



INSTITUTE OF INNOVATION IN TECHNOLOGY AND MANAGEMENT

NAAC Accredited, Affiliated to GGSIPU University & Assessed As "A" Grade By
GNCTD, A+SFRC ISO9001:2008 Certified Institute

NAVONMESH

Students'
Magazine
2025

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VISION

The Institute aims to be a Centre of Excellence promoting value based Quality Education in the emerging areas of professional studies in Information Technology & Management.

MISSION

The Institute endeavors to contribute towards meeting the growing demand for competent and trained Information Technology professionals, Software Engineers and World Class Managers determined to achieve excellence

EDITORIAL BOARD Patron: Shri Ravi Sharma

Director: Prof. (Dr.) Monika Kulshreshtha

Editors: Ms. Swati (Faculty)

Jyotveer Singh (Student)

From the Chairperson's Desk



It is a matter of great pride to pen down message for 'Navonmesh', the annual magazine of IITM. The institute magazine is a platform for the students to express their creative pursuit which develops in them, originality of thought and expression. The contents of the magazine reflect the creativity and imagination of our students. Academic excellence along with co-curricular and extra co-curricular activities completes the process of education. It also gives me great pleasure that IITM is progressing in its endeavor towards overall personality development of the students. I take this opportunity to congratulate the Director, faculty members and students for their strong sense of commitment, service and responsibility that has facilitated in transforming this institution into an outstanding and significant temple of learning.

From Director's Desk



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From the Editor's Desk

It gives us great pleasure in releasing this issue of 'Navonmesh', the college magazine of IITM. The name and fame of an institute depends on the caliber and achievements of the students and teachers. The role of a teacher is to be a facilitator in nurturing the skills and talents of students. This magazine is a platform through which our students exhibit their literary skills and innovative ideas. We would like to place on record our gratitude and heartfelt thanks to all those who have contributed to make this effort a success. We are immensely thankful to the management for giving support, encouragement and a free hand in this endeavor. Last but not the least we are thankful to all the authors who have contributed their articles for the magazine. We truly hope that the pages that follow will make an interesting read. While we have made a sincere effort towards compilation of this magazine, any error is deeply regretted. We look forward to your comments and suggestions!

Best Wishes

Swati

The Seed of a Dream

A tiny seed of hope you hold,
A dream within, both brave and bold.
The path ahead may twist and turn,
With lessons hard that you must learn.
Let doubts not sow a seed of fear,
Nor failures whisper in your ear.
Each challenge faced, a strength you
gain,
To build your spirit, ease the pain.
Your mind's a garden, vast and deep,
Where knowledge planted, you will
keep.
With patient hands and steady heart,
You'll play a crucial, vital part.
So, rise with purpose, greet the day,
And let your true self light the way.
For in your effort, day by day,
Your own success will light the bay.

Parth Gaur
BBA M2

Hope is the Thing with Feathers

Hope is the thing with feathers
That perches in the soul,
And sings the tune without the words,
And never stops at all,
And sweetest in the gale is heard;
And sore must be the storm
That could abash the little bird
That kept so many warm.
I've heard it in the chilliest land,
And on the strangest sea;
Yet, never, in extremity,
It asked a crumb of me.

A Bird, came down the Walk

A Bird, came down the Walk -
He did not know I saw -
He bit an Angle Worm in halves
And ate the fellow, raw,

And then, he drank a Dew
From a convenient Grass -
And then hopped sidewise to the Wall
To let a Beetle pass -

He glanced with rapid eyes,
That hurried all abroad -
They looked like frightened Beads, I
thought,
He stirred his Velvet Head. -

Like one in danger, Cautious,
I offered him a Crumb,
And he unrolled his feathers,
And rowed him softer Home -

Then Oars divide the Ocean,
Too silver for a seam,
Or Butterflies, off Banks of Noon,
Leap, plashes as they swim.

Parth Gaur

Parth Gaur
BBA M2

Travel Guide Blog

In the northern embrace of India, Ladakh unfolds as a breathtaking spectacle, a high-altitude desert boasting rugged, awe-inspiring vistas, a treasury of vibrant cultural heritage, and an array of unparalleled adventures waiting to be explored. Renowned as "Little Tibet," it echoes the timeless rhythms of the Tibetan Plateau, weaving a captivating narrative of cultural affinity and shared mystique, inviting travellers to embark on an unforgettable journey through its storied landscapes and soul-stirring wonders.



In Leh, you can explore Shanti Stupa, Leh Palace, and the vibrant Leh Market, along with monasteries like Hemis, Thiksey, and Shey. Just outside the city lies the Indus–Zaskar Sangam, Magnetic Hill, and the Hall of Fame war museum. Traveling to the Nubra Valley, you'll cross Khardung La, one of the highest motorable passes, and discover Diskit Monastery, Hunder's sand dunes with double-humped camels, and the picturesque border village of Turtuk. On the eastern side, the stunning Pangong Lake awaits with its ever-changing shades of blue, while further south you can find the peaceful Tso Moriri and Tso Kar lakes surrounded by mountains.



There are **main routes** to reach Ladakh from Delhi:

1. **Delhi – Manali – Leh** (Approx. **1,020 km**, takes 2–3 days)
 - Route: Delhi → Manali → Jispa → Leh
 - Best for adventure seekers, with passes like Rohtang, Baralacha La, and Tanglang La.

Tips for visit Ladakh

2. Best Time to Visit: May to September (roads are open, weather pleasant).
3. Health: Acclimatize properly, carry medicines for altitude sickness.
4. Connectivity: Only postpaid SIMs work; BSNL has widest coverage.
5. Essentials: Warm clothes, sunscreen, sunglasses, power banks, cash (ATMs are limited)

Rahul Singh
BBA M2

ANECDOTE

The Clock That Forgot

Elias had travelled centuries with the precision of a surgeon. His chronometer—a bronze device etched with shifting constellations—had never failed him. Ancient Alexandria, the Renaissance courts, even the burning skies of 2145 had all obeyed his commands. But when he set his sights on 2024, the device sputtered, hissed, and went dark.

He landed in a world both familiar and alien: endless glass towers, screens glowing in every palm, voices everywhere but seldom speaking to one another. He tugged at his coat as passersby stared—not at him, but at the flickering rectangles in their hands.

The chronometer wouldn't start. Its dials spun, caught, and froze, as though time itself refused to release him. He tried everything—charging it with solar panels, dismantling it in a hotel room, even whispering the activation rites he'd learned from a Sumerian scholar. Nothing.

Weeks passed. Elias found himself haunting second-hand bookstores, searching for echoes of a past he once knew. He ate instant noodles in neon-lit apartments. He watched the world scroll endlessly on glowing screens. In the quiet of night, he wondered if this was less a malfunction and more... a sentence. For 2024 wasn't an age of wonder or collapse. It was something stranger: a hinge, a pause between past and future, where the world held its breath. And maybe, Elias thought, the clock had not broken at all. Maybe it had chosen.

One evening, standing on a bridge as cars flowed beneath like molten light, Elias slipped the silent chronometer into his pocket. If time wanted him here, perhaps it was because here—on this fragile, restless edge—the future was still undecided.

And for the first time in centuries, the traveller let the clock rest.

The Silent Runner

Arjun was never the fastest in his school. Each sports day, he would line up with hope burning in his chest, only to watch others dash ahead, leaving him with dust on his face and disappointment in his heart.

One evening, after another loss, he told his coach, "Maybe I'm just not meant for this."

The coach looked at him quietly and said, "Talent wins once. Discipline wins always. If you want the finish line to wait for you, make your legs run before the world wakes."

From the next day, Arjun began running at dawn. No applause, no crowd—only the sound of his breath and his shoes against the wet ground. While his friends slept, he trained. While others gave up after one lap, he pushed for two. When laziness whispered excuses, discipline answered louder.

Months passed. His muscles grew stronger, but more importantly, his mind became unshakable. He no longer chased medals; he chased improvement.

On the next sports day, the whistle blew. Arjun didn't think of winning—he simply ran as he had every morning in silence. By the last turn, when others gasped for breath, he still had rhythm left in his stride. He crossed the line first.

The cheers that followed were sweet, but he smiled because he knew the truth: victory had not come that day. It had come long before, in the lonely hours of discipline when no one was watching.

Himanshu Tyagi
BBA M2

MONOLOGUE

“Seize the Day” — John Keating, Dead Poets Society (1989)

“We don’t read and write poetry because it’s cute. We read and write poetry because we are members of the human race. And the human race is filled with passion. Medicine, law, business, engineering — these are noble pursuits and necessary to sustain life. But poetry, beauty, romance, love — these are what we stay alive for.

To quote Whitman, ‘O me! O life! of the questions of these recurring... of the endless trains of the faithless... of cities filled with the foolish; what good amid these, O me, O life?’

Answer: That you are here — that life exists, and identity. That the powerful play goes on and you may contribute a verse. What will your verse be?”

“Get busy living or get busy dying.” – The Shawshank Redemption (1994)

“I guess it comes down to a simple choice, really. Get busy living, or get busy dying. That’s goddamn right. For the second time in my life, I’m guilty of committing a crime — parole violation. Of course, I doubt they’ll toss up any roadblocks for that, not for an old crook like me...”

“Atticus Finch’s Closing Argument” — To Kill a Mockingbird (1962)

“But there is one way in this country in which all men are created equal — there is one human institution that makes a pauper the equal of a Rockefeller, the stupid man the equal of an Einstein, and the ignorant man the equal of any college president. That institution, gentlemen, is a court.

Our courts have their faults, as does any human institution, but in this country our courts are the great levellers, and in our courts all men are created equal. I’m no idealist to believe firmly in the integrity of our courts and in the jury system — that’s no ideal to me, it is a living, working reality.

Now, gentlemen, in this country, our courts are the great levellers. And in the name of God, do your duty.”

Sanchit
BBA M2

ARTICLE

Global pandemic: Mental health in youth

"Mental health among youth is no longer a hidden issue — it's a growing crisis that needs our attention". Globally, it is estimated that one in seven (14.3%) of 10–19-year-olds experience mental health conditions.

Mental health challenges were the leading cause of disability and poor life outcomes in young people even before the COVID-19 public health emergency, with up to 20% of children ages 3 to 17 in the United States having a mental, emotional, developmental, or behavioural disorder. The 2013-2019 data showed that nearly 10% of children ages 3-17 years were diagnosed with attention deficit disorder or anxiety.

Multiple factors affect mental health. The more risk factors adolescents are exposed to, the greater the potential impact on their mental health. Many young people today suffer from problems like anxiety, depression, stress, loneliness, and low self-esteem. The constant comparison on social media, fear of failure in academics, unemployment, and family pressure add to their stress. Emotional disorders are common among adolescents. Anxiety disorders (which may involve panic or excessive worry) are the most prevalent in this age group and are more common among older than among younger adolescents. Attention deficit hyperactivity disorder (ADHD), characterized by difficulty paying attention and/or excessive activity and acting without regard to consequences, occurs among 2.7% of 10–14-year-olds and 2.2% of 15–19-year-olds. Conditions that include symptoms of psychosis most commonly emerge in late adolescence or early adulthood. Symptoms can include hallucinations or delusions. This group is frequently exposed to harms due to drug use, physical and sexual abuse, criminal behaviour and violence⁷. Mental ill-health, substance use and violence in the young population are some important challenges faced by the mental health professionals as well as the society.

Mental health promotion and prevention interventions aim to strengthen an individual's capacity to regulate emotions, enhance alternatives to risk-taking behaviours, e of the mental health needs of the youth including lack of services, lack of awareness, myths, misconceptions and stigma and low priority to mental health³. Early identification and intervention for the problems remain vital to the solution. Raising community awareness about early signs of MSUDs, need for their treatment, dispelling the associated myths and misconceptions, and providing easily accessible and affordable treatment facilities are crucial. Schools and colleges, in particular, offer a unique setting for mental health promotion in young people. Any strategy aimed at improving the mental health of the youth needs to aim at bridging the knowledge and service gaps and should include school-targeted programmers and community-based services.

Mental health is as important as physical health. Youth are the future of every nation, and their mental well-being determines the progress of society. It is time we break the silence, remove the stigma, and take strong steps toward creating a supportive environment for the young generation. After all, a healthy mind leads to a healthy life.

“Roots of Progress: Can Development and Nature Grow

In the race to modernize, India’s skyline is changing fast — wider highways, metro lines, and high-rise buildings are reshaping cities. But beneath this progress lies a quieter, heavier cost — the fall of millions of trees that once stood as the planet’s natural guardians. Between 2021 and 2024, India cleared over 70,000 hectares of forest land for infrastructure, mining, and defence projects, according to the Union Environment Ministry. That’s nearly the size of Bengaluru city gone green to grey. This raises a crucial question: Can development truly be called progress if it destroys the very environment that sustains life?

It’s true that development projects often serve the greater good. Highways, airports, and urban housing improve connectivity, employment, and living standards. For instance, India’s Bharat Mala project — aimed at constructing over 34,000 km of highways — has created thousands of jobs and boosted regional trade. Similarly, urban metro projects like Delhi Metro Phase 4 and Mumbai Metro Line 3 are expected to reduce vehicle emissions by up to 20%, easing urban pollution. In many rural areas, converting small forest patches for hydropower or renewable energy projects helps supply clean energy and reduce dependence on coal. The government’s compensatory afforestation policy also requires planting twice as many trees as those cut — though in practice, this balance often remains on paper

But the other side of the story is far less bright. Forests are not just collections of trees — they are living ecosystems. When we cut them down, we don’t just lose shade or scenery; we lose carbon absorbers, rainmakers, and habitats. According to the Forest Survey of India 2023, India lost over 250 sq. km of dense forest cover within two years. Urban areas like Delhi, Bengaluru, and Hyderabad have seen their green cover shrink by 15–25% in the last decade. The result? Hotter summers, flash floods, and declining air quality. Bengaluru’s average temperature has risen by 2.5°C in just 15 years, while Mumbai’s Aarey colony — once a green lung — now struggles with flooding every monsoon. Scientists warn that India could lose nearly 10% of its biodiversity by 2030 if the current pace of deforestation continues.

The solution lies not in halting development but in making it smarter. Urban planners can use eco-sensitive zoning, vertical gardens, and green rooftops to balance growth with greenery. Projects must ensure real afforestation, not symbolic plantations, and protect critical forest zones from unnecessary clearance.

Students and youth groups have already begun driving this change — movements like #SaveAarey, #SaveDelhiTrees, and #GoGreenIndia remind us that progress doesn’t have to mean destruction. Every sapling planted, every awareness drive held, adds a small but vital step toward harmony.

Jyotveer Singh
BBA M2

ART AND CRAFT



Ashi Jain
B.com



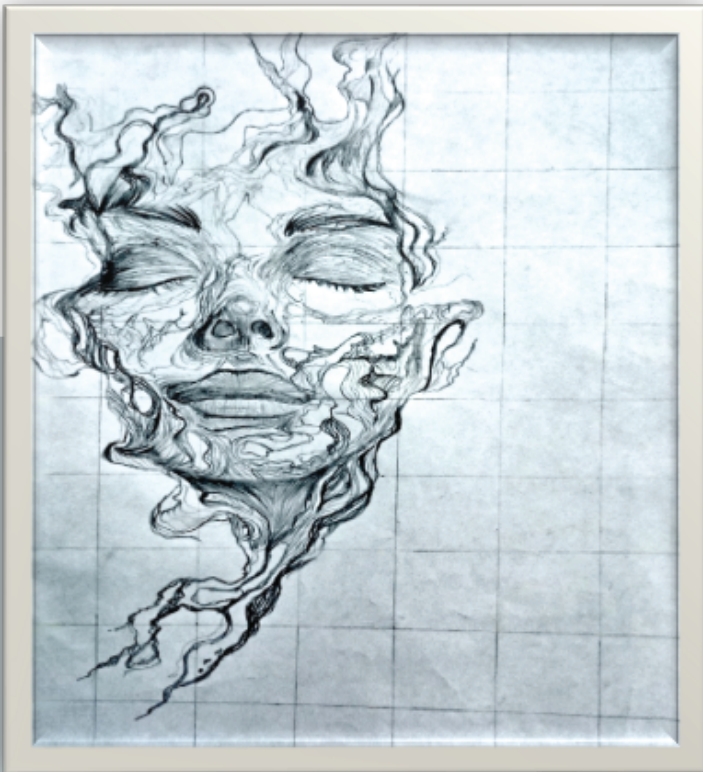
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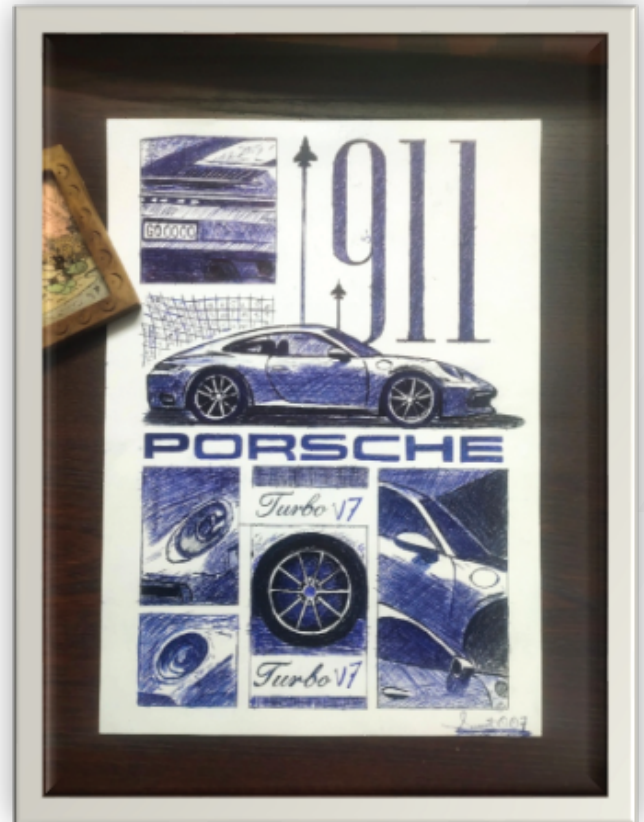
Garveet Luthra
BBA M2



Ishika
BCA E1



Shiv Ram
BCA M1



Summit Sharma
BCA M1



Shreya Aggarwal
BCA M1



Hardik Goel
B com(E)



Isshank Virmani
BCA M2

ACHIEVEMENTS

Academic Prize Winners

Batch wise topper

BATCH 2023 (SEM 4)

Course & Shift	Student Name	Percentage	Roll No.
BBA 1st Shift	Arushi Dhamija	89.28%	07290301723
BBA 2nd Shift	Atul Kumar	88.57%	70224401723
BCA 1st Shift	Shukla	95.56%	00190302023
BCA 2nd Shift	Tejashvi Choud-	94.56%	04924402023
B.COM 1st Shift	hary	84.75%	0399038823
B.COM 2nd Shift	Megha	88.00%	0062448823

BATCH 2024 SEM(2)

Course & Shift	Student Name	Percentage	Roll No.
BBA 1st Shift	Kusha Aggarwal	93.50%	06190301724
BBA 2nd Shift	Samiksha Kasaudhan	95.5%	01524401724
BCA 1st Shift	Tanishka Tanwar	94.50%	01390302024
BCA 2nd Shift	Rohan Mishra	92.90%	05024402024
B.COM 1st Shift	Riti Kohli	87.29%	02290388824
B.COM 2nd Shift	Jiya Kumari	89.00%	50624488824

Academic Prize Winners



Cultural Prize Winners





**Ritika B.com 2 year
first position in Anu-
goonj**



**Vansh Arora (BBA)
Winner of JAM in Fiesta**



**Vikram Sharma and Shubham Pundir, BCA,
secured 5th position in Pentathlon 2025**

**Parneet Singh Crowned
Mr. La' Kermesse at MERI's**



Sports Prize Winners



IITM
Nurturing Excellence

GGSIPO 20th Annual
Sports Meet-2025

Yoga Rhythmic
Gold Medalist



Chahna
BCA 1st Year

FACULTY COORDINATORS
MR. KANHAIYA LAL, MS. SUSHMA SETHI

IITM
Nurturing Excellence

GGSIPO 20th Annual
Sports Meet-2025

Power Lifting Winner
Gold Medalist




Saksham Adhlakha
BBA, 8th Year

FACULTY COORDINATORS
MR. KANHAIYA LAL, MS. SUSHMA SETHI

IITM
Nurturing Excellence

GGSIPO 20th Annual
Sports Meet-2025

Body Building
Bronze Medalist



Dhruv
Under 60Kg Category
BCA 8th Year

FACULTY COORDINATORS
MR. KANHAIYA LAL, MS. SUSHMA SETHI

Best Faculty Awards



Best Researcher



Upcoming Events



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A Grade by GNCTD, A++ Grade by SFRC

Alumni Meet 2026

Reconnect | Reminisce | Relive

Batch : 2009-2012 to 2017-2020

Date : 7th February, 2026
Venue : D-51

The poster features a dark purple background with a white border. At the bottom, there are silhouettes of graduates in caps and gowns. The text is centered and uses a mix of white, yellow, and orange colors.



Institute of Innovation in Technology and Management
D-29, Janakpuri Institutional Area, Janakpuri, New Delhi – 110058

FIESTA 2026

27th & 28th February 2026

Performing Arts & Creativity

- Tickle Your Brain
- Just A Minute (JAM)
- Ad Mad
- Face Painting Competition
- Nukkad Natak
- Shutter Club
- Rangmach Mono Acting
- Beatboxing
- Rangoli

Fun, Games & Competitions

- Cooking Without Fire
- Murder Investigation
- Mr. & Mrs. Fiesta
- Nach Baliye
- Solo Dance
- LAN Gaming
- Group Dance Competition

The poster is vibrant and colorful, featuring various icons related to arts and games like a microphone, camera, paint palette, headphones, and a game controller. The background is a mix of purple, blue, and green with starburst effects.



iITM
Nurturing Excellence

The poster shows a stylized illustration of a modern glass skyscraper. In the foreground, there are several golden coins and a blue bull, symbolizing the stock market. The background is dark blue with yellow and white lines representing market trends.

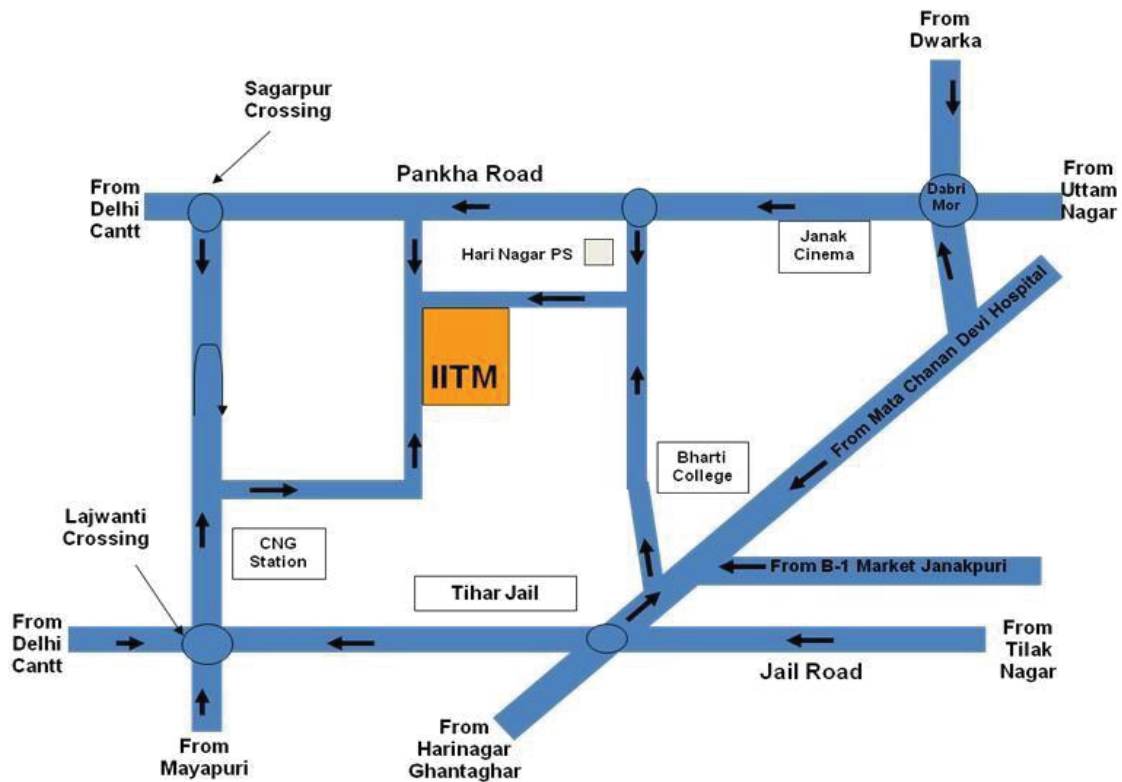
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January 28, 2026



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