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JUNE 2018

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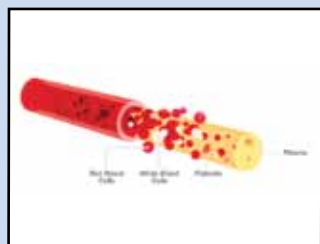
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**AMAZING FACTS ABOUT BLOOD**



In its second year of existence in 2016-2017, the management of GLS University decided to have a centralized location from where all the institutes under its umbrella would carry on their respective admissions. Thus, the idea of a centralized admission fair was mooted. The first such fair was held in May-June 2017. The fair for admissions in the year 2018-2019 began on May 28, 2018 and was inaugurated by the President of the University, Mr Sudhir Nanavati. After lighting the ceremonial lamp, Mr Nanavati walked around the fair, chatting with the staff members and going through their brochures. He



congratulated all institutes for the quality of their displays.

Each affiliated college is given a space at this fair to put up their banners, posters and a TV for running films and presentations. Spaces are also marked for the counselling area with visible areas for displaying brochures. The entire area above the H H Auditorium has



Nanavati escorted Mr Deepak Navnitlal, President of Gujarat Law Society, to the fair. By then the HSC results were out and the fair was seeing heavy footfalls.

The Institutes participating in this fair are Faculty of Management, Faculty of Commerce, Faculty of Business Administration, Faculty of Computer Application and Information Technology, GLS Law College. Booth for Information on International Immersion Programmes handles all queries regarding GLS University's tie-ups with Universities abroad.

GLS University's Second Admission Fair is on till June 14, 2018.

On June 2, 2018 Mr Sudhir

## BLOOD

**By Jean Dsouza**

**O**f all the liquids in the world, the one that causes most of us to stop dead on our tracks is Blood.

We often talk about male-female equality, about saving the girl child, about nurturing and worshipping the feminine aspects of humanity. However, when it comes to menstruation, we somehow stop dead on our tracks, shying away from the very mention of the flow of blood, making it a taboo topic even in a private discussion. It is shocking how so many women do not even know what to call the menstrual cycle in everyday language, and if they do, it is a word spoken with a

lot of shame and embarrassment.

We look for equality in gender without acknowledging the very source of fertility and womanhood.

It took a bold and beautiful movie like Padman to highlight menstrual issues so that they could be spoken about and acknowledged. However, Padman only scratched the surface. So much more remains hidden and shushed about menstruation.

For instance, we as a society do not even know that a girl who begins her period is so uncomfortable about it that she may hide from those closest to her for the first few times that she menstruates. Or, even more

strikingly, the mother is equally uncomfortable and embarrassed to talk about menstruation to a girl because she herself has been brought up in a society that has shushed her from talking about it. The male dominated society we live in is ready to accept testosterone and the male sexual drive as natural, but refuses to accept Pre-menstrual syndrome as physiological condition, expecting a woman to be always, at all times, the epitome of silence and patience.

It is a rare breed of men (and women) who understand and accommodate menstruation and the feminine hormone – oestrogen.

This month, as we celebrate June 14 as World Blood Donor Day (it was the birthday of Karl Landsteiner (1868-1943) who won the Nobel prize in 1930 for his discovery of human blood groups), let us learn to accept the monthly flow of blood as fertility and reproductive process of the human species. Let us learn to make sure that our wives, girlfriends, mothers and daughters are comfortable during this biological process. More importantly, let us eliminate false myths surrounding menstruation and instead focus on our women having a haemoglobin count that is healthy as they ovulate, menstruate and menopause.



# WHAT WE LEARNT FROM COLLEGE?

By Paulomi S. Bhatt And Shyam A. Kakkad

“The value of a college education is not the learning of many facts but the training of the mind to think”— Albert Einstein

The above quote from the one of the greatest physicist sums it all up about the college education. College is undoubtedly one of the best places to learn, to inculcate, to develop and to try new set of things, thoughts, philosophies and theories. The real power of the same is just to make people think and nothing else. We also believe that it is the best way to give your chunk back to the society and contribute towards it, just by letting people think. It is all thinking, which makes a person great and it also gives a chance for being themselves.

A college rightly said, is just like a heaven, filled with memories, feelings, love, friendship, knowledge, and all great sort of things of the universe. Learning is one of the greatest component a person needs to get from the college. Learning is what differentiates person from Crowd. Learning habit can be only inculcated through right education combined with knowledge and



applying it in real world.

We share with you, things we learnt over our three years at GLS University's FBA – NRBBA:

**Planning and Time Management is Inevitable:** In-order to function efficiently in the college time, planning and time management is essential. It just not makes the things go harmonic way but also decreases stress that emerges due to lack of planning and faulty time management. It also makes you efficient in working on two things simultaneously in such a way that one thing does not suffer due to the other. Time management helps you to increase your efficiency in such a dynamic way that all your tasks get completed in streamlined way without much hassles.

**Marks Do Matter:** I have heard many people citing a quote of Thomas Edison that “A Single Sheet of Paper Can't

Decide My Future”, but it is a partial true statement. We do not deny the fact that a marksheet does not decide your future, but it can surely decide your destiny and the path you choose to reach there. It still holds as the gauge of what is being taught and the extent to which you can learn and grasp and connect it with real world.

**A Place Where Passion Turns into Obsession:** College is a place where you can turn your passion into obsession. College is a place where you have the liberty to think in open manner, without any boundaries, which will in real-sense contribute towards the real growth and value addition to a substantial extent.

**Learning to handle or perform multiple things at the same time:** The college period gives you opportunity to rock multiple boats at the same time, in such a way that it is sometimes difficult to perform a single task. It is very helpful, to

increase our stress tolerance levels, develops an ability to do multi-tasking and in a way gives us a chance to acquire multiple skills, which is really helpful in the future period.

**Individualism is what is important:** A college life is the life which is full of independence and full of individuality. You can be yourself, and work in your preferred manner. Moreover, this individualism is what will make you stand apart in the college as well as in later stages.

**Thinking Beyond Bookish Knowledge:** College life gives you an opportunity to think beyond the bookish knowledge. It gives you an opportunity to imagine the real world working and gain a practical insight of the same. It also gives an opportunity to connect the well-formed theories to the real world and gain some insights from the realm of imagination. It gives you a modest attempt to exploit your thinking processes

in such a way that it may work wonders in the later period!

**A Mixed Bag of Feelings, Thoughts and Emotions:** College life is a whirlwind of emotions, feelings filled with confusion and stress sometimes and lots of fun. It is full of new experiences and attempt to find something new in yourself, which helps us to grow academically and socially.

**Study Culture is most important factor:** We all know about the Work Culture and its effects in making a successful organization. We know that a flexible and supportive work culture will let new ideas flow, flexibility in communication, and hierarchy levels, and using resources efficiently in such a way that the overall efficiency of the organization increases, with increased employee participation, enhanced employee commitment and increased morale about the organization. The same applies for the Study Culture also, and a good study culture will ensure flowing of new ideas, creativity, and will support out of the box thinking approach, and at the same provide support in such a way that you can effectively gain knowledge and deep insights from your interest fields. It shall also help you to stand out and stand different than most of the others and follow a path less travelled!

While there can be infinite number of more experiences and learnings from the college life and the college itself, there is no doubt in saying that it is the best stage of the whole life cycle and there arises no ambiguity when people say that “College Life Is Heaven”. To conclude with saying that, there is no place like a college and nothing as good as College to make your future bright and contribute towards the good cause of the society and the country as a whole.

*(The writers are Final Year students of GLS University's Faculty of Business Administration)*

**CONTINUED FROM PAGE-3** ▶ into the real working of the corporate field, and gives us many ways to get work done by those irrational humans who are sometimes lethargic, incompetent, and without any type of commitment for their work and zero-moraled mindset.

**Great Value Addition:**

While much has been said, the last point is that it has added much value to our knowledge and our approach towards research studies. We are now more familiar with the topic chosen and its impact on our lives in daily life, be it economical, social or in any other way. We are knowable to link theories with practical

world more clearly.

The Grand Project is itself a grand thing to do and not just learn from it but achieve something which was not with you before. We are now more confident and aware about how the real world works and the links between theory and practical world. We know the value of much needed hard

work and Perseverance. It would not be an exaggeration to say that it was a really thrilling experience to conduct a grand- project and learning the essential things from it.

*(The writer is a Final Year student of GLS University's Faculty of Business Administration)*



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# THE GRAND-PROJECT EXPERIENCE

By Shyam Kakkad

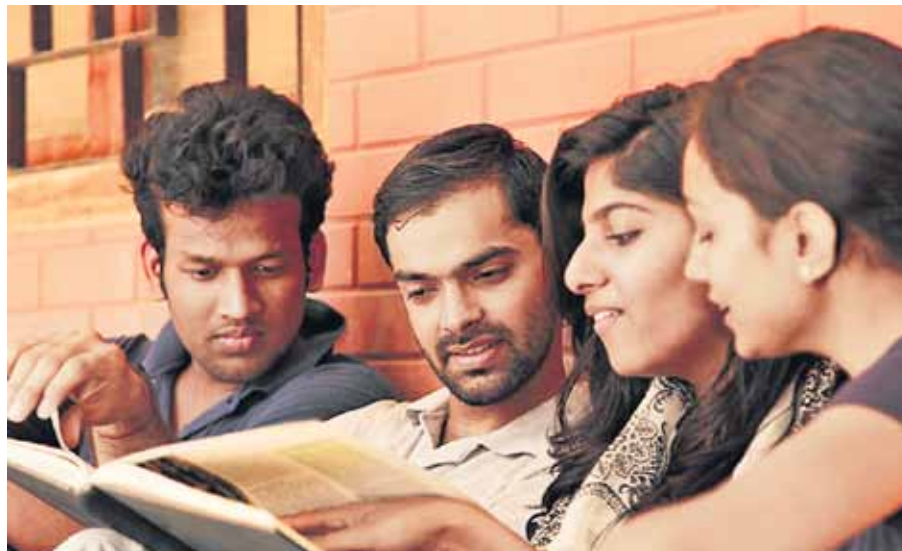
The Grand-Project, usually conducted in the third year of the BBA programme, was our first introduction to research study. It was our first encounter to the deep field of research studies, which is in-depth study of the field under consideration.

The Grand-Project is a detailed research study to be conducted by the under graduate students of the BBA programme. The project is to be performed in the group of ten students. It starts with the selection of the research topic. After the research topic is selected, the research guide is allotted for the said topic. The research guide gives us a brief introduction about the project and the outline of the research study. The real work starts then after.

Although the work seems easy to conduct, and the research is considered to be easy going, but in reality, it is tough to manage all the things at the same time, and to give ample attention to the academic proceedings along with the work to be done to push the completion status ahead of the project.

These are my experiences while conducting the grand project:

Communication is the key: As the name suggests, communication is the key to conduct an easy going grand project. It is essential to have good relations and communication with the project guide so



as to understand the nitty-gritty things in the research study. Moreover, it is also much important and rather inevitable to have good communication with your team members, so as the project is conducted swiftly and moreover each and every member is aware of all the happenings of the research study.

Enhanced Knowledge is essential: Knowing something about anything is of no importance nowadays. You need to have enhanced knowledge in your field of interest, in this era of specialization. Not only this helps in making your project more effective, it also helps you to further deepen your interest in the

topic. Talking about myself, my habit of reading news helped me a lot while conducting the surveys and collecting information, from the respondents and in the draft of the report also. This also helped me in explaining any concept with more clarity and precision.

Hurdles will stay: Personally talking, I thought that it is going to be an easy-going thing, but that really didn't happen. At each and every step, there came hurdles, which played as constraints. The more important thing was that we as a team got ahead of it and removed each and every hurdle and learned many things from same. It has added much

value to our approach towards problem solving and working together effectively, even in stressed conditions.

Planning and Time-Management is the secret to a timely execution: As the title suggests, Planning and Time-Management is the secret to a timely and successful execution. You need to be ahead of the curve and plan each and every step ahead, needless to say with utmost precision. Deadlines are to be adhered to, and to see that each and every step is completed in the given time frame and no step consumes more time than needed. A little planning and knowing the work to be done in future is more than enough to be ahead of the time-frame and execute project in much more efficient manner. Proper Planning and effective management and timely execution will make sure that you will not have to rock multiple boats at the same time, E.g. Working on the Introduction part at time of Mid-Sem Exams.

People are irrational: Although one may think that the people in group may add to your knowledge and work efficiently, it would be a mistake to assume the same. People are irrational and they will stay irrational. This happened with our project also, but the good thing is that we now know how to deal with it. This helps a lot when we get

CONTINUED ON PAGE-2 ▶



## K. M. INSTITUTE OF TAXATION & LABOUR LAWS

run by

# MANEKLAL NANAVATI LAW COLLEGE

Lal Darwaja, Ahmedabad - 380 001.

Established in the year 1961, Maneklal Nanavati Law College runs K. M. Institute of Taxation & Labour Laws offering two P. G. Diploma Courses which are approved by the Gujarat University and the Education and Labour Department, Government of Gujarat.

### Duration : 1 Year

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- Useful to get expertise in the Taxation Laws and a job oriented course.
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# HOW TO KEEP YOUR KIDS BUSY DURING THE SCHOOL HOLIDAYS?

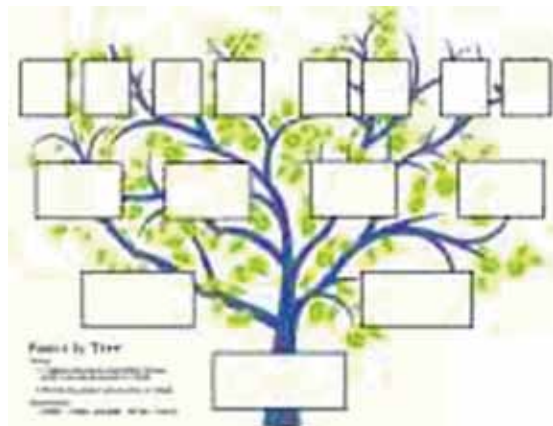
School holidays can be trying for the parents as they have to come up with creative ideas to keep their kids occupied and away from their electronic gadgets. Here are a few ideas:

**1. Marble Painting:** This idea will work particularly well with preschoolers to 8-year-olds. All you need is some poster paint or activity paint in at least 6-7 shades;



a small pack of marbles; a metal box/canister (the kind that chocolates come in) or, if that is not available, a shoe box; thick sheets of poster paper cut to fit at the bottom of the box. Now get the kids to coat the marbles in different colours and drop them in the box. They can use as few marbles as they want or as many, depending on the number of colours they want in their painting. Now close the lid and shake the box a few times. Open it and voila, the painting is ready! Now wash the marbles and try with different colours. Older kids could experiment with rolling the marbles carefully around in an open box or tray instead of closing the lid and shaking the box.

**2. Family Tree:** This is a great activity for teenagers. They can make this on chart paper or on their computers using a template. They can go back as many generations



as they want depending on how complex they want the family tree to be. It's interesting to learn the names and ages and relationships in one's family – going back to great grandparents, granduncles and aunts. Rummage through old picture and add those too if possible.

**3. Travel Alphabet:** This game is played when travelling by car, especially long trips, with children of all ages. Run through the alphabet from A to Z by asking them to spot the letters, in sequence, on the number plates of other cars travelling on the road. When they're done with the alphabet, you



can switch to numbers. Next, try spotting objects or cars or buildings in different colours.

**4. Grandparent biography:** This is another good activity for teenagers, although 10 year olds can do it too. Do you live in a joint family, with parents or uncles and aunts? Grandparents are often lonely but full of memories of their childhood. Children love listening to their stories. Get your child to record and transcribe an interview with a grandparent or much loved uncle/aunt about their childhood. You can then "publish" it (along with pictures) and distribute to family and friends. Here are a few questions to get them started on an interview with grandma:



**5. A to Z Scavenger Hunt:** Give the children a big box and send them off on a scavenger hunt indoors (if you don't mind your home being turned upside down) or outdoors to a park. Give them a time limit and have them compete against each other if they want. Ask them to collect in the box any items they can find starting with different letters of the alphabet. So your kids may pick up an apple from the kitchen (starts with A), or a safety pin (starts with S) from your sewing box,



or a ballpoint pen (starts with B) from your work table. All letters of the alphabet must be covered. And all items must fit in the box provided. The kids can play this in teams with their friends too. A single kid can go on a solo scavenger hunt.

**6. Magazine Scavenger Hunt:** Have an urgent presentation to prepare but your child want you to play with him/her? Keep a bunch of old magazines handy and make a long checklist of the kind of pictures they can find in there. The checklist could include things like: picture of a red car, someone wearing glasses, someone with a moustache, someone wearing a purple tie, etc.



Ask your child to tear out these pictures and give them to you after you're done working. Have a small reward handy for finding all the pictures.

**7. Room Cleaning Race:** This is a favourite with all mothers. Get yourself a timer, sit back and let the kids do all the work. Can they put all the cushions back on the couch in 30 seconds? Can all the blue toys on the floor be found in one minute? Can all the shoes lying around the house make it back to the shoe rack in 2 minutes? Can all the clothes on the bed be folded in 10 minutes? The sound of the timer going off will galvanize your kids into action. Remember to have a reward ready for all the hard labour.

**8. Ten Questions about Indian States:** This is the academic version of the game 20 Questions with names of personalities dead or alive, where you can only answer with a yes or no. You do the same with



names of Indian states, but with only 10 questions. Is this state in the north of India? Does its border touch Nepal? Is tea grown there? Remember, you can only ask 10 questions before you have to guess. Play this game while travelling by car with school going kids of all ages.

**9. Make a Bird Feeder:** This is a lovely way to help out our feathered friends while teaching the kids about different birds in the neighbourhood. Several



craft websites will give you tons of ideas about how to make easy, inexpensive bird feeders. Don't forget to put a bowl of water out too. And remind the kids to keep refilling it.

**10. Spinning Top/Lattu:** And finally, take the kids down nostalgia lane to your own childhood. When there were no playstations and video games and everyone went outdoors to play with other kids. This very typical



Indian game is virtually on the verge of extinction so you may have some trouble finding the necessary equipment. Do you know where to buy a spinning 'top' or lattu (Hindi) or bugari (Kannada)? Maybe a small toy shop in the older part of the city? The game involves spinning this wooden toy, which is spherical at the top and tapering at the bottom. A string is used to wrap around the top to spin it. It is knotted at the end to hold between the fingers. You throw the wrapped top in the air in such a way that the toy is spinning when it lands on the ground. Two people can compete to see whose top spins for the longest time. You can also pick up the spinning top on to the palm while it is still spinning and pass it on to others also.

(Compiled from: <https://www.thebetterindia.com/51439/children-activities-kids-happy-occupied-indoors-outdoors-summer-school-holidays/>)



# REDUCING THE USE OF PLASTIC

There will not be a single Ahmedabadi who is not horrified at the sight of the hills of garbage on the outskirts of the city. As concerned citizens we do recycle in order to reduce the amount of solid waste that ends up in these landfills. A look at the solid waste generated by our own households will tell us that a large component of that waste is plastic and packaging material. Not all plastic is recyclable. The fraction that does get recycled still requires a lot of energy and water which just isn't a good proposition when it comes to single-use items. Plastic garbage that ends up in landfills and oceans take hundreds of years to degrade, and there's increasing concern about the toxins they release into the environment.

But in our modern lives, plastic surrounds us and cutting it out can seem daunting. Below are some super easy ways to get started.

## 1. Bring your own shopping bag



The usefulness of these thin and easily ripped bags is extremely limited, yet we insist on asking our local vegetable vendor/grocer/shopkeeper for it. Although free to shoppers, these bags have a high environmental cost and are one of the most visible forms of garbage. Bringing your own plastic bag is common but good

environmental advice, such good advice that some governments implemented policies to encourage more people to do it. Disposable shopping bags have been banned in a number of cities, like Mumbai, San Francisco and Washington, D.C.

In addition to bigger carryall bags, you can further reduce waste by bringing your own reusable produce bags or skipping them entirely.

## 2. Stop buying bottled water



Unless there's some kind of contamination crisis, plastic water bottles are an easy target for reducing waste. Instead, keep a refillable bottle handy.

## 3. Bring your own thermos to the coffee shop



Speaking of refillable, bringing your own thermos for

to-go coffee is another way to reduce your plastic footprint. Disposable coffee cups might look like paper but they're usually lined with polyethylene, a type of plastic resin. In theory these materials can be recycled, but most places lack the infrastructure to do so. Then there are lids, stirrers, and coffee vendors that still use polystyrene foam cups—which can all be avoided with your own mug.

## 4. Choose cardboard over plastic bottles and bags



Generally speaking, it's easier to recycle cardboard than plastic, plus paper products tend to biodegrade more easily without adding a lot of weight to the product the way glass or aluminum can. So, when you have the choice, pick pasta in the box instead of pasta in a bag, or detergent in the box instead of the bottle. Even better would be to check for companies that source their cardboard sustainably or have a strong stance on deforestation.

## 5. Say no to straws

Whether for home use or when you're ordering a drink at a bar or restaurant, plastic straws are often a single-use item that's just not necessary.

## 6. Get the plastic off your face

Much of the plastic that's polluting the oceans is microplastics, tiny chunks that are next to impossible to filter out. These plastics can come

from bigger items breaking down, but they are also commonly added to consumer products like face wash and toothpaste. These little beads are intended to be exfoliators, but many wastewater treatment facilities aren't able to stop them. There are many biodegradable alternatives, so avoid items with "polypropylene" or "polyethylene" on the ingredients list or consider making your own.

## 7. Skip the disposable razor



Instead of tossing a plastic razor in the trash every month, consider switching to a razor that lets you replace just the blade just like your grandfathers did.

## 8. Switch from disposable diapers to cloth

If you've got a young baby, you know how many diapers can end up in the trash each day. Our grandmothers and great grandmothers were pretty big fans of the reusable cloth option.

## 9. Make your period waste-free

There are a number of non-disposable options out there to cut down on period waste, from the Cup to reusable pads. All these choices reduce incredible amount of packaging that most pads and tampons are encased in. If you're not in a situation where giving up tampons is an option, consider skipping brands with plastic applicators.

## 10. Re-think your food storage



Plastic baggies, plastic wrap, and plastic storage containers are worth re-evaluating. Instead of sandwich baggies, why not pack a cute tiffin for lunch? Instead of throwing away plastic zipper bags or wrapping things in Saran wrap, why not use jars or glass containers in the fridge? When it comes to carryout, these types of containers can be used instead of disposable ones—although it can definitely take a bit of courage and some explaining to help your local restaurants to understand.

## 11. Shop in bulk



For many households, the majority of plastic waste is generated in the kitchen. So one of the best ways to reduce the packaging waste madness is to bring your own bags and containers and stock up on bulk foods.

(Source: <https://www.treehugger.com/green-home/11-easy-ways-reduce-your-plastic-waste-today.html>)

*What did the hat say to the scarf?  
"You hang around, I'll go on a-head!!!"*

*How did the ocean greet the river?  
It waved!!!*

*What do you call when a dinosaur crashes his car?  
Tyrannosaurus wrecks!!!*

*Why did the skeleton go to the party alone?  
Because he had no body to go with him!!!*

# LET'S TALK: BUSTING THE MYTHS AND TABOOS

*Around one year back, one of the most popular trends on social media was to get a picture clicked with a sanitary napkin. The trend started as a part of the promotion of the film Padman, but it spread like a fire in no time. However, how much awareness did it really bring? Even today, menstruation is a taboo. We do not talk about the issues concerning menstruation openly, we only 'whisper' about it. 28th May was celebrated as World Menstruation Hygiene Day. This awareness day is needed mainly because a lot of myths and beliefs are directly related to the hygiene part. This month's Voice talks about the myths and taboos surrounding menstruation.*



**MYTH**

*Menstruating woman is impure, and therefore cannot enter the temple or do anything sacred.*

**FACT**

*Menstruation is a natural and healthy body process. It does not make the woman impure, in fact, it can be called a cleansing process, through which the body gets rid of the unutilized blood and tissues.*



**MYTH**

*Menstruation leads to heavy blood loss which causes anemia.*

**FACT**

*Healthy menstruation does not lead to anemia. Blood loss during a single menstruation cycle in healthy women is not more than 80 ml. And if it is more than that, one should consult a doctor.*



**MYTH**

*A menstruating woman should not enter the kitchen or cook food.*

**FACT**

*Entering the kitchen during periods does not harm anything or anyone. As long as general hygiene measures are followed, menstruating women can cook food just like any other day. Of course, there is no harm in getting help from family members, but that does not have to be restricted only to 'those days'!*



**MYTH**

*Contact from a menstruating woman or even her presence in the vicinity of a wine, bread or pickle in the making will spoil it.*

**FACT**

*No scientific test has ever shown menstruation as a reason for spoilage of any food in the making.*



**MYTH**

*Exercise should be avoided during menstruation.*

**FACT**

*In fact, it may ease menstrual cramps.*



**MYTH**

*PMS is all in the mind.*

**FACT**

*Yes, PMS (Pre-menstrual syndrome) exists, and it is scientifically proven that 90% of women experience some sort of symptoms of PMS.*



# માનવતા શોધું છું માણસોની ભીડમાં

આવો માનવતાની મિસાલ બની જઈએ - ગતાંકથી ચાલુ ...

ગતાંકે કેટલીક સત્યઘટનાઓને આધારે આપણે જોયું કે, આપણી આસપાસ વસતાં અગણિત લોકોની જીવનગાથા કુરુણાંતિકા સિવાય બીજું કંઈ નથી. અભ્યાસ, વ્યવસાય અને સામાજિક ક્ષેત્રે ઘણી બધી પ્રગતિ છતાં આપણને શાંતિનો અનુભવ થતો નથી. આનો અર્થ એ થયો કે આપણે પૂરપાટ દોડી રહ્યા છીએ પરંતુ ખોટી દિશામાં. સી.એસ. લેવીસ કહે છે. 'જો આપણે ખોટા રસ્તે હોઈએ તો, પ્રગતિ એટલે ખોટા માર્ગથી પાછા વળી જઈને સાચા માર્ગે વળી જવું તે. જે માણસ સૌથી વધારે ઝડપથી ખોટા માર્ગથી પાછો વળી જશે તે જ સૌથી વધુ પ્રગતિશીલ હશે.'

છેલ્લા ચાર હજાર વર્ષમાં ન થયાં હોય એટલાં શોધ અને સુધારા માનવ જીવનશૈલીમાં છેલ્લા ૪૦ વર્ષમાં થયા છે. સાઈકલથી માંડીને સ્પેસ શટલ સુધી બધું જ ધરમૂળથી બદલાઈ ગયું છે. જેનેટિક એન્જિનિયરિંગની મદદથી કદાચ વધુ તંદુરસ્ત, વધુ બુધ્ધિશાળી, વધુ દીર્ઘાયુ માનવપ્રજા પેદા કરી શકાશે, પણ આ દુનિયામાંથી અજંબો, અચૂરપ, અશાંતિ અને દુઃખ દૂર કરવાં દુષ્કર છે. શું આપણને ખરેખર જીવનમાં શાંતિ જોઈએ છે? શું આપણને સુખી થવાની ગરજ છે? જો, આનો જવાબ હા હોય તો પદ, પૈસા અને પ્રતિષ્ઠા માટે આપણે જે નૈતિક મૂલ્યોને સતત અવગણતા રહ્યાં છીએ તેને આત્મસાત કરવા કટીબદ્ધ થવું પડશે. આપણે બદલવું-બદલાવવું પડશે. આવો એના ઉપાયો વિચારીએ.

## ૧) જીવનમાં સંસ્કાર અને નૈતિક મૂલ્યોને સ્થાન

આપણી સમસ્યાઓ ભલે અગણિત હોય પણ તેનો ઉપાય એક જ છે : જીવનમાં સંસ્કાર અને નૈતિક મૂલ્યોને સ્થાન. આલ્બર્ટ આઈન્સ્ટાઈન પર લખેલા પત્રમાં સિગ્મન્ડ ફ્રોઈડે લખ્યું હતું: 'દુનિયા ભારે જોખમમાં છે અને સંસ્કારની કેળવણી દ્વારા જ એને બચાવી શકાય એમ છે.' બેન્જામિન ફ્રેન્કલિન પણ કહેતા, 'આ પૂર્વ ઈતિહાસમાં ક્યારેય નહોતા એટલા વિપુલ પ્રમાણમાં શિક્ષકો અને શિક્ષિત લોકો હાલ આપણા સમાજમાં ઉપલબ્ધ છે. પરંતુ માનવજાત રોગિષ્ઠ થઈ ચૂકી છે. આપણને કેવળ ભૌતિક વિકાસની જરૂર નથી પરંતુ આધ્યાત્મિક માર્ગદર્શન પણ ખૂબ જરૂરી છે.' જ્યારે માનવીની શોધ આધ્યાત્મિક ક્ષેત્રે વળશે ત્યારે જ ખરી પ્રગતિ થશે. ચાર્લ્સ સ્ટેઈનમેલ્ડે કહ્યું હતું, 'હું માનું છું કે વિશ્વના શ્રેષ્ઠતમ સંશોધનો આધ્યાત્મિક ક્ષેત્રમાં થશે. કોઈક દિવસ એવો આવશે કે જ્યારે લોકોને ભાન થશે કે ભૌતિક વસ્તુઓથી સુખ મેળવી શકાતું નથી તથા સ્ત્રીઓ અને પુરુષોને વધારે સર્જનાત્મક અને સક્ષમ બનાવવામાં તેનું કંઈ ખાસ યોગદાન નથી. જ્યારે વિજ્ઞાનીઓ તેઓની પ્રયોગશાળાઓને ઈશ્વર અને પ્રાર્થનાના અભ્યાસમાં પ્રયોજશે ત્યારે છેલ્લી ચાર પેઢીઓમાં જે પ્રગતિ નથી થઈ શકી તે પ્રગતિ આપણે એક જ પેઢીમાં જોઈ શકીશું.' આ મહાપુરુષોની વાતનો સાર એટલો જ છે કે માનવીના જીવન ઘડતરમાં સંસ્કાર અને નૈતિક મૂલ્યોને સ્થાન આપવું જ પડશે. જેમણે આવા સત્ય, ક્ષમા, નીતિ અને ધર્મયુક્ત આચરણના આદર્શો પોતાના જીવનમાં ચરિતાર્થ કરી બતાવ્યા હતા એવા આપણા મહાન પૂર્વજો વિષે બાળકો અને યુવાનોને જણાવવું પડશે. કેટકેટલા આદર્શો છે આપણા ઈતિહાસમાં! જ્યારે



ઉદ્દાલકે દુર્ભંગ, વસુકી ગયેલી, ઘરડી અને મરવા પડેલી ગાયોનું દાન આપવા માંડ્યું ત્યારે એમના નવ વર્ષના નાનકડા દીકરા નચિકેતાએ સવિનય જણાવી દીધું કે આવી નકામી ગાયોનું દાન એ ખુદ અને ખુદા બેય સાથેની છતરપીડી છે. કેવો નીડર, પ્રમાણિક અને સ્પષ્ટ વક્તા! શ્રીકૃષ્ણએ શિશુપાલના સો ગુન્દા માફ કર્યા હતા. પાંડવો પાંચ ગામ મળે તોય પોતાના હક્કનું આખું રાજ્ય જતું કરવા તૈયાર હતા કારણ કે તેઓ લાખોની હિંસા ટાળવા તત્પર હતા. પૃથ્વીરાજ ચૌહાણે સત્તર વખત મહોમ્મદ ઘોરીને જીવતું દાન આપ્યું હતું અને ૧૯૬૫ અને ૧૯૭૧ના યુધ્ધો જીત્યા છતાં આપણે પાડોશી પાકિસ્તાનના જીતેલા પ્રદેશો પરત કર્યા. કારણકે આપણી સંસ્કૃતિ મારવાની નહિ માફ કરવાની છે.

અગણિત પેઢીઓને ખાતા ન ખૂટે એટલો ખજાનો વીર ભામાષાએ દેશબંધવોને ગુલામ થતા અટકાવવા ન્યોછાવર કરી દીધો હતો. ગોદરેજ કંપનીના મેનેજિંગ ડાયરેક્ટર સ્વ.શ્રી નવલ ગોદરેજે લાંચ આપવાનો ઈનકાર કરી ફોર્ક લીફ્ટ પૂરી પાડવાના કરોડો રૂપિયાના ઓર્ડરો જતા કર્યા હતા. ગોદરેજ સોપ્સનું સંચાલન કરતા તેમના મોટા ભાઈ ડો. બરજોરજ ગોદરેજે મબલબ કમાણીની તક હોવા છતાં સિગારેટ બનાવવાનો ઉદ્યોગ સ્થાપ્યો ન હતો. આ બંને ગોદરેજ ભાઈઓને પૈસા તો કમાવવા જ હતા પણ સમષ્ટીના હિત સાથે બાંધછોડ કર્યા વિના.

ગુજરાતી ભાષાના વિખ્યાત કવિ નાનાલાલ ઈન્કમેટેક્સનું ફોર્મ ભરતા હતા ત્યારે ઈન્કમેટેક્સના જાણકાર પરીચિતે જોયું કે તે ફોર્મમાં કવિએ બતાવેલી કોઈ રૂા.૬૦૦/- ની આવકનો કોઈ સ્ત્રોત કે આધાર ન હોવાથી તે આવક સરકારથી છુપાવીને તેટલો ઈન્કમેટેક્સ આસાનીથી બચાવી શકાય તેમ હતો. તેથી તેમણે કવિને કહ્યું : 'આ ૬૦૦ રૂપિયા તમે ન બતાવો તેમાં સરકારનું કશું જશે નહિ.' ત્યારે પોતાની છાતી ઉપર હાથ પછાડતાં કવિ બોલ્યા : 'પણ આ નાનાલાલનું જશે તેનું શું?' અંગત લાભ માટે રાષ્ટ્ર પ્રત્યેની વફાદારી ક્યારેય ન ત્યજનારા આવા અનેક આદર્શોની ઓળખાણ નવી પેઢીને મા-બાપ અને શિક્ષકોએ કરાવવી પડશે.

## ૨) નૈતિકતાનું ધોવાણ વ્યક્તિગત નહીં પરંતુ રાષ્ટ્રીય સમસ્યા છે એવી

## સંવેદના અને જાગૃતિ

પ્રાચીન તત્કાલીના વિદ્યાપીઠમાં ભણતો એક વિદ્યાર્થી રોજ નદીએ નહાવા જતો. રસ્તામાં કોઈ માજીએ સૂકવેલા તલમાંથી રોજ બે મુઠ્ઠી તલ તે વિદ્યાર્થી ચોરતો જાય. માજીને એની જાણ થતાં એમણે આચાર્યને ફરીયાદ કરી. છાત્રના ગેરવર્તન બદલ આચાર્યએ માફી માંગી અને ચોરાયેલા તલની પૂરેપૂરી કીમત ચૂકવી દેવા તૈયાર થયા ત્યારે તે માજી બોલ્યા, 'આચાર્ય દેવ, આમાં કીમતનો સવાલ નથી પણ બે મુઠ્ઠી તલની ચોરી સાથે આ છોકરાની સંસ્કારિતા રોજ થોડી થોડી ઘસાતી જાય છે મને તેની ચીંતા છે. તે મને રાષ્ટ્રનો પ્રશ્ન લાગે છે. જેમ સાંકળની એક નબળી કડી આખી સાંકળને વેરવિખેર કરી નાખે છે એમ એક માણસની નૈતિક શિથિલતા આખા સમાજને નબળો પાડે છે. અપ્રામાણિકતા, અનૈતિકતા અને ભ્રષ્ટ આચારની શરૂઆત હંમેશાં નાનકડી અને નગણ્ય બાબતોમાંથી જ શરૂ થતી હોય છે. પરંતુ, જે માંખી મારે તે માણસને પણ મારી શકે છે. એટલે નાની નાની ચૂકને પણ ક્યારેય સહજ માની જતી ન કરાય. એને દૂર કરવાના ઉપાયો કરવા જ પડે. સમાજમાં હળવેકથી પેસી જતા સડાને રોકવાની ફરજ માં-બાપ, વિદ્યાર્થી, શિક્ષક અને સંસ્થા એમ બધાંયની છે.

## ૩) પરિવાર, સમાજ અને પરંપરાગત જીવન શૈલીની અનિવાર્યતા

માનવનું ખરું ઘડતર મા-બાપના ખોળામાં અને દાદા દાદીની છાયામાં થાય છે. નમ્રતા, સેવા, સંપ, સહનશીલતા, ઉદારતા, પ્રેમ વગેરે પાયાના ગુણો અને સમુદાયજીવનના પાઠ આપણને પરિવાર અને સમાજમાં ઓતપ્રોત થવાથી જ શીખવા મળે છે. એક વખત હતો કે જ્યારે વેકેશનમાં બાળકો પરિવાર સાથે વતનમાં જતા. ત્યાં પરિવાર, ગોત્ર, સમાજ, સંસ્કૃતિ અને પરંપરાની ખરી ઓળખ થતી. ઘરના ફળીયે, ગામને ગોંદરે, વડલાની છાયામાં, લહેરાતા ખેતરોને ખોળે, સરોવરની પાળે, નદીકિનારે કે ગઢના ગોખેથી બાળકોને ઈતિહાસ, ભૂગોળ, પર્યાવરણ, સમાજશાસ્ત્ર અને સમુદાયજીવનના ખરા પાઠ શીખવા મળતા. ટીવી સીરીયલ, આઈ.પી. એલ. અને સબવે સર્ફ કે કેન્ડી ક્રશ છોડીને રમતના મેદાનમાં જઈ ખોખો, કબ્બડી, સંતાકુકડી જેવી રમતો રમશે તો જ આજની પેઢી તન અને મનથી મજબૂત થશે. જ્યાં

નૈતિક મૂલ્યોનું સહજ શિક્ષણ પ્રાપ્ત થાય છે એવા વતન અને વડીલોને જો ભૂલી જશો તો યાદ રાખજો 'બ્યુ વ્હેલ'ની ડાકણ જીંદગીનો ભોગ લેવા તૈયાર બેઠી જ છે !

## ૪) ગુણાંક નહીં ગુણનું મહત્વ, અતિરેકનો અંત

જીવનનું ઘડતર ઘણી જહેમત માંગી લે છે પરંતુ એના પતન માટે માત્ર એકાદ નજીવી ભૂલ પણ કાફી છે. રોમ હોય કે રૂઢ મહાલય, શ્રેષ્ઠ સર્જન એક દિવસમાં થતા નથી. પરંતુ એક જ દિવસમાં ધ્વસ્ત જરૂર થાય છે. બધાથી આગળ નીકળી જવાની લાલ્ચમાં આપણે શરીરરૂપી ઘોડા અને મનરૂપી સારથીનો ક્યરઘાણ કાઢી નાખીએ છીએ ! આમ કરવા જતાં આપણું જીવનસંગીત બેસુરુ ન થઈ જાય એ માટે ભગવાન ભુદ્ધે માર્મિક ચેતવણી આપી હતી કે, 'તારી વીજ્ઞાના તાર તું એટલા ન કસ કે તે તુટી જાય, અને તેને એટલા ઢીલા ન છોડ કે તેમાંથી સૂર જ ન નીકળે.'

આ વર્ષે સી.બી.એસ.ઈ.માં ધો.૧૨માં સમગ્ર રાષ્ટ્રમાં પ્રથમ આવનાર વિદ્યાર્થીનીએ ૫૦૦ માંથી ૪૯૯ માર્ક્સ (૯૯.૮%) મેળવ્યા છે. ઈતિહાસ, ભૂગોળ, મનોવિજ્ઞાન અને અર્થશાસ્ત્રમાં પૂરેપૂરા ૧૦૦ માંથી ૧૦૦, જ્યારે અંગ્રેજીમાં ૧૦૦ માંથી ૯૯ માર્ક્સ ! બીજા ક્રમે આવનાર વિદ્યાર્થીનીને ૫૦૦ માંથી ૪૯૯ માર્ક્સ પ્રાપ્ત થયા છે. જ્યારે ૫૦૦ માંથી ૪૯૭ માર્ક્સ મેળવી ત્રીજા ક્રમે આવનાર વિદ્યાર્થીઓમાં પાંચ છોકરીઓ અને બે છોકરાઓ છે. કુલ ૧૨,૭૩૭ વિદ્યાર્થીઓએ ૯૫% કે તેથી વધુ માર્ક્સ મેળવ્યા છે. જ્યારે ૭૨,૫૯૯ વિદ્યાર્થીઓએ ૯૦% કે તેથી વધુ માર્ક્સ મેળવ્યા છે. માર્ક્સ પાછળની આવી આંધળી દોટ જોઈને બહુ બીક લાગે છે ! કારણકે જીવનની પરિક્ષામાં જ્યારે જોખી જોખીને નિર્ણય લેવાના હોય છે ત્યારે ગોખી ગોખીને પૂરેપૂરા માર્ક્સ લાવનારા વિદ્યાર્થીઓ સરેઆમ નિષ્ફળ જતા હોય છે !

કોણ સમજાવશે માર્ક્સ લેવા આ યુવાનોને કે જીવનનો આધાર ગુણાંક નહીં પરંતુ સદ્ગુણ છે. ટોચ ઉપર પહોંચી જવાથી માણસ એકલો થઈ જાય છે. કદાચ કોઈ નહીં પહોંચ્યું હોય એવી ટોચ પર તમે પહોંચી જશો પરંતુ કોઈનો સાથ અને હાથ નહીં મળે ત્યારે ત્યાં ટકવું બહું ભારે થઈ પડશે. જ્યાં પ્રવેશ મેળવવો

દુષ્કર છે એવી ભારતની ટોચની શિક્ષણ સંસ્થા આઈ.આઈ.ટી.માં વર્ષ ૨૦૧૨-૧૫ દરમિયાન આશરે ૨૦૦૦ વિદ્યાર્થીઓએ અભ્યાસ અધૂરો છોડી દીધો હતો. દર વર્ષે પ્રવેશપરિક્ષા આપનારા પંદર લાખ વિદ્યાર્થીઓમાંથી ફક્ત ૧૦ થી ૧૧ હજાર વિદ્યાર્થીઓને જ આઈ.આઈ.ટી.માં એડમીશન મળતું હોય છે. ત્યારે શું તેઓને નહોતી ખબર કે જો તેઓએ અભ્યાસ પુરો કરી લીધો તો એમના ઉપર પદ, પ્રતિષ્ઠા અને પૈસાની વર્ષા થવાની હતી ?

વર્ષ ૨૦૦૮ થી ૨૦૧૧ના ત્રણ વર્ષ દરમિયાન ભારતની ટોચની શિક્ષણ સંસ્થાઓ આઈ.આઈ.એમ., આઈ.આઈ.ટી. અને એન.આઈ.ટી.માં કુલ ૨૬ વિદ્યાર્થીઓએ આત્મહત્યા કરી હતી ! લેન્સેટ રીપોર્ટ મુજબ ૧૫ થી ૨૯ વર્ષની વય દરમિયાન આત્મહત્યા કરનાર યુવાનોનો આંક ભારતમાં સૌથી ઉંચો છે. સરકારી આંકડા મુજબ આમાંથી ૨૫% થી વધુ યુવાનો પરીક્ષાના તણાવને લીધે આત્મહત્યા કરતા હોય છે. પોતે હારી ચૂકેલ જીવતરની બાજીની ખોટ સરભર કરવા પોતાના મસમોટા સપનાઓનો ભાર ઉગતી પેઢી ઉપર નાખવાની ભૂલ મા-બાપ કરે ત્યારે આવી જ કુરુણાંતિકાઓ સર્જતી હોય છે !

## ૫) નિષ્ફળતાનો સહજ સ્વીકાર

અભ્યાસમાં એક વખત સફળ ન થવાય એટલે જીંદગી સાવ નકામી નથી થઈ જતી. શું કરોળીયો એક વખત જાળ બનાવવામાં નિષ્ફળ જાય એટલે જાળ બનાવવાનું બંધ કરી દેશે ? ચકલીએ માખી બનાવવા માટે ભેગા કરેલા તરણાઓ કોઈ ફેંકી દે એટલે શું એ રીસાઈ જશે ? મધપૂડો ઉખાડી એમાંથી બધું મધ કોઈ લઈ જાય તો શું એ મધમાખી પ્રેશનમાં આવી જશે ? એક વખત શિકાર હાથમાંથી છટકી જાય એટલે શું સિંહ આત્મહત્યા કરી લે છે ? આપણી શિક્ષણની વિભાવના જ એવી ખોટી છે કે પરિક્ષાના પરિણામને આપણે સમગ્ર જીવનની સાર્થકતા સાથે જોડી દીધું. જે ભણવામાં અવ્વલ નથી તેની જીંદગી બેકાર છે, તે વાત સાવ ખોટી છે. શૈક્ષણિક સફળતાને જ આખરી અને એકમાત્ર સફળતા માની લેવાના સદંતર ખોટા માર્ગથી આપણે તાત્કાલિક પાછા વળી જવાની જરૂર છે.

## ૬) સફળ થવા કરતા સંતોષી અને મૂલ્યનિષ્ઠ થવું મહત્વનું છે

જીવનની સફળતાને કેવળ ગરીબી અને અમીરીના જ માપદંડોથી નહીં પરંતુ સ્વાસ્થ્ય, સંતોષ અને શાંતિના પરિમાણોથી મૂલવતા પણ આપણે શીખવું જોઈએ. આલ્બર્ટ આઈન્સ્ટાઈને કહ્યું હતું કે, 'સફળ માણસ બનવાના પ્રયત્નો કરતાં મૂલ્યનિષ્ઠ માણસ બનવું વધુ સારું છે.' પ્રસિધ્ધ બ્રીટીશ વિદ્વાન અને ઈંગલેન્ડની યુનિવર્સિટીના વાઈસ ચાન્સેલર રૂડયાર્ડ કીપર્લીએ વિદ્યાર્થીઓને દીક્ષાંત સમારોહમાં કહેલું કે, 'તમે પદ, પ્રતિષ્ઠા અને પૈસા અપાવે તેવી શૈક્ષણિક પદવીઓ પ્રાપ્ત કરી જગતમાં જશો પણ જ્યારે તમને કોઈ એવો નિષ્પ્રહ પુરુષ મળશે કે જેને કંઈ જોઈતું જ નથી ત્યારે તમને લાગશે કે મારું મેળવેલું બધું વ્યર્થ છે.'

## ૭) માતા-પિતાની ભૂમિકા અ) શ્રેષ્ઠ બાળક પામવા માટે માતા-પિતાએ શ્રેષ્ઠ બનવું પડે

આઈન્સ્ટાઈને જે મૂલ્યનિષ્ઠ માણસ બનવાની વાત કરી છે તેવા મૂલ્યનિષ્ઠ



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માનવો તૈયાર કરશે કોણ ? તે જવાબદારી માતા-પિતા અને શિક્ષકોની છે. પોતાના બાળકને સમય, સ્નેહ, સંસ્કાર અને સુવિધા આપવાની પ્રત્યેક મા-બાપની નૈતિક ફરજ છે. 'એક માતા સો શિક્ષકની ગરજ સારે' એ ન્યાયે બાળકોમાં માનવતાના મહાન ગુણોનું સિંચન કરવામાં માતા-પિતાની ભૂમિકા ખૂબ અગત્યની છે. જેમ્સ બોન્ડ કહે છે તેમ 'બાળકો કાંઈ અમસ્તાં જ આપણા ઘરે નથી આવી ચડ્યા, તેઓ તો આપણને થોડા વખત માટે ભગવાને ઉછીના આપ્યા છે. પ્રેમપૂર્વક તેઓમાં સંસ્કારોનું સિંચન કરી મૂલ્યોરૂપી પાયા નાખવા માટે કે જેના પર તેમના ભાવિ જીવનની ઈમારત રચી શકાય.'

બાળકો મોટે ભાગે મા-બાપની પ્રતિકૃતિ જ હોય છે. એટલે ઉત્તમ બાળકોની પેઢી તૈયાર કરવા માટે મા-બાપની પણ ઉત્તમ પેઢી જોઈશે. આજ કાલ દરેક મા-બાપને સ્માર્ટ સંતાન જોઈએ છે. બાળક પોતે છેતરાય નહિં પણ બીજાને છેતરે તેવું, બહાર રમવા જાય ત્યારે માર ખાઈને આવે નહીં પણ બીજા બાળકને મારીને આવે તેવું, ગમે તેવા છળકપટ અને શોર્ટકટ દ્વારા હંમેશાં બધાથી આગળ રહે તેવું. પરંતુ સિધ્ધાંતો, સદ્ગુણો અને મૂલ્યોની કોઈને પડી છે જ ક્યાં ? બસ અહીં જ આપણી ભુલ થાય છે. બીજાને છેતરવામાં પાવરનું થઈ ગયેલ બાળક આપણને છેતરે ત્યારે આપણે તે સહન કરી શકતા નથી. બહારના લોકો સામે દાવ પેચ રચી જાણનારું બાળક આપણા ઉપર પણ તે વિદ્યા જરૂર અજમાવશે. પણ ત્યારે તેમાં સુધારાની તક અને નૈતિકતા ગુમાવી બેઠેલા આપણે કશું કરી શકીશું નહીં.

આપણે જાણીએ છીએ કે 'વડ તેવા ટેટા અને બાપ તેવા બેટા, વળી દામ તેવી ઠીકરી અને મા તેવી ઠીકરી.' બાળકો ઉમરના પ્રભાવે ચંચળ, રમતિયાળ અને મનમોજી લાગે પણ આ ઉંમરે તેઓની ગ્રહણ શક્તિ અસાધારણ હોય છે. તેઓ હંમેશાં તેઓના માતા પિતાનું અનુકરણ કરતા હોય છે. રોબર્ટ ફલ્કમ સાચું જ કહે છે, 'બાળકો તમને ક્યારેય સાંભળે નહીં તો તેમની ચિંતા ન કરો, તેઓ સદા તમારું નિરીક્ષણ કરતા હોય છે.' બાળકો આપણા આદેશ નહીં પણ આપણા આચરણને અનુસરતા હોય છે. અને તેથી જ પોતાના વર્તનની બાબતે મા-બાપે બહુ સાવધાન રહેવાની જરૂર છે.

એક સમય હતો કે, જ્યારે સંતાનના જન્મ પૂર્વે પોતાને ત્યાં સંસ્કારી અને ગુણીયલ બાળક જન્મે તેનું આયોજન મા-બાપ અગાઉથી કરતા. ઈચ્છિત ગુણોવાળા સંતાનની પ્રાપ્તિ માટે ઈશ્વરના આશીર્વાદ મેળવવા યજ્ઞ કરતા. મહાપ્રતાપી રાજા દશરથે પણ શ્રી રામ જેવા પુત્રને પ્રાપ્ત કરવા માટે યજ્ઞ વડે ભગવાન અને સંતોની ઉપાસના કરી હતી. મહાન સંતો અને ગુરૂઓના આશ્રમોમાં રહી માતા અને પિતા તપ, જપ, વ્રત અને સંયમ વડે પોતાના આત્માનું શુદ્ધિકરણ કરતા. દુશ્વંત ઋષિના

આશ્રમમાં રહી શકુંતલાએ અને વાલ્મિકી ઋષિના આશ્રમમાં રહી સીતાજીએ પોતાની સગર્ભા અવસ્થામાં નિત્ય યજ્ઞ, પ્રાર્થના અને ઉપાસના વડે પોતાના મહાન ગર્ભસ્થ શિશુઓનું સંસ્કરણ અને ઘડતર કર્યું હતું. આચાર અને વિચારની એકતા અને પવિત્રતા ધારણ કરી મા-બાપ પુણ્યશાળી અને મહાન આત્માને પોતાને ત્યાં જન્મ લેવા માટે વિનવતા. બાળકનું ગર્ભમાંથી જ ઘડતર થતું અને એવા ગર્ભસંસ્કારને લીધે જ અભિમન્યુ જેવા મહાન યોદ્ધા અને પ્રહલાદ જેવા મહાન ભક્તો જન્મતા.

#### બ) માતા-પિતા તરીકેનું દાયિત્વ

જેમ બીજમાં ભાવિ વૃક્ષનો નકશો પડેલો હોય છે તેમ માનવીનું ભાવિ તે ગર્ભસ્થ હોય ત્યારે જ નિર્ધારિત થઈ જતું હોય છે. ગર્ભમાં હોય ત્યારથી તે શિશુ પ્રત્યે સંવેદના, જાગૃતિ, સહાનુભુતિ અને આદર રાખવાની આપની પરંપરા હતી. જ્યારે આજે તો નવદંપતિઓમાં માતા-પિતા તરીકે ગૌરવ કે સભાનતા ઓછી જોવા મળે છે. યુવાનીનો ઉન્માદ શમ્યા પછી તેઓ બાળકને જન્મ આપવાનો વિચાર કરે છે. ત્યારબાદ આ દોડધામના જમાનામાં વ્યાવસાયિક જીવનના અને વિભક્ત કુટુંબમાં રહેતા મા અને બાપ બંને માંથી બાળકને સમય કોણ આપી શકશે તેનો સતત તણાવ તો ખરો જ. એટલે શરૂઆતથી જ બાળકના ઉછેર પ્રત્યે બેકાળજી અને અધૂરપના બીજ વવાઈ જાય છે. જો શરૂઆતથી જ મા-બાપ પોતાના બાળક પ્રત્યે ઉપેક્ષા સેવે તો પછી તેમને જીવનના અંતે ઘરડા ઘરમાં જવાનો વારો આવે. ભાળક ઘોડીયાઘરમાં અને વડીલો ઘરડાઘરમાં હોય પછી ખમીરવંતી પ્રજા પાકે ક્યાંથી ?

પરિવારમાં બાળકનું પોતાનું આગવું સ્થાન છે તેમ સ્વીકારો. યાદ રાખો કે બાળકો માટે તમે પ્રદાન કરેલી સુવિધા કરતાં તમે આપેલા સમય, સ્નેહ અને સંસ્કારોનું વધુ મુલ્ય છે. બાળકમાં જિજ્ઞાસા અને કુતુહલ જીવંત રાખવા એના પ્રત્યેક સવાલને સાંભળો અને એ સમજી શકે એવી રીતે ધીરજથી એના ઉત્તર આપો. તેને નિર્ણય લેવાની સમજ, તાલીમ અને મોકલાશ આપો. તમારું વર્તન સુશીલ, ન્યાયી, સૌજન્યપૂર્ણ અને પ્રામાણિકતાભર્યું રાખો. માફ કરતાં શીખો, ઉદારતા કેળવો, આપણા રીતરીવાજો, ઉત્સવો, વિધીવિધાનો અને પરંપરાની તેને પ્રત્યક્ષ અને પૂરતી સમજ આપો. કારણકે એનામાં આવા ગુણોનું સિંચન કરે તેવા પાકવ્યક્રમ કોઈ શાળા કે મહાશાળાઓમાં ઉપલબ્ધ નથી. જો તમે પાયાની આ બાબતો ચુકી ગયા તો તેનાથી બાળકના વ્યક્તિત્વમાં રહી જતી ઉણપ છેવટે તો તમને જ હાનિ પહોંચાડશે. બાવળ વાવે તે કેરી ક્યાંથી ખાય ?

વધુ આવતા અંકે . . . . .

ડૉ. જયેશ માંડણકા  
(અંગ્રેજી વિભાગ)  
બી. ડી. આર્ટ્સ કોલેજ

#### “શિક્ષક છું હું”

એક શિક્ષક છું હું, જ્ઞાન અને આશાઓ આપવા નીકળ્યો છું,  
દેશને નવચેતનાથી ભરી દે એવા યુવા તૈયાર કરવા નીકળ્યો છું.  
મુશ્કેલ રસ્તા પર પણ જેમના કદમ અડગ રહે,  
સત્ય બોલતા જેમની વાણી જરા પણ નાં થરથરે,  
જેમના કીર્તિ અને પરાક્રમની યશગાથા સદા અમર રહે,  
ભારતમાતાના આવા સપૂત તૈયાર કરવા નીકળ્યો છું,  
એક શિક્ષક છું હું જ્ઞાન અને આશાઓ આપવા નીકળ્યો છું.

ડૉ પ્રિયંકા ટી. ઝાલા  
ફેકલ્ટી ઓફ બી.બી.એ.

## HONG KONG , MACAU...A TRIP TO CHERISH FOR LIFE...!!

Undoubtedly, any vacation trip , for anyone is always special as it takes you away from your routine life and fortifies with new experiences, quality family time and a lot of fun. The destination generally doesn't make much of a difference if you are with a good company and your family.

Hong Kong is a beautiful harbour city. It has a history of being under British administration for several decades before finally being handed over to China in around 1997. Hong Kong is a 'Special Administration Region' of China with its own Flag, its own currency and its own government, but under the control of Chinese government.

The first day was very exciting as we had a full day visit to 'Ocean Park' a very unique and beautiful theme park. It is spread across two levels including a mountain. With attractions spread on the ground level as well as at the 'Summit' which was on a mountain, it requires proper planning for being able to cover all the attractions of the park. The park is an amazing experience as it houses very exotic marine creatures that we can only dream of watching live. The creatures like Seals, sea lions, Jelly fish, Sharks, Ray fish, Dolphins, Octopus and what not. Amazingly they have created an area suitable to the climate of the North and South poles to keep these creatures in the park.

Hong Kong has everything to offer to the tourists from the explorer types to the fun loving to the leisure loving types. We decided to visit a couple of museums during our free time. The Hong Kong History Museum, Space museum, Art Museum are worth visiting if your schedule permits.

The evening was reserved for the Hong Kong City tour. We visited the popular spots like Aberdeen fishing village, Victoria peak and Madam Tussaud's wax Museum. Victoria peak is the highest peak of Hong Kong from where we can see the beautiful and awesome Skyline of the Hong Kong City. Hong Kong is known for its superb skyline resembling to big commercial cities of the world. On the Victoria peak only, the iconic Madam Tussaud's wax museum



is situated. The museum houses more than a hundred well sculpted wax statues of famous celebrities and personalities from around the world.

The highest point of the entire trip, for which the kids were super excited since a couple of years, was the visit to the iconic, Disneyland. Situated on the Lantau Island, the theme park is spread across the area of 68 acres. The park is divided into different theme zones like Tomorrowland, Fantasy world, Toy land, Adventure Zone etc. Loaded with fun rides, different shows, character encounters, Disneyland is an experience of a life time for all age groups.

From Disney we travelled to Macau, another Special Administration Region consisting of 2 islands and a peninsula. Macau is called the Las Vegas of Asia with huge and super luxurious Hotels and casinos. The super comfortable and fast ferry 'CotaiWater Jet' from Hong Kong to Macau and back, was also a fun experience. The last day of the tour was also not less exciting. The visit to the remains of St.Paul's 600 years old church, Sanedo square, Ama Temple and the famous Macau Tower was on the days menu.

The 1,109 feet tall Macau tower is an iconic structure not only of Macau but the entire Asia. Various adventure activities like Bungee jumping, sky jumping, Sky walk etc. are available atop the Macau tower for the visitors. Sky walk around the tower was an extremely thrilling experience that we had.

In general, surprisingly we found that it is not at all difficult for the Indian tourists in terms of food in Hong Kong as well as in Macau. Even if you are a staunch vegetarian, there are ample options in the hotel as well as in various Indian / vegetarian restaurants in the city. No wonder we came across a number of Indian and especially Gujarati tourists there. Roughly saying, almost every third or fourth visitor was Indian, as usual. Regarding the practical aspects, there is big difference between Indian Rupee and Hong Kong Dollars. With an exchange rate as 1 HKD = 8.6 INR, one feels the things are a bit expensive. You get a 'Masala Dosa' in Hong Kong, as delicious as the one you find in Ahmedabad. But it costs around 70 HKD which means around 600 INR. Hence, it becomes difficult to swallow your food if you don't ignore your urge to convert everything in Indian rupees. To enjoy the tour to the fullest, one must gain control over this very natural and usual tendency of travellers.

It was a trip much awaited and long promised to the kids and to the self. Hearts filled with fun and minds rich with experiences, it was a tour to cherish for the rest of the life. Hong Kong is one destination which has something or the other to offer to the visitors of all kinds and all purposes, may it be fun or learn.

Keyur Vohra  
Faculty of Commerce  
GLS University.



## MOVIE REVIEW

## REVA : A Spiritual Journey Within

'Narmade Har.' Narmada means one who gives Happiness. When first heard about the film of the novel Tatvamasi (written by Dhruvbhai Bhatt) means, 'you are the one,' (□□ □□□ □□□) it was electrifying news.

But at the same time it was difficult to foretell that will the director or the crew be able to understand the philosophy behind the story? All the waves of suspicion disappeared when the movie started with the spiritually healing song 'Ma Reva Reva taru pani nirmal.' Both the young directors Rahul Bhole and Vinit Kanojiya, who are also the writers and editors of the movie, get full credit for the



treatment of the movie. Nice eco balance, social and cultural issues of tribal people,

confused modern youth – of course with very positive message of social service and spiritual quest, materialistic race and simplicity of rustic life are very strong points to attract the spectator to see the film.

Protagonist of the movie (actor - Chetan Dhanai) rightly reflects self centered, materialistic and greedy youth from US, who passes through various experiences of life

during Narmada Parikrama, turns into an ideal aparigrahi and leaves everything for the salvation of soul. He reflects both internal and eternal qualities much needed in current society. The crew justifies their roles respectively. Reva is one of the Gujarati movies, away from dandiya, chorni and loud dialogues. Music of the movie, given by Amar Khambha is sweet and soothing.

# SCHOLARSHIPS / FELLOWSHIPS / RESEARCH OPPORTUNITIES

Compiled by: GLSCRD

## (A) OPPORTUNITIES FOR STUDENTS:

- 1. Metropolitan Scholarship India & Abroad**  
<https://www.scholarships.net.in/3885.html>  
June 30
- 2. Udit Goenka's Internet Marketing Scholarship**  
<https://uditgoenka.com/scholarship>  
June 30
- 3. ACF Sussman-Miller Educational Assistance Award Program (Public Colleges/Current Undergraduates)**  
<https://www.scholarships.com/financial-aid/college-scholarships/scholarship-directory/deadline/deadline-in-june/acf-sussman-miller-educational-assistance-award-program-public-colleges-current-undergraduates>  
June 20
- 4. Netherlands Fellowship Programme**  
<http://www.scholars4dev.com/7672/netherlands-fellowship-program/>  
Varies
- 5. Research Fellowship Scheme at NCHMCT in India, 2018**  
<http://scholarship-positions.com/research-fellowship-scheme-nchmct-india/2018/04/24/>  
Varies
- 6. Bachelor of Media Design Scholarship**  
<http://mediadesignschool.tua.edu.au/courses/media-design>  
June 4
- 7. Bachelor of Software Engineering (Game Programming)**  
<http://mediadesignschool.tua.edu.au/courses/game-programming>  
June 4
- 8. Study Grants for International Students at University of Catania in Spain, 2018-2019**  
<http://scholarship-positions.com/40-study-grants-international-students-university-catania-spain/2018/04/19/>  
June 30
- 9. Taught Masters Scholarships at Maynooth University in Ireland, 2018**  
<http://scholarship-positions.com/taught-masters-scholarships-maynooth-university-ireland-2015-2016/2015/02/18/>  
June 15
- 10. University of Adelaide Matching Scholarships for International Students in Australia, 2018**  
<http://scholarship-positions.com/university-adelaide-matching-scholarships-international-students-australia/2018/04/16/>  
Varies
- 11. 2018 Scholarship for International Students at**

**University of New South Wales, Dubai Campus**  
<http://scholarship-positions.com/scholarship-for-international-students-university-of-new-south-wales-dubai-campus/2018/04/17/>  
June 30

**13. India Merit Postgraduate Scholarship 2018**  
University of Sheffield  
<http://www.sheffield.ac.uk/international/enquiry/money/pgtmerit>  
June 22.

**14. 25 Doctoral Scholarships for International Students at University of Camerino in Italy, 2018**  
<https://scholarship-positions.com/doctoral-scholarships-for-international-students-university-of-camerino-italy/2018/05/08/>  
June 25

**15. 10 International Scholarships to Study Masters of Accounting at Unitec in New Zealand, 2018**  
<https://scholarship-positions.com/international-scholarships-study-masters-accounting-unitec-new-zealand/2018/05/08/>  
June 17

**16. Lincoln University Vice-Chancellor's Scholarships in New Zealand, 2018**  
<https://scholarship-positions.com/lincoln-university-vice-chancellors-scholarship-new-zealand/2018/05/08/>  
June 1 / October 1

**18. Commonwealth Distance Learning Scholarships for Masters Courses in UK, 2018**  
<https://scholarship-positions.com/commonwealth-distance-learning-scholarships-201314-uk/2012/08/03/>  
June 20

**19. DMU Square Mile International Scholarship in UK, 2018**  
<https://scholarship-positions.com/dmu-square-mile-international-scholarship-uk/2016/06/14/>  
June 29

**20. 3rd CODESRIA /CASB Summer School in African Studies and Area Studies, 2018**  
<https://scholarship-positions.com/3rd-codesria-casb-summer-school-african-studies-area-studies/2018/05/08/>  
June 30

FacebookWhatsApp <http://scholarship-positions.com/graduate-certificate-business-startups-scholarships-rmit-university-australia/2018/04/16/>  
TwitterLinkedInEm

## (B) OPPORTUNITIES FOR TEACHERS:

- 1 Fulbright-Nehru Doctoral Research Fellowship 2019-2020**  
<http://www.usief.org.in/Fulbright-Nehru-Doctoral-Research-Fellowships.aspx> June 15

**2 Fulbright-Nehru Master's Fellowship 2019-2020**  
<http://www.usief.org.in/Fulbright-Nehru-Fellowships.aspx>  
June 15

**3. 10,000 Scholarship**  
<https://www.scholarships.com/financial-aid/college-scholarships/scholarship-directory/deadline/deadline-in-june/10000-scholarship-scholarshipoints-com>  
June 15

**4. Young India Fellowship, Ashoka University**  
<https://www.ashoka.edu.in/page/yif-scholarships-140>  
June 25

**5. University of Adelaide Matching Scholarships for International Students in Australia, 2018**  
FacebookWhatsAppTwitterLinkedInEmail  
<http://scholarship-positions.com/university-adelaide-matching-scholarships-international-students-australia/2018/04/16/>  
Open throughout the year

## (C) OPPORTUNITIES FOR STUDENTS AND TEACHERS:

- 1. Research Promotion Scheme (RPS)**  
<https://www.aicte-india.org/sites/default/files/RPS%20format%20of%20documents.pdf>
- 2. Entrepreneurship Development Cell (EDC)**  
<https://www.aicte-india.org/downloads/ENTREPRENEURSHIP%20DEVELOPMENT%20CELL.pdf>
- 3. Grant for Organising Conference**  
[https://www.aicte-india.org/sites/default/files/AQIS\\_General\\_Instructions%202017\\_18.pdf](https://www.aicte-india.org/sites/default/files/AQIS_General_Instructions%202017_18.pdf)

## (D) Courses:

- 1. Free Online Course on Introduction to Geology**  
<https://scholarship-positions.com/blog/free-online-course-introduction-geology/201711/>  
Price: free
- 2. Free Online Course on Introduction to Communication Science**  
<https://scholarship-positions.com/blog/free-online-introduction-communication-science/201712/>  
Price: free
- 3. UNICAF Online/Blended Learning MBA and DBA Program 2018**  
[http://www.buddy4study.com/scholarship/unicaf-online-blended-learning-mba-and-dba-program-2018?utm\\_source=Emailer13April&utm\\_medium=Email&utm\\_campaign=KS](http://www.buddy4study.com/scholarship/unicaf-online-blended-learning-mba-and-dba-program-2018?utm_source=Emailer13April&utm_medium=Email&utm_campaign=KS)  
Always Open
- 4. Free Online Course on Global Marketing Strategy**  
Thunderbird School of Global Management  
Course Starts on June 26, 2018



**EVENTS AND ACHIEVEMENTS**

**HACC STUDENT GOLD MEDALIST @ GU SEM 6**

**V**aliulla Akila of HACC secured the topmost position at the Gujarat University Sem 6 examinations held in April 2018. She scored 439 marks out of 490.

Eight students from the college secured positions among the top fifty at the university examinations:

- Rank 1: Valiulla Akila
- Rank 8: Agrawal Vinay
- Rank 10: Trivedi Pranjali
- Rank 11: Patel Parth
- Rank 13: Patel Umang
- Rank 13: Jadav Khushbu
- Rank 14: Patel Dhruva



**SMART GUJARAT FOR NEW INDIA – HACKATHON ‘17  
PROUD MOMENTS FOR FCAIT - BCA**



**I**n order to work towards our PM’s vision of Digital India, Government of Gujarat, Education Department recently organised “Smart Gujarat for New India Hackathon 2018”. Three teams along with their mentors from FCAIT-BCA registered with specific problem statement.

The Team “DigiMed” developed an application which collaborates Aadhar Card and hospitals and let’s patient enroll in hospital via QR code to fix appointment with doctors, save prescriptions and bills. The team won 1st prize with cash amount of Rs. 50,000 in Health

& Family Welfare Department. The Team “Attendance SPY” gave solution of an Open-Source Android system registering student’s attendance through mobiles based on their location, Wi-Fi Connectivity, and Facial Recognition.

The team won the 1st prize with cash amount of Rs. 50,000 in Education department and ranked 3rd amongst 1100 teams of 16 departments with cash amount of Rs. 20,000.

GLS University also appreciated efforts of all students and gave Rs. 50000 to team DigiMed and Rs. 70,000 to team Attendance SPY.

**HACC AMONG TOP COMMERCE COLLEGES  
IN INDIA**



COMMERCE / TOP 100 COLLEGES	
1	SRMIST
2	SRMIST
3	SRMIST
4	SRMIST
5	SRMIST
6	SRMIST
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100	SRMIST

**H**A College of Commerce was ranked among the top 100 commerce colleges in India in a survey conducted by the leading national magazine India Today. In a special issue released in June 2018, colleges were ranked on parameters of academics, faculty, extra curricular activities, infrastructure, foreign collaborations, management etc. HACC was graded the second best commerce college in Ahmedabad City in the same survey.

The college owes this recognition to the principal, faculty members, students and Gujarat Law Society Management.

**ACHIEVEMENT**



Faculty of Business Administration – NRBBA

1. Jash Tripathi of SYBBA stood First in Stand Up Comedy at LJ MBA’s Athena 2018
2. Vishakha Dhruv of SYBBA stood First in Strokes (On the Spot Sketching) at B K School of Business Management’s Renaissance 2018
3. Mumal Soni of TYBBA stood Second in the Business Plan Competition held by Oakbrook Business School -Innovation, Incubation and Entrepreneurship Development Centre (IIEDC)

**FACULTY ACHIEVEMENT**



**P**rof. Dhvani Sodha of Faculty of Commerce (GLSIC) has completed her Ph.D. entitled “DELINEATION OF HUMAN RELATIONSHIPS IN THE SELECT NOVELS OF SUDHA MURTY AND VARSHA ADALJA” in the Faculty of Arts (English) under the guidance of Dr. Manish Vyas from Saurashtra University, Rajkot. Many Congratulations to her.

**P**rof. Hiral Jani of Faculty of Commerce (GLSIC) has completed her Ph.D. entitled “INDIANNESS AND IDENTITY CRISIS IN THE WORKS OF CONTEMPORARY INDIAN DIASPORA WOMEN WRITERS: A STUDY” in English Literature under the guidance of Dr. A.K. Patel from Gujarat University, Ahmedabad. Many Congratulations to her.

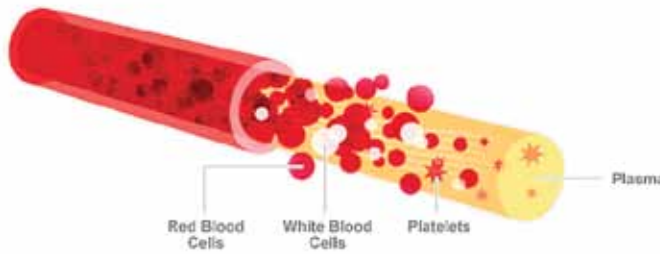




# AMAZING FACTS ABOUT BLOOD

A single drop of blood contains 250 million cells.

- A healthy liver processes 720 litres of blood per day.
- A heartbeat is the sound produced by the closure of valves of the heart when the blood is pushed through its chamber.
- An adult human body contains about 5.5 litres of blood whereas a new born baby has a little more than one cup of blood!
- All the blood in our body passes 400 times through each kidney per day.
- Arterial blood contains a lot of oxygen and nutrients for the body whereas venous blood contains low oxygen level and nutrients.
- Blood capillaries are so small that it would take ten of them to equal the thickness of a human hair.
- June 14 was chosen as



World Blood Donor Day as it was the birthday of Karl Landsteiner (1868-1943) who won the Nobel prize in 1930 for his discovery of human blood groups.

- Human lips have a reddish color because of the great concentration of tiny capillaries just below the skin
- Your body is creating and killing 15 million red blood cells per second!

<http://www.amazingfacts4u.com/blood/>

## Amazing facts about menstruation:

- A woman will spend approximately 3,500 days menstruating.
- During the menstrual cycle, an egg is released and travels down the Fallopian tubes (named after Gabriele Fallopio (1523-1562), who first described them) to the uterus. If a sperm does not fertilize the egg, the egg and lining from the uterus is expelled, creating menstruation.
- The only mammals to

undergo menopause are elephants, humpback whales, and human females.

- Another word for menstruation is “catamenia,” from the Greek katamenia (kata = by + menia = month). A “catamenia cup” is a firm, flexible cup worn inside the vagina to catch menstrual blood.
- A girl’s first menstrual period is called a menarche (from the Greek word men = month + arkhe = beginning). After the menarche, ovulation does not usually occur with menstruation for approximately the first year to 18 months.
- When a girl is born, her complete potential egg supply is born with her. In the womb, she creates about seven million egg cells. At birth, she has two million. By puberty, there are only

about 400,000 are left, of which fewer than 500 are actually released.

- The human female egg is the largest cell in the human body. It is the only human cell that can be seen with the naked eye.
  - Up until the age of about 18, irregular periods are quite common because the body is still working on perfecting the system.
  - Periods tend to be heavier, more painful, and longer in the colder months.
  - Smoking cigarettes can kill a woman’s eggs and cause menstrual periods to stop prematurely.
  - The same chemicals that cause uterine contractions during menstruation also cause the lower intestine to contract as well, which can lead to diarrhea.
- <https://www.factretriever.com/menstruation-facts>

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