

SH. UPKAR KRISHAN SHARMA BLOCK

“आदर्श अनुशासन, मर्यादा, ईमानदारी तथा उच्च मानवीय मूल्यों के बिना किसी का जीवन महान नहीं बन सकता।”

[illegible]

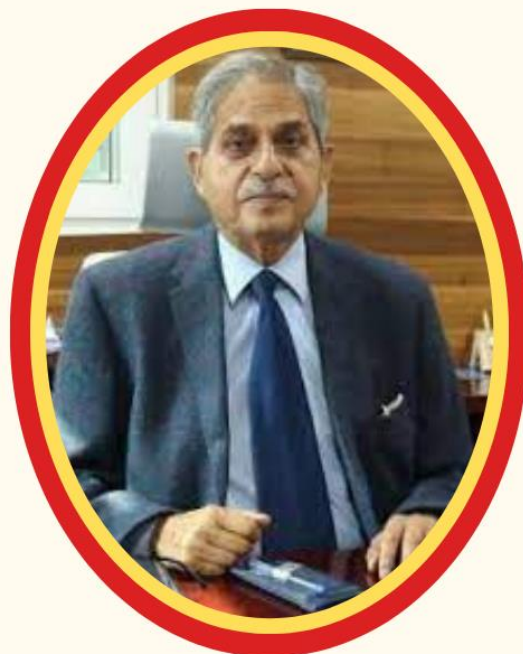
AFFILIATED TO: GURU NANAK DEV UNIVERSITY, AMRITSAR

OUR INSPIRING SPIRIT



PT. MOHAN LAL JI

FORMER EDUCATION, HOME AND FINANCE MINISTER, PUNJAB
FOUNDER PRESIDENT OF GGDSD COLLEGE SEC-32, CHANDIGARH
PT. MOHAN LAL S.D. COLLEGE FOR WOMEN, GURDASPUR
PT. MOHAN LAL S.D. SCHOOL, CHANDIGARH.



SH. UPKAR KRISHAN SHARMA JI

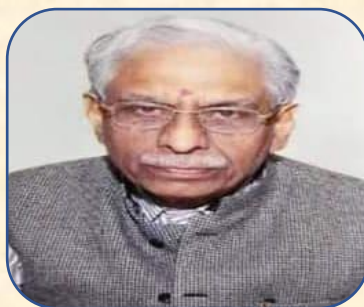
FORMER PRESIDENT GGDSD COLLEGE SOCIETY, CHANDIGARH
FORMER PRESIDENT PTMLSD COLLEGE FOR WOMEN, GURDASPUR
EX-VICE PRESIDENT, EVEREADY INDUSTRIES INDIA LTD.

E-MAGAZINE

‘DARPAN’



Ms. Vaishali Sharma
President,
GGDSD Society Chd.



Dr. PK Bajaj
General Secretary,
GGDSD Society Chd.



Sh. Hiramani Aggarwal
Chairman,
PTMLSD College, Gurdaspur.



Dr. (Mrs.) Neeru Sharma
Chief Editor : Principal



Er. Surkhab Shelly
Editor

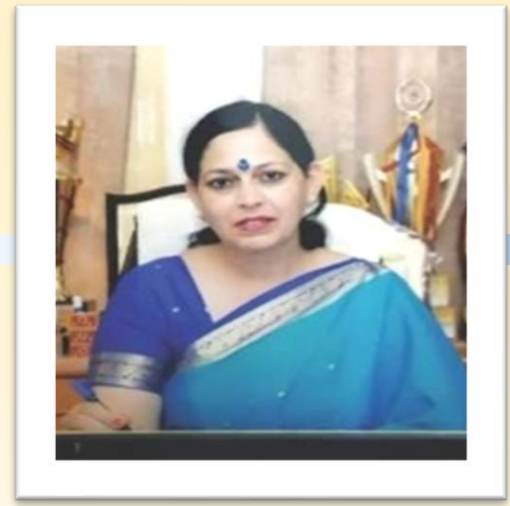


Dr. Khushboo
Editor



Mr. Ashwani
Technical Expert





Dear Sdians...

It gives me immense sense of fulfilment when I look at the monthly edition of college e-Magazine '**DARPAN**'. The essential purpose of e-magazine 'DARPAN' is to inform, engage and inspire faculty, students, parents, alumni and our stakeholders. This e-magazine endeavors to reflect the values and the long tradition of excellence of the institution itself. Throughout the year campus buzzes with various activities that makes learning experience at SD Gurdaspur, a unique one. The perpetual efforts of the faculty, students and clubs/societies of the college in keeping the campus alive are commendable. Workshops, conferences, competitions, rallies, sports, guest lectures, FDPs, PDPs and a great variety of activities that corroborate academic learning help our students to grow in the real sense.

I congratulate Er. Surkhab Shelly and Dr. Khushboo (editors) for giving practical shape to my idea of e-magazine and wish all the best for inspired and result oriented session.

Dr. (Mrs.) Neeru Sharma
Principal



SKILL DEVELOPMENT COURSES



From 4 June 2025 to 14 June 2025 the Commerce Department organized a 40-hour Skill Development Programme on 'Smart Commerce: Basics with Tech Twist'. The program was designed to equip students with skills in leveraging Accountancy and Finance for digital Commerce, aligning with the National Education Policy (NEP). Key topics included Tally Prime & Accounting, digital Commerce, e-business Models, Taxation in India and Various soft skills. Participants gained hands-on experience with advanced tools like WordPress, Canvas, Gamma and Mailchimp enabling them to design personalized marketing strategies, optimize ad campaigns and analyse consumer data effectively. Gamified Learning was done with activities like Role play, Shark Tank Pitch and creation of infographics etc. E-quiz was also conducted at the end of the Course.

A 10-day Skill Development Course on 'Fashion Design and Creation' was organized from 21st May to 30th May, 2025 by the Fashion Designing Department. The objective of the course was to provide students with practical training in creative crafts, embroidery and basic stitching. Participants learned various forms of fabric art, including hand painting, stencil printing and block printing, enhancing their understanding of surface design. A wide range of embroidery stitches such as chain stitch, French knot, lazy daisy, running stitch, back stitch, stem stitch and satin stitch were taught to help students develop fine motor skills and precision. The course also included craft activities like making fridge magnets, decorative glass bottles, hair scrunchies, bows and keyrings, promoting creativity and reuse of materials. Practical stitching projects such as aprons, kitchen napkins, jean bags and shagun envelopes allowed students to apply their skills in making daily need items.



SKILL DEVELOPMENT COURSES



The Computer Science Department organized a Short-Term Course on 'Web Designing (HTML & CSS)' from 7th June 2025 to 17th June 2025. The course aimed to introduce students to the fundamentals of modern web design and development, enhancing their technical skills in front-end web technologies. The students through hands-on learned the basic HTML Tags, Designing Attractive Web Pages, User Interface Concepts, CSS Styling and Selectors and Layout Techniques. On the concluding day, certificates were presented to the students by the Chief Guest, Dr. Nitasha Hastir, Associate Professor, Amity University, Uttar Pradesh and Ms. Preeti Hastir.

The Cosmetology Department organized a Skill Development Course on 'Self Grooming' from 21st May to 30th May, 2025. The primary objective of the course was to provide students with practical training in various aspects of personal grooming including Skin Care, Hair Care, Nail Care, Makeup and more. The sessions were designed care knowledge through both modern techniques and home remedies. They gained hands-on experience in areas such as waxing, bleaching, manicure, pedicure, hair styling, nail art and makeup application. The training aimed at boosting their confidence and equipping them with self-grooming skills that are essential in today's world. The participants of all the courses were awarded certificates by the College Principal, Dr. (Mrs.) Neeru Sharma.



THANKS GIVING CEREMONY



The Thanks Giving Ceremony, a cherished tradition envisioned by Principal Dr. (Mrs.) Neeru Sharma since 2018, was celebrated to recognize the year-round efforts of the Central Association (CA) student volunteers. The Central Association formed by selecting Class Representatives (CRs) and other key student representatives from each class and section, works diligently to support the smooth functioning of college activities. This year Executive Members of CA (2024–25) and Class Representatives were honored for their exceptional services. The Chief Guest, Mr Samarath Sharma (CEO, National EduTrust of India) congratulated the members and emphasized the importance of women empowerment. He stated that the life skills instilled by the CA would serve as stepping stones to future success. A PPT presentation showcased highlights of CA activities including major charity initiatives such as ‘Share Happiness with Others’, ‘Prayas’ and ‘Samvedna’ applauding students for their contributions to these impactful projects. Also the PPT presentation of the Environment Association was shown displaying their projects for a greener environment. The College Principal expressed immense pride in the efforts of the Central Association, stating that it serves as the backbone of the college. She acknowledged role of C.A during visit of NAAC Peer Team. She also appreciated their role in maintaining discipline and contribution in the success of events, festivals and national celebrations.



CELEBRATION OF IMPORTANT DAYS



- On 5th June 2025, the College celebrated World Environment Day jointly organized by the Eco-Club, Science Department and NSS Unit, centered around the global theme 'Ending Plastic Pollution'. The occasion was graced by Mr. Samrath Sharma, CEO of the National EduTrust of India, as the esteemed Chief Guest. The celebration commenced with a series of creative competitions designed to raise awareness about plastic pollution and promote eco-friendly practices: Slogan Writing, Poster Making and best out of waste. These activities encouraged students to engage critically with the issue of plastic waste and highlighted the importance of sustainable living. Winners were felicitated with certificates of appreciation, presented by Mr. Samrath Sharma. The Chief Guest released a poster on World Environment Day that was displayed at different places of the Gurdaspur city to spread awareness regarding environment sustainability.

On the same day Eco-Club and IIC Celebration Cell in collaboration with the National EduTrust of India, organized SD Eco-Bazaar to mark World Environment Day 2025. The bazaar featured various stalls showcasing sustainable products such as vermicompost, jute bags, plant pots, clay utensils and best out of waste items. Students and faculty actively participated by purchasing eco-friendly items and engaging with the message of green living. The SD Eco-Bazaar effectively promoted environmental awareness, creativity, learn and earn practices in students and collective action toward a sustainable future.



CELEBRATION OF IMPORTANT DAYS



- On June 21, 2025 NSS Unit and Sports Club celebrated International Yoga Day. On this occasion, the Principal along with 26 faculty members participated in a special online yoga session. This session was conducted by certified yoga trainer and world record holder Mr. Saurabh Bothra. The session was part of a global initiative organized by HABuild, aiming to set a record for the highest number of participants from 169 countries in an online yoga class. In addition to the online event, 51 NSS volunteers and sports players of different games from the college participated in the district-level Yoga Day program held at the Government College, Gurdaspur, under the leadership of the Honourable Deputy Commissioner. On this occasion, students took a pledge to practice yoga regularly and adopt it as a way of life, recognizing its importance in maintaining mental and physical well-being, especially in today's fast-paced world. The entire college staff and students enthusiastically took part in the celebration. On the same day, the College also organized a Yoga Sangam event to mark the International Day of Yoga. This program was held in coordination with the national celebration led by the Hon'ble Prime Minister at Visakhapatnam, Andhra Pradesh and was officially recognized by the Ministry of Ayush, Government of India. The college was awarded a certificate of appreciation by the Ministry for its successful organization and enthusiastic participation.
- On 31st May, 2025, the Science Department and NSS unit under the direction of the Red Ribbon Club organized an awareness lecture on 'Anti-Tobacco Day'. Dr. Rajwant Kaur, Assistant Professor in Botany, delivered an insightful lecture on the topic 'Happy Lungs, Healthy Lungs, Say No to Tobacco'.



GLOBAL FASHION AND COSTUME TRENDS

Fashion serves as a dynamic mirror reflecting societal values and cultural shifts. It goes beyond mere aesthetics, intertwining with personal expression and societal evolution. The intersection of fashion and individual identity becomes a canvas where values and traits find visual articulation. This symbiotic relationship fosters a continuous dialogue between personal aspirations and the ever-evolving tapestry of societal norms. The ebb and flow of fashion reflect more than fleeting trends; they mirror the pulse of a society's values and cultural revolution. Fashion becomes a canvas for individuals to convey their beliefs and aspirations, transcending mere ambition to evoke a deeper, instinctive connection. In the quest for self-improvement, the reinterpretation of timeless values through style becomes a compelling expression, resonating especially with today's youth. This interplay between aesthetics, personal values, and cognitive engagement weaves a narrative that goes beyond the surface of mere clothing trends.

The emergence of Generation Z has brought forth a paradigm shift in fashion dynamics, steering towards an era of anonymous style and unabashed self-expression. In this post-modern social landscape, the emphasis on self-image and individuality becomes pronounced, reflecting a departure from traditional societal norms. The youth, navigating Erickson's identity creation stage, seeks not just trendy attire but a canvas for self-discovery and social validation, reshaping the very essence of fashion as a tool for personal expression in today's evolving cultural tapestry.

The intricate interplay between fashion trends and societal values unveils a nuanced narrative where appearance becomes a potent means of non-verbal communication. Fashion, evolving from a mere projected image to a

conduit of emotional expression, now shapes a dialogue about an individual's social standing, values, and lifestyle. The transformative shift in fashion communication encompasses not only how we look but also how we feel, fostering a connection between attire and emotional experiences.

The success of a fashion trend hinges on society's interpretation and judgment, measured by the barometer of social acceptance. In today's consumer culture, aspirationalism plays a pivotal role, bridging economic disparities and driving adoption. Notably, individuals may extend their financial limits, exemplified by instances like dedicating a substantial portion of income to acquire luxury items or utilizing personal loans to enhance liquidity for fashion purchases. This trend is further amplified by brand initiatives offering credit-based options, reflecting a dynamic fusion of fashion, finance, and societal motivations.

Role of fashion in global world- Fashion, as a global phenomenon, undergoes constant evolution, leaving its impact far-reaching and influencing our identities. The garments we choose, accessories we adorn, and the presentation of our style collectively shapes our self-expression and impact how we are perceived by others. Beyond personal statements, fashion serves as a mirror reflecting the culture, values, and beliefs of societies.



The ascent of globalization intertwines fashion into the fabric of the global economy, elevating its role in shaping our world. Fashion acts

Growth and trends in global fashion industry- In the world of global fashion, the fashion industry is a dynamic and ever-evolving sector that constantly adapts to the exchanging preferences and demands of consumers. In the future forward to the next five years, it is essential to explore the potential trends, challenges, and innovations that will shape the industry's future.

- **A fashion-forward future overview of the next five years.**
- **Sustainable fashion.**
- **Social integration.**
- **Personalization and customization.**
- **The rise of influencer marketing.**
- **Inclusive fashion.**
- **Artificial intelligence in fashion.**
- **Average augmented reality and virtual crayons.**
- **Fast fashion versus slow fashion.**
- **Fashion on the go.**
- **Block chain in the fashion.**
- **Redefining luxury.**
- **Fashion's health.**
- **Globalization and emerging market.**
- **Fashion education's talent.**

There are main three trends in global fashion and trends.

- 1. In terms of social globalization, the world remained more connected than ever due to the widespread use of digital technology.**
- 2. The slowdown of world trade that resulted from the financial crisis was exasperated by protectionist, solace and nationalist movements in the recent years.**

3. In addition, the United Nations identified three mega trends related to globalization shifts in production and labor markets, rapid advance in technology and climate change.

Main question is this, what is globalization? Is this good or not in fashion world and fashion trends?

Before discussing the benefits and challenges of globalization, it is important to have a strong understanding of what the term means. The official definition of globalization is the process by which business or other organizations develop international influence or start operating on an international scale. In the very simple words, globalization refers to an open flow of information, technology, and goods among countries and consumers. Because world is already so connected, most people don't notice globalization at work every single day. Companies that don't embrace globalization risk losing a competitive advantage which allows other businesses to take over new opportunities in global marketplace.

Benefits of Globalization

1. Access to new cultures
2. The spread of technology and innovation
3. Lower costs for products
4. Higher standards of living across the globe
5. Access to new markets
6. Access to new talent
7. International recruiting
8. Managing employee immigration
9. Encouraging tariffs and export fees
10. Payroll and compliance challenges
11. Loss of cultural identity
12. Foreign worker exploitation
13. Immigration challenges

Now we will talk about Global Fashion Trends 2023. This year, trends have taken a turn for utilitarian with cargo pants, denim in all forms, and wearable silhouettes, all endorsed by the 2023 shows.

- Red-glory red hues took cues the fall 2023, summary ranging from Sandy Liang and Pat Boto, Tory Burch, and Hender Hoft.
- Cargo pants- for warmer weather, this trend is a tailored silhouette, intersecting pocket placement, elevated fabrics like silk and organza with clothes khaki and olives.
- Sheer clothing- from a cellophane-like dress over a boldly-hued maxi skirt at Tory Burch's Shire Inc. 2023 show.
- Daytime glamour takes center stage in the Global Fashion Trends for 2023, reminiscent of the roaring 20s, with an abundance of shine seen on runways. The trend spans all metallic shades, but the liquid silver look stands out, offering a versatile and neutral option.
- Maxi skirts continue to dominate the fashion landscape in 2023, aligning with the cargo and denim trends. Anticipate the prevalence of low-rise, pocket-adorned silhouettes and floor-grazing jean skirts, contributing to a fusion of timeless styles with a contemporary twist.

Fashion trends and their impact on society-

The cyclical nature of fashion trends contrasts with the more enduring evolution of societal values rooted in beliefs and culture. The success of a fashion trend hinges on society's interpretation and judgment, gauged through the barometer of social acceptance. This acceptance is influenced by motivational forces that underpin people's values and behavioral traits.



In today's dynamic consumer landscape, the desire for constant change and new cultural influences reflects the evolving preferences of individuals. The symbiotic relationship between fashion trends and societal dynamics continues to shape our collective identity, mirroring the ever-shifting landscape of values and aspirations.

Social Agenda of Fashion Trends- This is totally fact that Clothing and fashion are carriers of a wide range of ideological meanings. The fashion trends portray a visual culture and style of dressing that models the consumer's identity in a specific environment. The lifestyle choice changes from one period to another period. In other words, they suggest the pattern and manner of dressing befitting an occasion that sets forth a standard. Their clothing standards are in fact derived from the privileged social values and their emotional expectations.

Benefits of Fashion Trends-

- Be on trend
- confidence
- help to choose
- recycling clothes
- give an idea about expenses
- better social status
- improved fashion style
- staying relevant
- career opportunities
- Reflecting on cultural and social changes.

Conclusion- Attitude is an expression of feelings, and values, as guiding forces, play a crucial role in consumer decision-making. The contemporary trend of self-awareness and the pursuit of a unique, anonymous style significantly influence Generation Z's behavior across various spheres, from social media platforms to real-life purchasing choices. This shift challenges traditional

forecasting agencies, compelling them to reconsider their parameters and adapt to the unpredictable nature of self-expression patterns.

The prevailing trend leans towards a self-expressive anonymous style that defies social prejudices about fashion. Individuals embrace their unique preferences, appreciating and flaunting what is authentically theirs, rather than conforming to external expectations. This trend not only reflects a desire to break free from societal norms but also opens up new, unheard expressions, evoking the spirit of the moment. In this environment, the worth of artistic and meaningful content becomes secondary to the immediate and evocative nature of self-expression, providing glimpses into individuals' real existence and needs. The era of anonymous style marks a departure from mimicking others, emphasizing the celebration of personal identity and the unfolding of societal expressions.

References

1. Alicia Kennedy and Emily Bohn Stohrer with J. Colatherian, (2013) Fashion Design References, Digital Edition, Rottledge Publishers.
2. Choudhury and Majumder, (2006), of Diamonds and Desires, Understanding Conspicuous Consumption from a Contemporary Marketing Perspective, Academy of Marketing Science Review, Vol. 2006, No. 11.
3. Crane D. (2000), Fashion and its Social Agenda's Clause, Gender and Identity in Clothing, Chicago, University of Chicago Press.

MRS. PARAMJIT KAUR
ASSISTANT PROFESSOR
DEPT. OF FASHION DESIGNING

RESURRECTION OF MAMMOTH

INTRODUCTION

Woolly Mammoth: Characteristics and Features

The Woolly Mammoth (*Mammuthus primigenius*) is a cold-resistant herbivore mammal. It's a warm-blooded creature that can survive in freezing temperatures. It was large and slow moving, with short compact ears to prevent heat loss, insulated by two layers of thick fur to keep the blood warm, along by staying rather active and consistent with its migration and foraging activities. It was 9-11 feet tall with a weight of 6 tons. Life span was around 70 years.

Among large herbivore mammals, the Woolly Mammoth was primarily recognized by its 5 meters long two large inverted, curling tusks that it used to dig and locate food. In addition to the tusks, Mammoths had four massive molars employed in the mastication of the dense plant matter that comprised its diet. Throughout the life of a Mammoth, these molars would grow and be replaced up to six times.

Another unique feature of the Mammoth are big, soft clumps along the upper ridges of their back – similar in position to those of a camel, but not as large. These clumps however were filled with fat to help keep the animal both insulated and energized during long, frigid months in largely barren landscapes.

THE MAMMOTH STEPPE

- The Mammoth Steppe describes an extensive and rich terrestrial ecosystem that stretched from France to Alaska across the Bering Strait during the Last Glacial Period (LGP). It spanned from Spain to Canada and from Arctic islands to China.

- The term was coined by Dale Guthrie (retired biology professor at University of Alaska Fairbanks).
- The non glaciated regions of the Northern Hemisphere were largely covered by a dry and cold-adapted grass-dominated vegetation in a steppe-tundra mosaic landscape.
- Climate was dry, cold, rich with grasses, sedges, forbes and sages. It was so dry that few lakes existed and rivers were more like streams.

WHO STARTED THE PROJECT?

The long-dead woolly mammoth will make its return from extinction by 2027. Colossal, a biotech company is actively working to reincarnate the woolly mammoths. Ben Lamm, CEO of Colossal and George Church, Harvard scientist came up with this ambitious project of De- extinction of mammoths.

The Dallas-based firm scored an additional \$60 million in funding to continue the, well, mammoth gene-

editing work it started in 2021. If successful, not only will Colossal bring back an extinct species but the company dubs a cold-resistant elephant and will also reintroduce the woolly mammoth to the same ecosystem in which it once lived in an effort to fight climate change.

THE PROCESS: RESURRECTION OF MAMMOTH

Step 1 : Find mammoth DNA

- Mammoth remains have been preserved remarkably well, even across millennia.
- In the permafrost, tundra and frozen steppe regions, many Mammoths who died never fully decayed - instead staying sealed in ice for later discovery

Thus the tissue samples collected contain intact DNA, undigested food in Mammoth stomachs, fur, tusks and more .

Step 2: Sequence the Woolly Mammoth Genome

- **Sequence many Woolly Mammoths to be sure the DNA information we get is correct and consistent**

Step 3: Sequence the Asian Elephant Genome

- **Sequence many Asian elephant samples to get information from a population of the closest living relative to the Woolly Mammoth**
- **Asian elephant is woolly mammoth's closest relative.**

Has 99.6% genome in common with any other living organism.

Step 4: Identify important cold weather genes

- **Analysing the genomes of woolly mammoths collected from fossils, scientists drew up a list of the most important differences between animals and elephants**
- **They zeroed in on 60 genes that are important to distinctive traits of mammoths like hair, fat, high domed skull.**

Step 5: Derive Cells and Prepare Multiplex Edit Designs

- **Work with conservationists to sample elephant tissues and derive healthy growing elephant cells**
- **All that gene splicing and dicing will be done by CRISPR, a revolutionary editing tool for genomes**
- **CRISPR – Clustered Regularly Interspaced Short Palindromic Repeat**

Step 6: Insert Gene Edits and Create Cell Line

- **Edit all relevant genes (60) to make a cold-adapted elephant cell line**
- **Verify the edits using sequencing technologies**

Step 7: Test the Gene Edits

- Use stem cell technology to test the traits in cells using sequencing and functional assays
- Use animal models to test traits such as long hair

Step 8: Nuclear Transfer and Fertilization

- Use the edited nucleus of these cells and fuse to an Asian elephant egg harvested from a healthy female Asian elephant donor

Step 9: Implantation

- Implant the early embryo into healthy asian or African elephant surrogates
- Colossal has decided to explore both African and Asian elephants as the surrogate parent
- African elephants are also larger than Asian elephants and will have less difficulty delivering an elephant hybrid.

Step 10: Gestation and birth

- Care for the surrogates in a world-class conservation facility for the duration of the gestation (22 months) and afterward.
- Birth of first Woolly Mammoth calves.
- Help with nutrition and social interaction for the young calves to thrive

WHY MUST THE MAMMOTH RETURN?

- Increased Carbon Sequestration

Woolly Mammoths (Arctic Elephants) will aid in changing the plant topology of the mammoth steppe, to resemble one that existed only 10,000 years ago, by knocking down trees and shrubs and making way for fast growing grasses and forbs. Fast growing grasses and forbs have deep, diffused roots, unlike the shallow roots of the tundra trees and shrubs. The deep roots of the tundra grasses and forbs have a greater efficiency for carbon uptake which results in enhanced carbon capture and storage.

- **Increased Nutrient Cycling**

Arctic Elephant hubs in the mammoth steppe result in increased nutrient cycling and productivity. Grazing and trampling increase accessibility to light and create gaps in the soil which serve as sites for seed germination and bud bursting. Seeds are dispersed through epizoochory and endozoochory. Urination and defecation fertilise the tundra vegetation.

- **Compacting the Earth**

Snow trampling by Arctic Elephants as they move and forage for food will result in a more compact snow layer. A compact snow layer reduces surface insulation from very low winter air temperatures, enabling colder and deeper winter soil freezing. With the reintroduction of Arctic Elephants into the Arctic tundra, the permafrost will have a colder annual soil temperature driven by enhanced winter freezing.

- **Enhanced Albedo Effect**

The grass and forb dominated ecosystem that the Arctic Elephants will enhance gives

rise to a more reflective surface than the current shrub and forest dominated tundra. The snow will fall in a uniform layer and more surfaces will have exposed snow cover, resulting in an overall increased reflective surface that bounces sunlight back into space rather than absorbing it, allowing for cooler annual soil temperatures.

- **Increased Evapotranspiration**

A grass and forb dominated ecosystem results in increased evapotranspiration which promotes lower soil moisture and decreases water logging. Reduced water logging aids in stabilization of the permafrost by decreasing potential holes and maintaining consistent frozen soil composition

10 Core Goals for reviving the mammoth

1. To decelerate melting of the arctic permafrost.
2. To prevent the emission of greenhouse gases trapped within the permafrost layer - up to 600 million tons of net carbon annually.
3. To revert now over shrubbed forests back into natural arctic grasslands, which help with carbon emissions.
4. To restore mammoth steppe.
5. To foster an ecosystem that can maintain its own defences against climate change.
6. To understand dominant traits found in genomes of cold adapted animals.
7. To save modern elephants from extinction.
8. To establish a proven link between genetic science and climate change.
9. To equip nature with a resilience against humanities adverse effect on vital ecosystem.
10. To drive advancements in multiplex genome editing.

References:

- Drucker, D. G. (2022). The isotopic ecology of the Mammoth Steppe. *Annual Review of Earth and Planetary Sciences*, 50, 395-418.
- Murchie, T. J., Monteath, A. J., Mahony, M. E., Long, G. S., Cocker, S., Sadoway, T., Karpinski, E., Zazula, G., MacPhee, R. D., Froese, D., and Poinar, H. N. (2021). Collapse of the mammoth-steppe in central Yukon as revealed by ancient environmental DNA. *Nature Communications*, 12(1), 7120.
- Zimov, S. A., Zimov, N. S., Tikhonov, A. N., and Chapin III, F. S. (2012). Mammoth steppe: a high-productivity phenomenon. *Quaternary Science Reviews*, 57, 26-45.
- <https://colossal.com/mammoth/>
- <https://hms.harvard.edu/news/mammoth-solution>

- [https://www.nytimes.com/2021/09/13/science/colossal-woolly-mammoth- DNA.html](https://www.nytimes.com/2021/09/13/science/colossal-woolly-mammoth-DNA.html)

MS. GAJAL KOHLI
ASSISTANT PROFESSOR
DEPARTMENT OF ZOOLOGY

FASHION FOR BETTER FUTURE

(Sustainable Fashion)

Sustainable fashion is a term describing efforts within the fashion industry to reduce its environmental impact, protect workers producing garments and uphold animal welfare. Sustainability in fashion encompasses a wide range of factors, including cutting carbon dioxide emissions, addressing overproduction, reducing pollution and waste, supporting biodiversity and ensuring that garment workers are paid a fair wage and have safe working conditions.

Need of sustainable fashion

- Most people think of fashion as a good thing as it helps in expressing ourselves and it's how we get across our identity but most of population is entirely unaware that fashion industry does any harm to the earth. Fashion industry produces 100 billion garments a year and 87% (40 million tons) end up in a landfill where they smolder and pollute the air or an incinerator.
- Fashion industry is responsible for 20% of all industrial wastewater in the case of fashion this is toxic cocktail of carcinogenic materials hazardous heavy metals.
- 150 million trees are taken down every single year for our cellulosic fabrics those are rayon or viscose. Majority of clothes today are made with synthetics (polyester, acrylics, elastane, spandex).
- When we are washing these synthetic clothes we are collectively sending many millions of microplastic into the ocean. 35% of microplastic in ocean is our synthetic washing.
- And in march a university in Amsterdam found that 80% of people are tested had P.E.T(Polyethylene terephthalate) in their blood streams so we are ingesting our own synthetic clothes or they are becoming part of us.

- Behind every piece of clothing in store, there is an industry stripping the earth of its limited resources and exploiting the labor force. Tremendous waste characterizes this industry as it depletes healthy soil, contaminates fresh water sources, pollutes the air we breathe, destroys forests and damages eco systems and health of their biodiversity.
- Hence, it become important to understand sustainable fashion to reduce the fashion industry impacts on environment i.e. why we need sustainable fashion.

R's of sustainable fashion

Most of us can easily list off the 3Rs-Reduce, reuse, recycle- as they've been part of our school curriculum for over 3 decades now, but our global fashion consumption problem is so off the charts, it's time for few more Rs- research, repurpose, repair and rent.

- Reduce your fashion consumption, style your clothes creatively with each other.
- Reuse your old clothes, don't just wear them once or twice, wash them and wear them again and again be thankful that you can afford clothes many of Indians still can't.
- Recycle your clothes as an Indian there are many ways of recycling a piece of cloth our moms have been practicing in day to day lives by converting them into bags for groceries handkerchief, in dusting, and filling pillows, making mattresses etc.
- Research before buying, support those brands that are producing slow fashion, and producing the clothes made from natural fibers and biodegradable buy from them.
- Repurpose, simply you can have a clutches, or bag from ripped leather or there are many Indian brands that are now purchasing second hand clothes and making thread from them again in India.

- Repair, if a ripped jeans is wearable then what's wrong with repaired clothes use your creativity and repair them by using different embroideries.
- Rent, you can rent for yourself if your budget is not much or you can give your clothes on rent that you won't wear again because everyone has already seen them.

Indian sustainable fashion brands

- Doodlage- sustainable lifestyle brand. india's first eco fashion & life style label made from 100% upcycled or recycled material. kriti tula is founder of doodlage.
- Iroirozerowaste- iro iro is sustainable design practice where each product is made using pre-consumed waste fabric which is hand woven into new fabrics.
- Okhai- Okhai offers handcrafted apparel and lifestyle products created by rural artisans from across India.
- No nasties- organic, fairtrade and vegan, ethically made clothing at attractive prices for both men and women.
- Murtle- They upcycle and brand of footwear so that you can put them back in use. And manufacture world's first fully modular footwear.

Conclusion

Sustainable fashion simply can be defined as slow fashion not always following trends. Instead you can build your personal style and can be creative with clothing. Sustainable clothing uses biodegradable components from natural or recycled fibers. it is needed because it creates more environmentally and socially responsible industry.

References

- Fashion for earth- earth.org
- emeritus.org
- fashiontakesaction.com

MANJOT KAUR

B.SC FD

6TH SEM

THE IMPORTANCE OF ENVIRONMENTAL CONSERVATION IN THE 21ST CENTURY

In the modern era of rapid industrialization, technological growth, and urban expansion, the importance of environmental conservation has never been more critical. Our environment—comprising forests, water bodies, air, and wildlife—is the foundation of life on Earth. Yet, it faces an unprecedented threat due to human activities. Climate change, deforestation, air and water pollution, and the extinction of species are urgent issues demanding global attention and immediate action. In other words Environmental conservation means protecting, preserving, and managing our natural surroundings — such as forests, rivers, air, animals, and plants — in a way that ensures their survival for future generations. It involves using Earth's resources wisely so that we meet our needs without damaging the environment or harming the balance of nature.

Why Conservation is Necessary

1. Protecting Biodiversity:

Earth is home to millions of species, each playing a vital role in the ecosystem. From bees that pollinate crops to forests that regulate oxygen levels, biodiversity ensures ecological balance. Without it, entire ecosystems collapse, affecting food security and health.

2. Combating Climate Change:

The release of greenhouse gases like carbon dioxide and methane leads to global warming. Rising temperatures result in melting glaciers.

3. Ensuring Clean Air and Water:

Pollution of air and water sources is a major concern in cities and industrial areas. Clean water is becoming scarce, and air pollution is leading to serious

health problems. By protecting natural resources, we ensure cleaner, safer living conditions for all.

Steps Toward a Greener Future

Sustainable Living:

Individuals can contribute by using eco-friendly products, reducing plastic use, and conserving energy. Small actions like recycling, planting trees, and using public transport can make a big difference.

Government Policies:

Governments must enforce environmental laws, invest in renewable energy, and protect wildlife habitats. International cooperation is also vital to tackle cross-border environmental issues.

Education and Awareness:

Spreading knowledge about environmental conservation through schools, media, and campaigns can inspire people to take action.

Conclusion

Environmental conservation is not just the responsibility of governments or organizations—it is a shared duty of every individual. The Earth does not belong to us alone; it is a legacy we must protect for future generations. Let us act today to preserve the beauty and balance of our planet temperatures result in melting glaciers ...

References

- <https://aithor.com/-examples/the-importance-of-environmental-conservation-in-the-21st-century>.
- <https://www.longdom.org/open-access/the-importance-of-environmental-conservation-and-resource-efficiency-101557.html>

MUSKAN
B.SC MEDICAL
THIRD SEMESTER

PT. MOHAN LAL S.D. COLLEGE FOR WOMEN, GURDASPUR.

PT. MOHAN LAL S-D-COLLEGE
FOR WOMEN

"शास्त्रं शतधा समं सर्वदा ईमानं तपः तृणादप्युन्नतम्"

Email Id: ptmlsd@gmail.com

Website: www.ptmlsdc.ac.in

Facebook page: <https://www.facebook.com/ptmlsdc.ac.in>

Instagram: [s.d.college_gsp](https://www.instagram.com/s.d.college_gsp)

YouTube: <https://www.youtube.com/channel/UCKenaiCllkYYbtGWzY54uiw>

Contact us: 01874-502681

SAFE HOSTEL AND P.G FACILITY AVAILABLE FOR WORKING WOMEN