



# SWAYAM SIDDHA

## SWAYAM SIDDHA

Vol-2

March, 2017

### WOMEN CELL NEWSLETTER

**CHIEF PATRON:** SARDAR JODH SINGH  
**PATRON:** MR. TARANJIT SINGH  
**ADVISOR:** PROF. (DR.) MAITREYI RAY KANJILAL,  
PRINCIPAL, NIT

**CHIEF EDITOR:** DR. DEBJANI CHAKRABORTI  
**ASSOCIATE EDITOR:** MS. SANGITA ROY

.....i.....

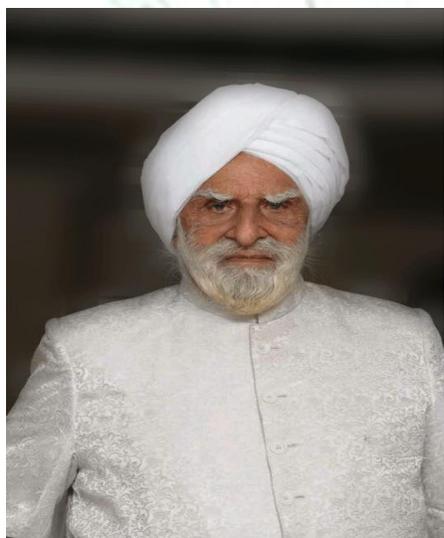
# SWAYAM SIDDHA

## TABLE OF CONTENTS

| <b>Table of Contents</b>  |           |
|---|-----------|
| <b>MESSAGE FROM CHAIRMAN JIS GROUP</b>  | <b>1</b>  |
| <b>MESSAGE FROM MANAGING DIRECTOR JIS GROUP</b>                                       | <b>2</b>  |
| <b>MESSAGE FROM PRINCIPAL, NiT</b>  | <b>3</b>  |
| <b>MESSAGE FROM REGISTRAR, NiT</b>  | <b>4</b>  |
| <b>MESSAGE FROM CHAIRPERSON, WOMEN CELL, NiT</b>                                      | <b>5</b>  |
| <b>COMMITTEE MEMBERS OF WOMEN CELL, NiT</b>   | <b>6</b>  |
| <b>EVENTS ORGANISED BY WOMEN CELL, NiT</b>  | <b>7</b>  |
| <b>CREATIVE SECTION AND ART GALLERY:<br/>CONTRIBUTION FROM FACULTY AND STAFF, NiT</b> | <b>17</b> |

# SWAYAM SIDDHA

## MESSAGE FROM THE CHAIRMAN, JIS GROUP



*"Vision looks inward and becomes duty. Vision looks outward and becomes aspiration. Vision looks upward and becomes faith."*

Today, we are standing at the confluence of past with the present and facing the major challenge of producing a workforce of skilled professionals that meet the ever changing demands of the society. To meet tomorrow's demand, the younger generation of today need to be taught professional proficiency through application based quality education.

As an educational conglomerate, our focus is not only to mould industry-fit experts, but also shaping better personage with an intuitive mind, logical thinking and humane personality.

In this ever growing environment, Women's Cell newsletter portrays the growth, linkage and activity of all the Students, faculty and staff of the Institute in all dimensions. Publishing the yearly newsletter is surely a good sign to achieve the goal of our educational initiatives.

I wish all the best to all members of Women Cell for their excellent efforts for publishing the newsletter "SWAYAM SIDDHA".

**Sardar Jodh Singh**

.....1.....

# SWAYAM SIDDHA

## MESSAGE FROM MANAGING DIRECTOR, JIS GROUP



I am chasing a dream that my father (Sardar Jodh Singh) cherished, to empower lives through knowledge and education. In this regard we have established the JIS educational initiative which is now one of the leading private educational service providers in India. JIS educational initiative has 25 educational institutes to its credit and holds an average of 25,000 students who have enrolled in diverse academic programmes.

We have also created new standards in quality self-financed education and laid the foundation of the JIS University.

In this respect I want to congratulate all the members of Women Cell, Narula Institute of Technology for their tireless efforts to publish the annual newsletter “SWAYAM SIDDHA” as a signature of their achievements in diversified fields and taking the oath to be the bearer of the dreams of their founder fathers.

**Mr. Taranjit Singh**

# SWAYAM SIDDHA

## MESSAGE FROM PRINCIPAL, NARULA INSTITUTE OF TECHNOLOGY



The prime objective of a newsletter is to disseminate information, motivating performances, promoting unity, improving morale and supplementing institution records. It helps an organization to spread word about its existence. Publishing a newsletter actually showcases the hidden talent, prosperity and growth of an Institute, which is also very important for reward and recognition.

I want to congratulate all the members of the Women Cell for their tireless effort to take the initiative to publish the annual newsletter “SWAYAM SIDDHA” within a short span after its unification and give us the glimpses of their events and achievements. This newsletter also portrays Women cell’s multidimensional capacities both qualitatively and quantitatively. Through this Newsletter all women faculty and staff members and girl students can exchange their opinion regarding different women related problems and issues. I wish a grand success to the Women Cell for every activities and events they organize.

**Prof. (Dr.) M. R. Kanjilal**

# SWAYAM SIDDHA

## SWAYAM SIDDHA

### MESSAGE FROM REGISTRAR, NARULA INSTITUTE OF TECHNOLOGY



The main objective of publishing the newsletter keeps everyone within the college be aware about the happenings which are going around us. It encourages the faculties and staff members as well as students to find a platform where they can express their views regarding problems and issues at workplace related to women and to facilitate a gender sensitive and congenial working environment at the institute.

I congratulate Women Cell at NiT for their initiative of publishing the annual Newsletter “SWAYAM SIDDHA” and wish that the content of the Newsletter increases not only quantitatively but also qualitatively whenever it is published.

**Mrs. Nidhi Singh**

.....4.....

# SWAYAM SIDDHA

## SWAYAM SIDDHA

### MESSAGE FROM THE CHAIRPERSON, WOMEN CELL, NARULA INSTITUTE OF TECHNOLOGY



It is a great privilege for me to offer thanks to our respected Principal, Prof. (Dr.) Maitrayee Ray Kanjilal, for giving us an opportunity to publish the annual Newsletter “SWAYAM SIDDHA” of Women Cell. I am also grateful to our respected Managing Director Mr. Taranjit Singh whose constant inspiration made this newsletter come to reality. This newsletter is a "picture" of the Women Cell activities and reflects on the operations of the cell and acts as a communications tool of the cell to disseminate

information to the cell members as well as the Institute as a whole.

I take the opportunity to appreciate all the members of Women Cell towards their involvement in publishing this annual News Letter.

**Dr. Debjani Chakraborti**

# SWAYAM SIDDHA

## SWAYAM SIDDHA

### MEMBERS OF WOMEN CELL



|                            |   |                         |
|----------------------------|---|-------------------------|
| Prof. (Dr.) M. R. Kanjilal | - | Principal, NIT          |
| Mrs. Nidhi Singh,          | - | Registrar, NIT          |
| Dr. Debjani Chakraborti    | - | Chairperson, Women Cell |
| Mrs. Sangita Roy           | - | Convener, Women Cell    |
| Dr. Sriparna Guha          | - | Member                  |
| Mrs. Dipu Mistry           | - | Member                  |
| Mrs. Tamasree Biswas       | - | Member                  |

# SWAYAM SIDDHA

## EVENTS ORGANIZED BY WOMEN CELL

### Activities (2016-2017)

- **Marathon on Women's Day, 8<sup>th</sup> March, 2016**

The bystanders and the residents at Kamarhati witnessed a brilliant show of harmony on **March 8, 2016** when around five –hundred participants ran gleefully in the 3.5 km Mini Marathon organized by **Narula Institute of Technology, under JIS group Educational Initiatives**. The Marathon echoed the slogan '*Run with gaiety, Pledge for Parity*'. This event aimed to spread the message of Gender uniformity among the people. Besides the participants from the host institute, the schools in the neighbourhood also joined the Marathon in order to express their solidarity. The gender split was 46% females and 64% males and the participants ranged in the age group between **12 to 65 years**. The participants took an oath in favour of **Gender uniformity** before the commencement and then with the count of ten the race was flagged off by Mr.Soumen Bose, eminent cricket coach (Cricket Association of Bengal) from Kamarhati bus stand at 4pm. The runners were escorted by a furnished van where the cultural team of the college sang in chorus and imparted the message of parity and integrity. The entire route was well managed by the college volunteers and the traffic control. The event was graced by the **former national footballer Mr Pratap Senapati**, local councilor, Principals of neighboring schools and the dignitaries of JIS group.



# SWAYAM SIDDHA

## • Seminar on Creating awareness by prevention and intervention among women on pertinent health issues, 11th August, 2016

The seminar was specially organized to create awareness and spread knowledge among all the women employees and students of the institute. More than 150 women Students, Faculty & staff member participated in the Seminar. The Seminar was started by a very positive encouraging introductory speech delivered by our respected Principal madam Dr. Maitreyi Ray Kanjilal who boosted up the minds of all women present in the auditorium to feel proud being a woman. She prayed that woman should be strong and resistant in nature to face all the difficulties whether its physical or mental & should have her aspirations, abilities, qualities to build up a firm position in our society.

The seminar was carried & took over by invited guest of the program Dr. Gandhari Basu, who was an assistant professor in Department of Community Medicine perused her MBBS from R.G. Kar Hospital. She started by giving us a very logical importance of woman in our society. Women contributions enormously in the field of health care as well as now a days they are coming forward & taking initiatives in social activities& are working for the betterment of the society. As a mother, a woman's role in the development of emotional psychological aspect of new born child has been very significant . They are not only handling corporate life, working in various govt. offices, schools, colleges providing education & working for the welfare of the society but also they take proper care of their own responsibilities of being a women in totality by taking care of her husband, parents-in-laws, children. So in this urge of fulfilling her responsibilities in both personal & professional life, a woman often forgets or neglects to take care of their own health which gives rise to various health problems which in turn may cause minor or major effects within themselves if not properly taken care at the right time. So, the lead emphasis on pertinent health issues of the women.



# SWAYAM SIDDHA

- **One day practice session of scooty “Be Bold for Change”, 1<sup>st</sup> March, 2017**

This year International Women’s Day theme is “Be Bold for Change”. Women’s Cell Narula Institute of Technology organized a practice session of scooty in association with Honda. Students and staff members participated with full enthusiasm in this occasion. Dr. Debjani Chakraborti, Chairman, Women Cell inaugurated the program. Other committee members- Mrs Sangita Roy (Convener) and Dr. Sriparna Guha were also present in the field. The program was a grand success. The main objective of the program was Women Empowerment. The total number of participants was 60 including the students, faculty and staff members of NiT.

The participants got individual scope to ride on the scooty and practice on their own with aid of the Instructor and the trainers from Honda. The participants were immensely enthusiastic and overwhelmed to learn to ride for the first time. The Instructor and the trainers were very friendly and helped the participants to the optimal level.



# SWAYAM SIDDHA

## • Participation on International Women’s Day Celebration, 8<sup>th</sup> March 2017 at Barrackpore Police Commissionerate Sukanta Sadan Barrackpore

Barrackpore police commissionerate invited Girls students of Narula Institute of Technology on the International Women’s Day, 8<sup>th</sup> March, 2017. In this occasion Girl students of NiT along with Women Cell , NiT attended one day program on International Women's Day organised by Barrackpore police commissionerate at Sukanta Sadan. The eminent dignitaries present on the occasion are:

1. Dr. Rajkumari Basu, Child Phycologist
2. Mr. Amitabah Barman, IPS,DC,Barrackpore
3. Mr.Tathagata Basu, IPS,DC,Barrackpore
4. Mr. Pyush Kanti Goswami, Mahakuma Sasak, Barrackpore

The respected notable personalities expressed the significance and importance of women in our society. They noted that the respect, dignity of women is the highest priority in our society. A women’s Psychological health also is a great concern of mankind. Dr. R Basu pointed in this area. Lots of steps have been taken by Government in this respect. The Police is always alert for the assistance of women.

Question answer sessions were there for interactions with students of different schools and colleges. At the end a cultural program was organized by local school students. The theme of the program was to promote women protection, national integration, and importance of karate learning. The cultural program comprised of poem recitation, dance, song and small acting sessions.



Students entering the auditorium-Sukanta Sadan

# SWAYAM SIDDHA



The dignitaries on the dias



Beautiful Bus Journey with Mrs. Kaberi Majumder, Khardah Police Station

# SWAYAM SIDDHA

## SWAYAM SIDDHA

### • Marathon on Women's Day, 8<sup>th</sup> March, 2017

The Marathon was inaugurated by Principal Madam Prof. Dr. M R Kanjilal and Registrar Madam Mrs. Nidhi Singh at Kamarhati, Agarpara, at 3:30 pm. The Participants were Students of NiT, Local schools, Local residents, faculty & Staff members of NiT. The program was followed by cultural program.



Lighting the torch by Principal and Registrar



Lighting the torch by Participants

# SWAYAM SIDDHA



The enthusiastic participants



Cultural program

# SWAYAM SIDDHA

- **One Day Seminar on Women Empowerment through Technical Education, 15<sup>th</sup> March 2017**

The seminar was specially organized to emphasize on women empowerment through technical education. More than 60 female students participated in the Seminar. The Seminar was inaugurated through lighting of the lamp by Principal Madam Dr. Maitreyi Ray Kanjilal; the invited speaker Mrs Sunanda Mukherjee, chairperson, Women Commission, West Bengal and Dr. Debjani Chakraborti, Chairperson Women cell, NiT. The Seminar started by a very positive encouraging introductory speech delivered by our respected Principal madam Dr. Maitreyi Ray Kanjilal who boosted up the minds of all women present in the auditorium to feel proud being a woman. She emphasized that if the women in the society is awakened, the nation as a whole is on the move. This can only be done by providing education to women in every sphere of life.



Lighting the of lamp



Inaugural speech by principal

# SWAYAM SIDDHA

## SWAYAM SIDDHA

The chairperson women cell of NiT, Dr. Debjani Chakrabarti, explained the importance of women cell in educational institutions. She then invited Principal, NiT and Chairperson, Women commission, WB to inaugurate the Newsletter of Women Cell “SWAYAM SIDDHA”.



Inauguration of Newsletter “SWAYAM SIDDHA”

The seminar was carried & took over by invited guest and Eminent Speaker of the program Mrs Sunanda Mukherjee, chairperson, Women Commission, West Bengal. She enlightened about the significance of women empowerment in our society. She started by giving us a very logical importance of woman in our society. They are not only handling corporate life, working in various govt. offices, schools, colleges providing education & working for the welfare of the society but also they take proper care of their own responsibilities of being a women in totality by taking care of her husband, parents-in-laws, children.

The next invited speaker Dr. Sikha Sarkar Aditya, Member, Women Commission delivered her speech on significance of women Empowerment and revolution that had taken place in empowering women since inception.

# SWAYAM SIDDHA



Speech by Mrs Sunanda Mukherjee



Speech by Dr. Sikha Sarkar Aditya

After the lunch session, the next invited speaker Dr. Sheli SinhaChaudhuri, Associate Professor, ETCE Department, Jadavpur University elaborated the role of women in technical education.

The entire program was compared by the Convener of women cell, Mrs Sangita Roy. The Seminar ended with the vote of thanks delivered by Dr. Debjani Chakraborti.



Speech by Dr. Sheli SinhaChaudhuri



Mrs Sangita Roy conducting the program

# SWAYAM SIDDHA

## SWAYAM SIDDHA

### CREATIVE SECTION

#### Rhythm of Africa

by

Sahana Das

Assistant Prof., Department of Computer Application, NIT



The forest awakens the sky aglow with the shaft of radiant beams.  
From behind the Kilimanjaro peeps the sun with glorious gleams.  
Behold, it is the celebration of a young girl's golden dreams.

Quietly listen to the murmur of leaves of jacaranda trees  
when from the savannah forest blows the evening breeze,  
you could hear mingled with it a little girl's joyful glees.

Darkness falls, a starry shroud is spread over the Mara's plains.  
Through the night beats the drums of Masai till the moon wanes.  
It is the rhythm of Africa that still pulsates in her veins.

While strolling along the crowded streets if suddenly you find  
A little girl walking by with arms round her father entwined  
You caught the glimpse of a childhood that's been left behind.

.....17.....

# SWAYAM SIDDHA

## SWAYAM SIDDHA

### Women Empowerment

by

**Priya Sengupta**

**Assistant Prof., Department of Computer Science and Engineering, NiT**

The subject of empowerment of women has become a burning issue all over the world including India since last few decades. The position and status of women all over the world has risen incredibly in the 20th century. For a long time women in India remained within the four walls of their household. There should be respect and dignity towards Women. They have total independence of their own life and lifestyle inside the home and also outside at their work. They should make their own decision, by their own choice. They should have a high social respect in society. They have equal rights in society and other judicial works .They should not be discriminated while providing any type of education. They should select their own economic and financial choices by their own. There should not be any discrimination between woman and man while giving jobs and employment .They should have safe and secured Working location with proper privacy.



# SWAYAM SIDDHA

## SWAYAM SIDDHA

মাঁ

by

**Dr. Sumit Nandi**

**Associate Prof. & Head, Department of Basic Science & Humanities, NiT**

আমি এখন মাতৃহারা  
তোমার দুষ্ট ছেলে,  
আমায় একা রেখে  
কোথায় তুমি গেলে ?  
প্রথম আলো দেখেছিলাম  
শুয়ে তোমার কোলে,  
তোমার কথা মনে পড়ে  
কেবলই চোখের জলে ।  
মাঁ, আজও অনুভব করি  
স্নেহের স্পর্শ তোমার,  
তোমার আশীর্বাদ থাকে যেন  
এ জীবনে আমার ।  
তোমার চিরঅস্তিত্ব  
থাকবে আমার স্মরণে,  
জানাই মোর প্রণাম  
তোমার চরণে ।

# SWAYAM SIDDHA

## SWAYAM SIDDHA

### মুক্তির ডানা

by

**Joyita Basak**

**Technical Assistant, Department of Computer Science and Engineering, NIT**

ওরে মেয়ে, তোর চোখের জলে

আজও ভেসে যায় ধরা

তবু কেন তোর হৃদয় মাঝে

নীরবে জাগে খরা ।

বহু যুগ ধরে সময় বয়েছে

বয়েছে যুগের আলো

তবু কেন তোর চোখের পাতায়

যুগান্তরের কালো ।

কালের নিয়ম বাঁধা তোর হাতে

জন্ম দিস উর্বর

তবু কেন তোর পায়ে লেগে আছে

এ যুগের পিঞ্জর ।

ওরে মেয়ে, তোকে ছুঁয়ে দিয়ে যাক

আলোর জিমন কাঠি

নবজলধারায় স্নাত হয়ে তুই

পাখী হ রাতারাতি ।

পাখী হয়ে তুই উড়ে এবার

খাঁচার বাঁধন খুলে

অসীম আকাশ ডাকছে তোকে

মুক্তির হাত তুলে ।

নিজের ছন্দে আলপনা দিবি

আকাশের চৌকাঠে

ফুলের দল কে রাঙাবি যতনে

শিশির ভেজা মাঠে ।

সৃষ্টির সুর বাঁধা তোর ঠোঁটে

মনেতে প্রাণের গান

নিষ্কল ধ্বনি দশদিকে বাজে

শুরু কর কলতান ।

উড়ে যা তুই অনেক দূরে

যেখানে স্বপ্ন ভাসে

জোনাকির মতো জ্বলবি সুখে

সহস্র তারার পাশে

# SWAYAM SIDDHA

## Polycystic Ovarian Syndrome (PCOS) - a major concern among adolescent and young women

by

Sudeshna Sarkar, 2<sup>nd</sup> year MBBS student, College of Medicine and Sagore Dutta Hospital, Kamarhati.

Polycystic ovarian syndrome (PCOS) has been a matter of growing concern in the past few decades among adolescent and young women, mainly in the age group of 18-44 years. The World Health Organization (WHO) estimates that worldwide it affects about 116 million women (3.4%) of the women. Certain community based studies also reveal that about 70% of the cases of PCOS remain undiagnosed and later manifest to an incurable degree. Worldwide it is one of the **leading causes of infertility**.

Various surveys conducted in different parts of India suggest that almost 1 out of 5 women may be suffering from this disease. Prevalence is **highest in East India** (almost 1 in 4 women, 25.88%), followed by North India (18.62%), which can be largely attributed to lack of awareness and ignorance.

PCOS was earlier named as **Stein-Leventhal Syndrome**, as the condition was first described in 1935 by American gynecologists Irving F. Stein, Sr. and Michael L. Leventhal. The exact cause for the development of PCOS is unknown; a combination of several **genetic and environmental factors, mainly lifestyle disorders**, may give rise to this disorder. Pathologically, it is a complex **endocrine disorder**, characterized by increase in androgenic (male) hormones, menstrual abnormalities, multiple cysts in ovary, chronic anovulation (i.e. loss of production of female ova) leading to infertility. Clinically, this disorder typically gives rise to the following symptoms: no menstrual periods or heavy periods, male pattern of hair growth in body and face (hirsutism), acne, pelvic pain, difficulty in conceiving a child, and patches of thick, darker skin behind the neck, under the arms or in the groin area.

# SWAYAM SIDDHA

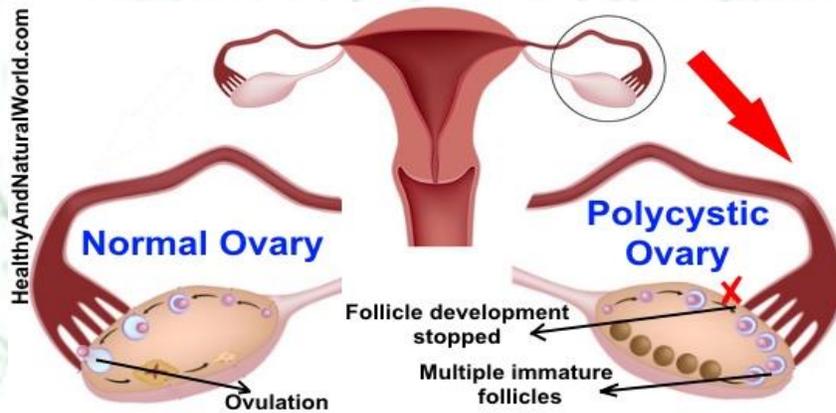


Figure showing differences between normal and PCOS ovaries (courtesy internet)

The events leading to the development of this disease also remains incompletely understood. Mainly it is due to **dysregulation of enzymes involved in androgen biosynthesis**, and excessive androgen production, which occurs as a central feature in this disorder. Current concept of development of PCOS attributes the disorder to be due to unbalanced release of **FSH (Follicle stimulating Hormone) and LH (Luteinizing hormone)** from pituitary. FSH is responsible for development and release of ova from ovary, deficiency of which leads to early atrophy and degeneration of the cells from which ova is formed; these cells give the appearance of multiple, small, bluish cysts on the surface of ovary. The affected ovaries are **grey-white in colour** and are almost **twice the size of normal ovaries**.

The secretion of LH, however is increased, which stimulates the cells on the outer surface of the ovary to proliferate and produce **increased amounts of testosterone and their precursors**. Biochemically, **DHEAS (dihydroxyandrosterone sulphate)**, an androgen precursor, and **free testosterone** level is detected in high amounts in blood serum analysis. Diagnosis is primarily done by **blood serum analysis of levels of DHEAS, free testosterone, FSH and LH**, followed by an ultrasonography to detect ovarian cysts. 2 hour oral glucose tolerance test may be suggested to women having family **history of diabetes**.

# SWAYAM SIDDHA

PCOS may be associated with other underlying metabolic disorders like **obesity, type 2 diabetes** and deposition of fats in blood vessels, leading to their hardening and loss of elasticity (atherosclerosis). In the long run, **uterine cancers and heart diseases** may develop due to the prolonged use of oral contraceptive pills as a treatment for this disorder, to regulate the menstrual cycle. **Metformin**, a drug commonly used in type 2 diabetes, is also used for treatment of this condition to overcome the problem of insulin resistance. While trying to conceive, drugs such as clomiphene or leuprolide may be used as **ovulation inducers**.

**Obesity** is the biggest risk factor associated with this disease, and central obesity (deposition of fat in the central parts of the body, e.g. trunk and abdomen) is very typical of this disorder. Obesity gives rise to **metabolic disorders like, high blood pressure and insulin resistance**. In the long run it predisposes to non-alcoholic **fatty liver disease, cardiovascular disorders, strokes**, further weight gain and problems during pregnancy. Other symptoms can be **depression and anxiety, frequent mood swings, and sleeplessness**.

PCOS is **not entirely curable**, as no such medication is known to completely cure the disease. However, **weight reduction and healthy lifestyle** can remarkably mitigate the ill effects of this condition. Healthy diet comprising more of proteins and vitamins (in the form of fruits and vegetables), and less of carbohydrates and fats should be recommended. **Regular exercise** and withdrawal of habits like **smoking and alcoholism** help in weight loss. Household remedies like incorporation of amla, basil (tulsi), honey, bitter gourd (karela), methi etc. in diet can also help in reducing weight by acting as good **antioxidants** (protects cell destruction by free radicals).

Celebrities like Victoria Beckham and Sonam Kapoor are also known to **have been diagnosed with this disorder, and they have been successful in bringing their physiology under control by regular workouts at gyms, and healthy diets**. Awareness about this disease needs to be spread among all adolescent and young women, so that by maintaining a healthy lifestyle from a very young age, they may prevent the manifestation of PCOS at the later phase of their lives.

N.B.: The Author is the daughter of Dr. Indrani Sarkar, Assistant Professor,  
BS&HU(Physics)

# SWAYAM SIDDHA

## SWAYAM SIDDHA

### আমি মুম তাজ মহল

by

**Haimanti Tarafdar**

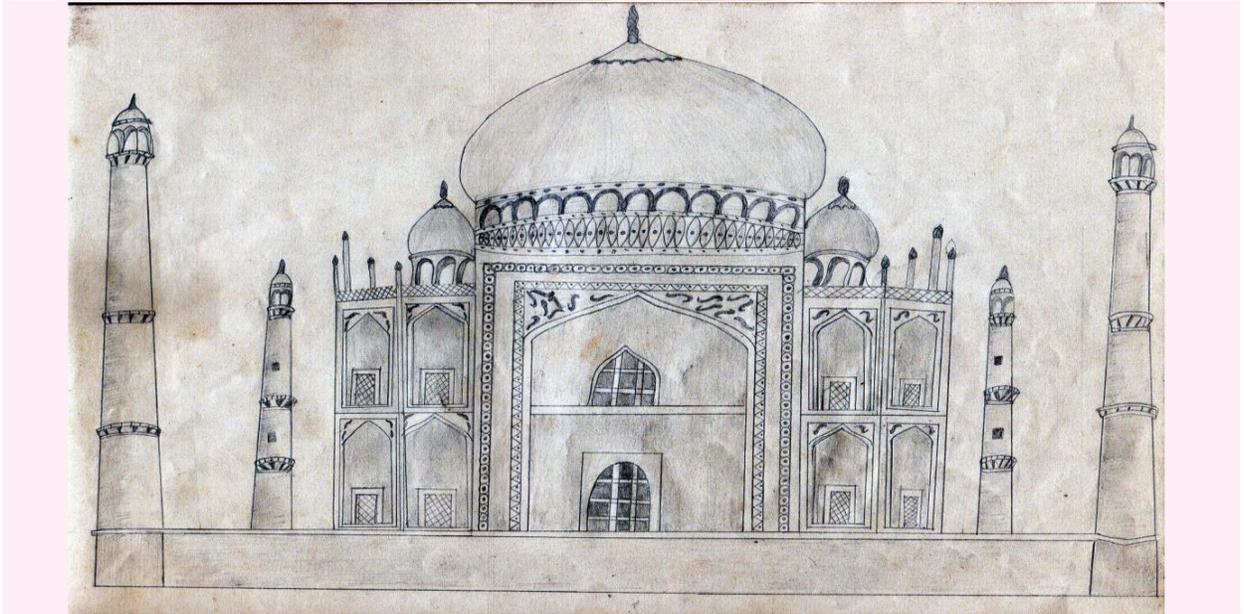
**Technical Assistant, Department of Information Technology, NIT**

আমি তাজমহল। সম্রাট শাহজাহানের অমর সৃষ্টি। ভারতবর্ষের গর্ব আমি। গর্বিত আমি আমার শুভ্র সৌন্দর্যে, শাহজাহানের মুমতাজের প্রতি অপরিসীম শ্রদ্ধা ভালোবাসার মহিমায়। কিন্তু তার সাথে আমি আজ বড় ব্যথিত, বিষন্ন। কারণ আমার অন্তরে শায়িতা বেগম মুমতাজ যে মর্মান্বিত। মুমতাজ যে শুধু শাহজাহানের সন্মানীয় প্রিয়তমা নারী নয়, সে যে ভারতবর্ষের প্রতিটি নারীর প্রতিনিধি।

আজ তাই নারী যখন শোষিতা, নির্যাতিতা তখন কেমনে মুমতাজ পেতে পারে শান্তি? কেমনে আমি ই বা থাকতে পারি নিষ্কলঙ্ক দাগহীন? তাই তো আজ আমার শুভ্রতা ম্লিয়মাণ সহস্র লাঞ্চিতা নারীর অশ্রুর স্পর্শে। আমি যে সহ্য করে চলেছি নির্ভয়ার পাশবিক যন্ত্রনা, কামদুনির হাহাকার, শত শত কন্যাক্রনের মাতৃগর্ভে হত্যার পূর্বের অসহায় আর্তনাদ। আমার স্নিগ্ধ শুভ্রতায় আজ তাই কষ্টের কালো ছোপ। ভীত শঙ্কিত আমি! না জানি আর কি কি বীভৎসতার সাখ্যী হতে হবে আমাকে? হয় সমাজ!

SWAYAM SIDDHA  
SWAYAM SIDDHA

আমি যে শুধু প্রেমের সৌধ নই! আমি নারীর প্রতি শ্রদ্ধা ও সম্মানের মূর্ত প্রতীক ও, তা কি বিস্মৃত হয়েছো? জ্যেৎশ্না রাতে আমার সৌন্দর্য দর্শনের সময় কেউ কি শুনতে পাও মুমতাজের নিঃশব্দ ক্রন্দন? উপলব্ধি করতে পারো কি আমার প্রকৃত তাৎপর্য? নাহ পারো না! তাই আমি ধীরে ধীরে হয়ে যাচ্ছি মলিন,বিবর্ণ ! কাতর অনুরোধ জানাই সমাজ কে, ফিরিয়ে দাও আমার শুভ্রতা। অনুভব করো আমার অন্তর্নিহিত অর্থ। মনে রেখো সদা যে আমি শুধু তাজমহল নই, আমি "মুমতাজ মহল" ।



# SWAYAM SIDDHA

## SWAYAM SIDDHA

বিদেশ যাত্রার ক্ষণে

by

**Haimanti Tarafdar**

**Technical Assistant Department of Information Technology, NiT**

এসেছে আজ চাকরির বার্তা -  
করতে হবে যে এবার বিদেশে যাত্রা ।  
চায় না যে মন ছেড়ে যেতে স্বদেশ,  
আবার চাই যে সুখ আর শান্তির সন্নিবেশ ।  
কিন্তু পাবো কি সে দেশে এমন ভালোবাসা ?  
দেবে কি কেউ আপন করে নেয়ার আশা?  
পা জড়িয়ে ধরে দুর্বাদল!  
ভোরের শিশিরে তারা ছলছল!  
বড় ভালো লাগে আজ সোঁদা মাটির গন্ধ,  
দুঃখে বৃষ্টি আকাশের ও দমবন্ধ ।  
অপেক্ষা শুধু আমার যাত্রাফণের -  
কখন ঝাঁপাবে বৃষ্টি, ভাসাবে দুকুল এই নদী তটের,  
হয়তো হারিয়ে যাবে তীরে বাঁধা নৌকাটি -  
পন্ড হয়ে যাবে আমার এই যাত্রাটি ।  
আজ যেন বুঝতে পারি পাখির কলতান,  
কুহ স্বরে কহে তারা -  
যেও না গো ছেড়ে এই স্থান ।  
কিন্তু যেতে যে আমাকে হবেই,  
ভেসে যাবো যে না হলে ঋণের তোড়েই ।  
সান্তনা দিই মন কে এই বলে -  
পাওয়া যাই কিছু - কিছু দিলেই ।  
তবে যাওয়ার আগে কথা দিলাম এই প্রকৃতির,  
ফিরে আসবো একদিন এরই ক্রোড়ে ।

# SWAYAM SIDDHA

অনুভূতি

By

**Subhasree Bhattacharjee**

Assistant Prof., Department of Computer Applications, NiT

মা হলাম প্রথম যেদিন, ছোট সোনা কোলে  
নরম একটি প্রাণের স্পর্শ আমার করতলে I  
ছোট হাতের মিষ্টি ছোঁয়া অনেক কথা বলে,  
হঠাৎ কেন চোখের পাতা ভিজলো অশ্রুজলে?  
প্রথম যেদিন খোকা আমার দিলো হামাগুড়ি,  
খুশির ছোঁয়া চোখের কোনায়, আহা মরি মরি!!  
টলোমলো হাটছে খোকা ছোট জামা গায়ে,  
ঘোড়ার পিঠে রাজার আসন খেলছি খোকা মায়ে....  
মিষ্টি ডাকে দিছি সারা, খুশির তুফান বাধনহারা  
তুষ্ট আমি, সুখী আমি , আমি বাক্যহারা I  
হাজার স্বপ্ন বুকে নিয়ে শুধুই বাঁচার আশা  
খোকা আমার ভবিষ্যতে নাম করবে খাশা II

# SWAYAM SIDDHA

## ART GALLERY

### Pencil Sketch

by  
Sahana Das

Assistant Prof., Department of Computer Applications, NiT

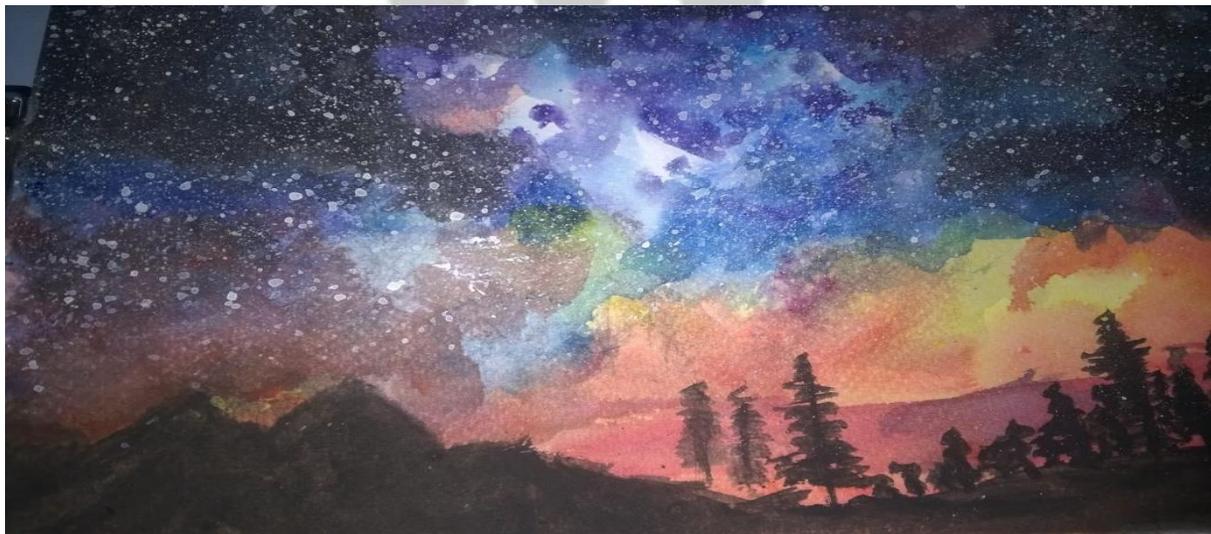


Night Sky and galaxy

# SWAYAM SIDDHA



**Boat in the deep sea**



**Night Sky in the Mountains**

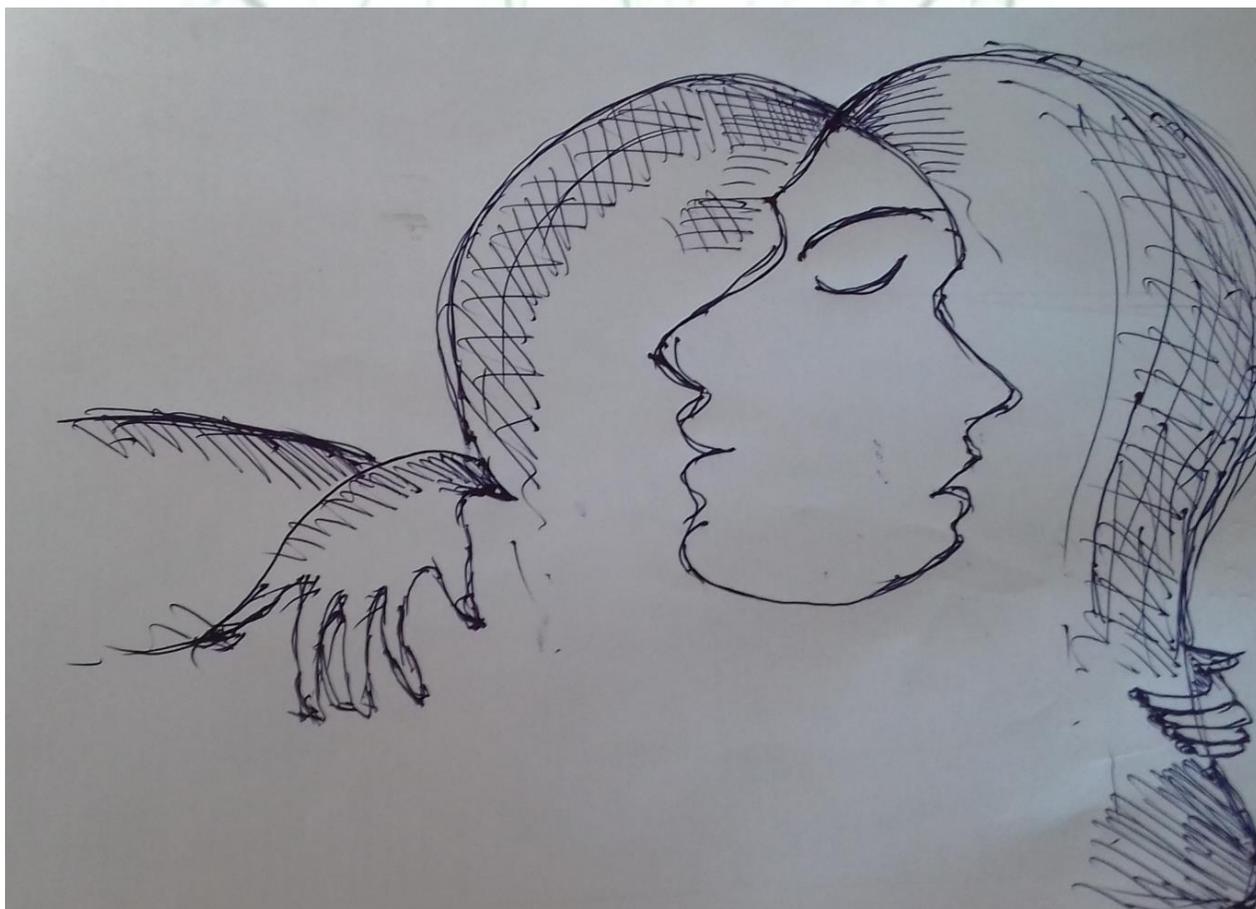
# SWAYAM SIDDHA

## Pencil Sketch

By

**Subhram Das**

Assistant Prof., Department of Computer Science and Engineering, NiT



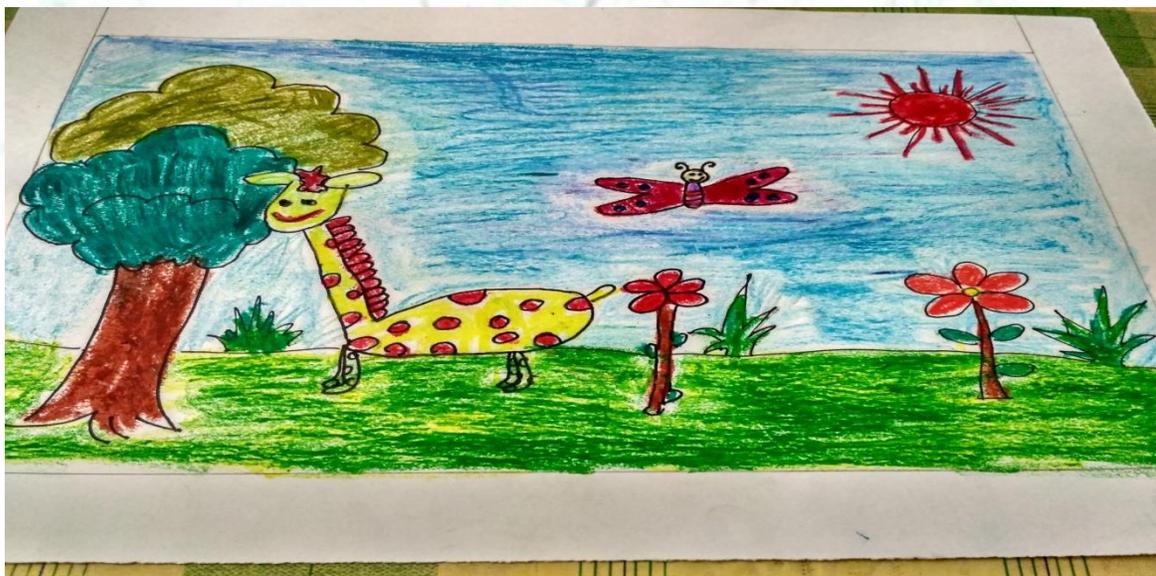
**“Ashray” Comfort of Mother**

# SWAYAM SIDDHA

## Drawing

By

Tanisha Chowdhury, daughter of Sagarika Chowdhury  
Assistant Prof., Department of Computer Science and Engineering, NiT



# SWAYAM SIDDHA

# SWAYAM SIDDHA



-----X-----

**Narula Institute of Technology, Agarpara, WB**