

UPCOMING EVENTS

Three colourful days of the fusion fare at vaishnav spandan 2020- a great platform for the talented students of the univerdity

Navyantram Date: 28th & 29th February 2020 organizing Institute SVITS

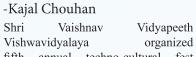
CV Raman Memorial Oration Date: 28th February 2020 organizing Institute SVITT

Texcon Date: 5th March 2020 organizing Institute SVITS

Rachnand Date: 13th March 2020 organizing Institute SVIIT

Kaushal Date: 19th March 2020 organizing Institute SVVV

Shodh Date: 28th March 2020 organizing Institute SVVV



organized fifth annual techno-cultural fest SPANDAN-2020 on the theme 'Rangeela Hindustan' from 13 t15 February, 2020 at the University Campus, The sponsors of the event were Uniball India, Wappgo, Programmer's Point Lakme and many more. The Chief Guest of the event was Mr Dilip Shukla, one of the Senior Writers of the Bollywood industry. In the inaugural ceremony Dr. Rupali Bhartiya, co-coordinator introduced



Technical, Management and Cultural event that provides the students a platform to showcase their desired talents. Students will encounter the overwhelming experience with events like Kavyanjali, Taal, Swaranjali, Ambriti, Dhol-Night, DJ Night and

Talent Hunt and many more activities. In the welcome address Dr. Upinder Dhar, Vice Chancellor, SVVV said, "our university always focuses on the overall development of students, on one hand it's a prescribed curriculum that one has to complete and on the other hand there are numbers of cocurriculum and other extra activities in which every student is excited to participate.". The chief guest Mr. Dilip Shukla shared his journey and experience of Bollywood industry in his speech. He said that writers should connect with the surrounding environment to develop a good screenplay. He further added, in today's era, students get many opportunities with education. Student learns through various cultural programs which manifest social values and arts. There is a need for participation in cultural programs which will make the mind cheerful and, in this way, Indian cultural values will be enhanced. At the end of inaugural ceremony Prof Chetan Chouhan proposed the words of thanks.

On the evening of first day, dance competition 'TAAL' was held whose winners were, in solo category Arnav Sengar and Sankalp Sharma, In the Duet category, Krutika & Aditi and in the group performance Acropolis college and Classy pop Group SVVV. This year, Spandan also had Haat Bazaar which had various food stalls



with a variety of foods displayed by the students themselves.

The second day of festival started with same energy by the power packed singing performances in Swaranjali. Along with this, many other competitions were also organized like Fabrica- Face Painting, Treasure Hunt, Akshan- Short Film competition, Gyanriti- quiz competition and many more fun games. The winners of Swaranjali were Mohak Walvekar and runner-up was Harshad Negi from DAVV. In the Quiz Competition Gyanriti, winners were Sagar Sharma & Himanshu Sharma. Shantanu Dubey and Mustafa Mumukhiya were the winners of Kavyanjali and Kushagra Tanwar in Slogan Writing. In the evening, tunes of famous Rapper and Musical artist Seedhe Maut set the stage on fire.

On the last day, Abhinayati- a drama competition was organized, monologue category was won by Abhishek Tomar with Jaya Dodiya as the runner up. Akash and group won in the drama category with Lapata Baap as the runner-up team. In the evening session Ambriti - The Fashion Show was organized to showcase the talent of students. The title of Mr. Ambrititi was given to Pratik Patel with Miss Ambiriti being given to Tanmaya Lambolle, Nischal Sharma



Honouring judge of kavyanial

won the title of Best Walk male, and title of Best Walk Female was given to Yashika Sharma. After the fashion show Mari Ferrari- International sunburn fame DJ was the center of attraction. Students and danced on the remixed beats and popular songs.

A night to flaunt fashion from the aspirants of textile

-Sakina Malu

Shri Vaishnav Vidyapeeth Vishwavidyalaya's institute of textile technology organized a fashion show Vinirmah - 2020 on January 29, 2020.

Trends in fashion unify women and men around the world yet they still allow people the ability to portray their own individual style at the same time.

Dr. R.K. Datta, Director, SVITT introduced Vinarmah and informed that more than 100 students from various departments have participated in this. He added this fashion show would help the students to be a fashion expert and also showcase their artistry. He explained how with help of right fashion sense pieces of clothes can be turned into a good outfit. On this occasion, Dr. Upinder Dhar, Vice

Chancellor, SVVV encouraged and congratulated the students.

The fashion show included more than 10 themes like wedding, retro, joker, etc. The Fashion show included 12 rounds in which around 112 students participated and presented the costumes on various themes. To promote khaki a team presented their collection on khaki - white and golden theme. Students from BSC fashion designing showcased their collection on mixed theme.

The chief guest for this occasion was Mr. Virendra Goyal, managing director of Deepak Woolens Pvt. Ltd., Dewas. He said fashion is something that makes people feel good and helps them to showcase their personality. He stated that Indian Textile Industry

gives a good opportunity for upcoming fashion experts and professionals. Mr. Amitabh Singh Chouhan, Mrs. Seema Mishra, and Mr. Harish Shar-



is growing rapidly day by day which ma was present as the judges of the fashion show. Various awards for different category was also kept like Mr. Vinirmah, Ms. Vinirmah, Best Dress up, Best walk etc. The event ended successfully with Dj Night.







Celebrating Republic Day by flag hosting in the university campus.

Sanmantrana 2020 - Giving practice, experience

He explained that for most of the 20th and Dr. R.K. Dutta, Director, SVITT, century IO was considered accurate SVVV were the chair persons. Dr. but later on EQ came and in 21st A.K. Dubey, Dr. Gautam Basu and century both EQ and IQ are considered Architect Shirish Sukhatme were the speakers in this session.

and exposure to the students

-Atisha Nagar

Sanmantrana 2020, Multi disciplinary International Congress on Decoding Industry 4.0 for Inclusive and sustainable growth was organized Vaishnav Vidyapeeth Shri on Vishwavidyalaya from 3rd February to



lacker enlighting the audience

5th February, 2020.

Dr. Upinder Dhar, Vice Chancellor, SVVV gave the welcome address and spoke about the journey of Industry 1.0 to Industry 4.0 and revolution brought along with these phases of transformation. Dr. Ben Balega,

Professor and Graduate Director of Engineering Management, St. Cloud State University, Minnesota, USA spoke about the association of Shri Vaishnav Vidyapeeth Vishwavidyalaya with their university. He explained about the exchange programs with SVVV. He also gave a brief introduction about their university. Dr. Robbyn Wacker, President, St. Cloud State University, Minnesota,

USA was the guest of honour of the inaugural session. She discussed about the benefits of industry 4.0 and said it could bring nations together to solve global challenges like climate change, water problems etc. It could improve quality of life and can lead us to have smarter cities, effective traffic systems etc. She further added that improvement of technology can help older adults a lot, a person with disabilities can also live a quality life. She emphasized on the negative use of digital technology by highlighting the concerns of people related to the issues of hacking, privacy, legal and personal data. She mentioned the importance of sustainability by implementing circular economic system in which old technology can be recreated and used, and also discussed about sustainability through environment.

Dr. Shiv Singh Mehta in his speech mentioned that Sanmantrana is a thought and industry 4.0 is a reality that is going to happen. He explained how the world was entirely different



before electricity and after electricity. He added that for inclusive and sustainable growth, people need to grow by building their own capabilities.

important and for congress like this the participants must work on AQ. He further added that for this purpose three elements are required that is open world is throwing new challenges, and we need to understand this.

In the 3-day conference, three plenary sessions and around 20 workshops were organized by various departments of the university.

The first plenary session was chaired by Dr. T K Mandal, Professor, SVSM, SVVV, Indore and speakers were Dr. Yogesh C. Joshi (Director, GH Patel and Media Critique, New Delhi, Mr. Renny John, IBM.

The second plenary session was organised on the second day of the International Congress.

Dr. Santosh Dhar, Dean, FDSR, SVVV

The third plenary session was held on the third day of the International Congress. Dr. K.N. Guruprasad, mind, open heart, and open will. He Director, SVIS, SVVV, Indore and also said that sociopolitical view of the Dr. Namit Gupta, Director, SVITS, SVVV, Indore were chairpersons for the session. The speakers for this session were Dr. T.G. Prasad, Emeritus Professor, Department of Crop Physiology, University of Agriculture Science, GKVK Campus, Bangalore, Dr. Joydeep Ghosh, Professor, Institute of Plasma Research, Gandhinagar and Shri B. Badoniya, Director, Central Forensic Science Laboratory, Kolkata. PG Institute of Business Management, Apart from the plenary sessions there Sardar Patel University, Gujarat), were three technical sessions which Dr. Vineet Kumar, Creative Writer were organized for different streams. All the technical sessions were chaired and co-chaired by experts of their respective fields. In total there were 96 papers on contemporary topics related to Management, Science, Engineering and General.

CAMPUS ACTIVITIES

Glimpse of happiness- Ulhas 2020

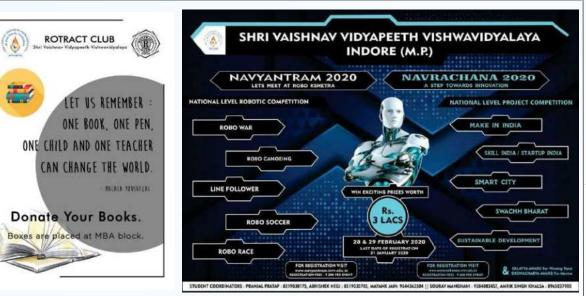
-Bhavna Nagar

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Shri Vaishnav Vidyapeeth Vishwavidyalaya celebrated 'ULHAS' organized by the Happiness Club under the aegis of Centre of Excellence in Happiness Studies on January 4th, 2020. The event was organised to help faculty and staff members of the University to break the monotony of their regular work and to unwind themselves. Many stage performances like singing, dance, poems, instrumental music, etc were performed. A total of 17 performances by 20 members were by Ms. Supriya Gupte (SVIJMC), Ms. Sunaina Chandel (Admission) Mr. Gyanesh Savita (SVITS), Dr. Namrata Jain (SVSM), Mrs. Shraddha Gajbhiye (SVITS), Mr. Dinesh Kamble (SVIFS), Ms. Seema Uikey (SVIJMC), Mrs. Priyanka Sunhare, Ms. Anshika Vyas, Mrs. Ranu Solanki (Civil,SVITS), Dr. Namit Gupta (SVITS), Ms. Sheuli De Sarkar (SVIJMC), Mr. Sumit Chandak (Mechanical Engineering), Mr. Shantanu Bindewari (SVIIT), Mrs. Sonal John

presented. Performances were given (SVICA), Mr. Ashwin Upadhyay (VC Office), Ms. Tulika Mukherjee (SVISSHA), Mr. Premansh Sharma (Establishment).

> Participants got the token of appreciation by Dr. Upinder Dhar, Vice-Chancellor, Dr. Santosh Dhar, Dean (FDSR), and Dr. T.K. Mandal, Head, Centre of Excellence in Happiness Studies. Mr. Premansh Sharma proposed words of thanks. The programme ended with a group photograph with the Vice-Chancellor of the University.



An event for imagination and creativity, celebrating art and the artists

-Ashi Dubey

Shri Vaishnav Vidyapeeth Vishwavidyalaya conducted its 3rd National fine arts workshop Vishwankan 2020 from January 23,2020. Dr. Santosh Dhar, convenor of the event introduced the event and said that art is an expression of one's thoughts and desires. Dr. Upinder Dhar, Vice Chancellor of the university gave the opening remarks and emphasized the importance of practical knowledge. Dr. R C Bhawsar the chief guest of the occasion explained that arts help us to find out the history of humans with the example of Harappan civilization, Mohenjodaro and Sindhu civilization. He explained how creativity and art was brought up from the ancient era and how folk art goes parallel to fine arts. He concluded by saying that, "One should make any kind of art he or she wants but that art should contain a specific message and one's art should speak for

them".

Celebrating the glorious years of our

Mr. Bipin Patel the special guest shared



his life experiences with the students and said that, dreams are made for those who believe in themselves. He further added that even if the artist dies the art remains forever. Heart can fail but art cannot fail.

The second day started with a painting workshop conducted on the theme acrylic painting. The chief guest for the day was Mrs. Vimmie Manoj. She said that, every human is an artist in his own manner, everyone is different and thus everyone's thinking for art is different. She highlighted the importance of acrylic paint in the field of fine arts



and added, a person not only needs to be creative for being an artist but also should have proper knowledge and sense of using colours. Selecting right colours and techniques can enhance and beautify your art piece and bring liveliness to your art work. Words of thanks were given by professor Alka

Imparting self defence and creating indepence through Saudamini

-Mansi Mahajan

Rotaract Club of Shri Vaishnav Vidyapeeth Vishwavidyalaya's organized a one day self-defence training program 'Saudamini' in



the university campus on February 11, 2020. In this program female students, faculty members, and other staff members were given training on how they could protect themselves with the help of self defense. The eminent personalities invited for giving trainings were Mr. Krishna

Gopal Mishra, Technical head of Indore WUSHU Association and Secretary of MP Vovinam Association, Indore and Ms. Yashi Ajmera, Indore, National WUSHU Championship winner for five times. They showed some basic self-defence techniques to those gathered. The aim of this program was to make females mentally and physically ready for self-defence. Programs like these, help to generate awareness among women to face challenges of society while keeping up their own safety. Around 250 campus students from various departments attended this program. All the students and staff showed their keen interest in learning the techniques of self-defence.

Udaan - exploring the new dimensions and opportunities of HR

-Vaishnavi Mavar

Shri Vaishnav Vidyapeeth Vishvwavidyalaya, Indore organized 2nd HR summit "UDAAN-2020" on January 25, 2020. The theme of summit was "The Future of Work and Workforce Management". The objective of this summit was to explore the new dimensions and opportunities of HR in the future.

Dr. Upinder Dhar, Vice Chancellor, SVVV mentioned five important ways through which jobs will change in future. He said that future generation will need to work with robots and also enhance their own creativity, passion and imagination for diverse set up of work experience.

The Chief guest for the event was Mr. Amitabh Tiwari, Head, TCS, Indore Campus. He shared his experience and said that nowadays HR is a challenging job because HR officer needs to deal with mobile generation and needs to enhance their multitasking skills. He added in his speech that companies prefer to hire talented employees instead giving long trainings to new Singh Pawar.

employees.

There were two plenary sessions and in the first session the speakers were Mr. Praveen Bharhanpurkar, CEO, Gujarat Road and Infrastructure Co. Ltd. and Mr. Manoj Chhablani, Head Operations, Webgility. The session chair was Dr. Namit Gupta, Director, SVITS and Dr. R K Datta, Director, SVITT.



For the Second plenary session, the speakers were Mr. Prafulla Dhar, GM, HR Flexituff, Mr. Rajeev Muzumdar, DGM, HR, Unichem Labs and Mr. M P Pareek, Director, HR, Mewar Consultancy. The session chair was Dr. Rajeev Shukla, Director, SVSM and Dr. Anand Rajawat, Director, SVIIT. Words of thanks were given by Mr. Mahendra

-Faculty Article -A CUP OF COFFEE WITH GOD

-Sonu Gehlot Vaishnav Shri

University

the ceremony. He praised the Vidyapeeth university's efforts in value based Vishwavidyalaya celebrated '6th education and research. He further Foundation Day' on January 8,2020. admired the accomplishments on

RELATIONS & PLACEMENT, SVVV

GAURAV SHRIVASTAV look which I can't explain. DEPARTMENT OF CORPORATE God thought for a moment then get an instant plant. Can you get gave me an enigmatic smile and said, instant success? I was speechless

can sow a seed instantly but can you

university in last five years.



The Chancellor of the university Vote of thanks was given by Shri Shri Purushottom Das PasariJi Kamal NarayanJi Bhuradia. Shri said that Foundation Day is very special day for everyone and talked event was coordinated by Dr. Jigyasu about 136 years old legacy of Shri Dubey, Head of Deportment, Vaishnav Trust and

it's big achievements in the field of coordinator Prof. Rupali Bhartiya. education as well as social services. It concluded with a proud feeling of Dr. Balkrishna Sharma, Vice five glorious years achievement and Chancellor of Vikram University, zeal to move forward with added Ujjain, was the chief guest for enthusiasm.

The opening remarks was given by national as well as international Dr. Upinder Dhar, Vice Chancellor, level which have been made within SVVV. He gave information about a short span of five years. He also the glorious achievements of the emphasized on the importance of 'Vidyadaan' and moral values.

> In the session Dr. Balkrishna said that moral values are very essential in the life, because there is no greater charity than giving Vidyadaan education. helps improve the person as well as the future generations. He believes that every problem can be overcome with the help of moral values. Vaishnav Vidyapeeth Trust. The Information Technology and co

One night in my dream, I saw myself having a cup of coffee with God. I was flabbergasted and couldn't believe on my eyes and got a bolt from the blue when I realized God is in my dream. I was shocked and froze on the spot. Somehow I gathered courage in bits and pieces and nervously asked him "how are you"? He gave me a blank look and didn't say anything. My ears were desperately waiting to listen to his words of platinum, but he didn't speak and I then started to feel anxious.

But deep down I knew that I will never get discouraged by this. I mustered the last ounce of courage in me and took a deep breath then asked him "What do you think about today's people"?

There was a silence and mysterious develop an instant character? You without deserving it ".

less world where everything is a click away. Instant coffee, instant message on whatsapp, instant booking etc. Everything happens at a feather touch. Even people want to meet me instantly. They bribe to go first in the temple that is instant darshan. They look up to me as a doctor, philosopher, mentor, and they want instant results from me. burdened. Further he told me that technology has improved the way level of patience. Then he barraged like instant coffee? You can get instant love but can you develop instant understanding. You can When I woke up in the morning I

"Today people live in a boundary and these questions were hitting the walls of my mind.

He further added, "Those birds that leave their home early morning in search of food never come to me demanding for instant food. Sometimes they get food in an hour and sometimes not. But the best part is they keep on trying. These birds and animals understand this At times, I feel stressed even over simple logic that good things take time but these logical humans don't. It disappointed me very much. people work but has depreciated the They want everything instantly. I looked at him with regret in my with a series of questions and asked eyes and god gave me a smile and me can you get instant success just disappeared. That rendezvous with him was simply mind invigorating.

design an instant house but can you understood that "First deserve then design an instant home. Can you desire rather than desire every time

THE OPINION

Lost me -Dhwani Dave



When was the last day I laughed aloud,

When was the last day I didn't shout.

When was the day I didn't shed tears When was the day I had no strange

fears.

Why can't I recall my those happy moments,

When I had no concerns about those unknown comments, Why can't I find the girl I was in the past,

Is she alive or dead and I can't see her for the last.

The lost audacity in me I can see, Unwillingly I need to accept it's actually me,

A sudden change, a nursing pain from tip to toe,

More mature I have grown with few more sad bones but lessen to show.

The barks of silences that I can hear so hard

The red blood red eyes of loneliness stares at me like a deadly guard, My enemies are my joy and happiness that leaves me in the midst of journey,

But the pains and sadness are my friend who stays with me at every early.

A look at the advent of **Printing Press**

When the innovatory printing press accelerated for information dissemination

-Khushi Rathore

Writing was an important step in advancement of civilization but few books were produced and they reached a limited number of people. Such books were usually of a religious nature, handwritten and copied by clerks for the clergy and nobility. It was only when the printing press was developed that knowledge and ideas were spread more widely. The earliest form of press incorporated a wooden block with raised letters on one side. Such blocks were arranged in a frame and inked, so that when pressed on paper an impression of the letters was produced. Unfortunately, the blocks disintegrated with use and so could not produce many copies; it was very time-consuming to produce new blocks for letters and illustrations.

In 1450, Johannes Gutenberg, a German printer developed a technique where letters produced from moulds of metal alloy were arranged into words, then locked together using a template to produce a whole page of typeface. This was sufficiently robust to print many hundreds of identical pages and hence the production of more people to learn to read and increasing the demand for reading the new press allowed for enormous still an integral part of daily life.

have had limited usefulness without circulated. This combined with his appropriate inks. Before his time, innovations in cutting and folding simpler printing methods made use the paper, established the modern of water-based inks and Guttenberg himself introduced more robust oilbased inks, including colour inks. Flatbed printing methods were eventually replaced by rotary press, Another milestone invention,

material. Gutenberg 's press would daily editions to be printed and printing press, lasted until digital printing took over in the late twentieth century.

which was developed by Richard Printing On Demand (POD) has March Hoe in 1846. His press was revolutionized the publishing world. revolutionary because of the speed The process was established in 2006 at which documents could be and uses digital technology to print printed. Unlike the flatbed press, once an order has been placed. POD which had to be reset for each is superior to conventional printing new sheet of paper, the rotary or methods in its eco-friendliness. revolving printing press passed Less paper and ink are used and paper continuously through, using little waste is generated. It is a several cylinders to apply the type. crucial aspect of new technology As long as there was someone there in a heavily industrialized world. to feed the paper. The invention was Today it is very hard to imagine the books became widespread, enabling timely. The newspaper industry in world without printed material the United States was booming and the products produced by press are

Why Art Should Be Practiced?

Nawaz Khan

We humans are living a hectic life, running between the problems of both professional and personal spheres and going through hidden trauma that we can neither discuss with others nor keep it inside for too long as it comes out in either forms. Thus, we really need a stress reliever, not pills really but some activities that can hand us a bit of joy. Art constitutes a major part of those activities. One who practices art also tends to have inner peace as they are happy and satisfied with what they do. Apart from professional projects, it is good to spare some time for art, or perform any artistic activity that can connect them with their creative aura. Practicing art can be a great and

easy escape from the problems and certain reasons, its practice has can change lives because it is trauma of one's life. It leads a person on the path of creativity rather than and has brought people together. or even thousands may be. leading a robotic lifestyle.



Art has its own benefits and its significance in one's life shall be recognised. It's a source of inspiration for many as art in its various forms has transformed many lives and has also taken form of profession than being just leisure pleasures. Art needs to be practiced in a society as it has worked as a mirror for us. Apart from these

Art is essential because it can help It is necessary in the present imagination.

Artists who convert their hobbies or art into profession are way more into living the life which is an art indeed. New developments have bought in new vision for art and enhanced its forms and practice among people. Different forms of art work are beneficial in different ways for humans. For instance, if imagination is considered; it is broadened by paintings or poetries whereas dance has been working to develop flexibility and keep people healthy. Words are keen instrument of art, writing on a piece of paper

also led to international integration written by one but read by hundreds

a person to extend their vision or scenario for everyone to practice art in either forms that exist to be, so that they can connect themselves with creativity, imagination and indulge into an activity that has no boundaries about anything. Also, its practice might also gear up an individual and push them out of their comfort zone which yet again becomes an added advantage of practicing art, in other words, it prepares oneself to fight through other problems or obstacles of life. Therefore, a person who practices art also knows the art of living and that's what we call life.

जरा सी असावधानी से आपके निजी जीवन पे खतरा!

–रक्षिता शाह

21वीं सदी के लोग पूरी तरह इंटरनेट पर आश्रित है। मीडिया, आनलाइन बैंकिंग, वेबसाइट्स, सॉफ्टवेयर और इंटरनेट आदि हम सभी के जीवन का एक महत्वपूर्ण हिस्सा बन चुका है। फिर चाहे बिजली का बिल भरना हो, ऑनलाइन शॉपिंग हो या फिर ऑनलाईन वीडियो सब कुछ इंटरनेट पर उपलब्ध है। बच्चों से लेकर बड़े बुज़ुर्ग सभी इंटरनेट का उपयोग कर रहे है मगर सभी को इसका तकनीकी इस्तेमाल नहीं आता है जिस से वे साइबर अपराध का शिकार बन जाते हैं। साइबर क्राइम एक दंडनीय अपराध है।

सोशल मीडिया एक ऐसा प्लेटफॉर्म हैं जहां हम सभी की व्यक्तिगत जानकारी मौजूद होती है और कई लोग सोशल मीडिया पर निजी बातचीत भी करते हैं यही से सचनात्मक अन्य व्यक्ति को प्रतिरूपित करने के लिए व्यक्तिगत जानकारी की पहचान करता है और उस जानकारी का गलत उपयोग भी करता है।

इंटेरनेट पर मानहानि जैसा जुर्म भी किया जाता है जिसको अंजाम देने के कई सारे तरीके हैं जैसे – प्रोफाइल हैकिंग करना जिससे हैकर किसी की भी आईडी का उपयोग कर उसको गलत इस्तेमाल कर सकता है और उस व्यक्ति का अपनी आईडी पर कोई नियंत्रण नहीं होता है। यह सब तब संभव होता है जब हम लॉग आउट नहीं करते है और सभी अकाउंट्स के लिए एक जैसा पासवर्ड रखते है। फोटो मोरफिंग एक ऐसी तकनीक है जिसके माध्यम से किसी के भी फोटो को अलग तरह का प्रभाव देकर उस फोटो का गलत उपयोग किया जा सकता हैं। 2017 में हुए सर्वे के अनूसार, हर दिन लगभग 3.2 बिलियन फोटो को सोशल

अकाउंट पर बडी सावधानी से फोटो साझा करना चाहिए।

सोशल मीडिया पर हमे कई सारे अनजान लोग अच्छी बातचीत कर हमें उनके जाल का शिकार बना लेते है। बाद में वे फ्रॉडर कई बार हमें अकेले मिलने भी बुलाता है, लड़कियों से अभद्र तरह के फोटो मांगकर बाद में पैसों की मांग कर उन्हें डराते ध ामकाते है। मोबाइल पर कहीं बार हमें कुछ इस तरह के मैसेज आते है जैसे इस लिंक पे क्लिक कीजिए या इतने लोगों को ये मैसेज भेज दीजिए, स्पिन द व्हीलश् जो अपनी जानकारी फॉर्म में भरने के लिए बोलते है और इन सब कारणों की वजह से व्यक्ति का निजी डाटा हैंकर के पास चले जाता है। एक सजग नागरिक होने के कारण हमें ऐसे मेसेजेस कभी आगे नही बढाने चाहिए और ना ही अपनी व्यक्तिगत जानकारी रेयर करानी चाहिए।

बचने के लिए हमें अपने सोशल मीडिया अपमानजनक सामग्री पोस्ट करना, गलत संदेश भेजना, किसी भी तरह की हिंसा करने की धमकी देना या कॉल, मैसेज या चाइल्ड पोर्नोग्राफी की धमकी देकर पीछा करना साइबरबुलिंग कहलाता है। मगर इससे सुरक्षा पाने के लिए हमारे देश मे कई नियम और कानून भी प्रदान करे गए है। इन सब से बचने के और पता लगाने के कुछ तरीके भी है जैसे प्रोफाइल फेंक है या असली यह जानने के लिए ध्यान रखे कि फेंक प्रोफाइल पर कभी भी असली पिक्चर नहीं होती है उसमें पेड या नकली इमेजेस होती है. ना ही उनके ज़्यादा फॉलोवर अर्थात दोस्त होते हैं। लिंक बैटिंग में आपकी वेब साइट का कंटेंट जब दूसरी वेब साइट से लिंक हो जाता है बिना आपकी अनुमति के और आपको मैसेज आते है जैसे देखो तुम्हारे बारे में लोग क्या बता रहे हैश आदि, यह देखने के लिए यहां क्लिक करे, तो इस तरह की लिंक खोलने से हमेशा बचे। इंटरनेट हमे सुविधा तो देता है पर उसका सही इस्तेमाल

ऐ खुदा... ऐसा क्यों है? –अदिती गुप्ता

पूछा जो मैने एक दिन खुदा से, जब रहने वाले दुनिया के हर बन्दे तेरे है, तो फिर कोई दोस्त तो कोई दुश्मन क्यों है. कहीं जख्म तो कहीं पीठ में खंजर क्यों है, खुशियाँ कम और अरमान बहुत है , जिसे भी देखो परेशान बहुत है, मुश्किल से मिलता हैं ।हर में एक आदमी, यूँ तो कहने को इन्सान बहुत है , कहते हैं सच का कोई मुकाबला नहीं, मगर आज झूठ की पहचान बहुत है, एक ही चेहरे की अहमियत, हर एक नजर में अलग-सी क्यों है, उसी चेहरे पर कोई खफा तो कोई फिदा-सा क्यों है। क्यों मुसीबत के वक्त अपने नजर नहीं आते.

क्या सच में, रिश्तें बस पैसो के मोहताज ही रह जाते

3

चोरी भी की जाती है। के बार इंपोर्टर किसी मीडिया पर साझा किया जाता है और इससे सोशल मीडिया पर कि	ल्सी भी तरह की करना और उसकी मदद से कोई क्राइम करना यह हमारी ही जिम्मेदारी है।	न किसी के साथ भीड़ तो कोई तन्हा–सा
समाज का एक दर्पण – हमारी फिल्में	क्या ज्यादा सोचना भी है किसी	क्यों है, तेरी ही दुनिया में ईमानदार अब बेईमान क्यों है।
पूजा गोयल दूसरी ओर सिनेमा अनजाने में ही सही पीढ़ी को इतिहास के बारे में भी	बीमारी का संकेत ?	ऐ खुदा अब तू ही बता ऐसा क्यों है , यही दुनिया हैं तो फिर ऐसी ये दुनिया
कहते है फिल्मे समाज का आईना मगर हमे गलत राह पर चलने का जानकारी देती है और मनोरंजन का	अमित राजपूत आजकल यह देखा जा सकता है कि युवा कहीं खोए	यहा दुनिया ह ता फिर ऐसा य दुनिया क्यों है।
होती है मगर ये वो आईना होती है संदेश भी देता है। अपराधिक फिल्में भी माध्यम होती है। जो मेले मैं लोगो को अपनी और खी. अक्सर हमारे ऊपर गलत असर करती भारतीय सिनेमा में हर समय समाज	रहते हैं, किसी भी चीज पर ध्यान नहीं दे पाते, कई औ	र साथ ही खुद को कमजोर महसूस करते हैं। वें श भी नहीं रह पाते और गतिविधियों में भी रुचि
चने के लिए उनकी असली प्रतिबिंब है, समाज में अवैध व्यापार को बढ़ावा का जीवंत चित्र दिखाती फिल्में बनती न दिखाते हुए सिर्फ उनके मनोरंजन देती है। मगर हमे यह भी समझना रही है। फिल्मों ने भी भारतीय समाज	बजाय अकेला रहना पसंद करते है।	ीं ले पाते हैं। वें मानसिक स्वास्थ्य के कारण अपने
का एक साधन बन जाती है। आज चाहिए की ऐसी फिल्मों को समाज को आकार देने में भी	कई बार हमें यह देखने को मिलता हैं कि कुछ लोग	वहार को बदल देते हैं जिसके बाद वें अन्य लोगों सामने अपनी नकारात्मक छवि भी बना लेते हैं।
लोग रील लाईफ की जिंदगी को अपने को बस मनोरंजन के नजरिए से ही महत्वपूर्ण भूमिका निभाया है। जैसे रियल लाईफ में भी उतारने का प्रयास देखना चाहिए ना कि उनसे कुछ सीख सिनेमा ने सोशल नेटवर्क का चित्रण	गभीरता से सोचते हैं मगर क्या वह वास्तव में सोचना ^{मान}	नसिक स्वास्थ्य से जुड़े मामलो पर अगर ध्यान

संस्कृति का पालन कर रही है जिसे देख कर लोग भी पश्चिमी संस्कृति की ओर अग्रसर होते जा रहे है। आज भी ऐसी कई फिल्में है जो हमे समाज की समस्याओं से रूबरू कराती है और हमारे जीवन से जुड़े कई अनछुए पहलू के बारे मे भी बताती है। तारें जमीन पर, नीरजा आदि कुछ ऐसी ही फिल्में है, जो समस्या के बारे में भी बताती है और उसके समाधान के बारे में भी हमें समझाती है। वही

रियल लाईफ में भी उतारने का प्रयास देखना चाहिए ना कि उनसे कुछ सीख कर रहे है और फिल्में भी पश्चिमी लेनी चाहिए। भारतीय फिल्में जो इतिहास पर आधारित होती है जैसे मो. हनजोदडो, पद्मावत आदि इस तरह की फिल्में हमारी आज की

किया है और स्पर्म दान जैसे संवे.

दनशील मुद्दे पर भी फिल्म बनाई है। मुंबई से जुड़ा अपराध हो या पंजाब की ड्रग समस्या भारतीय सिनेमा हमें आईना दिखाता रहा है।फिल्में मनोरंजन का माध्यम के साथ-साथ सीख का भी माध्यम होनी चाहिए ताकि समाज में सकारात्मक बदलाव देखने को मिल सके।

है या किसी बीमारी की चपेट में आना है? कई बार ऐसा होता है कि जब वे कहीं लोगों के बीच होते तो वें उस समय शारीरिक रूप से तो उपस्थित रहते हैं लेकिन मानसिक रूप से वे अनुपस्थित होते हैं और खुद को भीड़ में होने के बावजूद अकेला महसूस करते हैं। एक रिपोर्ट के मुताबिक भारत में अनुमानित 11–31 मिलियन युवा मानसिक स्वास्थ्य समस्याओं से पीड़ित हैं। इसके पीछे न केवल करियर और निजी समस्या है बल्कि समाज, धन, शिक्षा और व्यवसाय जैसे कई महत्वपूर्ण कारण हैं। इनके कारण वें अपने काम पर ध्यान केंद्रित करने में सक्षम नहीं हो पाते हैं

नहीं दे तो यह समस्या डिप्रेशन और आत्महत्या तक भी जा सकती है। मानसिक स्वास्थ्य की समस्या के समाधान के लिए हमें हर पल का आनंद लेना चाहिए और अपनी परेशानियों से निकालने का एक तरीका खोजना चाहिए। हमें यह समझना होगा



कि हर व्यक्ति एक दूसरे से अलग है, उनकी राय, नजरिया, विचार अलग है, सभी की समस्या भी अलग है मगर ऐसे में निराश हो कर हार न मानते हुए जीवन में खुश रहने की कोशिश करना चाहिए ।

PHOTO GALLERY







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