



TIRESIA

Volume 12, Issue 1

The Editorial Board
-Beckoning Creati'wit'y

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September Issue

Expanding Erudition

#Engineers'
Day

Interviewing
Mr. Rajesh Srivastava
Director, Digital Transformation, Wipro Ltd.



Message From The Editorial Board

Adiós to the season of drizzling rain, humid crust and blooming carnations, with a manifestation of hospitality to the month of September by commemorating the deeds of the victors in our cultural history. In the end of July, the arrival of first batch of Rafale aircrafts and the proclamation of the New Education Policy brought a wave of enthusiasm to the nation. 15th September, a day to mark the tribute to the Indian Engineer Bharat Ratna Mokshagundam Visvesvaraya was celebrated as Engineers' Day across the country. Amid the emergent norms of hygiene and social-distancing, our University commenced with a fresh academic year. Thenceforth, the Malaviyans proved their tenacity and surged forward with their academic activities.

Some people got drenched in heavenly showers, whilst those waters seemed to have been possessed by evil for the people of Bihar and Assam. This year has been more about downs than ups, but mankind has learned to be more patient and perseverant. With many disheartening mishaps consuming the global peace, we spotted an inevitable end. But, with the news of Russian government releasing the first batch of Sputnik-V, the first COVID-19 vaccine, the buds of hope have started to blossom again. The nation has started to adapt with the new normal and with this, the monsoon session of the parliament finally began.

Our battle is not only with this pandemic but, also with the monotonous routine, stress and boredom. But the online events didn't let malaise creep into the lives of Malaviyans. Various events like Enquesta De Criquet, Coup d'oeil and Prerna kept them cheered up and adhered to their University family. Shree Anna Hazare Ji gave us a message of considering the whole country as a family in his virtual interview with **The Editorial Board**. This interactive, virtual interview with him filled Malaviyans with verve and felicity. A nation succeeds only when it sticks to its roots. Following this aphorism, events such as Vagmita and Abhivyanjana were conducted, which accentuated the prominence of the most spoken language of India, Hindi. Along with the fervent Malaviyans and our newly appointed Vice Chancellor, Prof. J. P. Pandey, the University is all set to reach up to the zenith with ethics.

A caterpillar revamps into a flamboyant butterfly only when it allows itself to undertake the transformation. Change is inexorable and it's the rudimentary law of nature. It gives emergence to a better version of our personality because human life is all about striving for being quintessential. Become your own genre of a butterfly by incessantly accepting the changes and ameliorating yourself. With the message of fortitude and robustness, **The Editorial Board** presents the September issue of **Tiresia**.

Bienvenidos!

Our Team

Final Year Members: Abhishek Singh, Akshat Singh, Astitva Mishra, Avaneesh Shukla, Ishita Singh, Mayank Srivastava, Nikhil Kumar, Nitya Anand, Shikhar Trivedi, Shivam Kumar, Shivani Parashar, Suryansh Kumar Pathak, Ujali Singh, Vishnu Narain

Third Year Members: Aditi Khare, Eshan Mishra, Harsh Gujrati, Jay Kumar, Kayoor Mishra, Pratyush Mishra, Saumyadeep Tripathi, Shatakshi Srivastava, Shipra Pathak, Shivam Ojha, Snehil Pal

Second Year Members: Abhishek Singh Chauhan, Akansha Saxena, Arpit Ghosh Roy, Divyansh Srivastava, Divyansh Vinod, Divyanshi Yadav, Harshita Pandey, Hritik Mohan, Laxmi Pandey, Navrachit Kulshresth, Radhika Srivastav, Ritvik Maurya, Shashvat Rastogi, Swarnima Mishra, Tanya Shukla, Tarun Sonkar, Yuvraj Rajyadhayksh

MESSAGE FROM

Faculty Advisor



Dr. S. N. Singh
Faculty Advisor

Madan Mohan
Malaviya University
of Technology,
Gorakhpur - 273010



www.mmmut.ac.in
[www.mmmut.ac.in/
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It is my pride and privilege to share this message for the September issue of **Tiresia**. The month of September as vibrant as it is, opens a lot many vistas for academia and cultural grooming. September, in its calendar, has Teachers' Day which celebrates the relationship of teachers and students. The distinguished former President of India, Late Dr. Sarvepalli Radhakrishnan once said that if the country wanted to celebrate the day of his arrival in this world, it should be celebrated as Teachers' Day, because of him primarily being a teacher. At the beginning of this month, India celebrates this teacher-taught, and extremely valuable relationship to recognize the long-standing 'Guru-Shishya Parampara' of the Vedic ages running in the veins of Indian education system till date, and it will continue in the upcoming era. Advancing further into the month, our University celebrated Hindi Diwas on September 14, 2020 honouring our mother tongue and immediately after, September 15, 2020 was celebrated as Engineers' Day in the honour of Sir Mokshagundam Visvesvaraya, who dedicated his life working for the service of society as an engineer, and we as a part of an engineering University, celebrated it with great enthusiasm. Various online programs were organised to acknowledge these distinguished calendar dates. September 17, 2020 was celebrated as Vishwakarma Puja and the 'deity of all creation' was rightly honoured.

On the occasion of Teachers' Day, the organising team of **The Editorial Board** did a wonderful job of hosting an interview session with the celebrated Indian social worker, Shree Anna Hazare ji, who dedicated his entire life working for social and political reforms. All these events, clubbed together, imbibe the cultural heritage of our nation, embedded with social, cultural, traditional and spiritual values. This heritage indicates how the role of a teacher converts a man into a gentleman, a person into a personality and it also reflects the ideal and desirable behaviour of students and helps them to inculcate the conscionable moral values in themselves. An ideal persona in India should have all these values and thus for an engineer, Engineers' Day and Vishwakarma Puja are of prime importance, primarily due to the values associated. Beyond that, **The Editorial Board** must be acknowledged for their continuous and consistent efforts as they could host none other than the 'Padma Bhushan' awardee Shree Anna Hazare ji. **The Editorial Board** comes up with their e-zine **Tiresia**, which is truly a symphony of creativity. I give my best wishes to the entire team of **The Editorial Board** that works day and night to bring out such inspiring opportunities. Kudos to their efforts and dedication.

With best regards
Dr. Sudhir Narayan Singh
Faculty Advisor,
The Editorial Board, MMMUT

Tête-à-tête

A talk with Mr. Rajesh Srivastava

Mr. Rajesh Srivastava is a notable personality, presently working as Director for Digital Transformation in Wipro Limited. An alumnus of Madan Mohan Malaviya University of Technology, Gorakhpur (1996) and Stanford University, USA (2006), he is currently an international speaker, stand-up comedian, author and an IT expert. **The Editorial Board** had the privilege to interview him. Here is an excerpt from what he has said:



Q How would you describe your experience in Malaviya?

A I had an unforgettable and phenomenal journey at Malaviya. This journey transformed me from an introvert and shy person to not only a courageous and confident engineer but an individual too. I was mesmerized by the exposure I had at various events and cultural shows at that time. When the cultural events were being organized, I decided to anchor them by my final year, despite the fact that I neither possessed nor made any pretensions to literary skill or talent. However, I worked hard to improve my skills by participating in various events of the college. Eventually, I hosted and organized the cultural program in the final year. I truly had a transformational journey wherein an inept non-speaker turned into a competent speaker. This was one of the many dreams that was fulfilled in those four years.

Q You have an inspiring journey from your humble origin to a prestigious and respectable position. What is your mantra for success?

A Be clear towards your goal and have a strong belief. You can do anything as long as you have the passion, the drive, the focus and

the determination. Nothing is as important as passion. If you are passionate, you will be able to achieve whatever you dream of.

Q How difficult, according to you, is the changeover from college life to the corporate world? How can the students prepare themselves for the shift?

A To me, language was the barrier. Even if an individual has adequate knowledge of a particular subject, many a times, thoughts and emotions are not articulated with the same passion and enthusiasm. I would strongly recommend the students to work on their communication skills. It will help them to leave a good impression, avoid misunderstandings and negotiate effectively.

Q Would you like to share an incident from your college life that makes you nostalgic?

A I participated in one of the literary programs held in our college. This was the very first time in my life when I got an opportunity to present myself on the stage. When my name was announced to recite poem, my heart started pounding. I went to the stage mustering all my courage; however, when I looked at the other

“Life is a hurdle race and COVID-19 is one such hurdle among many.

students and teachers, my heartbeat intensified. I don't remember what I said. My legs were shivering, though, because of the podium, they weren't visible. I have no idea if anyone understood what I wanted to convey. But that night, I was very delighted as I finally broke the ice and performed on the stage for the first time.

Q Does the location of the University, Gorakhpur affect its placement scenario? How is it going to be affected by Covid-19?

A Frankly, I don't think so. The world is small. If the students possess a good understanding of subject matter and soft skills, then they have great chances of landing into their dream company. I agree that the number of steps might increase or there might be many hurdles in their paths, but ultimately they will succeed. In my opinion, life is a hurdle race and COVID-19 is one such hurdle among many that one has to face. Just believe in yourself and know that there is something inside you which is far greater than any of the hurdles.

Q What characteristic features do you consider adequate to be recommended to the students aiming to achieve great escalating heights in corporate world?

A Positive attitude, strong belief and passion towards your goal are necessary tools to become successful in whatever field you want. Keep exploring, experimenting and improving your skills. Remember, the way you learnt cycling by falling, having some cuts and bruises that never shook you, as you were confident that one day you would learn it. Failure is a stepping stone to success. Be confident and keep that spark maintained throughout your journey.

Q What message would you like to impart to young budding Malaviyans?

A The mind is everything. What you think of, you become. Your thoughts strongly influence your feelings and your feelings determine your actions. Be careful of your thoughts, as they are going to come true. Therefore, be very clear and always think big!



Mr. Rajesh Srivastava with Mrs. Arundhati Bhattacharya during the promotion of his book.

CAMPUS

AUG 03 **Robotics Club** held an interactive session with **Ms. Nirupa Chander** on August 3, 2020.

AUG 07 **Robotics Club** organized **Chessperados** on August 7, 2020.

AUG 08 **Robotics Club** held a session with **Mr. Raj Vikramaditya** on August 8, 2020.

AUG 08 **Electrical Engineers' Legation** conducted the event **Jam-o-Dais** from August 8, 2020 to August 14, 2020.

AUG 11 **Electrical Engineers' Legation** organized the online event **Tesla** from August 11, 2020 to August 13, 2020.

AUG 12 **Electrical Engineers' Legation** organized the **PUBG** tournament from August 12, 2020 to August 14, 2020.

AUG 13 **University Innovation Cell** started **Operation GRATITUDE** from August 13, 2020 to August 15, 2020.

AUG 14 **Electrical Engineers' Legation** held a **Know Your City Quiz** from August 14, 2020 to August 15, 2020.

AUG 19 **SAE Collegiate Club** started a webinar series on career guidance named **Rendezvous** from August 19, 2020.

AUG 19 **IEEE Student Branch** conducted an online session on **Analytics and Visualisation of Data** on August 19, 2020.

AUG 20 **IEEE Student Branch** conducted a **Data Science Quiz** on August 20, 2020.

AUG 23 **IEEE Student Branch** held an interactive session with **Ms. Sonali Mishra** on August 23, 2020.

AUG 24 **Entrepreneurship Development Cell** conducted the event **TAG-X** from August 24, 2020 to September 13, 2020.

AUG 25 **The Editorial Board** conducted a webinar on **Post-COVID Employment Challenges** in collaboration with **MBAtrek** on August 25, 2020.

AUG 26 **The Editorial Board** interviewed **Mr. Ravie Solanky**, Founder & CEO of **The Social House** on August 26, 2020.

AUG 27 **Entrepreneurship Development Cell** conducted the event **Inversico** from August 27, 2020 to September 5, 2020.

AUG 29 **Sports Sub-Council** held **The Sports Quiz** competition on August 29, 2020.

AUG 31 **University Innovation Cell** conducted **Bytegram** on August 31, 2020.

SEP 05 **Sports Sub-Council** organized the **Fit India Campaign** from September 5, 2020 to September 11, 2020.

SEP 05 **The Editorial Board** held interview with **Shree Anna Hazare Ji** on September 5, 2020.

BUZZ

SEP 07 **The Social Engineers' Board** conducted **Abhivyanjana** from September 7, 2020 to September 13, 2020.

SEP 08 **The Editorial Board** organized the event **Vagmita** from September 8, 2020 to September 17, 2020.

SEP 09 **Robotics Club** arranged a series of events called **The Engineer's Week** which consisted events such as **Techquisition**, **Tech-manch** and **En-Quiz** from September 9, 2020 to September 15, 2020

SEP 11 **IEEE Student Branch** organized the **UXD classes** from September 11, 2020 to September 20, 2020.

SEP 12 **University Innovation Cell** conducted a photoshop training workshop called **Aakriti** from September 12, 2020 to September 14, 2020.

SEP 15 **Electrical Engineers' Legation** held an interactive session with **Mr. Ankit Goyal** on September 15, 2020.

SEP 15 **Association of Civil Engineers** started the event **snapCONSTRUCTA** from September 15, 2020.

SEP 16 **Computer Society of Software Engineers** conducted **Chase your Hobby** from September 16, 2020 to September

SEP 16 **University Innovation Cell** conducted a **Poster Designing Competition** from September 16, 2020 to September 20, 2020.

SEP 18 **Entrepreneurship Development Cell** held the quiz called **Encuesta De Criquet** on September 18, 2020.

SEP 18 **National Service Scheme** organized an online event **Prerna** from September 18, 2020 to September 28, 2020.

SEP 19 **Sports Sub-Council** organized the event **Quintet Dart** which is to be held from September 19, 2020 to November 10, 2020.

SEP 21 **IEEE Student Branch** held a **Logo and Arena making contest** on September 21, 2020.

SEP 26 **IEEE Student Branch** organized an online event **Snowden** on September 26, 2020.

SEP 26 **The Editorial Board** conducted a workshop on **mental health awareness** in collaboration with **Techfest, IITB** on September 26, 2020.

SEP 29 **The Editorial Board** held an interview with **Mr. Sandeep Dwivedi** on September 29, 2020.



VACCINE: STAGES OF DEVELOPMENT & TRIALS

“*Universal vaccination may well be the greatest success story in medical history.*”

In the course of the horrendous COVID-19 pandemic, the global community is struggling to combat against this inhuman evil. If we look into the data published by the World Health Organization (WHO), after ten months of its outbreak, COVID-19 has infected over 32.2 million people and claimed more than 984,177 lives. This crisis has brought out the best and the worst of humanity. People all over the world are trying to deal with this turmoil through heartwarming acts of resilience, inventiveness, solidarity and kindness. Researchers, scientists, clinicians and other experts have been toiling to bring together the evolving science and distil it into guidance for mankind against this pandemic.

The administration of vaccines is called vaccination. A vaccine is a biological preparation that provides active acquired immunity to a particular infectious disease and is made from

weakened or killed forms of the microbe, its toxins or one of its surface proteins. Vaccination reduces the incidence as well as the social and economic burden of the disease on the society. It has already been found efficacious against diseases like Polio, Hepatitis B, Rubella, Rotavirus and many more. Hence, it is a glimmer of hope for humanity. There are more than 321 COVID-19 candidate vaccines under development globally. Therefore, let us have a look on the steps that they will need to go through during the progression.

The process involving the development of vaccine is idiosyncratic. Altogether, there are customarily three phases: Preclinical, Clinical and Post-licensure, which integrate the requirements to ensure safety, immunogenicity and efficacy in the final licensed product.

1. Preclinical Testing: Preclinical research and

Researchers at Copenhagen University in Denmark working on coronavirus vaccine.



development is carried out in the laboratory using in-vitro techniques or sometimes in-vivo techniques, if required. The statistics and information from preclinical and lab research includes details of the development and production of the candidate vaccine together with reports of control testing. The reports of control testing should be adequate to justify subsequent clinical studies in humans.

2. Clinical Testing: Clinical testing is classified into three sub-phases: Phase I, Phase II and Phase III. Clinical testing necessitates formal regulations and approval to undertake further studies in certain countries (e.g., Investigational New Drug Application(IND) in the United States and Clinical Trial Exemption(CTX) in the United Kingdom).

- Phase I: In this phase, initial testing of a vaccine is carried out in small number of healthy adults (e.g., 30). Clinical testing under Phase I is done to test tolerability, side effects and possible health hazards of a candidate vaccine. If the above properties are found satisfactory, clinical and pharmacological parameters are tested. The primary concern here is the safety of the patient.

- Phase II: In this phase, studies consist of a large number of subjects and are intended to produce immunogenicity and ensure general safety in the target population.

- Phase III: Phase III clinical trial is the pivotal study on which the decision, whether to grant the license or not, is based. Sufficient documentation has to be produced to demonstrate that the new product is safe and effective for the intended purpose. In the commencement of the Phase III, the candidate vaccine is fully characterized and the final batch release testing results are substantiated. An application for market authorization is submitted to the National Regulatory Authority (NRA) on the basis of the data from phase III testing and after approval, the vaccine becomes commercially available. Pre-submission meetings with regulatory authorities assist in assuring that the content of the final data package is likely to be acceptable.

3. Post-licensure: In accession to the prescribed trials and testing performed before or after the first licensure of a new vaccine, the post-marketing period is critical for the collection of data on the safety and effectiveness of the vaccine in a large number of recipients. There is a proper and continued process of surveillance for adverse and catastrophic events.

Regulatory authorities ensure the proper and equitable distribution of the final vaccine which needs the crucial collaboration between industry, regulators and the scientific community. Vaccination has the privilege of being one of the most majestic aspects of human bioscience-immunological memory.



India's first covid vaccine COVAXIN



THE UNFAIR SYSTEM OF THE FAIR



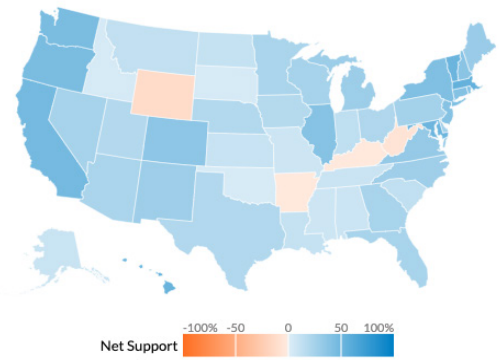
We all must understand that all the threads of the tapestry are equal in value, no matter what their colour is.

Nature thrives on its marvellous diversity. All ecosystems essentially need to function as an integrated whole to sustain themselves. However, human civilization has always struggled with the notion of oneness. Our history has been brimming with various scars of prejudices, stereotypes and discriminations, all culminating in injustice and oppression. Racial discrimination is one of the most prominent evils that has afflicted society for generations. It has incapacitated several people, suppressed their voices and hindered their progress. The recent instance of racial discrimination that caused great fury was the murder of African-American George Floyd by Minneapolis police officer Derek Chauvin. The following upheaval amplified several other voices that illustrated other accounts of

atrocities towards the Black people in the United States and helped the Black Rights Movement, namely "Black Lives Matter", to gain momentum once again after it was started in July 2013. It is a decentralized movement in the United States that calls for non-violent civil disobedience protests to address all incidents of racially motivated violence against African-American community.

Maya Angelou said, "Prejudice is a burden that confuses the past, threatens the future and renders the present inaccessible." The Black community has been systematically stripped of several rights and kept secluded in various ways owing to the prejudice. One of the ways in which racial discrimination has transpired is in the form of wealth inequality. Wealth is unequally distributed among races. African-

Support received by
the Black Lives Matter
movement



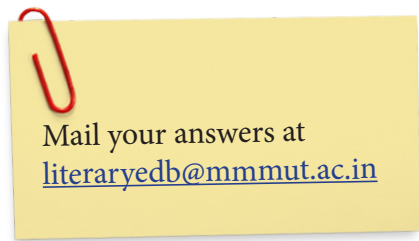
American families have a fraction of the wealth of white households. Several major factors exacerbate this vicious cycle of wealth inequality as for instance, Black households have less access to tax-advantage form of saving due to the long history of employment discrimination. They have less access to stable jobs, good wages and retirement benefits at work. Racial discrimination manifests itself in various forms. Police brutality is just another element of it. The recent fatal shootings of Ahmad Arbery, Breonna Taylor and George Floyd are merely fresh scabs on the surface of an inherently corrupt system. In New York City, 88% of police stops in 2018 involved Black people. Black Americans continue to receive sentences that are 19.1% longer than those of white men convicted for the same crime as per a report by the United States Sentencing Commission. There are numerous such

accounts of discrimination that lead to dehumanization, humiliation, bullying and harassment of Black people. About 15.8% of students reported experiencing race-based bullying or harassment between 2013-2017. Black women have to deal with sexism as well as racism in society. This often exhibits in many ways, including stereotypes and racial bias in public institutions. In the healthcare system, the white population receives better quality treatment than 40% of their Black counterparts, even at similar levels of income and education. Their daily life is no less than a struggle where they are often trapped in various stereotypes. Hence, it is necessary to eliminate this system of social and institutional oppression.

Immediate steps need to be taken to end racial discrimination as it violates the basic human rights of the people who have been facing this oppression. White supremacy needs to be tackled so that we can put an end to this system of racial bias. As James Baldwin famously puts it, "American racial sickness is not the Negro problem, it is the white problem". The deplorable situation of the Black people is evident. People need to stop denying its existence and start confronting the issue. Henceforth, we need to support the Black rights movement in the most peaceful way possible. The movement stands for and supports several principles like diversity, globalism, empathy and restorative justice. We, as a society, should uphold all these principles and ensure that everyone is able to live with dignity, for we all belong to just one race: the human race.



Worldwide rallies in solidarity with anti-racism protests currently underway in the US.



X-component of velocity in a 2-D incompressible flow is given by $u = y^2 + 4xy$. If Y-component of velocity v equals zero at $y=0$, v is given by ?

CIVIL ENGINEERING

A flywheel has a mass of 25 kg and a radius of 0.2m. What force should be applied tangentially of the flywheel so that it acquires an angular acceleration of 2 rad/s^2 ?

MECHANICAL ENGINEERING

What does the following fragment of C-program print?

```
#include<stdio.h>
int main(){
for(5;2;2)
printf("hello");
return 0;
}
```

INFORMATION TECHNOLOGY

A 50 Hz, 4 poles, a single phase induction motor is rotating in clockwise direction at a speed of 1425 rpm. The slip of motor in the direction of rotation and opposite direction in motor will be?

ELECTRICAL ENGINEERING

When drain source voltage is changed by 1.5 volts, the change in the drain current is of $120 \mu\text{A}$, the gate source voltage remaining unchanged.

Determine the AC drain resistance of JFET (Junction Field Effect Transistor)?

ELECTRONICS AND COMMUNICATION ENGINEERING

How many times the rate of reaction increases at 20°C for a reaction having the activation energies in the presence and absence of catalyst as 50 kJ/mol and 75 kJ/mol ?

CHEMICAL ENGINEERING

What will be the output of the following C program ?

```
#include<stdio.h>
int main()
{
char arr[100];
printf ("%d", scanf("%s",arr));
return 1;
}
```

COMPUTER SCIENCE AND ENGINEERING



Winners of the Tech inSights of Tiresia Volume 11, Issue 3 are:

1. Abhishek Upadhyay, B. Tech. Final year, EE
2. Aradhana Yadav, B. Tech. 2020 Batch, CE

Rest of the answers were either late entry or unsatisfactory.



How To

PREPARE FOR TODAY'S EMERGING PUBLIC HEALTH TRENDS ?

Charles Darwin said- "It is not the strongest of the species that survives, nor the most intelligent one but the one most responsive to change." Health can be defined as the physical, social, psychological and spiritual well-being of individuals. Since better health is essential for human happiness and fitness, it becomes our responsibility to identify the threats to our well-being. So, what are those health problems that we should be aware of? How can we save ourselves from them? There are some questions that come to our mind. This section of 'How to' will attempt to analyse some of these questions.



Isn't it sensible to stop an illness from happening in the first place than to have deal with awful problems and worse health issues later?

The field of public health is expansive and encompasses many different disciplines. Therefore, knowing the risks beforehand and preparing for it adequately reduces our chances of becoming a victim to these health problems significantly. We have to be ready for worst climatic conditions. As climate models are predicting for planet going warmer and warmer in future, we have to make ourselves ready for more droughts, floods, storms, heat waves and worse air quality. We, as citizens of this planet, should come forward to take steps to ensure survival of our species, otherwise it will be the beginning of the end.

नायोत्स्य इति गोविन्दम

“

इस प्रकार गुडाकेश परंतप अर्जुन भगवन् हृषिकेश से कह कर कि “हे गोविन्द, मैं युद्ध नहीं करूँगा”, चुप हो गया।

कहते हैं कि भगवद्गीता में इंसान के हर सवाल का जवाब है। यह जीवन के उन पहलुओं को भी छूती है, जो हम दैनिक जीवनशैली में अनुभव करते हैं। महाभारत के युद्ध में अर्जुन के मानसिक रूप से हार जाने के बाद श्री कृष्ण द्वारा अर्जुन को दिया गया गीता का वह दिव्य ज्ञान है, जिसके बाद उन्होंने अपने धनुष गाण्डीव को दोबारा उठा लिया और अंत में महाभारत के महान युद्ध में अपनी विजय पताका लहराई। किंतु आज का मनुष्य अपने जीवन के संघर्षपूर्ण युद्ध को हारता जा रहा है। आज हम ऐसी परिस्थितियों में जी रहे हैं जहाँ अवसाद से ग्रसित लोग आत्महत्या जैसा गंभीर कदम उठाने के लिए मजबूर हो रहे हैं। इसकी वजह जानने के लिए हमें आत्ममंथन करना होगा। हमें अपनी गलतियों से सीख लेनी होगी। यह हमारे लिए दुःख की बात है कि अवसाद जैसी बीमारी को जहाँ अमेरिका जैसे देश गंभीरता से लेते हैं, वहीं भारत में बहुतायत लोग इसे अनदेखा कर देते हैं। अवसाद न केवल उस इंसान को प्रभावित करता है जो इससे ग्रसित

होता है, बल्कि सामाजिक तौर पर हमारे विकास में भी बाधा उत्पन्न करता है। मानव प्रतिभा का इस तरह प्रभावहीन हो जाना सामाजिक दृष्टि से तो हानिकारक है ही, यह हमारे देश को भी पीछे ले जाता है। इसलिए कहीं न कहीं मानसिक तौर पर परेशान व्यक्ति की मदद करना केवल उसके परिवार या संबंधियों का ही नहीं बल्कि देश के नागरिक होने के नाते हम सब की जिम्मेदारी बनती है। हमारा देश युवाओं का देश है। देश का भविष्य और गौरव इन्हीं युवाओं पर निर्भर करता है। लेकिन आज के परिवेश में अवसाद से ग्रसित भी सबसे ज्यादा युवा ही हो रहे हैं। दुःख की बात यह है कि उन्हें इस घातक बीमारी का सही समाधान नहीं मिलता, जिससे वे अपना जीवन समाप्त करने को ही एकमात्र उपाय मानकर उसी दिशा में आगे बढ़ जाते हैं। चीन और अमेरिका को पछाड़ कर भारत विश्व में सबसे ज्यादा अवसादग्रस्त देश बना हुआ है। जिस देश की अधिकतर आबादी युवा हो वहाँ के लिए यह विषय बहुत ही चिंताजनक है। चिंता, सिज़ोफ्रेनिया,

बाइपोलर डिसऑर्डर और अंततः अवसाद यहाँ करीब 20 करोड़ लोगों को अपनी चपेट में लिए हुए है। विश्व स्वास्थ्य संगठन के अनुसार विश्व में औसतन 8 लाख लोग प्रति वर्ष आत्महत्या करते हैं, जिनमें से लगभग 1,35,000 (17%) लोग भारतवासी हैं। इन आत्महत्याओं की मुख्य वजह अवसादग्रस्त होना ही है। ये आंकड़े यह दर्शाते हैं कि हमें अवसाद के प्रति अपना दृष्टिकोण बदलना होगा और इसकी गंभीरता को समझना होगा। अधिकतर लोगों के अवसाद में जाने का कारण प्रत्यक्ष या परोक्ष रूप से हमारा समाज ही है। हम जो कुछ भी बोलते या करते हैं वो हमारे आस-पास के लोगों को प्रभावित करता है, और यह भी हो सकता है कि हमारी वही बातें या कार्य किसी व्यक्ति के अवसाद का कारण बनें। मनुष्य की सोचने व समझने की क्षमता जो उसे बाकी जीवों से अलग बनाती है, अवसाद की वजह से बहुत कम हो जाती है, जिससे उसे अपने भविष्य में असीम अंधकार दिखाई देने लगता है और वह आत्महत्या जैसा निरर्थक कदम उठाने के लिए मजबूर हो जाता है। इस रोग से खुद को बचाने के लिए मानसिक रूप से सबल होना और आत्मविश्वास बनाये रखना नितांत आवश्यक है। परिस्थितियाँ चाहे जो भी हों, हमें स्वयं को उसके अनुरूप तैयार रखना है। यह याद रखें कि यह संसार एक भूल भुलैया है, अगर एक द्वार बंद हो गया तो दूसरे द्वार को ढूँढना ही बुद्धिमानी है।

राष्ट्रकवि रामधारी सिंह 'दिनकर' ने भी अपनी कविता 'रश्मिरथी' में लिखा है कि, "मानव जब जोर लगाता है, पत्थर पानी बन जाता है"। अगर यह जीवन एक युद्धभूमि है, तो यहाँ आत्महत्या, युद्ध में कायरों की तरह पीठ दिखा के भागने जैसा है। इसमें शांतचित्त मन से लड़ते हुए विजयश्री को प्राप्त करना ही हमारे लिए सर्वथा उचित है। नकारात्मक से सकारात्मक पक्षों की ओर अग्रसर होना ही लाभदायक सिद्ध होगा। इसके साथ ही हमें इस बात का भी ध्यान रखना है कि हमारी किसी बात का दूसरों पर क्या प्रभाव पड़ता है। कोई भी ऐसी बात न बोलें जिससे दूसरों को भावनात्मक क्षति पहुंचे, क्योंकि उस क्षति की आपूर्ति करना अत्यंत कठिन कार्य है। अवसाद रूपी दानव को हराने के लिए जरूरी है कि हम सब साथ मिल कर आगे बढ़ें, अलग-अलग व्यक्तियों के तौर पर नहीं, अपितु एक समाज के तौर पर। अक्सर ऐसा देखा गया है कि अवसादग्रस्त लोग किसी से भी बात नहीं करना चाहते। हमारा काम केवल इतना है कि उनसे बात करें, उनकी भावनाओं को बाहर निकालें ताकि वो अंदर ही अंदर घुट कर ना रह जाएँ। अगर हमें लगे कि संबंधित व्यक्ति आत्महत्या जैसे विचारों की ओर अग्रसर हो रहा है, तो तत्काल किसी मनोचिकित्सक या सेवा संस्थान से बात करें। सामाजिक समरसता ही इस मानसिक युद्ध पर विजय पाने का एकमात्र उपाय है।





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