



Sarvajanik Education Society  
**SHREE RAMKRISHNA  
INSTITUTE OF COMPUTER EDUCATION  
& APPLIED SCIENCES, SURAT**  
(NAAC 2.67 CGPA)



Half Year-2017

# Pratibimb



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SARVAJANIK EDUCATION SOCIETY

**Shree Ramkrishna Institute of  
Computer Education & Applied Sciences**

(Sarvajanik Institute of Computer Education)

**Accredited 'B' Grade (2.67 CGPA) By NAAC**

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## Local Working Committee

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Shri G. C. Sanadhya	<b>Secretary</b>	Shri G. C. Sanadhya

The essential purpose of Pratibimb Magazine is to inform, engage, inspire and entertain a diverse readership -- including alumni, faculty, staff, students, parents and other friends of Shri Ramkrishna Institute of Computer and Applied Science -- by presenting an intimate, timely and honest portrait of the College -- its people, its programs, its history, its challenges, its resources and its mission. In the originality of its conception, in the excellence of its writing and visual presentation and in its commitment to accuracy, healthy discourse and editorial balance, the magazine endeavours to reflect the values and the quality of the institution itself. By maintaining the respect and interest of its readers, the magazine aspires ultimately to inform their opinion of the College and to strengthen their commitment to its welfare.

The staff of SRKI is committed to maintaining the high standard of integrity that has always been characteristic of SRKI and of the magazine that represents it. While the ultimate purpose of the magazine is to engage and strengthen its readers' association with the College, the institution recognizes that it can do so effectively only by earning and retaining the respect and faith of its readers. In this context, these editorial standards are set forth to give readers and contributors a clear idea of what they can and should expect from the magazine.

The magazine continues to expand its reach to achieve its vision of being a truly representative student publication. We have recently entered into the digital world through the inception of half yearly e magazine, where we try and engage the college community by publishing their creative content and departmental progress.

We all the member of Magazine Committee acknowledge and appreciate efforts made by everybody directly or indirectly to enrich the magazine in a way that it can reflect the true image of college and justify the name "PRATIBIMB" in a real good sense....

### **MAGAZINE COMMITTEE**

**Dr. Darshana Naik ( Co-ordinator)**

Dr. Smita Rajani

Dr. Babita Kar

Dr. Sangita Sanadhya

Nidhi Vanியawala

Dipali Patel

## *From the Principal Desk...*



Dear Parents, students and well-wishers of the SRKI family- my prayerful greetings to all of you. First and foremost I would like to express my deep sentiments of gratitude to every one of you for your constant support, love and concern towards the college which enables and encourages us to strive hard to carry forward the mission of spreading value-based knowledge to one and all.

Education is not an act of acquiring knowledge but learning a skill to lead life and forming one's personality. This is an ennobling process of growth. I can boldly say that we have excelled in every initiative that we undertook and we have stood together in facing the challenges in realizing quality education. We focus on discovering, developing and drawing out the hidden talents and the magic lying dormant inside all of its students. From academics to co-curricular activities, perseverance and a never-say-die spirit are entrenched in the heart of every student not only making them good students but brilliant human beings. In today's dynamic world, a 360 degree development and grooming is of supreme importance and through our campus we are creating an environment for future leaders, entrepreneurs and professional who possess skills and aptitudes in an array of functional disciplines.

I am very happy with the progress the college has made by imbuing in its students value based education synergized with modern teaching-learning methods to produce a generation of well informed and emotionally sound generation. I am positive that in times to come we will continue this journey with elevated enthusiasm and persistently provide a platform of holistic learning to the young generation of learners.

We are partners in learning with our students and seek to deepen their knowledge, provide enriching and innovative learning experiences, while also gently urging our students to come out of their comfort zone to attempt new challenges.

Our students graduate with the skills, mind sets and qualities that will best equip them for success. Come on let's give our best and make this institution a modern temple of learning through our diligence, devotion and dedication. Wishing you all the best...!in the world of the future. They are the future leaders and role models of society.

**Dr. Chaulami Desai**  
**I/c Principal**

**Report form June-16-Dec16**

It is great pleasure in presenting the half yearly report of computer science department activities, achievements , progress and services . During this half year, department has contributed in the area of training and extended services for institutional development and growth. The students and faculties of our department strive for excellence in their area of expertise and extend their support and services for the holistic growth of institute and surroundings. This can be attributed to the dedication and team spirit of the members of the management, staff and students.

**Departmental Activities:** With the start of academic year 2016-17, Computer Science Department has conducted one week training program for the secondary and higher secondary school teachers of Sarvjanik Education Society. 40 computer teachers of various schools of SES were given training on varied subject ranging from C to Java, OS to Networking, database systems etc.

Our department has extended service to institute for up-gradation of institutional wi-fi infrastructure, internet provisioning and migration from Windows to Linux based environment. The department has actively performed website migration process from domain sicesurat.org to srki.ac.in in collaboration with Imaginations Softech Solutions Pvt. Ltd. Faculties of Our department are continuously engaged in institutional website up-gradation and maintenance. Other services provided by the department includes infrastructure and administrative services for IGNOU and IAI/ACET examinations.

**Student Achievements:**Our S.Y. B.Sc. Computer Science students Mr. Nirmitt Bhatt and Group has achieved first prize in inter-department drama competition organized by our institute. The students of S.Y.B.Sc. has participated in three days street play workshop organized jointly by Shree Ramkrishna Institute and Surat Climate Change Trust(SCCT). They have performed street play at U-Turn, Surat for traffic awareness.

**Faculty Achievements:**Mr. Jayesh Pushtiwala, Asst. Prof and Dept. Head was appointed as subject expert in interview panel at i)Gujarat Science College, Ahmedabad ii) Narmada College of Science and Commerce, Bharuch, iii)Udhna Academy College, Surat. He has conducted an expert talk on "Artificial Intelligence" at Gujarat Science College, Ahmedabad as resource person. He is appointed as chairman of syllabus revision committee for M.Sc. CA Part-II by VNSGU. He has acted as co-coordinator for Surat District Bank examination and ATA for exam conducted by High Court Gujarat.

Mr. Shripal Shah and Ms. Priti Patel has actively participated in One Day FDP.

Ms. Kinjan Chauhan has published her research paper in International Journal of Computer Applications(IJCA).

Ms. Charmy Patel has presented her research paper at ICRACCCS-2016 and which will be published in Springer book series.

Ms. Rupal Snehkunj is awarded with Excellent Research Paper at 46th IRF International conference, Chennai, India which was organized by IRF research forum in association with ICFERP, SARC, IEEE, IITR.

Ms. Yesha Mehta served as Resource Person for the One Day FDP on Big Data Analytics organized by Bhagvan Mahavir College of Computer Application, Surat.

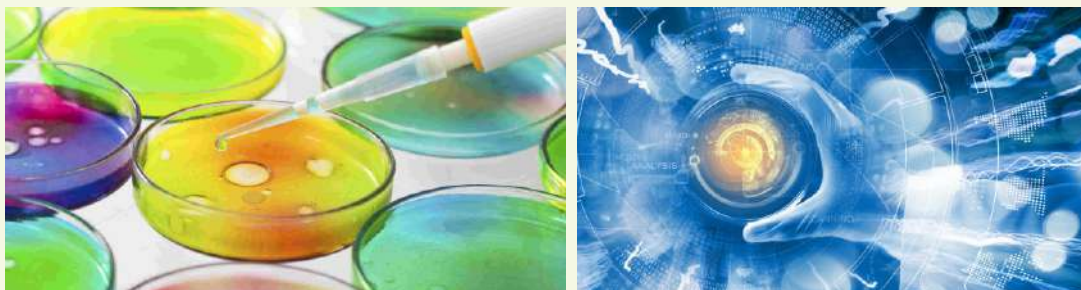
Ms. Nidhi Vaniyawala has qualified UGC NET-2016 examination.

**Placement Activities:**

In the world, where technology is changing very rapidly, it is indeed a challenging task to cater to the needs of IT industry for proficient manpower. We at SRKI are working towards nurturing the talent to bring out best qualities of students that they can touch the sky. In the current year of 2016-17, our computer science department has arranged on-campus as well as off-campus placement interviews. The college interacted with companies such as Key Concepts, WebOsmotic.

Name of the Student	Company
Ms. Nevtiwala Fatema	WebOsmotic Software Development Company, Surat
Ms. Tasneem Rangwala	
Ms. Shagufta Khan	
Mr. Vivek Gupta	SSM InfoTech Solutions, Surat
Mr. Akshay Gajjar	
Ms. Unagar Dharmistha H.	
Ms. Contractor Khushali M.	Key Concepts IT Services LLP , Surat
Ms. Pathak Nupur	
Mr. Sarfarazjuddin Kazi A	
Mr. Sagar Parmar	
Ms. Fairuz Khan	

**Mr. Jayesh Pushtiwala,  
HOD**



The academic year 2016-17 has provided opportunities to our students and faculties to show their potential in various academic events. Our students have participated in 28th State level Inter Collegiate competition organised by GSBTM & Microbiology Study Circle at CHARUSAT, Changa under the aegis of Gujarat Integrated Bio Network (GIBion). Ms. Shaikh Sana Mahnoor of third year B.Sc. student got first prize in scientoon Competition. This year our students have participated in UGAM (Under Graduate Association Of Microbiologist) event organised at B.P. Baria Science Institute, Navsari. Mr. Katrodiya Maulik Bholabhai & Ms. Babariya Krishna Devendrabhai got second prize in quiz prize whereas Ms. Patel Riya Manishbhai, Ms. Patel Vaibhavi Amrutlal & Ms. Chaudhari Hetal Chandrasinh got third prize in the event of stage presentation.

One of our student of second year B.Sc. Mr. Ravi Variya got opportunity to attend a session and interact with Nobel laureates in "Vibrant Gujarat Summit 2017" organized by Government of Gujarat at Gandhinagar.

**Dr. Sanjay Parekh**  
H.O.D.



### A Report on Academic Activities during Odd Semester of Academic Year 2016-17

Academic year 2016-17 at Department of Biotechnology started with habitual fervor of students that resulted in burst of academic activities. At SRKI, we always focus on multidimensional growth of students not limiting their learning to a watertight curriculum. This ethos was reflected in series of co-curricular activities in the department. Following is the brief account of proceedings at the department.

1. Commemoration of World Breast Feeding Week during 4<sup>th</sup> to 6<sup>th</sup> August 2016 in collaboration with World Alliance for Breastfeeding Action.
2. Celebration of 'World Lion Day' on 10<sup>th</sup> August in collaboration with Wildlife Division of Forest Department, Government of Gujarat.
3. Guest Lecture on 'First Aid' by Dr. Lataben Ningoo, Shushrut Hospital on 10<sup>th</sup> August 2016.
4. 3 days camp and workshop on Biodiversity and its Conservation at Aranya Udhyan, Gandhinagar in collaboration with Geer Foundation during 11<sup>th</sup> to 13<sup>th</sup> August 2016.
5. Awareness Program on 'Mental Health and Suicide' by Dr. Urvesh and Kanaiya Thakur, Psychological Counselors from Jeevan Astha Helpline on 24<sup>th</sup> August 2016.
6. Guest Lecture on 'Plant Hormones' by Dr. Falguni Sheth, Assistant Professor at J. N. M. Science College on 3<sup>rd</sup> September 2016.
7. An educational tour for Semester 5 students on 8<sup>th</sup> September 2016 at SUMUL dairy, Surat.
8. Guest Lecture on 'Biology of Dormancy' by Dr. Meghna Adhvaryu, Assistant Professor, Government Science College, Vankal on 9<sup>th</sup> September 2016.
9. Students of the Department also participated in the COP+22 International Climate Action Course.

Notably, two past-students of Department have cleared their UGC-CSIR NET examination during this term.

We are eagerly waiting for the results of V.N.S.G.U. odd semester examinations. Department is fully confident that students will also excel in their curricular performance also.

**Mr. Jay Bergi**  
H.O.D.



World Environment Day was celebrated on 5<sup>th</sup> June 2016 by the under graduate as well as post graduate students. Activities of new plantation, watering of plants at our campus and collecting leaves were performed; the collected leaves were used for mulching in surrounding area of our campus. Family members of staff were also invited to develop the importance of knowledge of kitchen plants as well as medicinal plants in pot culture.

IFS of Gujarat Cedar, Mr. Punit Nayyar had given power point presentation about National Tiger Conservation Project and Future Restoration of Tigers in Gujarat on 29<sup>th</sup> July 2016, followed by Echo Friendly Tiger Slam Book Preparation Competition.

Programme of “Vruksho Ni Rakshabandhan” was organized to conserve the trees and 175 students have tied Rakhis to 875 trees of various area.

Department of Environmental Science has MOU with Surat Climate Change Trust (SCCT) to work for climate action and green peace. Various programmes will be carried out under this MOU in coming years.

To create environmental as well as traffic awareness, Department of Environmental Science and SCCT jointly organized activities of U-Turn at Pal-Hazira Road on 18<sup>th</sup> September 2016.

Rio +23 programme under the World Humanitarian Summit was developed, in which total 85 students were registered, out of which Ms. Tiwari Varsh achieved Gold Medal.

Mr.Mehul Patel of SCCT has given lecture on “Climate Effect and Required Actions”, comprising details of Government Policies and Action Plan on climate changes in the programme organized on Climate Day 19<sup>th</sup> October 2016 by Department of Environmental Science and SCCT jointly.

Various educational tours were organized to emphasis on practical knowledge like, Snehrashmi Botanical Garden on 3<sup>rd</sup> September 2016, Hazardous Waste Management Industry (BEIL) on 2<sup>nd</sup> December 2016, Environmental Laboratory (ARIAL) and Vansda National park on 29<sup>th</sup> December 2016.

**Dr. Ratna Trivedi**  
**HOD**

**The Annual Report for the year 2016-17 of the Allied Department****Details of the activities performed.****Chemistry:**

Chemistry and creative art have thousands of years of shared invention and creative exploration. By combining Chemistry and Art as a whole and using it as a platform to explore the interwoven history of the two is to find the art in science and science in art. Keeping this idea in mind and to increase awareness regarding the use of innovative chemistry in today's life, we organized Chem Art Competition for the first year students of our institute. We organized Wall Article Writing Competition for our second year students. *Wall Articles* are an *important* means to enable the students to express their inner feelings. It also helps them in developing the positive and desirable qualities. The main objective of *Wall Article writing* is to initiate writing tendency in pupil and attract their attention on current incidents.

**Chemistry:****Art Competition**

**Date:** 10<sup>th</sup> September 2016

**Participants:-** (Total no:- 06)

Winners: 1<sup>st</sup> Prize: Galiyawala Khushbu H.(FYMB -I)  
2<sup>nd</sup> Prize: Chhaniyara Rupal K.(FYMB -I)

**Wall article writing competition**

**Participants:-** (Total no:- 17)

Winners: 1<sup>st</sup> Prize: Patel Nidhi R.(S.YMB -II)  
2<sup>nd</sup> Prize: Parmar Khushbu R..(S.YMB -II)

Our institute always believed in our students and trust that they become good and responsible citizen of India. For that we must raise awareness regarding Independence Movements of India with the reference of circular dated 06/08/2016 by Indian Government, HRDM for the celebration of 70<sup>th</sup> year of Independence celebration in all national educational institutes during 09/08/2016 to 23/08/2016 as “**Aazadi 70 - Yaad Karo Kurbaani**” to develop love and respect for Independence movement and national integration among youth and children. So we organized Slogan Competition for all departments students.

**Participants:-** (Total no:- 13)

Winners: 1<sup>st</sup> Prize: Ishrat Tajani (FYES)  
2<sup>nd</sup> Prize: Aankasha Katiyar (TYES)

**Physics:****Power Point Presentation Competition**

**Date:** 9<sup>th</sup> September 2016

B.Sc. first year Computer Science students have taken part in this competition. The presentations were on the various topics of Physics subject. The time duration of 10 minutes was given to each participant.

**No. of Participants:-** 09 All the participants performed very well. They have interacted and answered the questions of audience.

The result of the competition is as follow:

Winners: 1<sup>st</sup> Prize: Miss Pooja Gajjar & Miss Shailja Dankhara  
2<sup>nd</sup> Prize: Mr. Himanshu Sangani & Mr. Bhargav Jagtap

**English:****Two-Day Workshop on Developing Soft Skills****Date :-4<sup>th</sup> & 5<sup>th</sup> July 2016**Resource Persons :-

- 1) Dr. Urvashi Kaushal, Assistant Professor of English, SVNIT, Surat.
- 2) Dr. Bindu Shah, Associate Professor of English, Navyug Commerce College, Surat.

To give proper training to the Post Graduate students of SRKI on how to improve their soft skills to get success in job interviews, group discussion, non-verbal communication and effective presentation. The workshop consisted of four (4) sessions, the theory part of each topic was explained with the help of power point presentation and a mock practice was given to the participants.

**Participants:-** Total no.:- 77 The participants were highly benefitted by the detailed explanation as to why soft skills play such a vital role in shaping a candidates career. The mock practice of interview and group discussion gave a platform to the participants to have a live experience. Incorporation of few activities in which the students in group participated made the entire workshop very exciting.

**Power Point Presentation Competition**

**Date :- 10<sup>th</sup> September 2016**To evaluate the Presentation Skills of B. Sc Second & Third year students from all the four branches of the institute. The participants were asked to prepare a presentation of 5-7 min on the theme of their dream company or organization.

The judges for the event were Dr. Chaulami Desai, Dr. Lalita Choudhary and Dr. Babita Kar.

**Participants:-** Total no.:- 13

The participants prepared ppt slides and orally delivered their contents in English. Their fluency, confident body language and ease of presentation impressed the judges. Results of the event is given in the following table:

First	Pooja Agarwal	SY MB
Second	Ezhuthachan Mithu Mohanan	SY BT
Third	Janimiya Mutaiyaba	SY CS

**Spell\_Bee Competition****Date: 8<sup>th</sup> September 2016**

To evaluate the knowledge of spellings of the regular words used in everyday communication, the test was conducted in one session under the invigilation of Dr. Chaulami Desai and Dr. Babita Kar. The participants were from all the four branches of B.Sc 1<sup>ST</sup> Year.

**Participants:** Total no: 49

The test consists of 15 scrambles to be corrected in 15 minutes. The participants were compare to press hard on their alphabets and their arrangements. Most of the participants performed very well.

Result is given in following table.

Sr. No	Rank	Student Name	Department
1	First	Aayushi Sharma	Computer Science
2	Second	Mohit Mantri	Biotechnology
3	Third	Ahir Vrunda	Microbiology

**Dr. Chaulami Desai**  
**HOD, Allied Department**

# Celebration of Yoga Day:

International Day of Yoga , has been celebrated annually on June 21 since its inception in 2015. An international day for yoga was declared by the United Nations General Assembly (UNGA). The Indian Prime Minister Narendra Modi in his UN Address suggested the date of June 21, as it is the longest day of the year in the Northern Hemisphere and shares special significance in many parts of the world. By considering the fact, SRKI celebrated the same.

Yoga event was supervised by National Yoga Player of Sir K.P. Evening Commerce College, Parth Patel and Yash Patel. All the faculty members and students enthusiastically participated in "Yoga Day". In the end Parth and his teammates demonstrated various "Yogasana", and gave the message of healthy life.

## Gymkhana Committee - 2016-17

Half yearly report for e-magazine

### Game Performance

SR NO.	GAMES	CHAMPION/RUNNER-UP	ORG.COLL./VENUE	Date
1	Basketball	Champion	K.P. College, Surat	September 2016

### Individual Player Performance

SR NO.	GAMES	Name of student	CHAMPION/RUNNER-UP	Level	Date
1	Weight lifting	Solanki Mahavir Yogendrasinh MSc. C.A	Bronze Meddal	University	November 2016
2.	Volleyball	SORATHIYA HARIYALI HARSHUKBHAI (M.Sc. MB)	Captain of VNSGU team	University	December 2016
3	Basket ball	Kacchi Vaibhavi (T.Y. C.S.)	Captain of VNSGU team	University	December 2016
4	Cricket	Desai Kenil (FY C.S)	Selected in VNSGU team	University	December 2016
5	Karate	Parmar Karan (FY ES)	Gold Medal	Surat District	December 2016
6	Cycling	Kinjal Patel (SY MB)	Silver Medal	Surat District	July 2016



SRKI Teaching & Non-teaching staff -Yoga Day-2016



Inter college Basketball Championship -2016



**Dr. Darshana Naik**

Asst. Prof. (Mathematics)

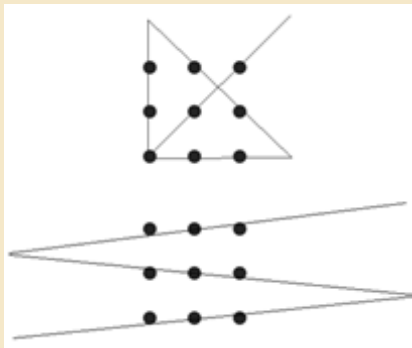
Thinking outside the box is a metaphor that means to think differently, unconventionally, or from a new perspective.

Thinking outside the box means that you cast off the atmosphere that envelops you, step out of the box, leave all your experiences, mindsets and attitudes behind and start to view things from a completely different perspective: outside of the box; unfiltered, unbiased, open to suggestions, willing to empathize with others opinions, but also ready to swim against the flood and to think what no one else has ever thought of.

For me, thinking outside the box does not only include all the above named, but also the openness not to stubbornly persist on my own opinion and to change the opinion I conceived when another person proves me to be wrong or mistaken.

It is bad because it sets limitations. It makes presumptions about both the question you are trying to solve, and answers you can possibly find simultaneously it is good too for the exact same reason. If we didn't constrain ourselves, we would have too many possibilities. We would have a hard time narrowing our focus.

A Very Basic example of out of box thinking is to connect the nine dots as shown bellow in figure. You can observe the thinking in different way has enabled us to achieve goal or complete the task..



Another beautiful example of out of box thinking in industry is of “i phone” as narrated bellow. There was once a time when the Motorola Razr was considered a top of the line phone. It's main feature was that it was incredibly thin. If we continued down that way of thinking, our phones would now be as thin as sheets of paper, but all they would be able to do is make calls.

Luckily for us, Steve Jobs had a different vision for what a cell phone could be. He thought we could combine our phones and computers into a single device, so he developed the iPhone. The iPhone may not be the first smartphone, but it was the first smart phone that was adopted by popular culture. This in turn allowed Android phones to take off. It also allowed tablets to be incorporated into popular culture. While most people were thinking of how to make phones smaller, Apple was thinking of how phones could revolutionize the way we live. That is what thinking outside of the box can do.

True innovation only happens when you stop thinking within the confines of the norm. Thinking outside of the box is a simple concept, but not an easy one.

### **How to think outside the box?**

The ability to think outside the box requires above all one thing: creativity. Especially creative people have discovered the approach to “think outside the box” as an immense advantage for various facets of their lives, often as a characteristic that helps them to earn a living.

### **Slip into a new role:**

By slipping into a new role you can change your perspective and the way you think about things drastically. You can feel free to take yourself some minutes to let your gaze wander through your environment and to discover all the new things you didn't even notice before.

### **Take another route:**

Creativity is an essential aspect of thinking outside the box as it allows you to come up with completely different solutions to address a problem. The following exercise will help you to stimulate your creativity and encourage you to find another solution to accomplish a task:

Take out a piece of paper, Write down a challenging task, Write down precisely how you intent to accomplish the task....

### **Step into another world:**

Stepping into another world is one of the most efficient ways to change your perspective and to discover insights that remained completely unknown to you. Find a new hobby, Meet new people, Gather knowledge about topics that interest you , Study another industry than you are working in, Study a new language, Take classes at a community college...

### **Ask your child:**

Kids are wonderful, especially as they are often used to think outside the box (on a low level!) as they haven't even heard of the possible solution, which forces them to come up with their own ideas before someone shows them how it is done. However, a child will not be able to solve your problem, but it can be the source of inspiration and give you some valuable ideas that you will have to enhance.

### **Reframe:**

I really love to reframe things and to put them into another context. “The glass is half full”, would be the reframed version of “the glass is half empty”, with a completely different – and more positive – meaning. Reframing can also help you to step out of your box and to view things outside of the box; from another perspective.

### **Question things:**

Start to question things and do not accept these as predetermined straight away. Don't take the facts your teachers, professors, and experts present you as ultimately correct or the one and only truth. Make it a habit of questioning things and discovering new and even better solutions or facts about things.

### **Trial and Error:**

The willingness to try things out does not only require courage but also the inner readiness to fail and to make a mistake. Whenever you are ready to search for the solution of a problem you have the chance to discover a way to solve whatever problem you face.

I hope this will help you in thinking out of box and achieve the wonderful results not only in your professional life but also in your personal life too.....

# Happiness is not just an Art but a Science - Know the "Alchemy of Happiness"

Half Year-2017

Pratibimb

By Dr. Sangita Sanadhya Bhatt  
Asst. Prof. (Chemistry)

"All that we are is the result of what we have thought. It is founded on our thoughts. It is made up of our thoughts. If one speaks or acts with an evil thought, pain follows one, as the wheel follows the foot of the ox that draws the wagon."

## Buddha

"Happiness as a central purpose of human life and a goal in itself."

## Aristotle

How many times you smiled today and how many times you became sad, the number matters. If you smile more during day you, will be happy and healthy. It is proved by many scientific studied that happy people are more successful in their lives.

From the ancient times, man is in search of happiness and now the science has proved that it is possible to become happy with some knowledge and practice. The psychological and philosophical pursuit of happiness began in China, India and Greece nearly 2,500 years ago with Confucius, Buddha, Socrates, and Aristotle. We can find remarkable similarities between the insights of these thinkers and the modern "Science of Happiness."

## Science of happiness

### Seven scientific formulas to become happy:

1. Make real friends
2. It's good to be good
3. Daily exercise is must
4. Be optimist
5. Be spiritual and have purpose in life
6. Know your strengths and virtues
7. Feel Flow



### Friend Jaroori Hota Hai.....Make Real Friends

People who have one or more close friendships appear to be happier. The sharing of personal feelings (self-disclosure) plays a major role in the relief of stress and depression. Listening carefully and responding in encouraging way is a very effective way to cultivate positive emotions and deepen relationships. So how can we make new friends? Or form deeper friendships? Friendships based on unconditional love, (friendships of the good) have a powerful effect on the well being of both parties. Such type of "virtuous friendships" fill us with a deeper sense of happiness as we realize that someone loves us for who we are, not for what we do, and will stick around no matter how poor or ugly we get. In conclusion, it's not complicated. Close friendships don't come free. But we can cut corners. One of the short cuts to genuine friendship is plain old kindness, which leads to the next "habit of happy people."

### Joy of Giving... It's Good To Be Good

You know that inventor of social networking site FACEBOOK- Mark Zuckerberg has donated major part of his wealth and he is just in his thirties. Why? Have you thought anytime? Research shows that after certain stage, money has no value. It cannot give you happiness. Then what makes them happy? Giving makes them happy. There is another kind of joy in giving rather than getting. People who care for others' well-being through acts of altruism, volunteering, or formation of communal relationships seem to be happier and less depressed. This seems to be especially true in older individuals. So always try to help others. Make a habit of helping as much as you can. Do some volunteering work every weekend. It will make you more happy and healthy.

### Health Is The Only True Wealth... Daily Exercise, Good Food and Nice Sleep

Abundant scientific research demonstrates the close connection of the mind and body. Positive lifestyle factors including exercise, nutrition, sunlight, and sleep are associated with improved mental well-being and lower incidence of depression and anxiety. At least 20 minutes of any type of exercise is must daily. You can play outdoor games, walk, and dance or do any activity that brings perspiration. Consult your doctor or a nutritionist to discuss your optimal diet and potential vitamin

# *Happiness is not just an Art but a Science - Know the "Alchemy of Happiness"*



**supplements.** Expose yourself to sufficient sunlight, especially during warmer seasons. If you work indoors or are inside most of the day, try to get outdoors occasionally. **Sleep** is fundamental to our well-being and health. A large body of evidence supports the recommendation that adults should typically get eight hours of sleep per night. Research recently conducted at the University of Chicago revealed that sleep improves memory retention and learning new tasks (Harms, 2013).

## **Hare Rama...Hare Krishna...Spiritual Engagement and Meaning**

People follow spiritual paths and join religious organizations for a variety of reasons, including faith, prayer, social support, community service, cultural tradition, friendship, commitment to the community and more. How often do you hear someone say that they committed to a religion or spiritual practice primarily to become happier? Perhaps not often. However, interestingly enough, studies demonstrate a close link between religious and spiritual engagement (practice) and happiness. People who are engaged in activities like Satsang, Meditation and others are more happy than who are not. People who follow some daily religious rituals were found happier. Moreover, people who have some goal or purpose in life are also happier than who do not have.

## **Strengths and Virtues...Brings Success As Well As Happiness**

Just think that what would have been Sachin Tendulkar, if he would have tried to become doctor or engineer? We all have some unique strength and some virtues that apart us from others. We should try to find out them and engage ourselves in the activities that fit them. It would bring success as well as happiness. The work of positive psychologists like Martin Seligman appears to show that the happiest people are those that have discovered their unique strengths such as persistence and critical thinking and virtues such as humanity or justice and use those strengths and virtues for a purpose that is greater than their own personal goals.

## **Optimism - Problems Are Like A Coma, Not A Full Stop.**

Optimism is a trait that should become more common, judging by Winston Churchill's famous quote that "a pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty." Optimism has been proven to improve the immune system, prevent chronic disease, and help people cope with

unfortunate news. Gratitude is associated with optimism and has been determined that grateful people are happier, receive more social support, are less stressed, and are less depressed. Recent research indicates that optimists and pessimists approach problems differently, and their ability to cope successfully with adversity differs as a result. Countless studies have been conducted on optimism, and the vast majority of them support the same conclusions: optimism is healthy! Optimists live longer, have better functioning immune systems, cope better with difficult circumstances, and even have healthier babies.

## **Flow - It's New Thing In The Market**

If we are actively involved in trying to reach a goal, or an activity that is challenging but well suited to our skills, we experience a joyful state called "flow."

The experience of flow in both professional and leisure activities leads to increased positive effect, performance, and commitment to long-term, meaningful goals.

Do you ever find yourself so completely immersed in what you're doing that you lose track of time? All of a sudden you look up at the clock and realize that hours have passed and you missed dinner time? Think a minute about this. When does this loss of time and total engagement typically occur for you? This could apply to a martial artist completely absorbed in perfecting a flying kick, or a violinist fiercely concentrating on a complex symphony. One may find still greater happiness working towards long-term, meaningful goals. Viktor Frankl, who survived a Nazi concentration camp, once said "What man actually needs is not a tensionless state but rather the striving and struggling for some goal worthy of him."

So, in conclusion, I want to say that it is very easy to remain happy but we have to do some efforts in that direction. Nothing is free in this world. We have to earn everything, even happiness. But price we pay for being happy is very less. Just make friends, help people, play games, pray to god, be positive and try to feel Flow as many times you can. Have happiness unlimited.



Sleep is essential for health and well-being. But millions of people don't get enough, resulting in such problems as daytime sleepiness, poor decision-making, interference with learning and accidents. Cognitive-behavioral therapy, which helps people identify and change their thoughts and behaviors, can help. In fact, according to one study, cognitive-behavioral therapy does a better job of reducing insomnia than sleeping pills.



Sleep is essential for a person's health and well being, according to the National Sleep Foundation (NSF). Yet millions of people do not get enough sleep and many suffer from lack of sleep. For example, surveys conducted by the NSF (1999-2004) reveal that at least 40 million Americans suffer from over 70 different sleep disorders and 60 percent of adults report having sleep problems a few nights a week or more. Most of those with these problems go undiagnosed and untreated. In addition, more than 40 percent of adults experience daytime sleepiness severe enough to interfere with their daily activities at least a few days each month - with 20 percent reporting problem sleepiness a few days a week or more. Furthermore, 69 percent of children experience one or more sleep problems a few nights or more during a week

### Tips for Sleep Success

According to the National Sleep Foundation, more than 60 percent of adults experience a sleep problem several times per week. But psychologists presenting research at the Western Psychological Association's Annual Convention, including James Maas, PhD, a psychology professor at Cornell University and leading sleep researcher, offered steps anyone can take to address common sleep problems, such as:

- Develop a consistent bedtime routine. For example, try dimming the lights a few minutes before bedtime to give a sense of evening twilight. Avoid surfing the Web or watching television immediately before bed. Write down troubling thoughts so you won't dwell on them through the night. Performing the same nightly activities will signal to your body that it's time to rest and will allow you to fall asleep faster.
- Go to bed at the same time each night. Maas explained that people who sleep eight hours a night with varied bedtimes will not feel as rested as those who use the same bedtime.
- Wake up without an alarm clock. You will feel refreshed and know your body is getting enough sleep.
- Avoid caffeine after 2 p.m. It will keep you up past your bedtime and delay the onset of sleep.
- Don't drink alcohol within three hours of bedtime. It interferes with sleep and makes your sleep fractured. Try going to bed earlier each night than you have normally been. This will ensure you are getting enough sleep.
- Take a power nap of no longer than 20 minutes during the day, if needed. That will help counter the slump in alertness people generally feel in the mid-afternoon, around 3 p.m.

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S.Y.C.S.

Stress can be a reaction to a short-lived situation, such as being stuck in traffic. Or it can last a long time if you're dealing with relationship problems, a spouse's death or other serious situations. Stress becomes dangerous when it interferes with your ability to live a normal life over an extended period. You may feel tired, unable to concentrate or irritable. Stress can also damage your physical health.

## Tips On How To Manage Your Stress:

**Understand how you stress.** Everyone experiences stress differently. How do you know when you are stressed? How are your thoughts or behaviors different from times when you do not feel stressed?

**Identify your sources of stress.** What events or situations trigger stressful feelings? Are they related to your children, family, health, financial decisions, work, relationships or something else?

**Learn your own stress signals.** People experience stress in different ways. You may have a hard time concentrating or making decisions, feel angry, irritable or out of control, or experience headaches, muscle tension or a lack of energy. Gauge your stress signals.

**Recognize how you deal with stress.** Determine if you are using unhealthy behaviors (such as smoking, drinking alcohol and over/under eating) to cope. Is this a routine behavior, or is it specific to certain events or situations? Do you make unhealthy choices as a result of feeling rushed and overwhelmed?

**Find healthy ways to manage stress.** Consider healthy, stress-reducing activities such as meditation, exercising or talking things out with friends or family. Keep in mind that unhealthy behaviors develop over time and can be difficult to change. Don't take on too much at once. Focus on changing only one behavior at a time.

**Take care of yourself.** Eat right, get enough sleep, drink plenty of water and engage in regular physical activity. Ensure you have a healthy mind and body through activities like yoga, taking a short walk, going to the gym or playing sports that will enhance both your physical and mental health. Take regular vacations or other breaks from work. No matter how hectic life gets, make time for yourself — even if it's just simple things like reading a good book or listening to your favorite music.

**Reach out for support.** Accepting help from supportive friends and family can improve your ability to manage stress. If you continue to feel overwhelmed by stress, you may want to talk to a psychologist, who can help you better manage stress and change unhealthy behaviors.

Information contained in this tip sheet should not be used as a substitute for professional health and mental health care or consultation. Individuals who believe they may need or benefit from care should consult a psychologist or other licensed health/mental health professional. For additional information on stress and mind/body health.



**Milan Bhatiya**  
**S.Y.C.S.**

Sometimes an inspiring story helps us find out the strength within us. An inspiring story helps you inspire yourself and motivate yourself. It also helps find out what you can do and what you cannot. There are hundreds you may have read in your life. But how many of them actually made changes in your mind is a question.

Here are some inspiring short stories that not only gives a powerful lesson, but can also be helpful to learn about some unknown truths about life.

### **1. It's Little Things that Make a Big Difference**

There was a man taking a morning walk at or the beach. He saw that along with the morning tide came hundreds of starfish and when the tide receded, they were left behind and with the morning sun rays, they would die. The tide was fresh and the starfish were alive. The man took a few steps, picked one and threw it into the water. He did that repeatedly. Right behind him there was another person who couldn't understand what this man was doing. He caught up with him and asked, "What are you doing? There are hundreds of starfish. How many can you help? What difference does it make?" This man did not reply, took two more steps, picked up another one, threw it into the water, and said, "It makes a difference to this one."

What difference are we making? Big or small, it does not matter. If everyone made a small difference, we'd end up with a big difference, wouldn't we?

### **2. Meaningless Goals**

A farmer had a dog who used to sit by the roadside waiting for vehicles to come around. As soon as one came he would run down the road, barking and trying to overtake it. One day a neighbor asked the farmer "Do you think your dog is ever going to catch a car?" The farmer replied, "That is not what bothers me. What bothers me is what he would do if he ever caught one."

Many people in life behave like that dog who is pursuing meaningless goals.

### **3. How would You Like to be Remembered?**

About a hundred years ago, a man looked at the morning newspaper and to his surprise and horror, read his name in the obituary column. The newspapers had reported the death of the wrong person by mistake. His first response was shock. Am I here or there? When he regained his composure, his second thought was to find out what people had said about him. The obituary read, "Dynamite King Dies." And also "He was the merchant of death." This man was the inventor of dynamite and when he read the words "merchant of death," he asked himself a question, "Is this how I am going to be remembered?" He got in touch with his feelings and decided that this was not the way he wanted to be remembered. From that day on, he started working toward peace. His name was Alfred Nobel and he is remembered today by the great Nobel Prize.

Just as Alfred Nobel got in touch with his feelings and redefined his values,

We should step back and do the same.

What is your legacy?

How would you like to be remembered?

Will you be spoken well of?

Will you be remembered with love and respect?

Will you be missed?

### **4. The Obstacles in Our Path**

In ancient times, a king had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around it.

Many loudly blamed the king for not keeping the roads clear, but none did anything about getting the big stone out of the way. Then a peasant came along carrying a load of vegetables. On approaching the boulder,



The peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. As the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the king indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many others never understand.

Every obstacle presents an opportunity to improve one's condition.

### 5. Everyone is Important

During Mark's first month of college, the professor gave his students a pop quiz. He was a conscientious student and had breezed through the questions, until he read the last one: "What is the first name of the woman who cleans the school?" Surely this was some kind of joke. He had seen the cleaning woman several times. She was tall, dark-haired and in her 50s, but how would he know her name? He handed in his paper, leaving the last question blank.

Just before class ended, one student asked if the last question would count toward the quiz grade. "Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They each deserve your attention and care, even if all you do is smile and say 'hello'". Mark never forgot that lesson. He also learned her name was Dorothy.

Everyone in your life is everyone just like the people you give importance to.

### 6. Everyone has a Story in Life

A 24 year old boy seeing out from the train's window shouted...

"Dad, look the trees are going behind!"

Dad smiled and a young couple sitting nearby, looked at the 24 year old's childish behavior with pity, suddenly he again exclaimed...

"Dad, look the clouds are running with us!"

The couple couldn't resist and said to the old man...

"Why don't you take your son to a good doctor?"

The old man smiled and said...

"I did and we are just coming from the hospital, my son was blind from birth, he just got his eyes today.

Every single person on the planet has a story. Don't judge people before you truly know them. The truth might surprise you.

### 7. Unnecessary Doubts

A boy and a girl were playing together. The boy had a collection of marbles. The girl had some sweets with her. The boy told the girl that he will give her all his marbles in exchange for her sweets. The girl agreed. The boy kept the biggest and the most beautiful marble aside and gave the rest to the girl. The girl gave him all her sweets as she had promised. That night, the girl slept peacefully. But the boy couldn't sleep as he kept wondering if the girl had hidden some sweets from him the way he had hidden his best marble.

If you don't give your hundred percent in a relationship, you'll always keep doubting if the other person has given his/her hundred percent.

Nidhi Patel  
S.Y. C.S.





# Aloe vera

## Queen of medicine plants.



The oldest medicinal plant, aloe vera, was already known in ancient Egypt. Nefertiti and Cleopatra would have used it as medicine and beauty care.

The fact is that this plant possesses therapeutic functions already known for a long. Thanks to the scientific studies we know why this plant is so interesting for medicine. The aloe vera contains numerous enzymes, minerals, essential fatty acids, amino acids and numerous vitamins. One of the most important main ingredients is, mucopolysaccharides, which are necessary for the filling of the space between the human cells. This substance, which is particularly necessary for the structure of the healthy cells is only seen in the aloe vera plant .

Studies have shown that this active substance is one of the most important substances for the promotion of the immune system. They reinforced the cell walls, and has a cleansing effect and cell renewal. which is very important. Studies have shown that cancer patients who were treated with aloe vera to support chemo therapies recovered faster than patients treated only classical. Because it strengthens the immune system, this has a tremendous effect on any disease.

The aloe vera has many similarities with the cactus, but it belongs to the family of the lily species. She is the niece of the garlic and the celery-like.

There are 324 species of aloe vera announced and only '4' are medicinal.

The aloe vera Barbadenis is the most powerful healing and it is therefore used for many products. This species therefore not only gives a soothing effect on your body, they can also be used to treat all kinds of ailments.

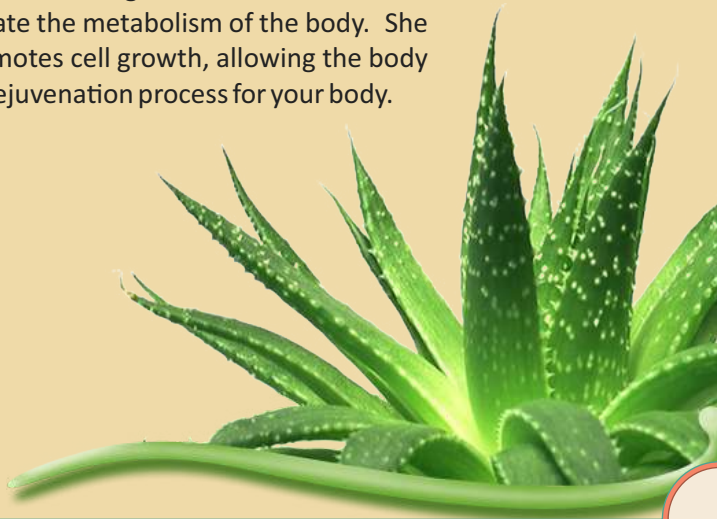
Some ailments that can be treated with the aloe vera plant are:

-Headaches, eczema, stiff muscles, back pain, psoriasis, stomach and intestinal problems, skin diseases, gum disease, dandruff, lice and insect bites, burns, bedsores, itching, anemia, impotence, eye complaints, injury from radiation, scar reducing, rigors, persistent cough, jaundice, worm drifting, detoxifying, laxative, nutritional supplement, varicose veins, hemorrhoids, abrasions and lacerations, arthritis and osteoarthritis, Candida infection, cellulitis, ulcerative colitis (inflammation of the intestinal mucosa), constipation, diarrhoea, flatulence, foot fungus, diabetes, ME, CFS.

Thus it helps aloe vera as a dietary supplement. It strengthens the immune system and therefore prevents infection. She supports the operation of the cells so that the germs can be switched off more quickly, and be removed from the body. They stimulate the metabolism of the body. She has a calming effect on the stomach and intestines. It promotes cell growth, allowing the body revives and strengthens. There is a recovery process and a rejuvenation process for your body.

**Shubham Savani**

**S.Y. C.S.**



### Learned helplessness: 6 keys to breaking free from negativity

We've been told that one of the keys for becoming a successful leader and creating a successful life is to see things as they are and no worse. But if you've been beaten down and suffered setbacks such as unemployment, it's hard to see the positive in anything.

Take investing for example. After the financial crisis of 2008-'09, many investors became shell-shocked from the market swings. All they saw was doom and negativity. I see this first-hand as a sudden wealth adviser. I need to look at the world and make some decisions about the economy, geopolitics, where to invest, etc. After analyzing the data, I can just as easily come to the conclusion that we are set for another recession or more growth -- seeing things as they are is meaningless when the data are so open to interpretation. As an investor, focusing only on the negative can cause you to lose the ability to see opportunities and miss out on good returns. While this can hurt your portfolio and chances for retirement, there is an equally nefarious consequence that can result after you suffer a setback -- maybe ongoing unemployment -- and then only look at the negatives.

### COLLEGE DAYS!.... TIME WHEN I WAS YOUNG!

There are many thoughts flooded in our mind within a day or we can say within a second. Some of them freeze our mind, some are painful, some made our lips to curves and some are of proud - a proud that we earn!

But I might say that, at the age of 18 to 21(basically college life) you will go through some different kinds of thought in your tiny little monster called brain!!

Because we are over the horizon of turning child to a big responsible men!! Yes, now Government officially believe that you could even do something for your country too. They gave you chance to elect a candidate who may be going to rule the country on behalf of country people(oh ! god such a huge responsibility). A lot more thing you can do- License , passport, own bank account, PPF, legally eligible for marriage, discussing budget with your family, ask them for pocket money, your decision becomes valuable, long drives, run for passion, world tour etc. so basically it's a step ahead to your freedom ,welcome to the new era of our life.

lets talk about those weird expression of our mind..

- 1) why I am doing this syllabus?(ask yourself whether truly you are loving it!)
- 2) Excited about the prank which you are going to hit on your friends?
- 3) What should I wear every day to look cool?(sometimes even you hate to put on some formal wear but still you have to be social right! you can't go with your pyjamas. hahaha)
- 4) Loving too much to be online or chatting with someone?
- 5) Leaving behind the whole world and going out with crazy friends?
- 6) Looking for true love?
- 7) Trying hard to get good rank or may be to clear all backlogs?
- 8) Am I really honest to my parents as Ram(one of the character from Hindu mythology RAMAYANA) used to be?

These question looks so simple and quite common but do we really get the answer for such a question and tried to figure out those things why we are doing so? somehow it doesn't affect your life at all but yeah, it matters a lot when you will realize these funny days are going to be over and now I am at my farewell party and I'm really gonna miss these COLLEGE DAYS!

so that is how your childhood waved a goodbye for welcoming adulthood!



Parag Vaghasiya  
S.Y.C.S.



## Never Give Up

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old and the well needed to be covered up anyway. It just wasn't worth it to retrieve the donkey. He invited all his neighbours to come over and help him. They all grabbed a shovel and begin to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement, he quieted down.

A few shovel loads later, the farmer finally looked down the well and was astonished at what he saw. With every shovel of dirt that fell on his back, the donkey was doing something amazing. He would shake it off and take a step up. As the farmer's neighbours continued to shovel dirt on top of the animal, he would shake it off and take a step up.

Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and trotted off!

Moral: Life is going to shovel dirt on you, all kinds of dirt. The trick is not to get bogged down by it. We can get out of the deepest wells by not stopping. And by never giving up! Shake it off and take a step up!

**Nidhi Patel**  
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## WINNER v/s LOSER

\*Winner has a dream.  
Loser has schemes.

\*Winner sees the gain.  
Loser sees the problem/pain.

\*Winner is a part of a team.  
Loser is apart from the team.

\*Winner always has a programme.  
Loser always has an excuse.

\*Winner says "Let me do it for you."  
The Loser says, "That is not my job."

\*Winner says, "I must do something."  
Loser says, "Something must be done."

\*Winner is always part of the answer.  
Loser is always part of the problem.

\*Winner sees an answer for every problem.  
Loser sees a problem for every answer.

\*Winner says, "It may be difficult, but it is possible."  
Loser says, "It may be possible but it is difficult."

\*When a Winner makes a mistake, he says, "I was wrong."  
When a Loser makes a mistake, he says, "It was not my fault"

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1. **PAN** - Permanent Account Number.
2. **PDF** - Portable Document Format.
3. **SIM** - Subscriber Identity Module.
4. **ATM** - Automated Teller Machine.
5. **IFSC** - Indian Financial System Code.
6. **FSSAI(Fssai)** - Food Safety & Standards Authority of India.
7. **Wi-Fi** - Wireless Fidelity.
8. **GOOGLE** - Global Organization Of Oriented Group Language Of Earth.
9. **YAHOO** - Yet Another Hierarchical Official Oracle.
10. **WINDOW** - Wide Interactive Network Development for Office Work Solution.
11. **COMPUTER** - Common Oriented Machine. (Particularly United & used under Technical & Educational Research)
12. **VIRUS** - Vital Information Resources Under Siege.
13. **UMTS** - Universal Mobile Telecommunications System.
14. **AMOLED** - Active-matrix organic light-emitting diode.
15. **OLED** - Organic light-emitting diode.
16. **IMEI** - International Mobile Equipment Identity.
17. **ESN** - Electronic Serial Number.
18. **UPS** - Uninterrupted power supply.
19. **HDMI** - High-Definition Multimedia Interface.
20. **VPN** - Virtual Private Network.
21. **APN** - Access Point Name.
22. **LED** - Light emitting Diode.
23. **DLNA** - Digital Living Network Alliance.
24. **RAM** - Random Access Memory.
25. **ROM** - Read Only Memory.
26. **VGA** - Video Graphics Array.
27. **QVGA** - Quarter Video Graphics Array.
28. **WVGA** - Wide video graphics array.
29. **WXGA** - Widescreen Extended Graphics Array.
30. **USB** - Universal serial Bus.
31. **WLAN** - Wireless Local Area Network.
32. **PPI** - Pixels Per Inch.
33. **LCD** - Liquid Crystal Display.
34. **HSDPA** - High speed down-link packet access.
35. **HSUPA** - High-Speed Uplink Packet Access.
36. **HSPA** - High Speed Packet Access.
37. **GPRS** - General Packet Radio Service.
38. **EDGE** - Enhanced Data Rates for Globa Evolution.
39. **NFC** - Near field communication.
40. **OTG** - On-the-go.
41. **S-LCD** - Super Liquid Crystal Display.
42. **O.S** - Operating system.
43. **SNS** - Social Network Service.
44. **H.S** - HOTSPOT.
45. **P.O.I** - Point of Interest.
46. **GPS** - Global Positioning System.
47. **DVD** - Digital Video Disk.
48. **DTP** - Desk Top Publishing.
49. **DNSE** - Digital Natural Sound Engine.
50. **OVI** - Ohio Video Intranet.
51. **CDMA** - Code Division Multiple Access.
52. **WCDMA** - Wide-band Code Division Multiple Access.
53. **GSM** - Global System for Mobile Communications.
54. **DIVX** - Digital internet video access.
55. **APK** - Authenticated public key.
56. **J2ME** - Java 2 micro edition.
57. **SIS** - Installation source.
58. **DELL** - Digital electronic link library.
59. **ACER** - Acquisition Collaboration Experimentation Reflection.
60. **RSS** - Really Simple Syndication.
61. **TFT** - Thin Film Transistor.
62. **AMR** - Adaptive Multi-Rate.
63. **MPEG** - Moving Pictures Experts Group.
64. **IVRS** - Interactive Voice Response System.
65. **HP** - Hewlett Packard.
66. **News Paper** - North East West South past and present events report.
67. **Chess** - Chariot, Horse, Elephant, Soldiers.
68. **Cold** - Chronic Obstructive Lung Disease.
69. **Joke** - Joy of Kids Entertainment.
70. **Aim** - Ambition in Mind.
71. **Date** - Day and Time Evolution.
72. **Eat** - Energy and Taste.
73. **Tea** - Taste and Energy Admitted.
74. **Pen** - Power Enriched in Nib.
75. **Smile** - Sweet Memories in Lips Expression.
76. **etc.** - End of Thinking Capacity
77. **OK** - Objection Killed
78. **Or** - Orl Korec (Greek Word)
79. **Bye** - Be with you Everytime.

**Paresh Barad**  
**F.Y.C.S.**





इस दुनिया में इतने अवसर हैं कि जिसकी कोई हद नहीं है पर लोग उसको देख ही नहीं पाते। कुछ लोग उसको देख तो लेते हैं पर उसके अनुसार प्रक्रिया नहीं दे पाते, कुछ प्रक्रिया देते तो हैं पर सूझबूझ से प्रक्रिया नहीं दे पाते हैं। कठिन परिश्रम करते रह जाते हैं जिससे उन्हें उतनी कामयाबी नहीं मिल पाती जितनी मिल सकती है।

भारत में इस वक्त बहुत अवसर है। आपके दिमाग में यह आ जाए कि मैं कुछ कर सकता हूँ, अगर ये नहीं आया तो अपनी ही समस्याओं में उलझ कर रह जाओगे। पूरी ज़िंदगी ऐसे ही गुज़ार दोगे और अपने बच्चों से भी यही बोलोगे की ज़िंदगी बहुत मुश्किल है।

मान लो अगर हमें किसी कमरे की छत को छूना है तो क्या करना होगा? कल्पना से छत को नहीं छुआ जा सकता, संभावनायें ढूँढनी पड़ेगी। कोई सीढ़ी हो आस पास या कोई टेबल जिसके ऊपर चढ़कर छत को छू सके। इसके लिए वास्तविकता की समझ होना अनिवार्य है।

आँख खोलकर देखो की आपके आस पास क्या-क्या अवसर है। दुनिया में जो भी चीज़ आदमी ने बनायीं है; शर्ट, मशीन, पेन, कुर्सी आदि ये सब पहले संभावनायें थी बाद में वास्तविक बनी। किसी न किसी के दिमाग में एक ख्याल आया की ऐसा किया जा सकता है और वास्तविकता बन गयी। मान लीजिये आप किसी कुर्सी पर बैठे हो, वह बहुत सख्त है। आपको बहुत दिक्कत होती है। परंतु आप उसको सुधारने के लिए कुछ सोचो ही नहीं, उसी से चिपके रहो तो आपने समस्या को तो देखा पर निवारण सोचा ही नहीं। तो ज़िंदगी में कामयाब नहीं हो पाओगे।

दूसरा उदाहरण है- दिमाग को एक बार कुछ भी सोचने का मौका दे दो वो कुछ भी उटपटांग सोचता रहता है। जैसे कि मैं एक ऐसी कुर्सी बनाऊंगा जो आसमान में बादलों से बनी होगी। क्या यह इस जीवन में सार्थक है?

अब इस समस्या का निवारण है की मैं सोचूँ की इस कुर्सी को कैसे बेहतर बनाया जा सकता है और सही से सोचकर कार्य करूँ। समझना होगा संभावनाओं को देखते कैसे हैं।

आज कल सब मोबाइल फ़ोन इस्तेमाल कर रहे हैं। मोबाइल खराब भी होते हैं। हर महीने करोड़ों मोबाइल सही भी होते हैं। अगर हम मोबाइल रिपेयरिंग की दुकान खोल ले और ईमानदारी से काम करें तो क्या हमारा काम चलेगा नहीं? नए मोबाइल बेचना ही काम नहीं होता है।

सोचो अभी मैं क्या कर सकता हूँ। उसके फायदे और नुकसान को देखो और करते चलो।

**“आसान है आसान है आसान है”**

अपने इस दिखाए रास्ते पर चलकर अगर मैं सफल हो गया तो उस पैसे को अपने तक नहीं रखूँगा। उसको बाँटूँगा वो भी उनके साथ जिनको इनकी मेरे से ज़्यदा ज़रूरत है।

**Bhagwan Singh**  
**S.Y.C.S.**



रेकी एक जापानी भाषा का शब्द है जो “रे” और “की” से मिलकर बना है। रे का अर्थ है सर्वव्यापी और की का अर्थ है जीवनशक्ति अर्थात् रेकी का शाब्दिक अर्थ सर्वव्यापक जीवनशक्ति है। कुछ लोग इसे प्राणशक्ति या संजीवनी शक्ति के नाम से भी जानते हैं।

हालाँकि यह विद्या प्राचीन काल से प्रचलित है, विशेषकर हमारे ऋषि-मुनि इसका प्रयोग लोक कल्याण के लिए करते थे परन्तु समय के साथ ये विद्या लुप्त हो गई और इस विद्या से जुड़े हुए ग्रंथ भी अप्राप्त हैं। मुख्यतः ईसा और बुद्ध द्वारा इसके प्रयोग के उल्लेख कुछ कथाओं या ग्रंथों में मिलते हैं।

रेकी के वर्तमान स्वरूप के प्रणेता डॉ. मिकाऊ उसई को माना जाता है जिन्होंने कठिन परिश्रम के बाद इस विद्या को न सिर्फ पुनः खोजा बल्कि इस विधा को आगे बढ़ाया।

रेकी की प्रसिद्धि का प्रमुख कारण इसका एकदम सरल एवं असरदार होना है। रेकी का प्रयोग व्यक्ति में निहित ऊर्जा के स्तर को नियंत्रित करने एवं विश्रान्ति के लिए किया जाता है। जिसके परिणाम स्वरूप व्यक्ति ऊर्जावान महसूस करता है, जो उसकी कार्यकुशलता में वृद्धि होती है।

जहाँ तक व्यक्ति के ऊर्जावान होने का प्रश्न है हमें सबसे पहले अपनी भौतिक संरचना के अलावा अपनी सम्पूर्ण संरचना को समझना होगा।

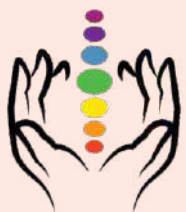
भौतिक शरीर जहाँ हम सुख-दुःख एवं चिंता इत्यादि को महसूस करते हैं वास्तव में हमारी संरचना का केवल 12% भाग है। बाकी का लगभग 90% भाग अलग-अलग ऊर्जा की 7 परतों से बना है। जिसे हम साधारण आँखों से नहीं देख पाते हैं। हालाँकि एक रूसी वैज्ञानिक किलियन ने एक ऐसे कैमरे का आविष्कार किया है जिसकी मदद से हम अपनी भौतिक संरचना के अलावा हमारे आसपास के ऊर्जामयी शरीर को भी देख सकते हैं।

हालाँकि रेकी के परिपेक्ष्य में हम भौतिक शरीर के अलावा सिर्फ 2 मुख्य परतों ऊर्जामय शरीर एवं मनोमय शरीर की ही बातें करेंगे।

हमारे शरीर के चारों तरफ 4-6 इंच के घेरे में हमारा ऊर्जा शरीर होता है, जिसे अंग्रेजी में AURA भी कहते हैं। रोग एवं तनावग्रस्त व्यक्ति में यह सिकुड़कर कुछ सेंटीमीटर रह जाता है। इसके विपरीत जो साधक या सिद्ध-पुरुष होते हैं उनका AURA कुछ मीटर या उससे भी ज्यादा हो सकता है। इसके अलावा जो व्यक्ति मन, वचन एवं कर्म से पवित्र होते हैं उनमें भी एक विशाल AURA की सम्भावना होती है।

हमारी ऊर्जा शरीर के चारों तरफ 6-8 इंच के घेरे में एक और सतह होती है, जिसे मनोमय शरीर के नाम से भी जाना जाता है। जो हमारे विचारों का या मनस्थिति का घेरा है। हम अपने आम जीवन में भी यह महसूस करते हैं कि जब भी हम किसी स्वस्थ मानसिकता वाले मनुष्य के सानिध्य में होते हैं तो अच्छा महसूस होता है, वहीं जब किसी रुग्ण या तनावग्रस्त व्यक्ति के संपर्क में आने पर हमें उस व्यक्ति से नकारात्मक तरंगों का अनुभव होता है।

ऐसा माना जाता है की हमारे ऊर्जामय शरीर में ऊर्जा के कई छोटे बड़े चक्र (केंद्र) होते हैं। जो हमारी हर सकारात्मक भावना को नियंत्रित या विकसित करते हैं ये ऊर्जा के केंद्र ब्रह्माण्ड में स्थित सार्वभौमिक ऊर्जा को सतत हमारे शरीर में संचारित करने का कार्य करते रहते हैं। हमारे ऊर्जा चक्र जितने ज्यादा सक्रिय होंगे हम उतने ही ऊर्जावान और सकारात्मक विचारों के होंगे एवं हमारी रचनात्मकता या आध्यात्मिक स्तर का विकास होता है।





इसके विपरीत यदि हमारे ऊर्जा केंद्र ठीक तरह से काम नहीं करेंगे या इनमें किसी तरह का अवरोध उत्पन्न हो जाता है, तो हम नकारात्मक विचारों और कार्यों में पड़ सकते हैं जो व्यक्ति को शारीरिक और मानसिक रूप से रुग्ण बना सकता है।

रेकी इन्हीं 24 मुख्य छोटे-बड़े ऊर्जा चक्रों या महत्वपूर्ण ऊर्जा केन्द्रों को हाथ के स्पर्श से नियंत्रित करने का अभ्यास है जिससे व्यक्ति काफी शांत एवं ऊर्जावान महसूस करता है। रेकी के प्रयोग से व्यक्ति में रचनात्मकता की वृद्धि होती है, व्यक्ति तनावमुक्त होता है साथ ही साथ उसके आध्यात्मिक स्तर का विकास होता है।

रेकी के अभ्यास की विधि इतनी सरल है की कोई भी व्यक्ति इसे किसी भी स्थिति में किसी भी समय कर सकता है। रेकी हमारे पारंपरिक योग, प्राणायाम, ध्यान जैसी विधियों का खंडन बिलकुल नहीं करती बल्कि रेकी, साधकों के लिए काफी मददगार सिद्ध हो सकती है। बशर्ते आप किसी योग्य रेकी मास्टर्स द्वारा प्रशिक्षित हो। आज के युग में जहाँ हम अपनी तनावग्रस्त दिनचर्या को चाहकर भी नियमित नहीं रख पाते हमें रेकी जैसे सरल एवं असरदार साधन की बहुत सख्त जरूरत है। जो हमारे अन्दर ऊर्जा के स्तर को नियंत्रित रखेगा।

भाटिया पूजा  
S.Y.C.S.



1. चीनी को जब चोट पर लगाया जाता है, दर्द तुरंत कम हो जाता है ।
2. जरूरत से ज्यादा टेंशन आपके दिमाग को कुछ समय के लिए बंद कर सकती है ।
3. 92% लोग सिर्फ हंस देते हैं जब उन्हें सामने वाले की बात समझ नहीं आती ।
4. बतख अपने आधे दिमाग को सुला सकती हैं जबकि उनका आधा दिमाग जागा रहता है ।
5. कोई भी अपने आप को सांस रोककर नहीं मार सकता ।
6. एक अध्ययन के अनुसार होशियार लोग ज्यादा तर अपने आप से बातें करते हैं ।
7. सुबह एक कप चाय की बजाए एक गिलास ठंडा पानी आपकी नींद जल्दी खोल देता है ।
8. जुराब पहन कर सोने वाले लोग रात को बहुत कम बार जागते हैं या बिल्कुल नहीं जागते ।
9. फेसबुक बनाने वाले मार्क जुकरबर्ग के पास कोई कालेज डिग्री नहीं है ।
10. आपका दिमाग एक भी चेहरा अपने आप नहीं बना सकता आप जो भी चेहरे सपनों में देखते हैं वो जिंदगी में कभी ना कभी आपके द्वारा देखे जा चुके होते हैं ।
11. अगर कोई आप की तरफ घूर रहा हो तो आप को खुद एहसास हो जाता है चाहे आप नींद में ही क्यों ना हो ।
12. दुनिया में सबसे ज्यादा प्रयोग किया जाने वाला पासवर्ड 123456 है ।
13. 85% लोग सोने से पहले वो सब सोचते हैं जो वो अपनी जिंदगी में करना चाहते हैं ।
14. खुश रहने वालों की बजाए परेशान रहने वाले लोग ज्यादा पैसे खर्च करते हैं ।
15. माँ अपने बच्चे के भार का तकरीबन सही अंदाजा लगा सकती है जबकि पिता उसकी लम्बाई का ।
16. पढ़ना और सपने देखना हमारे दिमाग के अलग-अलग भागों की क्रियाएँ हैं, इसलिए हम सपने में पढ़ नहीं पाते ।
17. अगर एक चींटी का आकार एक आदमी के बराबर हो तो वो कार से दुगुनी तेजी से दौड़ेगी ।
18. आप सोचना बंद नहीं कर सकते ।
19. चींटीयाँ कभी नहीं सोती ।
20. जीभ हमारे शरीर की सबसे मजबूत मांसपेशी है ।
21. नील आर्मस्ट्रांग ने चन्द्रमा पर अपना बायाँ पाँव पहले रखा था उस समय उसका दिल 1 मिनट में 156 बार धड़क रहा था ।
22. पृथ्वी के गुरुत्वाकर्षण बल के कारण पर्वतों का 15,000 मीटर से ऊँचा होना संभव नहीं है ।
23. शहद हजारों सालों तक खराब नहीं होता ।
24. समुंद्री केकड़े का दिल उसके सिर में होता है ।
25. कुछ कीड़े भोजन ना मिलने पर खुद को ही खा जाते हैं ।
26. छींकते वक्त दिल की धड़कन 1 मिली सेकेंड के लिए रुक जाती है ।
27. लगातार 11 दिन से अधिक जागना असंभव है ।
28. हमारे शरीर में इतना लोहा होता है कि उससे 1 इंच लंबी कील बनाई जा सकती है ।
29. बिल गेट्स 1 सेकेंड में करीब 12,000 रूपए कमाते हैं ।
30. आप को कभी भी ये याद नहीं रहेगा कि आपका सपना कहां से शुरू हुआ था ।
31. हर सेकेंड 100 बार आसमानी बिजली धरती पर गिरती है ।
32. इंटरनेट पर 80% ट्रैफिक सर्च इंजन से आती है ।
33. एक गिलहरी की उमर "9" साल होती है ।
34. हमारे हर रोज 200 बाल झड़ते हैं ।
35. हमारा बायाँ पाँव हमारे दाँये पाँव से बड़ा होता है ।
36. गिलहरी का एक दाँत हमेशा बढ़ता रहता है ।
37. दुनिया के 100 सबसे अमीर आदमी एक साल में इतना कमा लेते हैं जिससे दुनिया
38. की गरीबी 4 बार खत्म की जा सकती है ।
39. एक शूतुरमुर्ग की आँखे उसके दिमाग से बड़ी होती है ।
40. चमगादड़ गुफा से निकलकर हमेशा बाईं तरफ मुड़ती है ।
41. ऊँट के दूध से दही नहीं बन सकता ।
42. एक काकरोच सिर कटने के बाद भी कई दिन तक जीवित रह सकता है ।
43. कोका कोला का असली रंग हरा था ।
44. लाइटर का अविष्कार माचिस से पहले हुआ था ।
45. रूपए कागज से नहीं बल्कि कपास से बनते हैं ।
46. स्त्रियों की कमीज के बटन बाईं तरफ जबकि पुरुषों की कमीजके बटन दाईं तरफ होते हैं ।
47. मनुष्य के दिमाग में 80% पानी होता है ।
48. मनुष्य का खून 21 दिन तक इकट्ठा किया जा सकता है ।
49. फिंगर प्रिंट की तरह मनुष्य की जीभ के निशान भी अलग-अलग होते हैं ।

विवेक वसानी

S.Y.C.S.





અમેરિકન લેખક હોથોર્નની સરકારી નોકરી છૂટી ગઈ ત્યારે સ્વાભાવિક રીતે જ, સાવ નિરાશ થઈને તે ઘરે પાછા ફર્યા હતા. એના જીવનની એ કટોકટીની પણ હતી. એની પત્નીએ જ્યારે પોતાના પતિની નિરાશાનું કારણ જાણ્યું ત્યારે કશી દલીલ કરવાના બદલે બહુ સલુકાઈપૂર્વક ટેબલ ઉપર શાહીનો ખડીયો અને કલમ મૂકીને કહ્યું, 'ઘણા વખતથી તમે નવલકથા લખવાનો વિચાર કરો છો, હવે તમે લખી શકશો.' હોથોર્નની નિરાશા ચાલી ગઈ. એને નવી તક ના દર્શન થયા.

પત્નીના શબ્દોથી એને બળ મળ્યું અને પોતાની યાદગાર કૃતિ 'ધી સ્કાર્લેટ લેટર'નું એણે સર્જન કર્યું.

એક સારી તક ની શોધ માં આજનો લેમીનેટ ડિગ્રીધારી માર્ગે માર્ગે ભટકી રહ્યો છે. આવા લોકો પાસે ફરિયાદનો ઢગલો હોય છે. મળે એટલે તરત જ કટુવચનોનો મારો ચાલુ કરી દે છે. આળસ માત્ર એક ખૂણામાં બેસી રહેવા પૂરતી સીમિત નથી રહેતી, પણ કામને વેઠ, ફરજને બોજ અને પરિપૂર્ણતાને પતાવવામાં માને છે તે મહાઆળસુ છે. આ પ્રકારની પીડાદાયક માનસિકતાથી કાયાનું કદ વધારનારા પાસે માફકસર આવડત હોય છે, પણ છેલ્લે તેને મળેલા કામમાંથી પણ હાથ ધોવા પડે છે. કંઈ ન કરવાની મજા માણીને જ્યારે પરાણેનું કરવું પડે છે ત્યારે આવા દુષિત તત્વો પાસે ફરિયાદો સિવાય બીજું કંઈ હોતું નથી. ફરિયાદો કરનારા કમજોર હોય અને એમાં પણ આળસુ એટલે સત્યાનાશ! એમર્સન કહે છે કે, કોઈ મહાન અને બુદ્ધિશાળીને કદાપિ તક મળતી નથી એવી ફરિયાદ કરતો નથી અને ફ્રાન્સિસ બેકન તો ત્યાં સુધી કહે છે કે બુદ્ધિશાળી વ્યક્તિને જેટલી તકો મળે છે તેનાથી વિશેષ તકો તે જાતે ઉભી કરે છે. સ્વાભાવિક રીતે આળસ મનુષ્યનો મોટામાં મોટો શત્રુ છે, 'પછી' પર ઠેલવનારા અળસુની ઓળખ છે, તે લોકો પરિશ્રમથી હંમેશા દૂર ભાગે છે, તેથી સફળતા કે સિદ્ધિ તો નથી જ મળતી પણ આવશ્યકતાઓ પણ મળતી નથી. આવા આળસુઓને કંઈ જ મળતું નથી, પણ જો ભાગ્યવશ કદાપિ વારસો કે કોઈ પદ મળી, પણ જાય તો પણ આળસ અને એના કારણે જન્મેલી અનાવડતને કારણે એ લબ્ધીને પણ સાચવી નથી શકતો.

**Maitry Desai**  
S.Y.C.S.



## જ્યાં-જ્યાં મારી નજર ઠરે

જ્યાં-જ્યાં મારી નજર ઠરે;  
 ત્યાં દ્રશ્ય આવા પણ બને.....!  
 જગમાં છે જેની પ્રિતડી એ  
 “માવતર “ 'રાક્ષસ' બને.....!  
 ખીલતું છે ગુમસુમ “પુષ્પ”  
 નાનું મિલન થી 'નિષ્પન' જે  
 એ પુષ્પને પણ ખીલતું,  
 ચોળતું જેવું પણ બને.....!  
 આ કુસુમ તો  
 દુઃખ:દર્દ ની આંધી વડે છે ધુજતું  
 નીજ માવડીના ગર્ભમાં  
 શુભ આશા સહ અંકુરતું  
 જાણ્યું છે જ્યારે માવડીએ  
 'દીકરી' મુજ ગર્ભમાં,  
 હે માત ! તારી ફૂળને જગમાં  
 ઉજળતી હું કરીશ ,  
 સુખ-શાંતિ સાથે માન ને  
 સન્માન તવ ચરણે ધરીશ ,  
 'અસ્તિત્વ' મારું તુજ સહારે  
 જે જીવન ને પામશે ,  
 'દીકરી' તરીકે નું જ ગર્વ માત!  
 તુજને લાઘશે.

Nisha Patel  
M.Sc, C.A



## "ક્યારેક એવું પણ બને"

ઉડવું હોઈ આકાશ માં પણ,  
 મળે કપાયેલી પાંખો,ક્યારેક એવું પણ બને.  
 મુઠ્ઠીભર સુખ જોઈતું હતું પણ,  
 મળે ખોબો ભરી દુઃખ , ક્યારેક એવું પણ બને.  
 પહોંચવું હોઈ મંઝિલ સુધી પણ ,  
 ખોવાય જાય પગદંડી અને નકશા,ક્યારેક એવું પણ બને.  
 રમવું હોઈ ગુલાલ અને રંગોથી પણ,  
 મળે કોરી કંકાવાટી,ક્યારેક એવું પણ બને.  
 દુનિયાભર ના ઉપનામ અને બહુમાન જોઈતા હોઈ પણ,  
 મળે અપમાન અને બદનામી,ક્યારેક એવું પણ બને.  
 ગાવું હોઈ મધુર ગીત અને સાંભળવું હોઈ સંગીત પણ  
 મળે ન સ્વર કે રાગ,ક્યારેક એવું પણ બને.  
 દુનિયાની જાહોજલાલી અને ખૂબસૂરતી જોવી હોઈ પણ  
 મળે ન ઉલ્લાસ ભરેલા નયનો,ક્યારેક એવું પણ બને.  
 સ્નેહી અને મિત્રનો જોઈતો હોય સાથ પણ,  
 મળે ન સાથ ખુદના પડછાયાનો, ક્યારેક એવું પણ બને.  
 પરિચિત હોઈએ દુનિયાના અનેક ચેહરા થી પણ,  
 ખુદને ન ઓળખી શકીએ દર્પણમાં,ક્યારેક એવું પણ બને.  
 જીવવી હોય જિંદગી મન ભરી પણ,  
 અચાનક લેવી પડે વિદાય,ક્યારેક એવું પણ બને.

Ankita Diyora  
S.Y.C.S.

