



EK  
**BHARAT**  
SHRESHTHA  
**BHARAT**



# Newsletter



महाराष्ट्र विजली पासी राजकीय महाविद्यालय सेक्टर एम आसिगाना तखनड



**Prof. Suman Gupta**  
Principal  
MBP GPG Govt. College



**Dr. Sanobar Haider**  
Nodal Of cer  
MBP GPG Govt. College



**Prof. Khwarpang**  
Principal  
TGT College of  
Teacher Education



**Dr. Regalia Tongper**  
Nodal Of cer  
TGT College of  
Teacher Education



# EBSB CLUB



**Dr. Sarita Singh**  
Student Club Coordinator



**Dr. Sweta Mishra**



**Dr. Rashmi Yadav**



**Dr. Madhumita Gupta**



**Dr. Raghavendra Mishra**



**Mr. Manoj**

# STUDENT CLUB



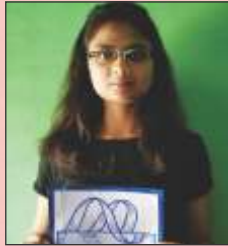
**Miss. Sukriti Gupta**



**Mr. Piyush**



**Mr. Apoorv Deep Bajpai**



**Miss. Pragiti Singh**



**Miss. Shakshi Yadav**



**Miss. Maitre Singh**



**Miss. Asma Parvez**

## मातृभाषा दिवस पर हिंदी को बढ़ावा देने का संकल्प



**» महाराजा बिजली पासी राजकीय महाविद्यालय आशियाना में आयोजित हुआ कार्यक्रम**

संस्कृत। राष्ट्रीय उत्कृष्ट शिक्षा अभियान के निर्देशानुसार महाराजा बिजली पासी राजकीय महाविद्यालय आशियाना संखनऊ में मातृ भाषा दिवस मनाया गया। इस दौरान उपस्थित सभी लोगों ने हिंदी को बढ़ाने देने का संकल्प लिया।

महाविद्यालय के कार्यक्रमों और छात्रों ने उत्साहपूर्वक इस समारोह में भाग लिया। इस दौरान विभिन्न लेखकों द्वारा लिखित हिंदी भाषा की पुस्तकों प्रदर्शनी में छात्रों के लिए प्रदर्शित की गई। यूपी प्रिंसिपल की अध्यक्षता में आयोजित सत्र फिल्मों और कहानियों छात्रों को दिखाई गई। महाविद्यालय की प्रभावों डॉ. मंजू दीक्षित ने हमारे मातृभाषा हिंदी की प्रासंगिकता पर प्रकाश डाला। इस कार्यक्रम को सफल बनाने में सहायकता डॉ. सरिता सिंह का विशेष योगदान रहा।

## मेघालय और यूपी की संस्कृति से वक्ताओं ने कराया रूबरू

**» महाराजा बिजली पासी राजकीय महाविद्यालय में आयोजित किया गया वेबिनार**

संस्कृत। महाराजा बिजली पासी राजकीय महाविद्यालय संखनऊ के ईवीएलबी बलब द्वारा गुरुवार को भारत सरकार के महावाकसी एक भारत श्रेष्ठ भारत कार्यक्रम के तत्वावधान में वेबिनार का आयोजन किया गया। वेबिनार का उद्घाटन कालेज की प्राचार्य डॉ. सुमन गुप्ता ने किया और नोडल अधिकारी डॉ. सनीबर हैदर ने इसका आयोजन किया।

वेबिनार का विषय मेघालय और उत्तर प्रदेश की संस्कृति या जिसमें लगभग 100 प्रतिभागियों ने प्रतिभाग किया। सभी अतिथिगण कार्यक्रम से जुड़े। अंतिम में प्रोफेसर अपेक्षा एन पासाह, नॉर्थ ईस्टर्न हिल यूनिवर्सिटी, शिल्लोंग और हिमांशु बाजपेयी,

सुनिश्चयत भारतीय कलाकार और लेखक शामिल थे, जो विस्मय में अपनी दायित्वपूर्ण कला के लिए जाने जाते हैं। डा. पासाह ने बहुत ही रोचक ढंग से मेघालय की संस्कृति के बारे में बात की और मेघालय की संस्कृति को प्रतिबिंबित किया एवं क्षेत्र के इतिहास, भूगोल, भोजन और पहनावे पर परिचर्चा की। हिमांशु बाजपेयी ने संस्कृति के अर्थ के बारे में बात की और संखनऊ के विशेष संदर्भ में उत्तर प्रदेश की संस्कृति के विभिन्न पहलुओं पर विस्तार से बर्ता की। वेबिनार से दोनों संघर्षों से जुड़े छात्रों, शिक्षकों एवं अभिभावकों को इन राश्यों की संस्कृति, इतिहास एवं भूगोल की बृहद जानकारी प्राप्त की। इसके बाद डा. मधुमिता गुप्ता द्वारा आयोजित एक संवातालयक सत्र एवं श्वेता मिश्रा द्वारा सारोश प्रस्तुत किया गया। कार्यक्रम का समापन डॉ. सपनेन्द्र मिश्रा प्रणय की काव्य प्रस्तुति और नोडल अधिकारी द्वारा धन्यवाद प्रस्ताव के साथ हुआ।





**'Ek Bharat Shreshtha Bharat'** programme aims to enhance interaction and promote mutual understanding between people of different States and Union Territories through the concept of state/UT pairing. The states carry out activities to promote a sustained and structured cultural connect in the areas of language

learning, culture, traditions and music, tourism and cuisine, sports and sharing of best practices.

#### **The EBSB programme aims :**

To celebrate the Unity in Diversity of our Nation and to maintain and strengthen the fabric of traditionally existing emotional bonds between the people of our Country.

To promote the spirit of national integration through a deep and structured engagement between all Indian States and Union Territories through a year-long planned engagement between States;

To showcase the rich heritage and culture, customs and traditions of either State for enabling people to understand and appreciate the diversity that is India, thus fostering a sense of common identity

To establish long-term engagements and,

To create an environment which promotes learning between States by sharing best practices and experiences.

Maharaja Bijli Pasi Government PG College, Lucknow has been paired up with the College of Teacher Education, P.G.T ,Shillong with the purpose of celebrating the idea of India as nation with cultural diversity through the manifestation of diverse languages, cuisines, costumes, handicrafts, sports and literature. To generate vibrance of Understanding and appreciation amongst people of two different states and to forge mutual bonding between them. It has been an absolute delight to connect with the paired college, students and staff members alike. The nodal officer Dr Regalia M. Tongper has been extremely cooperative under the kind and able guidance of the Principal Prof. V. Kharmawphlang.

#### **EBSB Team at MBP**

At Maharaja Bijli Pasi Government PG College, the team EBSB is led by our senior most Professor and former Principal of the College, Prof. Manju Dikshit supported by our Principal and guide Prof. Mohammad Tariq.

The ever dynamic team of teachers consists of Dr Sarita Singh-Coordinator, Dr Shweta Mishra, Dr Rashmi Yadav, Dr Madhumita Gupta, Dr Raghavendra Mishra and Mr Manoj.

The Students Club consists of some very energetic and ever enthusiastic boys and girls including Apoorvdeep Bajpai, Sukriti Gupta, Asthma Parvez, Maitry Singh, Pragati Singh, Piyush and Swati Gautam.

The office bearers for the same being

Sukriti Gupta	:	President
Apoorv deep Bajpai	:	Vice President
Secretary	:	Sakshi Yadav

The club began the session with the decoration of the notice board under the guidance of the Mentors and a Swacchta Pledge vowing to keep the campus and the environment clean.

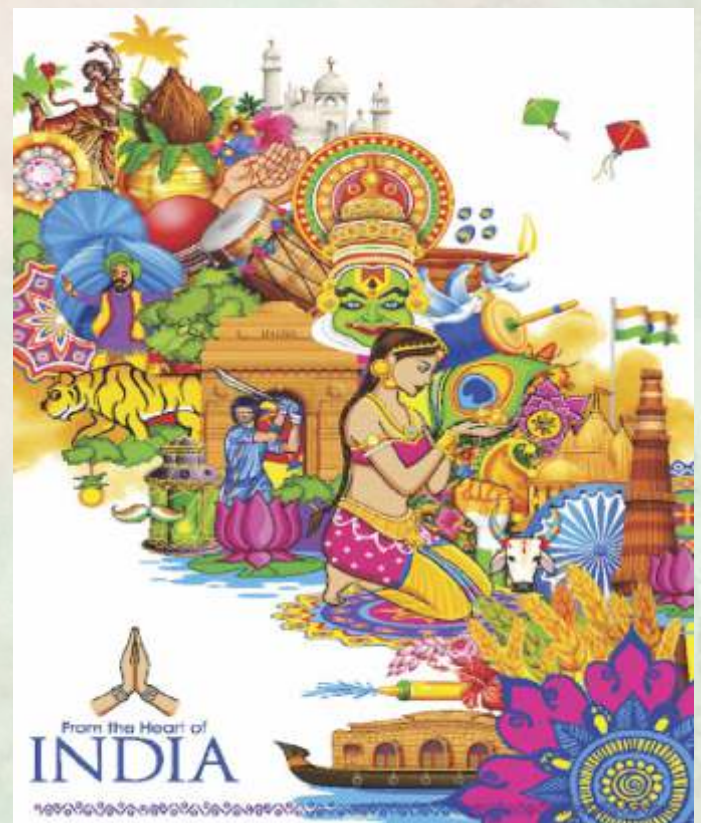
In keeping with the spirit of EBSB celebrations of matr bhasha diwas on 20-21st february were observed in the college. A book exhibition was organized in the college library for the students promoting the study of hindi as our mother tongue. Short hindi films like Eid gah based on the story of Munshi Premchand was also shown to the students celebrating the matr bhasha diwas. Further, a slogan writing competition, nukkad natak presentations and group discussions were also held in consonance with the spirit of the day.

A poster making competition was organized for the Students to sensitize them about the importance of protecting the environment on the occasion of the World Environment Day i.e. the 5th of June 2020.

Being the nodal officer of this ever ambitious programme of the Government of India is a privilege and has given me an opportunity to be a part of the vision of our Prime Minister's extremely promising and dynamic scheme of promoting unity in diversity..As is well known that a common thread runs through the length and breadth of our nation and we as citizens of this country need to strengthen the bonds across regions and boundaries. and I hope to be able to help the students achieve the maximum through this platform providing them with the utmost opportunities for inter state exposure and interaction.

'Unity in diversity is India's strength. There is simplicity in every Indian. There is unity in every corner of India. This is our strength'. Sri [Narendra Modi](#)

**Dr. Sanobar Haider**  
Nodal Of cer  
MBP GPG Govt. College







**Prof. Suman Gupta**

Principal

'Ek Bharat Shreshtha Bharat' is an extremely promising programme of the Government of India. which envisions the dream of our Prime Minister ,Sri Narendra Modi ji. It is indeed great for the College to be associated with this initiative which aims to transcend borders between different parts of the country. By way of this programme different states of the country are getting closer to each other both through the virtual and actual mode which infact is the underlying thread of the our country which is a land of diversities.

The College EBSB Club headed by Dr Sanobar Haider has been organizing various programmes like Webinars, student meets, cultural programmes etc throughout the year both online and offline. It has been quite an interesting journey for the students of the college who were exposed from time to time to the students of the paired up college of Teacher Education ,Shillong, Meghalaya.

The EBSB Club of Maharaja Bijli Pasi Government PG College, Lucknow hopes and looks forward to holding various other programmes in the near future for even a better understanding of the history, culture and various issues related to the state of Meghalaya.

I wish the EBSB TEAM the very best for all their future endeavours.



**Dr. Mohammad Tariq**

The "Ek Bharat Shrestha Bharat" programme, is a very ambitious programme of our Government to strength enthe bonds of amity between people of diverse cultures living in different parts of India. This effort of the Government definitely deserves an applause and we at Maharaja Bijli Pasi Government PG College, Lucknow are proud to be associated with this scheme.

The initiative 'Ek Bharat Shreshtha Bharat' was announced by Hon'ble Prime Minister on 31st October, 2015 on the occasion of the 140th birth anniversary of Sardar Vallabh bhai Patel. Through this innovative measure, the knowledge of the culture, traditions and practices of different states & UTs will lead to an enhanced understanding and bonding between the states, thereby strengthening the unity and integrity of India. This programme also aims to showcase the rich heritage of either states fostering a sense of common identity.

The efforts in this regard being made by our college hope to enthuse a new vig our into the act of promoting cultural unity with the paired up states .Our College has the opportunity to work in consonance with the College of Teacher Education, PGT ,Shillong and we have had

some excellent interactions with the staff and students of the college.

My best wishes to the teams for all their future end evours.



**Prof. Manju Dikshit**

It is indeed a privilege and a matter of great pride to bring out the Newsletter for the the very promising programme EBSB with which our honourable Prime Minister Sri Narendra Modiji is very closely involved. Having been associated with this programme ever since its inception in our college, has been a great experience in itself.

The efforts made by the team EBSB along with the students are definitely commendable.In keeping with the the aim of the programme of celebrating the unity in diversity of the country we at MBP have been actively involved in strengthening our ties with the paired up college of Teacher Education, PGT Education ,Shillong. Various programmes were organized over the year under the aegis of the club which proved to be a great success. A close association has been developed between the staff and students of both the colleges for which the nodal officers and their team leaders deserve a special mention. I sincerely hope and wish that this association will go a long way in fostering the bonds across the states and regions of our multifaceted country.

*"Our ability to reach unity in diversity will be the beauty and the test of our civilization."*

**Mahatma Gandhi**



**Prof. Kiran Yadav**

**Greetings,**

As I write a message for the EBSB newletter ,I must admit that EBSB programme is one of its kinds and deserves accolades.

The states and UTs perform activities in cohesion with the spirit of unity in diversity and showcase the activities which help in keeping with the spirit of Ek Bharat Shreshtha Bharat. The activities are also publicised through different social media platforms, online publicity, print coverage, digital media, Television/Radio programmes.

The activities are performed to highlight special features of the paired state and to celebrate diversity of the cultural spectrum of our country. The participation shown by the people of our country in the Ek Bharat Shreshtha Bharat Programme is commendable.

The students of MBP along with the EBSB Club of the College lead by the Nodal Officer have been organizing interesting programmes over the year.



## **“Ek Bharat Shreshtha Bharat”**



### **Dr Sarita Singh**

*Asst. Prof. Department of English  
MBP GPG College,  
Aashiyana, Lucknow*

*“Our ability to reach unity in diversity will be the beauty and the test of our civilization.”*

**Mahatma Gandhi**

The above stated vision of Gandhiji finds its reverberation in “Ek Bharat, Shrestha Bharat” campaign which was launched on 31 October 2015, on the occasion of the birthday of Sardar Vallabh bhai Patel, the iron man of India who end ea vou red incessantly to bind the entire nation in one single thread of unity.

A deeply penetrating insight will not fail to recognize the fundamental unity beneath manifold diversity in India. Thus, the ingenuity of Ek Bharat, Shrestha Bharat campaign lies in the promotion of cultural unity among states as it aims to foster the spirit of national unity, cooperation, brotherhood, harmony among the people of the country through mutual sharing of cultural heritage and to develop a common approach to nation-building.

Through this initiative of the government, the people of the country would be exposed to the rich culture, heritage, food, clothing, handicrafts, tradition, language, and customs of all the 36 states and UTs and people of one state will be able to distinguishing acknowledge the culture and traditions of the other state. This campaign has been designed with the vision to promote learning between States by sharing best practices and experiences by showcasing the rich heritage and culture, customs and traditions of either State for enabling people to understand and appreciate the diversity, that is India, thus fostering a sense of common identity.

In this respect, each state has been paired with another state for a year and then after one year, again it shall be paired with some other state to develop an understanding and harbour a sense of mutual respect and belong ingness. This pairing of states shall involve a planned and structured program abiding by which this mutual interchange and interaction shall take place. In this context, the state of Uttar Pradesh has been paired with the north-eastern states of Meghalaya and Arunachal Pradesh.

The college that has been paired with our college, Maharaja Bijli Pasi Govt. PG College, Aashiyana, Lucknow is P.G.T. College of Teacher Education, Shillong, Meghalaya.

We have had few online interactions in this session so far, and it has really been an overwhelming experience. The interactions which initially began on a formal pedestal, gradually have now shifted to an informal zone. We now recognise and interact with the students from our paired college as if they are our own and this feeling of belongingness is now mutual. This platform

has certainly been able to strike a genial chord between us. The more we continue to interact, I hope, the more we all shall be able to coalesce the diverse cuisine, music, dance, theatre, movies & films, handicrafts, sports, literature, festivals and arts of our paired state of Meghalaya.

I really do hope that this interaction shall continue to build new modes of cultural communication between states having immense disparities, and strengthen the unity and integrity of the country through these close cross-cultural interactions.

*“In diversity there is beauty and there is strength.”*

**Maya Angelou**

## **EBSB WEBINAR “DEKHO APNA DESH”: I AND II**



### **Dr. Shweta Mishra**

*Asst. Prof. Department of English  
MBP GPG College,  
Aashiyana, Lucknow*

Ek Bharat Shreshtha Bharat is not just a slogan but a thought that moves towards building and binding our nation in a single thread of love and compassion. Moving towards this goal, the EBSB Club of Maharaja BijliPasi Govt. P.G. College, under the able mentorship of our Principal, Prof. Manju Dikshit, and our EBSB Nodal Officer Dr Sanobar Haider, geared up for the webinars organized on 12th June, 2020 and the International Webinar “Incredible India: Yoga, Ayurveda and Spirituality” under the aegis of Ek Bharat Shreshtha Bharat: Dekho ApnaDesh organized on 6th July, 2020 via Zoom virtual conferencing.

In the first Webinar, Our keynote speaker and chief guest, Mr. Vikramjeet Singh Rooprai, author, historian, heritage activist and educator spoke about India's heritage and the pattern of evolution with reference to Harappan and Indus Valley Civilization. He talked about the drainage system, the pottery and the stories carved on pots and seals and threw light on the practices and customs that are relevant even today.

Our distinguished speaker and guest, Mr. Ravi Bhatt, the noted historian and author, focused on the culture of Lucknow evolved by the Nawabs of Lucknow and how it has been exceptionally useful for humankind – a culture catering to the well-being of humans. He told us about the evolution of etiquettes and mannerisms of Lucknow and the secular nature of Lucknow.

In the second Webinar, Our first distinguished speaker, Dr Ram Sharma, Associate Professor and Head, Department of English, J.V.P.G. College, Baghpat, defined 'Yog' as something that 'joins'. He discussed in detail about various literary texts and vedas and quoted references from mythology to explain the importance of Yog. He also traced the history and significance of AyurvedaOur next eminent speaker, DrAbhay Narain Tiwari, Senior Ayurvedic Consultant, Sachiv Arogya Bharat Avadhprant, discussed in detail about Ayurveda.



He explained that 'Ayu' means "life" and 'Veda' means "knowledge". He elucidated that the purpose of Ayurveda is to maintain the health of a healthy man and to eradicate the disease of a diseased one. He stated that Ayurveda is the science of life.

Our subsequent distinguished speaker, Mrs. Manjri Khullar, Alternative Medicine Therapist and Pranic Healer, discussed the concept of Spirituality. She deliberated that spirituality is not any religion but a science. She went on to explain the concept through the division of human self into body, mind and soul. She reasoned that meditation is the exercise for soul and that we need to cleanse ourselves for the clarity of Divine Power and Oneness.

This was followed by our celebrated speaker from the United States of America, Prof. Carolyn Heising, Former Professor, Iowa State University, United States and Co-Founder Universal Peace Institute, Vista, California. Prof. Heising brought to light her own

personal experiences of India and how Yoga is an effective way to fight COVID-19 pandemic.

Moving towards binding our country with one thread of unity and love, we had our very special guests from Meghalaya – Dr Vanessa, Principal, College of Teacher Education, PGT Shillong, and Dr Regalia, the Nodal Officer, EBSB, College of Teacher Education, Shillong, whose presence added a feather to our cap. Dr Vanessa and Dr Regalia with their warm words of love touched our hearts.

The webinar concluded with a short poem:

Come what may we shall not fail  
Come what may we shall not fall

This is our world and we are proud to say  
That a little virus can never keep us away  
We've come closer and together we hold  
Each other in a stronger mould...

**WEBINAR**  
**EBSB :Dekho Apna Desh**  
(History and Culture of India)  
Organized by  
EBSB Club  
**Maharaja Bijli Pasi Govt. P G College, Ashiana, Lucknow**  
**Date & Time**  
**June 12, 2020 at 12.30 PM on ZOOM and YouTube**



**Principal**  
**Prof. Dr Manju Dikshit**



**Dr. Sanobar Haider**  
**Nodal Officer**



**Dr. Vanessa Khanna**  
**Principal**  
**College of Teacher Education**  
(P.T.E.) Shillong



**Dr. Regalia M. Tongper**  
**Associate Professor**  
**College of Teacher Education**  
(P.T.E.) Shillong

**Joint College with EBSB club**



**Maharaja Bijli Pasi Govt. P G College, Ashiana, Lucknow**

**Prof. Manju Dikshit**  
Principal  
**Dr. Sanobar Haider**  
Nodal Officer

**EBSB Club Members**

**Dr Rashmi Yadav**  
**Dr Sarita Singh**  
**Dr Shweta Mishra**  
**Dr Madhumita Gupta**  
**Dr Raghavendra Mishra**  
**Shri Manoj Kumar**

**देखो अपना देश विषय पर एक ऑनलाइन वेबिनार**



**संयोजक:** देश की विविधता में एकता को महत्व देने और हमारे देश के लोगों के बीच पारस्परिक रूप से विश्वस्य भस्मनामक फलन के प्रति को करारा रखने और साजसज्जा करने के लिए, भारत सरकार को ज्ञान संसाधनों को 'एक भारत सेंट्रल भारत' योजना के तहत भारतवासियों को राजकीय साहित्यकार लक्ष्मण के इंटरनेट को सपोर्ट एवं डिजिटल साधन उपलब्ध कर 'देखो अपना देश' विषय पर एक ऑनलाइन वेबिनार का आयोजन किया। इस कार्यक्रम का अध्यक्ष डॉ. अशोक शर्मा, जो भारत सरकार के इंटरनेट को सपोर्ट एवं डिजिटल साधन उपलब्ध कर 'देखो अपना देश' विषय पर एक

**अध्यक्ष:** देश की विविधता में एकता को महत्व देने और हमारे देश के लोगों के बीच पारस्परिक रूप से विश्वस्य भस्मनामक फलन के प्रति को करारा रखने और साजसज्जा करने के लिए, भारत सरकार को ज्ञान संसाधनों को 'एक भारत सेंट्रल भारत' योजना के तहत भारतवासियों को राजकीय साहित्यकार लक्ष्मण के इंटरनेट को सपोर्ट एवं डिजिटल साधन उपलब्ध कर 'देखो अपना देश' विषय पर एक

**विषय:** भारत के विभिन्न राज्यों, प्रदेशों, क्षेत्रों और लोगों के बीच पारस्परिक रूप से विश्वस्य भस्मनामक फलन के प्रति को करारा रखने और साजसज्जा करने के लिए, भारत सरकार को ज्ञान संसाधनों को 'एक भारत सेंट्रल भारत' योजना के तहत भारतवासियों को राजकीय साहित्यकार लक्ष्मण के इंटरनेट को सपोर्ट एवं डिजिटल साधन उपलब्ध कर 'देखो अपना देश' विषय पर एक

**अध्यक्ष:** देश की विविधता में एकता को महत्व देने और हमारे देश के लोगों के बीच पारस्परिक रूप से विश्वस्य भस्मनामक फलन के प्रति को करारा रखने और साजसज्जा करने के लिए, भारत सरकार को ज्ञान संसाधनों को 'एक भारत सेंट्रल भारत' योजना के तहत भारतवासियों को राजकीय साहित्यकार लक्ष्मण के इंटरनेट को सपोर्ट एवं डिजिटल साधन उपलब्ध कर 'देखो अपना देश' विषय पर एक

**'देखो अपना देश' विषय पर विद्वानों ने किया मंथन**

» वेबिनार में प्राचीन संस्कृति पर प्रस्तुत किए विचार  
» महाराज विजयली पासो महाविद्यालय में कार्यक्रम आयोजित



**अध्यक्ष:** देश की विविधता में एकता को महत्व देने और हमारे देश के लोगों के बीच पारस्परिक रूप से विश्वस्य भस्मनामक फलन के प्रति को करारा रखने और साजसज्जा करने के लिए, भारत सरकार को ज्ञान संसाधनों को 'एक भारत सेंट्रल भारत' योजना के तहत भारतवासियों को राजकीय साहित्यकार लक्ष्मण के इंटरनेट को सपोर्ट एवं डिजिटल साधन उपलब्ध कर 'देखो अपना देश' विषय पर एक

**अध्यक्ष:** देश की विविधता में एकता को महत्व देने और हमारे देश के लोगों के बीच पारस्परिक रूप से विश्वस्य भस्मनामक फलन के प्रति को करारा रखने और साजसज्जा करने के लिए, भारत सरकार को ज्ञान संसाधनों को 'एक भारत सेंट्रल भारत' योजना के तहत भारतवासियों को राजकीय साहित्यकार लक्ष्मण के इंटरनेट को सपोर्ट एवं डिजिटल साधन उपलब्ध कर 'देखो अपना देश' विषय पर एक



## Lifestyle, Values and Beliefs



**Dr. Rashmi Yadav**

Asst. Prof. Department of Chemistry  
MBP GPG College,  
Aashiyana, Lucknow

India is a diverse country, a fact that is visibly prominent in its people, culture and climate. From the eternal snows of the Himalayas to the cultivated peninsula of far South, from the deserts of the West to the humid deltas of the East, from the dry heat and cold of the Central Plateau to the cool forest foothills, Indian lifestyles clearly glorify the geography.

The Indian culture varies like its vast geography. People speak in different languages, dress differently, follow different religions, eat different food but are of the same temperament. So whether it is a joyous occasion or a moment of grief, people participate whole-heartedly, feeling the happiness or pain. A festival or a celebration is never constrained to a family or a home. The whole community or neighborhood is involved in bringing liveliness to an occasion. Likewise, an Indian wedding is a celebration of union, not only of the bride and groom, but also of two families, maybe cultures or religion too! Similarly, in times of sorrow, neighbors and friends play an important part in easing out the grief.

The global image of India is that of an upcoming and progressive nation. India has leaped many boundaries in all sectors- commerce, technology and development etc in the recent past. Ayurveda, is a distinct form of medicine made purely of herbs and natural weeds, that can cure any ailment of the world

. Meditation and Yoga are synonymous with India and Indian spirituality. Meditation is one of the most important components of Yoga, which is a mind-body therapy involving a series of exercises. The word 'meditation' covers many disparate practices from visualizing situations, focusing on objects or images, thinking through a complex idea, or even getting lost in a provocative book, all qualifying as meditation in the broad sense. However in Yoga, meditation generally refers to the more formal practice of focusing the mind and observing oneself in the moment. Many people from India and abroad are resorting to yoga and meditation to de-stress and rejuvenate their mind.

Another widely followed phenomena in India is the Doctrine of Karma that preaches that every person should behave justly as every act or deed comes back in full circle in one of the births of an individual.

The beauty of the Indian people lies in their spirit of tolerance, give-and-take and a composition of cultures that can be compared to a garden of flowers of various colours and shades of which, while maintaining their own entity, lend harmony and beauty to the garden Dr. Rashmi Yadav,



**Dr. Madhumita Gupta**

Asst. Prof. Department of Commerce  
MBP GPG College,  
Aashiyana, Lucknow

### Note On "Ek Bharat Shrestha Bharat"

उत्तर प्रदेश की राजधानी लखनऊ है। यह भारत का चौदहवां सबसे अधिक जनसंख्या वाला शहर है। लखनऊ एक बहुसांस्कृतिक शहर है जो लखनऊ के लोगों को एक साथ जोड़ता है।

Lucknow is the capital city of indian state of utter pradesh. it is the fourteenth most populous city and 12th most populous urban agglomeration of india. lucknow has always been a multicultural city that flourished as a north indian cultural and artistic hub and the seat of power of nawabs in the 18th and 19th centuries. it continues to be an important centre of govt. administration education, commerce, aerospace, finance, pharmaceuticals, technology, design, culture, tourism, music and poetry.

Historically lucknow was the capital of the awadh region controlled by the delhi sultanate and later under the mughal empire it was transferred to the nawabs of awadh.

Numerous monuments that stand today in lucknow like the bara imambara, the chota imambara and rumi darwaza are notable examples that has come to be known as the ganga - jamuni tehzeeb.

lucknow is famous for its chikan work. chikan is not only worn here but eaten also. chikan and jardori earns significant foreign currency. it is said that human beings are made of air, water, fire, earth and sky. if Pan and AADHAR are added to it, an indian is created. futher if tunday kebab, malai gilori, gazak, rewari, khasta, katchauri, jalebi, rabri and pan is added to it lucknow is created.

lucknow the name is synonymous with architectural example of lakhnawi bricks. the fragrance of ltttr, mucial notes, the sound of dancers, the sweetness of dussaheri mangoes, malai and gulab rewadis and of course it mehmanawazi know its refinement in speech, entertainment, dresses and manners.

Lucknow is also called the city of aabad. In fact is here that one can experience have contributed to the richness of this unique city. mention must be made of the urdu language gazals, sharary, expressive dance forms, colorful festivals, buzzing chowks and various exciting games loke patangbazi, kabutarbazi & baitbazi. lucknow is a live example of a city know to have a historical cultural background but famous for preserving its culture amidst fast paced progress of modern technology era.

लखनऊ एक शहर है जो लखनऊ के लोगों को एक साथ जोड़ता है। लखनऊ के लोगों को एक साथ जोड़ता है। लखनऊ के लोगों को एक साथ जोड़ता है।





**Dr. Raghavendra Mishra**  
Asst. Prof. Department of Hindi  
MBP GPG College,  
Aashiyana, Lucknow

v kneh plj fnu d k gh ; gkæ egeku gksk gS  
og yMk gS>xMk gScNk uknu gksk gS  
; seqfd u gSfd nkr l sd kZe' kjv gkst k s  
ekgCr ckv usoky k cNk bā ku gksk gS  
& Nvj k rōbe fe J  
/uoku cNk gSu gh l Eeku cNk gS  
fgLhwu cNk gSu eqyeku cNk gS  
j k kJuekt r hRZ ; scd kj ds>xMk  
bā kŭ; r vxj gSr ks bā ku cNk gS  
& Nvj k rōbe fe J



**Dr. Regalia Tongper**  
Nodal Of cer  
TGT College, Shillong, Meghalaya

**SHILLONG-LUCKNOW CONNECT: A WONDERFUL EXPERIENCE**

Dr (Mrs) Regalia May Tongper This beautiful journey embarks with the pairing of two institutes - College of Teacher Education (PGT), Shillong with Maharaja Bijli

Passi Government P. the Ek Bharat Shrestha Bharat (EBSB) platform. The relationship between the two institutes develops into such a beauty, that even though the stakeholders of both the institutes could not meet in person, yet interact with each other through virtual mode. Lockdown has brought the activities of the world to a halt, yet these two institutes never stop the wheels of activities rolling. From a series of Webinars to Students' Meet, organized by Dr Sanobar Haider and her team the students of both institutes interact with each other through digital mode. From the Biryani of Lucknow to Jadoh of Shillong, the intercultural exchange between these two institutes has given a deep insight into the culture and the ways of living of the people of Uttar Pradesh and Meghalaya. This platform has provides an opportunity for the students of both the institutes to learn about each other culture - the traditions, customs, beliefs, religions, values and ideals of both cultures through cultural exchange which was carried over by various activities such as Students' Meet and Webinars. On the whole, this journey has provide a wonderful experience for the stakeholders of both the institutes and this is not yet the end but it is just the beginning of this beautiful journey - Shillong Lucknow Connect.G College, Lucknow. Thanks to



**Fashion Show**



# EBSB Activities : A Colourful Journey





# EBSB Activities : A Colourful Journey



**EK BHARAT SHRESHTH BHARAT**

**MAHARAJA BILI PASI GOVERNMENT PG COLLEGE, LUCKNOW**  
**SPECIAL CLASS - KHASI LANGUAGE**

GUEST SPEAKER- Dr. Sarita Singh, Assistant Professor- Department of English

DATE-23<sup>RD</sup> JUNE 2021  
 TIME-11:30 A.M.

Dr. Kiran Yadav  
Principal

Dr. Sanobar Halder  
Nodal Officer

**EBSB STUDENTS' MEET**  
 EBSB CLUB

Maharaja Bili Pasi Government P.G. College, Lucknow

Date 05<sup>TH</sup> October 2020 at 11:30 a.m. via ZOOM

Paired Institute: P.G.T. College of Teacher Education, Shillong

Principal  
Dr. Mohammad Tariq

Nodal Officer  
Dr. Sanobar Halder

**EBSB Online Webinar**

Ek Bharat Shreshtha Bharat programme aims to enhance interaction & promote mutual understanding between people of different states/UTs through the concept of state/UT pairing. The states carry out activities to promote a sustained and structured cultural connect in the areas of language learning, culture, traditions & music, tourism & cuisine, sports and sharing of best practices, etc.

**Culture of Uttar Pradesh and Meghalaya**  
 Date- 26th August 2021  
 Time- 11:30 A.M.  
 Via Google Meet

**EBSB Documentary Show (NEP-2020)**

Ek Bharat Shreshtha Bharat programme aims to enhance interaction & promote mutual understanding between people of different states/UTs through the concept of state/UT pairing. The states carry out activities to promote a sustained and structured cultural connect in the areas of language learning, culture, traditions & music, tourism & cuisine, sports and sharing of best practices, etc.

**Tourist Destinations in Uttar Pradesh (Ministry of HRD)**  
 Date- 1st October 2021  
 Time- 1:00 P.M.  
 Venue-S 7

Shaping Minds - Since 1999



**The Campus**

Prof. Anil Bhardwaj  
Director  
Higher Education

Prof. Sunam Gupta  
Principal

Dr. Anura N. Pasrah  
Executive Speaker

Dr. Sanobar Halder  
Nodal officer  
EBSB

Sri Himanshu Bajpai  
Coordinator





# THE UTTAR PRADESH - MEGHALAYA CONNECT





## मातृभाषा दिवस पर हिंदी को बढ़ावा देने का संकल्प



### महाराजा बिजली पासी राजकीय महाविद्यालय आशियाना में आयोजित हुआ कार्यक्रम

४पीएम न्यूज नेटवर्क

लखनऊ। राष्ट्रीय उपकार शिक्षा अधिष्ठान के निर्देशानुसार महाराजा बिजली पासी राजकीय महाविद्यालय आशियाना लखनऊ में मातृभाषा दिवस मनाया गया। इस दौरान उपस्थित सभी छात्रों ने हिंदी को बढ़ाने देने का संकल्प लिया।

महाविद्यालय के प्रमुख अधिकारी और छात्रों ने उत्सवपूर्ण रूप से समारोह में भाग लिया। इस दौरान विभिन्न लेखकों द्वारा लिखित हिंदी भाषा की 'पुरालोक' पर्यटनी में छात्रों के लिए प्रदर्शित की गई। मुंशी प्रेमचंद की रचनाओं पर आधारित लघु फिल्मों और कहानियों छात्रों को दिखाई गईं। महाविद्यालय की प्रभावों डॉ. न्यू टीचर ने हमारी मातृभाषा हिंदी की प्राचीनता पर प्रकाश डाला। इस कार्यक्रम को सफल बनाने में सहयोगकों डॉ. सरिता सिंह का विशेष योगदान रहा।

## मेघालय और यूपी की संस्कृति से वक्ताओं ने कराया रूबरू

### महाराजा बिजली पासी राजकीय महाविद्यालय में आयोजित किया गया वेबिनार

४पीएम न्यूज नेटवर्क

लखनऊ। महाराजा बिजली पासी राजकीय महाविद्यालय लखनऊ के इंजीनियरी बलब द्वारा गुरुवार को भारत सरकार के महावाकानी एक भारत श्रेष्ठ भारत कार्यक्रम के तत्वावधान में वेबिनार का आयोजन किया गया। वेबिनार का उद्घाटन कालेज की प्राचार्य डॉ. सुमन गुप्ता ने किया और नोडल अधिकारी डॉ. सनोबर हैदर ने इसका आयोजन किया।

सुविधायक भारतीय कलाकार और लेखक शामिल थे, जो बिस्वभर में अपनी सांस्कृतिक विरासत के लिए जाने जाते हैं। डॉ. पासवह ने बहुत ही रोचक ढंग से मेघालय की संस्कृति के बारे में बात की और मेघालय की संस्कृति को प्रतिबिम्बित किया एवं क्षेत्र के इतिहास, भूगोल, भोजन और पहनावे पर परिचर्चा की। हिमांशु बाजपेयी ने संस्कृति के अर्थ के बारे में बात की और लखनऊ के विशेष संदर्भ में उत्तर प्रदेश की संस्कृति के विभिन्न पहलुओं पर विस्तार से चर्चा की। वेबिनार से दोनों राश्यों से जुड़े छात्रों, शिक्षकों एवं अधिकाधिकों को इन राश्यों की संस्कृति, इतिहास एवं भूगोल को गूढ़ जानकारी प्राप्त की। इसके बाद डॉ. सुधामिता गुप्ता द्वारा आयोजित एक संवादात्मक सत्र एवं श्रेष्ठ शिक्षा द्वारा छात्रों प्रस्तुत किया गया। कार्यक्रम का समापन डॉ. राजनेंद्र मिश्रा प्रमाण की काव्य प्रस्तुति और नोडल अधिकारी द्वारा धन्यवाद प्रस्ताव के साथ हुआ।

वेबिनार का विषय मेघालय और उत्तर प्रदेश की संस्कृति था जिसमें लगभग 100 प्रतिभागियों ने प्रतिभाग लिया। सभी अभिवादन मान्यता से जुड़े। वक्ताओं में प्रोफेसर अमिता एन पासवह, नॉर्थ ईस्टर्न हिल यूनिवर्सिटी, शिल्लोंग और हिमांशु बाजपेयी,

## देखो अपना देश विषय पर एक ऑनलाइन वेबिनार



लखनऊ। देश को विकसित में एकता को बढ़ावा देने और सभी देश के लोगों के बीच घनिष्ठ रूप से विचार-विचार सांवादात्मक रूप से होने को महाराज और न्यूज नेटवर्क ने 'एक भारत श्रेष्ठ भारत' के तहत महाराजा बिजली पासी राजकीय महाविद्यालय लखनऊ में ऑनलाइन वेबिनार के तहत और न्यूज नेटवर्क ने 'देखो अपना देश' विषय पर एक ऑनलाइन वेबिनार का आयोजन किया। इस कार्यक्रम का उद्घाटन प्रोफेसर डॉ. सुधामिता गुप्ता ने किया और महाविद्यालय के इंजीनियरी बलब डॉ. राजनेंद्र मिश्रा ने मुख्य वक्ता के रूप में भाग लिया। वेबिनार में मुख्य वक्ता डॉ. राजनेंद्र मिश्रा, एक शिक्षक, एक शिक्षक और डॉ. सनोबर हैदर की अध्यक्षता में हिंदी मातृभाषा को बढ़ावा देने के लिए सभी छात्रों को प्रोत्साहित किया गया।

वेबिनार के विषय प्रीम प्रिंसिपल एवं वक्ता, डॉ. सुधामिता गुप्ता द्वारा प्रस्तुत किया गया था। वेबिनार में मुख्य वक्ता डॉ. राजनेंद्र मिश्रा, एक शिक्षक, एक शिक्षक और डॉ. सनोबर हैदर की अध्यक्षता में हिंदी मातृभाषा को बढ़ावा देने के लिए सभी छात्रों को प्रोत्साहित किया गया।

## 'देखो अपना देश' विषय पर विद्वानों ने किया मंथन

### वेबिनार में प्राचीन संस्कृति पर प्रस्तुत किए विचार

### महाराजा बिजली पासी महाविद्यालय में कार्यक्रम आयोजित

४पीएम न्यूज नेटवर्क

लखनऊ। देश की विविधता में एकता को बढ़ावा देने और सभी देश के लोगों के बीच घनिष्ठ रूप से विचार-विचार सांवादात्मक रूप से होने को महाराज और न्यूज नेटवर्क ने 'एक भारत श्रेष्ठ भारत' के तहत महाराजा बिजली पासी राजकीय महाविद्यालय लखनऊ में ऑनलाइन वेबिनार के तहत और न्यूज नेटवर्क ने 'देखो अपना देश' विषय पर एक ऑनलाइन वेबिनार का आयोजन किया गया। वेबिनार में मुख्य वक्ता डॉ. राजनेंद्र मिश्रा, एक शिक्षक, एक शिक्षक और डॉ. सनोबर हैदर की अध्यक्षता में हिंदी मातृभाषा को बढ़ावा देने के लिए सभी छात्रों को प्रोत्साहित किया गया।

विद्वानों ने प्राचीन संस्कृति पर प्रस्तुत किए विचार। वेबिनार में प्राचीन संस्कृति के बारे में चर्चा की गई। वेबिनार में मुख्य वक्ता डॉ. राजनेंद्र मिश्रा, एक शिक्षक, एक शिक्षक और डॉ. सनोबर हैदर की अध्यक्षता में हिंदी मातृभाषा को बढ़ावा देने के लिए सभी छात्रों को प्रोत्साहित किया गया।

## राजधानी के शिक्षण संस्थानों में धूमधाम से मनाया गया स्वतंत्रता दिवस

### महाराजा बिजली पासी राजकीय महाविद्यालय में कई कार्यक्रम आयोजित

### सैट घाट कलेज में फल-खामजाओं को किया गया सम्मानित

४पीएम न्यूज नेटवर्क

लखनऊ। स्वतंत्रता के दिवस का संकल्प में स्वतंत्रता दिवस पुरुषा में काया लया। इस सैट घाट कलेज की राजकीय महाविद्यालय में विभिन्न कार्यक्रम आयोजित किए गए सैट घाट कलेज में विभिन्न फल-खामजाओं को सम्मानित किया गया। महाराजा बिजली पासी राजकीय महाविद्यालय में स्वतंत्रता को 75वीं वर्षगांठ का आयोजित किया गया। 12 सितंबर 2021 में जहाँ 15 जनवरी 2023 तक संपन्न का रहा है। महाविद्यालय में आयोजित का, सुमन गुप्ता के निर्देशन में आयोजित किया गया। महाविद्यालय में आयोजित किया गया। महाविद्यालय में आयोजित किया गया।

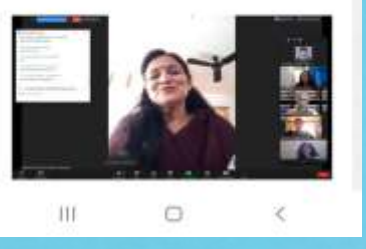


### अयोध्या में भारत माता की हुई भव्य आरती

### राम की पैरों पर जलावे गये 7500 तैप

अयोध्या। आरती की रात अयोध्या में राम की पैरों पर जलावे गये 7500 तैप। अयोध्या में राम की पैरों पर जलावे गये 7500 तैप। अयोध्या में राम की पैरों पर जलावे गये 7500 तैप। अयोध्या में राम की पैरों पर जलावे गये 7500 तैप।

'EK BHARAT SHRESHTHA BHARAT' is a government of India programme to promote and celebrate unity in diversity and to strengthen the bond between the people of the country. Keeping in line with the objective the EBSB Club of Maharaja Bijli Pasi Government P.G. College, Lucknow organised an online WEBINAR on the theme 'Dekho Apna Desh' on the history and culture of India and the historical city of Lucknow. The programme was inaugurated by Prof. Dr Manju Dikshit and convened by Dr. Sanobar Haider, the nodal officer for the EBSB programme of the college.



## Maharaja Bijli Pasi Government P.G College.

The birth Anniversary of Mahatma Gandhi and Lal Bahadur Shastri ji was celebrated on the 2nd of October 2021 at Maharaja Bijli Pasi Government P.G College.

