

## KNOW YOUR LEADERS

By Ms. Nandita Mittal

**Ms. Nandita:** Kindly give a brief introduction about yourself.

**Mr. RaQesh:** I think one should introduce oneself with the ideology and belief system that forms an integral part of one's personality. In that sense, I would very humbly like to mention that I am a devotee of Sant Nirankari Mission, a mission that believes in oneness, love, humility, tolerance and humanity. I am blessed to be a Spiritual Preacher of Nirankari Mission, where I also serve as an anchor and news reader for monthly spiritual programmes of the Mission. Professionally, I am an entrepreneur and an Executive Director of a CSR Initiative. I also work as a freelance model, with almost forty plus advertisements published all across the nation. Having done my P.G. Diploma in Counselling, I also take counselling sessions for those in mental distress or anxiety. I have also been taking numerous motivational talks at reputed schools, colleges and corporate houses in different parts of the country. My hobbies include reading, swimming, music, quizzing and yoga.

**Ms. Nandita:** What specific activities do you engage yourself in to keep working at your optimum level?

**Mr. RaQesh:** Yoga helps me stay fit and happy. I also follow it up with Pranayam and meditation (or Sumiran). Being a part of the Nirankari Mission, I get a lot of opportunities to learn and share spiritual knowledge with the youth of the mission. I believe that sharing and giving make a person richer in all dimensions of life. I try not to hold grudges against anyone, as it can become a reason of blocking my progress. Seek Forgiveness and grant forgiveness wherever required, so that you can move ahead with love and harmony. Accept people and circumstances rather than criticizing them. Be a part of the solution and not the problem. These principles help my body, mind and soul to remain healthy.

**Ms. Nandita:** How do you achieve a healthy work-life balance?

**Mr. RaQesh:** If one leads a healthy life style and sets time bound goals, it becomes easy to set the priorities. Regular motivation by meeting high achievers and wise teachers keeps me going with a balanced approach to life and work. I believe that balance can be achieved by focus, motivation and practice.

**Ms. Nandita:** In your opinion, what is more important, Subject Knowledge or Skill?

**Mr. RaQesh:** I believe both knowledge and skill are important, because none is complete without the other. They are both complimentary dimensions of any career/vocation. Thus, our youth should make an effort to benefit from both for a holistic growth and success.

**Ms. Nandita:** What kind of approach a student should apply in his/her study?

**Mr. RaQesh:** I personally feel that education should not be a task. Students should select the subject/s that they find interesting after a meaningful and practical analysis of their own ability, inclination and aptitude. A student should find out his/her learning style (auditory, visual, etc.) and then follow the same for better performance. Regular study, group study, making comprehensive notes and Self-testing are some of the ways that can make studies all the more fun.

**Ms. Nandita:** What is your success mantra?

**Mr. RaQesh:** Well, I have been repeating the TAJ mantra at all my sessions with students. I would like to share it with our readers here too.

'T' stands for **'Thakkna Nahi'**, which means we have to remind our mind not to tire out. We can take rest when required, but then rise up stronger for more hard work.

'A' stands for **'Akkna Nahi'**, which means don't get bored. Anything becomes boring when it turns to be dull routine. Just remind yourself about the nature around. Has the Sun got bored of giving us light and heat for millions of years? Does the river get bored of giving us the life sustaining elixir called water? No! Likewise, though we can take a little break, but once again, rise up with more enthusiasm to achieve our target.

'J' stands for '**Jhakkna Nahi**', which means don't hesitate. Well, it is observed that students hesitate to clear their doubts from the teacher because they fear being shamed by other students in the class. This 2-minute hesitation becomes the cause of a weak foundation. Thus, a student should always ask for help, immediately when one feels the need for it. Also, one should not hesitate to speak out against any discrimination/violence/ bullying at school/college/home/neighbourhood. Remember, asking for help is strength and not a weakness.

**Ms. Nandita:** In the search for money or fame, a student often runs after a higher paying jobs. In your view what is more important - job satisfaction or money?

**Mr. RaQesh:** I have seen from the little experience that I have, that money is simply a by-product of our actions. If I am happy doing what I am doing, money would inevitably flow into the system. I would also like to mention that we should keep updating ourselves with the latest know-how/technology/skill in our specific profession. This adds feathers to our credibility and helps us earn better. So, both are important, but job-satisfaction takes the front seat.

**Ms. Nandita:** Is there anything that you feel is missing from student's life these days?

**Mr. RaQesh:** Unfortunately, there are too many things missing from the students's life these days. The reason for this is the excessive influence of virtual world and internet. The children and youngsters are minimally exposed to life lessons through face to face interactions with the wise and experienced people. They do not get a chance to communicate with nature, leaving them emotionally immature, vulnerable and fragile. This leads to addictions and other social ills, including emotional distress and aggression. Thus, students should find time to read books rather than chatting meaninglessly with friends on WhatsApp/Facebook, appreciate nature, practice yoga, deep breathing, talk to their elders with an intention to learn from their knowledge and experience.

**Ms. Nandita:** What piece of advice would you like to give to our students?

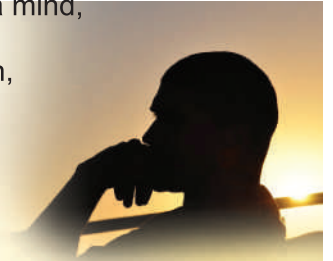
**Mr. RaQesh:** My humble suggestion to the immensely talented and promising youth of NBGSM College is that they should realise that they are fortunate to be in an institute that provides education in a holistic way, which includes grooming of their mind and soul. The youth should take advantage of the intellectually rich faculty that the college has,

and make their journey a stepping stone towards a healthy, happy and content future. Avoid negative and wasteful influences, focusing only on the productive and positive forces that will undoubtedly help to make their stay become a memory to relish for a life time. I extend my heartiest wishes to the students for a successful and blissful future.

## In Search of the Real Self

Dr. Amit Kumar, Assistant Professor

" Everyone is born with a mind, but it is only through introspection, observation, connecting the head and the heart, making meaning out of experiences and finding an organizing purpose that you build a unique self"



- William Deresiewicz

Recently, there were some really disturbing news reports about highly stressed students of elite preparatory institutes in Kota, Rajasthan who are becoming addicted to alcohol and drugs and even committing suicides out of frustration and fear of failure. This is a painful reminder about our flawed education system that makes us sit and introspect. Because of today's highly materialistic and competitive world, our youth are caught in the mad race to not just excel but also be on the top. On one hand, there are students who live with the fear and guilt of being unsuccessful and on the other hand, we are having highly smart, talented and ambitious youth with excellent academic track record landing highly paid jobs. The less- privileged students from disadvantaged/economically weaker sections of society who cannot afford to get admissions in premier colleges or join elite coaching institutes. In the process, we are left with a society where there is a growing inequality of success and high levels of income disparity.

Then, there is a serious issue of our country producing large number of engineers and other professionals who do not find themselves employable, leading to unemployment or under employment. In such a scenario, instead of putting so much stress on academics alone, we need to evolve a system where there is a link/synergy between what we study in school/college and what practical requirement of present day jobs is so that we produce job-ready youth.

Moreover, parents and teachers are lacking in imparting right kind of guidance and values to youngsters to prepare them for today's competitive world. It is all because of our faulty upbringing at home and at school that today, we have made failure a big stigma which is leading to so much stress and dejection among our youth. We forget that failure is very much a part of our life or rather it is a stepping stone to success. Fear of failure is the biggest barrier to success. We need to overcome this fear that holds us back from realizing our full potential and in turn restricts us in attaining success and achieving goals of our life. The parents and teachers also need to inculcate among students, sense that success is not key to happiness and rather happiness lies in doing what we love as when our passion becomes our profession, it will help us achieve excellence and make us successful. It is in line with this that the Delhi government is now working on 'Happiness Curriculum' to bring in much needed reform/transformation in education system to make it serve a larger moral and societal purpose and to ensure happiness equality.

We need to realize that the real purpose of life is to achieve a right balance between material and spiritual growth in order to lead a purposeful life. We can achieve this by way of developing spiritual strength- giving up wrong/negative thoughts, beliefs and ideas and instead nurturing positivity, awakening inner self, in order to lead a balanced and meaningful life.

## युवा और नशा

प्रियंका एम. ए. (अर्थशास्त्र)

युवाओं को समाज व देश का ही नहीं, अपितु पूरे विश्व का आधार माना जाता है। अगर युवा मानसिक और शारीरिक रूप से मजबूत और दृढ़ होगा तो वह अपने विकास के साथ-साथ समाज और देश के विकास में सहायक हो सकता है। अगर सभी युवा अपनी जिम्मेदारियों को अच्छे से समझकर निभाएँ तो वह एक ऐसे राज्य का निर्माण कर सकते हैं, जहाँ पर हर जगह सुख और समृद्धि का वातावरण हो। लेकिन यही युवा अगर शक्तिशाली नहीं होगा तो इस समाज का विकास कैसे होगा? यह एक चिंता का विषय है कि आज के युवा तम्बाकू, गुटखा, पान मसाले, शराब, सिगरेट आदि का सेवन बड़े ही चाव से करते हैं, लेकिन वे यह नहीं जानते हैं, कि इनका असर केवल उन पर ही नहीं बल्कि उनके साथ रहने वाले लोगों पर तथा उनकी आने वाली पीढ़ी पर भी पड़ता है।

कुछ लोग इन पदार्थों को केवल नशे तक ही सीमित नहीं रखते हैं, वे इस तरह के नशे में रह कर दुष्कर्मों में भी जुट

जाते हैं। इस तरह के उदहारण हमें टीवी, अखबार व रेडियो पर देखने व सुनने को मिल जाते हैं। अब तो हमारे समाज में पुरुषों की तरह महिलाएं भी नशा करने लगीं हैं। इस प्रकार से अगर लोग नशा करते रहेंगे तो इसके परिणाम काफी खतरनाक हो सकते हैं।

युवावर्ग का एक भाग नशा करने को अपनी शान समझता है, लेकिन यह सही नहीं है। कहा जाता है कि लोग अपने तनाव को काम करने के लिए इस तरह के नशे का सहारा लेते हैं, लेकिन इससे तनाव कम नहीं होता अपितु इससे मानसिक तनाव के साथ-साथ पारिवारिक तनाव भी पैदा हो जाता है, जो कि समाज के लिए भी अच्छा नहीं है, क्योंकि इससे युवाओं को मानसिक, शारीरिक हानियों के साथ-साथ आर्थिक हानि भी होती है।

युवाओं को अपने मानसिक तनाव को कम करने के लिए आठ घंटे की पूरी नींद के साथ—साथ मैडिटेशन को भी अपनी दिनचर्या में अपनाना चाहिए। जिससे उनके स्वास्थ्य के साथ-साथ उनकी एकाग्रता भी बढ़ेगी और जीवन का तनाव भी कम होगा।

## एक नन्ही सी कली

दिव्या, बी.एस.सी तृतीया वर्ष



नन्ही सी थी एक कली जो, खिल ना पाई आज वो, सहकर सारी बेरहमी वो, न आ पाई संसार जो, माँ-बाप की प्यारी बेटी, बन न पाई आज वो, लेकर ज्ञान की शक्ति फिर जो, उड़ न पाई आज वो, बड़ी होकर बनना चाहती थी, किसी के घर की शान जो, देख कर अत्याचारों को, आ न पाई इस संसार वो, समाज के इस बुरे जाल को, तोड़ न पाई आज वो, देख कर नारी का अपमान, सह न पाई आज वो, जन्म लेकर करना चाहती, एक बदलाव का आगाज जो, नन्ही सी थी एक कली जो, खिल ना पाई आज वो,

## Key initiatives



Department of Economics organized a **Paper Presentation** on **02<sup>nd</sup> Nov. 2017**, at Conference Hall, NBGSM College, New Campus on the topic “GST in INDIA”.



On **3<sup>rd</sup> November, 2017** a Nukkad Natak was performed by the students of **NBGSM College** on the theme 'Yeh Khel Tera Nahi Mera Hai' depicting **women empowerment**.



**Literary Club** has organized a **General Awareness Session and Celebration of Republic Day** in the New Campus on **25<sup>th</sup> January 2018**. Group Dance Performance by the students of NBGSM College adds more vigour to this event. The event concluded with the National Anthem.



An **Awareness Programme** was organized on **HIV/AIDS** by **Red Ribbon Club** on **3<sup>rd</sup> November 2017** in the **Conference Hall of City Campus**.



The **Department of Commerce and Management** organized a **National Seminar** on “**Challenges and Opportunities in Commerce and Management**” on **25<sup>th</sup> November 2017**. In this seminar, **83 scholars from various colleges** in and around Haryana participated.



**Literary Club** has organized a workshop for students titled “**Cyber Journey**” in Computer Lab on **27<sup>th</sup> Jan. 2018**. Resource person Ms. Neha Kachchawat addressed around 40 students from various classes and attended their queries and doubts.