THE WALL MAGAZINE VOLUME II

Boutonniere

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Plants and Camouflage

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> It is clear that plants do more than entice pollinators and photosynthesis with their colours- they hide from enemies too.
> ~Professor Martin Stevens
> Centre for Ecology & Conservation, Cornwall

In nature, every advantage increases an animal's chances of survival. This simple fact has caused animal species to evolve a number of special adaptations that help them find food and keep them from becoming food. One of the most widespread and varied adaptations is natural camouflage, an animal's ability to hide itself from predator and prey. A new study shows that plants use a host of techniques long known to be used by animals. These include

Background matching: blending with the colours of shapes of the habitat where they live.

Disruptive coloration: markings that create the appearance of false edges and boundaries, making it harder to see the true outline.

Masquerade: looking like something else; usually something a predator might ignore, such a stone or twig.

Decoration: accumulating material from the environment.

For example: Corydalis hemidicentra: a plant whose leaves match the colour of rocks where it grows.

Unlike animals, plants may be limited in their use of camouflage by the fact that chlorophyll which they need to live via photosynthesis -- is green. As a result, it may sometimes be a disadvantage to a plant to be any other colour -- meaning their camouflage comes at a cost. It seems that plants like these know how to make the right colours by mixing a few types of pigments. Those individuals with worse colour matching might have higher risk of being eaten. Plants give us a fascinating parallel way of understanding how evolution works.

Excerpts: "Plant camouflage: ecology, evolution, and implications." Trends in Ecology and Evolution.

Tree Types of People

Joel Mathew
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Along our journeys, we encounter all types of souls from all walks of life that help us in this world. No matter the nature of your relationships with people, they all serve a unique purpose that can help you become the best version of yourself, and discover new things about the world around you. There three types of people will help you grow and get there.

Leaf People
Some people come into your life as leaves on a tree. They are only there for a season. You cannot depend on them as they are weak and only there to give you shade. Like leaves, they are there to take what they need and as soon as winds blow in your life they are gone. You can't be angry at them, it's just who they are.

Branch People
There are some people who come into your life as branches on trees.

They are stronger than leaves, but you have to be careful with them. They will stick around through most seasons but when a storm comes to your life they break away. In most cases they can't handle too much of weight on them. But again you can't be angry with them, it's just who they are.

Root People
If you have people like roots of a tree, then you have found something special. Like roots they are hard to find as they do not come into the limelight. Their only job is to hold you up, help you live healthy and strong life. They stay low key and don't let the world know that they are there. If you go through any.... Storm, they well hold you up. Their job is to hold you, nourish you support you.

Just as a tree has many leaves and branches, there are few roots. Look at your life. How many leaves branches and roots do you have? What are you in other people lives?

Let's Think & Live Accordingly..............

> The Nature is our silent friend and family. It protects us if we protect it.
> ~Mukeshwari Sahu, MSc Previous Botany

> Nature is man's teacher, she unfolds her treasure to his search, unseals his eyes, illumes his mind and purifies his heart; an influence breaths from all the sights and sounds of her existence.
> ~Alfred Billings Street

Mamta Dhruve Presents
MSc Previous Botany

When I am among the trees by Mary Oliver

When I am among the trees,
Specially the willows and the honey locust,
Equally the beech the oaks and the pines,
They give off such hints of gladness,
I would almost say that they save me and daily.

I am so distant from the hope of myself,
In which I have goodness, and discernment,
And never hurry through the world,
But walk slowly and bow often.

Around me the trees stir in their leaves
And call out "stay a while",
The light flows from their branches.
And they call again "its Simple", they say,
"And you to have come
Into the world to do this, to go easy, to be filled
With light, and to Shine."

My Parents My Strength

HM Kreations

The poem The Oak Tree by Johnny Ray Rider Junior gives a cue that we are stronger than we think. I am so blessed to have parents who gave me strong roots. So let's take a look at the poem The Oak Tree

A mighty wind blew night and day
It stole the oak tree's leaves away
Then snapped its boughs and pulled its bark
Until the oak was tired and stark

But still the oak tree held its ground
While other trees fell all around
The weary wind gave up and spoke.
How can you still be standing Oak?
The oak tree said, I know that you
Can break each branch of mine in two
Carry every leaf away
Shake my limbs, and make me sway
But I have roots stretched in the earth
Growing stronger since my birth
You'll never touch them, for you see
They are the deepest part of me

Until today, I wasn't sure
of just how much I could endure
But now I've found, with thanks to you
I'm stronger than I ever knew

"Like a lotus flower we too have the ability to rise from the mud bloom out of the darkness and radiant into the world."

Manisha Kosam - MSc Previous Botany

जीवन का आधार "वृक्ष"

Sandeep Shivare
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जीवन का आधार "वृक्ष"
जीवन का आधार वृक्ष है,
धरती का श्रृंगार वृक्ष है,
प्राण वायु के रही सभी को,
ऐसे परम उदार वृक्ष हैं,
ईश्वर के अनुदान वृक्ष हैं,
फल-फूलों की खान वृक्ष है।

मूल्यवान औशधियां देते,
ऐसे दिव्य महान वृक्ष हैं।
छेते शितल छांव वृक्ष हैं,
श्रोके थकते पॉव वृक्ष हैं।

लाखों जीव बसेरा करते,
जैसे सुंदर गांव वृक्ष हैं।
जन-जीवन के साथ वृक्ष हैं,
खुशियों की बारात वृक्ष है।

योगदान इस धरती पर,
ले आते वरदान वृक्ष हैं।
जीव-जगत की भूख मिटाते,
ये सुंदर फलदार वृक्ष हैं।

जीवन का आधार वृक्ष है,
धरती का श्रृंगार वृक्ष है।

वे मेरा ऑंगन सुनहरा

Annpurna Soni
M.Sc. Botany I sem

वे मेरा ऑंगन सुनहरा,
अम्मा बोली ये घर नहीं तेरा,
तुम्हे जाना है पराए घर,
सुन कर रोया था,
मेरा आंगन सुनहरा।

बिदा हुई थी जब उस आंगन से,
खुशियों में थी तन्हा,
बिछड गया था, मेरा ऑंगन सुनहरा।

नये सवेरे मिला नया आंगन,
मैं खुश हुई, लगा,
ये मेरा घर आंगन,
खुशी में बीत गये दिन चार।

नये सवेरे आंगन में छाई खुशी नई,
चह थी बेटे की, पर आई नन्ही परी,
दिया आदेश अम्मा ने,
निकल जा ले कर बोझ।

सुन कर गिरी आंगन में,
मिल कर मै उस आंगन में,
हो गया था मेरा आंगन,
मिल गई थी मैं उस आंगन में।

वे मेरा ऑंगन सुनहरा,
फिर भी न जाने क्यूँ ?
रोया था.............
मेरा ऑंगन सुनहरा।

इंसान हार नहीं मानता

Jyoti Sahu
M.Sc. Botany I sem

इंसान किसी से हार नहीं मानता,
क्योंकि उसके पास एक हथियार है,
चलते रहने का हथियार।

इसी हथियार के सहारे,
वह अतीत को पीठ पर लादे,
भविष्य को बांहों में उठाए,

अनादि काल से अपनी,
उलझनों से लड रहा है।

और तय कर रहा है, कल से कल तक का
सफर, भले ही पसीने और ऑंसुओं से लथपथ,
जीवन का पथ अग्निपथ में तब्दील हो जाए,
लेकिन इंसान नहीं रूकता, वह चलता रहता है।

"पेंड ना कोई काट पाए, जंगल अब न घटने पाए, मिलकर हम सब कसम ये खाऍं, आओ मिलकर पेड लगाऍं।"

Pratibha Nagesh - MSc Previous Botany

Signs and Symptoms

Mamta Dhruve
MSc Previous Botany

Each mental illness has its own characteristic symptoms. However, there are some general warning signs that might alert you that someone needs professional help.

Some of these signs include

ÿ Marked personality change
ÿ Inability to cope with problems and daily activities
ÿ Strange grandiose ideas
ÿ Excessive anxiety and anger
ÿ Hostility or violent behavior
ÿ Prolonged depression and apathy
ÿ Marked changes in eating and sleeping patterns
ÿ Thinking or talking about suicide
ÿ Extreme mood swings
ÿ Abuse of alcohol and drugs

A person who shows any of these signs needs help from a qualified health professional.

जीवन कर्म : एक चिंतन

Reshama Chauhan
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जीवन में सारे धर्म और कर्म की उपासना हमें एक लक्ष्य की ओर ले जाती है। यह चरम लक्ष्य क्या है? मुक्ति। जी हॉ जिसके लिए आज सभी संघर्शरत हैं। परमाणु से लेकर मनुश्य तक, जडतत्व से अचेतन प्राणहीन कण से लेकर इस पृथ्वी की सर्वोच्च सत्ता मानवात्मा तक, जो कुछ हम इस विश्व में देखते हैं, वे सभी मुक्ति के लिए ही संघर्श कर रहे हैं। चेतन-अचेतन सारी प्रकृति का लक्ष्य मुक्ति ही है। जाने-अनजाने सारा जगत इसी लक्ष्य की ओर पहुंचने का यत्न कर रहा है।

निःस्वार्थ कर्म से मानव जीवन के चरम लक्ष्य, इस मुक्ति को प्राप्त कर लेना ही कर्मयोग है। अतएव हमारा प्रत्येक स्वार्थपूर्ण कार्य अपने इस लक्ष्य तक पहुंचने में बाधक होता है तथा प्रत्येक निःस्वार्थ कर्म हमें उसकी ओर आगे बढाता है। इसलिए नैतिकता की यह भी एक परिभाशा हो सकती है कि 'जो स्वार्थी है, वह 'अनैतिक' है और जो निःस्वार्थी है, वह 'नैतिक' है।

नितिशास्त्र के अनुसार जीवन यापन का विचार करना मानव जीवन के उत्कर्श एवं अभ्युदय का आधार है। विचार एक संसाधन है, जिसे नियंत्रित, संयमित एवं उपयोगी बनाकर जीवन में चमत्कारी परिवर्तन एवं आश्चर्यजनक परिणाम उत्पन्न किए जा सकते हैं। जो इनके प्रभाव-परिणाम से परिचित होते हैं, वे इनका उपयोग कर असम्भव चुनौतिपूर्ण कार्यों को भी सम्भ्व और सरल बना लेते हैं, परंतु विचारशक्ति की महिमा से अपरिचित अनभिज्ञ व्यक्तियों को हेय एवं उपेक्षित जीवन जीने के लिए विवश होना पडता है।

सकारात्मक विचारों के चिंतन-मन्थन हेतु मस्तिश्क को प्रशिक्षित करें। नकारात्मक चिंतन अवनति एवं पतन के मार्ग पर ले जाते हैं, इसलिए उस चिंतन से सदा दूर रहें। इसके लिए सबसे अच्छा उपाय हैकि आप स्वयं से पूछे कि जो विचार आपमें उठ रहा है, क्या वह आपको अभीश्ट लक्ष्य तक पहुँचा सकता है? यदि आपको लगता है कि नहीं पहुँचा सकता, तो समझ लीजिए कि आप समय एवं उर्जा को व्यर्थ गॅवा रहें हैं और सहीं दिशा में लग जाइए। हमें सदैव श्रेश्ठ, शुभ, मंगलमय चिंतन करना चाहिए, जिससे व्यक्तित्व निखर उठे और सुवासित हो।