

# The Mirror

STUDENTS' MAGAZINE

Volume 2 (October, 2021)



College of Veterinary Science and  
Animal Husbandry, DUVASU, Mathura







## Our Covid Warriors





# **The Mirror**

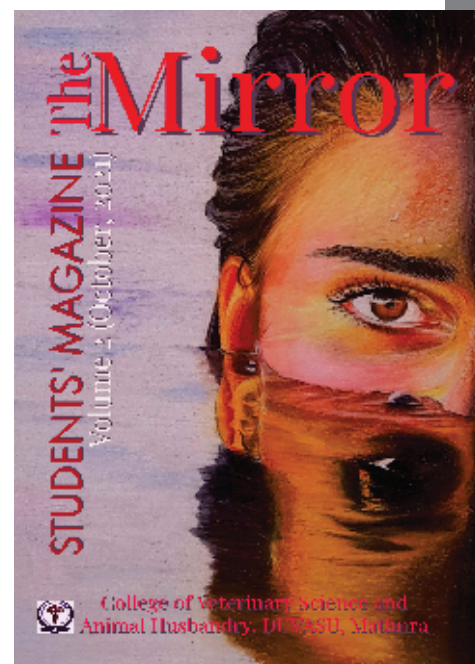
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## DISCLAIMER

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**U.P. Pandit Deen Dayal Upadhyaya Pashu-Chikitsa Vigyan Vishwavidyalaya  
Evam Go Anusandhan Sansthan (DUVASU), Mathura-281 001 (U.P.) INDIA**

**Prof. G.K. Singh**

Vice-Chancellor

## MESSAGE

Dear students,

Greetings!!

We all had been through very tough times combating the pandemic, which had tested the limits of one and all. The ever so charming 'college-life' had to be shelved for several months. You all have taken online instructions from your teachers who have toiled hard to switch over to a highly unexplored medium and veterinary science is a difficult subject to be taught online. I am sure you all missed academics, extracurricular activities and the days of togetherness. But this situation is not going to stay for ever. There is always dawn after dark night. Welcome back to the campus.



I am pleased to know that the Students' Magazine "the Mirror"/ "दर्पण" is entering the second year of publication with the second volume in exactly an year. I understand that the task of collecting the students' creations would have been greatly challenging, and equally different would have been the task of arranging them into this thought-provoking edition. Congratulations to the student editors and the team of their supervisors.

A students' magazine has a great educative value. The teachers have the onus to teach the students 'how' to think and not 'what' to think. A magazine of this kind encourages the students to think and write. In fact, it is one of the first platforms for the future leaders of the society and the profession, to express their ideas, feelings, etc. It also records the students' activities and their accomplishments. It is a record of college life, which can be revisited and cherished in the later stages of life.

Dear students, we are also observing 74 successful years of the establishment of the College of Veterinary Science and Animal Husbandry. This college has had a very glorious past and several of its alumni have brought laurels to the college. It is said that success comes to those who work hard, and stays with those who don't rest on the laurels of the past. So, you have great responsibilities, both as the students and as prospective veterinarians, in enhancing the achievements of this college and the university....

Wishing you all success in your future endeavours and a happy reading!

**(G.K. Singh)**







कार्यालय अधिष्ठाता  
Office of the Dean  
पशुचिकित्सा विज्ञान एवम् पशुपालन महाविद्यालय  
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प्रो. पंकज कुमार शुक्ला  
अधिष्ठाता

Prof. (Dr) P.K. Shukla  
Dean

## MESSAGE

Dear Students,

“Self-mastery means developing wisdom and strength through responding courageously to the challenges posed. It means to overcome the limitations of one's present self and strive to grow into a better, wise and stronger person”. We at College of Veterinary Science and Animal Husbandry, Mathura hope to instil this attitude in our students.

Characteristics of wisdom, courage and compassion are those which will help to forge a strong and ever positive character. The purpose of our education system is thus to strengthen these traits in our students so as to prepare them to take up the mantle in diverse areas of veterinary services of our country.

An alma mater teaches not only through its formal curriculum but also through the various activities it conducts and the students enhance themselves through the very experience of participating in these activities. This sets them on a course of development and growth.

During the year 2021, while our nation was trapped in the vicious clutches of second wave of COVID-19, our students quickly adapted themselves to the online mode of classes and examination. Further, it was during this time that our students were engaged to portray their creativity in different forms during the online competitions held by Literary, Cultural, Dramatics and Fine Arts Clubs of this college.

A college magazine is a reflection of thoughts and dreams of young students masterfully crafted or penned down. The different articles in this magazine covering various dimensions of life are a testimony to the creativity and flair of our students. While the cover page of the magazine signifies the changed world due to the pandemic, the cover page of the Hindi section of the magazine portrays a dawn of hope along with dreams and aspirations in New Normal.

The vision of the college is to promote the remarkable developments in teaching and others activities. The college has hosted and participated in a number of cultural programmes, competitions and others activities in the past and many others are planned in the months to come thereby forging interactions and collaborations among other colleges and institutions. Besides, the students of this college have brought laurels in different co-curricular and extra-curricular activities at the state and national level in the past few years. I am pleased to know that almost all the students of our college have been placed well. I wish them all good wishes.

I am confident that some of the missions will blossom in the coming months like the offline classes, examinations, co-curricular and extracurricular activities etc. The outstanding faculty has been always inspiring, motivating and engaging themselves in the rigorous college activities to achieve excellence.

I am sure that the hard work and dedication of students will play a vital role to achieve the targeted goals. The efforts of the Editorial Board and students to prepare the second edition of the student magazine “The Mirror/दर्पण” during the academic year 2020-21 are praiseworthy and I wish the ensuing edition will lit the fire of zeal in other students too to showcase their creativity in different forms in future.

With warm wishes,



  
Prof. (Dr.) P.K. Shukla





## From the desk of the Editors

Swami Vivekananda once said, 'Education is the manifestation of the perfection already in man.' The 19th century suddenly started looking of paramount importance in 21<sup>st</sup> century as the world started focussing on student centric mode of education. The World Bank emphasizes on projects pertaining to college education in which there will be an all-round development of the student. In fact, the NAHEP project going on in different colleges is a testimony to this concept.

Over the years our college too has focussed on the overall personality development of students and thus have arranged different co-curricular and extracurricular activities from time to time. However, suddenly it appeared one day that a catastrophe was approaching this planet. On 31<sup>st</sup> December, 2019, Wuhan Municipal Health Commission, China, reported a cluster of cases of pneumonia in Wuhan, Hubei Province. The 21st century digital world forgot the prediction of French mystic 'Nostradamus' that in this twin year, 2020, will transform the twilight of men into dust. The world erred miserably when it did not wake up to the caution of Bill Gates in 2015 during a ted talk of a possible pandemic after the Ebola epidemic. There were lockdowns globally and schools and colleges shut; emphasis was on social distancing and perhaps the microscopic organism became a name in every house hold globally. The name 'Corona' itself sent shivers in the veins more than the most dreadful terrorists in the world. The self-proclaimed strong modern civilization faced the worst recession while the number of body bags displayed a perfect exponential curve. The digital world fought with all ammunitions available and came up with some of the best innovations in education in this crisis on civilization. Presumably, it's not hard to guess that such innovations would have never been possible without the pandemic. Online classes, webinars by acclaimed scientists and speakers became the talk of the town. It appeared gradually that we are approaching towards a 'New Normal'. There were seminars, classes in hybrid mode with emphasis on practical classes to be offline and theory to be online. During this time on 25th October, 2020, our college too celebrated the foundation day of the University in hybrid mode and the first edition of the college magazine 'The Mirror' was released.

However, just when it appeared that the dance of this microscopic villain of the globe was nearing end and everything seemed to be normal again, our country was caught in the viscous tentacles of 2nd wave of the wizard Corona. The country fought the most deadly battle in the post-independence era. It appeared at one time that the oldest civilization of the world is nearing its end as the nation reeled under the havoc of the wizard. During this time, the students of our college penned down their thoughts and expressions which could be reflected in the second edition of 'The Mirror.' While the articles in the magazine portray the different dimensions of life, a few of them also showcases the evolution of different forms of humanity during the pandemic. The importance of veterinary sector in this battle against the pandemic has also been emphasized and thus creates a new vista of opportunity for budding vets in the profession to be warriors against zoonotic diseases. The Editors burnt the mid night oil to compile the plethora of activities throughout the year. 'The Mirror' also reflects the shining stars who can illuminate the path of their juniors and make their mentors noble and proud in the fast-changing materialistic world.

We are sure that the readers will find the different sections of the magazine displaying the spectrum of creativity, besides being informative beyond their curricular textbooks. It is for the young readers to find and understand the life changing lessons candidly sketched in different articles with artistic flamboyance.

With lots of dreams and aspirations, we look forward to the 2nd Edition of 'The Mirror' in the platinum jubilee year of our alma mater.

**(Ambika and Amitav)**





# English Section







# Humanity behind masks



**Shalvi Srivastava**

2<sup>nd</sup> year, B.V.Sc. & A.H.



Today, the kitchen at Khao San, a restaurant in Mumbai's Khar neighbourhood, was busy churning out huge quantities of simple meals like dal chawal, chhole chawal and rajma chawal instead of their famous Thai green curry and tom yum soup. "We had decided to freeze operations even before the lockdown was announced for the sake of everyone's safety," says Vanitaa Lalwani, chef and partner at Khao San. "That was when Pragya Kapoor, founder of 'Ek Saath-The Earth Foundation', suggested we keep our kitchen open to help those who were not getting food. "We thought it was a fabulous idea." The foundation administers the ration, which is procured with donations, while Khao San takes care of the meals. For a week now, 2,000 parcels have been sent out every day for lunch.

When there were whines and sobs heard all around us in the pandemic, there was also a prodigious opening of hearts. Where some were hoggishly storing medical supplies for their own economic benefits, there were other groups of people who have come together in the most extraordinary way to go the extra mile and lend a hand.

While most of us physically distanced ourselves from one another amid this avalanche of bad news, there were people who stepped out with their double masks and sanitizers to end others' miseries. When lockdown was declared, Shafia, a 10-year-old girl from a village near Bareilly, Uttar Pradesh, had no other way of communicating with the outside world except weekly video calls with her teacher. She would count the days until she could talk with her Sandhya ma'am and learn more about what was going on in the world. Sandhya Venugopal Godey has been educating children like Shafia from low-income households since the lockdown. She started in April, when schools were closed, since she saw the uncertainty surrounding education amid the continuing epidemic.

Sangeeta Menon, a social worker, and a few like-minded people gathered a couple of lakh rupees in an hour or two, purchased basics such as water, fruits, biscuits, and snacks, and began distributing them to migrant workers travelling back home to various areas of the nation. Before quarantines and lockdowns, I knew-

we all knew-our phones provided a plethora of opportunities to communicate while impeding genuine relationships of love and friendship. We were always preoccupied with our next text or phone call. When we camouflaged behind screens during conversations, we felt less vulnerable. At that moment, it felt like a benefit, but it had its cost: vulnerability is the initial step towards intimacy. Then, the pandemic. Suddenly, the screens that had kept us from making the most significant relationships became the only means for us to connect. Earlier we were "alone together." Now we were "together alone."

Suddenly, COVID-19 was not just a disease but a retraction: a retraction of the comfort, the warmth that came from connections; from friends, from family. I was denied eye contact with people around me or my friends. The closest I could come was staring into the little black point on top of my phone or laptop screen, which was nothing more than an illusion that I'm looking in their eyes. But to sustain that illusion, I end up with an empty gaze; looking at nothing at all. This pandemic made me discover the discipline of unaccustomed solitude. I realized how much I relied on the easy conviviality of markets and cafés around me.

The air around us is still uncertain. Things will take time to fall in place. Until then, we can do our part as a society by going beyond well wishes, hopes and intercession for people left aside and forgotten. We really need to listen, genuinely listen, to people who are afraid for their survival.

Being human begins with empathy. Acceptance and cognizance of one's own complexity and limitations is what empathy is all about. When you realize how much you have to learn about someone else, you understand how much you don't know about yourself. The gift of our quarantine was time to feel others—to play our small roles as humans and validate ourselves as humble creations of God.

Sandhya and Sangeeta were not the only ones who came forward as heroes in this time of anguish but there were many others across the country who stepped up, helped and just as quietly stepped back into anonymity. The degree of our contribution doesn't matter. Even a simple help of wearing masks and following distancing protocols is of great value for our community as a whole. Our joint efforts to manage our nation's affairs in a thoughtful, methodical manner aided in the defeat of this crisis. And now we must brace ourselves for the next wave to come. Let's be of some use to our country; our planet. Let's open ourselves to the sorrows around us and confine ourselves to the virus.

*"What happens when people open their hearts?  
They get better."*

**-Haruki Murakami**



## It's Your Story



**Yashovardhan Mishra**

2<sup>nd</sup> year, B.V.Sc. & A.H.



There's a bubble of fantasy that envelops us all, but the epiphany of its inexistence throws us face to face with the reality. Yes, this is the story of a common man and how catastrophic were the ramifications of the Covid 19 pandemic on him. Yes, this is the story of a labourer who worked in a coal mine, thousand miles away from his native village and how he struggled to make ends meet and fend for his family. The night the lockdown was imposed, he was startled with a handful of pennies in his pocket, aspiring to return to his home. He was clueless about how he would feed his young ones. The struggle to find a place in a bus or a train was so exhausting that he decided to just walk with the baggage of uncertainty, all feeble and famished. Although he managed to reach home, his struggle to survival still persists.

Yes, this is the story of a shopkeeper whose business was on the brink of shutting down. Shops got closed, sales decimated, products got wasted. But he still lives and hopes that things will go back to normal soon. Yes, this is the story of innocent and naive children sitting within the confines of their homes. They seem to enjoy holidays away from their schools while staying glued to electronic gadgets. Alas, they have no realization of their precious school years slipping by like quicksand!

Yes, this is the story of that international student stranded at the airport in some remote corner of the world. He struggled to catch the flight back to home but was adamant to not give up. Yes, this is the story of all those hardworking teachers, that in spite of the sudden change in the methodology of teaching, endeavored to impart knowledge with dedication. Most of them are not as tech savvy as the younger generation, but are still willing to learn and use it for greater good of their students.

Yes, this is the story of all those Covid patients who were bedridden with soaring body temperature

and running short of breath. Their plight was pushing them to surrender, but they were pleading to God for their recovery.

Yes, this is also the story of all those frontline warriors, our doctors, working tirelessly for 18 hours a day in those boiling PPE kits, empty stomach, carrying the burden of our collapsing healthcare system. Despite being abused, beaten and treated disgracefully by not only these atrocious politicians, but also the general public, they still discharged their humanitarian duties. Also, this is the story of all those people that have been locked up in their houses since a year, are depressed, fighting themselves, some facing violence in their houses, surrounded with negative thoughts but are holding on. Along with all of these, this is also the story of various policemen and civil servants trying to maintain rules and regulations in the country, sanitation workers trying to keep our cities clean to avoid contamination, farmers providing us with food, veterinarians and scientists trying to unearth the cause of this deadly virus and save people and animals, and many other people that form an integral part of our living.

A nationwide lockdown was imposed on 25th March 2020 and we have come a long way, overcoming many obstacles in the way. Our hearts are heavy, for we lost many of our closed ones to this pandemic, but the will to fight and live must not fade. Today we have successfully vaccinated a big part of our population, with the first dose of vaccines and about 4.3% of our population has been fully inoculated and immunized. We humans have braved millions of years of evolution to develop into most complex and self-conscious species. We have been a witness to wars, epidemics, floods, earthquakes and mass destruction etc. Yet, we stand today to preserve our legacy because we fall but get up, instead of giving up. It would be an irony if a creature as microscopic as a virus, which forms the borderline between the living and the non-living world, coerces the entire humanity to submit and kneel before it. Well, if you have managed to read till here, believing that you are simply one of us – a common man and this is your story too, just remember that we are in this chaos together, and will be out of this together with faith in our hearts and steadfast in our resolve.

*"Look not back, but forward"*

*– Swami Vivekananda*



# My Apple Pie



**Dr. Vaishali Gupta**  
Alumnus



*Tonight, is a sad night,  
Tonight, is not like the other nights.*

*Tonight, my brain refuses and my heart talks,  
Takes me back to those times; I remember the long walks.*

*I loved him; maybe he did too,  
Those dark nights in his arms; I remember, I do.*

*That was the day; when I looked into his eye,  
Asked him, "Will you be my apple pie?"*

*That look on his face was so confusing,  
That moment I knew, yes, he was refusing.*

*Eyes down and flush on his face grew,  
He wanted to leave; I knew.*

*It was cold; I wrapped my shawl tight,  
Stood up and said "let's call it a night"*

*Forced smile on his face; I could sense,  
I cursed myself; I knew I made the air tense.*

*He took my hand, walked me home,  
A good night kiss on my cheek, his eyes no more shone.*

*Since then, our meetings became shy,  
Once inseparable, now don't even look into the eye.*

*A month passed; we rarely talk.  
Yes! That was our last walk.*

*Two months later; there's a girl by his side,  
Most popular face in school; yeah, he took a huge stride.*

*Last bench they sat, I could see on his lips that smile,  
There I was four feet away, but the distance seemed more than a mile.*

*Months passed; that smile changed to frown,  
Now I knew; I couldn't go closer; the bridge was burnt down.*

*School is over; four years passed, when I see him in a news flash,  
A car accident on the highway, all over his body was blood splash.*

*Love left you, making you sad.  
I never thought, you would be that mad.*

*In the hospital, I saw your parents crying.  
Swollen eyes, they thought their son was dying.*

*Visited every day, but did not see you,  
I was there, you did not even know.*

*Your discharge, scheduled on day seven,  
I cried the day you went home, thanked the heaven.*

*A year later, a Face book message suddenly pops on my screen,  
You ask me "Hey, how have you been?"*

*This marked the beginning of part two,  
Imagining his troubles; trying to put myself in his shoe.*

*Months passed; we talked about life,  
You told me, how things were difficult and mom hid every knife.*

*Everything you endured and all the pain,  
I am right beside you; it won't go in vain.*

*So, again I decided to walk on the roads we went,  
To endure all the twists and turns*

*Suddenly on one fine Sunday; I receive your ping,  
A picture with the caption "she's gonna be my life's bling"*

*Yes, there was a picture of your "to be wife"  
Well, "congratulations, happy married life"*

*Today, the roads I walked with you; the paths we crossed,  
No longer are the same; maybe I am lost.*

*The silence of the night screams at me,  
Without you, anything further I just cannot see.*

*"You miss him," my heart told,  
Words struck me, making me cold.*

*I may show on the outside "let it be"  
But my heart keeps shouting "we were meant to be"*

*My eyes were searching for you everywhere,  
Although, I know you are gone and nowhere.*

*I call the wind and whisper in its ear,  
Please tell him "I really need him here"*

*But, without you, even the wind seems not to flow,  
I always knew, your absence would be such a blow.*

*"You love him," my heart told,  
So, I decided to walk on the messy road.*

*I realize, all my feelings for you finally suspending,  
Coz "together forever" not every love story has a happy ending.*

*My feet stumble; several times did I fall,  
I rose again and said, "I loved you, and that's all."*

**"Everything will be okay in the end.  
If it isn't okay, it isn't the end."**

**-Paulo Coelho**



# The Good Samaritans



**Simran Josan**

4<sup>th</sup> year, B.V.Sc. & A.H.

The ongoing COVID crisis has had a catastrophic effect on our country taking countless lives, destroying livelihoods, and leaving the majority in dismay and hopelessness in its wake. Amidst all of this, the nation is indeed indebted to all the health care professionals and frontline workers who have been acting as the first line of defense against the novel coronavirus. Apart from them, certain individuals and organizations have been tirelessly supporting humanity in their own capacity.

## The Hemkunt Foundation

This Gurugram based foundation is an NGO synonymous with hope and is currently conducting more than twelve relief projects simultaneously, including the ones for COVID 19. Their efforts are in tandem with their principle of 'Sarbat Da Bhalla', translating to welfare for all. This foundation provided oxygen supply to COVID patients, free oxygen drive-thru and raised funds to buy oxygen concentrators for COVID facilities all over India. Their 'O2 For You' project helped India's patients breathe at the peak of the second wave.

## Goonj

Goonj is an NGO that undertakes disaster relief, humanitarian aid and currently providing COVID care pan-India. They have supported daily wage workers reach home after imposition of the infamous lockdown. They work with an in-depth understanding of the diverse needs of communities and respond through a customized approach. They have helped in providing PPE kits to frontline workers and worked tirelessly to ensure COVID care for all. They have established a framework for dual action by helping farmers and the underprivileged complementarily.

## Oxygen Langar

"Manav Seva, Param Dharam" translating to service to humanity is the highest religion, is the core mantra behind this unique initiative of Oxygen Langar. When the national capital gasped for air during the second wave, the Gurudwara Sahib's stepped up to help

patients with low oxygen levels through this drive. Just like any langar, the local Gurudwaras created an oxygen facility for COVID patients for free, saving countless lives during the havoc caused by the unpredictable second wave. Lead by the NGO Khalsa Help International, this oxygen supply initiative provided respite for those with extremely low oxygen levels and bought the patient some time till they could find a hospital bed.

## Ratan Tata

Mr. Ratan Tata, the doyen of industry, is no novice when it comes to philanthropy. Under his leadership, the Tata Group contributed Rs. 2500 crores towards COVID relief and various response projects across both waves of the pandemic that started in March 2020. They haven't just donated money; they have committed their time, resources, expertise, and connections to help India navigate the uncertain journey into the post pandemic future.

They supplied Liquid Medical Oxygen (LMO) through oxygen express at Tata Steel Kalinganagar. The Tata Group of Hotels sent free meals to patients, doctors, nurses, and other healthcare providers at Mumbai's government hospitals. Tata Projects had also set up camps for food and accommodation for migrant workers. Tata group gave full payments to their temporary workers and daily wage workers during the peak of COVID and continue to support the families of employees who lost the war against the corona virus. In addition to the initiatives articulated by Tata Group, they also brought in ventilators, provided PPEs to medical personnel, testing kits, and set up treatment facilities.

Moments like these not only show how critical the Tata family has been to India but also how the Padma Vibhushan awardee, Mr. Ratan Tata continues to be an exemplary custodian for his family's philanthropic legacy.

## Chef Vikas Khanna

Born in India and having worked in New York for over 20 years, Chef Khanna decided to reach out and help people in his home country in this humanitarian crisis. Thus began a journey of feeding millions of people in need across 135 cities in India amid the Covid-19 pandemic.

The Feed India initiative or Barkat as Michelin-star Chef Vikas Khanna calls it, delivers a basic kit containing ration items, hygiene essentials, sanitisers, sanitary napkins, and other need-based items. The campaign has crossed the 40 million-meal mark, and to facilitate one of the world's largest food drives, he created a network of volunteers to deliver food to India's most marginalized people - a near-impossible task during a



nationwide lockdown that ordered public transport to stop and people to stay indoors.

His initiative has helped people in old-aged homes, leprosy centres, orphanages, and slums; turned 58 fuel stations across the Uttar Pradesh-Maharashtra highway into food stations serving cooked meals for hungry migrants and fed thousands of migrants travelling by the Shramik trains being run by the government to take people stranded in the metros back to their homes.

This is the story of commitment and authenticity of a celebrity chef and how he was able to feed millions back home from his apartment in New York.

### **Azim Premji**

As the COVID 19 outbreak threw our country into an unprecedented and massive health crisis, Wipro and The Azim Premji Foundation jointly pledged Rs. 1125 crores towards the fight against corona virus. Theirs is a comprehensive response to the pandemic tackling two inextricably tied dimensions of the crisis: healthcare and humanitarian.

They have extended support across states to more than a crore people for livelihood regeneration, food, dry ration and personal hygiene kits. They have helped in ramping up the testing capacity, augmenting treatment facilities, supporting frontline workers and substantially expanding vaccination across the country.

Dubbed as the most generous man in India, Azim Premji donates 22 crores per day to tackle the COVID

pandemic which brings the total value of his donations to a massive Rs. 1,45,000 crores, amongst the largest in the world. This man has set a benchmark with his ethics and ethos for other corporate leaders to follow.

### **The Akshaya Patra Foundation**

As the COVID 19 pandemic transcended borders, nations went into a state of lockdown introducing the socially distanced world. At the time when people were battling for their lives and livelihoods, The Akshaya Patra Foundation, in close coordination with state governments and district administration stepped in to provide relief in form of meals and grocery kits to thousands of people from marginalized and low-income segment of society. Known for running the popular Mid-Day Meal Programme, this organization has now served over 15 crore meals and essential groceries and continues to do so.

This is just the beginning of the list of people who have helped our country face this unprecedented calamity with courage, valor, and selflessness. Such people along with our healthcare workers and scientists have cemented their position as the foremost champions of humanity, saving mankind as it was staring at an existential crisis.

*"Life's most persistent and urgent question is  
'What are you doing for others'"*

*-Martin Luther King, Jr*





# Role of veterinarians in managing covid-19



**Diksha Singh**

4<sup>th</sup> year, B.V.Sc. & A.H.

The novel coronavirus disease 2019 (COVID-19) pandemic represents one of the greatest public health crises in entire history, which has caused massive disruptions of social and economic life globally. We together have done our best to deal with it. We cannot forget the contributions of our doctors who risk their lives to save us and along with doctors, other laboratory workers, scientists, veterinarians etc. all have done a great job to deal with this pandemic.

Great efforts have been made by the veterinarians to support the human health sector from research to human sample testing. Veterinary laboratories have used their experience and expertise in high testing capacity of infectious diseases to engage in activities such as surveillance screening, by testing human samples, thereby supporting the diagnostic capacity of human health services. Some veterinary clinics have been donating essential materials such as personal protective equipment, ventilators and other necessary items.

This pandemic awakens the need of sustainable One Health collaboration i.e., inter-sectoral collaboration between doctors, veterinarians and environmental experts according to the One Health approach. "One Health is a collaborative, multi-sectoral, and transdisciplinary approach- working at the local, regional, national, and global levels-with the goal of achieving optimal health outcomes recognizing the interconnection between people, animals, plants, and their shared environment".

Most veterinarians contribute, directly or indirectly, to public health goals and outcomes. In addition to managing direct zoonotic diseases in animals, veterinarians also diagnose, investigate, and control indirect zoonoses and non-zoonotic communicable diseases that affect human health.

Veterinarians being an integral and essential part of the global health, offer diverse roles not only related to the health and welfare of animals but prevention, management and control of zoonotic diseases as well. Their role in ensuring the healthy food and its safety in no way can be ignored. Veterinarians across the globe are engaged in research to understand the ecology of emerging zoonotic diseases that are transmitted between animals and humans. Veterinarians not only work for animal creatures but for the society as a whole. COVID-19 being an infectious disease with animal origin, joint efforts from veterinarians and other associated professionals could offer a long term solution to these problems.

*"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."*

- Martin Luther King, Jr.

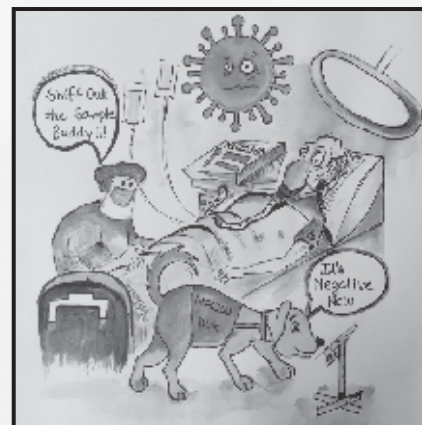




# COVID 19 Facts: A different Perspective



**Ashish Sharma**  
2nd year B.V.Sc. & A.H.



## Facts we are told

### Covid 19 cases

1. Top 3 countries having most number covid cases...

USA: 34588176

INDIA: 30545433

BRAZIL: 18742023

2. According to total number of covid cases India is on 2<sup>nd</sup> number in world's top 10 most number of covid cases countries.

3. Top 3 countries having most Number of recovered cases...

USA: 29087421

INDIA: 29658078

BRAZIL: 17033808

### VACCINATION DRIVE

1. Vaccination status...

INDIA: 350 million vaccine doses administered in total (till 2<sup>nd</sup> July)

USA: 328 million vaccine doses administered in total

BRAZIL: 102 million vaccine doses administered in total

Note: USA vaccination rate is 10 lakh doses per day and of India is 60 lakh doses per day

2. Some trollers said that India can't fulfil their own vaccination requirement and exported for financial benefits.

Note: India came to know after this exportation that India – made covid vaccines are world's most cost-effective vaccines.

## Facts we would like to know

It means on every 1 MILLION of population USA have 1 lakh, Brazil has 87 thousand while on every 1 million of population India have only 29 thousand covid cases.

But according to covid cases/population ratio India is on 10<sup>th</sup> number and USA is on top and Argentina is on 2<sup>nd</sup> number.

It means the recovery rate of USA is 84%, and of Brazil is 90%, while of India the recovery rate is 97%

If you see the ratio of number of doses of vaccine administered to the population then we find that the vaccine administered are less than USA but if we consider population a number game then India is vaccinating the population size of Norway everyday.

But the fact you don't know is that at that time we are not in a outbreak so under the vaccine Maitri initiative launched in January with the statement that when India is in outbreak you all are our helping hands and India has gifted vaccine to Bhutan, Maldives, Bangladesh, Nepal Myanmar, Mauritius and others.



## Effect on Employment

unemployment rate due to covid outbreak

in urban: 15.1%

in rural: 11.2%

But if we analyse this by taking a time interval of (2018 – 2021). According to trading economic forum:

Unemployment rate :-

Actual – 11.90%

Previous – 8.00%

Highest – 23.50%

Lowest – 6.50%

So, due to covid i agree unemployment rate increases but this is trend of past years also that unemployment rate increases covid only increases its pace, covid is not responsible for the increment in unemployment.

Note: Employment to population ratio for India is 43%. Employment to population ratio fell gradually from 54.3% in 2001 to 43% in 2021

## Effect on economy

1. Total economic loss from march 2020 to present is of ₹ 29.87 lakh crore (US \$420 billion) says as 15% of national GDP. largest GDP contraction ever in q2 (April-June) fy2020-2021 at – 24%

But India is trying hard to recover as soon as possible. According to ministry of statistics and programme implementation the Indian economy has shown a significant improvement with 7.5% contraction in q2 2020-2021 as compared to 23.9% contraction witness in q1 2020-2021.

According to SBI research nomile GDP loss of up to ₹ 6 trillion during q1 fy22 as compared to a loss of ₹ 11 trillion in q2 fy21

And this shows that we are on a recovery path.

2. All of us comparing the economy by just seeing the numbers between the countries like us and others.

But the fact behind it is to know how the economy of different nations is calculated....

According to tweet of Gita Gopinath chief economist IMF....

Indian economy measure quarter by quarter with comparing it with last year quarter means if we measure q1 of 2021 (Jan-March) we compare it with q1 of 2020 (Jan-March).

USA's economy is measured by QOQ (quarter of quarter) comparison.

*“The greatness of humanity is not in being human, but in being humane.”*

*– Mahatma Gandhi*



# I am good



**Jagriti Srivastava**  
3<sup>rd</sup> year, B.V.Sc. & A.H.



Take a hold on yourself,  
You are the most precious gem,  
For your near ones you are life to them.  
Whatever the situation don't forget to smile,  
Check adversity being gracile.  
Might be darkness everywhere but you are the light,  
You are idol for someone so smile bright.  
If we are the beads you hold us tight,  
For bringing smile you are the wright.  
You are hope of future,  
World of novels you are it's literature.  
Life may be hard still hold it tight,  
With big smile on face till last we must fight.  
If people are flower you are fragrance,  
To the hopeless give your assistance.  
Don't loose your belief,  
Every pain has a relief.  
Just change your thoughts  
Turn every wrong in right  
Take a deep breath and say loud  
"I AM GOOD, IT'S ALRIGHT"

*"Life is like riding a bicycle. To keep your balance,  
you must keep moving"*

*– Albert Einstein*



## Veterinarians in the COVID 19 crisis



**Kushaan Seth**

4<sup>th</sup> year, B.V.Sc. & A.H.

We all are aware that the ongoing and unprecedented pandemic not only impacts the populations in numerous ways, but also awakens the need of a long standing and sustainable one Health collaboration. Beyond collaborative research, the animal health sector and in particular the veterinarians have shown their true commitments in supporting the public health authorities in all ways possible. Whether it is veterinary medical research, or advocating for parasite prevention or even reporting the cases of possible zoonosis, this profession has been an invaluable asset in the protection of animal as well as Human Health. Coming from a strong veterinary background I have closely observed, whether our clients implicitly or explicitly understand our roles, they completely rely on our sage advice and sound medical guidance, even in the midst of a pandemic.

Having noticed the capabilities of the veterinarians and there laboratories specialized Covid19 diagnostic laboratories have been established in veterinary establishments like DUVASU, Mathura, by the government where a veterinarian serves as a frontline worker, working round the clock, day in and day out

engaged in activities like surveillance, screening, testing human samples and thereby augmenting the diagnostic capacities of Human Health services. Veterinarians have also been extensively monitoring and volunteering public health centres and hospitals in those critical hours when human resources are either limited or not sufficient enough.

In addition to all this we must not forget that on a daily basis, it is the veterinarians who have essentially contributed in addressing all those critical needs which are heavily challenged in the current circumstances, be it food security and safety or livelihoods intrinsically linked to sound animal production systems. It is therefore, very crucial for the veterinarians to continue their multiple tasks and to ensure continuum in safe food provisions for the populations and to sustain their subsistence. People may not know that the Covid 19 vaccine to receive its first ever authorization in the world was produced by Pfizer, which was driven under the leadership of Dr Albert Bourla, who happens to be a veterinarian by profession! This is a true reflection of a veterinarian's critical role in Covid 19 health crisis, emphasising on the One Health Approach.

Veterinarians across the globe at different levels are doing their best to help and strengthen the healthcare professionals, the corona warriors, in their fight against the COVID-19 pandemic which has highlighted the role of veterinarians with respect to human health and reiterated the significance of the One Health Concept according to which the sound human health is dependent on healthy animals living in a healthy environment.

*"We are in this together and  
we will get through this, together"*

*– António Guterres*



Background photo courtesy: **Sakshi Maurya**



## A journey back home



**Avantika Mishra**

1<sup>st</sup> year, B.V.Sc. & A.H.

It was the 23rd of March 2020 when our prime minister announced and urged the countrymen to volunteer for the 1st nationwide complete lockdown with regards to COVID-19. I was in Kota at that time, very much unaware of the world outside my small cubicle. When I got to know about it, it felt irrelevant to me. As it had no impact on my daily life. I was preparing for the entrance exam the date of which at that moment was fast approaching but since the lockdown got extended again and again as the number of COVID cases kept rising at a nimble pace, all my mock tests got cancelled everything got shut and people around me started panicking. Initially, I had my grounds firm that I will not be devastated by anything. I will leave this place only after I have accomplished my intention. The time passed by and things kept on getting more critical now everyone on my hostel floor had made his/her way back home, the floor with 10 rooms was now left with only 2 tenants. Now my grounds started to shake a bit, but I cheered myself as I had a companion in the journey, she was in the room on the left to mine. Her name was Divya she was a bit older than me. It was her 3rd attempt, she was focused and determined and hardly spoke to anyone but we often exchanged a few words. Then one day she also left now it started getting on my nerves but I found a sign of relief as I talked to my friend who use to live in another hostel but we shared the same batch. Both of us had become really good friends in the last few months we were like sisters to one another. Her name was Ayushi, whenever any one of us felt things were not going the way we wanted to, we just had a long talk and suddenly everything felt back to normal.

But this bubble shielded me only till the time I was in my cubicle, as I stepped out all I could see was stress in people's eyes everybody confused and unable to digest what was happening while the condition in the country was getting worse by the day, the nationwide lockdowns were all functional everything was shut, the streets which use to be flooded with people giggling all around were all dead and so lifeless. All you could see on the street was nothing more than a concrete road. The food at the hostel which was already not so good started to worsen. I also started losing my grounds I started getting scared of this new world around me without my family. We ended

up deciding that we also would leave, we wanted to go back, back to our home. We couldn't stay here anymore, but as the lockdown was still functioning, we didn't have a way to go back. Meanwhile, our parents at home also started worrying they tried all they could to bring us back but nothing seemed to work in our favour. We all were messed up planning our way back home, a week passed by and then we decided to quit and focus on our studies.

Things started to settle down and I started to accept the new normal, then one fine day, I received a text from my coaching informing me that our CM has made arrangements for us to get back home. I couldn't believe it so I crosschecked it to confirm, and oh my god it was true I was going home, suddenly I was channelized by some energy I was so happy that my feet didn't feel the ground I was flying. I never knew going back home could make me so happy. Further, I received a bunch of texts informing place and time of departure. Then on 17th April 2020 at 7 pm I left my hostel room with all my baggage which was too heavy for me to lift but the happiness of going back home just hyped me up I carried all my stuff alone to the coaching building and stood there to wait for further instructions.

As I was waiting outside, I noticed that the place was flooded with students from all over the city everybody was tensed yet had a spark in their eyes reflecting their happiness and desperation of finally going home. We waited for quite a long time then finally buses arrived, we were instructed to enter the hallway where our details and temperature were recorded. the waiting starts again I sat along with others waiting for our turns. At 12:30 am on 18th April I entered my bus, it was a sport to get our stuff in through the small gateway of the bus. I found a seat for myself at the back end of the bus on the left side near the window.

My journey along with 20 other passengers started at 1 am. I informed my parents and relaxed myself having a smile on my face but it took only 2 hours to ruin it. The gearbox of our bus was broken the driver stopped the bus we ended up being nowhere, away from the city. The driver reported the issue to the mechanic who was accompanying us on another bus. and here we go again waiting and waiting and waiting. It took 4 hours for the mechanic to reach us he temporarily fixed the issue and our journey began again we travelled from Rajasthan to MP to UP. On the way, I witnessed the magnificence of nature from Rocky Mountains to fertile plain the sunrise and the sunset everything was so mesmerizing. We reached our 1st stop Gwalior where our thermal was done, we were also supplemented with some food there. our next stop was Jhansi again our temperatures were recorded, the bus had some issues which were fixed at Jhansi depot. Now our final stop was our destination.

As my destination was approaching closer and closer, I discovered a change happening. Every district we crossed we were investigated by the police, the number of students was recorded and then they accompanied us to the district border where they handed us over to the next district police, and the process repeated a few times, It felt like either we were criminals or VIPs who were been guarded by the security. The sun began setting and the darkness was spreading its arms, it was then when rumours inside the bus started to spread like we would be quarantined for 14 days or even more. My heart started racing. I was very desperate to see my parents. I just craved to go home. But soon I discovered rumours were not all true but were partially accurate. The bus stopped in front of a guest house and we were asked to get down. I was scared but I couldn't afford to lose myself so we stepped down dragged our heavy luggage and entered the guest house. It was so crowded and everybody was just trying to get the best which led to few fights. I managed to get a place for myself then took some food. I was hungry but so broke inside that didn't feel like eating I can't explain how much I was excited to see my parents. I was entirely broken from inside I cried all night I was so scared what if it was for 14 days and not just for the night. but I couldn't do anything except hope for the best.

The next day we had our rapid antigen test and thermal, we were then asked to wait since there were students of the different nearby districts, they were the priority of the authorities, the district officers did all their paperwork then people started leaving according to their district. I was still waiting for my chance every passing second was just making me more nervous, then we were

told that if we could call our parents to pick us up then we can I took no time to inform my dad to come to pick me up. This time again I felt the same energy of excitement pumping in my heart and channelizing in my veins. I was getting impatient I just kept on calling my dad, again and again, asking where he was finally, the moment I was waiting for, I saw him standing in front of the door and all I did was smile and cry at the same time I ran to my father, hugged him and told him how happy I was to see him. We dragged my bags to the car and my final journey for home began. It was 7:00 pm when our car drove through the city my very own hometown. I noticed the streets were all dead, traffic lights going from red to yellow to green but there was hardly anyone to follow. No sign of humans around and too much barricading on the roads.

At 8:20 pm on 20th April 2020, I was back home sitting with my family. The happiness was all in the air. My mom cooked my favourite food, I had the best dinner of my life. This incident in my life made me realize few things like ...There is no place better than home.... No one else loves you more than your family.... Only patience gets you through bad times.

And most important no matter how much we humans develop technology and infrastructure, nature just needs its tiniest weapon to destroy all of it and make human society kneel. We have to understand that we are part of nature so we are bound to respect and abide by the rules through which nature governs itself.

*"If you know you're going home,  
the journey is never too hard"*

– Angela Wood







**Mohini Tripathi**

3<sup>rd</sup> year, B.V.Sc. & A.H.



When things go wrong, as they sometimes will,  
When the road you're trudging, seems all uphill  
When the funds are low and the debt is high,  
And you want to smile, but you have to sigh,  
When care is pressing you down a bit,  
Rest you take must, but don't you quit.

Life is strange with its twist and turns,  
As everyone of us sometimes learns  
And many a failure come about  
When he might have won had he stuck it out,  
Don't give up though the pace seems slow,  
You may succeed with another blow.

Success is failure turned inside out-  
The silver tint of the clouds of doubt,  
And you never can tell just how close you are,  
It may be near when it seems so far,  
So, stick to the fight when the hardest you're hit,  
And, when things seem worst you must not  
quit.....

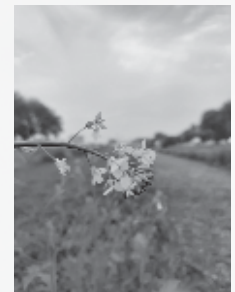
*"Believe you can and you're halfway there"*

*– Theodore Roosevelt*



**Kishan Singh**

2<sup>nd</sup> year B.V.Sc. & A.H.



The term may sound alien to many of us, but it is something that thousands of veterinarians and health care professionals perceive and endure every day around the globe. It is the sense of suffering of others. The veterinarians absorb the trauma of their patients as if it was their own, which makes them more of a human (next to God) but drains them emotionally. Scientifically, it can be defined as "Secondary stress disorder". But sadly, only a few veterinarians are well acquainted with the term and inadvertently fall into this vicious trap of affection. It is a kind of focused, action-oriented empathy which compromises one's ego resources and makes it less likely that an individual will be able to make a decision in his or her best interest. They fail to maintain a healthy boundary between personal and professional relationships. Empathy and compassion are necessary qualities in this profession, but if it overwhelms them, it may backfire. A person experiencing compassion fatigue is devastated by repeated exposure to pain and trauma of others, and the person gets flooded with an array of emotions including anger, anxiety, exhaustion and what not. According to "The compassion satisfaction and fatigue survey", the highest sources of satisfaction for a veterinarian are being able to help animals and get appreciated by the owner of animals for their miraculous work. It is evident that veterinarians are under constant pressure due to their commitment to help animals selflessly, but the problems like financial constraints and the reluctance of the owner makes them feel helpless and develop a sense of self-hatred in them. The work of a veterinary care provider is both physically and emotionally demanding, therefore they need to keep a check on their emotional state. Hence, it is essential for everyone, particularly the healthcare workers, to learn about the compassion fatigue before you start to have it.

*"Empathy is a finite resource.  
You can run out."*

*–Emmett Fitzgerald*



## The COVID Warriors amongst us



**Simran Josan**

4<sup>th</sup> year, B.V.Sc. & A.H.

The virus invaded the country silently; a brief rehearsal of lockdown, and then a complete lockdown. There was mortal fear which prevailed. COVID 19 had entered our lives without warning. Treatment was difficult, diagnostic facilities were nominal. The testing and medical infrastructure had yet to gain momentum to calibrate with the surge of cases and chaos associated with COVID- 19. The university took up this initiative with the aim to augment the testing capacity in the state of Uttar Pradesh while maintaining quality control and contribute towards our country's efforts to fight this global pandemic. The RT-PCR based COVID-19 Testing Laboratory was established in the Department of Veterinary Microbiology, College of Veterinary Science and Animal Husbandry, DUVASU, Mathura under the directions of Govt. of UP and guidance of Prof. G K Singh, Hon'ble Vice Chancellor, DUVASU and the Dean, College of Veterinary Science & A.H., after getting approval from ICMR, New Delhi and DGME, UP. Spearheaded by Dr. Rashmi Singh, COVID 19 Testing Lab Nodal Officer and Professor and Head of the Department of Veterinary Microbiology; it is the 5th laboratory established by any Veterinary Institute in the country, second to be established in State of UP and presently the only RT-PCR laboratory by any Veterinary/ Agricultural State University. It is one of the 62 ICMR approved government laboratories for RT-PCR testing in Uttar Pradesh.

The laboratory was established by renovating existing facilities in the Department of Veterinary Microbiology as BSL-2 laboratory with instruments contributed by various departments of the university in a very short span of time. This initiative was further backed by the Animal Husbandry department and the DM COVID fund. The lab receives testing kits from ICMR/ KGMU; however, the manpower expenditure is borne by the university. The COVID Testing laboratory comprising of the Sample Processing Lab, RNA Isolation Lab and RT-PCR Lab, has Biosafety Class II A2 cabinets, refrigerated centrifuge, thermo-shaker, -800C deep freezer and real time PCR machines along with autoclaves, refrigerators, deep freezers, and computers. One Automated 96-well RNA-Extraction machine and one Real-Time PCR machine was also installed in Covid -19 Testing Lab, DUVASU in June 2021 through the grant



received from 'Vidhayak Nidhi' by Hon'ble UP Energy Minister, Shri Shrikant Sharma ji.

The laboratory became operational on 08.06.2020 after obtaining Quality Certification from KGMU, Lucknow, Nodal Laboratory, UP and started testing samples from Mathura district initially with fifty samples per day which has been scaled up to 600 samples. As of October 2021, more than 1.5 lakh samples have been tested and the university COVID lab continues to emerge as a leader in diagnostic preparedness with its 24-hour result and accuracy. Covid-19 Testing Lab, Mathura got 100% concordance in positive and negative samples tested for Covid-19 by RT-PCR and sent for QC to KGMU, Lucknow as per ICMR LQC guidelines dated 16.10.2020 and 7.12.2020. It also received 100 % concordance in ICMR- WHO EQA testing as quality check for RT-PCR testing in samples received from NIV, Pune as WHO SARS-CoV-2 Panel (Simulated Respiratory samples) dated 24.02.2021.

The RT-PCR positive samples tested in Covid-19 testing lab, DUVASU, Mathura have been sequenced at KGMU, Lucknow and CSIR-IGIB, New Delhi who have reported the following:

- (i) SARS- CoV-2 Spike Gene Sequencing at KGMU, Lucknow dated 23.03.2021: E484k South African mutant reported in one positive sample.
- (ii) Whole Genome Sequencing (WGS) at CSIR-IGIB, New Delhi: B.1.617.2 mutant reported in 48 positive samples and B.1.617.3 mutant reported in one positive sample.

The COVID testing lab strictly adheres to the WHO and ICMR guidelines for sample handling and provides the highest level of safety for the professionals involved in testing. The teaching faculty and supporting staff from different departments are attached with the functioning of lab along with two Young Professional-I (YP I), four Young Professionals-II (YP II) and additional ground level workers. The faculty associated with this edifice includes Dr. Rashmi Singh as the Nodal Officer, Dr. Brijesh Yadav, Dr. Barkha Sharma, Dr. Udit Jain, Dr. Neeraj Gangwar, Dr. Ajay Pratap Singh, Dr. Vikrant Sudan, Dr. Raj Kumar, Dr. Ruchi Tiwari, Dr. Vinod, Dr. Parul, Dr. Jitendra, Dr. Avinash and Dr. Yajuvendra



Singh, who have worked selflessly throughout the pandemic. They are also supported by Lab Technicians namely, Smt. Mamta Devi and Sri Sunil Kumar from the Departments of Veterinary Microbiology and Veterinary Public Health, respectively.

The university lab is a RT-PCR based testing facility which is considered as the gold standard test in diagnosing COVID-19 by analysing the upper respiratory specimens to detect the RNA of SARS-CoV-2 virus.

- 1) The consignment of samples collected during the day, by the health department in the form of oropharyngeal and nasal swabs and transported in sterile vials containing Viral Transport Medium are shipped to the laboratory.
- 2) The samples are accepted through the online portal and are subsequently analysed in the Sample Processing Lab. After donning PPE kits, the samples are verified for integrity by checking any leakage or missed samples following which receiving of viable samples is updated on the portal. Each step of the procedure is done in Biosafety Class-II-A-2 cabinets.
- 3) The subsequent procedure involves RNA isolation and extraction in the RNA Isolation Lab which. Lysis buffer from RNA isolation kits is transferred in Eppendorf tubes into which the samples are

added. The RNA extraction can be done manually or by using automated RNA extraction machine.

- 4) Following RNA extraction, the samples are tested either in a pool or singly. When the positivity rate is high, the samples are tested individually. Conversely, when the negativity rate is high, the samples are tested in a pool of 5 samples. If the pooled sample tests positive, each of the constituent sample is tested individually.
- 5) The sample now advances to the RT-PCR Lab which further comprises of the Mastermix Lab and Template Addition Lab. The RNA extraction kit and RT-PCR kit are procured from Meerut Depot after updating the 'demand, consumption and receiving' on the ICMR portal. In the mastermix lab, RNA templates involving a single reaction give real time assessment of the genes. The RT-PCR kits can be 2, 3 or 4 gene-based kits for SARS-CoV-2 virus. In the Template addition lab, RNA templates are added while ensuring absence of any contamination along with provision of positive and negative control.
- 6) The RT-PCR is run which gives real time assessment of genes along with CT value and graph. Therefore, the result is not just value based, but given after careful analysis of the graph.
- 7) The result sheet is then prepared following which the data operator uploads the result on [upcovid19tracks.in](https://www.upcovid19tracks.in) portal. This result is finally displayed in the office of the Chief Medical Officer which further approves the result and further displays it on the 'online portals'.
- 8) The positive samples are stored along with some negative samples for quality testing. There is also a provision for repeat sampling in cases of improper sample collection.

Despite the risk life to self and their respective families, the corona warriors of the college of Veterinary science and Animal Husbandry, Mathura, chose to serve in the laboratory for the benefit of the society. We salute you, warriors. This COVID testing laboratory is a feather in the cap for the university and it continues to meet the greatest scientific challenge that the 21st century has faced thereby, contributing immensely, to preserve lives on the planet. It has again proved how veterinary professionals are widening their sphere of expertise by serving humans too, under the 'One Health' concept.







## वेटेरिनरी लैब में हुई एक लाख कोविड सैंपल की जांच

जास, मथुरा: कोरोना से जंग में पंडित दीनदयाल उपाध्याय पशु चिकित्सा विज्ञान विश्वविद्यालय एवं गो अनुसंधान संस्थान की लैब ने भी बेहतर काम किया। प्रयोगशाला ने 24 से 36 घंटे में रिपोर्ट देकर प्रदेश की छह टाप लैब में स्थान बनाया है। यहाँ अब तक एक लाख तीन हजार पाँच सौ बीस सैंपल जाँच किए जा चुके हैं। इनमें सात हजार 95 सैंपल की रिपोर्ट पॉजिटिव पाई गई।

वेटेरिनरी विश्वविद्यालय में जून 2020 में कोरोना की जाँच को प्रयोगशाला स्थापित की गई। यह प्रदेश की उन 49 लैब में एक थी जहाँ कोविड-19 से सैंपल टेस्ट किए जा रहे हैं। पिछले साल जून से लेकर अब तक लैब को एक लाख तीन हजार पाँच सौ बीस सैंपल जाँच को भेजे गए। 320 सैंपल लैब में प्रतिदिन टेस्ट किए गए। सुबह आठ से रात आठ बजे तक चिकित्सकों की टीम सैंपल की जाँच करने में लगी रही। सात हजार 95 सैंपल की जाँच में कोरोना पॉजिटिव मिले, जबकि शेष सैंपल

## मथुरा की लैब में कोरोना टेस्ट सफल

आइसीएमआर को भेजे परिणाम केजीएमयू लखनऊ की टीम आज देखेगी लैब

मथुरा की लैब में कोरोना टेस्ट सफल आइसीएमआर को भेजे परिणाम केजीएमयू लखनऊ की टीम आज देखेगी लैब

मथुरा की लैब में कोरोना टेस्ट सफल आइसीएमआर को भेजे परिणाम केजीएमयू लखनऊ की टीम आज देखेगी लैब

**स्वदेश**

आगरा - मुख्य संस्करण  
8 Oct 2020

शोधविधि में अपनी उत्कृष्टता दर्ज कराई।

दैनदयाल पशु चिकित्सा विज्ञान विश्वविद्यालय ने की कोविड-19 की रिकार्ड टेस्टिंग

चार माह से भी कम समय में की 20000 से अधिक सैंपल की जाँच

मथुरा: दैनदयाल पशु चिकित्सा विज्ञान विश्वविद्यालय ने की कोविड-19 की रिकार्ड टेस्टिंग

मथुरा: दैनदयाल पशु चिकित्सा विज्ञान विश्वविद्यालय ने की कोविड-19 की रिकार्ड टेस्टिंग

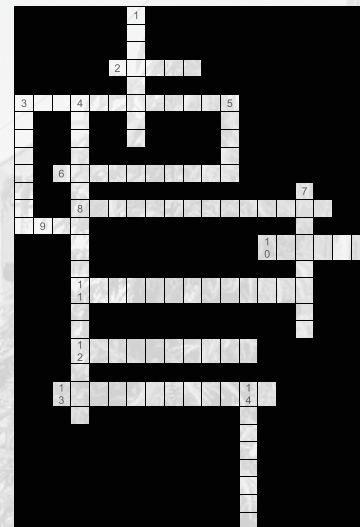


# Cross-word: COVID-19 Facts



**Rajul Jain**

2<sup>nd</sup> year B.V.Sc. & A.H.



## Across

- 2 More accurate test used for COVID-19 (5)
- 3 Chimpanzee adenovirus (ChAd0x1) has been modified to prepare which vaccine? (10)
- 6 Major route of infection of COVID-19 virus (10)
- 8 Process of identifying, assessing and managing people who have been exposed to someone infected with COVID -19 virus. (7, 7)
- 9 Acronym for the organisation that declared COVID-19 a pandemic in March 2020. (3)
- 10 The company whose vaccine was listed for WHO emergency use listing (EUL) on 31st March 2020 (6)
- 11 The system which is the main target of COVID-19 (11)
- 12 Duration elapsed between the infection and emergence of symptoms. (10)
- 13 A population's ability to resist an infectious disease. (4,8)

## Down

- 1 Vaccine using 2 different adenovirus (rAd26 and rAd5) (8)
- 3 Which vaccine is developed with whole virion inactivated vero cell- derived technology? (7)
- 4 Who is most at risk of developing serious illness from COVID-19? (17)
- 5 In which place was the 1st COVID-19 case reported? (5)
- 7 'A protein that the body produces to fight an infection (8)
- 1 Number of days the body takes after vaccination to build immunity (3, 5)





# The Mighty Egg

## Dr. Himani Pandey

Intern

- ❖ serving of almonds provides 6 gms of proteins and costs 40 Indian rupees.
- ❖ serving of Greek yoghurt which is nearly 8 ounces provides 10gms of protein and costs 226 Indian rupees.
- ❖ serving of chicken breast provides 31 gms of protein and costs 200 Indian rupees.
- ❖ serving of tofu provides 8 gms of protein and costs 30 Indian rupees.
- ❖ serving of milk provides 2.5 gms protein and costs 15 Indian rupees.
- ❖ serving of egg which accounts for 1 whole large sized egg or 2 egg whites provides nearly 6 gm of protein and costs 6 Indian rupees.

So to fulfill a requirement of 50 gm ₹ protein in a day, which is nearly the average protein requirement of most adult human beings (on 1 g/kg basis), chicken breast would cost somewhere between ₹ 1100 – ₹ 1300, almonds at ₹ 333, yoghurt at ₹ 322, milk at ₹ 300, tofu at ₹ 187 and eggs at ₹ 50!!! This is the magnificence and goodness of the energy dense, power packed, rounded structures, we call eggs.

As Mother Nature's original super foods, eggs have been a part of our diet since the dawning of time. For centuries, eggs have played a major role in feeding families around the globe. They are an unbeatable package when it comes to versatility and top quality proteins at a very affordable price. They are also an excellent source of choline, required essentially in memory development and brain functions. Also when we factor in convenience and terrific taste, there is just no competition. Eggs are one of the nature's highest quality sources of proteins and indeed contain many of the key ingredients for life. The proteins contained within an egg are highest quality, unaltered biological protein.

An average serving of 2 eggs contains 82% of daily vitamin D requirement, 50% of daily folate requirement, 40% of daily Se requirement, and 25% of daily riboflavin requirement. Apart from these, eggs also contain useful amounts of Vitamin A, Vitamin E, Vitamin B5, iron, phosphorus and choline. Now when it comes to India, eggs can be a good and affordable food option to meet daily nutrition requirement.

Despite India's 50% increase in national GDP since 2013, more than one-third world's malnourished children live in India. Among these half of these children under 3 years of age are underweight. One of the major causes of malnutrition in India is economic inequality. Due to low social status of majority of the population, their diet often lacks both quality and quantity.

A 2017 survey of Indian Market Research Bureau shows that 73% Indians are deficient in proteins while above 90% are unaware of the daily requirement in India. A recent survey across 16 cities in India on perception, knowledge and consumption of proteins found a gap in the knowledge of quality proteins in daily diets.

According to data from National Family Health Survey, 42% of children under the age of 5 in the state of MP are below the average height and 42.8% children are underweight. Additionally 68.9% children suffer from anemia. The infant mortality rates are also highest in the state. Not only in Madhya Pradesh, but the figures of malnourished children from other states in the country are also alarming. Now if we contemplate upon resolving this dismaying picture of malnutrition in India, eggs seem to be an affordable and excellent option to start with.

Scientific studies on nutrition and health among children suggest that children who consume eggs are healthier and less vulnerable to malnutrition and other related problems. There is ample evidence to show that consumption of eggs has a positive consequence on the health of children and that it reduces the chances of stunting.

According to another report published by National Sample Survey Organization, the states that serve eggs in the mid-day meal namely Jammu & Kashmir reported malnutrition at 32%, Andhra Pradesh at 16%, Kerala at 9% and Tamil Nadu at 8%, which is significantly lower than the states that do not namely UP, MP and Rajasthan where the percentage of malnutrition is staggering at 46%, 42%, 40.9%, respectively. These facts clearly state that eggs can prove to India's weapon in fight against hunger and malnutrition.

Past the pandemic, people are becoming increasingly aware of the health and immunity boosting benefits of the eggs and this is evident from the recent surge in demand for eggs in most parts of the country. As per the govt. statistics, India's egg production rose to 140 billion in 2019-2020 from 103 billion in 2018-2019. Also 98% of the eggs produced are consumed in the country thus indicating a radical shift in the egg consumption in the new normal India.

The eggs seem increasingly likely to offer a practical and impactful solution to the problems of hunger and malnutrition in the country. In the post pandemic era, where a vast majority of the population is dealing with the problems of compromised immunity, eggs loaded with abundant nutrients seem to be a boon in the new normal world. Also the price at which they are produced makes them easily accessible even to the moderately poor.

Thus, it would be righteous to say, "An egg a day, keeps malnutrition at bay".

## Students' Academic achievements

2020

B.V.Sc. & A.H.	<b>Gold Medal</b>	Neha Agrawal (V-1413/15)
	<b>Silver Medal</b>	Anjali Choudhary (V-1447/15)
	<b>Bronze Medal</b>	Sanju Kumari (V-1400/15)
M.V.Sc.	<b>Gold Medal</b>	Vaibhav Kumar Singh (V-1974/18)
	<b>Silver Medal</b>	Ambika Arun (V-1228/13)
B.V.Sc. & A.H.	<b>ISVPT medal</b>	Neha Agrawal (V-1413/15)
	<b>Pt. Janakinath Madan Medal</b>	Sanju Kumari (V-1400/15)
	<b>Dr PG Pandey Memorial Medal</b>	Anjali Choudhary (V-1447/15)
	<b>Dr Jitender Kumar Memorial</b>	Sanju Kumari (V-1400/15)
	<b>Vice Chancellor's Medal</b>	Harshit Mishra (V-1442/15)
M.V.Sc.	<b>Vice Chancellor's Medal</b>	Prabha Sharma (V-1219/13)

## Students' extra-curricular achievements

Within the university

SWAMI VIVEKANANDA WEEK

SWAMI VIVEKANANDA WEEK				
Sl.	Activity	Position	Student's Name	
1.	Portrait making	First	Sonam Kumari, 4 <sup>th</sup> year, B.V.Sc. & A.H.	
		Second	Gaurav Kr. Verma, 2 <sup>nd</sup> year, B.V.Sc. & A.H.	
		Third	Rajul Jain, 2 <sup>nd</sup> year, B.V.Sc. & A.H.	
2.	Collage making	First	Kavisha Gangwar, 1 <sup>st</sup> year, M.V.Sc.	
		Second	Divyanshi Singh, 2 <sup>nd</sup> year, B.V.Sc. & A.H.	
		Third	Ishika Rajput, 3 <sup>rd</sup> year, B.V.Sc. & A.H.	
3.	Quiz	First	Divyanshi Singh, 2 <sup>nd</sup> year, B.V.Sc. & A.H.	
		Second	Meenakshi Singh, 4 <sup>th</sup> year, B.V.Sc. & A.H.	
		Second	Roopam Sachan, 4 <sup>th</sup> year, B.V.Sc. & A.H.	
		Second	Ranjana Singh, 4 <sup>th</sup> year, B.V.Sc. & A.H.	
4.	Declamation	First	Aditya Maheshwari, 2 <sup>nd</sup> year, B.V.Sc. & A.H.	
		Second	Harshit Saxena, 5 <sup>th</sup> year, B.V.Sc. & A.H.	
		Third	Shreya Singh, 2 <sup>nd</sup> year, B.V.Sc. & A.H.	
5.	Elocution English	First	Shreya Singh, 2 <sup>nd</sup> year, B.V.Sc. & A.H.	
		Second	Shalvi Srivastava, 2 <sup>nd</sup> year, B.V.Sc. & A.H.	
		Third	Deepsikha, 3rd year, B.V.Sc. & A.H.r	
	Elocution Hindi	First	Aditya Maheshwari, 2 <sup>nd</sup> year, B.V.Sc. & A.H.	
		Second	Mohini Sharma, 5 <sup>th</sup> year, B.V.Sc. & A.H.	
6.	Essay	English	First	Harshit Saxena, 5 <sup>th</sup> year, B.V.Sc. & A.H.
			Second	Shalvi Srivastava, 2 <sup>nd</sup> year, B.V.Sc. & A.H.
			Third	Saurabh Chauhan, 1 <sup>st</sup> year, B.V.Sc. & A.H.
		Hindi		
		Special	Commendation	Garima Singh, 2 <sup>nd</sup> year, B.V.Sc. & A.H.
7.	Debate			
	Hindi (For)	First	Aditya Maheshwari, 2 <sup>nd</sup> year, B.V.Sc. & A.H.	
		Second	Shivangi Tripathi , 3 <sup>rd</sup> year, B.V.Sc. & A.H.	
	Hindi (Against)	First	Mohini Tripathi, 3 <sup>rd</sup> year, B.V.Sc. & A.H.	
		Second	Rishi Chaudhary, 5 <sup>th</sup> year, B.V.Sc. & A.H.	
	English (For)	First	Anuradha Kaushik, 4 <sup>th</sup> year, B.V.Sc. & A.H.	
		Second	Shreya Singh, 2 <sup>nd</sup> year, B.V.Sc. & A.H.	
	English (Against)	First	Mohini Sharma, 5 <sup>th</sup> year, B.V.Sc. & A.H.	



## PRARAKRAM DIWAS

1. **Fancy dress**

<b>First</b>	Mohini Tripathi, 2 <sup>nd</sup> year, B.V.Sc. & A.H.
<b>Second</b>	Neharika Pal, 4 <sup>th</sup> year, B.V.Sc. & A.H.
<b>Third</b>	Divyanshi Singh, 2 <sup>nd</sup> year, B.V.Sc. & A.H.
<b>Consolation</b>	Aditya Maheshwari, 2 <sup>nd</sup> year, B.V.Sc. & A.H.
  
2. **Rangoli**

<b>First</b>	Kavisha Gangwar, 1st year, M.V.Sc.
<b>First</b>	Garima Singh, 5 <sup>th</sup> year, B.V.Sc. & A.H.
<b>Second</b>	Divyanshi Gupta, 5 <sup>th</sup> year, B.V.Sc. & A.H.
<b>Third</b>	Kriti Narendra, 3 <sup>rd</sup> year, B.V.Sc. & A.H.
  
3. **Virtual Poster (NSS)**

<b>First</b>	Ishika Rajput, 3 <sup>rd</sup> year, B.V.Sc. & A.H.
<b>Second</b>	Rajul Jain, 2 <sup>nd</sup> year, B.V.Sc. & A.H.
<b>Third</b>	Kavisha Gangwar, 1st year, M.V.Sc.
  
4. **Slogan writing (NSS)**

<b>First</b>	Divyanshi Singh, 2nd year, B.V.Sc. & A.H.
<b>Second</b>	Nitish Kumar, 2nd year
<b>Third</b>	Kavisha Gangwar, 1st year, M.V.Sc.
<b>Third</b>	Mohini Sharma, 5th year, B.V.Sc. & A.H.
<b>Consolation</b>	Akanksha Sharma, 2nd year, B.V.Sc. & A.H.
<b>Consolation</b>	Rajul Jain, 2nd year, B.V.Sc. & A.H.
  
5. **Live e-Quiz**

<b>First</b>	Shubham, 2nd year B.V.Sc. & A.H.
<b>Second</b>	Aditya Maheshwari, 2nd year, B.V.Sc. & A.H.
<b>Third</b>	Shweta Gupta, 1st year B.V.Sc. & A.H.
<b>Consolation</b>	Diksha, 4th year B.V.Sc. & A.H.
<b>Consolation</b>	Sneha Gupta, 2nd year B.V.Sc. & A.H.

## WOMEN'S DAY

1. **Flower Rangoli**

<b>First</b>	Rajul Jain, 2nd year, B.V.Sc. & A.H.
<b>Second</b>	Niharika Nigam, 1st year, B.V.Sc. & A.H.
<b>Second</b>	Mansi, 1st year, B.V.Sc. & A.H.
<b>Third</b>	Reena Kushwaha, 3rd year, B.V.Sc. & A.H.
<b>Third</b>	Divya Jain, 1st year, B.V.Sc. & A.H.
<b>Consolation</b>	Saurabh Chauhan, 1st year, B.V.Sc. & A.H.
  
2. **Flower show**

<b>First</b>	Ankita Patel, 5th year, B.V.Sc. & A.H.
<b>Second</b>	Kavisha Gangwar, 1st year, M.V.Sc.
<b>Third</b>	Shubhasini Dhuria, 1st year, M.V.Sc.

## INDEPENDENCE DAY CELEBRATIONS

1. **Photography**

<b>First</b>	Abhishek Saxena, 4th year, B.V.Sc. & A.H.
<b>Second</b>	Sonam Kumari, 4th year, B.V.Sc. & A.H.
<b>Third</b>	Neha Chaudhary, Intern
<b>Third</b>	Aditya Maheshwari, 2nd year, B.V.Sc. & A.H.
<b>Appreciation</b>	Anupama Verma, Intern
<b>Appreciation</b>	Nikhil Kr Singh, 3rd year, B.V.Sc. & A.H.
  
2. **Mono-Act**

<b>First</b>	Mansi, 1st year, B.V.Sc. & A.H.
<b>Second</b>	Aditya Maheshwari, 2nd year, B.V.Sc. & A.H.
<b>Third</b>	Kushaan Seth, 4th year, B.V.Sc. & A.H.
  
3. **Poetry recitation**

<b>First</b>	Madhav Kaushik, 1st year, B.V.Sc. & A.H.
<b>Second</b>	Aditya Maheshwari, 2nd year, B.V.Sc. & A.H.
<b>Third</b>	Shreya Singh, 2nd year, B.V.Sc. & A.H.

4.	<b>Patriotic song</b>	<b>First</b>	Shreya Singh, 2nd year, B.V.Sc. & A.H.
		<b>Second</b>	Yashovardhan Mishra, 2nd year, B.V.Sc. & A.H.
		<b>Third</b>	Sachcham Verma, 2nd year, B.V.Sc. & A.H.
5.	<b>Quiz</b>	<b>First</b>	Akash Singh, 3rd year, B.V.Sc. & A.H.
		<b>Second</b>	Kriti Narendra, 3rd year, B.V.Sc. & A.H.
		<b>Third</b>	Deepak Sharma, 2nd year, B.V.Sc. & A.H.
6.	<b>Rangoli</b>	<b>First</b>	Kavisha Gangwar, 1st year, M.V.Sc.
		<b>Second</b>	Nikhil Kr Singh, 3rd year, B.V.Sc. & A.H.
		<b>Third</b>	Shailja Kumari, 2nd year, B.V.Sc. & A.H.
7.	<b>Portrait making</b>	<b>First</b>	Sonam Kumari, 4th year, B.V.Sc. & A.H.
		<b>Second</b>	Pratha Saraswat, 1st year, B.V.Sc. & A.H.
		<b>Second</b>	Nikhil Kr Singh, 3rd year, B.V.Sc. & A.H.
		<b>Third</b>	Rajul Jain, 2nd year, B.V.Sc. & A.H.
		<b>Third</b>	Prerna Tomar, 2nd year, B.V.Sc. & A.H.
8.	<b>Theme Painting</b>	<b>First</b>	Sonam Kumari, 4th year, B.V.Sc. & A.H.
		<b>Second</b>	Gaurav Kr. Verma, 2nd year, B.V.Sc. & A.H.
		<b>Third</b>	Rajul Jain, 2nd year, B.V.Sc. & A.H.
9.	<b>Elocution</b>	<b>First</b>	Aditya Maheshwari, 2nd year, B.V.Sc. & A.H.
	<b>Hindi</b>	<b>Second</b>	Shreyanshi Sharma, 1st year B.V.Sc. & A.H.
	<b>English</b>	<b>First</b>	Shreya Singh, 2nd year, B.V.Sc. & A.H.
		<b>Second</b>	Kushaan Seth, 4th year, B.V.Sc. & A.H.
10.	<b>Debate</b>	<b>First</b>	Aditya Maheshwari, 2nd year, B.V.Sc. & A.H.
	<b>Hindi</b>	<b>First</b>	Shreya Singh, 2nd year, B.V.Sc. & A.H.
	<b>English</b>	<b>Second</b>	Kushaan Seth, 4th year, B.V.Sc. & A.H.

#### HINDI DIWAS

<b>Essay writing</b>	<b>First</b>	Kum. Geeta, 4th year, B.V.Sc. & A.H.
	<b>Second</b>	Kushaan Seth, 4th year, B.V.Sc. & A.H.
	<b>Third</b>	Aditya Maheshwari, 2nd year, B.V.Sc. & A.H.



## Students' extra-curricular achievements

### Outside the University

#### State Museum, Mathura

1.	Neha Singh		Essay writing	First
2.	Shweta Gupta	1 <sup>st</sup> year	Essay writing	Consolation
3.	Jagriti Srivastava	3 <sup>rd</sup> year	Essay writing	Consolation
4.	Shveta Singh	5 <sup>th</sup> year	Mission Shakti GK Quiz	Second
5.	Jagriti Srivastava	3 <sup>rd</sup> year	Mission Shakti GK Quiz	Third
6.	Manisha Tyagi	5 <sup>th</sup> year	Mission Shakti GK Quiz	Consolation
7.	Deepak Sharma	2 <sup>nd</sup> year	Essay writing	First
8.	Jagriti Srivastava	3 <sup>rd</sup> year	GK Quiz	Consolation

#### GADVASU, Ludhiana

9.	Anuradha Kaushik	4 <sup>th</sup> year	Elocution	Second
10.	Kushaan Seth	4 <sup>th</sup> year	Elocution	Third
11.	Pratha Saraswat	1 <sup>st</sup> year	Essay writing	Consolation
12.	Ashish Rathore	5 <sup>th</sup> year	<i>Vet-o-holics</i> e-Quiz Team	Second
13.	Harshit Saxena	5 <sup>th</sup> year	<i>Vet-o-holics</i> e-Quiz Team	Second
14.	Sonika Verma	5 <sup>th</sup> year	<i>Vet-o-holics</i> e-Quiz Team	Second

#### GBPUAT, Pantnagar

15.	Gaurav Kumar Verma	2 <sup>nd</sup> year	Painting & Sketching	Second
16.	Anuradha Kaushik	4 <sup>th</sup> year	Speech Competition	Second
17.	Shreya Singh	2 <sup>nd</sup> year	Singing	Second
18.	Bhumika Pal	2 <sup>nd</sup> year	Poetry Recitation	Third
19.	Kriti Shukla	4 <sup>th</sup> year	Speech Competition	Third
20.	Aditya Maheshwari	2 <sup>nd</sup> year	Speech competition	Third
21.	Aditya Maheshwari	2 <sup>nd</sup> year	Instrumental Competition	Third
22.	Himani Pandey	5 <sup>th</sup> year	Inter-university Debate	First Consolation
23.	Himani Pandey	5 <sup>th</sup> year	Inter-university Debate	Winning Team
24.	Anuradha Kaushik	4 <sup>th</sup> year	Inter-university Debate	Winning Team
25.	Mohini Sharma	5 <sup>th</sup> year	Inter-university Debate	Consolation
26.	Mohini Sharma	5 <sup>th</sup> year	Poster Presentation	Best Poster
27.	Mohini Sharma	5 <sup>th</sup> year	Mono Act	Winner
28.	Mohini Sharma	5 <sup>th</sup> year	Oral Presentation	Winner
29.	Mohini Sharma	5 <sup>th</sup> year	Extempore	Winner

#### EW Nutrition

30.	Shalvi Srivastava	2 <sup>nd</sup> year	Essay writing	First
31.	Aditya Maheshwari	2 <sup>nd</sup> year	Essay writing	Third

#### E-Pashupalan

32.	Mohini Sharma	5 <sup>th</sup> year	Article writing	Winner
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#### Pashudhan Praharee

33.	Yashovardhan Mishra	2 <sup>nd</sup> year	Essay writing	Third
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#### Duvasu, Mathura

34.	Dr. Kavisha Gangwar	1st year, M.V.Sc.	National E-Quiz Competition	Third
35.	Anuradha Kaushik	4 <sup>th</sup> year	National E-quiz Competition	Third
36.	Neharika Pal	4 <sup>th</sup> year	National E-quiz Competition	Third
37.	Shikha Verma	4 <sup>th</sup> year	National E-quiz Competition	Third

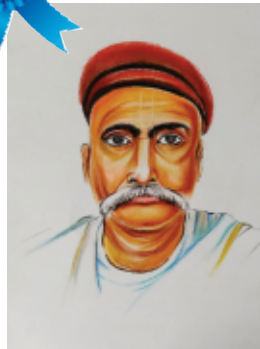
#### VIRBAC

38.	Chandra Prabha Singh	5 <sup>th</sup> year	Quiz Competition Zonal	First
39.	Mohini Sharma	5 <sup>th</sup> year	Quiz Competition Zonal	Third
40.	Chandra Prabha Singh	5 <sup>th</sup> year	Quiz Competition National	Second
41.	Dr. Chandra Prabha Singh	Intern	Quiz Competition Quarter Final	First
42.	Dr. Mohini Sharma	Intern	Quiz Competition Quarter Final	Second
43.	Neha Chaudhary	4 <sup>th</sup> year	Quiz Competition Quarter Final	Third
44.	Dr. Mohini Sharma	Intern	Quiz Competition Semi Final	First

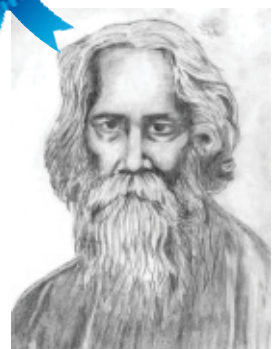
## INDEPENDENCE DAY: PORTRAIT MAKING



Sonam Kumari  
(4<sup>th</sup> Year B.V.Sc. & A.H.)



Pratha Saraswat  
(1<sup>st</sup> Year B.V.Sc. & A.H.)



Nikhil Kr. Singh  
(3<sup>rd</sup> Year B.V.Sc. & A.H.)



Prerna Tomer  
(2<sup>nd</sup> Year B.V.Sc. & A.H.)



Rajul Jain  
(2<sup>nd</sup> Year B.V.Sc. & A.H.)

## SWAMI VIVEKANANDA WEEK : PORTRAIT MAKING



Sonam Kumari (4<sup>th</sup> Year B.V.Sc. & A.H.)

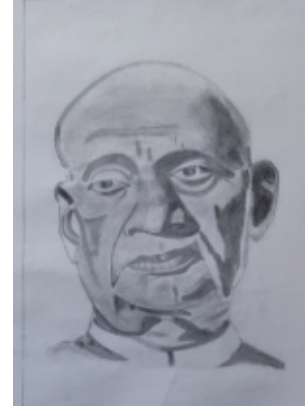
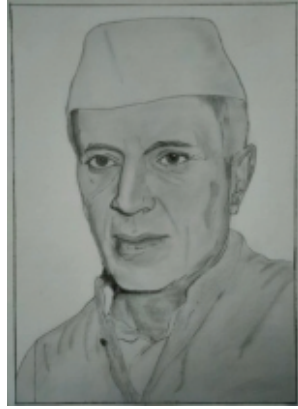


Gaurav Kr Singh  
(2<sup>nd</sup> Year B.V.Sc. & A.H.)



Rajul Jain  
(2<sup>nd</sup> Year B.V.Sc. & A.H.)





## INDEPENDENCE DAY: PHOTOGRAPHY



Abhishek Saxena (4<sup>th</sup> Year B.V.Sc. & A.H.)



Aditya Maheshwari  
(2<sup>nd</sup> Year B.V.Sc. & A.H.)



Sonam Kumari (4<sup>th</sup> Year B.V.Sc. & A.H.)



Neha Chaudhary  
(Intern, B.V.Sc. & A.H.)



## *Special Appreciation (Photography)*



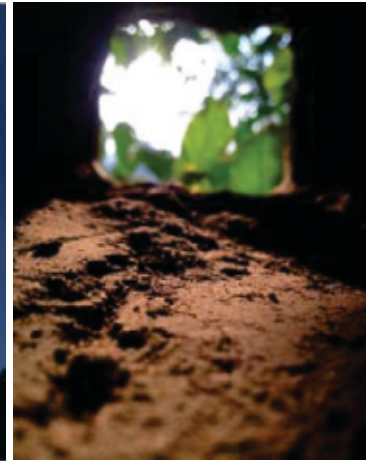
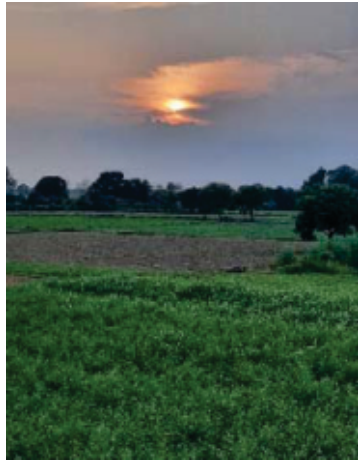
Anupama Verma  
(Intern, B.V.Sc. & A.H.)



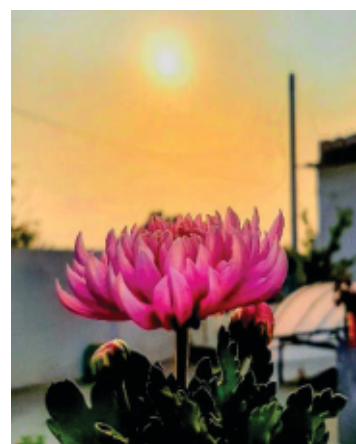
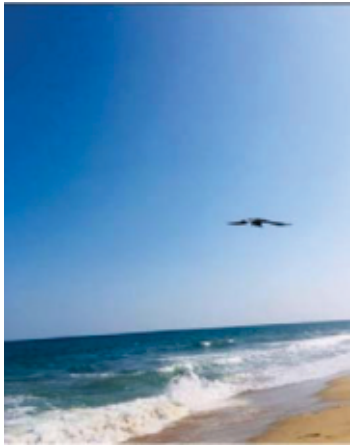
Nikhil Kr Singh  
(3<sup>rd</sup> Year, B.V.Sc. & A.H.)













## INDEPENDENCE DAY : THEME PAINTING



Sonam Kumari (4<sup>th</sup> Year B.V.Sc. & A.H.)



Gaurav Kr Singh (2<sup>nd</sup> Year B.V.Sc. & A.H.)



Rajul Jain (2<sup>nd</sup> Year B.V.Sc. & A.H.)

## SWAMI VIVEKANANDA WEEK: COLLAGE MAKING



Kavisha Gangwar (1st Year M.V.Sc.)



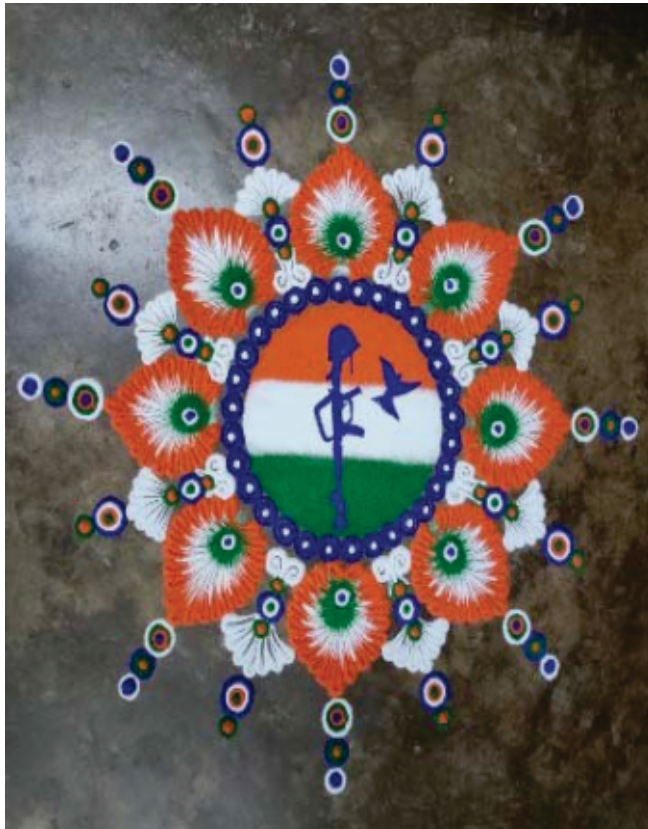
Divyanshi Singh (2nd Year B.V.Sc. & A.H.)



Ishika Rajput (2nd Year B.V.Sc. & A.H.)



## INDEPENDENCE DAY: RANGOLI MAKING



Kavisha Gangwar (1<sup>st</sup> Year M.V.Sc.)



Nikhil Kr. Singh (4<sup>th</sup> Year B.V.Sc. & A.H.)



Shailaja Kumari (2<sup>nd</sup> Year B.V.Sc. & A.H.)





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# हरिण

विश्वीय पक्षिका

अंक 2 (अक्टूबर, 2021)

पशुचिकित्सा विज्ञान एवम् पशुपालन महाविद्यालय,  
दुवासू, मथुरा



# दरपण

विद्यार्थी पत्रिका

अंक 2 (अक्टूबर, 2021)



पशुचिकित्सा विज्ञान एवम् पशुपालन महाविद्यालय

दुवासू, मथुरा





# हिन्दी अनुभाग







## सम्पादक की लेखनी से.....

अभी जो लगभग बीस महीने बीते हैं, बहुत कठिन थे। अकस्मात् ही विद्यालय, महाविद्यालय सूने हो गये। दुकान, बाज़ार बन्द। सड़कें वाहन-विहीन। आरम्भ में स्थिति की गम्भीरता का अनुमान ही न हुआ। आदि-काल सा स्वच्छ वातावरण, स्वच्छ नदियाँ, पक्षियों का स्वच्छन्द उड़डयन तथा कलरव, वन्य जीवों का निर्भय विचरण, ऐसा प्रतीत होने लगा मानो प्रकृति अत्यन्त प्रसन्न हो उठी है। प्रत्येक परिवार प्रसन्न था कि सान्निध्य व पारस्परिक स्नेह लौट आया है। फिर ज्यों ही यह लगने लगा कि अब सब ठीक है, महामारी ने पुनः पाँव पसारने की ठान ली। ऐसा प्रतीत होने लगा कि किसी भी प्रकार की व्यवस्था महामारी के विरुद्ध युद्ध में टिक नहीं पायेगी और मानवता हार जायेगी। तब हमने अपने भीतर की शक्ति को पहचाना और यह निश्चय किया कि इस महामारी को हराना है।

इस महामारी के विरुद्ध युद्ध का अनिवार्य अंग थे सामाजिक दूरी, मुखच्छादन, स्वच्छता, आदि। इसका यह अर्थ भी था कि हमें अपने-अपने घरों में सीमित हो जाना है। तो फिर दैनन्दिन कार्य कैसे हों, पठन-पाठन कैसे हो, इन प्रश्नों के उत्तरों का अन्वेषण जब आवश्यक हो गया तो आश्चर्यजनक रूप से ऐसे उपाय प्रकट हुये जिन्हें पूर्व में कभी गम्भीर दृष्टि से परीक्षित ही नहीं किया गया था। यह उपाय वैश्विक अन्तर्जाल (इण्टर्नेट) पर आधारित थे जिन्हें दूरभाष यन्त्रों (सेलफोन) पर ही व्यवहृत करना था। फिर क्या था, एक ओर राष्ट्र कोरोनारोधी टीकों के अन्वेषण/उत्पादन, प्राणवायु की उपलब्धता में वृद्धि, वेण्टिलेटर्स की उपलब्धता में वृद्धि, आदि कर जनसाधारण को स्वस्थ जीवन सुनिश्चित करने को तत्संकल्प था, दूसरी ओर विद्यार्थी-अध्यापक, कर्मचारी, व्यवसायी, आदि नवोन्वेषित माध्यमों के सदुपयोग के नये सोपान चढ़ रहे थे। इनमें, युद्ध के अन्तिम चरण तक विद्यार्थी-अध्यापक का तार माध्यम से योजित रहना उल्लेखनीय रहा। यद्यपि विद्यार्थी-अध्यापक के मध्य पारस्परिक भौतिक दूरी भी तथापि, पठन-पाठन का वह दृश्य वास्तविक कक्षा से किसी प्रकार कम न था। अन्तर मात्र इतना था कि विद्यार्थी का परिवार भी पठन-पाठन के प्रत्येक दृश्य का साक्षी था। कमी थी तो केवल प्रायोगिक अनुभव की।

अब शनैः शनैः सब कुछ सामान्य होता दिखाई पड़ रहा है, सूने पड़े विद्यामन्दिर पुनः सजीव जान पड़ेंगे। महामारी काल के अनुभवों से सुसज्जित “दर्पण” का यह अंक प्राणीमात्र की जिजीविशा को प्रतिबिम्बित करने का एक लघु प्रयास है। हम जीत रहे हैं।

शुभेच्छु,

-गुलशन कुमार







## अभिषेक सक्सेना

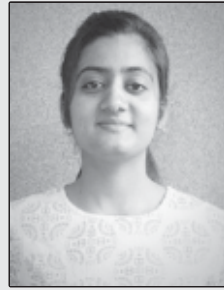
चतुर्थ वर्ष, बी.बी.एससी. एण्ड ए.एच.



क्या था और क्या है चरित्र  
 किसी की सीमा थी  
 तो किसी का युद्ध है चरित्र।  
 कहीं शान्ति है, तो कहीं दहाड़ है चरित्र।  
 कुछ समय अशान्त तो, कभी-कभी धैर्य  
 कहीं होना स्वच्छन्द तो  
 कहीं कारागार है चरित्र।  
 कहीं तो खेल है तो  
 कहीं पे अविष्कार है चरित्र।  
 देना भोजन भूखे को या  
 प्यासे को पानी देना, है चरित्र  
 करना चिन्ता दूसरो की कठिन परिस्थिति में  
 या करना रक्त दान है चरित्र।  
 भेद मिटाना और मार्ग दिखाना  
 या कर देना क्षमा  
 सत्य असत्य के द्वन्द्व में  
 अडिग अड़े रहना है चरित्र  
 और कभी कहीं उदासीन  
 बने रहना है चरित्र।  
 अन्त हो जिसका वो तो देह है  
 चारों युगों में विख्यात है जो  
 वही अनन्त है चरित्र।

चरित्र वृक्ष के समान होता है,  
 और यश उसकी छाया के समान।  
 हम किसी विषय में सोचते हैं,  
 वह तो छाया है, वास्तविक वस्तु तो वृक्ष है।

-अब्राहम लिंकन



## सोनम कुमारी

चतुर्थ वर्ष, बी.बी.एससी. एवम् ए.एच.



है विश्वव्यापी दुश्मन हमारा,  
 जिससे जीतने की दावेदारी है;  
 लेकिन खो दिया कितनों को हमने,  
 तो कैसे हक् में, केवल कामयाबी है?  
 क्या हम जीत गए, या अब भी काम बाकी है?  
 लोगों ने तो साँसें बटोरी,  
 जो गिनके सिक्कों में बँट गए;  
 जिसकी बोली ज़्यादा लगी,  
 बस उसकी साँसें पे हकदारी है।  
 क्या हम जीत गए, या अब भी काम बाकी है?  
 गरीब की रोज़ी-रोटी गई,  
 ज़िदगी-मौत का तराजू बन गया;  
 औकात चाहिए इल्ज़ाम के लिए,  
 ये भला कैसी महामारी है?  
 क्या हम जीत गए, या अब भी काम बाकी है?  
 लेकिन कुछ ऐसे जाँबाज़ भी थे,  
 ज़रूरतमन्दों की आवाज़ बने;  
 क्योंकि, साँसें की इस लड़ाई में,  
 आज भी कोशिश जारी है।  
 क्या हम जीत गए, या अब भी काम बाकी है?  
 वो साहसी हमारी यूँ ढाल बने,  
 विश्वमारी के समक्ष यूँ अड़े रहे;  
 कहने को हमारे सगे न थे,  
 कहने को इन्सानियत भी एक ज़िम्मेदारी है।  
 हाँ, हम जीत रहे हैं,  
 लेकिन अब भी काम बाकी है।

“कोई फर्क नहीं सबकुछ जीत लेने में,  
 और अन्त तक हार ना मानने में।”

- कुँवर नारायण



**सोनम कुमारी**

चतुर्थ वर्ष बी.वी.एससी. एण्ड ए.एच.

“भारत में रहने वाला और इसके प्रति ममत्व की भावना रखने वाला मानव समूह एक जन हैं। उनकी जीवन प्रणाली, कला, साहित्य, दर्शन सब भारतीय संस्कृति है। इसलिए भारतीय राष्ट्रवाद का आधार यह संस्कृति है। इस संस्कृति में निष्ठा रहे तभी भारत एकात्म रहेगा।”

—पण्डित दीनदयाल उपाध्याय जी

ये सत्य है कि कुछ लोग समाज में परिवर्तन लाने के लिए जन्म लेते हैं और उनके लिए जीवन-मृत्यु से भी श्रेष्ठ, “समाज सेवा” होती है। उन्हीं में से एक थे पण्डित दीनदयाल उपाध्याय जी, जिन्होंने अपना पूरा जीवन समाज हित के लिए समर्पित कर दिया। वे “जन्मतः” नहीं, “कर्मतः” महान थे।

वे बहुआयामी व्यक्तित्व के धनी थे जिनके महान व्यक्तित्व में कुशल अर्थचिन्तक, संगठनशास्त्री, शिक्षाविद्, राजनीतिज्ञ, वक्ता, लेखक व पत्रकार आदि जैसी प्रतिभाएँ विद्यमान थीं। वे राष्ट्रीय स्वयंसेवक संघ के एक महत्वपूर्ण नेता और भारतीय समाज के एक बड़े समाजसेवक होने के साथ, उत्कृष्ट साहित्यकार भी थे।

पण्डित दीनदयाल उपाध्याय का जन्म 25 सितम्बर, 1916 को ब्रज के मथुरा जनपद के छोटे से गाँव “नगला चन्द्रभान”, में हुआ था। सात वर्ष की अल्पायु में माता-पिता की छत्र-छाया से वंचित होने के बावजूद, उन्होंने इन विषम परिस्थितियों से भी जीवन के महत्व को समझा और अपने जीवन में समय बर्बाद करने की अपेक्षा, समाज-कल्याण कार्यों में समय व्यतीत किया। श्री उपाध्याय जी मूल विचारक थे। युवावस्था में ही उनकी प्रगल्भ बुद्धि ‘व्यक्ति और समाज’, ‘स्वदेश और स्वधर्म’, ‘परम्परा तथा संस्कृति’ जैसे गूढ़ विषयों की ओर आकृष्ट हो चुकी थी। अतः इन विषयों का उन्होंने गहन अध्ययन किया, चिन्तन और मनन किया। अपने इस दर्शन को उन्होंने नाम दिया “एकात्म मानववाद”।



एकात्म मानववाद के इस वैचारिक दर्शन का प्रतिपादन उन्होंने मुम्बई में 22 से 25 अप्रैल, 1965 में चार अध्यायों में दिए गए वक्तव्य में किया, जिसका एक उद्धरण निम्नवत् है:

**अध्याय-2: एकात्म मानववाद: भारतीय संस्कृति-एकात्मवादी**

“भारतीय संस्कृति की पहली विशेषता यह है कि सम्पूर्ण जीवन का, सम्पूर्ण सृष्टि का, संकलित विचार करती है। उसका दृष्टिकोण एकात्मवादी अर्थात् Integrated है। टुकड़ों-टुकड़ों में विचार करना विशेषज्ञ की दृष्टि से ठीक हो सकता है, परन्तु व्यावहारिक दृष्टि से उपयुक्त नहीं। पश्चिम की समस्या का मुख्य कारण उनका जीवन के सम्बन्ध में टुकड़ों-टुकड़ों में विचार तथा फिर उन सबको थगली लगाकर जोड़ने का प्रयत्न है।

हम यह तो स्वीकार करते हैं कि जीवन में अनेकता अथवा विविधता है, किन्तु उसके मूल में निहित एकता को खोज निकालने का हमने सदैव प्रयत्न किया है। यह प्रयत्न पूर्णतः वैज्ञानिक है। विज्ञानवेत्ता का प्रयत्न रहता है कि वह जगत् में दिखने वाली अव्यवस्था में से व्यवस्था ढूँढ़ निकाले, उसके नियमों का पता लगाए तथा तदनुसार व्यवहार के नियम बनाये। रसायनशास्त्रियों ने सम्पूर्ण भौतिक जगत् में से कुछ आधारभूत तत्व (Elements) ढूँढ़कर निकाले तथा बताया कि सभी वस्तुएँ उनसे ही बनी हैं। भौतिकी उससे भी आगे आ गई। उसने इन तत्वों के मूल में निहित शक्ति अर्थात् चेतना को ढूँढ़ निकाला। आज सम्पूर्ण जगत् में चेतना का अविष्कार मात्र है।

दार्शनिक भी मूलतः वैज्ञानिक है। पश्चिम के दार्शनिक द्वैत तक पहुँचे। हीगेल ने ‘थिसिस, एण्टीथीसिस तथा सिन्थेसिस’ का सिद्धान्त रखा जिसका आधार लेकर कार्ल मार्क्स ने अपना इतिहास और अर्थशास्त्र का विश्लेषण प्रस्तुत किया।

डार्विन ने ‘मात्स्य न्याय’ को जीवन का आधार माना। किन्तु हमने सम्पूर्ण जीवन में मूलभूत एकता का दर्शन का विरोधी अथवा परस्पर संघर्षशील न मानकर पूरक ही माना है। जीवन की विविधता अन्तर्भूत एकता का आविष्कार है और इसलिए उनमें परस्परापेक्षकता तथा परस्पर पूरकता है। बीज की एकता ही पेड़ के मूल, तना, शाखाएँ, पत्ते, फूल और फल के विविध रूपों में प्रकट होती है। इन सबके रंग, रूप तथा कुछ-न-कुछ मात्रा में गुण में भी अन्तर होता है। फिर भी उनके बीज के साथ के एकत्व के सम्बन्ध को हम सहज ही पहचान सकते हैं।”



## नमन है योद्धाओं को!

### सोनम कुमारी एवम् सिमरन

चतुर्थ वर्ष, बी.वी.एससी. एण्ड ए.एच.

सहज ही कोई प्रसाधन उपलब्ध हो जाये तो उसके आप तक पहुँचने की गाथा में कोई विशिष्टता दिखाई नहीं देती। पशुचिकित्सा महाविद्यालय के निवासियों को प्रतिदिन प्रातः दूध नियमित रूप से मिलता है। इसमें कोई नागा नहीं। कभी आभास ही नहीं हुआ कि बीच में कोरोना महामारी के कारण घर से बाहर निकलना प्रतिबन्धित था, जब हर तरह की कठिनाई थी तब भी सुबह-सवेरे जगदीश, चन्दू (चन्द्रपाल) या भूरा, अपनी पुरानी साइकिल पर दूध के कनस्तर लादे इन तीनों में से कोई एक दूधवाला निर्बाध रूप से हर द्वार पर पहुँच कर भोंपू बजाता और घर वाले नाक-मुँह ढके दूध का बर्तन लिये बाहर आते। तब अँगोछे से अपना मुँह ढाँपे, बिना परिवाद के, यह दूधवाला नाप कर दूध बर्तन में डँडेलता और भोंपू बजाता आगे बढ़ जाता। यह क्रम कभी टूटा नहीं।



मुँह-अँधेरे, महाविद्यालय के कुछ अनाम से ग्वाले दुग्धशाला प्रक्षेत्र पर पहुँच जाते (न जाने इन परिस्थितियों में कैसे पहुँच पाते होंगे....)। गोशाला की साफ-सफाई कर गायों तथा भैंसों को सानी करते या चारा-दाना करते (कहाँ से और कैसे से चारा-दाना आ पाया होगा जब सब कुछ तालाबन्धन की भेंट चढ़ गया था.....)। फिर ये अनाम से ग्वाले, हर बछड़े की संख्या पुकारते, बछड़ा दौड़ कर



आता, अपनी माँ का दूध पीने लग जाता। थोड़ी देर पश्चात् ग्वाले बछड़ों को अलग करते और दूध दुहने का मैराथन प्रारम्भ हो जाता। दुहान पूरा होने पर ही ग्वाले पसीना पोंछ पाते। इसी प्रकार अपराह्न का दुहान, प्रति दिन का यही चक्र! फिर दूध से भरे कनस्तर मोटर वाहन या साइकिल पर लादे जाते, तब कहीं जाकर हमारे द्वार



पर दूध पहुँचता। इनके लिये कहाँ था कोई तालाबन्धन। इनके लिये यही दिनचर्या रही, चाहे लाख कठिनाइयाँ रही हों या कैसी भी



विषम परिस्थिति रही हो। यह भी हैं योद्धा कोरोना के विरुद्ध चल रहे युद्ध के, जिनके अथक परिश्रम के कारण वह 'अमृत', जिसकी प्रशंसा में बड़े-बड़े लेख लिख दिये जाते हैं, सबको निर्बाध रूप से प्राप्त होता रहा।

गोवंश तथा महिषवंश के अतिरिक्त कुक्कुट प्रक्षेत्र पर भी वृहत् संख्या में पक्षी रक्षित थे। इनके प्रबन्धन में इन पक्षियों के रखवालों ने न दिन देखा न रात, जब-जब जो-जो आवश्यक था, बिना थके ये रखवाले सब करते रहे। कुटिल शीत हो, भीषण गर्मी या निरन्तर होती वर्षा, ये न कभी रुके न थके, न दाना-पानी रुका न साफ-सफाई। स्वयम् के जीवन की चिन्ता किये बिना, येन-केन-प्रकारेण प्रक्षेत्र पर पहुँच कर अपने कर्तव्यों का निर्वहन करने वाले ये कार्मिक सतत कर्म करते रहे।



तालाबन्धन हो जाने से पशुओं का रुग्ण होना तो प्रतिबन्धित न था! कुछ रोगी, कुछ आहत, कुछ अस्थिभंग से पीड़ित..... किन्तु



विश्वविद्यालय का पशुचिकित्सालय किसी दिन बन्द नहीं हुआ। जिस रोगी पशु की जैसी आवश्यकता थी उसे वैसा उपचार मिला चाहे वह कोई मादा पशु सम्बन्धी समस्या हो या जटिल शल्य क्रिया, जैसे किसी अन्य सामान्य दिन मिलता।

योद्धा वे भी हैं जिन्होंने न दिन देखा न रात, वे इस प्रकार प्रबन्धन में जुटे रहे कि कोई भी पशु-पक्षी, किसी प्रहर भूखा या प्यासा न रह जाय, कोई पशु-पक्षी रुग्ण न हो और यदि रुग्ण हो भी जाय तो अनुपचारित न रह जाय, नमन है उन सभी योद्धाओं को।

## ए.बी. तारापोर



**सोनम कुमारी**

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ना माथे पे शिकन थी उसके ना भय की दीवारें थीं,  
अटल, अविचल पर्वत था वो चाहे गोलियों की बौछारें थीं...

हर फौजी की ताकत था वो कमजोरी बनके कायरों की,  
ढ़-निश्चयी का रूप देखकर रूह काँप गयी प्यादों की...

न ऐसा वीर था पहले न ऐसी मिसालें थी,  
अदम्य साहस का परिचय था वो चाहें चुनोतियाँ हजारों थी...

अपना फर्ज अदा करके हर रिश्तों की, हर वादों की,  
वो चला गया था तारा बनने देकर निशानी यादों की...



इन्सानियत की नींव बनाके इच्छा जगाता जीने की,  
अनन्तकाल तक अजय रहेगा प्रेरणा बनके युवाओं की...

जीवन स्वयम् सन्देश था उसका ये गाथा है उस हिम्मतवाले की,  
“सागर संग बहना सीखो, जिद्द छोड़ दो किनारों की”...

“भारत की आत्मा मेरे सर्वोच्च स्वर्ग में है,  
भूमि की भलाई मेरी सर्वोच्च भलाई है।”

– स्वामी विवेकानंद





**मोहिनी त्रिपाठी**

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यूनिवर्सिटी के एक प्रोफेसर ने अपने विद्यार्थियों को एक एसाइनमेंट दिया। विषय था मुम्बई की धारावी झोपड़पट्टी में रहते 10 से 13 साल की उम्र के लड़कों के बारे में अध्ययन करना और उनके घर की तथा सामाजिक परिस्थितियों की समीक्षा करके भविष्य में वे क्या बनेंगे, इसका अनुमान लगाना।

विद्यार्थी काम में लग गए। झोपड़पट्टी के 200 बच्चों के घर की पृष्ठ-भूमि का, माँ-बाप की परिस्थिति, वहाँ के लोगों की जीवनशैली और शैक्षणिक स्तर, शराब तथा अन्य नशीले पदार्थों के सेवन, ऐसे कई सारे बिन्दुओं पर विचार किया गया। तदुपरान्त हर एक लड़के के विचार भी गम्भीरतापूर्वक सुने तथा अभिलिखित कर लिये गए।

करीब करीब 1 साल लगा एसाइनमेंट पूरा होने में। इसका निष्कर्ष ये निकला कि उन लड़कों में से 95 प्रतिशत बालक अपराध के रास्ते पर चले जायेंगे और 90 प्रतिशत बालक बड़े होकर किसी न किसी कारण से जेल जायेंगे। केवल 5 प्रतिशत बालक ही अच्छा जीवन जी पाएँगे।

बस, उस समय यह एसाइनमेंट तो पूरा हो गया, और बाद में यह बात विस्मृत हो गयी। 25 साल के बाद एक दुसरे प्रोफेसर की दृष्टि इस अध्ययन पर पड़ी, अनुमान कितना सही निकला यह जानने के लिए उसने 3-3 विद्यार्थियों की 5 दल बनाये और उन्हें धारावी भेज दिया। 200 में से कुछ का तो देहान्त हो चुका था तो कुछ दूसरी जगह चले गए थे। फिर भी 180 लोगों से मिलना हुआ। कॉलेज विद्यार्थियों ने जब 180 लोगों की जिंदगी की सही-सही जानकारी प्राप्त की तब वे आश्चर्यचकित हो गए। पहले किये गये अध्ययन के विपरीत ही परिणाम दिखे।

उन में से केवल 4-5 ही छोटे-मोटे अपराध के कारण थोड़े समय के लिए जेल गए थे! और बाकी सभी इज्जत के साथ एक सामान्य जीवन जी रहे थे। कुछ तो आर्थिक दृष्टि से बहुत अच्छी स्थिति में थे। अध्ययन कर रहे विद्यार्थियों तथा उनके प्रोफेसर साहब को बहुत आश्चर्य हुआ कि जहाँ का वातावरण अपराधों की ओर ले जाने के लिए उपयुक्त था वहाँ लोग परिश्रम तथा शुचितापूर्ण की जीवन पसन्द करें, ऐसा कैसे सम्भव हुआ? सोच-विचार कर के विद्यार्थी पुनः उन 180 लोगों से मिले और उनसे ही ये जानने का प्रयास किया। तब उन लोगों में से हर एक ने कहा कि “शायद हम भी ग़लत रास्ते पर चले जाते, परन्तु हमारी एक अध्यापिका के कारण हम सही रास्ते पर जीने लगे। यदि बचपन में उन्होंने हमें सही-ग़लत का ज्ञान नहीं दिया होता तो शायद आज हम भी अपराध में लिप्त होते!”

विद्यार्थियों ने उस अध्यापिका से मिलने का निश्चय किया। वे स्कूल गए तो ज्ञात हुआ कि वे तो सेवानिवृत्त हो चुकी हैं। फिर उन्हें ढूँढ़ते-ढूँढ़ते वे उनके घर पहुँचे। उनसे सब बातें बताई और फिर पूछा कि “आपने उन लड़कों पर ऐसा कौन सा चमत्कार किया कि वे एक सभ्य नागरिक बन गए?” अध्यापिका ने सरलता और स्वाभाविक रीति से कहा, “चमत्कार? अरे! मुझे कोई चमत्कार-वमत्कार तो आता नहीं। मैंने तो अपने विद्यार्थियों को अपनी सन्तानों जैसा ही प्रेम किया। बस्स्स्स्! इतना ही!” और वह ठहाका लगाकर हँस पड़ी।

मित्रों, प्रेम व स्नेह से पशु भी वश हो जाते हैं। मधुर संगीत सुनाने से गौ भी अधिक दूध देने लगती है। मधुर वाणी-व्यवहार से पराये भी अपने हो जाते हैं। जो भी काम हम करें थोड़ा स्नेह-प्रेम और मधुरता की मात्रा उसमें मिला के करने लगे तो हमारी संसार अवश्य सुन्दर होगा। आपका दिन मंगलमय हो, ऐसी शुभभावना।

मैंने खुद से कहा... मैं अपनी जिंदगी का नेतृत्व खुद करूँगा,  
दूसरों की जिंदगी को बेहतर बनाने के लिए। यह एकमात्र  
तरीका है जिसे मैं जानता हूँ।

—मैक्सिमो माजोको।



**अरुण रस्तोगी**

तृतीय वर्ष, बी.वी.एससी.

एण्ड ए.एच.



मैं:

जब हम दोनों एक जैसे थे, ज़िन्दगी तभी अच्छी थी  
मेरे चेहरे पर हँसी तेरी, और तेरे जहन में खुशी मेरी थी  
तेरे हर अंश में साँसे मेरी, और मेरे सीने में धड़कनें तेरी थी  
इस ज़िन्दगी के सारे हौसले तेरे, अपने और उम्मीद मेरी थी।

फिर अचानक दर्द का बादल छाया, चारों ओर गम का साया लहराया  
फिर पता नहीं क्यों, तू मुझसे घबराया, यह देख पहला आँसू, मेरी पलकों तक आया।  
तुझे हँसाया ही क्यों जब मुझे रोना ही था, मुझे बनाया ही क्यों जब तुझे टूटना ही था।  
तू टूटा भी तब जब मेरा साथ नहीं है, मैं रोया भी तब जब तू मेरे पास नहीं है

दिल उदास कहीं है, कोई आस नहीं है, सारी दुनिया को बताया आँसू है यह, बरसात नहीं है  
कोई साथ नहीं है कोई पास नहीं है, जो बता दे मुझे यह बात कोई खास नहीं है।

दिल:

तेरी आँखों में धुआँ है तुझे दिखता क्यों नहीं, खुशी तेरे पीछे खड़ी है समेटे हुए हँसी।  
तेरे पास सही हूँ दे आवाज यही हूँ, यह मसला तेरा मेरा है जमाने का नहीं।

मैं:

करने कुछ जाता हूँ और करके कुछ आ जाता हूँ, हाथ पैर चलाता हूँ फिर हाथ मले रह जाता हूँ।  
दूर खड़ी मेरी किस्मत देखकर हँसती है मुझ पर, क्योंकि वह जीत जाती है और मैं हारकर आ जाता हूँ।  
रोना भी चाहता हूँ मैं पर रो नहीं पाता हूँ, कोई नहीं है आँसू पोछने वाला यह सोचकर चुप हो जाता हूँ।  
बहलाता हूँ फुसलाता हूँ मैं खुद को बहुत समझाता हूँ, फिर उस अकेले खुद को मैं खुद ही गले लगाता हूँ।

दिल:

अरे पागल तू यूँ क्यों रोता है ज़िन्दगी में यूँ ही होता है, यह जो अँधेरे और काँटे हैं वक्त ने सब को बाँटे हैं  
थोड़े आँसू है सबका दुख थोड़ी धूप है सबका सुख, क्यों तू इन पलों को खोता है, पागल तू क्यों रोता है।  
मैं ताउम्र तेरा रहूँगा तू बस मेरी सुनते रहना, मैं यूँ ही धड़कता रहूँगा तू बस यूँ ही हँसते रहना।

मैं:

आँख के बहते पानी से ही लिखनी अपनी कहानी है, गुस्से की चिंगारी से हिम्मत की आग लगानी है  
टूटे हौसले को पिघलाकर खुद की मिसाल बनानी है, हँसती हुई किस्मत को उसकी औकात दिखानी है।  
अब अकेलेपन को डर नहीं इसी को हिम्मत बनानी है, अकेला हूँ रास्ते पर और अकेले ही मंजिल पानी है  
डर की सोच पकड़कर अपनी मिट्टी में दफनानी है, गालियाँ बहुत खायी हैं मैंने अब तालियाँ बजवानी है।





**कुमारी गीता**

चतुर्थ वर्ष, बी.बी.एससी. एण्ड ए.एच.



विदेशी शासन से स्वतन्त्र होने के सात दशक बाद हम एक भिन्न प्रकार की स्वाधीनता की खोज कर रहे हैं। इस बार देश इस अश्व आक्रमणकारी वायरस से मुक्ति चाहता है, जो पिछले 20 महीनों से देश सर्वनाश करने को तसंकल्प प्रतीत होता है। यदि परिवार के सदस्यों में से किसी को को कष्ट हो तो कुटुम्ब के शेष सदस्य भी चिंतित हो जाते हैं, तो वसुधैव कुटुम्बकम् की अवधारणा का पालन करने वाला भारत कहाँ अछूता रहता, विश्व के कष्ट में होने का कष्ट भारत को भी हुआ भले ही वह स्वयम् कष्ट में था।

इस महामारी के कारण समाज पर निकटवर्ती और दूरगामी दोनों प्रकार के प्रभाव हुए। पहला और गम्भीर भावनात्मक, मानसिक प्रभाव उन परिवारों पर हुआ जिनके सदस्य इस महामारी के चलते मृत्यु को प्राप्त हो गए। दूसरा प्रभाव उस वर्ग पर देखने को मिला जो आर्थिक रूप से निर्बल था। इसके चलते दुनिया की अर्थव्यवस्था पर गम्भीर आघात हुआ था।

किन्तु इसी महामारी के कारण तालाबन्धन हुआ जिससे कुछ सकारात्मक प्रभाव भी देखने को मिले जैसे जिन परिवारों में सदस्यों को दैनिक जीवन में व्यस्तता और काम की अतिव्यस्तता के चलते कभी एक साथ बैठने की अवसर नहीं होता था वे सब अब साथ रहने का आनन्द उठा रहे थे। दूसरी ओर प्रति अपना उपचार स्वयम् करती जान पड़ रही थी। सभी प्रकार के प्रदूषणों पर एक प्रकार से रोक लग गयी जिससे नगरों की वायु, नदियों का जल स्वच्छ हो रहा था तथा वनों में पशु भी मानव हस्तक्षेप से मुक्त थे।

कोरोना मुक्ति के लिए भारत सरकार ने कई उपाय किये। कोरोना पीड़ित भारत के नागरिकों की समस्याओं को कम करने के लिए सरकार ने करोड़ों के राहत सम्पुट की उद्घोषणा

की गई। देश के जनसामान्य तक सभी योजनाओं का लाभ पहुँचाने के प्रयास युद्ध स्तर पर किये गये। इन्हीं योजनाओं ने महामारी के समय में संकट मोचक की भूमिका निभाई। तालाबन्धन लगने से परिवहन, रेल, बस, उद्योग सभी बन्द करने पड़े थे, 'प्रधानमन्त्री जन-धन योजना' के अधीन श्रमिकों, शकों और निर्धन महिलाओं के खातों में निर्वाह राशि पहुँचायी गई, ताकि वह अपना जीवन यापन भली प्रकार से कर सकें।

इसी प्रकार, 'आयुष्मान भारत' योजनान्तर्गत निर्धन जन को स्वास्थ्य बीमा उपलब्ध कराया गया, जिसमें कोरोना वायरस की जाँच और उपचार निःशुल्क कराया गया। 'उज्ज्वला योजना' के अधीन निःशुल्क रसोई गैस सिलेण्डर दिए गए। प्रधानमन्त्री किसान सम्मान निधि ने कोरोना से युद्ध में अनूठी भूमिका निभाई। ग्रामीण भारत को बचाने और किसानों को इस सकंट की घड़ी में सुरक्षित रखा गया।

कोरोना के विरुद्ध युद्ध के प्रारम्भिक समय यह स्थिति थी कि पी.पी.ई. किट, वेण्टिलेटर तथा एन 95 मास्क तक दुर्लभ थे। किन्तु "मेक इन इण्डिया" का दृढ़ संकल्प लेकर जब भारत ने श्रम किया तो भारत पी.पी.ई. किट, वेण्टिलेटर से लेकर एन 95 मास्क तक का निर्माता व निर्यातक तक बन गया। ऐसे संकट के समय में हमारे व्यवसायियों को नये अवसर उपलब्ध हुये तथा हम धीरे-धीरे चिकित्सा उपकरण जैसे सामग्रियों में आत्मनिर्भर हो पाये। जनजागरण अभियान के रूप में सन्देश चित्रों और नारों से कोरोना वैक्सीन के प्रति जागरूक किया गया। कोरोना मुक्त भारत अभियान के तहत अधिक से अधिक लोगों को वैक्सीन लगवाने के लिए तैयार किया गया। कोरोना से लड़ने के लिए बनी वैक्सीन ने महामारी पर रोक लगा दी, बहुत सी वैक्सीन भारत में बनी जैसे कोविशील्ड, कोवाक्सिन, स्पुतनिक, जिसमें से कोवाक्सिन पूरी तरह भारत की अपनी वैक्सीन है जिसे स्वदेशी वैक्सीन भी कहा जा रहा है।

मिशन कोविड सुरक्षा के अन्तर्गत नए वैक्सीन प्लेटफॉर्म और उत्पाद विकास के अनुसंधान के लिए स्टार्टअप बॉयोटेक इकाइयों को तथा विनिर्माण क्षमता बढ़ाने के लिए स्थापित वैक्सीन निर्माताओं को वित्तीय और तकनीकी सहायता प्रदान करना विशेष और सक्रिय प्रयास किये गए। परिणामस्वरूप एक वर्ष से भी कम समय में टीकों का विकास, परीक्षण, एवम्



अनुमोदन किया गया और राष्ट्रव्यापी टीकाकरण कार्यक्रम प्रारम्भ किया गया। कुछ ही महीनों के भीतर देश के कोविड-19 के विरुद्ध युद्ध में हम आत्मनिर्भर हो गये। टीकाकरण से आच्छादन में और गति लाने के उद्देश्य से देश भर में सार्वजनिक स्वास्थ्य सुविधाओं अधीन सभी पात्र लाभार्थियों के लिए टीका निःशुल्क करने के निर्णय के उच्चतम स्तर पर सार्वजनिक स्वास्थ्य के प्रति एक दृढ़ राजनीतिक प्रतिबद्धता का प्रदर्शन किया। कोविड-19 टीकाकरण अभियान का उद्देश्य इस वर्ष के अन्त तक देश की सम्पूर्ण जनसंख्या का टीकाकरण करना है, यह अभियान हमारे नागरिकों को प्राथमिक स्वास्थ्य, पोषण, जल और स्वच्छता सम्बन्धी सेवायें प्रदान करने की दिशा में एक सफल प्रवेश द्वार बन सकता है। इस कोरोना महामारी ने हमें जीवन के महत्व को समझने और स्वास्थ्य सेवा पर तत्काल ध्यान देने के लिए बाध्य किया है। भारत ने भी आरोग्य सेतु के माध्यम से कोविड-19 से संक्रमित व्यक्तियों एवम् उपायों से सम्बन्धित सूचनायें उपलब्ध कराने का प्रयास किया। स्वच्छ भारत अभियान से उत्पन्न हुई चेतना का बड़ा लाभ कोरोना वायरस के विरुद्ध युद्ध को मिला। ये सब सम्भव हुआ सामाजिक दूरी का पालन करने, मास्क का प्रयोग करने से, हाथ धोने से। दो मुख्य रणनीतियों को अपनाने से हम कोरोना पर नियन्त्रण पा सके- प्रथम प्रशासनिक स्तर पर जाँच-निगरानी उपचार (टेस्ट-ट्रैक-ट्रीट) और टीकाकरण सहभागिता के माध्यम से। महामारी का पूरे विश्व में अभूतपूर्व प्रसार और मृतकों की संख्या में तीव्र वृद्धि के बाद गूगल और फेसबुक जैसी बड़ी तकनीकी व्यवसायियों ने महामारी पर नियन्त्रण पाने में सरकार की सहायतार्थ हाथ बढ़ाया। डिजिटल इण्डिया की संकल्पना से सभी कार्य सुगम

हुए तथा लोगों का एक दूसरे के सम्पर्क में आने से संक्रमण का जोखिम भी कम हुआ। यहाँ यह उल्लेखनीय है कि कुछ ही महीनों में भारत ने कोविड-19 के विरुद्ध 90 करोड़ से अधिक टीके लगा दिये हैं, जो वैश्विक स्तर पर सबसे अधिक है। इस समय एक ही दिन में बड़ी संख्या में लाभार्थियों को कोविड के टीके लगाए जा रहे हैं। इसलिए भी मेरा भारत विश्व के लिए एक उदाहरण है।

भारत के सार्वभौमिक टीकाकरण कार्यक्रम और स्वास्थ्य सम्बन्धी अन्य पहलों को और अधिक उत्तम बनाने की दिशा में सम्पूर्ण विश्व को मूल्यवान सन्देश दे रहा है। आगे बढ़ता हुआ कोविड-19 टीकाकरण का यह कार्यक्रम हमारे नागरिक स्वास्थ्य सम्बन्धी सेवाएँ देगा। देश भर में हमारी स्वास्थ्य सुविधाओं में तेज़ी से वृद्धि से हमें गुणवत्तापूर्ण स्वास्थ्य सेवाओं तक सभी की समान पहुँच सुनिश्चित करने में मदद मिलेगी। हमारे स्वास्थ्य सेवा और अग्रिम पंक्ति के कार्यकर्ताओं ने कोविड-19 के विरुद्ध बड़ी संख्या में टीकाकरण करने की इस महत्वपूर्ण उपलब्धि को प्राप्त करने के लिए पूरी प्रतिबद्धता और समर्पण के साथ कार्य किया है जो कि “आज़ादी के अमृत महोत्सव” के प्रति एक उपयुक्त श्रद्धांजलि है। दुनिया का सबसे बड़ा वयस्क टीकाकरण कार्यक्रम भी आत्मनिर्भरता के प्रति भारत के दृढ़संकल्प को और सुदृढ़ कर रहा है। अतः.....

“कोरोना को अगर चाहें हैं हराना,  
तो वैक्सीन अवश्य है लगवाना”

“वक्त के साथ ‘सदा’ बदले तअल्लुक कितने,  
तब गले मिलते थे अब हाथ मिलाया न गया।”

-सदा अम्बालवी





**अर्चना सिंह**

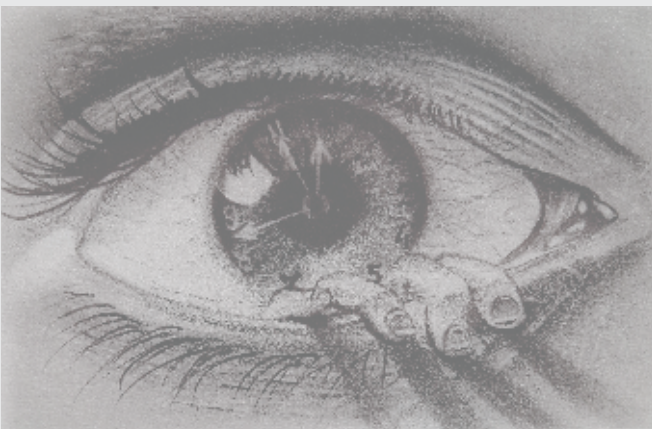
प्रथम वर्ष, बी.वी.एससी. एण्ड ए.एच.

जो ईश्वर का प्रसाद है मैं वो किन्नर हूँ  
मुझको घर से बर्खास्त किया मुझको समाज ने ठुकराया  
न माँ का आँचल मुझे मिला न मिला पिता का ही साया  
मुझको भैया का प्यार कहाँ मुझको बहन का साथ कहाँ  
मुझे शिक्षा का अधिकार नहीं मुझ पर गुरुजन का हाथ कहाँ  
मैं भूल विधाता की धरती पर मैं समाज का नत “मस्तक” हूँ

जो ईश्वर का प्रसाद है मैं वो किन्नर हूँ  
मेरे जैसे बच्चों को जिस समाज ने दुत्कार दिया  
उस समाज की खुशहाली के लिए बरसों माँगी हमने दुआ  
जिस समाज के चौराहों पर सौ रुपए में बिक जाते हम  
जिस समाज के लिए मंगल गीत गाते हम  
उसी समाज ने ईश्वर की सत्ता को ललकारा है  
“ऐसे” पैदा होने में बोलो क्या दोष हमारा है  
क्यों नहीं समझता है जग हम में भी जान होती है  
जब को हँसता है हम पर तो आत्मा हमारी रोती है  
धर्म हेतु जो प्राण तजे शिखण्डी सा धर हूँ  
जो ईश्वर का प्रसाद है मैं वो किन्नर हूँ!

दुनिया को उनके अच्छे कर्म नहीं दिखते,  
सिर्फ उनकी तालियाँ सुनाई देती हैं।

- श्रेयस अवन्तिका



**कमल द्विवेदी**

प्रथम वर्ष, बी.वी.एससी. एण्ड ए.एच.

सम्भावनाओं का दरिया असीम है,  
हमें हर दम आगे कदम बढ़ाना चाहिए।  
नाव ज़र्ज़र ही सही क्या हुआ,  
बस लहरों से टकराना चाहिए।।  
लहरें आयेंगी निरन्तर, लहरें जायेंगी निरन्तर,  
आगे आयें मुश्किलें जो, बढ़ के तू फिर वार कर।  
लहरें अब ज़िद्दी हुयी हैं, तोड़ दी है नाव,  
तो फेंक दे पतवार को, और तैर के दरिया पार कर।।  
हर वक्त जीत नहीं तो ना सही,  
हार ही तेरी, अपनी कुछ पहचान तो है।  
मकानों पर पड़ रही है सबके चमकती हुयी रौशनी,  
तेरी अँधेरी कोठरी मे जुनून नाम का रौशनदान तो है।।  
वक्त बदलेगा, सूरज तेरी ओर भी आयेगा,  
अभी अन्धकारमय है तेरा जीवन,  
कभी प्रकाशमय हो जायेगा।  
तू अपने मन के विकारों को जो अनुरक्त हैं  
उन्हें मुक्त कर,  
आज रात हो चुकी है बेशक,  
कल नया सवेरा ज़रूर आयेगा।

“सफलता कभी अन्तिम नहीं होती, विफलता कभी  
घातक नहीं होती, जो मायने रखता है वो है साहस”

- विंस्टन चर्चिल





**मोहिनी त्रिपाठी**

तृतीय वर्ष, बी.बी.एससी. एण्ड ए.एच.

जैसा विश्वास, वैसा विचार। जब प्राण चलता है तो मन चलता है और जब मन चलता है तो प्राण चलते हैं। यदि आप प्राण पर नियन्त्रण स्थापित कर लें तो मन पर नियन्त्रण स्वतः हो जाएगा ऐसी संकल्पना है योग की। 21 जून वर्ष का सबसे लम्बा दिन होता है और योग भी मनुष्य को दीर्घ जीवन प्राप्त कराता है।

योग भारतीय संस्कृति की 5000 वर्ष पुरानी विरासत है लेकिन इन 2 सालों में जब कोरोना संक्रमण का कोहराम मचा है तो यह सेहत का ऐसा मन्त्र हो गया जिसे सभी चिकित्सा पद्धतियों के महारथियों ने अपनाया। सभी ने माना कि हम घर पर रहकर भी प्राणायाम, आसन और ध्यान करके प्राप्त कर सकते हैं सुरक्षा कवच।

योग का ही कमाल है कि मकान नम्बर 25 में रह रहे अनु के पिता 89 साल की उम्र में भी इतने तन्दुरुस्त हैं। चेहरे पर चमक, चाल में उम्र का असर नहीं और श्रवण व स्मरण शक्ति बेजोड़। आज भी रोज सुबह चार बजे उठकर पहाड़ पर स्थित देवी माँ के दर्शन करना उनका रोज का नियम है। वह कहते हैं, योग मेरी जीवनचर्या का अभिन्न अंग है। योग, नियम और आसन मन को पवित्र व एकाग्र बनाते हैं। यदि यह दोनों मनुष्य के भीतर हो तो वह प्रसन्न, स्वस्थ और निर्मोही हो जाएगा।

योग के लाभ देखकर पूरी दुनिया इस जीवन शैली में खुद को डाल रही है। कैलिफोर्निया में जन्मी साध्वी भगवती जब भारत आई तो यहाँ के मर्मस्पर्शी वातावरण एवम् योग साधना से बहुत प्रभावित हुई और यहीं की हो गई। योग की राजधानी ऋषिकेश में केवल यही नहीं ऐसे सहस्रों उदाहरण हैं।

विगत दिनों हमने जाना कि हम घर में रहकर नियमित योग अभ्यास करते हैं तो हमारा स्वास्थ्य अच्छा रहता है। नियमित योग करने से हमारा चयापचय क्रिया सुधरती है और रोग प्रतिरोधक क्षमता भी बढ़ती है। जब हम योग करते हैं तो हमारी पीयूष ग्रन्थि से “हैप्पी” हार्मोन का स्राव होता है जिन्हें हम एण्डोर्फिन कहते हैं। यह हमें तनाव मुक्त व अवसाद-मुक्त होने में मदद करता है। यदि आप पृथक्कृत (आइसोलेशन में) हैं और खुद को थोड़ा स्वस्थ महसूस करते हैं तो सूर्य नमस्कार, पवनमुक्त आसन, मण्डूक आसन, नाड़ी शोधन, प्राणायाम किए जा सकते हैं। इससे पाचन तन्त्र सुदृढ़ होता है और रोग प्रतिरोधक क्षमता बढ़ती है। ऐसे में रोगमुक्ति भी सुगम होती है।

योग के लिए हमें कहीं बाहर जाने की आवश्यकता नहीं। घर की आलिन्द, छत, खुले कमरे, आँगन में योग किया जा सकता है। पूरे परिवार, माता-पिता, दादा-दादी के साथ योग करने से आपसी तालमेल बढ़ता है और पारिवारिक समय भी व्यतीत होता है जो कि इस कोरोना काल में अति आवश्यक है। योग से शरीर में सकारात्मकता और ऊर्जा का संचार होता है। ध्यान लगाने से मन शान्त होता है। अनेक समस्याओं का समाधान मिलता है। चलें, योग की ओर.....

आपका शरीर अतीत में मौजूद है,  
और आपका मन भविष्य में मौजूद है।  
योग में, वे एक साथ वर्तमान में आते हैं।







**डॉ. प्रभा शर्मा**  
पूर्व छात्रा



सर्दी में खिलती धूप से, बारिश की पहली बूँद से,  
उलझे मन के सुकून से,  
कभी धरती तो कभी आसमाँ हैं आप,  
हर रंग को समेटे इन्द्रधनुष हैं आप,  
एक पंछी के सम्पूर्ण आकाश से, अन्धकार में प्रकाश से,  
हर बाधा में अटल विश्वास से,  
कभी सूर्य तो कभी चन्द्र हैं आप,  
हर रंग को समेटे इन्द्रधनुष हैं आप,  
कोई मुश्किल हैं या परेशानी,  
आप तक पहुँची नहीं कि हल हो जाती है,  
मायूसी कितनी भी हैं चेहरे पे,  
आपके सान्निध्य में मुस्कान बन जाती है,  
इसलिये, ईश्वर का वरदान हैं आप,  
हर समस्या का समाधान भी आप,  
हर रंग को समेटे इन्द्रधनुष हैं आप,  
आपका प्रत्येक शब्द मेरे लिये, पूर्ण सत्य होता है,  
आपका हर आशीष मेरे लिये अखण्ड सिद्ध होता है,  
सदैव आगे बढ़ाने वाली शक्ति हैं आप,  
डगमगाते हौसले की ताकत हैं आप,  
हर रंग को समेटे इन्द्रधनुष हैं आप,  
कभी पथ प्रदर्शक, कभी संरक्षक हैं आप,  
हर निर्णय को मज़बूती देती हिम्मत हैं आप,  
आपको सदा ही जीवन की धरोहर माना है,  
सारे संशय उँडेल दो जिसमें ऐसा सागर जाना है,  
गुरु नहीं, उससे कहीं बढ़कर हैं आप,  
निःसन्देह, पिता जैसे हैं, पिता ही हैं आप।

“इच्छाओं के अनुरूप जीने के लिए जुनून चाहिए, वरना  
परिस्थितियाँ तो सदा ही विपरीत रहती हैं।”

- भगवत् गीता



**टिकू बेनीवाल**  
तृतीय वर्ष, बी.वी.एससी. एण्ड ए.एच.



हैं थोड़ी सी उम्मीदें, और प्यारा सा सपना,  
हैं सागर भर का जुनून, उन्हें बनाने को अपना,

बदल जाए दुनिया, पर ना बदलेगा मेरा विचार,  
यही तो है हौसलों का, मेरा ऊँचा सा पठार।

रफ्तार है पकड़नी, और है मन्ज़िलों को पाना,  
ज़माना क्या कहता है, मुझे इससे नहीं डगमगाना।

चलो उड़ान दे अरमानों को, रंग दे ख्वाबों को,  
हवा दे जब्बे को, ना टूटने दे जुनूनो को।

संस्कार से सफलता तक रंग, आकाश में यूँ बिखरा देंगे,  
इन्द्रधनुष से भी सुन्दर रंग, हम संसार में फैला देंगे।

संस्कार ही मनुष्य को मनुष्य बनाता है।  
संस्कार के बिना शिक्षा, नौकरी,  
सम्पन्नताएँ सब निरर्थक हैं।



**शुभम नायक**

चतुर्थ वर्ष, बी.वी.एस.सी एण्ड ए.एच.



कैसे बताऊँ, क्या बताऊँ, उनकी कहानी किस-किस को सुनाऊँ  
बताने को तो शायद, शब्द पड़ जाए कम  
जितनी बार उनकी बातें दोहराऊँ उतनी ही बार आँखें पड़ जाए नम  
बहुत ज़िद थी कहानी उनकी बताने की, बातों और हालातों को अपने शब्दों में सुनाने की  
वक्त ज्यादा ज़ाया न करते हुए, संक्षिप्त में कोशिश करता हूँ बताने की।

यूँ तो कोरोना विश्व में, साल 2019 में ही अपने पैर पसार चुका था, पर इसका विकराल भयंकर रूप सामने देखने को मिला साल 2020 से। चारों तरफ महामारी की मानो ऐसी चादर सी फैली थी, कि जितनी लपेटो, उतनी तेजी से ये और भी दुगुनी तेज हो गयी। देशों को विश्व स्वास्थ्य संगठन का पैगाम आया कि सभी दो गज की दूरी बना कर रखें, मुखौटा लगा कर रखें, सैनिटाइजर का प्रयोग करें, और अगर कोई खास जरूरत न हो तो, घर से बाहर ही ना निकलें। आम नागरिक तो घरों में बन्द रह सकता है, पर उनका क्या जिनको अस्पतालों में काम करना है, उन पुलिस वालों का क्या, उन सफाई कर्मियों का क्या, स्वास्थ्य विभाग से जुड़े सभी व्यक्तियों का, डॉक्टरों का, नर्सों का, तथा ऐसे बहुत से लोग हैं जिनको कोरोना काल के बीच में भी अपनी जिम्मेदारी निभानी पड़ रही थी। खैर परिवार तो सभी का होता है, चाहे हमारा हो या कोरोना योद्धाओं का। कोरोना काल के दौरान शायद हम अपन-अपने घरों में पड़े रहें होंगे, पर उन कोरोना योद्धाओं ने अपने कर्म को प्रधान समझा। उनकी महानता की पराकाष्ठा को व्यक्त करने के लिए, जितने भी शब्द लिखूँ, शायद कम ही पड़ जाएंगे। हम इधर अगर अपने घरों में बैठे रहे, तो वे दूसरे के घरों को या यूँ कह लीजिए कि पूरे देशवासियों के घरों को कोरोना से बचाने में लगे रहे। कोरोना काल में जो भी योगदान हो सकता था, वो सब उन्होंने पूर्ण निष्ठा के साथ किया।

इन कोरोना के योद्धाओं को मेरा शत-शत नमन्।  
जितना भी गुणगान करूँ शायद वो भी पड़ जाए कम।  
हे भगवान उनकी झोली हमेशा खुशियों से भरी रखना।  
उन्हें न देना कभी कोई गम।  
दिन रात कहूँ, यही बात कहूँ।  
जहां भी जाऊँ अपने ज़ुबान कहूँ।  
आशा करता हूँ ईश्वर सबकी सलामति बनाए रखें।  
सबको कोरोना महामारी से बचाए रखें।  
जल्द ही पूरी तरह से खत्म हो जाएगी ये महामारी।  
हमने कर रखी है पूरी तैयारी।  
अब है टीकाकरण की बारी।  
फिर नहीं आ पायेगी कोई बीमारी।  
यूँ तो ये सारे शब्द भी पड़ जाएंगे कम।  
ना रो दें शब्द भी शायद, उनकी भी आँखें ना पड़ जाये नम।  
दिन रात कहूँ, यही बात कहूँ।  
जहां भी जाऊँ अपने ज़ुबान कहूँ।  
जितना भी गुणगान करूँ, शायद वो भी पड़ जाए कम।  
इन कोरोना के योद्धाओं को मेरा शतशत नमन्।





**मोहिनी त्रिपाठी**

तृतीय वर्ष, बी.बी.एससी. एण्ड ए.एच.

एक भिखारी किसी स्टेशन पर पेंसिलों से भरा कटोरा लेकर बैठा हुआ था। एक युवा व्यवसायी उधर से गुजरा और उसने कटोरे में 50 रुपये डाल दिया, लेकिन उसने कोई पेंसिल नहीं ली। उसके बाद वह ट्रेन में बैठ गया। डिब्बे का दरवाजा बन्द होने ही वाला था कि अधिकारी एकाएक ट्रेन से उतर कर भिखारी के पास लौटा और कुछ पेंसिल उठा कर बोला, “मैं कुछ पेंसिलें लूँगा। इन पेंसिलों की कीमत है, आखिरकार तुम एक व्यापारी हो और मैं भी।” उसके बाद वह युवा तेजी से ट्रेन में चढ़ गया।

कुछ वर्षों बाद, वह व्यवसायी एक पार्टी में गया। वह भिखारी भी वहाँ मौजूद था। भिखारी ने उस व्यवसायी को देखते ही पहचान लिया, वह उसके पास जाकर बोला, “आप शायद मुझे नहीं पहचान रहे हैं, लेकिन मैं आपको पहचानता हूँ।” उसके बाद उसने उसके साथ घटी उस घटना का वर्णन किया। व्यवसायी ने कहा- “तुम्हारे याद दिलाने पर मुझे याद आ रहा है कि तुम भीख माँग रहे थे। लेकिन तुम यहाँ सूट और टाई में क्या कर रहे हो?” भिखारी ने उत्तर दिया, “आपको शायद मालूम नहीं है कि आपने मेरे लिए उस दिन क्या किया। मुझ पर दया करने की बजाय मेरे साथ सम्मान के साथ

पेश आये। आपने कटोरे से पेंसिल उठाकर कहा, इनकी कीमत है, आखिरकार तुम भी एक व्यापारी हो और मैं भी।

आपके जाने के बाद मैंने बहुत सोचा, मैं यहाँ क्या कर रहा हूँ? मैं भीख क्यों माँग रहा हूँ? मैंने अपनी जिन्दगी को सँवारने के लिये कुछ अच्छा काम करने का फैसला लिया। मैंने अपना थैला उठाया और घूम-घूम कर पेंसिल बेचने लगा। फिर धीरे-धीरे मेरा व्यापार बढ़ता गया, मैं कॉपी, किताब एवम् अन्य वस्तुयें भी बेचने लगा और आज पूरे शहर में मैं इन चीजों का सबसे बड़ा थोक विक्रेता हूँ।

मुझे मेरा सम्मान लौटाने के लिये मैं आपका हृदय से धन्यवाद देता हूँ क्योंकि उस घटना ने आज मेरा जीवन ही बदल दिया। आप अपने बारे में क्या सोचते हैं? स्वयम् के लिये आप क्या राय स्वयम् पर प्रकट करते हैं? क्या आप अपने आपको ठीक तरह से समझ पाते हैं? इन सारी बातों को ही हम अन्य शब्दों में आत्मसम्मान कहते हैं। दुसरे लोग हमारे बारे में क्या सोचते हैं ये बातें उतनी मायने नहीं रखती या कहें तो कुछ भी मायने नहीं रखती लेकिन आप अपने बारे में क्या राय जाहिर करते हैं, क्या सोचते हैं ये बात बहुत ही ज्यादा मायने रखती है।

याद रखें कि आत्म-सम्मान के कारण ही हमारे भीतर प्रेरणा उत्पन्न होती है या कहें तो हम आत्मप्रेरित होते हैं। इसलिए आवश्यक है कि हम अपने बारे में एक श्रेष्ठ राय बनाएँ और आत्मसम्मान से पूर्ण जीवन जीएँ।

*दुनिया में सबसे बड़ी बात, खुद को जानना है।*

*-मिशेल डी मोंटेनग्यू*



