



# Aastha

2024-2025



**Kamla Nehru College for Women**

**PHAGWARA**





### **Our Vision**

To blossom as one of the leading and most preferred institutes with earnest endeavours to enhance its quality in imparting excellent education-vocational & competitive to the highest academic standard with full devotion and dedication.

### **Our Mission**

To nurture, nourish and chisel our girls into a host of well-shaped individuals-self reliant, self-sufficient and responsible citizens, leading to the upliftment of the society.

# Message



सोम प्रकाश, मा.प्र.से. (से.नि.)  
SOM PARKASH, I.A.S. (Retd.)  
सोम प्रकाश, आई.ए.से. (रिटा.)



सत्यमेव जयते



आजादी का  
अमृत महोत्सव

राज्य मंत्री  
वाणिज्य एवं उद्योग मंत्रालय  
भारत सरकार  
Ex Minister of State  
Commerce & Industry  
Government of India

It is both an honour and a privilege to share my thoughts on the importance of moral values in shaping the future of our youth, especially within the academic environment. In today's fast-paced and ever-evolving world, it is easy to get distracted by the pursuit of material success and fleeting achievements. However, true success lies in upholding the principles of integrity, honesty, empathy, and responsibility.

Moral values serve as the foundation upon which we build our character, our relationships, and our contributions to society. As young minds, you have the unique opportunity to blend knowledge with ethics, fostering a sense of purpose and social responsibility. Let us not forget that while academic excellence is important, it is equally vital to cultivate a sense of respect for others, the environment, and the nation.

In this regard, I encourage each one of you to embrace values such as hard work, discipline, and compassion. Strive to be individuals who not only excel in your respective fields but also contribute meaningfully to the well-being of society. The challenges of today will shape the leaders of tomorrow, and it is the values you hold dear that will guide you in making ethical and impactful decisions.

I wish all of you success in your academic and personal journeys. Let us work together to create a world that is not only prosperous but also just, kind, and moral.

Som Prakash  
(Former Union Minister of state for  
Commerce and Industry  
Government of India)





# Message

ਪ੍ਰੋ. ਕਰਮਜੀਤ ਸਿੰਘ  
ਉਪ-ਕੁਲਪਤੀ

*Prof. Karamjeet Singh*  
Vice Chancellor



ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ  
ਅੰਮ੍ਰਿਤਸਰ - 143 005, ਪੰਜਾਬ, ਭਾਰਤ

Guru Nanak Dev University  
Amritsar - 143 005, Punjab, India  
Ph. : +91 183 2258811 Website: www.gndu.ac.in  
e-mail: vc@gndu.ac.in, vcgndu@gmail.com

(Established by the State Legislature Act No. 21 of 1969)

"Category-I" University accredited at "A++" grade by NAAC and conferred "University with Potential for Excellence" Status by UGC

No. VC: 88  
Dated 3/2/25

## Message

As we navigate the complexities of the modern world, moral values remain the bedrock upon which individuals and societies build their integrity, resilience, and purpose. It is therefore essential that we continually reflect upon, reinforce, and practice these values in our personal and professional lives. Education is not merely about acquiring knowledge or developing technical skills; it is fundamentally about shaping character and fostering a sense of responsibility toward society. A truly educated person is one who not only excels academically but also upholds virtues such as honesty, empathy, respect, and compassion. In an era driven by rapid technological advancement and globalization, moral values serve as the compass that guides us through ethical dilemmas and societal challenges. Educational institutions always try to foster a culture where moral values are deeply embedded in our academic and extracurricular activities. Our classrooms, seminar halls, and student forums should be spaces where values such as mutual respect, inclusivity, and integrity thrive.

One of the concerns frequently raised in contemporary discourse is the perceived decline of moral values. The pressures of a fast-paced life, the influence of social media, and the pursuit of personal success sometimes overshadow the importance of ethical conduct. Dishonesty, intolerance, and indifference to the plight of others are, unfortunately, becoming too common in various spheres of life. The youth hold immense potential to shape the future, and their adherence to strong moral values is crucial in determining the kind of society we will have in the years to come.

Let this magazine serve as a reminder of the profound importance of moral values. May the articles, essays, and stories within its pages inspire us all to uphold the principles of truth, fairness, and respect in all aspects of life. Let us commit ourselves to being individuals of integrity, leaders with vision, and citizens who contribute positively to society. I extend my heartfelt appreciation to the editorial team for their hard work and dedication in bringing this edition to life. May this magazine continue to be a source of knowledge, reflection, and motivation for all.

*K Singh*  
3/2/25  
(Karamjeet Singh)



# President Speaks...

I feel honoured to have the opportunity of interacting with you through the medium of the college magazine, "Aastha". The theme of the magazine for this year is "Moral Values." I would like to congratulate Madam Principal, Dr. Savinder Pal, and the editorial group for contemplating such an important subject matter pertaining to the present times.

It is believed that the character of a nation is significantly shaped by its citizens. A country with undisciplined youth is perpetually at risk of fading away and will struggle to prosper. This is true since the students are the fundamental elements of a nation's advancement, being the upcoming leaders and innovators of the future. The youth of a country possess a vast reservoir of knowledge that, if directed appropriately, can prove to be highly beneficial and valuable. They have the potential to lay the foundation for the growth of a strong and advancing nation. To channelise this dynamic energy, education serves as an effective tool through civic education, democratic principles, and moral values.

In today's rapidly evolving world, where everything is readily accessible, the concepts of hard work and fairness appear to have faded. Everyone is seeking quick fixes using technologies such as AI and chatbots. This situation has both positive and negative implications, as it can foster societal progress while simultaneously undermining moral values and the importance of hard work. Therefore, it is essential to develop a tool that can assist in reshaping human thoughts. Moral values are amongst those tools that consist of guiding principles of honesty, compassion, respect, responsibility, and perseverance which help foster positive relationships and encourage kindness and cooperation. These values are crucial in shaping us into good individuals which, in turn, contributes to the foundation of a just and equitable society. The imparting of moral values not only instructs students on what is essential and appropriate behavior but also informs them of actions that must be avoided. They possess the ability to convey the importance of cooperation and sportsmanship, as they gain these lessons while engaging in sports and games at various educational levels. Additionally, students explore the diverse cultures, peoples, languages, and lifestyles present across the nation, which, in turn, fosters inclusivity, oneness, and unity aligning with the central themes of NEP 2020 and G20.

I would like to appeal to the students to use the skills and knowledge provided to them in a way so that they can become the torchbearers of tomorrow and well-rounded professionals.

Best Wishes

Dhiraj Sardana  
President  
College Governing Council

# Principal's Message



Dear Students, Faculty Members, and Esteemed Readers,

It gives me immense joy to present before you this edition of our college magazine, 'Aastha' dedicated to the theme of 'Moral Values.' In a world that is highly technological and globalised, filled with hardships and fascinating diversions, it becomes imperative to uphold the values and core principles that define us both as individuals and as contributors to society. Moral values are the principles and standards that help people distinguish between right and wrong, influencing their behaviour, decisions, and interactions with others based on justice, compassion, and honesty. Education helps instill moral values in students through exposure to diverse viewpoints, ethical discussions, and the cultivation of empathy, respect, and responsibility in both academic and social situations. Education is both essential and transformative, shaping the knowledge, skills, and values of individuals while promoting personal growth and social progress, as it provides a controlled environment conducive to learning moral principles, empathy, and responsibility. Through education, students are instructed in values and ethics to ensure moral correctness, not only through theoretical knowledge but also through practical application. Education in the present times is not merely a process of dissemination of information and knowledge, but it is also a process of training of human minds to delve deeper into the future for the betterment of mankind. As a college that acts as a bridge between students and education, we not only strive for academic excellence but also aim to nurture individuals who are grounded in strong moral principles.

The theme of the magazine is highly compatible with two important national and international frameworks as stressed upon in G20 and NEP, as they help instill the moral values of justice, equity, and fair treatment by means of inclusion, connectivity, collaboration, and contribution to the community. It also helps impart social responsibility, empathy, and moral and ethical values into the youth through various subjects prescribed in their curriculum. Additionally, it deeply resonates with the "Viksit Bharat 2047" initiative taken by the Government of India, which envisions making India a global power by means of equitable growth and safekeeping of the environment, plausible only through of moral education to make the country progress through its youth by the centennial year of its independence.

It is said that "The Youth of a Nation are the trustees of posterity." Hence, we at KNCW consider it our moral duty to empower our girls by providing them with the right kind of knowledge and directing their energy in constructive channels that lead to development and progress to make a better tomorrow.

I sincerely hope that the efforts made by our college in this direction will be fruitful and worthwhile.

Dr. Savinder Pal  
Principal



# ਸੰਦੇਸ਼

ਕਾਲਜ ਮੈਗਜ਼ੀਨ ਦਾ ਹੱਥਲਾ ਅੰਕ “ਨੈਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ” ਥੀਮ ਤੇ ਆਧਾਰਿਤ ਹੈ - ਅੰਗਰੇਜ਼ੀ ਭਾਸ਼ਾ ਵਿੱਚ ਐਥਿਕਸ ਜਾਂ ਮੌਰਿਲ ਵੈਲਿਊਜ਼। ਮੌਰਿਲ ਵੈਲਿਊਜ਼ ਜਾਂ ਨੈਤਿਕਤਾ ਉਹ ਨਿਯਮ ਹਨ - ਜਿਨ੍ਹਾਂ ਦੀ ਪ੍ਰਵਾਨਗੀ ਸਮਾਜ ਦੁਆਰਾ ਉਚਿੱਤ ਜਾਂ ਅਣਉਚਿੱਤ ਭਾਵਨਾ ਦੇ ਆਧਾਰ ਤੇ ਮਿਲਦੀ ਹੈ, ਉਹ ਸਿਧਾਂਤ ਹਨ ਜੋ ਮਾਨਵੀ ਜੀਵਨ ਦੀ ਅਗਵਾਈ ਕਰਦੇ ਹਨ। ਸਿਹਤਮੰਦ ਤੇ ਨਰੋਏ ਸਮਾਜ ਦੀ ਸਿਰਜਣਾ ਲਈ ਨੈਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਨੀਂਹ ਦਾ ਕੰਮ ਕਰਦੀਆਂ ਹਨ। ਹਮੇਸ਼ਾ ਸੱਚ ਬੋਲਣਾ, ਵੱਡਿਆ ਦਾ ਸਤਿਕਾਰ ਕਰਨਾ, ਛੋਟਿਆਂ ਨੂੰ ਪਿਆਰ ਕਰਨਾ, ਇਮਾਨਦਾਰੀ, ਸਹਿਨਸ਼ੀਲਤਾ, ਤਿਆਗ, ਪ੍ਰਤੀਬੱਧਤਾ ਅਤੇ ਸਾਦਗੀ ਵਰਗੇ ਗੁਣ ਇਨਸਾਨ ਦੀਆਂ ਸਾਰੀਆਂ ਅਵੱਸਥਾਵਾਂ ਬਚਪਨ, ਜਵਾਨੀ ਅਤੇ ਬੁਢੇਪੇ ਵਿੱਚ ਹੋਣੇ ਚਾਹੀਦੇ ਹਨ। ਮਾਂ ਬਾਪ ਘਰ ਵਿੱਚ ਸੁਖਾਵਾਂ ਮਾਹੌਲ ਪ੍ਰਦਾਨ ਕਰਦੇ ਬਚਪਨ ਤੋਂ ਹੀ ਬੱਚੇ ਨੂੰ ਨੈਤਿਕਤਾ ਦੀ ਸੋਝੀ ਦੇ ਸਕਦੇ ਹਨ। ਸਰਵਪੱਖੀ ਵਿਕਾਸ ਲਈ ਸੁਖਾਵਾਂ ਵਾਤਾਵਰਣ ਵਿਦਿਅਕ ਸੰਸਥਾਵਾਂ ਵਿੱਚੋਂ ਮਿਲਦਾ ਹੈ। ਸਮਾਜਿਕ, ਸੱਭਿਆਚਾਰਕ, ਧਾਰਮਿਕ, ਆਰਥਿਕ ਤੇ ਰਾਜਨੀਤਿਕ ਸੋਝੀ ਇਨਸਾਨ ਨੂੰ ਆਪਣੇ ਭਾਈਚਾਰੇ ਤੋਂ ਪ੍ਰਾਪਤ ਹੁੰਦੀ ਹੈ। ਪੱਛਮੀ ਚਕਾਚੌਂਧ ਕਾਰਨ ਜਿਥੇ ਬੱਚਿਆਂ ਵਿੱਚ ਨੈਤਿਕਤਾ ਘੱਟ ਰਹੀ ਹੈ ਉਥੇ ਬਦਸਲੂਕੀ, ਚਰਿੱਤਰਹੀਣਤਾ ਅਤੇ ਅਸਭਿੱਅਕਤਾ ਵਧੀ ਹੈ। ਇਸ ਚਕਾਚੌਂਧ ਨੇ ਮਨੁੱਖ ਨੂੰ ਪਦਾਰਥਕ ਸਹੂਲਤਾਂ ਦਾ ਗੁਲਾਮ ਬਣਾ ਦਿੱਤਾ ਹੈ, ਇਸ ਨਾਲ ਪੜ੍ਹੇ-ਲਿਖੇ ਸਮਾਜ ਵਿੱਚ ਵੀ ਪਦਾਰਥਵਾਦੀ ਸੋਚ ਅਤੇ ਪੈਸੇ ਦੀ ਅੰਨੀ ਦੌੜ ਲੱਗੀ ਨਜ਼ਰ ਆਉਂਦੀ ਹੈ। ਸ਼ਾਇਦ ਏਸੇ ਲਈ ਸਿੱਖਿਆ ਵਿਭਾਗ ਪੰਜਾਬ ਨੇ ਪਹਿਲਾਂ ਪੜ੍ਹਾਏ ਜਾਂਦੇ ਸਾਰੇ ਵਿਸ਼ਿਆਂ ਦੇ ਨਾਲ ਇਕ ਨਵਾਂ ਵਿਸ਼ਾ “ਸਵਾਗਤ ਜ਼ਿੰਦਗੀ” ਜੋੜਿਆ ਹੈ। ਇਹ ਵਿਦਿਆਰਥੀਆਂ ਵਿੱਚ ਜਿੱਥੇ ਨੈਤਿਕ ਕਦਰਾਂ ਕੀਮਤਾਂ ਸਿਖਾਏਗਾ, ਉੱਥੇ ਜੀਵਨ ਵਿੱਚ ਸਫਲ ਹੋਣ ਦਾ ਤਰੀਕਾ ਦੱਸਣ ਅਤੇ ਜ਼ਿੰਦਗੀ ਦੀਆਂ ਮੁਸ਼ਕਿਲਾਂ ਨੂੰ ਦਲੇਰੀ ਨਾਲ ਹੱਲ ਕਰਨ ਵਿੱਚ ਵੀ ਸਹਾਈ ਹੋਏਗਾ। ਆਹੁਦਿਆਂ ਦੀ ਦੌੜ ਦੌੜਨ ਦੀ ਬਜਾਏ ਚੰਗੇ ਇਨਸਾਨ ਬਣਨਾ ਜ਼ਰੂਰੀ ਹੈ। ਨੈਤਿਕਤਾ ਸਾਨੂੰ ਇਨਸਾਨ ਬਣਾਉਂਦੀ ਹੈ। ਸਾਡੇ ਸਿੱਖਿਆ ਸ਼ਾਸਤਰੀਆਂ ਦੇ ਸਦੀਆਂ ਪੁਰਾਣੇ ਰਚੇ ਹੋਏ ਨੀਤੀ ਸ਼ਾਸਤਰ ਗ੍ਰੰਥ ਅੱਜ ਵੀ ਸਾਰਥਿਕ ਹਨ। ਭਰਥਰੀ ਹਰੀ ਦੀ ਨੀਤੀ ਸ਼ਾਸਤਰ, ਚਾਣਕਿਆ ਦਾ ਨੀਤੀ ਸ਼ਾਸਤਰ ਅਤੇ ਮਹਾਤਮਾ ਵਿੱਦਰ ਦਾ ਨੀਤੀ ਸ਼ਾਸਤਰ। ਇਨ੍ਹਾਂ ਸ਼ਾਸਤਰਾਂ ਅਨੁਸਾਰ ਨੈਤਿਕਤਾ ਹੀ ਮਨੁੱਖ ਨੂੰ ਸੰਪੂਰਨ ਮਾਨਵ, ਸੰਪੂਰਨ ਇਨਸਾਨ ਬਣਾਉਂਦੀ ਹੈ।

ਸੁਚੇਤ ਹੋਣ ਦੀ ਲੋੜ ਹੈ। ਸਮੁੱਚੇ ਮਨੁੱਖੀ ਵਿਕਾਸ ਲਈ ਨੈਤਿਕ ਵਿਕਾਸ ਸਹੀ ਮਾਅਨਿਆਂ ਵਿੱਚ ਇਕ ਪ੍ਰਕਿਰਿਆ ਹੈ, ਇਕ ਵਿਧੀ ਹੈ। ਕਾਲਜ ਵੱਲੋਂ ਹਮੇਸ਼ਾ ਅਜਿਹੀਆਂ ਗਤਿਵਿਧੀਆਂ, ਭਾਸ਼ਨ, ਕਵਿਤਾ, ਕੁਇਜ਼ ਅਤੇ ਸੈਮੀਨਾਰ ਆਦਿ ਆਯੋਜਿਤ ਕੀਤੇ ਜਾਂਦੇ ਹਨ ਤਾਂ ਕਿ ਵਿਦਿਆਰਥੀ ਚੰਗੇ ਇਨਸਾਨ ਬਣ ਸਕਣ, ਗੁਣੀ ਬਣ ਸਕਣ। ਉਨ੍ਹਾਂ ਦਾ ਸਰਵਪੱਖੀ ਵਿਕਾਸ ਹੋ ਸਕੇ।

ਸੁੱਭ ਇੱਛਾਵਾਂ

ਰੁਮਿੰਦਰ ਕੌਰ  
ਮੁੱਖ ਸੰਪਾਦਕ

# Achievers' Gallery

## MERIT POSITIONS



**Janvi**  
First in University  
B.Voc. Sem-6



**Uma Kumari**  
Second in University  
B.Sc.Eco. Sem-6



**Navdeep Kaur**  
Second in University  
B.Voc. Sem-4

## DISTINCTION IN UNIVERSITY



**JASMINE SHOKAR**  
B.Voc Sem-6



**KASHISH RATTU**  
B.Voc. Sem-6



**MEENAKSHI**  
B.Voc. Sem-6



**Neha**  
B.C.A. Sem-6



**SANJANA KAKKAR**  
B.Voc. Sem-6



**RAMANDEEP KAUR**  
B.Voc. Sem-6



**Nikita**  
B.C.A. Sem-6



**Reetu**  
B.Voc. Sem-6



**DEEKSHA RANGA**  
B.A. Sem-6

# Achievers' Gallery

## DISTINCTION IN UNIVERSITY



**Manjot Kaur**  
B.Sc. (Medical) Sem-6



**Muskan**  
B.Sc. F.D. Sem-6



**Anamika Sharma**  
B.Sc. F.D. Sem-6



**SIMRANPREET KAUR**  
B.Voc Sem-6



**AMANPREET KAUR**  
B.Sc (Medical) Sem-6



**Bhawna**  
B.Voc. Sem-6.



**GURSIMRAN KAUR**  
B.Sc. (Medical) Sem-6



**PAYAL SHARMA**  
B.Sc. (Medical) Sem-6



**Jasmin Mehmi**  
M.Sc. F.D. Sem - 6



**Lovepreet**  
M.Sc. F.D. Sem-4



**Jaskirat Kaur**  
M.Sc. F.D. Sem-4



**Amandeep Suman**  
B.Sc. F.D. Sem-6



**MANPREET KAUR**  
B.C.A. Sem-6



**JYOTI KUMARI**  
M.Sc. F.D. Sem-4

## A Proud Moment for the College



We are delighted to share that our respected Principal, Dr. Savinder Pal, has been appointed as a Member of the Senate of Guru Nanak Dev University, Amritsar, under Section 13(1)(iii) of the GNDU Act, for the term from 04th April 2025 to 28th February 2026.

Additionally, under Section 14(1)(vii) of the GNDU Act, she has been appointed as a Member of the Syndicate of this University from 01st July 2025 to 28th February 2026.

This prestigious achievement reflects her outstanding leadership, academic dedication, and commitment to quality education. She also actively serves as a NAAC Peer Team Member, contributing to the enhancement of higher education standards nationwide.

We extend our heartfelt congratulations to Principal Dr. Savinder Pal for bringing immense pride and recognition to the institution.

### Statement about Ownership and Particulars about Aastha (Form IV – See Rule 8)

1. Place of Publication - Kamla Nehru College for Women, Phagwara
2. Periodicity of Publication - Yearly
3. Printer's Name - Dr. Savinder Pal  
Nationality - Indian  
Designation - Principal  
Address - Kamla Nehru College for Women, Phagwara  
Distt. Kapurthala, Punjab
4. Publisher's Name - Dr. Savinder Pal  
Nationality - Whether citizen of India  
(If foreigner, state the country of origin) - Indian  
Designation - Principal  
Address - Kamla Nehru College for Women, Phagwara  
Distt. Kapurthala, Punjab
5. Chief Editor's Name - Dr. Ruminder Kaur  
Nationality - Whether citizen of India  
(If foreigner, state the country of origin) - Indian  
Address - Kamla Nehru College for Women, Phagwara  
Distt. Kapurthala, Punjab
6. Name and Address of Individuals Who Own the Magazine - The magazine is owned and published by the Management of Kamla Nehru College for Women, Phagwara, through Dr. Savinder Pal, Principal.

#### Declaration :

I, Dr. Savinder Pal, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Sd/- Dr. Savinder Pal  
Principal

Kamla Nehru College for Women, Phagwara

Printed by Dr. Savinder Pal, Principal, through M/s Mehta Traders and Suppliers, Jalandhar, (M) 98883-73734, and published by her at Kamla Nehru College for Women, Phagwara.



# English Section

*Teacher Editor:*  
**Ms. Isha Chhabra**  
Assitant Professor in English

*Student Editor:*  
**Ms. Maninder Kaur**  
B.A. Sem. 6th

## INDEX

| <i>Sr. No</i> | <i>Article Names</i>  | <i>Pg. No.</i> |
|---------------|---|----------------|
| 1.            | Are we living or just existing?   | 1-2            |
| 2.            | Morality and Happiness  | 2              |
| 3.            | Impact of technology on one's mental well-being.                        | 3              |
| 4.            | Discipline among students and basic etiquette towards teachers.         | 3              |
| 5.            | Moral Values  | 4              |
| 6.            | Story of Success  | 5              |
| 7.            | Troubles  | 5              |
| 8.            | Moral Values  | 5              |
| 9.            | What is the meaning of Moral Values?                                    | 5              |
| 10.           | Moral Values  | 6              |
| 11.           | The More Grateful You Are, The More Beauty You See.                     | 6              |
| 12.           | We all are born as empty vessels which can be shaped with moral values. | 7              |
| 13.           | The Moral Compass : Navigating Life's Challenges with Integrity.        | 7              |

# ARE WE LIVING OR JUST EXISTING?

Life moves fast, and many of us find ourselves trapped in repetitive routines--waking up, rushing through the day, completing tasks, and preparing to do it all over again the next morning. In this constant cycle, we rarely pause to reflect and ask ourselves: Are we truly living, or are we merely existing? There is a profound difference between the two. Existing means functioning on autopilot, simply fulfilling responsibilities, and surviving day by day without much thought or emotion. Living, on the other hand, is about experiencing life to the fullest finding joy in the little things, embracing challenges, forming deep connections, and creating meaningful moments that make life worth remembering.

Too often, we chase achievements, believing that happiness lies in the next big milestone--getting good grades, landing a stable job, earning more money, or reaching a certain societal standard of success. But does happiness really come when we check off these goals? The reality is that when we reach one milestone, we immediately set our sights on the next, rarely stopping to appreciate what we have already accomplished. This endless pursuit creates the illusion that fulfillment is always just one step away, keeping us stuck in a cycle of "what's next?" rather than appreciating the present. If we live this way, we aren't truly living--we are merely existing, moving forward without actually experiencing life.

As children, joy came naturally. We found happiness in the simplest of things -playing outside, laughing with friends, exploring new places, and dreaming without fear. We lived in the moment without worrying about the future. But as we grew older, life became more about expectations and responsibilities than about enjoyment. The weight of societal pressure, stress, and self-doubt replaced the carefree joy of simply being. The fear of failure, the pressure to meet unrealistic standards, and the constant comparison with others make us hesitant to take risks or pursue what truly excites us. We often hold ourselves back, believing we aren't good enough or fearing judgment from others. But life isn't about being perfect--it's about embracing our imperfections, learning from our mistakes, and growing along the way. True living begins the moment we silence our self-doubt, trust ourselves, and take chances despite our fears, and filled with ups and downs. True happiness comes not from perfection but from

embracing the reality of our Lives. Think back to time when we felt truly alive. Maybe it was laughing uncontrollably with loved ones, travelling to a new place, accomplishing something we were proud of, or even just watching the sunset without distraction. These moments stand out because they weren't about productivity or obligations--they were about presence. Adding to this struggle is the illusion of a perfect life which is amplified by social media, we see carefully curated highlights of other people's lives--luxurious vacations, seemingly perfect relationships, and endless success--causing us to feel as if we are falling behind. This constant comparison creates dissatisfaction making us believe our own lives aren't good enough. But real life is not meant to be flawless. It is messy, unpredictable, and a journey -finding beauty in the simple everyday moments that make us feel alive.

Happiness is not just about what we achieve individually but also about the impact we have on others. The simplest acts--offering a kind word, helping someone in need, or just being there for a friend--can bring immense joy, not only to them but also to us.

Passion is another essential element of a truly lived life. Many people settle into routines they don't love, studying subjects they have no interest in, working jobs that drain them, or following paths dictated by society rather than their own hearts. But when we engage in things that excite us--whether it's music, art, writing, sports, or helping others - we feel a different kind of energy. Passion gives life meaning it makes waking up in the morning feel exciting rather than exhausting. Without it, life can feel dull and monotonous, no matter how much we achieve.

So why do so many of us settle for mere existence instead of pursuing a life filled with passion, joy, and meaning? The simple answer is fear. Fear of stepping out of our comfort zones. Fear of failure, Fear of the unknown, It's easier to stick to a predictable, safe path than to take risks. But the truth is, growth doesn't happen in comfort. The moments that make life extraordinary come from taking chances, embracing uncertainty, and allowing ourselves to dream beyond what seems possible. The more we challenge ourselves the more we truly live.

At the end of the day, life isn't measured by how much we accomplish but by how much we feel, it's about the relationships we build, the experiences that move us, and the moments that leave us breathless. Living

means embracing love, kindness, passion, and purpose. It's about creating memories, sharing joy, and leaving behind something meaningful. In a world that is becoming more impatient and obsessed

with rushing to the next big thing, we must remind ourselves to slow down, appreciate the present, and truly live.

**Ms. Isha Chhabra**  
Assistant Professor

# **MORALITY AND HAPPINESS**

## **INTRODUCTION**

The issue of happiness appears to be the central determinant of a person's life. The critical factor is establishing whether this person was happy or not. Therefore, finding what one can do to achieve happiness and sustain it throughout his or her life is essential.

Morality affects a person's happiness because it defines the values that an individual has, what is important to them and what is not, and allows focusing on the things that matter.

## **IMPACT OF MORALITY AND HAPPINESS:**

Morality affects the way a person feels about themselves and their actions, or about others. By definition, this term is an ability to make a distinction between right and wrong, good behaviour and bad. Happiness, in its turn, is a sense of satisfaction with one's life or actions. Hence, if a person acts in accordance with their moral principles, they commit good actions, as they are able to distinguish right from wrong, and as a result, they should feel happy.

An alternative scenario is a person acting in accordance with their moral principles, who does not feel happy. While it is possible, for instance, if the views of an individual do not correspond with those of a society where they live, the inability to achieve happiness is questionable. This person, regardless of the way that are treated, still acts following their morals, the principles values that are important to them. While they may face consequences such as being judged or misunderstood, they at least avoid lying to themselves and choosing to commit immoral actions to fit in.

Morality defines the value that are important for an individual. Here, a question arises, can a person who continually chooses something that is of no importance to them be happy: While this may help an individual achieve some goals in the short-term, for example, choose a career where they will be paid well instead of a job that corresponds to their interest. One can argue that in the long-term, the inability to do what they actually like to pursue a career to which they have a genuine interest will affect their happiness. The basis of the path is a lack of moral judgement - choosing wrong over right.

Overall, the role of morality in relation to happiness is essential. It defines the core principles and value of a person, allowing them to choose what is right and act in accordance with one's morality, it is difficult to be happy. Mainly because an individual who chooses this path lives following the standards of someone else while ignoring what is valuable to him or her.

**Maninder Kaur**

**B.A (5th sem)**

**2001**

## Impact of technology on one's mental well-being

Mental well-being: a state of one's being that equips you with the right kind of mindset to acknowledge one's abilities and potential to work well and contribute to the society, It is not only related to being mentally sound but is also an amalgamation of emotional, psychological, and social equilibrium, In today's ever-changing world, the presence of technology has made everything easy and readily available. It has, on one side, helped humans in their personal and professional spheres of life, but on the contrary, also subsided the presence of humans in several spheres, thus limiting the attention and activities of humans. It has also affected the ways we learn and adapt things. Nowadays, we humans are inclined to technology for even the daily chores. We have now reached a certain point where it seems to be a heart-wrenching activity to even imagine our lives without technology. It is said that the future of a nation is highly dependent on the kind of youth it has. But given the present scenarios, the youth is even more engrossed in technology such as social media websites, AI, and chatbots. Initially, the use of technology proved to be a useful aid to our learning, critical thinking, communication, creative expression, and social connection, but gradually it has resulted in drastic and detrimental effects. The students have become disproportionately reliant on screens, resulting in less physical activity, mindless eating, digital distractions, and emotional turmoils. Even the smallest of the kids are so obsessed that they don't eat unless exposed to television and mobile phones. The students these days face several mental and physical illnesses, including depression, anxiety, social isolation, obesity, etc. The excessive dependence on technology has made us dumb and ignorant of our own surroundings. And not just the physical and mental health, but our financial equilibriums too are interrupted by the luring advertisements and sometimes the fraud links. It is high time that we realise that technology came into being to serve us and create ease of work in our daily lives and not to distract us and divert our ways from that of advancement to regression.

**Malika Arora**  
Assistant Professor Kamla Nehru College

## Discipline Among Students and Basic Etiquette Towards Teachers

Discipline plays a crucial role in shaping students' character and ensuring a productive learning environment. It is not just about following rules but also about developing self-control, responsibility, and respect for others, A disciplined student exhibits punctuality, attentiveness, and a willingness to learn, all of which contribute to academic success and personal growth.

One of the key aspects of discipline is respect towards teachers. Teachers dedicate their time and effort to impart knowledge and guide students, making it essential for students to treat them with courtesy. Basic etiquette towards teachers includes greeting them respectfully, listening attentively in class, following instructions, and addressing them politely, Disruptive behaviour, such as talking during lessons, arguing unnecessarily, or ignoring assignments, reflects a lack of discipline and can hinder both personal and collective progress.

Additionally, students should understand that constructive criticism from teachers is meant to help them improve. Accepting feedback with humility and striving to do better shows maturity and discipline. Simple acts like saying "thank you," maintaining eye contact while speaking, and acknowledging the teacher's presence can go a long way in building a respectful student-teacher relationship.

Discipline in students is not just about obedience but about fostering a mindset of responsibility, time management, and ethical behaviour. When students cultivate good habits, respect their teachers, and follow basic etiquette, they contribute to a harmonious and effective learning environment.

**Samreen Begum**  
Assistant Professor  
Department of English

# Moral VALUES

Moral values are the beliefs and principles that individuals or societies hold regarding right and wrong. These values guide our actions, inform our decision-making, and help us navigate complex situations. For example, values such as honesty, compassion, and fairness lead people to act in ways that benefit others while promoting trust and understanding.

## Common Moral Values Include:

**Honesty:** Telling the truth, being sincere, and being transparent in our dealings.

**Respect:** Acknowledging the inherent dignity of others and treating them with consideration.

**Responsibility:** A sense of duty and accountability for one's actions.

**Compassion:** Showing empathy and kindness towards others, especially those in need.

**Justice:** Fair treatment for all people, ensuring equality and fairness in society.

## Lead by Example:

Your actions speak louder than words. Make it a habit to lead by example and demonstrate moral values in all aspects of your life.

## Exercise Self-Discipline:

Moral values require self-control and discipline.

By integrating these habits into your daily life, you can strengthen your moral character and create a positive impact on those around you.

**Neha**  
**BCA Sem 1**

## STORY OF SUCCESS

We run to achieve success,  
For money, fortune & eminence,  
They may be of importance,  
But at last, we seek happiness,

It's meaning varies widely,  
To meet goals, we spend years,  
Even when failure come to us,  
We work hard consistency,

Learning & struggle, our companions,  
Endless sacrifices we make for years,  
Facing many challenges we progress,  
Until we become the champion.

**Krishma Shukla**  
B.A 5th Sem.  
2014

## TROUBLES

Take your troubles  
Best you can.  
Stand right up  
And play the man.  
Face 'em just  
As through you knew.  
You were coming  
Safely through.  
Blows will hurt  
And bruise you, maybe,  
But don't whimper  
Like a baby.  
Stand right up  
And be a man.  
Meet you troubles  
Best you can...

**Maninder Kaur**  
B.A. Sem. Vth  
2001

## MORAL VALUES

A compass set to guide us right,  
Through choices vast and dark of night  
With honesty as steady ground,  
And kindness spreading all around.

Respect each soul, both far and near,  
In every heart, find worth held dear.  
Live by these values, bold and true,  
In every act and all you do.

**Neha**  
B.A. Sem 5  
2030

## What is the Meaning of Moral Values?

Moral values are an integral part of what makes us human. They are what makes us humane. They are standards that help an individual choose for himself between right and wrong or good and bad.

This understanding of morals is absolutely necessary for anyone to make honest, credible, and fair decisions and relations in their daily lives.

Moral development is an essential process of overall human development. And this should start right from early childhood. Children can shape a good character and a pleasant personality by following moral values. It has been long known that the child's family plays a crucial role in guiding, supporting, and hand-holding them and instilling key values during their growing up years.

**What is the Importance of Moral Values in Students' Life?**

Moral values plays an essential role in students life. They help to build a positive characters with traits such as compassion, respect, kindness and humility. They can make students distinguish between right and wrong or good or bad.

Moral values also helps in shaping student attitudes and beliefs towards various aspects of life and provide them a unique prospective. They also helps too increase their self confidence and help them stay positive in difficult situations of life.

**Nancy Gandhi**  
B.Sc. Med. Sem 1  
4752

# MORAL VALUES!

What are moral values? Are moral values only for children? Today we live in a society in which the moral values of a man are never seen. Questions related to morality are only about women and children. The foundation of a child's life is his family.

**\*Children related morality\*:-** Due to lack of morality, the child starts doing wrong things. At present, thousands of cases related to theft, robbery, assault, murder, rape etc. are registered in the court. In these crimes, the parents are more at fault than the criminal, who are unable to give good values to their children.

**\*Women related morality\*:-** Is it only the duty of a woman to instill morality in a child? Is managing the household the responsibility of a woman only? Why is the father praised if the child does good work and the mother is condemned if the child does something wrong? Lack of morality is mostly seen

in middle class families because in this family, emphasis is laid on marrying a girl child early and putting her to work early if a boy is born. Whereas nothing like this happens in rich families.

Parents are not the only one responsible for lack of moral values but the government is also responsible because the government has increased the prices of normal goods so much that people of poor class are unable to fulfill their needs. As a result of which they start committing petty crimes like theft and robbery. The main reason for the rapid increase of corruption is lack of morality. Just like a dirty fish makes the whole sea dirty. In the same way, a corrupt person makes the whole system corrupt. To increase the importance of moral values, nowadays moral values are given more importance than degree in interviews.

**Shivani**  
BA 3rd sem

## { THE MORE GRATEFUL YOU ARE } { THE MORE BEAUTY YOU SEE }

*Gratitude is one of the most profound words virtues rooted in the recognition and appreciation Of the goodness that exist both within and around us. It represents not only an emotional response but also a moral attitude towards life. By cultivating gratitude individuals acknowledge the effort efforts and kindness of others, Making stronger relationships and the sense of responsibility. When viewed through the lens of moral values, gratitude aligns closely with virtues such as humility, kindness, empathy and justice. Gratitude also plays a crucial role in the development of Kindness. When people feel thankful, they are more inclined to give back to others and the community. Gratitude encourages a cycle of giving, where acts of kindness and generosity inspire further positive actions. This cycle is foundational to the moral values that underlie a cohesive society. People who express gratitude are more empathic. In a broader sense, gratitude encourages social harmony by reducing envy and entitlement. When individuals focus on what they have rather than they lack, feelings of jealousy diminish, leading to a more contended and compassionate mindset. A person grounded in gratitude is less likely to take things for granted and more likely to appreciate the value of what they receive, whether material or emotional. Gratitude also relates to the moral value of justice, particularly in acknowledging the moral obligation to return favours or express thanks for acts of kindness. Although justice is often framed in terms of fairness and rights, it also includes the idea of reciprocity. When someone does good for us, it is morally right to respond in kind, creating a balance of giving and receiving. This reciprocal relationship strengthens social bonds and contribute to the well- being of communities. In conclusion, gratitude is much more than a fleeting emotion, it is a foundational moral value that supports the flourishing of individuals and societies. By promoting humility, kindness, empathy and justice, gratitude creates an ethical framework for living harmoniously with others. As individuals learn to appreciate the good in their lives and in the world around them, they become more morally grounded and capable of contributing to the common good.*

**Kashish**  
Bsc. Medical  
4760

# WE ALL ARE BORN AS EMPTY VESSELS WHICH CAN BE SHAPED WITH MORAL VALUES

Moral values serve as the foundation of human character and societal harmony, guiding people in making ethical choices and developing empathy, kindness, and integrity. These values often instilled from a young age, shape one's understanding of right and wrong, enabling individuals to coexist peacefully and respectfully. In an ever-evolving world where personal gains and materialistic pursuits often take center stage, moral values remain vital for creating balanced, compassionate, and just communities. At the core, moral values encompass qualities such as honesty, responsibility, respect, and compassion. Honesty forms the bedrock of trust, a fundamental element in any relationship, whether personal or professional. When people are honest, they establish reliable connections and promote a transparent society. Responsibility, on the other hand, fosters accountability. By taking ownership of one's actions, individuals not only grow but also contribute positively to society. Respect for others, regardless of background, religion, or opinion, encourages inclusivity and promotes harmony, while compassion allows individuals to empathize with others, creating supportive communities. In today's fast-paced and interconnected world, moral values are essential for tackling complex challenges, from social inequality to environmental issues. They remind individuals and societies to act with integrity and compassion, even in competitive or challenging situations. In conclusion, moral values are indispensable for personal growth, social cohesion, and ethical decision-making. In a world full of diverse perspectives and cultures, these values serve as a universal language guiding individuals to act with respect, kindness, and fairness. By nurturing moral values, society can ensure a brighter, more harmonious future where individuals are empowered to contribute meaningfully and responsibly.

Kashish  
B.Sc. Medical Sem  
4760

## The Moral Compass: Navigating Life's Challenges with Integrity

**Unlock the Power of Moral Values :** In a world filled with gray areas, moral values are the beacon that guides us toward right and wrong. They shape our character, influence our decisions, and define our legacy. But what are these moral values, and how can we harness their power?

### THE TOP 9 MORAL VALUES TO LIVE BY

- |                |                                 |                    |                                |
|----------------|---------------------------------|--------------------|--------------------------------|
| 1. Respect :   | Treat others like royalty       | 2. Empathy:        | Walk a mile in someone's shoes |
| 3. Honesty:    | Truthfulness is the best policy | 4. Responsibility: | Own your actions               |
| 5. Compassion: | Show kindness to those in need  | 6. Fairness:       | Equality for all               |
| 7. Integrity:  | Stand by your principles        | 8. Perseverance:   | Never give up                  |
| 9. Gratitude:  | Appreciate the good stuff       |                    |                                |

### WHY MORAL VALUES MATTER

- |                            |                                |                            |                           |
|----------------------------|--------------------------------|----------------------------|---------------------------|
| 1. Stronger Relationships: | Built on trust and respect     | 2. Improved Mental Health: | A clear conscience is key |
| 3. Success:                | Moral values drive achievement | 4. Better Decision-Making: | Guided by principles      |
| 5. Enhanced Reputation:    | Integrity is everything        |                            |                           |

### CULTIVATING MORAL VALUES

- |                           |                      |                     |                     |
|---------------------------|----------------------|---------------------|---------------------|
| 1. Lead by Example:       | Show others the way  | 2. Self-Reflection: | Know thyself        |
| 3. Community Involvement: | Give back            | 4. Mentorship:      | Learn from the best |
| 5. Mindfulness:           | Be present and aware |                     |                     |

### OVERCOMING MORAL CHALLENGES

- |                      |                                  |                         |                             |
|----------------------|----------------------------------|-------------------------|-----------------------------|
| 1. Stay True:        | Amidst cultural relativism       | 2. Seek Guidance:       | Consult mentors and experts |
| 3. Practice Empathy: | Put yourself in others' shoes    | 4. Take Responsibility: | Own your mistakes           |
| 5. Stay Informed:    | Educate yourself on moral issues |                         |                             |

## Conclusion

Moral values are the foundation of a fulfilling life. By embracing these principles, you'll navigate life's challenges with confidence, integrity, and purpose.

Prabheen Kaur  
B.A sem 3  
1615

# Zonal Youth Festival Achievers (G.N.D.U.)



**Aditi Kwatra**  
1st in Elocution



**Raika Pal**  
1st in Costume Parade



**Lucky Verma**  
2nd in Rangoli



**Amandeep Suman**  
2nd in Phulkari



**Jaspreet Kaur**  
3rd in Kawishri



**Kamaljeet Kaur**  
3rd in Kawishri



**Tania**  
3rd in Kawishri



**Muskan Preet Kaur**  
3rd in Photography



**Harpreet Kaur**  
3rd in Mehendi

# Zonal Youth Festival (G.N.D.U.)



Overall 3<sup>rd</sup> in Zonal Youth Festival



1<sup>st</sup> in Costume Parade



2<sup>nd</sup> in Gidha



3<sup>rd</sup> in Group Shabad



3<sup>rd</sup> in Group Shabad Bhajan



3<sup>rd</sup> in Group Shabad Bhajan



3<sup>rd</sup> in Quiz



Participation in Solo Folk Song

# Teej and Van Mahotsav



Honoring the Guests on Teej



From Stage to Smiles-Punjabi Culture Stole the Show



Honoring Ms. Teej (Faculty)



Honoring Ms. Teej (Student)



Tiranjan by Students



Mrs. Anupam Kaler, P.C.S.  
Sappling Plant on Vanmahotsav



Honoring the Chief Guest  
Mrs. Anupam Kaler, PCS



Distributing the Plants  
among Students



NCC Cadets with Chief Guest

# Diwali Carnival



Colorful Rangoli Stall



Hand Painted Diya Stall



Students' Craftmanship



Students' Craftmanship

# Basant Utsav



Getting the Blessings of Mata Saraswati



Students' Creativity on Umbrellas & Kites



United in Yellow Joy



Winners of Basant Panchami

# ਪੰਜਾਬੀ ਭਾਗ

ਅਧਿਆਪਕ ਸੰਪਾਦਕ  
ਪ੍ਰੋ. ਹਰਜਿੰਦਰ ਸਿੰਘ

ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕ  
ਰੁਪਿੰਦਰ ਕੌਰ

| ਤਤਕਰਾ   |   |      |
|---------|---|------|
| ਸੰ. ਨੰ. | ਲੇਖ ਦਾ ਨਾਂ  | ਪੰਨਾ |
| 1.      | ਸੰਪਾਦਕੀ   | 1    |
| 2.      | ਤਫ਼ਤੀਸ਼   | 2    |
| 3.      | ਨੈਤਿਕ ਮੁੱਲ  | 2-3  |
| 4.      | ਨੈਤਿਕ ਮੁੱਲ (ਕਵਿਤਾ)  | 3    |
| 5.      | ਧੀਆਂ  | 4    |
| 6.      | ਦੋਸਤੀ   | 4    |
| 7.      | ਨੈਤਿਕਤਾ ਦੀ ਸਿੱਖਿਆ   | 4-5  |
| 8.      | ਪੰਜਾਬ   | 6    |
| 9.      | ਮੈਂ ਮਿਲਿਆ   | 6    |
| 10.     | ਨੈਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ  | 6-7  |
| 11.     | ਔਰਤ   | 7    |
| 12.     | ਕੰਡਿਆਂ ਦੇ ਸ਼ਹਿਰ   | 7-8  |
| 13.     | ਤੇਰੇ ਵਰਗਾ ਯਾਰ   | 8    |
| 14.     | ਉਡੀਕ  | 8    |
| 15.     | ਪਾਣੀ ਤੇ ਗੁਰਬਾਣੀ   | 8    |
| 16.     | ਭਾਰਤੀ ਸਾਹਿਤ ਅਕਾਦਮੀ ਜੇਤੂ ਪੁਰਸਕਾਰ ਲੇਖਕਾਂ ਦੀ ਸੂਚੀ<br>(1990 ਤੋਂ 2024) | 9    |

# ਸੰਪਾਦਕੀ

**ਵਿਦਿਆਰਥੀ ਜੀਵਨ** ਵਿੱਚ ਨੈਤਿਕਤਾ ਦਾ ਖ਼ਾਸ ਮਹੱਤਵ ਹੈ। ਵਿੱਦਿਆਰਥੀ ਅਦਾਰਿਆਂ ਵਿੱਚ ਪੜ੍ਹਾਇਆ ਜਾਂਦਾ ਨੈਤਿਕਤਾ ਦਾ ਪਾਠ ਇਕ ਚੰਗੇ ਸਮਾਜ ਦੀ ਸਿਰਜਣਾ ਵਿੱਚ ਅਹਿਮ ਭੂਮਿਕਾ ਨਿਭਾਉਂਦਾ ਹੈ। ਅਸੀਂ ਆਪਣੇ ਆਪ ਨੂੰ ਬੜਾ ਹੀ ਵਡਭਾਗਾ ਸਮਝਦੇ ਹਾਂ ਕਿ ਸਾਡੇ ਕਾਲਜ ਮੈਗਜ਼ੀਨ 'ਆਸਥਾ' ਦਾ ਇਸ ਵਾਰ ਦਾ ਅੰਕ "ਨੈਤਿਕ ਮੁੱਲਾਂ" ਦੀ ਤਰਜ਼ਮਾਨੀ ਕਰ ਰਿਹਾ ਹੈ। ਇਕ ਚੰਗੇ ਸਮਾਜ ਦੀ ਸਿਰਜਣਾ ਲਈ ਸਮਾਜ ਵਿੱਚ ਅਜਿਹੇ ਵਾਤਾਵਰਣ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਦੀ ਲੋੜ ਹੈ ਜੋ ਨੈਤਿਕ ਮੁੱਲਾਂ ਦੀ ਜ਼ੋਰਦਾਰ ਅਪੀਲ ਕਰਦਾ ਹੋਵੇ। ਮਨੁੱਖੀ ਜੀਵਨ ਵਿੱਚ ਨੈਤਿਕ ਆਚਰਨ ਨੂੰ ਕਾਇਮ ਰੱਖਣ ਲਈ ਸਾਨੂੰ ਸਮਾਜਿਕ ਜ਼ਿੰਮੇਵਾਰੀਆਂ, ਇਮਾਨਦਾਰੀ, ਸਭ ਦਾ ਸਤਿਕਾਰ, ਨਿਰਪੱਖਤਾ ਆਦਿ ਕੁੱਝ ਅਜਿਹੇ ਜ਼ਰੂਰੀ ਤੱਤ ਹਨ ਜਿਨ੍ਹਾਂ ਨੂੰ ਧਾਰਨ ਕਰਨਾ ਹੋਵੇਗਾ। ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਵੱਲੋਂ ਨੈਤਿਕ ਮੁੱਲਾਂ ਨੂੰ ਆਧਾਰ ਬਣਾ ਕੇ ਲਿਖੀਆਂ ਕਵਿਤਾਵਾਂ, ਲੇਖ ਇਸ ਗੱਲ ਦੀ ਗਵਾਹੀ ਭਰਦੀਆਂ ਹਨ ਕਿ ਕਾਲਜ ਪੱਧਰ ਉੱਪਰ ਛਪਦੇ ਇਹ ਮੈਗਜ਼ੀਨ ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਮਨਾਂ ਅੰਦਰ ਸਾਹਿਤ ਸਿਰਜਣਾ ਦੀ ਚੇਟਕ ਲਾਉਂਦੇ ਹਨ। ਸਮੁੱਚੇ ਸੰਦਰਭ ਵਿੱਚ ਕਿਹਾ ਜਾ ਸਕਦਾ ਹੈ ਕਿ ਇਸ ਮੈਗਜ਼ੀਨ ਨਾਲ ਜੁੜਿਆ ਉਹ ਹਰ ਵਿਅਕਤੀ ਵਧਾਈ ਦਾ ਹੱਕਦਾਰ ਹੈ ਜਿਸ ਨੇ ਦਿਸਦੇ ਜਾਂ ਅਣ ਦਿਸਦੇ ਰੂਪ ਵਿਚ ਇਸ ਲਈ ਆਪਣੀਆਂ ਸੇਵਾਵਾਂ ਦਿੱਤੀਆਂ ਹਨ। ਨੈਤਿਕ ਮੁੱਲਾਂ ਦੀ ਬਾਤ ਪਾਉਂਦੇ ਇਸ 'ਆਸਥਾ' ਮੈਗਜ਼ੀਨ ਨੂੰ ਜੀ ਆਇਆਂ ਆਖਣਾ ਬਣਦਾ ਹੈ।

ਹਰਜਿੰਦਰ ਸਿੰਘ  
ਪੰਜਾਬੀ ਵਿਭਾਗ

ਮੈਂ ਤਾਂ ਉਹਨੂੰ ਕਹਿ ਛੱਡਿਆ ਏ,  
 ਲਹੂ ਦੀ ਤਾਂ ਕੋਈ ਜ਼ਾਤ ਨਹੀਂ।  
 ਫਿਰ ਵੀ ਮੇਰੇ ਰੰਗ ਉੱਤੇ,  
 ਉਹ ਲਾਉਂਦਾ ਮੋਹਰ ਹੈ ਨਸਲਾਂ ਦੀ।  
 ਸ਼ੀਸ਼ਿਆਂ ਦੇ ਨਾਲ ਗੱਲਾਂ ਕਰਦਾ,  
 ਖੁਦ ਵੀ ਧੋਖਾ ਖਾ ਜਾਂਦਾ ਏ।  
 ਬੇ ਅਕਲਾਂ ਦੇ ਵੱਸ ਪੈ ਗਿਆ,  
 ਤੇ ਗੱਲ ਨਹੀਂ ਕਰਦਾ ਅਕਲਾਂ ਦੀ।  
 ਡਰਦੇ ਦਿਲ ਨਾਲ ਕੱਚੀ ਨੀਂਦੇ,  
 ਕਵਿਤਾ ਨੂੰ ਮੈਂ ਠਾਅ ਲੈਂਦਾ ਹਾਂ।  
 ਕਿਉਂਕਿ ਇੱਥੇ ਤਫ਼ਤੀਸ਼ ਨਹੀਂ ਹੁੰਦੀ,  
 ਕੁੱਖ ਚ ਹੋਏ ਕਤਲਾਂ ਦੀ।  
 ਮਨ ਦੀ ਬੰਜਰ ਭੋਇੰ ਨੂੰ ਮੈਂ,  
 ਨਿੱਤ ਹੀ ਵੱਤ ਕਰ ਲੈਂਦਾ ਹਾਂ।  
 ਮਹਿਕ ਵਿਚਾਰਾਂ ਵਾਲੀ ਉੱਗੇ,

ਉਡੀਕ ਹੈ ਐਸੀਆਂ ਫਸਲਾਂ ਦੀ।  
 ਸਰਹੱਦਾਂ ਤੇ ਆਓ ਕਬੂਤਰ,  
 ਅਮਨਾਂ ਵਾਲੇ ਉਡਾ ਦਈਏ।  
 ਇਕੋ ਮਾਂ ਦੇ ਜਾਇਆਂ ਨੂੰ,  
 ਫਿਰ ਲੋੜ ਪਏ ਨਾ ਰਫਲਾਂ ਦੀ।  
 ਆਪਣੇ ਹੱਥੀਂ ਆਪਣਾ ਵਿਰਸਾ,  
 ਖੇਰੂੰ-ਖੇਰੂੰ ਕਰ ਛੱਡਿਆ ਏ।  
 ਉਹ ਭੰਡਾਂ ਦੀ ਮਹਿਫਲ,  
 ਤੇ ਯਾਦ ਨਹੀਂ ਆਉਂਦੀ ਨਕਲਾਂ ਦੀ।  
 ਮੈਂ ਤਾਂ ਉਹਨੂੰ ਕਹਿ ਛੱਡਿਆ ਏ,  
 ਲਹੂ ਦੀ ਤਾਂ ਕੋਈ ਜ਼ਾਤ ਨਹੀਂ।  
 ਫਿਰ ਵੀ ਮੇਰੇ ਰੰਗ ਉੱਤੇ,  
 ਉਹ ਲਾਉਂਦਾ ਮੋਹਰ ਹੈ ਨਸਲਾਂ ਦੀ।

ਹਰਜਿੰਦਰ ਸਿੰਘ  
 ਸਹਾਇਕ ਪ੍ਰੋਫੈਸਰ (ਪੰਜਾਬੀ)

### ਨੈਤਿਕ ਮੁੱਲ

ਨੈਤਿਕ ਮੁੱਲਾਂ ਦਾ ਮਨੁੱਖੀ ਜੀਵਨ ਵਿੱਚ ਬਹੁਤ ਮਹੱਤਵ ਹੈ। ਇਹ ਸਾਡੇ ਜੀਵਨ ਦੇ ਆਦਰਸ਼ ਅਤੇ ਮੂਲ ਨੀਹਾਂ ਹਨ, ਜੋ ਸਾਨੂੰ ਸਹੀ ਅਤੇ ਗ਼ਲਤ ਦੇ ਵਿਚਕਾਰ ਫਰਕ ਸਮਝਾਉਂਦੇ ਹਨ। ਨੈਤਿਕ ਮੁੱਲ ਸਾਨੂੰ ਮਨੁੱਖੀ ਸਦਾਚਾਰ, ਇਨਸਾਨੀਅਤ ਅਤੇ ਸੱਚੇ ਜੀਵਨ ਦੀ ਦਿਸ਼ਾ ਵੱਲ ਪ੍ਰੇਰਿਤ ਕਰਦੇ ਹਨ। ਇਹ ਮੁੱਲ ਸਾਨੂੰ ਸਿਰਫ ਆਪਣੀ ਨਹੀਂ, ਸਗੋਂ ਸਮੂਹ ਸਮਾਜ ਅਤੇ ਰਾਸ਼ਟਰ ਦੇ ਭਲੇ ਲਈ ਜੀਵਨ ਬਿਤਾਉਣ ਦੀ ਸਿੱਖ ਦਿੰਦੇ ਹਨ।

**ਨੈਤਿਕ ਮੁੱਲਾਂ ਦੀ ਪਰਿਭਾਸ਼ਾ** - ਨੈਤਿਕ ਮੁੱਲ ਉਹ ਸਿਧਾਂਤ ਅਤੇ ਆਦਰਸ਼ ਹਨ, ਜੋ ਮਨੁੱਖ ਦੇ ਜੀਵਨ ਦੇ ਚਰਿੱਤਰ ਅਤੇ ਉਸਦੀ ਸੋਚ ਨੂੰ ਦਰਸਾਉਂਦੇ ਹਨ। ਇਹਨਾਂ ਵਿੱਚ ਸਚਾਈ, ਇਮਾਨਦਾਰੀ, ਸਹਿਣਸ਼ੀਲਤਾ, ਸੇਵਾ-ਭਾਵਨਾ ਅਤੇ ਦਯਾ ਵਰਗੇ ਮੁੱਲ ਸ਼ਾਮਲ ਹਨ। ਇਹ ਅੰਦਰਲੀ ਸ਼ਕਤੀ ਦੇਣ ਵਾਲੇ ਹਨ ਜੋ ਮਨੁੱਖ ਨੂੰ ਹਰ ਹਾਲਤ ਵਿੱਚ ਸਹੀ ਰਹਿਣ ਅਤੇ ਚੰਗਾ ਕਰਨ ਦੀ ਪ੍ਰੇਰਣਾ ਦਿੰਦੇ ਹਨ।

**ਨੈਤਿਕ ਮੁੱਲ ਦਾ ਮਹੱਤਵ** - ਨੈਤਿਕ ਮੁੱਲ ਮਨੁੱਖ ਨੂੰ ਸੱਚ ਦੇ ਰਸਤੇ 'ਤੇ ਤੁਰਨਾ ਸਿਖਾਉਂਦੇ ਹਨ ਅਤੇ ਉਸਨੂੰ ਬੁਰੇ ਰਸਤੇ ਤੋਂ ਬਚਾਉਂਦੇ ਹਨ। ਇਹ ਸਾਨੂੰ ਸਮਝਾਉਂਦੇ ਹਨ ਕਿ ਕਿਵੇਂ ਸਾਨੂੰ ਆਪਣੇ ਹੱਕ ਦੀ ਗੱਲ ਦ੍ਰਿੜ੍ਹਤਾ ਨਾਲ ਕਹਿਣੀ ਚਾਹੀਦੀ ਹੈ ਪ੍ਰੰਤੂ ਨਾਲ ਹੀ ਹੋਰਨਾਂ ਦੀ ਗ਼ਲਤੀ ਨੂੰ ਮਾਫ਼ ਵੀ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਇਹਨਾਂ ਮੁੱਲਾਂ ਦੀ ਪਾਲਣਾ ਕਰਕੇ ਅਸੀਂ ਆਪਣੇ ਵਿਅਕਤੀਗਤ ਜੀਵਨ ਨੂੰ ਵੀ ਸੁਧਾਰ ਸਕਦੇ ਹਾਂ ਅਤੇ ਸਮਾਜ ਵਿੱਚ ਭਾਈਚਾਰੇ ਦੀ ਭਾਵਨਾਂ ਨੂੰ ਕਾਇਮ ਰੱਖ ਸਕਦੇ ਹਾਂ।

ਅੱਜ ਦੇ ਸਮਾਜ ਵਿੱਚ ਨੈਤਿਕ ਮੁੱਲਾਂ ਦੀ ਅਹਿਮੀਅਤ - ਆਧੁਨਿਕ ਸਮਾਜ ਵਿੱਚ ਨੈਤਿਕ ਮੁੱਲਾਂ ਦੀ ਲੋੜ ਹਰ ਥਾਂ ਮਹਿਸੂਸ ਕੀਤੀ ਜਾਂਦੀ ਹੈ। ਅੱਜ ਜਿੱਥੇ ਪਦਾਰਥਕ ਅਤੇ ਸਵਾਰਥ ਦੇ ਵਾਧੇ ਦੇ ਕਾਰਨ ਨੈਤਿਕ ਮੁੱਲਾਂ ਦਾ ਨਿਰਾਦਰ ਹੋ ਰਿਹਾ ਹੈ, ਉਥੇ ਇਹਨਾਂ ਮੁੱਲਾਂ ਨੂੰ ਦੁਬਾਰਾ ਸਥਾਪਿਤ ਕਰਨਾ ਜ਼ਰੂਰੀ ਹੈ। ਵਿਦਿਆਰਥੀਆਂ ਵਿੱਚ ਨੈਤਿਕ ਮੁੱਲ ਦੇ ਵਿਸ਼ੇ ਲਿਖਿਆ ਗਿਆ ਲੇਖ ਸਾਡੇ ਸਮਾਜ ਵਿੱਚ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ।

ਨੈਤਿਕ ਮੁੱਲ, ਜਿੰਨ੍ਹਾਂ ਦੀ ਅਸੀਂ ਆਪਣੇ ਜੀਵਨ ਵਿੱਚ ਪਾਲਣਾ ਕਰਦੇ ਹਾਂ, ਸਾਡੇ ਆਚਰਨ, ਫੈਸਲੇ ਅਤੇ ਸੰਬੰਧਾਂ ਨੂੰ ਪ੍ਰਭਾਵਿਤ ਕਰਦੇ ਹਨ। ਇਹ ਸਿੱਖਿਆ, ਪਰਿਵਾਰ ਅਤੇ ਸਮਾਜਿਕ ਸੰਦਰਭਾਂ ਤੋਂ ਪ੍ਰਾਪਤ ਹੁੰਦੇ ਹਨ। ਸੱਚਾਈ, ਇਮਾਨਦਾਰੀ ਅਤੇ ਸਹਿਯੋਗ ਵਰਗੇ ਮੁੱਲ ਸਾਨੂੰ ਇੱਕ ਸੁਖਮਈ ਅਤੇ ਸਫਲ ਜੀਵਨ ਦੇਣ ਵਿੱਚ ਮਦਦ ਕਰਦੇ ਹਨ। ਸਮਾਜ ਵਿੱਚ ਨੈਤਿਕ ਮੁੱਲਾਂ ਦੀ ਮਹੱਤਤਾ ਨੂੰ ਸਮਝਣਾ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ। ਜਦੋਂ ਲੋਕ ਆਪਣੇ ਜੀਵਨ ਵਿੱਚ ਚੰਗੇ ਮੁੱਲਾਂ ਨੂੰ ਅਪਨਾਉਂਦੇ ਹਨ, ਤਾਂ ਉਹ ਆਪਣੇ ਆਸ-ਪਾਸ ਦੇ ਲੋਕਾਂ 'ਤੇ ਵੀ ਸਕਾਰਾਤਮਕ ਪ੍ਰਭਾਵ ਪਾਉਂਦੇ ਹਨ। ਇਸ ਨਾਲ ਸਮਾਜ ਵਿੱਚ ਏਕਤਾ, ਸਹਿਯੋਗ ਅਤੇ ਸੁਖ-ਸ਼ਾਂਤੀ ਵਿੱਚ ਵਾਧਾ ਹੁੰਦਾ ਹੈ। ਜਦੋਂ ਲੋਕ ਇੱਕ ਦੂਜੇ ਦੀ ਇੱਜ਼ਤ ਕਰਦੇ ਹਨ ਅਤੇ ਸਹਿਯੋਗ ਕਰਦੇ ਹਨ, ਤਾਂ ਇਹ ਸਮਾਜ ਨੂੰ ਮਜ਼ਬੂਤ ਬਣਾਉਂਦੇ ਹਨ। ਇਸ ਤਰ੍ਹਾਂ ਨੈਤਿਕ ਮੁੱਲ ਸਿਰਫ ਨਿੱਜੀ ਜੀਵਨ ਹੀ ਨਹੀਂ, ਸਗੋਂ ਸਮਾਜਿਕ ਜੀਵਨ 'ਚ ਵੀ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹਨ। ਸਾਡੇ ਲਈ ਇਹ ਜ਼ਰੂਰੀ ਹੈ ਕਿ ਅਸੀਂ ਆਪਣੇ ਮੁੱਲਾਂ ਨੂੰ ਪਛਾਣੀਏ ਅਤੇ ਉਨ੍ਹਾਂ ਨੂੰ ਆਪਣੇ ਜੀਵਨ ਵਿੱਚ ਲਾਗੂ ਕਰੀਏ, ਤਾਂ ਜੋ ਅਸੀਂ ਇੱਕ ਬਿਹਤਰ ਸਮਾਜ ਦਾ ਨਿਰਮਾਣ ਕਰ ਸਕੀਏ। ਇਸ ਤਰ੍ਹਾਂ, ਮੁੱਲਾਂ ਦੀ ਸਹੀ ਸਮਝ ਅਤੇ ਅਮਲ ਸਾਨੂੰ ਇੱਕ ਸੁਖਮਈ ਅਤੇ ਸਫਲ ਜੀਵਨ ਵੱਲ ਲੈ ਜਾ ਸਕਦਾ ਹੈ।

ਮਨਪ੍ਰੀਤ ਕੌਰ  
ਬੀ.ਏ. ਸੈਮੇਸਟਰ ਪੰਜਵਾਂ  
2005

### ਨੈਤਿਕ ਮੁੱਲ

ਨੈਤਿਕ ਮੁੱਲ ਹਰ ਜੀਵਨ ਦਾ ਆਧਾਰ,  
ਸਚਾਈ, ਇਮਾਨਦਾਰੀ ਦੇ ਨਾਲ ਪਿਆਰ।  
ਇਹ ਸਾਡੇ ਰਾਹ ਨੂੰ ਸਹੀ ਦਿਖਾਉਂਦੇ,  
ਜੀਵਨ ਨੂੰ ਅਸਲ ਮਤਲਬ ਸਿਖਾਉਂਦੇ।  
ਸੱਚ ਦੇ ਰਾਹ 'ਤੇ ਚੱਲੀਏ ਸਦਾ,  
ਝੂਠੇ ਪੰਥ ਤੋਂ ਬਚੀਏ ਭਲਾ।  
ਇਹੀ ਹੈ ਸੱਚੀ ਬਾਤ ਸਾਡੀ,  
ਇਹਨਾਂ ਤੋਂ ਮਿਲਦੀ ਅਸਲੀ ਖੁਸ਼ਹਾਲੀ।  
ਮਦਦ ਦੇ ਹੱਥ ਵਧਾਈਏ ਅੱਗੇ,  
ਨੈਤਿਕਤਾ ਦੇ ਚਾਨਣ ਨੂੰ ਲੈ ਕੇ।



ਇਹੀ ਨੇ ਰਿਸ਼ਤਿਆਂ ਦੀ ਡੋਰ,  
ਇਹਨਾਂ ਦੇ ਬਿਨਾਂ ਜੀਵਨ ਥੋਰ।  
ਨੈਤਿਕ ਮੁੱਲ ਨੇ ਸਾਡੇ ਸਾਥੀ ਸੱਚੇ,  
ਇਹਨਾਂ ਨਾਲ ਹੀ ਰਾਹ ਸਾਨੂੰ ਸੱਚੇ।  
ਤੁਰਨ ਦੀ ਸਹੀ ਰਾਹ ਨੇ ਇਹ,  
ਨੈਤਿਕ ਮੁੱਲਾਂ ਨਾਲ ਹੀ ਜੀਵਨ ਸੁਨਿਹਰੀ।  
ਆਓ ਸਭ ਮਿਲ ਕੇ ਇਹ ਲੀਹਾਂ ਬਣਾਈਏ,  
ਸੱਚ ਅਤੇ ਸੇਵਾ ਦਾ ਰਾਹ ਅਪਣਾਈਏ।

ਨਵਨੀਤ ਕੌਰ  
ਬੀ.ਏ. ਸੈਮੇਸਟਰ ਪੰਜਵਾਂ  
2019

ਕਹਿੰਦੇ ਧੀਆਂ ਸਭ ਦੀਆਂ ਸਾਂਝੀਆਂ ਨੇ  
 ਪਰ ਹੁੰਦੀਆਂ ਖੁਸ਼ੀਆਂ ਤੋਂ ਵਾਂਝੀਆਂ ਨੇ  
 ਕਈਆਂ ਦੀਆਂ ਲਾਡਲੀਆਂ ਹੁੰਦੀਆਂ  
 ਤੇ ਕਈਆਂ ਲਈ ਬੋਝ ਬਣ ਜਾਂਦੀਆਂ ਨੇ  
 ਸਿਵਿਆਂ ਤੱਕ ਸਾਥ ਨਿਭਾਉਂਦੀਆਂ  
 ਬਸ ਇੱਜ਼ਤ ਸਭ ਤੋਂ ਚਾਹੁੰਦੀਆਂ  
 ਸਭ ਦੇ ਖਿਆਲ 'ਚ ਜ਼ਿੰਦਗੀ ਲੰਘਾ ਜਾਂਦੀਆਂ  
 ਪਰ ਕਈਆਂ ਦੀ ਹਵਸ ਦਾ ਸ਼ਿਕਾਰ ਬਣ ਜਾਂਦੀਆਂ  
 ਆਪਣੀ ਸਾਰੀ ਜ਼ਿੰਦਗੀ ਦੂਜਿਆਂ ਦੇ ਲੇਖੇ ਲਾਉਂਦੀਆਂ ਨੇ  
 ਫਿਰ ਵੀ ਪੱਥਰ ਅਖਵਾਉਂਦੀਆਂ ਨੇ  
 ਹੁੰਦੀਆਂ ਪਿਓ ਦੀ ਪੱਗ ਤੇ ਮਾਂ ਦੀ ਚੁੰਨੀ ਵਾਂਗ ਨੇ  
 ਨਾਲ ਹੀ ਸਭ ਦੇ ਦੁੱਖਾਂ ਦੀ ਸਾਂਝ ਨੇ  
 ਧੀਆਂ ਦਾ ਪਿਆਰ ਹੁੰਦਾ ਮਾਂ ਵਰਗਾ  
 ਸਾਥ ਇਹਨਾਂ ਦਾ ਹੁੰਦਾ ਸੱਜੀ ਬਾਂਹ ਵਰਗਾ  
 ਸਭ ਨਾਲ ਐਨਾ ਪਿਆਰ ਕਰਦੀਆਂ ਨੇ  
 ਫਿਰ ਕਿਉਂ ਕੁੱਖਾਂ ਚ ਮਰਦੀਆਂ ਨੇ ?  
 ਕਹਿੰਦੇ ਧੀਆਂ ਸਭ ਦੀਆਂ ਸਾਂਝੀਆਂ ਨੇ  
 ਪਰ ਹੁੰਦੀਆਂ ਖੁਸ਼ੀਆਂ ਤੋਂ ਵਾਂਝੀਆਂ ਨੇ

ਸਿਮਰਨ ਮਿਨਹਾਸ  
 ਜਮਾਤ ਬਾਰੂਵੀਂ  
 105

ਨਾ ਕਦੀ ਪ੍ਰੀਖਿਆ ਲੈਂਦੀ ਏ ਤੇ ਨਾ ਦਿੰਦੀ ਏ  
 ਮੀਂਹ ਚ ਭਿੱਜਦੇ ਮੁੱਖੜੇ ਤੋਂ ਵੀ ਆਏ ਹੰਝੂ ਪਛਾਣ ਲੈਂਦੀ ਏ  
 ਹਾਂ, ਇਸਨੂੰ ਹੀ ਦੋਸਤੀ ਕਹਿੰਦੇ ਨੇ  
 ਅੱਜ ਰੱਬ ਨਾਲ ਮੁਲਾਕਾਤ ਕੀਤੀ  
 ਥੋੜੀ ਜਿਹੀ ਉਹਦੇ ਬਾਰੇ ਬਾਤ ਕੀਤੀ  
 ਮੈਂ ਕਿਹਾ ਕੀ ਦੋਸਤ, ਕੀ ਕਿਸਮਤ ਪਾਈ ਏ !  
 ਰੱਬ ਨੇ ਕਿਹਾ ਸਾਂਭ ਕੇ ਰੱਖੀਂ, ਮੇਰੀ ਪਸੰਦ ਏ, ਜੋ ਤੇਰੇ ਹਿੱਸੇ  
 ਆਈ ਏ .....  
 ਦਿਨ ਬੀਤ ਜਾਂਦੇ ਨੇ ਯਾਦਾਂ ਬਣ ਕੇ  
 ਗੱਲਾਂ ਰਹਿ ਜਾਂਦੀਆਂ ਨੇ ਕਹਾਣੀਆਂ ਬਣ ਕੇ  
 ਪਰ ਦੋਸਤ ਹਮੇਸ਼ਾਂ ਦਿਲ ਦੇ ਨੇੜੇ ਰਹਿੰਦੇ ਨੇ  
 ਕਦੀ ਮੁਸਕਾਨ ਤੇ ਕਦੀ ਅੱਖਾਂ ਦਾ ਪਾਣੀ ਬਣ ਕੇ .....

ਸਿਮਰਨ ਮਿਨਹਾਸ  
 ਜਮਾਤ ਬਾਰੂਵੀਂ  
 105

### ਨੈਤਿਕਤਾ ਦੀ ਸਿੱਖਿਆ

ਭੂਮਿਕਾ : ਨੈਤਿਕਤਾ ਦੀ ਸਿੱਖਿਆ ਅਜਿਹੀ ਸਿਖਲਾਈ ਹੈ, ਜਿਹੜੀ ਸਾਨੂੰ ਵਧੀਆ ਜ਼ਿੰਦਗੀ ਬਤੀਤ ਕਰਨ ਦਾ ਰਸਤਾ ਦਿਖਾਉਂਦੀ ਹੈ। ਇਮਾਨਦਾਰੀ, ਲਗਨ, ਸਖਤ ਮਿਹਨਤ, ਦਿਆਨਤਦਾਰੀ, ਸੱਚਾਈ, ਜ਼ਿੰਮੇਵਾਰੀ ਦੀ ਭਾਵਨਾ, ਮਿਲਵਰਤਨ, ਹਮਦਰਦੀ, ਪਿਆਰ, ਸਹਿਰੋਂਦ ਤੇ ਸੰਵੇਦਨਸ਼ੀਲਤਾ ਨੈਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਰੂਪੀ ਹਾਰ ਦੇ ਮੁੱਢਲੇ ਮੋਤੀ ਹਨ। ਇਨ੍ਹਾਂ ਨੂੰ ਅਪਣਾ ਕੇ ਬੱਚਾ ਆਪਣੇ ਜੀਵਨ ਨੂੰ ਉੱਤਮ ਬਣਾ ਸਕਦਾ ਹੈ।  
 ਵਿਦਿਆਰਥੀ ਜੀਵਨ ਦਾ ਆਧਾਰ - ਨੈਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਦੀ ਸਿੱਖਿਆ ਬੱਚੇ ਨੂੰ ਘਰ, ਸਕੂਲ ਅਤੇ ਸਮਾਜ ਵੱਲੋਂ ਪ੍ਰਦਾਨ ਕੀਤੀ ਜਾਂਦੀ ਹੈ। ਇਸ ਵਿਚ ਘਰ ਅਤੇ ਸਕੂਲ ਦੀ ਭੂਮਿਕਾ ਹੋਰਨਾਂ ਮੁਕਾਬਲੇ ਜ਼ਿਆਦਾ ਹੁੰਦੀ ਹੈ ਕਿਉਂਕਿ ਇਹ

ਦੋਵੇਂ ਵਿਦਿਆਰਥੀ ਜੀਵਨ ਦਾ ਆਧਾਰ ਹੁੰਦੇ ਹਨ। ਇਨ੍ਹਾਂ ਕੀਮਤਾਂ ਦੇ ਮਾਧਿਅਮ ਰਾਹੀਂ ਬੱਚੇ ਨੂੰ ਸਹੀ ਤੇ ਗਲਤ ਦੀ ਸਮਝ ਪ੍ਰਦਾਨ ਕੀਤੀ ਜਾਂਦੀ ਹੈ। ਇਹ ਅਜਿਹੀ ਸਿੱਖਿਆ ਹੈ, ਜੋ ਲਗਾਤਾਰ ਚੱਲਦੀ ਰਹਿੰਦੀ ਹੈ ਅਤੇ ਬੱਚਾ ਨਿਰੰਤਰ ਘਰ, ਸਕੂਲ ਅਤੇ ਸਮਾਜ ਤੋਂ ਕੁਝ ਨਾ ਕੁਝ ਸਿੱਖਦਾ ਰਹਿੰਦਾ ਹੈ। ਨੈਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਨੂੰ ਦੇਸ਼ ਦੀਆਂ ਹੱਦਾਂ ਤੱਕ ਸੀਮਤ ਨਹੀਂ ਰੱਖਿਆ ਜਾ ਸਕਦਾ ਭਾਵ ਇਸ ਦਾ ਘੇਰਾ ਵਿਸ਼ਾਲ ਯਾਨੀ ਸਾਰਾ ਸੰਸਾਰ ਹੈ।

**ਯੋਗ ਅਗਵਾਈ ਤੇ ਮਾਰਗ ਦਰਸ਼ਨ -** ਸਕੂਲਾਂ ਦੀਆਂ ਕੰਧਾਂ 'ਤੇ ਲਿਖੇ ਸਲੋਗਨ 'ਸਿੱਖਣ ਲਈ ਆਓ, ਸੇਵਾ ਲਈ ਜਾਓ' ਸਹੀ ਅਰਥਾਂ 'ਚ ਉਦੋਂ ਸਾਕਾਰ ਹੋਣਗੇ, ਜਦੋਂ ਵਿਦਿਆਰਥੀ ਨੈਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਨਾਲ ਆਪਣੇ ਆਪ ਨੂੰ ਤਿਆਰ ਕਰਨਗੇ। ਦੇਸ਼ ਦੀ ਕਿਸਮਤ ਦਾ ਫ਼ੈਸਲਾ ਇਨ੍ਹਾਂ ਬੱਚਿਆਂ ਦੇ ਗੁਣਾਂ 'ਤੇ ਹੀ ਨਿਰਭਰ ਕਰੇਗਾ। ਇਸ ਕਰਕੇ ਸਕੂਲੀ ਜੀਵਨ ਵਿੱਚ ਅਧਿਆਪਕਾਂ ਦਾ ਮੁੱਢਲਾ ਫ਼ਰਜ਼ ਬਣ ਜਾਂਦਾ ਹੈ ਕਿ ਉਹ ਹਰੇਕ ਬੱਚੇ ਨੂੰ ਇਨ੍ਹਾਂ ਗੁਣਾਂ ਦਾ ਧਾਰਨੀ ਬਣਾਉਣ, ਨਾਲ ਹੀ ਜਾਗਰੂਕ ਮਾਪੇ ਇਸ ਵਿੱਚ ਆਪਣਾ ਵੱਡਮੁੱਲਾ ਯੋਗਦਾਨ ਦੇਣ। ਜਦੋਂ ਕੋਈ ਵਿਦਿਆਰਥੀ ਝੂਠ ਬੋਲਦਾ ਹੈ ਜਾਂ ਗਲਤ ਸੰਗਤ/ਕੁਰਾਹੇ ਪੈ ਜਾਂਦਾ ਹੈ ਤਾਂ ਉਸਨੂੰ ਸਮਾਜ ਤੋਂ ਅਲੱਗ ਕਰਨ ਦੀ ਬਜਾਏ ਉਸ ਦੀ ਯੋਗ ਅਗਵਾਈ ਅਤੇ ਮਾਰਗ ਦਰਸ਼ਨ ਕਰਕੇ ਮੁੜ ਸਹੀ ਰਸਤੇ 'ਤੇ ਲਿਆਉਣਾ ਅਧਿਆਪਕ ਦਾ ਫ਼ਰਜ਼ ਬਣ ਜਾਂਦਾ ਹੈ। ਅਜਿਹੇ ਵਿਦਿਆਰਥੀਆਂ 'ਤੇ ਵਿਸ਼ਵਾਸ ਤੇ ਭਰੋਸਾ ਜਤਾਉਂਦਿਆਂ ਜ਼ਿੰਮੇਵਾਰੀ ਦੇ ਕੇ ਲੋੜੀਂਦੇ ਨਤੀਜੇ ਪ੍ਰਾਪਤ ਕੀਤੇ ਜਾ ਸਕਦੇ ਹਨ।

**ਮਾਪਿਆਂ ਦਾ ਫ਼ਰਜ਼ -** ਅਜੋਕੇ ਵਿਗਿਆਨਕ ਤੇ ਤਕਨਾਲੋਜੀ ਦੇ ਯੁੱਗ 'ਚ ਹਰ ਮਾਤਾ-ਪਿਤਾ ਦਾ ਫ਼ਰਜ਼ ਬਣਦਾ ਹੈ ਕਿ ਉਹ ਆਪਣੇ ਬੱਚਿਆਂ ਦੀ ਨੈਤਿਕ ਸਿੱਖਿਆ ਵੱਲ ਉਚੇਚਾ ਧਿਆਨ ਦੇਣ। ਹੋਰਨਾਂ ਅਵਸਥਾਵਾਂ ਦੇ ਮੁਕਾਬਲੇ ਬੱਚੇ ਦੇ ਸਕੂਲੀ ਜੀਵਨ 'ਚ ਇਸਦਾ ਸੰਚਾਰ ਕਰਨਾ ਲਾਜ਼ਮੀ ਹੋ ਜਾਂਦਾ ਹੈ ਕਿਉਂਕਿ ਇਸ ਅਵਸਥਾ 'ਚ ਬੱਚੇ ਦੀ ਸ਼ਖ਼ਸੀਅਤ ਨੂੰ ਹਾਂ-ਪੱਖੀ ਜਾਂ ਨਾਂਹ-ਪੱਖੀ ਦੋਵੇਂ ਪਾਸੇ ਜਲਦੀ ਪ੍ਰਭਾਵਿਤ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ। ਜਾਗਰੂਕ ਮਾਪੇ ਹੋਣ ਦੇ ਨਾਤੇ ਤੁਹਾਡਾ ਫ਼ਰਜ਼ ਬਣਦਾ ਹੈ ਕਿ ਤੁਸੀਂ ਇਸ ਗੱਲ ਦਾ ਧਿਆਨ ਰੱਖੋ ਕਿ ਤੁਹਾਡਾ ਬੱਚਾ ਕਿੱਥੇ ਤੇ ਕੀ ਸਿੱਖ ਰਿਹਾ ਹੈ। ਤੁਹਾਡੇ ਬੱਚੇ ਦੀ ਸੰਗਤ ਕਿਸ ਤਰ੍ਹਾਂ ਦੇ ਬੱਚਿਆਂ ਨਾਲ ਹੈ। ਤੁਹਾਨੂੰ ਆਪਣੇ ਬੱਚਿਆਂ ਦੇ ਦੋਸਤਾਂ ਬਾਰੇ ਗਿਆਨ ਹੋਣਾ ਵੀ ਜ਼ਰੂਰੀ ਹੈ। ਕਿਹਾ ਜਾਂਦਾ ਹੈ ਕਿ ਜਿਹੇ ਜਿਹੀ ਸੰਗਤ, ਉਸੇ ਤਰ੍ਹਾਂ ਦੀ ਰੰਗਤ।

**ਮਿਹਨਤ ਤੇ ਲਗਨ ਨਾਲ ਅੱਗੇ ਵਧਣ ਦੀ ਅਗਵਾਈ -** ਪ੍ਰੀਖਿਆਵਾਂ ਦੇ ਦਿਨਾਂ ਵਿਚ ਆਮ ਤੌਰ 'ਤੇ ਵਿਦਿਆਰਥੀ ਜ਼ਿਆਦਾ ਦਬਾਅ ਮਹਿਸੂਸ ਕਰਦੇ ਹਨ, ਜਿਸ ਨਾਲ ਉਨ੍ਹਾਂ ਅੰਦਰ ਨਕਲ ਤੇ ਸ਼ਾਰਟਕੱਟ ਦੀ ਪ੍ਰਵਿਰਤੀ ਪੈਦਾ ਹੋਣ ਦੀ ਸੰਭਾਵਨਾ ਵੱਧ ਜਾਂਦੀ ਹੈ। ਅਜਿਹੇ 'ਚ ਮਾਪੇ ਤੇ ਅਧਿਆਪਕ ਉਚਿਤ ਮਾਰਗ ਦਰਸ਼ਨ ਕਰਕੇ ਉਨ੍ਹਾਂ ਨੂੰ ਮਿਹਨਤ ਤੇ ਲਗਨ ਨਾਲ ਅੱਗੇ ਵਧਣ ਦੀ ਅਗਵਾਈ ਕਰ ਸਕਦੇ ਹਨ। ਅਜਿਹਾ ਕਰਨ ਨਾਲ ਜਿੱਥੇ ਉਹ ਚੰਗੇ ਆਚਰਨ ਨੂੰ ਧਾਰਨ ਕਰਨਗੇ, ਉੱਥੇ ਆਪਣਾ ਭੱਵਿਖ, ਜੀਵਨ ਵੀ ਉਤਮ ਬਣਾਉਣਗੇ।

**ਸਾਰੰਸ਼ :** ਆਖ਼ਰ ਵਿੱਚ ਇਹੀ ਕਿਹਾ ਜਾ ਸਕਦਾ ਹੈ ਕਿ ਨੈਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਦੇ ਮਾਧਿਅਮ ਰਾਹੀਂ ਹੀ ਵਿਦਿਆਰਥੀ ਨੂੰ ਉਤਮ ਨਾਗਰਿਕ ਬਣਾਇਆ ਜਾ ਸਕਦਾ ਹੈ। ਇਸ ਦੀ ਅਣਹੋਂਦ ਵਿੱਚ ਇਹ ਸੰਭਵ ਨਹੀਂ।

ਮਨਿੰਦਰ ਕੌਰ

ਜਮਾਤ ਬੀ.ਏ. ਸਮੈਸਟਰ ਪੰਜਵਾਂ

2001

## ਪੰਜਾਬ

ਬੱਚਿਆਂ ਦੇ ਦਿਮਾਗ ਟਿਕ ਟੋਕ ਇੰਸਟਾ ਨੇ ਮੱਲੇ ਆ  
ਧਰਮਾਂ ਦੇ ਰੌਲੇ ਕੁੱਝ ਨੈੱਟ ਕਰਕੇ ਵੀ ਚੱਲੇ ਆ  
ਨਾਰਾਂ ਦੇ ਦੁਪੱਟੇ ਸਿਰ ਤੋਂ ਫੈਸ਼ਨਾਂ ਕਰਕੇ ਈ ਲੱਥੇ ਆ  
ਗਲਤੀ ਭੈਣਾਂ ਦੀ ਨਹੀਂ

ਵੀਰ ਵੀ ਭੈਣਾਂ ਨਾਲ ਨੈੱਟ ਉੱਤੇ ਨੱਚੇ ਆ  
ਪੰਜਾਬੀ ਪੰਜਾਬ ਦੇ ਸਕੂਲਾਂ ਵਿੱਚ ਬੈਠ ਹੁੰਦੀ ਜਾਂਦੀ ਆ  
ਹਿੰਦੀ ਅਤੇ ਅੰਗ੍ਰੇਜ਼ੀ ਨੂੰ ਇੱਥੇ ਪਹਿਲ ਦਿੱਤੀ ਜਾਂਦੀ ਆ  
ਜਿਹੜਾ ਬੋਲੀ ਦੇ ਹੱਕ ਵਿੱਚ ਬੋਲੇ

ਉਹਨੂੰ ਇੱਥੇ ਸਜਾ ਦਿੱਤੀ ਜਾਂਦੀ ਆ  
ਲੋਕੀਂ 12 ਪੜ੍ਹਾ ਕੇ ਆਈਲੈਟਸ ਕਰਵਾਈ ਜਾਂਦੇ ਆ  
ਪਾਸਪੋਰਟ ਉੱਤੇ ਸਟੈਂਪ ਅਮਰੀਕਾ ਕਨੈਡਾ ਦੀ ਲਗਵਾਈ ਜਾਂਦੇ ਆ  
ਪੰਜਾਬ ਸਿੰਘ ਦੇ ਦਿਲ ਵਿਚ ਹੁਣ ਹੌਲ ਪਈ ਜਾਂਦਾ ਆ  
ਪਏ ਵੀ ਕਿਉਂ ਨਾ ਹੁਣ  
ਉਹ ਆਖਰ ਵਿੱਚ ਕੱਲਾ ਰਹੀ ਜਾਂਦਾ ਆ  
ਪੰਜਾਬੀਓ ਪੰਜਾਬੀਅਤ ਦਿਖਾਓ ਅਤੇ ਪੰਜਾਬ ਨੂੰ ਬਚਾਓ

ਮੰਨਤ

ਜਮਾਤ ਬਾਰਵੀਂ

107

## ਮੈਂ ਮਿਲਿਆ

ਅੱਜ ਮੈਂ ਨੂੰ ਮੈਂ ਮਿਲਿਆ,  
ਲੰਬੀਆਂ ਬਾਤਾਂ ਚੱਲੀਆਂ ਨੇ।  
ਕੁਝ ਕੁ ਪੁਰਾਣੇ ਵਖਤ ਦੀਆਂ,  
ਅਸਾਂ ਯਾਂਦਾ ਠੱਲੀਆਂ ਨੇ।  
ਬੇਫਿਕਰਾ ਜਿਹਾ ਬਚਪਨ,  
ਕਿੱਥੇ ਉਡਾਰੀ ਮਾਰ ਗਿਆ।  
ਸਭ ਦੇ ਚਿਹਰੇ ਦੀ ਰੌਣਕ,  
ਪਤਾ ਨੀ ਕਿੱਥੇ ਹਾਰ ਗਿਆ।  
ਜਿੰਨ੍ਹਾਂ ਯਾਰਾਂ ਨਾਲ ਫਿਰਦੇ ਸੀ,  
ਕੰਮਾਂ ਕਾਰਾਂ 'ਚ ਰੁਝ ਗਏ ਨੇ।  
ਜਿੰਨ੍ਹਾਂ ਚਿਹਰਿਆਂ 'ਤੇ ਹਾਸੇ ਸੀ,  
ਅੱਜ ਉਹ ਚਿਹਰੇ ਬੁਝ ਗਏ ਨੇ।  
ਬਚਪਨ ਸਾਥੋਂ ਖੁੰਝ ਗਿਆ,  
ਜ਼ਿੰਮੇਦਾਰੀਆਂ ਆ ਰਲੀਆਂ ਨੇ।  
ਅੱਜ ਮੈਂ ਨੂੰ ਮੈਂ ਮਿਲਿਆ,  
ਲੰਬੀਆਂ ਬਾਤਾਂ ਚੱਲੀਆਂ ਨੇ।

ਉਰਵਸ਼ੀ

ਜਮਾਤ ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ

1131

## ਨੈਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ

ਨੈਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਹਰ ਮਨੁੱਖੀ ਸਭਿਆਚਾਰ ਦਾ ਮਹੱਤਵਪੂਰਨ ਅੰਗ ਹੁੰਦੀਆਂ ਹਨ। ਨੈਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਨੂੰ ਅਪਣਾ ਕੇ ਹੀ ਕੋਈ ਮਨੁੱਖ ਸਭਿਅਕ ਕਹਾਉਂਦਾ ਹੈ। ਸਾਡਾ ਪੰਜਾਬੀ ਤੇ ਭਾਰਤੀ ਸਭਿਆਚਾਰ ਸਦੀਆਂ ਪੁਰਾਣਾ ਹੈ। ਇਸ ਵਿੱਚ ਮਨੁੱਖ ਦੇ ਪਰਿਵਾਰਕ, ਸਮਾਜਿਕ ਤੇ ਧਾਰਮਿਕ ਜੀਵਨ ਨਾਲ ਸੰਬੰਧਿਤ ਬਹੁਤ ਸਾਰੀਆਂ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਵਿਕਸਿਤ ਅਤੇ ਸਥਾਪਿਤ ਹੋਈਆਂ ਹਨ।

ਪਰਿਵਾਰਿਕ ਜੀਵਨ ਵਿੱਚ ਬਜ਼ੁਰਗਾਂ ਦਾ ਸਤਿਕਾਰ ਤੇ ਸੇਵਾ, ਵੱਡਿਆਂ ਦੇ ਹੁਕਮ ਦੀ ਪਾਲਣਾ, ਧੀਆਂ-ਭੈਣਾਂ ਦਾ ਸਤਿਕਾਰ, ਆਏ-ਗਏ ਦੀ ਨਿੱਘ ਤੇ ਪਿਆਰ ਨਾਲ ਪ੍ਰਾਹੁਣਚਾਰੀ ਕਰਨਾ ਆਦਿ ਪ੍ਰਮੁੱਖ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਹਨ। ਸਮਾਜਿਕ ਜੀਵਨ ਵਿੱਚ ਵਿਚਰਦਿਆਂ ਮਨੁੱਖਾਂ ਨਾਲ ਪਿਆਰ ਨਾਲ ਰਹਿਣਾ, ਜੀਵਾਂ ਨੂੰ ਦੁੱਖ ਵੀ ਨਾ ਦੇਣਾ, ਸਮਾਜਿਕ ਰਸਮਾਂ ਵਿੱਚ ਮਿਲ ਕੇ ਹਿੱਸਾ ਪਾਉਣਾ, ਦਸਾਂ ਨਹੁੰਆ ਦੀ ਕਿਰਤ ਕਰਨੀ, ਵੰਡ ਕੇ ਛਕਣਾ, ਹਉਮੈ ਤੇ ਹੰਕਾਰ ਤੋਂ ਬਚਣਾ, ਮਿੱਠਾ ਬੋਲਣਾ, ਧੋਖਾ ਨਾ ਕਰਨਾ, ਸੱਚ ਬੋਲਣਾ ਮਨੁੱਖਾਂ ਵਿੱਚ ਕਿਸੇ ਤਰ੍ਹਾਂ ਦਾ ਭੇਦ-ਭਾਵ ਨਾ ਕਰਨਾ ਸਾਡੇ

ਸਮਾਜਿਕ ਜੀਵਨ ਦੀਆਂ ਉੱਚੀਆਂ-ਸੁੱਚੀਆਂ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਹਨ।

ਸਾਡੇ ਸਮਾਜਿਕ ਜੀਵਨ ਵਿੱਚ ਬਹੁਤੀਆਂ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਦਾ ਮੁੱਖ ਆਧਾਰ ਧਰਮ ਹੈ। ਧਰਮ ਦੀਆਂ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਵਿੱਚ ਗੁਰੂਆ ਤੇ ਦੇਵੀ-ਦੇਵਤਿਆਂ ਦਾ ਸਤਿਕਾਰ, ਰੱਬ ਦੇ ਭਾਣੇ ਵਿੱਚ ਰਹਿਣਾ, ਗੁਰ-ਸੇਵਾ, ਨਿਮਰਤਾ, ਭਜਨ-ਬੰਦਗੀ ਸਾਡੇ ਧਾਰਮਿਕ ਜੀਵਨ ਦੀਆਂ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਹਨ। ਇਸ ਤਰ੍ਹਾਂ ਸਾਡਾ ਜੀਵਨ ਉੱਚੀਆਂ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਦਾ ਧਾਰਨੀ ਹੈ, ਜਿਨ੍ਹਾਂ ਨੂੰ ਅਪਣਾ ਕੇ ਮਨੁੱਖ ਸਹਿਜ ਜੀਵਨ ਗੁਜ਼ਾਰਦਾ ਹੈ।

ਰੁਪਿੰਦਰ ਕੌਰ

ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ

1125



ਮੈਂ ਧੀ ਹਾਂ ਦੇਸ਼ ਪੰਜਾਬ ਦੀ,  
ਮਾਈ ਭਾਗੋ ਦੀ ਸੰਤਾਨ।

ਪਾਵਾਂ ਗਿੱਧੇ ਭੰਗੜੇ ਬੋਲੀਆਂ,  
ਮੇਰੀ ਵੱਖਰੀ ਹੈ ਪਹਿਚਾਣ।

ਕਦੇ ਚੰਡੀ ਦਾ ਮੈਂ ਰੂਪ ਧਾਰਾਂ,  
ਕਦੇ ਝਾਂਸੀ ਵਾਂਗ ਤੂਫਾਨ।

ਮੈਨੂੰ ਜਗ ਜਣਨੀ ਵੀ ਆਖਦੇ,  
ਸਿਫਤਾਂ ਵਿੱਚ ਨੇਂ ਗੰਥ, ਕੁਰਾਨ।

ਜੋ ਜੁੱਤੀ ਸਮਝਣ ਪੈਰ ਦੀ,  
ਬਣਾਂ ਓਹਨਾਂ ਲਈ ਸਮਸ਼ਾਨ।

ਬੰਨ ਸਿਰ ਤੇ ਪੱਗੜੀ ਗੁਰੂ ਦੀ,  
ਕਰਾਂ ਵੈਰੀ ਲਹੂ ਲੁਹਾਨ।

### ਕੰਡਿਆਂ ਦੇ ਸ਼ਹਿਰ

ਕੰਡਿਆਂ ਦੇ ਸ਼ਹਿਰ ਜਾ ਕੇ ਫੁੱਲ ਰਿਹਾ ਭਾਲਦਾ,  
ਰੋਗ ਲਾ ਕੇ ਜ਼ਿੰਦਗੀ ਨੂੰ ਹੱਡ ਰਿਹਾ ਗਾਲਦਾ,  
ਉਮਰ ਨਿਆਣੀ ਕੁਝ ਸ਼ੌਂਕ ਵੀ ਅਵੱਲੇ ਸੀ  
ਸਿਖਰ ਦੁਪਹਿਰੇ ਅਸੀ, ਸੂਰਜ ਨੂੰ ਚੱਲੇ ਸੀ,  
ਅੱਗ ਨੇ ਹੀ ਸਾੜ ਦਿੱਤਾ ਪੋਟਾ-ਪੋਟਾ ਵਾਲ ਦਾ,  
ਕੰਡਿਆਂ ਦੇ ਸ਼ਹਿਰ.....।

ਬਾਪੂ ਰਿਹਾ ਮੋੜਦਾ ਤੇ ਬੇਬੇ ਨੇ ਵੀ ਮੋੜਿਆ,  
ਮੱਥੇ ਉੱਤੇ ਪੁੰਝ ਕੇ, ਪਸੀਨਾ ਵੀ ਨਿਚੋੜਿਆ,  
ਬੜਾ ਸਮਝਾਉਂਦੇ ਸੀ, ਉਹ ਰਿਹਾ ਟਾਲਦਾ।

ਕੰਡਿਆਂ ਦੇ ਸ਼ਹਿਰ.....।

ਵੇਖਿਆ ਤੜਕ ਕੀਤਾ ਸ਼ੀਸ਼ਾ ਇੱਕ ਟੁੱਟਿਆ,  
ਕਰਕੇ ਸ਼ਿੰਗਾਰ ਜਿਉਂ ਗਰੀਬ ਕੋਈ ਲੁੱਟਿਆ,  
ਦੱਸਦਾ ਕਹਾਣੀ ਸ਼ੀਸ਼ਾ ਉਸੇ ਨਾਲ ਦਾ,

ਕੰਡਿਆਂ ਦੇ ਸ਼ਹਿਰ.....।

ਦੂਰੋਂ-ਦੂਰੋਂ ਰਿਹਾ ਸੀ ਤਮਾਸ਼ਾ ਉਹ ਵੀ ਵੇਖਦਾ,  
'ਨੂਰ' ਵੀ ਤਾਂ ਗੁਨਾਹਗਾਰ ਬਣਿਆ ਹਰੇਕ ਦਾ,  
ਬੋਝ ਬਣੀ ਫਿਰਦਾ ਏ 25 ਸਾਲ ਦਾ,

ਕੰਡਿਆਂ ਦੇ ਸ਼ਹਿਰ ਆ ਕੇ ਫੁੱਲ ਰਿਹਾ ਭਾਲਦਾ,  
ਰੋਗ ਲਾ ਕੇ ਜ਼ਿੰਦਗੀ ਨੂੰ ਹੱਡ ਰਿਹਾ ਗਾਲਦਾ।

ਨੇਹਾ

ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ

1107

ਮੈਨੂੰ ਕਮਜ਼ੋਰ ਕਦੇ ਨਾ ਸਮਝਣਾ,  
ਮੇਰਾ ਰੁਤਬਾ ਕੁੱਲ ਜਹਾਨ ।

ਮੇਰੀ ਕੁੱਖੋਂ ਸਦਾ ਹੀ ਸ਼ੇਰ ਜਣੇਂ,  
ਲੱਖਾਂ ਯੋਧੇ ਮੱਲ ਜਵਾਨ ।  
ਲੱਖਾਂ ਯੋਧੇ ਮੱਲ ਜਵਾਨ ॥

ਰੁਪਿੰਦਰ ਕੌਰ  
ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ  
1125

### ਤੇਰੇ ਵਰਗਾ ਯਾਰ

ਮੈਂ ਆਖਾਂ ਤੂੰ ਫੁੱਲ ਗੁਲਾਬ ਹੋਵੇ,  
ਗੱਲ ਅਰਸ਼ਾਂ ਤੋਂ ਵੀ ਪਾਰ ਹੋਵੇ ।  
ਦੱਸ ਕੀ ਕਰਨੀ ਏ ਆਕੜ ਫਿਰ ਮੈਂ,  
ਜੇ ਤੇਰੇ ਵਰਗਾ ਯਾਰ ਹੋਵੇ ।  
ਜਿਹਦੇ ਹਾਸੇ ਤੋਂ ਦਿਲ ਹਾਰ ਹੋਜੇ,  
ਜਿਹਦੇ ਉੱਤੇ ਜ਼ਿੰਦਗੀ ਵਾਰ ਹੋਜੇ ।  
ਬਾਤ ਤੇਰੀ ਕੁੱਝ ਖ਼ਾਸ ਜੀ ਲੱਗੇ,  
ਕਿ ਬਿਨ ਸਾਹਾਂ ਦੇ ਵੀ ਸਾਰ ਹੋਜੇ ।  
ਦੱਸ ਕੀ ਕਰਨੀ ਏ ਆਕੜ ਫਿਰ ਮੈਂ,  
ਜੇ ਤੇਰੇ ਵਰਗਾ ਯਾਰ ਹੋਵੇ .... ।

ਤਨਪ੍ਰੀਤ ਕੌਰ  
ਕਲਾਸ ਬੀ.ਕੌਮ 6 ਸੈਮ  
1003

### ਉਡੀਕ

ਕੋਈ ਰੋਗ ਇੰਤਜ਼ਾਰ ਦੇ ਲਾਈ ਬੈਠਾ ਏ,  
ਸੱਚੀਂ ਪਲਕਾਂ ਵਿਛਾਈ ਬੈਠਾ ਏ ।  
ਤੇਰੇ ਆਉਣ ਦੀ ਆਸ 'ਚ ਕੋਈ ਬੇਸਬਰ,  
ਸਬਰ ਜਿਹਾ ਪਾਈ ਬੈਠਾ ਏ ।  
ਉਡੀਕ ਕਰੇ ਕਿ ਤੂੰ ਆਵੇਗਾ,  
ਦਿਲ ਕਮਲਾ ਆਸ ਜਿਹੀ ਲਾਈ ਬੈਠਾ ਏ ।  
ਵਿੱਚ ਲੋਕਾਂ ਦੇ ਨਜ਼ਰੀਂ ਆਵੇਂ ਤੂੰ,  
ਵੇਖ ਕੈਸੇ ਧੌਖੇ ਖਾਈ ਬੈਠਾ ਏ ।  
ਉਂਝ ਤਾਂ ਤੂੰ ਆਇਆ ਨਹੀਂ ਐਪਰ,  
ਕੋਈ ਆਸ ਜਿਹੀ ਲਾਈ ਬੈਠਾ ਏ ।  
ਕੋਈ ਰੋਗ ਇੰਤਜ਼ਾਰ ਦੇ ਲਾਈ ਬੈਠਾ ਏ,  
ਸੱਚੀਂ ਪਲਕਾਂ ਵਿਛਾਈ ਬੈਠਾ ਏ... ।

ਤਨਪ੍ਰੀਤ ਕੌਰ  
ਕਲਾਸ ਬੀ.ਕੌਮ 6 ਸੈਮ  
1003

### ਪਾਣੀ ਤੇ ਗੁਰਬਾਣੀ

ਪਾਣੀ ਦੇ ਵਿੱਚ ਸ੍ਰਿਸ਼ਟੀ ਰਚੀ  
ਕੁਦਰਤ ਦੇ ਵਿੱਚ ਪਾਣੀ  
ਇਸ ਪਾਣੀ ਨੇ ਸਭ ਕੁੱਝ ਦਿੱਤਾ  
ਕਰਜ਼ਦਾਰ ਹੈ ਪ੍ਰਾਣੀ  
ਪਵਨ ਗੁਰੂ ਪਾਣੀ ਪਿਤਾ  
ਲਿਖਿਆ ਵਿੱਚ ਗੁਰਬਾਣੀ  
ਖਿਆਲ ਕਰੋ ਇਸ ਸੋਹਣੇ ਜਲ ਦਾ  
ਨਹੀਂ ਜੀ ਸਕਦੇ ਬਿਨ ਪਾਣੀ ॥

ਰੁਪਿੰਦਰ ਕੌਰ  
ਬੀ.ਏ. ਸਮੈਸਟਰ ਦੂਜਾ  
1125

## ਭਾਰਤੀ ਸਾਹਿਤ ਅਕਾਦਮੀ ਜੇਤੂ ਪੁਰਸਕਾਰ ਲੇਖਕਾਂ ਦੀ ਸੂਚੀ (1990 ਤੋਂ 2024)

| ਨੰ. | ਲੇਖਕ               | ਸਾਲ  | ਪੁਸਤਕ                       | ਪੁਸਤਕ ਕਿਸਮ    |
|-----|--------------------|------|-----------------------------|---------------|
| 1   | ਮਨਜੀਤ ਟਿਵਾਣਾ       | 1990 | ਉਨੀਂਦਾ ਵਰਤਮਾਨ               | ਕਾਵਿ ਸੰਗ੍ਰਹਿ  |
| 2   | ਹਰਿੰਦਰ ਸਿੰਘ ਮਹਿਬੂਬ | 1991 | ਝਨਾਂ ਦੀ ਰਾਤ                 | ਕਾਵਿ ਸੰਗ੍ਰਹਿ  |
| 3   | ਪ੍ਰੇਮ ਪ੍ਰਕਾਸ਼      | 1992 | ਕੁਝ ਅਣਕਿਹਾ ਵੀ               | ਕਹਾਣੀ ਸੰਗ੍ਰਹਿ |
| 4   | ਸੁਰਜੀਤ ਪਾਤਰ        | 1993 | ਹਨੇਰੇ ਵਿੱਚ ਸੁਲਗਦੀ ਵਰਣਮਾਲਾ   | ਕਾਵਿ ਸੰਗ੍ਰਹਿ  |
| 5   | ਮਹਿੰਦਰ ਸਿੰਘ ਸਰਨਾ   | 1994 | ਨਵੇਂ ਜੁੱਗ ਦੇ ਵਾਰਸ           | ਕਹਾਣੀ ਸੰਗ੍ਰਹਿ |
| 6   | ਜਗਤਾਰ              | 1995 | ਜੁਗਨੂੰ ਦੀਵਾ ਤੇ ਦਰਿਆ         | ਕਾਵਿ ਸੰਗ੍ਰਹਿ  |
| 7   | ਸੰਤੋਖ ਸਿੰਘ ਧੀਰ     | 1996 | ਪੱਖੀ                        | ਕਹਾਣੀ ਸੰਗ੍ਰਹਿ |
| 8   | ਜਸਵੰਤ ਸਿੰਘ ਕੰਵਲ    | 1997 | ਤੌਸ਼ਾਲੀ ਦੀ ਹੰਸੇ             | ਨਾਵਲ          |
| 9   | ਮੋਹਨ ਭੰਡਾਰੀ        | 1998 | ਮੂਨ ਦੀ ਅੱਖ                  | ਕਹਾਣੀ ਸੰਗ੍ਰਹਿ |
| 10  | ਨਿਰੰਜਨ ਸਿੰਘ ਤਸਨੀਮ  | 1999 | ਗਵਾਚੇ ਅਰਥ                   | ਨਾਵਲ          |
| 11  | ਵਰਿਆਮ ਸਿੰਘ ਸੰਧੂ    | 2000 | ਚੌਥੀ ਕੁਟ                    | ਕਹਾਣੀ ਸੰਗ੍ਰਹਿ |
| 12  | ਦੇਵ                | 2001 | ਸ਼ਬਦਾਂਤ                     | ਕਾਵਿ ਸੰਗ੍ਰਹਿ  |
| 13  | ਹਰਭਜਨ ਸਿੰਘ ਹਲਵਾਰਵੀ | 2002 | ਪੁਲਾਂ ਤੋਂ ਪਾਰ               | ਕਾਵਿ ਸੰਗ੍ਰਹਿ  |
| 14  | ਚਰਨ ਦਾਸ ਸਿੱਧੂ      | 2003 | ਭਗਤ ਸਿੰਘ ਸ਼ਹੀਦ ਨਾਟਕ ਤਿੱਕੜੀ  | ਨਾਟਕ          |
| 15  | ਸੁਤਿੰਦਰ ਸਿੰਘ ਨੂਰ   | 2004 | ਕਵਿਤਾ ਦੀ ਭੂਮਿਕਾ             | ਆਲੋਚਨਾ        |
| 16  | ਗੁਰਬਚਨ ਸਿੰਘ ਭੁੱਲਰ  | 2005 | ਅਗਨੀ-ਕਲਸ਼                   | ਕਹਾਣੀ ਸੰਗ੍ਰਹਿ |
| 17  | ਅਜਮੇਰ ਸਿੰਘ ਔਲਖ     | 2006 | ਇਸ਼ਕ ਬਾਝ ਨਮਾਜ਼ ਦਾ ਹੱਜ ਨਾਹੀਂ | ਨਾਟਕ          |
| 18  | ਜਸਵੰਤ ਦੀਦ          | 2007 | ਕਮੰਡਲ                       | ਕਾਵਿ ਸੰਗ੍ਰਹਿ  |
| 19  | ਮਿਤਰ ਸੇਨ ਮੀਤ       | 2008 | ਸੁਧਾਰ ਘਰ                    | ਨਾਵਲ          |
| 20  | ਆਤਮਜੀਤ ਸਿੰਘ        | 2009 | ਤੱਤੀ ਤਵੀ ਦਾ ਸੱਚ             | ਨਾਟਕ          |
| 21  | ਵਨੀਤਾ              | 2010 | ਕਾਲ ਪਹਿਰ ਘੜੀਆਂ              | ਕਾਵਿ ਸੰਗ੍ਰਹਿ  |
| 22  | ਬਲਦੇਵ ਸਿੰਘ         | 2011 | ਢਾਹਵਾਂ ਦਿੱਲੀ ਦੇ ਕਿੰਗਰੇ      | ਨਾਵਲ          |
| 23  | ਦਰਸ਼ਨ ਬੁੱਟਰ        | 2012 | ਮਹਾ ਕੰਬਣੀ                   | ਕਾਵਿ ਸੰਗ੍ਰਹਿ  |
| 24  | ਮਨਮੋਹਨ             | 2013 | ਨਿਰਵਾਨ                      | ਨਾਵਲ          |
| 25  | ਜਸਵਿੰਦਰ            | 2014 | ਅਗਰਬੱਤੀ                     | ਗਜਲ ਸੰਗ੍ਰਹਿ   |
| 26  | ਡਾ. ਜਸਵਿੰਦਰ        | 2015 | ਮਾਤ ਲੋਕ                     | ਨਾਵਲ          |
| 27  | ਸਵਰਾਜਬੀਰ           | 2016 | ਮੱਸਿਆ ਦੀ ਰਾਤ                | ਨਾਟਕ          |
| 28  | ਨਛੱਤਰ              | 2017 | ਸਲੋਅ ਡਾਊਨ                   | ਨਾਵਲ          |
| 29  | ਡਾ. ਮੋਹਨਜੀਤ        | 2018 | ਕੋਣੇ ਦਾ ਸੂਰਜ                | ਕਾਵਿ ਸੰਗ੍ਰਹਿ  |
| 30  | ਕਿਰਪਾਲ ਕਜਾਕ        | 2019 | ਅੰਤਹੀਣ                      | ਕਹਾਣੀ ਸੰਗ੍ਰਹਿ |
| 31  | ਗੁਰਦੇਵ ਰੁਪਾਣਾ      | 2020 | ਆਮ ਖ਼ਾਸ                     | ਕਹਾਣੀ ਸੰਗ੍ਰਹਿ |
| 32  | ਖਾਲਿਦ ਹੁਸੈਨ        | 2021 | ਸੁਲਾਂ ਦਾ ਸਾਲਣੁ              | ਕਹਾਣੀ ਸੰਗ੍ਰਹਿ |
| 33  | ਸੁਖਜੀਤ             | 2022 | ਮੈਂ ਅਯਨਘੋਸ਼ ਨਹੀਂ            | ਕਹਾਣੀ ਸੰਗ੍ਰਹਿ |
| 34  | ਸਵਰਨਜੀਤ ਸਾਵੀ       | 2023 | ਮਨ ਦੀ ਚਿੱਪ                  | ਕਾਵਿ ਸੰਗ੍ਰਹਿ  |
| 35  | ਪਾਲ ਕੌਰ            | 2024 | ਸੁਣ ਗੁਣਵੰਤਾ ਸੁਣ ਬੁਧਿਵੰਤਾ    | ਕਾਵਿ ਸੰਗ੍ਰਹਿ  |

# हिंदी भाग

प्राध्यापिका सम्पादिका  
प्रीती मारकंडा

छात्रा सम्पादिका  
शिवानी

## अनुक्रमणिका

| क्रमांक | आर्टिकल                                   | पृष्ठ संख्या |
|---------|---|--------------|
| 1.      | नैतिक शिक्षा की आवश्यकता                  | 1            |
| 2.      | नैतिक मूल्य का महत्व                      | 1-2          |
| 3.      | नैतिक मूल्य                               | 2            |
| 4.      | मुझ में नैतिकता                           | 2            |
| 5.      | साहित्य अकादमी पुरस्कार                   | 3-6          |
| 6.      | भौतिकता के दौड़ में रह गई है पीछे नैतिकता | 6            |
| 7.      | नेकी का फल                                | 7            |
| 8.      | प्रेरणादायक संदेश                         | 7            |

# नैतिक शिक्षा की आवश्यकता

नैतिक मूल्य हैं मनुष्य के आधार स्तम्भ,  
सही पथ पर चलकर जीवन यात्रा करें आरम्भ ॥

व्यक्ति का सर्वांगीण विकास करना शिक्षा का मूल उद्देश्य है। आज की शिक्षा व्यवस्था में मानसिक विकास को सबसे अधिक महत्व दिया गया है। शारीरिक विकास के लिए विभिन्न खेल, कूद, योग, व्यायाम जैसी गतिविधियों की नैतिक अथवा विकास की पूर्णतया उपेक्षा की गई है। नैतिक मूल्यों एवं संस्कारों का सारा उतरदायित्व परिवार एवं समाज पर है। आज की उपभोक्तावादी संस्कृति के चलते परिवारों से भी नैतिक मूल्य गायब होते जा रहे हैं। यह संस्कृति व्यक्ति को उपभोग करना सिखाती है, त्याग करना नहीं। यही कारण है कि वर्तमान पीढ़ी स्वास्थ एवं आत्मकेंद्रित होती जा रही है। अभद्र भाषा, अभद्र व्यवहार आम बात हो चली है, आवश्यकता है कि विद्यालयों में भी नैतिक शिक्षा पर ध्यान दिया जाए। सत्य, अहिंसा, सहयोग, सौहार्द, सहिष्णुता, अनुशासन प्रियता, दया, करुणा, परोपकार और बड़ों के प्रति सम्मान जैसे नैतिक मूल्यों को अपनाने का वहाँ वातावरण निर्मित करना आवश्यक है। हाल ही में बोर्ड द्वारा परीक्षा के प्रश्न पत्रों में मूल्य आधारित प्रश्नों का समावेश एक शुभारंभ है। इस दिशा में और कदम भी उठाए जाने आवश्यक हैं। हिंदी-अंग्रेजी जैसे विषयों के पाठ्यक्रम निर्माण में यदि नैतिक मूल्यों का ध्यान रखकर पाठों का चुनाव हो तो यह एक उपयोगी कदम होगा।

भारत जैसे बहुधर्मी, सांस्कृतिक विभिन्न वाले देश में सर्वधर्म सम्भाव, जियो और जीने दो, जैसे उदार जीवन-मूल्यों की प्रेरणा देना आवश्यक है। ये मूल्य ही चरित्र का निर्माण करते हैं। जिस प्रकार बूंद-बूंद से घाट भरता है उसी प्रकार देश के व्यक्ति से उस देश का चरित्र निर्मित होता है। इस के साथ पाठ्यक्रम एवम मूल्यांकन में नैतिक मूल्यों का स्थान, अध्यापकों का आचरण भी आदर्श होना आवश्यक है।

प्राध्यापक संपादिका  
प्रीती मारकंडा  
हिन्दी विभाग

## नैतिक मूल्य

नैतिक मूल्य! आखिर क्या है नैतिक मूल्य? क्या नैतिक मूल्य सिर्फ बच्चों के लिए है? आज हम ऐसे समाज में रहते हैं जिसमें एक पुरुष के नैतिक मूल्य को कभी नहीं देखा जाता। नैतिकता संबंधित सवाल केवल स्त्री तथा बच्चे इन्हीं पर होता है। एक बच्चे के जीवन की नींव उसका परिवार होता है।

**बच्चों से सम्बन्धित नैतिकता** - नैतिकता की कमी के कारण बच्चा गलत काम करने लगता है। वर्तमान में कोर्ट में चोरी, डकैती, मारपीट, हत्या, रेप आदि सम्बन्धित हज़ारों केस दर्ज हैं। इन अपराधों से ज्यादा उसके माता-पिता का कसूर होता है, जो अपने बच्चों को अच्छे संस्कार देने में असमर्थ रह जाते हैं। स्त्री सम्बन्धित नैतिकता क्या बच्चे के अंदर नैतिकता डालने का कर्तव्य केवल स्त्री का

होता है? क्या गृहस्थी संभालना केवल एक स्त्री की जिम्मेदारी है? क्यों अगर बच्चा अच्छा काम करता है तो पिता की प्रशंसा होती है और वहीं अगर बच्चा गलत करे तो उसकी मां की निंदा की जाती है? नैतिकता की कमी अधिकतर मध्यवर्गीय परिवार में देखी जाती है क्योंकि इस परिवार में लड़की के जन्म होने पर उसकी शीघ्र विवाह करने तथा लड़का होने पर उसे शीघ्र काम पर लगाने की ओर जोर दिया जाता है। जबकि अमीर परिवार में ऐसा कुछ नहीं होता। नैतिक मूल्यों की कमी का एकमात्र जिम्मेदार माता-पिता ही नहीं बल्कि सरकार भी है क्योंकि सरकार ने सामान्य वस्तु के दामों को इतना ज्यादा बढ़ा दिया है कि गरीब वर्ग के लोग अपनी ज़रूरत को पूरा करने में असमर्थ हो जाते हैं। जिसके परिणामस्वरूप वह चोरी डकैती जैसे संकीर्ण अपराध करने लगते हैं। करपशन का तेज़ी से बढ़ने का

मुख्य कारण नैतिकता की कमी ही है। जैसे एक गन्दी मछली पूरे समुद्र को गंदा कर देती है। उसी प्रकार एक क्रपट व्यक्ति पूरे सिस्टम को क्रपट बना देता है। नैतिक मूल्यों की महत्वता

को बढ़ाने के लिए आजकल साक्षात्कार में डिग्री से ज्यादा नैतिक मूल्यों को महत्व दिया जाना चाहिए।

स्नातक भाग - द्वितीय वर्ष  
शिवाजी

1630

## नैतिक मूल्य का महत्व

नैतिक मूल्यों का हमारे जीवन में अत्यंत महत्वपूर्ण स्थान है। ये हमारे जीवन को दिशा और उद्देश्य प्रदान करते हैं और हमें सही और गलत के बीच अंतर समझने में सहायता करते हैं। नैतिक मूल्य वे आदर्श और सिद्धांत हैं, जिनका पालन करके व्यक्ति समाज में एक समझदार और जिम्मेदार नागरिक बनता है। नैतिकता हमारे जीवन के हर क्षेत्र में लागू होती है, चाहे वह व्यक्तिगत हो, सामाजिक हो या व्यावसायिक।

**नैतिक मूल्यों की परिभाषा :** नैतिक मूल्य वे मान्ताएं और सिद्धांत हैं जो किसी समाज या व्यक्ति द्वारा सही और गलत के रूप में स्थापित किए जाते थे। ये मूल्य हमें यह सिखाते हैं कि किस प्रकार का व्यवहार उचित है और किस प्रकार का व्यवहार अनुचित है। उदाहरण के रूप में सत्य, अहिंसा, ईमानदारी, सहनशीलता और न्याय जैसे नैतिक मूल्य प्रमुख हैं।

**नैतिक मूल्यों का महत्व :** नैतिक मूल्यों का पालन हमारे व्यक्तिगत जीवन के साथ-साथ सामाजिक जीवन को भी सुदृढ़ करता है। ये मूल्य हमें दूसरों के प्रति आदर, सहानुभूति और सहनशीलता सिखाते हैं। नैतिकता का अनुसरण करने वाला व्यक्ति जीवन में संतुलन और शांति की प्राप्ति करता है। इसके अतिरिक्त, नैतिक मूल्यों का पालन करके समाज में आपसी सहयोग और भाईचारे की भावना को बढ़ावा मिलता है।

**नैतिक मूल्य और आधुनिक समाज :** आज के समय में नैतिक मूल्यों का ह्यास एक बड़ी समस्या बन गई है। भौतिकवाद और उपभोक्तावाद के प्रभाव में लोग नैतिकता से भटक रहे हैं। ऐसे में नैतिक शिक्षा और परिवार द्वारा बच्चों में नैतिक मूल्यों का संचार करना आवश्यक हो जाता है। नैतिक शिक्षा हमें यह सिखाती है कि सफलता केवल भौतिक संपदा में नहीं, बल्कि एक सदाचारी जीवन जीने में है।

**नैतिक शिक्षा का महत्व :** नैतिक शिक्षा का उद्देश्य है बच्चों में नैतिक मूल्यों का विकास करना, ताकि वे आगे चलकर एक अच्छे नागरिक और मानव बन सकें। शिक्षा के माध्यम से नैतिकता का विकास किया जा सकता है। विद्यालयों में नैतिक शिक्षा का पाठ्यक्रम अनिवार्य किया जाना चाहिए ताकि आने वाली पीढ़ी नैतिक मूल्यों के प्रति जागरूक हो सके।

**निष्कर्ष :** नैतिक मूल्य हमारे जीवन का आधार हैं। इनका पालन करके हम न केवल अपने जीवन को बेहतर बना सकते हैं, बल्कि समाज को भी एक सुखद और शांतिपूर्ण वातावरण प्रदान कर सकते हैं। नैतिकता का महत्व कभी भी कम नहीं हो सकता, चाहे समय कितना भी बदल जाए। अतः नैतिक मूल्यों का संरक्षण और प्रसार करना हम सभी का कर्तव्य है।

स्नातक भाग - तृतीय वर्ष  
बबीता कुमारी

2011

## मुझ में नैतिकता

नैतिकता मुझ में बनी रहे,  
इससे ज्यादा कुछ और नहीं।  
जो ख्वाब सजाए हैं मैंने,  
पहले हो मुकम्मल ख्वाब यही ॥  
दौलत शोहरत से बढ़कर है,

मानव में नैतिकता होना।  
दौलत शोहरत का मोह त्याग,  
नैतिकता के बीज सदा बोना ॥  
धन दौलत हवा के झोंकों से,  
आते जाते यह रहते हैं।

हो गया कुपंथी जो राही,  
फिर वे नर पछताते रहते हैं।

स्नातक भाग प्रथम  
मीरा

1113

## साहित्य अकादमी पुरस्कार

साहित्य अकादमी पुरस्कार की शुरूआत साल 1954 में हुई थी। यह पुरस्कार भारत सरकार की ओर से दिया जाने वाला ज्ञानपीठ पुरस्कार के बाद दूसरा सबसे बड़ा साहित्यिक सम्मान है। यह पुरस्कार, भारतीय भाषाओं में साहित्यिक अनुवादों और मान्यता प्राप्त भाषाओं में साहित्यिक कार्यों के लिए दिया जाता है। पहली बार साल 1955 में यह पुरस्कार दिया गया था।

**साहित्य अकादमी पुरस्कार से जुड़ी कुछ खास बातें:**

यह पुरस्कार साहित्य अकादमी (नेशनल एकेडमी ऑफ लेटर्स) की ओर से दिया जाता है।

यह पुरस्कार भारत की प्रमुख भाषाओं में से हर एक भाषा में प्रकाशित सर्व साहित्यिक कृति को दिया जाता है।

साहित्य अकादमी पुरस्कार के साथ एक ताम्रपत्र भी दिया जाता है।

साल 2010 से साहित्य अकादमी पुरस्कार की राशि 1 लाख रूपए है।

साहित्य अकादमी पुरस्कार प्राप्त करने वाली पहली महिला पंजाबी भाषा की लेखिका अमृता प्रीतम थी।

हिन्दी श्रेणी में साहित्य अकादमी पुरस्कार पाने वाले पहले व्यक्ति माखनलाल चतुर्वेदी थे।

साहित्य अकादमी द्वारा अनुवाद पुरस्कार, बाल साहित्य पुरस्कार एवं युवा लेखन पुरस्कार भी प्रतिवर्ष विभिन्न भारतीय भाषाओं में दिये जाते हैं।

लेखक कृति शैली :-

| सन्  | लेखक - लेखिका       | कृति                                 | रचनाएँ             |
|------|---------------------|--------------------------------------|--------------------|
| 1955 | माखन लाल चतुर्वेदी  | हिमतरंगिनी                           | (काव्य)            |
| 1956 | वासुदेव शरण अग्रवाल | पद्मावत संजीवनी व्याख्या             | (व्याख्या)         |
| 1957 | आचार्य नरेन्द्र देव | बौद्ध धर्म दर्शन                     | (दर्शन)            |
| 1958 | राहुल सांकृत्यायन   | मध्य एशिया का इतिहास                 | (इतिहास)           |
| 1959 | रामधारी सिंह दिनकर  | संस्कृति के चार अध्याय               | (भारतीय संस्कृति)  |
| 1960 | सुमित्रानंदन पंत    | कला और बूढ़ा चाँद                    | (काव्य)            |
| 1961 | भगवतीचरण वर्मा      | भूल बिसरे चित्र                      | (उपन्यास)          |
| 1962 | पुरस्कार वितरण नहीं |                                      |                    |
| 1963 | अमृत राम प्रेमचंद:  | कलम का सिपाही                        | (जीवनी)            |
| 1964 | सच्चिदानंद हीरानंद  | वात्स्यायन अज्ञेय आँगन के पार द्वारा | (काव्य)            |
| 1965 | डा. नगेन्द्र        | रस सिद्धांत                          | (विवेचना)          |
| 1966 | जैनेद्र कुमार       | मुक्तिबोध                            | (उपन्यास)          |
| 1967 | अमृतलाल नागर        | अमृत और विष                          | (उपन्यास)          |
| 1968 | हरिवंशराय बच्चन     | दो चट्टाने                           | (काव्य)            |
| 1969 | श्रीलाल शुक्ल       | राग दरबारी                           | (उपन्यास)          |
| 1970 | राम विलास शर्मा     | निराला की साहित्य साधना              | (जीवनी)            |
| 1971 | नामवर सिंह          | कविता के नये प्रतिमान                | (साहित्यिक आलोचना) |

|      |                       |                             |                |
|------|-----------------------|-----------------------------|----------------|
| 1972 | भवानी प्रसाद मिश्र    | बुनी हुई रस्सी              | (काव्य)        |
| 1973 | हजारी प्रसाद दिवेदी   | आलोचक पर्व                  | (निबंध)        |
| 1974 | शिवमंगल सिंह सुमन     | मिट्टी की बारात             | (काव्य)        |
| 1975 | भीष्म साहनी           | तमस                         | (उपन्यास)      |
| 1976 | यशपाल                 | मेरी तेरी उसकी बात          | (उपन्यास)      |
| 1977 | शमशेर बहादुर सिंह     | चुका भी हूँ मैं नहीं        | (काव्य)        |
| 1978 | भारतभूषण अग्रवाल      | उतना वह सूरज है             | (काव्य)        |
| 1979 | सुदामा पांडेय धूमिल   | कला सुनना मुझे              | (काव्य)        |
| 1980 | कृष्णा सोबती          | ज़िन्दगी नामा - ज़िदा रूख   | (उपन्यास)      |
| 1981 | त्रिलोचन              | ताप के ताय हुए दिन          | (काव्य)        |
| 1982 | हरिशंकर परसाई विकलांग | श्रद्धा का दौर              | (व्यंग)        |
| 1983 | सर्वेश्वरदयाल स1सेना  | खूँटियों पर टँगे लोग        | (काव्य)        |
| 1984 | रघुवीर सहाय           | लोग भूल गये हैं             | (काव्य)        |
| 1985 | निर्मल वर्मा          | कव्वे और काला पानी          | (कहानी संग्रह) |
| 1986 | केदारनाथ अग्रवाल      | अपूर्वा                     | (काव्य)        |
| 1987 | श्रीकांत वर्मा        | मगध                         | (काव्य)        |
| 1987 | नरेश मेहता            | अरण्या                      | (काव्य)        |
| 1988 | केदारनाथ सिंह         | अकाल में सारस               | (काव्य)        |
| 1989 | शिव प्रसाद सिंह       | नीला चाँद                   | (उपन्यास)      |
| 1990 | गिरिजा कुमार माथुर    | मैं वक्त के हूँ सामने       | (काव्य)        |
| 1991 | गिरिराज किशोर         | ढाई घर                      | (उपन्यास)      |
| 1992 | विष्णु प्रभाकर        | अर्द्धनारीश्वर              | (उपन्यास)      |
| 1993 | अशोक वाजपेयी          | कहीं नहीं वहीं              | (काव्य)        |
| 1994 | कुवंर नारायण          | कोई दूसरा नहीं              | (काव्य)        |
| 1995 | सुरेन्द्र वर्मा       | मुझे चाँद चाहिए             | (उपन्यास)      |
| 1996 | लीलाधर जगूड़ी         | अनुभव के आकाश में चाँद      | (काव्य)        |
| 1997 | अरूण कमल              | नये इलाके में               | (काव्य)        |
| 1998 | विनोद कुमार शुक्ल     | दीवार में एक खिड़की रहती थी | (उपन्यास)      |
| 1999 | मंगलेश डबराल          | हम जो देखते हैं             | (काव्य)        |
| 2000 | अलका सरवगी            | कलिकथा वाया बाईपास          | (उपन्यास)      |
| 2001 | राजेश जोशी            | दो पंक्तियों के बीच         | (काव्य)        |
| 2002 | कमलेश्वर              | कितने पाकिस्तान             | (उपन्यास)      |

|      |                   |                               |                      |
|------|-------------------|-------------------------------|----------------------|
| 2003 | वीरेन डंगवाल      | दृष्यक्रम में सृष्टा          | (काव्य)              |
| 2004 | मनोहर श्याम जोशी  | व्याप                         | (उपन्यास)            |
| 2005 | ज्ञानेन्द्रपति    | संश्रयात्मा                   | (काव्य)              |
| 2006 | अमरकांत           | इन्हीं हथियारों से            | (उपन्यास)            |
| 2007 | गोविन्द मिश्र     | कोहरे मे कैद रंग              | (उपन्यास)            |
| 2008 | कैलाश वाजपेयी     | हवा में हस्ताक्षर             | (काव्य)              |
| 2000 | उदय प्रकाश        | मोहन दास                      | (कहानी)              |
| 2010 | काशीनाथ सिंह      | रेहन पर रग्घू                 | (उपन्यास)            |
| 2011 | चंद्रकांत देवताले | पत्थर फेंक रहा हूँ            | (काव्य)              |
| 2012 | मृदुला गर्ग       | मिलजुल मन                     | (उपन्यास)            |
| 2013 | रमेशचन्द्र शाह    | विनायक                        | (उपन्यास)            |
| 2014 | रामदरश मिश्र      | आग की हँसी                    | (काव्य)              |
| 2015 | नासिरा शर्मा      | पारिजात                       | (उपन्यास)            |
| 2006 | रमेश कुंतल        | मेघ विश्व पाठक सरित सागर      | (साहित्यिक समालोचना) |
| 2008 | चित्रा मृदल       | पोस्ट बॉक्स न 203 नाला सोपारा | (उपन्यास)            |
| 2009 | नंदकिशोर आचार्य   | छीलते हुए अपने को             | (कविता)              |
| 2010 | अनामिका           | टोकरी में दिगंत               | (कविता)              |
| 2011 | दया प्रकाश सिंहा  | सम्राट अशोक                   | (नाटक)               |
| 2012 | उमा शंकर चौधरी    | कहते हैं तब शहनशाह सो रहे थे  | (कविता)              |
| 2013 | कुणाल सिंह        | आदीग्राम उपन्यास              | (उपन्यास)            |
| 2014 | अर्चना बेंसारे    | कुछ बुढी उदास औरतें           | (कविता)              |
| 2015 | कुमार अनुपम       | बरिश मेरा घर है               | (कविता)              |
| 2016 | इंदरिा डांगी      | हवेली सनातनपुर                | (उपन्यास)            |
| 2017 | निलोगतपल मृणाल    | डार्क हॉस एक अनकही दास्तान    | (उपन्यास)            |
| 2018 | तारो सिंदिक       | अक्षरों की विन्ती             | (कविता)              |
| 2019 | नन्द किशोर        | आचार्य चिल्लाते हुए अपने को   | (कविता)              |
| 2020 | कुमार विजय शुक्ल  | जिंदगी से रुखाई               | (कविता)              |
| 2021 | दया प्रकाश सिंहा  | सम्राट अशोक                   | (नाटक)               |
| 2022 | बद्रीनारायण       | तुमड़ी के शब्द                | (कविता संग्रह)       |
| 2023 | संजीव कुमार       | मुझे पहचानो                   | (उपन्यास)            |
| 2024 | गगन गिल           | मैं जब तक आई बाहर             | (काव्य संग्रह)       |

**साहित्य अकादमी अनुवाद पुरस्कार** - सर्जनात्मक लेखन के लिए दिए जाने वाले पुरस्कारों के अतिरिक्त अकादमी सन् 1989 से अनुवादों के लिए पुरस्कार प्रदान कर रही है। यह पुरस्कार अकादमी की मान्यता प्राप्त 24 भाषाओं में विशिष्ट अनुवादकों को दिए जाते हैं। सन 1989 में इसकी पुरस्कार राशि 10,000/- रू थी, सन् 2001 में बढ़ाकर इसे 15000/- रू कर दिया गया तथा सन् 2003 से यह राशि 20,000/- रू कर दी गई तथा सन् 2009 में यह राशि 50,000/- रूपए कर दी गई है।

**बाल साहित्य अकादमी पुरस्कार** - बच्चों के क्षेत्र में योगदान देने वाले लेखकों को दिया जाने वाला एक साहित्यिक सम्मान है। यह पुरस्कार भारत की राष्ट्रीय साहित्य अकादमी, साहित्य अकादमी द्वारा दिया जाता है, इस पुरस्कार की स्थापना साल 2010 में हुई थी। यह पुरस्कार भारतीय संविधान की 8वीं अनुसूची की 22 भाषाओं में से किसी भी भाषा में और अंग्रेजी और राजस्थानी भाषा में दिया जाता है।

**इस पुरस्कार से जुड़ी कुछ खास बातें** - 1. यह पुरस्कार भारतीय संविधान की 8वीं अनुसूची की 22 भाषाओं में से किसी भी भाषा में और अंग्रेजी और राजस्थान भाषा में दिया जाता है।

2. इस पुरस्कार के तहत, विजेता को 50,000/- रूपए का नकद पुरस्कार और एक उत्कीर्ण ताम्र पट्टिका दी जाती है।

3. पुरस्कार पाने वाले लेखकों को किसी खास समारोह में सम्मानित किया जाता है।

4. पुरस्कार के लिए पुरस्कार वर्ष से पहले के पांच सालों में प्रकाशित होने वाली किताबों को चुना जाता है।

**युवा साहित्य पुरस्कार** - 2011 में स्थापित, यह युवा लेखकों को प्रोत्साहित करने और बढ़ावा देने के उद्देश्य से 35 वर्ष से कम आयु के युवा लेखकों को मान्यता देता है।

**साहित्य अकादमी युवा पुरस्कार से जुड़ी कुछ खास बातें** - साहित्य अकादमी युवा पुरस्कार 2024 के लिए, अंग्रेजी लेखिका वैशाली और हिन्दी लेखक गौरव पांडे समेत कुल 23 लेखकों को यह पुरस्कार मिला। वैशाली को उनके संस्करण होमलेस के लिए यह सम्मान मिला।

साहित्य अकादमी युवा पुरस्कार 2022 के लिए, हिन्दी के युवा लेखक भगवंत अनमोल को यह सम्मान मिला था। भगवंत अनमोल को उनके उपन्यास प्रमेय के लिए यह पुरस्कार दिया गया था।

साहित्य अकादमी युवा पुरस्कार के साथ 50,000/- रुपये की रकम और मानपत्र भी दिया जाता है।

प्राध्यापक संपादिका  
प्रीती मारकंडा  
हिन्दी विभाग

## भौतिकता के दौड़ में रह गई है पीछे नैतिकता

कितने अच्छे थे वो लम्हे, जब सपने छोटे होते थे, छोटी खुशियाँ, छोटे गम थे, हम संग-संग हँसते रोते थे। आज न जाने कैसे सपने देख रहे हैं नैन हमारे, कि नींद, उचट जाती रातों में छिन रहे हैं चैन हमारे। इस छोटे से घर का सपना तब्दील हो गया इमारत में, अमन चैन की जगह माँग रहे हम बँगले-गाड़ी इबादत में। घड़ी दो घड़ी की गुफ्तगूँ में भी बातें सूद-जियाँ की होती है, कितनी लागत? क्या नुकसान-नफा? इसी-पर चर्चा होती है। प्यार-मुहब्बत, रिश्ते-नाते तुल रहे दौलत संग पलड़ में, कौन सा पलड़ा भारी है? कौन पड़े इस झगड़े में? भौतिकता के दौड़ में रह गई है पीछे नैतिकता, कौन भला इस कलियुग में सिक्कों के मोल नहीं बिकता?

स्तातक भाग प्रथम  
आंचल कुमारी

1156

## नेकी का फल

एक छोटे से गाँव में रामू नामक एक गरीब लड़का रहता था। रामू बहुत की नेक और हरदिल अजीज था। एक दिन, वह लकड़ी इकट्ठा करने के लिए जंगल गया। जंगल में वह रास्ता भटक गया और उसे एक बूढ़ा आदमी मिला, जो बहुत भूखा और थका हुआ लग रहा था।

रामू के पास जो भी थोड़ा-सा खाना था, उसने उसे बूढ़े आदमी के साथ बाँट दिया। बूढ़े आदमी ने रामू की इस दयालुता की बहुत प्रशंसा की और उसे धन्यवाद दिया। कुछ समय बाद वह बूढ़ा आदमी अचानक एक जादूगर में बदल गया। उसने रामू को बताया कि वह उसकी नेकी और दयालुता से बहुत प्रभावित हुआ है।

जादूगर ने रामू को एक चमत्कारिक खजाने का रास्ता दिखाया। वह खजाना रामू के लिए न सिर्फ धन-दौलत लेकर आया, बल्कि उसके और उसके परिवार के जीवन को भी

बदल दिया। रामू ने उस खजाने का उपयोग अपने गाँव की भलाई के लिए भी किया। उसने गाँव में स्कूल और अस्पताल बनवाएँ और गाँव वालों की मदद की।

वह उसकी नेकी और दयालुता से बहुत प्रभावित हुआ है। रामू की कहानी ने पूरे गाँव को प्रेरित किया। लोगों ने समझा कि नेकी और दयालुता सिर्फ तात्कालिक ही नहीं, बल्कि बहुत दिनों तक लाभ पहुंचाती हैं। रामू का यह कार्य गाँव में नेकी और सहायता की एक नई लहर ले आया।

**नैतिक शिक्षा** - नेकी करने से हमेशा अच्छा फल मिलता है। इस कहानी से हमें यह सीखने को मिलता है कि दयालुता और परोपकार की भावना हमेशा अच्छे परिणाम लाती है। और यह न केवल व्यक्ति को, बल्कि समाज को भी समृद्ध बनाती है।

स्नातक भाग तृतीय  
शिवानी  
2002

## प्रेरणादायक संदेश

“कड़ी मेहनत का कोई विकल्प नहीं है, बस मजबूत इरादों के साथ आगे बढ़ते रहो।”

“हार मानना हमारी कमजोरी नहीं, बल्कि हमारी सफलता का पहला कदम है।”

“खुद पर भरोसा रखो, आपके सपने आपकी मेहनत से ही सच होंगे।”

“आत्मविश्वास वह शक्ति है जो आपको असंभव को संभव बना सकती है।”

“अपने सपनों को साकार करने का सबसे अच्छा तरीका है उन्हें जागते हुए देखना।”

“यदि आप खुद पर विश्वास नहीं करेंगे, तो कोई और कैसे करेगा?”

“संघर्ष जितना बड़ा होगा, जीत उतनी ही शानदार होगी।”

जो अपने सपनों को पूरा करने का साहस करता है, वह हर मुश्किल को पार कर सकता है।

“हमेशा अपने दिल की सुनो, वो तुम्हें सही दिशा दिखाएगा।”

“जो लोग मेहनत करते हैं, उन्हें कभी हार नहीं मिलती।”

“सपनों की कोई उम्र नहीं होती, बस उन्हें देखने का हौसला चाहिए।”

“खुद पर विश्वास रखो, तुम वो कर सकते हो जो तुम सोचते हो।”

“बीते कल को आज पर हावी मत होने दो।”

“जीवन को भरपूर जियो और सकारात्मकता पर ध्यान केन्द्रित करो।”

“सबसे बड़ा साहसिक कार्य जो आप कर सकते हैं, वह है अपने सपनों का जीवन जीना।”

“आपकी सकारात्मक क्रिया और सकारात्मक सोच का संयोजन सफलता में परिणत होता है।”

मुस्कान कुमारी  
स्नातक भाग द्वितीय  
1606

# Annual Fete & Sports Meet



The 51<sup>st</sup> Annual Fete, Inaugurated by Ms. Manju Sardana



Honoring Mr. Ranjit Gogna, Principal of School of Eminence, Phagwara



Honoring Mrs. Ramandeep Kaur, Riwaaz Fashion The Mall, Ludhiana



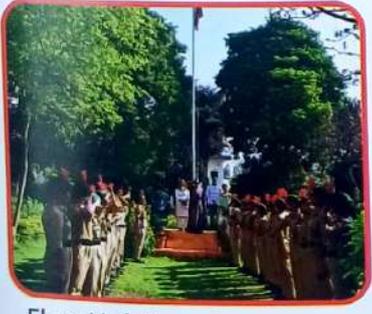
Prize Winner of the Lucky Draw



Prize Winner of Lucky Draw



Warm Welcome for the Chief Guests, Principal Dr. Savinder Pal and Vice Principal Dr. Ruminder Kaur



Flag Hoisting Ceremony



Winners of Various Sports Events



Winners of Various Sports Events (Faculties & Students)

# Faizaan-E-Nazar..2025



Honoring the First Lady of the College,  
Ms. Nidhi Sardana



Shinning Tiny models



Denim met Daring



Grace in Black



A Parade of Poise and Charm

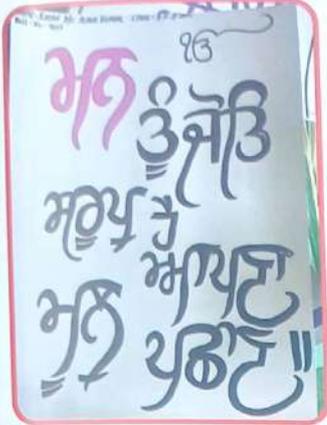


Honoring the Star of Faizan-E-Nazar



The Elite Eight with the Chief Guest Ms. Nidhi Sardana

# Beyond the Blackboard



Celebrating Maat Bhasha Divas –  
A calligraphy competition by  
the Department of Punjabi



Department of Cosmetology  
Organized a Yoga Workshop



The Department of Science, Red Ribbon Club  
and NSS Unit observed National  
Cancer Awareness Day



The Science Department, the NSS Unit and ECO Club,  
marked World Ozone Day



Department of Fashion Designing Organized  
a Workshop on Hand Embroidery



Enhancing Nutritional Value of Food'-a Culinary Initiative  
by the students of Nanny Care and Nutrition



Creativity meets Craftsmanship – Department of  
Home Science hosts a Card Making Competition



The Department of Nany Care & Nutrition organized a Soft Toy Making Competition

# Extension Activities



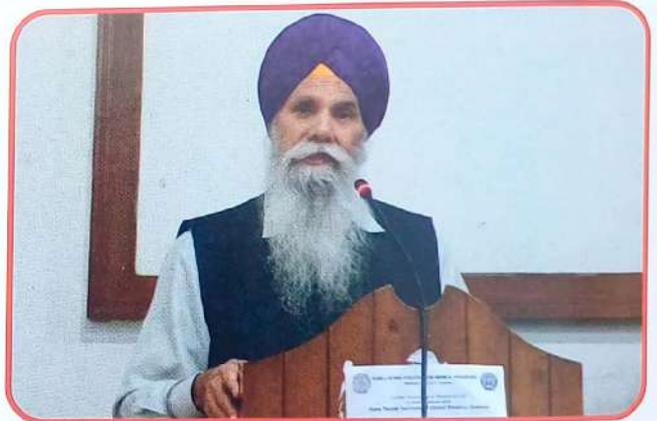
Dr. Arshdeep Kaur Bhatti Mesmerising the Audience through her Classical Aura



Mr. Kanwaljit Singh, Lead Trainer CPBFI, Addressing Students on Banking Finance



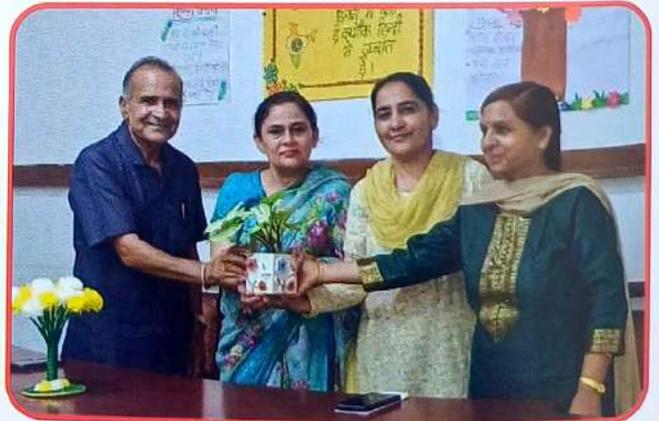
Workshop on Calculus Laboratory organised by Science Department



S. Gian Singh Sandhu, President & CEO, GNI Addressing the Seminar on Canadian Education & GNI



Dr. Rajesh Kumar Sharma, H.O.D of English, S.N. College-Banga, putting light on 'The Art of Public Speaking Techniques and Challenges'



Dr. Vishavbandhu on Hindi Divas



# Commerce and IT Section

*Teacher Editor:*  
**Ms. Nidhi Jassal**  
Assistant Professor in Commerce

**Ms. Swati**  
Assistant Professor in Computer Sc.

*Student Editor:*  
**Ms Jaskaran Kaur**  
M.com-3<sup>rd</sup> sem

**Ms. Harleen Kaur**  
B.C.A. 5<sup>th</sup> sem

## INDEX

| <i>Sr. No</i> | <i>Article Name</i>  | <i>Pg. No.</i> |
|---------------|--|----------------|
| 1.            | The Role of Ethics in Responsible Technology Use           | 1              |
| 2.            | The Power of Moral Values in Shaping Our Lives and Society | 2-3            |
| 3.            | Social Networking Etiquette: Guidelines for Responsible    | 3-4            |
| 4.            | Moral Values in Technology                                 | 5              |
| 5.            | Truth in the Modern World                                  | 6              |
| 6.            | Honesty  | 6              |
| 7.            | The Power of Kindness and Empathy in Supporting Depression | 7              |
| 8.            | Empathy  | 7              |
| 9.            | Moral Values in Artificial Intelligence                    | 8              |
| 10.           | You Reap What You Sow                                      | 9              |
| 11.           | Last Pillar Of Religion: Truthfulness                      | 10             |
| 12.           | Real Cure to Depression                                    | 10-11          |
| 13.           | Relativism   | 11             |
| 14.           | Internet Ethics  | 12-13          |
| 15.           | Moral Values in Email                                      | 13-14          |
| 16.           | Your Most Important Skill: EMPATHY                         | 14-15          |
| 17.           | Never Hurt Anyone  | 15             |
| 18.           | Ethical Values in Cyber Security                           | 15-17          |
| 19.           | Moral Values in Virtual Reality                            | 17             |



# The Power of Moral Values in Shaping Our Lives and Society

In the fast-paced and highly competitive world we live in today, it is easy to lose sight of the core values that define us as individuals and as a society. Success is often measured by material wealth, status, or achievements, but the foundation of a truly fulfilling and purposeful life lies in something far deeper—our moral values. These values, which include honesty, empathy, integrity, respect, and kindness, guide our actions, shape our character, and ultimately determine the kind of society we create.

*"Values are like fingerprints. Nobody's are the same, but you leave 'em all over everything you do."*

*Elvis Presley*

**Moral Values: Our Compass in Life :** Moral values act as a compass, directing our choices and behaviors, especially when we are faced with difficult decisions. In the course of our personal and professional lives, we encounter numerous challenges that test our integrity. It is during these moments that our moral values shine through, helping us to make decisions that reflect who we truly are.

Take, for instance, the value of honesty. In a world where shortcuts and deception are sometimes tempting, maintaining honesty might seem challenging, but it is essential for building trust. Whether it's in personal relationships or professional environments, honesty creates a foundation of mutual respect and trustworthiness. Without it, no relationship—personal or professional—can thrive. As educators and students, we must remember that it is these seemingly small values that form the bedrock of a strong, cohesive community.

**The Ripple Effect of Good Deeds :** One of the most profound aspects of moral values is their ripple effect. Every small act of kindness or empathy we extend to others creates a wave of positivity that spreads far beyond the initial act. We often underestimate the impact we can have on those around us. As teachers, when we treat our students with compassion, listen to them, and respect their perspectives, we are setting a powerful example. The lessons they learn from us extend beyond the classroom, shaping how they treat others in their personal lives.

Consider the value of empathy. In today's increasingly divided world, the ability to understand and share the feelings of others is a powerful tool for bridging gaps and fostering unity. When we show empathy toward others, we create a sense of connection that transcends differences. This doesn't just benefit individuals—it strengthens the social fabric of our communities. Imagine the transformative impact if everyone practiced empathy in their daily lives: a society built on understanding, respect, and cooperation.

**Mother Teresa** once said, *"Not all of us can do great things. But we can do small things with great love."* This quote reflects the profound impact of everyday acts of kindness, like the work of Mother Teresa herself. She devoted her life to the service of others, embodying empathy in action. Her example of unconditional love and compassion has inspired countless others to follow suit, creating a ripple effect that spans the globe.

**Moral Courage: Standing Up for What is Right:** In the face of injustice or wrongdoing, it is our moral courage that defines us. Moral courage is the ability to stand up for what is right, even when it is difficult or unpopular. This value is particularly important in our professional lives, where ethical dilemmas often arise. Whether it is speaking out against unfair practices, challenging the status quo, or standing in solidarity with those who are marginalized, our actions can inspire others to act with integrity and fairness.

As educators, we have a unique responsibility to instill this courage in our students. By teaching them to question injustice and advocate for what is right, we empower them to become agents of positive change in society. History has shown us that individuals who act with moral courage, even in the face of great adversity, can inspire movements and transform societies for the better.

**The Role of Moral Values in Leadership:** Leadership, whether in a professional or personal capacity, is not just about power or authority - it is about responsibility. The most effective leaders are those who lead by example, embodying the moral values they wish to see in others. Integrity, accountability, and respect for others are all key attributes of strong leadership. A leader who practices these values can inspire trust, foster collaboration, and create an environment where everyone feels valued and respected.

As we prepare students to become the leaders of tomorrow, it is essential that we emphasize the importance of moral values in leadership. True leadership is not about commanding others, but about serving them with humility and fairness. When leaders prioritize the well-being of others and act in alignment with their moral principles, they create lasting, positive change in their communities and beyond. A *real-world example* of such leadership is **Nelson Mandela**, who, after spending 27 years in prison, emerged as a leader committed to peace, reconciliation, and forgiveness. Rather than seeking revenge, Mandela chose to lead by example, encouraging South Africans to reconcile and build a unified nation. His life and leadership embody the essence of moral values in shaping a better world.

**Building a Value-Driven Society :** Ultimately, the kind of society we create is a reflection of the values we uphold as individuals. Moral values are the glue that holds society together. They promote social harmony, fairness, and justice. A society that lacks moral values is one where division, corruption, and inequality flourish. Conversely, a society built on respect, empathy, and integrity is one where individuals can thrive and where collective progress is possible.

As educators and students, we have the power to shape this future by making conscious decisions to live by our moral values. Whether through small acts of kindness, standing up for what is right, or leading with integrity, each of us has the ability to contribute to the creation of a more just and compassionate world.

**Conclusion :** In the pursuit of success, let us not forget the importance of moral values. These values are not just abstract ideals—they are practical, guiding principles that influence every aspect of our lives. As we navigate through life's challenges, let us hold fast to these values, knowing that they not only shape our personal growth but also the society we live in.

By practicing kindness, empathy, integrity, and moral courage in our daily lives, we set an example for others and contribute to a better future. Let us remember that our moral values are the most powerful legacy we can leave behind—for they are the true measure of a meaningful and impactful life.

**“The best way to find yourself is to lose yourself in the service of others.” – Mahatma Gandhi**

**Ms. Nidhi Jassal**  
**Assistant Professor**

**P.G. Department of Commerce**

## **Social Networking Etiquette: Guidelines for Responsible Online Behavior**

Social networking has become an integral part of modern life, connecting people across the globe and enabling the exchange of ideas, opinions, and information. However, with great connectivity comes the responsibility to interact respectfully and thoughtfully. Social networking etiquette refers to the set of rules and behaviors that promote civility, kindness, and responsibility in online interactions. Practicing these etiquettes is essential to maintaining healthy relationships and a positive online environment.

### **Importance of Social Networking Etiquette**

Unlike face-to-face interactions, social networking platforms often obscure tone and intent, leading to misinterpretations and misunderstandings. Proper etiquette helps bridge this gap, ensuring that communication is clear, respectful, and free from unnecessary conflict. It also protects personal reputations and upholds the integrity of digital communities.

## Key Social Networking Etiquette Guidelines

- 1. Respect Others' Opinions** - Social networks are platforms for diverse perspectives. While disagreements are inevitable, they should be expressed respectfully. Avoid personal attacks, name-calling, or inflammatory language. Instead, focus on constructive dialogue and understanding others' viewpoints.
- 2. Think Before You Post** : Content shared online has a permanent digital footprint. Before posting, consider the potential impact of your words or images. Avoid sharing offensive, misleading, or private information that could harm others or yourself.
- 3. Avoid Oversharing** : While social networks are spaces for sharing experiences, it's important to strike a balance. Oversharing personal information, such as detailed daily routines or sensitive details, can compromise your privacy and security.
- 4. Be Mindful of Privacy Settings** : Adjust your privacy settings to control who can view your posts and personal information. Respect the privacy of others by not tagging them or sharing their content without permission.
- 5. Practice Proper Tone and Language** : Tone can be difficult to interpret in written communication. Use polite and clear language to avoid miscommunication. Emojis and punctuation can help convey tone, but overuse may appear unprofessional in certain contexts.
- 6. Fact-Check Before Sharing** : Misinformation spreads quickly on social networks. Verify the accuracy of news, articles, or posts before sharing them. Sharing false information not only misleads others but can also harm your credibility.
- 7. Avoid Spam and Excessive Promotions** : While it's acceptable to promote a business, event, or cause, excessive posting of promotional content can annoy your audience. Strike a balance by sharing meaningful and varied posts.
- 8. Respect Cultural and Social Differences** : Social networks are global platforms with users from diverse backgrounds. Be sensitive to cultural differences and avoid making assumptions or generalizations that may be offensive.
- 9. Don't Engage in Cyberbullying** : Cyberbullying is one of the most damaging behaviors on social networks. Refrain from posting hurtful comments, spreading rumors, or participating in harassment. Report inappropriate behavior when you witness it.
- 10. Be Responsive and Polite** : If someone comments on your post or sends you a message, respond in a timely and polite manner. Ignoring genuine engagement can come across as dismissive, especially in professional settings.
- 11. Give Credit Where It's Due** : If you're sharing someone else's content, whether it's a photo, article, or quote, always credit the original creator. This not only shows respect for their work but also upholds your own integrity.
- 12. Avoid Excessive Self-Promotion** : While sharing achievements is natural, excessive self-promotion can alienate your audience. Balance personal success posts with meaningful content that adds value to your network.
- 13. Know When to Take Conversations Offline** : Not all discussions are suited for public platforms. If a topic becomes too personal or contentious, consider continuing the conversation privately to avoid unnecessary drama.

## Benefits of Following Social Networking Etiquette

- **Builds Positive Relationships**: Respectful interactions foster trust and goodwill.
- **Protects Personal Reputation**: Polite and thoughtful behaviour reflects well on your character.
- **Promotes a Healthy Online Environment**: Following etiquette discourages negativity and encourages constructive engagement.
- **Enhances Professional Image**: Practicing good etiquette on professional networks like LinkedIn can advance career opportunities.

**Ms. Hardeep Kaur Parmar**  
**Assistant Professor**  
**P.G. deptt of Comp Sci. & Applications**

# MORAL VALUES IN TECHNOLOGY

**Introduction :** As technology continues to advance and permeate every aspect of our lives, it's essential to consider the moral implications of its development and use. Moral values in technology ensure that innovations benefit society and respect human dignity. In this article, we'll explore the importance of moral values in technology and discuss key points to consider.

## What are Moral Values?

Moral Values are principles that guide human behaviour, shaping our decisions and actions. In the context of technology, moral values refer to the ethical considerations that should inform the design, development and deployment of technological solution.

## Importance of Moral Values in Technology

- **Guiding Ethical Design:** Moral values help shape the ethical frameworks for designing technology, ensuring that products and services prioritize human welfare.
- **Enhancing Trust:** Upholding moral values fosters trust between users and technology providers, which is essential for widespread adoption and user engagement.
- **Preventing Harm:** Ethical considerations help identify and mitigate potential risks associated with technology, such as data breaches, privacy violations, and harmful content.
- **Promoting Accountability:** Moral values encourage accountability among tech developers and companies, ensuring they take responsibility for the societal impacts of their products.
- **Influencing Behaviours:** Technology can shape social interactions and behaviours; embedding moral values can promote positive social norms and discourage harmful practices.
- **Addressing Inequality:** Ethical considerations in technology can help address issues of inequality and ensure that advancements benefit all segments of society rather than exacerbating disparities.
- **Encouraging Sustainable Practices:** Moral values can drive the development of sustainable technologies that consider environmental impacts and long-term societal benefits.
- **Fostering Innovation with Integrity:** A commitment to ethical principles can inspire innovative solutions that align with societal values, leading to responsible technological advancements.
- **Navigating Complex Dilemmas:** As technology evolves, moral frameworks provide guidance for navigating complex ethical dilemmas, such as AI decision-making and surveillance issues.
- **Building a Better Future:** Ultimately, integrating moral values into technology contributes to creating a future where technology serves humanity positively, enhancing quality of life.

## Conclusion:

The importance of moral values in technology, examining the key principles and consequences of neglecting these values. By understanding the significance of moral values, we can create technologies that promote human well-being, dignity, and social responsibility.

**Harleen Kaur (Student Editor)**

4406

BCA sem. V

# TRUTH IN THE MODERN WORLD

Truth is just truth—it is neither our friend nor our enemy. It can help us sometimes, but it can also create problems for us. Admitting the truth in life requires strength and courage.

This modern, competitive world is somewhat mechanical, and nobody has much time to think about virtues like truth and goodness. However, this does not mean that truth does not exist. Our elders teach us that it is not always wrong to lie to save someone. If we can lie to protect others, then why not to save and protect ourselves too? As a result, people often do so.

Individuals speak the truth in this world, but they are intelligent enough to mold it as per their requirements. Everyone is aware of the truth behind matters related to themselves. Truth is always daunting, but it is always worth knowing.

In this competitive world, speaking the truth may bring self-satisfaction, but it does not always lead to success. However, some great thinkers have reinforced the belief that honesty is the best policy:

1. "Truth is like the sun. You can shut it out for a time, but it ain't goin' away." – Elvis Presley
2. Shri Ramakrishna used to say: "Truth is to be pursued and followed by all means. If a man holds to truth in this Kaliyuga, he will certainly realize God."

Truth is often bitter, but it remains the reality of the world.

Jaskaran Kaur (Student Editor)

M.com 3rd sem

Roll no: 3101

## HONESTY

Moral values are a set of principles essential for every human being to become responsible for his or her duties. These values help a person distinguish between what is good and what is bad. Moral character formation is a crucial process that needs to start in infancy.

Every child or student should be instilled with good moral principles and an upright moral compass from a young age. Every parent and school must develop an understanding of moral values and set an example for children. These examples are the best way to help them develop the ability to distinguish between right and wrong.

Honesty simply means telling the truth. It is one of the most important moral principles that should be instilled in an individual. People must understand the true significance of honesty; they develop honesty as a personality trait when they practice it with their companions and in their surroundings.

It is also said, "Honesty is a virtue; it is an excellence of character." Honesty is a strong attribute that helps build the strength of character, enabling individuals to become valuable members of society.

When you make a mistake that causes trouble for someone or a situation, admitting your mistake is an act of honesty. Accepting your mistake in front of everyone is also a demonstration of honesty. Honesty as a moral value not only benefits your personal life but also establishes you as a reliable professional. One of the best examples of honesty at work comes from Abraham Lincoln. Before becoming President, he was called "Honest Abe" due to his strong ethical values as a young store clerk. Once, while working in a store, he mistakenly short-changed a customer. To correct his mistake, he walked miles to return the few pennies he owed. This act of honesty demonstrates that integrity should be upheld, whether working as a clerk in a small store or leading a nation as President.

Neha

M.Com 3rd sem

Roll No: 3106



# THE POWER OF KINDNESS AND EMPATHY IN SUPPORTING DEPRESSION

Depression is a serious issue affecting millions of people worldwide. In India alone, around 56 million people suffer from depression, according to the World Health Organization (WHO). In today's busy and stressful world, depression is becoming more common, but it is still not fully understood. There are several reasons for depression, but in India, the major causes include financial stress, unemployment, social isolation, loss of a loved one, loneliness, and the increasing pressure to succeed academically or professionally. However, we can help individuals overcome their depression by practicing certain moral values. Moral values like empathy, kindness, and support are essential in helping people who struggle with depression and in creating a society that cares about mental health.

Empathy means understanding what someone else is feeling, and it is one of the most important values in supporting people with depression. When we try to understand the emotional pain someone is going through, we can offer the right kind of help. Empathy helps reduce the feeling of loneliness that many people with depression experience, showing them they don't have to face their struggles alone.

## Empathy

Empathy is a powerful force that connects individuals to one another, allowing us to understand and share the feelings and perspectives of others. It is the foundation of a happy and meaningful relationship. In this modern era, where differences often divide us, empathy acts as the glue that brings people closer together. When we practice empathy with each other, we not only show kindness and compassion but also create deeper and more meaningful connections. By consistently listening to someone's emotions and offering support, we create a safe space for individuals to express themselves genuinely. Empathy also helps improve mental health. Sharing our thoughts and feelings with others reduces stress, anxiety, and depression, ultimately promoting a healthier lifestyle. This type of emotional connection builds trust, understanding, and mutual respect. Empathy is not just a moral value—it is a valuable skill that enables people to connect, understand each other's experiences, and cultivate kindness and faithfulness.

Kindness is another key moral value. Small acts of kindness, like listening to someone or offering comforting words, can make a big difference in a person's life. These actions can lift their mood, help them feel less hopeless, and show them that they are not alone. In a world where many people feel disconnected, kindness can be a lifeline for those struggling with depression.

Support, both emotional and practical, is also crucial in overcoming depression. Moral values encourage us to be there for one another, whether it means listening, offering advice, or helping someone find the right kind of help. A society that values support ensures that people with depression do not suffer alone and can access the assistance they need.

Finally, by applying these moral values in our daily lives, we can create a society that not only understands depression but also actively works to help those affected by it. When moral values guide us, we build a community that fosters healing, understanding, and emotional strength for everyone.

Mandeep Kaur  
M.com 3rd sem  
Roll no: 3102

Neha  
M.com 3rd sem  
Roll No: 3105

# MORAL VALUES IN ARTIFICIAL INTELLIGENCE

Moral values in artificial intelligence (AI) contain the ethical principles that guide the development, deployment, and use of AI systems. As these technologies increasingly influence various aspects of human life, establishing a robust ethical framework is essential to ensure they serve humanity positively.

**Definition :** Moral values in AI refer to the principles and ethics that guide how AI systems are designed, implemented, and utilized. These values aim to protect human rights, promote social good, and mitigate potential harms associated with AI technologies.

## Key Moral Values

**Respect for Autonomy :** AI systems should respect human autonomy and decision-making capabilities.

**Non-Maleficence:** AI should avoid causing harm to individuals or society at large.

**Beneficence :** The primary goal of AI should be to enhance human well-being.

**Justice :** AI systems must ensure fairness and justice in their operations.

**Fairness :** It is crucial for AI to avoid biases and discrimination in decision-making processes.

**Transparency :** AI systems should be explainable and transparent about their operations and decisions.

**Accountability :** There must be mechanisms in place to hold AI systems accountable for their actions.

**Privacy :** Protecting human privacy is paramount in the development of AI technologies.

## AI Ethics Principles

**Human-Centered Design :** Prioritizing human needs in the design of AI systems is essential.

**Explainability :** Providing clear explanations for AI decisions enhances trust and understanding.

**Robustness :** Ensuring reliability in AI systems is critical for their effective functioning.

**Security :** Protecting against threats is a fundamental requirement for AI applications.

**Privacy Preservation :** Safeguarding personal data must be integrated into all stages of AI development.

**Accountability :** Continuous accountability mechanisms are necessary to monitor AI behavior.

**Transparency :** Visibility into how AI systems operate fosters trust among users.

**Moral AI Applications :** AI's moral values can be applied across various sectors:

**Healthcare :** Enhancing personalized medicine and improving diagnostic accuracy.

**Education :** Facilitating adaptive learning experiences and fair grading practices.

**Finance :** Conducting risk assessments and guiding investment decisions.

**Transportation :** Implementing safety measures in autonomous vehicles.

**Social Media :** Moderating content responsibly to prevent harm.

Simran

4407

BCA Sem. V

## YOU REAP WHAT YOU SOW

Hurtful words or actions wound the soul and heart of the person who is hurt, causing deep emotional pain. Scientifically speaking, emotional pain or stress can affect a person's mental, emotional, and physical health. Spiritually speaking, hurting someone is a sin, and karma ensures that you are repaid for your actions. Emotionally speaking, the one who is hurt may become estranged from you.

We should never hurt anyone because we don't know what repercussions a single word or action may have on that person. It may damage them mentally, emotionally, or physically. We also don't know what internal emotional struggles they may already be facing. A single word or action could worsen their emotional state, potentially causing a permanent change in their personality or their outlook on the world.

One can never find true happiness by hurting others. It is always better to take pride in being the reason for someone's smile or joy rather than feeling ashamed or guilty for causing their pain. And if you cannot spread happiness, it is better to remain silent rather than say or do something harmful. We must keep in mind that when we hurt others, knowingly or unknowingly, it will come back to us at some point in our lives. We cannot escape or ignore this reality. It is a law of nature that whatever we do, we must eventually pay for, whether it is good or bad.

Karma, a fundamental principle of Hinduism and Buddhism, revolves around the idea that "you get what you give." The energy you put into the world and your interactions with others will ultimately return to you. If you are kind and generous, you will be rewarded with kindness and generosity. If you are cruel and unforgiving, you can expect to be treated with cruelty and a lack of forgiveness.

The famous saying, "You reap what you sow," means that the consequences of your actions in the present will shape your future. It is often used to describe experiencing the results of something done in the past, especially negative outcomes. The word sow means to plant a seed, and reaping means enjoying the crop when the seed has grown. This metaphor suggests that whatever seeds you plant, you will only receive fruits from that same tree. In other words, whatever you do will eventually come back to you. If you do good deeds, you will be rewarded with goodness, and if you do bad deeds, then bad things will return to you. Just as you cannot plant an apple seed and expect to harvest oranges, the law of karma operates in the same way.

Most people go through life unconscious of their thoughts, deeds, and actions without considering their consequences. As a result, they often experience pain and suffering.

In the Ramayana, Kaikeyi, the youngest of the three wives of King Dasharatha, demands the exile of Lord Rama. She reminds the king of his promise and asks him to send Rama to the forest for fourteen years while her son Bharata is crowned as the heir to the throne of Ayodhya. Following his father's orders, Rama leaves for the forest, accompanied by his wife Sita and his beloved brother Lakshmana. This incident leads to devastating consequences: King Dasharatha dies in grief and sorrow over his son's exile, Bharata refuses to accept the throne, and Kaikeyi ultimately loses everything. Her husband dies, and her son Bharata also distances himself from her. Manthara, Kaikeyi's hunch-backed maidservant and close aide, is despised by everyone.

This story demonstrates the truth of the proverb "You reap what you sow." We receive good or bad results based on our good or bad deeds. If an action is rooted in goodness, it will bring positive outcomes in the long run. However, if the action is evil, the outcome will inevitably be evil as well.

Arshpreet Kaur  
B.com 5th sem  
Roll No: 1008

# Last Pillar Of Religion: Truthfulness

Honesty implies being truthful. It means developing the habit of speaking the truth throughout life. A person who practices honesty possesses a strong moral character. An honest person demonstrates good behavior, always follows rules and regulations, maintains discipline, speaks the truth, and is punctual. An honest person is also trustworthy, as they always tend to speak the truth. Every one of us must have heard the phrase "**Honesty is the best policy.**" It is indeed a wise saying. Almost every child learns this teaching from their parents. This valuable lesson has been taught since time immemorial. However, its practice has significantly declined. People resort to lies very easily nowadays. Since deceitful behavior is on the rise, reviving the teachings of honesty is necessary.

An honest person experiences deep contentment, always knows what to do, and does not take unnecessary stress or pressure. Their health improves, and their mind remains at peace. Honesty promotes authenticity—it is a reflection of a person's thoughts and feelings. It is a form of self-expression, and if a person is honest, people will see their true nature. Honesty also builds confidence. Speaking the truth requires great courage and confidence, whereas only a coward resorts to lies.

Honesty brings a sense of freedom. An honest person does not have to keep secrets; they know what is right and speak it naturally. Honesty also keeps troubles away. People often lie to avoid getting into trouble or to prevent hurting others, but no one likes to be deceived. Therefore, it is wrong to lie to others. In general, honesty

is considered a virtue. In fact, truthfulness is one of the four pillars of religion.

However, in certain situations, such as dealing with crooks and liars, one may not be obligated to be truthful. For example, if a group of Taliban militants comes to your door and asks where your son is hiding so they can kill him, you have no obligation to tell the truth. In such a case, lying to protect a life is justified. If lying can prevent a crime or save a loved one, then blindly following the policy of truthfulness may not always be wise. Truthfulness should be considered on a case-by-case basis.

Especially in today's world, where lying and cheating are prevalent, there are instances where we are not required to be completely honest. It is said that in Kaliyuga, the last leg of the **bull of dharma** (the last pillar of religion) is truthfulness. People still value honesty to some extent, although its quality is diminishing as *Kaliyuga progresses*.

A person's moral ethics are reflected through their honesty. If an entire society embraces honesty, it will become an ideal society, free from corruption and evil. There will be significant positive changes in everyone's daily lives. Honesty acts as a catalyst in strengthening our willpower to face and overcome any challenges in life.

Aditi Kwatra  
B.com 5th sem  
Roll no: 1043

## REAL CURE TO DEPRESSION

We are all familiar with the saying, "**It's better to give than to receive.**" It can be easy to show **kindness** when posting online, but when it comes to reality, it is often harder to commit to kindness in our real-life words and actions.

Kindness is choosing to do something that helps others or yourself, motivated by genuine warmth and goodwill. It often means putting other people's needs before our own. It could be as simple as **giving up** our seat on a bus for someone who needs it more or offering to make a cup of tea for a colleague. Kindness creates a sense of belonging and reduces isolation—one of the major causes of depression.

Depression involves persistent feelings of sadness and a loss of interest in activities once enjoyed. Nearly three in ten adults (29%) have been diagnosed with depression at some point in their lives, and about 18% are currently experiencing it, according to a **2023 national survey**. If left untreated, depression can lead to severe consequences, including suicide. Treating depression requires both medication and emotional support.

A study conducted by researchers at the **University of Ohio** examined the effects of kindness on depression and anxiety. Participants with elevated symptoms were randomly assigned to three groups:

1. Engaging in **acts of kindness**,
2. Participating in **social activities**, or
3. Undergoing a **brief cognitive behavioral therapy intervention**.

While all three interventions reduced symptoms, distress, and improved life satisfaction, **acts of kindness**

showed the greatest benefits for social connection. The study revealed that while givers often focus on the material value of their kindness, receivers appreciate the warmth of the gesture and the positive social interaction even more.

Moreover, kindness is contagious. Research supports that people who receive acts of kindness are more likely to be generous themselves. Your simple act of kindness can save someone's life, restore hope to the hopeless, and make the world a better place. Being selfless costs nothing but creates a greater world for everyone.

Saloni Bawa  
B.Com- 5th sem  
1006

## RELATIVISM

In this world of imperfection, the only thing that differentiates us from one another is the amount of truth we speak in our lives. But do we always speak the truth? The harsh reality of today's world is that **lying is no longer considered as great a sin as it was in our ancestors' times.**

If you are marketing a product, your primary strategy will be to convince your customer to buy it at any cost. If there are flaws in your product, you may **choose to hide** certain truths from the customer. Looking at the bigger picture, you justify this by reasoning that **every product has some flaws, big or small.** At the end of the day, you are merely **omitting a part of the truth** that you feel is not very important. It's all about perspective — whether you see a **glass as half full or half empty**, and in both cases, you may have a strong argument that you are right.

Every opinion carries an implicit truth claim—a claim about the **very nature of reality.** This could be in terms of **tangible and physical reality, moral and ethical reality, philosophical and political reality, or even aesthetic and theological reality.** However, in today's world, crucial conflicts about reality and truth are no longer resolved through evidence and rational arguments. Instead, such conflicts are often resolved by **our uncritical acceptance** of the legitimacy of each individual's personal perception and the veracity of their beliefs and truth claims.

In the modern era, **there is no universally accepted, rational method of proving the truth of anything outside the boundaries of science and empirical experimentation.** This has become the only certainty about truth today. The commonly accepted belief now is that **“truth lies in the eye of**

**the beholder”** — meaning truth is simply a matter of personal perception. Outside of the sciences, truth is no longer seen as a **function of evidence but rather as a function of personal or shared perception.** This concept is known as **“relativism”**, which suggests that truth is entirely subjective and depends on each individual's perspective and beliefs.

This is why, in modern times, people often say, **“That may be true for you, but not for me.”** We tend to blame others, live in denial, and turn a blind eye to reality. Sometimes, as in the case of addiction, we refuse to change our lifestyles because we find comfort in the familiar. There are moments in life when facing the truth is difficult. Being honest with ourselves can be one of the hardest things to do, as it may make us feel **out of control.** We all want to believe that we are good people and that everything is fine. However, at times, **it is easier to ignore the truth** rather than accept the painful reality that we are not always as good as we think.

It can be frightening to realize that something you once believed in doesn't exist or that someone is not who you thought they were. **But the pain of facing reality is often less than the pain of continuing to live with a false belief.** The truth sets you free from fear and worry. You cannot change the past, but you can **learn from it and move forward.** By facing the truth about yourself, others, and the world, you **gain knowledge that empowers you to make better decisions for your future.**

Himanshi Sharma  
B.com- 5th sem  
1011

# INTERNET ETHICS

Ethics are a set of moral principles that govern an individual or a group on what is acceptable behaviour while using a computer. Computer ethics is a set of moral principles that govern the usage of computers. One of the common issues of computer ethics is violation of copyright issues.

Duplicating copyrighted content without the author's approval, accessing personal information of others are some of the examples that violate ethical principles.

**Internet Ethics for everyone:** Internet ethics means acceptable behaviour for using internet. We should be honest, respect the rights and property of others on the internet.

**Acceptance:** One has to accept that Internet is not a value free-zone. It means World Wide Web is a place where values are considered in the broadest sense so we must take care while shaping content and services and we should recognize that internet is not apart from universal society but it is a primary component of it.

**Sensitivity to National and Local cultures :** It belongs to all and there is no barrier of national and local cultures. It cannot be subject to one set of values like the local TV channel or the local newspaper we have to accommodate multiplicity of usage.

**While using e-Mail and chatting:** Internet must be used for communication with family and friends. Avoid chatting with strangers and forwarding e-mails from unknown people /strangers. We must be aware of risks involved in chatting and forwarding e-mails to strangers.

**Pretending to be someone else:** We must not use internet to fool others by pretending to be someone else. Hiding our own identity to fool others in the Internet world is a crime and may also be a risk to others.

**Avoid Bad language:** We must not use rude or

bad language while using e-Mail, chatting, blogging and social networking, We need to respect their views and should not criticize anyone on the internet.

**Hide personal information:** We should not give personal details like home address, phone numbers, interests, passwords. No photographs should be sent to strangers because it might be misused and shared with others without their knowledge.



**While Downloading:** Internet is used to listen and learn about music, It is also used to watch videos and play games we must not use it to download them or share copyrighted material. We must be aware of the importance of copyrights and issues of copyright.

**Access to Internet:** The internet is a time-efficient tool for everyone that enlarges the possibilities for curriculum growth. Learning depends on the ability to find relevant and reliable information quickly and easily, and to select, understand and assess that information. Searching for information on the internet can help to develop these skills. Classroom exercises and take-home assessment tasks, where students are required to compare website content, are ideal for alerting students to the requirements of writing for different audiences, the purpose of particular content, identifying and judging accuracy and reliability. Since many sites adopt particular views about issues, the internet is a useful tool for developing the

skills of distinguishing fact from opinion and exploring subjectivity and objectivity.

**Ethical rules for computer users:** Some of the rules that individuals should follow while using a computer are listed below:

- Do not use computers to harm other users.
- Do not use computers to steal others information.
- Do not access files without the permission of the owner.
- Do not copy copyrighted software without the author's permission.
- Always respect copyright laws and policies.
- Respect the privacy of others, just as you expect the same from others.
- Do not use other user's computer resources without their permission.
- Use Internet ethically.
- Complain about illegal communication and activities, if found, to Internet service

Providers and local law enforcement authorities.

- Users are responsible for safeguarding their User Id and Passwords. They should not write them on paper or anywhere else for remembrance.
- Users should not intentionally use the computers to retrieve or modify the information of others, which may include password information, files, users should not intentionally use the computers to retrieve or modify the information of others, which may include password information, files, emails, personal data, financial records, or any confidential or sensitive information without authorization.

Harman  
B.C.A. 1<sup>st</sup> Sem  
3237

## MORAL VALUES IN EMAIL

**Introduction :** E-mail has become an essential tool for communication in the digital age. With the rise of remote work and online communication, e-mail has become a crucial aspect of professional and personal interactions. However, With the increasing reliance on technology, moral values in e-mail communication are often over looked. in this article we will discuss the moral values in e-mail communication and how moral values be effectively communicated in e-mail.

### **How moral values be effectively communicated in emails?**

Moral values are essential in e-mail communication as they help build trust, respect and Credibility .When you communicate with moral values, you demonstrate your character and integrity, which can lead to strong relationship and positive reputation. Some of the moral values be effectively communicate in email include:

**Clarity and Honesty:** Use clear language to convey your message truthfully. Avoid ambiguity to ensure the recipient understands your intentions and the message's ethical implications.



**Respectful Tone:** Maintain a polite and respectful tone. Use appropriate greetings and sign-offs, and be mindful of the recipient's feelings to foster a positive interaction.

**Conciseness:** Keep emails brief and to the point, focusing on essential information while avoiding unnecessary details that could dilute your message.

**Active Listening:** Encourage feedback and demonstrate openness to dialogue, which reinforces respect and understanding in communication.

By integrating these elements, emails can effectively reflect moral values and ethical communication.

**Conclusion** Moral values are essential in email communication as they help build trust, respect and credibility. By incorporating moral values into your email communication, you can demonstrate your character and integrity, leading to stronger relationship and a positive reputation. Remember to be honest, respectful, and responsible in your email communication.

Lovepreet Kaur

4408

BCA V Sem

## Your Most Important Skill: EMPATHY

Empathy is the ability to understand an individual emotionally. It means putting yourself in someone else's position and imagining how they might be feeling. It is a highly valued trait and is essential for social interactions. Empathy allows a person to experience what another person is going through. It is also considered a cognitive ability—an essential skill for imagining future scenarios or solving problems based on past experiences.

Empathy enables an individual to create a psychic and emotional connection with another person. It allows one to enter another individual's mindscape. If a person feels connected to another's mindset, it becomes impossible to mistreat them—except unintentionally. Experiencing empathy brings a natural desire to help someone who is suffering, as one recoils from their pain just as they would from their own.

There are several types of empathy, including cognitive empathy, affective empathy, and somatic empathy:

- **Cognitive Empathy** is the ability to understand another person's mental state.
- **Affective empathy**, also known as emotional empathy, is the ability to respond with an appropriate emotion to another person's mental state.
- **Somatic empathy** is based on an individual's physical reaction, often linked to mirror neuron responses.

A lack of empathy is often associated with antisocial behavior. However, having empathy does not necessarily mean that a person is always willing to help others—it is simply an essential step toward compassionate action. When we experience real empathy or compassion, our identity merges with another person's. The

sense of separateness between you and the other person fades away. Your **self-boundary** dissolves to the extent that you, in a sense, become them.

Studies suggest that women are generally more empathetic than men. For example, research has shown that women are significantly better at reading people's emotions just by looking at their eyes. Women's friendships tend to be based on mutual help and problem-sharing, while men usually develop friendships based on shared interests, such as sports and hobbies. Additionally, men and women have different



communication styles. Women's conversations tend to last longer because they use more **back-channel support**, such as nodding, smiling, and other gestures. When they disagree, they often express their opinion indirectly to avoid confrontation. In contrast, men tend to be more blunt and opinionated, using more direct statements and interruptions.

Throughout history, most wars have been orchestrated and fought by men, and social oppression has often been inflicted by high-status men seeking to protect and increase their power and wealth. This aligns with the idea that women, as nurturers, are more naturally inclined toward empathy due to the need for strong emotional connections with their children. At the very least, this emotional bond makes it less likely for them to lose the ability to empathize.

For children, empathy can prevent bullying, help them make friends, and enable them to receive support from others. It is important to teach empathy from an early age. This does not mean lowering expectations, but rather encouraging kindness and gratitude. Having empathy does not mean one must help everyone—it simply means understanding right from wrong and being able to put oneself in another person's shoes. One does not become an empathetic person overnight. It takes time, but that does not mean one should stop trying.

Nargis Bhatti  
B.com- 5th sem  
1009

## Never Hurt Anyone

Never hurting anyone is a principle that fosters kindness and compassion in our interactions. Every person we meet carries their own struggles and challenges, making it essential to approach others with empathy. Words and actions can have lasting impacts, so choosing to uplift rather than harm is crucial. Practicing active listening and understanding can help us connect with others on a deeper level. By promoting a culture of respect and care, we create an environment where everyone feels valued and safe. Ultimately, the choice to never hurt anyone leads to stronger relationships and a more harmonious community.

Our words and actions can significantly impact those around us, so it's vital to choose kindness over cruelty. Practicing active listening and understanding helps us connect with others, fostering a supportive environment. By promoting a culture of care, we not only uplift those around us but also contribute to a more harmonious community. Ultimately, the commitment to never hurt anyone strengthens our relationships and enriches our lives.

In a world where negativity can often overshadow positivity, committing to never hurt anyone creates a ripple effect. It encourages a culture of support and compassion, fostering stronger connections among friends, family, and the community. Ultimately, by embracing this principle, we contribute to a more peaceful and loving environment for everyone.

Ritu  
M.com 1st sem.  
Roll No-3009

## Ethical Values in Cyber Security

**Introduction** : Cybersecurity, also known as information technology security or electronic information security, is the practice of protecting computer system, networks, and data from digital attacks. These attacks are often aimed at accessing, changing, or destroying sensitive information, extorting money from users, or interrupting normal business processes.

- **Protection Against Threats:** The primary goal of cybersecurity is to defend against various threats such as malware, phishing, ransomware, and other cyberattacks that can compromise sensitive information.

- **Trust Building:** Effective security measures help build trust with users and clients. When individuals feel secure about their data being handled responsibly, they are more likely to engage with a service or product.

**Privacy:** Privacy refers to the right of individuals to control their personal information and how it is collected, used, and shared.

- **Data Protection:** With the rise of big data analytics and digital surveillance, protecting personal information has become increasingly critical. Breaches can lead to identity theft, financial loss, and emotional distress.

- **Individual Autonomy:** Privacy is a fundamental human right that empowers individuals to make choices about their own lives without unwarranted interference.

- **Fairness :** Fairness in cybersecurity involves ensuring that all individuals have equal access to protection and that security measures do not disproportionately affect certain groups.

### Fairness Importance

- **Inclusive Policies:** Developing inclusive cybersecurity policies ensures that diverse perspectives are considered in decision-making processes.

- **Non-Discrimination:** Security practices should be designed to avoid bias against any

**Ethics in Cyber Security :** In cyber security, ethical values are crucial in addressing ethical dilemmas such as the balance between privacy and security. Key value clusters include:

**Security:** Security in cyber security refers to the measures and protocols implemented to protect systems, networks, and data from unauthorized access, attacks, and damage.

### Security Importance :

group based on race, gender, socioeconomic status, or other characteristics.

- **Equitable Access:** Cyber security resources should be available to all individuals and organizations, regardless of their size or financial capability. This helps bridge the digital divide.

- **Accountability :** Accountability refers to the obligation of organizations and individuals involved in cybersecurity to take responsibility for their actions and decisions.



## Accountability Importance

- **Transparency:** Organizations should be transparent about their data practices and security measures. This builds trust with users who deserve to know how their information is handled.
- **Continuous Improvement :** Accountability encourages organizations to learn from mistakes and improve their cybersecurity practices over time.

**Conclusion:** Moral values in cybersecurity are essential for creating a secure digital environment that respects individual rights while protecting against threats. Striking a balance among security, privacy, fairness, and accountability is crucial for fostering trust and ensuring ethical practices in an increasingly interconnected world. As technology evolves, ongoing dialogue about these values will be necessary to navigate emerging challenges effectively.

Karuna Kumari  
4417  
BCA V sem.

## MORAL VALUES IN VIRTUAL REALITY

**Introduction :** Virtual reality (VR) presents unique moral challenges and considerations. While some argue that the anonymity of avatars may lead to a decline in moral behavior, others suggest that moral obligations can still exist in these environments. The psychological impact of actions in VR, such as virtual harassment, can have real-world implications, highlighting the need for ethical frameworks that address these issues. Moreover, the immersive nature of VR can blur the lines between reality and fiction, raising concerns about escapism and the potential for addiction. Developers must prioritize ethical content creation to foster responsible virtual interactions.

**Moral values in Virtual Reality :** The moral values in virtual reality (VR) encompass a range of ethical considerations that arise from its immersive nature and the unique ways it alters human interaction and perception. Here's a detailed exploration of these values:

- **Data Collection:** Virtual reality experiences often require users to provide personal data, including biometric information, location data, and behavioral patterns. This data collection can lead to significant privacy concerns, especially when users are unaware of how their information is being used or shared.

- **Regulation and Responsibility:** Developers must prioritize ethical frameworks to ensure safe, respectful interactions and mitigate risks of misuse

or discrimination within virtual environments.

- **Empathy Development:** VR can enhance empathy by allowing users to experience life from different perspectives, potentially fostering moral behavior.

- **Design Ethics:** Developers must consider the ethical implications of their creations, ensuring that VR experiences do not promote harmful behaviors.

- **Anonymity Effects:** The anonymity of VR may lead to disinhibition, encouraging users to engage in harassment or unethical behavior without real-world consequences.

- **Real-World Consequences:** Actions in VR can seep into real life, affecting users' social interactions and attitudes, thus highlighting the need for ethical conduct in virtual spaces.

**Conclusion :** The exploration of moral values in virtual reality (VR) reveals significant ethical challenges and opportunities. As VR technology evolves, it becomes essential for both creators and users to engage in responsible practices that prioritize empathy, respect, and cultural sensitivity. The immersive nature of VR can enhance moral understanding but also poses risks, such as desensitization to real-world consequences.

Megha  
4409  
BCA V Sem.

# Science Section

*Teacher Editor:*

**Ms. Priyanka Mankhand**  
Assistant Professor in Mathematics

*Student Editor:*

**Ms. Sukirti Sharma**  
B.Sc. Medical Sem. 6th

## INDEX

| <i>Sr. No</i> | <i>Article Name</i>                                       | <i>Pg. No.</i> |
|---------------|---|----------------|
| 1.            | Principles for shaping a Person's Character and Behaviour | 1              |
| 2.            | The Importance of Moral Values in Society                 | 1-2            |
| 3.            | Moral Values and Ethics                                   | 3-4            |
| 4.            | Importance of Moral Values in a Student's life            | 4              |
| 5.            | The Guiding Principles for a Harmonious Society           | 5              |
| 6.            | Significance of Moral Values                              | 5-6            |
| 7.            | Empathy and Equality                                      | 6-7            |
| 8.            | THE IMPORTANCE OF MORAL VALUES                            | 7-8            |
| 9.            | Gratitude   | 8-9            |
| 10.           | Twentieth Century Morality                                | 9              |

# Principles for shaping a Person's Character and Behaviour

"Moral values are the guiding principles that shape a person's character and behaviour. They serve as the foundation for ethical decision-making and foster a sense of right and wrong. In today's fast-paced world, where people often chase success at any cost, the importance of moral values cannot be overstated.

First and foremost, moral values help in building a strong character. They teach us virtues such as honesty, integrity, kindness, and respect for others, which are essential in forming meaningful relationships and creating a harmonious society. A person with strong moral values is more likely to act with integrity, make ethical choices, and stand by what is right, even when faced with challenges.

Moreover, moral values contribute to a person's emotional well-being. When we adhere to values such as kindness and empathy, we foster positive relationships, which bring a sense of satisfaction and inner peace. Acting with morality also ensures that individuals feel a sense of purpose and fulfilment, as they are contributing to the greater good.

In a broader sense, moral values are crucial for societal stability. A society built on respect, fairness, and justice will experience less conflict and more cooperation. When individuals live by ethical standards, they help create a safer and more inclusive environment for everyone.

In conclusion, moral values are fundamental for personal growth and societal harmony. They guide individuals toward leading fulfilling, ethical lives, contributing to the overall well-being of communities

Priyanka Mankhand  
Assist. Prof. Mathematics

## The Importance of Moral Values in Society

Moral values are the guiding principles that dictate our behaviour and help us differentiate between right and wrong. They are essential for maintaining social order, fostering relationships, and promoting personal development. In a rapidly changing world, the significance of moral values cannot be overstated.

### Understanding Moral Values

Moral values encompass a range of beliefs about what is right and wrong, good and bad. These values are often shaped by cultural, religious, and familial influences, providing a framework for ethical decision-making. Common moral values include honesty, integrity, respect, empathy, and responsibility. These principles not only guide individual behaviour but also influence societal norms and laws.

### The Role of Moral Values in Society

#### 1. Social Cohesion

Moral values are crucial for creating a sense of community. They promote trust and cooperation among individuals, enabling societies to function harmoniously. When people share common values, they are more likely to work together for the common good, leading to stronger social bonds.

## 2. Guiding Ethical Behaviour

Moral values serve as a compass for decision-making. They help individuals navigate complex situations and make choices that align with their principles. For instance, in professional settings, values such as integrity and accountability are vital for fostering a culture of trust and excellence.

## 3. Promoting Empathy and Compassion

Values like empathy and compassion encourage individuals to consider the feelings and perspectives of others. This understanding is essential for addressing social issues, fostering inclusivity, and promoting justice. Empathetic individuals are more likely to contribute positively to society by supporting those in need.

## 4. Encouraging Personal Growth

Adhering to moral values contributes to personal development. Individuals who live by their principles often experience greater self-esteem and fulfilment. Moral integrity fosters resilience, enabling individuals to face challenges with a clear conscience and a sense of purpose.

### Challenges to Moral Values

In today's world, moral values face numerous challenges. Rapid technological advancements, cultural shifts, and globalization can sometimes lead to a dilution of traditional values. Moreover, exposure to diverse perspectives can create moral ambiguity, making it difficult for individuals to establish a clear ethical framework.

#### 1. Cultural Relativism

Cultural relativism posits that moral values are not universal but are instead shaped by cultural contexts. While this perspective fosters tolerance, it can also complicate the establishment of a shared ethical foundation necessary for societal cohesion.

#### 2. Materialism and Individualism

In contemporary society, the emphasis on material success and individualism can overshadow collective moral responsibilities. This shift often leads to a disregard for communal well-being and ethical considerations.

### Reviving Moral Values

To address these challenges, it is crucial to actively promote and teach moral values across various contexts—families, schools, and communities. Educational programs that emphasize ethical reasoning, community service, and character development can play a vital role in instilling these values in future generations.

#### 1. Education and Awareness

Integrating moral education into school curricula can help children develop a strong ethical foundation. Discussions about moral dilemmas, role-playing, and community involvement can encourage students to reflect on their values and the impact of their actions.

#### 2. Community Engagement

Encouraging individuals to participate in community service and civic activities fosters a sense of responsibility and connection. Engaging with diverse groups can also enhance empathy and broaden perspectives on moral issues.

#### Conclusion

Moral values are the bedrock of a functioning society. They guide individual behaviour, promote social cohesion, and encourage personal growth. As we navigate the complexities of modern life, reaffirming and teaching these values is essential for fostering a just, compassionate, and harmonious world. By prioritizing moral education and community engagement, we can cultivate a society that values integrity, empathy, and collective well-being.

Sukirti Sharma  
B.Sc (Med) Sem VI  
9102

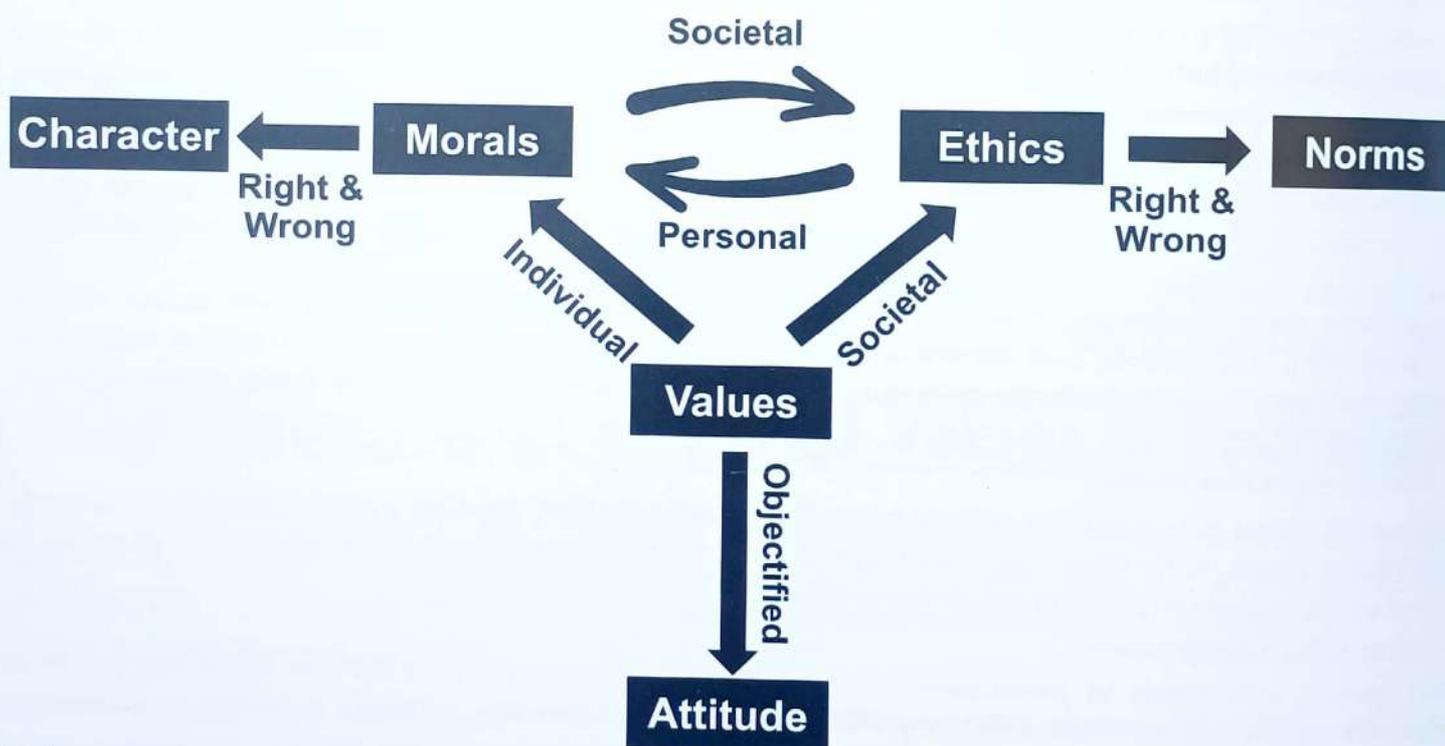
# Moral Values and Ethics

An individual's personal standards of right and wrong that help people make decisions and guide their behaviour. Some examples of moral values include honesty, compassion, and gratitude.

- Morals are values held by an individual which help him in distinguishing between right and wrong.
- They determine the character of individuals.
- There are two things in it.
- They are held by an individual.
- They help a person distinguish between right and wrong.
- Note – all values don't help in determining right and wrong. For example,
- Beauty as value: If some person is not beautiful, it will not be considered right or wrong. Hence, the concept of morality doesn't apply here.
- Honesty as value: If someone is not honest, it will be considered wrong. Hence, the concept of morality applies here.
- The fundamental force driving morals is conscience & ego-ideal.

**Note:** Conscience is our inner voice about 'don'ts'. Inner voices about 'do's' are called Ego-ideal.

- Conscience: Inner voice that guides our actions and prevents us from wrongdoings.
- Ego-ideal: Goals that are cherished and, therefore, should be pursued become moral too.



## Ethics

- Ethics are values held by society as a whole and help distinguish between right and wrong.
- They determine the norms of the society.

## What is not ethics?

- Ethics is not religion, as many people are atheists, but ethics applies to everybody.
- Ethics is not following the law. Law may have difficulty in designing or enforcing standards in some important areas and may be slow to address new problems. For example, marital rape is not illegal. However, it is considered unethical.
- Something that started as moral can become ethical.

• Example of Raja Ram Mohan Roy – His personal belief was that Sati represented a crime against women. However, the practice of Sati at that time was Ethical and societal norm. Hence, Raja Ram Mohan Roy was guided by his morals at that time. He made efforts and convinced the whole society to accept that value. Society gradually changed and accepted that Sati was wrong, making it unethical.

• Suppose I am a government doctor and have a moral position that I will not treat those male patients who commit atrocities against women. But ethics say that doctors must treat all persons who come to them for treatment. Hence, if I refuse to treat them, there will be complaints against me and a threat of suspension if I continue with this behaviour. Under pressure, I would start treating male patients with moral guilt each time I treated them. But gradually, I will either alter my morality or quit the job because a person can't continue living with such moral guilt.

• However, one should not equate being ethical to whatever society accepts. An exception can occur when society or its influential section becomes ethically corrupt. For example, Nazi Germany, where the genocide of Jews was not considered wrong. Similarly, the caste system in India has continued through millennia because of the approval of influential members of society.

Kajal Kumari  
B.Sc. (Med) Sem V  
9105

## Importance of Moral Values in a Student's Life

Moral values are considered paramount to student life. It is because it helps a child to build an impressive character. Let's look at the importance of moral values in a student's life:

**Build Decision Making Skill:** Moral values help children to decide what is good and what is bad for them. Thus, instilling basic moral values will help your child to build a decision-making ability.

◆ **Shape Character:** There is no denying fact that a person's character gets determined by moral values. It shows the real characteristics of a person. In addition, moral values will help to build good relationships with others.

◆ **Build Sense of Gratitude:** Moral values help a child to elicit a feeling of gratitude. It will help them to respect their elders.

◆ **Boost Mental Strength:** Moral values provide a kind of mental strength to the children. It will take them to overcome several difficult situations. If you help your child to practice moral values, it will lead them to be fearless to face any difficulty of life.

◆ **Becoming Good Citizens:** Practicing moral values help children to become truthful in life, which paves the way for a better future. When they are exposed to the vast world, it will help them to avoid several temptations as they know what to do and what not. Thus it allows the children to channel their attention in the right direction.

Aanchal Gandhi  
B.Sc. (Non-medical) Sem V  
4907

# The Guiding Principles for a Harmonious Society

Moral values are the principles that guide our behaviour and decisions, helping us differentiate between right and wrong. They form the foundation of a healthy society, promoting qualities like honesty, integrity, respect, and compassion. Instilling moral values from a young age is crucial; they shape character and influence personal and social interactions.

In today's fast-paced world, where ethical dilemmas frequently arise, moral values serve as a compass, guiding individuals in making choices that uphold justice and kindness. For example, honesty fosters trust, while empathy encourages understanding and support among people.

Moreover, moral values contribute to the development of strong communities, as they encourage collaboration and reduce conflicts. Ultimately, nurturing these values is essential for creating a harmonious society, where individuals can coexist peacefully and contribute positively to the greater good. By prioritizing moral values, we lay the groundwork for a more compassionate and just world.

Priyanka  
B.Sc. (Comp. Sc.) Sem V  
4501

## Significance of Moral Values

Moral values are the good values taught to help people lead a disciplined life. Moral values include good habits such as honesty, helpfulness, integrity, respectfulness, love, hard work and compassion.

A student's life is full of challenging. This is a growing age wherein a person learns several lessons each day. The lessons learned during this age stay with us for the rest of our lives. It is thus important to help the students inculcate good moral values. After all, they are the future of the nation. Children with good moral values grow up to become responsible youth.

Parents as well as teachers must put in special efforts to help students imbibe good moral values. Children are quite observant. Most of the things they learn in life is by observing their teachers, parents and elder siblings. They pay more heed to the way their elders act and behave and imbibe the same rather than what they are instructed to do. For instance, they will be inspired to speak the truth if they see their elders doing the same. On the other hand, if they are repeatedly asked to speak the truth but see their elders doing otherwise, they too shall be tempted to lie. It is thus the responsibility of the parents and teachers to behave properly to demonstrate good values so that the children inculcate the same. They must inspire the students to be polite, help others, speak the truth, be compassionate and take up responsibilities with pleasure.

Schools must also focus on imparting moral values to the students by way of good moral stories and lessons rather than merely lecturing them on the same. Evil practices and bad habits must be condemned so that the students stay away from them. Inculcating good moral values in students is as important as teaching them other subject. Times are changing and the mindset of people is changing with time. While it is good to move with the time however moving away from ones roots and moral values is not a good thing. Today's generation is not as conscious about being morally and ethically correct as the earlier ones.

They have a different outlook towards life. Indulging in frivolous act, lying for their benefit, smoking, drinking and having drugs is a common sight these days. While this was considered a taboo a few decades back, youth these days indulges in the same without any inhibitions. Most of this can be attributed to the influence of the western culture. Besides, parents these days have also become extremely busy in their lives that they hardly get time to spend with their children and teach them what is right and wrong.

A person must bear good moral values such as honesty, helping nature, decency, righteousness and self-discipline. Such a person is an asset to the society.

Simran Kumari  
B.Sc. (Non-medical) Sem V  
4902

# Empathy and Equality

In an increasingly interconnected world, empathy and equality stand as two of the most vital moral values. They are not just philosophical ideals but practical principles that can transform how we interact with each other, both individually and collectively. At the heart of many social issues, from inequality to discrimination, lies a failure to uphold these two values. When embraced, empathy and equality have the power to heal divisions, foster understanding, and create societies where everyone can thrive.

## **Empathy: The Foundation of Human Connection**

Empathy is the ability to step into another person's shoes, to understand their feelings, thoughts, and experiences. It allows us to see the world from different perspectives and recognize the humanity in others, regardless of our differences. This capacity for compassion is what makes us fundamentally human. It is through empathy that we build bridges across divides—be they cultural, racial, religious, or economic—and work toward solutions that benefit everyone.

Empathy promotes kindness and reduces prejudice. When we feel for others and understand their struggles, we are less likely to engage in actions that harm or exploit them. It challenges us to move beyond self-interest and consider the well-being of others as an integral part of our own. In this way, empathy acts as a moral compass, guiding us toward fairness, cooperation, and mutual respect.

## **Equality: The Right to Dignity and Opportunity**

Equality, in its truest sense, is the recognition that every individual has an inherent right to dignity, respect, and equal opportunity, regardless of their background. It is rooted in the belief that no one should be privileged or disadvantaged by arbitrary factors such as race, gender, social class, or religion.

When we talk about equality as a moral value, we are not referring to making everyone the same, but to ensuring that everyone has the same rights and opportunities to succeed and live fulfilling lives. Equality demands that we dismantle the barriers — whether systemic, social, or economic—that prevent individuals

from reaching their full potential. It is about leveling the playing field so that success and well-being are not reserved for the few but accessible to all.

Equality also intersects with justice. A just society is one where people are treated fairly and equitably, where their rights are protected, and where institutions work to rectify imbalances of power and privilege. Upholding equality is a commitment to the idea that every person, regardless of their circumstances, deserves a fair shot at life.

## **The Intersection of Empathy and Equality**

In an increasingly interconnected world, empathy and equality stand as two of the most vital moral values. They are not just philosophical ideals but practical principles that can transform how we interact with each other, both individually and collectively. At the heart of many social issues, from inequality to discrimination, lies a failure to uphold these two values. When embraced, empathy and equality have the power to heal divisions, foster understanding, and create societies where everyone can thrive.

## **Empathy: The Foundation of Human Connection**

Empathy is the ability to step into another person's shoes, to understand their feelings, thoughts, and experiences. It allows us to see the world from different perspectives and recognize the humanity in others, regardless of our differences. This capacity for compassion is what makes us fundamentally human. It is through empathy that we build bridges across divides—be they cultural, racial, religious, or economic—and work toward solutions that benefit everyone.

Empathy promotes kindness and reduces prejudice. When we feel for others and understand their struggles, we are less likely to engage in actions that harm or exploit them. It challenges us to move beyond self-interest and consider the well-being of others as an integral part of our own. In this way, empathy acts as a moral compass, guiding us toward fairness, cooperation, and mutual respect.

## **Equality: The Right to Dignity and Opportunity**

Equality, in its truest sense, is the recognition that every individual has an inherent right to dignity, respect, and equal opportunity, regardless of their

background. It is rooted in the belief that no one should be privileged or disadvantaged by arbitrary factors such as race, gender, social class, or religion.

When we talk about equality as a moral value, we are not referring to making everyone the same, but to ensuring that everyone has the same rights and opportunities to succeed and live fulfilling lives. Equality demands that we dismantle the barriers—whether systemic, social, or economic—that prevent individuals from reaching their full potential. It is about leveling the playing field so that success and well-being are not reserved for the few but accessible to all.

Equality also intersects with justice. A just society is one where people are treated fairly and equitably, where their rights are protected, and where institutions work to rectify imbalances of power and privilege. Upholding equality is a commitment to the idea that every person, regardless of their circumstances, deserves a fair shot at life.

#### **The Intersection of Empathy and Equality**

Empathy and equality are deeply intertwined. Empathy is often the catalyst for achieving equality because it fosters an understanding of the inequalities others face. When we empathize with someone, we are more likely to support policies and initiatives that promote fairness and equality, whether that means advocating for equal pay, affordable healthcare, or access to education.

On the flip side, equality enhances empathy. In an equal society, where everyone has access to the same opportunities, people are more likely to engage with and understand one another on a deeper level. Inequality breeds division,

resentment, and alienation, whereas equality promotes social harmony and cooperation.

#### **Empathy and Equality in Action**

In practice, these values can transform our institutions, laws, and day-to-day interactions. Consider how empathy has driven movements for civil rights, gender equality, and LGBTQ+ rights. These movements have been powered by the ability of marginalized groups to share their experiences, and by the willingness of others to listen, understand, and act. From anti-discrimination laws to inclusive workplaces, empathy has been the bedrock of social change.

On the personal level, empathy can be cultivated in our daily lives. It begins with active listening, with making an effort to understand others' perspectives, and with challenging our own biases and assumptions. Empathy is not passive; it requires conscious effort and reflection. Similarly, promoting equality involves not only recognizing our own privilege but also supporting systemic change that benefits the whole of society, not just a select few.

#### **Conclusion**

Empathy and equality are more than just moral values; they are essential to building a better world. Without empathy, we become indifferent to the suffering of others. Without equality, we create systems of injustice and exclusion. Together, these values can pave the way toward a society where everyone is valued, respected, and given the opportunity to succeed. Embracing empathy and equality is not just a moral imperative; it is the foundation of a more just, compassionate, and inclusive world.

Gurleen Kaur  
B.Sc (Med) Sem V  
9104

## **THE IMPORTANCE OF MORAL VALUES**

Moral values are the guiding principles that influence our behaviour and decisions, shaping how we interact with others and view the world. They encompass concepts such as honesty, integrity, compassion, and respect.

#### **Foundations of Moral Values**

Moral values are often derived from various sources, including cultural norms, religious

teachings, and personal experiences. They are typically instilled from a young age through family, education, and societal interactions..

#### **The Role of Moral Values in Society**

**1. Promoting Trust and Cooperation:** Shared moral values create a foundation for trust among individuals. When people adhere to principles like honesty and fairness, it fosters

cooperation and strengthens community bonds.

**2. Guiding Decision-Making:** Moral values serve as a compass in challenging situations. They help individuals navigate ethical dilemmas, ensuring that decisions align with their beliefs and contribute positively to society.

**3. Encouraging Empathy and Compassion:** Values such as kindness and empathy encourage individuals to consider the feelings and perspectives of others. This understanding is crucial for conflict resolution and social harmony.

**4. Influencing Leadership and Governance:** Leaders who embody strong moral values inspire confidence and respect. Ethical leadership promotes accountability and transparency, essential for effective governance.

### Challenges to Upholding Moral Values

In today's complex world, individuals often face pressures that challenge their moral beliefs.

#### Factors

such as peer influence, societal expectations, and economic pressures can lead to ethical compromises. Additionally, the rapid spread of information and differing cultural perspectives can create

moral ambiguity.

**Fostering Moral Values** To cultivate moral values, individuals and communities can take proactive steps:

**1. Education:** Incorporating ethics and moral philosophy into educational curricula helps young people develop a strong moral foundation.

**2. Role Modeling:** Adults should exemplify moral values in their actions. Children and peers learn from observing how others respond to ethical dilemmas.

**3. Open Dialogue:** Encouraging discussions about moral issues allows individuals to explore different viewpoints and refine their own beliefs.

**4. Community Engagement:** Participating in community service and social justice initiatives reinforces the importance of compassion and collective responsibility.

### Conclusion

Moral values are integral to the functioning of society. They guide individual behaviour and contribute to the overall well-being of communities. We can build a more just, empathetic, and connected world by nurturing and prioritizing these values.

Vinny Banger

B.Sc. (Med) Sem V

9101

## Gratitude

Gratitude is one of the most profound words and virtues rooted in the recognition and appreciation of the goodness that exists both within and around us. It represents not only an emotional response but also a moral attitude towards life. By cultivating gratitude, individuals acknowledge the effort and kindness of others, making stronger relationships and a sense of responsibility. When viewed through the lens of moral values, gratitude aligns closely with virtues

such as humility, kindness, empathy and justice.

Gratitude also plays a crucial role in the development of kindness. When people feel thankful, they are more inclined to give back to others and the community. Gratitude encourages a cycle of giving, where acts of kindness and generosity inspire further positive actions. This cycle is foundational to the moral values that underlie a cohesive society.

People who express gratitude are more empathic.

In a broader sense, gratitude encourages social harmony by reducing envy and entitlement. When individuals focus on what they have rather than they lack, feelings of jealousy diminish, leading to a more contented and compassionate mindset. A person grounded in gratitude is less likely to take things for granted and more likely to appreciate the value of what they receive, whether material or emotional. Gratitude also relates to the moral value of justice, particularly in acknowledging the moral obligation to return favours or express thanks for acts of kindness. Although justice is often framed in terms of fairness and rights, it also includes the idea of reciprocation. When someone does good for us, it is morally right to respond in kind, creating a balance of giving and receiving. This reciprocal

relationship strengthens social bonds and contribute to the well-being of communities. In conclusion, gratitude is much more than a fleeting emotion, it is a foundational moral value that supports the flourishing of individuals and societies. By promoting humility, kindness, empathy and justice, gratitude creates an ethical framework for living harmoniously with others. As individuals learn to appreciate the good in their lives and in the world around them, they become more morally grounded and capable of contributing to the common good.

The more Grateful you are  
the more Beauty you see

**Kashish**  
**B.Sc (Med) Sem I**  
**4760**

## Twentieth Century Morality

### The rise and fall of moral concepts from 19 century to 21st century

Moral judgments and intuitions feature prominently in everyday life. They saturate the news, social media, and ordinary conversation and argument. Increasingly they also feature prominently in the academic literature. Morality has become a major interdisciplinary research focus, explored intensively within the fields of economics, philosophy, and evolutionary biology among others.

Within the psychological study of morality, two key intellectual developments have been the 'intuitionist turn' and the emergence of pluralist accounts.

The Harm foundation includes concerns of cruelty, the suffering of others, and the virtues of compassion, caring, and kindness. Fairness covers issues of injustice, unfair treatment, reciprocity, equality, cheating, and individual rights. The Ingroup foundation is concerned with loyalty and obligations for group membership, self-sacrifice, and betrayal. Authority refers to social order, an obligation to conform to hierarchical relationships, and obedience and respect for authority and tradition.

The present study adds to an emerging body of quantitative research on historical changes in human culture. It extends previous work with its thorough and systematic attention to the multiple dimensions of morality. The dynamic changes in the salience of morality through the 20th century that it finds are complex, resisting simple linear narratives of uninterrupted rises or falls.

Understanding historical variations in moral judgments and values may help to illuminate social challenges in the present and those yet to arise.

**Shruti Sood**  
**B.Sc. (Med) Sem V**  
**9103**

# Student-Led Service Units



Unyielding Zeal Service Thrives



Spreading Awareness on AIDS Day



Blood Donation Day Celebration



Republic Day Celebration



Insights on PCOD by Dr. Pallvi Sharma



Flag Hosting Ceremony



Depiction of Patriotism



Dental Check-up Medical Camp

# Legacy & Beginnings



Superannuation of Mrs. Amanlata,  
Department of English.



Superannuation of Dr. Gurpreet Kaur,  
Department of Punjabi



Superannuation of Smt. Raj Rani, Peon



Superannuation of Mr. Rakesh Kumar, Chowkidar



Superannuation of Mr. Kamal Dev,  
Lab Attendant, Computer Science Department



Shinners of the Party



New Comers Walking Gracefully in their 'Fresher's Party'

# Kaushalam.. 2024 Inter -School Competition



Honoring the Chief Guest Mrs. Anupam Kaler, PCS



First Lady Honoring the guest of Honor. Ms. Kumud Sharma, Advocate Judicial Courts, Phagwara



Lightening the Lamp



Innaguarating Shri I.K.Sardana Mamorial Hall



Kickstart to the Competitions



Mrs. Anupam Kaler, Addressing the Participants



Runners Up, KNPS Phagwara



Winner, Swami Sant Dass Public School Phagwara

# Edu Voyage



A Recreational Trip to the Scenic Hills of Kasauli



Biotechnology Workshop at Lovely Professional University



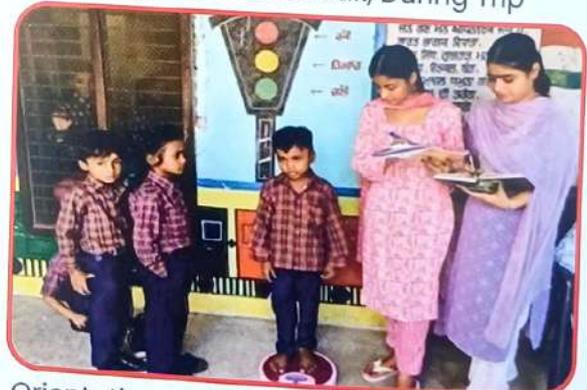
Selected volunteers for District Nodal Level of Viksit Bharat Youth Parliament



Delightful Food Break, During Trip



One-day Trip to Chandigarh



Orientation Program for Diploma Students In Nanny Care and Nutrition at Oxford Pre-school



Community Outreach Program In Hajipur Village

# Planning Forum

*Teacher Editor:*  
**Ms. Jyoti Bajaj**  
Assistant Professor in Economics

*Student Editor:*  
**Ms. Harneet Kaur**  
B.Sc. Economics Sem. 6th

## INDEX

| <i>Sr. No</i> | <i>Article Name</i>   | <i>Pg. No.</i> |
|---------------|---|----------------|
| 1.            | Importance of Moral Values in Student Life                                | 1-2            |
| 2.            | Moral Economy   | 2-3            |
| 3.            | National Education Policy 2020  | 3              |
| 4.            | Morality  | 4              |
| 5.            | What is the NEP 2020?   | 4-5            |
| 6.            | MORAL VALUES - A GUIDE TO RIGHT AND WRONG                                 | 5-6            |
| 7.            | 10 Moral Values   | 6              |
| 8.            | The New Education Policy: A Transformative Approach to Education in India | 7              |
| 9.            | MORAL VALUES  | 7-8            |
| 10.           | NEP: National Education Policy  | 8-9            |

# IMPORTANCE OF MORAL VALUES IN STUDENT LIFE

## Introduction

Value education is the process by which people give moral values to each other. It can be an activity that can take place in any human organisation during which people are assisted by others, who may be older, in a condition experienced to make explicit our ethics in order to assess the effectiveness of these values and associated behaviour for their own and others' long term well-being, and to reflect on and acquire other values and behaviour which they recognise as being more effective for long term well-being of self and others. There is a difference between literacy and education.

## Meaning of Moral Values:

Moral Values are the worthy ideals or principles that one follows to distinguish the right from the wrong. These ideals or virtues are considered worthy in building up the character of an individual. Moral Value refers to the good virtues such as honesty, integrity, truthfulness, compassion, helpfulness, love, respectfulness, hard-work, etc. Moral values are set of principles that helps us evaluate what is good and what is bad! Moral values are the set of principles or accepted belief that guides a person to held high-opinions and follow the path of righteousness.

## Importance of Moral Values in Student Life

Moral values help in determining the character of a student as being good or bad. Moral values are a good campaign for peace and harmony as when everyone behaves well then there is no cause for violence or calamity. In schools, moral values in students are rewarded with gifts and privileges from the school management especially when the school is giving honors. They also keep grow up students on the good side of law as having proper morals depicts that you are always on the right side of the law. Moral values determine whether or not you attract good friends. The good will always want to have good around them just as the bad will want bad. Moral values let you decided what is good for you and what is bad. Thus, you get a decision making ability with the help of moral values. Moral values show the real identity of a person. A person's character and spirituality get determined by the moral values he has. Since a student is a learner, the moral values guide them accordingly. They are the most essential of all learners that last an entire lifetime. Cheating in exam cannot get any learning is one example of how the moral values help. Values especially moral values determine how you will fare in life and so make a foundation for life. Having the moral values will keep you from going astray. Moral values elicit a feeling of gratitude in a student towards life and especially towards the teachers and earn the deserving attention from them. Moral values are the key to build good relationships with people. They can eliminate problems like dishonesty, cheating, violence and jealousy, etc. They can get vanished if one attains good moral values. Moral values lead to a sincerity among students which is essential in this age of learning. Moral Values bring a kind of mental strength that takes you through many difficult times in life. Having and practicing moral values brings a kind of mental strength that leads to fearlessness which can overcome many obstacles to student. Student who practice moral value and have the understanding about their importance are more likely to become good citizens that will take the world on the right path. People having good moral values will show respect to women and will don't show any abusive behaviour. People get through various tough situations if someone has good moral values. A student is gradually exposed to the world. The real world is so vast that the student has many temptations facing him or her to have a lot too soon. Moral values temper down this blazing curiosity. As the students go through the growth path, having the right moral values gives them

the humility to seek the right guidance and also the wisdom to know that they need guidance. A student who maintains his moral values through everything is looked upon with respect. His opinions matter, and he holds his head high. Moral values help you to become truthful in your life, and it is always helpful for a better future because one can't make a good future by a lie.

## What are the benefits of good moral values?

- When we love and respect others, when we work with honesty we do only what is right, we obviously transform ourselves into a better human being.
- Moral values help in shaping the character and personality of an individual.
- Moral values also earn you respect.
- Moral values are essential for human relationships at all the levels of life. Be it our family, workplace or society, moral values are required everywhere in order to work smoothly and in a cooperative manner.
- Moral values help us differentiate between good and bad, right and wrong. Hence, the decision power of an individual gets improved, naturally.
- Moral values help you in finding out the true purpose of your life. Once we start following the path of life through moral values, we start realizing the true purpose our life. We become unselfish, dedicated, loving and caring for others.

## Conclusion

Students are the future of India. The future of our country depends upon the moral values imparted to them during their student life. They will become doctors, politicians, businessperson, engineers, scientists, etc., and hold important positions. Moral lessons should be properly implemented among students in school and colleges. Moral values give us happiness, confidence and immense satisfaction. These values shape us into gentle humans who are beautiful inside out.

**Jyoti Bajaj**

**Assistant Professor in Economics**

# Moral Economy

The concept of "Moral Economy" refers to the idea that economic activities and relationships should be governed by moral and ethical considerations, rather than purely by market forces or profit motives. Originating in the study of early modern European peasantries, this framework emphasizes fairness, social justice, and the protection of community norms. Understanding its historical roots and applications can offer insights into contemporary debates on economic policies and social responsibilities.

**There are some characteristics of Moral Economy:**

**Social Justice:** Equity among community members is a priority in decision-making.

**Community Welfare:** The focus is on the collective good, rather than individual prosperity.

**Cultural Integration:** Local traditions and social norms influence economic practices.

**Ethical Considerations:** Business operations are guided by shared moral values, not just financial gain.

**Mutuality:** Principles of mutuality operate in small, closely knit communities.

**Aims: To Describe, Explain and Evaluate** the norms that structure economic practices and institutions, including rights, responsibilities and conceptions of fairness; and the motivations,

character and ethical dispositions of economic actors, including the goods they pursue and the moral sentiments they express.

#### **Criticism of Moral Economy:**

**Idealizing non-capitalist societies:** Some say that moral economists present non-capitalist societies as realms of equality and solidarity, where hierarchies and individual profit-making are neutralized for the common good.

**Western-centric History:** The concept of moral economy has a Western centric history.

**Assumption of Legitimate and Illegitimate Practices:** Some criticize the assumption that moral assumptions are legitimate and illegitimate practices.

**Lack of Support from Historical Events:** Some scholars have questioned the existence of a "moral economy of the peasant" by pointing to historical events like the Telangana and Tebhaga peasant rebellions in the 1940s.

Harneet Kaur (Student Editor)  
B.Sc. (Economics) 5th Sem.  
Roll No. 3503

## National Education Policy 2020

The National Education policy (2020), introduced by the Government of India, represent a revolutionary shift in the educational framework of the country. Aimed at meeting the demand of the 21st century, NEP 2020 envisions an inclusive, holistic, and flexible education system that adapts to the dynamic needs of society and the economy. This policy is designed to foster critical thinking, creativity and innovation among students, preparing them for the challenges and opportunities of the future.

At the international institute for population sciences, we are proud to align with the visionary goals of NEP 2020. Our commitment to educational excellence and innovation reflects the core objectives of the policy, which seek to make education more accessible, equitable, and relevant. Though a comprehensive approach that integrate technology interdisciplinary learning, and experiential education, we are dedicated to nurturing the intellectual and personal growth of our students. NEP 2020 encourages universities to become vibrant centres of learning, research, and community engagement. At the international institute for population sciences, we embrace this transformative agenda by continuously evolving our curriculum, pedagogy, and institutional practices By fostering culture of continuous improvement and excellence, we aim to empower our students with the knowledge, skills, and values necessary to thrive in an ever-changing global landscape.

#### **Key Features of NEP (2020)**

**Holistic and Multidisciplinary Education:** NEP 2020 promotes an integrated approach to education, encourage student to pursue a broad spectrum of subjects and discipline.

**Flexibility in Curriculum:** The policy introduces a flexible curriculum structure with a broad choice of subject, allowing students to tailor their education according to their interest and career aspirations.

**Increased Focus on Experiential Learning:** Emphasizing practical and hands on learning experience, NEP 2020 encourages internship, field visits, and real world project to bridge the gap between theory and practice.

**Integration of Technology:** The policy underscore the importance of integrating technology in education, advocating for digital literacy online learning platforms, and the use of technology in class room to enhance learning outcomes.

Jasmine  
B.A. 5th Sem.  
Roll No. 2004

# MORALITY

Moral values are principles or standards of behaviour that distinguish right from wrong, guiding individuals in making decisions about how to act ethically. These values are often shaped by cultural, societal, religious, and personal beliefs. Common moral values include:

1. **Honesty** – Telling the truth and being transparent.
2. **Respect** – Treating others with dignity and consideration.
3. **Compassion** – Showing empathy and kindness to others, especially in times of need.
4. **Fairness** – Acting justly and without bias, ensuring equality and justice.
5. **Responsibility** – Being accountable for one's actions and obligations.
6. **Courage** – Standing up for what is right, even in the face of adversity or fear.
7. **Loyalty** – Remaining faithful and supportive to friends, family, or causes.
8. **Gratitude** – Recognizing and appreciating the good in one's life and others' contributions.
9. **Integrity** – Acting consistently with one's moral principles, even when no one is watching.

These values serve as the foundation for ethical behavior in societies and individuals, helping people make choices that promote good and prevent harm.

Kavita

B.A. 5th Semester

Roll No. 2038

## What is the NEP 2020?

The Indian government's New Education Policy is referred to as NEP. In July 2020, the Union Cabinet of India approved the New National Education Policy (NEP) to bring modern reforms to the Indian education system from the school to the college level. This policy stands on the ideology to make India a 'global knowledge superpower.' In addition to this, it was with the introduction of NEP in 2020 that the Ministry of Human Resource Development was renamed to the Ministry of Education.

The new National Education Policy is based on the pillars of **Access, Equity, Quality, Affordability, and Accountability**. It aims to make both school and college education more holistic, multidisciplinary, and flexible, which aligns with the 2020 agenda for sustainable development.

### The Need for a New National Education Policy:

Up until the introduction of the New National Education Policy in 2020, there were many pitfalls in the Indian education system. Memorization was prioritized more over the understanding of concepts. In addition to this, the presence of multiple boards was a big issue. Each board had different learning methods for different skills, and then every student had to take the same standardized board exam.

Furthermore, in the past years, more emphasis was

laid on learning or mastering traditional subjects and less on developing vocational skills. In the new education policy, all the pitfalls and limitations of the Indian education system are taken care of. Moreover, the policy intends to bridge the gap between vocational and formal education.

### Explanation of 5+3+3+4 Structure of New Education System:

It is the refurbished structure of the educational framework which was introduced in the New Education Policy 2020. It categorizes learning into four stages, explained below:

- **Foundational Stage:** It consists of the initial years of a child's education i.e. till 5 years. The first three years of primary education are based on interactive learning through activities and playful games. This is followed by grades 1 and 2 where the child will gain basic literacy and numbers.
- **Preparatory Stage:** It spans three years from class 3rd to 5th. A multi-faceted approach is to be adopted for a comprehensive learning experience at this stage. The curriculum emphasizes understanding and the application of concepts instead of rote memorization.
- **Middle Stage:** The stage between classes 6th to 8th is the middle stage and it takes your child

deeper into the subject matter. It is the first time that students are introduced to project-based learning and they learn about the subjects in detail.

• **Secondary Stage:** It is the final segment of school education which includes grades 9 to 12, also known as higher secondary education. Students get the chance to choose the subjects of their choice and prepare them for future career paths. The child will learn real-world skills and competencies.

**Challenges with NEP:** The framework designed by NEP will bring a revolutionary change in the entire higher education ecosystem of India, but it has a few limitations, as studied by a few researchers. These are:

As the policy aims to double the gross enrollment ratio by 2035, this requires the creation of a new university every week for the next 15 years, which is a huge challenge.

• To deliver the upgraded curriculum effectively, India needs a sizable pool of competent teachers who are familiar with the new pedagogical approach.

• Adequate funding and resources are required for proper implementation.

• As teachers generally share a disciplinary anchoring culture, it is difficult to have educators with exceptional skills who are experts in one area and lean in other subjects as well.

• NEPs multiple entry and exit options may face challenges in India because of the large student population. It could lead to a high annual intake in higher education. It can become difficult for universities to predict how many students would join and exit.

### **Impact of National Education Policy (NEP):**

NEP includes nine key chapters, each with a resourceful impact in its own right.

### **Impact of NEP on Students:**

For students, the biggest advantage and impact is that education under the NEP system is available to impart universal access. Students will undergo rigorous training and tracking with complete and capable support. The technology-based platform is available to ensure the holistic development of the students.

### **Impact of NEP on Higher Education:**

Under the higher studies scheme, the accreditation and standard-setting measures are on a different level compared to the existing model. The primary impact of NEP on higher education focuses on target factors like quality academic research, the transformation of the education system to supportive status and an optimal learning environment.

**Harneet Kaur**

**B.Sc. (Eco.) 5th Semester**

**Roll No. 3503**

## **MORAL VALUES - A GUIDE TO RIGHT AND WRONG**

In today's world, everything seems to be speeding up, from instant texts to fast food. It's easy to overlook slower, steady things like moral values. But values like honesty, respect, and kindness are like a compass that guides us. They don't just make us "good people"; they make life richer and our relationships stronger. And best of all, these values never go out of style.

Imagine you're in a tricky spot, and lying would get you out of it. Honesty—one of those "old-fashioned" values—steps in and says, "Do the right thing." Honesty might not seem exciting, but it builds something more valuable than quick solutions: trust. Respect does the same thing. It might be as simple as letting others speak, but respect is the foundation of

real friendships and strong relationships. These values may not make us superheroes, but they do make us people others can rely on.

Good friends make everything better, don't they? Values like kindness and empathy help us build those connections. Empathy isn't just feeling bad for others; it's understanding them. And kindness, even in small ways, changes how we treat people. Imagine if everyone practiced a bit more kindness and honesty—life would be smoother, safer, and even more fun. In our families, friend groups, and at work, these values make our connections deeper and our lives happier.

Moral values aren't just for treating others well; they help us grow too. Values like self-discipline, patience, and resilience help us handle life's ups and downs.

When we choose responsibility over blaming others or integrity over taking shortcuts, we're building our character. These values make us people we can be proud of. Over time, they make us stronger, more reliable, and better prepared to face life's challenges.

Life doesn't always go as planned, and sometimes it can be tough. Values like patience and perseverance help us deal with these challenges. They remind us that, even when things go wrong, we don't need to abandon our principles. With honesty, courage, and compassion, we can handle tough times and often help others through theirs too.

We learn values from the people around us—parents, teachers, friends, and sometimes even people on social media. Parents often teach us our first values, but it's up to us to decide which values to

follow. Think about the people you admire. Maybe it's a friend who's always there for you or a famous person who stands up for others. By following good role models, we shape our own future and make the world a better place.

Moral values are more than just rules to follow. They help us make good choices, build strong relationships, and do our part to create a better world. When we practice values like kindness, honesty, and respect, we set a good example. This creates a ripple effect, inspiring others to do the same. Imagine a world where everyone values compassion, respect, and honesty. That's a world worth working toward, and it starts with each of us living these values every day.

**Muskan Chhabra & Khushi Chhabra**  
**B.Sc. (Economics) 3rd Semester**  
**Roll No. 3402 & 3403**

## 10 Moral Values

Moral values are the concepts that explain to us how to guide human behaviour and the difference between proper and incorrect. They form the base of ethical selection-making and contribute to the improvement of someone's character. The advancement of moral principles is a complex and diverse process driven by a variety of elements, including philosophy, religion, and way of life. 10 Moral Values for students.

1. Empathy
2. Honesty
3. Teamwork
4. Self-discipline
5. Responsibility
6. Respect
7. Compassion
8. Fairness
9. Gratitude

10. Responsibility refers to one's ability to perform assigned duties and obligations satisfactorily. This entails taking care, being accountable and accepting the results of one's actions, feelings and utterances. Throughout my life, I have come to the realization that no matter how smart one is, responsibilities play a pivotal role in the facilitation of success in any endeavour.

In addition, I have come to terms with the fact that as a human being I cannot be responsible for things that are out of my control. For example, you are not responsible for people's feelings about you or others in society and efforts to change such perceptions may prove to be deleterious.

In the last two decades, the idea that public policy should emphasize the importance of personal responsibility has become popular among both Republicans and Democrats. Not long ago, many critics held that the nation's social policy expected too little of those it was designed to assist. Basing policy on the expectation of personal responsibility means that government must spend money to help people, to be sure, but government programs must also expect that individuals will make wise decisions and then make every effort to implement their decisions. More than a decade ago, Larry Mead of New York University called this movement the "new paternalism." By this label he meant that government would organize programs to send a clear, value-based message of expected behaviour and then arrange consequences for those who ignore the message. An important and somewhat controversial aspect of paternalism is that government decides, based on an appeal to traditional or widely accepted values, what good choices are and then ensures that people are rewarded for the right choice or punished for the wrong choice, all the while emphasizing that individuals are responsible for their own behaviour.

At the crescendo of his astonishing inaugural address, President Obama called the nation's attention to "a new era of responsibility." What did he mean? At minimum, he meant that young Americans should be guided by a clear and straightforward set of goals: finish your education, get a job, get married, and only then have children – and get the sequence right. After that, everything is possible.

**Muskan**  
**B.Sc. (Economics) 1st Semester**  
**Roll No. 3310**

# The New Education Policy: A Transformative Approach to Education in India

In 2020, India launched the New Education Policy (NEP), a significant reform aimed at overhauling the country's education system. This policy seeks to address various challenges in education and make learning more effective and inclusive. Here's a closer look at its main features and goals.

One of the most notable changes introduced by the NEP is the shift from a rigid education structure to a more flexible one. Traditionally, students had to follow a fixed curriculum, which often limited their interests and creativity. The NEP allows students to choose subjects based on their interests, allowing them to explore different fields. This change is intended to make education more engaging and relevant to the needs of the modern world.

The NEP also emphasises the importance of early childhood education. Recognizing that a strong foundation is crucial for a child's development, the policy aims to provide quality education to children aged 3 to 8 years. This focus helps in building essential skills at an early age.

In addition, the NEP promotes multilingualism, encouraging students to learn in their mother tongue while also acquiring other languages. This approach not only helps preserve local languages but also improves communication skills.

Another significant aspect is the emphasis on vocational training. The NEP aims to integrate vocational education. With regular studies gain practical skills and enhancing their employability. To improve the quality of education, the NEP proposes the use of technology. Online resources and digital tools will

be integrated into classrooms, making learning more interactive and accessible, especially in remote areas. This emphasis on technology also prepares students for a future where digital skills are increasingly essential.

Teachers play a crucial role in the success of an education system. The NEP focuses on improving teacher training and professional development. It aims to provide teachers with ongoing training to update their skills and knowledge. By investing in teacher education the policy seeks to ensure that educators are well equipped to deliver high-quality instruction and support student learning effectively.

A critical goal of the NEP is to make education accessible to all, regardless of background or location. The policy emphasizes the need for inclusive education, ensuring that children with disabilities and those from disadvantages backgrounds receive the support they need to thrive.

The New Education Policy represents a bold step toward transforming India's education system. By focusing on flexibility, early childhood education, multilingualism, vocational training, technology, teacher development, assessment reforms and inclusivity, the NEP aims to create a more holistic and effective educational framework. As the country moves forward, the success of this policy will depend on its implementation at various levels and the collective efforts of educators, parents and policymakers. Ultimately, the NEP strives to prepare students for a rapidly changing world, equipping them with the skills and knowledge they need to succeed.

**Muskan Chhabra & Khushi Chhabra**

**B.Sc. (Economics) 3rd Semester**

**Roll No. 3402 & 3403**

## MORAL VALUES

Moral values are the principles that guide our behaviour towards what's right and wrong. They teach us to be honest, respectful and compassionate towards other. Integrity, kindness and empathy are keys aspects of moral values. They help build trust and foster good relationships. Honoring commitments and taking responsibility for our actions are essential in upholding moral values. A person without moral will not be trusted and respected in society. When we learn what is morally right or wrong, we can take the right decision at every step.

## FEATURES OF MORAL VALUES

1. Moral values regards matter of right and wrong.
2. Moral values are constant and unchanging.
3. Moral values are for self-development and self-discipline.
4. Moral values can be taught.

## IMPORTANCE OF MORAL VALUES

Moral values are a collection of ideas that are necessary for every human being to have a sense of responsibilities for their actions. These principles are in a person's ability to discriminate between right and wrong. The development of moral character is an essential process that must begin in early childhood.

## BENEFITS OF MORAL VALUES

1. Helping to develop a strong sense of right and wrong.
2. Teaching to be responsible.
3. Helping to develop empathy.
4. Helping to develop respect for others.
5. Helping to develop a sense of self-worth.
6. Helping to become independent thinker.
7. Helping to develop a positive outlook on life.
8. Helping to develop a strong sense of character.
9. Helping to become a global citizen.
10. Helping to develop a love for learning.

In short, moral values aid a person to make the right choice and decision in life. It directs an individual behaviour and makes him or her clear goal. And all moral values are rated very high.

**Jai Kaur**

**B.Sc. (Economics) 5th Sem.**

**Roll No. 3501**

# NEP: National Education Policy

National Education Policy was formed in 1986 and modified in 1991. National Education policy aims to restructure the regulation and governance of the India education system to address developmental goals of the country. The general objectives of the National educational Policy is to create an equitable and inclusive education system. The first NEP was promulgated by the government of India by Prime Minister Indira Gandhi in 1968, the second by Prime Minister Rajiv Gandhi in 1986, and the third by Prime Minister Narendra Modi in 2020

Nations Education Policy, 2020 (NEP) envisions A massive transformation. in education through "An education system rooted in Indian ethos that contributes directly to transforming India, that is Bharat, sustainably into an equitable and vibrant knowledge society, by providing high quality education to all, thereby making India a global knowledge superpower". The NEP 2020 is founded on five guiding pillars Access, Equity, Quality, Affordability and Accountability. It will prepare our youth to meet the diverse national and global challenge of the present and the future.

In school education, the National Education Policy 2020 stresses on the core values and principle. that education must develop not only the cognitive Skills, that is - both 'foundational skills' of literacy and

numeracy and higher order skills such as Critical thinking and problem solving but also social and emotional skills -also referred to as "soft skills" - including cultural awareness and empty perseverance and grit, teamwork, leadership, communication among others. The policy aims and aspires to universalize the pre-primary education and provides special emphasis on the attainment of foundational literary/ numeracy in primary school and beyond for all by 2025 it recommends. Plethora of reforms to all levels of school education which seek to ensure quality of schools, transformation of the curriculum including pedagogy with 5+3 + 3+ 4 design covering children in the age group of 3-18 years reform in the current exams and assessment system, strengthening of teacher training, and restructuring the investment in education, strengthen the use of technology and increasing focus on vocational education, each subject should be reduced to its 'core essential content by making space for holistic, discussion and analysis -based learning.

Everything has their advantages and disadvantages. It also has their advantages and Disadvantages.

### **Advantages:**

1. Flexible learning Opportunities & Over the course of 9th and 10th grade students are required to study 16 course categorised under 8 curricular areas. The old system prevents students in 12th grade from appearing in beyond 6 subjects for board examination, and hence reduces the scope of multidisciplinary education. A student who has opted for combination of PCM, cannot simultaneously study history or political science. However, there is no such "Hard separation" between Arts, Humanities and Science under NEP.
2. Exposure to Ancient culture & The NEP seeks to instil a sense of deep rootedness and pride in students toward India' rich and diverse ancient and modern culture, while also educating them about the knowledge system and traditions.
3. Creativity and logical Thinking: The NEP will enhance creativity and logical thinking through an emphasis on critical thinking, experiential taking integration of arts and other vocational subjects all with a reduced academic curriculum.

### **Disadvantages:**

1. Language Barriers: Diversifying study material into regional languages acts as double edged sword. In going through with this it will be difficult to find competent translators and educators especially for lesser spoken languages.
2. Resistance: It is possible that NEP will be met with resistance by students and educators who are used to traditional methods of education, especially in rural areas
3. Course Duration: Traditional procedures such as Student graduation have now become 4 year course. However, students are used to easily complete their diploma degree in 2 years, which may cause them to leave their former course midway.

### **Conclusion**

In conclusion, the New Education Policy comes with more merits than demerits and even this demerits can be addressed in the long term. The NEP of 2024 not be beneficial to students, but the entire educational sector. It will faster a healthy, logical, open, and creative mind sets for future generations. It will prepare Students by making them industry ready and able to pursue technical professions, in turn improving quality of life and in way ensuring the prosperity of the country.

**Tanisha**  
**+1 (Commerce)**  
**Roll No. 209**



## Editorial Board



### Sitting from Left to Right

1. Ms. Isha Chhabra (English Section)
2. Ms. Swati (IT Section)
3. Mrs. Priyanka Mankhand (Science Section)
4. Dr. Sudhamani Sood (Cover Page)
5. Dr. Ruminder Kaur (Chief Editor)
6. Dr. Savinder Pal (Principal)
7. Dr. Kamlesh (Pictorial Section)
8. Ms. Nidhi Jassal (Commerce Section)
9. Mrs. Jyoti Bajaj (Planning Fourm)
10. Sh. Harjinder Singh (Punjabi Section)

### Standing from Left to Right

1. Maninder Kaur (Student Editor, English Section)
2. Harleen Kaur (Student Editor, IT Section)
3. Sukirti (Student Editor, Science Section)
4. Shivani (Student Editor, Hindi Section)
5. Mrs. Preeti Markanda (Hindi Section)
6. Ms. Samreen Begum (Pictorial Section)
7. Jaskaran Kaur (Student Editor, Commerce Section)
8. Rupinder Kaur (Student Editor, Punjabi Section)
9. Harneet Kaur (Student Editor Planning Forum)

## KAMLA NEHRU COLLEGE FOR WOMEN

PHAGWARA (Distt. Kapurthala)

Ph. : 01824-505204, (M) 83607-13915

E-mail : [kamla\\_nehru@yahoo.co.in](mailto:kamla_nehru@yahoo.co.in) | College Website : [www.kncw.org](http://www.kncw.org)

Instagram : [kncw@phagwara](https://www.instagram.com/kncw@phagwara) | Facebook ID : [kncwmedia1965@gmail.com](https://www.facebook.com/kncwmedia1965@gmail.com)

