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E-MAGAZINE

'DARPAN'



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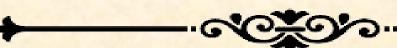
Dr. (Mrs.) Neeru Sharma Chief Editor : Principal



Er. Surkhab Shelly Editor



Dr. Khushboo Editor





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 emagazine and wish all the best for inspired and result oriented session.

> Dr. (Mrs.) Neeru Sharma Principal



WORKSHOP ON YOGA AND MEDITATION







Under the realm of IQAC, Sports Club and Youth Club, a yoga and meditation workshop for college students (freshers) was organized in which Mr. Rohit Bharti (District Yoga Instructor) and Mrs. Rajni Chandal (District Yoga Instructor) were invited. With a focus on cultivating mindfulness and inner peace, participants were engaged in a variety of yoga asanas, pranayama breathing exercises, and meditation sessions tailored to address the unique stress faced by students.

LECTURE ON DEVELOPING PERSONALITY







A guest lecture on 'How to Develop Personality' was organised by the English department. Ms. Anika Kanwal, Asst. Prof. in English from Sardar Beant Singh State University, Gurdaspur presided over as the guest speaker. Various parameters like basic introduction, body language, positive attitude, interactive skills and the level of confidence were taken care of by the speaker. Resource person had interactive session with the students.



LECTURE ON SPEAKING SKILLS







A guest lecture on 'Speaking Skills' was organised by the English department in which Ms. Sandeep Kaur was the keynote speaker. In her talk she highlighted the importance of English as a medium of communication and its practical application in all spheres of life. She explained about the ingredients of speaking skills and discussed the methods to strengthen the vocabulary. In order to make the session more fruitful and engaging our resource person gave examples of real-life situations which were easier for the students to grasp. College Principal appreciated efforts of English department.

SKILL ORIENTED WORKSHOP







Home Science department organized an event 'Cooking without Fire'. Ms. Harmanpreet, Kitchen Professional from the Grand Hotel Lalit, New Delhi was invited as an expert. It was conducted with a view to create awareness about the nutritional value of food cooked without fire. The resource person taught the students about some dishes that can be prepared without fire. She gave different ideas to the students and recipes to prepare dishes like salads, sandwiches and soft drinks. She taught them how to prepare Coleslaw salad, Beetroot salad, Russian salad, Cabbage salad, Koshimbir salad and South Indian salad.



SKILL ORIENTED WORKSHOP ON FABRIC PAINTING







The Fashion Designing department organized a workshop on Fabric Painting. Ms, Suman was invited as an expert. She taught the students about different types of printings like block printing, stencil printing, free hand golden silver work. Students learnt about the intricacies of fabric painting and turn plain fabric into colourful artwork.

WORKSHOP ON WEB DESIGNING







A workshop on 'Web designing' was organized by the Computer Department. Mr. Ashwani Kumar, Technical expert, provided college students with a foundational understanding of Computer Science and web development. The session began with an overview of computer basics, including hardware components, software types, and the importance of operating systems, setting a solid groundwork for students unfamiliar with technological concepts. He introduced HTML (Hypertext Markup Language) as the cornerstone of web development, explaining its structure and syntax in a clear, accessible manner. Students learned about the essential HTML tags used to create web pages, the significance of proper coding practices, and the basics of styling with CSS (Cascading Style Sheets).



WORKSHOP ON SELF GROOMING







The Cosmetology department organised a Workshop on self-Grooming. Ms. Karishma Bagga, Professional master in cosmetology from Makeover and Salon Gurdaspur was invited as an expert. The resource person gave tips to the students about self-care, hair care, skin, clothing and face cleansing etc.

SESSION ON 'HOW TO PLAN FOR START-UP-LEGAL AND ETHICAL STEPS







An offline session was organized by the Institution's Innovation Council of the college 'How to plan for Start-up-Legal and Ethical Steps'. Mr. Parminder Singh, Start-up Initiator (Agro Stubble Management Pvt. Ltd.), Gurdaspur was the keynote speaker. For this Start-up he has been awarded Shaheed Bhagat Singh Punjab State Annual Environment Award for his excellent contribution towards Sustainable agricultural practices and sustainable environment. He focused on the concept of Enablers and various Schemes under Government to enable these Innovators' Ideas with financial assistance.



WEBINAR ON 'MENTORING EVENT: DEMO DAY OF BUSINESS PLAN'







The Institution's Innovation Council organized a webinar on 'Mentoring Event: Demo Day of Business Plan,' featuring the distinguished entrepreneur Ms. Rouble as the resource person. Ms. Rouble's expertise and engaging presentation style captivated the students, offering them a wealth of knowledge and inspiration. Her insights into the nuances of developing and executing a successful business plan were particularly beneficial for the participants, who had the opportunity to present their plans and receive constructive critiques.

CELEBRATING LABOUR DAY







The Central Association of the College celebrated Labour Day. Purpose of this day was to recognize and celebrate the contribution of maintenance staff in daily life of the campus. In a poignant address, the College Principal lauded the support staff's crucial role in the college's smooth operation and personally thanked each member. She honored the support staff and acknowledged their dedication. Refreshment was provided as a token of gratitude, underscoring the indispensable contribution of the support staff and labor force in the college.



ELECTORAL LITERARY CLUB AND SVEEP







The Electoral Literary Club, in collaboration with a news channel, organized an event focusing on voting awareness. The initiative aimed to highlight the significance of voting in a democratic society. Various students shared their perspectives on the matter, emphasizing the power of individual voices in shaping the nation's future.

The ELC also organized an awareness program under the SVEEP activity as per instructions of the Election Commission. Voter Guides 'Booklet' was distributed to students, educating them on how to vote in the upcoming Lok Sabha Election. The students were instructed how to use Electronic Voting Machines (EVMs) effectively and choose their candidate.

WORKSHOP ON TALLY







A workshop on Tally was organised by the Commerce department in collaboration with Enactus Club. Mrs. Sweety, Office Superintendent and Accountant at Pt. Mohan Lal S.D. College for Women, Gurdaspur was the keynote speaker. The workshop was conducted with the aim of delivering the knowledge of Tally ERP- 9. Students were given hands-on training in the creation of companies, ledgers and groups, and posting Voucher entries in Tally ERP-9, so as to create various accounting reports.



AWARENESS PROGRAM FOR THE SUPPORT STAFF







The College Eco Club organized an awareness program for the support staff, emphasizing the importance of the three different colors of dustbins: red, green, and yellow, and their respective usage. The session aimed to educate staff members on proper waste segregation practices. Green bins were designated for organic waste, yellow for recyclables, and red for non-recyclable waste. Through interactive sessions and demonstrations, the significance of segregating waste at its source to promote recycling and minimize environmental impact was highlighted. This initiative underscores the club's dedication to promoting sustainable practices within the college community.

POSTER MAKING COMPETITION







The Health Club and Red Ribbon Club organised a poster making competition on World Red Cross Day as directed by Punjab Red Cross Society, Chandigarh. Purpose of this event was to sensitize the students about social issues. Mrs. Gurdeep Kaur and Kamaljit aware the students about drug abuse, environment protection and about the reuse of waste water. The students were awarded with certificates.



ONE-DAY WORKSHOP ON 'REQUISITES OF INCOME TAX AND E-FILING'







The Commerce department organized a One-Day Workshop on 'Requisites of Income Tax and E-filing'. The resource person of the workshop was Mrs. Heena Mahajan, (Chartered Accountant) who is also our Alumnae. In this session, Process of application of the PAN card was discussed thoroughly. Before proceeding further she discussed the official site of the income tax department i.e. eportal.gov. in. Then she discussed Form 15G and 15 H in detail. Afterwards the difference between both the forms was shared with examples. Form 26 AIS (Annual Information Statement) was discussed. AIS is a comprehensive view of information for a taxpayer displayed in Form 26AS. Taxpayers can provide feedback on information displayed in AIS. . e-pay tax (challans) were also discussed. ITR-1 and ITR-4 along with 2 return forms 24Q and 26Q were discussed. Form 24Q is used by taxpayers for declaration of the TDS returns of the citizen in detail. The form contains information about the salary and the tax deductions. Form 26Q is used to file TDS details on payments made other than salary. She also cleared the difference between TDS and TCS.

CELEBRATING LORD SHRI PARSHURAM JAYANTI







Language Society celebrated Lord Shri Parshuram Jayanti. On this occasion, students praised the life story of Shri Parshuram ji. Students presented their views on the biography of Parshuram Ji. Video related to his life was also shown to students.



OATH-TAKING CEREMONY







Under the directions of the Assistant Director of Youth Services, Gsp the Red Ribbon Club organized an oath-taking ceremony on National Anti-terrorism Day under theStudents and faculty members took a pledge for their commitment to combating terrorism and promoting peace. The ceremony underscored the importance of unity and vigilance against terrorism, reflecting the club's dedication to foster a secure and harmonious society.

LECTURE ON WOMEN HEALTH AWARENESS







To celebrate International Day of Action for Women Health the Health Club, Women and Sexual harassment cell organised a lecture on 'Women Health Awareness' in collaboration with Bharat Vikas Parishad. Dr. Navneet Kaur was invited as speaker. Her talk emphasised on irregular menstruation and the embarrassment felt by girls as they hesitate to share their problems with others. She also talked about PCOD, anemia, its causes and symptoms. She suggested to take a balanced diet, avoid junk food, and intake more water to reduce weight during periods. She also explained about the types of diabetes, its ill effects on the body and importance of Yoga and exercise.



HONORING OF STUDENTS







An orientation programme for collegiate students was organised in which all students who secured 90% and above were honored. It is a matter of high honour that the results of +2 medical, nonmedical, commerce and arts announced by the Punjab School Education Board, Mohali were excellent. The college Principal told very proudly that in commerce, Simranpreet kaur got 93.6%, Sejal got 93% and Kanishka secured 92% marks and stood first, second and third in the class respectively. Along with this, the result of +2 medical and non-medical was also very good. Ramandeep kaur and Taranpreet Kaur scored 92.8%, Sandeep Kaur scored 92.6%, Jaspreet Kaur scored 92%, Saanvi Gandotra, Harnoor Kaur and Mandeep Kaur scored 91.8%, Ananya Sharma scored 91.6%, Kirandeep Kaur scored 91.4%, Priya scored 91.2% and Jaspinder Kaur scored 90.4%. Similarly, the result of +2 arts was also commendable. Harleen Kaur scored 91.4%, Suhani Bala scored 85.6%, Manjeet Kaur and Jashnpreet Kaur scored 85% and bagged position respectively in the class. She 1st, 2nd and 3rd congratulated the parents and teachers.

COLLEGE ACHIEVEMENT



The college received a certificate of recognition from the Institute for Environment Conservation Advocacy, Hyderabad for sustainable development.

STUDENTS ACHIEVEMENTS







- The Department of History at SD College, Kheri Gunna, hosted an online inter-college essay/article writing competition in which our student Sarabjit Kaur secured the third position and was awarded a cash prize of Rs. 400.
- 4 students attended an event 'Eco Vibes' organized by HMV College,
 Jalandhar held on 5-6 April, 2024.



"UNVEILING THE POWER OF COLLEGE LIBRARIES: YOU'RE SECRET WEAPON FOR EXAM SUCCESS"

Competitive exams are a gateway to numerous opportunities, whether it be securing a coveted job, gaining admission to a prestigious graduate program, or earning scholarships. The preparation process can be overwhelming, but one often overlooked yet invaluable resource is the college library. Here's how to effectively leverage your college library to master competitive exams.

I. ACCESS TO COMPREHENSIVE STUDY MATERIALS

1. Textbooks and Reference Books:

Your college library is a treasure trove of textbooks and reference materials that cover a wide range of subjects and topics. Unlike online resources, these books are often curated by experts and are aligned with the curriculum and exam syllabi.

Tip: Create a list of recommended books for your exam and check their availability in the library. Often, libraries have multiple editions of essential textbooks.

2. Journals and Research Papers:

For exams that require in-depth knowledge and understanding of current trends, journals and research papers are indispensable. College libraries subscribe to numerous academic journals, providing access to high-quality, peer-reviewed content.

Tip: Utilize online databases and e-journal subscriptions provided by the library for the latest research and review articles relevant to your exam.

II. QUIET AND STRUCTURED STUDY ENVIRONMENT

Libraries offer a quiet, distraction-free environment that is conducive to focused study. The structured setting helps in maintaining discipline and regular study habits, which are crucial for effective exam preparation.

Tip: Identify a study spot in the library where you feel comfortable and can concentrate for extended periods. Make it your go-to place for serious study sessions.

III. ACCESS TO PAST EXAM PAPERS AND PRACTICE TESTS

Many college libraries archive past exam papers and practice tests, which are invaluable for understanding the exam format, question types, and difficulty level. Reviewing these papers helps in identifying important topics and frequent question patterns.

Tip: Allocate time for solving past papers under timed conditions to simulate the actual exam experience. Analyze your performance to identify areas of improvement.

IV. STUDY GROUPS AND PEER LEARNING

Libraries are excellent places to form study groups. Collaborative learning allows you to gain different perspectives, clarify doubts, and learn new study techniques from peers.

Tip: Form a study group with classmates preparing for the same exam. Use library study rooms for group discussions and problem-solving sessions.

V. DIGITAL RESOURCES AND ONLINE ACCESS

Modern college libraries provide access to a plethora of digital resources, including e-books, online courses, and educational videos. These resources can complement your study material and provide flexibility in how and when you study.

Tip: Explore the library's digital catalog and online databases. Utilize e-books for subjects where you need additional material or different explanations.

VI. LIBRARIAN ASSISTANCE

Librarians are knowledgeable about the resources available and can provide guidance on locating specific materials, using databases, and effective research strategies. Don't hesitate to ask for their assistance.

Tip: Schedule a consultation with a librarian to get personalized advice on finding the best resources for your exam preparation.

VII. RESOURCE MANAGEMENT AND STUDY PLANNING

Using the library effectively also means planning and managing your resources well. Keep track of borrowing limits, return dates, and reserve books in advance to ensure you have access to essential materials when you need them.

Tip: Create a study schedule that incorporates regular library visits. Allocate specific time slots for borrowing, returning, and studying to maximize your library usage.

Your college library is more than just a place to borrow books; it is a comprehensive resource center that can significantly enhance your exam preparation. By effectively leveraging the library's study materials, quiet environment, past exam papers, digital resources, and expert assistance, you can master competitive exams with confidence. Make the most of this invaluable resource and pave your way to success.

DR. RAVNEET KAUR ASSISTANT PROFESSOR DEPARTMENT OF COMMERCE

MUSCLE POWER IN ELECTIONS

Regular elections are a lifeline of any functional democracy. Since independence, India has successfully conducted 17 Lok Sabha elections and about 370 Assembly elections. The credit of holding fair elections goes to ECI. It has to deal with multiple challenges, muscle power and use of criminal elements is one such issue. Purpose of the present paper is to see how muscle power has influenced Indian elections and how ECI could play a positive role. Elections can be meaningful when they take place within the framework of democratic norms.

INTRODUCTION

Most visible symbols of democracies are free and fair elections. Similarly, in India Lok Sabha elections remain pivotal moments for citizens to exercise their democratic rights, shape their collective destiny, and reaffirm their faith in the democratic ideals enshrined in the Constitution. Presently, 17th Lok Sabha has come to an end plus elections for 18th lok sabha has started and Election Commission of India has played a prominent role in conduction of smooth and secure elections. Election integrity and fairness are seriously threatened by electoral malpractices such as booth capturing, bribery, voter intimidation, and electoral fraud. In an effort to obtain an unfair advantage, political parties or candidates may try to rig the election, which would damage the legitimacy of the results. The Chief Election Commissioner, Rajiv Kumar has identified four major problems that affect India's free and fair elections. These are the 4Ms: Muscle power, Money power, Misinformation, and violations of the Model Code of Conduct (MCC) Major concem se pound by pow wed in winning clectus severely affects transparency and democratic thereof celestines these days.

MEANING OF MUSCLE POWER IN ELECTIONS

In politics, "muscle power" refers to the use of physical aggression, threats, and coercion to maintain control and alter election results. This may include the involvement of criminals in politics, the use of violence to sway voters, or even the influence of law enforcement agencies.

The use of muscle power in elections in India has been observed since the early years of the country's independence. Indian politics, since 1951 has witnessed the establishment of criminal ties, usually in the form of muscle power, for the sake of intimidation or carrying out dirty work on behalf of politicians for the purpose of electioneering. However, over the years the muscle men have come to demand a similar stature as these crooked politicians and, thus, have slowly transitioned via a electoral jump, from crooks to politicians. One of the earliest and most infamous instances of widespread violence and muscle power in Indian elections occurred during the 1957 elections in the state of Kerala, it led to the widespread practice of booth capturing, where armed gangs affiliated with political parties forcibly took control of polling stations, intimidated voters, and rigged the voting process. The use of violence and coercion led to numerous casualties and widespread unrest across the state. By the late 1970s, criminal contesting in elections as candidates had become a common practice. Nowadays, it has spread to all over India. No political party is exempted from its clutches and in both Lok sabha and Assembly elections numerous cases of using muscle power by political parties are being witnessed.

It can be difficult to pinpoint particular regions or states in India where the use of force in elections is more common because it depends so much on a number of variables, including the political climate, socioeconomic circumstances, and historical background. Nonetheless, historically, there has been a correlation between higher rates of election violence, coercion, and intimidation in particular states or regions.

States affected by naxalism and left-wing extremism: Chhattisgarh, Jharkhand, Odisha, Bihar, and Andhra Pradesh have witnessed instances of muscle power being used to influence electoral outcomes.

States with high levels of political polarisation: States characterised by intense political rivalries and polarisation, such as West Bengal, Uttar Pradesh, Bihar, and Tamil Nadu, have experienced incidents of electoral violence and muscle power.

Regions with communal tensions: Areas prone to religious violence like UP, Bihar, Maharashtra and Gujarat have witnessed the use of muscle power and states with border issues, also urban states with organised crime are prevalent in use of muscle power during elections.

ELECTIONS AND CRIMINAL ELEMENTS

The Association for Democratic Reforms, an election watchdog, has found that several major Indian political parties, including the BJP, Congress, TMC, NCP, RJD, AAP, CPI(M), and YSRCP, have fielded candidates with criminal offences. The report found that in 17th lok sabha elections (2019-2024), 225 members (44%) of Union Ministers in India have a criminal record, and 25% of MPs have serious criminal cases against them. What is even more distressing is that half of these are for heinous offences such as murder, attempt to murder, extortion, rape, dacoity and kidnapping and another shocking thing is candidates with criminal cases won more seats then candidates without criminal cases. In 2019 Lok Sabha polls out of 7,929 candidates, 1500 candidates (19%) had criminal cases, out of which 1,070 candidates (13%) were serious criminal cases.

In Himachal Pradesh, 338 candidates are running for office; 61 of them have criminal cases against them, based on self-declared affidavits. 18% of the total is represented by this. What's even more intriguing is that 22 out of 61 candidates that is, 36% had criminal records and won! It is not unexpected that 67% of the successful candidates with criminal histories are Indian nationals.

In Gujarat, out of the 1819 candidates running for office, 253 had criminal convictions against them. This indicates that 14% have a criminal history. Out of 182 candidates, 47 had a criminal record, which is over one in four. With a criminal history, 81% of the selected candidates are also crorepatis. Interestingly, 47 of the winners had criminal records.

Unfortunately, there have been many instances of the use of force during Indian Assembly elections in the past. Here are few instances.

Uttar Pradesh Assembly Elections 1993: There were numerous claims made during the 1993 Uttar Pradesh Assembly elections regarding the use of force by

different political parties. Numerous constituencies reported incidences of intimidation, booth capturing, and violence.

2015 Bihar Assembly Elections: There were multiple instances of voter manipulation and poll booth tampering during the 2015 Bihar Assembly elections. There were numerous reports of electoral fraud and violence during this election.

Tamil Nadu Assembly Elections 2016: The 2016 Tamil Nadu Assembly elections witnessed allegations of muscle power and electoral malpractices. Incidents of violence, voter intimidation, and irregularities in the electoral process were reported from several constituencies.

West Bengal Assembly Elections 2021: Several political parties were accused of using force in the 2021 West Bengal Assembly elections. Violence, intimidation of voters, and booth capturing incidents were reported from various parts of the state.

These are just a few examples, and instances of muscle power being used in Lok sabha and Assembly elections, numerous cases have been reported in various other states across different election cycles. If we start counting the instances of muscle power, we would realise the nature of political parties in India and their agenda of winning elections either by hook or by crook. It's important to note that these incidents undermine the democratic process and highlight the need for electoral reforms and strict enforcement of election laws to ensure free and fair elections.

Milan Vaishnav in his book" When Crime Pays", 2017, draws our attention towards an unsettling reality of Indian politics where criminality and democratic politics coexist in harmony. Milan Vaishnav further adds that this phenomenon is not exclusive to india; it can be seen in other seemingly democratic countries like Brazil and Pakistan, where facade democracy is usually at play as well. How ever coming back to cae of india, there is no one person, institution, or party to blame criminality laden political system; there is no single culprit, instead, there multiple factors at play that make this scenario a reality.

ROLE OF ECI

A number of serious issues are brought up by the growing use of force in Indian elections. endangering the credibility, fairness, and integrity of the democratic process. The increasing use of violence in Indian elections raises the following serious concerns. The fundamental principles of democracy-free and fair elections, openness, and the freedom to cast a ballot

without fear of compulsion or intimidation are all threatened by muscle power. The right to life, liberty, and personal security are among the human rights that are frequently violated when force is used in elections. The freedom of individuals to engage in politics without fear of danger or retaliation is violated when voters, election officials, and candidates are the targets of intimidation, threats, physical assault, and harassment. The concept of electoral integrity can be undermined by booth capture, voter intimidation, ballot stuffing, and other electoral malpractices that influence the results in favour of specific candidates or parties. It also exacerbates social tensions and erosion of public trust.

To curb the increasing influence of muscle power in elections, ECI had made serious efforts from time to time and issued various guidelines and measures to control the use of muscle power and ensure the conduct of free and fair elections.

In the 15th Lok Sabha elections held in 2009, the Election Commission of India (ECI) typically deploys security personnel, including central armed police forces (CAPF), to sensitive areas and polling booths to prevent incidents of violence, intimidation, and booth capturing The ECI identifies sensitive and hypersensitive areas where the likelihood of muscle power being used is higher, liaises with law enforcement agencies at the central and state levels to coordinate efforts to control muscle power and enforce election laws effectively and ECI strictly enforces the (MCC), which includes guidelines to prevent the use of muscle power, such as restrictions on the use of government resources for campaigning and prohibitions against intimidation and violence.

In 16th lok Sabha elections held in 2014, ECI advocated for legal reforms to disqualify candidates with criminal backgrounds from contesting elections. The

Representation of the People Act, 1951 was amended to require candidates to declare their criminal antecedents and assets, which were made accessible to the public. Special courts were established to expedite the trial of election-related offences, including those involving muscle power. This aimed to

ensure swift justice and deterrence against electoral malpractices. The ECI collaborated with civil society organisations and non-governmental organisations (NGOs) to mobilise public support against muscle power and promote ethical electoral practices and conducted voter education programs to raise awareness about the importance of free and fair elections, discouraging voters from being influenced by muscle power and other coercive tactics.

In 17th lok Sabha elections held in 2019, ECI and the Indian government worked on various fronts to address issues related to criminalization of politics and the influence of muscle power in elections. These efforts may include amendments to existing laws, enforcement mechanisms, technological advancements in election management, voter education initiatives, and collaboration with law enforcement agencies and civil society organisations. As the preparations for 18th Lok Sabha elections are going on, the Election Commission has pulled up its sleeves to manage elections smoothly. ECI has instructed district magistrates and police chiefs to stop any violence during elections and conduct strict Inquiry if received complaints. To stamp out flow of illegal goods, check posts have been set up at international border, Interstate borders, another possible mode.

CONCLUSION:

All parties involved in Indian elections political parties, electoral officials, law enforcement, civil society organisations, and the judiciary must work together to address the growing use of force in elections. Protecting the integrity of India's democratic process requires strengthening legal frameworks, improving electoral accountability and transparency, advancing civic education and awareness, and cultivating a climate of nonviolence and political tolerance.

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