the job market. My college provided me with the knowledge, skill and experience to make informed career choice.

How did participating in extracurricular activities at IMS Ghaziabad contribute to your

from other people. Other people judge vou in a negative and positive way and professors guide you and polish you based on that.

What strategies did you employ to strike a balance between academic demands and extracurricular pursuits, and

Ghaziabad career support systems and professional networks facilitate your transition into the workforce, and what impact did these resources have on your early career progression?

The college polished me so well

#### ABHISHEK CHA

that I had that confidence in myself which helped me to grow in my career.

6. What essential skills or knowledge do you believe are crucial for current media students to acquire to excel in

# informed about various topics,

whether related to fashion, sports, or politics. A media professional is highly versatile and well-rounded, reflecting the diverse career opportunities encompassed within the media field.

### **CAREER CANVAS**

#### The Importance of Balancing Soft Skills and Hard Skills for Success

#### **Ms Jasmine Kaur**

"It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change."-Charles Darwin

n today's competitive job market, possessing the right blend of soft and hard skills is essential for career success. While While hard skills (technical) measure abilities

writing-are vital for job competence, soft skills ( interpersonal attributes ) like communication, adaptability, and teamwork-are equally crucial for long-term growth and workplace harmony.

Imagine a software developer who excels at programming but struggles to communicate

effectively with team members. Despite the technical expertise, the lack of soft skills could hinder collaboration, slow down projects, and negatively impact the team dynamic.On the other hand, consider a marketing manager who is not only highly skilled in data analysis and campaign planning but also possesses excellent leadership, empathy, and conflictresolution skills. This combination enables such individual to inspire their team, resolve issues constructively, and drive successful campaigns.Employers today seek candidates

who balance both. Hard skills may get you the job, but soft skills ensure you thrive within the role and contribute positively to the organization. While technical expertise allows you to meet job requirements, interpersonal skills such as communication and teamwork help you build strong relationships and collaborate effectively. In a dynamic workplace, the ability to adapt, think critically,

> communicate and empathize with colleagues can set you apart and drive your success.

To develop this balance, students and professionals should focus on continuous learning. Engage in activities like group projects, volunteering, or public speaking to enhance soft skills. Attend workshops, participate in leadership programs, or take on

internships to have opportunities to improve these skill sets. Furthermore, seeking feedback from mentors and colleagues can provide valuable insight into areas of improvement.

The ability to adapt, communicate clearly, and work well with others will always complement any technical proficiency, ensuring long-term success in any career. By investing in both hard and soft skills, individuals can stay relevant in their professions and navigate an ever-changing job market with confidence.

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



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#### WE HAVE NO BRANCH IN NOIDA

like coding, accounting, or

# Cämpus

# News Brief ...

#### MoU with FITT, i-TTO, IIT Delhi

Ghaziabad (IMS News Service): A pivotal Memorandum of Understanding (MoU) was signed between R& DCell of IMS Engineering College, Ghaziabad, Uttar Pradesh, India, and FITT, i-TTO, IIT Delhi, Hauz Khas, India. This



landmark MoU set to significantly enhance activities in the of innovation

the

of

under umbrella

As

speaker, Reema

IMSEC's MoU

with FITT, i-

TTO, IIT Delhi.

resource Ms.

Sahni

realms management, technology

transfer, and capacity building. The MoU was signed in the esteemed presence of Prof. (Dr.) Shailesh Tiwari, Director IMSEC; Ms. Reema Sahni Mediratta, Head i-TTO, FITT, IIT Delhi; Prof. (Dr.) Priyanka Bhardwaj, Dean R&D and HoD-ECE; and Prof. (Dr.) Prabhat Kumar Srivastava. This MoU will foster an environment of collaboration and growth which would mark as a significant step towards a brighter, innovation-driven future.

#### Session on Intellectual Property **Rights and Technology Transfer**

Ghaziabad (IMS News Service): Awareness Research and Development Cell organized an Expert Session on Intellectual Property Rights (IPR) and Technology Transfer Awareness in collaboration with FITT, i-TTO, IIT Delhi, Khas Hauz



Mediratta, the esteemed Head of the Innovation-Technology Transfer Office (i-TTO) at the Indian Institute of Technology Delhi, shared a wealth of experience and expertise in the field of IPR. She skillfully navigated through the complexities of IPR, breaking down the concepts into easily understandable segments. The session was convened by Prof. (Dr.) Privanka Bhardwaj, Dean R&D and HOD-ECE, who welcomed the attendees with a brief introduction.

#### MOU with TalentGro Global

Ghaziabad (IMS News Service): A Memorandum of Understanding (MOU) was signed between IMS Engineering College and TalentGro Global, marking the beginning of a strategic partnership aimed at enhancing the



educational and professional development opportunities for MBA students. h i s collaboration seeks to bridge

the gap between

academic learning and industry needs by providing specialized training and certifications to students, faculty, and professionals of MBA Department of IMSEC. On behalf of IMS Engineering College, Director, Prof.(Dr.) Shailesh Tiwari and Mr. Sanjay Aggarwal (Founder, TalentGro Global) signed the MOU in the presence of Dr. M. P Singh, HOD, MBA Department and Dr. Siby James, Associate Professor, MBA Department.

# **An Expert Talk on Career Opportunities in Digital Technologies for Engineering Students**

#### **IMS News Service**

The **Ghaziabad:** Department of Information Technology and the MCA Department jointly organized an expert talk on "Career Opportunities for Engineering Students in Digital Technologies". The eminent speaker for the session was Dr. Pramod

Kumar, Global Head of Government & PSU Vertical at Tech Mahindra. Dr. S.N. Rajan, Dean of Academics, and Dr. Kavita Saxena, Head of the

Department of MCA,

warmly welcomed Dr. Kumar and expressed their session, Dr. Kumar shared gratitude for his gracious his vast knowledge and presence. During the professional insights on the

emerging role of technologies in IT,

webpage using their

emphasizing the rapidly

### Web Wizards 1.0, A Captivating Event Organized



**IMS News Service** 

Ghaziabad: The Runtime on core web technologies, Hackers Club (Coding club) including of the CSE Department at HTML, and CSS. IMS Engineering College hosted "Web Wizards 1.0," a captivating event designed to foster web development initial round, with 17 skills among students on advancing to the next stage. November 26th and December 3rd, 2024. one-hour task

The event unfolded in two exciting rounds. Round 1

expertise in HTML, CSS, and JavaScript. This round provided an excellent platform for students to demonstrate their creativity and practical application of web development concepts. All participants displayed remarkable dedication and a genuine passion for coding, making the event a was a 30-minute quiz resounding success. While

encompassing 25 questions the winners, Nabh Yadav (1st Place), Neha Ojha (2nd JavaScript, Place), and Akarsh Shukla (3rd Place), stood out with their exceptional talent, the enthusiastic participants showcased contributions of every their knowledge in this participant were invaluable. The event fostered a vibrant atmosphere of enthusiasm, Round 2 was a challenging teamwork, and healthy competition, leaving a where lasting positive impact on participants were tasked with replicating a specified all involved.

evolving digital landscape and the technologies that are shaping the future.

He highlighted the growing opportunities in fields such as Artificial Intelligence, Cloud Computing, Data Analytics, and Cyber security, encouraging students to consider these domains for their careers.

The session saw enthusiastic participation from B.Tech 3rd-year students (from IT, CS, and CSD streams) and MCA 1st-year students.

The program concluded with a query session, where Dr. Kumar addressed all the students' questions with clarity and insight.

Session on Building Blocks of Success: Essential Foundations for Aspiring Entrepreneurs



**IMS News Service** 

Ghaziabad: At IMSEC, Department of MBA has organized a session on "Building Blocks of Success: Essential Foundation for Aspiring Entrepreneurs" by Mr. Amaresh Yunas, a dynamic Entrepreneur, MD, ADEN Industries Pvt. Ltd. The

session was knowledgeable, insightful and eye opening for all and also for future budding managers and entrepreneurs. HOD MBA was the convener of the session along with Dr. Sapna Kumari as Faculty coordinator under the leadership of Prof. (Dr.) Shailesh Tiwari, Director, IMSEC.

### Workshop on Gaming & 3D **Designing Using Blender**



**IMS News Service** 

**Ghaziabad:** The Department of Computer Science and Engineering at IMSEC, in collaboration with the Elite E-Gaming Club, hosted an exciting 4day workshop on Gaming and 3D Designing using Blender from November 18 to 21, 2024, exclusively for 2nd- and 3rd-year CSE students.

This hands-on workshop introduced participants to the

powerful world of Blender, covering key aspects like 3D modeling and texturing, Game asset creation, Animation and rendering basics.

The event was a fantastic success, blending creativity and technical skills while preparing students for future opportunities in game development and 3D design. Prof. (Dr.) Shailesh Tiwari, the esteemed Director,

appreciated the entire team for the successful completion of the event and congratulated all the participants with his best wishes. Prof. Dr. Sonali Mathur, HoD -CSE, welcomed all the participants. Mr.Vibhor Harit, Assistant Professor of CSE, served as the coordinator and ensured the smooth execution of the program.

### Workshop on Campus to Corporate-A Transformational Journey

#### **IMS News Service**

Ghaziabad: The Mind Optimisers Club of IMS Engineering College organized an interactive



Bhatia.

The interaction between the students and Ms. Priyanka was commendable, fostering meaningful Through engagement

interactive discussions and

### A session on Summer Internship **Project- Report Preparation**



Forty

#### KAIZEN Club Activity Organized

Ghaziabad (IMS News Service): In IMS Engineering College, MBA department Under KAIZEN Club has organised an activity in relation to General management



Ms. Priyanka Pawar, Senior concepts, enriched with creativity and innovation as 'My Innovative Idea", presented by MBA first vear students.

comprised of various features like innovative product concepts, marketing fundamentals, financial feasibility and targeted market approach for creating a new world for target customers. The insightful summarization by Dr. M. P Singh has put a remarkable impact on students for improvement in coming events. Moreover, department has got great guidance, support and encouragement through the judges and team of faculty members as well

#### Session on Unlocking Wellness and Happiness: A Path to Success

Ghaziabad (IMS News Service): MBA department of IMSEC is excited to share the highlights of an inspiring expert session conducted by Dr. Gangandeep Kaur, Director,



Unique Psychological Services. Her valuable insights on wellness and happiness as essential ingredients for success left a

lasting impression on everyone. The session began with motivational words by Prof. (Dr.) M.P. Singh, HOD, MBA, setting a positive tone for the event. Heartfelt gratitude was extended to Prof. (Dr.) Shailesh Tiwari, Director, IMSEC, for his unwavering support and guidance in making this event a reality.

**IMS News Service** Ghaziabad Department of IMSEC

Corporate Transformational Journey," HR Professional (CHEORS) benefiting the students of 3rd year Computer Science Department. The workshop was led by industries esteemed resource person

Session on Entrepreneurship:

Realizing your potential

MBA

organized an expert session

Realizing your potential-A

Successful Journey from

Campus to Corporate to

provide valuable insights and

knowledge about the various

Entrepreneurship:

on

with 13 years of experience in managing and enhancing human capital across diverse such as automobile, e-commerce, finance, and healthcare. She

is also a certified POSH trainer by CPD, HRCI, and SHRM. The program began with a warm welcome of Ms. Priyanka Pawar by Dr. Monika nagar, Dr Shailendra Kumar, and Mr. Gaurav

insights, the students successfully met the objective of the event, gaining valuable knowledge. Students participated enthusiastically, and their thoughtful questions added more value to the workshop.

**IMS News Service** 

Ghaziabad: A session on Summer Internship Project-Report Preparation was arranged by the MBA Department of IMSEC, aimed at guiding students on how to assist students in compiling and organizing their internship files effectively. The session was structured to provide clarity on the expectations,

methodologies, and best practices for preparing these essential academic The session documents. began with an overview of what an internship file is and why it is important. The program was led by the faculty coordinators of Summer Internship viz Dr. Siby James, Associate Professor and Dr. Nitin Mohan, Assistant Professor of MBA Department.

### The Mini Project Presentation for MBA 1st-Year Students

#### **IMS News Service**

#### Ghaziabad: The

Department of Presentation was Management Studies, IMS Engineering College,

successfully organized the Mini Project Presentation for MBA 1st-year students on 17th December 2024. Coordinated by Dr. Pratibha Pandey and Dr. Riyazuddin,

competencies required to

succeed. The convener of the

session was HOD MBA Dr.

M. P. Singh himself along

with Faculty Coordinator Dr.

Siby James. The session was

knowledgeable, insightful

and eye opening for all and

also for future budding

and

managers

entrepreneurs.

the event focused on fostering innovation and creativity in project work. An inspiring session by Dr. M.P. Singh, HOD (MBA), and impactful discussions

by esteemed faculty made the event a great success. The interactive Q&A session highlighted the students' enthusiasm and creativity.

### **Industrial Visit to R Systems, Noida**

#### **IMS News Service**

Ghaziabad (IMS News Service): In IMSEC, Department of MBA has organized an Expert Session on Entrepreneurship & Branding in 21st Century: The Need of the Hour".

**Branding in 21st centu-**

Dr. Dhruv Sood, CEO of Indo Realistic Management Consultant LLP" was the Resource person cum guest speaker for the day. The HOD Dr. M. PSingh himself was the Convener of this Programme along with Dr. Siby James as Faculty Coordinator and Ms. Neha Singh as Student coordinator. The students got great industrial insights and exposure which would help them to become budding Entrepreneurs.

ry: The Need of the Hour

Ghaziabad: Students of CSE Dept. of IMSEC had an exciting and insightful industrial visit to R Systems International Ltd., Noida, accompanied by Mr. Vibhor Harit and Mr. Rinki Singh, Assistant Professors from the Department of CSE. A heartfelt thanks was extended to Mr. Vikram Singh, Assistant Manager HR at R Systems, for his warm welcome and for sharing invaluable insights that motivated and guided our students. Highlights of the Visit were the Introduction to R Systems' core specializations and expertise in cutting-edge technologies. Comprehensive details were



shared about the recruitment process, placement opportunities, and internship programs. Students were also given insights into career growth and meeting industry expectations. There was an engaging Q&A session, addressing career opportunities, emerging tech trends, and effective placement strategies. Students were also exposure

to latest technologies in demand and their significance in shaping future careers. Prof. (Dr.) Shailesh Tiwari, Director, appreciated the entire team for the successful completion of this industrial visit. Prof. (Dr.) Sonali Mathur, HOD CSE, congratulated all the participants and extended her best wishes for their future endeavors.

**Entrepreneurship &** 

# Cämpus

9th January-2025

आईएमएस गाजियाबाद ने किया कानपुर के शिक्षकों का सम्मान

















आईएमएस न्यूज सर्विस

कार्यक्रम का शुभारम्भ मुख्य अतिथि प्रो. दिप्तीक परमार (प्रो वाईस चांसलर, हरकोर्ट बटलर टेक्निकल यूनिवर्सिटी, कानपुर) एवं आईएमएस गाजियाबाद यूनिवर्सिटी कोर्सेज कैंपस संस्थान के निदेशक डॉ. अरुण कुमार सिंह द्वारा माँ सरस्वती की प्रतिमा के समक्ष पुष्प अर्पित कर किया गया। निदेशक द्वारा उपस्थित लोगों को शिक्षा के मायने बताये साथ ही शिक्षक के कर्त्तव्य को बताया।

इस अवसर पर शिक्षा के क्षेत्र में उल्लेखनीय कार्य करने वाले कानपुर के एलन हाउस पब्लिक स्कूल,बी एन एस डी शिक्षा निकेतन, सी वी रमन इंटरनेशनल स्कूल, कैंब्रिज पब्लिक स्कूल, कार्वर पब्लिक स्कूल, डीएवी पब्लिक स्कूल, दिल्ली पब्लिक स्कूल, फ्लोरेट्स इंटरनेशनल स्कूल, गुलमोहर पब्लिक स्कूल, गुरु नानक गर्ल्स इंटर कॉलेज, गुरु नानक पब्लिक स्कूल, हेलिगेर बोर्डन एजुकेशन सेंटर, जेएमडी वर्ल्ड स्कूल, जुगल देवी सरस्वती शिशु मंदिर, कमला मेमोरियल इंटरनेशनल स्कूल, मनटोरा पब्लिक स्कूल, नारायणा ई टेक्नो स्कूल, न्यू स्टेपिंग स्टोन्स इंटरनेशनल स्कूल, नर्चर इंटरनेशनल स्कूल, ऑक्सफोर्ड मॉडल सीनियर सेकेंडरी स्कूल, प्रभात

पब्लिक स्कूल, पूरनचंद्र विद्यानिकेतन, आर के एजुकेशन सेंटर, रेनबो पब्लिक स्कूल, सरदार पटेल अकादमी पब्लिक स्कूल, स्कॉलर मिशन स्कूल, सेठ आनंदराम जयपुरिया स्कूल, श्री सनातन धर्म एजुकेशन सेंटर, सेंट मेरीस ऑर्थोडॉक्स स्कूल, दी चिंटल्स स्कूल,

स्टेपिंग स्टोन्स इंटरनेशनल स्कल के आलावा 50 से ज्यादा स्कूलों के 400 से अधिक अध्यापकों को सम्मानित किया गया। कार्यक्रम का संचालन डॉ दीपा गोयल द्वारा किया गया। कार्यक्रम का समापन उपस्थित जनों का धन्यवाद कर किया गया।





















IMS













### **News Brief** ...

# Winter Training Program at IIT Kanpur

### FDP on Al Tools for Research. **Teaching and Accreditation**



Ghaziabad (IMS News Service ): The Research Cell. under the aegis of the Internal Quality Assurance Cell (IQAC) successfully organized a 5-day virtual Faculty Development Programe (FDP) on" AI-Based Tools for Research, Teaching, and Accreditation", held from 9th to 13th December 2024.

The program aimed to enhance the knowledge and skills of educators and researchers in employing artificial intelligence (AI) tools for academic and professional excellence. The event witnessed active participation from faculty members, researchers, and academic professionals from various institutions pan India with around 300 participants joining from 22 states of the country.

The FDP was designed to equip participants with an understanding of the potential of AI tools in revolutionizing research methodologies and teaching practices. The primary objectives included:

- Introduction to AI Tools for teaching and research
- SLR and Bibliometric Analysis using AI
- · Prompt Engineering for enhanced Research
- Data Analysis using Power BI, Data Visualization through AI
- Generative AI application for effective paper writing, AI Tools for Accreditation purpose

The FDP was structured into five days of interactive sessions, combining theoretical talks and hands-on experience:

#### **IMS News Service**

**Ghaziabad:** The Department of Computer Science at IMS Ghaziabad (University Courses Campus) arranged a winter training program on Full Stack Development at IIT Kanpur from December 9 to December 19, 2024 for BCA 3rd-year students. This journey began with inspiring comments from Director Dr. Arun Kumar Singh and HOD-School of Computer Science Dr. Gagan Varshnev. Mr. Danish, a professional



trainer with expertise in Full Development, Stack conducted the course. Students have been exposed to the need of full-stack development in modern software engineering through training, which

emphasizes expertise in both front-end and back-end technologies, among other things. The program covered both the practical and theoretical aspects of full stack development. Students learned about front-end



technologies like HTML. CSS, and Bootstrap. Students also took part in a variety of enriching sessions, such as an Advanced Excel with Power BI workshop, a visit to the

Institute of Technology, Kanpur. Computer Center, a Drone

activities gave students hands-on experience and important insights into a wide range of topics.Each student received a certificate of completion for Full Stack Development.

The pupils have encountered a new type of learning environment at the EICT-IITK Campus. The program concluded with a farewell party. Such a training program is required of BCA final year students, who gets to learn a variety of new skills from industry professionals.

### Press Conference Organized

#### **IMS News Service**

Ghaziabad: At IMSUC, a press conference simulation was conducted by the Journalism Dept. as part of Corporate their Communication coursework. The activity involved active participation from all students, divided into groups of five. One group assumed the roles of key position holders of a selected organization, conducting the press conference, while the remaining groups acted as media representatives.

questions related to the organization's policies, future strategies, and market The press conference challenges. The began with an opening concluded with closing statement from the remarks from organization's spokesperson, organization's representative.

company's



providing an overview of the Overall, the press latest conference simulation developments. This was successfully met its objective followed by an interactive of enhancing students' understanding of corporate Q&A session where media communication dynamics. It representatives posed critical provided a realistic platform develop essential to communication, event management, and interpersonal skills crucial for the professional success in the media and corporate sectors.

#### IMS News Service

Ghaziabad: Institute of Management Ghaziabad (University Courses Campus), Department of Biosciences organized an educational trip to IIT Roorkee, for our M.Sc. Biotechnology 2nd year students (2023-25 Batch).

The experience gained during the visit was invaluable and has significantly enhanced student's understanding to the modern tools and techniques of biotechnology along with their industry application. The trip provided immersive

### **Trip to IIT Roorkee**

These

Session, an informative

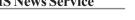
Cyber Security session, a

visit to the Airstrip, a tour of

the Robotic Lab, and an

insightful visit to the Indian

diversified

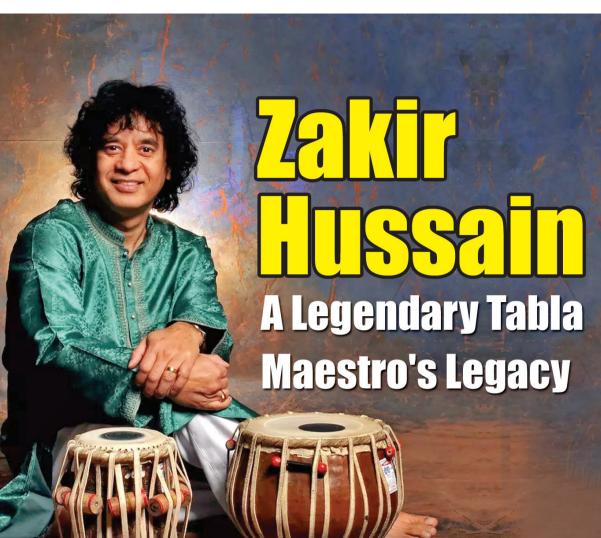


Studies



learning experiences and enriched the students by exploring biodiversity. The department extended thanks to the management and Prof. (Dr.) Saugata Hazra, IIT Roorkee to organizing this educational trip.

# Miscelläneous



#### **Kushagra Garg**

stad Zakir Hussain, born on March 9, 1951, in Mumbai, India, was a legendary tabla virtuoso and composer, celebrated for his profound impact on both Indian classical and global music scenes. As the eldest son of the renowned tabla maestro Ustad Alla Rakha, Hussain was immersed in the rhythms of the tabla from infancy. His father famously recited rhythmic patterns into his ears when he was just two days old, setting the foundation for his musical journey. Hussain's formal training began at the age of seven under his father's strict guidance, involving early morning practice sessions that instilled discipline and mastery. Balancing his musical education with academic

pursuits, he attended St. Michael's High School and later graduated from St. Xavier's College in Mumbai.

Throughout his illustrious career, received Hussain numerous including accolades, India's prestigious Padma Shri (1988), Padma Bhushan (2002), and Padma Vibhushan (2023). Internationally, he was honored with the United States National Endowment for the Arts' National Heritage Fellowship, the highest award given to traditional artists and musicians. His collaborations with global artists earned him four Grammy Awards, with three wins in 2024 alone, highlighting his versatility and global appeal. In 2018, the book "Zakir Hussain: A Life in Music," compiled by Nasreen Munni Kabir, was published, offering an in-depth look

into his life, rigorous training, and evolution as a musician.

Tragically, Ustad Zakir Hussain passed away on December 15, 2024, in San Francisco, California, due to idiopathic pulmonary fibrosis, a rare lung disease. His death marks the end of an era in the world of percussion and leaves a void in the global music community. He is survived by his wife, Antonia Minnecola, a Kathak dancer and his manager, and their two daughters, Anisa and Isabella. Ustad Zakir Hussain's legacy transcends his exceptional skill as a tabla player; he was a cultural ambassador who bridged eastern and western musical traditions, inspiring countless musicians worldwide. His life's work continues to resonate, ensuring that his rhythms will echo for generations to come.

# The Cyclonic Monk: Swami Vivekananda

#### **Anjali Singh**

"Abeacon of hope, a voice of wisdom, and a heart filled with compassion -Swami Vivekananda is the guiding

S wami Vivekananda, a revered Indian monk and philosopher widely recognized for his profound thoughts on spirituality, education, and "youth empowerment". His teachings and ideals continue to inspire millions worldwide, especially the youth, to embrace courage, selfdiscipline, and the pursuit of excellence.

The term was coined after his electrifying speech at the World Parliament of Religions in Chicago in 1893, where he captivated the audience with his profound thoughts and eloquence.

His ideas spread like a cyclone, breaking barriers of culture, religion, and geography, inspiring people across the globe.

He is also fondly remembered as "The Modern Monk" for blending ancient Indian spirituality with contemporary thought to address modern challenges.

The Government of India chose

January 12 as National Youth Day to inspire young people by drawing from the life and work of Swami Vivekananda. His call to "Arise, awake, and stop not till the goal is reached" symbolizes the energy, determination, and spirit of youth, making this day an apt celebration for them.

#### Vivekananda's Emphasis on Youth:

- ▶ Swami Vivekananda believed that
- youth are the backbone of a nation. ▶ He often emphasized that with their energy, enthusiasm, and courage, young people can bring about social and national transformation.

His teachings helped bridge the gap between the East and the West, fostering mutual respect and understanding.

#### The Significance of **Celebrating National Youth Day**

Events on this day highlight Swami Vivekananda's teachings on character building, mental strength, and societal responsibilities.

**Timeless Quotes by Swami** Vivekananda:

▶ "You have to grow from the inside

#### Some Notable Write-Ups and Collections by Swami Vivekananda

#### 1. Books and Essays: • Raja Yoga:

A comprehensive exploration of yoga's philosophy and practice, focusing on meditation, mental discipline, and the path to selfrealization.

• Jnana Yoga:

A treatise on the path of knowledge and wisdom, delving into Vedantic philosophy and the nature of the self and reality.

- Karma Yoga:
- A guide to the significance of

It goes without saying that I had very high expectations especially when it has appearance of Fahadh Faasil. The movie starts well and entertains for a while, which would make up the first two hours of its running duration.I would even say that, compared to its predecessor, the

storytelling quality in the first few hours was far better. Here, we see Fahadh Faasil and Allu Arjun being their funniest, most animated selves, using every ounce of their bodies to create scenarios that alternate between humorous and somber. One of Pushpa-2 fan reacted that after Amal Neerad's



purpose.

• Bhakti Yoga:

• Inspired Talks:

and life's higher purpose.

Sachin Sharma REVIEWS

### **Movie Review Pushpa-2**

Movie Name: Pushpa The Rule Part 2 Release Date: 5 December 2024 **Director: Sukumar Distributed by: AAFilms** Movie Budget:450 Cr Movie Box office collection:1109.85Cr is Box Office collection



Based on: Fictionalized account of a red sandalwood smuggler and his conflict with a police officer.

I must say that even though I had some issues with some of the artistic decisions made in Pushpa: The Rise, I still thought it was a really funny movie. I actually defended Allu Arjun's win of the Best Actor National award for his performance, which sparked a contentious discussion among moviegoers. pointing out that the actor skilfully used his physicality to create a performance that is difficult to execute. Regarding the issue of whether or not the performances in masala films deserve prizes, I would say, "Why not?"

Bougainvillea, this is the second film this year to treat Fahadh Faasil like a joke.

The way they concluded his character development left everyone feeling down. You start to notice a slow loss of energy when the movie abruptly veers off in the third act and showed scenes/scenarios that we have already seen and grown weary of in many South Indian films, like the idea of using a woman's honor to highlight Pushparai's bravery, the drab songs, and Rashmika's mostly inert presence. The final hour seemed like a superbly filmed tele serial that was horribly conceived and executed. I was angry and perplexed as I left the theater.

### परम्परा, गुरुकुल परम्परा

रुकुल शिक्षा प्रणाली d भारत की अनूठी शिखा प्रणाली थी जो गुरु शिष्य

शिष्य का समग्र विकास व

खेल.योग और कला ज्ञान ही

है। प्राकृतिक परिवेश में शिक्षा

गुरुकुल का आधार है। इसे शिक्षा

प्रणाली का अभिन्न अंग माना गया

प्रदान करने का मुख्य कारण शिष्यों

और अनुशासन को बढ़ाना है। इसी

प्रत्येक प्राणियों से लगाव रखते थे।

आज इस ज्ञान की, इस समझ की

कमी दिखाई देती है। आज की

शिक्षा प्रणाली आपसी स्पर्धा को

प्रकार से समझने नहीं देता वो

जन्म देती है जो मनुष्य को भी ठीक

प्रकृति के अलग जीवों को समझने

ज्ञान ही नहीं बल्कि प्रायोगिक तत्व

ज्ञान भी दिया जाता था और यह

केवल गुरुकुल व्यवस्था में ही

संभव है जहां शिष्य अपने गुरु के

साथ ही रहकर गुरुकुल में पढ़ाई

करता था और उनसे सही आचरण

व आत्मनिर्भर बनना सीखता था।

गुरुकुल का अर्थ ही गुरु का कुल

होता है और कुल अर्थात शिष्यों से

बना परिवार। यहां शिष्यों को शिक्षा,

नैतिक मूल्य और जीवन कौशल

मिलता था। गुरुकुल शिक्षा प्रणाली

में विज्ञान की इस बात को माना गया

है कि बच्चे सुनने से ज्यादा देखकर

का ज्ञान गुरुओं के निर्देशन में

सीखते हैं। वे अपने गुरुओं के

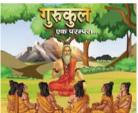
गुरुकुल में केवल सुखा तत्व

में कैसे सहायता कर सकता है।

के बीच भाईचारे, मानवता, प्रेम

कारण से उस समय के ज्ञानी हर प्राणी की भावना को समझते थे

परंपरा पर आधारित थी। गुरुकुल में शास्त्र ज्ञान से लेकर शस्त्र ज्ञान तक हर प्रकार के ज्ञान की महत्ता थी और शिष्यों को हर प्रकार से श्रेष्ठ बनाया जाता था। प्रकृति के स्नेह में शिक्षा प्राप्ति,



out. None can teach you, none can

make you spiritual. There is no other

"Strength is life, weakness is death."

▶ "In a conflict between the heart and

selfless action and duty without

attachment to results, offering practical

advice on living a life of service and

An exploration of the path of

devotion and love toward God,

emphasizing the emotional and

A collection of informal discussions

with disciples at Thousand Island Park,

USA, covering spirituality, religion,

personal aspects of spirituality.

teacher but your own soul."

the brain, follow your heart."

आचरण को अपनाते हैं। यह आज की शिक्षा व्यवस्था से बिल्कुल भिन्न है। आज बच्चे अपने मां बाप से बाहरी लोगों से उनके अच्छे बुरे आचरण दोनों सीख जाते हैं और गलत संगत में आकर अपना चरित्र अपनी मानसिकता सब खराब कर लेते हैं। वैदिक काल की इस परंपरा में समाज में उस समय मौजुद वर्ण व्यवस्था का कोई असर नहीं था यहां ब्राह्मण का जान पर अधिकार शूद्र के बराबर ही था, कोई भेद भाव भी नहीं किया जाता था। बालिकाओं को भी शिक्षा

बालकों के साथ ही दी जाती थी जो इस बात का प्रमाण है कि हमारे प्राचीन भारतीय समाज में स्त्री पुरुष के बीच कोई असमानता नहीं थी ये कुरीतियां भारत पर हुए आक्रमणों के कारण हो थी। इस शिक्षा प्रणाली की एक बहुत खास बात थी कि यहां हर शिष्य को निःशुल्क शिक्षा दी जाती थी। गुरुकुल का सारा खर्चा समाज उठता है जिससे गरीबी शिक्षा का रोड़ा नहीं बनती। आज की शिक्षा प्रणाली व्यावसायिक बन चुकी है।

प्राचीन भारत में कई गुरुकुल हुआ करते थे जैसे तक्षशिला जहां वेद, वेदांग, अष्टादस पुराण, शिल्प व्याकरण और दर्शन प्रमुख विषय थे, नालंदा जिसका पुस्तकालय विशाल था और यहां विदेश से विद्यार्थी गुरुकुल पद्धति में पढ़ने आते थे।

# Nurturing Champions: Gukesh's Rise as the New King of Chess

#### Dr. Sandhya Sharma

ighteen-year-old Indian chess prodigy D Gukesh has etched his name in history as the

Champion by defeating reigning champion Ding was Liren. In a nail-biting final, Gukesh clinched the title and a prize of \$2.5 million. Following in the footsteps of the legendary Viswanathan

Gukesh's youngest World Chess Anand, remarkable achievement celebrated with grandeur at his alma mater. His target has always been to become the best player in the world, it reflects the mindset that has driven

- Gukesh is now the 18th world champion.
- ▶ At 18 years, six months and two weeks, Gukesh is the youngest world chess champion ever
- In the current classical rankings, Gukesh is world No.5
- The school honored its star alumnus by gifting him a luxury car, a Mercedes Benz, valued at over \$60,000 (approx. Rs 50 lakh) Velammal Vidyalaya.

his meteoric rise. Even as the youngest World Chess Champion, Gukesh remains grounded and focused on improvement. "The World Championship was an important step towards his dream," he acknowledges and also said that there are many strong players, and I have a lot of improvement to do.

Currently ranked World No. 5 in classical chess, Gukesh is aware of the long journey ahead. "This is a big achievement, and it comes at a young age, but his goal is to keep enjoying chess, have a long career, and hopefully, one day became the best player in the world." Gukesh's success is not just his own but a testament to the structured support system at "Velammal Vidyalaya", Chennai ,an extensive network of private schools in Tamil Nadu which has



played a pivotal role in fostering chess talent, with other notable alumni including grandmasters Praggnanandhaa and Vaishali Rameshbabu. Promoting sports in schools is not just about physical activity; it is about building a foundation for a wellrounded life.

The school's chairman, "Velmohan", attributes its success to year-round competitions, exposure tours, and a specialized coaching program. "Velammal Vidyalaya students travel across India and overseas for chess events, also if the students perform impressively, the school send them on exposure tours and provide education, free

accommodation, and food."