

सम्मिधा e-medha



UNIVERSITY CONSTRUCTION SITE AT GAYA, PANCHARPUR



CUMEDHA

2016-17



Contact Us

Patna Campus :
BIT Campus, P.O: B. V. College,
Patna – 800 014 (Bihar)
Phone: +91-612-2227600

Gaya Campus :
Vinova Nagar, Chandauti,
PS : Magadh Medical College,
Gaya – 823001 (Bihar)
Phone: +91-631-2210224

Patrons

Prof. Harish Chandra Singh Rathore, Vice-Chancellor
Central University of South Bihar

Prof. O. P. Rai, Pro- Vice- Chancellor
Central University of South Bihar

Advisory committee

Dr. Ram Kumar, Associate Prof. EVS
Dr. Atish Prashar, Associate Prof, CMS

Editors

Mr. Sujeet Kumar, Assistant Prof., CMS
Gaurav Ranjan (Student)
Zeeshan Yaasir (Student)

Designers

Ravi Prakash Gupta, (Student)
Sandeep Kumar , (Student)

Student Coordinators

Patna Campus:

Anshu Raj, (Student)

Aviriti Gautam, (Student)

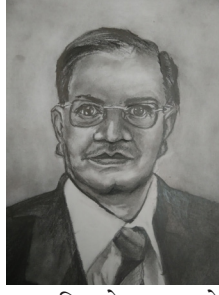
Gaya Campus:

Kamlakant Pathak, (Student)

Shivani, (Student)



आभार



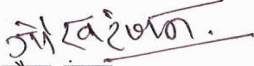
कुलपति महोदय का स्केच
-स्मृति, मनोविज्ञान विभाग

विश्वविद्यालय की प्रथम पत्रिका सुमेधा के सफल प्रकाशन पर सर्वप्रथम अपने विश्वविद्यालय के आदरणीय कुलपति प्रो. हरीशचंद्र सिंह राठौड़ के प्रति कृतज्ञता से विशेष आभार प्रकट करता हूं। जिन्होंने अपनी व्यस्तता के मध्य हमेशा हम सभी के स्वस्थ परंपराओं को कायम करने में अपना शत प्रतिशत योगदान दिया है, इन्हीं परंपराओं में विश्वविद्यालय की पत्रिका निकालने की परंपरा की शुरुआत करने के लिए न सिर्फ हमें प्रेरित किया बल्कि इस पत्रिका को एक नाम भी दिया। जिसका अभिप्राय है केंद्रीय विश्वविद्यालय की मेधा।

इसके पश्चात हम सलाहकार समिति के सदस्य डॉ. राम कुमार एवं डॉ. अतीश पराशर का आभार प्रकट करना चाहेंगे, जिन्होंने सदैव हम सबों का उत्साहवर्द्धन किया। हम संपादकीय मंडल के सभी सदस्यों एवं पत्रिका के डिजाइनरों का भी आभार प्रकट करते हैं जिन्होंने पत्रिका को आकर्षक रूप दिया। साथ ही विश्वविद्यालय के दोनों परिसर के छात्र समन्वयकों का भी आभार, जिन्होंने इस पत्रिका के लिए सामग्री जुटाने में अथक परिश्रम किया।

छात्र-छात्राओं, शिक्षकों की अभिव्यक्ति के संकलन होने पर हमें अपार हर्ष हो रहा है, हम इस विश्वविद्यालय के संवाहक एवं पोषक आदरणीय कुलपति साहब से सदैव सहयोग की अभिलाषा रखते हैं।

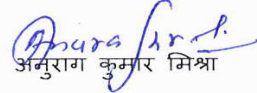
पुनः सभी को सहृदय धन्यवाद।



गौरव रंजन

छात्र समन्वयक

बौद्धिक प्रकोष्ठ (रेनेशां)



अनुराग कुमार मिश्रा

छात्र समन्वयक

बौद्धिक प्रकोष्ठ (रेनेशां)



कुलपति
प्रो हरीश चंद्र सिंह राठौड़

मुझे यह जानकर हार्दिक प्रसन्नता हो रही है कि दक्षिण बिहार केंद्रीय विश्वविद्यालय के विद्यार्थियों द्वारा अपनी पहली विश्वविद्यालय पत्रिका 'सुमेधा' का प्रकाशन किया जा रहा है। यह विश्वविद्यालय परिवार के लिए एक ऐसा मंच है जहां सभी अपनी भावनाओं, विचारों एवं रचनात्मकता को अभिव्यक्त कर पाएंगे। यह विश्वविद्यालय सामाजिक विकास और समाज के एक व्यापक वर्ग की अभिव्यक्ति तथा कार्यों की भूमिका को अधिक सशक्त बनाने के लिए प्रतिबद्ध है। भाषा, साहित्य, समाज विज्ञान, पत्रकारिता, कला तथा विज्ञान आदि विभिन्न क्षेत्रों में अध्ययन, शोध और नवाचार के अनेक उपक्रमों में यह विश्वविद्यालय संलग्न है। ऐसे में यह पत्रिका देश के विभिन्न हिस्सों से आए शिक्षकों एवं छात्रों के बीच सेतु का कार्य करेगी जहां दोनों मिलकर इस पत्रिका को न सिर्फ सफल बनाने के लिए एकजुट होंगे बल्कि विश्वविद्यालय के राष्ट्रीय चरित्र को भी संवारेगें।

मैं समस्त छात्र छात्राओं एवं शिक्षकों को इस स्वस्थ परंपरा को कायम करने के लिए बधाई देता हूं। मेरा विश्वास है कि इस पत्रिका में विश्वविद्यालय की उपलब्धियों, अभिव्यक्तियों के साथ समाज को दिशा देने वाले लेख प्रकाशित किए जाएंगे। पत्रिका के सफल प्रकाशन हेतु बौद्धिक प्रकोष्ठ एवं विश्वविद्यालय के सभी छात्र-छात्राओं एवं शिक्षकों को मेरी हार्दिक शुभकामनाएं।


19.4.16



Prof. O. P. Rai,
Pro- Vice- Chancellor

I am happy to note that the Student Study Circle “Renaissance”, Central University of South Bihar is bringing the first issue of its magazine ‘Cumedha’ which will provide a common platform to the students of university to share their literary and artistic knowledge and skills with others. I congratulate the whole team associated with this project and hope that with their hard work and devotion, they will make this magazine a source of rich mental food which will mentally energize many for a long time.

Modern age is the ‘Age of Competition’ – survival of the fittest is the success mantra. For becoming fittest students need to develop their overall personality through all possible means. One of such mean is go for creative writing. I am especially pleased to know that ‘Cumedha’ is a magazine by students and for the students. May the tribe of such students increase ! Mr. Sujeet Kumar , Assistant Professor , Centre for Mass Communication and Media deserves our special praise for all the efforts he has made to inspire the students and keep their moral high for such an academic exercise of excellence.

Once again my best wishes to each one of the whole publication team.



(O. P. Rai)



Dr. Sanat Kumar Sharma
Dean, Students' Welfare

“CUMEDAH” as the name suggests is a depository of intellect. The magazine is a students' magazine which reflects the innovative ideas, opinions and imaginations of the bright young minds. It is an effort of the Renaissance students study circle to provide a platform for the students to pen down their thought. The efforts of the team for this magazine are highly appreciated and I hope that the team continues its efforts in future.

I wish all the success or the magazine.

A handwritten signature in blue ink, appearing to read "Sanat Kumar Sharma", with a horizontal line underneath.



Editor's Note

Dear Readers

It gives us great pleasure to bring you the first issue of CUMEDHA, the students magazine of Central University of South Bihar. CUMEDHA itself means depository of intellect of the University. The reputation of an institute depends on the caliber and achievements of the students and teachers. The role of a teacher is to be a facilitator in developing the skills and talents of students. This magazine is a platform to exhibit the skills and innovative ideas of teachers and students.

CUMEDHA presents the achievements of students and contributions of teachers. We would like to place on record our gratitude to all those who have contributed to make this effort a success. We profusely thank the management for giving support and encouragement in this endeavor. Last but not the least. We are thankful to all the contributors who have sent their creative works. We truly hope that the pages that follow will make an interesting read.

Mr Sujeet Kumar
Assistant Professor
Communication and Media Studies
Gaurav Ranjan (Student)
Zeeshan Yaasir (Student)



About



Established under the Central Universities Act, 2009 (Section 25 of 2009) as Central University of Bihar (CUB) and the name since changed by the Central Universities (Amendment) Act, 2014 to Central University of South Bihar (CUSB) is an institution of higher learning in the state of Bihar. With the motto, i.e. 'Collective Reasoning' the University has been conducting its academic and administrative activities from temporary premises in Patna and Gaya and looking forward to shifting to the permanent campus on a 300 acre plot of land at Panchanpur (near Gaya town).

As stated in Section 5 of the Act, the objective of the university shall be:

"... to disseminate and advance knowledge by providing instructional and research facilities in such branches of learning as it may deem fit; to make special provision for integrated courses in humanities, social sciences, science and technology in its educational programmes; to take appropriate measures for promoting innovations in teaching-learning process and inter-disciplinary studies and research; to educate and train manpower for the development of the country; to establish linkages with industries for the promotion of science and technology; and to pay special attention to the improvement of the social and economic conditions and welfare of the people, their intellectual, academic and cultural development."

Since its inception the university has been offering a very conducive academic environment, modest infrastructure support and innovative pedagogies to nurture the students, who have joined the university with the understanding that it provides unique courses and pedagogy. At the same time, the university has provided opportunities to faculty members by providing them ample logistic support. They are given financial support to participate in national and international seminars /conferences for presenting their latest research work as well as delivering talks. The role of university administration has remained instrumental in its success. The administration has always been committed to providing hassle-free facilities to students and faculty members to achieving academic excellence. In short, in CUB, each and every member despite their respective areas of work is committed to ensure all-round growth of the university.

The university is putting its best efforts to serve the nation by rendering state-of-the-art knowledge dissemination to students in various programmes.



Opinions

Yoga And The Mind

The mind is the most mysterious component of the body. It is the cause of both pleasure and pain. Even with this knowledge, philosophers and seers have failed to harness it. The mind is that agent which receives and disposes of all knowledge and controls physical activities. It functions in various capacities. Automatic reflex action and thoughtful deliberations are both actuated by mental waves. The proper functioning of the mind cannot be grasped unless we take account of neurological and phrenological researches.

The ancient science of yoga as enunciated by rishis of old relates to us the process of harnessing the mind. Schopenhauer once wrote that desires are infinite and fulfilment is limited. Your will has more power to grasp than attain. The best way to ensure happiness is to have minimum wants and desires. One desire leads to another associated desire and the process goes on endlessly. This is true. The eastern philosophers and saints have been telling us for ages that the mind is the cause of happiness and sorrow. One who conquers the mind goes beyond the reach of pain and pleasure.

It is believed that mind can be conquered through yoga alone. Peace and liberation is nowhere beyond this earth and it is to be acquired here and now by the proper mental discipline. In the bhagwad gita, which is an unparalleled document on yoga, Lord Krishna said to Arjuna: "Merge Your mind and intellect in me and there is no doubt that you will be one with me." Thus, the Lord has asked us to merge the mental personality with the divine.

In order to realize the supreme self, the vagaries of the mind are to be checked. The mind should be perfectly calm and unruffled. In simple words, dhyana - meditation and contemplation is the only way to realise the self or super conscious perception.

To practice dhyana, is a difficult job. Yet constant practice and a resolute will is the surest way to success. One cannot expect meditation to be perfected in a day or two. An aspirant should never feel disheartened at his failures; he should go on with his meditation relentlessly till the goal is reached.

Meditation for a few minutes is a tonic for everyone. The mind feels relaxed during concentration. During meditation, persistent efforts made to bring the mind back to one and the same object save the energies of the mind from being wasted. Instead of shifting from one thought to another and generating waves of different frequencies, it begins to revolve round one object, generating waves of one and the same frequency. This practice of meditation economizes mental energies. It calms and controls the body. Rhythmic vibrations are generated, soothing both the body and mind. Meditation restores the vitality of the mind. It makes up the loss caused by aimless and useless brooding and painful thoughts of the day.

Thus, meditation serves as a useful and sound strategy to guard against unpleasant shocks which we receive in the world. Life is a struggle which is to be won by strengthening the mind as well as the body. Yoga is a burning furnace which gives a new pattern to body and mind and makes them strong enough to face the tempests and tumult of the world. It offers techniques of controlling the mind, to equip oneself with courage and certitude to face life squarely and to work out one's final emancipation. It is well known that mind and body act and react on each other. Mental ailments cause physical ailments and vice versa.

We allow our senses to run hither and thither to hunt for physical satiety. We identify ourselves too much with the body, which results in neurosis and frustration. Yoga offers a remedy for the reconstruction of our personality: withdraw the senses from their objects and go within the 'middle chamber', the subconscious of the psychologists. When we contact our subconscious through meditation, one after another, our entire deep rooted past impressions come to the surface and slowly but surely depart from us.

Modern civilization has made man abnormal. He is sick physically and mentally. He hags pain and broods over melancholy thoughts. Medicines may soothe temporarily but offer no cure. By deep meditation alone can we overcome mental, physical, and emotional tensions and rid the world of its besetting maladies.

-Jaya Shukla (PSY)

An Era of CRISPR-Cas system

“The genetic tool that will make dreams come true”

The target gene modification has been the focused area in the research field of Genetic Engineering and Biomedical Sciences. Recently a new genome editing tool named as CRISPR-Cas (clustered regularly interspaced short palindromic repeats/CRISPR-associated nuclease) has been developed which shows numerous advantages over zinc finger nucleases (ZFNs), transcription activator-like effector nucleases (TALENs), Cre/Loxp system and RNA interference (RNAi) technology which were formerly used as a preferable tool for genome editing.

CRISPR-Cas system is an adaptive immune system present in many bacterial and archeal species, which is being human optimized and developed for use as a nuclease for bringing about specific genome editing in eukaryotes. This system is further classified on the basis of signature Cas gene- Cas3, Cas9, Cas10 are signature genes for type I, type II, and type III respectively. However type II CRISPR-Cas system is studied more frequently as it involves only one signature Cas9 proteins which causes targeted Double-Stranded DNA (DSBs) break.

The Type II CRISPR-Cas system mainly consist of three important components-CRISPR Locus, Cas9 endonuclease and guide RNA(gRNA). When the gRNA and Cas9 interacts with each other, it forms gRNA/Cas9 complex to its genome target and are co-expressed in cells, then it cleaves the target DNA and leads to the modification. The gRNA is complementary to the target DNA which is a 20 base-pair guide sequence and are designed synthetically. In addition to the complementary guide sequence; another component which helps in exultant binding of Cas9 to the target DNA and causing nuclease disruption is the Protospacer Adjacent Motif (PAM) which is a trinucleotide sequence present after the target sequence. Cas9 causes DSBs break, which lays 3-4 nucleotides upstream of the PAM sequence.

DSBs may be repaired by two pathway NHEJ(Non-Homologous End Joining) DNA repair pathway,which is error-prone

or through HDR(Homology Dependent Recombination repair) pathway which is less error prone. However it was recently established that this system exhibits off target mutagenesis in eukaryotic system thus allowing for provision of further improvements in the technology. And to overcome this, modified form of the enzyme Cas9 is used that has suffered a D10A mutation, which changes its normal activity, of causing a double strand break to henceforth cause a single stranded break. Since the CRISPR-Cas editing system requires the activation of NHEJ and HDR repair pathways, which are triggered only in presence of a double stranded break, the mutated enzyme is therefore used in a paired format for efficient genome modification and this paired form is called Nickase. Using such enzymes any target specific gene can be edited and it can be used to test the effects of turning on tens of thousands of individual genes in parallel.

CRISPR-Cas system has been used for an ample range of applications which includes both knock-in and knockout of large-scale genomic deletions, for the treatment of cancer, for eliminating HIV-1 gene from genome of Human T-cells, it can be used to induce pluripotency in human and mouse cells providing an alternative method to iPS technology, genetic engineering of numerous model organisms as well as gene therapy for various disease.

Hank Greely said that it's possible to speculate that parents might wish to alter multiple genes in order to reduce children's risk, say, of heart disease or diabetes, which has complex genetic components. But for at least the next five to 10 years, “it just strikes me as borderline crazy, borderline implausible.” While Weizhi Ji Chinese researcher said that creating humans with CRISPR-edited genomes is “very possible,” but he concurs that “considering the safety issue, there would still be a long way to go.” Thus-“CRISPR-Cas system has the ability to do things we only dreamed before and today making it possible.”

-Rahul Gupta,CBS

Burqa: Not Always A Symbol Of Oppression Towards Women

Time, people, culture, society and the environment we are surrounded by, can produce the formation of many perspectives regarding an issue that we see in today's society. In recent years, a small piece of cloth has managed to cause quite a stir. One of many controversial topics that surround Islam is the Hijab and burqa. Many questions and generalizations are often formed in the minds of people in regards to the concepts behind the Hijab through the influence of the media.

Although the English word scarf and the Arabic term hijab have become interchangeable, it is worth noting that hijab is more than just a scarf. The literal meaning of hijab is to veil, to cover, or to screen. Islam is known as a religion concerned with community cohesion and moral boundaries, and therefore hijab is said to be a way of ensuring the moral boundaries between unrelated men and women. In this sense, the term hijab encompasses more than a scarf or a dress code. It is a term that denotes modest dressing and modest behaviour. For instance, if a Muslim woman wears a scarf but at the same time uses bad language, she would not be fulfilling the requirements of hijab.

These verses of Quran are known as the verses of hijab and it is the consensus of Islamic scholars that they make wearing of hijab mandatory. Some countries, such as Saudi Arabia and Qatar do enforce a dress code. Women there are expected to cover their hair and wear some sort of loose fitting, full-length garment over their clothes. However, for the majority of Muslim women around the world, to cover or not to cover is a freely made choice.

The Muslim dress code is for both women and men:
"O children of Adam, we have provided you with garments to cover your bodies, as well as for luxury. But the best garment is the garment of righteousness. These are some of God's signs, that they may take heed"~ (7:26) Quran

The Muslim religious dress code for women is to wear loose garments that is covering their body and hair. Allah has stated in the Quran that women must guard their modesty. Men too have a certain dress code and they too are advised to guard their modesty.

Islam is a liberal religion which does not advocate extremism. It is people who are extremist and give a wrong picture of Islam to the world. It is true that in some families and some cultures women are forced to wear hijab but this is not the norm. The Quran clearly states that there is no compulsion in religion (2:256). Recently Young Muslims have taken to social media to protest against the Islamic State militant group, saying the extremists do not represent Islam.

Majority of women living in the west choose to wear the niqab or burqa. Just as wearing heels and shorts can be seen as oppressive in the East (considering many large fashion labels are owned and dictated by men) similarly burqa too can be seen as oppressive in other parts.

Those who seek to ban hijab refer to it as a symbol of gender based repression; they feel women who wear hijab fear men. But in many cases, women who choose to don a scarf, or to wear hijab, in the broadest sense of the word, do so by making personal decisions and independent choices. They view it as a right and not a burden. Nor do these women regard hijab as a sign of oppression. Women who wear hijab often describe themselves as being "set free" from society's unrealistic fashion culture.

I think women should have the choice as to what they want to wear, whether it be pants or niqab/burqa. Giving a woman that choice should not be called oppressive regardless of what they choose to wear. Hettne in this regard had given a term called appropriate intervention. He said that appropriate intervention should be made in collective affairs according to standard of improvement. It varies according to class, culture, historical context and relations of power. Thus I feel steps like banning burqa completely would not be just. It should be opposed or intervened only if it curtails a woman from flying high or keeps her inside the four walls in the name of following islam. Banning burqa would be unjust for those who see it as a right and feel comfortable wearing this piece of cloth.

The main problem is that we do not see niqab or burqa as a piece of cloth which belongs to a particular culture but a sign of backwardness and oppression due to its portrayal by some extremists or media. Cultural consideration is a must. Just by giving a glance we shouldn't judge a person. A woman in niqab can perform the worldly obligations as good as others or may be even better depending on her calibre. Niqab and burqa may sometimes be argued as an act of social segregation, however, there's a lot of niqabis who blend in with the society without any problems.

As long as the choice is given to women, it is definitely not oppressive. At the point in which it becomes mandatory, it would be, but that is not the situation. It is simply part of another culture. Just like saree is a part of a culture similarly burqa too is a part of a culture. It is a piece of cloth which is preferred by some women. The recent wars in the Islamic world have made views towards Muslims much worse, leading to opinions like the ones towards burqas and hijabs. I am too a Muslim. I don't like wearing burqa on a personal level and have never been forced to wear it against my will. But not wearing burqa does not make me less Islamic as some extremists may claim.

Hijab can be a symbol of piety and it can be a sign of great inner strength and fortitude. A woman wearing hijab becomes a very visible sign of Islam. While Muslim men can blend easily into any society, Muslim woman are often put on the line, and forced to defend not only their decision to cover, but also their religion. Nevertheless, women who wear hijab insist that the advantages far outweigh any disadvantage conjured up by media bias or general ignorance.

-Wali Shabina, CMS

Psychology of Money and Happiness

If asked what people want in life, “Happiness” may be one of the most received answers among Satisfaction, Salvation and a whole lot of Money. So it seems almost everyone wants happiness in life with other important stuffs. However if we go with the statistics world happiness have decreased since 1960; in contrast the world have become richer during these times. It is also revealed that the richer countries are not happier than poor ones. We are living in a richer but not happier world.

Interestingly, the nature of relationship between money and happiness has been studied by Psychologists, Economists, and other Scientists in recent decades and their conclusion is this: Money buys happiness, but it buys less than most people think (Aknin, Norton, & Dunn, 2009; Diener & Biswas-Diener, 2002; Frey & Stutzer, 2000). The correlation between earnings/income and happiness is positive but moderate. The question is ‘Why does not a whole lot more money makes us a whole lot happier? One answer to this question is that ‘the things that bring happiness simply are not for sale’. The statement seems appealing and beautiful. However this justification was rejected by some psychologists like Dunn, Gilbert, & Wilson, (2011).

These people state that “Money facilitate people to live longer and healthier lives, to buffer themselves against worry and harm, to have leisure time to spend with friends and family, and to control the nature of their daily activities—all of which are sources of happiness” (Smith, Langa, Kabeto, & Ubel, 2005). Wealthy people don’t just buy better things; they have better nutrition and better medical care, more free time and more meaningful labor—more of just about every ingredient in the recipe for a happy life. And yet, they are not that much happier than those who have less.

Well!!! We keep storing the objects through which we think we will get the happiness we are searching for. However you may agree that objects keep changing and true happiness always seems farther from us. No doubt, our world has successfully placed money as alternate to happiness.

On a philosophical note, No matter what we do, almost all human endeavors and actions may be explained with these few words that we all are ‘seeking pleasure and avoiding pain’ in life. If we learn from Buddhist spiritual philosophy, in recent times the whole world is on wrong path, indulged into searching for hedonic temporary pleasures of life; suffering with the obsession of collecting more and more even when it is not needed.

On a time scale, most of us always search happiness in future until we are suddenly confronted with our last day of life, and good and bad part of this is that we cannot predict our last day. So, easily we can find people saying that if I get this I will be happy if I get that I will be happy, and sooner or later they get the objects of their choice and again look in future and crave for other. This chain keeps becoming larger and larger and mostly it seems this chain becomes larger than one’s life.

Some of us also remember happiness in their past. However Happiness neither binds with our past nor present. It is least likely that you are going to get it in your future. Happiness is present in the very moments we live in. It is always with us if carefully recognize and appreciate it. Well, I keep saying that on a Sunday morning I need nothing more than a really good cup of tea and newspaper with good news from across the world ☐. This combination gives me a sense of great pleasure and happiness.

Interestingly, in response to the question that “why money can’t buy happiness?”, the researchers (Dunn, Gilbert, & Wilson, 2011) from University of British Columbia, Harvard University, and University of Virginia came with the idea and subsequent research findings that if Money is not giving you happiness then probably you are not spending it rightly ☐. These researchers suggest 7 points to people to buy happiness from their Money (1) buy more experiences and fewer material goods; (2) use your money to benefit others rather than yourselves; (3) buy many small pleasures rather than fewer large ones; (4) avoid extended warranties and other forms of overpriced insurance; (5) delay consumption; (6) consider how peripheral features of your purchases may affect your day-to-day lives; (7) beware of comparison shopping; and (8) pay close attention to the happiness of others.

Well these useful suggestions indirectly make us think that the things we want to buy for true happiness will always be more important than the exchange through which we are buying it. Wow!!! (That is aha experience); this simple understanding may give us a halt to discontinue the worlds’ obsession on collecting more and more.

I would call the world’s insanity of terrible search for excessive control, power, and money as a greatest show at earth (obviously mindless to large extent); however Richard Dawkins referenced the greatest show at earth to the principle of ‘natural selection’. This human irrationality somehow can be understood by the social psychological phenomenon of ‘conformity’, although happening at a much larger scale.

The purpose of this writing is not to make my readers detached from searching luxury in life to the extent it is meaningful and reasonable. However to take a break from the virtual world of our perspectives and should give a thought to why we are here at an average planet moving around an average star somewhere in an outer galaxy among 200 billion others. Let us all make the purpose of our life better and meaningful.

Measure your Happiness

How happy are you? Sure, you may think you know, but this little test will help you keep score. The Satisfaction with Life Scale was devised in 1980 by University of Illinois psychologist Edward Diener, a founding father of happiness research. Since then the scale has been used by researchers around the world.

Read the following five statements. Then use a 1-to-7 scale to rate your level of agreement with the following 5 items.

1	2	3	4	5	6	7
<i>Not at all true</i>			<i>Moderately true</i>			<i>Absolutely true</i>
1.	In most ways my life is close to my ideal.					
2.	The conditions of my life are excellent.					
3.	I am satisfied with my life.					
4.	So far I have gotten the important things I want in life.					
5.	If I could live my life over, I would change almost nothing.					

Total score _____

Scoring

31 to 35	<i>you are extremely satisfied with your life</i>
26 to 30	<i>Very satisfied</i>
21 to 25	<i>slightly satisfied</i>
20	<i>is the neutral point</i>
15 to 19	<i>Slightly dissatisfied</i>
10 to 14	<i>dissatisfied</i>
5 to 9	<i>extremely dissatisfied</i>

-Narsingh Kumar, Ph.D. (Assistant Professor, Centre for Psychological Sciences)

Bilingual: The Need Of The Hour

As we have stepped into 21st century, it will be fair enough to say that we are in the age of communication or say in orator's world where the whole world is one global village. Every individual loves his/her mother tongue. Taking from early childhood to grown up age, we get acquainted with our relationships, elementary education and the picture of the world through this mother tongue only. Whether our mother tongue be Hindi, Bhojpuri, Maithili, Magahi, Awadhi or any other. We only find it comfortable in our daily expressions. But with changing of time as the world has become a global village, also demands us to be changed, be bilingual to make the name and a better career progression. Here, Bilingual is concerned with English language.

The language which builds our confidence and career to take us the peak of glory. This is the truth of global job market that bilingual has ample opportunities and surplus scope to survive in this competitive race of the world. It not only facilitates our intellectual growth but also professional growth in every sphere of life. It opens all the doors before us or say sometimes determines our fate in the true sense. The economy has improved but jobs remain scarce so what can we do to increase our chances of landing a job in this competitive world or economy?

In brief, let's enhance our skills in spoken English to keep pace with the changing society with its extraordinary emphasis on Science, Technology, Computer, Engineering, Media and so on in the current scenario. Learn it this world would not let you exist otherwise!

-Rohit Kumar, CMS

Understanding Addiction: A Clear Approach

We live in a society where pointing finger on others is easy and what is difficult is to dig deep into the story and understanding the situation of those suffering. Everyone just come up with a conclusion without knowing the entire story of the other person and claim to be the right thinking members of society in the end. The focus point of this write up is addiction and how it is misinterpreted in various ways. Addiction is a very wide term and its interpretation can be different in different situation. We human beings are not perfect and as a result in the end get hooked with some kind of addictive behavior upto some extent for instance, a person can be very fond of a particular type of chocolate and later it can take form of any different kind of addictive pattern without any knowledge about it to the person suffering from it. According to Webster dictionary Addiction is a “compulsive need for and use of a habit forming substance characterized by tolerance and well defined physiological symptoms upon withdrawal, i.e, anything when used upto the extent it can cause harm to the life of a person can be called addiction. Before moving further we must know the various types of addiction, Firstly the most common form of addiction are those caused from substances like alcohol, drugs, tobacco or cocaine and the second form addiction are those which comes from various activities or behavior which in some sense gives pleasure such as food, sex, pornography, using computers/internet, working, shopping etc.

Anything doesn't happen overnight. There always is and has been reason behind the birth of anything that has happened in this world and the same applies for the things that bind many of us and ultimately becomes essential for our lives. Psychologically there are quite a number of causes of addiction but still it is hard to explain why some people get addicted to something and others don't. Firstly, people may engage in harmful behaviors because of an abnormality that manifests itself as mental illness. Second, people may learn unhealthy behavior in response to their environment, it may be anything like peer pressure or stress due to other personal problems.

Causes can be many and to specifically to list all of them is a bit difficult, so to ease it any substance, behavior or habit which controls our brain and its working and influences a person body to such extent that makes him crave for that particular thing is addiction and the same becomes the cause. The important part is how to treat and rescue people who are terribly suffering from it. According to all the research till date the best way to cure such patients is to handle them with proper love and care, it has been proved that addiction of any kind could be recovered when loved ones took best efforts to rescue them from more further harm. Treating such patients is not easy but genuine efforts and good intentions never go in vain and could definitely bring best results. Counselling, medications etc. might also help but helping someone to build up there self-esteem again really counts!

- Shreya Manjari, B.A.LLB

On Being A Woman....

Being a woman is a great feeling, a woman clothed with strength and dignity and laughs without the fear of the future. But also on the other hand being a woman is terribly difficult trade since it consists to be ruled by the male dominating society. The society forgets that today's woman is no longer a bird and just like men they are also a free human being with an independent will, with her own choice to live a life and make a decision. But why always a question arises over a woman courage and toughness. Why woman is said to be a beautiful little fool, why not judged by their intelligence... Why? In more motivating words we know that if we educate a man we just educate him but if we educate a woman we educate a generation. A woman should always be or treated as a heroine of one's life not as a victim... Be a woman of strength, emotionally as well as physically. Stop being treated by a man ...make your tears of worth

don't let it drop just on being a woman....BE a self-determined woman , feel proud to be a woman , let yourself be the ruler.

A woman raise up her voice not for shouting but so that her voice can be heard. People oppose feminism but forget that feminism does not talk about only women's strength, but it talks about changing the perception of the society towards the strength of woman. Everyone talks about development of the country economically, socially and politically but what about the empowerment of women, does it not contribute to the development of our country. Why people forget that even empowerment of women contributes to the development and welfare of the country. A country can be said to be developed where there is no existence of gender biasedness, where both men and women are treated equally without any discrimination.

-Tiyasha Mukherjee, CMS

Tangled Thoughts

Our life is a like a spider's web. Everything is so confused and complicated and chaotic. We start with something and then end up doing something which we least expected. Life is so crazy so shocking so surprising and so much unexpected. Look at the people around you everyone is struggling with something or the other. A little child is struggling with the broken toys and aspires to grow as soon as possible. A school going student is struggling with her homework and dreams of enjoying the college life. A teenager is struggling with her looks to get the attention of her new crush. Adolescents aspire to be unique different loved and cared by their someone special and bump into something unexpected. A young man is struggling to get the best job. Parents are struggling to fulfil the needs of the children. In doing all these things we want the best life, perfect lover and ultimate success. And the ultimate aim is pleasure and happiness. But do we really achieve our ultimate aim? The answer is no. We keep on aspiring for more and more and keep on waiting for that ultimate perfection, ultimate happiness and ultimate success. You will always find something ahead of you. No matter what you do .It's a non ending process. Defining a destiny is difficult because it keeps on changing. But we do not realize that all these things are like horizons which are just visible from distance, you cannot touch it. And when you look back you are still waiting for something. In this hustle bustle of life we have forgotten how to 'live' we were just running after something. Our heart is at one end and mind on the other. We enjoy something else and aspire for something else and thus thoughts always remain tangled. So its high time and you really need a break, spend some time alone, enjoy with your friends, talk to your loved ones, help and care about the people who needs you, surprise yourself , shock and rock the world.! The day we start enjoying our journey more than our destiny, our life will be much easier and happier. It has rightly been said that even imperfections are really interesting and try to enjoy the imperfections with a perfect attitude. Chill out and make your ways through this confused complicated and tangled life. Carpe diem!

-Vandana Mishra, MA Pol. Sc. & IR

युवा और राजनीति

आज का युग राजनीतिक चेतना का युग है, प्रजातंत्र का आविर्भाव हो चुका है और देश में नवीन राजनीतिक जागरण आ चुका है। यह राजनीतिक जागरण तब तक अपनी मंजिल पर नहीं पहुंच पाएगा जब तक युवा इसमें सन्नित्त झूमिका नहीं निभाएंगे। परंतु इस देश की असली समस्या यही है कि आज का युवा अपनी जिम्मेदारी का सही निर्वाहन नहीं कर रहा है। देश की समस्याओं का समाधान करने की बजाए बड़ी खुशी से ये कहते हैं आइ हेट पॉलिटिक्स। सवाल यह है कि आखिर आप क्यों नफरत करते हैं ? शायद इसका उत्तर युवा यह देंगे कि यह गलत दिशा में जा रही है, देश का नुकसान कर रही है। लेकिन आप लोगों से जानना चाहता हूँ कि इस राजनीति को सही दिशा में कौन ले जाएगा। आइ हेट पॉलिटिक्स कहनेवाले आप लोग किस गलतफहमी में हैं, क्या किसी चमत्कार का इंतजार कर रहे हो, या इस झुरसे में हो कि इन नेताओं को किसी दिन शर्म आएगी और सब सही हो जाएगा। अगर आप ऐसा सोच रहे हो तो ऐसा कुछ नहीं होने वाला। चाणक्य ने एक बार कहा था देश को इतना नुकसान दुष्टों की दुष्टता से नहीं हुआ जितना सज्जनों की निष्प्रयत्ना से हुआ है। जो लोग बड़ी शान से कहते हैं आइ हेट पॉलिटिक्स उन सड़ी युवाओं से निवेदन करना चाहता हूँ कि हो सकता है आपकी राजनीति में दिलचस्पी न हो, लेकिन राजनीति न सिर्फ आप में दिलचस्पी रखती है, बल्कि वो आपके जीवन को हमेशा प्रभावित डूँ करती है और आपकी आने वाली पीढ़ियों का ड्राविष्य आज की राजनीति ही तय करती है, इसे नकारा लोगों के झुरसे ना छोड़ें अन्यथा वो दिन दूर नहीं जब आप आइ हेट पॉलिटिक्स कहने लायक डूँ नहीं रह जाएँगे।

-गौरव रंजन, मीडिया विभाग

जरूरी है सड़क पर भटकते बच्चों का संरक्षण :

शहर के फुटपाथों से लेकर बस अड्डों, मंदिरों, चाय-पान की दुकानों, रेलवे स्टेशन समेत कई प्रमुख सार्वजनिक स्थलों के आसपास हम अक्सर भीख मांगते, कचरा बीनते बच्चों को घूमते हुए देखते हैं। फटेहाल इन बच्चों का आशियाना रात में मंदिरों की चौखटों, झुग्गी-झोपड़ियों, रेल के प्लेटफॉर्म और रेल की पटरियों के आसपास होता है, जबकि दिन में एक स्थान से दूसरे स्थान तक भटकना ही इनकी नियति है।

बीच सड़क या फिर चौराहों पर हाथ फैलाये भीख मांगने के लिए ये बच्चे खड़े हो जाते हैं, जिन्हें न जान जाने का भय सताता है और न ही धूप या ठंड की मार। कुछ बच्चे गलियों या सड़कों के किनारे कचरा बीनते नजर आते हैं। जगह-जगह लगे सरकारी विभाग के नलों या चापानलों से इनकी प्यास बुझती है, तो भूख न जाने कैसे मिटती होगी। इन्हें देख कर मन में कई सवाल जन्म लेते हैं। कौन हैं ये बच्चे, जो लोगों के आगे हाथ फैलाये खड़े रहते हैं ? इस सवाल का एक ही जवाब मिलता है कि यही तो हैं गरीब भारत के अनमोल बच्चे। गरीब अभिभावकों की परवरिश से महरूम ये बच्चे जीवन के पहले पायदान से ही अपना पेट भरने के लिए उन सड़कों, गलियों व रेलवे स्टेशनों आदि की खाक छानते नजर आते हैं, जहां पेट की ज्वाला शांत करने की उम्मीद की किरण दिखायी देती है।

पेट की धधकती आग को बुझाते-बुझाते ये बच्चे कब अपराध की दुनिया में कदम रख देते हैं, इसका पता खुद उन्हें भी नहीं चलता। सवाल यही है कि आखिर इन बच्चों के भविष्य का दोषी कौन है ? जन्म देने वाले अभिभावक, नियति, समाज या फिर सरकार ? इन भटकते बच्चों को संरक्षण की दरकार है।

-अनुराग कुमार मिश्रा, मीडिया विभाग



Poems



My pen...

Wandering in my dreamland
 Lost in my fantasies
 Suddenly a thought struck my mind
 And I have something to say ,something to ask ,
 something to write and something to share..

I reach for my pen..
 My best friend my best buddy..
 I asked him that does he know me?
 The hopes, the desire, the secrets, the wishes.. beyond these myself.

I asked him to create me as I am,
 Ambitious, jolly, careless and yes sometimes rude..
 I asked him to write something between me and nothing
 Which can make me feel the world is in my feet,
 To give me the strength, to fight with my weaknesses
 And wish me luck for good and great

For never to be late to improve the feeling which sets the future
 brighter and brighter..
 And at last figure me out, draw a sketch of the new me and speak to
 me by my soul everything..
 O my dear pen..spread me all over the paper with the Web of your
 ink whom you call words..
 To create a bundle of poems which can cover my thoughts and say..

I m flowing like a river..
 Chirping like a bird..
 Relishing like wind..
 Joyous and free..always free..
 Yes my pen..it's me!!

-(Jaya shukla)
 M.A Psychology

A to Z of life explained

Life is an Adventure. Dare it.
 Life is a Beauty. Worship it
 Life is a Challenge. Meet it.
 Life is a Dream. Realize it.

Life is an Endurance. Cope with it.
 Life is a Fragrance. Smell it.
 Life is a Game. Play it.
 Life is a Heaven. Make it.

Life is an Initiative . Take it.
 Life is a Journey. Complete it.
 Life is Kerosene. Burn it.
 Life is Love. Enjoy it.

Life is a Mystery. Unfold it.
 Life is a Name. Find it.
 Life is an Opportunity. Catch it.
 Life is a Promise. Fulfill it.

Life is a Question. Answer it.
 Life is a Reality. Face it.
 Life is a Song. Sing it.
 Life is Time. Utilize it.

Life is an Urge. Satisfy it.
 Life is Voice. Listen to it.
 Life is Wealth .Acquire it
 Life is X ?. Solve it.
 Life is Yearning. Go after it.
 Life is Zenith. Attain it.

-Dipti Prakash
 B.A.B.Ed

**"Life is a difficult game.
 You can win it only
 by retaining your birthright to be a person."**

- Dr. A. P. J. Abdul Kalam



Spice of life: Hard work

I was there in my mother's womb,
Striving hard to come out soon.
Kicking, shaking and pestering my mother all day long,
Praying to come out soon and
hearing ma parents singing a welcome song.
With all the efforts I entered the world,
A cycle where everyone needs to struggle.

When I grew up, I learnt to read and write,
To vent my feelings and shun off my fright.
Playing, singing, hoping and dancing,
Just like a free bird enjoying with nature and romancing.
My parents prayed for me to soon become a grown up kid,
Thinking that would reduce some of my childhood's hardship.

I grew older and entered my teens,
Gaining knowledge, moral values and wisdom at sixteen.
I was told that after this phase life would become easy,
When my path would turn bright and clear from dark and hazy.
Ah, I wanted to rest but had no time,
For it was the time to work towards the betterment of mine.
I burnt the midnight oil to score real good marks
because I had to work hard and shine even in the dark.

After spending my school days wisely,
I thought life further would become a walk on cake
For me to enjoy life and only rest, peace and happiness to take.
But to my utter surprise this wasn't at all the case.

I came out with flying colours and settled for a good post
Working day and night shunning off the green monster, the
ghost.
I worked so that I could live a peaceful life,
But unfortunately peace was no where around.
Once again I had to work hard being deep rooted to the ground.

Huh! The most awaited time has come,
It's time to relax and prosper.
But it seems like something is missing
Seems like a phase has faded away and yet another is setting in.
I strived lifelong for a bed of comfort
But it's now that I realize... Life has no meaning without true
hard work.

Now the mortal 'me' rests on the deathbed
With a satiated soul knitted with hard work's thread.
Now, when I travel through the alleys of my mind these
memories sprout up,
Sweat, blood, passion and hard work, all have filled my
life's cup.

Now, when I am leaving this big wise world,
I HAVE NO REGRETS.
The immortal soul now realizes,
"Satiating and experience is a man's real possession.
In nothing else is he rich, in nothing else is he poor."
-Wali Shabina, CMS

Reach Your Goal

Reach your goal
Win your soul
If you are having an imperial thought
No boundary can enclose you
Keep on trying
First time you may stumble
Second time you may stumble
But after countless stumble
Time will come, when
You will reach your goal
You will win your soul
-Kaushal kr Sinha, CMS

Emotions And Soul

You'll never really 'move on'
You'll never again be whole
Just like the entire universe
Emotions are breaking up the soul
Like the wrinkles on your skin
Like the greying strands of hair
You don't need resurrection again
All you need is just some love and care
Don't you feel bad for all that is lost
Don't you wish for what has been not
Don't you rush into that morning daylight
The world will stay steady even if you fight
Spring up to answer that morning bell
Listen to the wind so you could tell
Its only when the old man stood
That the world at his feet fell
No king ever got to the crown unscathed
No love wasn't in its purity not bloodbathed
No wonder did the heart stop this pounding
Only when the soldier had his chest impaled
You'll never really 'move on'
You'll never again be whole
Just like the entire universe
Emotions are breaking up the soul
-Zeeshan Yasir, C.M.S

“One’s childhood”

When he arrived, each of them smiled
Finding in one’s hand, he himself cried
Disguising someone, he felt utilized
Narrating the word, he get satisfied
Thereafter he never cried and never cried

Achieving the height, he sprawled on his leg
When he became next, many of them faced
Walking along with legs, he never met
Comparing other’s them , all time he did waste
Being fortunate, fortunately he relaxed and relaxed

Becoming like an older, being far with sky
Suggesting someone’s name, finding nevertheless been tried
Growing through by ages, he passed to proclaim
Trying to nurture himself, keeping to be attached
Thereafter he didn’t waste and didn’t waste

-Gaurav Kumar, B.Sc.LLB.(H)

भारत का स्वर्णिम गौरव

भारत का स्वर्णिम गौरव, केंद्रीय विश्वविद्यालय लाएगा,
तक्षशिला, नालंदा का इतिहास लौटकर आएगा।।

शिक्षा उपवन के नए फूल, संस्कृति सरिता के नए फूल।
ऋम ज्योति दीप जागृत प्रबुद्ध, हट जाओ तम के धूले शूल।

तमसो मा ज्योतिर्गमय यह मंत्र विश्व में छाएगा।
तन अनेक पर एक प्राण, , स्वर अनेक पर एक गान।।

हम कण-कण पर छा जाएंगे, बन कर भारत का स्वाभिमान।
तत त्वं पूषन अपावृणु, यह छंद ज्योति बरसाएगा।।

भारत का भेद मिटा देंगे, दूरी को दूर भगा देंगे।
माटी की लेकर के ममता, हम सबको गले लगा लेंगे।
एक हल पर विहग-वृन्द, यह एक गीत हो जाएगा।

-अजित कुमार, बीएससी-बीएड

मकान और घर

आओ एक मकान को घर बनाया जाये
या फिर एक घर ही बनाया जाये ,,

मकानों में जो अक्सर धन्यवाद होते हैं
घरों में वही सुस्वागतम होते हैं ,
आओ उस मकानों में भी सुस्वागतम सजाया जाये ,
या फिर एक घर ही बनाया जाये ,,

मकानों ने कितनो के सपने तोड़े ,
वही घरों ने एक-एक के सपने जोड़े
आओ उस मकानों में भी एक खूबसूरत सपने सजाया जाये
या फिर एक घर ही बनाया जाये ,,

मैंने देखा-
मकानों में लोगो के बीच दीवारे रहते हैं
उसी दौर में गौर किया
वही घरों में दीवारों के बीच लोग रहते है
आओ मकानों में लोगो के बीच से दीवारे हटया जाये
या फिर एक घर ही बनाया जाये

मकानों ने भाई भाई को दूर किया
इसी ने एक माँ को मजबूर किया
घरों ने माँ की चरणों को स्वर्ग बनाया है
वही मकानों ने माँ को माँ बनाया है

आओ एक जगह ठहरे और
उस भाई को भाई से मिलाया जाये ,
और उन मकानों में भी माँ की चरणों को स्वर्ग बनाया जाये
या फिर एक घर ही बनाया जाये,,

-अमित कुमार सिंह, मीडिया विभाग

गजल

तेरी सफाफ आँखों मे काजल हो जैसे
तपते सेहया में बादल हो जैसे
मेरी परेशानियाँ तुम्हारी मुस्कुराहटें
मेरे हर मसले का हल हो जैसे
छन छन करती है आवाज उसकी
उसके पाँव नही गले मे पायल हो जैसे
तेरे बगैर सब कुछ आधा अधूरा लगे
तेरे साथ ये दुनियाँ मुकम्मल हो जैसे
वीरान था ये दिल मुद्दतो तक
एक तेरे आने से ये महल हो जैसे।

-अजहरुद्दीन (गणित विभाग)

नारी

युग तेरा , दुनिया तेरी
तेरी धरती , आकाश है
रहें तेरी , मंजिल तेरा
तू क्षमता का अम्बार है
अबला था बस इतिहास तेरा
अब सबल तेरा किरदार है
तू नारी है इस युग की
प्रबल तेरा अधिकार है
रोई सीता , द्रौपदी रोई
पर झांसी बन अब जागी है
ज्वाला आँखों में , शक्ति आँचल में
नयी छवि उड्डार कर आई है
तू नारी है इस युग की
सशक्त तेरी हर परछाई है
सशक्त तेरा आधार है

- अनू झा, मीडिया विभाग

मगसूर सी लड़की

एक मगसूर सी लड़की थी
जो रहती अपने ख्वाबों में
हर पल टटोलती अपने आप को
पूछती हर एक से सवाल
गलती क्या होती है उनकी
जो अपनी जिन्दगी जीना चाहती है
क्यों खफा होते हैं उनसे लोग
जो गिर कर सम्भलना चाहती है
सवालो से क्यों घिरी रहती है
जो बुलंदियों को छूना चाहती है

इन अनसुलझे सवालो का जवाब
मिलता है समाज की बेड़ियों में
जो कहता है तू गिर पर उठ के चल मत
जो चाहता है तू उड़ पर अपने पंख मत फैला
फिर क्यों ख्वाब दिखाए जाते हैं
क्यों आगे बढ़ने को कहा जाता है

घुट गई आज उस लड़की की आवाज़
दब गई सिसकियाँ उन सवालो में
ना है अब आँखों में कोई ख्वाब
ना जुबां पर कोई सवाल
बन गई बस वो मजबूर सी लड़की
थी जो कभी मगसूर सी लड़की

-प्रतीची भास्कर, इ.वी.एस

पिता

संस्कारों की खुली किताब हैं तुम्हारे बोल,
बेबाक पाक निगाहों में उम्मीद पालने की जिद,
हृदय की घाटियों पर पत्थर रखकर भी मेरी हर आरजू को पूरा किया तुमने,
कभी अपनी गलतियों से तो कभी अपनी कामयाबी से, तुम्हारी आँखों की नदी अब भी भर रखी है मैंने।
अगर जिंदगी में कुछ हासिल किया तो, वो तुम्हारी बदैलत,
वरना ईश्वर ने जो खिताब मुझे दिया है तुम्हारे रूप में,
वो तो स्थायी रहेगी ताउम्र...कि तुम मेरे पिता हो,
तिम हो तो ईश्वर की संकल्पना है,
तुम हो तो मंगलकामनाएं हैं,
तुम हो तो सारी दुनिया अच्छी है,
तुम हो तो मैं बच्ची हूँ।

-रिचा रमन, मनोविज्ञान विभाग

किसका एतबार करें?

दूर तक देखा है देखनेवालों ने,
दर्द कब समझा परखेवालों ने क
कारवां से बिछड़कर मिल न पाए कभी,
यही चाह था मेरे चाहनेवालों ने क
पत्थरों ने नहीं दिया कभी कुछ भी,
सर फोड़े हैं खुदा माननेवालों ने क
कहीं खो गयी शाख से अलग हुई पत्तियाँ,
करा ली दुआ कुबूल जलनेवालों ने क
हैसियत साथ चलने की भी ना थी जिसकी,
शहंशाह बना दिया उसे डरनेवालों ने क
गिरे को उठाना तो दूर रुकना भी राहों में,
मुनासिब नहीं समझा चलनेवालों ने

-आशुतोष कुमार मिश्रा,

बचपन बना बड़प्पन

जिस तरह एहसास पनपे एक जीवन एक धड़कन में,
अरमानों के साख पकड़े, मन लहर उमंगों से,
चंद खुशियां पाकर हृदय झिलमिलाए चंद लम्हों को,
बचपन होता क्या है, क्या है इसकी गरिमा...

देखा था चेहरा उस नन्हें बालक का,
कहते हैं जिसे भविष्य, उस देश के पालक का,
भरी भीड़ शोर शराबे के भीतर कुछ टॉफी,
कुछ सिक्कों, कुछ बताशों के लिए दौड़ना।

मैं चला, आगे बढ़ा,
रेत का एक ढेर था, हर बच्चा वहां शेर था,
दौड़ो-पकड़ो के शोर में, शक्तिमान की गूँज में,
हड़ता, सत्यता और लग्न की झलक थी,
मां के चेहरे पर मुस्कान थी, जिसकी वजह वह नन्हीं जान थी।
क्या यह है बचपन की महत्वता...?

-आनंद शुक्ला, बीए (एलएलबी)

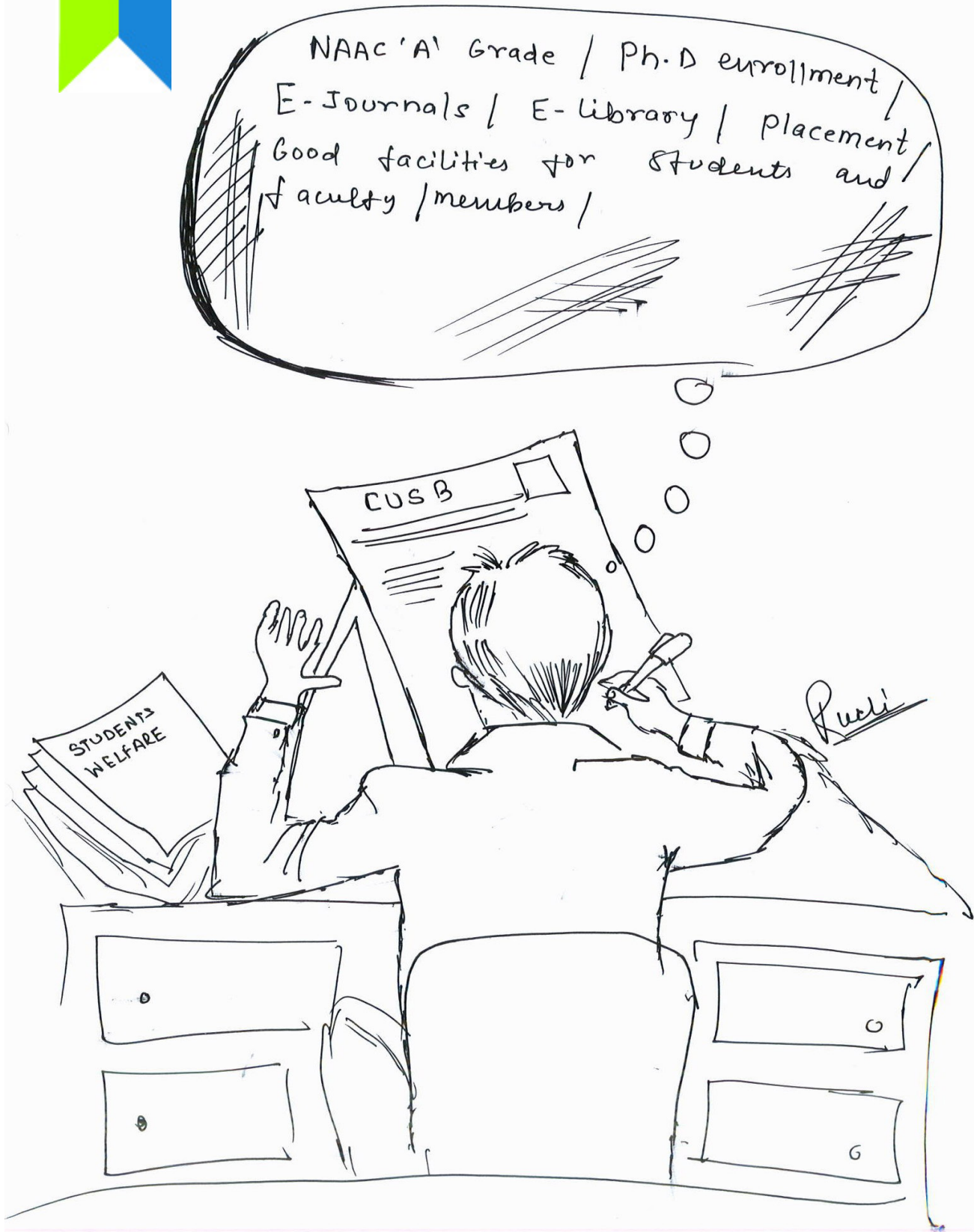


INDIA
Educate your women first and
leave them to themselves; then
they will tell you what reforms are
necessary for them. In matters
concerning them, who are you?

Jivekanand



Visual Treat



-Ruchi Kumari, CMS



-Ruchi Kumari, CMS



Strong waves may sometimes force the flame to change its direction... But its strong determination to stay firm at its position keeps the flame glowing in the same direction...The same flame can both defy and define darkness...

-Creative Photography by Ankita , CMS



Patience, commitment and conviction are key to success.

-Creative Photography by Ravi Prakash Gupta , CMS



Life is full of colors, live it -

-Creative Photography by Faiz Ahmad Siddiqui, EVS



Initiatives



UNNAT BHARAT ABHIYAN

Unnat Bharat Abhiyan

Universities are the centers of higher learning and they serve as catalysts for social development and change. Unnat Bharat Abhiyan, launched by the government, is an important initiative to revitalize and develop rural India through the support of institutions of higher learning. The university is located in one of the most backward regions and it is our responsibility to bridge the gap between rich and poor, rural and urban and bring transformation in the rural development of the region. University has adopted a few villages near Panchanpur and it is looking into the key issues like education, health and sanitation, entrepreneurship and agriculture. It aims to uplift the nearby villages and make them self-sufficient.



Renaissance (Students' study circle)

Students study circle "renaissance" has been created with the approval of vice-chancellor. Group prime motive is to enlighten people and spread knowledge. The group will organize seminar, debate and other kind of activities within university with the help of faculty members and external experts. It is a very innovative idea to bring students and faculty members on the same platform to discuss various issues of importance. To make group more functional there is an organizing committee consisting of one faculty members and students coordinators.



CUSB Well-being Clinic

Students after joining a new course and as new entrants go through feeling of loneliness and homesickness. This age of social and technological changes has made competition and rivalry inevitable. Competition and Rivalry are distinctly visible in the academic set up as well. At times this has been observed that students' failure in coping with academic demands are caused by nonacademic factors i.e. economical family issues, relationship problems, and peer pressure and other such psychosocial reasons.

Many a times, anxiety, depression, and burnout become severe leading to various psychological problems among students in higher education. As a consequence, there is likelihood of threat to wellbeing of students.

Provision of services available in CUSB Wellbeing Clinic -

CUSB made a provision to cater to the mental health needs/wellbeing of students from March 2012. Areas in which intervention of professional is needed are Academic, Psychosocial, Personal and Behavioural. The CUSB well-being clinic offers intervention/help primarily to CUSB Students, staff and their family members. Further any person in need seeking help from the clinic, and children with special needs in need of assessment for the purpose of disability quantification are welcome. Moreover referred cases for psycho-diagnostic, psychotherapeutic, and certification purposes by mental health professionals' such as- psychiatrists, neurologists, teachers, and other such professionals will also be attended.

Facilities available at CUSB Wellbeing clinic:

- Supportive psychotherapy
- Individual and group psychotherapy to support care givers parents and guardians
- Brief term psychotherapy
- Cognitive behavioural therapy
- Client centred therapy
- Humanistic and existential psychotherapy
- Positive psychotherapy

Legal Aid Clinic

The importance of legal aid and awareness campaign as a mechanism for social progress is something that has been repeatedly stressed upon by the government of India. In the backdrop of poverty and inequality, legal aid is an effective way towards attainment of the ideals of 'social, economic and political' justice that are enshrined in our constitution under the directive principles of state policy. Imparting legal awareness is the first step towards insuring prompt an effective access to justice. Keeping this in mind, the Bar Council of India mandated all law colleges and universities in India to establish and run legal aid centers or clinics. The idea was to fulfill certain standard of legal education, but more importantly, it was also aimed at engaging the students in serving their community by promoting legal awareness through this legal aid clinic and programs. The entire purpose of setting up nationwide collegiate clinics is to acclimatize several thousand law students of the nation to the problems faced by the masses ignorant about their rights and remedies under the law. The school of law and governance, CUSB legal aid clinic is one successful beacon. The clinic functions by organizing legal literacy camps, seminars, legal counseling, public speaking, poster making street plays, liaisoning with legal services authorities and through various other communicable mediums.



SMiLE

Team SMiLE

This is a social service group initiated by the students of M.A Political Science, CUSB, in January, 2016. Until now, students from various centres and departments- like Economics, Development Studies, Education and Law & governance have joined the group. Its objective is to identify the problems faced by the students in getting education, to motivate them to learn more and attend schools regularly, to involve them in educational as well as in some other co-curricular activities.

Team SMiLE started its work in the Dankan Middle school and Rampur middle school situated in the area of Sikadia More, Gaya . At the initial stage school as well as the students were apprehensive about the intent of the team but slowly and gradually they started coming forward and supporting its activities. The Team has been successful in enhancing the student's conceptual clarity and making them realize the worth of education. They have been getting more motivated towards studies and allied cultural, sports and co-curricular activities. The interactions and engagements helped in instilling the positive and constructive attitude among the tender students. After witnessing the enhancement of motivational level of these students, we tried to expand our activities to other schools. After surveying the Binova nagar and kaler areas, this team selected Kaler school as our next target. Thereby, currently we are working simultaneously in these three schools and 5 aaganwadi centres. Approximately, 450-500 students attend the three schools that cater to primary education requirements of mainly underprivileged children located in the surrounding areas. Through our various activities we have interacted with around 250 students from the schools and centres. Our volunteering service has also helped us in earning the confidence of parents and teachers. As a result, the team has been evolving as a support system to the students, teachers and parents. It is just a beginning, miles to go!!!

The Central Committee of Team SMiLE is:-

- | | | |
|----|--|----------------|
| a. | Ms. Vandana Mishra (M.A. Political Science & IR, IVth Semester): | President |
| b. | Mr. Rahul Kumar (M.A. Political Science & IR, IInd Semester): | Vice-President |
| c. | Mr. Kamlakant Pathak (M.A. Political Science & IR, IInd Semester): | Secretary |
| d. | Anju Kumari(M.A. Political Science & IR, IInd Semester): | Treasurer |

Executive Committee members:-

- e. Ms. Salma Zafar (M.Phil., Political Science & IR, IInd Semester)
- f. Mr. Ankur Karn (M.A., Economics, IVth Semester)
- g. Ms. Shivani Sinha (M.A. Political Science & IR, IInd Semester)
- h. Mr. Ankit Parmar (B.A. B.Ed., IVth Semester)
- i. Mr. Sonu Kumar (B.A LLB, IInd Semester)

As per approval, Dr. Pranav Kumar, Assistant Professor, Central University of South Bihar is our Faculty Supervisor.



Students' Activity



Vice Cancellor is facilitating winners of annual sports meet and volunteers of blood donation camp at Patna.



Dahi Chura with Orphans



Legal Aid Camp



Street play by Renaissance group on sanitation



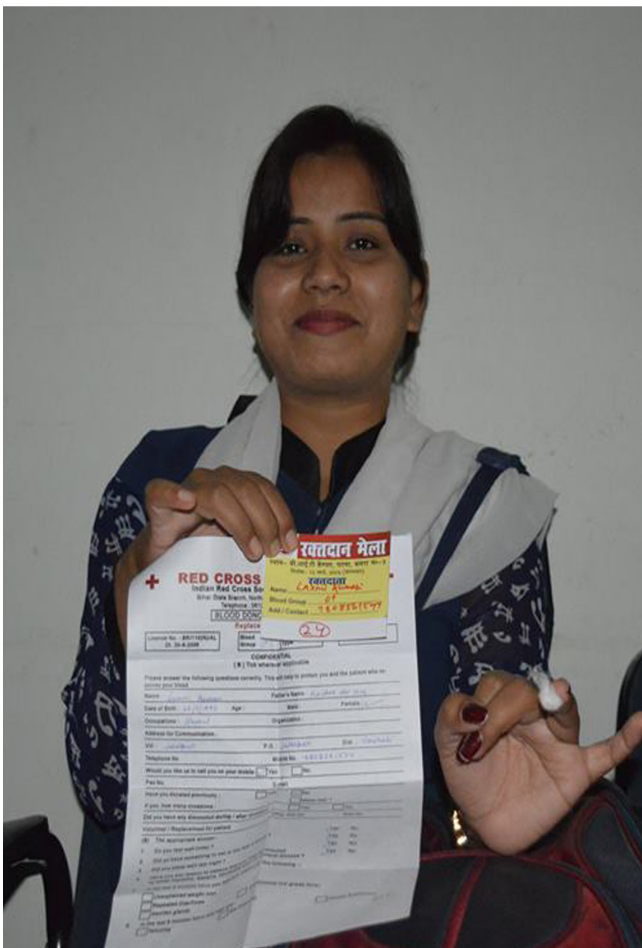
Smile group with village children



BLOOD DONATION CAMP



“रक्त नाड़ियों में बहे, नालियों में नहीं”
 दक्षिण बिहार केंद्रीय विश्वविद्यालय
रक्तदान मेला
 दिनांक- 15 मार्च, 2016 (मंगलवार)
 समय - प्रातः 10 बजे से दोपहर 3 बजे तक
 स्थान- बी.आई.टी. कैम्पस, पटना, कमरा नं०-3
 मानवता के इस अभियान में आप सभी का स्वागत है
 8227078207, 9852583960



Student's Achievements

hindustantimes
प्रभात खबर 30.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

7 CUSB students bag Gandhi Fellowship
Seven students of Central University of South Bihar (CUSB) bagged Gandhi Fellowship offered by Piramal Foundation for 2015-18. CUSB placement officer Md Mudassar Ali said students Wajid Saheb, Vignesh Babu, Anshul Patil, Kunal, Kunal, Gay Prakash Gupta, Anshul Prasad and Anshu Bhatti have bagged the fellowship. Working as research fellows for school principals, these students will bring change in the schools. "It will impact the lives of 1000 students," said the coordinator.

* THE TIMES OF INDIA, PATNA
FRIDAY, MARCH 11, 2016

CUSB pupil shines: Central University of South Bihar (CUSB) student Rohit Kumar has been selected for a prestigious research fellowship. CUSB's PRO Mohd Mudassar Alam said the sixth semester BSc-BEd student would undergo training from May 15 to July 15 under the guidance of eminent scientists. The fellowship has been offered jointly by the Indian Academy of Sciences-Bengaluru, Indian National Science Academy-New Delhi and the National Academy of Sciences-Alabaha.

THE TIMES OF INDIA, PATNA
TUESDAY, MARCH 22, 2016

CAMPUS NOTES
Gandhi Fellowship: At least seven CUSB students, including Wali Shabina, Vijendra Dubey, Aprajita Patil, Kumari Komal, Ravi Prakash Gupta, Anjali Pandey and Anu Bharti, were awarded the Gandhi Fellowship for 2016-18, said Central University of South Bihar (CUSB) placement officer Md Mudassar Alam.

hindustantimes
HINDUSTAN TIMES, PATNA
TUESDAY, APRIL 12, 2016

CUSB student bags award
Sumit Kumar Mishra, a student of the School of Law and Governance of the Central University of South Bihar (CUSB) won the 'Best Researcher' award in the 4th moot court competition organised at Banaras Hindu University (BHU) in Varanasi last week. He received books, a memento and a certificate.

HINDUSTAN TIMES, PATNA
FRIDAY, DECEMBER 11, 2016

CAMPUS BUZZ
HT CORRESPONDENT
CUSB student selected
Central University of South Bihar (CUSB) student Dhananjay Kumar has been selected for the Microsoft Student Partners (MSP), a worldwide recognisable program to sponsor students majoring in disciplines related to technology. According to CUSB PRO Mohammad Mudassar Alam, the IT firm Microsoft had sent the offer letter to Kumar to be MSP for 2015-16. As an MSP, he will get to share his knowledge and passion for technology with his fellow MSPs from across the globe and also conduct technology-based events in educational institutions. Kumar said he felt proud to be a part of the IT company with which he had completed two courses.

THE TIMES OF INDIA, PATNA
WEDNESDAY, MARCH 9, 2016

CUSB students to evaluate teachers with new web app
Patna: In a rare feat, two Central University of South Bihar (CUSB) students have developed an exceptional web application for evaluation of teachers by students. Dhananjay Kumar and Yashwanth Kumar, both MITech students of computer science, developed the system in a record time of one month. The web application is intended to automate the feedback of the college students for the courses taught by their respective teachers.

प्रभात खबर 9.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

सीयूसबी के छात्र राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं
राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं। सीयूसबी के छात्रों ने राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग लेने का अवसर प्राप्त किया है।

प्रभात खबर 9.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

सीयूसबी के छात्र राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं
राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं। सीयूसबी के छात्रों ने राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग लेने का अवसर प्राप्त किया है।

प्रभात खबर 9.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

सीयूसबी के छात्र राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं
राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं। सीयूसबी के छात्रों ने राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग लेने का अवसर प्राप्त किया है।

प्रभात खबर 9.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

सीयूसबी के छात्र राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं
राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं। सीयूसबी के छात्रों ने राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग लेने का अवसर प्राप्त किया है।

प्रभात खबर 9.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

सीयूसबी के छात्र राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं
राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं। सीयूसबी के छात्रों ने राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग लेने का अवसर प्राप्त किया है।

प्रभात खबर 9.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

सीयूसबी के छात्र राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं
राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं। सीयूसबी के छात्रों ने राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग लेने का अवसर प्राप्त किया है।

Jobs rain on CUSB, Patna University limps
The unemployment rate in Patna is high. Many graduates are struggling to find jobs. The Patna University is facing a crisis.

Students from Patna gets merit certificate at national-level essay competition
A 23-year-old BA LLB (Hons) student of Central University of South Bihar (CUSB) has been awarded merit certificate at a national-level essay writing competition.

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

हिन्दुस्तान
एल • बुधवार • 11 दिसंबर 2015
सीयूसबी के छात्र का माइक्रोसॉफ्ट स्टूडेंट पार्टनर में चयन

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

हिन्दुस्तान
एल • बुधवार • 11 दिसंबर 2015
सीयूसबी के छात्र का माइक्रोसॉफ्ट स्टूडेंट पार्टनर में चयन

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

हिन्दुस्तान
एल • बुधवार • 11 दिसंबर 2015
सीयूसबी के छात्र का माइक्रोसॉफ्ट स्टूडेंट पार्टनर में चयन

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

हिन्दुस्तान
एल • बुधवार • 11 दिसंबर 2015
सीयूसबी के छात्र का माइक्रोसॉफ्ट स्टूडेंट पार्टनर में चयन

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

हिन्दुस्तान
एल • बुधवार • 11 दिसंबर 2015
सीयूसबी के छात्र का माइक्रोसॉफ्ट स्टूडेंट पार्टनर में चयन

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

प्रभात खबर 11.03.2016
रौप्यसूची के पाठकों को अतिम प्रेमी चरित्रों में मिल रहे हैं

हिन्दुस्तान

गया • बुधवार • 10 फरवरी 2016

12 students of CUSB get jobs

Patna: As many as 12 students of Central University of South Bihar (CUSB) were selected for the job of block development manager by Care India under the campus placement drive.

CUSB placement officer Md Mudassar Alam said the selection was made on the basis of written test followed by an interview conducted by a six-member team headed by the organization's programme manager Jaimon Thomas on Wednesday.

The selected students are Saima Taubeh, Shweta Surbhi, Ravi Prakash Gupta, Shivam Rastogi, Surjeet Goyal and Vinendra Dube of Mass Communication department, Priyanka Kumari, Nitu Kumari, Anuksha, Ramanand and Faiz Siddiqui of environmental sciences department and Arya Bhatti of the development studies department.

CUSB VC H C Singh Rathore wished the selected candidates a bright future.

लेखन प्रतियोगिता में एससीयूसबी छात्र पुरस्कृत

गया। दक्षिण बिहार केंद्रीय विश्वविद्यालय, गयाकेएसके छात्र विशाल कुमार सिंह को पुरस्कृत किया गया। ऑल इंडिया लेखन प्रतियोगिता में श्रेष्ठ प्रदर्शन के लिए विशाल को पुरस्कृत किया गया। विवि के जन्मसंपर्क पदाधिकारी मो. मुदस्सीर आलम ने बताया कि स्कूल लॉ एंड गवर्नंस के फोर्थ सेमेस्टर के छात्र विशाल को श्री रामचंद्र मिशन व यूनाइटेड नेशंस इन्फार्मेशन सेंटर ऑफ इंडिया एंड भूटान ने राष्ट्रीय स्तर पर निबंध प्रतियोगिता का आयोजन किया था। पटना के अभिलेख भवन में आयोजित विशेष समारोह में विशाल को पुरस्कृत किया गया।

दैनिक जागरण
पटना, 12 अप्रैल 2016
सुमित को मिला बेस्ट रिसर्चर अवार्ड

सीयूसबी के छात्र राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं
राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं। सीयूसबी के छात्रों ने राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग लेने का अवसर प्राप्त किया है।

सीयूसबी के छात्र राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं
राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं। सीयूसबी के छात्रों ने राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग लेने का अवसर प्राप्त किया है।

सीयूसबी के छात्र राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं
राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं। सीयूसबी के छात्रों ने राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग लेने का अवसर प्राप्त किया है।

सीयूसबी के छात्र राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं
राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं। सीयूसबी के छात्रों ने राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग लेने का अवसर प्राप्त किया है।

सीयूसबी के छात्र राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं
राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग ले रहे हैं। सीयूसबी के छात्रों ने राष्ट्रीय स्तर पर प्रतिस्पर्धा में भाग लेने का अवसर प्राप्त किया है।



Campus placement in Care India



Developed Web Application



Aprajita Pathak.jpg



Ravi Prakash Gupta.jpg



Vijendra Dubey.jpg



Wali Shabina.jpg

gandhi fellowship



2.AvinitaGautam.jpg



3.Abhinay kumar.jpg



Pushp Ranjan Singh.jpg



Rajiv Manohar.jpg



1.Azharuddin.jpg

Campus placement in Azim Premji Foundation

UNIVERSITY CONSTRUCTION WORKS UNDER PROGRESS



