

# VOICE OF TRINITY

A newspaper by the students & for the students



The Lieutenant Governor of Delhi Approves the Draft Cab App Plan



17 दिसंबर को होगा दिल्ली न्यायिक सेवा प्रीलिम्स एग्जाम का आयोजन



Rhythms of Tranquility: A Journey Through Rishikesh

## TIPS Faculty enhanced their knowledge through FDP on Data Analysis

By TIPS Newsdesk

The Trinity Institute of Professional Studies, Dwarka organized a one-week Faculty Development Programme on "Use of Data Analysis in Research" from 16th Nov to 23rd Nov 2023. The programme was inaugurated by Prof. Dr. Ashutosh Agarwal, Director of the institute. While at the end of the session, chairman of the institute Prof. Dr. R. K. Tandon presented a memento to the guest lecture and presented vote of thanks to resource persons and participants.

The programme was focused on various aspects of data analysis in research. The first session was started by the HOD of BAJMC department, Prof. Dr. Rajesh Agarwal. He talked about "Introduction of Research and Types of Research" and explained the meaning, objective, and nature of research in detail. He also explained the problems a researcher may face in data collection and selecting an appropriate research design. He also highlighted different types of research with practical examples.

On the same day Dr. Shilpa Jain, Assistant Professor of USMS gave insights on how basics of Research enhance Data Analysis in a systematic way. She highlighted the basic terms used in all types of research e.g., Significance level, Degree of freedom, Standard deviation, and standard error in simple manner.

On the second day of FDP Dr. Deepali Saluja, HOD,



Management & Commerce Department of the institute addressed the participants on "Plagiarism: A Challenge in Research". She has also explained the free and paid anti-plagiarism softwares available for researchers. While Dr. Zubair Ahmed Khan, Associate Director of

GGSIU deliberated on the topic "Research Ethics and Plagiarism while analysing data in Research". He highlighted the importance of "Intellectual Honesty – adherence to ethical principles" in research and gave 10 ethical principles for research.

On the 3rd day Dr. Anjali Shokken, Assistant Professor of University School of Education, GGSIPU university

Conducted an insightful session on "Usage and Importance of Statistical tools in Research". She explained the basic terms used in research e.g. Statistics, type of Qualitative, Quantitative and Mixed Methods Research, meaning of Descriptive and Inferential Research.

While on the 4th day Dr. M. Saktivel, Assistant Professor of University school of Law and Legal Studies was explained the significance and need of Multidisciplinary Research. On the same day Dr. Renu Sharma, Associate Professor of the Trinity institute discussed the Bibliometric Analysis technique of research. She highlighted the point on how to select and filter data from database using an appropriate search query and use of softwares like Vosviewer and Biblioshiny to perform the analysis.

On the 5th day of the program, Dr. Sheel Nidhi Tripathi, Associate Professor of BVICAM has explained the topic Literature Review Processing and writing. She described the importance, purpose and process of Literature Review and explained general guidelines to write literature review. While on the same day Dr. Ritika Wason, Deputy Director of Bharati Vidyapeeth's Institute of Computer Applications and Management elaborated the session with installation of R and R studio. She explained

the in-built packages in R studio and how to install.

Dr. Naresh K. Vats, Assistant Professor of GGSIPU university, has shared his views on the topic "Importance of Qualitative Data in Research Paper." He highlighted that all Indian researchers are using US/UK based documentation style in research and not trying to develop our own Indian style. He tried to throw some light on the Indian literature e.g. Vyakhyapada and Katyana that existed long before BC. He has justified the theme of the FDP by connecting it to our Indian Methodology of Research. While Dr. Mukta Sharma, HOD of the Department of CS & IT, Trinity has explained the topic "How to write a good Research Paper."

On the last day of the program Dr. Sandhya Maitra, Deputy Director of Trinity Dwarka conducted a session on dimensions of research quality. She addressed the various aspects of research quality with respect to individual researcher, group

Contd. on page 4....

## Meet with star: RJ Naved gives 'Success Mantras' to TIPS students

By TIPS Newsdesk

The Students of Trinity Institute of Professional Studies on November 24, 2023 visited the set of RJ Naved at Noida sector 44. The visit was very fruitful. Students were



participated in the shooting with RJ Naved in the elevator prank. The experience became even more interesting as participants students learn

acting, how to evoke genuine reaction and how can be work as a crew member. RJ Naved, famed for his prank calls on "Mirchi Murga and lift prank"

Students from the BAJMC department shot with RJ Naved during the lift prank. They each had a different role in the lift. Students dressed as Strangers and pretended not to know anything about the circumstances. Students gain knowledge on how to convey humour through their body language and facial expressions. This video has also been uploaded to RJ Naved's official website.

It was fun for the students to work with RJ Naved. During a meet-and-greet, RJ Naved's humble charm made the event more memorable and enjoyable overall.

Ms. Sagarika, an Assistant Professor at BAJMC and Aman, the event coordinator, made this opportunity possible. They make their priceless contributions to the success of the event.

"Shoot with RJ Naved" was a laugh-filled affair that combined humour and candid interactions with a beloved personality, making it an unforgettable event for all involved. It was a fun experience that blended humour and sincere conversations with a well-liked figure.

## Students visited Coca Cola plant at Greater Noida

By TIPS Newsdesk

Training and Placement Cell of Trinity Institute of Professional Studies has organised an Industrial visit for the students of B.com at Coca Cola Greater Noida plant on November 28, 2023. The students were fascinated to see how the Coca-Cola group operated in the factory and felt enlightened by it.



Students learned about the entire bottling process and how a large plant operates to maintain its daily output of ten thousand bottles during their enriching visit to the Coca-Cola plant. The pupils were

shown around the industrial facility, where they saw the various departments and processes for tasks like filling bottles, cleaning bottles, and purifying water.

In the Coca-Cola plant visit, there were thirty-five students participated, accompanied by two faculty members from the Department of Management Studies, Dr. Manjari and Ms. Vanshika.

## The Lieutenant Governor of Delhi Approves the Draft Cab App Plan

By TIPS Newsdesk

The motor vehicle policy that will govern services like food delivery services offered by Zomato and Swiggy as well as taxi aggregators like Uber and Ola will soon be available in Delhi, following Lieutenant Governor VK Saxena's approval.

Minister of Transport, Kailash Gahlot has announced this policy. For this policy Chief minister Arvind Kejriwal had already given the approval.

out several conditions that taxi aggregators must meet. Among them are assisting law enforcement in the event of an incident and making certain that its driver partners possess all required documentation. "Transparency" regarding the fare and its portion to the driver partner is another requirement of the proposal. It further states that the passenger must have the ability to share her current location via the app—a feature already offered by Uber and Ola.

The policy establishes requirements for service providers that use vehicles for delivery, such as valid documentation, parking arrangements, and the fleet's conversion to electric by 2030.

The proposed policy must be adhered to by e-commerce companies like Amazon and Flipkart that own or operate vehicles for transportation or delivery services.

The proposal also specifies the consequences for every type of



This policy has several features. One of the policy's main features is that the national capital will only accept electric vehicles as app-based taxis by 2030. Bike taxis are allowed to operate under the policy, but only if they are electric. Service providers with a fleet of more than 25 cars will be subject to the policy.

The proposed policy lays

A zero-tolerance policy for drug or alcohol use is advocated in the draught policy, with severe consequences for infractions.

The proposal states that the fare "for providing on-demand service mobility shall comply with the order(s) of the Dept. of Transport, GNCTD, as may be notified from time to time," but it makes no mention of how surge pricing would be handled.

infraction. Fines for operating a vehicle without a valid licence can reach up to 1 lakh. Penalties are also imposed if the service providers don't reply to complaints about the driver or car in a timely manner.

Once this policy is announced, all taxi aggregators and service providers must apply for a licence within ninety days.

## Interstate Arms Dealer Arrested with 8 Pistols from Delhi

By TIPS Newsdesk

According to police, Sonu used to purchase a semi-automatic pistol for ₹ 8,000 and sell it for ₹ 25,000. A 38-year-old man was arrested from Dhaula Kuan here with eight semi-automatic pistols and 10 live cartridges in his possession, police said on Tuesday. They said that the accused, Sonu of Hapur, supplied more than 40 pistols in Delhi and Uttar Pradesh last year. With the arrest of the UP native, the Delhi police claimed to have busted an interstate firearms syndicate "The accused has been identified as Sonu of Hapur, UP. On November 23, our team got information that Sonu had collected a consignment of firearms and ammunition from an arms supplier of Madhya Pradesh

and would arrive near Dhaula Kuan bus stand to deliver the same consignment," Deputy Commissioner of Police (Special Cell) Alok Kumar said. A trap was laid near the bus stop and teams identified Sonu who was waiting for someone, he said. As he sensed that police had surrounded him, Sonu whipped out his pistol and threatened to fire pointing it towards the members of the team, but he was overpowered and disarmed, said the officer. He told police that he was supposed to hand over the ammunition to different gangs operating in Delhi, said the police officer. been previously involved in more than half a dozen cases of robbery involving use of firearms, attempt to murder, drug trafficking, dacoity, and many others in UP's Ghaziabad and

Amroha. According to police, Sonu used to purchase a semi-automatic pistol for ₹ 8,000 and sell it for ₹ 25,000. Delhi Police on Tuesday busted an interstate They said that the accused, Sonu of Hapur, supplied more than 40 pistols in Delhi and Uttar Pradesh last year. With the arrest of the UP native, the Delhi police claimed to have busted an interstate firearms syndicate "The accused has been identified as Sonu of Hapur, UP. On November 23, our team got information that Sonu had collected a consignment of firearms and ammunition from an arms supplier of Madhya Pradesh and would arrive near Dhaula Kuan bus stand to deliver the same consignment," Deputy Commissioner of Police (Special Cell) Alok Kumar said.

## दिल्ली में बढ़ते प्रदूषण के बीच बारिश से मिली राहत, AQI में हुआ सुधार

दिव्यांश

बीए(जेएमसी), 1st सेमेस्टर,

दिल्ली का एयर क्वालिटी इंडेक्स 400 से सुधरकर 387 पर पहुंच गया. दिल्ली और उसके आसपास के शहरों में बारिश और तेज हवा के कारण एयर क्वालिटी में मामूली सुधार हुआ. राष्ट्रीय राजधानी के प्राथमिक मौसम केंद्र सफदरजंग वेधशाला ने 7.2 मिमी तक बारिश दर्ज की. मौसम विभाग के एक अधिकारी ने बताया कि बारिश के कारण हवा की गति सुधरकर

वेधशाला में सुबह 8 बजे विजिबिलिटी घटकर केवल 600 मीटर रह गई. इंदिरा गांधी अंतरराष्ट्रीय हवाई अड्डे पर विजिबिलिटी 800 मीटर थी.

राष्ट्रीय राजधानी में इस नवंबर में अब तक 10 गंभीर एयर क्वालिटी वाले दिन दर्ज किए गए हैं. शहर में पिछले साल नवंबर में केवल तीन गंभीर एयर क्वालिटी वाले दिन दर्ज किए गए, जो केंद्रीय प्रदूषण नियंत्रण बोर्ड (सीपीसीबी) द्वारा निगरानी शुरू करने के बाद से इस



20 किलोमीटर प्रति घंटा हो गई, जिससे प्रदूषक तत्वों के बिखराव में मदद मिली.

24 घंटे का औसत AQI, हर दिन 395, 389, 415, 390, 394, 365, 348 और 301 था. इससे दिल्ली में धुंध की मोटी परत छा गई, जिससे सफदरजंग

महीने में सबसे अधिक है. दिल्ली के पर्यावरण मंत्री गोपाल राय ने संबंधित एजेंसियों और विभागों को प्रदूषण फैलाने वाले वाहनों पर सख्ती से कार्यान्वयन सुनिश्चित करने और पराली जलाने की बढ़ती घटनाओं की जांच करने का निर्देश दिया है.

## अरविंद केजरीवाल ने दिल्ली के मुख्य सचिव के खिलाफ शिकायत सतर्कता मंत्री को भेजी

दिव्यांश

बीए(जेएमसी), 1st सेमेस्टर,

शिकायतकर्ता ने आरोप लगाया है कि दिल्ली के मुख्य सचिव का बेटा एक रियल एस्टेट कंपनी में काम करता है और उस कंपनी का एक निदेशक बामनोली गांव में अधिग्रहीत की गयी जमीन के मालिकों में से एक सुभाष चंद कथूरिया का दामाद है. दिल्ली के मुख्यमंत्री अरविंद केजरीवाल ने एक शिकायत के संबंध में सतर्कता मंत्री से रिपोर्ट मांगी है. आधिकारिक सूत्रों ने यह जानकारी दी. इस शिकायत में आरोप लगाया गया है कि सड़क परियोजना के लिए अधिग्रहीत की गयी जमीन के लिये अधिक मुआवजा पाने वाले एक व्यक्ति के रिश्तेदार ने मुख्य सचिव नरेश कुमार के बेटे को नौकरी दी .

नरेश कुमार ने इस मामले में तत्काल कोई प्रतिक्रिया नहीं दी है. सूत्रों ने बताया कि दिल्ली सरकार को यह शिकायत अक्टूबर में मिली थी, जिसे मुख्यमंत्री ने सतर्कता मंत्री आतिशी के पास भेज दिया

और उनसे इस विषय पर तथ्यों के साथ विस्तृत रिपोर्ट मांगी. भूस्वामियों ने इस मुआवजे को चुनौती दी थी और अंततः इस साल मई में दक्षिण पश्चिम दिल्ली के जिलाधिकारी हेमंत कुमार ने इसे बढ़ाकर 353.79 करोड़ रुपये कर दिया.

गृह मंत्रालय ने इस मामले में कुमार को बाद में निलंबित कर दिया. हाल में दिल्ली उच्च न्यायालय ने भी 353.79 करोड़ रुपये की इस मुआवजा राशि को खारिज कर दिया. शिकायतकर्ता ने आरोप लगाया है कि दिल्ली के मुख्य सचिव का बेटा एक रियल एस्टेट कंपनी में काम करता है और उस कंपनी का एक निदेशक बामनोली गांव में अधिग्रहीत की गयी जमीन के मालिकों में से एक सुभाष चंद कथूरिया का दामाद है. सरकारी अधिकारियों ने बताया कि 15 मई को मुआवजे की राशि बढ़ाकर 353.79 करोड़ रुपये की गयी थी. संभागीय आयुक्त अश्विनी कुमार ने दो जून को मुख्य सचिव के सामने इस विषय को उठाया था.

# CAT परीक्षा में शामिल हुए 17 दिसंबर को होगा दिल्ली न्यायिक 2.88 लाख छात्र, जनवरी सेवा प्रीलिम्स एग्जाम का आयोजन में आयेगा रिजल्ट

## By TIPS Newsdesk

कॉमन एडमिशन टेस्ट 2023 परीक्षा हर वर्ष देशभर के आईआईएम में प्रवेश के लिए आयोजित की जाती है। इस परीक्षा में सफल होने वाले अभ्यर्थियों को विभिन्न मैनेजमेंट कोर्सेज में प्रवेश दिया जाता है। वहीं इस बार 26 नवंबर को आयोजित कैट परीक्षा में करीब 2.88 लाख अभ्यर्थी शामिल हुए।

इस बार कैट एग्जाम IIM लखनऊ की तरफ से आयोजित किया गया है। आंकड़ों के मुताबिक परीक्षा के लिए कुल रजिस्टर्ड अभ्यर्थियों में 86 प्रतिशत उपस्थित हुए। इस बार कैट एग्जाम के लिए करीब 3.3 लाख अभ्यर्थियों ने रजिस्ट्रेशन कराया था। यह आंकड़े पिछले वर्ष के मुकाबले कहीं ज्यादा हैं। पिछले वर्ष 2.22 लाख अभ्यर्थी परीक्षा में शामिल हुए थे जबकि 2.56 लाख ने रजिस्ट्रेशन कराया था।

कैट 2023 परीक्षा के लिए भारत के 167 शहरों में 375 परीक्षा केंद्र बनाया गया था। परीक्षा के दौरान कड़ी सुरक्षा का इंतजाम किया गया। किसी भी सेंटर से नकल की खबर सामने नहीं आई।

तीन खंडों में विभाजित था प्रश्नपत्र

CAT 2023 प्रश्न पत्र में कुल 66 प्रश्न थे, जो तीन खंडों में विभाजित थे। सेक्शन 1 वर्बल एबिलिटी एंड रीडिंग कॉम्प्रिहेंशन (VARC), सेक्शन 2 डेटा इंटरप्रिटेशन एंड लॉजिकल रीजनिंग (DILR) और सेक्शन 3 क्वांटिटेटिव एबिलिटी (QA)। जबकि VARC अनुभाग में 24 प्रश्न थे। विशेषज्ञों द्वारा किए गए पेपर विश्लेषण और परीक्षा देने वाले अभ्यर्थियों से प्राप्त फीडबैक के अनुसार पिछले वर्ष की तुलना में इस वर्ष एग्जाम कठिन था।

कैट एग्जाम की आंसर-की जल्द जारी की जाएगी। आंसर-की जारी होने के बाद अभ्यर्थी ऑफिशियल वेबसाइट पर जाकर ऑब्जेक्शन भी दर्ज करा सकेंगे। ऑब्जेक्शन दर्ज कराने का स्टेप्स ऑफिशियल वेबसाइट पर दिया जाएगा। कैट परिणाम 2023 की घोषणा संभवतः जनवरी 2024 के दूसरे सप्ताह में की जाएगी। रिजल्ट जारी होने के बाद अभ्यर्थी ऑफिशियल वेबसाइट iimcat-ac-in पर जाकर डाउनलोड कर सकेंगे।

## UGC will create an expert panel and update the National Eligibility Test (NET) syllabus

### By TIPS Newsdesk

The University Grants Commission (UGC), led by Jagadish Kumar, has announced that it will revise the National Eligibility Test (NET) syllabus and form an expert panel to oversee the test.

The UGC-National Eligibility Test (UGC-NET) is administered by the National Testing Agency (NTA) to determine eligibility for Junior Research Fellowships (JRF) and for the appointment of assistant professors in the humanities and social sciences, including some science subjects and Indian and foreign languages.

The UGC-NET is held twice a year in 83 subjects, typically in June and December. The process of updating the UGC-NET subject syllabi was last started by the UGC in 2017. The chairman of the UGC stated that after launching the National Education Policy (NEP) in 2020, there have been considerable developments in higher education to impart

multidisciplinary curricula and holistic education. As a result, the commission decided at its meeting earlier this month that a project to update the UGC-NET subject syllabi may be started. He stated, "UGC will organise an expert committee and carry out this exercise.

Aspirants will get enough time for ready

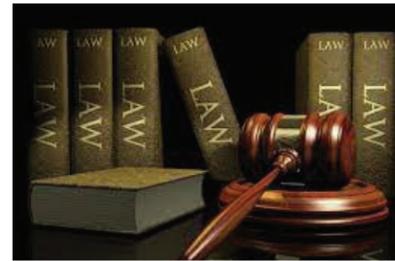
The UGC chairman M Jagdish Kumar said that before the new syllabus is put into effect, candidates will have plenty of time to get ready. A multidisciplinary curriculum and holistic education have advanced significantly since the National Education Policy (NEP) 2020 was put into effect. The UGC-NET syllabus will also be updated to reflect the developments in higher education. Kumar continued by saying that the UGC will soon form an expert committee to oversee the process of creating the syllabus for several subjects. After five years, the syllabus will be revised.

### By TIPS Newsdesk

दिल्ली न्यायिक सेवा प्रीलिम्स परीक्षा का आयोजन 17 दिसंबर 2023 को किया जाएगा। परीक्षा में वस्तुनिष्ठ प्रकार के प्रश्न होंगे। परीक्षा में निगेटिव मार्किंग होगी। प्रारंभिक परीक्षा में उत्तीर्ण होने वाले उम्मीदवारों को मुख्य परीक्षा के लिए बुलाया जाएगा। अधिक जानकारी के लिए आधिकारिक वेबसाइट पर विजिट करें। न्यायिक सेवा परीक्षा 2023 के लिए आवेदन के लिए आधिकारिक वेबसाइट का इस्तेमाल करें।

कोर्ट की ओर से जारी एक आधिकारिक नोटिस के अनुसार दिल्ली न्यायिक सेवा

परीक्षा 2023 के लिए ऑनलाइन आवेदन पत्र भरने और फीस का भुगतान करने की अंतिम तिथि 29 नवंबर थी। बता दें कि दिल्ली न्यायिक सेवा परीक्षा दिल्ली में न्यायिक सेवाओं के लिए उम्मीदवारों की भर्ती के लिए दिल्ली उच्च न्यायालय



द्वारा आयोजित एक वार्षिक परीक्षा है।

दिल्ली न्यायिक सेवा प्रीलिम्स परीक्षा का आयोजन 17 दिसंबर, 2023 को किया जाएगा। परीक्षा में वस्तुनिष्ठ प्रकार के प्रश्न होंगे। परीक्षा में संवैधानिक कानून, नागरिक कानून, आपराधिक कानून,

प्रक्रियात्मक कानून, सामान्य ज्ञान, अंग्रेजी भाषा और योग्यता में दक्षता, अनुबंध कानून सहित कई अन्य कानूनी विषयों में प्रश्न पुछे जाएंगे। परीक्षा में निगेटिव मार्किंग होगी। प्रारंभिक परीक्षा में उत्तीर्ण होने वाले उम्मीदवारों को मुख्य परीक्षा के लिए बुलाया जाएगा।

## How to Study Effectively?

### By TIPS Newsdesk

Everyone has different learning techniques. What works for other students may not work for you.

While there is no 'one-size-fits-all' approach when it comes to studying effectively, there are methods you can use to improve your recall and long-term memory. Just keep trying until you discover the best way to study.

Here are some top tips to help you study effectively.

#### GET ORGANISED

Taking the time to get organised will set you up well and help you achieve your learning goals. Invest in a diary and use it to keep track of current assignment deadlines. Bring all the material and devices you need to class, so you can participate. You may find it helpful to pack your bag the night before, so you're ready to go first thing in the morning.

#### DON'T SKIP CLASS

Skipping class can be detrimental to your learning and achieving your study goals. It leaves gaping holes in your notes – and in your subject knowledge. Remember to practise active listening by focusing on what your teachers are saying in class and taking notes as needed.

#### TAKE NOTES

To keep your brain engaged during class, take notes, which you can refer to later, as you refine your study techniques. Notes can help store information in your long-term memory, right there in class. These notes will be important for reviewing when you're completing assessments and assignments.

You might find it handy to condense your notes after class, so they're clear and easy to read. Underline or highlight key points. If anything doesn't make sense, you can seek clarification from your teacher. You can also create visual aids like flow charts and mind maps to help simplify information. For some students,

these visual aids help them remember complex information and study more effectively.

#### TALK TO YOUR TEACHER & ASK QUESTIONS

Your teacher is, in a way, a resource who is there to be used. You can take advantage of this interactive learning environment by asking questions during or after class, where you can get fast feedback. Teachers can further clarify any topics you find confusing. You may even be able to get a little direction on assignments before submitting. Your teacher will no doubt be impressed with your initiative and happy to help.

#### SPACE OUT YOUR STUDYING

One of the most effective ways of studying is to space out your learning sessions. If you break up your study load over several days, you'll retain information far more readily than if you crammed in one long session. This can help deeply ingrain information, allowing you to retain it for the long term. You'll find you achieve much better results for it.

#### CREATE A STUDY PLAN – & STICK TO IT

One top study tip is to create a schedule or plan. This is incredibly helpful for time management and can help you reach your learning goals. A study plan will motivate you to study, as you'll have time dedicated to learning keep you organised around work, hobbies and other commitments, as you can plan ahead break your study load into manageable blocks give you time to complete your assignments, ensuring they're not rushed or last-minute.

#### SET UP A QUIET STUDY SPACE

It is important to have a designated study area that is free from distraction and will allow you to study effectively. When you settle into your study area, you will know you are there to learn. This mindset will help

with your overall motivation to study.

Choose a study space that is quiet, well-lit and in a low-traffic area. Don't, say, study at a dining table when you're going to be constantly distracted by housemates or family members moving in and out of the kitchen!

If there's nowhere suitable for study at home, try your local or university library. Libraries are naturally quiet, and many have designated areas for study. For many students, the greatest distraction is their phone. You may find it helpful to switch your phone to silent – or even off – for the duration of your study session.

#### TEST YOURSELF

Getting someone to quiz you – or quizzing yourself – is great retrieval practice. This learning technique helps you commit information to your long-term memory and easily retrieve it when needed.

Recalling an answer to a question improves learning, as does writing down that answer – you're committing it to memory. You might find it helpful to create flash cards each time you learn a new topic. Flash cards can have questions on them or have a prompt that triggers the recall of relevant information. Ask a parent, friend, housemate, or study buddy to quiz you, using your flash cards. The act of creating them alone will help you better retain information and is an effective study technique.

#### FIND A STUDY BUDDY OR JOIN A STUDY GROUP

One of the best ways to study is to share the experience with another person. It can be beneficial to find a study buddy – or even form a study group with like-minded students. Your study buddy/group can keep you motivated, help you stay accountable, quiz and test you on course material, read over your work to offer advice, share resources, such as textbooks, lowering expenses.

## Rhythms of Tranquility: A Journey Through Rishikesh

**Hansika Khatwani**  
Semester 1, BA(JMC)

Nestled in the lap of the Himalayas, Rishikesh is a harmonious blend of spirituality and adventure. My journey began with the soothing sounds of the Ganges River, echoing through the town. The sacred city offered a serene escape from the hustle of everyday life.

### Day 1: Riverside Retreat



Arriving at my riverside abode, the gentle rustle of leaves and the distant chanting of mantras set the tone. The evening unfolded with a mesmerizing Ganga Aarti at Parmarth Niketan, a spiritual experience that left me in awe.

### Day 2: Yoga Capital of the World

Embracing the morning sun with a yoga session by the banks of the Ganges was invigorating. Rishikesh's reputation as the 'Yoga Capital

of the World' was evident in its myriad of ashrams and yoga schools, each offering a unique spiritual journey.

### Day 3: Thrills and Spills

Adventure beckoned as I explored the thrill of white-water rafting in the Ganges. The adrenaline rush was complemented by the breathtaking views of the surrounding mountains. Rishikesh truly caters to both the seekers

of inner peace and the thrill-seekers.

### Day 4: Cafes by the Ganges

The quaint cafes lining the Ganges became my refuge for

reflection. Sipping on masala chai and watching the river flow by provided a perfect backdrop for contemplating life's journey.

As I bid adieu to Rishikesh, the echoes of mantras, the whispers of the river, and the memories of spiritual and adventurous escapades lingered. The city had not just been a destination; it had been a transformative experience, leaving an indelible mark on my soul.

## How to Maintain a Healthy Lifestyle in a Fast-Paced World?

**By Kanal Agarwal**  
Semester 1, BA(JMC)

In the hustle and bustle of our fast-paced lives, it's easy to let our health take a backseat to the demands of work, studies, and social obligations. However, the key to thriving in this high-speed world is to strike a balance between our busy schedules and our well-being. Here are some practical tips to help you maintain a healthy lifestyle amidst the chaos.

### 1. Prioritize Sleep:

In a world that never sleeps, it's crucial to make sure you do. Adequate sleep is the foundation of good health. Aim for 7-9 hours of quality sleep each night to recharge your body and mind. Establish a consistent sleep routine to signal to your body when it's time to wind down.

### 2. Nutrient-Rich Diet:

Fast food and quick snacks might be tempting, but a well-balanced, nutrient-rich diet is essential for sustained energy and overall health. Incorporate a variety of fruits, vegetables, whole grains, and lean proteins into your meals. Don't forget to stay hydrated by drinking plenty of water throughout the day.

### 3. Make Time for Exercise:

Finding time to exercise in a hectic schedule may seem challenging, but even short bursts of activity can make a difference. Aim for at least 30 minutes of moderate intensity exercise most days of the week. Whether it's a brisk walk, a quick home workout, or a fitness class, find an activity you enjoy and make it a regular part of your routine.

### 4. Stress Management Techniques:

Chronic stress can take a toll on both your physical and mental health. Explore stress management techniques such as meditation, deep breathing exercises, or yoga to help calm your mind. Taking short breaks throughout the day can also alleviate stress and improve focus.

### 5. Set Realistic Goals:

While ambition is commendable, setting unrealistic goals can lead to burnout. Break down your tasks into manageable steps and prioritize what needs immediate attention. Learn to say no when necessary and remember that it's okay not to do everything at once.

### 6. Social Connection:

Maintaining a healthy lifestyle isn't just about physical well-being—it's also about fostering social connections. Make time for friends and family and surround yourself with a positive support system. Engaging in social activities can provide emotional support and contribute to a balanced life.

### 7. Digital Detox:

Constant connectivity to screens can contribute to stress and disrupt sleep patterns. Schedule regular digital detox periods where you unplug from electronic devices. Use this time to connect with the real world, engage in hobbies, or simply relax.

### 8. Mindful Eating:

In the rush of daily life, it's common to eat quickly and mindlessly. Practicing mindful eating involves savouring each bite, paying attention to flavours and textures, and recognizing

when you're full. This not only promotes better digestion but also helps prevent overeating. Consider turning off distractions, such as TV or your phone, during meals to fully focus on the dining experience.

### 9. Stay Hydrated with Water:

While it may seem basic, maintaining proper hydration is often overlooked. Water is essential for numerous bodily functions, including digestion, temperature regulation, and nutrient absorption. Carry a reusable water bottle with you throughout the day and aim to drink at least 8 glasses (64 ounces) of water daily. If you find plain water unappealing, infuse it with fruits or herbs for a refreshing twist.

### 10. Incorporate Regular Breaks and Relaxation:

Amid a hectic schedule, it's crucial to schedule breaks for relaxation. Whether it's a short walk, a few minutes of deep breathing, or a moment of meditation, taking breaks can enhance productivity and reduce stress. Schedule downtime just as you would any other appointment and honour that commitment to yourself. It's in these moments of reprieve that you recharge your mental and emotional batteries.

In our fast-paced world, taking care of your health is not a luxury but a necessity. By incorporating these habits into your daily life, you can achieve a harmonious balance between your hectic schedule and your well-being. Remember, a healthy lifestyle is not an all-or-nothing endeavour—it's about making small, sustainable changes that contribute to your overall health and happiness.

## You don't make me feel home anymore

I never thought there would be a day  
I would feel like an outsider around you  
I never thought there would be a day  
when I would not enjoy talking to you.

Your eyes still sparkle when you talk to me.  
it's just that sparkle isn't for me.

Now, that I look back, I feel was it all true?  
I'd question my existence in your life  
probably, its time for me  
to disappear out of your life  
'cause you were meant to be mine.

Yes, I'll be happy without you

I'd start living on my own  
loving myself a little more  
Walking down those old routes in fall  
looking at that perfect couple in that store  
I'd hate you a little more.  
Remembering how I was once that girl  
standing next to you.

But still I'll be happier to be at peace  
and I'd love myself a little more  
than I ever did to you.

**Khushi Gaur**  
Semester 1, B.Com

## A chat between time and moment

Beneath the canvas of the endless sky,  
Time and moment in conversation lie.  
Whispers soft, like a gentle breeze,  
Sharing secrets under cosmic trees.

"Time," the moment softly implored,  
"Wrap me in your wisdom, let it be adored.  
In your arms, let fear dissolve,  
Within your grasp, let problems solve."

Time, the elder, with a knowing grin,  
Wove tales of where the days begin.  
"In your fleeting beauty, magic resides,  
A beat in every heart that gently guides."

Together they danced, a rhythmic song,  
In the symphony of moments, moments long.  
"Time," said the moment, "paint me true,  
In your canvas, find shades of every hue."

Time smiled, "I weave the old with the new,  
In the seconds' dance, magic I strew  
Eternity found in our shared embrace,  
A timeless dialogue, a boundless space."

**Kanal Aggarwal**  
Semester 1, BA(JMC,)

...Contd. from page 1

of researchers as well as journal editors.

In the valedictory session of the program Dr. R. K. Tandon, Chairman, Trinity Dwarka congratulated the participants and organising team for successful completion of one week FDP. On this session, Prof. Dr. Nimisha Sharma, Director of R & D cell, GGSIP university was the guest of honour. On the entire session of the program, 100 participants from 34 different Institutes and universities participated. The recording of the FDP is available on the Youtube channel of Trinity Dwarka. All the session were very sightful. After completion of the program, certificates were distributed to all participants by the dignitaries. The valedictory address and vote of thanks were given by Prof Dr. Ashutosh Agarwal, Director, Trinity Dwarka.