



9th
Edition
2022-23

ANNUAL MAGAZINE EQUILIBRIUM



DEPARTMENT OF CHEMISTRY
HANSRAJ COLLEGE
UNIVERSITY OF DELHI

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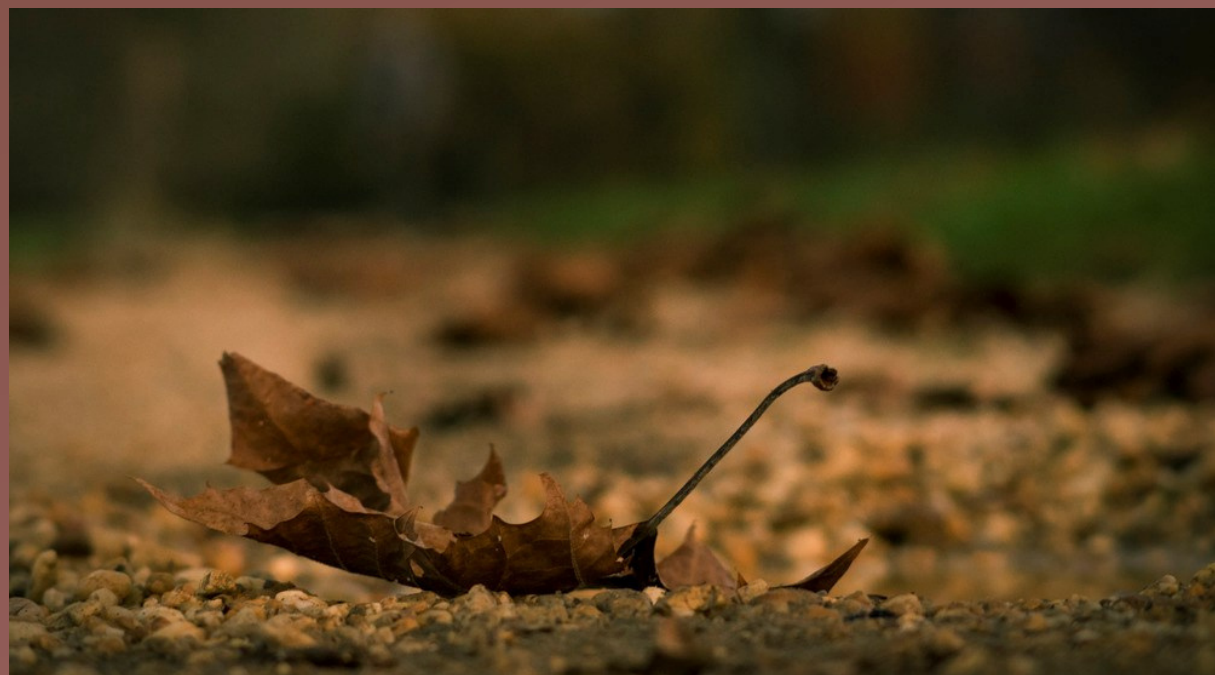
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Aloha Readers!

'Hope is the epitome of a never ending success!' And with this hope, it feels immense pleasure to carry on our legacy to publish yet again our annual Magazine - EQUILIBRIUM.

Editor's Note



From publishing the Journal JRCS - the fame of our society to organizing various seminars and webinars successfully, Rasayanatva has come up as a prestigious society at par! I would like to convey my heartfelt thanks to all the department teachers and my dear colleagues, without them, it would never have been possible!

Putting a limelight again at the magazine, I would like to extend my heartfelt gratitude and thanks to the entire team of Rasayanatva, who with their combined efforts have made every event reach beyond heights.

We would like to bid adieu to our lovely seniors and wish them good luck for a new voyage of opportunities and career establishments. Your sweet memories will always remain cherished in our heart forever. May success always be with you!

Thank you everyone!
Happy reading.

Gehna Ratra
Editor-in-Chief

MAGAZINE COMPILERS

Before sailing my boat to deliver my message to the assets of Chemistry department i.e. "our seniors" I would like to express my heartfelt gratitude to them as well as our teachers who gave me wonderful opportunity to work for this magazine.

Every fairy tale has its own beginning and end in its own essence...it's easy to say hello but too hard to bid goodbye to our loved ones but as we know time passes but it leaves its shadow behind us. The time to say goodbye to our lovely seniors and cherish the good memories spent with them, has come now.

Having being the best seniors, your advice and efforts to the department will be worth remembering.

Wishing you all the best for your future endeavours !!

Bid adieu !

- Pragati Rai (Technical Head)



It was a greatttt experience, compiling this magazine was not that easy..but with the help of our seniors and lovely juniors..we were finally successful in creating this magazine..

You have always stood behind us in every situation.

But while editing this magazine.. I got a little emotional...

We will really miss you bhaiya and didi..

You've been a fantastic friend at work as well as a coworker.

I am really very lucky to have amazing co-workers like you in my workplace. Thank you for all the things you've taught me and helped me in my work. Farewell and best wishes for your new position.

- Lipsa Sahu (Technical Head)

We and our 'pyare' juniors had a wonderful experience compiling this magazine for our -always ready to help- seniors. It has been a pleasure working with them within the society. I just want to say that this is a whole new and exciting opportunity for you. We still cannot believe that you will be leaving us. Your contributions to this society have been immense and tremendous. Best wishes for your future endeavours, didi and bhaiya. Farewell!

- Sukhman (Tech. Coordinator)



MESSAGE FROM THE PRINCIPAL



PROF. (DR.) RAMA

Congratulations to the members of Chemistry department for publishing the ninth edition of their annual departmental magazine "Equilibrium". Students and faculty of the department are creatively enhancing this platform every year.

Efforts invested in the production and publication of this issue must have been an enriching experience for the students involved. I hope the magazine enjoys a wide readership.

Keep up the good work.

MESSAGE FROM TEACHER – IN – CHARGE

**DR. MANOJ
KUMAR**

I congratulate my colleagues and students for taking this initiative forward. This magazine provides the opportunity for self expression and knowledge sharing. I urge all the students and teachers to share their thoughts and experiences to enrich its content.



MESSAGE FROM CONVENOR



DR. ANJALI SAXENA

It is great pleasure and pride to present ninth edition of departmental magazine "EQUILIBRIUM", which is a result of a dedicated and enthusiastic efforts of the RASAYANATVA team members. The magazine includes wonderful collection of creative articles of students and inspirational messages of the teachers of chemistry department. RASAYANATVA, the chemical society of Hansraj College, has come to a long way from its inception. The society has conducted several educational, motivational, and inspiring programs not only for students and teachers of the chemistry department but for the whole college during last year and witnessed a big participation of the students. I am grateful to respected principal madam for her support, guidance, and motivation throughout the year and bringing this edition. I extend my sincere thanks to the team RASAYANATVA and my colleagues for their help and efforts. The society will continue its incredible work of inculcating research attitude in the students in future.

I wish success to all the students of chemistry department and hope that will excel in whatever field they go after graduation and earn honour and fame to the college.

PARTING WORDS FROM OUR PRESIDENT

—RITUL SHARMA



It's been a month since we have been saying randomly ki "bss kch hi din aur h" and that some days have now come to an end. There is nothing that I will not miss about Hansraj College. It's not been the best but obviously the most cherished journey of my life. From starting as a volunteer in Rasayanatva, I then served as an editorial head and then finally ended up being the President of the society. It's been really adventurous throughout.

It is with bittersweet feelings that I write this farewell note. The time has come for me to move on to new opportunities and challenges, but I would like to express my deepest gratitude for the amazing experiences, learning opportunities, and friendships that I have gained here.

I have been truly blessed to work alongside such talented and committed individuals, and I will truly miss the incredible support and guidance that you have given me over the years.

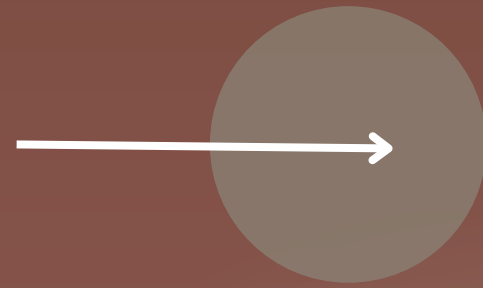
As I move on to new adventures, I want to take with me the lessons that each of you has taught me. I am confident that our paths will cross again, and I look forward to staying in touch as we continue to build our careers.

To everyone, I wish you all the very best in your future endeavors. May you continue to achieve great things and reach new heights. Thank you for the memories and the opportunity to learn and grow with you.

Regards
Ritul Sharma
President

PARTING WORDS FROM OUR VICE PRESIDENTS

**TRIPTI YADAV &
KHUSHI MAHAJAN**



Dear innovative chemists,
We finish our term as your Student Vice President today.

From entering this college online to seeing you all off in the offline mode. The journey has been nothing short of incredible for us

Being your leader always has and always will remain to be one of the biggest honours of our life regardless of whatever comes next and whatever happened in these years. In the past one year, this role never felt like a burden for us, every moment with you all was just beyond writing here. It was the last thing in our mind before bed and the first thing that got us to jump out of my bed in the morning some days and so it tells the position of this place in our hearts.



TRIPTI YADAV



KHUSHI MAHAJAN

We have finally stopped our clock now and we can proudly say that we worked few extra hours this year and we wouldn't have done it any other way, not for a billion pounds, not for anything else. It has been an amazing year. And we absolutely smashed it and made some really incredible achievements this year. The credit for it goes to none other than each and every student at Rasayanatva that makes this society what it is today. We would like to give a special thanks to all the great core team members that we worked very closely with which includes our senior core and heads of various departments but also our amazing Principal, Professors, Department staff and all our mates outside Rasayanatva. It was an absolute privilege working with everyone. We did not get a chance to meet all 200 of you students but know that we will always be here. Perhaps, no longer as your Student Vice President, but as your friend, your supporter and your ally for whenever you need us

Biding you a final good bye!

PARTING WORDS FROM OUR TREASURER

YASHIKA DHIMAN —————→

I'm filled with mixed emotions while writing this. On one hand, I'm super excited to have graduated and commence on the next chapter of our lives. On the other hand, I'm sad to say goodbye to the friends I have made, the professors who have guided me, and the campus that has become my second home. This place has made me grow in several ways to think critically, communicate effectively, and many more.

My professors and mentors, thank you for your guidance, wisdom, and encouragement. My friends, thank you for the laughter, support, and memories we will cherish forever and for the unwavering love.

As I leave this campus, I carry with me the lessons I have learnt, the skills I have gained, and the relationships I have formed. I'm excited to take on the world and make my mark, but will never forget the place that gave me my start.

So, farewell dear Hansraj, I will always cherish the moments, the lessons, and the people that made this journey unforgettable.

Thank you.



PARTING WORDS FROM OUR SENIOR SECRETARY

As my time here comes to an end, I wanted to take a moment to thank each and every one of you for the memories and experiences I had made during my time in college. It's hard to believe how fast these past few years have gone by, but I know that I will never forget the moments we shared. It feels like only yesterday when I walked into this campus for the first time, and now, my time here has come to an end. It has been an incredible journey, full of amazing experiences, and I am truly grateful to everyone who has made it possible. First 1.5 year went online and I was not expected to be reopen soon. But who knows that next 1.5 year will be so rocking and joyful. I wish if we get another 1.5 year to compensate that online college. Another best thing I came along with is Rasyanataav. This society remain with me even if I left this college. I know this society from first year. I personally agree that this society has given me so many experiences and lessons. Journey started as member and ended as Senior secretary, it teaches me a lot. I always put it first. It is not just society but it is one more part of my journey. We are going to hand over the whole responsibility of this society to our juniors and I know they will lead them to higher peaks. I want to express my deepest appreciation to the teachers and staff who have dedicated themselves to educating and guiding us. To my friends and classmates, I can't express how much I've enjoyed getting to know each and every one of you. Whether we were braving exams together or just hanging out, your friendship has made everything astonishing.

I wish you all the very best in your future endeavors, and I hope our paths cross again in the future. Thank you for being such fantastic colleagues and friends. Biding u last goodbye.

Thank you



**MURLI DHAR
DUBEY**

The background is a solid light red color. It features several geometric shapes: a dark grey rectangle in the top left, a light grey rectangle in the top right, a light grey rectangle in the bottom left, and a dark red rectangle in the bottom right.

PHOTOGRAPHS

FACULTY



NON-TEACHING STAFF



COUNCIL 2022-23



LEFT TO RIGHT —

Sitting- Murli Dhar Dubey (Sen. Secretary), Khushi Mahajan (Vice President), Ritul Sharma (President), Tripti Yadav (Vice President), Dr. Anjali Saxena (Convenor), Yashika Dhiman (Treasurer), Sneha Kaur (PR & Sponsorship Head), Garv Pahuja (Gen. Secretary)

Standing- Hridik Dinesh (PR & Sponsorship Head), Vivek Anand (Event Head), Jatin Prajapati (Research Head), Lipsa Sahu (Tech. Head), Sukhmanpreet Kaur (Tech. Coordinator), Nehanth Yenneti (Research Head)

3RD YEAR



LEFT TO RIGHT —

1st row- Ajmal, Vibhor, kishan

2nd row - Adarsh, lucky, sunil, piyush, sarvagya, Bharat, Ashwani, Aashutosh, Jishan, Kamlesh

3rd row- kalyan, Akash, Aayushi, Abhiram, Shamil, Himanshu tewatia, Chetan, mukul, sagar, sourabh, khushiram, Divyansh, rahul, saloni

4th row- Ayush dhanda, Vanshika mehta, sachin, anurag, pulkit, kartik, kunal, sahil galhotra, ravi meena, ravikant, Adam, ayush, lakshya, tushar

5th row- Manan, stuti, aniket sharma, shalu, khushi, gargi, ritul, yabsika, pawan, vanshika goyal, tanu, deepanshi, aman, sonam, tripti

6th row- Ankita, anshika, rashmi, sudhanshu, shashank, abhishekh, mahesh, rajesh, murli, sandeep, aniket kumar, priya, nikita, kirti, isha verma

7th row- Sahil khan, isha, sneha, praful

2ND YEAR



LEFT TO RIGHT —

1st row- Kamesh, Mitali, Shraddha, Himadari,
Gunjan, Poorna, Shrika, Sanchita, Sarandeep, Akash, Mehak, Tanuja,
Garv, Akshay, Hitesh, Yash, Vishaw, Yogendar

2nd row- Madhurima, Garina, Diya, Sneha, Nehanth,
Vanshika, Vishakha, Ishika, Khushhal, Sachender, Jatin, Aniket,
Anurag, Ayush, Ashutosh, Sanjeet, Abhishek

3rd row- Sanjana, Oshika, Sheetal, Devanshi, Ismita, Reshab, Ankit,
Rishiraj, Gaurav, Vivek, Ayush, Adnan, Abhinav, Akshat, Aashish,
Sourav

4th row- Tanya, Varsha, Jagriti, Anjali, Trishita, Divyanshi,
Diksha, Yashika, Deeva, Vaishali, Hridik, Anuj, Harsh, Deepak, Pritam,
Vinay

5th row- Anirudh, Siddharth, Anuvind, Sreehari, Vinee, Rashi, Tushar,
Laxman, Pankaj

1ST YEAR



LEFT TO RIGHT —

1st row – Fiza, Nandini, Tanya, Sneha, Priyanshi, Ritika, Anju, Khushi, Siya, Megha, Shivi, Yashpreet

2nd row– Sahil, Rohan, Shivam, Nikhil, Saurav, Akrisht, Nitin, Amar, Ashwini, Nikhil, Surjeet, Jatin

3rd row–Shivansh, Shobhit, Aryan, Pankaj, Saksham, Ujjwal, Harshit, Rajat, Ritesh, Vaibhav, Ankit, Jatin

4th row–Ankit, Ajeet, Shadab, Vansh, Ayush, Aryaman, Sanskriti, Ayushi, Shatakshi, Ritik, Mohit, Naseeb

5th row–Yash tak, Yash , Aditya, Karan, Rahul, Gautam, Himanshu, Saurabh, Nitin

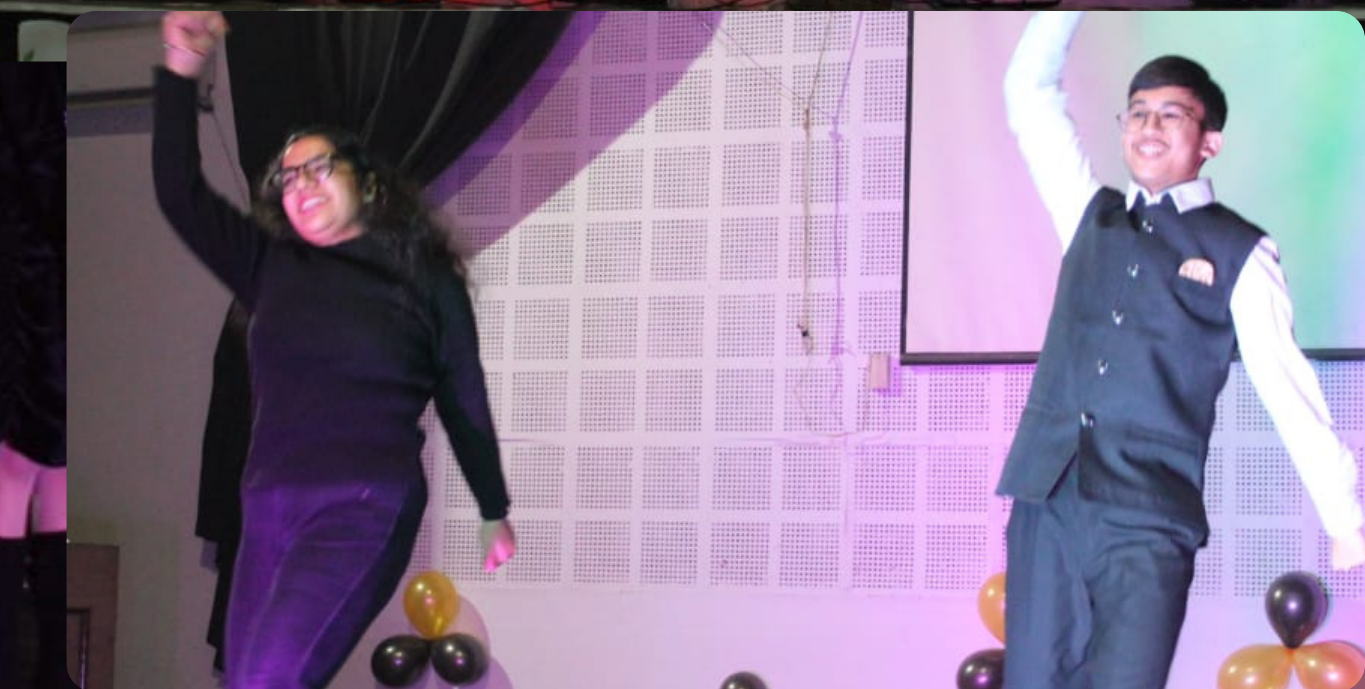
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WEBINARS AND EVENTS

CHEM-O-HOLICS FRESHERS PARTY

Jaise naya suraj nayi umeedo ko saath lata hai.
Vaise hi nayi shuraat nayi pehchaan deti hai.
Har subah ek naya aarambh, har din ek naya safar
Naye aasmaano ke tale, nayi udaano ki taalash m.
Naye raste khojane ko, kuch naya kar dikhaane ko.
Manzil ko apna banane ko
Thode nadaan thode samajdhaar
Parinde abh udh chalo

Every student eagerly awaits right from their time of admission for their most remarkable event of the college “FRESHER’S PARTY”. The day when seniors and juniors finally bond and unite to celebrate being a part of the college. Students were welcomed in their Freshers'23 CHEM-O-HOLICS on 23 January 2023 with so much enthusiasm, organized by Rasayanatva- The Chemical Society of Hansraj College Delhi University. The fresher’s day was filled with excitement, joy, music, laughter, and happiness. The event was started by our dignitaries Professors and Respected principal Dr. Rama kindling the lamp along with the blessings of goddess Saraswati. Freshman year is a lot of fun and a great time to get to know your seniors. Freshers are a terrific way to have fun and let off steam during your first few weeks of college, a way to get out and meet new people. Juniors showed their eagerness and excitement by participating in various events like dancing, singing, fun games, stand-up comedy & the main event for the title of Mr. & Ms. Freshers of 2023. The freshers enjoyed it a lot. The day must be memorable for them. We hope that the bonding between seniors and juniors must have grown stronger. And will continue to grow over the coming years. We plan to grow with them professionally and personally.



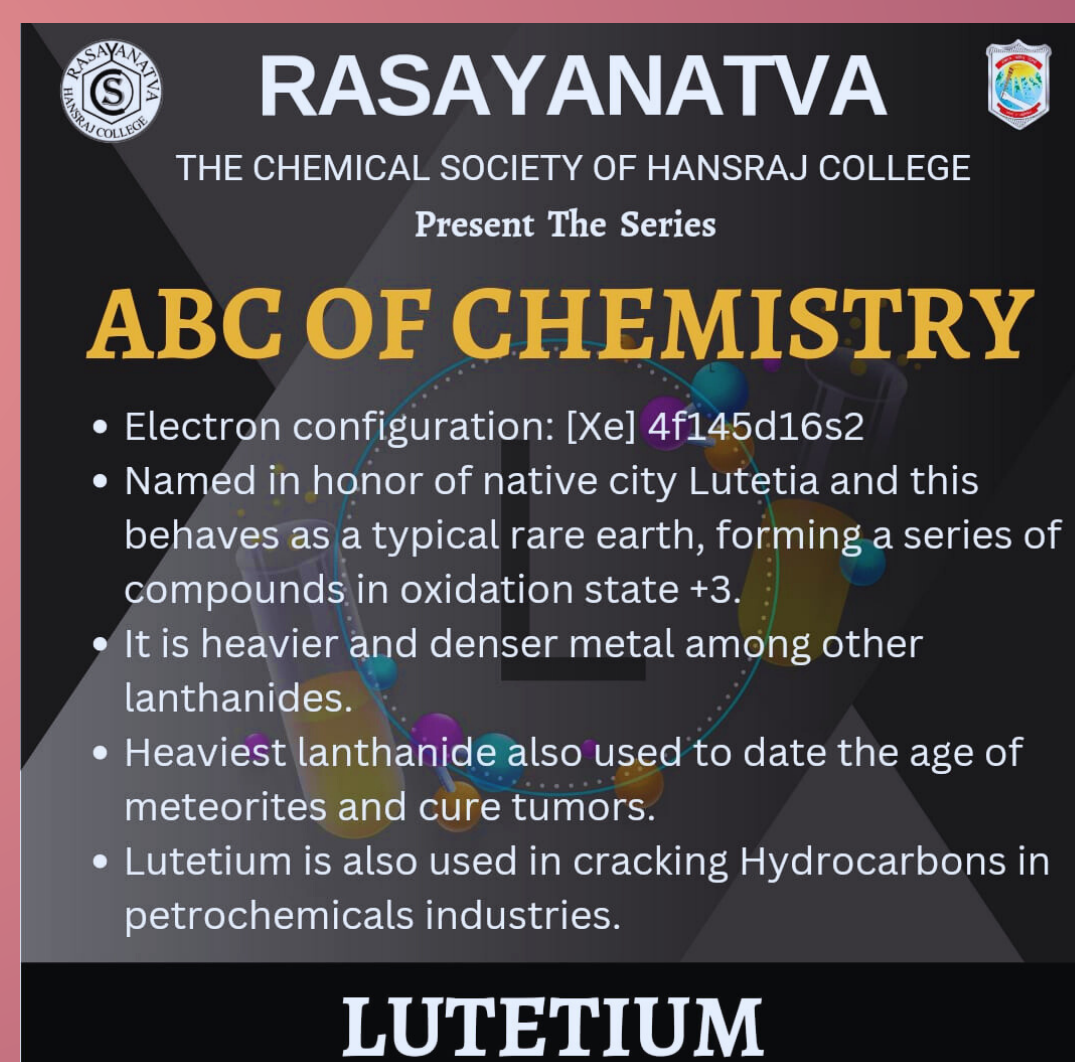
CARRYING FORWARD THE LEGACY



Chem-o-shorts: One of our most significant work is release of the Instagram series called 'chem-o-shorts'. Getting inspired by the concept of reels which has become a prominent medium to convey message, we have started to post short and effective videos to enhance chemical knowledge. Shorts covering a wide range of topics such as varying taste of orange and lemon, boiling of potato and egg, burning of sun without oxygen have been covered till now.

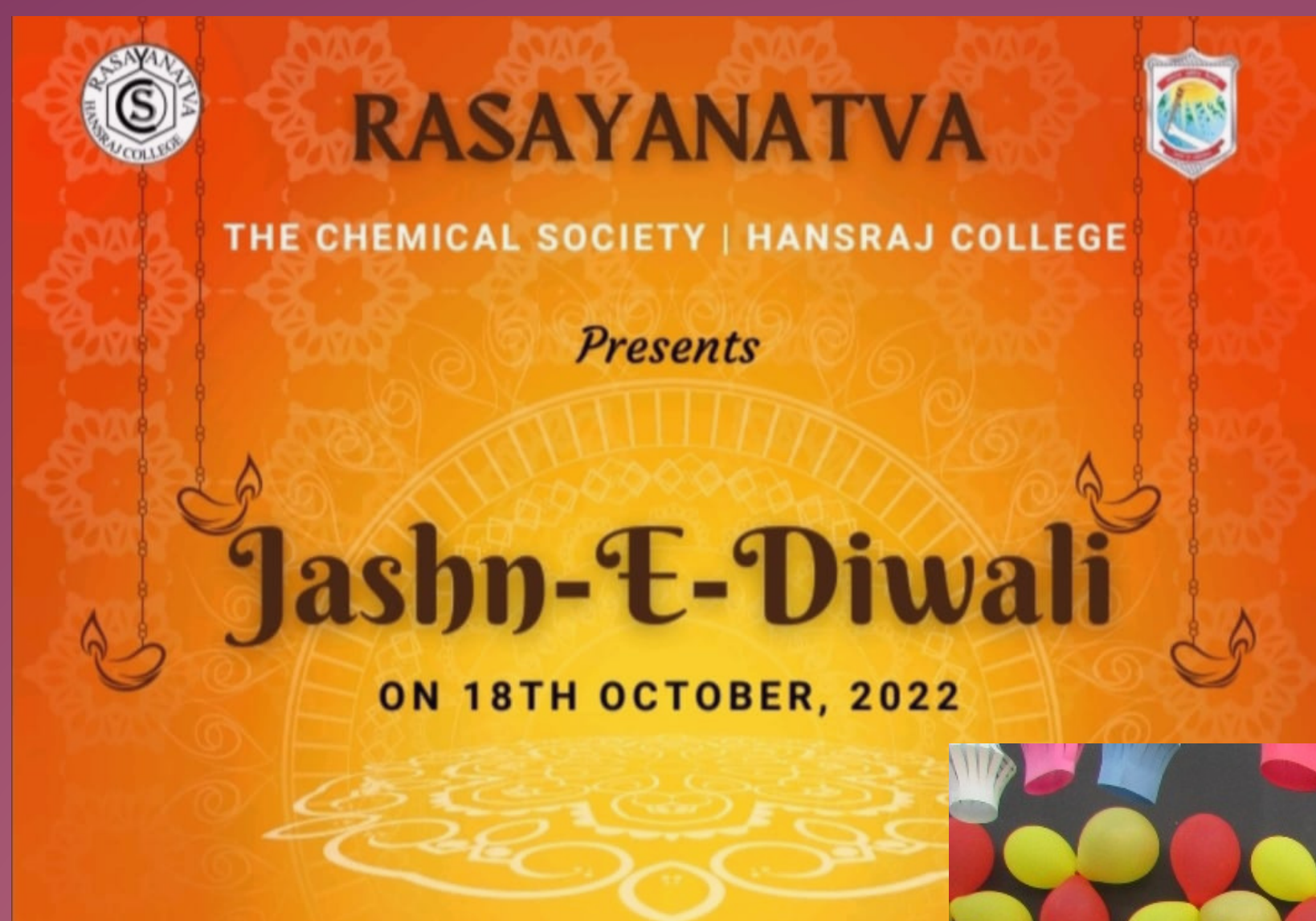
RASAYANATVA

ABC series: In order to make chemistry interesting and appealing to the common masses our society posts some interesting facts about compounds starting from A to Z under the name of a series called 'ABC series', on a weekly basis. Compounds such as krypton, lutetium, manganese have been covered till now



Factophile: The Instagram series called 'Factophile' gives light to the interesting aspects of the field of science by revealing the mysteries of daily life that can be explained with the help of chemistry. The core team has been continuing this series and under the topic various interesting topics such as different colours of fireworks, the blue coloured blood in certain arthropods, affect of chocolate on animals and many more have been explained





JASHN-E-DIWALI 2022

Rasayanatva organized Jashn -E-Diwali... On 18th October, 22 at the amphitheatre of Hansraj College! The event was a successful one with the atmosphere fully filled with the aroma of enthusiasm and happiness... Various dance performances, games, singing etc became the attractive highlights of the programme....

Even the respected teachers participated in various games along with the students.....

The event concluded with an open stage and refreshments, hence turned out to be a memorable one!

CHEMICAL HAZARDS AND CHEMISTRY LAB SAFETY



RASAYANATVA

The Chemical Society of Hansraj College

Presents a Talk on <<<

Chemical Hazards and Chemistry Lab Safety

Date : 20th January 2023
Time : 3 PM to 4:30 PM
**Venue: New Seminar Room,
Hansraj College**



>>> **Speaker : Dr. Satish Chand**
Associate Professor
Department of Chemistry
Hansraj College, University Of Delhi

Patron	Platinum Jubilee Celebration Convenor	Teacher in charge	Event Convenor	Chemical Society Convenor
Prof.(Dr.) Rama	Dr. Shailu Singh	Dr. Manoj kumar	Dr. Sunita Gulia	Dr. Anjali Saxena

A productive session was organised by Rasayanatva- The Chemical Society of Hansraj College, in the New Seminar Room on 20th January, 2023 and the topic for the conference was Chemical Hazards and Chemistry Lab Safety. The event began with introducing the guest speaker Dr. Satish Chand and presenting a Plant sapling to him by the convenor of the department Dr. Anjali Saxena. This was proceeded with a speech by Dr. Anjali, briefly introducing the speaker Dr. Satish nd highlighting the core elements of the events.

Furthermore, Dr. Satish informed us about chemical hazards and discussed many incidents like the Bhopal Gas Tragedy (leakage of Methyl Isocyanate gas causing deaths in thousands), Incident of Mumbai Oil Leakage Tragedy and many more.

Besides this, we discussed about, that chemicals could come in contact with or enter the human body through inhalation, skin contact and ingestion. Some effects of hazardous chemicals such as Skin irritation, Asthma, Lung diseases were also introduced to the students.

The measures to be taken after an experiment includes avoid direct contact with any chemical. Never smell, inhale or taste laboratory chemicals. Always wash hands and arms with soap and water after removing gloves and before leaving the work area. Never eat, drink, chew or apply cosmetics in the laboratory.

The conclusion to all this included the need to create awareness.

FORMULATION OF NATURAL COSMETICS






This workshop gives students the brief idea about natural cosmetics, which is produced by the substances that come directly from nature and are not produced in laboratory. Natural products like herbs, roots, flowers and essential oils are used in formulating chemical free cosmetic product.

The students learnt about the simple methods to make the natural cosmetics products like moisturizer, face wash etc. They get to know about the benefits of using natural cosmetics product.


With the help of society members and under the guidance of workshop convener and resource person, Dr. Ambika, Chemical society convener and resource person, Dr. Anjali Saxena, workshop coordinator and resource person Dr. Sunita Gulia we were able to conduct this workshop successfully.

The response we got from the audience was amazing. The attendees were thrilled and looking forward to implement the knowledge into their respective lives by making natural cosmetics by their own. And the attendees also motivated others to embrace natural cosmetics.


THE ROLE OF CHEMISTRY IN INFRARED DETECTOR TECHNOLOGY



RASAYANATVA
The Chemical Society of Hansraj College

Presents a Talk on 

The Role of Chemistry in Infrared Detector Technology



Speaker : Dr. R.S.Saxena
Scientist F
Solid State Physics Laboratory (DRDO)
Lucknow Road
Timarpur Delhi - 110054


Scan/Click Here To Join

<https://meet.google.com/ehb-zrme-vcr>

Patron of (Dr.) Rama Platinum Jubilee Celebration Convenor Dr. Shailu Singh Teacher in charge Dr. Manoj kumar Event Convenor Dr. Shweta Rastogi Chemical Society Convenor Dr. Anjali Saxena

With the everyday enhancement of technology, the role of chemistry is also increasing on a daily basis and there is an urgent need to understand the importance of chemistry. So, for the same, Rasayanatva–The Chemical Society of Hansraj College had recently organised an session with the topic, "Role Of Chemistry In Infrared Detector Technology". The Talk was organised on the 14th of January 2023, 2:00 to 3:30 pm. It was a virtual meeting which took place on the Google Meet platform.

The Guest Speaker for the session was Dr. R.S. Saxena, Scientist F, Solid State, Physics Laboratory (DRDO). He enlightened the students about the everyday increasement of chemistry not in just technical ways but in our daily basis too. The session was full of interesting experiences and there was a proper coordination with the students and the speaker.

After the completion of the session, some students asked there doubts too and the session ended with a happy note. The meet was highly lucrative not just for the students but also for the professors who were present in there. After the session, a vote of thanks was given by all the members to Dr. R.S. Saxena

LITERARY SECTION

कर्म

कर्म कर रहा हर पल मैं
फिर भी फल से क्यू वंचित हु
कर्म करू फल की इच्छा ना करू
ऐसा भी कैसे संभव
फल की चाह बिना कर्म हे विधाता
कहा कोई कर पाता है
हर बार मिले अर्जुन को कृष्ण
ये भी कहा संभव हो पाता है
और बिना कृष्ण कहा कोई
महाभारत जीता जाता है
हर बार मुझे समझाने को
निष्फल कर्म करो बतलाने को
नही बार बार कोई यहा आएगा
मेरा कृष्ण बन
मुझे बीच युद्ध में समझाएगा।
सद्कर्मों की स्पर्धा में कहा कोई
कर्ण समकक्ष हुआ
फिरभी कर्मों का फल हे भगवान
कहा सभी को समान मिला
कर्म किया निष्फल उसने भी
था वो योग्य की कृष्ण मिले
किंतु बिन फल को देख किया कर्म
तो पाप पुण्य की सुध बुध खो दी।
निष्फल कर्म भी
हर बार उचित नहीं होता है
फल की चाह बिना किया कर्म
बिना कृष्ण के निरर्थक होता है ॥



By Sanskriti
1st year

BETWEEN

Between me and you, I chose to be us.

Between my choices and your choices, I chose our choice.

Between fake and reality, I chose to be transparent with you.

Between like and dislike, I chose to love you the most. Yes!! That's called true love, Everything was between me and you. And that's where my world ended.



By Rajat Gupta
1st year

INDIA OF MY VISION

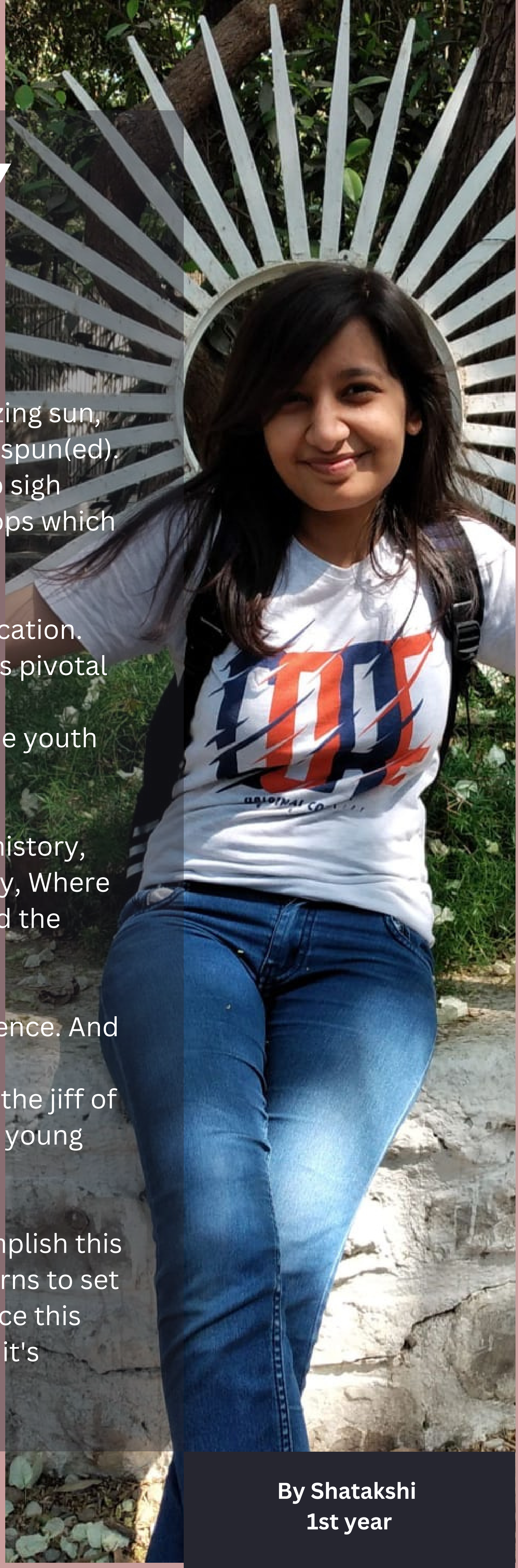
With the dawn being vivid by the emblazing sun,
And the hearts of people being serenity spun(ed).
Where the mornings embark with a deep sigh
Remembering the endeavour of the troops which
die(d).

A place that is traced by the daedal education.
With both Sciences and liberal arts as it's pivotal
foundation Letting the vicious chain of
reservation to be ablated And making the youth
being irenically literated.

To have humanity aspire for its refined history,
And contemplate for a candor consistory, Where
justice is parallel to the voice of God And the
gospel truth is the first to plod.

The farmer's sweat is the soil's quintessence. And
tranquil mind is ensued of the mental
quiescence. The dawn being admired of the jiff of
solidarity. Keeping the nation first is the young
man's priority.

And during epilogue of life when I accomplish this
desire. Is not the time when my soul yearns to set
on fire. Let's live a day more to experience this
revival. When Golden Era of India marks it's
arrival.



By Shatakshi
1st year

PREVENT AIR POLLUTION AND PROTECT NATURE

WHAT IS AIR POLLUTION?

Air pollution refers to the release of pollutants into the air—pollutants which are detrimental to human health and the planet as a whole. According to the World Health Organization (WHO), each year air pollution is responsible for nearly seven million deaths around the globe. Nine out of ten human beings currently breathe air that exceeds the WHO's guideline limits for pollutants, with those living in low- and middle-income countries suffering the most. In the United States, the Clean Air Act, established in 1970, authorizes the U.S. Environmental Protection Agency (EPA) to safeguard public health by regulating the emissions of these harmful air pollutants.

CAUSE

Most air pollution comes from energy use and production,” says John Walke, director of the Clean Air Project, part of the Climate and Clean Energy program at NRDC. “Burning fossil fuels releases gases and chemicals into the air.” And in an especially destructive feedback loop, air pollution not only contributes to climate change but is also exacerbated by it. “Air pollution in the form of carbon dioxide and methane raises the earth's temperature,” Walke says. “Another type of air pollution, smog, is then worsened by that increased heat, forming when the weather is warmer and there's more ultraviolet radiation.” Climate change also increases the production of allergenic air pollutants, including mold (thanks to damp conditions caused by extreme weather and increased flooding) and pollen (due to a longer pollen season).



By Deepak Gupta
1st year

AIR POLLUTION IN DELHI

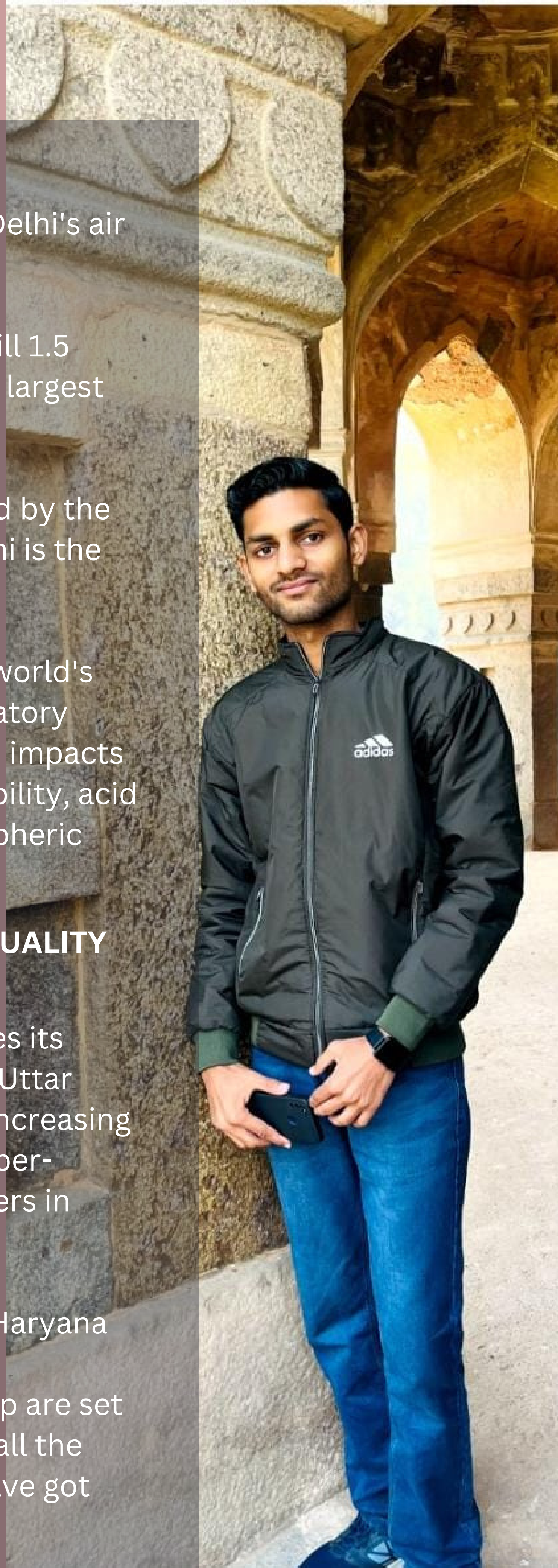
Every year during the onset of winter Delhi's air quality begins to fall.

- Air pollution in India is estimated to kill 1.5 million people every year. It is the fifth largest killer in India.
- According to air quality data compiled by the World Health Organisation (WHO), Delhi is the world's most polluted city.
- According to the WHO, India has the world's highest death rate from chronic respiratory diseases and asthma. Air pollution also impacts the environment through reduced visibility, acid rain, and formation of ozone at tropospheric level.

REASONS FOR DETERIORATING AIR QUALITY OF DELHI

Stubble Burning: National capital shares its border with the states of Haryana and Uttar Pradesh. One of the main reasons for increasing air pollution during the month of October-November is crop burning by the farmers in these states.

Farmers burn rice stubbles in Punjab, Haryana and Uttar Pradesh. It is estimated that approximately 35 million tonnes of crop are set afire by these states. The wind carries all the pollutants and dust particles, which have got locked in the air.



By Deepak Gupta
1st year

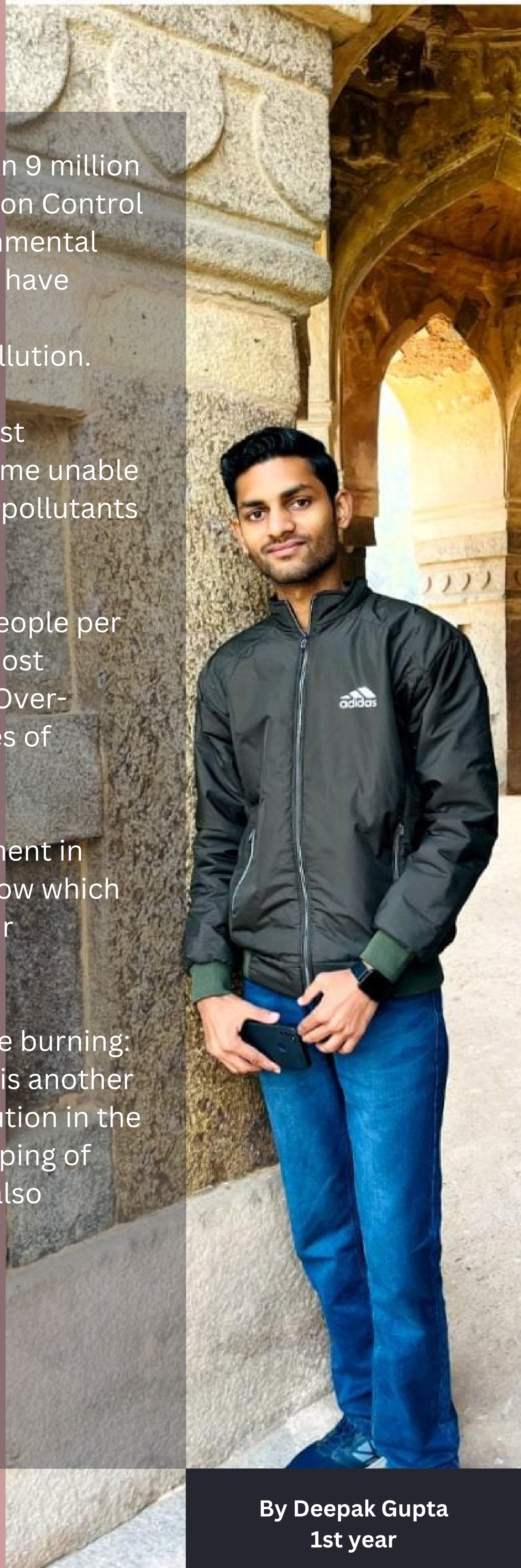
Vehicular Emission: Delhi has more than 9 million registered vehicles. The Central Pollution Control Board (CPCB) and the National Environmental Engineering Research Institute (NEERI) have declared vehicular emission as a major contributor to Delhi's increasing air pollution.

Weather: During the winter season, dust particles and pollutants in the air become unable to move. Due to stagnant winds, these pollutants get locked in the air, resulting in smog.

High Density: With more than 11000 people per square kilometer, Delhi is among the most densely populated cities in the world. Over-population adds up to the various types of pollution.

Lack of Infrastructure: In India, investment in public transport and infrastructure is low which leads to congested roads, and hence air pollution.

Construction Activities and Open waste burning: Large-scale construction in Delhi-NCR is another culprit that is increasing dust and pollution in the air. Delhi also has landfill sites for dumping of waste, burning of waste in these sites also contributes to air pollution.



मैं...

लफ्जों ने मेरे शायद कर ली है खुदकुशी,
इसलिए तो कुछ दिन से लिखता नहीं हूँ मैं।

रहता हूँ आठों याम आसपास मैं उसके,
फिर भी वो कहती है कि दिखता नहीं हूँ मैं।

लिखता हूँ क्योंकि लिखने से मिलती है खुशी मुझको,
तारीफ करो तुम इसलिए लिखता नहीं हूँ मैं।

यूँ तो ज्यादा लोग जानते नहीं मुझको,
जो जानते हैं उनसे कभी छिपता नहीं हूँ मैं।

रहता हूँ साथ सबके आदत है ये मेरी,
अगर हो न अपनापन तो दिखता नहीं हूँ मैं।



माँ...

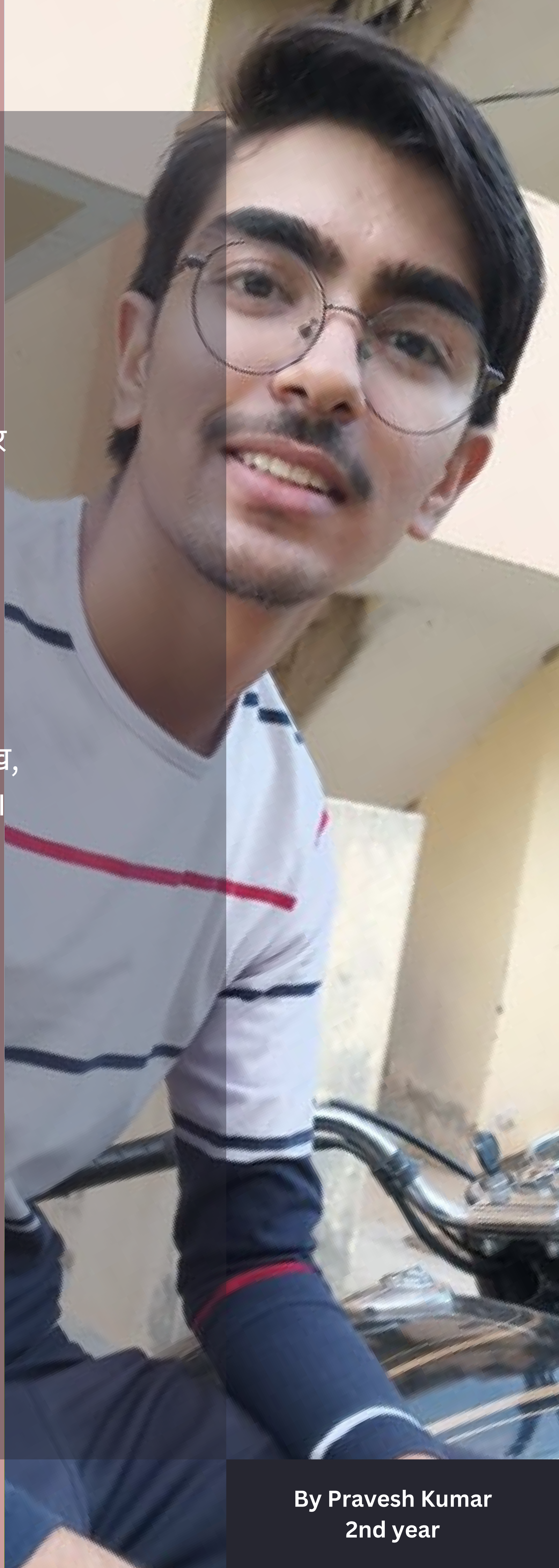
हर पल जो साथ दे, साए की तरह,
वो शख्स ही तो ' माँ ' कहलाती है।

और अपनी औलाद की एक मुस्कुराहट पर
वो सब कुछ कुर्बान कर देती है,
मैं हैरत में हूँ आज भी,
नाजाने इतनी ममता वो कहाँ से लाती है।

गिरता है एक आंसू मेरी आंख से तो,
हजारों वो अपनी आँख से बहती है।
कहीं दर्द बढ़ ना जाए इसका मुझे रोता देख,
यही सोचकर वो खुलकर रो भी न पाती है।
मैं हैरत में हूँ आज भी,
नाजाने इतनी ममता वो कहाँ से लाती है।।

गुस्सा होते हैं जब भी पिता जी मुझ पर,
वो खुद पिटकर भी मुझे बचाती है।
बच्चा पढ़ता नहीं है, ये जानकर भी,
वो अक्ल आने के सपने सजाती है।।

जब नाराज हो जाती है दुनिया मुझसे,
मेरी ' मां ' मुझसे हँस के बतलाती है।
मैं हैरत में हूँ आज भी,
नाजाने इतनी ममता वो कहाँ
से लाती है।।

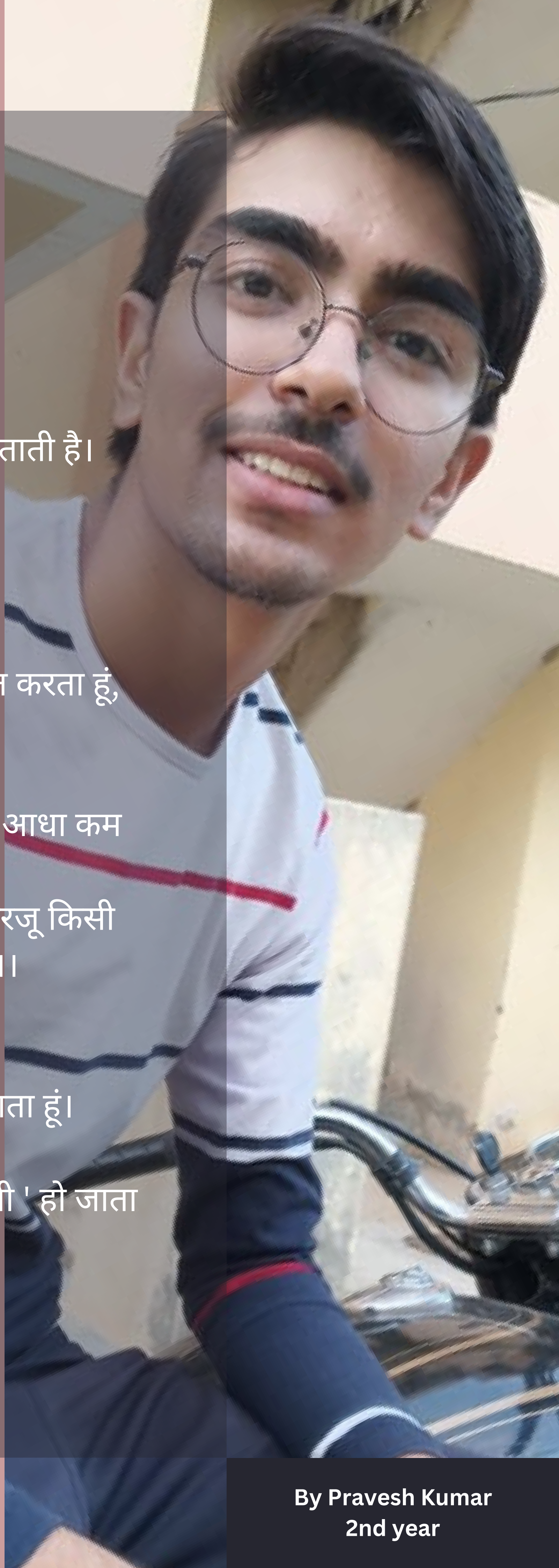


कभी प्यार से सहलाकर सिर,
तो कभी थप्पड़ से प्यार जताती है।
बेटे की हर ख्वाहिश हो पूरी इसलिए,
अपनी इच्छाएं तक छुपाती है।।

मेरा बेटा मुझे साथ रखे बुढ़ापे में,
बस एक यही अरमान सारी दुनिया को बताती है।
मैं फिर कहता हूं एक बार
हर पल जो साथ दे साये की तरह,
वो शख्स ही तो 'मां' कहलाती है।।

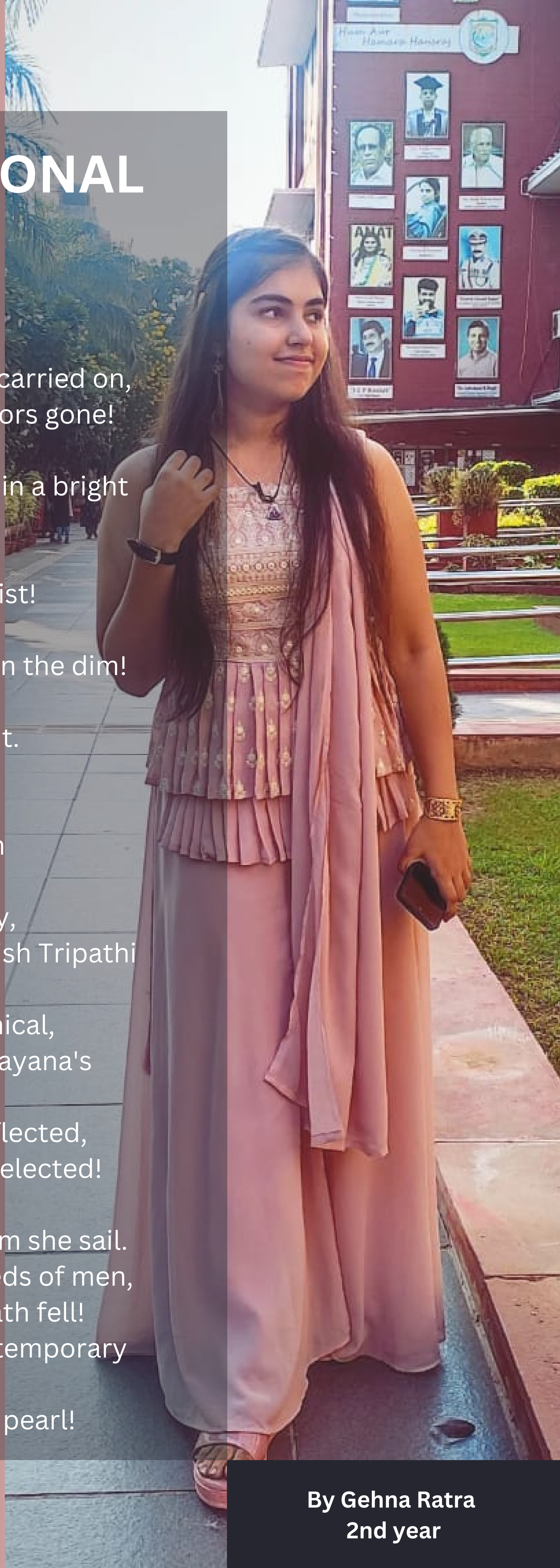
मैं छोटी सी छोटी मुसीबत में 'मां' से बात करता हूं,
इतना विश्वास मुझे मेरी 'मां' पर कि
दवा से पहले 'मां' को याद करता हूं।
और 'मां' शब्द चिल्लाने भर से मेरा दर्द आधा कम
हो जाता है,
और जब छूती है वो मेरे जख्म को, तो आरजू किसी
की नहीं, बस वही मरहम हो जाता है।।

कर सकता हूं इंकार जमाने भर को मैं,
लेकिन उसकी हर बात पर मैं राजी हो जाता हूं।
घेरते हैं अंधेरे मुझे भी पहाड़ बनकर,
'मां' जब पुकारती है 'बेटा' तो मैं 'माँझी' हो जाता
हूं ॥



THE UNCONVENTIONAL SITA

Known from its epitome of tradition,
India, a country full of culture.
Generation to generation, myths are carried on,
Rules remain rules, even after ancestors gone!
Every step I take on my way,
Makes me see glimpses of patriarchy in a bright
day.
Taking Ramayana, in the priority list,
Highlights Shri Rama as the protagonist!
Whole story revolves around him,
While goddess Sita following behind in the dim!
Fragile, with no warrior spirit,
Waiting for Rama as a hope which is lit.
But but but....
Just like every route has a destiny,
A chain breaker brings out the hidden
chemistry.
A ray of light was seen in a closed way,
When the unconventional sita by Amish Tripathi
comes into play!
Each word of his book comes out ironical,
Thus bringing a contradiction to Ramayana's
culture!
Supremacy of female entity being reflected,
Where not a coward but a warrior is selected!
Capturing Sita as an alpha- female,
Strong as a stone- on a boat of wisdom she sail.
With one lathi, she fights with hundreds of men,
Not accepting defeat till her last breath fell!
Completely signifying a modern, contemporary
girl,
Targeting her ambitions, shines like a pearl!



By Gehna Ratra
2nd year

मैं बुरा नहीं हूँ

हाँ मानता हूँ लाख बुराइयां हैं मुझमें, पर
मैं इतना बुरा भी नहीं जितना तुमने समझ
लिया।

कुछ तो अच्छाइयां होंगी मुझमें,
फिर क्यों उन अच्छाइयों को तुमने नजरंदाज
कर

किसी और को चुन लिया।

अगर समझ जाते मुझे तो पता होता की
हमेशा साथ था मैं,

चाहे तुम गलत थे या फिर सही।

खैर अब चीजें पहले जैसी नहीं रहीं क्योंकि
तुम बदल जो गए,

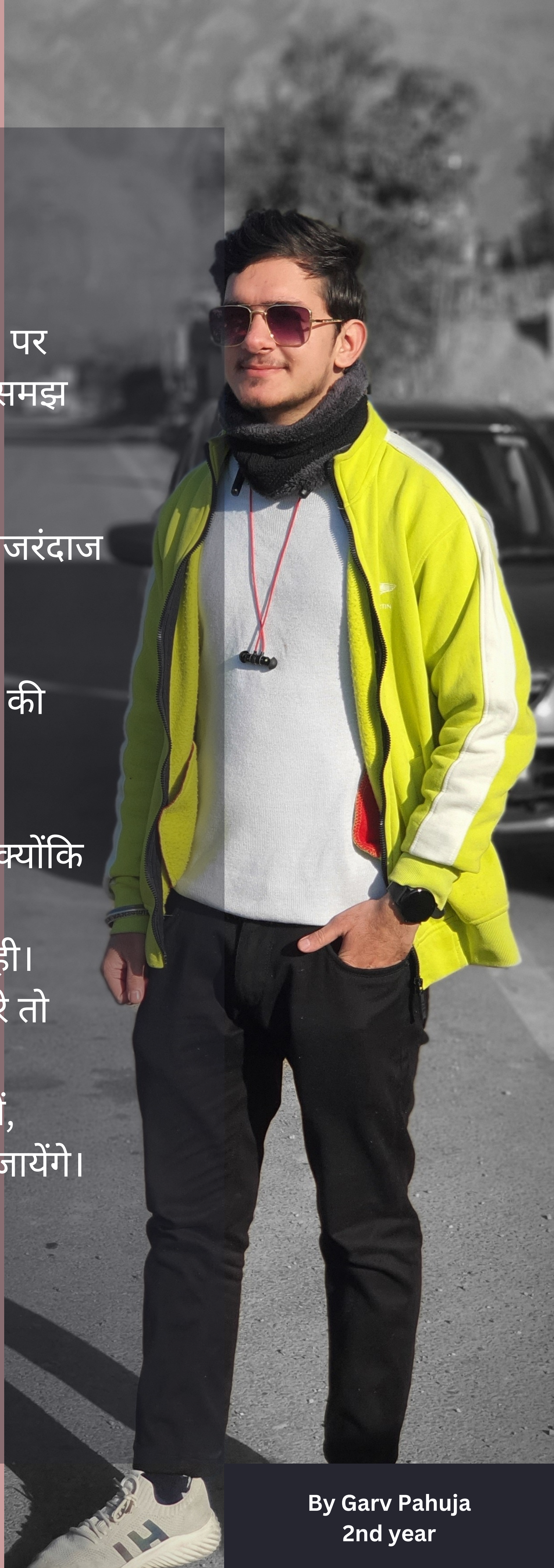
लेकिन मैं हूँ आज भी वैसे का वैसे ही।

अगर कभी लौट के आने का मन करे तो
लौट आना।

हाँ थोड़ा वक्त लगेगा चीजें सुधारने में,

अगर कोशिश करोगे तो फिर से हो जायेंगे।

क्योंकि हमेशा से थे तो तुम्हारे ही।



ETHOS

Sometimes wish to close my eyes
To get free from all the ties
Some chapters to be closed,
some to be repeated
And feel the purpose of my life.

This life sucks, trying hard but
can't adjust
People come & go, here no bond
works
People loving selflessly, just in
parallel universe
Love you give, won't get return
Invest wise so you can rise.



By Vanshika Sharma
2nd year

SHORT POETRY

Sham Hoti Gayi, Sooraj Dhalta Gaya,
Mai Musafir tha, Mai Chalta Gaya,

Mujhse Har Vo Shaksh Dur Gaya,
Jis ka Mujhse matlab Nikalta Gaya,

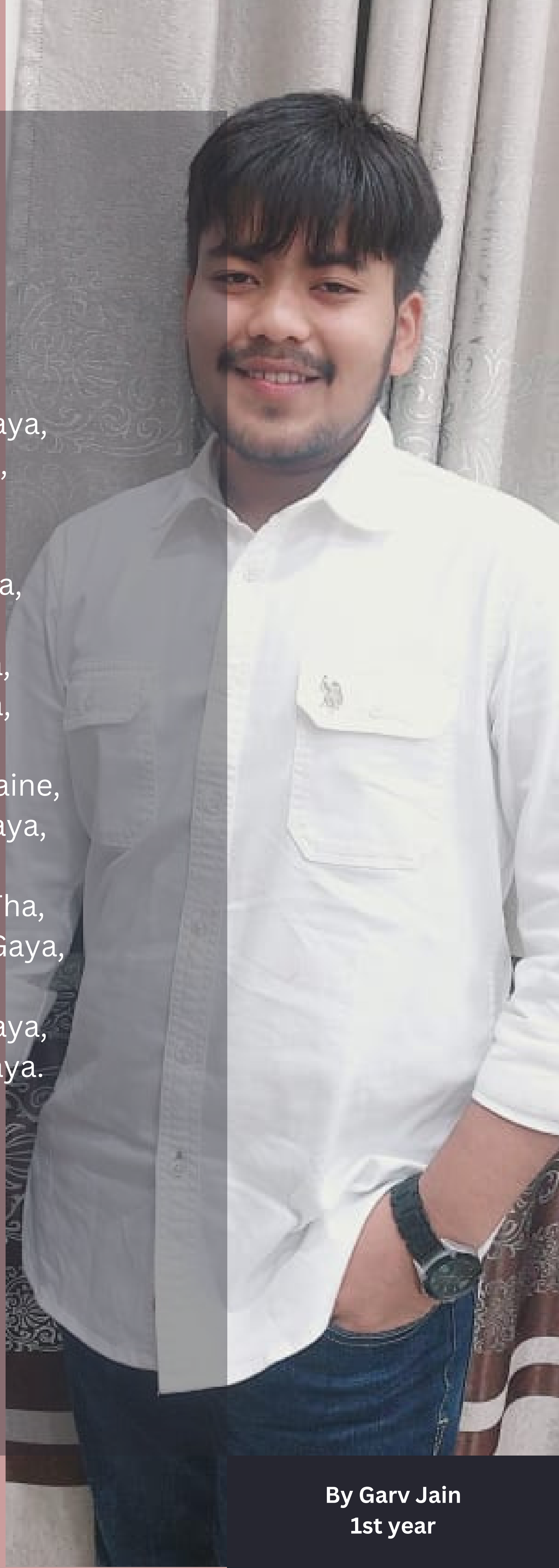
Jinko Main Apna Aaina Kahta Tha,
Waqt ke Sath Aaina Badalta Gaya,

Jin Pattharo Se Thokare Khayi Maine,
Un Thokro Se Main Sambhalta Gaya,

Har Rishta Mutthi Me Rait Jaisa Tha,
Jo Dheere Dheere Karke Fisalta Gaya,

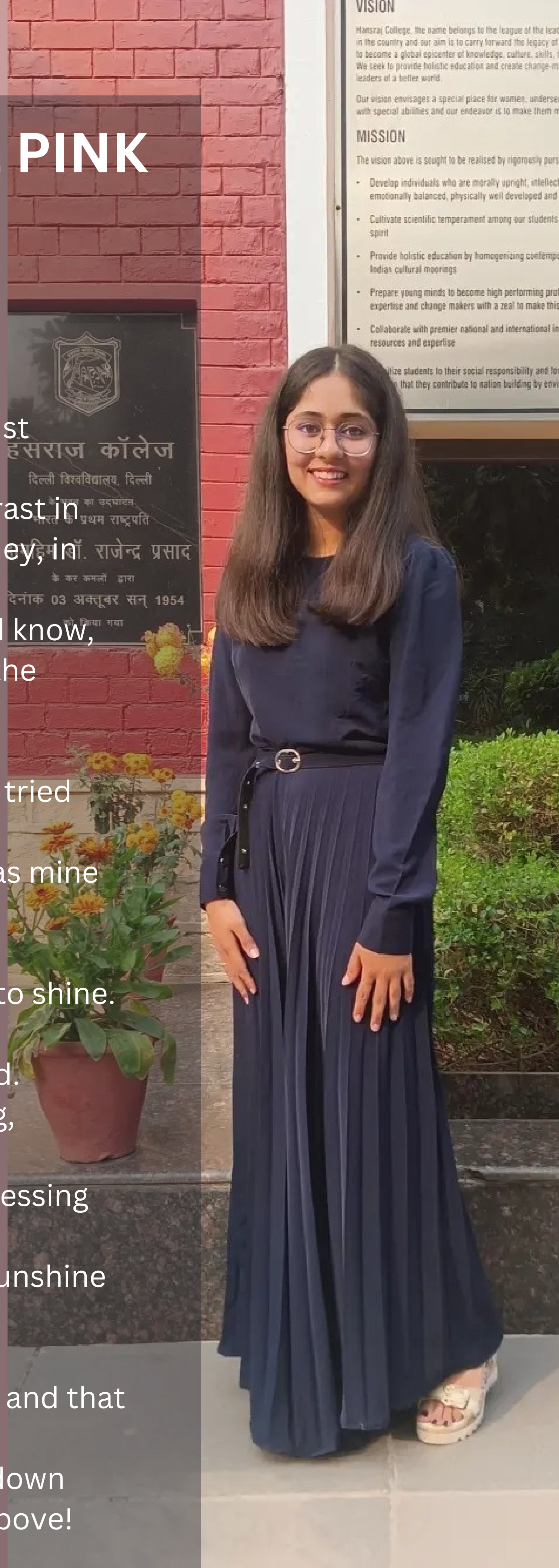
Sham Hoti Gayi, Sooraj Dhalta Gaya,
Main Musafir tha, Main Chalta Gaya.

By Garv Jain
1st year



BLUES AND PURPLE PINK SKIES

Livin' in the shadows
I still crave to remain in that limbo
for actuality is far more catastrophic
and I'm a toddler even now, besides just
bearing it somehow
yet grown enough to fathom the contrast in
what they say they meant and what they, in
real, intend.
Walked out barefoot, only then I could know,
the ache one go through stepping on the
pebbles that they throw.
Only a few minutes went by
and I suffocated no matter how hard I tried
Flying was all what I desired for
and I know damn well that the fault was mine
to let them have the chains
but here I am, drawing the line.
For now that I'm grown and still hope to shine.
How long are they gonna pretend?
When I can all together put it to an end.
Yet they never get enough of falsifying,
and playing with my mind.
Conjecturing their opinions and suppressing
my own,
tampered with my mind til' all of my sunshine
was gone.
I miss who I used to be
and still grateful for what I've become and that
is what I mostly love
'coz they never get sick of shattering down
and I always pick my pieces and rise above!



By Devanshi Tyagi
2nd year

NA CHEMISTRY HOTI

Na chemistry hoti na main student hota,
Na ye lab hoti na ye accident hota.

Abhi practical mein ayee nazar ek ladki,
Sundar thi naak us ki test tube jaisi.

Baton mein us ki glucose ki mithas thi,
Sanson mein ester ki khushboo bhi sath thi.

Aankhon se chhalakta tha kuch is tarah ka pyaar,
Bin piye hi ho jata hai alcohol ka khumar.

Benzene sa hota tha uski presence ka ehsaas,
Andhere mein hota tha radium ka abhas.

Nazrein mili, reaction hua,
Kuch is tarah love ka production hua.

Lagne lage us ke ghar ke chakkar aise,
Nucleus ke charon taraf electron hon jaise.

Us din hamare test ka confirmation hua,
Jab us ke daddy se hamara introduction hua.

Sun kar hamari baat wo aise uchhal pade,
Ignesium tube mein jaise sodium bhadak utha.

Woh bole, hosh mein aao, pehchano apni auqaat,
Iron mil nahin sakta kabhi gold ke saath.

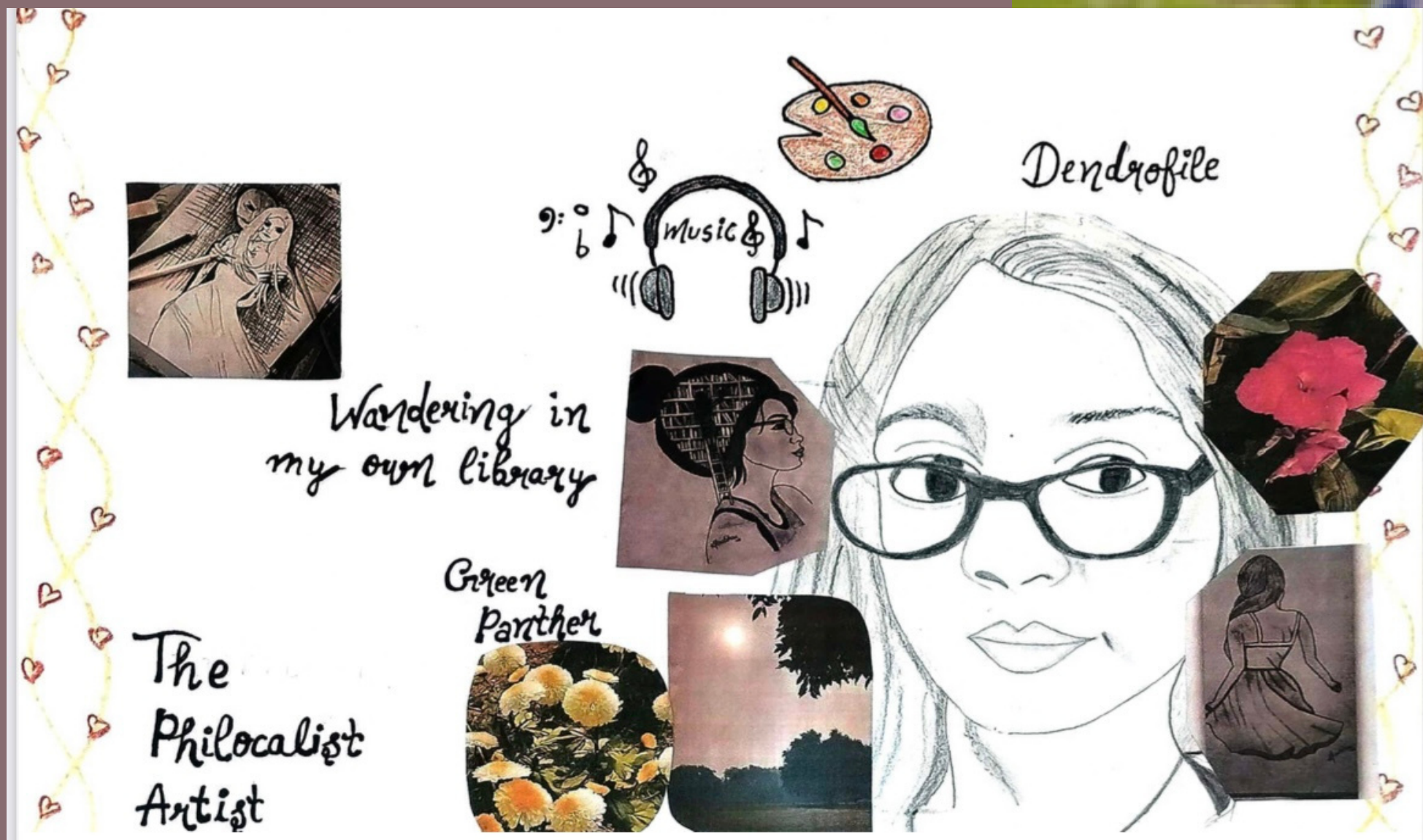
Ye sun kar tuta hamare armanon bhara beakar,
Aur ham chup rahe benzaldehyde ka kadwaghoont
pee kar.

Ab us ki yadon ke siwa hamara kam chalta natha,
Aur lab main hama
re dil ke siwa kuch jalta na tha



By Priyanshi Rajput
1st year

SELF PORTRAIT



A self portrait is a portrait of an artist realised by the artist himself or herself, mainly through the medium of painting, drawing, sculpture or photography. It is a form of analysis, self-definition & self-affirmation, and communication to the public.

By Anju Soni
1st year

ZAROORI NAHI KI BAAT KARNE

Zaroori nahi ki baat karne ka koi bahana ho
Zaroori nahi ki jisse tum chaaho woh tumhara
ho

Mulakaatein toh hoti hai bohot si
Magar zaroori nahi ki un har
mulakaaton ka kinnara ho

Kyun dil ke itna kareeb aa jaata hai koi
Kyun apnepan ka ehsaas kara jaata hai koi
Jab dil ko aadat ho jaati hai uski
Kyun utna hi dur chala jaata hai koi

Bhulana toh chaha magar bhula na sake
Jatana toh chaha magar jata na sake
Tere khayalo ne jo baandha iss kadar
Khud ko chhudane ko chaha magar
chhuda na sake

By Yashpreet Kaur
1st year



Love Bugs

I was trying to find love and finding only mushy-mushy lovebirds around me. Wondering, when will a cupid's arrow hit me but found out about love bugs and was thinking what if they bite me? Will I find my soulmate, or will I turn into them like Spiderman after a spider bit him?

After a lot of research, to get love bugs bite I got some great insights from Shelley Adamo's research.

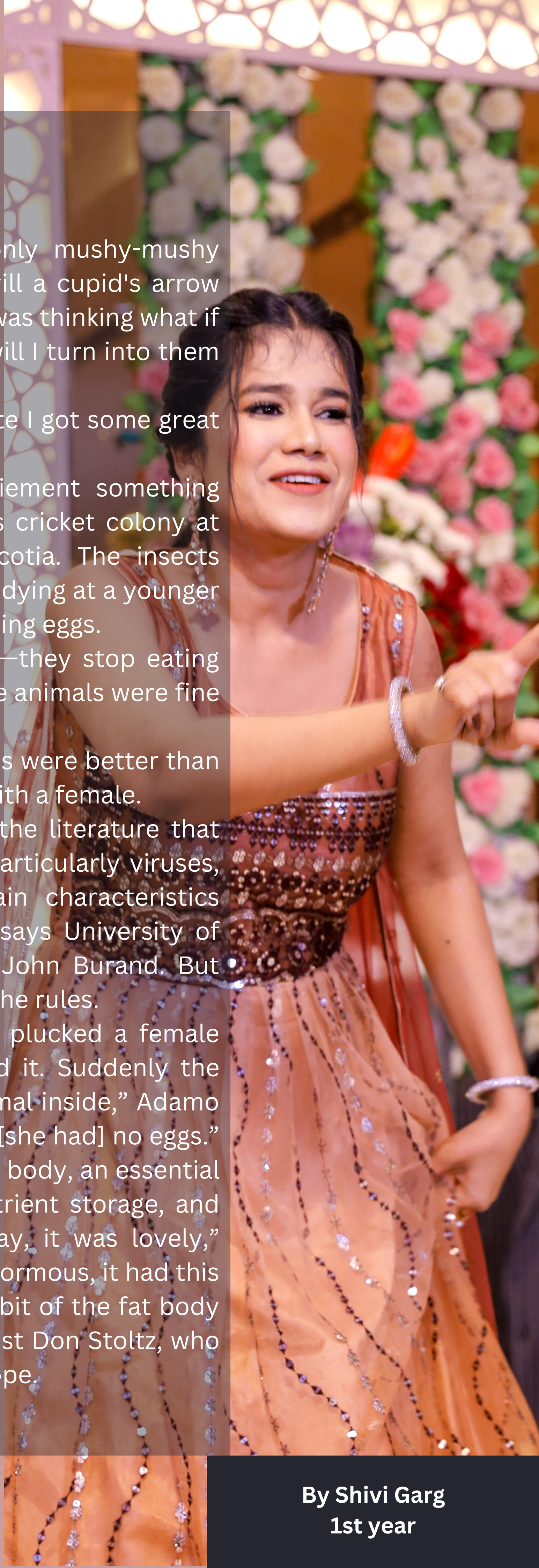
In the spring of 2013, during an experiment something strange was observed to Shelley Adamo's cricket colony at Dalhousie University in Halifax, Nova Scotia. The insects appeared perfectly healthy, but they were dying at a younger age than usual, and the females weren't laying eggs.

"Usually, you can tell when they get sick—they stop eating and look lethargic", says Adamo. "But these animals were fine almost until the day they died."

In fact, she would later learn that the males were better than fine, taking less time to initiate courtship with a female.

"There's a general sort of philosophy in the literature that animals that are infected with diseases, particularly viruses, have certain behaviors or display certain characteristics which make them less-desirable mates," says University of Massachusetts Amherst insect virologist John Burand. But these crickets didn't seem to be following the rules.

To figure out what was going on, Adamo plucked a female from the colony, chilled it, and dissected it. Suddenly the answer was clear. "She was grossly abnormal inside," Adamo recalls. "Her ovaries were all shriveled up; [she had] no eggs." In place of the ovaries was an engorged fat body, an essential organ that plays roles in metabolism, nutrient storage, and protein synthesis. "In a gross kind of way, it was lovely," Adamo says. "The fat body was not only enormous, it had this iridescent blue sheen to it." Adamo took a bit of the fat body down the road to Dalhousie insect virologist Don Stoltz, who put the sample under an electron microscope.



By Shivi Garg
1st year

Love Bugs

Sure enough, the cells were “absolutely packed with viral particles,” Adamo says —packed so closely, in fact, that they were refracting the blue light she had seen. “I don’t even know how the cells were still alive.”

The size and shape of the viruses—and the iridescent blue glow—suggested a preliminary identification of cricket iridovirus (CrIV), which Adamo confirmed with genetic testing. The virus, it turns out, can be carried by lizards that have been fed store-bought crickets, and just months earlier, Adamo’s lab had brought in three bearded dragons to serve as predators in a stress experiment. “The lizard doesn’t get sick, but it can be a carrier,” she says. “And it gave [the virus] to my crickets.”

Having spent the last few months on a project examining how stress alters immune function, the lab was devastated. Infected crickets do not make the best models of normal immunity, and the group was forced to discard the data. “I had to scratch three months’ worth of work,” Adamo says. But the infection also presented an opportunity: to explore why these virus-infested crickets weren’t acting sick.

Lab tests confirmed that the crickets exhibited no signs of lethargy, nor any changes in locomotion or antipredator behaviors. And the crickets’ libidos seemed as strong as ever. Infected males were even more sexually motivated than healthy males, it seemed, taking less time to begin courtship when presented with a new female. “That was really very surprising”—especially because the viral infection had already rendered the animals sterile.

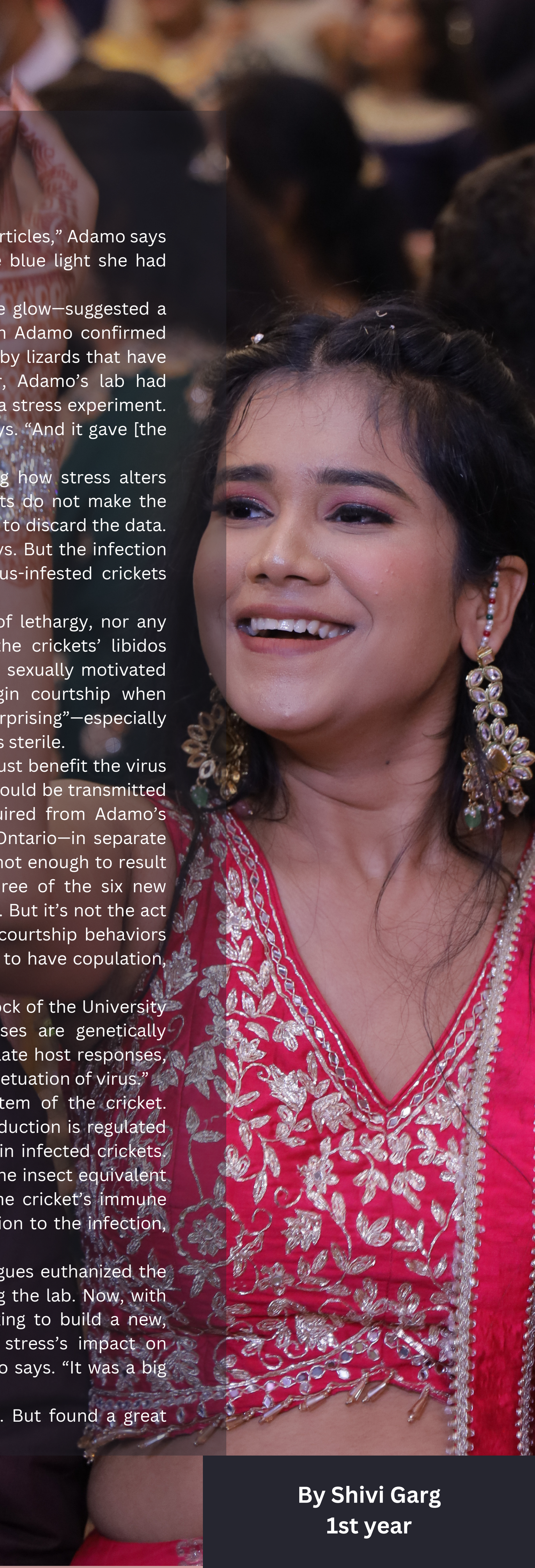
Suspecting that the crickets’ ramped-up sexual behavior must benefit the virus in some way, Adamo’s group tested whether the infection could be transmitted during courtship. Placing uninfected crickets—newly acquired from Adamo’s colleague Sue Bertram at Carleton University in Ottawa, Ontario—in separate enclosures within the same room as infected crickets was not enough to result in transmission. Romantic interactions were required. Three of the six new females courted by an infected male did contract the virus. But it’s not the act of sex per se that dooms the cricket; rather, the insects’ courtship behaviors seem to be enough, Adamo says. “You didn’t actually need to have copulation, just good, close physical contact.”

“It’s just beautiful biology,” says animal virologist Daniel Rock of the University of Illinois at Urbana-Champaign. “These large DNA viruses are genetically complex, [and] they encode interesting genes that manipulate host responses, [which] is probably linked to successful replication and perpetuation of virus.”

Adamo suspects that the virus targets the immune system of the cricket. Immune proteins are among the many proteins whose production is regulated by the fat body—the organ that is overrun with iridovirus in infected crickets. The pathogen is also known to directly infect hemocytes, the insect equivalent of white blood cells. “[The virus] got a stranglehold on the cricket’s immune system,” Adamo says. And without a typical immune reaction to the infection, the crickets don’t feel sick.

Upon completion of their experiments, she and her colleagues euthanized the remaining animals, then spent the next six weeks sterilizing the lab. Now, with some more crickets from Bertram, Adamo’s team is working to build a new, healthy colony of crickets to resume their research on stress’s impact on immunity. “I probably had a few thousand crickets,” Adamo says. “It was a big colony, and I miss it.”

Woah, I definitely don't want any bugs biting me, hahaha. But found a great research worth sharing for my community.



By Shivi Garg
1st year

तेरा हूँ मैं

तेरी आँखों में दिखता अक्स हूँ मैं,
तेरी यादों में डूबा शख्स हूँ मैं।
तेरी मुस्कान बन के तेरे होंठों पे हूँ तो,
तेरे माथे के शिकन का सबब भी हूँ मैं।

तेरी हँसी में तेरी खुशी हूँ मैं,
तेरे गम में निकला अशक हूँ मैं।
तेरे शब्दों में मीठा सा स्वर भी हूँ,
तेरी चुप्पी में छुपा हुआ दर्द भी हूँ मैं।

तेरी फिक्र का बसेरा हूँ,
तेरी रातों का अंधेरा हूँ,
तेरी बेखौफ धड़कती धड़क भी हूँ,
तेरे खूबसूरत दिन की शुरुआत भी हूँ मैं।

तेरी राहों में तेरा हमराह हूँ मैं,
तेरे चांद सितारों का आसमां हूँ मैं।
चटान बनके तेरे साथ भी खड़ा हूँ,
दूर होते हुए भी तेरे पास हूँ मैं।

तेरी उड़ती आशाओं से वाकिफ हूँ मैं,
तेरे बहते अरमानों का किनारा भी हूँ मैं।
तेरा हर अधूरा ख्वाब भी हूँ,
तेरी शिद्दत से मुमकिन हकीकत भी हूँ मैं।



एक उड़ता पक्षी आज़ाद है तू,
तेरी पांच वक्त की नमाज़ हूं मैं।
जिसे किसीने कभी न सुना,
तेरे उस मौन की आवाज़ हूं मैं।

तेरी कलम से निकली स्याही से लेकर,
तेरी किताब के पन्नों की लकीर हूं मैं।
आशा तो है मगर कहने को कुछ नहीं,
तेरे दर पे खड़ा वो फकीर हूं मैं।

तुझे चाहना तो बगावत होगी,
तेरे कोमल पैरों का कालीन हूं मैं।
तेरी ज़रूरत का हमेशा ख्याल रखूं,
तेरी हर दुआ का आमीन हूं मैं।

न आशिक हूं तेरा न ही शाह जहाँ,
तू सांसें जो ले तेरा शवास हूं मैं।
संग-ए-मर्मर से नहीं मोहब्बत से बना,
तू मुमताज है मेरी
तेरा ताज हूं मैं।



By Sukhman (Sukhi)
2nd year

सपने हंसते हैं

मेरे अपने, हंसते है मुझपर
सिर्फ अपने ही नही
जिन्हें देखा था मैने हजारों बार
अपनी अधखुली आंखों से
वे सपने हंसते है मुझपर,
मेरे अपने हंसते है मुझपर।

मैने अपने सपनों को खुद पर हंसते देखा है
मैने अपने अपनों को खुद पर हंसते देखा है
देखा है उन्हे जोर जोर से अट्टहास करते हुए
पेट पकड़ कर हंसते हुए
देखा है उन्हे मैने
अपनी हर हकीकत में

जब मैं कहती हूं , मैं कुछ कर सकती हूं
वे हंसते है
जब मैं कहती हूं , मै खुद चल सकती हूं
वे हंसते है
जब जब मैं कहती हूं मनवा लूंगी अपनी हर बात इस बार
तब तब एक कोने में खड़े होकर हंसते है वे ।
जोर-जोर से

हंसते है वे भी
जो बताते थे खुद को मेरा हमदर्द
मेरे अपनों के हंसने से
सहम जाती हूं मै ,
मेरे सपनों के हंसने पर, डर जाती हूं मै
घबराकर दुबककर घर के कोने में घुस जाती हूं मै
क्योंकि
वो सपने जिन्हें मैने समझा था अपने सबसे करीब
वो अपने जिन्हें मैने समझा था अपना साया
हंसते है मुझपर
जोर जोर से
हसते है वे
पेट पकड़कर




COPING UP WITH STRESS

Hello my readers over there.

i am your friend Yash. I am also a youth , like most of you, may be 18 or something. I am not a professional writer but yeah I am having some of my questions or my point of views that I am just gonna share with all of you. maybe my writinv skills aren't that much good but yeah I will give my best and also hope that you will like it.

We all are approximately in the same age group and therefore we all will be facing same type os situations in life. As an adult, we have to gone through a lot. Some of us be strong enough to overcome the problems they got in their lifetime and that's a really very appreciating thing but at the same time there also the people who just can't deal with them. And at the end, they results in having Stress, anxiety, panic attacks, Depression and in some cases, the severeness increases to that much level that they started having Suicidal tendencies. It's not like that I am exaggerating thing but it's the reality, reality of life. I am not sure how many of you are aware of the fact that there has been a massive increment in the suicidal cases in the last few years. So, there is actually a need to change.

I am a introvert. Since from my childhood, I have never had any friends but going through the various phases of my life. I had realised that how much necessary in to have a friend, to have a person with whom you can share all of your dejectedness and who can make you happy . But I was lacking friends, i was having nobody by me in front of whom I could cry my heart out and at a point of time, I was also very stressed and maybe I still am.

A young man with a backpack, wearing a colorful striped shirt and black pants, posing on a path outdoors. He is smiling and making a peace sign with his right hand. The background shows a tree and a building.

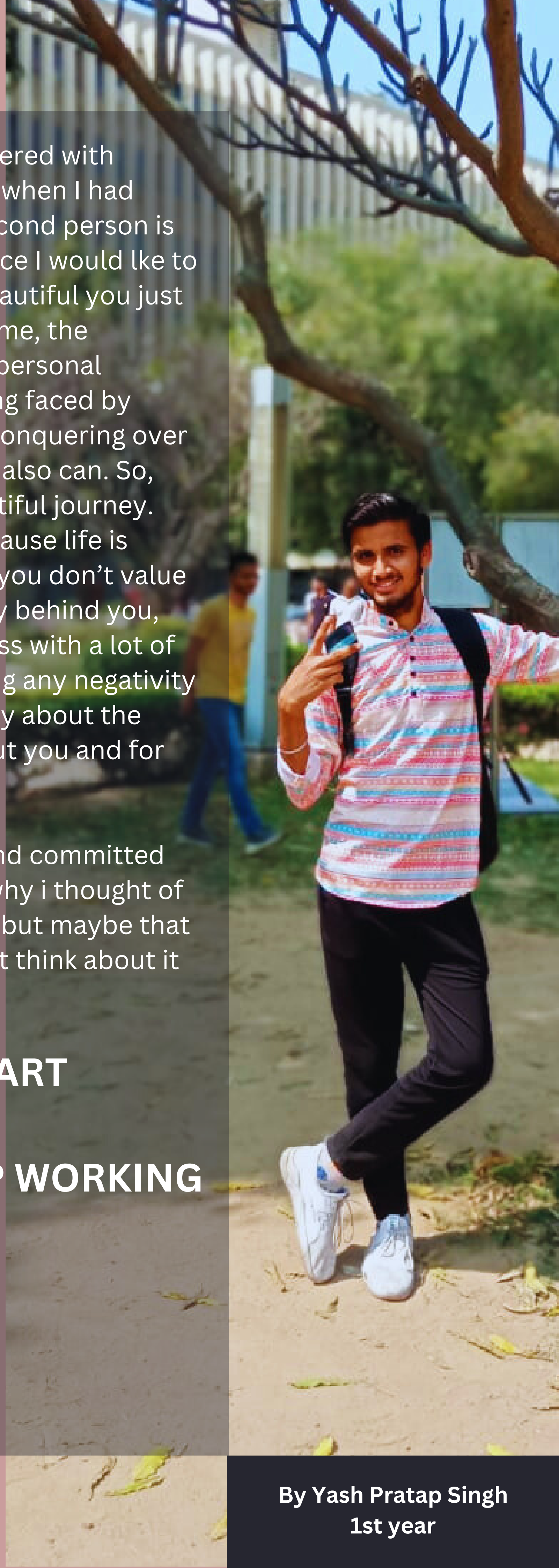
By Yash Pratap Singh
1st year

In my hometown, I never had encountered with somebody having depression but now when I had came to Delhi, I realised that every second person is depressed here. So, the very first advice I would like to give you all is that life is really very beautiful you just need to change your preceptio. Trust me, the problems you are facing are not your personal problems. The same problems are being faced by somebody, somewhere and they are conquering over them. So, when they can you then you also can. So, never thought about ending this beautiful journey. Live life fully until you're having it because life is really very unpredictable Maybe that you don't value your life but there is always somebody behind you, waiting for you, hoping for your success with a lot of expectations. So whenever you're having any negativity in your life, just think about your family about the people who loves you, who cares about you and for whom your life matters.

In the starting of April, One of my friend committed suicide and maybe that's the reason why i thought of writing this article. I couldn't save her but maybe that my words can save someone else. Just think about it and remember,

**STRESS IS THE PART
OF LIFE,
ENDURING IT AND KEEP WORKING
IS THE ONLY
ROUTE THAT
LEADS YOU
TO SUCCESS.**

**By Yash Pratap Singh
1st year**



MOVE ON

There are million lives there
Yours one of them,
Move on...

There are many and stories out there
Yours one of them,
Move on...

Each story has sorrow
Be strong,tolerate it
And move on...

every story also has Joy
Be hopeful,be patient
And move on...

Each story is like a coin
One side happy and other side sad
What you need to do is...
FLIP-ING!
Yes,Flip it and move on...

Whatever you do...keep flipping ur coin and
move on.
NEVER ever try to HOLD ON to a particular
situation!

Move on my friend..
Otherwise it will corrode ur coin.

Move on my friend...
Otherwise it will destroy your coin.



By Nehanth Yenneti
2nd year

That worse situation can take away ur coin, and you will be none.

Keep in mind...

NO AMOUNT OF GUILT CAN CHANGE YOUR PAST!!

NO AMOUNT OF ANXIETY CAN CHANGE YOUR FUTURE!!

Now,at present..FLIP!

Flip your coin..

Of ur story,

Of ur life,

And move on!!

There is a universal law!

TIME !!

Everything follows time...

Everything changes with time...

Through time CHANGES

You..

Be the change that people admire you

But don't give a chance for people to ignore you

CHANGE!

In the way you are self-dependent (mentally)

In the way you need none to share anything (emotionally)

Because...

There are millions of stories and lives

Each of them is facing the same...

Your's is JUST ONE OF THEM.

No one does nothing bad intensionally to you.

Everything will be reflected back(good or bad)

It is your responsibility for ur sadness now.

And now,

It is also your responsibility to change..

To FLIP

SIMPLY...

MOVE ON!



By Nehanth Yenneti
2nd year

BEFORE I DEPART, LET ME SAY IT ALL...

I step away from the eternity of pain,
Sneaking through the substantial door of brain.
My words won't echo, once I pass the wall,
So before I depart, let me say it all.

On a bed full of flowers I lie,
Even the day had bid me goodbye.
D of Day switched to D of Darkness,
Screaming to the dimensions, as I did, when I was
harassed.

Raft of blood flows through the viscous memory lane,
Recoloring the faded canals of the red satin(stain).
Breaking the silence crying in pain,
They expand to infinity as the darkness rule the terrain.

Now, it's raining in the part I reside,
I witnessed drought before I closed my eyes.
Those cracks filled with the will to thrive,
Weren't enough to quench my thirst of an uninvolved
life.

A metaphor to happiness I was,
Definition of willingness I was,
Muse to Poetry I was,
But from muse to someone's toy I rose.

Petals of blood touched the Mother Earth,
Crystallized to pearl of an undefined angel.
I lured my soul back to place,
But source of THE W(HOLE) was misplaced.

Now, I step away with the eternity of pain,
Sneaking through the substantial door of brain.
My words won't echo, once I pass the wall,
So before I depart, let me say it all.



By Ayushi Kaushik
1st year

THE SCIENCE OF HOW HABITS WORK

The process of building a habit can be divided into four simple steps: cue, craving, response, and reward.* Breaking it down into these fundamental parts can help us understand what a habit is, how it works, and how to improve it. This four-step pattern is the backbone of every habit, and your brain runs through these steps in the same order each time.

First, there is the cue. The cue triggers your brain to initiate a behavior. It is a bit of information that predicts a reward. Your mind is continuously analyzing your internal and external environment for hints of where rewards are located. Cravings are the second step, and they are the motivational force behind every habit. Without some level of motivation or desire—without craving a change—we have no reason to act. What you crave is not the habit itself but the change in state it delivers. You do not crave smoking a cigarette, you crave the feeling of relief it provides. You are not motivated by brushing your teeth but rather by the feeling of a clean mouth. You do not want to turn on the television, you

By Jatin Prajapati
2nd year

want to be entertained.

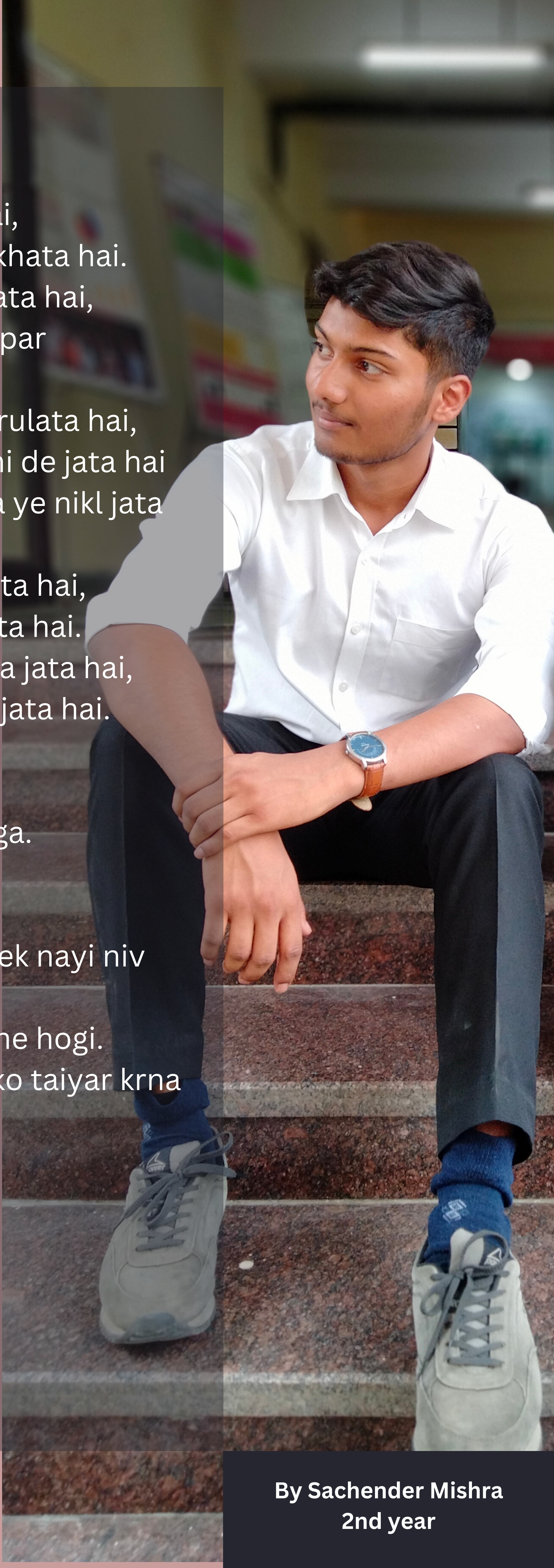
The third step is the response. The response is the actual habit you perform, which can take the form of a thought or an action. Whether a response occurs depends on how motivated you are and how much friction is associated with the behavior. If a particular action requires more physical or mental effort than you are willing to expend, then you won't do it.

Finally, the response delivers a reward. Rewards are the end goal of every habit. The cue is about noticing the reward. The craving is about wanting the reward. The response is about obtaining the reward. We chase rewards because they serve two purposes: (1) they satisfy us and (2) they teach us. If a behavior is insufficient in any of the four stages, it will not become a habit. Eliminate the cue and your habit will never start. Reduce the craving and you won't experience enough motivation to act. Make the behavior difficult and you won't be able to do it. And if the reward fails to satisfy your desire, then you'll have no reason to do it again in the future. Without the first three steps, a behavior will not occur. Without all four, a behavior will not be repeated.

SAMAY

Samay har bar mujhse takrata hai,
Mushkil se mushkil paristhithi dikhata hai.
Ek pal khush, to ek pal udas kar jata hai,
Mana ye bohot kuch sikhata hai, par
Sath kabhi nhi nibhata hai.
Kabhi ye darata hai aur kabhi ye rulata hai,
Sab khatam hone ki chetavani bhi de jata hai
Aur sambhalne ka waqt diye bina ye nikl jata hai.

Apno se dooriya ye badhata hi jata hai,
Dard me ye sabka sath churva jata hai.
Sapno ko torne ki har koshish krta jata hai,
Bas himmat me ye dimak bharta jata hai.
Par,
Ab Waqt se ladna hoga,
Aur Apni galtiyo ko samajhna hoga.
Apne pe kabu Lana hoga,
Samay ko ab jhukana hoga.
Haar kar phir se uthna hoga, aur ek nayi niv
banani hogi,
Bas ab apni kamiya sabse chupane hogi.
Khud ko har pal samay se ladne ko taiyar krna
hoga,
Ab bas khuddar Banna hoga,
Ab bas khuddar Banna hoga.



By Sachender Mishra
2nd year

TAB TUMHE PTA CHLEGA MOHABBAT KYA HOTI H..!!

Roye jb aankhe meri toh vo bhi roti h TB
PTA CHLA MUJHE MOHABBT KYA HOTI
H...!!

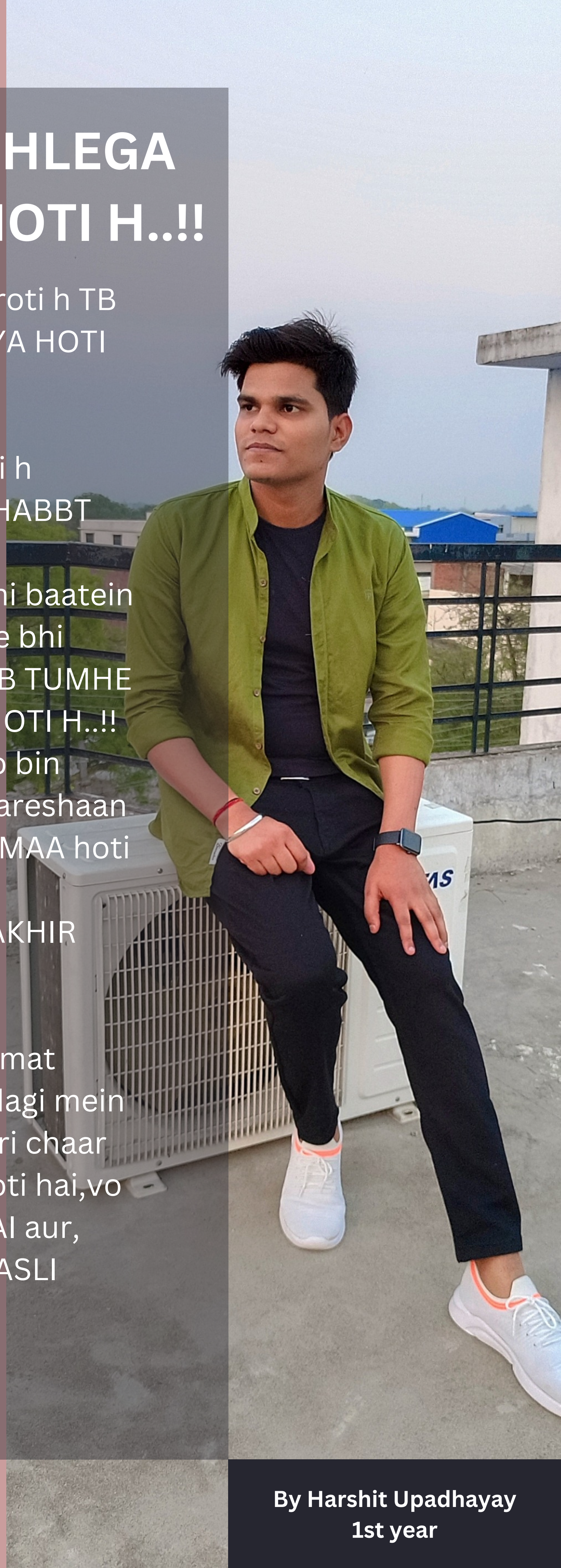
Halka sa dard h sar mein,
keh du jis din ye...fir kaha vo soti h
TB EHSAAS HUA KI AAKHIR MOHABBT
KYA HOTI H...!!

Ye Duniya h sahab..muh pe achhi baatein
he kregi Magar jo peeth peechhe bhi
tareef kre Vo MAA hoti h, AUR TB TUMHE
PTA CHLEGA MOHABBAT KYA HOTI H...!!

Jawaani chadhi hai chle jaate ho bin
batye yaaro ke saath mgr fir....pareshaan
vo hoti hai Vo aur koi nhi sirf ek MAA hoti
hai,

AUR TB TUMHE PTA CHLEGA AAKHIR
MOHABBAT KYA HOTI
HAI...!!!

Maa ki di hui zubaan ko MAA pe mat
azmaana Khuda ke liye apni zindagi mein
ye paap mt kamana....qki tumhari chaar
baatein sunn kr vo akele mein roti hai,vo
aur koi nhi bsss ek MAA HOTI HAI aur,
TB ...TB TUMHE EHSAAS HOGA ASLI
MOHABBAT KYA HOTI HAI...!!!



CURRENT SCENARIO OF SCIENTIFIC RESEARCH IN INDIA AT UNDERGRADUATE LEVEL AND POSSIBLE STEPS TO IMPROVE IT:

Scientific research is one of the main pillars of development of any country and India is no exception. At undergraduate level however, research in the field of science is not promoted as it should be. Although India has a large number of graduates, postgraduates and PHDs every year, the quality of research is not satisfying. The current state of scientific research at undergraduate level in India is not very encouraging. Despite the fact that India has one of the largest higher education systems in the world, the research output is not proportional. A large number of students graduate from colleges and universities each year, but very few pursue research as a career.

There are several reasons for the lack of interest in scientific research among undergraduates. One of the main reasons is the inadequate exposure to research activities during undergraduate studies. Most undergraduate programs in India do not have a research component, and students are not encouraged to undertake research projects or internships. Additionally, the lack of proper infrastructure and resources for research, such as well-equipped laboratories and funding opportunities, is also a hindrance.

Steps to improve the current state of scientific research at undergraduate level in India

1. Provide opportunities to students from freshman year itself: Students interested in research should be provided with short term research internship opportunities under professor of their discipline in order to give them a glimpse of the actual research work and how it takes place.
2. Increase the research component in undergraduate courses: To promote research among undergraduates, it is essential to increase the research component in undergraduate courses. Colleges and universities should include research projects or internships as part of the curriculum to encourage students to undertake research activities.
3. Enhance the quality of research infrastructure: The government should invest in improving the quality of research infrastructure in colleges and universities. This includes providing well-equipped laboratories, advanced software tools, and other resources necessary for conducting research activities.

By Jaiveer Malik
1st year

4. Increase funding opportunities for research: The government should also increase funding opportunities for research. This will help students to pursue research as a career and enable them to undertake high-quality research activities.

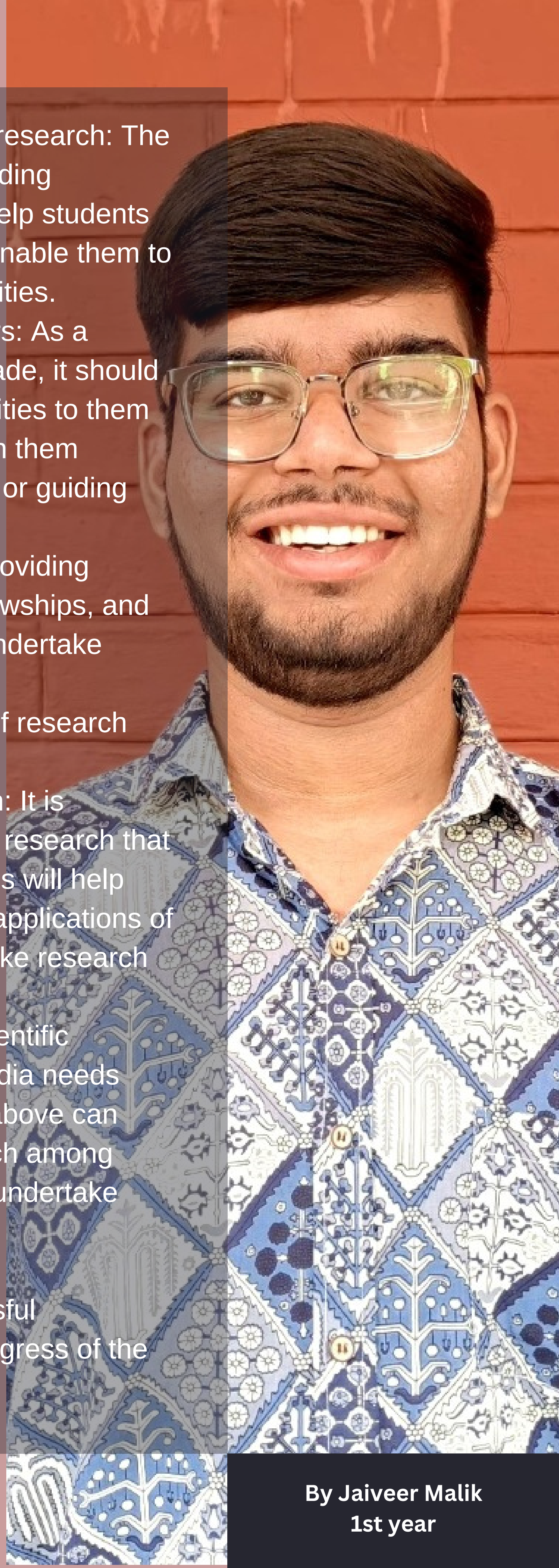
5. Support and guidance of professors: As a student who is just out of the 12th grade, it should be teachers duty to provide opportunities to them for developing passion for research in them through small subject based projects or guiding them to write review articles.

6. Provide incentives for research: Providing incentives such as scholarships, fellowships, and awards can encourage students to undertake research activities.

This will help in promoting a culture of research among undergraduates.

7. Focus on interdisciplinary research: It is essential to focus on interdisciplinary research that can address real-world problems. This will help students to understand the practical applications of research and enable them to undertake research activities in various fields.

In conclusion, the current state of scientific research at undergraduate level in India needs improvement. The steps mentioned above can help in promoting a culture of research among undergraduates and enable them to undertake high-quality research activities. With the right support and infrastructure, undergraduates can become successful researchers and contribute to the progress of the country.



By Jaiveer Malik
1st year



Slambook
2023



BEING OURSELVES

Living in the moment



MEMORIES



HAPPINESS



just
living our
best life





Scribbling



Not-so-calm



Smileys



Best people



Yaadein



Masti





KALYANBRATA KAR

The person who inspired you the most to become the best version of yourself :

Aakash Kohli

Anything which describes your life at Hansraj:

Mundane, onerous but made some good friends for life

Something which you will miss the most after your graduation:

Studying at the last moment and still being able to pass exams

First crush in college:

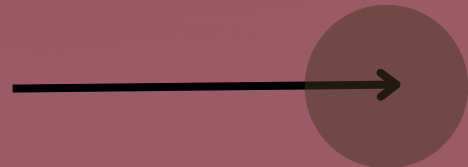
Aayushi Jain

An advice which you would like to give to your past self/juniors:

I wish you had teachers like the 6th sem ones in every sem. Probably more people like me would be more regular and attend more classes.



AYUSHI
JAIN



The person who inspired you the most to become the best version of yourself :

Aakash Kohli

Anything which describes your life at Hansraj:

Rollercoaster

Something which you will miss the most after your graduation:

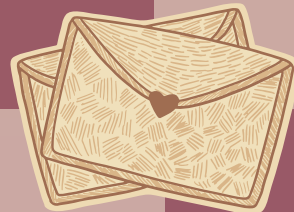
Gossips in Lab-5 weighing room, the best part, half of my labs went in that room only, lmao

First crush in college:

A

An advice which you would like to give to your past self/juniors:

Do make good friends, Be there for them, do whatever it takes to hold on to good ones. Be in contact with teachers as well, just the way we had a 'best Teacher' in school.



The person who inspired you the most to become the best version of yourself :

Myself

Anything which describes your life at Hansraj:

Exciting in last few months

Something which you will miss the most after your graduation:

College fest

First crush in college:

I don't know

An advice which you would like to give to your past self/juniors:

Be regular to college and don't miss the fests



ADARSH



TANU SHARMA

The person who inspired you the most to become the best version of yourself :

My family! They are always there for me whenever I need them... (haven't met anyone else here who has inspired me like that)

Anything which describes your life at Hansraj:

Do I have to include the online stuff as well??? Classes, labs, canteen, library, experiments, Swaru practices, competitions, assignments, getting scolded by teachers during labs (*cough* physical lab *cough*), issuing books then never bothering to read them, late night stress calls, being late at everything...Dunno about others but mine was pretty boring, as expected!

Something which you will miss the most after your graduation:

Dunno? Is there anything else to miss? We already missed half of our college life didn't we? We missed our freshers now we're going to miss farewell as well... Actually, maybe I'll miss our practice sessions... Maybe I'll miss my (not so many) friends :(I'll surely think about this time and these people I met, for my whole life I guess(yes, I'll do that)... There are things which I would like to forget but Maybe I'll miss everything about this college life in future..can't say anything for sure now!

First crush in college:

Welllllllllllll... Skip ;)

An advice which you would like to give to your past self/juniors:

Talk more, make more friends (but nice ones), go out more and for god's sake Improve your sleep schedule!!!! :)



SARVAGYA
KUMAR SHUKLA

The person who inspired you the most to become the best version of yourself :

Virat kohli

Anything which describes your life at Hansraj:

Boriyat

Something which you will miss the most after your graduation:

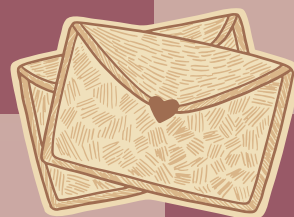
Good batchmates

First crush in college:

Credential par meri waali alag thi.

An advice which you would like to give to your past self/juniors:

Padhle bhail iss sab me kuch nahi rakha



The person who inspired you the most to become the best version of yourself :

Mahendra Singh Dhoni

Anything which describes your life at Hansraj:

It's three year still being anonymous for batchmates

Something which you will miss the most after your graduation:

Flatmates

First crush in college:

Anandika gupta

An advice which you would like to give to your past self/juniors:

Cl



PIYUSH
GAJBHIYE



STUTI GUPTA

The person who inspired you the most to become the best version of yourself :

Sadly none

Anything which describes your life at Hansraj:

Oreo shake and deep life conversations☺

Something which you will miss the most after your graduation:

"Only the few really nicest ones
13-13-13 suroor
Also beaker me titration☺"

First crush in college:

Na bole tum na mene kuch kaha☺

An advice which you would like to give to your past self/juniors:

"Choose your friends wisely
Don't trust blindly
Do not overshare
Do not let anyone disrespect your boundaries and destroy your mental peace"



LAKSHYA
AGARWAL



The person who inspired you the most to become the best version of yourself :

"Can't name anyone!
Everyone has something to teach"

Anything which describes your life at Hansraj:

Uncle John, Sudama, Tulsi bhaiyaa

Something which you will miss the most after your graduation:

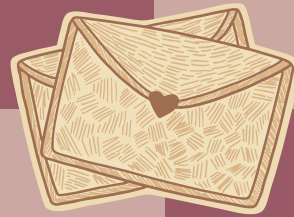
Isn't it obvious?

First crush in college:

Kaash koi hoti uss layak... Parr ye aajkal ki ladkiyaan lambe baal rakhna hi nahi chaahti hain🙄

An advice which you would like to give to your past self/juniors:

Growing doesn't necessarily mean changing the way you are!



The person who inspired you the most to become the best version of yourself :

Parul ma'am chetna ma'am

Anything which describes your life at Hansraj:

Learned Many things and limitations of thinking increase

Something which you will miss the most after your graduation:

Labs, library, friends teachers

First crush in college:

Yad nhi

An advice which you would like to give to your past self/juniors:

College life is a period in which a student learn many things about life how to take decisions . So enjoy college life build a positive and good behaviour... And learn to manage all things.. learn more and more as u can



RAJESH
KUMAR





KAPIL BARMAN

The person who inspired you the most to become the best version of yourself :

"Raunaq Sahni (@monkeyxmagic)
He always says ""The magic you're looking for is not out there
It's within you ""

Anything which describes your life at Hansraj:

Hansraj introduced me to some exceptionally talented and enterprising folks. Although the iconic wall is just amazing, it's just feel so relax hanging out with friends . I also have the opportunity to explore the surrounding area, which is known for its rich cultural heritage and vibrant nightlife.

Something which you will miss the most after your graduation:

Hanging out at LP, talking random shits, checking out **** (you know what i mean)

First crush in college:

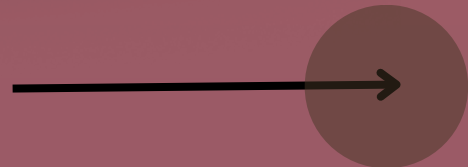
Shruti Soni [Econ (major)]

An advice which you would like to give to your past self/juniors:

Socialise as much as you can. It'll benefit you in the future.



DRISHTI
HARDAT



The person who inspired you the most to become the best version of yourself :

Brijesh rathi sir

Anything which describes your life at Hansraj:

"Learnt to manage work & people , Explored new places & fields , made good friends atleast in the end of college."

Something which you will miss the most after your graduation:

Traveling & exploring new things and places with friends and Lab work

First crush in college:

No crush

An advice which you would like to give to your past self/juniors:

I would advise juniors to explore as much as they can, just gather some courage and go for the things you think might open new opportunities for you , and interact with every good person you come across whether it is someone from your class/different course or teachers , don't just confine yourself to your friends group and also let other people also join you if they are good, never make them feel alienated ..

The person who inspired you the most to become the best version of yourself :

Rahul kumar

Anything which describes your life at Hansraj:

Fun

Something which you will miss the most after your graduation:

Metro rides with friends

First crush in college:

No one

An advice which you would like to give to your past self/juniors:

You made good choices no need for advice



RAHUL
KUMAR





MANAN
JAIN

The person who inspired you the most to become the best version of yourself :

My past self

Anything which describes your life at Hansraj:

Kisi ki muskurahato pe ho nisaar
Kisi ka dard mil sake to le udhaar"

Something which you will miss the most after your graduation:

Those who stayed..."13-13-13 suroor"
And those who left.
Both blessed me with good times.☆☆"

First crush in college:

The one with a beautiful smile :)

An advice which you would like to give to your past self/juniors:

A simple improvement each day, extrapolated over a few years yields wonderful results. Consistence is important. Either in studies or in good relations.



The person who inspired you the most to become the best version of yourself :

My 13-13-13 suroor package. I really love you guys

Anything which describes your life at Hansraj:

"ज़िन्दगी कैसी है पहेली, हाय
कभी तो हँसाए, कभी ये रुलाये "

Something which you will miss the most after your graduation:

After labs discussion se lekar canteen jana, canteen ka woh oreo shake jo itna acha nahi tha lekin Har roz peena☺...Manan ke tiffin mai woh ghar ka khana ...sab yaad aaega☹

First crush in college:

Her eyes, her smile especially her dancee

An advice which you would like to give to your past self/juniors:

Guys have faith in yourself! Sab barabar hai yahan. Trust kisi par bhi bohot soch samjhkr krna. Padhai toh krni hi hai lekin sath mai apne aap ko explore kro and bohot wisely decisions lena.



ANIKET
SHARMA



ANIKET KUMAR

The person who inspired you the most to become the best version of yourself :

She was always with me in my ups and down during my entire college journey: Tripti

Anything which describes your life at Hansraj:

Kabhi Khushi Kabhi Gum

Something which you will miss the most after your graduation:

During the practical wali Masti.... doston ke saath gossip....vro's (Khushi , yashika) ke saath mjk.... Delhi ke chole bhature jo wo Manohar ke pass hai shop uske

First crush in college:

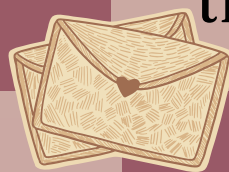
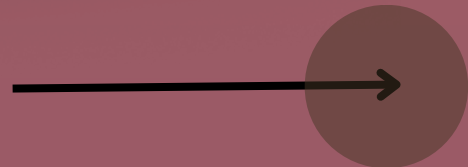
Chemistry department ki Lab 5

An advice which you would like to give to your past self/juniors:

All the best for your future....be a successful person in your life..be happy be healthy ♥



SAGAR



The person who inspired you the most to become the best version of yourself :

Soldier (like Shershaah) ,
Sportsperson (like Messi)

Anything which describes your life at Hansraj:

Stock market

Something which you will miss the most after your graduation:

Time spent at Lp and canteen with friends.
Though, already miss the old canteen. And
Library too .

First crush in college:

☆☆

An advice which you would like to give to your past self/juniors:

Live the present .

The person who inspired you the most to become the best version of yourself :

My Friends

Anything which describes your life at Hansraj:

Ups and Down (An Experience Everyone should have)

Something which you will miss the most after your graduation:

Canteen Conversations (On Cricket, Everyone's Love Life and Movies/Series),
Bunking lectures and labs, Late Night Walks
and Birthday Celebrations

First crush in college:

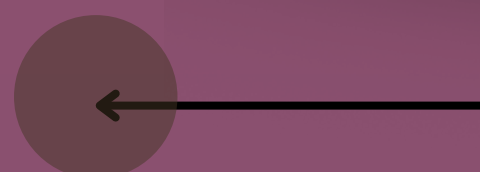
Ye baate btai nhi jaati 😊

An advice which you would like to give to your past self/juniors:

If you are in First year then just Enjoy, Try to Join Societies but if your are in second or third year focus on your Studies while having fun. Decision of Joining Societies is up to you (If they are time consuming just leave them). There are many Famous places in delhi, visit them with your friends.



CHETAN
JOSHI





PRIYA

The person who inspired you the most to become the best version of yourself :

Dr. Brijesh Rathi sir

Anything which describes your life at Hansraj:

Growth and aimful

Something which you will miss the most after your graduation:

Labs and classes... Dosto k sath wali msti. Dubey ji ki comedy, Manan ka actually actually, tripti k sath class ki har event se phle bahash , Sudhanshu ke boring questions , Sandeep ka jiii mam and a lot more.

First crush in college:

Nikita

An advice which you would like to give to your past self/juniors:

My special advice for those who didn't get the opportunity to perform experiments in their school time. Initially you will find it very difficult to understand the things but my only request to you is to keep going just don't give up of thinking like you are not made for this.



KHUSHI MAHAJAN

The person who inspired you the most to become the best version of yourself :

Tbh, online to mai khud thi but offline i got one person to inspire me a lot regarding everything..dubey ji

Anything which describes your life at Hansraj:

Thode ansu hai , thodi hasi , aj gham hai to kal hai khushi..zindagi ki yehi reet hai har ke baad hi jeet hai 😊

Something which you will miss the most after your graduation:

Ritul , Yashika (my people♥) ..lab 5 people, i m gonna miss them the most ..aur vo har sat sun sham ki sudama chai

First crush in college:

Jab crush bnana tha tab online tha ..to vo sapna bi crush hogya

An advice which you would like to give to your past self/juniors:

Enjoy kro , bhut kuch acha sikho , dosti nibhao and yess i m there for u people even after graduation..feel free to discuss anything with me



RASHMI RAJPUT

The person who inspired you the most to become the best version of yourself :

Dr.Brijesh Rathi. Sir is the one who inspired me to speak,interact,peer to peer learning and the most important is the importance of personality development. And of course My friends Anshika, Shashank, Ankita, Ashwani, Aniket, Shalu, Anuj, Priya, Seema. "

Anything which describes your life at Hansraj:

Bhaagte bhaagte college jaana... Lab m results na aane par frustrate hona aur phir waps s puri hope k sath lag jaana,phir ambika maam s late latif ka tag milna.Physical wale teachers s darna. Organic ki class enjoy karna. Group banakar dosto k sath ghar jaana, ice-cream khana and chhote chhote moments ko enjoy karna .

Something which you will miss the most after your graduation:

Lab 5 ki mastiyan ,Anuj, Murli k funny jokes...
Lab m appratus tootne k baad ki hooting.
Lp, canteen and Library. 8 Baje tak library m rukna
and sabse important mere sare dost,
North campus walk College ki yaariyaan♥.

First crush in college:

M kyu batauu It's personal😊😊

An advice which you would like to give to your past self/juniors:

Don't get hopeless agar lab m result nhi atte h toh..
And always Be cheerful and calm and keep doing.



SUDHANSHU
KUMAR

The person who inspired you the most to become the best version of yourself :

Jyoti ma'am

Anything which describes your life at Hansraj:

Playing cricket

Something which you will miss the most after your graduation:

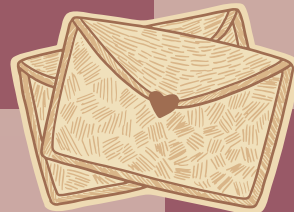
Proffesors

First crush in college:

No one

An advice which you would like to give to your past self/juniors:

Keep calm and grew up..



The person who inspired you the most to become the best version of yourself :

The person I was one day before each day.

Anything which describes your life at Hansraj:

Chemical bonds with friends

Something which you will miss the most after your graduation:

Kaash wo 1.5 saal aur mil jate offline mein hi.

First crush in college:

Sorry, never had someone as a crush.

An advice which you would like to give to your past self/juniors:

I "Make these three years memorable alongside making yourself better each day. Try out new things and explore instead of settling with the way life is. Keep your perspective broad and be open to new opportunities and learnings."



AMAN DEEP
NAIN



SHALU YADAV

The person who inspired you the most to become the best version of yourself :

Jyoti mam , brijesh rathi sir and My friends (Anuj , aniket , Dinesh , Rashmi , priya , praful , lucky ,) who always inspires me . Always be my side and give me right direction every time. Who always motivate me to achieve my goals"

Anything which describes your life at Hansraj:

Dost ♥.....this is what I get in hansraj the bestest people I have ever met. These people are love who made my college life best"

Something which you will miss the most after your graduation:

lab ki frustration , girls common room ka rolaa maarna apne male friends ke saamne , canteen ka khana , lp pe ldkiyaa taadnaa , library ke saamne lunch krnaa , Anuj or aniket to peetna , 8 bje tk library me ruknaa or raat me college dekhnaa , teachers ki daant , yulu ki ride , late night walks with friends , Hanuman mandir ka bhandara , class me Beth ke lunch krnaa , tests me cheating krnaa , dosto ke pens hathiyana , beech class me ek dusre ko call krnaa , end time pe project bnana , 1 ghnte pehle presentation tyaar Krna jo sbse best hoti h , class me hmesha late pahuchnaa , lab me instruments churana , library me nye nye dost bnana ,lab 5 , ncc ki refreshments, shudama ki chahi , shart jeet ke icecream or golgappe waali treat , ncc ka ragdaa , camps or mastiii or mere hraamii dost

First crush in college:

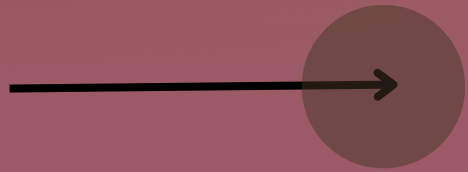
Koii Mila hi nhii

An advice which you would like to give to your past self/juniors:

Explore new things , make friends, learn new things, never hesitate to take first move , maintain balance between mastii and study



SHASHANK
SAHU



The person who inspired you the most to become the best version of yourself :

Aasutos The Soni

Anything which describes your life at Hansraj:

Offline Labs

Something which you will miss the most after your graduation:

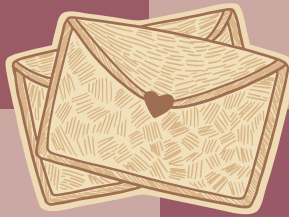
Everything

First crush in college:

Ms Teams

An advice which you would like to give to your past self/juniors:

You are beautiful, amazing, capable, unique and always enough



The person who inspired you the most to become the best version of yourself :

Jyoti Mam and Taruna Mam

Anything which describes your life at Hansraj:

Kabhi upar kabhi neeche with a short glitch in between ...

Something which you will miss the most after your graduation:

Ofcourse these vibes with these people, the time spent with the closest ones, the regular mischiefs, the canteens crowd, illogical fights and yup getting the chance to see my crush daily hahaha....

First crush in college:

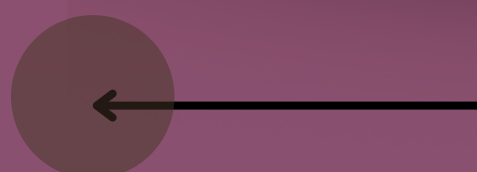
Her glowing eyes, above the mask still remember that feeling

An advice which you would like to give to your past self/juniors:

Kisi bhi baat ka load nahi lena chahiye. Everything will pass on , have that calmness within you.



AASHUTOSH
SONI





SANDEEP SINGH BISHTI

The person who inspired you the most to become the best version of yourself :

Jyoti Mam and Taruna Mam

Anything which describes your life at Hansraj:

Kabhi upar kabhi neeche with a short glitch in between ...

Something which you will miss the most after your graduation:

Studying at the last moment and still being able to pass exams

First crush in college:

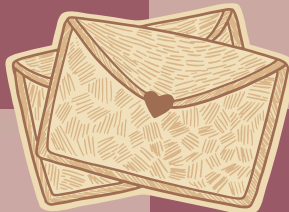
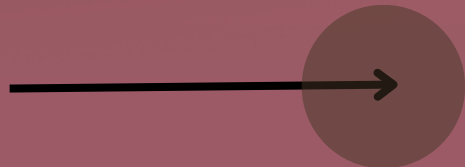
Noi noi noi

An advice which you would like to give to your past self/juniors:

Do fun but when you study be serious and carefully listen what teacher says.



VANSHIKA



The person who inspired you the most to become the best version of yourself :

Sagar

Anything which describes your life at Hansraj:

College Life

Something which you will miss the most after your graduation:

College friends

First crush in college:

Vani

An advice which you would like to give to your past self/juniors:

Focus on study and your life and enjoy the college life

The person who inspired you the most to become the best version of yourself :

my family

Anything which describes your life at Hansraj:

online

Something which you will miss the most after your graduation:

lab 4,last time per assingment complete karna,8:40 ki class,friends

First crush in college:

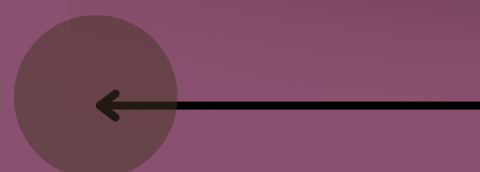
no one

An advice which you would like to give to your past self/juniors:

just enjoy yourself ,time never stops for anybody.



SUNIL
SHARMA





GARGI CHAUHAN

The person who inspired you the most to become the best version of yourself :

"The teachers are the best part of hansraj college .Their hardwork inspired me a lot .
Sometimes they behave like our friends and sometimes scolds us like our parents ."

Something which you will miss the most after your graduation:

"Mai aur mere pyaare dost.....
Unke saath spend Kia hua time
aur hamari all time mastiii."

Anything which describes your life at Hansraj:

"College ki canteen mai Jana ,lab k time woh Masti Krna ,classes attend krte hue faltu mai hasna,mere aur yashika k lol moments ,college se pulbangash tk k Safar,hamare woh unplanned trips,college ki chai ,l.p pr faltu k time pass krnaaa
Yeh sab bahut yaad aayega "

First crush in college:

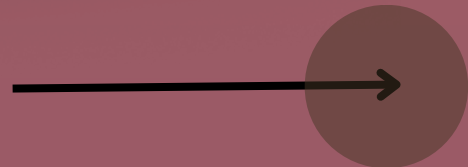
Yeh secret rakhna hai

An advice which you would like to give to your past self/juniors:

. "Apni farewell party pehle se he plan krwa lena
Baad mai kuch nhi hota 😊"



ABHAY
SHARMA



The person who inspired you the most to become the best version of yourself :

Anurag Tripathi

Anything which describes your life at Hansraj:

Meeting aspirational people and nurturing dreams of carving out a niche for ourselves.

Something which you will miss the most after your graduation:

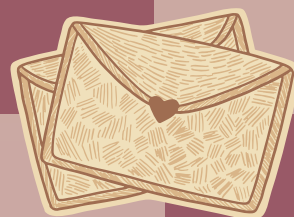
Meeting people from different culture and the great legacy of Hansraj

First crush in college:

No one

An advice which you would like to give to your past self/juniors:

Be more actively involved in extracurriculars



The person who inspired you the most to become the best version of yourself :

Brijesh rathi

Anything which describes your life at Hansraj:

Beautifully traumatising

Something which you will miss the most after your graduation:

My college banterings ,the labs and the non existent spaces to sit in shade.

First crush in college:

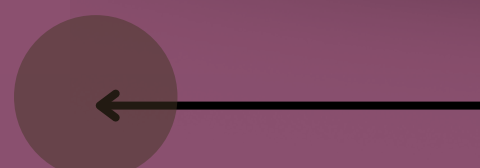
Couldn't afford the time to find one :')

An advice which you would like to give to your past self/juniors:

MAKE. HIGH. QUALITY. FRIENDS. Don't get involved in sycophancy and flattery. Read psychology, philosophy.....READ LIFE. Always prioritise your health over everything. Have aim in your life (getting this college, getting this gpa, getting that boy/girl are not aim they are intermediate goals). Please maintain a work ethic.



DIVYANSH
KUMAR





YASHIKA DHIMAN

The person who inspired you the most to become the best version of yourself :

"It's me.. Belief in myself that ""I can do anything"" and My smile.. which makes me more and more lightened up every single time.."

Anything which describes your life at Hansraj:

From being that "shaant insaan" to so called "shaitan insaan".. It was a growing plus fun experience for me..
PS : You don't know what you have until it's gone..

Something which you will miss the most after your graduation:

"Obviously It'll be my F.R.I.E.N.D.S..With whom I've talked very non-sense ever possible and spent the most cherishable time.. I'll miss being around such ""cumte fellows""..
And Yems..Evening Walks in Campus are damn special.. PS : When you have your favorite one to accompany you.."

First crush in college:

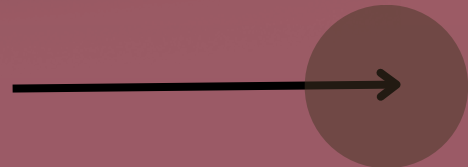
Crush.. Arreehh Crush to bhot the.. Ab kis kis ka naam lu.. Aur vaise bhi Pehla jaankar bhi kya hi karoge.. Aakhiri pucha hota to baat kuch aur hi rehti..

An advice which you would like to give to your past self/juniors:

Enjoy these three years to the fullest of you can.. We've realized what have been missed by us in online mode.. Just, Make these years count..



PAWAN
KUMAR



The person who inspired you the most to become the best version of yourself :

My better version inspired me to become the best version of myself

Anything which describes your life at Hansraj:

Life in campus was good but even better outside the campus. Fest, Farewell, Trip sbki kami reh gyi.

Something which you will miss the most after your graduation:

4 ghnte ki labs....20 min ka itna bda break....ofc. friends....

First crush in college:

Ye baate btayi nhi jati..... Nazar lag jati h....

An advice which you would like to give to your past self/juniors:

Pdhai k alawa bhi kch kr lena



The person who inspired you the most to become the best version of yourself :

RP Sir

Anything which describes your life at Hansraj:

Ravishing

Something which you will miss the most after your graduation:

Canteen and LP vibe

First crush in college:

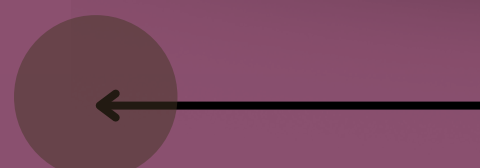
SONALI

An advice which you would like to give to your past self/juniors:

Never mess with any physical teacher



KHUSHIRAM
GURJAR





SAURABH KUMAR

The person who inspired you the most to become the best version of yourself :

"Not a person but the thing which inspired me during whole college life is the red bricked ""THE WALL OF FAME"" of Hansraj."

Something which you will miss the most after your graduation:

Graduation k baad miss hi to krunga saari chize and sb kuch equally hi krunga i think

Anything which describes your life at Hansraj:

Vo subah subah college jaane ka rush... itni subah jaane k baad bhi classes bunk krna...LP area and canteen me time pas Krna.... library me AC ki hawa khane jaana or so Jana.... college sports ground me cricket khelna....theory classes me phone chalana... practicals me ek doosre ka apparatus churana(but yrrr sach me Mera hmesha koi chori kr leta tha compounds and apparatus bhiab to bta do beyy kon tha/thi😏)....late se jaakr gande bahane dena....Satish sir ke class me mje Krna (unki class hoti thi 8:40-10:40 but hm jaate the 10 bje or fir bhi kuch nhi bolte the sir.. 😊)...or bhi bhoot sari chize hain puchna hoga to contact kr Lena mujhse!

First crush in college:

Kr diya na emotional ye puch kr 😏(vse koi nhi thi)

An advice which you would like to give to your past self/juniors:

Sbse baatein Krna....full chill Krna...apne aap ko open rkhna ...and sbse best apne aap ko explore krna!!



SNEHA PARASHAR

The person who inspired you the most to become the best version of yourself :

My past self and that one person I met in college unexpectedly

Anything which describes your life at Hansraj:

Roller coaster ride

Something which you will miss the most after your graduation:

The carefree life I lived with my 3 people here whom I met a little late but became one of the most important part of my heart and college life...The fun we had...the random decisions we made...the last moment plans...their smiles that used to be the highlight of my day.... And the happiness they gave me! I will miss every moment I spent here!

First crush in college:

Got attracted at first sight became friends but things didn't go well and ended up as strangers

An advice which you would like to give to your past self/juniors:

"Take things slow...live the moment while figuring out your life and career! Give time to everything including friendships and relationships...whoever said you can't meet good people in college is wrong...you can...you can find the people you want to cherish for your whole life and make some special memories! These are the most important years for your career...so find the best path for you!"



ISHA

The person who inspired you the most to become the best version of yourself :

My white bunny, People say a lot but you proved it with your action

Anything which describes your life at Hansraj:

Life at Hansraj is a roller coaster ride. From Societies To lab I enjoyed a lot here . Hansraj is different from other colleges here it's seriously like a school system but it helped us to be more sincere about our studies

Something which you will miss the most after your graduation:

"MY Happy Band (3 Duniya :)
being a chemistry student :- LABS (though I bunk it most of the time)."

First crush in college:

We meet in society event . He was cute with curly hair. We paired for same activities

An advice which you would like to give to your past self/juniors:

LIVE THE MOMENT! career everything is important but don't forget to live YOUR life. 20 years later all of us will have jobs and a settled lifestyle. Things that make you worry right now don't Make sense at that time. In college, you will meet many people With different personalities. Group changes with every. Semester and yes it is a part of life so don't Worry much. Try to make a genuine friend here ik it's tough but fighting! Don't regret things be proud of your decisions.



MURLI DHAR DUBEY

The person who inspired you the most to become the best version of yourself :

Aashutosh, Jishan, Lakshya

Anything which describes your life at Hansraj:

Adventurous, Jam packed and full of masti

Something which you will miss the most after your graduation:

Miss to bahut kuch krenge but Lab 5 ki msti aur dosto ke sath msti ghumna aur lp me baith kr mje lena . Mitti cafe ki adrak vali chai aur sudama ki chai with aashutosh and khushi . Class me sir/ mam ke samne mje lena . Online class me vedio on kr ke dusre ko dikha kr mje lena and many more jisko discribe nhi kr skte 😊

First crush in college:

Vo to bahut hai ..kis kis ka naam btau ... senior tak to thik hai junior bhi crush rh chuki 😊

An advice which you would like to give to your past self/juniors:

Cllg life mst enjoy kro aur msti kro ... One of the best life is the cllg life ❤️. Aur koi help chahiye then you all can contact me through social media and I will try to help u all



ISHA VERMA

The person who inspired you the most to become the best version of yourself :

Lakshya Agarwal

Anything which describes your life at Hansraj:

Enjoying sitting in parks, ground , making reels of beautiful flowers ,sitting in library is the best things which describes my life at Hansraj.

Something which you will miss the most after your graduation:

Tanu ke sath vlogging Krna uske chori se long hairs kichna.usse forcefully song sunna kui ki uski singing mujhe bht psnd hai . college mein hme koi bi fresh flower dikhta tha apne pic lene ki jagh uski pic lene paunch jate 😊. canteen main jb bi jate thai Sara menu dekne ke baad hm log jadatar dosa hi khate thai 😊. Himanshu Tawatia ke sath class ki first sheet par baithkar 😊 college ki last class or internal ka last test jo ki kuch acha nahi gya but fir bi happy ending ♥.....

First crush in college:

All students of my class

An advice which you would like to give to your past self/juniors:

Have patience in life. Always think Iam the best.
Good luck .



PRAFUL SHARMA

The person who inspired you the most to become the best version of yourself :

Inspire??? Bruh if you spend a day with my friends you will doubt your existence at the end of the day. Talking about demotivation muje to ma'am hi bahut demotivate kr deti thi. But there are certain instances when some people helped me which includes Sahil,Isha, Sneha,Nikita,Shalu,lucky.

Anything which describes your life at Hansraj:

Hansraj Hansraj Hansraj jitna naam suna tha vaise to bilkul nhi tha, but jaisa bi tha kafi acha tha. When I think about my college life then sb kuch hi kr liya bss ek ladai nahi kri kisi se. So it was a life growing and memorable experience with hell lot of memories.

An advice which you would like to give to your past self/juniors:

Make good friends because in the upcoming 3-4 years they will help you a lot. Make a lot of memories which will last forever with you. Masti ke time masti krna and padhai ke time padhai, this phase of our life is for developing our personality GPA's ke piche itna mt bhagna. Most important apna goal mt bhulna.

On a lighter note - Single haq se flirt sab se.

Something which you will miss the most after your graduation:

There are many things to miss like sahil ke sath baidh kr motivation lena and BOOKS padhna, bina mtlb ke ldkio ko pareshan krna or phir unse pitna (ritul se bach ke rahana), satish sir ki 8:40 ki class m 10:20 aake full attendance lena, the untold story of research paper, HAPPY BAND obviously, college m aake call krke puchna "kaha par h", bina mtlb ke college jana, ghumne ki jagah dhundne and phir vaha tk pauchne ka struggle , vo raat ko meri or sahil ki bakwaas, apne college m fest na hona and many more.

First crush in college:

In our online phase, one fine evening I was just randomly going through my whatsapp status and a girl wearing a blue suit and dark blue dupatta popped up, with a small smile and her eyes pointing downwards giving that uffffffff wali ada hayeee. At that point I thought bhai isse to baat krni pdegi and we started having convos all day long, getting to know each other pretty well. But then..... It would become a long story to tell here but trust me it is a story to listen to.



ANKITA

The person who inspired you the most to become the best version of yourself :

Ambika Mam

Anything which describes your life at Hansraj:

Classes and lp

Something which you will miss the most after your graduation:

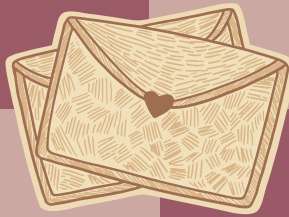
Friends

First crush in college:

I don't believe in crush

An advice which you would like to give to your past self/juniors:

Koi hme hi de do advice



The person who inspired you the most to become the best version of yourself :

Joga Ram

Anything which describes your life at Hansraj:

Humse milkar hi pata lagega ham kaise hai

Something which you will miss the most after your graduation:

My some friends like
Rajneesh
Joga Ram
and some girls😊 😊😊😊

First crush in college:

Jisko dekha tha vo yaad hi nhi h kon thi

An advice which you would like to give to your past self/juniors:

Enjoy Karo yaar thoda padha Karo
Or ghuma karo



DEEPAK



MAHESH GUGULOTH

The person who inspired you the most to become the best version of yourself :

Shampa Bhattacharyya (physical chemistry proff.) She scholded me every time..from that my best version came out...

Anything which describes your life at Hansraj:

This institute gave me great motivation and i observed many options in life ... this institute teached me alot..

Hansraj Hansraj Hansraj..i don't like Hansraj but Hansraj College likes me.. T H A N K Y O U _ H A N S R A J

Something which you will miss the most after your graduation:

Nothing, bcz I'm not close to anyone and i don't want that..
Already my journey started towards study I'm dont want to stop at emotional nature..

First crush in college:

NA- All Indians are my brothers and sister's (love and marry with foreign girl😊)

An advice which you would like to give to your past self/juniors:

We have only one life .. so just enjoy and Explore in every part of life and i have to suggest you guys i haven't utilised teachers guidance so please ask doubts ..each and every questions that you struck in mind ..

Time

Health

Friends & Relation...

They "don't come with a price tag"

But,

When 'we loose them',

Then "we realise the cost"..



SAHIL KHAN

The person who inspired you the most to become the best version of yourself :

College mein as such koi nhi but my family in these last three years especially Papa help me out to solve problems I was facing... Starting mein toh I was clueless about everything but Papa train ko track pr le aaye...

Anything which describes your life at Hansraj:

13420 that's it..The 420 of the batch 2023 funny na but trust me it's the best roll no. And saying 420 present Mam kuch bhi kho Yrr isme kick toh h...

Something which you will miss the most after your graduation:

HAPPY BAND (Three chutiya's of mine...) And saying HO GYA YRR AAJ KA orr uske baad in teen chutiyaon ki gaali sunna... Orr mera vo Bhagona (lunch box) and the last that I will miss is THE UNTOLD STORY OF RESEARCH PAPER...

First crush in college:

Koi psnd he nhi aayi but motivation bahut dekhi hein praful ke saath and those books... I'll definitely miss them..

An advice which you would like to give to your past self/juniors:

Attendance 100% rkhne ka koi fyda nhi stress less bunk more.. and enjoy every moment.. cause College life vapis nhi aati...



RITUL SHARMA

The person who inspired you the most to become the best version of yourself :

It's not the person who inspired me...but the situations that made me to improve myself and become a better version:)

Anything which describes your life at Hansraj:

Describing my life at Hansraj is not easy. But yeahh everything related to this revolves around some people only (Yashika, Khushi, Pawan and Gargi)♥. I could not have expected anything great. ☆☆

Something which you will miss the most after your graduation:

5 hrs of exhausting Labs, LP, gossips under shed of chemistry department, bitching about the college and the most important part, My FRIENDS, they are surely not the best but yeahh, it can be said that they are MINE.♥️😊

First crush in college:

Crush is crushed, toh kya hi kroge jankr bhi

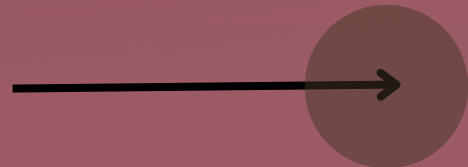
An advice which you would like to give to your past self/juniors:

Just be yourself and enjoy every moment of this journey. You will not get to live this again (jo hme ab jakr smjh aaya h). Also, don't miss out labs, they are exhausting but fun..

P.S. Make 1-2 good friend of yours taaki apka college hassi khushi kat jaye😊



TUSHAR



The person who inspired you the most to become the best version of yourself :

Well, it is not a single person who inspired me....they are actually many and sharing the details here wont be possible

Anything which describes your life at Hansraj:

Juba kesari...

Something which you will miss the most after your graduation:

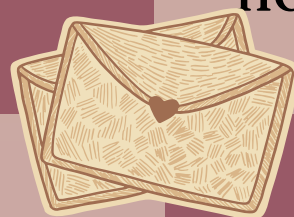
Stephen wali walk, ridge m spent evenings, vo pehli sudama ki chai, bche and crowd at LP

First crush in college:

Thi koi physics ki practical m teacher...but engagement ho gyi fir unki..kasam se bdaa dukh hua.....fir ek aur thi physical department ki ..lekin jis din mask utara uss dinn se maine crush bnana chodd diya ..:-)

An advice which you would like to give to your past self/juniors:

Kuch nhi bhai....apne hisab se dekh lena.... jo hota h achee ke liye hota hai...



The person who inspired you the most to become the best version of yourself :

Ofc my mirror kyuki life m ussi ko dekh dekh kr sudhara h khudko

Anything which describes your life at Hansraj:

Well it is not anything.....it is someone ;)

Something which you will miss the most after your graduation:

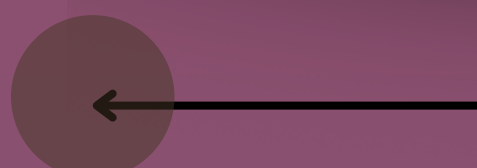
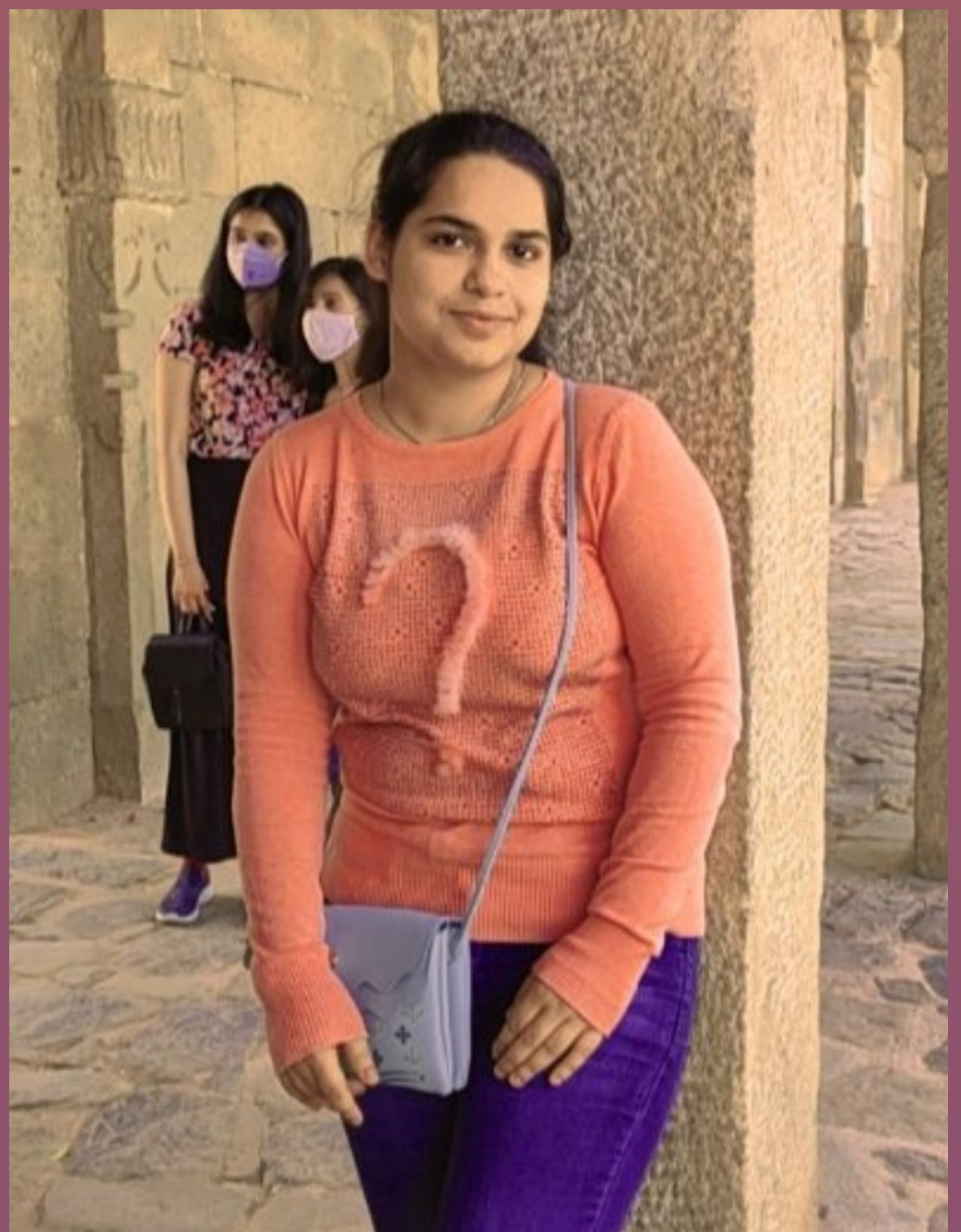
There is nothing i will not miss..... everything from classes at 8:40 to chilling in weighing room of lab 5 , from sudama ki chai to hanging out in kamala nagar at evenings

First crush in college:

Vo hone ka time hi nhi mila ☹_☹

An advice which you would like to give to your past self/juniors:

Please iss college aur iss course m mt aanacourse fir bhi le lo....lekin college :|



TRIPTI YADAV

Epilogue

"Look back with a smile, go forward with courage. Many wishes for all that is good go with you all!"

College life is all about some new bonds, out of which the bonds we form with our seniors are the special ones. From giving your notes to handling your kind juniors, there is no doubt to say that you have made a sweet and crunchy memory of your life, which seems unforgettable!

Let us not say goodbye, but thank you instead. It is no doubt appropriate keeping in mind the time we spent together.

You all will remain cherished in our hearts forever. We will miss you indeed. Wish you all the best for your bright future and prosperous life!

Best Wishes!