



Lieutenant Governor Manoj Sinha addresses smart India hackathon 2024 grand finale



Galgotias University CEO, Dr. Dhruv Galgotia, presents a memento to Mr. Manoj Sinha, the Lieutenant Governor of Jammu and Kashmir

Chancellor Suneel Galgotia and Dr. Dhruv Galgotia announced a 50% scholarship to J&K students at the request of Lieutenant Governor Manoj Sinha. In his keynote address, the Lieutenant Governor commended the pioneer initiative by Government of India, celebrating the spirit of innovation and collaboration, and providing a dynamic platform for brightest minds of the country to develop and showcase their creative solutions to real-world problems. "I see Smart India Hackathon as a powerful instrument to bridge the gap between educational institutions and industries," the Lieutenant Governor said. In the next 4 days during the Hackathon, participants from across the country will work on critical problem statements to develop successful innovation. Highlighting the transformation in innovation landscape of the

country in the past 10 years, under the leadership of Hon'ble Prime Minister Shri Narendra Modi, the Lieutenant Governor said, India has emerged as one of the global leaders in new inventions, which are seen as critical to the future well-being of society and to drive the nation's economic growth. On the occasion, the Lieutenant Governor called upon the youth to translate their ideas into socially useful and commercially viable applications and ensure that fruits of new inventions reach all sections. "Your courage, dedication, talent and zeal to explore the unknown will give new impetus to the journey of Developed India," the Lieutenant Governor told the Youth. "We need cutting edge technologies to be the leading nation in technological inventions and at the same time we need environment-friendly

innovations for sustainable development. To achieve the goal of Developed Nation by 2047, we need knowledge, capability and commitment of innovators, collaborations, support for new ideas, discoveries, marketing and commercialization of innovations," the Lieutenant Governor said. He said new innovations are touching the lives of common man in ways that we cannot even fully imagine today. Our focus should also be on innovations that would benefit society at large like water and energy conservation, waste management, precision agriculture and e-governance, he added. He also asked the young innovators to explore diverse areas in Agriculture sector pertaining to soil health, pest infestation, climate change, real time data etc. The Lieutenant Governor emphasised that inclusive

development and economic growth should be the main aim behind every innovation. "Innovation should lead us to social change and drive India's economic growth. Augmented Reality (AR) in Industry 4.0 technology should contribute to design, product development, maintenance and quality control in different sectors and help our manufacturers and find solutions to their operational problems and production downtime," the Lieutenant Governor said. He further highlighted that better system integration and smart factories will be the most dynamic aspect of Industry 4.0 involving physical equipment and digital tools and also it will be the best example of collaboration between human and technology. "For Industry 4.0 Factories and to mitigate the social challenges of food, water, environment.

Galgotias University as a prominent education ecosystem for promoting startups: K D Agrawal



(Kapil Dev Aggarwal delivering speech at Smart India Hackathon)

Chief Guest Kapil Dev Agarwal, while extending his best wishes for the successful organization of the “Smart India Hackathon 2024” (SIH 2024), expressed his happiness, saying, “I am very pleased that the youth of our country is solving various problems through innovation and setting new milestones. This is why the world is honouring India’s talents today.” The Smart India Hackathon 2024 (SIH-2024) event was conducted across 51 institutions nationwide under the leadership of the Prime Minister. The main objective of this event was to promote innovation and empower the youth to tackle national challenges. In this five-day event held at Galgotias University, around 300 students in 40 teams

from 9 states participated. These teams were tasked with solving 7 challenges presented by the Narcotics Control Bureau (NCB), the Ministry of Jal Shakti, and the National Disaster Response Force (NDRF) using innovation and technology. The teams took this responsibility seriously and worked with great integrity. The Smart India Hackathon is a dream project of our Honorable Prime Minister. Through this event, the Indian youth will come up with innovative solutions for challenges in sectors like healthcare, supply chain & logistics, smart technology, heritage & culture, education & skill development, water, agriculture & food, and disaster management. This will surely

contribute to realizing our vision of a developed India by 2047. Out of the 40 teams that worked on solving the 7 challenges given by NCB, Ministry of Jal Shakti, and NDRF, 12 teams were declared winners. Among them, the team working on blockchain and cyber security received a prize of one lakh rupees, two teams working on management disaster management received fifty thousand rupees each, two teams working on smart automation were awarded one lakh rupees each, two teams working on clean and green technology received one lakh rupees each, two teams working on miscellaneous topics received one lakh rupees each, and two teams working on robotics and drones received one lakh rupees

each. One team also received a consolation prize of twenty-five thousand rupees from Galgotias University. Galgotias University CEO Dr. Dhruv Galgotia extended his best wishes to all participants and encouraged them to work hard and create new inventions for the welfare of the world. He also motivated the students to continually improve their skills and emphasized the role of events like SIH in bridging the gap between academia and industry.

The award distribution ceremony was attended by officials such as Ms Selvarani from the Innovation Wing of the Ministry of Education, Government of India; Galgotias University Vice Chancellor Dr. K. Mallikarjun Babu; Amit Grover, former Senior Vice President-Sales, Kelton Tech Pvt. Ltd. and Nodal Center Head for Smart India Hackathon; Udayan Maurya, a former of Education’s Innovation Wing and Nodal Center Head; and Galgotias University Pro Vice Chancellor Dr. Avadhesh Kumar, Registrar Dr. Nitin Gaud, and Dr. Meenakshi Sharma, Nodal Officer of the Smart India Hackathon.



official from the Ministry Galgotias University’s Director of Education, Aradhana Galgotia, presented a memento and bouquet to the Honourable Minister as a mark of respect.

Education minister Yogendra Upadhyay hails Galgotias University at 12th International Conference on library and information science

Galgotias University inaugurated a three-day 12th International Conference on Library and Information Science. During the event, the Chief Guest, Shri Yogendra Upadhyay, Higher Education Minister of Uttar Pradesh, emphasized the significance of education in nurturing morality and imparting knowledge and wisdom. He stated, "The primary foundation of education is to instil good values and strengthen our understanding through technology. I urge students and youth of our country to master modern technologies and establish new milestones for the world's welfare. Remember that hard work, reflection, and contemplation yield immense rewards." The Chief Guest commended Galgotias University for its

excellent infrastructure, smart classrooms, cleanliness, and well-functioning laboratories in various departments. He praised the university for providing students with a platform for holistic development.

He further lauded Chancellor Shri Suneel Galgotia for revolutionizing the education sector by offering affordable and high-quality education. Shri Upadhyay also appreciated CEO Dr. Dhruv Galgotia's pivotal role in creating a world-class and student-centric education system at the university. Highlighting the Indian government's ONOS (One Nation, One Subscription) initiative, he described it as a significant step forward.

The conference has attracted over 300 participants from

countries like France, Germany, the UK, the Philippines, Indonesia, Thailand, and Bangladesh. A total of 84 research papers will be presented during the event. The conference is being organized in collaboration with Gautam Buddha University and with the support of the Raja Ram Mohan Roy Library Foundation, Ministry of Culture, Government of India. In his address, Chancellor Shri Suneel Galgotia remarked that libraries are the heart of any institution and a vital part of the education system. He highlighted the conference's alignment with India's Make in India and Digital India initiatives.

Discussions during the conference will cover topics like the application of Artificial Intelligence (AI), Robotics, Blockchain Technology, Internet of Things (IoT), Big Data Analytics, Innovation and Knowledge Management, and Research Data Management in library services. These sessions aim to provide students and participants with opportunities to learn cutting-edge technologies and establish new benchmarks in their respective fields.



(Mr. Suneel Galgotia, Chancellor of Galgotias University, Honors Shri Yogendra Upadhyay, Minister of Higher Education, U.P., at the International Conference)



Galgotias University hosts smart India hackathon 2024”.

In the event Officer from University, Lieutenant Governor of Jammu and Kashmir Manoj Sinha and Dr. Ashok Bajpai Member Of Rajya Sabha.SIH 2024 aimed to give a platform to the students to showcase their talents and feature their vision with their coding skills and innovative idea And the event is held in the Galgotias University campus and different state students come here and experience the warm hospitalityoftheuniversity,and the university welcome them with the huge respect and tried to provide them with every kind of thinks they need during the event. there were 40 teams. 300 students from nine states participated in this event. The students show their innovations, and their projects are about different problems that are related to real world problems.The Selvarani reached to Galgotias University to review students projects, and then she tried to know about the project, and she also asked different question of them. There were different teams and their projects are -



students intercting with faculty



Guests at Galgotias University



Chief Guests at Galgotias University.



Chief Guest Kapil Dev Aggarwal, Minister of Vocational Education and Skill Development, Government of Uttar Pradesh at Galgotias University.

University hosts the Grand Finale of Smart India Hackathon on 15th December with Minister Kapil Dev Aggarwal of five dynamic days. And he came to university and appreciate the students. “Somewhere you lose somewhere you win but the most important thing is you try to do something” and this is called the process of learning. Successfully the event was hosts by Galgotias University. And they were proud and also the CEO of the University Dhruv Galgotia said that in feature they tried to come up with many more these kinds of events.



Team Agni Siragugal, these are the technocrats are designing a cutting-edge drone-based human detection system for CSSR operations. Here we can see the different uses of drones.



Team Block checkers, as the name of this team their technocrats is making "blockchain device" and this will help in delivering of drugs and it also help in preventing its misuse



Team Tech crafters, there innovation is deal with the combining safety measures, for a blockchain, cybersecurity, and alert systems is a smart device which help for the safer future



Disaster Management Team win: ₹50,000.



Blockchain and Cybersecurity Team win: ₹1,00,000.

Consolation Prize: ₹25,000 (sponsored by Galgotias University)



Galgotias University introduces new building designed for active and collaborative learning



Galgotias University has inaugurated its newly constructed building for active learning. The building has been developed to enhance collaborative and active learning. The space has been named “Active Learning Space”. It emphasizes the necessity of collaborative learning to accommodate technology and human interactions in classroom learning. To reshape the future of education, Galgotias University hosted an international conference on ‘Reshaping Teaching and Learning Paradigms’ while inaugurating an active learning space at Galgotias University. The event brought together eminent scholars, educators, and leaders from global institutions, including delegates from Nanyang Technological University (Singapore), QS Quacquarelli Symonds, and Times Higher Education (THE).

Galgotias University also inaugurated the phase 1 of India’s first active learning building. This building has learning spaces which are more than just classrooms, they are hubs where ideas will be exchanged and critical thinking will be honed. The event also celebrated the rich cultural heritage of India, showcasing the unique traditions, art forms, and lifestyles of its diverse states. From the rhythmic beats of

folk dances, the vibrant cultural showcased together the essence of India’s unity in diversity. Galgotias University is collaborating with Nanyang Technological University, Singapore to bring global best practices and cutting-edge educational methodologies at university. The conference aimed to explore transformative approaches to teaching and learning in the 21st century, emphasizing active learning ecosystems, interdisciplinary education, and the integration of technology in pedagogy. Discussions revolved around strategies to equip students with skills for an evolving global landscape, fostering creativity, critical thinking, and innovation. Our distinguished

Nanyang Technological University (NTU), Singapore underscored the importance of global partnerships in shaping the future of education. Prof. Gan Chee Lip, whose keynote address on NTU’s incredible transformation journey provided invaluable insights and inspiration for us to follow. Prof. Richard James from Melbourne University shed light on the ambitious scope of the Galgotias Student-Centered Active Learning Ecosystem (GSCALE) transformation. Assoc. Prof. Ian Dixon’s session on cross-cultural storytelling between India and Australia was captivating and enlightening. By exploring the integration of Indian and Western cinematic traditions, he demonstrated the power of storytelling as a tool for cultural exchange and innovation. Dr. Ho Shen Yong, whose plenary on the role of AI in education struck a balance between optimism and caution. The conference also featured panel discussions with the NTU delegation, Mr. Ashwin Fernandes from QS, Mr. Ritin Malhotra from THE, interactive workshops,

and networking opportunities, fostering collaboration among participants to exchange best practices and innovative ideas. Chancellor of Galgotias University, Shri Suneel Galgotia highlighted the university’s ongoing efforts to align its educational framework with global benchmarks. He ended his talk by saying that the seeds we plant today will grow into a forest of possibilities tomorrow. CEO, Dr. Dhruv Galgotia mentioned that this conference is a step forward in our mission to redefine the academic experience, bridging the gap between traditional learning models and the demands of the modern world. He emphasised that at Galgotias University the primary goal is to develop a smart, thinking workforce with creative, problem-solving skills who have the ability to challenge and most of all to be adventurous. The conference and inaugural of active learning spaces at Galgotias University’s position us as a hub for global academic dialogue, driving meaningful change in education and setting



“Bridging cultures, fostering innovation”

Empowering the future: The role of students in shaping a progressive and peaceful society

Children are often seen as the bearers of the future and the pillars of society. Along with this recognition, they are entrusted with the responsibility to shape and improve the world. From their classrooms to the playground, the values they embrace, the knowledge they acquire, and their aspirations for the future directly impact the progress of society. Therefore, to build a peaceful and developed society, students must be equipped with the right education, opportunities, and mentorship. Students serve as the starting point for development and change. They represent the energy, curiosity, and passion needed to tackle some of the world's most pressing challenges. Whether addressing environmental issues, advancing scientific knowledge, or advocating for equality across races and genders, students have the power to bring about

change. What makes students especially unique is their ability to think creatively, break from tradition, and offer innovative solutions. Moreover, students come from diverse



backgrounds, and their varied cultural and socio-economic experiences promote global integration and diversity. This diversity is an asset, providing opportunities for the world to grow collectively rather than in isolated parts. At the core of students' contributions lies education. A quality education goes beyond just knowledge—it also fosters empathy,

persistence, and, most importantly, integrity. Students nurtured in environments that promote creativity and critical thinking are better prepared to navigate uncertainty.

The importance of education is widely acknowledged. However, it is also essential that students engage in physical activities, hone their social skills, and connect with society. These experiences equip them with the necessary tools to address real-world problems and become influential leaders. To unlock their full potential, students need proper guidance

and encouragement. Sadly, many underprivileged youths lack access to quality education due to socio-economic factors, inadequate resources, and poor infrastructure, which hinders their ability to reach their true potential. Parents, teachers, and mentors play a crucial role in shaping students' character and vision. The world around them often sets high expectations, fostering a competitive mindset. To help students navigate this path, they need the right motivation and inspiration. To address the challenges of today and build a strong future, students must recognize their role. Creating this change requires a combination of education and passion that will drive the world forward. As they mature, it is crucial that we equip them with the knowledge and tools to make a lasting impact.

“An enriching journey of teaching and empowerment at sakipur village”

The teaching activity took place over eight days with a group of students from the Human Touch Foundation in Sakipur village, Zeta 1, Greater Noida, Uttar Pradesh. This marked the start of the NGO's journey. On the first day, I introduced myself and had the students do the same. This activity gave me an opportunity to evaluate their existing knowledge and capabilities. During this initial session, I learned that most students attended school, but two, Afiya and Sonam, were not enrolled. I personally encouraged them to attend school and coordinated with the NGO to reach out to their parents to arrange for their enrollment. I also took time to understand each student's individual challenges and brainstorm potential solutions

On the second day, I used traditional teaching methods, which have long been a staple in education. While familiar, these methods lack active learning, which is essential for student engagement. A few students showed interest, but most seemed disengaged. Observing this, I decided to implement more innovative techniques, especially for those who were not attending school. That day, I requested the organization to organize a poster-making competition to stimulate creativity and give students an outlet for expressing their emotions and aspirations. The competition, held in an open field near the teaching area, aimed to foster emotional development. It brought together both formal and informal social groups,



creating a sense of optimism. Every participant received an award, and top performers were given special prizes. I also assigned tasks for the following day. On the next day, I introduced acting and drama as teaching tools, using role-playing to engage the students. I assigned them roles of famous freedom fighters like Mahatma Gandhi, Netaji

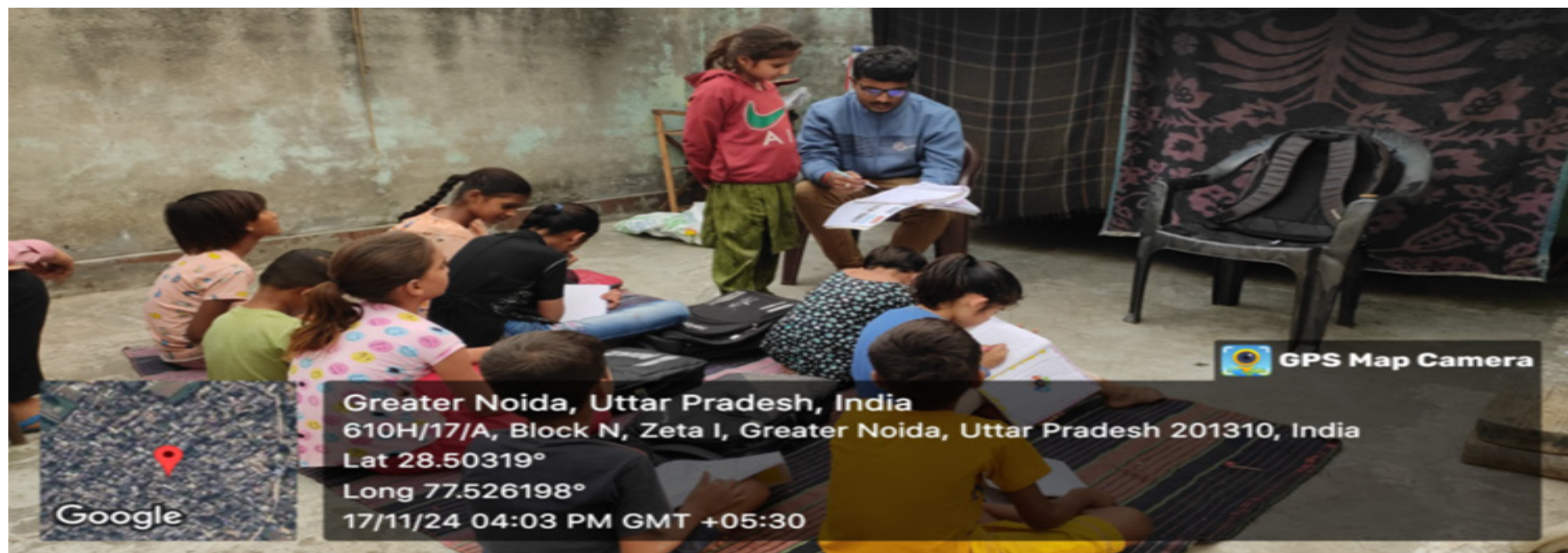
Subhas Chandra Bose, Shivaji Maharaj, and Rani Lakshmi Bai. Introducing these national heroes at an early age aimed to foster nationalism and enhance memory retention, while instilling pride in the country's history. The following day, I organized a mini science exhibition to ignite the students' curiosity

I introduced them to general science and knowledge, using posters of space to capture their imagination. We discussed Earth, its atmosphere, hydrosphere, lithosphere, and our country's history. This session was designed to promote active engagement through inclusive learning. I also conducted a public

speaking session, encouraging students to share stories, poems, songs, or anything they wished. This helped them overcome hesitation and build confidence. The session was filled with laughter and joy as students expressed themselves. Additionally, I shared inspirational poems, further contributing to their

personality development. One session incorporated modern ICT tools to enhance learning. Using technology made the lessons more engaging and allowed for more interaction, enhancing cognitive skills like attention, memory, and learning perception. On my final day, I reflected on my journey with

the students and provided advice. The students bid me farewell, and I used this opportunity to impart the knowledge and wisdom I had gathered over the years. It was a meaningful and memorable conclusion to my time with them.



“Empowering young minds: My transformative internship experience with the human touch foundation”



During my internship with the NGO Human Touch Foundation, I had the opportunity to teach and mentor students, which turned out to be a deeply enriching experience. Engaging with young minds and helping them learn and grow was not only fulfilling but also a learning journey for me. I focused on teaching them various subjects, such as technology, science, and mathematics, using modern teaching techniques to make the lessons

more interactive and engaging. To boost their confidence and maintain their enthusiasm, I introduced small rewards, such as distributing snacks and chocolates. This approach uplifted their mood and made studying an enjoyable activity rather than a monotonous chore. We also organized outdoor activities to enhance their learning experience. One memorable event involved taking the students to an open park, where they created posters urging people

to celebrate Diwali with eco-friendly diyas and minimize the use of firecrackers to combat pollution. As part of this activity, we also distributed toys to children, which brought smiles to their faces and further strengthened the bond we shared. Another engaging activity was a quiz competition, where students were divided into groups and participated with enthusiasm. To motivate them further, we rewarded the winning teams with treats. These activities instilled a sense of teamwork and passion for learning while helping them understand the importance of education as a path to a brighter future full of opportunities. Working with these students taught me the value of creating a positive and stimulating learning environment. It was heartening to see them develop a love for learning and recognize education as a tool to achieve their aspirations. The activities not only broke the monotony

of traditional classroom teaching but also encouraged the students to think creatively and work collaboratively. Personally, this internship was a transformative experience. It helped me develop essential life skills such as punctuality, leadership, teamwork, and public communication. I learned the importance of organizational skills and problem-solving, particularly in managing group activities and ensuring everyone participated effectively. Patience was another key takeaway, as I often had to explain topics multiple times to ensure every student understood, all while maintaining a smile and positive attitude. Teaching taught me to be resilient and adaptive, traits that are crucial for any professional endeavour. One of the most rewarding aspects of this experience was witnessing the impact of my efforts on the students.

Their smiles, curiosity, and willingness to learn were constant reminders of the value of education and mentorship. This internship also underscored the importance of giving back to society by empowering young minds and contributing to their growth. Overall, my time with the Human Touch Foundation was filled with unforgettable moments and valuable lessons. It was a journey of mutual learning, where I not only imparted knowledge but also grew as an individual, gaining insights into effective teaching, mentorship, and personal development. This experience reinforced my belief in the transformative power of education and the importance of community service in shaping a better future.

Master class on “History of World Journalism” held at Galgotias University



[Delivering speech on the history of newspaper]

Prof. Chaubey inspired the students with the motto of Hicky's Bengal Gazette: “Open to all but influenced by none.” The School of Media and Communication Studies (SMCS) at Galgotias University hosted a master class on “History of World Journalism,” delivered by renowned journalist and academician Prof. Kripashankar Chaubey. Prof. Chaubey, who has an illustrious career with media outlets such as Jansatta, Swatantrata Bharat, Prabhat Khabar, and Sahara Samay, shared invaluable insights from his extensive experience and research. The session began with a warm welcome address by Prof. A. Ram Pandey, Dean of SMCS. Prof. Chaubey's lecture delved into the rich history of journalism, starting with the Roman Acta Diurna, often considered the precursor to modern newspapers. Drawing from key works like Jim Bernard's How Newspapers Get Their News and Alexander Andrews' The History of British Journalism,

he explored the origins of organized reporting under Julius Caesar.

Prof. Chaubey also shed light on pivotal global milestones in journalism. He highlighted the invention of paper by Cai Lun in 105 AD, referencing John Naughton's From Gutenberg to Zuckerberg, and discussed the cultural significance of publications like the Peking Gazette in China, which operated from 1618 to 1912, and Kai Yuan Za Bao, a court bulletin from the Tang Dynasty written on silk. The audience was captivated by the story of Johann Carolus, the German philosopher who started the world's first printed newspaper, Relations, in Strasbourg. Prof. Chaubey also spoke about the emergence of newspapers across Europe, including La Gazette de France in 1631, The London Gazette in 1665, Gaceta de Madrid in 1661, and Curanto in 1618 in

Amsterdam.

The master class further explored the beginnings of journalism in the United States with Benjamin Harris's Public Occurrences in 1690 and drew parallels with India's James Hicky, whose Bengal Gazette in 1780 marked the advent of English newspapers in India. Prof. Chaubey emphasized Bengal's pivotal role in Indian journalism, being home to the first newspapers in four different languages: Jam-i-Jahanuma (Urdu), Mirat-ul-Akhbar (Persian), Udant Martand (Hindi), and Hicky's Bengal Gazette (English). The session ended with a vote of thanks delivered by Prof. Tasha Singh Parihar, leaving students and faculty enriched with profound knowledge and a deeper appreciation for the evolution of journalism worldwide.

Journalism students should embrace multilingualism: Rajesh Joshi

Rajesh Joshi a celebrated journalist of Indian media was invited for the first day and first session of the orientation program of 2024-25. Rajesh sir interacted with more than 50 students present in the online session of the orientation program of the School of Media and communication Studies where he delivered an engaging session on the “Politics of Language and Changing Media Scenario: Opportunities and Challenges.” Professor Emeritus Rakesh Joshi talked about the crucial aspects of damages by technology to the faculty of mental maths and Shruti Parampara which was indeed thought provoking. The way the students interacted in the session was the testimony of how innovative and powerful was he to share his extensive knowledge and experience with the students. He also has under his belt several impactful investigative stories exposing corruption in high places and criminal-politician nexus. Thus, he suggested them to develop a reading list for various political and social issues of the country to attain analytical journalism. In a

career spanning three decades, Mr. Rajesh Joshi has worked in print, broadcast and digital. He started his career as a trainee reporter with reputed daily Jansatta, and then went on to join the English-language newsmagazine, Outlook, as a senior special correspondent. Later he carried out various responsibilities in Radio and Digital journalism. Hence, sir also said that student should not be dependent only on English language but be multilingual. Even his session was multilingual where he thought is was talking about

how Artificial Intelligence is influencing the media these days and how should we not be dependent on artificial intelligence rather we should work on innovative thought because the base of critical thinking to introspect the media scenario and pursue sensitive reporting. He shared with the students that in 2001, he started working with BBC World Service, where he presented BBC Hindi's flagship radio programme for many years. He was also a member of BBC Hindi's digital team. After coming back to India in 2013,

, he became the editor of Hindi radio in India. He also led the digital transformation of the Sinhalese and Nepali services in London and Kathmandu. He has extensive experience of doing ground reports for BBC from different parts of

the world – from Brazil to west Africa, Cuba, Pakistan, Europe, the UK and the US, besides covering Indian politics and current affairs, especially the Maoist insurgency in Bastar and Telangana, the separatist movement in Kashmir, caste

carnages in Bihar, communal riots, and also the Kargil war between India and Pakistan. The two hours session was moderated by Prof. Tasha Singh Parihar and other faculty members were also present in the orientation session along

with the Dean of SMCS Prof. A. Ram Pandey sir. Students raise good questions during the session and the guest speaker appreciated the students and wished them for a bright career in media and journalism.



(Rajesh Joshi interacting with the students of SMCS)

Prioritizing teenage mental health: challenges and solution

Mental health is a critical concern, especially for teenagers navigating today's fast-paced and competitive environment. Adolescence, covering the ages of 13 to 22, is a delicate phase marked by significant emotional and psychological changes. Despite growing awareness, teenagers often struggle with challenges like academic stress, relationship issues, and the pervasive influence of social media. These difficulties, compounded by a lack of understanding from parents, can leave teenagers feeling isolated and overwhelmed. Dr. Nancy Thakur, a psychiatrist, highlights social media and relationships as key contributors to teenage mental health challenges. She emphasizes the need for collective action to create an environment where young people can thrive. Mental health influences every aspect of life, including emotional

well-being, decision-making, and relationships. For teenagers, addressing these issues is vital as it shapes their confidence, resilience, and future. Ignoring mental health concerns can lead to chronic stress, depression, or unhealthy coping mechanisms. Social media, while revolutionizing communication, also presents unique challenges for teenagers. Platforms like Instagram and Snapchat often showcase polished and idealized versions of life, prompting young users to compare themselves to these curated images. According to Dr. Thakur, such comparisons undermine self-esteem as teenagers feel pressured to match the "perfect" lives portrayed online. The constant need for validation through likes and comments adds to their stress, with low engagement triggering feelings of rejection. Additionally, social media

can facilitate cyberbullying, with hurtful comments or exclusion from online groups causing significant emotional distress. Relationships, both romantic and platonic, further complicate mental health during adolescence. Many teenagers seek counselling for relationship-related issues, as navigating emotions, misunderstandings, and breakups during this formative period can be overwhelming. Social media often amplifies these struggles by making private conflicts public, adding layers of judgment and criticism. Academic expectations are another significant stressor for teenagers. The relentless pursuit of high grades, competitive exams, and extracurricular success fosters an environment where failure seems unacceptable. Teenagers frequently face emotional and physical exhaustion as they strive to meet these demands. The fear of disappointing

family members or falling behind peers exacerbates their anxiety, making it difficult to find balance. Parental misunderstanding remains one of the greatest challenges for teenagers. Parents often misinterpret their children's struggles as typical teenage behaviour, overlooking the depth of their emotional pain. Dr. Thakur underscores the importance of open and non-judgmental communication between parents and teenagers, encouraging active listening and emotional validation. Addressing teenage mental health requires a collaborative effort. Schools can play a pivotal role by introducing mental health education to promote awareness and teach stress management. Workshops on coping strategies, emotional intelligence, and mindfulness offer teenagers valuable tools to navigate challenges.

Professional counselling and therapy should also be more accessible and free of stigma. Therapy helps teenagers process emotions, develop coping mechanisms, and build resilience. Encouraging teenagers to limit social media use and focus on offline activities such as hobbies, sports, and quality time with loved ones can provide a sense of fulfilment and reduce dependency on digital validation. The mental health challenges faced by teenagers are multifaceted, requiring empathy and proactive



[Having a chit-chat on mental health]

measures from society. Social media, relationships, academic pressure, and parental misunderstandings significantly impact their emotional well-being. However, these issues can be addressed through collective

awareness, support, and action. Dr. Nancy Thakur's insights emphasize the importance of mental health and the need to create a supportive environment for teenagers. By fostering communication, promoting mental health education, and ensuring access to professional help, society can pave the way for a healthier and more optimistic future for the next generation.

The vital role of shopkeepers in knowledge park II's growth and transformation

Knowledge Park II in Greater Noida has emerged as a bustling hub for education and commerce, attracting students, professionals, and residents from across India. Amid this vibrant mix, the shopkeepers form the backbone of the local ecosystem. These micro-entrepreneurs provide essential services to the area's diverse demographic, playing a crucial role in sustaining the local economy.

The marketplace in Knowledge Park II is home to a wide variety of shops, including grocery stores, stationery outlets, eateries, mobile repair centres, and clothing boutiques. Many shopkeepers have been part of the community for years, witnessing its transformation from a quiet residential area to a lively urban centre. This evolution has brought opportunities for growth but also introduced challenges such as rising operational costs and increased competition. To thrive, these shopkeepers have adapted, keeping pace with the changing needs of the neighbourhood.

Given its proximity to numerous colleges and universities, a significant portion of the clientele comprises students from diverse cultural and

regional backgrounds. Shopkeepers cater to their unique requirements by offering affordable fast food, tea stalls, and convenience stores tailored to their budgets. Many shops stock snacks and



[Women selling vegetables in knowledge park]

goods that reflect the regional specialties of their customers, creating a sense of familiarity and comfort for students far from home.

Eateries in Knowledge Park II deserve special recognition for their role in supporting the community. These establishments range from traditional Indian Dhaba's to modern cafes, serving as vital hubs for inexpensive, quick

meals. Some small food outlets have grown into popular gathering spots, fostering a sense of community among their patrons. Beyond food, these eateries contribute to the cultural vibrancy of the area,

hosting events and introducing fusion dishes that cater to adventurous palates. Despite their significance, the shopkeepers face numerous challenges. Rising rent and utility costs place considerable financial strain on small businesses. Additionally, competition from large retail chains and e-commerce platforms has drawn customers away with lower prices and

the convenience of home delivery. In response, many shopkeepers have focused on personalized customer service and dependable offerings to retain loyal patrons.

Traffic congestion and limited parking further complicate the situation, making it difficult for customers to visit local stores. Nevertheless, the shopkeepers remain resilient, collaborating with local authorities to address infrastructure issues. They also organize events like festivals and discount days to attract visitors and foster a sense of belonging among the community's residents and students.

Through their determination and adaptability, the shopkeepers of Knowledge Park II have built a thriving local market that reflects the spirit of inclusion and cooperation. They not only fuel the area's economy but also contribute to its unique energy and character. As the neighbourhood continues to grow and evolve, these shopkeepers will undoubtedly remain at the heart of its transformation, embodying the entrepreneurial spirit that defines Greater Noida.

Glimpses



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