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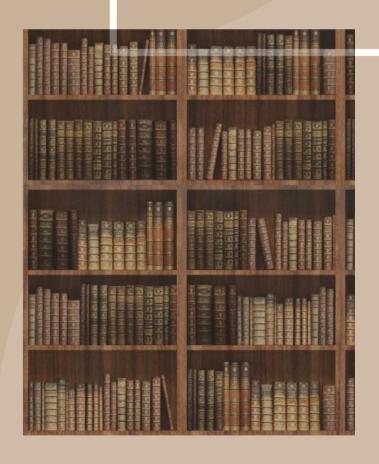
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# KNOWLEDGE RESOURCE CENTRE

The Knowledge Resource Centre or KRC, is our little haven enshrining all kinds of literary works and publications needed by a lawyer-in-the-making. From riveting novels, to official Bare Acts, popular commentaries and All-India-Reporters, you name it, the KRC has it.

- During their highly awaited Orientation, a dedicated session was conducted for the First-year students to get them acquainted with the KRC, its navigation, services, and functioning.
- On 30th January, 2023, KRC organized a Training Session on EBC Reader hosted by Mr. Avinash Pandey, Assistant Manager, Training and Support, EBC Reader. The objective of the session was to familiarize students with the interface of the database and the latest updates brought about by the renowned agency.

#### **FACULTY COORDINATORS**

Dr. Bajirao Rajwade

Dr. Kirandeep Kaur

#### STUDENT COORDINATORS

Sanya (1971)

Priyanka (2018)

Kashish (2101)

Preethi (2277)

Rajat Srivastava (2321)

# AIL Centre for Research in Social Sciences

The AIL Centre for Research in Social Sciences, as a society, endeavors to illuminate and explore pressing matters in our society, encompassing realms such as sociology, political science, history, and economics. Our overarching aim is to cultivate an enriching environment that fosters the exchange of ideas and promotes collaborative endeavors among students. By delving into these disciplines, we seek to uncover insights that can lead to enhanced standards of living and societal well-being.

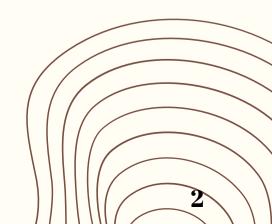


#### **FACULTY COORDINATORS**

Dr. Gagandeep Dhaliwal Dr. Amita Sharma

#### STUDENT COORDINATORS

Udita Samyal Anjali Rahul Verma Jahnvi Bainsla Simran Yadav



#### **Events**

This session, the society organized a series of impactful events and initiatives showcasing both their societal engagement and academic prowess:

- **Blood Donation Camp** (14th September 2023): A blood donation camp was organized by the society to highlight the necessity and human impact of donating blood. A total of 58 students participated, contributing to the noble cause of saving lives.
- Introductory Session (5th September 2023): To acquaint first-year students with ACRSS's mission and activities, a comprehensive introductory session was organized. Led by Jahnvi Bainsla, Simran Yadav, Anjali Verma, and Udita Samyal, the session served as a solid foundation for future involvement.
- **Publication of ACRSS Newsletter** ('Jharokha'): A highlight of the society's academic engagement was the publication of their annual newsletter, 'Jharokha,' which explored the theme "Disasters: Occurrence and Management." Featuring insightful articles from numerous students, the newsletter provided a platform for scholarly discourse.
- Naari Roopantaran Intra-Institute Competition on the Characterisation of Journey of a Woman: In celebration of International Women's Day, ACRSS organized an intra-institute competition titled "Naari Roopantaran," focusing on the character journey of women. On 7th March 2024, five teams participated, culminating in the awarding of a cash prize of Rs. 1500 to the winning team comprising Shreesh Dubey, Radha, Nitish Singla, Shagun, and Naaz Puri.

This continuing streak of endeavors by the society once again underscored it's dedication to fostering a socially conscious and academically stimulating environment within the institute.

# AIL CENTRE FOR GENDER JUSTICE (ACGJ)

The Army Institute of Law Centre for Gender Justice (AIL CGJ) exemplifies a noble pursuit towards rectifying societal disparities. Its overarching goal of fostering gender equality, irrespective of socially constructed norms, reflects a profound commitment to human rights and development. By championing the cause of all genders and striving for inclusivity, AIL CGJ endeavors to catalyze transformative change, liberating individuals from the pervasive grip of discrimination. In recognizing the intrinsic link between gender parity and societal progress, AIL CGJ emerges as a beacon of hope, dedicated to sculpting a future where equity and justice reign supreme.

#### **FACULTY COORDINATORS**

Dr. Amrita Rathi

Dr. Ekjyot Kaur Gujral

#### STUDENT COORDINATORS

Tanvi Mishra (4th Year) Jhanvi Sharma (3rd Year) Atmika Vasvi (2nd Year) Aaradhya Sharma (1st Year)



#### **EVENTS**

In addition to its online initiatives and publications, ACGJ organized a Skit Competition on October 12, 2023. The topic for the competition was, "The Institution of Marriage is Losing its Stability in Society." Three skits were presented by students from the first and second years.

The team of first-year students comprising Simran Jot Kaur Brar, Lohith Saajan, Harshdeep Kaur, Raghav Sharma, Adarsh Sankhyan, Kashish, Ambika Rana, and Ansh Gupta emerged as the winners. They were awarded a cash prize of Rs. 2000 for their exemplary performance.

Their skit highlighted how miscommunication can destabilize a marriage, blending humor with a poignant social message. The competition witnessed enthusiastic participation from all contestants showcasing their dedication and efforts towards spreading awareness about ethical issues. Overall, the event was deemed a resounding success.

# CEXTRE FOR RESEARCH IN CORPORATE LAW AND GOVERNANCE (CRCLG)

The society serves as an intellectual beacon, illuminating the intricate realm of corporate complexities. Through a diverse array of forums including workshops, panel discussions, seminars, conferences, and esteemed guest lectures, CRCLG offers scholars a profound exploration of corporate conundrums.

At the heart of the society's mission lies a commitment to fostering comprehensive research and honing analytical acumen among its members. By delving into the nexus of corporate law and governance, intertwined with economic, business, and legal contexts, the center equips scholars with a nuanced understanding of how these frameworks influence and are influenced by real-world dynamics.

CRCLG's interdisciplinary approach not only enriches scholarly discourse but also nurtures a forward-thinking mindset. By encouraging novel perspectives and innovative responses to contemporary challenges in corporate law, the center empowers scholars to navigate and shape the evolving landscape of corporate governance.

In essence, CRCLG stands as a bastion of intellectual rigor, preparing scholars to not only dissect the complexities of corporate law but also to envision and enact meaningful change within the corporate sphere and beyond.

#### **FACULTY COORDINATORS**

Dr. Anmolpreet Kaur Ms. Shivanshi Thakur

#### STUDENT COORDINATORS

Ankit Kumar (5th Year) Sai Keerti (4th Year) Avani Khatri (3rd Year) Kamakshi Bhandari (3rd Year)



#### **EVENTS**

• Ignite: Pitching the Perfect Start-up Competition - The Centre for Research in Corporate Law And Governance (CRCLG) conducted an intra-institute competition titled 'Ignite: Pitching the Perfect Startup' on 01.02.2024, wherein the students exhibited their creative entrepreneurial skills through visionary tech-based start-up ideas. A total of 4 teams participated in the event, who presented their unique product or service ideas before the judges in the form of 8-10 minutes pitches. The teams were judged and faced questions based on the feasibility of their start-ups, its market potential and societal impact and the participant's presentation skills. The Team comprising Anushka Verma (2254), Bhoomi Pharswan (2249), Harshita (2214), Pratiksha Mishra (2224) and Srishti Singh (2201) were declared winners, and were awarded a cash prize of Rs.1500/-.

Overall, the competition was designed to foster creativity and critical thinking among the students and strove to make an attempt to inculcate an entrepreneurial skill among students.

An enriching session, "An Introduction to Corporate Law" was conducted on 19.09.2023, tailor-made for the first-year students. The theme centered around providing an insightful introduction into the domain of Corporate Law. The students were equipped with key concepts and the vast scope of this field, thereby gaining an understanding of its multifaceted nature. Furthermore, valuable insights were shared by the convenor on how to embark on a career in this sector. In particular, the session aimed at emphasizing the pivotal role of research and publications in carving a successful path as future Additionally, shed light lawvers. it on the past accomplishments, offering a retrospective glimpse into our journey so far, and also showcased a preview of upcoming events and activities.

# ECO CLUB

The Eco Club at Army Institute of Law, Mohali is committed to leading the movement for creating a sustainable ecosystem in the campus. It aims at facilitating green reforms, by encouraging students to cultivate eco-friendly habits. The motto of the club, 'It starts with YOU,' perfectly encapsulates the essence of environmental responsibility which the club endeavours to propagate within all members of the institution.

#### Objectives -

1.To minimize pollution and environmental hazards created by human activity in the campus.

2.To encourage the practice of the 5 R's - Reduce, Reuse, Recycle, Repurpose and Refuse.

3.To reduce wastage of resources and ensure proper segregation, management and disposal of garbage.

4.To create a Green Belt in campus by sowing new plants and taking care of the existing flora and fauna.

5.To raise environmental awareness amongst the students and faculty.

6.To organize events, activities and competitions to promote environment-friendly behaviour.

#### **FACULTY COORDINATORS**

Dr. Alamdeep Kaur Ms. Gurleen Kaur

#### **STUDENT COORDINATORS**

Anubhuti (2104) Vishavjeet (2186) Kanchan (2169) Shreesh (2204)

# CENTRE FOR RESEARCH IN CONSTITUTIONAL LAW AND POLICY (CRCLP)

As a society, we are dedicated to advancing the study and discourse surrounding Constitutional Law and Policy.

Our objectives are as follows:

CRCLP endeavors to scrutinize legal developments through the lens of constitutionality, fostering insightful research and discussions to illuminate the impact of these changes on constitutional principles.

We aim to cultivate a profound understanding of Constitutional Law by promoting dialogue among scholars, practitioners, and students, thereby nurturing a rich and nuanced comprehension of constitutional principles in contemporary contexts.

CRCLP hosts regular lectures and discussions led by esteemed experts in Constitutional Law, providing a platform for rigorous academic inquiry and exchange of ideas.

Through intra-institute and inter-institute competitions, we offer students opportunities to apply their knowledge, refine their skills, and engage in constructive academic rivalry within the realm of Constitutional Law and Policy.

CRCLP provides students with a platform to actively contribute to discussions, pursue research initiatives, and engage in various activities related to constitutional matters, thereby nurturing a dynamic and inclusive academic environment.

In essence, CRCLP serves as a beacon of intellectual curiosity and scholarly endeavor, driving forward the understanding and appreciation of Constitutional Law and Policy for the betterment of society.

#### **FACULTY COORDINATORS**

Dr, Kirandeep Kaur

Dr. Vibhuti Jaswal

STUDENT COORDINATORS-Lakshita Mehta (4th Year) Gaurang Takkar (3rd Year) Ipsita Balodi (3rd Year) Vinisha Barala (1st Year)



# Department of Society

The Army Institute of Law recognizes the paramount importance of fostering eloquence, critical thinking, and the adeptness to eloquently convey one's thoughts, qualities indispensable for excelling in the legal realm. Through the Debating Society (DEBSOC), the institution consistently cultivates these invaluable skills among its students.

DEBSOC selects and grooms teams through a rigorous vetting process, ensuring that only the most capable representatives partake in national and international competitions. The accolades and honors garnered over the years stand testament to the remarkable talent nurtured at AIL.

In addition to external engagements, DEBSOC organizes the annual Intra-Institute Debate Competition, a platform for all students at AIL to refine their oratory prowess and engage in intellectual discourse. This tradition not only fosters a culture of participation but also underscores the institute's commitment to holistic student development.

Such endeavors not only enrich the academic landscape but also shape the future legal luminaries, instilling in them the virtues of articulate expression and analytical acumen.

#### **FACULTY COORDINATORS**

Dr. Kirandeep Kaur Ms. Gurleen Kaur

#### STUDENT COORDINATORS

Nitya Pandey (3rd Year) Advait Vitekar (3rd Year) Ridhi Mittal (2nd Year) Pratham Kadian (2nd Year)



#### **ACHIEVEMENTS**

In the bustling corridors of our college, where ideas clash and opinions converge, the Debating Society stands tall, as a bastion of discourse and intellectual exchange.

As we bid adieu to yet another eventful year, it's time to reflect on the remarkable journey of our society, marked by spirited debates, insightful discussions, and notable triumphs.

 The year kicked off with an exhilarating start as we hosted the much-anticipated Intra-Institute Debate Competition. Adhya Trivedi (2236) and Preethi Sunil (2277) emerged as the worthy champions, showcasing their eloquence and analytical prowess. Not far behind were Vinayak and Yuvraj, who impressed as the deserving runners-up, adding to the thrill of the competition.

Venturing beyond our campus borders, our debaters showcased their talent on various prestigious platforms.

- Naman Kaushal's stellar performance earned him the coveted title of the Best Whip at the PURC Sansad Competition, a testament to his strategic acumen and persuasive skills.
- Saumya Dubey and Udita Samyal (2217) clinched the top prize at the esteemed 3rd Prof Anil Kumar Debate.
- Armaan and Yogesh triumphed at the Rayat College of Law Debate, showcasing the depth of talent within our ranks.
- Mehal Jamwal's impressive oratory skills earned her the Runners-Up title at the Gianbyte Declamation Competition, highlighting our society's versatility across different formats.
- Shambhavi's victory at the Rayat College of Law Suits 2.0 Debate Competition added another feather to our cap, reaffirming our commitment to excellence in every forum.

#### **EVENTS**

- Beyond the realm of competitive debates, our society played a pivotal role in fostering meaningful conversations on pertinent issues. A thought-provoking Panel Discussion on Same-Sex Marriage sparked dialogue and introspection, underscoring our dedication to addressing contemporary social issues. The inaugural edition was won by Anushka Verma (2254) and Atmika Vasvi (2258).
- Additionally, a number of engaging Open House Sessions provided a platform for students to voice their opinions and engage in constructive dialogue, enriching our intellectual landscape.

As we reflect on the achievements and milestones of the past year, we are reminded of the power of discourse to shape opinions, challenge perspectives, and inspire change. With each debate and discussion, we have not only honed our skills but also contributed to the vibrant tapestry of ideas that define our college community. As we look ahead to the future, we remain steadfast in our commitment to fostering a culture of debate, dialogue, and enlightenment.

Here's to another year of intellectual exploration, spirited debates, and meaningful dialogue. The journey continues, and the possibilities are limitless.

# 

Sports are the epitome of physical artistry. While natural talent may secure victories in games, true championships are forged through the synergy of teamwork and strategic acumen. At AIL, the Sports Committee embodies this philosophy, dedicated to kindling a profound passion for sports and instilling values such as sportsmanship, camaraderie, and unity among the student community in Mohali.

The committee's overarching goal is to unify individuals through sports, nurturing a dynamic sporting culture across campus. It aims to cater to diverse student interests by organizing a spectrum of competitive and recreational activities, spanning both indoor and outdoor sports.

#### Mission and Objectives:

- Inspiration and Enthusiasm: Spark fervor and inspiration among students and faculty towards sportsmanship.
- Physical Vigor: Provide comprehensive training and educational opportunities in sports to promote physical vitality and well-being.
- Advocacy of Sporting Spirit: Galvanize participation in sporting activities by motivating students and faculty alike.
- Fostering Unity: Cultivate an environment of healthy competition that strengthens teamwork and fosters strong bonds among participants.

Through its advocacy for sports, the committee seeks to significantly enrich the student experience, nurturing self-assurance, skill refinement, and a deep sense of accountability and perseverance.

#### **ACHIEVEMENTS-**

- 2nd Best Contingent Yuvardha 7 organized by National Law University, Jodhpur
- 2nd Best Contingent Zelus 2024 organized by Rajiv Gandhi National University of Law, Patiala

#### **FACULTY COORDINATORS-**

Dr. Amrita Rathi

Mr. Amit Kumar

#### STUDENT COORDINATORS-

Prashant Singh (President, Boys)

Srishti Iha (President, Girls)

Jaskaran Singh (Vice President, Boys)

Sukeshi Bharti (Vice President, Girls)

# Moot Court 55 Society 5

The Moot Court Society at the Army Institute of Law stands as a cornerstone in the development of aspiring legal minds, offering a rich tapestry of opportunities to cultivate invaluable skills vital for their professional journey. Through its meticulously curated array of events, ranging from the esteemed Checkmate National Moot Court Competition to tailored "Novices" contests for budding first-year students, the society sets the stage for students to immerse themselves in the art of legal advocacy from the outset of their academic pursuit.

These competitions serve as more than mere platforms for honing drafting and pleading skills; they serve as immersive experiences, providing firsthand insights into courtroom dynamics and the intricacies of legal research. Moreover, the society's commitment extends beyond competitive arenas, fostering a culture of collaboration and growth through intra-college moots that encourage students to test their mettle within their academic community.

By orchestrating eliminations for prestigious national-level competitions, the society not only showcases the talent within its ranks but also prepares students for the challenges that lie beyond the confines of their institution. Additionally, its comprehensive training sessions, encompassing diverse facets of mooting from harnessing online databases to mastering court decorum and memorial drafting, underscore its dedication to equipping students with the requisite expertise and acumen to excel in the realm of advocacy.

In essence, the Moot Court Society at the Army Institute of Law serves as a nurturing crucible, shaping the future luminaries of the legal profession by providing them with a fertile ground to cultivate their talents, refine their skills, and embrace the ethos of legal excellence.

#### **FACULTY COORDINATORS**

Dr. Alamdeep Kaur Dr. Bajirao Rajwade

#### STUDENT CONVENORS

Moots- Ms. Shaganti Pavithra (5th Year)
ADR- Mr. Abhishek Ranjan (5th Year)

#### **EXECUTIVE MEMBERS**

Ms. Kanishka Chopra (4th Year)
Ms. Pragati Khandekar (3rd Year)
Ms. Ibadat Sarao (2nd Year)
Mr. Abhishek Singh (1st Year)
Mr. Bhavesh Patyal (1st Year)



#### **ACHIEVEMENTS**

- A team comprising Devmani Bansal, Veeksha Chaudhary and Suhani Parhi were adjudged to have presented the second best memorial of the UILS Environmental Moot Court Competition 2023. Veeksha was also declared the 4th best Speaker.
- A team comprising Aaditya Dev Chauhan, Ridhi Mittal and Aditya Dwivedi were adjudged Semi-Finalists in the 13th Amity International Moot Court Competition 2023. Adding to the laurels, Aaditya Dev Chauhan was also declared as Best Speaker.
- A team comprising Shaganti Pavithra (1932), Wannat Panthey (2281) and Yuvnoor Dhillon (2286) were adjudged Runners up in the Late Shri Thakur Kashmir Singh 5th National Moot Court Competition, 2023.
- A team comprising Antika Singh (2139), Yuvraj Vighmall (2298) and Ashmeen Pannu (2289) were adjudged Quarter Finalists in the 4th HPNLU National Moot Court Competition, 2023. Adding to the laurels, Antika Singh bagged the award of Best Speaker.
- A team comprising Anwesha kar (2227), Esha Alhawat (2246) and Harsh Mahal (2209) were adjudged Runners up in the 7th SGTU National Moot Court Competition, 2023.
- Asmi Sharma (2284) was adjudged the Best Researcher in the 22nd Henry Dunant Memorial Moot Court Competition, 2023 along with a special mention on the official blog of the International Committee of the Red Cross.

- A team comprising Neelam Choyal (2021) and Amishi Shukla (2338) were adjudged Quarterfinalists in the 3rd RGNUL Negotiation Competition, 2023. They were adjudged the Best Negotiating pair.
- A team comprising Yashwardhan Singh (1922), Manmohan Tiwari (2150) and Chirag Negi (2248) participated in the 10th Jamia Millia Islamia National Moot Court Competition, 2023. Chirag Negi bagged the award of the Best Researcher.
- A team comprising Kumar Om (2136), Kashish (2269) and Priya Choudhary (2149)
  were adjudged Runners Up in the Shri N J Yasaswy 2nd National Moot Court
  Competition, 2023. Adding to the laurels, Kashish bagged the award of the Best
  Speaker.
- A team comprising Chaitanya Kandpal (2040), Sansita (2027) and Anjali Verma (2225) were adjudged the Best Team in the 3rd GIBS Lex Fiesta Mediation Competition, 2023
- A team comprising Abhishek Ranjan (1941) and Rakshak Tyagi (2152) were adjudged winners in the 23rd National Client Counselling Competition by Kerala Law Academy and were been awarded The Justice P. Govinda Menon Memorial Ever Rolling Trophy.



Chaitanya Kandpal (2040), Sansita (2027) and Anjali Verma (2225) were adjudged the Best Team in the 3rd GIBS Lex Fiesta Mediation Competition,2023t



Pragati Khandekar, Dhruv Khanduri and Vishwangini Singh were adjudged the winners of Galgotias University National Moot Court Competition, 2024.



Aaditya Dev Chauhan, Ridhi Mittal and Aditya Dwivedi were adjudged Semi-Finalists in the 13th Amity International Moot Court Competition 2023.



Shaganti Pavithra (1932), Wannat Panthey (2281) and Yuvnoor Dhillon (2286) were adjudged Runners up in the Late Shri Thakur Kashmir Singh 5th National Moot Court Competition, 2023.

- A team comprising Gaurang Takkar (2178) and Vanshika Negi (2271) were adjudged Finalists out of 20 Teams in the NLIU-Ikigai Policy Case Competition, 2024.
- A team comprising Sukeshi Bharti (2023) and Tirtha Ajith (2024) reached Quarter Finals in the Client Counselling segment of Lux Et Veritas Law Fest, 2024 at MSU Vadodara.
- A team comprising Akarsh Sachan (2026), Jaskaran Singh (2050) and Preethi Sunil (2277) reached Quarter Finals in the Moot Court Segment, bagging the title of Best Memorial.
- A team comprising Pratiksha Kumbhar (2014), Vrinda Bhardwaj (2180) and Aryaman Pachauri (2138) won the Best Memorial- Informants in the 13th ILNU Antitrust Moot Court Competition, 2024.
- A Negotiating Pair comprising Simran Yadav (2175) & Khushi Garg (2297) were adjudged the Winners in the 4th Justice A. S. Anand Mediation & Negotiation Competition, 2024. The Mediator, Atmika Vasvi (2258) was adjudged Semifinalist as well.
- Amishi Shukla (2338) was adjudged the Runner up in the 5th SK Mishra International Mediation & Negotiation Competition, 2024.
- A team comprising Smriti Garhwal (2250), Vanshika Negi (2271) & Ashmeen Aggrawal (2295) bagged the award for the Best Memorial in the 20th K K Luthra Memorial Moot Court Competition, 2024. The team also emerged as Quarter Finalists amongst 74 Teams that qualified after the Memorial Selection process.
- A team comprising Jatinder Singh Kaliraman (2035), Inayat Sandhu (2234) & Avinash Singh (2160) was adjudged Runners Up in the Fairfield School of Law, 3rd Moot Court Competition, 2024.
- A team comprising Malika Bhola (2017) and Eekisha Ahluwalia (2398) reached the Semi-finals in the Negotiation segment of the 6th RGNUL National Sports & Entertainment Law Mediation Competition, 2024.
- A team comprising Kavita Sharma (2044), Nitya Pandey (2108) & Anwesha Anant (2218) won the award for the Best Memorial in the 12th RGNUL National Moot Court Competition, 2024.
- A team comprising Aman Singh (2144), Radha (2213) and Arpan Manna (2322) reached the Semi-finals and bagged the award for the 2nd Best Memorial in the 2nd International Moot Court Competition, 2024 organized by Karnavati University.
- A team comprising Kumar Om (2136), Tushar Sharma (2299) and Harshdeep Kaur (2396) reached the Quarter-finals of the 1st AmiLex Moot Court Competition, 2024 organized by Amity University, Punjab. Harshdeep Kaur (2396) bagged the award for the Best Researcher.

### LEGAL AID CELL

The Legal Aid Cell was established at the Army Institute of law and is committed to provide free Legal aid and advice to anyone seeking help. This is in collaboration with the District Legal Services Authority [DSLA].

The endeavour of the Legal Aid cell is to spread Legal awareness and provide guidance to the people.

#### **EVENTS**

- On 7th of May 2019 a Legal Aid Camp was organised specifically for the elderly people of the region. They were made aware of their Rights and their queries were answered by members of the Legal fraternity.
- On 5th of September 2019, a Legal Aid session was conducted by Dr. Mandeep Mittal, Additional District and Sessions Judge and Additional Member Secretary, Punjab State Legal Services Authority. Dr. Mittal apprised the students about Free Legal Aid and various NALSA Schemes. A short movie "Razinaama" was also screened during the event to make the students aware about the functioning of ADR Centres across the state.
- Mr. Rahul, a volunteer from the District Legal Services Authority comes to the Institute twice a week on fixed days from 2.00 to 4.00 PM to answer queries and advice students and members of the general public seeking help.

#### FACULTY COORDINATORS-

Dr. Kirandeep Kaur Ms. Upagya Sharma.

STUDENT COORDINATORS-

Malika Bhola (4th Year)
Tanvi Garg (4th Year)
Vani Khanna (4th Year)

Gurminder Kaur (4th Year)



# ALCES EARS)

The inception of the AIL Research Society (ARS) marks a concerted effort to foster interdisciplinary research within the realm of law. ARS is driven by several overarching objectives aimed at enhancing the quality and breadth of scholarly inquiry in this domain. Foremost among its aims is the advancement of authentic authorship, thereby prioritizing the production of original and insightful contributions to legal discourse. Additionally, ARS endeavors to amplify student involvement in substantive research endeavors, thereby integrating emerging voices into the academic mainstream.

Central to its mission is the cultivation of a nuanced understanding of legal principles, facilitating deeper engagement with the complexities of jurisprudence. ARS is committed to honing the craft of legal writing, recognizing its pivotal role in articulating and disseminating legal insights effectively.

#### **FACULTY COORDINATORS**

Dr. Alamdeep Kaur

Dr. Harpreet Kaur

Ms. Shivanshi Thakur

#### STUDENT CONVENORS

Kritika (5th year)

Khushi Singh (5th year)

#### **EXECUTIVE MEMBERS**

Mehak Jamwal (3rd year)

Pir Jagvijay Singh Sidhu (1st year)



EVENTS Continuing with its objective to engage the students in research work and foster among them an analytical mindset, the society organized various events such as-

- "INSIDE THE JUDICIAL MIND" COMPETITION: This event took place on September 21, 2023, focusing on analyzing the judicial and analytical mindset of participants to assess their judgment capabilities. Tanvi Garg (2068) emerged as the winner, with Abhishek Bajpai (1910) as the runner-up, both receiving certificates of merit.
- SESSION ON "INTERPRETATION OF STATUTES": ARS student members hosted a session on October 13, 2023, delving into the nuanced topic of interpreting statutes. During this session, various statutes were analyzed, and students were instructed on effective interpretation methods.
- SESSION ON "NAVIGATING THE LEGAL LANDSCAPE OF SAME-SEX MARRIAGE": Another session, held on October 20, 2023, focused on exploring the legal intricacies surrounding same-sex marriage. ARS student members highlighted key legal aspects, providing valuable insights to attending students from AIL.
- SESSION ON "DECODING THE DIGITAL PERSONAL DATA PROTECTION ACT, 2023": On October 27, 2023, student members of ARS organized a session centered on understanding the intricacies of the Digital Personal Data Protection Act, 2023. This event aimed to unravel the complexities of the Act, attracting participation from students of AIL who sought insights into digital personal data protection.
- SESSION ON "LANDMARK CASES OF FEBRUARY 2024": ARS student members convened a session on February 28, 2024, dedicated to analyzing the landmark cases of February 2024. This session provided attendees from AIL with comprehensive discussions on significant legal precedents set during that period.
- WEEKLY RESEARCH PROMPTS ON RECENT IMPORTANT LEGAL SCENARIOS Various topics which were covered weekly included many important topics and they are as follows: The Electoral Bond Scheme Delhi Excise Policy Implementation of Uniform Civil Code Chandigarh Mayoral Elections The Citizenship Amendment Act Many more cases were discussed as weekly research prompts.



# ALCURAL SOCIETY

Cultural activities immensely impact a student's life and have a bearing on their overall personality; They strengthen one's self-confidence, help develop specialized skills, team-spirit and a sense of responsibility and hard work among other asset qualities.

These are what our society strives to achieve and instill by providing a platform to all 'AILIANS' for showcasing their cultural talents through the medium of various inter and intra college competition and events.

#### **FACULTY COORDINATORS**

Ms. Ekjyot Kaur Gujral Ms. Prabhjot Kaur

#### STUDENT COORDINATORS

Sanya Thareja (Cultural Prefect- Girls)
Priyanshu Tiwari (Cultural Prefect-Boys)
Tanvi Mishra (Vice Cultural Prefect-Girls)

Anubhav (Vice Cultural Prefect- Boys)

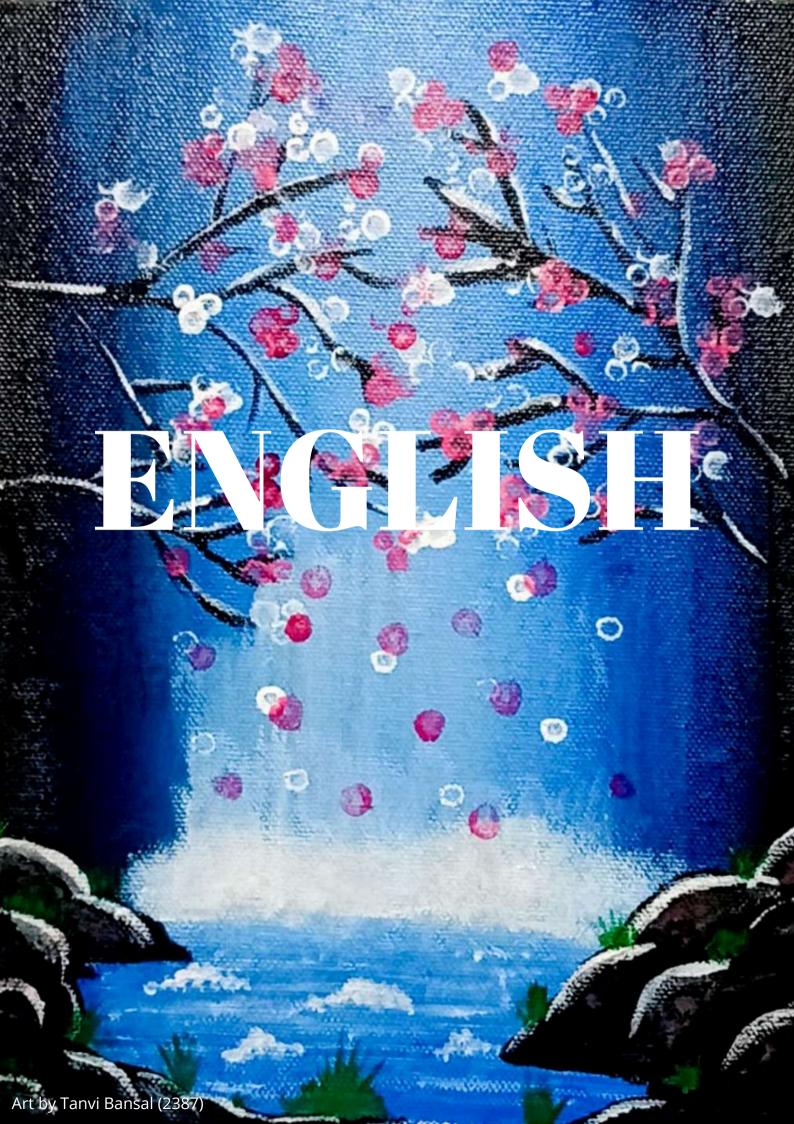


#### **ACHIEVEMENTS**

- IIT Kanpur Fest "Antaragni"-
- Kanishka Chopra was adjudged the best adjudicator in the Parliamentary Debate and also bagged the 2nd spot in their Turncoat Debate competition.
- 2. Pushpam, Dil and Shreesh bagged the 3rd place in their "India Quiz".
- IISER Mohali Cultural Fest "Insomnia"-
- 1. Gaurang Takkar bagged the top spot in their solo singing competition while Sayuri Singh finished 2nd and, the 3rd place was ours as well with Himanshi Kaushik.
- 2. Naaz Puri was placed 3rd in the Classical Solo Dance while Gungeet was placed 3rd in the Western Solo Dance. Naaz and Tanvi came 3rd in the Duet dance.
- 3. Shreesh Dubey was ranked 1st in the Monoact Competition while Team "Nazapriya" was placed 1st as well, in the stage play.
- 4. A team comprising Vrinda Bhardwaj, Eekisha Ahluwalia and Shreyasee bagged the 1st prize in the "Rang-e-Royal" painting competition, while a team of Srishti Singh, Ridhi Mittal and Pareesa came 2nd.
- PECFEST, 2023-
- 1. Gaurang Takkar bagged the 1st position in the Singing Competition while, Sayuri Singh was the runner-up.

#### **EVENTS**

- Inter-Batch Singing Competition- The 5th year emerged victorious while the freshmen, 1st years, surprised all with their wonderful singing and finished 2nd.
- Inter-Batch Dance Competion- The 5th year, after a tough, neck-to-neck battle with the 3rd years, bagged the top spot while the latter were runners-up.



### feminism through the egyptian lens

#### - Saumya Dubey (2381)

Feminism is a modern socio-political ideology which advocates for gender equality and more equal cerebral opportunities amongst both men and women. In the eyes of today's generation, this ideal may seem a little anachronistic when applied in the sense of ancient civilizations and cultures. However this idea fails when one applies it to the Ancient Egypt's social structure which even though not entirely identical, is similar with the contemporary feminist ideas, making Egyptians one of the first of their kind to lay down the stone of gender inclusivity which is particularly in contrast with the rest of the ancient civilisations.

In the tapestry of Ancient Egyptian society, women occupied roles and wielded influence beyond mere domesticity. From priestesses conducting sacred rituals to esteemed physicians offering healing, women held positions of power and authority. The pinnacle of female empowerment came with the reign of Queen Hatshepsut, who defied traditional gender norms to rule as the pharaoh, ushering in a period of peace and prosperity. Her legacy underscores the capacity of Ancient Egyptian women to navigate and thrive within spheres traditionally dominated by men.

Central to the fabric of Ancient Egyptian ethos was the concept of Ma'at, embodying principles of balance, justice, and harmony. While not explicitly feminist, Ma'at fostered a cultural climate conducive to gender equity. Its emphasis on order and fairness laid the groundwork for a society where women's contributions were valued and respected. Women were often depicted in art and literature as powerful and revered figures, reflecting a societal reverence for their roles and achievements.

The legal framework of Ancient Egypt provided further avenues for women's autonomy and agency. Women could own property, manage businesses, and engage in legal proceedings, indicating a level of independence uncommon in many contemporary societies. This legal recognition of women's rights was a testament to the progressive nature of Ancient Egyptian law, which recognized women as capable individuals deserving of equal treatment under the law.

Moreover, Ancient Egypt's approach to gender roles was comparatively inclusive, offering women greater opportunities for participation in public life and pursuit of their interests and ambitions. While some contemporary societies confined women to domestic spheres, Ancient Egyptian women enjoyed avenues for education, professional advancement, and civic engagement. This more egalitarian approach to gender roles contributed to a society where women wielded considerable influence and autonomy.

Despite these advancements, it is essential to acknowledge the limitations and disparities within Ancient Egyptian society. Patriarchal structures still existed, and societal expectations often reinforced traditional gender roles. While some women achieved positions of power and influence, these instances became 'the exception' rather than 'the norm.' Additionally, social status and familial connections could influence the extent of women's freedoms and opportunities.

In highlighting the relatively positive aspects of feminism in Ancient Egyptian society, we gain insights into the progressive nature of certain ancient cultures. By examining the empowerment of women in Ancient Egypt, we can draw inspiration and lessons for contemporary efforts towards gender equality. Ancient Egypt serves as a beacon of gender inclusivity, demonstrating that notions of fairness and equity are not confined to modern ideologies but have deep roots in the annals of human history.

In conclusion, while feminism, as we understand it today, may not have existed in Ancient Egypt in the same form, the civilization's values and societal structures laid the groundwork for remarkable gender inclusivity. Women in Ancient Egypt enjoyed rights and opportunities beyond those of many of their contemporaries, contributing to a society where their contributions were valued and respected. By studying the empowerment of women in Ancient Egypt, we gain valuable insights into the progression of gender equality throughout history and draw inspiration for contemporary efforts towards a more equitable society and it serves as a guiding light for the future generations.













#### THE TECHNOLOGICAL TRUST WALL: AI'S PATH TO OVERCOMING SKEPTICISM

#### -Gaurang Takkar (2178)

#### INTRODUCTION

In recent years, artificial intelligence (AI) has made significant advancements. It is also anticipated to grow significantly in the upcoming years, as seen by the wide range of applications of AI technology in a variety of industries, including robotics, education, the health sector, transportation, etc. According to statistical data provided by "Tractica", a market research firm, the AI market is expected to reach a value of over \$36 billion by 2025. The general public's perception of AI is confined to robotics, but it encompasses much more. It is a multidisciplinary field that aims to automate different aspects of a person's life and is heavily reliant on the human intellect. According to Nick Bostrom, "Machine Learning is the last invention that humanity will ever need to make." According to scientists, our planet has experienced at least five mass extinction events, in which an exceptionally large number of species vanished in a comparatively short amount of time. The question that arises is whether humans can be next. As machines become more inventive than humans, they will be viewed as being far ahead of humans in the future ages. The only thing that seems to separate humans and machines is blood, but with the advancements in technology, this may no longer be the case. However, trustworthiness or reliability is currently the biggest obstacle this innovation faces. Every invention must pass through a certain level of personal security and authentication system, known as the potency and resilience of the masses in adopting the same. But before getting into the specifics of this idea, let's first examine the technology-Artificial Intelligence—whose reliability has been called into question.

#### DECODING ARTIFICIAL INTELLIGENCE

Artificial intelligence technology is revolutionizing every aspect of human life and is transcending previous limitations. The goal of this combination of computer science and physiology is to create a world in which computers act more like humans and carry out commands in a fraction of the time that a person would normally need to. It is a relatively new technology, having been named by John McCarthy in 1956 at a scientific conference on the subject. Artificial Intelligence refers to the intelligence of the software. It contributes to humankind's well-being in many ways and has the potential to further expand an individual's potential in a variety of fields. AI is more frequently associated with sophisticated robots, driverless cars, and other such devices, but this perspective ignores a crucial but rarely considered real-world use for this technology: processing and analyzing the enormous amounts of data that are produced daily. It finds and interprets plenty of information, breaks down complex data into patterns, and draws logical conclusions from the results. Building public trust in technology is becoming increasingly important as a result of the rapid advancements in this field. The trust deficit is a major impediment hindering the progress of this technological know-how.

#### LACK OF TRUST - THE MAJOR IMPEDIMENT

Consider owning a dog as a pet that doesn't bark anywhere where it should. The owner will feel concerned because his safety is in jeopardy. Similarly, users of AI-based technology want constant reassurance from their gadgets that they are genuinely functioning. In this case, the parallel between "barking by dog" and "responding by devices" to protect their owners and foster mutual trust is drawn. The rapid growth of AI has led to new challenges, including the need for trust-building. The fallibility of AI has led to controversial outcomes, and the lack of regulatory development is the root cause of this mistrust. To ensure accurate and reliable results, a customized approach is needed. People's comfort and confidence with AI systems varies, making a one-size-fits-all approach ineffective. AI is an entitlement for everyone, and no one can choose not to pursue it. It is integrated into the system as a whole, and trusting AI should be addressed clearly when it becomes an indispensable part of civilization.

#### THE ELEMENTS OF MISTRUST

Artificial intelligence is integrated into digital technology, or even more perniciously, into the digital economy but an issue that majorly prevails is its explainability. People are more <u>likely</u> to trust the application of an AI system when it can be explained to them in plain language and they can comprehend how it operates. Despite its accuracy, AI systems <u>help</u> doctors make many treatment decisions, which makes them feel dependent on the technology and inspires mistrust and revulsion among medical professionals. According to a study, when people <u>learned</u> that AI was responsible for creating the poems in question, their opinions towards them became much more negative because they felt that AI shouldn't be involved in emotional creation. The information provided by bots such as ChatGPT, etc. is another area where technology fails to meet user trust standards. The results are not reliable and lack transparency because the source of data is not given. The element of subjectivity is an indispensable factor that draws a line between human-generated and AI-generated results for an activity. The latter is relied more where the subject of consideration is non-subjective and more practical. People's attitudes towards AI-generated content may also suffer as a result of suspicion stemming from their sociocultural, religious, and other beliefs.

Consequently, the situation requires prompt action to spur the trust waves among the masses. There is a generalized misconception that tech users find it annoying to receive constant notifications. However, rather than discouraging some false positives, it provides reassurance that the technology is fulfilling its intended purpose. Still, there needs to be control over the standard flow of notifications being slipped into the inbox. Trust-building is a difficult process that calls for collaboration between businesses and users. It necessitates cautious progress, for eseeing possible problems, and putting safeguards in place, to reach from the bottom where humans perform all tasks to the top where technology acts autonomously. Eventually, users might advance without hesitation. Furthermore, the feedback mechanism fosters user confidence by reassuring them that the technology is serving their needs and aims to improve according to their preferences, creating a win-win scenario. All of this does not guarantee a fully developed AI, and technological failures may still occur. However, how these are handled should undoubtedly be taken into account. Users are not averse to technology's inevitable mistakes, but handling them tactfully is necessary to eventually impart conviction and wisdom among the people who bring these devices into application.

#### CONCLUSION

Although the term "trust" is subject to individual interpretation, Rousseau's definition is the generally accepted definition. He defines 'trust as "a psychological state comprising the intention to accept vulnerability based upon positive expectations of the intentions or behavior of another." In general terms, the ability of an individual to be able to have faith in something in anticipation of some favorable outcome despite the risks involved. The public's trust in technology is crucial for advancement in Artificial Intelligence, but it's a challenging task. However, if a new technology can provide some hope through its application, the public is not quite so obstinate about accepting it. A single successful task can make-up for the trust deficit caused by multiple failures in human-AI interactions. This phenomenon is known as Gell-Mann amnesia, where humans continue to trust information sources even after embarrassing mistakes. The first step towards acceptance and implementation is to progressively climb the ladder. The future is bright, but without user trust, we cannot realize its full potential. Gaining this confidence will be tough, especially given that the typical individual is not well-versed in the complexities of AI and machine learning but efforts need not stop because,

"Satisfaction lies in the efforts, not in the attainment, full effort is full victory".

- Mahatma Gandhi

#### BLISS OF SOLITUDE -Asmi Sharma (2284)

Those who are lost in this world's bustle,
Life, to them, is a strenuous puzzle
parts of which are scattered all over the place.
They remain restless but nothing offers them
solace.

For those who find refuge in nothing,
Nothing can bring them the calm.
Whatever they do, there is a void of gain
when all the worldly pleasures start seeming vain.

In such a case, thyself should nothing but unwind

To see your life playing in rewind.

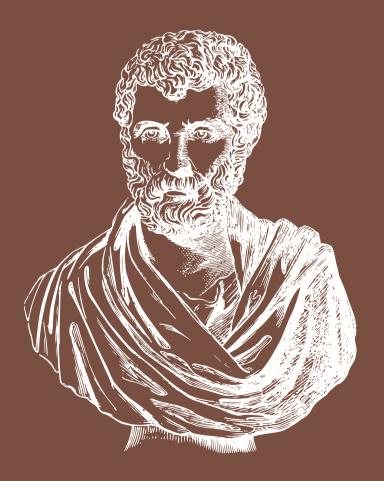
The bitter sweet flashes take you on a ride, From the heights of mountains to the forests so wild

From the stressful adulthood, to being a child The ride goes on and on till it crackles and breaks off all the worldly shackles.

Now, those long lost in reality are found in imagination,

Those bereft of words, now speak through the ink which brings out the desires long subdued,

This is the bliss of solitude.





#### URGE Gurpreet Kaur (2219)

What gives you the urge to wake up in

the morning? The urge to achieve a goal. The urge to make a difference. The urge to be successful. The urge to help someone. It can be anything, absolutely anything. But soon, a day will come when all these urges will die. You won't feel like getting up. Don't let that happen. Sleep with a dream to wake up the next day and fulfill it. Take it one day at a time. One moment at a time. One morning at a time. One urge at a time.

# THE PLIGHT OF A WIDOW

#### -Kritika (1970)

Women have been suppressed from the times of Ramayana and Mahabharata and are being quelled even in the contemporary era of '21st century'. The same can be witnessed from India's ranking in the Sustainable Development Goals, Gender Index, 2022 i.e. 108 among 193 countries. The widows especially have been treated with brutal contempt by the society from times immemorial and their predicament is peculiarly uncared-for when it comes to economical as well as social issues. Here's a story providing a glimpse into a widow's ordeals-

An old woman was selling water-melons on the road-side. While selling the watermelons, she looked gloomy & was wailing and weeping. Seeing this, a passer-by enquired from a nearby shopkeeper as to why was she crying? He told her that the lady's husband had died. The awe-striking part was the next line of the shopkeeper. He said that, "Moreover, the people who are standing nearby are cursing her because just one day after her husband's demise she has come here to sell melons for money and that she is greedy." But the truth was something else! She didn't have money even to cremate her husband and to feed her children. Furthermore, she was sick herself, but still, she went to a farmer in the morning to fetch some melons, so as to earn some money to do the cremation. And after having performed the rituals and having fed her children, she could purchase some medications for herself.

This narrative exhibits the plight and the deteriorated condition of a widow. She has to turn herself into a super-woman so as to strive and sustain herself among the societal, economical as well as emotional circumstances surrounding her. Although there are various legal provisions to safeguard the rights of a widow, still, practically, the scenario in our country is far more different. We need to focus on the real solution as Lord Buddha or Jiddu Krishnamurti did. People need to be educated about 'self-knowledge'. Having done this much, our dream of a beautiful nation, where there will be a place for everyone equally, can be satisfactorily fulfilled.

### CA Promise (Un) Kept

-Anushka Verma (2254)

"Be right back" he'd often say, As we all slept, night turned to day. He stood awake, his closest guide, An AK held, his constant pride.

Face like stone, his heart grown cold, In bitter night, his fate foretold. Yet still he sang, with courage fierce, Leading his men, their doubts pierced.

He fought with might on sacred ground, For those who came with malice found. Wounded deep, yet he pressed on, Haunted by brothers now long gone.

Revenge the path he chose to tread, To honour those who fought and bled. He charged ahead, no fear, no doubt, Against his foes, he struck them out.

Blood-soaked, he roared a lion's might, A fearsome sight, a dreadful night. Yet deep within, he knew it true, His final breath was almost due.

With honour wrapped, he'd soon depart, The tricolour over his steadfast heart. For he had fought with all his soul, What more to earn, what greater goal?

But, "Be right back," he'd often say...

#### **Innocent Candle**

-Aaradhya Sharma (2382)

Candle unburnt, the wick is waxed
Left alone, left unrecked.
Wasn't it worthy to emit light?
Perhaps darkness it would have
sufficed
I don't know the fault it had
Left in the corner, sad it felt
No reason for its impotent state,
It burnt without burning, it was its
fate!

#### **Dear Dahlia**

-Anwesha Anant (2218)

Dear Dahlia, when did you make it so far,

How did your beauty get so harsh, Like the moonglade, you illuminated my heart,

Like the sunset, you left me aghast.

Your stillness in the cold cruel nights,

left this mortal in absolute fright, Your acme bloomed the april night, It made the clamour all go quiet.

#### **Navigating the Noise**

-Lucky Singh (2363)

In the profession of law, I chose my path,
An introvert amid the extroverted mass.
On the first day, amidst the bustling
crowd,

I felt a wave of nerves, quiet and loud.

My classmates, outgoing, full of flair,
Made me question, "Do I belong here?"
To prove myself, I tried, oh so hard,
But my efforts sometimes left me scarred.

I attended events, faced my shyness head on,

Yet my voice would crack, my confidence gone.

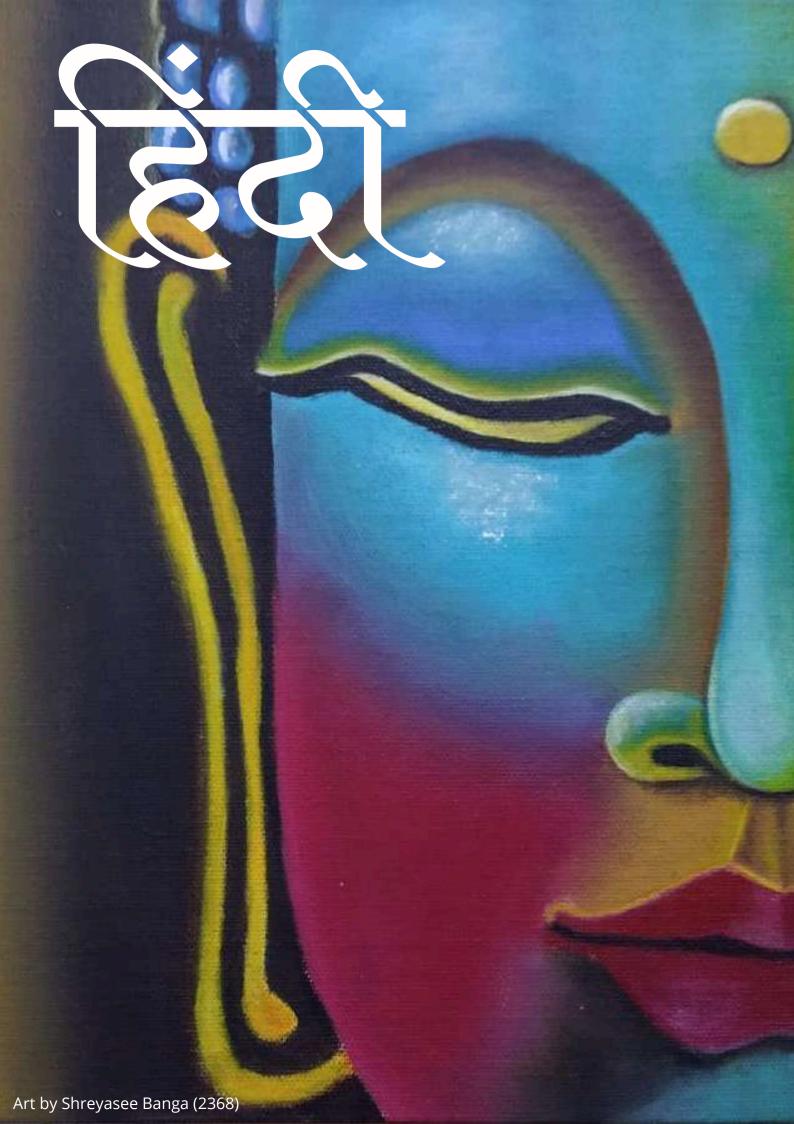
In high school, I was outspoken, bold, But in this new world, I felt controlled.

Academically, I strived for the best, But my grades didn't always pass the test.

I wonder, what do I lack, where's the key?

To project my abilities, to truly be me.

It's a struggle, disheartening, to see,
Myself, a shadow of who I used to be.
But deep down, I know, it's just a phase,
I'll find my voice, in my own ways.



## आँसू और सियाही

ये जो तुम्हें भ्रमहै कि आज जी भरके ताकि ये पर आँसूऔर कागज़ पर सियाही बहाली तो क्या सब ठीक है?

कल फिर कोई नई मुसीबत तुम्हारे इंतज़ार में खड़ी होगी और शायद वो कलवाली से भी बड़ी होगी

पिछली रात न जाने तुमने कितने कप कॉफी चढ़ाई थी और वो जो माँगीहुई लाइटर से सिगरेट सुलगाई थी

उसकी राख से भरीऐश ट्रे को साफ कर दो दुनिया को कर रहेहो तो अपने आपको भी माफ करदो

माफ़ कर दो हरउस ग़लती के लिए जो तुमने नहीं की, फिर भी सारी ज़िम्मेदारी अपने सर ली

माफ़ कर दो खुदको अगर महबूबा तुमसे रूठी है हाँ, समय सब कुछ ठीक कर देता हैये बात बिलकुल झूठी है

माफ़ कर दो खुद को अगर आज तुम्हारी तरफ से कुछ कमी थी

कमज़ोर नहीं हो अगर हार देख कर तुम्हारी आँखों में नमी थी

माफ़ कर दो खुदको अगर आज कई तुम्हारे आगे खड़े हैं पीछे नहीं हो, ज़रा देखो तुमने कितने कदम आगे बढ़ेहैं

माफ़ कर दो खुदको अगर बहुत समय से अपनों को समय नहीं दिया

और उन पर वक्त बर्बाद किया जिन्होंने तुम्हारे लिए कुछ नहीं किया

माफ़ कर दो खुदको अगर कभी खुदके यार नहीं बन पाये गैरों पर लुटा दिया पर कभी खुद से प्यार नहीं कर पाये

सलाह आज़मा के देखो, क्या पता काम आ जाए बात पक्की नहीं, पर क्या पता चैन की नींद आजाए

और फिर भी न आये तो सिगरेट तुम्हारी, लाइटर मेरी ऑसू तुम्हारे और सियाही मेरी।

### पिता कहलाता है

-अविअंश राठौड़ (2252)

मा के प्यार की बातें उसके दुलार के किस्से तो हर कोई सुनाता है

पर कभी गौर कीजिएगा कि जेब का वजन खाली सा लगे तो कौन याद आता है

वो शख्स जो कहीं चुपचाप बिना बताए बिना जताए काम किए जाता है

हाँ वही शख्स जो कभी प्यार नहीं जताता है जो अपने सपनों की मिट्टी से तुम्हारे ख्वाबों का घर बनाता है

अपने खून पसीने के हर कतरे से तुम्हारे चेहरे पर खुशी लाता है

हाँ वही जो खुद अपना मन मारके तुम्हारे ख्वाहिशों का पुल बनाता है हाँ वही तो पिता कहलाता है...

#### शायरी अविअंश राठौड (2252)

- 1. उसकी आँखों में देख के एक नशा सा चाहता हूँ ऐ ग़ालिब, रात भर जागने की एक वजह सी चाहता हूँ इस खाली दुनिया में एक सहारा हो जैसे मैं खुदा से फिर इश्क़ करने की सज़ा सी चाहता हूँ
- 2. ज़िंदगी की दौड़ में हम न जाने कितने रिश्ते-नाते तोड़ आए जब कमबख्त वक्त ने रोका तो भूल गए किस महफ़िल में खुद को छोड़ आए
- 3. उस दिन मैंने सिर्फ़ एक यार ही नहीं खोया था एक ख्वाब भी टूटा जो कभी पर से पिरोया था कुछ ही पल में मैं जैसे सिमट के रह गया ऐ ग़ालिब वो आसमाँ गवाह है कि उस दिन वो खुदा भी रोया था





उस दिन शायद दिन था मंगलवार और रात के लगभग 2 बज रहे होंगे जब, दिन भर से थक कर, सारी क्लासेज़ अटेंड करके, आफ्टरनून सेशन्स लगा कर, रोल कॉल, फॉलेन और फाइनली अपने नोट्स बनाने के बाद जो मज़ा गुलज़ार साहब की शायरी पढ़ने में आ रहा था वो और कहाँ?

तो अज़ कुछ कहा है~ "सब कुछ हासिल हो जाए, ये मुमकिन नहीं है,

जनाब ये जिंदगी है, कच्चा का घर नहीं।"

कच्चा से... सहसा एक किस्सा याद आया ~

एक सुबह, पापा आए और मुझे नींद से उठाते हुए बोले... "राशी, चलो आज मैं तुम्हें साइकिल चलाना सिखाता हूँ।"

अभी आफ़ताब (सूरज) ने भी अपनी आँखें खोली नहीं थीं और क्योंकि मैं भी रात को देर से कार्टून देखकर सोई थी, इसलिए मैंने भी वही जवाब दिया जो शायद हर बच्चा डाँट से बचने के लिए देता.... "ठीक है, पापा।"

मैं जैसे ही घर के गेट पर पहुँची तो वहाँ एक चमचमाती साइकिल मेरा इंतजार कर रही थी जिसे देखकर मेरा नादान सा मन खुशी से झूम उठा... पर जैसे ही मेरी नज़र साइकिल के पीछे वाले पहिए के 2 ट्रेनिंग व्हील्स पर गई मेरा मन बैठ गया। मानो मेरे ज़हन में एक अजीब सा डर छा गया था... पर जिसे पापा ने शायद भाँप लिया था... इसलिए उन्होंने कहा,

"बेटा, मैं हूँ न!"

फिर क्या था, मैंने उस छोटी सी साइकिल की छोटी सी सीट पर अपनी छोटी सी तशरीफ़ जमाई और पैडल पर जोर डाला, पहिए थोड़े घूमे और साइकिल थोड़ा डगमगाते हुए आगे बढ़ी.... जिससे मैं तो बड़ी खुश थी पर पता नहीं पापा पीछे से क्यों कहे जा रहे थे,

"हैंडल सीधा रखो, अरे! देखो साइकिल जा रही है, पैडल करना मत छोड़ो, अरे! गिर जाओगी!"

पहले दिन इतनी... इतनी कसरत कौन कराता है?

पर पापा ये कसरत मुझे रोज़ करा रहे थे, और नतीजा यह हुआ कि एक दिन मेरी साइकिल ने डगमगाना ही छोड़ दिया। खुशी के मारे मैं पीछे मुड़कर पापा से यह कहना चाहती थी कि देखो पापा मैंने साइकिल चलाना सीख लिया, पर वो बहुत दूर खड़े थे। उन्हें उतना दूर खड़ा देख मैं डरी... और मेरे इस डर से मेरी साइकिल फिर डगमगाई और पहली बार गिरी। मेरी तशरीफ़... जो सीट पर जमी हुई थी, वो अब जमीन पर आ गिरी थी।

पापा दौड़े– दौड़े पीछे से आए, थोड़ा मुस्कुराए और मुझे उठाकर घर ले गए। पर, न जाने उस दिन से गिरने का एक अजीब सा सिलसिला शुरू हो गया। क्योंकि, जब मेरी साइकिल ने डगमगाना छोड़ा, मैं पीछे मुड़ती और जब तक मेरी नज़र वापस रास्ते पर पड़ती, मैं खुद को ज़मीन पर पाती।

तो एक दिन मैंने सोचा कि आज तो इस डर की ऐसी की तैसी करके ही मानूँगी। फिर क्या था, मैंने अपनी साइकिल को भगाना शुरू किया, इतना तेज़... इतना तेज़ कि पापा पीछे से चिल्ला रहे थे~

"बेटा, तुम बहुत तेज़ जा रही हो, थोड़ा धीमे चलाओ.... अरे! देखो वहाँ गड्ढा है, संभलकर, तुम किसी से टकरा जाओगी।"

उनकी सारी नसीहत मानो मेरी तेज़ रफ्तार में कहीं गुम सी हो गई थी। जो हवा जो चल भी नहीं रही थी, वो मुझे अब चूमना शुरू कर चुकी थी और इस रफ्तार से मुझे मोहब्बत हो ही गई थी कि, अचानक मेरा पैर पैडल से फिसला और मेरी साइकिल फिर डगमगाई, और मैं घिसटती हुई जमीन पर आ गिरी। पर पहली बार, पहली बार आज मेरी आँखों से आँसू और घुटनों से रक्त बह रहा था। पर शायद इस बार चोट मेरे घुटनों को नहीं बल्कि मेरे अहं को लगी थी। पापा दौड़े– दौड़े मेरे पास आए और बिना मुस्कुराए, मुझे गोद में उठाकर घर ले गए और बस इतना ही कहा, "कल साइकिल मत चलाना, तुम्हें चोट लगी है।"

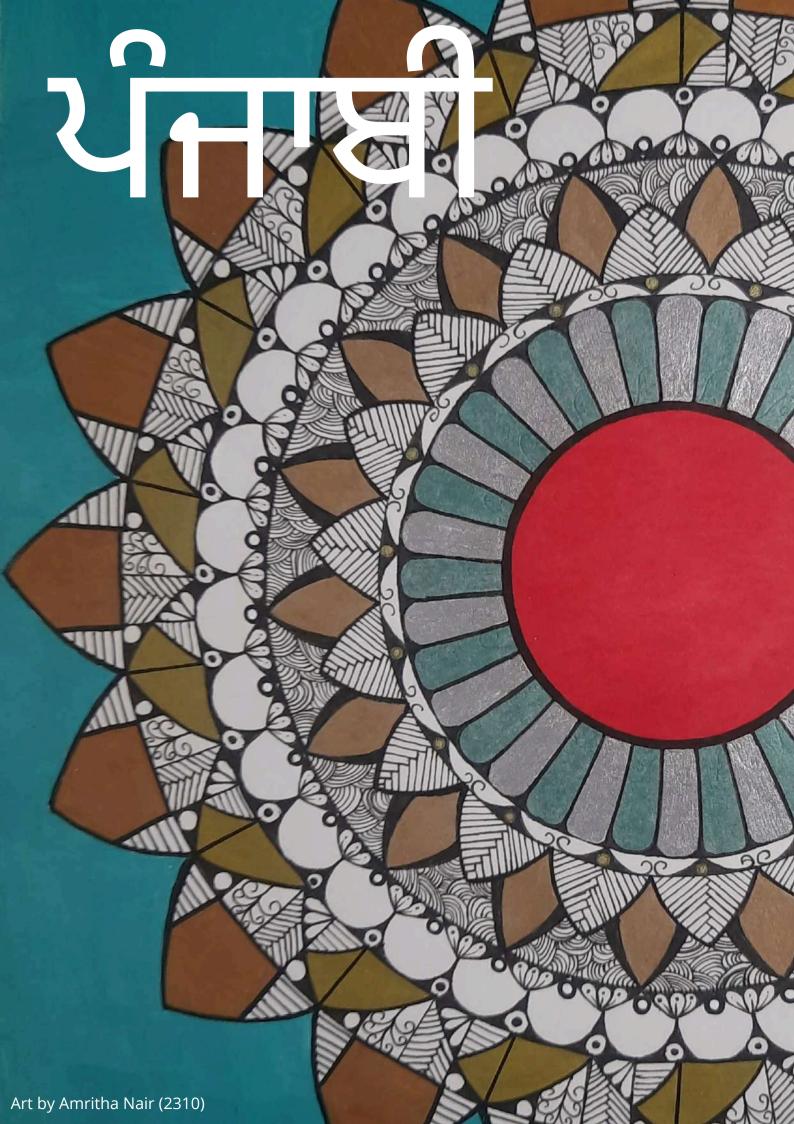
उपर... पर, अब तो साइकिल मुझे चलानी थी, क्योंकि कल तक जो मैं गिर रही थी वो अपने डर की वजह से, और जो मैं आज गिर रही थी, वो अपनी बेवकूफ़ी की वजह से... और एक चीज़ जो मैं अच्छे से जानती थी वो यह कि डर से तो फिर भी लड़ा जा सकता है पर बेवकूफ़ी... बेवकूफ़ी को अगर सुधारा न जाए तो उसकी आदत पड़ जाती है।

तो क्या था, अगली सुबह मैं उठी, सूरज से भी पहले... साइकिल को स्टैंड से हटाया और उस पर सवार होकर मीलों – मील तक चलाते चली गई और फिर एक मोड़ से घुमाकर घर वापस लाई... बिना गिरे!

इस सुबह पापा को मैंने उठाया, हँसते– हँसते पूरा किस्सा सुनाया और बस इतना कहा कि,

'देखो पापा, मैं आखिर में साइकिल चलाना सीख ही गई।" पापा मुस्कुराए और बोले कि, ''बेटा, आज तुमने साइकिल चलाना ही नहीं बल्कि जिंदगी में चलना भी सीख लिया।"

उन्होंने बताया कि कैसे, हैंडल हमारा ध्यान है, पैडल हमारी मेहनत, ये चलती हुई साइकिल हमारी कामयाबी जो <mark>चल</mark> रही है उस रास्ते पर जिसे कहते हैं जिंदगी। उन्होंने समझाया कि, घमंड की रफ्तार में और इंसानी रिश्तों के गड्ढों में मैं बार – बार गिरूंगी, पर मुझे उठना है... अपनी साइकिल को फिर से खड़ा करना है और चलते जाना है।





ਮਿਹਨਤ ਹੈ ਸਫਲਤਾ ਦੀ ਕੰਜੀ, ਅਨੁਸਾਸਨ ਨਾਲ ਹੀ ਹਾਸਲ ਹੁੰਦੀ। ਅਨੁਸਾਸਨ 'ਚ ਰਹਿਮ ਕੇ ਜ਼ਿੰਦਗੀ, ਬਲੰਦੀਆਂ ਛਹ ਜਾਂਦੀ। ਪਹਿਲਾਂ ਸਬਕ ਅਨੁਸਾਸਨ ਦਾ, ਕਦਰਤ ਹੈ ਸਿਖਾਉਂਦੀ। ਸਰਜ, ਧਰਤੀ, ਚੰਦ ਤੇ ਤਾਰੇ, ਵਾਰੋ–ਵਾਰੀ ਇੱਕ ਰੱਤ ਹੈ ਆਉਂਦੀ ਜਾਂਦੀ। ਚਾਨਣ ਦਾ ਪਟਾਰਾ ਲੈਕੇ. ਸੂਰਜ ਮਨੱਤ, ਮੱਬਨ ਰੂਮਕਿਆ ਆਪਣਾ ਚਿਹਰਾ ਹੈ ਦਿਖਾਉਂਦਾ, ਬਚਪਨ, ਜਵਾਨੀ ਤੇ ਬੁਢਾਪਾ ਹਰ ਰੋਜ ਹੁੰਢਾਉਂਦਾ। ਤਾਰਿਆਂ ਦੀ ਫਲਕਾਰੀ ਲੈਕੇ, ਰਾਤ ਜਦੋਂ ਆਉਂਦੀ, ਤਿੰਨ ਨੂੰ ਛੁੱਪ ਜਾਂਦਾ, ਏਕਵਾਲੇ ਚੰਦ ਨੰ, ਪ੍ਰਕਾਸ਼ ਨੂੰ ਹੈ ਜਵਾਨੀ ਆਉਂਦੀ। ਨਦੀਆਂ ਤੇ ਦਰਿਆ, ਅਨਸਾਸਨ ਦੇ ਨੇਰਮਾਹੀਂਦੇ ਦਿਨ ਹੋਵੇ ਜਾਂ ਰਾਤ, ਆਪਣੇ ਵੇਗ 'ਚ ਨੇਹੀਂਦੇ। ਜੀਵਨ ਬਣਾ ਲਵੋ. ਸਾਗਰ ਦੇ ਵਾਂਗ. ਲੱਖਾਂ ਦਰਿਆ ਤੇ ਨਦੀਆਂ ਇਸ ਵਿੱਚ ਸਮਾ ਜਾਣ, ਅਣਗਿਣਤ, ਜੀਵ-ਜੰਤੂਆਂ ਤੇ ਫੱਲ-ਫਲੇਲਾਂ ਨੂੰ, ਜੀਵਨ ਦਾਨ ਇਹ ਦੇਣ। ਕਦਰਤ ਹਰ ਸਿਖ ਸਬਕ ਸਿਖਾਉਂਦੀ ਹੈ, ਸਭ ਤੋਂ ਵੱਡਾ ਸਲਤਾਨ ਇਹ ਸਿਖਾੳਂਦੀ ਹੈ। ਸਾਡੀਆਂ ਮਕਤਬਾਂ ਤੇ ਚੌਮਗਰਦਾ. ਹਰ ਸ਼ਖਸ ਜੋ ਸਾਡੇ ਨਾਲ ਹੈ ਮੁਲਾਕਾਤ ਕਰਦਾ। ਇਲਾਹੀ ਨਰ ਸਾਡੇ 'ਚ ਸੋਝੀ ਪਾਈ ਜਾਂਦਾ ਏ। ਪਰ ਅੱਜ ਦਾ ਮਨੁੱਖ ਆਪਣੀਆਂ ਲਾਲਸਾਵਾਂ ਦੇ ਵੱਸ ਪੈਕੇ, ਉਸ ਕੁਦਰਤ ਨੂੰ ਭੁਲਾਈ ਜਾਂਦਾ ਏ। ਗੁਰੂਆਂ, ਪੀਰਾਂ, ਸੰਤਾਂ ਦੀਆਂ ਦਾਤਾਂ ਤੇ ਸਾਡੀ ਸੱਚੀ ਤੇ ਸੁੱਚੀ ਪੁਰਾਣੀ ਤਰੀਕ ਨੂੰ ਵਿਸਾਰੀ ਜਾਂਦਾ ਹੈ।

### <u>ਸ਼ਾਂਤੀ ਅਤੇ ਸ਼ੁਕੂਨ</u>

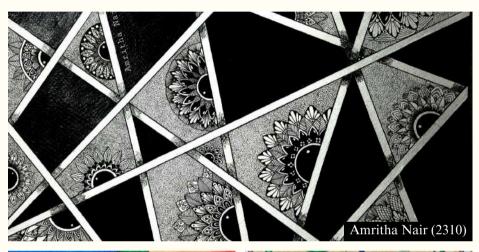
-ਕ੍ਰਿਤੀਕਾ (1970)

ਇਨਸਾਨ ਪੂਰੀ ਉਮਰ ਸੁਕੂਨ ਅਤੇ ਸ਼ਾਂਤੀ ਦੀ ਤਲਾਸ਼ ਵਿਚ ਕਰਮ ਕਰਦਾ ਰਹਿੰਦਾ ਹੈ। ਇਨਸਾਨ ਅਤੇ ਜਾਨਵਰਾਂ ਵਿਚ ਮੂਲ ਅੰਤਰ ਬੋਧ ਦਾ ਹੁੰਦਾ ਹੈ। ਇਨਸਾਨ ਦੀ ਮੂਲ ਪਿਆਸ ਰੱਬ ਦਾ ਅੰਮ੍ਰਿਤ ਪੀਏ ਬਿਨਾਂ, ਸੱਚ ਜਾਣੇ ਬਿਨਾਂ ਜਾਂ ਆਤਮ-ਅਵਲੋਕਨ ਦੇ ਬਿਨਾ ਨਹੀਂ ਪੂਰੀ ਹੋ ਸਕਦੀ। ਉਹ ਕਿੰਨੇ ਮਰਜ਼ੀ ਮਹਿਲ ਖੜੇ ਕਰ ਲਵੇ, ਕਿੰਨੇ ਮਰਜ਼ੀ ਦੋਸਤ ਬਣਾ ਲਵੇ, ਪਰਿਵਾਰ ਵਧਾ ਲਵੇ, ਕਿੰਨਾ ਮਰਜ਼ੀ ਔਪਚਾਰਿਕ ਗਿਆਨ ਪਾ ਲਵੇ, ਉਸ ਦੀ ਅਸਲੀ ਪਿਆਸ ਆਤਮ-ਸ਼ਾਂਤੀ ਦੀ ਹੁੰਦੀ ਹੈ। ਇਨਸਾਨ ਦੀਆਂ ਸਾਰੀਆਂ ਇਛਾਵਾਂ ਦੇ ਪਿੱਛੇ ਦੀ ਮੂਲ ਚਾਹ ਸ਼ਾਂਤੀ ਲਈ ਹੁੰਦੀ ਹੈ। ਸੰਤ ਕਬੀਰ ਦਾਸ ਜੀ ਕਹਿੰਦੇ ਨੇ ਕਿ 'ਮਾਇਆ ਮਰੀ ਨਾ ਮਨ ਮਰਾ ਮਰ ਮਰ ਗਏ ਸ਼ਰੀਰ, ਆਸ਼ਾ ਤ੍ਰਿਸ਼ਨਾ ਨਾ ਮਰੀ, ਕਹਿ ਗਏ ਸੰਤ ਕਬੀਰ'। ਸੰਤ ਕਬੀਰ ਕਹਿੰਦੇ ਨੇ ਕਿ ਇਹ ਜਗ ਬੋਰਾਇਆ ਹੋਇਆ ਹੈ ਕਿਉਂਕਿ ਉਹ ਜੋ ਹੈ ਹੀ ਨਹੀਂ, ਉਸ ਦੀ ਫਿਕਰ ਕਰਦਾ ਹੈ, ਤੇ ਜੋ ਉਹ ਹੈ, ਜੋ ਕਿ ਹੈ ਰੱਬ ਤੇ ਸਤ ਦੇ ਨਾਲ ਇਕ, ਉਹ ਉਸ ਕੇਂਦਰ ਤੋਂ ਕਰਮ ਨਹੀਂ ਕਰਦਾ ਹੈ। ਇਸ ਲਈ ਉਹ ਮੂਲ ਤੋਂ ਅਨੰਦਮਈ ਨਹੀਂ ਹੋ ਪਾਂਦਾ ਅਤੇ ਈਵੇਂ ਹੀ ਆਪਣਾ ਜੀਵਨ ਗਵਾ ਦਿੰਦਾ ਹੈ ਅਤੇ ਮੌਤ ਦੇ ਨਾਲ ਉਸ ਦੀ ਝੂਠੀ ਦੁਨੀਆਂ ਨੂੰ ਵਿਰਾਮ ਲੱਗ ਜਾਂਦਾ ਹੈ। ਇਸ ਲਈ ਸੰਤ ਕਬੀਰ ਦਾਸ ਇਹ ਵੀ ਕਹਿੰਦੇ ਨੇ ਕਿ 'ਹੇ ਸਾਧੋ ਤੂੰ ਕਿਉਂ ਪਰੇਸ਼ਾਨ ਹੈ, ਇਹ ਤਾਂ ਮੁਰਦਿਆਂ ਦਾ ਗਾਂਵ ਹੈ', ਕਿਉਂਕਿ ਸਤ ਜਾਣੇ ਬਗੈਰ ਇਨਸਾਨ ਦਾ ਅਸਲੀ ਜੀਵਨ ਜੀਣਾ ਸ਼ੁਰੂ ਹੀ ਨਹੀਂ ਹੁੰਦਾ। ਤੇ ਜਦੋਂ ਉਹ ਇਸ ਦੇਹ ਧਰੇ ਪਿੰਜਰੇ ਤੋਂ ਆਜ਼ਾਦ ਹੁੰਦਾ ਹੈ ਤਾਂ ਹੀ ਉਹ ਆਜ਼ਾਦੀ ਨਾਲ ਅਨੰਦਮਈ ਜੀਵਨ ਜੀ ਪਾਂਦਾ ਹੈ। ਅਤੇ ਸਤ ਜਾਣਨ ਲਈ, ਗੁਰੂ ਤਾਂ ਸਾਡੇ ਭੀਤਰ ਹੀ ਪ੍ਰਮਾਤਮਾ ਜਾਂ ਅੰਦਰੂਨੀ ਜ਼ਮੀਰ ਬਣ ਕੇ ਬੈਠਾ ਹੁੰਦਾ ਹੈ। ਬਸ ਜੋ ਭੀਤਰ ਦੀ ਆਵਾਜ਼ ਸੁਣਦਾ ਹੈ, ਉਹ ਪਾਰ ਹੋ ਜਾਂਦਾ ਹੈ।

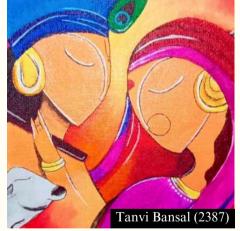
ਜਿਦੂ ਕ੍ਰਿਸ਼ਨਾਮੂਰਤੀ ਬਿਨਾਂ ਕਿਸੇ ਧਰਮ ਆਦਿ ਦੇ ਭੇਦ ਭਾਵ ਤੋਂ ਆਖਦੇ ਨੇ ਕਿ ਸਤ ਤਾਂ ਇਕ ਹੈ। ਹਰ ਇਕ ਇਨਸਾਨ ਮਰਦਾ ਹੈ ਅਤੇ ਹਰ ਇਨਸਾਨ ਨੂੰ ਸ਼ਾਂਤੀ ਅਤੇ ਸੁਕੂਨ ਦੀ ਤਲਾਸ਼ ਹੁੰਦੀ ਹੈ। ਪਰ ਬਜਾਏ ਕਿ ਬਾਹਰ ਢੂੰਢਣ ਦੇ, ਇਨਸਾਨ ਨੂੰ ਭੀਤਰ ਦੇਖਣਾ ਚਾਹੀਦਾ ਹੈ ਕਿ 'ਇਹ ਮੇਰੇ ਭੀਤਰ ਹੈ ਕੌਣ ਜਿਸ ਨੂੰ ਪਰੇਸ਼ਾਨੀ ਹੈ?' ਜੀਵਨ ਦੀ ਗਹਿਰਾਈ ਨਾਲ ਇਨਸਾਨ ਦੇਖਦਾ ਜਾਂਦਾ ਹੈ ਕਿ ਉਹ ਨਾ ਤੇ ਸ਼ਰੀਰ ਹੈ, ਕਿਉਂਕਿ ਸ਼ਰੀਰ ਧਰਾ ਦਾ ਧਰਾ ਰਹਿ ਜਾਵੇਗਾ, ਵਿਚਾਰ ਜਾਂ ਮਨ ਤਾਂ ਭਰਮਪੂਰਨ ਹਨ ਅਤੇ ਹਰ ਪੜਾਅ ਤੇ ਬਦਲਦੇ ਰਹਿੰਦੇ ਹਨ, ਮਤਲਬ ਕਿ ਸਾਰੇ ਵਿਚਾਰ ਵੀ ਬਾਹਰੀ ਮਾਰਨਸ਼ੀਲ ਸੰਸਾਰ ਤੋਂ ਹੀ ਆ ਰਹੇ ਹਨ, ਤਾਂ ਇਸ ਪੂਰੇ ਜਗਤ ਦਾ ਸੱਚ ਕਿ ਹੈ?

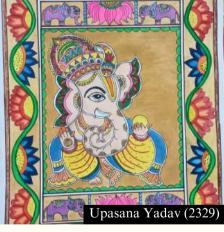
ਇਹੋ ਜਾ ਕਿ ਹੈ ਜੋ ਇਸ ਦੁਨੀਆਂ ਵਿਚ ਕਦੇ ਨਹੀਂ ਬਦਲਦਾ, ਇਹੋ ਜਾ ਕਿ ਹੈ ਅਸਲ ਵਿੱਚ 'ਮੈਂ' ਹਾਂ, ਜੋ ਅਸਲ ਵਿੱਚ ਇਸ ਮਾਰਨਸ਼ੀਲ ਦੁਨੀਆ ਦਾ 'ਸਤ' ਹੈ।

ਰਮਨਾ ਮਹਾਰਿਸ਼ੀ ਨੇ ਇਸ ਨੂੰ ਇਕ ਪ੍ਰਸ਼ਨ ਵਿੱਚ ਕਿਹਾ ਹੈ ਕਿ ਜਿਸ ਨੇ ਇਹ ਜਾਣ ਲਿਆ ਕਿ 'ਮੈਂ ਕੌਣ ਹਾਂ' ਉਸ ਦਾ 'ਮੈਂ' ਅਤੇ ਸਾਰੀ ਝੂਠੀ ਸਮੱਸਿਆਵਾਂ ਮੁਕ ਜਾਂਦੀਆਂ ਹਨ, ਕਿਉਂਕਿ ਉਹ ਸਤ ਨਾਲ ਇਕ ਹੋ ਜਾਂਦਾ ਹੈ। ਅਤੇ ਫਿਰ ਉਹ ਜੋ ਵੀ ਕਰਮ ਕਰੇ ਉਹ ਲੋਕ-ਭਲਾਈ ਲਈ ਹੀ ਹੁੰਦਾ ਹੈ। ਇਸੀ ਲਈ ਇਹ ਵੀ ਕਿਹਾ ਜਾਂਦਾ ਹੈ ਕਿ ਸਭ ਤੋਂ ਵੱਡਾ ਦਾਨ ਹੈ ਕਿ ਆਪਣੇ ਝੂਠ ਨੂੰ ਵੇਖ ਲਵੋ ਅਤੇ ਉਸ ਨੂੰ ਮੀਟ ਦੋ। ਆਪਣਾ ਅਹੰ, ਸਰੀਰ ਦੀ ਪਛਾਣ, ਅਤੇ ਉਹ ਸਭ ਨੂੰ 'ਨੇਤਿ-ਨੇਤਿ' ਕਰਕੇ ਨਕਾਰ ਦੋ, ਕਿ ਮੈਂ ਇਹ ਵੀ ਨਹੀਂ ਹਾਂ, ਇਹ ਵੀ ਨਹੀਂ ਹਾਂ, ਤਾਂ ਤੁਸੀਂ ਸਤ ਦੇ ਨਾਲ ਇਕ ਹੋਂਦੇ ਜਾਓਗੇ।

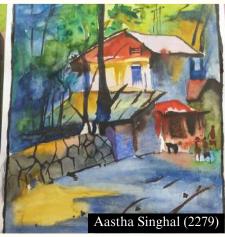


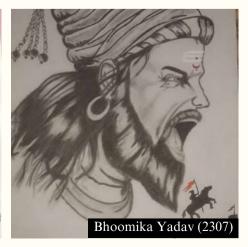
































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