PT. MOHAN LAL S-D-COLLEGE FOR WOMEN

SH. UPKAR KRISHAN SHARMA BLOCK

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

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

ACADEMIC PROGRAMS

PG FACILITY FOR WORKING WOMEN

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

A MULTI FACULTY POST GRADUATE INSTITUTE

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MANAGED BY: GGDSD COLLEGE SOCIETY, CHANDIGARH

Affiliated to: GURU NANAK DEV UNIVERSITY, AMRITSAR

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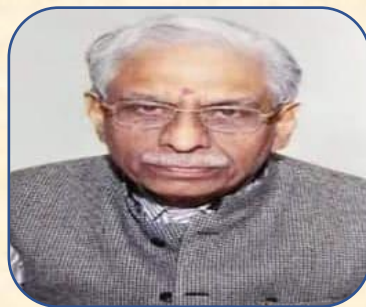PT. MOHAN LAL S.D. SCHOOL, CHANDIGARH.

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E-MAGAZINE

'DARPAN'

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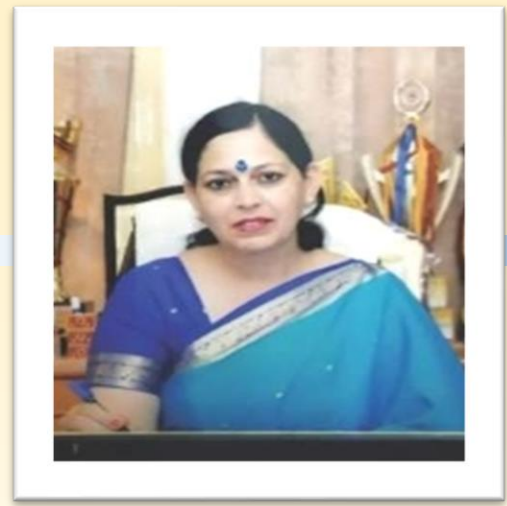**Editor**

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& Designer

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 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

ANNUAL DISTRICT LEVEL ATHLETIC MEET

The Physical Education Department and Sports Club joined hands with Nehru Yuva Kendra, Gurdaspur, to host the Annual Block Level Athletic Meet. This collaborative effort showcased the spirit of sportsmanship and community engagement. The event featured four exciting games: Basketball, Volleyball, Taekwondo, and Boxing, drawing teams from prestigious institutions including SSM College Dinanagar, Baba Ajay Singh Khalsa College Gurdas Nangal, Pt. MLSD College Fatehgarh Churian, Ranker International Public School Kot Dhandal, Govt. Girls School Gurdaspur, Sahebzada Zorawar Singh Fateh Singh Public School Kalanaur, and PTMLSD College for Women Gurdaspur. In Basketball, SSM College Dinanagar claimed the top spot, followed by Govt. Girls School Gurdaspur in second place and PTMLSD College Gurdaspur in third. In Volleyball, PTMLSD College Gurdaspur secured the first position, with SD College Fatehgarh Churian and Baba Ajay Singh Khalsa College Gurdasnangal securing second and third place, respectively. Taekwondo witnessed SD College clinching the first position, followed by Sahebzada Zorawar Singh Fateh Singh Public School Kalanaur in second place and Rankers International Public School Kot Dhandal in third. The coveted Best Player Award was bestowed upon Ms. Manjit Kaur, a testament to her exceptional skills and dedication to sportsmanship. The College Principal commended the diligent efforts of all the organizers and participants, highlighting the importance of such events in promoting a healthy competitive spirit and fostering camaraderie among students.

INDUSTRIAL VISIT

The Fashion Designing department organised a one-day Industrial Visit to OCM Private Ltd, Amritsar. The visit provided exposure to students to Industrial life. The OCM Ltd. team elaborated the students about the history of OCM and the production of fabric like spinning, weaving and designing etc. They also got information about various jobs in such Industries and their application process.

The Cosmetology Department orchestrated an insightful educational excursion to KC Beauty City in Amritsar. The visit offered students a firsthand encounter with various cosmetic stalls such as Shopaarel, MAC, Karylon, Charlotte Tilbury, Matrix Loreal, Huda Beauty, Faces Canada, and more. Exploring these stalls not only broadened their understanding of product brands but also exposed them to a plethora of innovative beauty tools and machines, including face massagers, roll-on wax applicators, double-sided wax heaters, and three types of hair straighteners. Overall, the trip proved to be a remarkable and enriching experience for the students, enhancing their knowledge and passion for the field of cosmetology. College principal appreciated efforts of incharges.

AWARENESS PROGRAM

The Red Ribbon Club and Youth Club jointly organized a district-level program on creating awareness about HIV/AIDS, drug abuse, and promoting blood donation. This initiative was conducted in collaboration with the Assistant Director of Youth Services, Gurdaspur. The event witnessed enthusiastic participation from 16 different colleges. The program comprised various activities aimed at engaging and educating the participants on the themes of HIV/AIDS, drug abuse, and blood donation. Activities like poster-making competition, slogan-writing competition, collage-making, and declamation contest were organised. The event was graced by esteemed guests, including the Chief Guest Principal Dr. Neeru Sharma, and S. Jaspal Singh, the Assistant Director of Youth Services, S. Tej Pratap Singh Kahlo, Govt. Polytechnic College, Batala, S. Jasbir Singh, Placement Officer, Govt. Polytechnic college, Batala. The panel of judges for the competition were S. Gurmeet Singh Ji, Dr. Rajwinder Kaur and Sh. Rajesh Kumar (Pathankot). At the culmination of the program, College Principal expressed her appreciation for the efforts of the organizers and extended gratitude to all the dignitaries present. She also took the opportunity to honor all the esteemed guests for their valuable contribution towards making the event a success.

GUEST LECTURE

The IQAC and Psychology department of the college conducted a guest lecture on the topic 'Learning' in which Dr. Rubinder Kaur, Asst. Prof. SSM College, Dinanagar was the resource person. She delivered her expertise with a comprehensive ppt. She interacted with students enhancing their knowledge about the scope of Psychology. She explained that learning is equal to change, modification, development, improvement, and adjustment. She discussed different definitions of learning given by various psychologists such as Gates, Crow and Crow, Skinner, and Pavlov, explaining the characteristics of learning. She elaborated on the three domains of learning, i.e. cognitive domain, conative domain, and affective domain.
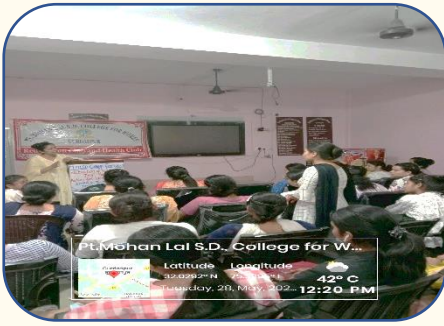
CHARITY PROJECT

On the occasion of Mahashivratri, the Rotaract Club of college in collaboration with RID 3070 organized a fruit and milk distribution drive in Gurdaspur. The club celebrated this pious occasion through an outreach programme in an innovative way. Club members distributed fruits to devotees visiting at the famous Shiv Temple in Kalanaur. In addition to fruits, club members also distributed milk packets to vulnerable communities in the city's slum areas and to the rickshaw pullers. This initiative aimed to provide prasad to devotees and promote healthy eating practices. This ensured that these communities had access to essential food items during the festival.

INTERNATIONAL WOMEN'S DAY

To celebrate International Women's Day, an awareness seminar on Women's Safety was organised by Women Cell, Sexual Harassment Cell and Youth Club in collaboration with Sanjh Kendra Gurdaspur. Ms. Amandeep Kaur, in-charge, Sanjh Kendra, the resource person motivated the students regarding self-dependence and encouraged them for attaining greater heights. She also talked about domestic violence and the adverse impact of social media. ASI Sardar Kamaljit Singh and ASI Sardar Jaswant Singh provided insightful guidance regarding the use of mobiles and also discuss new policies for women like PPM, Old age complaint dealing, female cases and online services, etc.

ENGLISH LANGUAGE PROFICIENCY TEST

Cambridge English language proficiency test on UpSkill: an android phone app was conducted by Career Counselling Cell and the English department in association with Naandi Foundation. The test comprised of Reading, Listening, writing & Speaking module. Naandi Foundation conducted this test free of cost for female students. 150 students appeared for this test. Being completely online, the test offered an extremely convenient way for the students to take an assessment and get instant results through an official report from an internationally recognized examination board that indicates the candidate's overall score for each skill using the CEFR level scale.
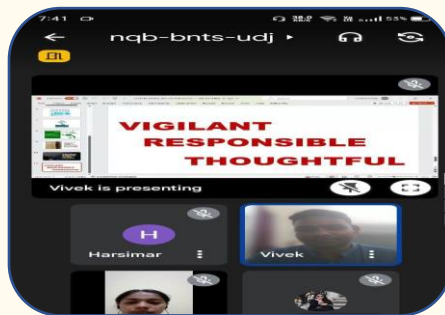
WORLD SPARROW DAY

World Sparrow Day was commemorated by the Environment Association and Botany Department in collaboration with the Institute for Environment Conservation and Advocacy. This day highlighted the significance of sparrows in our ecosystem. Celebrating World Sparrow Day is crucial for the safety of our biodiversity and environment. The new generation is becoming increasingly disconnected from these aspects. There is a pressing need to make the students aware of biodiversity. To celebrate this day, bowls filled with water were placed around the college campus to quench the thirst of sparrows. Arrangements were also made for feeding them.

WORLD WATER DAY

World Water Day was celebrated with the theme 'Water for Peace'. On this day, a webinar was organized by the Environment Association and Botany Department in collaboration with the Samagr Unnayan Foundation, Mohali. Dr. Bhavtosh Sharma, Scientist (USERC, Dehradun), Dr. Vivek Gaurav (Environmental Researcher) and Dr. Sunesh Sharma Manager, WASH Tata Trust were the speakers for this webinar. All Speakers highlighted that the water-related crisis is not limited to India but is escalating globally due to declining water levels. Industries contribute significantly to water pollution, endangering aquatic life and impacting human health.

THREE-DAY NATURE CAMP

A three-day Nature Camp in collaboration with 'Samagr Unnayan Foundation' under the Environment Education Programme was arranged for the students. Kumar Pallove Vikrant, Madam Shikha, Sunal Kumar Roamin and Mr. Manik were the experts who joined the students in the camp. Students were provided cloth bags, which aim to reduce plastic usage and promote environmentally friendly practices, along with caps and booklets. They were educated about wildlife, emphasizing its preservation. A snake session was conducted to impart knowledge about snakes, explaining how they often enter the human world because their habitats are being destroyed by human activities. Through immersive experiences and engaging lectures, participants develop a profound connection with the natural world, fostering a sense of responsibility and empathy. This emotional bond often translates into tangible actions, such as reducing plastic waste, supporting conservation initiatives, and advocating for sustainable practices in their communities. Ultimately, the ripple effects of these camps can lead to a more environmentally conscious and ecologically sustainable society. The students gained a plethora of knowledge from the camp, relishing the experience while actively engaging with resource persons to clarify their doubts. They also seized the opportunity to gather information about pursuing a career in wildlife. Appreciation certificates by the foundation were given to College and 48 students.

VISIT TO ALL INDIA RADIO STATION

An educational tour to Akashwani, All India Radio Station, Jalandhar was organized Social Media cell of IIC. The motive of this tour was to bring forth young talents by exposing them to the work culture and show production of All India Radio. This tour exposed students with radio show recording, radio script writing, radio show production etc. During this tour, the students got a chance to meet the experts of AIR, Jalandhar. An interactive session was also organized between Transmission Executive Ms. Pratishtha Jain and students. The students cleared their doubts related to radio profession, radio program production, voice-over training and maintaining creativity in radio shows. Students also saw the announcement room, a recording room where a program was being recorded.

STUDENTS' ACHIEVEMENTS

Nehru Yuva Kendra organized a 100-meter race for girls as part of the 'Nari Shakti Program' at Rankers International School and Sports Academy in Kot Dhandal. Gurpreet Kaur clinched the first position, followed by Manjit Kaur in second place and Arshdeep Kaur securing the third position. Coach Navtej Singh honored the winners with T-shirts and milk mugs, acknowledging their remarkable performance. The college principal extended appreciation to the organizers for their efforts in promoting sports and empowering women.

Our students Ms. Rajwinder and Ms. Ishwardeep Kaur participated in inter-college Poetry recitation competition organized by SDAM, Dinanagar and bagged 1st and 3rd position respectively.

GREEN IT AND SUSTAINABILITY: PAVING THE PATH FOR A GREENER FUTURE

The rapid expansion of information technology has brought about unparalleled advancements in various sectors, but it has also raised concerns regarding its environmental impact. As the world becomes increasingly digitized, the energy consumption and carbon footprint associated with IT infrastructure have surged. Green IT and sustainability initiatives aim to mitigate these adverse effects by promoting environmentally friendly practices and technologies within the IT sector. This article explores the significance of Green IT, the strategies being employed, and the benefits of adopting sustainable IT practices.

Understanding Green IT

Green IT, also known as Green Computing, refers to the environmentally responsible use of computers and related resources. The goal is to reduce the carbon footprint and minimize the environmental impact of IT operations. This encompasses a wide range of activities, from designing energy-efficient hardware and software to implementing policies that promote sustainable practices.

Key Objectives of Green IT

- **Energy Efficiency:** Reducing the energy consumption of IT systems.
- **Resource Optimization:** Efficient use of materials and resources.
- **Waste Reduction:** Minimizing electronic waste (e-waste) through recycling and proper disposal.
- **Sustainable Design:** Developing eco-friendly hardware and software solutions.
- **Policy and Compliance:** Adhering to environmental regulations and standards.

STRATEGIES FOR IMPLEMENTING GREEN IT

1. ENERGY-EFFICIENT DATA CENTRES

Data centres are the backbone of the digital age, but they are also significant energy consumers. Implementing energy-efficient practices in data centres can substantially reduce their carbon footprint. Some of these practices include:

- **Virtualization:** Virtualization reduces the number of physical servers required, thereby decreasing energy consumption.
- **Cooling Efficiency:** Advanced cooling techniques, such as free cooling and liquid cooling, help lower energy usage.
- **Energy Management Systems:** Monitoring and managing energy consumption through sophisticated software can optimize energy use.

2. SUSTAINABLE HARDWARE

The production and disposal of IT hardware have considerable environmental impacts. Sustainable hardware solutions aim to address these issues through:

- **Eco-friendly Materials:** Using recycled or biodegradable materials in hardware manufacturing.
- **Energy Star Certification:** Ensuring devices meet energy efficiency standards set by the Energy Star program.
- **Extended Product Life Cycles:** Designing hardware with modular components that can be easily upgraded or replaced to extend the product's life.

3. GREEN SOFTWARE DEVELOPMENT

Software development also plays a crucial role in Green IT. Sustainable software solutions focus on:

- **Efficient Algorithms:** Writing algorithms that require less computational power.

- **Cloud Computing:** Leveraging cloud services to optimize resource use and reduce the need for local infrastructure.
- **Code Optimization:** Ensuring that software runs efficiently to minimize energy consumption.

4. E-WASTE MANAGEMENT

Electronic waste is a growing concern due to the rapid turnover of electronic devices. Effective e-waste management strategies include:

- **Recycling Programs:** Establishing programs for recycling old electronics.
- **Proper Disposal:** Ensuring e-waste is disposed of in an environmentally friendly manner.
- **Take-Back Initiatives:** Manufacturers offering take-back programs for their products to ensure they are recycled or disposed of responsibly.

5. CLOUD COMPUTING AND VIRTUALIZATION

Cloud computing and virtualization are pivotal in reducing the environmental impact of IT. By moving services to the cloud, organizations can significantly decrease the number of physical servers and storage devices needed, thus reducing energy consumption and emissions. Virtualization further enhances this by allowing multiple virtual machines to run on a single physical server, optimizing resource utilization and reducing the need for additional hardware.

BENEFITS OF GREEN IT

Environmental Benefits

- **Reduced Carbon Footprint:** Energy-efficient practices and technologies lower greenhouse gas emissions.
- **Conservation of Resources:** Sustainable use of materials reduces the depletion of natural resources.
- **E-Waste Reduction:** Proper e-waste management prevents harmful substances from polluting the environment.

Economic Benefits

- **Cost Savings:** Energy-efficient technologies and practices can lead to significant cost savings on energy bills.
- **Extended Hardware Lifespan:** Sustainable design and maintenance practices extend the life of IT equipment, reducing the need for frequent replacements.
- **Regulatory Compliance:** Adhering to environmental regulations can prevent fines and enhance the organization's reputation.

Social Benefits

- **Corporate Responsibility:** Adopting Green IT practices demonstrates a commitment to corporate social responsibility (CSR), which can enhance brand image and customer loyalty.
- **Healthier Work Environment:** Reducing electronic waste and hazardous materials contributes to a healthier work environment for employees.

CHALLENGES IN IMPLEMENTING GREEN IT

While the benefits of Green IT are clear, there are challenges that organizations may face:

- **Initial Investment:** The upfront costs of implementing energy-efficient technologies and sustainable practices can be high.
- **Technical Expertise:** Organizations may lack the technical expertise required to implement and maintain Green IT solutions.
- **Resistance to Change:** Employees and management may resist changes to established practices and technologies.

CONCLUSION

Green IT and sustainability are no longer optional; they are imperative for the future of the IT industry and the planet. By adopting energy-efficient practices, sustainable hardware and software solutions, and effective e-waste management strategies, organizations can significantly reduce their

environmental impact. The benefits of Green IT extend beyond the environment, offering economic savings and enhancing corporate responsibility. While challenges exist, the long-term advantages make Green IT a worthwhile investment for any forward-thinking organization.

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MRS. SURKHAB SHELLY

ASSISTANT PROFESSOR

COMPUTER SCIENCE DEPT.

KASHIDA

In the heart of Kashmir, a mesmerizing art form takes shape Kashida embroidery. Like whispered tales woven into fabric, each intricate stitch tells a story of cultural opulence and timeless craft. Originating from the breathtaking landscapes, this needlework masterpiece captures the essence of the region's rich heritage. Vibrant threads dance on the canvas, creating a symphony of colors and patterns that mirror the soul of Kashmiri artistry. From paisleys to florals, Kashida breathes life into textiles, transforming them into eloquent expressions of tradition and skill. This embroidery is not merely a craft; it's a poetic journey through the threads of history and creative

EMBROIDERIES OF KASHMIR

The word Kashidakari is used for Kashmiri embroideries. It is derived from the Persian words. The exact origins of Kashida embroidery are challenging to pinpoint, but it has a deep-rooted history in the Kashmir region, dating back several centuries. Historical records suggest that the craft likely began in the 15th or 16th century. It gained prominence during the Mughal period in India (1526–1857), where intricate textiles and garments embellished with Kashida embroidery became highly sought after Kashida embroidery flourished further under the patronage of Mughal emperors, particularly Akbar, who encouraged artistic endeavors. Over time, this embroidery style absorbed influences from Persian, Central Asian, and local Kashmiri designs, creating a distinctive blend. Despite political changes and societal shifts, Kashida embroidery persevered, becoming a significant aspect of Kashmir's cultural and artistic heritage.

BEGINNING OF THE EMBROIDERIES OF KASHMIR

As per the legends, the direction for the first-ever Amlikar or embroidery shawl came from an Afghani Rafoogar or darner in India called Ali-Baba when he used his darning stitches to fill the imprints of a fowl's feet with colorful threads to create a beautiful effect. This story belongs to the time of Mughal rule in India. At the start of the embroidery tradition of Kashmir shawls by the Rafoogar or

darners, there were only a few darners with the necessary skills to embroider the shawls. However, with time as Kashmir shawls gained popularity, the number of embroiders increased and prospered. Today, Kashmir embroidery is not just limited to rafoogar stitches. Various techniques are practiced to adorn the gorgeous shawls and other objects of beauty in home and fashion

Region

Kashida is an embroidery style from Kashmir that is practiced by menfolk of the region. The intricate needlework is inspired by the charming natural surroundings of Kashmir. Kashida, embroidery is quite popular due to its color, texture, design, and technique. The very embroidery is in turn revealed in shawls as well as in cottage industry performed by every member of families of Srinagar. Kashmiri embroidery is particularly practiced by men of the families and is a total commercial craft.

Technique

The base material for Kashida is cotton, wool, or silk in a variety of colors like white, blue, yellow, purple, red, green, and black.The embroidery threads used to execute Kashida are wool, silk, or cotton depending on the product to be embroidered.The main stitches employed for Kashida are darning stitch, stem stitch, satin stitch, and chain stitch. Special stitches Zalakdozi (chain Stitch) Vata Chikn (button Hole), Doria (openwork), Talaibar (Gold Work).

Fabric

1.   Jamwar - Known for its luxurious feel, often used for intricate Kashida embroidery.

2.   Pashmina - This fine wool fabric is popular for its softness and warmth, making it suitable for detailed embroidery work.

3.   Silk: - Different types such as pure silk or silk blends provide a smooth surface for Kashida embroidery, allowing intricate stitches to stand out.

4.   Cotton- A versatile choice, cotton fabrics are commonly used for Kashida embroidery, offering a comfortable and breathable option.

5.   **Velvet- With its plush texture, velvet is occasionally chosen for Kashida embroidery, creating a luxurious and elegant finish.**

Threads

1.   **Silk Thread: Adds a smooth and lustrous finish to Kashida embroidery.**

2.   **Cotton Thread: Often used for a more traditional and textured look in Kashida embroidery.**

3.   **Zari Thread: Metallic threads like zari add a touch of shimmer and richness to the embroidery.**

4.   **Wool Thread: Provides warmth and a cozy feel, suitable for certain styles of Kashida embroidery.**

5.   **Rayon Thread: Known for its sheen and versatility, rayon threads can be used for a glossy effect in Kashida embroidery.**

Motifs

The motifs used in Kashida depict the natural elements which include the rich flora and fauna of the region of Kashmir.

Typical motifs are birds like a magpie, kingfisher; flowers, butterflies, maple leaves, almonds, cherries, grapes, and plums.

A popular motif seen on embroidered shawls is derived from the cypress cone.

Types of Kashmir Embroideries

1.   <u>**Kashida**</u>**- is a general term for Kashmir embroidery which includes many stitches namely, chain stitch (zalakdozi), buttonhole (vata chikn), openwork (dora), gold work (talaibar), and satin (sonic).**

2.   **Zalakdozi- a form of Kashmir embroidery where tiny delicate chain stitch is used to render the stylized paisley motif, a favorite for this art form.**

3.   **Refoogari- which means darning derives the name from the stitch. It is done with the thread as that fabric material used in the base. This results in the interweaving that produces a fine texture in the fabric. Design Is worked evenly to look alike on both sides**

4.   **Tapestry work-** This art was introduced by Major and Mrs. Handow to make household articles around 1935. It is done with a blunt tapestry needle on the canvas cloth called Dasuta. It is done with the woolen thread called Ear, with whipstitch by counting the threads

Conclusion

In the delicate artistry of Kashida embroidery, we witness more than a craft; we glimpse the rich tapestry of Japan's cultural heritage. Each stitch is a silent storyteller, carrying the whispers of centuries past and the promise of a vibrant future. Kashida embroidery is a thread that binds generations together, a living testament to the meticulous skill of artisans who have shaped its legacy. As we marvel at the intricate patterns, we not only admire the beauty of tradition but also recognize it as a continuum—an ever-evolving masterpiece that transcends time, inviting us to appreciate the enduring elegance woven into each delicate fiber.

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RAMANJIT KAUR

B.SC FD 6TH SEM

FASHION FOR NATURE?
(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 billon 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 trellis phthalate) 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 striping 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 clothe 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.

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.

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MANJOT KAUR

B.SC FD 6TH SEM

MONEY POWER IN ELECTIONS

Elections tend to be an expensive exercise in modern democracies. In a vast country, like India, it is more so because the electoral constituency is usually vast both in terms of size and population. To fight elections, a candidate must make extensive personal contacts with the voters which involve enormous expenditure. It comes to lakhs and crores of rupees even for an assembly election. Nowadays contesting elections has become a corporate task where a huge amount of money is used. The purpose of writing this paper is to analyze the role of money in Indian elections

Elections are a fundamental component of democratic societies, serving as a crucial mechanism for citizens to exercise their right to choose their representatives and leaders, emphasizing the importance of elections.

Democracy is meaningless without real elections. Elections give the populace a standardized means of expressing their views and electing the candidates and policies that best serve their interests and the betterment of their nations. Elections are the most visible and action-packed part of Indian democracy. The successful compilation of general elections in India indeed renews the nation's faith in the democratic system. But growing malpractices are denting our Indian election system. Money power is one such concern that needs to be discussed. The first two decades after independence were 'Clean'. The Representation of the People Act 1951 prescribed limits on election expenses which were, by and large, adhered to, but after 1968 political parties and candidates resorted to alternative sources of resource mobilization.

The gap between expenses incurred in elections and legally permitted is increasing with time. Ceilings on campaign expenses being absurdly low, and

inflow of black money in the form of generous donations to the election funds of the political parties or powerful leaders become an established norm. It is estimated that 90% of all election funds come from the business community in expectation, naturally, or patronage. The scams involving crores of rupees from the financial institutions of the country are enough proof of the impact of money-power in the electoral system of India. It keeps men and women of undoubted ability from the electoral contest for want of financial support and promotes the criminalization of politics.

Limits of Candidate's Expenses

Having regard to the demand from political parties to raise existing election expenditure limit for candidates and increase in electoral from 2014 to 2021 from 834 million to 936 million (up by 12.23%) and rise in the cost inflation Index 2014-2015 to 2021-22 from 240 to 317 (up by 32.08%). The Commission has accepted the recommendations of this committee and decided to enhance the existing election expenditure limit for

candidates. Accordingly, revised limits have now been notified by M/O law, justice, and Legislative departments which are as under:

For a single Parliamentary Constituency earlier expenditure limit was 70 lakhs but now it has exceeded by 75 lakhs, for an Assembly Constituency earlier expenditure limit was 28 lakh rupees but now it has exceeded by 40 lakh rupees.

Role of Election Commission

The Election Commission of India is vested with a variety of functions that are aimed at ensuring the sanctity and fairness of the electoral process. The Election Commission of India serves as a custodian of democracy, ensuring the voice of every citizen is heard and every vote counts. By upholding the principles of transparency, fairness, and impartiality, the ECI reinforces the democratic spirit upon which the nation's governance thrives.

To curb the use of money in elections, the Election Commission of India has implemented various measures such as:

- **16th Lok Sabha elections**

1. **Monitoring campaign expenses of candidates and parties.**

2. **Enhancing transparency in political party funding.**

3. **Implementing stringent penalties for electoral fraud.**

4. **Promoting education and awareness.**

- **17th Lok Sabha elections**

1. **Utilising technology for monitoring and tracking election expenses such as through online reporting systems and digital verification methods.**

2. **Advocating for legal reform to strengthen regulations related to campaign finance and reduce the influence of money in politics.**

3. **Rules are in place to regulate donations to political parties including restrictions on anonymous donations.**

- **18th Lok Sabha elections**

1. **Enhanced surveillance: The EC intensified surveillance activities to monitor cash transactions and illicit activities related to the use of money during elections.**

2. **Increased scrutiny of candidates: Scrutiny of the financial backgrounds of candidates was heightened to deter those with dubious funding sources.**

3. **Stricter enforcement of spending limits: It's for candidates and political parties to prevent excessive use of money power.**

4.   Post-election analysis: Conducting post-election analysis to assess the effectiveness of measures taken and identify areas for further improvement in curbing the use of money in elections.

Conclusion

Former UN Secretary-General once quoted in Australian parliament and called for an urgent public debate on the state of democracy wherein he described clean and transparent elections

with 'integrity' as the bedrock of democracy. He added that despite being the root of democracy, clean democratic elections are by no means accused.

No doubt electoral competition is a sign of functional democracy. This is important because elections can be meaningful and useful for democratic deepening only when they take place within the framework of democratic norms. The subject of governance and development remains a top priority for the voters. However, elections in India are often marked by the presence of the crime politician hex-us. To coexistence of two discordant facts a vibrant resilience democracy and crime, cash, and coercion raised one question. Have elections in India promoted, widened, and deepened democracy?Every election ends with new trends, new waves, and new lessons to be learned from the present.

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