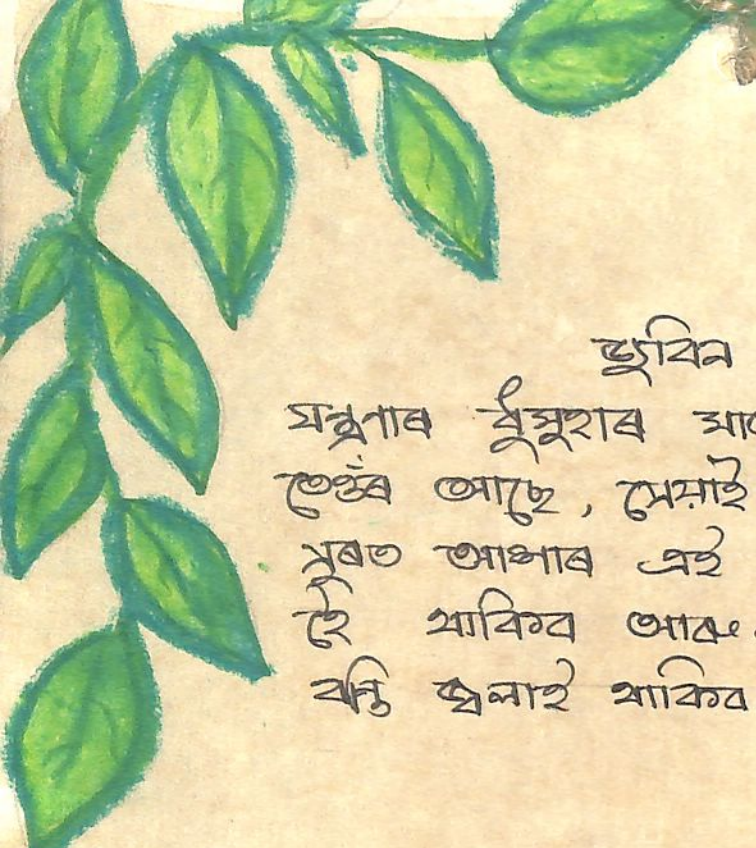




ভূমিৰ গাৰ্ভ প্ৰকাৰ যিবল অতিভাৱ গৰাকী আছিল ।
যন্ত্ৰণাৰ ব্ৰহ্মশাৰ আকৃতি আশাৰ চাকিটি দ্বন্দ্বাৰ বশাৰ নিম্ন ক্ষমতা
ভেঁৰ আছে, সেমাই ভেঁৰক কেন্দ্ৰাৰ্থকৰ হাৰ্জৰ কৰি ৰাখিছে । যন্ত্ৰণাৰ
মুৰত আশাৰ এই অতিৰিক্তি অন্তৰীণৰ চিহ্নগল সম্ভাৱে গুৰুত্ব
হৈ থাকিব আৰু অতিৰিক্তি প্ৰজন্মৰ বাবে নিৰাশাৰ আকৃতি আশাৰ
বহি দ্বন্দ্বাৰ থাকিব ।

— দাৰি দৃষ্ট
যন্ত্ৰ স্বাক্ষৰিক

आत्म-खोज का महत्त्व

आज की तेज दुनिया में लोग ज्यादातर बाहरी सफलता पर ध्यान देते हैं और खुद को समझना भूल जाते हैं। आत्म-खोज का मतलब है खुद को जानना - अपनी ताकत, कमजोरी, पसंद और सूच को समझना। इससे हम सही फैसले ले पाते हैं और अच्छा जीवन जी सकते हैं। कॉलेज का समय नया चीजें सीखने और अपनी पसंद समझने का सबसे अच्छा समय होता है। इस दौरान उलझन लेना बिल्कुल सामान्य है, क्योंकि इसी से हम आगे बढ़ना सीखते हैं। ये अनुभव हमें मजबूत बनाते और सही रास्ता दिखाते हैं। आत्म-खोज से हमें यह समझ आता है कि हमें जीवन में क्या करना है और किस दिशा में जाना है जब हम खुद को समझने लगते हैं, तो हमारा आत्मविश्वास बढ़ता है और हम फैसले खुद लेने लगते हैं। आत्म-खोज से हम अपने डर और कमजोरियों को पहचानते हैं। जब हम अपने डर स्वीकार करते हैं, तभी उन्हें सुधार सकते हैं। अपनी ताकत को जानकर हम उसे और बेहतर बना सकते हैं। इससे हमारा आत्मविश्वास बढ़ता है और हम बिना डर के फैसले ले पाते हैं। साथ ही, यह हमें मानसिक शांति भी देता है और हम दूसरों से तुलना करना कम कर देते हैं। अंत में, आत्म-खोज एक दिन में पूरी नहीं होती। यह एक लंबी प्रक्रिया है जिसमें हम हर दिन नया सीखते हैं और खुद को बेहतर बनाते हैं। यही हमें एक अच्छा और समझदार इंसान बनाता है।

- अमिताभा बोरह
BA 6th Semester



THE UNRULY SPIRIT

Youth is often described as a stage of life marked by rapid change, energy, passion and boundless possibility. It is a time where youth's refuses to accept the world as it is. They are like double edged sword, that are often to have two faces. They are often criticized as chaos, undisciplined but at the same time they are powerful, unpredictable and have the potential to bring a change in society and also struggle for self-definition.

The unruly spirit of youth's often tend to break restrictions and develop their opinions and values. Youth's doesn't walk; it runs, it doesn't whispers, it questions, and speaks for the truth. They are more willing to take risks, explore the unknown and dream beyond limits, also influences young individuals.

However, youth's can also appear recklessly, it can lead to confusion, conflict and regret. They may resist rules and questions authority without fully understanding it, this can create conflict and many people consider it as irresponsible and chaotic. Yet, it also reflects the process of growth where question to it leads to learning and maturity. They seemed to be uncontrollable but if they are mentored and guided, they can change everything.



Importantly, the youth's has played a significant role in shaping history. Every great transformation social or cultural revolutions have seen often played by young individuals. Their refusal to blindly accept authority has often paved the way for progress and reform.

In conclusion, youth's uneasy spirit is not a flaw, they shouldn't be silenced but need to be nurtured and mentored. Their goal is to bring meaningful change proving what seems uneasy is transformative, society should recognize it as an opportunity to bring lasting change.



— Niharika Gogoi
B.A 2nd Semester

HUMANS NEEDS HUMANS

Human beings are not meant to live alone. From childhood to old age, we rely on others in many ways. We need people not just for basic support, but also for emotional strength and happiness. Life feels more emotional and meaningful when it is shared with others.

Being connected to others help us grow. When we talk, listen, and spend time together, we learn new things and understand different perspectives. Relationships teach us how to care, share, and support one another. These lessons shape our personality and make us better individuals.

In difficult times, people become our greatest support. A few kind words or the presence of someone who understands us, can make a big difference. It gives us courage to face challenges and move forward. Without such support, problems can feel heavier and harder to handle. Even though technology allows us to communicate easily, it cannot replace real human connection. Seeing someone, hearing their voice, and feeling their presence brings a sense of comfort that screens cannot provide.

In simple words, humans need humans because we are connected by nature. Our lives become richer, stronger, more meaningful with others.

— Himangkhree Dutta
B.A 6th Semester

THE WAR WITHIN: A BATTLE

WITHOUT WEAPONS

When we hear the word "war", we usually think of soldiers, borders, and loud explosions. But there is another kind of war - a war that is silent and invisible, fought every single day. This is the war within ourselves.

As students, we are all soldiers in our own ways.

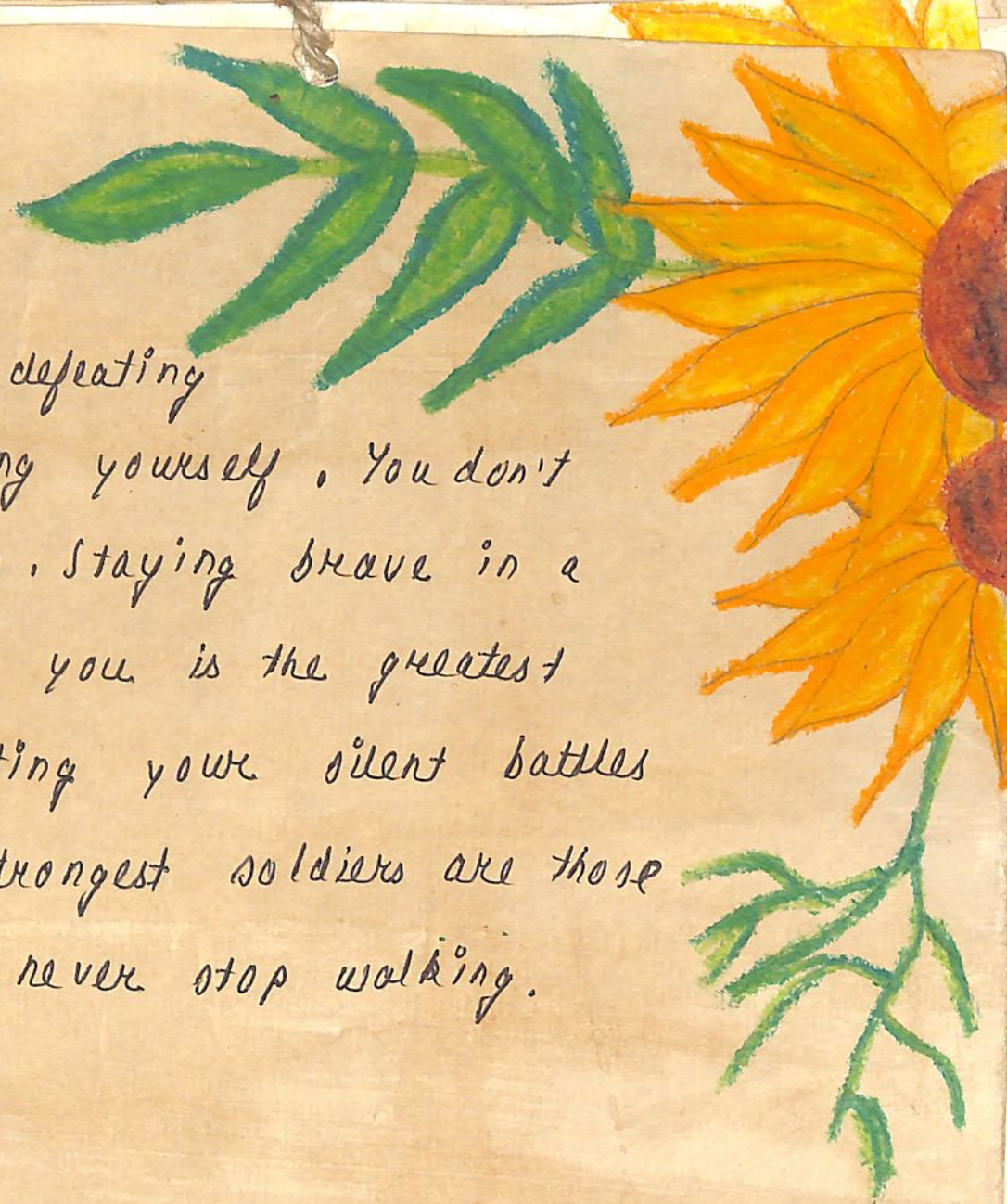
Our battlefield isn't a piece of land, it is our own minds. We fought against the fear of failure, the pressure of expectations, and the shadows of our own insecurities.

Sometimes, the hardest enemy to defeat is the voice inside our head that says, "You are not good enough".

This internal war doesn't have a ceasefire. It continues when we stay up late at night worrying about our future, or when we put on a smile for the world while feeling lost inside. We struggle to balance who we are with who the world wants us to be.

But here is the truth: every scare from this silent war is a mark of strength.

Every time you choose to get up and attend a class despite feeling overwhelmed, you win a battle. Every time you choose kindness over anger, or hope over despair, you are a conqueror.



True victory isn't about defeating others, it is about mastering yourself. You don't need a medal to be a hero. Staying brave in a world that tries to break you is the greatest victory of all. So, keep fighting your silent battles with grace, because the strongest soldiers are those who carry heavy hearts but never stop walking.



— Priyankhi Dutta
B. A 6th Semester

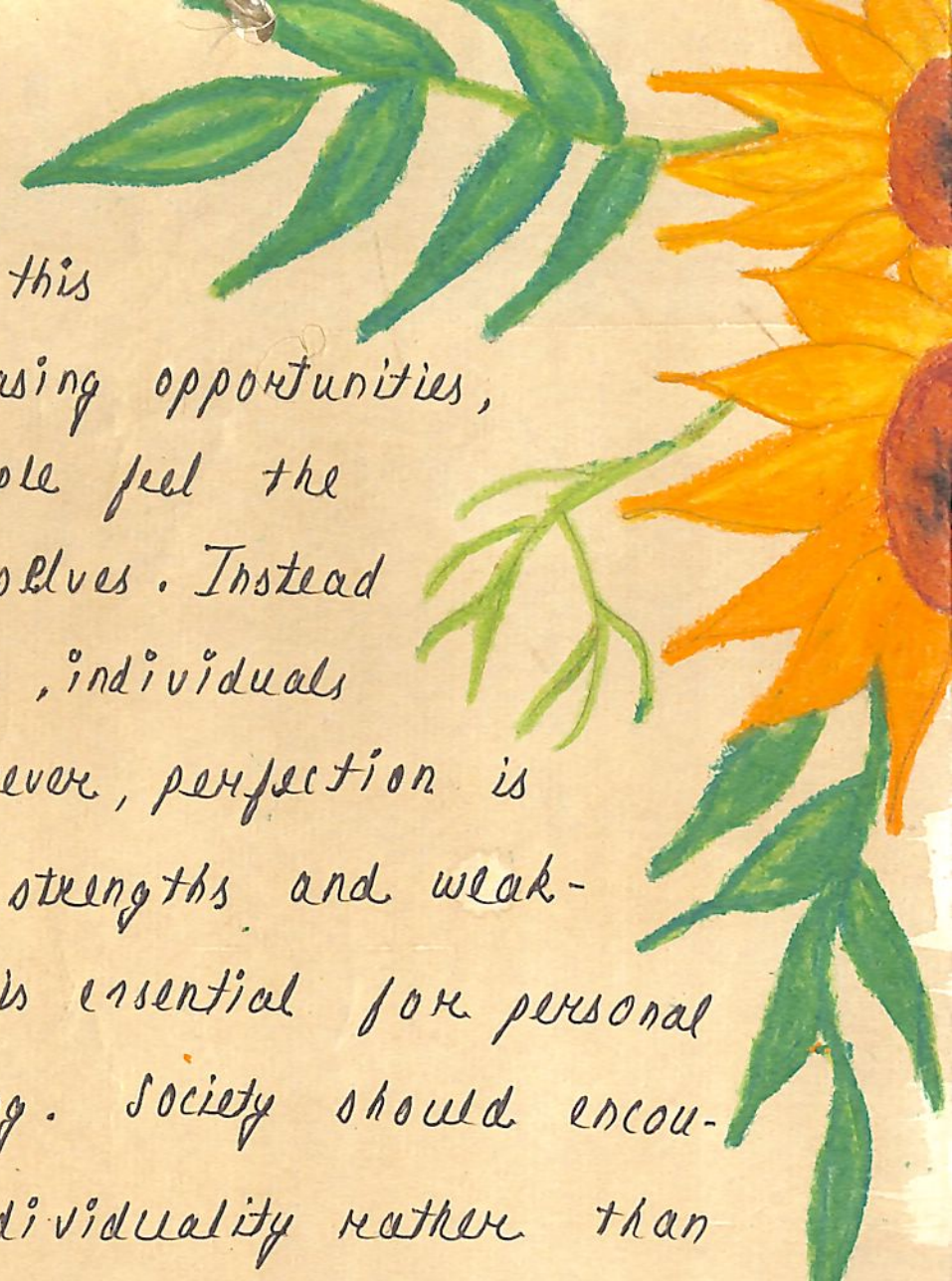
THE PRESSURE TO BE PERFECT

IN MODERN SOCIETY

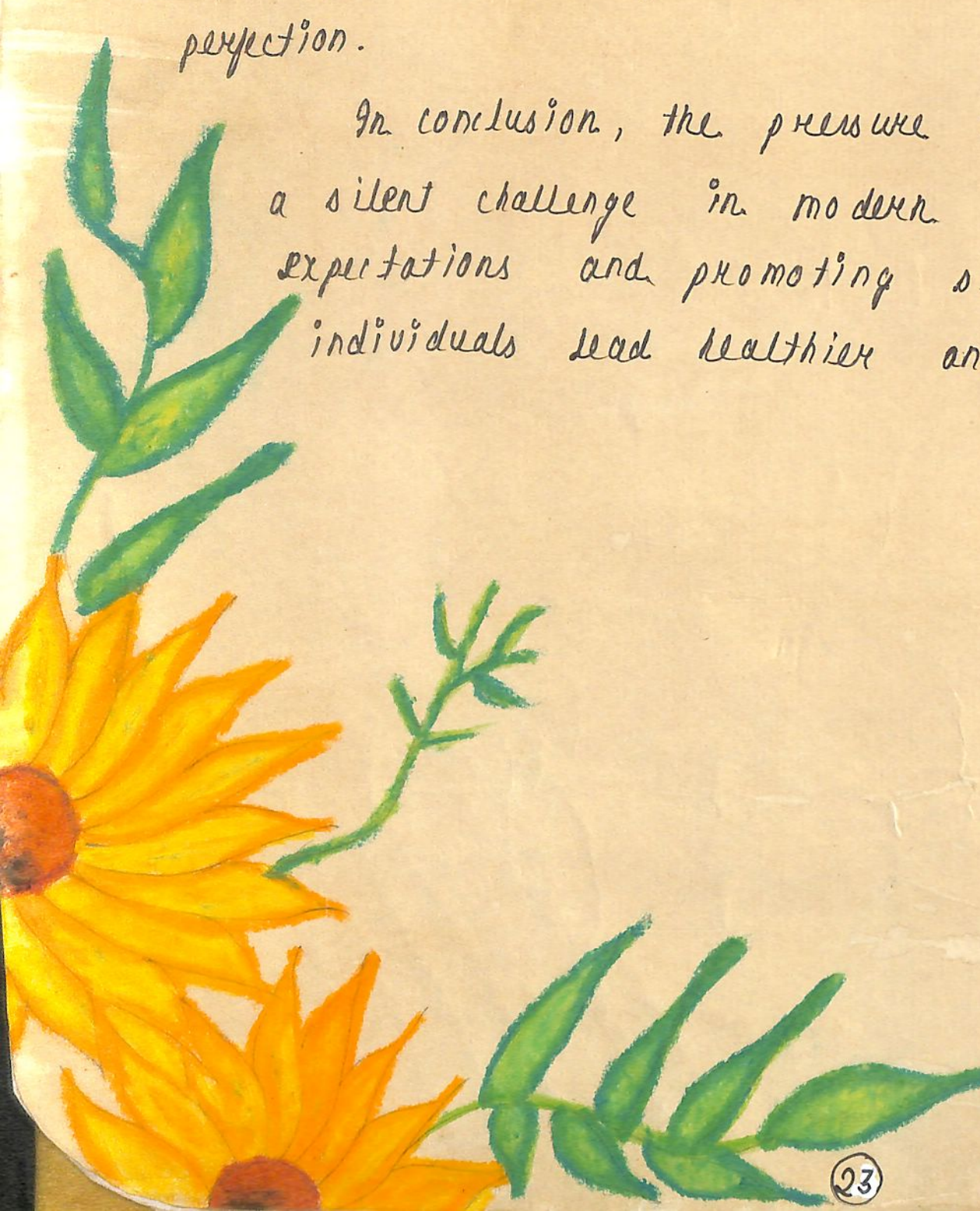
In modern society, the idea of perfection has become more powerful than ever. People are constantly expected to look perfect, behave perfectly, and achieve success at an early age. This growing pressure to be perfect has become a significant social issue, especially among youth.

One of the main reasons behind this pressure is social media. Every day, people see carefully presented images of success, beauty and happiness. These images often show only positive side of life, creating unrealistic standards. As a result, individuals begin to compare themselves with others and feel dissatisfied with their own lives. This comparison creates stress and lowers self-confidence.

Modern society also places high expectations on individuals. Students are expected to achieve excellent academic results, build successful careers, and maintain a perfect social life. Many young people feel they must succeed in every aspect of life. This constant pressure can lead to anxiety, fear of failure, and emotional exhaustion.



Another factor contributing to this issue is competition. With increasing opportunities, competition has also grown. People feel the need to constantly prove themselves. Instead of focusing on personal growth, individuals begin to chase perfection. However, perfection is unrealistic, and everyone has strengths and weaknesses. Accepting imperfections is essential for personal growth and mental well-being. Society should encourage effort, learning, and individuality rather than perfection.



In conclusion, the pressure to be perfect is becoming a silent challenge in modern society. Reducing unrealistic expectations and promoting self-acceptance can help individuals lead healthier and more balanced lives.

- Tanvi Barla
B. A 6th Semester