GURU KASHI UNIVERSITY
TALWANDI SABO, BATHINDA (PUNJAB)
NAAC A++ GRADE ACCREDITED UNIVERSITY
Category-I University by UGC

Volume 01 | No. 01

GKU Parwaz

THE VOICE VISION & VIBRANCE

ਲਫ਼ਜ਼ਾਂ ਦਾ ਸਾਜ਼, ਵਿਚਾਰਾਂ ਦੀ ਪਰਵਾਜ਼



Dr. Manita Paneri
Chief Editor
GKU Parwaz

Dr. Vikas Gupta
Associate Editor
GKU Parwaz

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Guru Kashi University was established in 2011 by the Punjab Act no. 37 of 2011. With a strong emphasis on academic excellence, research, entrepreneurship, skill development and community engagement, Guru Kashi University offers learners opportunities that extend far beyond conventional classrooms. Through modern teaching practices, practical exposure, interdisciplinary learning and meaningful industry interaction, the University strives to develop competent professionals, responsible citizens and compassionate human beings. Its diverse academic community creates an inclusive atmosphere in which talent is recognized, curiosity is encouraged and every achievement becomes a source of collective pride.

The University firmly believes that education is not merely the acquisition of a degree but a lifelong journey of personal growth, social responsibility and purposeful leadership. Students are inspired to think critically, communicate confidently, work collaboratively and contribute innovative solutions to real-world challenges. Alongside academic learning, equal importance is given to sports, cultural activities, creativity, ethics and holistic well-being. Every classroom, laboratory, stage and playground at Guru Kashi University reflects the energy, aspirations and determination of its learners. Supported by dedicated faculty members and visionary leadership, students are empowered to dream boldly and pursue excellence with integrity.

Guru Kashi University continues to move forward as a dynamic institution where tradition meets transformation, knowledge inspires action and education opens new horizons. It is not only a place of learning but also a community of dreamers, thinkers, innovators and future leaders-united by the commitment to learn, grow, serve and make a meaningful difference in society.

Recognitions, Accreditations & Approvals

ज्ञान - विज्ञान विमुक्तये
(UGC)
Approved by UGC

NAAC

MHRD
Government of India
Ministry of Human Resource Development

Govt. of Punjab
Recognised by
Govt. of Punjab

Category-I
University
by UGC
GURU KASHI UNIVERSITY
BATHINDA (PB.)

ज्ञान-विज्ञान विमुक्तये
UGC-DEB

Association of Indian Universities
Member of Association
of Indian Universities

ICAR Accredited

NCTE

Approved by :
Punjab State Council for
Agricultural Education

Pharmacy Council
of India

Bar Council of India

Institution Member
ISTE

“ਮਨੁੱਖ ਬਦਲਿਆ, ਦੁਨੀਆਂ ਬਦਲੀ
ਵੱਕਤ ਬਦਲ ਰਿਹਾ ਆਵਾਜ਼,
ਸਮੇਂ ਦੇ ਹਾਣੀ ਬਣਨਾ ਜੇਕਰ
ਸ਼ੁਰੂ ਕਰੋ, ਆਪਣੀ ਪਰਵਾਜ਼ ।”

- ਪ੍ਰੋ. (ਡਾ.) ਜਗਤਾਰ ਸਿੰਘ ਧੀਮਾਨ

GKU
Parwaz
THE VOICE
VISION & VIBRANCE

GKU Parwaz
THE VOICE VISION & VIBRANCE



From the Desk of
Chancellor

"Education is the foundation upon which enlightened societies are built and empowered nations flourish."

Every great institution is founded on a vision, but it is remembered for the lives it inspires, the values it upholds, and the contribution it makes to society. A university is not merely a place where degrees are awarded; it is a sacred space where minds are awakened, character is shaped, and knowledge is transformed into purposeful action.

Guru Kashi University was established with the belief that education must illuminate the intellect, strengthen character, nurture compassion, and inspire a lifelong commitment to truth, service, and nation-building. As we move forward into a new era of opportunity and innovation, we remain firmly rooted in the timeless values of integrity, inclusiveness, discipline, respect for knowledge, and social responsibility.

For us, academic excellence is not an end in itself. It is a means of nurturing thoughtful individuals, ethical professionals, visionary leaders, and responsible citizens. We seek to empower our students not only to build successful careers, but also to lead meaningful lives and make a positive difference in the world.

GKU Parwaz is a reflection of this shared vision and collective journey. Its pages celebrate the achievements, ideas, creativity, research, aspirations, and experiences of our faculty, researchers, staff, students, alumni, and well-wishers. It embodies the spirit of Guru Kashi University-a spirit of curiosity, courage, creativity, and compassion.

I encourage every student to use education as a force for good. Dream boldly, pursue knowledge with dedication, embrace innovation, and remain guided by humility and values. Let your success be measured not only by what you achieve, but also by the lives you touch and the contribution you make to society.

May Guru Kashi University continue to be a centre of learning, research, innovation, culture, and character-building-where tradition provides wisdom, innovation opens new horizons, and every learner finds the confidence to build a meaningful future.

With blessings and warm regards,

Gurlabh Singh Sidhu
Chancellor
Guru Kashi University

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From the Desk of
Managing Director

The progress of a university is reflected in the strength of its infrastructure, the quality of its academic environment, and the opportunities it creates for students. At Guru Kashi University, we are enthusiastically committed to developing a modern, vibrant, inclusive, and future-ready campus that inspires learning, innovation, collaboration, and excellence.

Our classrooms, laboratories, libraries, digital learning facilities, innovation spaces, technology-enabled services, and student-support systems are designed to enrich the learning experience and prepare students for a rapidly changing world.

The presence of international students adds a valuable global dimension to our campus. Their diverse cultures, perspectives, and experiences enrich academic discussions, campus life, and cross-cultural understanding, strengthening our vision of a truly inclusive and globally connected university.

Our industry-academia collaborations, internships, live projects, expert interactions, entrepreneurship initiatives, and skill-development programmes help students connect knowledge with real-world opportunities. At the same time, student well-being remains central to our efforts. We are committed to providing a safe, supportive, healthy, and empowering environment for every learner.

This edition of GKU Parwaz celebrates the achievements, diversity, energy, and continued progress of the Guru Kashi University family. I sincerely appreciate the contributions of our faculty, staff, students, researchers, alumni, international students, industry partners, and well-wishers.

May GKU Parwaz inspire us to dream bigger, collaborate more boldly, and continue building a university where infrastructure, innovation, global engagement, industry partnerships, and student well-being shape a brighter future.

With best wishes,

Sukhraj Singh Sidhu
Managing Director
Guru Kashi University

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From the Desk of
Vice Chancellor

Universities carry a special responsibility: they must advance knowledge while preparing learners to address the questions that define their time. At Guru Kashi University, our academic direction is shaped by this responsibility and by the belief that teaching, research, and societal engagement must strengthen one another.

We are working to deepen a culture of inquiry in which students do not simply receive information but learn to question, investigate, interpret evidence, and develop solutions. Faculty-led research, interdisciplinary collaboration, innovation, and engagement with communities are essential to this culture. Our research priorities must remain relevant to regional and national needs while contributing credible knowledge to the wider academic world.

The future of higher education will be influenced by rapid technological change, evolving professions, and complex social and environmental challenges. Our response must be academically rigorous and ethically grounded. Curriculum renewal, experiential learning, faculty development, research mentorship, and responsible use of digital technologies will therefore remain central to our institutional agenda.

This edition of GKU Parwaz captures the many ways in which our academic community is responding to that agenda. It records not only outcomes, but also the curiosity, perseverance, and cooperation behind them. I especially value the contributions of students and young researchers whose questions and ideas continually renew the intellectual life of the University.

I appreciate the Editorial Team for documenting the University's reflection with such dedication. May this magazine inspire every reader to pursue knowledge with discipline, use it with wisdom, and measure achievement by its positive impact on society. I extend my best wishes to our students, faculty, staff, alumni, and partners for the journey ahead.

Best wishes,

Prof. (Dr.) Balraj Singh
Vice Chancellor
Guru Kashi University

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From the Desk of

Pro Vice Chancellor Cum Registrar



Dear Students, it gives me immense pleasure to connect with you and your creativity through *GKU Parwaz*, the maiden issue of the magazine of Guru Kashi University. This publication is a vibrant reflection of the creativity, talent, aspirations, and attainments of our students, faculty members, and other contributors. Each page carries the shared spirit, dedication, and hard work of the Guru Kashi University fraternity.

Higher education today goes beyond imparting knowledge and specialised ability among our students. As per NEP-2020 provisions, we nurture values, creativity, critical thinking, innovation, and a durable sense of responsibility towards society among our students. This reflects our commitment towards providing a transformative learning experience that empowers our students to become competent professionals, able leaders, innovative thinkers, and responsible citizens. *GKU Parwaz* is thus a step in the same direction, and the diverse expressions and contributions featured in this magazine beautifully reflect this spirit.

From the magazine, you will come to know that to be at Guru Kashi University is a matter of pride for all of us. I sincerely appreciate the efforts of all at Guru Kashi University, whose unwavering commitment continues to strengthen its standing and contribute meaningfully to its growth and progress. I also extend my appreciation to the editorial team led by Dr Manita Paneri, and all those associated with the publication of *GKU Parwaz* for providing an expressive platform to showcase the talent, creativity, achievements, and aspirations of our university community.

May *GKU Parwaz* strive to inspire creative expression, nurture ingenuity, and carry the aspirations of Guru Kashi University to greater heights. Let us tread forward together with a shared vision and firm commitment to transform our University into a distinguished centre of academic excellence, innovation, and impactful nation-building.

With my best wishes for your continued success and a bright future.

Prof. (Dr.) Jagtar Singh Dhiman
Pro Vice Chancellor cum Registrar
Guru Kashi University

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From the Desk of

Director Campus

A campus influences learning long before a lecture begins. Clean and welcoming surroundings, safe movement, accessible facilities, reliable services, and spaces that encourage interaction all contribute to how students experience university life.

Our endeavour at Guru Kashi University is to maintain a campus where every member of the community can study, work, participate, and grow with confidence. Classrooms, laboratories, libraries, hostels, sports facilities, cultural venues, green areas, and common spaces serve different purposes, yet together they form one living educational environment. Their quality depends not only on infrastructure, but also on the care and responsibility with which they are used.

Safety, accessibility, cleanliness, and sustainability remain important priorities. Energy conservation, responsible water use, waste management, plantation, and protection of shared resources are practical expressions of institutional responsibility. A sustainable campus is created through daily habits, and every student and staff member has a role in maintaining it.

Campus life is also about belonging. Informal conversations, friendships, celebrations, and collaborative activities turn physical spaces into meaningful memories. The photographs and reports in GKU Parwaz capture this energy and show how participation transforms the University into a vibrant community.

I invite everyone to treat the campus as a shared home: respect its facilities, support its cleanliness, report concerns responsibly, and help create an atmosphere of harmony and mutual consideration. With collective care, our campus will continue to be a safe, inclusive, green, and inspiring place where aspirations can take shape.

With warm regards,

Dr. Harjaspal Singh Sidhu
Director Campus
Guru Kashi University

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From the Desk of
Pro Vice Chancellor

It is a privilege to share my thoughts through this edition of the GKU Parwaz, which reflects the collective aspirations and achievements of our academic community.

Higher education today demands adaptability, creativity, interdisciplinary collaboration, and continuous learning. As educators, our responsibility extends beyond imparting knowledge; we must cultivate critical thinking, innovation, leadership, and ethical responsibility among our students.

Our university continues to strengthen academic quality through curriculum enrichment, technology-enabled teaching, faculty development initiatives, research integration, and collaborative learning opportunities. These efforts ensure that our graduates remain competent, confident, and prepared to address emerging global challenges.

The enthusiasm displayed by our students in academics, research, innovation, cultural events, sports, and community service is truly inspiring. Their achievements reaffirm our belief that education flourishes when opportunities are combined with dedication and mentorship.

GKU Parwaz is a reflection of the university's dynamic academic environment and the creativity of its students and faculty members. Every article, achievement, and activity documented here represents a milestone in our shared journey toward excellence.

I congratulate the Editorial Team for presenting such a meaningful publication and extend my appreciation to every contributor.

May this magazine encourage curiosity, inspire innovation, and strengthen our collective commitment to academic excellence.

With best wishes,

Prof. (Dr.) Piush Verma
Pro Vice Chancellor
Guru Kashi University



From the Desk of
Chief Editor

GKU Parwaz is conceived as more than a record of events. It is a shared space where the voice, vision, and vibrance of Guru Kashi University come together through ideas, reflections, achievements, photographs, and creative expression. Presenting this edition is both a privilege and an editorial responsibility.

Every contribution received for the magazine carries a perspective from our university community. The editorial process has sought to preserve the individuality of these voices while ensuring clarity, relevance, accuracy, and respectful expression. The resulting pages move across classrooms, laboratories, cultural platforms, sports grounds, outreach activities, and personal reflections, revealing the many dimensions of life at the University.

This edition belongs especially to our students. Their curiosity gives energy to academic life; their creativity gives color to campus culture; and their achievements give the institution new reasons for pride. I hope they see GKU Parwaz as a platform on which their thoughtful work can be recognized and their responsible ideas can reach a wider audience.

The publication has been made possible through the guidance of the university leadership and the cooperation of contributors, faculty coordinators, reviewers, photographers, designers, and members of the Editorial Board. I sincerely acknowledge the care with which they helped shape the magazine, often through several rounds of collection, checking, editing, and design.

I invite readers to engage with these pages not merely as spectators, but as participants in our continuing story. May GKU Parwaz preserve our memories with authenticity, encourage meaningful dialogue, and inspire future contributors to write with originality, sensitivity, and purpose.

With warm regards,

Dr. Manita Paneri
Chief Editor, GKU Parwaz
Guru Kashi University

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THE VOICE VISION & VIBRANCE

From the Desk of
Director, International Students Division



A university truly comes alive when learners from different nations, cultures, and backgrounds come together to learn, share, and grow. At Guru Kashi University, our international students enrich campus life through their diverse languages, traditions, experiences, ideas, and aspirations. Their presence reminds us that education has the power to transcend geographical and cultural boundaries.

As the Director of the International Education Division, I believe that internationalisation is not simply about welcoming students from across the world; it is about creating an environment where every student feels respected, supported, included, and valued. From orientation and academic guidance to cultural integration and day-to-day support, we endeavour to ensure that international students feel at home while pursuing their academic and personal aspirations. Our vision also extends to global academic partnerships, student and faculty exchanges, collaborative research, joint initiatives, and intercultural engagement that broaden the horizons of the entire University community and prepare learners to collaborate responsibly in an interconnected world.

As the Associate Editor of GKU Parwaz, I am delighted to see these diverse voices and experiences reflected in its pages. The magazine is not merely a record of achievements; it is a reflection of the people, ideas, creativity, and relationships that make Guru Kashi University a vibrant academic community. The stories of our international students add another dimension to this collective narrative and celebrate the bonds that emerge when people learn and grow together.

I encourage our Indian and international students to embrace every opportunity to interact, learn from one another, celebrate diversity, and build meaningful friendships. The conversations we share, cultures we discover, and memories we create together often become some of the most valuable lessons of university life.

I extend my sincere appreciation to the University Faculty members, Management, Administrative Leadership, student volunteers, and all those who contribute to making Guru Kashi University a welcoming home for students from around the world. May every student possess not only knowledge and professional competence, but also lasting friendships, cherished memories, greater confidence, and a deeper appreciation for the diverse world we share.

With warm greetings,

Dr. Vikas Gupta
Associate Editor, GKU Parwaz
Guru Kashi University

GKU Parwaz
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ਡਾਇਰੈਕਟਰ
ਸਟੂਡੈਂਟਸ ਵੈਲਫੇਅਰ

ਵਿਦਿਆਰਥੀ ਕਿਸੇ ਵੀ ਯੂਨੀਵਰਸਿਟੀ ਦਾ ਕੇਂਦਰ ਹੁੰਦੇ ਹਨ ਅਤੇ ਉਨ੍ਹਾਂ ਦੀ ਭਲਾਈ ਹੀ ਉਨ੍ਹਾਂ ਦੀ ਸਫਲਤਾ ਦੀ ਮਜ਼ਬੂਤ ਨੀਂਹ ਹੈ। ਯੂਨੀਵਰਸਿਟੀ ਜੀਵਨ ਆਪਣੇ ਨਾਲ ਰੋਮਾਂਚਕ ਮੌਕੇ ਲਿਆਉਂਦਾ ਹੈ, ਪਰ ਇਸ ਦੌਰਾਨ ਨਵੇਂ ਮਾਹੌਲ ਨਾਲ ਤਾਲਮੇਲ, ਅਨਿਸ਼ਚਿਤਤਾ, ਪੜ੍ਹਾਈ ਦਾ ਦਬਾਅ ਅਤੇ ਨਿੱਜੀ ਚੁਣੌਤੀਆਂ ਵੀ ਸਾਹਮਣੇ ਆ ਸਕਦੀਆਂ ਹਨ। ਕੋਈ ਵੀ ਵਿਦਿਆਰਥੀ ਇਹ ਮਹਿਸੂਸ ਨਾ ਕਰੇ ਕਿ ਉਸ ਨੂੰ ਇਨ੍ਹਾਂ ਹਾਲਾਤਾਂ ਦਾ ਸਾਹਮਣਾ ਇਕੱਲੇ ਕਰਨਾ ਪਵੇਗਾ।

ਵਿਦਿਆਰਥੀ ਭਲਾਈ ਵਿਭਾਗ ਅਜਿਹਾ ਵਾਤਾਵਰਣ ਸਿਰਜਣ ਲਈ ਯਤਨਸ਼ੀਲ ਹੈ, ਜਿੱਥੇ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਗੱਲ ਧਿਆਨ ਨਾਲ ਸੁਣੀ ਜਾਵੇ, ਉਨ੍ਹਾਂ ਦਾ ਸਤਿਕਾਰ ਹੋਵੇ, ਉਨ੍ਹਾਂ ਨੂੰ ਲੋੜੀਂਦਾ ਸਹਿਯੋਗ ਮਿਲੇ ਅਤੇ ਸਰਗਰਮ ਭਾਗੀਦਾਰੀ ਲਈ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ ਜਾਵੇ। ਸੱਭਿਆਚਾਰਕ ਗਤੀਵਿਧੀਆਂ, ਕਲੱਬ, ਨੇਤ੍ਰਿਤਵ ਦੇ ਮੌਕੇ, ਸਮਾਜ ਸੇਵਾ, ਕਾਊਂਸਲਿੰਗ, ਖੇਡਾਂ ਅਤੇ ਸਹਿ-ਪਾਠਕ੍ਰਮ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਉਹ ਰੁਚੀਆਂ ਅਤੇ ਯੋਗਤਾਵਾਂ ਪਛਾਣਨ ਦਾ ਮੌਕਾ ਦਿੰਦੇ ਹਨ, ਜੋ ਕਈ ਵਾਰ ਰਸਮੀ ਕਲਾਸਾਂ ਵਿੱਚ ਸਾਹਮਣੇ ਨਹੀਂ ਆ ਸਕਦੀਆਂ। ਇਹ ਅਨੁਭਵ ਆਤਮ-ਵਿਸ਼ਵਾਸ, ਹਮਦਰਦੀ, ਟੀਮ-ਭਾਵਨਾ, ਸੰਚਾਰ-ਕੌਸ਼ਲ ਅਤੇ ਜ਼ਿੰਮੇਵਾਰੀ ਦੀ ਭਾਵਨਾ ਵਿਕਸਿਤ ਕਰਦੇ ਹਨ।

ਅਸੀਂ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਆਵਾਜ਼ ਨੂੰ ਵੀ ਮਹੱਤਵ ਦਿੰਦੇ ਹਾਂ। ਉਸਾਰੂ ਸੁਝਾਅ ਅਤੇ ਜ਼ਿੰਮੇਵਾਰ ਭਾਗੀਦਾਰੀ ਯੂਨੀਵਰਸਿਟੀ ਨੂੰ ਨਵੀਆਂ ਲੋੜਾਂ ਸਮਝਣ ਅਤੇ ਕੈਂਪਸ ਜੀਵਨ ਨੂੰ ਹੋਰ ਬਿਹਤਰ ਬਣਾਉਣ ਵਿੱਚ ਸਹਾਇਤਾ ਕਰਦੇ ਹਨ। ਜਦੋਂ ਵੀ ਮਾਰਗਦਰਸ਼ਨ ਦੀ ਲੋੜ ਹੋਵੇ, ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਆਪਣੇ ਮੈਂਟਰਾਂ ਅਤੇ ਸੰਬੰਧਿਤ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਲਈ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਮਦਦ ਮੰਗਣਾ ਕਮਜ਼ੋਰੀ ਨਹੀਂ, ਸਗੋਂ ਆਤਮ-ਜਾਗਰੂਕਤਾ ਅਤੇ ਹਿੰਮਤ ਦੀ ਨਿਸ਼ਾਨੀ ਹੈ।

'ਜੀ.ਕੇ.ਯੂ. ਪਰਵਾਜ਼' ਅਕਾਦਮਿਕ, ਸੱਭਿਆਚਾਰਕ, ਖੇਡ, ਰਚਨਾਤਮਕ ਅਤੇ ਸਮਾਜਿਕ ਖੇਤਰਾਂ ਵਿੱਚ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਵਿਲੱਖਣ ਪ੍ਰਤਿਭਾ ਦਾ ਜੀਵੰਤ ਪ੍ਰਤੀਬਿੰਬ ਹੈ। ਹਰ ਯੋਗਦਾਨ ਦੇ ਪਿੱਛੇ ਇੱਕ ਨੌਜਵਾਨ ਮਨ ਹੈ, ਜੋ ਪਹਿਲ ਕਰਨ, ਦੂਜਿਆਂ ਨਾਲ ਮਿਲ ਕੇ ਕੰਮ ਕਰਨ ਅਤੇ ਆਪਣੇ ਵਿਚਾਰ ਨੂੰ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਢੰਗ ਨਾਲ ਪ੍ਰਗਟ ਕਰਨ ਦੀ ਕਲਾ ਸਿੱਖ ਰਿਹਾ ਹੈ। ਇਹ ਯਾਤਰਾਵਾਂ ਰਸਮੀ ਪ੍ਰਾਪਤੀਆਂ ਦੇ ਨਾਲ-ਨਾਲ ਸਨਮਾਨ ਅਤੇ ਪਛਾਣ ਦੀਆਂ ਹੱਕਦਾਰ ਹਨ।

ਹਰ ਵਿਦਿਆਰਥੀ ਲਈ ਮੇਰੀ ਦਿਲੀ ਕਾਮਨਾ ਹੈ ਕਿ ਯੂਨੀਵਰਸਿਟੀ ਜੀਵਨ ਉਸ ਦੇ ਸਿਹਤਮੰਦ ਵਿਕਾਸ ਅਤੇ ਅਰਥਪੂਰਨ ਸਾਂਝ ਦਾ ਸੁਹਾਵਣਾ ਦੌਰ ਬਣੇ। ਹਿੰਮਤ ਨਾਲ ਸੁਪਨੇ ਦੇਖੋ, ਉਤਸ਼ਾਹ ਨਾਲ ਭਾਗ ਲਵੋ, ਦੂਜਿਆਂ ਨਾਲ ਦਇਆ ਅਤੇ ਸਤਿਕਾਰ ਨਾਲ ਪੇਸ਼ ਆਓ ਅਤੇ ਆਪਣੀ ਸਰੀਰਕ ਤੇ ਭਾਵਨਾਤਮਕ ਤੰਦਰੁਸਤੀ ਦਾ ਧਿਆਨ ਰੱਖੋ। ਸਫਲਤਾ ਉਸ ਵੇਲੇ ਸਭ ਤੋਂ ਵੱਧ ਸੰਤੁਸ਼ਟੀ ਦਿੰਦੀ ਹੈ, ਜਦੋਂ ਉਸ ਦੇ ਨਾਲ ਚੰਗਾ ਚਰਿੱਤਰ, ਸੱਚੀ ਦੋਸਤੀ ਅਤੇ ਦੂਜਿਆਂ ਦੀ ਭਲਾਈ ਲਈ ਯੋਗਦਾਨ ਪਾਉਣ ਦੀ ਇੱਛਾ ਵੀ ਹੋਵੇ।

ਦਿਲੋਂ ਸ਼ੁਭਕਾਮਨਾਵਾਂ ਸਹਿਤ,

ਸਰਦੂਲ ਸਿੰਘ ਸਿੱਧੂ
ਡਾਇਰੈਕਟਰ ਸਟੂਡੈਂਟਸ ਵੈਲਫੇਅਰ
ਗੁਰੂ ਕਾਸ਼ੀ ਯੂਨੀਵਰਸਿਟੀ

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ਜੀਵਨ ਦੀ ਕਲਾ: ਹੁਨਰ, ਹੌਸਲਾ ਅਤੇ ਮਨੁੱਖਤਾ ਦਾ ਲਗਾਤਾਰ ਸਫ਼ਰ



ਜੀਵਨ ਇੱਕ ਅਜਿਹਾ ਮੈਦਾਨ ਹੈ ਜਿੱਥੇ ਹਰ ਰੋਜ਼ ਨਵੀਆਂ ਚੁਣੌਤੀਆਂ ਸਾਡਾ ਇੰਤਜ਼ਾਰ ਕਰਦੀਆਂ ਹਨ। ਇੱਕ ਸਫਲ ਅਤੇ ਸਾਰਥਕ ਜੀਵਨ ਜਿਉਣ ਲਈ ਸਿਰਫ਼ ਪੈਸਾ ਜਾਂ ਰੁਤਬਾ ਹੀ ਕਾਫ਼ੀ ਨਹੀਂ ਹੈ, ਸਗੋਂ ਉੱਚੀ ਸੋਚ, ਲੀਡਰਸ਼ਿੱਪ ਅਤੇ ਆਪਣੇ ਹੁਨਰ 'ਤੇ ਭਰੋਸਾ ਹੋਣਾ ਲਾਜ਼ਮੀ ਹੈ। ਜਦੋਂ ਅਸੀਂ ਆਪਣੇ ਅੰਦਰਲੇ ਗੁਣਾਂ ਨੂੰ ਪਛਾਣ ਲੈਂਦੇ ਹਾਂ ਅਤੇ ਸਮਾਜ ਨੂੰ ਕੁਝ ਦੇਣ ਦੀ ਭਾਵਨਾ ਰੱਖਦੇ ਹਾਂ, ਤਾਂ ਜੀਵਨ ਆਪਣੇ ਆਪ ਇੱਕ ਖੂਬਸੂਰਤ ਮਿਸਾਲ ਬਣ ਜਾਂਦਾ ਹੈ। ਸੱਚੀ ਅਗਵਾਈ ਦਾ ਮਤਲਬ ਦੂਜਿਆਂ 'ਤੇ ਹੁਕਮ ਚਲਾਉਣਾ ਨਹੀਂ, ਸਗੋਂ ਦੂਜਿਆਂ ਨੂੰ ਸਹੀ ਰਸਤਾ ਦਿਖਾਉਣਾ ਅਤੇ ਉਨ੍ਹਾਂ ਨੂੰ ਨਾਲ ਲੈ ਕੇ ਚੱਲਣਾ ਹੈ। ਇੱਕ ਚੰਗੇ ਲੀਡਰ ਲਈ ਸਭ ਤੋਂ ਜ਼ਰੂਰੀ ਗੁਣ ਹਨ, ਸਬਰ ਅਤੇ ਵੱਡਾ ਦਿਲ। ਜੀਵਨ ਵਿੱਚ ਕਈ ਅਜਿਹੇ ਮੋੜ ਆਉਂਦੇ ਹਨ ਜਿੱਥੇ ਚੀਜ਼ਾਂ ਸਾਡੇ ਮੁਤਾਬਕ ਨਹੀਂ ਹੁੰਦੀਆਂ, ਉੱਥੇ ਸਬਰ ਹੀ ਸਾਨੂੰ ਟੁੱਟਣ ਤੋਂ ਬਚਾਉਂਦਾ ਹੈ। ਜੇਕਰ ਸਾਡਾ ਦਿਲ ਵੱਡਾ ਹੈ, ਤਾਂ ਹੀ ਅਸੀਂ ਦੂਜਿਆਂ ਦੀਆਂ ਗਲਤੀਆਂ ਨੂੰ ਮਾਫ਼ ਕਰਕੇ ਸਮਾਜ ਨੂੰ ਇੱਕ ਚੰਗੀ ਸੇਧ ਦੇ ਸਕਦੇ ਹਾਂ। ਸਮਾਜ ਨੂੰ ਬਦਲਣ ਦੀ ਸ਼ੁਰੂਆਤ ਹਮੇਸ਼ਾ ਆਪਣੇ ਆਪ ਤੋਂ ਹੁੰਦੀ ਹੈ।

ਜੋ ਬੰਦਾ ਸਿੱਖਦਾ ਹੈ, ਉਹ ਅਗਾਂਹਵਧੂ ਰਹਿਣ ਲਈ ਤਿਆਰ ਰਹਿੰਦਾ ਹੈ। ਜਿਸ ਦਿਨ ਅਸੀਂ ਸਿੱਖਣਾ ਬੰਦ ਕਰ ਦਿੱਤਾ, ਉਸੇ ਦਿਨ ਸਾਡਾ ਵਿਕਾਸ ਰੁਕ ਜਾਂਦਾ ਹੈ। ਸਿੱਖਣ ਦੀ ਕੋਈ ਉਮਰ ਨਹੀਂ ਹੁੰਦੀ, ਇਹ ਜਨਮ ਤੋਂ ਲੈ ਕੇ ਮੌਤ ਤੱਕ ਲਗਾਤਾਰ ਚੱਲਣ ਵਾਲੀ ਇੱਕ ਪ੍ਰਕਿਰਿਆ ਹੈ। ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਹਮੇਸ਼ਾ ਨਵੇਂ ਟੀਚੇ ਅਤੇ ਚੁਣੌਤੀਆਂ ਤੈਅ ਕਰਦੇ ਰਹੋ। ਬਿਨਾਂ ਕਿਸੇ ਉਦੇਸ਼ ਦੇ ਜੀਵਨ ਇੱਕ ਖੜ੍ਹੇ ਹੋਏ ਪਾਣੀ ਵਾਂਗ ਹੈ ਜੋ ਜਲਦੀ ਹੀ ਸੜਾਦ ਹੋ ਜਾਂਦਾ ਹੈ। ਜਦੋਂ ਕੋਈ ਵੱਡਾ ਟੀਚਾ ਤੁਹਾਡੇ ਸਾਹਮਣੇ ਹੋਵੇ, ਤਾਂ ਉਸ ਤੋਂ ਘਬਰਾ ਕੇ ਭੱਜੋ ਨਾ। ਸਿਆਣਪ ਇਸ ਵਿੱਚ ਹੈ ਕਿ ਆਪਣੇ ਵੱਡੇ ਟੀਚੇ ਨੂੰ ਛੋਟੇ-ਛੋਟੇ ਟੁਕੜਿਆਂ ਵਿੱਚ ਵੰਡ ਲਓ। ਜਦੋਂ ਤੁਸੀਂ ਛੋਟੇ-ਛੋਟੇ ਕਦਮ ਪੁੱਟਦੇ ਹੋ, ਤਾਂ ਵੱਡੀ ਤੋਂ ਵੱਡੀ ਮੰਜ਼ਿਲ ਵੀ ਆਸਾਨੀ ਨਾਲ ਸਰ ਹੋ ਜਾਂਦੀ ਹੈ। ਜਿਵੇਂ ਕਿਹਾ ਗਿਆ ਹੈ:

"ਇਰਨੋਂ ਸੇ ਇਤਨਾ ਮਧੁਰ ਸੰਗੀਤ ਕਭੀ ਨਾ ਸੁਨਾਈ ਦੇਤਾ, ਅਗਰ ਰਾਹੋਂ ਮੇਂ ਉਨਕੇ ਪੱਥਰ ਨਾ ਹੋਤੇ!"

ਸਾਡੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਆਉਣ ਵਾਲੀਆਂ ਮੁਸ਼ਕਿਲਾਂ ਹੀ ਸਾਡੀ ਸ਼ਖਸੀਅਤ ਵਿੱਚ ਨਿਖਾਰ ਲਿਆਉਂਦੀਆਂ ਹਨ। ਸਾਨੂੰ ਅਕਸਰ ਸ਼ਿਕਾਇਤ ਹੁੰਦੀ ਹੈ ਕਿ ਲੋਕ ਸਾਨੂੰ ਧੋਖਾ ਦਿੰਦੇ ਹਨ, ਪਰ ਕਈ ਵਾਰ ਅਸੀਂ ਖੁਦ ਹੀ ਕਿਸੇ ਨੂੰ ਉਸ ਦੀ ਯੋਗਤਾ ਤੋਂ ਵੱਧ ਅਹਿਮੀਅਤ ਦੇ ਦਿੰਦੇ ਹੈ। ਜੇਕਰ ਕਦੇ ਗੁਬਾਰਾ ਤੁਹਾਡੇ ਮੂੰਹ 'ਤੇ ਫਟ ਜਾਵੇ, ਤਾਂ ਗੁੱਸਾ ਕਰਨ ਦੀ ਬਜਾਏ ਇਹ ਸੋਚੋ ਕਿ ਤੁਸੀਂ ਹੀ ਉਸ ਵਿੱਚ ਉਸ ਦੀ ਔਕਾਤ ਤੋਂ ਵੱਧ ਹਵਾ ਭਰੀ ਸੀ। ਦੁਨੀਆ ਵਿੱਚ ਹਰ ਇਨਸਾਨ ਤੁਹਾਨੂੰ ਪੂਰੀ ਤੇ ਸਹੀ ਕਹਾਣੀ ਨਹੀਂ ਸੁਣਾਏਗਾ, ਉਹ ਸਿਰਫ ਉਨੀ ਹੀ ਗੱਲ ਦੱਸੇਗਾ ਜਿਸ ਵਿੱਚ ਉਹ ਖੁਦ ਸਹੀ ਲੱਗੇ। ਇਸ ਲਈ ਦੂਜਿਆਂ ਨੂੰ ਪਰਖਣ ਤੋਂ ਪਹਿਲਾਂ ਆਪਣੇ ਅੰਦਰ ਝਾਤੀ ਮਾਰੋ। ਰਿਸ਼ਤਿਆਂ ਨੂੰ ਚਿਰਸਥਾਈ ਬਣਾਉਣ ਲਈ ਲਚਕੀਲਾਪਨ ਅਤੇ ਸਹਿਣ ਸ਼ਕਤੀ ਕਾਇਮ ਰੱਖੋ।

ਜਿੰਨਾ ਸਮਾਂ ਅਸੀਂ ਸੁੰਦਰ ਦਿਖਣ ਲਈ ਲਗਾਉਂਦੇ ਹਾਂ, ਜੇਕਰ ਉਸ ਦਾ ਅੱਧਾ ਹਿੱਸਾ ਵੀ ਇੱਕ ਚੰਗਾ ਇਨਸਾਨ ਬਣਨ ਲਈ ਲਗਾਈਏ, ਤਾਂ ਦੁਨੀਆਂ ਬਦਲ ਸਕਦੀ ਹੈ। ਜੀਵਨ ਇੱਕ ਦਰਪਣ ਦੀ ਤਰ੍ਹਾਂ ਹੈ, ਜੋ ਅਸੀਂ ਅੰਦਰ ਛੁਪਾਇਆ ਹੁੰਦਾ ਹੈ, ਉਹੀ ਬਾਹਰ ਦਿਖਾਈ ਦਿੰਦਾ ਹੈ । ਜੇਕਰ ਮਨ ਸਾਫ਼ ਹੈ, ਤਾਂ ਰਿਸ਼ਤਿਆਂ ਵਿੱਚ ਵੀ ਸਪੱਸ਼ਟਤਾ ਹੋਵੇਗੀ। ਕਈ ਵਾਰ ਅਸੀਂ ਇੰਨੇ ਥੱਕ ਜਾਂਦੇ ਹਾਂ ਕਿ ਗੁੱਸਾ ਸਾਡਾ ਸੁਭਾਅ ਬਣ ਜਾਂਦਾ ਹੈ। ਅਜਿਹੇ ਵਕਤ ਵਿੱਚ ਥੋੜਾ ਰੁਕ ਕੇ ਆਪਣੇ ਆਪ ਨੂੰ ਮਿਲੋ, ਸ਼ਾਇਦ ਸਕੂਨ ਤੁਹਾਡੇ ਅੰਦਰ ਹੀ ਤੁਹਾਡੀ ਉਡੀਕ ਕਰ ਰਿਹਾ ਹੈ। ਜੇਕਰ ਖੁਦ ਸਕੂਨ ਤੇ ਸਬਰ ਹਾਸਿਲ ਕਰਾਂਗੇ ਤਾਂ ਆਲਾ ਦੁਆਲਾ, ਸਭ ਸੰਸਾਰ ਵੀ ਅਜਿਹਾ ਹੀ ਲੱਗੇਗਾ।

ਜ਼ਿੰਦਗੀ ਜਿਉਣ ਦਾ ਅਸਲੀ ਹੁਨਰ ਹਰ ਹਾਲ ਵਿੱਚ ਸਿੱਖਦੇ ਰਹਿਣ ਅਤੇ ਮੁਸਕਰਾਉਂਦੇ ਰਹਿਣ ਵਿੱਚ ਹੈ। ਪਹਿਲਾਂ ਖੁਦ ਨੂੰ ਸੰਵਾਰੋ, ਆਪਣੇ ਵਿਚਾਰਾਂ ਨੂੰ ਸ਼ੁੱਧ ਕਰੋ, ਦੁਨੀਆ ਆਪਣੇ ਆਪ ਖੂਬਸੂਰਤ ਦਿਖਣ ਲੱਗੇਗੀ। ਆਪਣੀਆਂ ਮੁਸ਼ਕਿਲਾਂ ਨੂੰ ਸੰਗੀਤ ਮਈ ਬਣਾਓ ਅਤੇ ਆਪਣੀਆਂ ਚੁਣੌਤੀਆਂ ਨੂੰ ਸਫਲਤਾ ਦੀਆਂ ਪੌੜੀਆਂ ਬਣਾਓ। ਯਾਦ ਰੱਖੋ, ਜਿੰਦਗੀ ਬਹੁਤ ਖੂਬਸੂਰਤ ਹੈ, ਬਸ ਇਸ ਨੂੰ ਜਿਉਣ ਦਾ ਅੰਦਾਜ਼ ਸਹੀ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ।

ਜ਼ਿੰਦਗੀ ਜ਼ਿੰਦਾਬਾਦ!

ਪ੍ਰੋ. (ਡਾ.) ਅਸ਼ਵਨੀ ਸੇਠੀ
ਯੋਜਨਾ ਤੇ ਵਿਕਾਸ ਨਿਰਦੇਸ਼ਕ
ਗੁਰੂ ਕਾਸ਼ੀ ਯੂਨੀਵਰਸਿਟੀ



ਮਨਪ੍ਰੀਤ ਕੌਰ ਬਰਾੜ
ਡਿਪਟੀ ਡਾਇਰੈਕਟਰ ਬਰੋਡਕਾਸਟਿੰਗ

ਸੱਭਿਆਚਾਰ ਆਪਣੇ-ਆਪ ਵਿੱਚ ਹੀ ਬਹੁਤ ਵੱਡਾ ਸ਼ਬਦ ਹੈ, ਇਹ ਆਪਣੇ ਅੰਦਰ ਬਹੁਤ ਕੁੱਝ ਸਮਾਈ ਬੈਠਾ ਹੈ। ਜਿਸ ਵਿੱਚ ਕਿਸੇ ਇਲਾਕੇ ਦੇ ਲੋਕਾਂ ਦਾ ਸਿਰਫ਼ ਰਹਿਣ-ਸਹਿਣ, ਖਾਣ-ਪੀਣ ਅਤੇ ਰੀਤੀ-ਰਿਵਾਜ ਹੀ ਨਹੀਂ ਹੁੰਦੇ ਸਗੋਂ ਉਹਨਾਂ ਦੇ ਸੁਭਾਅ ਦਾ ਸਹਿਜ ਵੀ ਹੁੰਦਾ..... ਜਿਵੇਂ ਕਿ ਗੱਲ ਕਰੀਏ ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਦੀ ਤਾਂ ਪੰਜਾਬੀਆਂ ਦੇ ਸੁਭਾਅ ਦਾ ਅਲਬੇਲਾਪਣ ਤੇ ਖੁੱਲ੍ਹ-ਦਿਲੀ ਤੋਂ ਹੀ ਅੰਦਾਜ਼ਾ ਲੱਗ ਜਾਂਦਾ ਕਿ ਇਹ ਪੰਜਾਬ ਦੀ ਧਰਤੀ ਤੋਂ ਆਏ ਹਨ, ਭਾਵੇਂ ਉਹ ਦੁਨੀਆਂ ਦੇ ਕਿਸੇ ਵੀ ਕੋਨੇ ਵਿੱਚ ਵਸਦੇ ਹੋਣ। ਸਾਡੇ ਸੱਭਿਆਚਾਰ ਦਾ ਪ੍ਰਭਾਵ ਸਾਡੇ ਵਿੱਚੋਂ ਝਲਕਦਾ ਹੀ ਹੈ।

ਹੁਣ ਗੱਲ ਕਰਦੇ ਹਾਂ ਸੱਭਿਆਚਾਰ ਦੇ ਬਦਲਣ ਦੀ, ਅਸੀਂ ਕਹਿੰਦੇ ਹਾਂ ਕਿ ਸਾਡਾ ਵਿਰਸਾ ਅਲੋਪ ਹੋ ਰਿਹਾ, ਅਸਲ ਵਿੱਚ ਸੱਭਿਆਚਾਰ ਜਾਂ ਵਿਰਸਾ ਅਲੋਪ ਨਹੀਂ ਹੋ ਰਿਹਾ, ਇਸ ਵਿੱਚ ਕੁੱਝ ਬਦਲਾਵ ਹੋ ਰਹੇ ਹੁੰਦੇ ਹਨ ਜੋ ਕਿ ਸਮੇਂ ਦੇ ਨਾਲ-ਨਾਲ ਜ਼ਰੂਰੀ ਹੋ ਜਾਂਦੇ ਹਨ। ਹੁਣ ਇਸ ਦਾ ਮਤਲਬ ਇਹ ਨਹੀਂ ਕਿ ਸਾਨੂੰ ਸਾਡੇ ਰੀਤੀ-ਰਿਵਾਜ ਜਾਂ ਨੈਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਛੱਡ ਦੇਣੀਆਂ ਚਾਹੀਦੀਆਂ ਹਨ, ਇਹ ਸਾਡੀ ਅਸਲ ਵਿਰਾਸਤ ਹਨ। ਜੋ ਕੁੱਝ ਨਵਾਂ ਵਾਪਰ ਰਿਹਾ ਉਹ ਹੈ ਸਾਡੇ ਕੰਮ ਕਰਨ ਲਈ ਵਰਤੀਆਂ ਜਾਂਦੀਆਂ ਚੀਜ਼ਾਂ ਦਾ ਮਸ਼ੀਨੀਕਰਨ ਜੋ ਕੇ ਅਜੋਕੇ ਸਮੇਂ ਵਿੱਚ ਲਾਜ਼ਮੀ ਹੋ ਗਿਆ। ਸਾਡੇ ਲਈ ਇਹ ਜ਼ਰੂਰੀ ਹੋ ਗਿਆ ਕਿਉਂਕਿ ਬਦਲਦੇ ਸਮੇਂ ਅਤੇ ਤਕਨੀਕ ਨਾਲ ਅਸੀਂ ਸਮੇਂ ਦੇ ਹਾਣੀ ਹੋ ਕੇ ਚੱਲਣਾ ਨਹੀਂ ਤਾਂ ਅਸੀਂ ਬਾਕੀ ਜ਼ਮਾਨੇ ਤੋਂ ਪਿੱਛੇ ਰਹਿ ਜਾਵਾਂਗੇ।

ਪਹਿਲਾਂ ਮਹਿਲਾਵਾਂ ਘਰ ਵਿੱਚ ਰਹਿੰਦੀਆਂ ਸਨ ਤੇ ਉਹ ਦੁੱਧ ਰਿੜਕਣ ਤੋਂ ਲੈ ਕੇ ਕੱਪੜੇ ਧੋਣ ਤੱਕ ਦੇ ਸਾਰੇ ਕੰਮ ਹੱਥੀਂ ਕਰ ਲੈਂਦੀਆਂ ਸਨ, ਪਰ ਸਮੇਂ ਨੇ ਕਰਵਟ ਲਈ ਤੇ ਕੁੜੀਆਂ ਨੇ ਪੜ੍ਹ-ਲਿਖ ਕੇ ਨੌਕਰੀ ਕਰਨੀ ਸ਼ੁਰੂ ਕੀਤੀ, ਘਰ ਤੋਂ ਬਾਹਰ ਪੈਰ ਰੱਖਿਆ ਪਰ ਘਰ ਦੇ ਕੰਮਾਂ ਨੂੰ ਵੀ ਨਾਲ-ਨਾਲ ਸੰਭਾਲਣ ਦਾ ਕੰਮ ਵੀ ਉਹਨਾਂ ਸਿਰ ਜਿਉਂ ਦਾ ਤਿਉਂ ਖੜ੍ਹਾ ਸੀ, ਇਸ ਲਈ ਉਹਨਾਂ ਨੂੰ ਇਹਨਾਂ ਨਵੀਆਂ ਮਸ਼ੀਨਾਂ ਦਾ ਸਹਾਰਾ ਲੈਣ ਦੀ ਲੋੜ ਪਈ। ਇਸੇ ਤਰ੍ਹਾਂ ਹੀ ਜੇਕਰ ਮਰਦਾਂ ਦੀ ਗੱਲ ਕਰੀਏ ਕਿ ਖੇਤੀ ਵਿੱਚ ਵੀ ਬਲਦਾਂ ਗੱਡਿਆਂ ਦੀ ਜਗ੍ਹਾ ਟਰੈਕਟਰ ਨੇ ਲੈ ਲਈ ਤਾਂ ਕਿ ਥੋੜੇ ਸਮੇਂ ਵਿੱਚ ਵੱਧ ਕੰਮ ਹੋ ਸਕੇ ਤੇ ਅਸੀਂ ਉੱਨਤ ਖੇਤੀ ਵੱਲ ਵਧ ਸਕੀਏ।

ਫਿਰ ਗੱਲ ਆਉਂਦੀ ਹੈ ਸਿਹਤ ਦੀ ਸਾਡੀ ਸਿਹਤ ਠੀਕ ਨਹੀਂ ਰਹਿੰਦੀ ਤਾਂ ਅਕਸਰ ਹੀ ਪੁਰਾਣੇ ਬਜ਼ੁਰਗ ਕਹਿੰਦੇ ਹਨ ਕਿ ਹੱਥੀਂ ਕੰਮ ਕਰਨ ਦੇ ਵੇਲਿਆਂ ਵਿੱਚ ਕੋਈ ਰੋਗ ਨਹੀਂ ਸੀ ਲੱਗਦਾ ਚੰਗੀ ਕਸਰਤ ਹੋ ਜਾਂਦੀ ਸੀ, ਖੁਰਾਕ ਵੀ ਚੰਗੀ ਸੀ ਤੇ ਹਜਮ ਕਰਨ ਦੇ ਤਰੀਕੇ ਵੀ। ਇਸ ਮਸ਼ੀਨੀ ਯੁੱਗ ਨੇ ਸਾਰਾ ਕੁੱਝ ਖਤਮ ਕਰ ਦਿੱਤਾ। ਪਰ ਇਸ ਲਈ ਵੀ ਸਾਡੇ ਕੋਲ ਨਵੇਂ ਜ਼ਮਾਨੇ ਦਾ ਬਹੁਤ ਹੀ ਵੱਡਾ ਖਜ਼ਾਨਾ ਹੈ, ਸਾਡੇ ਵਿੱਚ ਸਿਹਤਮੰਦ ਰਹਿਣ ਦੀ ਲਾਲਸਾ ਹੋਣੀ ਚਾਹੀਦੀ ਹੈ ਤੇ ਅਸੀਂ ਆਪਣੇ-ਆਪ ਨੂੰ ਨਿਰੋਗੀ ਰੱਖ ਕੇ ਇਸ ਆਧੁਨਿਕ ਸਮੇਂ ਵਿੱਚ ਵਧੀਆ ਤੇ ਖੁਸ਼ਹਾਲ ਜ਼ਿੰਦਗੀ ਜਿਉਂ ਸਕਦੇ ਹਾ। ਜਿਹੜੀ ਗੱਲ ਅਸੀਂ ਕਰਦੇ ਹਾਂ ਸਾਡੇ ਸੱਭਿਆਚਾਰ ਦੀ ਉਸਨੂੰ ਅਸੀਂ ਆਧੁਨਿਕਤਾ ਦੇ ਵਿੱਚ ਵੀ ਸਾਡੇ ਨਾਲ ਜੋੜ ਰੱਖ ਸਕਦੇ ਹਾਂ। ਸਾਡੇ ਦਿਲ ਵਿੱਚ ਇਸ ਪ੍ਰਤੀ ਖਿੱਚ ਹੋਣੀ ਚਾਹੀਦੀ ਹੈ ਤੇ ਕੋਸ਼ਿਸ਼ ਕਰੀਏ ਕਿ ਸਾਡੇ ਸੁਭਾਅ ਵਿੱਚੋਂ ਹਮੇਸ਼ਾ ਸਾਡਾ ਸੱਭਿਆਚਾਰ ਝਲਕਦਾ ਰਹੇ। ਸੋ ਆਓ ਸਾਰੇ ਰਲ ਕੇ ਆਪਣੇ ਸੱਭਿਆਚਾਰ ਦੇ ਅਮੀਰ ਵਿਰਸੇ ਨੂੰ ਸੰਭਾਲੀਏ।

"ਜੋ ਆਪਣੇ ਵਿਰਸੇ ਨੂੰ ਸੰਭਾਲਦੇ ਹਨ, ਉਹਨਾਂ ਦਾ ਵਜੂਦ ਹਮੇਸ਼ਾ ਕਾਇਮ ਰਹਿੰਦਾ ਹੈ।"

ਗਰੀਬੀ ਨਾਲ ਜੰਗ – ਇੱਕ ਹੌਂਸਲੇਮੰਦ ਵਿਦਿਆਰਥੀ ਦੀ ਕਹਾਣੀ



ਰਘਵੀਰ ਸਿੰਘ
ਫੈਕਲਟੀ ਆਫ ਵਿਜ਼ੂਅਲ ਐਂਡ ਪਰਫਾਰਮਿੰਗ ਆਰਟਸ

ਪੰਜਾਬ ਦੇ ਇੱਕ ਨਿੱਕੇ ਜਿਹੇ ਪਿੰਡ ਗਹਿਰੀ ਬੁੱਟਰ ਵਿੱਚ ਸੁੰਦਰ ਨਾਮ ਦਾ ਇੱਕ ਸਾਧਾਰਣ ਪਰ ਬਹੁਤ ਹੀ ਹੋਸ਼ਿਆਰ ਮੁੰਡਾ ਰਹਿੰਦਾ ਸੀ। ਉਸਦਾ ਘਰ ਮਿੱਟੀ ਦਾ ਬਣਿਆ ਹੋਇਆ ਸੀ ਅਤੇ ਜੀਵਨ ਬਹੁਤ ਸਾਦਾ ਸੀ। ਉਸਦੇ ਪਿਤਾ ਦਿਨ-ਰਾਤ ਮਜ਼ਦੂਰੀ ਕਰਦੇ ਸਨ ਅਤੇ ਮਾਂ ਘਰ ਦਾ ਕੰਮ ਸੰਭਾਲਦੀ ਸੀ। ਘਰ ਵਿੱਚ ਪੈਸਿਆਂ ਦੀ ਹਮੇਸ਼ਾਂ ਕਮੀ ਰਹਿੰਦੀ ਸੀ, ਪਰ ਪਿਆਰ ਅਤੇ ਸਮਝਦਾਰੀ ਦੀ ਕੋਈ ਘਾਟ ਨਹੀਂ ਸੀ।



ਸੁੰਦਰ ਬਚਪਨ ਤੋਂ ਹੀ ਪੜ੍ਹਾਈ ਵਿੱਚ ਬਹੁਤ ਚੰਗਾ ਸੀ। ਉਹ ਹਮੇਸ਼ਾਂ ਆਪਣੇ ਅਧਿਆਪਕਾਂ ਦਾ ਮਨਪਸੰਦ ਵਿਦਿਆਰਥੀ ਰਹਿੰਦਾ ਸੀ। ਉਸਦਾ ਇੱਕ ਹੀ ਸੁਪਨਾ ਸੀ - ਵੱਡਾ ਹੋ ਕੇ ਇੱਕ ਚੰਗੀ ਨੌਕਰੀ ਕਰੇ ਅਤੇ ਆਪਣੇ ਮਾਪਿਆਂ ਨੂੰ ਸੁਖੀ ਜੀਵਨ ਦੇਵੇ। ਪਰ ਕਿਸਮਤ ਨੂੰ ਕੁਝ ਹੋਰ ਹੀ ਮਨਜ਼ੂਰ ਸੀ।

ਇੱਕ ਦਿਨ ਸੁੰਦਰ ਦੇ ਪਿਤਾ ਨੂੰ ਅਚਾਨਕ ਅਟੈਕ ਹੋ ਗਿਆ ਇਲਾਜ ਲਈ ਪੈਸੇ ਨਾ ਹੋਣ ਕਰਕੇ ਉਹ ਠੀਕ ਨਾ ਹੋ ਸਕੇ ਅਤੇ ਕੁਝ ਹੀ ਦਿਨਾਂ ਵਿੱਚ ਉਹਨਾਂ ਦੀ ਮੌਤ ਹੋ ਗਈ। ਇਹ ਘਟਨਾ ਸੁੰਦਰ ਦੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਇੱਕ ਵੱਡਾ ਮੋੜ ਸੀ। ਉਸ ਦਿਨ ਤੋਂ ਬਾਅਦ ਉਸਦੇ ਚਿਹਰੇ ਦੀ ਮਾਸੂਮੀਅਤ ਘੱਟ ਹੋ ਗਈ ਅਤੇ ਉਹ ਸਮੇਂ ਤੋਂ ਪਹਿਲਾਂ ਹੀ ਸਮਝਦਾਰ ਬਣ ਗਿਆ।

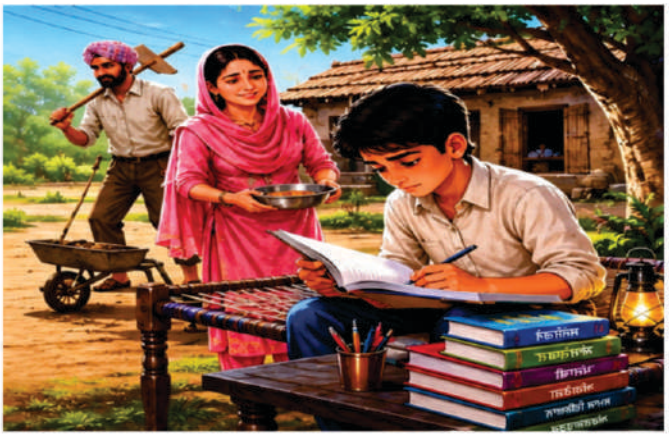
ਹੁਣ ਘਰ ਦੀ ਸਾਰੀ ਜ਼ਿੰਮੇਵਾਰੀ ਸੁੰਦਰ ਦੇ ਸਿਰ ਤੇ ਆ ਗਈ ਸੀ। ਮਾਂ ਬਹੁਤ ਦੁਖੀ ਰਹਿੰਦੀ ਸੀ, ਪਰ ਉਹ ਆਪਣੇ ਪੁੱਤ ਨੂੰ ਹੌਂਸਲਾ ਦਿੰਦੀ ਰਹਿੰਦੀ ਸੀ। ਕਈ ਵਾਰ ਉਹ ਕਹਿੰਦੀ, “ਪੁੱਤ, ਹਿੰਮਤ ਨਾ ਹਾਰੀਂ, ਮਿਹਨਤ ਕਰਨ ਵਾਲੇ ਨੂੰ ਰੱਬ ਕਦੇ ਨਿਰਾਸ਼ ਨਹੀਂ ਕਰਦਾ।”

ਸੁੰਦਰ ਨੇ ਆਪਣੀ ਪੜ੍ਹਾਈ ਜਾਰੀ ਰੱਖਣ ਦਾ ਫੈਸਲਾ ਕੀਤਾ। ਉਸਨੇ ਗੁਰੂ ਕਾਸ਼ੀ ਯੂਨੀਵਰਸਿਟੀ,ਤਲਵੰਡੀ ਸਾਬੋ ਦਾਖਲਾ ਲਿਆ। ਯੂਨੀਵਰਸਿਟੀ ਦੀ ਫੀਸ, ਕਿਤਾਬਾਂ ਅਤੇ ਹੋਰ ਖਰਚੇ ਉਸ ਲਈ ਬਹੁਤ ਵੱਡੀ ਚੁਣੌਤੀ ਸਨ। ਉਸਨੇ ਇੱਕ ਚਾਹ ਦੀ ਦੁਕਾਨ ਤੇ ਨੌਕਰੀ ਕਰਨੀ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤੀ। ਸਵੇਰੇ ਉਹ ਯੂਨੀਵਰਸਿਟੀ ਜਾਂਦਾ, ਦੁਪਹਿਰ ਨੂੰ ਘਰ ਦੇ ਕੰਮ ਕਰਦਾ ਅਤੇ ਸ਼ਾਮ ਨੂੰ ਦੁਕਾਨ ਤੇ ਕੰਮ ਕਰਦਾ। ਕਈ ਵਾਰ ਰਾਤ ਨੂੰ ਦੇਰ ਤੱਕ ਕੰਮ ਕਰਕੇ ਉਹ ਬਹੁਤ ਥੱਕ ਜਾਂਦਾ ਸੀ।

ਕਈ ਵਾਰ ਉਸਦੇ ਹੱਥਾਂ ਉੱਪਰ ਅੱਗ ਨਾਲ ਛਾਲੇ ਪੈ ਜਾਂਦੇ, ਪੈਰ ਦਰਦ ਕਰਦੇ ਅਤੇ ਅੱਖਾਂ ਭਾਰੀਆਂ ਹੋ ਜਾਂਦੀਆਂ, ਪਰ ਉਸਨੇ ਕਦੇ ਵੀ ਹਾਰ ਨਹੀਂ ਮੰਨੀ। ਉਹ ਜਾਣਦਾ ਸੀ ਕਿ ਇਹ ਸਾਰੇ ਦੁੱਖ ਉਸਦੇ ਭਵਿੱਖ ਨੂੰ ਸੁਧਾਰਨ ਲਈ ਹਨ। ਉਸਨੇ ਹੋਰ ਵੀ ਬਹੁਤ ਜਿਆਦਾ ਮਿਹਨਤ ਕਰਨੀ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤੀ।

ਮੈਂ ਹਾਰਿਆ ਨਹੀਂ ਕੁੱਝ ਕਰਾਂਗਾ ਜਰੂਰ,
ਕਿਸਮਤ ਦੇ ਨਾਲ ਲੜਨ ਲਈ ਮਰਾਂਗਾ ਜਰੂਰ
ਸਮੁੰਦਰ ਦੀਆਂ ਛੱਲਾਂ ਨੇ ਬੇਸ਼ੱਕ ਮੈਨੂੰ ਡੋਬਣਾ ਹੋਊ,
ਪਰ ਸਮੁੰਦਰ ਦੀ ਹਿੱਕ ਉੱਤੇ ਤਰਾਂਗਾ ਜਰੂਰ।

ਯੂਨੀਵਰਸਿਟੀ ਵਿੱਚ ਕੁਝ ਵਿਦਿਆਰਥੀ ਉਸਦਾ ਮਜ਼ਾਕ ਵੀ ਉਡਾਉਂਦੇ ਸਨ ਕਿਉਂਕਿ ਉਹ ਸਾਦੇ ਕੱਪੜੇ ਪਾਉਂਦਾ ਸੀ। ਪਰ ਸੁੰਦਰ ਨੇ ਕਦੇ ਵੀ ਕਿਸੇ ਦੀ ਗੱਲ ਦਿਲ 'ਤੇ ਨਹੀਂ ਲੱਗਣ ਦਿੱਤੀ। ਉਸਦਾ ਧਿਆਨ ਸਿਰਫ ਆਪਣੇ ਮਿੱਥੇ ਹੋਏ ਨਿਸ਼ਾਨੇ 'ਤੇ ਸੀ।



ਇੱਕ ਦਿਨ ਉਸਦੇ ਸੰਗੀਤ ਦੇ ਅਧਿਆਪਕ ਰਘਵੀਰ ਸਿੰਘ ਨੇ ਉਸਨੂੰ ਬੁਲਾਇਆ ਅਤੇ ਪੁੱਛਿਆ, "ਤੂੰ ਇੰਨਾ ਚੁੱਪ ਅਤੇ ਥੱਕਿਆ ਕਿਉਂ ਰਹਿੰਦਾ ਹੈਂ?" ਸੁੰਦਰ ਨੇ ਹੌਲੀ ਆਵਾਜ਼ ਵਿੱਚ ਆਪਣੀ ਸਾਰੀ ਕਹਾਣੀ ਦੱਸ ਦਿੱਤੀ।

ਅਧਿਆਪਕ ਉਸਦੀ ਹਿੰਮਤ ਅਤੇ ਮਿਹਨਤ ਤੋਂ ਬਹੁਤ ਪ੍ਰਭਾਵਿਤ ਹੋਏ। ਉਹਨਾਂ ਨੇ ਕਾਲਜ ਪ੍ਰਬੰਧਨ ਨਾਲ ਗੱਲ ਕਰਕੇ ਉਸਦੀ ਫੀਸ ਮਾਫ ਕਰਵਾ ਦਿੱਤੀ ਅਤੇ ਲਾਇਬਰੇਰੀ ਵਿੱਚ ਉਸਦਾ ਕਾਰਡ ਵੀ ਬਣਵਾ ਦਿੱਤਾ ਜਿਸ ਕਰਕੇ ਉਹ ਕਿਤਾਬਾਂ ਨੂੰ ਜਿਆਦਾ ਸਮਾਂ ਆਪਣੇ ਕੋਲ ਰੱਖ ਸਕਦਾ ਸੀ।ਇਹ ਮਦਦ ਸੁੰਦਰ ਲਈ ਇੱਕ ਨਵੀਂ ਉਮੀਦ ਬਣ ਗਈ।

ਹੁਣ ਸੁੰਦਰ ਹੋਰ ਵੀ ਜ਼ਿਆਦਾ ਮਿਹਨਤ ਕਰਨ ਲੱਗ ਪਿਆ। ਉਹ ਹਰ ਰੋਜ਼ ਲਾਇਬ੍ਰੇਰੀ ਵਿੱਚ ਘੰਟਿਆਂ ਬੈਠ ਕੇ ਪੜ੍ਹਦਾ ਸੀ। ਕਈ ਵਾਰ ਉਸਨੂੰ ਭੁੱਖ ਵੀ ਲੱਗਦੀ ਸੀ, ਪਰ ਉਹ ਆਪਣੇ ਸੁਪਨੇ ਨੂੰ ਯਾਦ ਕਰਕੇ ਆਪਣੇ ਆਪ ਨੂੰ ਮਜ਼ਬੂਤ ਕਰ ਲੈਂਦਾ ਸੀ।

ਇਮਤਿਹਾਨਾਂ ਦੇ ਦਿਨ ਨੇੜੇ ਆ ਗਏ। ਸੁੰਦਰ ਨੇ ਦਿਨ-ਰਾਤ ਇੱਕ ਕਰ ਦਿੱਤਾ। ਉਸਨੇ ਆਪਣੀ ਪੂਰੀ ਤਾਕਤ ਪੜ੍ਹਾਈ ਵਿੱਚ ਲਗਾ ਦਿੱਤੀ।

ਅਖੀਰਕਾਰ ਨਤੀਜਿਆਂ ਦਾ ਦਿਨ ਆ ਗਿਆ।

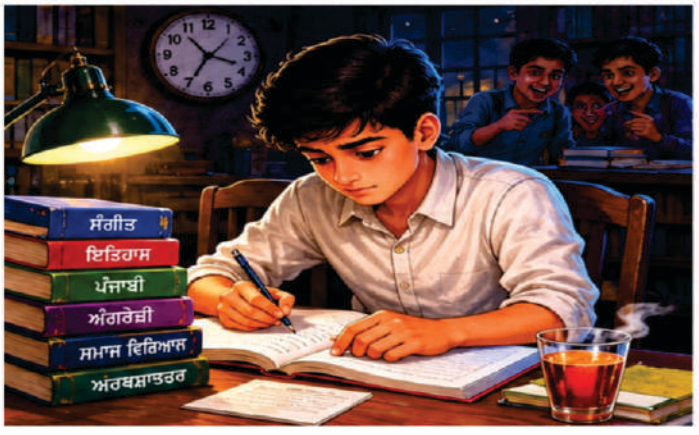
ਜਦੋਂ ਨਤੀਜੇ ਐਲਾਨੇ ਗਏ, ਤਾਂ ਸਾਰੀ ਯੂਨੀਵਰਸਿਟੀ ਵਿੱਚ ਇੱਕ ਹੀ ਨਾਮ ਗੂੰਜ ਰਿਹਾ ਸੀ — ਸੁੰਦਰ! ਉਸਨੇ ਪਹਿਲਾ ਸਥਾਨ ਹਾਸਲ ਕੀਤਾ ਸੀ।

ਉਸਦੀ ਮਾਂ ਦੀਆਂ ਅੱਖਾਂ ਵਿੱਚ ਖੁਸ਼ੀ ਦੇ ਹੰਝੂਆਂ ਦਾ ਕੋਈ ਟਿਕਾਣਾ ਨਹੀਂ ਸੀ। । ਉਹ ਕਹਿੰਦੀ, "ਮੇਰਾ ਪੁੱਤ ਸੱਚਮੁੱਚ ਮੇਰੀ ਸ਼ਾਨ ਹੈ।"

ਸੁੰਦਰ ਦੀ ਕਾਮਯਾਬੀ ਨੇ ਸਾਬਤ ਕਰ ਦਿੱਤਾ ਕਿ ਹਾਲਾਤ ਚਾਹੇ ਕਿੰਨੇ ਵੀ ਮੁਸ਼ਕਲ ਕਿਉਂ ਨਾ ਹੋਣ, ਜੇ ਮਨ ਵਿੱਚ ਹੌਸਲਾ ਅਤੇ ਮਿਹਨਤ ਹੋਵੇ, ਤਾਂ ਇਨਸਾਨ ਕੁਝ ਵੀ ਹਾਸਲ ਕਰ ਸਕਦਾ ਹੈ।

ਪੜ੍ਹਾਈ ਖਤਮ ਕਰਨ ਤੋਂ ਬਾਅਦ ਸੁੰਦਰ ਨੂੰ ਇੱਕ ਚੰਗੀ ਨੌਕਰੀ ਮਿਲ ਗਈ। ਉਸਨੇ ਆਪਣੀ ਮਾਂ ਲਈ ਇੱਕ ਪੱਕਾ ਘਰ ਬਣਾਇਆ ਅਤੇ ਉਹਨਾਂ ਦੀ ਜ਼ਿੰਦਗੀ ਸੁਧਾਰ ਦਿੱਤੀ।

ਪਰ ਸੁੰਦਰ ਨੇ ਕਦੇ ਵੀ ਆਪਣੇ ਪੁਰਾਣੇ ਦਿਨ ਨਹੀਂ ਭੁੱਲੇ। ਉਹ ਹਮੇਸ਼ਾਂ ਗਰੀਬ ਬੱਚਿਆਂ ਦੀ ਮਦਦ ਕਰਦਾ ਸੀ ਤਾਂ ਜੋ ਉਹ ਵੀ ਆਪਣੀ ਪੜ੍ਹਾਈ ਪੂਰੀ ਕਰ ਸਕਣ।



ਸਿੱਖਿਆ :

ਮਿਹਨਤ, ਹਿੰਮਤ ਅਤੇ ਧੀਰਜ ਨਾਲ ਹਰ ਮੁਸ਼ਕਿਲ ਨੂੰ ਹਰਾਇਆ ਜਾ ਸਕਦਾ ਹੈ।

ਤਿੜਕਦੇ ਰਿਸ਼ਤੇ



ਦੇਵਿੰਦਰ ਸਿੰਗਲਾ
ਫੈਕਲਟੀ ਆਫ ਇੰਜੀਨੀਅਰਿੰਗ ਐਂਡ ਟੈਕਨਾਲੋਜੀ

ਮਾਪੇ ਬੱਚਿਆਂ ਦੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਸਭ ਤੋਂ ਵੱਡੀ ਭੂਮਿਕਾ ਨਿਭਾਉਂਦੇ ਹਨ, ਪਰ ਪਰਿਵਾਰ ਦੇ ਹੋਰ ਮੈਂਬਰਾਂ, ਖਾਸ ਕਰਕੇ ਚਾਚਾ ਜਾਂ ਤਾਇਆ, ਵੀ ਬੱਚਿਆਂ ਦੀ ਸੋਚ, ਵਿਵਹਾਰ, ਅਤੇ ਸੰਸਕਾਰਾਂ ਨੂੰ ਢਾਲਣ ਵਿੱਚ ਆਪਣੀ ਅਹਿਮ ਭੂਮਿਕਾ ਨਿਭਾਉਂਦੇ ਹਨ। ਪੁਰਾਣੇ ਸਮਿਆਂ ਵਿੱਚ, ਜਦ ਪਰਿਵਾਰ ਸੰਯੁਕਤ ਹੋਏ ਕਰਦੇ ਸਨ, ਤਾਇਆ ਜਾਂ ਚਾਚਾ ਪਿਤਾ ਵਰਗਾ ਹੀ ਦਰਜਾ ਰੱਖਦੇ ਸਨ। ਉਹ ਸਿਰਫ ਰਿਸ਼ਤੇਦਾਰ ਨਹੀਂ ਸਨ, ਬਲਕਿ ਮਾਰਗਦਰਸ਼ਕ, ਅਧਿਆਪਕ ਅਤੇ ਕਈ ਵਾਰੀ ਰੋਲੇ ਮਾਪੇ ਵੀ ਬਣ ਜਾਂਦੇ ਸਨ।

ਅੱਜ ਦੇ ਸਮੇਂ ਵਿੱਚ ਜਦ ਗੁੱਸਾ, ਈਰਖਾ, ਜਾਇਦਾਦੀ ਝਗੜੇ ਜਾਂ ਅਹੰਕਾਰ ਆਉਂਦੇ ਹਨ, ਇਹ ਰਿਸ਼ਤੇ ਪਿੱਛੇ ਹਟਦੇ ਜਾਂਦੇ ਹਨ। ਕਈ ਵਾਰੀ ਮਾਪਿਆਂ ਦੇ ਝਗੜਿਆਂ ਵਿੱਚ ਬੱਚਿਆਂ ਨੂੰ ਇਨ੍ਹਾਂ ਰਿਸ਼ਤਿਆਂ ਤੋਂ ਦੂਰ ਕਰ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ। ਬੱਚਿਆਂ ਦੇ ਮਨ ਵਿਚ ਇਹ ਰਿਸ਼ਤੇ ਜਿਉਂਦੇ ਹੀ ਨਹੀਂ। ਉਹ ਨਾਂ ਚਾਚੇ ਨੂੰ ਜਾਣਦੇ ਹਨ, ਨਾਂ ਤਾਏ ਨੂੰ। ਸਮੇਂ ਨਾਲ ਇਹ ਦੂਰੀ ਬਹੁਤ ਲੰਬੀ ਹੋ ਗਈ ਹੈ। ਪਰ ਅਸੀਂ ਇਹ ਨਹੀਂ ਸਮਝਦੇ ਕਿ ਇਹ ਦੂਰੀ ਬੱਚਿਆਂ ਤੋਂ ਕੀ ਕੁਝ ਖੋ ਰਹੀ ਹੈ। ਬੱਚਿਆਂ ਨੂੰ ਮਾਪਿਆਂ ਤੋਂ ਬਿਨਾਂ ਹੋਰ ਵਿਅਕਤੀਆਂ ਦੀ ਲੋੜ ਹੁੰਦੀ ਹੈ ਜੋ ਉਹਨਾਂ ਦੀ ਸਲਾਹ ਦੇ ਸਕਣ, ਉਨ੍ਹਾਂ ਨਾਲ ਖੇਡਣ, ਗੱਲਾਂ ਕਰਨ ਅਤੇ ਜੀਵਨ ਦੇ ਅਨੁਭਵ ਸਾਂਝੇ ਕਰਨ। ਜਦ ਚਾਚਾ ਜਾਂ ਤਾਇਆ ਜੀਵਨ ਵਿੱਚ ਸ਼ਾਮਲ ਰਹਿੰਦੇ ਹਨ, ਉਹ ਮਾਪਿਆਂ ਦੀ ਬਹੁਤ ਸਹਾਇਤਾ ਕਰ ਸਕਦੇ ਹਨ, ਖਾਸ ਕਰਕੇ ਕੰਮਕਾਜ ਵਾਲੇ ਦਿਨਾਂ ਵਿੱਚ। ਬੱਚੇ ਪਰਿਵਾਰਕ ਰਿਸ਼ਤਿਆਂ ਦੀ ਅਹਿਮੀਅਤ ਚਾਚਾ ਜਾਂ ਤਾਇਆ ਦੇ ਰੂਪ ਵਿੱਚ ਸਿੱਖਦੇ ਹਨ। ਉਹ ਸਿੱਖਦੇ ਹਨ ਕਿ ਪਰਿਵਾਰ ਸਿਰਫ ਮਾਂ-ਪਿਓ ਤੱਕ ਸੀਮਤ ਨਹੀਂ, ਸਗੋਂ ਵੱਡਾ ਹੁੰਦਾ ਹੈ। ਕਈ ਵਾਰੀ ਚਾਚਾ ਜਾਂ ਤਾਇਆ, ਆਪਣੇ ਜੀਵਨ ਦੇ ਅਨੁਭਵ ਅਤੇ ਸਫਲਤਾ ਰਾਹੀਂ ਬੱਚਿਆਂ ਲਈ ਉਨ੍ਹਾਂ ਦੀ ਰੁਚੀ ਮੁਤਾਬਕ ਰਾਹ ਦੱਸ ਸਕਦੇ ਹਨ।

ਜਿਵੇਂ ਪਰਿਵਾਰ ਛੋਟੇ ਹੋ ਰਹੇ ਹਨ, ਨਵੀਂ ਪੀੜ੍ਹੀ ਦੀ ਸੋਚ "ਸਾਡਾ-ਤੇ-ਉਹਨਾ ਦਾ" ਬਣ ਗਈ ਹੈ। ਜਾਇਦਾਦ ਦੇ ਵਿਵਾਦ, ਜਾਂ ਨੌਕਰੀ ਦੀ ਮਜਬੂਰੀ ਨਾਲ ਵੀ ਰਿਸ਼ਤੇ ਖਤਮ ਹੋ ਜਾਂਦੇ ਹਨ। ਪਰ ਲੋੜ ਹੈ ਕਿ ਅਸੀਂ ਆਪਣੇ ਬੱਚਿਆਂ ਲਈ ਇਹ ਰਿਸ਼ਤੇ ਦੁਬਾਰਾ ਜਿੰਦਾ ਕਰੀਏ। ਉਹਨਾਂ ਨੂੰ ਇਹ ਸਮਝਾਈਏ ਕਿ ਸੰਸਕਾਰਾਂ ਦੀ ਰੀੜ੍ਹ ਪਰਿਵਾਰ ਦੀ ਵਿਸ਼ਾਲਤਾ ਵਿੱਚ ਹੈ। ਚਾਹੇ ਜ਼ਿੰਦਗੀ ਕਿੰਨੀ ਵੀ ਰਫ਼ਤਾਰ ਵਾਲੀ ਹੋਵੇ, ਪਰ ਰਿਸ਼ਤੇ ਉਹ ਜੜਾਂ ਹਨ ਜੋ ਬੱਚਿਆਂ ਦੀ ਸੋਚ, ਵਿਅਕਤੀਤਵ ਅਤੇ ਸੰਸਕਾਰ ਨਿਰਧਾਰਤ ਕਰਦੀਆਂ ਹਨ। ਚਾਚਾ ਜਾਂ ਤਾਇਆ ਦਾ ਰਿਸ਼ਤਾ ਨਾ ਸਿਰਫ ਪਿਆਰ ਵਾਲਾ, ਸਗੋਂ ਉਨ੍ਹਾਂ ਦੇ ਸਰਬ ਪੱਖੀ ਵਿਕਾਸ ਨੂੰ ਪੂਰਾ ਕਰਨ ਵਾਲਾ ਰਿਸ਼ਤਾ ਹੈ। ਜੇ ਇਹ ਰਿਸ਼ਤਾ ਟੁੱਟ ਰਿਹਾ ਹੈ ਤਾਂ ਸਮਾਜ ਨੂੰ, ਮਾਪਿਆਂ ਨੂੰ, ਅਤੇ ਆਪਾਂ ਸਾਰਿਆਂ ਨੂੰ ਇਹ ਸੋਚਣ ਦੀ ਜ਼ਰੂਰਤ ਹੈ ਕਿ ਕੀ ਅਸੀਂ ਆਪਣੇ ਬੱਚਿਆਂ ਨੂੰ ਉਹ ਸੰਸਕਾਰ ਦੇ ਰਹੇ ਹਾਂ ਜੋ ਉਨ੍ਹਾਂ ਨੂੰ ਭਵਿੱਖ ਵਿੱਚ ਇੱਕ ਸੰਪੂਰਨ ਵਿਅਕਤੀ ਬਣਾਉਣ ਲਈ ਜ਼ਰੂਰੀ ਹਨ।

ਆਓ ਕਲਮਾਂ ਚੁੱਕੀਏ



ਜੱਸ ਸੋਹਲ
ਆਰਟਿਸਟ (ਵੀਡੀਓਗ੍ਰਾਫਰ)

ਆਓ ਕਲਮਾਂ ਚੁੱਕੀਏ
ਜੇਕਰ ਸਾਡੇ ਡੌਲਿਆਂ ਵਿਚਲਾ ਖ਼ੂਨ,
ਹੁਣ ਉਬਾਲੇ ਨਹੀਂ ਮਾਰਦਾ।
ਅਸੀਂ ਭੁੱਲ ਗਏ ਹਾਂ ਸੱਚਮੁੱਚ ਉਸਦੇ,
ਨਰਮ ਹੱਥਾਂ ਨਾਲ ਵੱਜੇ ਚਾਬੁਕ ਦਾ ਦਰਦ।
ਖ਼ਤਮ ਹੋ ਗਈ ਹੈ ਸਾਡੇ ਅੰਦਰੋਂ ਗ਼ੈਰਤ,
ਬਖਸ਼ੀ ਸੀ ਜੋ ਸਾਡੇ ਰਹਿਬਰਾਂ ਨੇ ਸਾਨੂੰ।
ਨਹੀਂ ਸੁਣ ਰਹੀ ਹੈ ਜੇਕਰ ਸਾਨੂੰ,
ਕੀਰਨੇ ਪਾਉਂਦੀ ਸਾਡੀ ਮਾਂ ਦੀ ਪੁਕਾਰ।
ਤਾਂ ਆਓ ਫਿਰ ਕਲਮਾਂ ਚੁੱਕੀਏ।
ਕਿਉਂਕਿ ਕਲਮ ਵਿੱਚ ਹੈ ਅਜੇ ਉਹ ਤਾਕਤ,
ਜੋ ਭਰੀ ਹੈ ਬਾਜ਼ਾਂ ਵਾਲੇ ਮਰਦ ਅਗੰਮੜੇ ਨੇ।
ਐਸੀ ਤਾਕਤ ਜਿਸ ਨਾਲ ਲਿਖੇ ਹਰਫ਼,
ਪੜ੍ਹਕੇ ਔਰੰਗਜ਼ੇਬ ਵੀ ਬਾਵੇਂ ਢੇਰ ਹੋ ਗਿਆ ਸੀ।
ਜਿਸਨੂੰ ਪੜ੍ਹਕੇ, ਜ਼ੁਲਮ ਦਾ ਖਾਤਮਾ ਹੋਇਆ ਸੀ।
ਕੀ ਹੋਇਆ ਜੇ ਅਸੀਂ ਬੇ-ਗ਼ੈਰਤ ਹੋ ਗਏ ਹਾਂ,
ਸਾਡੀ ਕਲਮ ਤਾਂ ਅਜੇ ਜ਼ਿੰਦਾ ਹੈ।
ਤਾਂ ਆਓ ਫਿਰ ਕਲਮਾਂ ਚੁਕੀਏ।
ਏਹ ਕਲਮ 'ਚ ਹੈ ਅਜੇ ਸ਼ਕਤੀ ਬੇਸ਼ੁਮਾਰ,
ਏਹ ਕਲਮ ਤਾਂ ਬਦਲ ਸਕਦੀ ਹੈ ਰੁੱਖ ਹਵਾਵਾਂ ਦੇ।



ਏਹ ਕਲਮ ਤਾਂ ਲਿਆ ਸਕਦੀ ਹੈ ਨਵਾਂ ਇਨਕਲਾਬ,
ਐਸਾ ਇਨਕਲਾਬ ਜੋ ਭਗਤ ਸਿੰਘ ਨੇ ਚਿਤਵਿਆ ਸੀ।
ਐਸਾ ਇਨਕਲਾਬ ਜੋ ਸਾਡੀ ਸੁੱਤੀ ਜ਼ਮੀਰ ਨੂੰ ਜਗਾ ਦਏਗਾ,
ਐਸਾ ਇਨਕਲਾਬ ਜੋ ਗ਼ੈਰਤ ਪੈਦਾ ਕਰ ਸਕਦੈ।
ਲਿਆ ਸਕਦੀ ਹੈ ਐਸਾ ਇਨਕਲਾਬ ਏਹ ਕਲਮ,
ਤਾਂ ਆਓ ਫਿਰ ਕਲਮਾਂ ਚੁੱਕੀਏ।

ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਅਸਫਲ ਹੋਣਾ ਅਸੰਭਵ ਬਣਾਓ



ਗੁਰਦੀਪ ਸਿੰਘ (ਮੁਬਾਰਕ)
ਬੈਚ 2024
ਫੈਕਲਟੀ ਆਫ ਵਿਜ਼ੂਅਲ ਐਂਡ ਪਰਫਾਰਮਿੰਗ ਆਰਟਸ

ਜਦੋਂ ਉਹ 6 ਸਾਲ ਦਾ ਸੀ, ਤਾਂ ਟੋਨੀ ਰੱਬਿਨਜ਼ ਦਾ ਪਿਤਾ ਘਰ ਛੱਡ ਕੇ ਚਲਾ ਗਿਆ ਸੀ। ਘਰ ਵਿੱਚ ਤਿੰਨ ਭੈਣ-ਭਰਾ ਸਨ। ਮਾਂ ਨੇ ਆਪਣਾ ਦੁੱਖ ਅਤੇ ਤਣਾਅ ਭੁਲਾਉਣ ਲਈ ਨਸ਼ਿਆਂ ਦਾ ਸਹਾਰਾ ਲਿਆ। ਨਤੀਜੇ ਵਜੋਂ ਬੱਚਿਆਂ ਦੀ ਜ਼ਿੰਦਗੀ ਬਹੁਤ ਮੁਸ਼ਕਿਲ ਰਹੀ। ਕਿਸੇ ਤਰ੍ਹਾਂ ਖਾਣ ਲਈ ਪੈਸੇ ਹੋ ਜਾਂਦੇ ਸਨ। ਟੋਨੀ ਕਹਿੰਦਾ ਹੈ ਕਿ ਬਚਪਨ ਵਿੱਚ ਮੈਨੂੰ ਪੜ੍ਹਨ ਲਈ ਚੰਗਾ ਸਕੂਲ ਨਹੀਂ ਮਿਲਿਆ। ਨਾ ਹੀ ਕਾਲਜ ਜਾਣ ਦਾ ਮੌਕਾ ਮਿਲਿਆ। ਜਦੋਂ ਮੈਂ ਵੱਡਾ ਹੋਇਆ ਤਾਂ ਇਸ ਗੱਲ ਦਾ ਬਹੁਤ ਪਛਤਾਵਾ ਸੀ। ਮੈਨੂੰ ਹੁਣ ਵੀ ਲੱਗਦਾ ਕਿ ਕਾਸ਼! ਮੈਂ ਹੋਰ ਪੜ੍ਹਿਆ ਹੁੰਦਾ ਤਾਂ ਸ਼ਾਇਦ ਮੇਰੀ ਸੋਚ ਦਾ ਪੱਧਰ ਵੀ ਹੋਰ ਹੁੰਦਾ।

ਟੋਨੀ ਕਹਿੰਦਾ ਹੈ, ਫਿਰ ਮੈਂ ਇੱਕ ਦਿਨ ਫੈਸਲਾ ਕੀਤਾ ਕਿ ਹੁਣ ਪਛਤਾਵਾ ਬਹੁਤ ਹੋ ਗਿਆ। ਅੱਜ ਤੋਂ ਮੈਂ ਜਿੱਥੇ ਵੀ ਜਾਵਾਂਗਾ, ਉੱਥੋਂ ਕੁਝ ਨਾ ਕੁਝ ਤਾਂ ਸਿੱਖ ਕੇ ਹੀ ਵਾਪਸ ਆਵਾਂਗਾ। ਚਾਹੇ ਮੈਂ ਦੋਸਤ ਦੀ ਜਨਮਦਿਨ ਦੀ ਪਾਰਟੀ ਵਿੱਚ ਜਾਵਾਂ, ਜਾਂ ਕਿਸੇ ਨਾਲ ਗੱਲ ਕਰਾਂ, ਜਾਂ ਬਾਗ ਵਿੱਚ ਘੁੰਮ ਕੇ ਆਵਾਂ, ਮੈਂ ਹਮੇਸ਼ਾਂ ਕੁਝ ਨਾ ਕੁਝ ਸਿੱਖ ਕੇ ਆਵਾਂਗਾ।

ਮੈਂ ਹਮੇਸ਼ਾਂ ਵਾਪਸ ਆਉਣ ਤੋਂ ਬਾਅਦ ਇਹ ਯਾਦ ਕਰਦਾ ਸੀ ਕਿ ਮੈਂ ਉਸ ਥਾਂ ਤੋਂ, ਉਸ ਇਨਸਾਨ ਤੋਂ ਕੀ ਸਿੱਖਿਆ? ਜੇ ਉਹ ਸਿੱਖ ਮੈਨੂੰ ਉਸ ਸਮੇਂ ਕੰਮ ਦੀ ਲੱਗਦੀ ਤਾਂ ਮੈਂ ਉਸਨੂੰ ਲਿਖ ਲੈਂਦਾ। ਇਸ ਤਰ੍ਹਾਂ ਕਰਦੇ-ਕਰਦੇ ਮੇਰੀ ਪੂਰੀ ਜ਼ਿੰਦਗੀ ਹੀ ਅਧਿਆਪਕ ਬਣ ਗਈ। ਮੇਰੇ ਕੋਲ ਕਾਫ਼ੀ ਨੋਟਸ ਇਕੱਠੇ ਹੋਣ ਲੱਗੇ। ਮੈਂ ਮਨੋਵਿਗਿਆਨ ਅਤੇ ਸਰੀਰਕ ਹਾਵ-ਭਾਵ ਦੇ ਕਈ ਰਾਜ ਸਿੱਖੇ।

ਟੋਨੀ ਦਾ ਬੀਤਿਆ ਸਮਾਂ ਉਹੀ ਸੀ, ਉਨ੍ਹਾਂ ਦੀ ਅਧੂਰੀ ਸਿੱਖਿਆ ਉਹੀ ਸੀ, ਉਨ੍ਹਾਂ ਦੇ ਹਾਲਾਤ ਉਹੀ ਸਨ, ਪਰ ਜਿਵੇਂ ਹੀ ਟੋਨੀ ਨੇ ਆਪਣਾ ਨਜ਼ਰੀਆ ਬਦਲਿਆ, ਉਸੇ ਵੇਲੇ ਉਨ੍ਹਾਂ ਦੀ ਪੂਰੀ ਜ਼ਿੰਦਗੀ ਬਦਲ ਗਈ। ਜੋ ਜ਼ਿੰਦਗੀ ਅਜੇ ਤੱਕ ਕਠਿਨ ਅਤੇ ਅਣਸੁਲਝੀ ਲੱਗਦੀ ਸੀ, ਉਹ ਟੋਨੀ ਲਈ ਇੱਕ ਦਿਲਚਸਪ ਕਿਤਾਬ ਬਣ ਗਈ।

ਜ਼ਿੰਦਗੀ ਪ੍ਰਤੀ ਸਾਡਾ ਨਜ਼ਰੀਆ ਇਹ ਤੈਅ ਕਰਦਾ ਹੈ ਕਿ ਜ਼ਿੰਦਗੀ ਦਾ ਸਾਡੇ ਪ੍ਰਤੀ ਨਜ਼ਰੀਆ ਕਿਹੋ ਜਿਹਾ ਹੋਵੇਗਾ। ਇਹ ਨਜ਼ਰੀਆ ਕੀ ਹੈ? ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਇਸਨੂੰ ਸਮਝਦੇ ਹਾਂ। ਨਜ਼ਰੀਆ ਇੱਛਾ-ਸ਼ਕਤੀ ਦਾ ਉਹ ਰੂਪ ਹੈ ਜਿਸ ਦੇ ਰਾਹੀਂ ਤੁਹਾਡੀ ਨਜ਼ਰ ਹਮੇਸ਼ਾਂ ਆਪਣੇ ਮਕਸਦ 'ਤੇ ਬਣੀ ਰਹਿੰਦੀ ਹੈ। ਮਕਸਦ ਦਾ ਅਰਥ - ਤੁਹਾਨੂੰ ਹਮੇਸ਼ਾਂ ਪਤਾ ਹੈ ਕਿ "ਮੈਂ ਕਿਵੇਂ ਮਹਿਸੂਸ ਕਰਨਾ ਚਾਹੁੰਦਾ ਹਾਂ ਅਤੇ ਮੈਂ ਕੀ ਹਾਸਲ ਕਰਨਾ ਚਾਹੁੰਦਾ ਹਾਂ।"

ਨਜ਼ਰੀਆ ਬਦਲਣ ਨਾਲ ਉਨ੍ਹਾਂ ਦੇ ਕਰਮ ਬਦਲੇ। ਉਨ੍ਹਾਂ ਨੇ ਪਛਤਾਉਣਾ ਛੱਡ ਕੇ ਇੱਕ ਹੱਲ ਲੱਭਿਆ। ਮਤਲਬ ਸਾਡੀ ਨਜ਼ਰ ਆਪਣੇ ਮਕਸਦ 'ਤੇ ਬਣੀ ਰਹਿਣੀ ਚਾਹੀਦੀ ਹੈ।

ਇੱਕ ਹੋਰ ਆਮ ਜ਼ਿੰਦਗੀ ਵਾਲਾ ਉਦਾਹਰਨ ਦੇਖਦੇ ਹਾਂ। ਬਹੁਤ ਦਿਨਾਂ ਤੋਂ ਯੋਜਨਾ ਬਣ ਰਹੀ ਸੀ। ਤੁਸੀਂ ਦੋਸਤਾਂ ਨਾਲ ਸੜਕ ਯਾਤਰਾ 'ਤੇ ਨਿਕਲੇ ਅਤੇ ਕਾਰ ਵਿੱਚ ਦੁਪਹਿਰ ਵੇਲੇ ਦੋ ਲੋਕਾਂ ਵਿੱਚ ਝਗੜਾ ਹੋ ਗਿਆ ਅਤੇ ਤਪਦੀ ਧੁੱਪ ਵਿੱਚ ਟਾਇਰ ਵੀ ਪੰਚਰ ਹੋ ਗਿਆ। ਤੁਸੀਂ ਪਸੀਨੇ ਨਾਲ ਲਥਪਥ ਹੋ। ਇੱਧਰ ਮਦਦ ਕਰਨ ਦੀ ਬਜਾਏ ਕੁਝ ਲੋਕ ਅਜੇ ਵੀ ਬਹਿਸ ਕਰ ਰਹੇ ਹਨ। ਤੁਹਾਨੂੰ ਵੀ ਥੋੜ੍ਹਾ ਗੁੱਸਾ ਆ ਰਿਹਾ ਹੈ, ਪਰ ਤੁਹਾਡੀ ਅਕਲ ਸਾਥ ਦੇ ਰਹੀ ਹੈ।

ਤੁਹਾਨੂੰ ਆਪਣਾ ਮਕਸਦ ਪਤਾ ਹੈ ਕਿ ਮਸਤ ਰਹਿਣਾ ਹੈ, ਖੁਸ਼ ਰਹਿਣਾ ਹੈ। ਅੱਜ ਅਸੀਂ ਦੋਸਤਾਂ ਨਾਲ ਹਾਸੇ-ਮਜ਼ਾਕ ਲਈ ਆਏ ਹਾਂ। ਜੇ ਮੈਂ ਵੀ ਨਿਰਾਸ਼ ਹੋ ਗਿਆ ਤਾਂ ਸਭ ਦਾ ਮਾਹੌਲ ਖਰਾਬ ਹੋ ਜਾਵੇਗਾ। ਤੁਹਾਡਾ ਮਕਸਦ ਤੁਹਾਡੀਆਂ ਅੱਖਾਂ ਦੇ ਸਾਹਮਣੇ ਹੈ, ਜਿਸ ਕਾਰਨ ਤੁਹਾਡਾ ਨਜ਼ਰੀਆ

ਸਕਾਰਾਤਮਕ ਹੈ। ਤੁਹਾਡਾ ਨਜ਼ਰੀਆ ਸਹੀ ਹੈ ਤਾਂ ਤੁਸੀਂ ਸਹੀ ਕਰਮ ਕਰ ਲੈਂਦੇ ਹੋ। ਜਦੋਂ ਸਾਡਾ ਨਜ਼ਰੀਆ ਸਹੀ ਰਹਿੰਦਾ ਹੈ ਤਾਂ ਉਹ ਸਾਰੀਆਂ ਚੀਜ਼ਾਂ ਜੋ ਸਾਨੂੰ ਚਿੜਾਉਂਦੀਆਂ ਸਨ, ਡਰਾਉਂਦੀਆਂ ਸਨ ਜਾਂ ਉਦਾਸ ਕਰਦੀਆਂ ਸਨ - ਉਹ ਸਾਨੂੰ ਛੂਹ ਵੀ ਨਹੀਂ ਸਕਦੀਆਂ।

ਦੋਸਤੋ! ਅਸੀਂ ਹੁਣੇ ਵੇਖਿਆ ਕਿ ਨਜ਼ਰੀਆ ਕਿਵੇਂ ਬਣਾਇਆ ਜਾਂਦਾ ਹੈ। ਇਸਦੇ ਨਾਲ ਦੋ ਹੋਰ ਜ਼ਰੂਰੀ ਗੱਲਾਂ ਸਮਝਦੇ ਹਾਂ। ਪਹਿਲੀ ਗੱਲ - ਪੰਜ ਸਾਲ ਦਾ ਨਿਯਮ। ਜੇ ਤੁਸੀਂ 5 ਸਾਲ ਸਹੀ ਨਜ਼ਰੀਏ ਨਾਲ਼ ਮਿਹਨਤ ਕਰੀ ਜਾਓ ਤਾਂ ਤੁਸੀਂ ਆਪਣੇ ਖੇਤਰ ਦੇ ਚੋਟੀ ਦੇ 5 ਫ਼ੀਸਦੀ ਲੋਕਾਂ ਵਿੱਚ ਆ ਸਕਦੇ ਹੋ। ਪਰ ਜ਼ਿਆਦਾਤਰ ਲੋਕ ਬਹੁਤ ਰੱਖਿਆਤਮਕ ਸੋਚ ਨਾਲ ਜੀਵਨ ਜਿਉਂਦੇ ਹਨ। ਉਨ੍ਹਾਂ ਦਾ ਬਚਪਨ ਤੋਂ ਐਸਾ ਨਜ਼ਰੀਆ ਬਣ ਗਿਆ ਹੈ ਕਿ ਉਹ ਹਮੇਸ਼ਾਂ ਆਪਣੇ ਉੱਤੇ ਸ਼ੱਕ ਕਰਦੇ ਹਨ। ਇਸ ਲਈ ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਆਪਣੇ ਪ੍ਰਤੀ ਨਜ਼ਰੀਆ ਠੀਕ ਕਰੋ।





ਬਾਬ ਪ੍ਰੋਕਟਰ ਇੱਕ ਸੈਮੀਨਾਰ ਵਿੱਚ ਹੈਰਾਨ ਕਰ ਦੇਣ ਵਾਲੀ ਗੱਲ ਕਹਿੰਦੇ ਹਨ ਕਿ, "ਜੇ ਇੱਥੇ ਬੈਠੇ ਲੋਕਾਂ ਦੀ ਸੱਚਾਈ ਦੀ ਜਾਂਚ ਕੀਤੀ ਜਾਵੇ ਤਾਂ ਪਤਾ ਲੱਗੇਗਾ ਕਿ 99 ਫ਼ੀਸਦੀ ਲੋਕ ਵਿਸ਼ਵਾਸ ਹੀ ਨਹੀਂ ਕਰਦੇ ਕਿ ਉਹ ਆਪਣੇ ਲਕਸ਼ ਨੂੰ ਪੂਰਾ ਕਰ ਸਕਦੇ ਹਨ।" ਇਹ ਮਨੋਵਿਗਿਆਨ ਦਾ ਅਜੀਬ ਸੱਚ ਹੈ। ਅਸੀਂ ਲੋਕ ਆਪਣੀ ਤਾਕਤ ਨੂੰ ਬਹੁਤ ਘੱਟ ਗਿਣਦੇ ਹਾਂ। ਸਾਨੂੰ ਲੱਗਦਾ ਹੈ ਕਿ ਦੂਜਾ ਕਰ ਸਕਦਾ ਹੈ, ਪਰ ਕਿਸੇ ਅਜੀਬ ਕਾਰਨ ਕਰਕੇ ਅਸੀਂ ਨਹੀਂ ਕਰ ਸਕਦੇ।

ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਆਪਣੇ ਪ੍ਰਤੀ ਨਜ਼ਰੀਆ ਬਦਲੋ। “ਇਸ ਤਰ੍ਹਾਂ ਜੀਓ ਜਿਵੇਂ ਅਸਫਲ ਹੋਣਾ ਅਸੰਭਵ ਹੈ।” ਏਦਾਂ ਰਹੋ, ਏਦਾਂ ਚੱਲੋ, ਏਦਾਂ ਮਹਿਸੂਸ ਕਰੋ, ਏਦਾਂ ਕਰਮ ਕਰੋ ਜਿਵੇਂ ਅਸਫਲ ਹੋਣਾ ਅਸੰਭਵ ਹੈ।

ਇਸਦਾ ਉਦਾਹਰਨ ਮਾਈਕਲ ਜੱਾਰਡਨ ਤੋਂ ਲੈਂਦੇ ਹਾਂ। ਮਾਈਕਲ ਜੱਾਰਡਨ ਕਹਿੰਦੇ ਹਨ ਕਿ, "ਮੈਂ ਕਦੇ ਸੋਚਿਆ ਹੀ ਨਹੀਂ, ਮੇਰੇ ਦਿਮਾਗ ਵਿੱਚ ਇਹ ਗੱਲ ਕਦੇ ਆਈ ਹੀ ਨਹੀਂ ਕਿ ਮੈਂ ਹਾਰ ਸਕਦਾ ਹਾਂ।" ਇਸ ਨਜ਼ਰੀਏ ਦੇ ਕਾਰਨ ਮਾਈਕਲ ਜੱਾਰਡਨ ਦੀ ਸ਼ਖਸੀਅਤ ਵਿੱਚ ਏਦਾਂ ਦਾ ਆਤਮ-ਵਿਸ਼ਵਾਸ ਸੀ, ਏਦਾਂ ਦਾ ਆਕਰਸ਼ਣ ਸੀ ਕਿ ਜੋ ਲੋਕ ਬਾਸਕਟਬਾਲ ਨਹੀਂ ਜਾਣਦੇ ਸਨ, ਉਹ ਵੀ ਉਨ੍ਹਾਂ ਨੂੰ ਮਿਲ ਕੇ ਆਕਰਸ਼ਿਤ ਹੋ ਜਾਂਦੇ ਸਨ।

ਦੋਸਤੋ, ਸਾਰ ਵਿੱਚ ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਨਜ਼ਰੀਏ ਦੀ ਪਰਿਭਾਸ਼ਾ - ਨਜ਼ਰੀਆ ਉਹ ਇੱਛਾ-ਸ਼ਕਤੀ ਦਾ ਰੂਪ ਹੈ ਜਿਸ ਦੇ ਰਾਹੀਂ ਤੁਹਾਡੀ ਨਜ਼ਰ ਹਮੇਸ਼ਾਂ ਆਪਣੇ ਮਕਸਦ 'ਤੇ ਬਣੀ ਰਹਿੰਦੀ ਹੈ। ਮਕਸਦ ਮਤਲਬ ਤੁਹਾਨੂੰ ਪਤਾ ਹੈ ਕਿ ਮੈਂ ਕਿਵੇਂ ਮਹਿਸੂਸ ਕਰਨਾ ਚਾਹੁੰਦਾ ਹਾਂ ਅਤੇ ਮੈਂ ਕੀ ਹਾਸਲ ਕਰਨਾ ਚਾਹੁੰਦਾ ਹਾਂ।

ਜ਼ਿੰਦਗੀ ਪ੍ਰਤੀ ਸਾਡਾ ਨਜ਼ਰੀਆ ਇਹ ਤੈਅ ਕਰਦਾ ਹੈ ਕਿ ਜ਼ਿੰਦਗੀ ਦਾ ਸਾਡੇ ਪ੍ਰਤੀ ਨਜ਼ਰੀਆ ਕਿਹੋ ਜਿਹਾ ਹੋਵੇਗਾ। ਇਸ ਲਈ ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਆਪਣੇ ਪ੍ਰਤੀ ਨਜ਼ਰੀਆ ਬਦਲੋ। “ਇਸ ਤਰ੍ਹਾਂ ਜੀਓ ਜਿਵੇਂ ਅਸਫਲ ਹੋਣਾ ਅਸੰਭਵ ਹੈ।” ਏਦਾਂ ਚੱਲੋ, ਏਦਾਂ ਮਹਿਸੂਸ ਕਰੋ, ਏਦਾਂ ਦੇ ਕਰਮ ਕਰੋ ਜਿਵੇਂ ਅਸਫਲ ਹੋਣਾ ਅਸੰਭਵ ਹੈ। ਇਹੀ ਇੱਕ ਚੰਗੇ ਨਜ਼ਰੀਏ ਦਾ ਰਾਜ ਹੈ।

ਮੁਬਾਰਕ

ਜੀਵਨ ਦਾ ਸੱਚ



ਪਵਨ ਖਿੱਚੀ
ਯੋਜਨਾ ਤੇ ਵਿਕਾਸ ਵਿਭਾਗ

ਜੀਵਨ ਇੱਕ ਮੈਦਾਨ ਹੈ, ਨਿੱਤ ਦੀ ਨਵੀਂ ਲੜਾਈ,
ਪੈਸੇ-ਧੇਲੇ ਨਾਲ ਨਾ ਬਣਦੀ, ਬੰਦੇ ਦੀ ਵਡਿਆਈ।
ਉੱਚੀ ਸੋਚ ਤੇ ਹੱਥੀਂ ਹੁਨਰ, ਜੇਕਰ ਕੋਲ ਹੈ,
ਫਿਰ ਸਮਝ ਲੈ ਚਾਰਿਆਂ ਪਾਸਿਆਂ, ਚਾਨਣ ਹੀ ਸਵੇਰ ਹੈ।

ਲੀਡਰ ਉਹ ਜੋ ਰਾਹ ਦਿਖਾ ਕੇ, ਸਭ ਨੂੰ ਨਾਲ ਚਲਾਵੇ,
ਸਬਰ ਦਾ ਪੱਲਾ ਫੜ੍ਹਿਆ ਜਿਹਨੇ, ਮਾਤ ਕਦੇ ਨਾ ਖਾਵੇ।
ਵੱਡਾ ਦਿਲ ਹੀ ਦੁਨੀਆ ਉੱਤੇ, ਬੰਦੇ ਨੂੰ ਵਡਿਆਉਂਦਾ,
ਮਾਫ਼ ਕਰੇ ਜੋ ਗਲਤੀ ਦੂਜੇ ਦੀ, ਅਸਲੀ ਮਰਦ ਕਹਾਉਂਦਾ।
ਦੁਨੀਆ ਬਦਲਣ ਨਿਕਲਿਆ ਪਹਿਲਾਂ, ਆਪਣਾ ਆਪ ਸਵਾਰੀਂ,
ਬਿਨਾਂ ਸਬਰ ਤੋਂ ਕੋਈ ਵੀ ਉੱਚੀ-ਨੀਵੀਂ, ਗੱਲ ਨਾ ਵਿਚਾਰੀ।

ਹੱਥੀਂ ਹੁਨਰ ਜਿਨ੍ਹਾਂ ਦੇ ਵੱਸਦਾ, ਭੁੱਖੇ ਕਦੇ ਨਾ ਸੌਂਦੇ,
ਬਦਲਦੇ ਵਕਤ ਦੀ ਚਾਲ ਨੂੰ ਸਿੱਖ ਕੇ, ਉਹੀਓ ਮੌਜਾਂ ਮਾਣਦੇ।
ਜਿਸ ਦਿਨ ਸਿੱਖਣਾ ਛੱਡ ਦਿੱਤਾ ਤੂੰ, ਵਿਕਾਸ ਤੇਰਾ ਉੱਥੇ ਰੁਕਣਾ,
ਸਿੱਖਣ ਦੀ ਕੋਈ ਉਮਰ ਨਾ ਹੁੰਦੀ, ਸਿੱਖ ਕੇ ਕਦੇ ਨਾ ਝੁਕਣਾ।
ਜਿੰਨਾ ਚਿਰ ਬੰਦਾ ਸਿੱਖਦਾ ਰਹਿੰਦਾ, ਰਹਿੰਦਾ ਸਦਾ ਜਵਾਨ,
ਬਿਨਾਂ ਸਿੱਖੇ ਤਾਂ ਬੰਦਾ ਹੁੰਦਾ, ਖਾਲੀ ਇੱਕ ਮਕਾਨ।

ਖੜ੍ਹਿਆ ਹੋਇਆ ਪਾਣੀ ਤਾਂ, ਛੇਤੀ ਹੀ ਮੁਸ਼ਕਾਵੇ,
ਬਿਨਾਂ ਨਿਸ਼ਾਨੇ ਜੀਵਨ ਬੰਦਿਆ, ਕੂੜੇ ਵਾਂਗੂੰ ਜਾਵੇ।

ਮੰਜ਼ਿਲ ਜੇਕਰ ਵੱਡੀ ਦਿੱਸੇ, ਛੋਟੇ ਕਦਮ ਵਧਾ ਲੈ,
ਔਖੇ ਵੇਲੇ ਹੌਂਸਲਾ ਰੱਖ ਕੇ, ਆਪਣਾ ਆਪ ਬਚਾ ਲੈ।
ਰਾਹ ਦੇ ਪੱਥਰਾਂ ਨਾਲ ਖਹਿ ਕੇ, ਝਰਨੇ ਗੀਤ ਸੁਣਾਉਂਦੇ,
ਮੁਸ਼ਕਿਲ ਵਿੱਚ ਘੜੇ ਹੋਏ ਹੀ, ਅਸਲੀ ਰੰਗ ਦਿਖਾਉਂਦੇ।

ਐਨੀ ਹਵਾ ਨਾ ਭਰ ਗੁਬਾਰੇ, ਜੋ ਚਿਹਰੇ 'ਤੇ ਫਟ ਜਾਵੇ,
ਬੰਦਾ ਆਪਣੀ ਔਕਾਤ ਤੋਂ ਉੱਪਰ, ਜਦ ਵੀ ਕਿਤੇ ਉੱਡ ਜਾਵੇ।
ਬਹੁਤੀ ਦੁਨੀਆ ਸੱਚੀ ਨਾ ਹੁੰਦੀ, ਆਪਣੀ ਪਰਖ ਤੂੰ ਰੱਖੀਂ,
ਦੂਜੇ ਨੂੰ ਮਾੜਾ ਕਹਿਣ ਤੋਂ ਪਹਿਲਾਂ, ਆਪਣੇ ਅੰਦਰੇ ਝਾਕੀਂ।
ਸ਼ੀਸ਼ੇ ਵਾਂਗੂੰ ਸਾਫ਼ ਜੇ ਹੋਵੇਂ, ਰਿਸ਼ਤੇ ਵੀ ਲਿਸ਼ਕਣਗੇ,
ਮਨ ਦੇ ਅੰਦਰ ਚਾਨਣ ਹੋਵੇ, ਚਿਹਰੇ ਵੀ ਮੁਸਕਾਉਣਗੇ।

ਥਾਪੀ ਦੇ ਕੇ ਹੌਂਸਲਾ ਦੇਣਾ, ਡੁੱਬਦੇ ਨੂੰ ਤਿਣਕਾ ਹੈ,
ਪਿਆਰ ਤੇ ਆਪਣਾਪਨ ਹੀ, ਸੁੱਖ ਦਾ ਇੱਕੋ ਕਿਣਕਾ ਹੈ।
ਕਹੇ ਮਾਨਸੇ ਵਾਲਾ 'ਖਿੱਚੀ', ਗੱਲ ਲੱਗੇਗੀ ਪਿਆਰੀ,
ਪਹਿਲਾਂ ਮਨ ਨੂੰ ਜਿੱਤ ਲੈ ਆਪਣੇ, ਫਿਰ ਜਿੱਤ ਲੈ ਦੁਨੀਆ ਸਾਰੀ।
ਮੁਸਕਰਾਉਂਦੇ ਰਹੋ ਤੇ ਸਿੱਖਦੇ ਰਹੋ, ਜੀਵਨ ਅਸਲ 'ਚ ਇਹੀ,
"ਜ਼ਿੰਦਗੀ ਜ਼ਿੰਦਾਬਾਦ" ਹੈ, ਇਹੋ ਗੱਲ ਸਿਆਣਿਆਂ ਕਹੀ।



ਮੇਰਾ ਉਹ ਪੰਜਾਬ



ਜਸ਼ਨਪ੍ਰੀਤ ਸਿੰਘ
ਬੈਚ 2024
ਫੈਕਲਟੀ ਆਫ ਐਜੂਕੇਸ਼ਨ

ਨਹੀਂ ਲੱਭਦਾ ਉਹ ਪੰਜਾਬ ਏ ਮੇਰਾ ,
ਜਿੱਥੇ ਜਦੋਂ ਆਥਣ, ਰਾਤਾਂ ਪੈਂਦੀਆਂ ਸੀ,
ਉਦੋਂ ਕੰਨੀ ਬਾਤਾਂ ਪੈਂਦੀਆਂ ਸੀ,
ਕੁਝ ਭੁੱਲਿਆ ਜਿਹਾ ਖ਼ੁਆਬ ਏ ਮੇਰਾ,
ਨਹੀਂ ਲੱਭਦਾ ਉਹ ਪੰਜਾਬ ਏ ਮੇਰਾ।

ਜਿੱਥੇ ਜਿੰਦਵਾਰ ਯਾਰਾਂ ਜਿਹੇ ਹਾਣੀ ਸੀ,
ਮੋਹ ਭਿੱਜੇ ਜਿੰਦਾਂ ਪਾਣੀ ਸੀ,
ਜਿੱਥੇ ਬਿਨਾਂ ਰੁਤਬੇ ਪੱਗਾਂ ਵਟਦੀਆਂ ਸੀ,
ਮਾਵਾਂ ਕੋਲੋਂ ਰੋਟੀਆਂ ਵੱਧ ਪੱਕਦੀਆਂ ਸੀ,
ਜਿੱਥੇ ਪੰਜ ਥਾਈਂ ਵਗਦਾ ਆਬ ਏ ਮੇਰਾ,
ਨਹੀਂ ਲੱਭਦਾ ਉਹ ਪੰਜਾਬ ਏ ਮੇਰਾ।

ਜਦੋਂ ਤਿੰਨ ਚਾਰ ਘਰਾਂ ਦਾ ਇੱਕ ਤੰਦੂਰ ਸੀ,
ਪੈਸੇ ਦਾ ਈਮਾਨ ਉਦੋਂ ਦੂਰ ਸੀ,
ਜਦੋਂ ਬਿਨਾਂ ਫਿਕਰਾਂ ਦੇ ਮੁੱਖਾਂ ਉੱਤੇ ਨੂਰ ਸੀ,
ਸਾਦਾ ਜੀਵਨ ਸਭਨਾਂ ਦਾ ਦਸਤੂਰ ਸੀ,
ਹੁਣ ਮੂੰਹ ਦੇ ਉੱਤੇ ਇੱਕ ਨਕ਼ਾਬ ਏ ਮੇਰਾ,
ਨਹੀਂ ਲੱਭਦਾ ਉਹ ਪੰਜਾਬ ਏ ਮੇਰਾ।

ਆਉਂਦੀ ਪੀੜ੍ਹੀ ਜੋਗਾ ਸਾਂਭ ਕੇ ਪੰਜਾਬ ਰਖਿਓ



ਈਸ਼ਾ ਗਖੜ
ਬੈਚ 2024
ਫੈਕਲਟੀ ਆਫ ਐਜੂਕੇਸ਼ਨ

ਦੁੱਲਾ ਭੱਟੀ ਜੱਗਾ ਸੁਣ ਲੈਣ ਜੇ ਜਨਾਨੀਆਂ
ਤਾਂ ਪੁੱਤ ਪੈਦਾ ਹੋਣ ਜਿਹੜੇ ਦੇਣ ਕੁਰਬਾਨੀਆਂ
ਜੰਮਦੇ ਨੂੰ ਦਸਿਓ
ਭਗਤ ਸਿੰਘ ਬਾਰੇ , ਕੀ ਸੀ ਊਧਮ ਸਿੰਘ ਦੇ ਉਚੇ ਖ਼ਵਾਬ ਦਸਿਓ
ਹੋਰ ਭਾਵੇ ਰਖਿਓ ਨਾ ਕੁੱਝ ਯਾਦ ; ਆਉਂਦੀ ਪੀੜ੍ਹੀ ਜੋਗਾ
ਸਾਂਭ ਕੇ ਪੰਜਾਬ ਰਖਿਓ
ਲੋਢਾ ਵੇਲਾ ਦੱਸਿਓ ਹੁੰਦਾ ਆ ਕਿਹੜਾ ? ਨਾਲੇ ਦੱਸਿਓ
ਪੂਰੇ ਦੀ ਹੁੰਦੀ ਪੌਣ ਕੀ ?
ਵਾਰਿਸ ਸ਼ਾਹ ਸੀ ਕੌਣ ?
ਕੌਣ ਸੀ ਸਾਈ ਮੀਆਂ ਮੀਰ ?
ਬਾਬਾ ਬੁੱਲਾ ਸੂਫ਼ੀ , ਬੁੱਧ ਸ਼ਾਹ ਜੀ ਕੌਣ ਸੀ ?
ਭੁੱਲ ਹੀ ਨਾ ਜਾਇਓ ਬਾਬੇ ਨਾਨਕ ਦੀ ਬਾਣੀ ; ਨਾਲੇ ਚੇਤੇ
ਮਰਦਾਨੇ ਦੀ ਰਬਾਬ ਰਖਿਓ
ਹੋਰ ਭਾਵੇਂ ਰਖਿਓ ਨਾ ਕੁੱਝ ਯਾਦ ਆਉਂਦੀ ਪੀੜ੍ਹੀ
ਜੋਗਾ ਸਾਂਭ ਕੇ ਪੰਜਾਬ ਰਖਿਓ
ਅੱਜ ਜਿਹਨੂੰ ਸਹਿਰਾ ਵਾਲੇ ਆਖਦੇ ਸ਼ਰਾਰਤਾ ਨੇ ,
ਪਿੰਡਾਂ ਵਾਲੇ ਕਹਿੰਦੇ ਉਹਨੂੰ ਚੌੜ ਸੀ
ਚਰਖਾ , ਪਲੰਘ , ਪੀੜ੍ਹੀ , ਮਧਾਨੀ ਹੁੰਦੇ ਕੀ ਸੀ ?
ਟੋਭੇ ਤੇ ਤਲਾਬ ਦੱਸਿਓ ,
ਹੋਰ ਭਾਵੇਂ ਰਖਿਓ ਨਾ ਕੁਝ ਯਾਦ ਆਉਂਦੀ ਪੀੜ੍ਹੀ
ਜੋਗਾ ਸਾਂਭ ਕੇ ਪੰਜਾਬ ਰਖਿਓ।

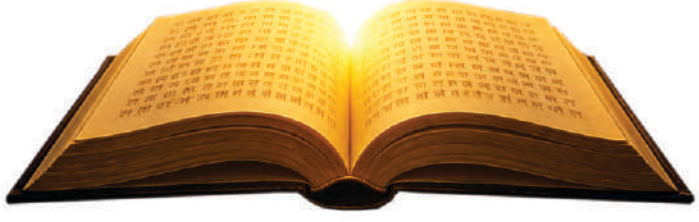
ਇਕ ਕਿਤਾਬ ਵੀ ਬੋਲਦੀ ਏ



ਹਰਪ੍ਰੀਤ ਕੌਰ
ਬੈਚ 2023
ਫੈਕਲਟੀ ਆਫ ਐਜੂਕੇਸ਼ਨ

ਇਹ ਕਿਤਾਬ ਵੀ ਬੋਲਦੀ ਏ
ਇਹ ਦੁਨੀਆਂ ਦੇ ਗੁੱਝੇ ਭੇਦ ਖੋਲਦੀ ਏ
ਕੁਝ ਲੋਕ ਕਰਦੇ ਨੇ ਦੂਜਿਆਂ ਦੀ ਤਰੱਕੀ ਉੱਪਰ ਸਾੜਾ
ਇਹ ਚੰਗਿਆਈਆਂ ਉਭਾਰਦੀ
ਅਤੇ ਬੁਰਾਈਆਂ ਲੁਕੋਂਦੀ ਏ
ਇਹ ਕਿਤਾਬ ਵੀ ਬੋਲਦੀ ਏ
ਇਹ ਦੁਨੀਆਂ ਦੇ ਗੁੱਝੇ ਭੇਦ ਖੋਲਦੀ ਏ
ਜੋ ਲੋਕ ਇਹਨਾਂ ਨਾਲ ਕਰਦੇ ਨੇ ਦੋਸਤੀ
ਇਹ ਵੀ ਨਿਭਾਉਂਦੀਆਂ ਨੇ ਉਹਨਾਂ ਨਾਲ ਵਫਾਵਾਂ
ਦੀਵਿਆਂ ਵਾਂਗ ਜਾ ਕੇ ਉਹਨਾਂ ਦੇ ਅੰਤਰ ਮਨਾਂ ਚ ਦੇਖ
ਉਹਨਾਂ ਦੇ ਮਨਾਂ ਨੂੰ ਟਟੋਲਦੀ ਏ
ਇਹ ਕਿਤਾਬ ਵੀ ਬੋਲਦੀ ਏ

ਇਹ ਦੁਨੀਆਂ ਦੇ ਗੁੱਝੇ ਭੇਦ ਖੋਲਦੀ ਏ
ਮੈਨੂੰ ਇੰਝ ਨਾ ਸੁੱਟਿਆ ਕਰ
ਮੇਰਾ ਵੀ ਕਦੇ ਹਾਲ ਪੁੱਛਿਆ ਕਰ
ਇਸ ਤਰ੍ਹਾਂ ਕਹਿ ਇਹ ਆਪਣੇ ਦੁੱਖ ਫਰੋਲਦੀ ਏ
ਇਹ ਕਿਤਾਬ ਵੀ ਬੋਲਦੀ ਏ
ਇਹ ਦੁਨੀਆਂ ਦੇ ਗੁੱਝੇ ਭੇਦ ਖੋਲਦੀ ਏ
ਕੌਮ ਦੀ ਖਾਤਰ ਸ਼ਹਾਦਤ ਦੇਣ ਵਾਲੇ
ਕੌਮੀਆਂ ਦੀ ਸ਼ਹਾਦਤ ਨੂੰ
ਇਹ ਸੱਚ ਦੀ ਤੱਕੜੀ ਵਿੱਚ ਤੋਲਦੀ ਏ
ਇਹ ਕਿਤਾਬ ਵੀ ਬੋਲਦੀ ਏ
ਇਹ ਦੁਨੀਆਂ ਦੇ ਗੁੱਝੇ ਭੇਦ ਖੋਲਦੀ ਏ
ਇਹ ਕਿਤਾਬ ਵੀ ਬੋਲਦੀ ਏ।





प्राचार्य
विज्ञान, मानविकी एवं भाषा संकाय

विज्ञान हमें प्रश्न करना, प्रमाण खोजना और तर्क के आधार पर निष्कर्ष तक पहुँचना सिखाता है; मानविकी हमें मनुष्य, समाज, संस्कृति और मूल्यों को समझने की संवेदनशील दृष्टि देती है; तथा भाषाएँ विचारों को संवाद, अभिव्यक्ति और आपसी समझ में बदलती हैं। इन तीनों धाराओं का समन्वय ही ऐसी समग्र शिक्षा का आधार है, जो ज्ञानवान होने के साथ-साथ विवेकशील और मानवीय भी बनाती है।

गुरु काशी विश्वविद्यालय के विज्ञान, मानविकी एवं भाषा संकाय में हमारा प्रयास है कि विद्यार्थी केवल पाठ्यक्रम तक सीमित न रहें, बल्कि जिज्ञासा, विश्लेषण, सृजनात्मकता और प्रभावी संप्रेषण की क्षमताएँ विकसित करें। प्रयोगशालाओं में होने वाला अनुसंधान, कक्षाओं में विचार-विमर्श, पुस्तकों का गंभीर अध्ययन, लेखन-अभ्यास और अंतर्विषयी गतिविधियाँ विद्यार्थियों को समस्याओं को अनेक दृष्टिकोणों से समझने तथा उत्तरदायी समाधान खोजने के लिए तैयार करती हैं।

आज कृत्रिम बुद्धिमत्ता, जलवायु परिवर्तन, सार्वजनिक स्वास्थ्य, सामाजिक असमानता और बदलते वैश्विक संबंध हमारे सामने जटिल प्रश्न रख रहे हैं। इनके समाधान के लिए तकनीकी दक्षता के साथ नैतिक विवेक, भाषायी स्पष्टता, सांस्कृतिक समझ और सहानुभूति भी आवश्यक है। इसलिए भविष्य की शिक्षा वही है, जो विज्ञान के अनुसंधान को मानविकी की संवेदना और भाषाओं की संवाद-शक्ति से जोड़ सके।

विश्वविद्यालय पत्रिका 'जीकेयू परवाज़' इसी विविधतापूर्ण बौद्धिक और रचनात्मक ऊर्जा का सुंदर मंच है। इसके पृष्ठों में वैज्ञानिक सोच, साहित्यिक अभिव्यक्ति, सामाजिक सरोकार, उपलब्धियाँ और विद्यार्थियों की कल्पनाशीलता एक साथ दिखाई देती हैं। मैं संपादकीय मंडल, लेखकों, विद्यार्थियों तथा सभी सहयोगियों को इस सार्थक प्रयास के लिए हार्दिक बधाई देता हूँ।

प्रिय विद्यार्थियों, प्रश्न पूछने का साहस बनाए रखें, प्रमाण का सम्मान करें, भाषा का जिम्मेदारी से प्रयोग करें और प्रत्येक विचार के मानवीय प्रभाव को समझें। आपका ज्ञान तभी पूर्ण होगा, जब वह समाज के लिए उपयोगी, न्यायपूर्ण और करुणामय दिशा में प्रयुक्त हो। आशा है कि 'जीकेयू परवाज़' आपको नए विचारों, संवादों और सृजनात्मक उपलब्धियों की ओर निरंतर प्रेरित करती रहेगी।

हार्दिक शुभकामनाओं सहित,

प्रो. (डॉ.) अमित टुटेजा
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भारत में लोकतंत्र और मतदाता की समझ

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सोहेल वर्मा
सहायक प्रोफेसर
फैकल्टी ऑफ मैनेजमेंट एंड कॉमर्स,

भारत में लोकतंत्र को जनता की ताकत कहा जाता है। हमें बचपन से बताया जाता है कि जनता अपना नेता खुद चुनती है और हर मत का महत्व बराबर होता है। सुनने में यह बात बहुत सुंदर लगती है, लेकिन असली सवाल यह है कि क्या हर नागरिक सच में इतना समझदार है कि वह देश का भविष्य तय कर सके? केवल उम्र पूरी हो जाना समझदारी का प्रमाण नहीं हो सकता।

लोकतंत्र कई बार एक सुंदर भ्रम जैसा लगता है। जनता को लगता है कि सत्ता उसके हाथ में है, लेकिन असल में बहुत से लोग जाति, धर्म, डर, लालच, मुफ्त चीजों और झूठे वादों के आधार पर मत देते हैं। जब जनता सोचने के बजाय भीड़ के पीछे चलती है, तो फिर समझदार नेताओं की उम्मीद करना भी गलत है। अज्ञानी जनता अक्सर अज्ञानी नेताओं को ही चुनती है। नेता आसमान से नहीं आते, वे उसी समाज से निकलते हैं जिसे वे चलाते हैं।

मतदान केवल अधिकार नहीं होना चाहिए। यह एक योग्यता होनी चाहिए, जिसे सिखाया जाए। जैसे गाड़ी चलाने से पहले नियम सीखने पड़ते हैं, वैसे ही देश चलाने वाले लोगों को चुनने से पहले नागरिक को संविधान, कानून, शिक्षा, स्वास्थ्य, अर्थव्यवस्था, रोजगार और शासन की मूल समझ होनी चाहिए। जो व्यक्ति अपने मत से करोड़ों लोगों के जीवन पर असर डाल रहा है, उसे कम से कम यह पता होना चाहिए कि वह किसे, क्यों और किस आधार पर चुन रहा है।

इसी कारण मतदान की उम्र पर भी गंभीर चर्चा होनी चाहिए। अठारह साल की उम्र में बहुत से लोग आसानी से भावनाओं, नारों और झूठे प्रचार से प्रभावित हो जाते हैं। इसलिए मतदान की न्यूनतम उम्र बाईस साल होनी चाहिए। इस उम्र तक व्यक्ति समाज, जिम्मेदारी, काम और जीवन की वास्तविकता को थोड़ा बेहतर समझने लगता है। इसी तरह साठ साल से ऊपर मतदान पर भी विचार होना चाहिए। यह बात कठोर लग सकती है, लेकिन देश का लंबा भविष्य मुख्य रूप से युवाओं और कामकाजी पीढ़ी को जीना है। इसलिए बाईस से साठ वर्ष के नागरिकों को मतदान का अधिकार देना अधिक व्यावहारिक हो सकता है।

लोकतंत्र केवल संख्या का खेल नहीं है। अगर जनता जागरूक नहीं है, तो चुनाव केवल नारा, भीड़ और तमाशा बनकर रह जाता है। असली लोकतंत्र वही है जहां मतदाता समझदार, प्रशिक्षित और जिम्मेदार हो।

वह पतंग जो गिरने से इंकार कर गई



मोहम्मद कामरान आलम
सत्र - 2023
फैकल्टी ऑफ एलाईड एंड हेल्थकेयर

बचपन में एक अनोखा जादू होता है। वह धूल भरी गलियों को रेसट्रैक बना देता है, टूटे हुए खिलौनों को खज़ाना और छोटे-छोटे सपनों को जीवन भर का लक्ष्य। जब मैं अपने बचपन को याद करता हूँ, तो मुझे महंगी चीज़ें या बड़ी छुट्टियाँ याद नहीं आतीं। मुझे याद आती है एक पतंग-चमकीली नीली, किनारे से थोड़ी फटी हुई-और वह दिन जब उसने मुझे सिखाया कि असली प्रेरणा क्या होती है।



मैं एक छोटे से कस्बे में पला-बढ़ा, जहाँ शामें खुली छतों पर पतंग उड़ाने के लिए होती थीं। आसमान रंगों से भर जाता था-लाल, पीला, हरा-हर पतंग हवा से जूझती और हर बच्चा उत्साह से चिल्लाता। मैं कभी इसमें बहुत अच्छा नहीं था। मेरी पतंग कुछ सेकंड ऊपर उठती, अजीब-सी डगमगाती, और फिर किसी की छत पर गिर जाती। दूसरे बच्चे हँसते थे-बुरी नीयत से नहीं, बल्कि खेल-खेल में। उन्होंने यह कला सीख ली थी। मैंने नहीं।

एक गर्मियों की दोपहर, आखिरकार सफल होने का निश्चय करके, मैंने सबसे सुंदर पतंग खरीदी जो मुझे मिल सकी। वह महंगी नहीं थी, लेकिन मेरे लिए अनमोल थी। मुझे याद है, मैं उसे बहुत संभालकर पकड़े था, जैसे उसकी नाज़ुक कागज़ी देह में मेरा स्वाभिमान बसा हो। मैं छत पर चढ़ा, दिल उम्मीद से धड़क रहा था।

पहली कोशिश असफल रही। दूसरी भी। तीसरी बार तो डोर मेरे अपने हाथ में उलझ गई। मेरे भीतर निराशा तूफान की तरह उठने लगी। मैं पतंग फेंक देना चाहता था। नीचे जाकर दिखाना चाहता था कि मुझे कभी परवाह ही नहीं थी।

तभी मेरे दादाजी मेरे पास आए।

उन्होंने मुझे डांटा नहीं। हँसे भी नहीं। बस मेरे पास खड़े होकर आसमान को देखने लगे। थोड़ी देर बाद बोले, "तुम जानते हो पतंग ऊपर क्यों उठती है?"

मैंने गुस्से में कहा, "हवा की वजह से।"

वह हल्के से मुस्कुराए। "सिर्फ हवा की वजह से नहीं। वह इसलिए उठती है क्योंकि वह हवा का सामना करती है।

तब मैं उनके शब्द पूरी तरह समझ नहीं पाया। लेकिन उन्होंने अपने अनुभवी हाथों में डोर पकड़ी और कहा, "इसे मज़बूती से पकड़ो। खिंचाव

महसूस करो। हवा से लड़ो मत, उससे सीखो।"

इस बार, जब हवा पतंग को धकेल रही थी, मैंने डोर में तनाव महसूस किया। घबराने के बजाय मैंने दादाजी की शांत आवाज़ सुनी- "थोड़ा ढील दो... अब हल्का खींचो... संभालकर... धीरे..."

पतंग काँपी। एक बार झुकी, फिर दूसरी बार-और अचानक, वह ऊँचाई की ओर उड़ गई।

वह और ऊपर, और ऊपर जाती गई, जैसे इसी पल का इंतज़ार कर रही हो। मेरा दिल तेज़ी से धड़क रहा था, लेकिन इस बार वह निराशा से नहीं, जीत की खुशी से था। वही आसमान, जिसने कुछ मिनट पहले मेरी कोशिशों को ठुकरा दिया था, अब मेरी पतंग का गर्व से स्वागत कर रहा था।

उस शाम मैंने वह सीखा, जो किसी कक्षा ने मुझे कभी नहीं सिखाया। जो हवा हमें नीचे धकेलती हुई लगती है, वही ताकत हमें ऊँचा भी उठा सकती है-अगर हम उसे संभालना सीख लें।

जैसे-जैसे मैं बड़ा हुआ, जीवन ने बड़े-बड़े इम्तिहान लिए। कठिन परीक्षाएँ। प्रतिस्पर्धा से भरा माहौल। ऐसी असफलताएँ जो गिरती हुई पतंग से कहीं ज़्यादा दर्द देती थीं। कई बार हार मान लेने का मन हुआ, जैसे उस दिन छत पर हुआ था। लेकिन हर बार जब मैं हारा-सा महसूस करता, मुझे वह नीली पतंग और दादाजी की बातें याद आतीं।

मैंने समझा कि प्रेरणा ऊँचे भाषणों या नाटकीय सफलता की कहानियों से नहीं आती। वह छोटे-छोटे साहसिक पलों से आती है। जब कोई देख नहीं रहा होता, तब फिर से कोशिश करने के फैसले से आती है। जब जीवन ज़ोर से खींचता है, तब डोर को मजबूती से पकड़कर खड़े रहने से आती है।

स्कूल में मैं हमेशा पहला स्थान प्राप्त करने वाला छात्र नहीं था। खेलों में मैं सबसे तेज़ धावक नहीं था। लेकिन मैंने यह समझ लिया था कि प्रगति तुरंत जीत से नहीं मिलती; वह निरंतर प्रयास से मिलती है। हर असफलता एक सबक बनी, अपमान नहीं। हर चुनौती याद दिलाती कि पकड़ को ठीक करो, जैसे हवा के खिलाफ डोर को संभालते हैं।

बचपन हमारे दिल में बीज बो देता है। कई बार हमें उस समय इसका एहसास भी नहीं होता। छत पर खेला गया एक साधारण खेल मेरी दृढ़ता की नींव बन गया। एक फटी हुई पतंग मेरी गुरु बन गई। एक शांत दादाजी मेरे सबसे बड़े प्रेरणास्रोत बन गए।

आज जब मैं बच्चों को पतंग उड़ाते और खुशी से चिल्लाते देखता हूँ, तब मुस्कुरा देता हूँ। उनमें मुझे अपना ही अक्स दिखता है-उम्मीद से भरा, अधीर, जीतने को आतुर। और मन करता है कि उन्हें वही सलाह दूँ जो मुझे मिली थी-हवा से मत डरो।

जीवन तुम्हारी परीक्षा लेगा। तुम्हारे आत्मविश्वास को चुनौती देगा। तुम्हें उन दिशाओं की तरफ खींचेगा जिन्हें तुमने नहीं चुना। लेकिन पतंग की तरह, तुम्हें भी ऊँचा उठने के लिए बनाया गया है। जो खिंचाव तुम महसूस करते हो, वह तुम्हारा दुश्मन नहीं-तुम्हारा अवसर है।

वह नीली पतंग आखिरकार इतनी फट गई कि उसे ठीक नहीं किया जा सका। समय, हवा की तरह, रुका नहीं। लेकिन जो सीख वह पतंग अपने साथ लाई थी, वह आज भी मेरे भीतर उड़ रही है। जब भी मुश्किलों का सामना करता हूँ, खुद को फिर उसी छत पर खड़ा पाता हूँ-डोर को मजबूती से पकड़े, खिंचाव महसूस करते हुए, और ऊपर उठने का फैसला करते हुए।

मेरा पहला विश्वविद्यालय



ज़ियाउद्दीन मोहम्मद

सत्र - 2025

फैकल्टी ऑफ कम्प्यूटिंग

मेरा नाम मोहम्मद जियाउद्दीन है। मैं बिहार के मधुबनी जिले का रहने वाला हूं। मैंने बारहवीं कक्षा कॉमर्स से पास की है। सच कहूं तो इसके बाद मेरी जिंदगी एक ऐसे मोड़ पर आ गई थी, जहां मुझे समझ नहीं आ रहा था कि आगे क्या करना है। बचपन से मेरा मन मेडिकल लाइन में जाने का था, लेकिन मैंने उच्च माध्यमिक विद्यालय में विज्ञान विषय नहीं लिया था। इसी वजह से मेडिकल का सपना धीरे-धीरे दूर होता गया।

मैं पहले ही अपने भविष्य को लेकर परेशान था, और तभी हमारे घर में एक बहुत बड़ा हादसा हो गया। मेरे पापा का एक्सीडेंट हो गया। उस समय पापा अस्पताल में भर्ती थे। घर की पूरी जिम्मेदारी उन्हीं पर थी और उनकी कमाई से ही घर चलता था। मैं घर का बड़ा बेटा हूं, इसलिए अचानक ऐसा लगने लगा कि अब सारी जिम्मेदारी मेरे कंधों पर आ गई है। घर का माहौल ऐसा हो गया था कि किसी को कुछ समझ नहीं आ रहा था। मेरा मन पढ़ाई जारी रखने का था, लेकिन मेरी मां चाहती थीं कि मैं पढ़ाई छोड़कर कोई काम करूं ताकि घर की मदद हो सके। इसमें मेरी मां की कोई गलती नहीं थी। वह खुद बहुत परेशान थीं और पापा की हालत देखकर डर गई थीं। उस समय हर दिन हमारे लिए मुश्किल था। करीब एक महीने बाद मैं अपनी मासी के घर शादी में गया। वहीं मेरी मुलाकात मेरे मामा के बेटे दिलशाद से हुई। बातचीत के दौरान मैंने उससे पूछा कि वह बारहवीं के बाद क्या करने वाला है। उसने बताया कि वह बी.सी.ए. करेगा। फिर उसने मुझसे पूछा कि मैं क्या सोच रहा हूं? मैंने उससे कहा कि मैं शायद ग्रेजुएशन करूंगा और साथ में कोई काम भी, क्योंकि घर की हालत ऐसी नहीं थी कि आगे की पढ़ाई का खर्च उठाया जा सकता। तब उसने मुझसे बिहार सरकार के स्टूडेंट लोन के बारे में बताया। मुझे उस योजना के बारे में पहले कुछ भी पता नहीं था। शादी से वापस आने के बाद मैंने सही समय देखकर अपनी मां से इस बारे में बात की। शुरुआत में मां ने साफ मना कर दिया, लेकिन मैंने उन्हें बहुत समझाया। मैं उन्हें बताना चाहता था कि अगर अभी पढ़ाई छोड़ दूंगा, तो शायद जिंदगी भर पछतावा रहेगा। दो दिन बाद गांव से मेरे मामा का फोन आया। मां ने उन्हें सारी बात बताई। फिर मेरे मामा-मामी ने मां से कहा कि अगर लड़का आगे पढ़ना चाहता है तो उसे पढ़ाओ, हम सब साथ हैं। उस समय मेरे रिश्तेदारों ने हमारा बहुत साथ दिया। पापा के ऑपरेशन के समय भी उन्होंने आर्थिक और मानसिक दोनों तरह से मदद की थी। मैं आज भी उन सबका एहसान नहीं भूल सकता। आखिरकार मां मान गईं और मेरा एडमिशन गुरु काशी यूनिवर्सिटी में करवा दिया गया।

आज मैं गुरु काशी यूनिवर्सिटी में बी.सी.ए. का छात्र हूं और 2025 बैच से पढ़ाई कर रहा हूं। जब मैं पीछे मुड़कर देखता हूं, तो लगता है कि जिंदगी ने मुझे बहुत कम उम्र में जिम्मेदार बनना सिखा दिया। मुश्किल समय ने मुझे टूटने नहीं दिया, बल्कि आगे बढ़ना सिखाया। आज भी मेरे अंदर बहुत सारे सपने हैं, और मैं मेहनत करके अपने परिवार का नाम रोशन करना चाहता हूं।

मेरे कॉलेज जीवन का अनुभव



नदीम अख्तर
सत्र - 2025
फैकल्टी ऑफ कम्प्यूटिंग

हर छात्र के जीवन का एक महत्वपूर्ण हिस्सा होता है। मैं वर्तमान में बी.सी.ए. द्वितीय सत्र का छात्र हूँ और अब तक का मेरा अनुभव काफी अच्छा और सीखने से भरा रहा है। जब मैंने पहली बार कॉलेज में दाखिला लिया, तब सब कुछ नया और थोड़ा कठिन लग रहा था। नया परिसर, नए शिक्षक और नए दोस्त। लेकिन धीरे-धीरे मैं एडजस्ट हो गया और अब मुझे यहाँ अच्छा लगता है। कॉलेज ने मुझे नई चीजें सीखने का अवसर दिया है। कॉलेज में हम सिर्फ पढ़ाई ही नहीं करते हैं, बल्कि जीवन के महत्वपूर्ण कौशल भी सीखते हैं। जैसे कि दूसरों से कैसे बात करनी है, समय का सदुपयोग कैसे करना है और टीम में कैसे काम करना है। ये सभी बातें हमारे भविष्य के लिए बहुत जरूरी हैं।

मैं अपनी कक्षा का कक्षा प्रतिनिधि हूँ, जिससे मुझे जिम्मेदारी समझने का मौका मिला। मुझे शिक्षकों और छात्रों के बीच बातचीत को संभालना होता है, जो मेरे लिए एक अच्छा अनुभव है और इससे मेरा आत्मविश्वास भी बढ़ता है। कुछ दिन पहले मैंने अपनी टीम के साथ "आरएफआईडी आधारित स्मार्ट उपस्थिति प्रणाली" नाम का एक प्रोजेक्ट बनाया था। इस प्रोजेक्ट में हमने आरएफआईडी तकनीक का उपयोग करके उपस्थिति दर्ज करने की प्रणाली बनाई। यह मेरे लिए एक नया अनुभव था क्योंकि मुझे इसमें प्रैक्टिकल ज्ञान मिला। मैं इस प्रोजेक्ट का टीम लीडर भी था, जिससे मेरी नेतृत्व और समस्या सुलझाने की क्षमता में सुधार हुआ। मुझे कॉलेज जीवन का सबसे अच्छा हिस्सा यहाँ की छात्रों द्वारा स्वयं निर्णय लेने की आज़ादी लगती है। स्कूल की तुलना में यहाँ अधिक स्वतंत्रता मिलती है, लेकिन इसके साथ जिम्मेदारी भी आती है। इसलिए हमें अपने लक्ष्यों पर ध्यान देना चाहिए। कभी-कभी पढ़ाई और मनोरंजन के बीच संतुलन बनाना थोड़ा मुश्किल हो जाता है, लेकिन यही सीखने का हिस्सा है। हम अपनी गलतियों से ही सीखते हैं। कॉलेज जीवन केवल किताबों तक सीमित नहीं है, बल्कि यह हमारे संपूर्ण विकास के लिए महत्वपूर्ण है। अंत में, मैं यह कहना चाहूँगा कि कॉलेज जीवन मुझे एक बेहतर इंसान बना रहा है। मैं नई चीजें सीख रहा हूँ, नए दोस्त बना रहा हूँ और अपने भविष्य के लिए तैयारी कर रहा हूँ। मुझे विश्वास है कि यह समय मेरी जिंदगी की सबसे अच्छी यादों में से एक होगा।

जीत का सफर



डॉ. मनीता पानेरी
मुख्य संपादक
जी.के.यू. परवाज़

जीत मंजिल का नाम नहीं,
जीत हर दिन का प्रयास है ।
हार कर गिरना फिर उठ जाना,
यही जीवन का विश्वास है।
राहों में काँटे मिलेंगे,
लोग भी तुम्हें परखेंगे ।
तुम बस अपना कर्म निभाना,
एक दिन वही तुम्हें सराहेंगे ।
धैर्य तुम्हारी शक्ति बने,
संकल्प तुम्हारी पहचान बने।
उठो चमको आगे बढ़ो,
तुमसे ही नया आसमान बने।
समय कभी आसान न होगा,
पर साहस कभी कम मत करना।

सपनों की ऊँची उड़ानों में,
अपने विश्वास को दृढ़ रखना।
नदियाँ चट्टानों से टकराकर,
अपनी राह स्वयं बनाती हैं।
जो हिम्मत से आगे बढ़ते हैं,
मंज़िलें उन्हें ही अपनाती हैं।
अपने भीतर दीप जलाओ,
आशा का उजियारा फैलाओ।
हर असफलता को सीढ़ी बनाकर,
जीवन का नया अध्याय सजाओ।
दूसरों की सफलता देखकर,
कभी स्वयं को कम मत आँकना।
हर व्यक्ति का अपना समय है,
बस अपने पथ पर चलते जाना।

अपने कर्म को पूजा मानो,
सत्य को जीवन का आधार।
ईमानदारी, प्रेम और सेवा से,
सफल होगा हर एक विचार।
याद रखो यह जीवन यात्रा,
सिर्फ़ जीत या हार नहीं।
हर दिन बेहतर बनने का अवसर है,
इससे सुंदर उपहार नहीं।
जीत मंजिल का नाम नहीं,
जीत हर दिन का प्रयास है।
जो निरंतर आगे बढ़ता जाए,
वही सच्ची सफलता का प्रकाश है।



असीम होती है माँ



जहरुद्दीन अंसारी
सत्र - 2024
फैकल्टी ऑफ एलाईड एंड हेल्थकेयर

क्या नहीं होती है माँ!

सह लेती है अपने हिस्सों के साथ, बच्चों का भी दुःख।

अपनी इच्छाओं को तिल-तिल मारती हुई, पूरी करती है बच्चों की हर इच्छा ।

सुना है खुदा तक नहीं होती सबकी पहुँच, लेकिन माँ खुद पहुँच जाती है।

अलग से नहीं करनी पड़ती तलाश, और कभी-कभी दूर होकर भी बहुत होती है पास।

मंदिर, मस्जिद, गुरुद्वारा -किसी भी परिधि से परे है माँ!

आशा का स्रोत, जीवन का संबल, सब के सब उसी में है लय।

जीवन की कठिन डगर पर, जब छाया भी छोड़ने लगती है साथ,

तब भी माँ थामे रहती है हाथ।

चुकती साँसों में, वह बन जाती है साँस।



GKU Parwaz
THE VOICE VISION & VIBRANCE

Time to Evolve, Moments to Cherish



My Dear Students,

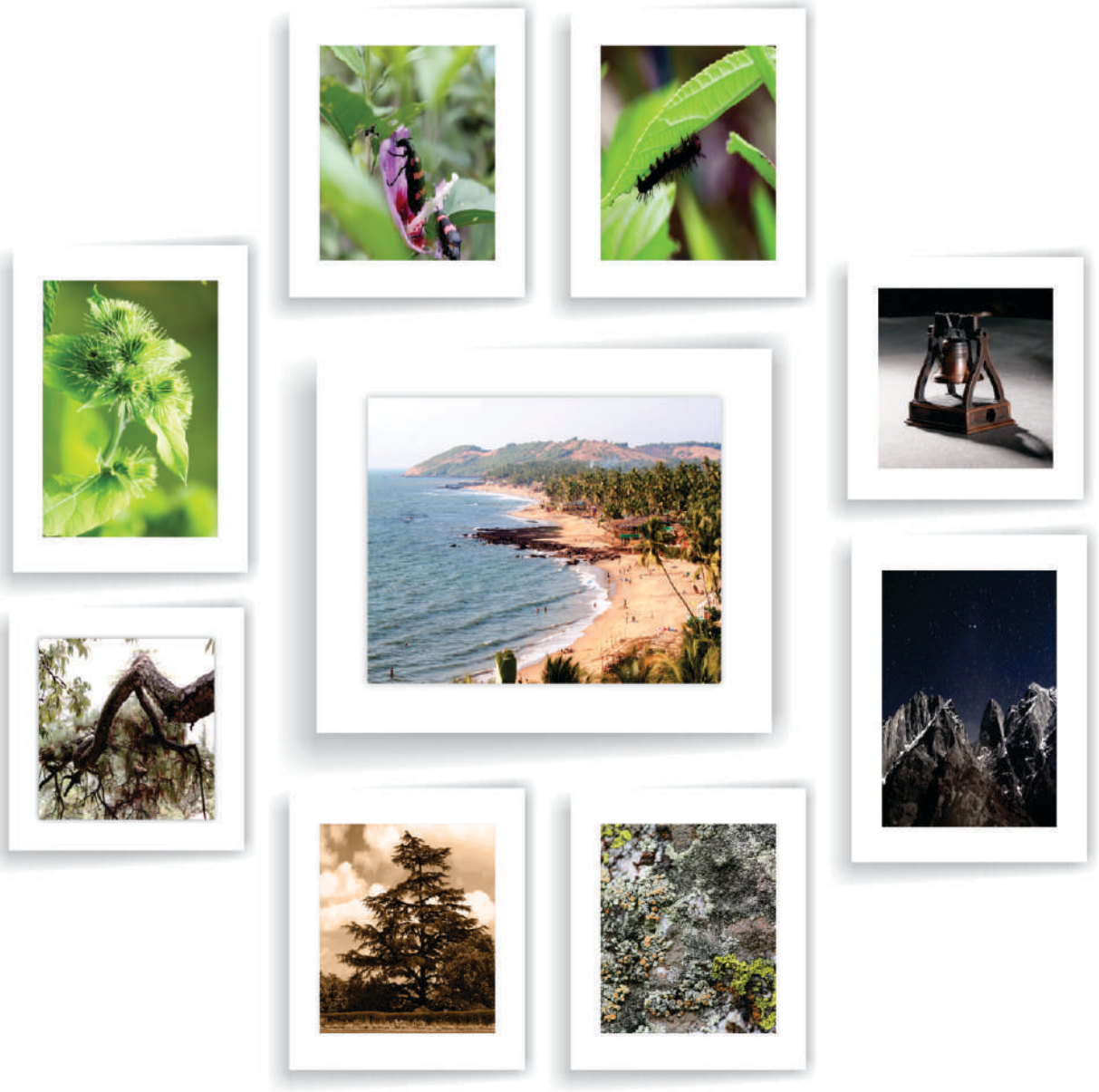
You stand at a significant juncture in your life that will influence the direction of your future. This is a period of learning, self-discovery, and transformation. The time you spend here will help you uncover your strengths, refine your abilities, and realize the potential that lies within you. Every opportunity, experience, and challenge around you will contribute to your growth. Embrace them wholeheartedly, for they will shape you in ways you may not yet imagine.

If you dedicate yourself sincerely to the academic programmes you have enrolled in, you will one day look back with gratitude for the efforts you invest today. The University serves as a platform that equips, guides, and supports you on your journey toward your aspirations. Your commitment, discipline, and perseverance will shape the heights you can achieve. Stay focused, consistent, and continue striving for excellence; success will naturally follow your efforts.

One of the most valuable aspects of university life is the relationships you build along the way. The friendships you form here often become lifelong sources of encouragement, support, and inspiration. Equally important are the mentors and teachers who guide you during your academic journey. Their wisdom and guidance can continue to illuminate your path long after you leave the University. These meaningful connections enrich your life and contribute greatly to your personal and emotional growth.

As you progress through this important phase, make the most of every opportunity that comes your way. Learn with curiosity, participate with enthusiasm, and live each moment with purpose. In the years ahead, you will cherish the experiences, values, and memories gained during your time at the University. Likewise, the University will take pride in your accomplishments and in counting you among its distinguished alumni, whose achievements contribute to its legacy and reputation.

अगर आए हैं तो कुछ करके जाएंगे,
भीड़ का हिस्सा नहीं, एक मिसाल बनकर जाएंगे।



Fly like a bird above the ordinary. Every little caterpillar, unfolding leaf, endless shoreline and majestic mountain through the camera reminds us that there is beauty at each and every level. Nature bids us to look closer, to roam wider, to see things differently and to find strength in silence. Unfurl your wings, be curious and find the extraordinary in every moment – however small the whisper, or how great the horizon.

MR. KULVIR SINGH
Deputy Registrar
Guru Kashi University

GKU Parwaz
THE VOICE VISION & VIBRANCE



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Faculty of Sciences
Humanities & Languages

Student Editors:
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Prof (Dr) Jagtar Singh Dhiman
Pro Vice Chancellor-cum-Registrar

In the contemporary era, we have achieved outstanding successes in science and technology, medicine and healthcare, information and communication technologies (ICT), and economic and industrial development. We are now recognized as a top-ranking economy of the world. However, our society seems to undergo a silent but serious crisis of the erosion of social and moral values on a big scale. The widespread vices prevailing in society, including intolerance, negativity, jealousy, excuse-making, blame-shifting, declining liability, impatience, and declining empathy, are now apparent. Individually, these trends may seem trivial, but together they weaken the very ethical fabric of society. Rules and regulations can govern institutions, but for society it is rather important to flourish with self-discipline, integrity, and willingly adopted moral values, without which it is difficult to nurture a sound society.

There is a decline in mutual human interaction. Earlier, families used to gather after the day's work, with parents, grandparents, and children discussing daily experiences, sharing concerns, and offering useful guidance. These dialogues provided emotional support while serving as informal learning places where virtues of honesty, humility, respect, patience, and responsibility were transferred from generation to generation. Such exchanges played a central role in building character and schooling the art of living.



Today, families may live in the same building, under the same roof but actually live in different digital worlds. Excessive engagement with mobile phones, social media, and streaming platforms has gradually replaced face-to-face talking to a great extent. The mobile phone is indisputably a great invention, but when used without restraint, it also acts as a key distraction. It is not uncommon to see family gatherings where everybody is absorbed in their screens. Even hosts and visitors to the home may remain busy with their phones rather than exchanging pleasantries or engaging in warm conversation. The device that connects the world has, paradoxically, started detaching people sitting in the same room.



The same trend is evident in public places. During bus and train journeys, passengers remain glued to their phones, often oblivious to fellow travellers and sometimes even missing their actual destination. Earlier, travel itself was a socially linking experience, enhancing connectivity with fellow passengers. Strangers often exchanged greetings and conversations, while younger passengers would respectfully offer seats to elderly people, teachers, or respectable people from their villages.

Fellow travellers sometimes became prolonged companions whose bonds lasted a lifetime.

Another significant concern is the growing intolerance in personal and public life. Many people find it hard to accept criticism, differences of opinion, or even well-meaning suggestions. Everybody wants that nobody should question his/her view and not differ from what they have to say. Disagreement is often perceived as a personal attack rather than an opportunity for understanding or acceptance. This penchant has further intensified with the popularity of social media, where thoughtful debate is found frequently giving way to hostility and abuse.

It is vital for individual and institutional progress to gather constructive feedback, yet many individuals resist it instead of using it for self-improvement. They dub it a grossly personal matter. In families, divergences that were once resolved through dialogue and persuasion can now lead to serious conflicts. In international affairs, nations sometimes place greater thrust on prestige, or national pride. than on dialogue and mutual understanding. Such an approach can make reconciliation hard and extend conflicts/wars that might otherwise be set right through diplomacy. Intolerance—whether at the individual, social, or international level—comes at a considerable cost.

Rather than accepting responsibility for mistakes, many people search for excuses or shift blame to others. Students blame examinations, employees blame colleagues or work culture, leaders blame the erstwhile administrations, and organisations blame external settings. Those who fail academically or professionally may blame the prevailing education system. Such thinking discourages self-improvement as genuine progress starts when we confess our shortcomings.



Indian society has long recognised the importance of good company. Parents advise children to try to keep good company. The sayings, "A person is known by the company he keeps," and "A rotten apple spoils the others", are relevant. Elders, scholars, and experienced members of society once served as a source of wisdom and vision commanded great respect. Their guidance helped newer generations distinguish right from wrong while learning the mannerisms of courtesy, patience, integrity, and optimism.

In Punjab's villages, the *Sath*, where elders gathered at a common place, was much more than a meeting place. It functioned as an informal place where experiences were shared, community issues discussed, disputes resolved, and practical and ethical values passed to younger people. Elderly visitors were treated with dignity and respect, often addressed as uncle or aunt by all. Village elders encouraged children to study sincerely and taught the dignity of labour through participation in household and farm work. The entire village was like a big family.

The spirit of cooperation and neighbourliness that once defined community life has now nearly aqbsent. Elderly villagers once keenly waited for schoolchildren to return home so they could get their letters to relatives and friends written by them. These letters carried emotions, memories, blessings, and affection. For young students, such experiences nurtured empathy, patience, and respect for elders. It's like learning values by doing.

Neighbours were once regarded as like members of an extended family rather than just people living nearby. If unexpected guests arrived neighbouring families readily shared milk, vegetables, or other necessities with the host family. When a borrowed utensil was returned to a family, it often came filled with sweets, jaggery, rice, seasonal fruits or any other stuff- a simple gesture of gratitude and goodwill. Such exchanges were not charity; they were natural expressions of trust, generosity,

gratitude, and mutual respect that strengthened community Today, despite populated neighbourhoods and proximity, many people barely know their neighbours. The problem is more intense in big cities. As relationships become increasingly confined to digital screens, the warmth of human interaction and the spirit of sharing diminishes.

Earlier, guests were considered a blessing, and preparing good food at home with affection was an expression of love and respect. Gradually, hospitality is being shifted to restaurants and banquet halls. Dining out is convenient and enjoyable, but it should not replace the warmth, care, and personal touch customarily associated with Punjabi hospitality.



The structure of family has also transformed from joint to nuclear families, weakening traditions of mutual support, shared responsibilities, and intergenerational care and attention. Nuclear families have independence but often lack the emotional and practical support among members once readily available in joint families. Even routine needs-caring for pets, securing homes when going out of station, or seeking help from neighbours as per routine need-can become difficult in an increasingly individualistic society. Earlier, children usually accepted guidance from parents and elders with gratitude; today, many mistake information for wisdom and ignore experience-based advice as unwanted intervention.

Prosperity is increasingly measured now by possessions rather than character. Buying branded clothing, expensive shoes, smartphones, luxury cars, and lavish houses have become symbols of status. Some families go in for heavy debts just to purchase luxury vehicles, tractors, or build palatial homes. Social functions too have become increasingly expensive, often to showcase affluence. This is unproductive expenditure, and it often leads to debt that has adverse consequences.

Show-off spending creates a false status, often leading to financial and psychological stress. The desire to impress others replaces genuine happiness and contentment. Some farmers buy tractors on loans for social prestige, only to fall into debt and distress sales at markets like Talwandi Sabo Tractor Mandi-a stark cue of how status-driven consumerism can turn productive assets into financial burdens.

Popular trends often confuse attitude with rudeness, disrespect, and ego. Arrogance is not confidence, and disrespect is not specialty. True attitude uplifts both the individual and society; exaggerated ego only weakens relationships. We must refurbish an attitude rooted in character, empathy, and respect rather than imitation, ego, and arrogance.

The attrition of values is reflected in rising stress, loneliness, family conflicts, declining trust, cyberbullying, road rage, and other social tensions. These are not merely personal or administrative concerns; but they speak of the waning human relationships and moral values. Material progress alone cannot create a serene society; economic growth must go hand in hand with ethical growth. What we need is a revival of moral values, meaningful family dialogue, and respect for elders, community spirit, empathy, and accountable citizenship.

As we move into the future, technological progress must go hand-in-hand with improvement in moral and social values.

"Values light our lives with compassion, respect, and grace,
They bind hearts with trust and give humanity its right place."

The Hidden Success Behind the Failure



Dr. Navdeep Kumar
Assistant Professor
Faculty of Engineering and Technology

Navjot concentrated himself wholeheartedly to his doctoral education for approximately a period of six months. Each day he gazed upon the laboratory with confidence, certain that at last his experiment would be a success. Yet, the findings kept turning out to be disappointing day after day. Experimental instrument data fluctuated unpredictably, resultant graphs failed to disclose noteworthy patterns, and occasionally the experimental apparatus encountered technical glitches. As the months passed, many of his fellow researchers completed their research work. At the same time, Navjot often stayed in the laboratory until the late hours, occupied by written notes, records, and unresolved queries. The pressure gradually started to affect his self-confidence.

One pleasant evening, his research supervisor visited the laboratory and found Navjot seated calmly beside the equipment, staring over unresolved findings. Showing real annoyance, Navjot ultimately expressed his opinion. “Sir, I explored every possibility, and yet, none of my attempts achieved the desired findings. Sometimes I feel that I am not made for research.” His supervisor sat beside him and smiled. After a brief pause, he said, “Research is not about getting success on the first attempt. Research is about learning from every unsuccessful trial. Each failed result tells you something important. It resolved one's doubt and directed it toward the truth." The words were echoing in Navjot's subconscious mind.

The next day, he went to the laboratory with a positive mindset. Instead of falling to discouragement, he carefully reviewed his prior findings, identified any possible errors, optimized the test parameters, and methodically restarted the entire process with a determinative mindset. A few months later, his efforts finally yielded the desired results. The experimental data was stable, the graphs progressively showed desired trends, and findings were aligned with what he expected. On the final day of his doctoral thesis presentation, his findings earned appreciation from professionals and scholars. It was acknowledged as one of the university's best research projects.

Standing confidently before the audience, Navjot smiled and said, "The strongest part of my success was built on the lessons hidden in my failure.”

Balancing Studies, Stress, and Self



Jashandeep Kaur
Batch 2022
University School of Law

In today's intense academic world, students are constantly facing multiple responsibilities like assignments, exams, internships, and other extra-curricular activities. In the race to success, three necessary aspects often come into conflict: study, stress, and self.

Studies are very important for everyone; they shape our knowledge, careers, and future opportunities. For students, especially in the field of law, academic performance feels like the ultimate measure of success. Students often face long hours of study, case analysis, learning and memorizing large quantities of information, and the pressure to maintain excellent grades. Occasionally, it starts affecting the mental peace of the students. Moreover, excess use of mobile phones is also a major source of stress for students. A definite level of stress can be motivating students to meet deadlines and perform better on their projects, but excessive amounts of stress can affect the opposite. It leads to anxiety, lack of concentration, zoning out, and sometimes even physical health disorders. In the early stages, students ignore it, but when stress goes on to an unmanageable level, it reduces both productivity and happiness. Among all this, the students forget the most important element-the self. The self includes mental health, emotional well-being, self-esteem, passions, and identity beyond academics. Failure to prioritize self-care might result in symptoms of loneliness, hopelessness, and physiological discomfort. Regular daily activities act as successful strategies for boosting psychological health, relieving stress, and cultivating resilience.

Maintaining a structured routine improves sleep, while taking breaks and pursuing hobbies like gardening, reading novels, playing with pets, etc. Balancing these three aspects isn't about being perfect, but it's about paying attention and staying consistent. Establishing goals prioritized duties and responsibilities, and scheduling time for relaxation may assist in maintaining a state of balance. Sometimes it's okay to take a break, fail, or ask for help, and it's fine to slow down. Hence, the success is not about academic achievements, but it is about maintaining balance between studies, stress, and self.

Real success isn't studying the most but studying well while staying healthy and happy. Study smart and stay happy.

Beyond Books: The Silent Lessons of Campus Life



MANJINDER SINGH
Batch 2022
University School of Law

Campus life is more than lectures and exams. It is a personal growth journey for the students. Beyond academics, students learn their essential life skills like time management, communication, self-discipline, and adaptability.

These "silent lessons" prepare them for their future challenges. Friendships and peer groups on campus become strong support systems, teaching trust, teamwork, and empathy.

At the same time, setbacks, whether in academia or personal life, lead to the emergence of mental resilience and the potential to acquire insights from mistakes.

Participation in various campus programs and other activities develops leadership skills, responsibility, and confidence.

Moreover, campus life introduces freedom and the need for discipline. Mastering an equilibrium between both of them is crucial for long-term achievement. University life does not just involve academic achievement; it encompasses character development, confidence cultivation, and the formation of a well-rounded human.

Reel Life v/s Real Life



MADHU BALA
Batch 2022
University School of Law

In today's world, social media has become part of our lives. Almost everyone spends time watching reels, posting pictures, and scrolling through different platforms. It is fun and entertaining, but sometimes we forget that reel life is quite different from real life. Reel life only depicts the most favorable moments. Individuals share their blissful experiences, success stories, and amazing adventures. Each aspect seems perfect, captivating, and meticulously planned.

It is normally assumed that each individual is leading an extraordinary life. But the reality is not necessarily ideal. It includes both joyous and difficult experiences. It pertains to spending time with our parents, relatives, and friends. It means relating to making genuine memories and enjoying the present.

Nowadays, many people are so busy recording videos and taking pictures that they forget the actual meaning of life. Instead of enjoying a beautiful place, they focus on creating content for social media. Endless scrolling can make us compare our lives with others. Social media should be a part of our lives, but it shouldn't transform our lives from darkness to brightness. Real happiness lies in real experiences, relationships, and moments. After all, reels may last for a few seconds, but real memories stay with us forever.



SANDHYA KUMARI
Batch 2023
Faculty of Computing

"A journey from known to unknown"

We find ourselves in situations that were totally out of our expectations. This is the story of village girl, confused, challenged, and full of questions. But somewhere amidst all the chaos, there was a dream, courage, and some stubbornness.

I completed my senior secondary in science stream and after that, I took admission in a university that was far away from my district. I had studied Science earlier, while my graduation admission was in the Arts stream. The subjects were completely new to me. In the beginning, I could not understand anything. I used to open the books and kept turning the pages.

After that, I took the help of YouTube. When I could not understand any concept, I started watching videos. Gradually, everything became easy to me. In first year of my college, I started thinking to build my career in the IT sector. Since, there was no option other than to complete my graduation, then I quit the course and took admission in BCA.

I completed my degree in 2023. Since, people kept on asking me:

"Now what will you do?"

"Marriage?"

"Government exams?"

"Will you study further?"

It seems, that they were worried about my future.

Disappointed and fed up with all these inquiries, I decided to join a private institution that was close to my home town. Being able to teach kids, playing games with them, and were taking part in different activities with students made my days.

One day my two brothers got selected in foreign universities, one in B.Tech CSE and the other in Civil Engineering. My heart went out to my younger brother because I was very close to him:

"How can I live without him?"

Then I started thinking, if they can go abroad for higher education, then why couldn't I?

But society don't accept the dreams of girls.

"She is a girl…"

"What she will do after going outside?"

"Ultimately she has to get married …"

It might sound easy to say, but it has deep inside one's soul.

This time, however, I had determined that I would do something for myself. For once in my life, I stood up for my dreams. I argued, I persisted, and I even went on hunger strike.

Finally, my father agreed. My brothers also supported me a lot.

Then another new chapter of my life began-Guru Kashi University and BCA.

I knew absolutely nothing about Computer Science. I did not know what coding was or what programming meant. I started studying from scratch and worked very hard.

From that day onward, I stopped complaining about difficult days and started working.

Along with studies, I started participating in different college activities. During the International Women's Day celebration, I participated in a drawing competition based on the theme "Save Girls, Save Lives."

Sports and games also build my confidence. I won second prize in Kabaddi.

In ICIAI-2025, our team of four girls worked together, and I was the team leader. We created projects like "Rain Detector Alarm" and "3D Hologram."

In Explorica Youth Fest March-2025, I also participated in cultural programs.

Although, I do not claim that I have achieved something.

But yes, I can say that one thing confidently, I have never let myself quit.

I am the first girl in my village who has traveled far away from home to pursue education.

This is not where my journey ends… there is much more ahead to be accomplished.

Because now, instead of fear, I believe in my dreams.



INDUMEET KAUR
Batch 2025
Faculty of Allied and Healthcare

When I was born,
Sweets were distributed throughout the house.
Father said, “Lakshmi has arrived.”
Grandfather said, “She will bring glory to the family name.”
I was named Indu.
But from that day on, I became less of "Indu."
And more of a “Daughter.”
I grew up as a daughter.
“Speak softly, child; you are a girl.”
“Don't eat before your brother, child; you are a girl.”
“Don't laugh too loudly, child; you are a girl.”
Gradually, I learned that being a girl meant putting everyone else before oneself.
Then came the day of Rakhi. I tied the sacred thread around my brother's wrist.
And everyone said, “You are a good sister.”
I cooked the food my brother liked.
I looked after his books.
I served tea to his friends.
The label of “Sister” was affixed.
Indu faded away a little more.
In college, I used to sing.
Once, I even won first place at a fest.
My teacher said, “There is magic in your voice, Indu.”
I used to write in my diary:

"When I grow up, I will become a singer;
I will travel the world;
I will be known by my own name."
Then, a marriage proposal arrived. Everyone said,
"It is a good family; the boy has a government job."
My diary, my songs, my dreams-
Mother packed them all away in a trunk. She said,
"These things don't work in your in-laws' home, child."
The wedding took place.
"Mrs." was prefixed to my name. I went from being "Indu Kaur" to "Indu Bali."
My identity changed, my village changed,
My heart changed; even my gods changed.
Waking up at four in the morning-
Preparing breakfast to everyone's liking,
Fetching mother-in-law's medicines, father-in-law's newspaper,
Packing my husband's lunch and getting my brother-in-law ready for college.
In the evening, I would soothe everyone's weariness.
At night, when everyone had fallen asleep,
I would gaze at the moon through the window. It was the very same moon that Indu-
the college girl-used to gaze upon.
But now, there were no conversations with the moon;
Only complaints were exchanged.
Then, you began to grow within my womb.
For nine months, I held you close to my heart.
And became "Mother."
Now, Indu vanished completely.
Now, there was only "your mom."
Your school fees, your uniform, and your homework were all that remained;
Your fever, your whims, your laughter.
My fever?
"Mothers don't get sick, dear."
My sleep?

"Where is there room for sleep in a mother's eyes?"

My hunger?

"Let everyone else eat first; I'll eat afterwards."

Yesterday, you asked, "Mamma, what is your favorite cartoon?"

I laughed. I laughed for a long time.

Because I couldn't even recall if I had ever had a "favorite" of my own.

My husband liked Rajesh Khanna.

So those were the only movies I watched.

My mother-in-law liked devotional songs.

So those were the only ones I listened to.

Your father likes bitter gourd.

So that is what I've been cooking for eight years.

What did Indu like? Indu doesn't even remember anymore.

Your grandmother says,

"In our time, silence was a woman's greatest ornament."

My mother says,

"A daughter's true home lies with her husband's family."

But no one ever says

"A woman has a home of her own, too.

This home resides deep within her heart.

Occasionally, I look into the mirror.

My eyes are the same ones that gazed out from my college photographs, but the sparkle is gone.

My lips are the same ones that once sang songs.

But now, they utter only "Yes, dear."

My hands are the same ones that once played the guitar.

But now-from rolling out rotis day after day-

The lines upon my palms have changed.

You say, "Mamma, you're boring."

Yes, dear-I am.

In the process of becoming a daughter, a sister, a wife, a daughter-in-law, and a mother,
I forgot how to simply be "Me."

I forgot how to simply be “Me.” Every day, I packed everyone else's lunch.
But I packed away my passions.
And tucked them into a trunk
I never opened it again.
But last night, I had a dream.
Indu-the girl from my college days-came to me.
She said, “You aren't dead;
You've merely fallen asleep. Wake up.”
And so, I woke up.
Today, inside your schoolbag,
I've placed a letter.
It reads, "My child, first and foremost, be yourself.
Later, accept whatever name the world gives you.
But never allow anyone to take away your name from anyone.”
For 'daughter,' 'sister,' 'mother,' 'wife'-
These are merely roles.
The 'woman' herself is the script.
The roles will keep changing.
But if the script gets torn,
The story itself comes to an end.
I am Indu.
I was, I am, and I always will be.
Now, I will sing once more-
Even if I sing off-key.
Even if I sing from the kitchen.
But I will sing.
Because if I do not sing,
You, too, will learn to remain silent.
And then, your daughter will learn it too.

Wake up, Humanity!



MONIKA RAJPUT
Batch 2024
Faculty of Management and Commerce

We build tall walls, yet our hearts get shrunk,
We hear the cries but ignore the call,
We run fast in a world that's so wide,
Kindness gets left behind.
The air we breathe is losing its purity,
Smoke and plastic waste take their place,
Rivers once pure, now silently weep,
They carry all secrets that the oceans keep.
A child still dreams without a meal,
While others forget what hunger feels,
There is so much wealth, yet the pain shall stay,
It hides behind the success and gains.
We judge by color, caste, and name
dividing people for no reasons,
But under the skin, our hearts beat alike,
We feel every joy and strike.
Technology shall connect every land,
But the loneliness walks closely behind,
We scroll past suffering each day,
while humanity slowly fades away.
Change starts with us,
It's in the little things we choose to do,
Plant a tree, speak the truth, and be kind,
Uplift the feeble, let's leave no one behind.
Let compassion guide us,
It can turn darkness into lights,
A better world is within our reach,
If we start loving each.

GKU Parwaz
THE VOICE VISION & VIBRANCE

From the Desk of

Dean of Academics & Director IQAC



Quality in higher education is not created by a single inspection or document; it is built through everyday academic choices. It is visible in a well-designed curriculum, a thoughtfully planned lesson, fair assessment, constructive feedback, effective mentoring, and a learner's ability to apply knowledge with confidence.

Our academic and quality-assurance efforts at Guru Kashi University are directed towards making these practices systematic and measurable. Outcome-based education enables programmes to define what students are expected to know and demonstrate. Experiential learning, projects, internships, digital pedagogy, and interdisciplinary exposure help connect those outcomes with authentic learning experiences.

Continuous improvement depends on evidence. Student performance, stakeholder feedback, academic audits, programme reviews, and graduate progression provide valuable insights for strengthening curricula and teaching practices. The purpose of documentation is therefore not merely compliance; it is to understand what is working, identify gaps, and make informed improvements.

Faculty members remain central to this quality culture. Their engagement in curriculum development, innovative pedagogy, mentoring, research, and professional development directly shapes the academic experience of our students. Equally, learners must take ownership of their progress by participating actively, seeking feedback, and developing the habit of lifelong learning.

The academic work highlighted in GKU Parwaz reflects the continuing process of reflection and improvement. I hope the magazine encourages us to celebrate achievements while also asking how each achievement can become the foundation for a higher benchmark. Let quality remain a shared habit: understood, practized, reviewed, and strengthened by every member of the University.

Warm Regards,

Prof. (Dr.) Zaved Ahmed Khan
Dean of Academics & Director IQAC
Guru Kashi University

GKU Parwaz
THE VOICE VISION & VIBRANCE



Science & Technology

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Faculty of Computing
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The Hydrogen Revolution: Absolute Sustainable Energy or An Exaggerated Molecule?



DR. PIUSH VERMA
Pro Vice Chancellor

As the worldwide effort to wipe out fossil fuels escalates, one element has emerged as the center of attention in the climate discussion, which is hydrogen. This invisible, weightless gas is believed to be the optimal choice for sustainable energy since it may revolutionize the manufacturing of essential commodities, maritime transportation, and urban power generation. Is it hydrogen that is really taking us to a net-zero era, or are we blinded by the hype to the huge technological and economic challenges?

To understand what it could do, we need to look at what it might do, its unique benefits, and the potential dangers of utilizing such a volatile element.

Sector Transformation Where Hydrogen is Irreplaceable:

While battery electric technology is perfectly suited for passenger cars and home appliances, electricity cannot easily solve every decarbonization puzzle. Hydrogen steps in where batteries fall short-in the "hard-to-abate" sectors. Traditional batteries are simply too heavy and take too long to charge for long-distance commercial transit. Hydrogen fuel cell electric vehicles (FCEVs) provide a compelling alternative. Hydrogen has a long range and refueling time comparable to diesel's. It's easier for suppliers to operate without the need for heavy battery packs. Liquid hydrogen and hydrogen-derived synthetic fuels (e-fuels) are the most promising pathways to power commercial flights and massive cargo ships across oceans.

Cleaning Up Heavy Industry:

Industrial manufacturing requires extreme, high-temperature heat that standard electric grids cannot efficiently deliver. By replacing coking coal with hydrogen as a reducing agent, steelmakers can eliminate blast furnace emissions entirely, shifting the byproduct from toxic carbon monoxide to harmless water vapor. Hydrogen is the foundational ingredient for producing ammonia (used in global fertilizers) and methanol. Transitioning from fossil-fuel-derived hydrogen to clean alternatives cleanses the very base of our food supply chain.

The Ultimate Grid Shock Absorber:

Renewable energy from wind and solar is notoriously intermittent. The sun doesn't always shine, and the wind doesn't always blow. Hydrogen acts as a massive energy storage bank. Once

the wind and solar farms generate excess electricity, it can be used to electrolyze water into hydrogen, which can be stored indefinitely and converted back into electricity when the grid needs it.

Why Is the World Betting Big on Hydrogen?

The aggressive global push toward a hydrogen economy is backed by extraordinary thermodynamic and environmental advantages.

Absolute Zero Emissions:

When used in a fuel cell, hydrogen produces exactly zero greenhouse gases. The only exhaust coming out of the tailpipe or chimney is pure clean water vapor. By weight, hydrogen is an energy powerhouse. It can store almost three times the energy of gasoline or natural gas (120 MJ/kg vs. 44 MJ/kg for gasoline). Hydrogen production can occur anywhere there is water and electricity, unlike oil and natural gas, which concentrate in specific geographic areas. Countries can ensure their domestic energy supplies.

The Volatile Reality of the Hydrogen Economy

Despite its immense potential, scaling up hydrogen deployment presents significant engineering challenges :

- It's a temperamental element that creates serious physical and economic problems.
- Hydrogen ignites with an extremely low ignition energy, so even a tiny spark can set it off. Furthermore, a hydrogen fire burns with an almost invisible flame, making it extremely dangerous to detect leaks.
- Hydrogen is the smallest of all molecules and so can escape through microscopic imperfections in valves, seals, and pipelines.When trapped inside metal pipes, hydrogen molecules diffuse into the metal lattice, making high-strength steel brittle and prone to cracking under pressure.
- To store a practical amount of hydrogen, it must either be compressed to staggering pressures (up to 700 bar) or chilled to a cryogenic liquid state at -253°C, a process that consumes a vast amount of energy itself.

Hydrogen energy is not a magical solution that will replace electricity in our everyday lives; using it to power a sedan or heat a home is highly inefficient compared to direct electrification. But hydrogen's real value is as a surgical instrument for heavy industry, shipping, and seasonal energy storage. By accepting its unpredictable risks, investing significantly in green production systems, and creating strict safety rules, humans can use this element to overcome the last and toughest challenges of the green transition.

From Smartphones to Smart Citizens: Why AI, Robotics, & Cybersecurity Awareness Camps Are Necessary in Schools



DR. RAJINDER KUMAR
Associate Professor
Faculty of Computing

Presently, technology is not a topic of the future. It is already present in every school bag, every home, every shop, every bank account, and every mobile phone. A college student may not have any idea of how a neural network works. Yet he or she is already living with AI. That's thanks to YouTube recommendations, Google search, face filters, chatbots, voice assistants, and online games. Other ingrained areas of AI are smart cameras and digital payment apps, among many others. Robotics has found its way beyond the films and into the world, where they are used in hospitals, farms, and other settings. Cybersecurity isn't just the job of police or IT specialists; it is becoming as crucial to daily life as road safety, financial literacy, and health awareness. That is why awareness camps on Artificial Intelligence, Robotics, and Cybersecurity in schools are not an extravagance. They are required for society.

It is to be protected. India is fast-moving towards digital life. Thanks to online payment, UPI, social media, online classes, digital forms, e-commerce, and mobile banking, our lives have become easier and faster. Yet, when people are unaware, it creates a risk of further inconvenience. According to official data from public sources, reporting of cyber crimes and cyber-financial fraud has risen sharply in recent years. According to government data, crores of rupees have been fraudulently lost to cybercrime. The national cybercrime systems (the 1930 helpline and the National Cyber Crime Reporting Portal) have reportedly managed to freeze or recover large sums when victims reached out in time. This gives us a simple lesson: the more aware you are, the more you learn. It can save you money, dignity, mental peace, and sometimes even lives.

Without Realization, Individuals make mistakes that cause big losses. A student might click on a phoney scholarship link. A caller impersonating a bank official may convince a parent to share an OTP. It is possible for a shopkeeper to scan the wrong QR code. An underage person may trust a fake profile. A teacher could download a harmful file. It is possible that a family falls for a scam involving "digital kidnapping." Children can share pictures, school name, or location with strangers while playing online games. In most cases, the technology is not the actual criminal; human unawareness has become the open door. The cybercriminals, like digital pickpockets, do not always break the lock; sometimes they just wait until we leave the door open. The second reason is the responsible use of Artificial Intelligence. Artificial intelligence will help

students learn faster. It will help them translate languages, resolve doubts, understand scientific concepts, write code, analyze data, and much more. It can enhance students' creativity. Nonetheless, AI can also give incorrect answers, generate fake images, create deepfakes, plagiarize assignments, produce biased results, and spread misinformation. A student can become dependent on AI if he/she uses it blindly. By effectively utilizing AI, a student can become more creative, critical, and future-ready. It follows that AI awareness camps should, in addition to "how to use an AI", also teach "how to question an AI". Children need to learn that AI is a tool, not a teacher of truth. While it can aid our mind, it must not supplant thought.

Scholarly work on AI literacy in education at K–12 grade has shown the importance of students' understanding of AI core concepts, ethics, privacy, bias, and social impact. It signifies that a camp aimed at raising awareness in schools should not be limited to technical demonstrations. The basic activities should include: how recommendation systems work, why AI can be biased, how deepfakes are made, why personal data should not be uploaded everywhere, and why human judgment is necessary. Our aim is not to transform every child into an AI engineer. The objective is to shape each child into an informed citizen in an AI society.

Robotics, along with future skills, serves as the third motivating factor. Student curiosity can be cultivated at the robotics summer camp, where learning is visualized. An operating robot can explain a scientific concept more effectively. Various combinations of mathematics, physics, coding, design, and electronics, along with teamwork and problem-solving, are involved in robotics. The effects of educational robotics on learners' computational thinking and STEM-related attitudes in school have been studied. India needs this as the future workforce will need degree holders, but also needs problem solvers. Mechanics teaches students that failing doesn't mean the end of learning; rather, it is part of the debugging process. When the robot does not move, students don't cry. They are busy testing the wire, checking the code, inspecting the sensor, and trying again. This is the necessary mindset of society.

The fourth reason concerns mental and social security. Cybercrime is not always financially motivated. It includes cyberbullying, fake accounts, image misuse, harassment, gaming and mobile addiction, unsafe online friendships, blackmail, and exposure to harmful content. Youth may not disclose such incidents due to fear, shame, or lack of trust in authorities. Awareness camps can develop healthy relationships between students, teachers, and parents. Students should be aware of whom to report to, what evidence to keep, and what not to delete immediately. It is necessary to comprehend that being a victim is not shameful. When one remains silent out of fear, the harm increases.

Awareness spreading through schools is potent as children become communicators for their families. A well-informed child can safeguard the entire family. A student can prevent a parent from getting cheated if they learn not to share OTPs. A student able to detect fake links can save a sibling. A student who understands deepfakes can help stop fake content. Thus, school awareness

camps become a community vaccination against digital harm. Cybercrime acts as a virus, and the vaccine for it is awareness, with a little booster called common sense.

These camps should be hands-on rather than boring. Organizing a good school awareness camp can include live phishing email demonstrations, fake QR code exhibitions, password strength games, cyber hygiene checklists, AI fact-checking, robotics demonstrations, role-plays of scam calls, and guidance on 1930. Students should follow some simple rules: never share their OTPs, create strong passwords, enable 2-factor authentication, check links before clicking, avoid unknown APK files, report cyber fraud as soon as possible, do not forward unverified news, and think before uploading any personal data. According to research, lectures alone will not protect students; the nurturing environment of teachers and parents must also be included. In the name of ethics, it is important to be aware. When values do not guide technology, it may prove dangerous. Artificial intelligence lacking ethical standards leads to discrimination. Robotics holds/had safety at risk.

Unaccountable social media platforms can spread hate crimes. Cyber hygiene must be maintained to avoid digital fraud. The education of technology must, therefore, include humanity. Must schools teach students to question, "Is this technology useful?" "Is it safe?" "Is it just?" "Is it allowed?" "Is it polite?"

Ethics are half the battle, says the engineer. So, AI, robotics, and cybersecurity awareness camps in schools are required, as they prepare students for the real world, not the world of yesterday but the world of today. India needs smart users for its digital economy, not merely smartphone users. There is a demand for youth who are capable of creating, questioning, and employing technology. By conducting awareness camps, one can reduce losses incurred on cyber platforms, boost digital confidence, encourage innovation, protect children, guide parents, and strengthen the hands of law enforcement, watchdogs, and other stakeholders to build a responsible society.

The future will not only ask the students, "How many marks did you get? It will challenge whether critical thought occurs to you. Is it possible to stay safe online? Are you able to solve problems? Ethical usage of technology in daily life. If our schools can answer these questions now, tomorrow will be safer. The most effective firewall isn't merely software; it's a cognizant human brain.



Ice or Heat: What Your Injury Really Needs



DR. SIMRAN KAUR
Assistant Professor
Faculty of Allied & Healthcare

No matter whether you're an elite athlete, a weekend warrior, or just someone who tripped over a backpack in the library, physical setbacks are a part of life that you can't avoid. When you sustain an injury, the initial confusion often revolves around whether to apply hot or cold therapy.

Both of these therapies work well for managing pain, so picking the wrong one will slow down your recovery. Knowing the "how" and "why" of using temperature therapies is the key to getting better faster.

The Golden Rule: Timing is Everything

The age of the injury is the most important thing to think about when choosing between ice and heat. There are two main types of injuries: acute and chronic.

Usually, an acute injury is something that happened in the last 48 to 72 hours. A sprained ankle, a pulled muscle, or a new bruise are all examples of acute injuries. In these situations, ice is the most effective remedy. Usually, these come with swelling, warmth, redness, or sharp pain. This response happens because the immune cells hurry to the area to start healing. Inflammation is a normal and necessary part of healing, but too much swelling can make the pain worse and slow down the healing process. Cold causes vasoconstriction, which is the narrowing of blood vessels. This process slows down the local metabolic rate to stop more tissue damage, numbs the nerve endings to make the area feel better, and cuts off blood flow to the area to stop swelling. You could say that it "puts the brakes" on the inflammatory response so that the body can heal without too much. Whenever you are using ice, it should not touch your skin directly. Wrap an ice cube or ice pack in a thin towel and then use it on the injured area.

The **P.R.I.C.E.** method for acute injury

P- Protect your injury from further damage.

R- Rest is important for the first two or three days, as it allows the body to heal.

I- Ice therapy for the injured area.

C - Compressing the injured area with an elastic bandage to help keep the swelling down.

E: Elevate the limb to prevent fluid accumulation.

Heat is not usually the best way to treat a new injury because it can make the swelling worse. But for long-term or chronic pain, heat is the best way to heal. Heat makes blood vessels wider, which is called vasodilation. This process increases blood flow to the area, which brings more oxygen and nutrients for tissue repair. It also relaxes tight muscles and makes them more flexible. After 72 hours, when the swelling is no longer visible, hot therapy can help speed up healing and ease tightness.

Alternative cold and hot therapy (contrast bath therapy) is recommended in certain cases. This method combines the effect of both cold and hot together. The total treatment varies between 15 and 20 minutes, with immersion in warm water around 3 minutes and in cold for around 1 minute, repeated 4-5 times. This therapy is based on a theory that intermittent vasoconstriction (with cold water) and vasodilation (with hot water) induce a vascular pumping effect that promotes quicker recovery. This therapy may be beneficial for certain chronic injuries or cases where the injury has already reached the very acute stage but still feels inflamed.



Applying ice or heat to an injury is guaranteed to enhance the recovery process. After injury, when the area is swollen and painful, ice soothes and helps to calm the body's inflammatory response; this will lessen the pain. After the swelling has subsided and the area feels stiff or tight, applying heat will relieve that stiffness and help relax the muscles. The myth of applying heat as early as possible for faster recovery is false, and prolonged application of icing during later stages can result in delayed flexibility of tissue.

Vegetables: The Building Blocks of Good Health



DR. ETALESH GOUTAM
Assistant Professor
Faculty of Agriculture

Vegetables are referred to as "protective foods" because they have a high nutritional content, including vitamins, minerals, dietary fiber, and bioactive compounds. Green leafy vegetables, such as spinach, fenugreek, amaranth, etc., are abundant in iron, calcium, and folic acid. These leafy greens improve blood health and help to avoid anaemia. Beta-carotene, a precursor substance that converts to vitamin A and is crucial for good skin, eyesight, and the immune system, is also abundant in vegetables like sweet potatoes, carrots, and pumpkins. In addition to providing nutrition, vegetables contain phytochemicals such as carotenoids, flavonoids, and polyphenols. Additionally, these substances contain antioxidant properties that aid in the body's defense against free radicals, reducing oxidative stress and the risk of long-term conditions like cancer, diabetes, and cardiovascular illnesses. Due to the presence of glucosinolates, vegetables like broccoli, cabbage, cauliflower, and others in the cruciferous family are especially well-known for their anticancer qualities. Vegetables are the significant source of dietary fiber, which is necessary for improved digestion, maintains regular bowel movements, encourages beneficial gut flora, and aids in the prevention of constipation. Vegetables rich in dietary fiber, help in lowering cholesterol and manage blood sugar levels.

The Expert Committee of the Indian Council of Medical Research (ICMR) has suggested that each and every person should take at least 300 g of vegetables (green leafy vegetables at 50 g, root and tuber vegetables at 50 g, and other vegetables at 200 g) daily but a large part of the population is not getting the required amount of vegetables. Since the requirements of iron and folic acid are higher for pregnant women, they should consume 100 g of leafy vegetables daily. Therefore, it is important to encourage vegetable intake by increasing awareness, availability, and diversity of vegetable diets. Eating vegetables that are grown in the season and locality not only keeps them fresher and healthier, but it also helps farmers. The inclusion of traditional vegetables and underutilized vegetables and fruits in daily diets will further contribute to nutritional security. So, vegetables are not just extra food added to a meal but essential to a healthy and sustainable lifestyle. Let food be thy medicine, as it is said, and vegetables certainly follow that rule.

Innovating Through Imagination



SURAJ GOSWAMI
Batch 2022
Faculty of Allied & Healthcare

Imagination is the mind's silent rebellion; it is discontent with the world as it is and envisions how it could be. There is the courage to make that rebellion a reality. The most effective force of human progress, creative action, lies in the intermediate space between these two concepts. Some small idea, often invisible to others, initiates any innovation.

Before the first airplane flew, the idea of a person flying in the air existed only in fantasy. Before smartphones revolutionized communication, they were merely a figment of imagination. Possibility is born through imagination; it is put into practice through innovation. They cannot last without each other, as without imagination, action decays, and without innovation, there will be nothing to imagine. The transformation that exists between imagination and innovation is often not an easy one. It is influenced by uncertainty, failed attempts, and perseverance. Innovation requires that one be patient-to be patient to fail, to learn, and to get up. Every unsuccessful step is not the end; it provides information that helps the inventor focus on the solution. History glorifies breakthroughs, but behind them lies a multitude of misguided battles that transformed ideas into action.

In today's world, it is students who are at the center of this change. The young minds no longer have an age-old experience problem due to the availability of digital platforms, artificial intelligence, and interdisciplinary learning. Nowadays, classrooms, hostels, and even late-night brainstorming sessions create technological progress. A student who thinks of greener energy sources or more intelligent health care systems is already transforming the world of tomorrow. But pure innovation should not be limited to novelty. It has to carry a responsibility. Innovation that does not consider ethics, sustainability, and social welfare becomes empty. Empathy-driven innovations are the strongest solutions to real problems and will improve people's lives. When imagination is directed by compassion, innovation will become the driving power of general development.

The future is, therefore, in the hands of those who can see and think despite that and move forward. Innovation does not come as a gift to people; rather, it is a learned process that requires an individual to be curious, brave, and devoted. Innovation is within the reach of every student not in the future but in the present. It is not about the ability to be innovative but about whether we are bold enough to start.

Sitting is the New Smoking



KOMAL KUMARI
Batch 2024
Faculty of Allied & Healthcare

"Sitting is the new smoking"-this is a phrase about health that many experts often use these days. It means that sitting for long periods affects your health in a way similar to smoking, which delivers toxins to your body; likewise, prolonged sitting negatively impacts your spinal discs and muscles over time.

You need to understand that our bodies are made for movement, not for 8 to 10 hours of sitting. Long periods of sitting can compress our discs, weaken the core muscle strength, and tighten the hip flexors. Occasionally, that leads to chronic back pain, poor posture, and a higher risk of conditions such as sciatica and herniated discs.

Impact on Spine and Muscles

· Long time sitting leads to strain. The discs located in the lower back (lumbar spine) experience continuous pressure.

· The tight hip flexors and a weak core are another common problem that keeps your hip muscles in a shortened position, making them chronically tight. At the same time, your abdominal and glute muscles-which are supposed to support your spine-become weak and lazy.

· You will also develop forward head posture if you are hunched over a screen most of the day. This places a lot of stress on your neck and shoulders, leading to stiffness, muscle tension, and sometimes problems with the nerves.

At the end, this results in muscle imbalances, where some muscles are overworked and others are underactive. The bottom line? Bad posture and chronic back pain.

How to Reduce Such Risks

The best things that will help in reducing these problems are the following:

You need to follow the 30-30 Rule: get up and walk around for at least 30-60 seconds per 30 minutes.

Change your setup: Set your screen at eye level to avoid having to stretch your neck forward all the time.

Use active breaks: Walk around, stretch your hip flexors, or use a standing desk.

Remember the quote **"Sitting is the new smoking."** You need to make a habit of standing, stretching, and walking for at least 5 minutes per hour.

The Role of Data Science in Transforming Physiotherapy



Mr. Harshit Raj Sharma
Batch 2024
Faculty of Allied & Healthcare

Data science is an interdisciplinary field for extracting knowledge and insights from complex, often large- scale data. In healthcare, data science leverages methods from statistics, machine learning, and informatics to improve patient outcomes.The era of big data – encompassing electronic health records, imaging, genomic, and wearable sensor data – now extends to physiotherapy. Digitally enabled physiotherapy, including telehealth and mobile health, produces rich streams of data about patient condition and behavior. In this context, data-driven analytics promise to personalize exercise prescriptions, monitor progress, and predict recovery better than traditional methods.

Physiotherapy in particular stands to gain from data science. Rehabilitation involves complex, patient- specific therapies where outcomes depend on many factors. Data science tools can quantify physical function, capture patient- reported experiences, and integrate diverse datasets to tailor care. However, uptake of digital tools in physiotherapy has been slow; many clinics lack integrated analytics platforms. The COVID-19 pandemic and recent advances in sensors and AI have begun shifting this, highlighting the need for systematic approaches to apply data science in therapy.A structured data-science framework for physiotherapy begins with data acquisition from diverse sources. Wearable sensors can continuously track a patient's movement and vital signs during exercises. Clinical data from electronic health records and patient-reported data are also collected. These heterogeneous inputs are integrated into a secure data repository. Data preprocessing involves cleaning, de-identification, and feature extraction. For sensor streams, this might mean calculating joint angles, ranges of motion, or gait parameters., natural language processing (NLP) methods map words into numeric vectors for analysis,

At the analysis stage, machine learning (ML) models learn patterns in the data. For quantitative inputs, supervised ML can predict outcomes or classify movement quality, while unsupervised learning can cluster patients by response patterns. For qualitative data (interviews, open- ended survey responses), NLP and text analytics are used. NLP algorithms can automatically code interviews into themes, extract keywords, and gauge sentiment. For example, an NLP pipeline might identify concepts like pain improvement or exercise adherence in patient feedback, effectively scaling what would traditionally be done by manual coding. Topic modeling and rule-based or machine-learning classifiers can highlight recurring themes in large text corpora Indeed, recent studies have demonstrated that NLP can extract specific rehabilitation exercise details from

thousands of clinical notes with high accuracy. Large language models (LLMs) such as GPT can potentially accelerate thematic summarization of interviews, preserving nuance better than older keyword methods. Once models are trained, interpretation and decision support turn analytics into actionable care. ML predictions and NLP summaries (key themes from patient interviews) are displayed in dashboards or reports for clinicians. These outputs may suggest therapy adjustments – for example, flagging that a patient's gait data indicate high fall-risk, or showing that patients frequently report medication side effects as a concern. Importantly, a feedback loop is established: as patients continue therapy, new data are collected to update and refine the models. This continuous-learning cycle can improve model accuracy over time. Throughout, domain experts must collaborate to ensure models respect clinical context and are validated by new trials or case studies. In sum, the framework involves: - Data capture: Wearable and smart devices for movement/vitals; digital surveys and transcripts. Integration: Secure databases compliant with health privacy standards. Preprocessing: Signal processing for sensors; NLP text parsing (tokenization, vectorization) for narratives. Analysis: ML algorithms for prediction and NLP for qualitative coding Output: Clinically interpretable reports and visualizations

Applying NLP specifically to qualitative physiotherapy data is a key part of this framework. For example, open-ended patient surveys about home exercise experiences can be processed by NLP to tag recurring issues. A study suggests that NLP models should "generate useful and actionable information, including key themes and sentiment" from patient comments. In practice, an NLP engine might read dozens of interview transcripts and output a list of frequently mentioned concerns, enabling therapists to spot systematic issues that manual coding might miss at scale. In short, this framework uses data science to augment the strengths of physiotherapists' expertise with computational power and scalability.Adopting data science in physiotherapy brings important challenges and ethical issues. Privacy and security are paramount: patient data (health records, images, sensor streams) are highly sensitive. Systems must implement encryption, access controls, and anonymization to comply with HIPAA, GDPR, and similar regulations.

Explainability and trust present another concern. Some AI methods (deep learning, ensemble models) behave like "black boxes," making it hard for clinicians to understand how a decision was reached. In a field like physiotherapy, therapists and patients may be wary of recommendations they cannot interpret. Therefore, explainable AI (XAI) techniques and human oversight are needed. For example, if a model suggests increasing exercise intensity, it should provide clear reasoning. Ethical guidelines urge that therapists remain central in decisions, using AI as a support rather than an autonomous decider.Data quality and validity are also challenges. Physiotherapy data often come from small studies or real- world practice with noise. There is a need for prospective trials to show that ML/NLP tools actually improve rehabilitation outcomes. Limited evidence today means cautious optimism is warranted.

Many therapists are not trained in data science, and traditional rehabilitation training focuses on small-scale trials. Integrating data-science tools requires new education and workflow changes. There are also equity issues: not all patients have access to smartphones or wearables. Systems must ensure that technology doesn't widen disparities.

Finally, regulation and ethics oversight are evolving. Using AI in patient care involves issues of liability (who is responsible if an AI-recommended exercise causes harm?) and transparency. Professional bodies and regulators (FDA, EMA) are still developing guidelines for clinical AI. Ethical deployment will require safeguards like data governance boards, continual monitoring of model performance in real practice, and clear mechanisms for patient consent and opt-out.

Emerging data-science applications promise to further transform physiotherapy. One major trend is real- time monitoring and predictive analytics. Wearable devices and Internet-of-Medical-Things (IoMT) platforms can stream patient data continuously, enabling just-in-time analysis. For example, in post-stroke inpatient rehab, models using admission gait sensor data have already shown substantial gains in early outcome prediction. A recent study found that adding wearable sensor features improved prediction of discharge ambulation and fall risk by ~20–23% (weighted F1) compared to models without sensors. Such predictive analytics could soon allow therapists to forecast which patients need more intensive intervention versus those likely to recover quickly In the future, patient-specific predictive models may recommend personalized rehab plans (e.g. estimating optimal exercise dose) before therapy begins.

Another exciting area is digital twins and simulation. A digital twin is a virtual replica of an individual patient, incorporating their biomechanics, physiology, and therapeutic response. AI-driven digital twin models could simulate different rehab scenarios to find the best strategy. For instance, a digital twin could test various exercise regimens and predict a patient's recovery trajectory, helping clinicians co-design treatment plans. Research suggests digital twins can "help identify potential complications or failures at an early stage, enabling proactive interventions". When paired with robotic exoskeletons or augmented/ virtual reality (AR/VR) interfaces, digital twins may enable highly immersive and adaptive therapy. For example, AR goggles could overlay movement targets in real time based on a digital twin's model of the patient's capabilities. This could gamify exercises and boost engagement. Indeed, integrating AI with AR/VR is envisioned to "increase patient engagement and compliance" by turning rehab into interactive games.

Large language models and generative AI are also poised to impact physiotherapy. Beyond coding interviews, LLMs could act as virtual coaches or translators of medical jargon. For example, in patient education, an AI chatbot could explain exercise instructions in simple language or multiple languages. In the clinic, an LLM could summarize a long therapy note into a brief handoff report. Early work shows LLMs outperform traditional methods at summarizing qualitative data while preserving context. Continued advances in NLP may enable more natural patient–machine interactions, easing data collection and feedback loops.

Data science has the potential to revolutionize physiotherapy by enabling scalable analysis of patient data, objective monitoring, and personalized interventions. Current trends in NLP, machine learning, and digital twins point toward a future where therapists work alongside AI tools.

Upgrading Your Health with Century-Old Logic



HARMANDEEP KAUR
Batch 2025
Faculty of Computing

In this modern era, meticulous precision monitors the lives of humans. Here is a breakthrough: a 'being well' fails despite its surgical precision, but what if it is found in century-old philosophy? The Science of Being Well by Wallace D. Wattles offers an approach to mental health. His writings provide habits that even modern apps cannot provide.

Mindset & Psychology

Most students visualize health as a task: "I need to complete my project before the deadline," resulting in them becoming impatient. Wattles' quote suggests stopping worrying about the fads. It's the way you calmly handle stress while you are facing problems. Achieving wellness is not simple when you are rushing through everything. Wellness requires stability, calmness, or patience. In his writings, Wattles explains, "The Principle of Health is not just the same thing as the rest of your life; it's a way of living."

Mindful & calm

Numerous students skip sleep or eat "on the go" while looking at screens. Such behaviour might be one of the reasons why the proportion of "stressed students" rises. Emotional eating is to avoid stress. Regardless, Wattles recommends it as a "capable," healthy scholar. This approach is neuroplasticity. He said, "Never eat for the sake of eating… but eat only when you have earned hunger."

Identify & Evaluation

The brain of a computer is an 'operating system,' as it controls the overall functionality. Similarly, the human brain operates the mind as well as the body. If you issue commands like "I'm exhausted" to the OS, the body responds in the same way and feels lazy throughout the day. Conversely, if your OS receives strong and positive words, then your body will respond accordingly, and your body might feel energetic. Wattles says that your thought process is linked to your mind and the environment will behave as you think. He said, "Think of yourself as well, and your body will respond."

Century-old writings even work perfectly for modern problems, but they just need to be demonstrated beautifully. Such writings need to be implemented in our day-to-day issues. As the CPU operates in momentum, it prevents overheating. Similarly, the "Pomodoro technique" uses cycles, preventing emotional exhaustion.

GKU Parwaz
THE VOICE VISION & VIBRANCE



From the Desk of
Director Sports

The playing field teaches lessons that no classroom can fully replicate. It teaches us to prepare before we perform, remain composed under pressure, respect both rules and opponents, recover from defeat, and share success with the team. These lessons shape confident and resilient individuals.

At Guru Kashi University, sport is an essential part of education and student development. Regular physical activity strengthens health and concentration, while competitive sport develops discipline, leadership, courage, and sportsmanship. Whether a student participates for fitness, recreation, or high-level competition, every sincere effort contributes to a more balanced university experience.

I am proud of our athletes who represent the University with dedication and dignity. Their achievements are supported by consistent practice, guidance from coaches, encouragement from teachers and families, and the collective spirit of their teams. The medals and honours recorded in GKU Parwaz are important, but equally valuable are the habits of punctuality, perseverance, cooperation, and self-control developed along the way.

My message to every student is simple: make movement a part of your life, give your body the care it deserves, and approach each challenge with a sporting spirit. To our athletes, I say: set ambitious goals, train intelligently, remain humble in victory, and learn constructively from every setback.

May this magazine celebrate not only our sporting results but also the determination behind them. I wish our students strength, good health, and many more opportunities to bring distinction to Guru Kashi University.

With sporting regards,

Dr. Balwinder Kumar Sharma
Director Sports
Guru Kashi University

GKU Parwaz
THE VOICE VISION & VIBRANCE



Culture, Arts & CO-CURRICULAR ACTIVITIES SECTION

Staff Editors :
Dr. Kanwaljit Kaur
Dr. Amandeep Kaur
Dr. Shyam Sunder, ANO
Dr. Sakshi Nagru

Student Editors:
Lovepreet Singh
Madhu Bala
Angela

Emotional Spectrum of Daily Life



ELVIS MBAYO
Artist, BFA
Faculty of Visual and
Performing Arts

Elvis Mbayo, an artist from Uganda, is pursuing a Bachelor of Fine Arts in painting at Guru Kashi University, India. His artistic journey is rooted in a deep calling to convey culture, history, and emotion through art. Growing up surrounded by vibrant Ugandan artistic expressions, he views art as a dynamic medium that fosters connection and understanding within communities. Mbayo's work emphasizes the use of bold colors, reflecting the emotional spectrum of daily life in Uganda. He aims to create pieces that resonate with both individual viewers and wider communities, highlighting the power of art to foster conversations and cultural appreciation. His artistic vision embraces his roots while exploring new ideas, contributing to the understanding of Ugandan culture and celebrating the human connection that art facilitates.



Harmony of Tradition and Daily Life

SATVEER KAUR
Artist, BFA
Faculty of Visual and
Performing Arts



This painting celebrates the simplicity, strength, and cultural richness of rural life. It portrays two tribal women engaged in their daily activities under the warm glow of the sun, symbolizing the dignity of labour and the deep bond between humans and nature. The bright yellow background represents hope, prosperity, and vitality, while the red-orange sun signifies life and continuity. The larger figure carrying a basket reflects responsibility and resilience, while the smaller figure symbolizes companionship and the passing of cultural values across generations. Overall, the artwork is a tribute to rural heritage, human perseverance, and harmony with nature.

HOPE

SNEHA RANI
Artist, BFA
Faculty of Visual and Performing Arts



This painting beautifully expresses the theme of Hope through the symbolism of two candles. The brightly burning candle in the foreground represents faith, courage, and the strength to continue despite difficulties. Its vibrant flame illuminates the darkness around it, symbolizing optimism and the power of positive thinking. The second candle, with its fading flame and rising smoke, reflects challenges, disappointments, and moments of uncertainty that are part of every human journey.

The contrast between the glowing candle and the extinguished one creates a visual narrative about resilience. Even when one source of light fades, another continues to shine, reminding us that hope never completely disappears. The deep blue background enhances the emotional impact of the composition, representing darkness, struggle, and the unknown, while the warm orange and yellow tones of the flame symbolize life, energy, and renewal.



DR. KANWALJIT KAUR
Director
Youth Affairs and Culture

Punjab is known worldwide not merely as a geographical region but as a vibrant civilization built on courage, compassion, hard work, cultural richness, and human values. *Punjabiyat* represents a way of life that transcends religion, caste, language, and geographical boundaries. In an age of globalization and rapidly changing social values, preserving Punjabi culture and heritage is essential to keep future generations connected with their roots.



Punjab has a rich cultural legacy reflected through its folk traditions, festivals, music, dance, literature, cuisine, arts, crafts, and social customs. Folk dances such as *Bhangra, Giddha, Jhumar, Luddi,* and *Sammi* represent the energy and resilience of Punjabi society. Traditional crafts such as Phulkari, folk songs, storytelling, and handicrafts remain valuable cultural treasures.

A central aspect of Punjabi culture is its emphasis on universal human values. The teachings of Guru Nanak Dev Ji highlight *Naam Japo, Kirat Karo,* and *Wand Chhako*- remembering the Divine, earning honestly, and sharing with others. These principles promote spirituality, dignity of labour, social responsibility, compassion, and equality.

Punjabi culture also carries a powerful message of respect for nature:

"Pawan Guru, Pani Pita, Mata Dharat Mahat."



This timeless message reminds humanity of its responsibility towards the environment and is especially relevant in today's era of climate change and environmental degradation.

The dignity and equality of women are also deeply rooted in Punjabi thought. Guru Nanak Dev Ji questioned gender discrimination through the words:

"So Kyon Manda Akhiye Jit Jamme Rajan."

This message continues to inspire the values of dignity, equality, and respect for women.



The humanitarian spirit of Punjabis is visible across the world. The tradition of *langar* represents equality, service, sharing, and humanity by providing food to everyone without distinction of caste, religion, nationality, or social status. Organizations such as Khalsa Aid have also carried this spirit of service to people affected by disasters and humanitarian crises around the world.

The inclusive nature of Punjabi culture is reflected in the *Guru Granth Sahib*, which includes compositions from *Sikh Gurus* and contributors from diverse social and religious backgrounds. Its emphasis on equality, spiritual harmony, and universal brotherhood makes it a remarkable symbol of inclusiveness.

Punjabis have carried their culture across the globe. Communities in Canada, the United Kingdom, the United States, Australia, and many other countries continue to celebrate *Vaisakhi, Gurpurabs, Lohri, Teeyan,* and other cultural occasions. Punjabi language schools, cultural associations, and gurdwaras help younger generations remain connected with their heritage.



Tolerance and peaceful coexistence have traditionally been important strengths of Punjabi society. People from different faiths and communities have shared social spaces and participated in one another's celebrations. At a time when social polarization is increasing worldwide, *Punjabiyat* offers an important message of dialogue, respect, coexistence, and mutual understanding.

Punjabi family values also strengthen social bonds. Respect for elders and teachers, care for





children, strong family relationships, and community support have traditionally contributed to social harmony. Similarly, Punjab's rich literary heritage, represented by figures such as Baba Farid, Bulle Shah, Bhai Vir Singh, Amrita Pritam, and Shiv Kumar Batalvi, has promoted universal themes of love, humanity, compassion, and dignity.

Educational institutions have an important role in carrying this heritage forward. Universities provide opportunities for students from diverse backgrounds to celebrate cultural diversity and develop mutual respect. At Guru Kashi University, the Directorate of Youth Affairs and Culture actively promotes Punjabi culture through youth festivals, folk music and dance, literary activities, street plays, cultural celebrations, and cultural exchange programmes.



The preservation of Punjabi culture is a shared responsibility. Parents, educators, artists, writers, media, institutions, and policymakers must work together to protect the Punjabi language, traditions, values, and cultural practices. Cultural preservation does not mean rejecting modernity; it means carrying timeless values into the future.

Punjabiyat is a living heritage of spirituality, humanity, equality, resilience, inclusiveness, and love for life. Its values can guide society towards a more compassionate, harmonious, and sustainable future.

Preserving Punjabiyat is not only our responsibility-it is our privilege.Long Live Punjabi Culture!

Food: The Soul of Every Culture



MR. PEEYUSH RAJ
Assistant Professor
Institute of Hotel Management

Human beings, through centuries, have kept food as the utmost luxury as an old secret guided tradition. No matter the type of living in the rest of the house, all of us treat the kitchens in the most capable, luxurious way. Making sure of the availability of various ingredients at any given point of time. Needless to say, the human race has come across many known and unknown challenges to reach the much more organized point where we today stand.

Every lady is a witness of the traditions of at least two generations in her life and has also acted like a trainee, the master, and also a coach whose soul lies in the efforts to feed the most delicious and nutritious food to the members of the house without expecting anything in return. Despite many modern-day facilities available now for us, we still will never be able to reach their level of perfection, but we are inspired by the same irony. I am only trying to carry forward the efforts, culture, hard work, and tradition that we try to maintain at our department to showcase the best within limits and also the efforts to extend the potential.



Within the walls of the Hotel Management Institute, the Food Production Department is more than a kitchen; it is a laboratory where tradition meets innovation and where every flame, every spice, and every stir of the ladle becomes a lesson in excellence (sometimes after a few failures). Here, precision is not a mere requirement; it's a way of life. Students try to learn that

a fraction of salt is potent enough to alter the harmony of a dish and that the exact temperature of an oven can alone decide between the success and failure of the final result. Care is woven into every gesture, from the gentle kneading of dough to the meticulous plating of a dish, to remind everyone that hospitality begins with respect for ingredients and continues with respect for the guest and also extends to the tools and equipment that are used.



Innovation breathes through the department windows like a quiet wind. Classic recipes are practiced with honour, yet reimagined with modern techniques that are industry essentials. Students experiment with textures, flavours, and presentations, inspired by their imagination and guided by faculty, who balance the wisdom of tradition with the courage to experiment with new paths. Thus, the kitchen is a shrine of heritage and a laboratory of creativity.

Everyday skills are sharpened in the art of cooking, but also in discipline, teamwork, and timing. A student learns that a kitchen is a symphony of knives chopping in rhythm, pans sizzling in harmony, and voices coordinating with urgency and grace. Faculty members, with patience and passion, arrange the lyrics, ensuring that every learner finds his/her own nodes in the collective performance. Tradition is the heartbeat of this department. Recipes passed down through generations are taught not as chapters, but as living stories.

Each spice carries the memory of a land and the story of a historical trade; each technique reflects the wisdom of countless chefs before. Students are taught to honour these roots while preparing to branch into the future.

The Food Production Department is, above all, a reflection of hospitality itself, which is precise yet warm, innovative yet respectful, and disciplined yet creative. It is a place where students discover that cooking is not only about feeding the body but also about nourishing the soul. And here, faculty and learners do more than craft meals: they craft moments, memories, and the promise of a profession built on care, respect, skill, and grace.

Globalization and Innovation in Higher Education in India



MR. DANISH ISHFAQ
Assistant Professor
Faculty of Allied & Healthcare

Two interrelated and powerful forces are having significant influence on the purpose, structure, and delivery of education in Indian globalization and innovation. They form the basis for the future of higher education in India.

Globalization and innovation will determine the future of higher education in India. This process has been fast tracked by the National Education Policy 2020 which envisages a multidisciplinary, flexible, innovative and globally competitive education system. This is a shift from rote learning and rigidity of degree specializations. The result is an adaptable, skill-based and global education system relevant to the knowledge economy of the 21st century.

Globalization has been instrumental in integrating the higher education system in India into the global economy and shaping its future. Universities are thus not only fulfilling the needs of their respective countries but are also part of a worldwide knowledge-sharing mechanism. Universities in India are increasingly linking with international institutions in different ways, such as joint research projects, dual degrees, faculty exchange programs, and mobility schemes for students. Internationalization is becoming increasingly important given that some of the best Indian universities can now set up branches in other countries, while international universities can also set up branches in India. Not only does this improve the quality of education, but it also provides students exposure to other cultures, perspectives, and pedagogical approaches that will help them to thrive in a globalized work environment.

Globalization also deals with the age-old globalization problem known as the brain drain by creating job opportunities in India that are up to par with those in other countries. It also attracts international students to study in India.

The past few years have seen a rapid acceptance of technologies in higher education, most remarkably in the setting up of online education platforms like SWAYAM and NPTEL, which have democratized entry to education cutting across environmental and socio-economic barricades. Pedagogies are also gradually using artificial intelligence, data removal, virtual reality and cloud calculation to provide personalized learning and fast feedback. These are not merely tools but the

core of the learning experience itself, allowing institutions to scale the number of students without losing quality or engagement.

The shift towards hybrid learning (combining online and offline learning) is also widening access and flexibility, greatly enhancing the prospects of an educational environment being responsive to individual needs and preferences. The innovation in teaching and learning that matches the technological advancement is turning out to be a key for higher education's future. The emphasis is on interdisciplinary and experiential learning, encouraging students to explore more than one academic discipline and apply their theoretical knowledge to real problems.

New interdisciplinary degrees are offered with porous boundaries between the fields in data science, environmental sciences, public policy, and design in engineering. This not only promotes innovative and critical thinking in students but also develops in them a diversity of skills that the intricate and rapidly evolving market requires. And there is a shift from exams to continuous assessment mechanisms to assess a student's competency based on practical skills, critical thinking skills, and problem-solving skills.

Another major trend is the integration of the industry and the academy with the aim of bridging the gap between education and the workplace. Higher education is collaborating closely with industry to design curriculum relevant to the current market needs and offer internships and apprenticeships and practical learning through projects. Universities are progressively becoming centers of revolution and setups and encouraging entrepreneurship and revolution among the student populations. This approach is critical for the growing startup culture in India, where higher education institutions are expected to help in building entrepreneurs and innovators. This is resulting in a shift from education as a passive activity to get a job to education as an active activity that leads to the creation of jobs and development.

The concept of lifelong learning is also gaining ground with the rapid pace of technological and industrial change. Learning will not be confined to a specified period of life but will be a lifelong process of upskilling and reskilling. Short courses, online certificates, and modular degrees are therefore gaining attraction as an alternative to the traditional degree, enabling skills to be acquired in bite-sized chunks and at the speed with which the industry requires. This is a critical need in the world where careers are changing fast and people need to upskill. As such, universities are moving from degree factories to lifelong learning providers for their students. But this shift in higher education in India comes with challenges.

Globalization is beneficial but also puts pressure on Indian institutions to compete with recognized international companies, making them participate in organizations and plans constantly. In order to address these tasks, ongoing strategy creativities, increased infrastructure and research funding, and a pledge to justice and addition are compulsory.

Law Goes Beyond The Books and Classrooms



GURLEEN KAUR
Batch- 2024
University School of Law

"Objection, Your Honor!"

It is a phrase that advocates use when presenting their arguments in court. To a fresher, the life of a law student appears to revolve around thick and complex box sections of bare acts and endless case laws. This surface lies beyond in a journey that is far more profound- one that not only shapes careers of lawyers but also a way of critical thinking and professional lifestyle.

As a law enthusiast, my journey has shown me that law is a subject that is not merely about memorizing statutes or cramming legal doctrines. It is about asking questions about the basic foundation of those laws.

Why does a law exist?

What is the need to make that law?

Does it always deliver justice to victims?

These are a few questions that begin to arise in a law student's brain. Classrooms are no longer spaces of passive learning; they are transforming into arenas of group discussion, debate, and intellectual exploration. The academic environment encourages students not only to learn, but it's also an expression where students are inspired to think critically, give voice to their opinions, and engage with real-world issues.

The idea of **"Your Voice, Your Ideas, Your Impact"** is not just a slogan, but it is something that reflects in everyday student life, whether it is through discussions in the classroom, participating in activities, or national platforms like Youth Parliament, students are constantly providing them opportunities to raise their voice.

In reality, the life of a law student goes far beyond just attending those lectures and just reading tons of heavy-weighted textbooks. Participating in different levels of moot court competitions, like intra-moots, national, and international moot courts, is helping students speak in front of judges. The mooting skills students develop at these moot court competitions, for instance, bring a sense of realism that no book can replicate. Standing before judges, representing oral arguments, and defending a position test not only knowledge of laws but also confidence and

presentation skills. In those moments, nervousness, stress, and countless other emotions became the real challenges. It is only possible through overcoming these challenges that law students grow and move closer to his success.

Every word, every sentence, and even every punctuation mark matters, as they help to interpret the law clearly and contribute to the efforts of achieving justice. Further to deepen this experience, lawyers are exposed to the practical learning of law- the need to understand cases, the emotional weight carried by clients, and challenges faced by the law professionals.

Courts are the places where one realizes that the law is not just about having knowledge of rules and regulations mentioned in bare acts, but it is about lives that are directly impacted by their applications. There is a huge gap between theory and practice in court that becomes evident, and it comes with a deeper sense of responsibility. The knowledge of the theory of law is opposite to the practical experience of courts.



As with every other individual, sometimes there are moments of self-doubt, moments when an individual questions their capabilities and wonders if they are making enough efforts or not. But it is through these challenges that true growth occurs. Law teaches resilience in a way few disciplines do - it instills in a law student the ability to stand firm in the face of challenges.

Gradually, something begins to change within a law student's personality. Their perspective on the world evolves. Justice, equality, liberty, and the rights of citizens are concepts that are no longer abstract; they become deeply personal. A sense of awareness develops among all students, with a responsibility to not just understand the law but also to use it in such a useful manner through the academic platforms and intellectual discussions.

The life of a law student is far more than what meets the eyes of common people, but in reality, it is not as easy. It is not only confined to books, classrooms, or preparing for semester examinations. It is a journey of constantly asking questions, learning, and updating ourselves with new laws. It's discovering one's voice, building the courage to use it and preparing it to stand against injustice.

Why Students Must Know Basic Law...?



JOGESH CHAND
Batch - 2023
University School of Law

A student may spend years studying literature, science, commerce, or law, yet remain helpless in a situation that involves a police station, a landlord dispute, an online scam, an examination controversy, or even a simple consumer complaint. These are the real situations of modern students' lives: we are encouraged to become educated but not always informed. Education without legal awareness is incomplete, because law quietly shapes daily life in ways that most people notice only when a problem arises.



THE LAW IS NOT ONLY FOR LAWYERS

Many students think law belongs inside courtrooms, legal textbooks, or the world of judges and advocates. That is not true. Law is present when a student books a train ticket, signs a hostel agreement, uses social media, buys a product, applies for an internship, or is searched by the police. It is also present when rights are respected or violated. A person who knows only academic subjects may be intelligent, but a person who knows basic law is better prepared to protect that intelligence in the real world.

RIGHTS BECOME REAL ONLY WHEN PEOPLE KNOW THEM

Constitutional rights are powerful on paper, but they become meaningful only when citizens understand them. A student who knows the difference between a right and a favor will stay calm and resist pressure. For example, a young person who understands that every action of the

state must follow lawful procedure is more likely to ask the right questions. Knowledge of basic legal principles does not create conflict; it creates confidence, discipline, and responsibility.

DAILY LIFE IS FULL OF LEGAL SITUATIONS

Legal issues do not begin with big cases. They begin with ordinary life. A rented room may involve an unspoken contract. An online purchase may involve consumer rights. A photograph posted on social media may raise questions of privacy or defamation. A cyber fraud message may require a rapid complaint. A dispute with an employer during a part-time job may touch labor principles. When students understand these matters early, they are less likely to be cheated, ignored, or misled.

LAW BUILDS CIVIC MATURITY

A university is not only a place to earn a degree. It is a place to prepare for citizenship. Students will soon vote, work, travel, earn, rent, sign agreements, use digital services, and interact with institutions. Basic legal literacy trains them to think before acting. It teaches that freedom is valuable, but so is accountability. It also helps students avoid spreading false legal advice, which is increasingly common on social media. In an age of shortcuts, legal knowledge teaches caution.

WHY IGNORANCE CAN BE COSTLY

Ignorance of basic law can be expensive, stressful, and sometimes dangerous. A student who does not know how to preserve evidence after cyber harassment may lose a case before it begins. Someone who does not know the importance of reading documents may sign unfair terms. Another student may waste time in panic because of a threat that has no legal basis. Often, fear grows not because the situation is severe, but because the person does not understand the law at all.

WHAT EVERY STUDENT SHOULD KNOW

Not every student needs to become a legal expert. But every student should know a few essentials: how to read a document before signing it, where to seek legal help, how to respond calmly to official authority, how to report cyber crime, how to preserve screen shots and records, and how to distinguish facts from rumours. These are not advanced topics. They are life skills. A little legal awareness can prevent a great deal of trouble.

A CULTURE OF AWARENESS

Guru Kashi University is playing a major role in creating a legally aware generation. Legal aid clinics, seminars, awareness programs, and student articles can make law feel practical instead of distant. Teachers can encourage discussions on everyday rights, not only textbook theories. When students learn the law in a simple, relatable way, they begin to see that it is not a barrier to life. It is a framework that helps life function fairly.

Introduction to NCC



DR. SHYAM SUNDER (ANO)
Assistant Professor
University College of Education

The National Cadet Corps (NCC) is a youth development movement. It has enormous potential for nation-building. The NCC provides opportunities to the youth of the country for their all-round development with a sense of duty, commitment, dedication, discipline, and moral value so that they become able leaders and useful citizens. The NCC provides exposure to the cadets in a wide range of activities, with a distinct emphasis on social services, discipline, and adventure training. The NCC is open to all regular students of university on a voluntary basis. The students have no liability for active military service.

The National Cadet Corps sub-unit (Army wing) of our institution, Guru Kashi University, Talwandi Sabo, was started in the year 2021. The unit is affiliated with 20 Punjab BN NCC Bathinda, with the strength of 53 cadets, and another one is 6 Girls PB BN NCC Malout, with the strength of 107 cadets.



Aim

The 'aims' of the NCC laid out in 1988 have stood the test of time and continue to meet the requirements expected of it in the current socio-economic scenario of the country. The NCC aims to develop character, comradeship, discipline, a secular outlook, the spirit of adventure, and the ideals of selfless service among young citizens. Further, it aims at creating a pool of organized, trained, and motivated youth with leadership qualities in all walks of life who will serve the nation regardless of which career they choose. Needless to say, the NCC also provides an environment conducive to motivating young Indians to join the armed forces.

Motto of NCC

The need for having a motto for the Corps was discussed in the 11th Central Advisory Committee (CAC) meeting held on 11 Aug 1978. The mottos suggested were "Duty and Discipline," "Duty, Unity, and Discipline," "Duty and Unity," and "Unity and Discipline." The final decision for the selection of "Unity and Discipline" as the motto for the NCC was taken in the 12th CAC meeting held on 12 Oct 1980.

Pledge

WE, THE CADETS OF THE NATIONAL CADET CORPS,
DO SOLEMNLY PLEDGE THAT WE SHALL ALWAYS UPHOLD THE UNITY OF INDIA.
WE RESOLVE TO BE DISCIPLINED AND RESPONSIBLE CITIZENS OF OUR NATION.
WE SHALL UNDERTAKE POSITIVE COMMUNITY SERVICE IN THE SPIRIT OF SELFLESSNESS
AND CONCERN FOR OUR FELLOW BEINGS.

Core Values

The NCC is a responsive, learning, and continuously evolving organization. Its activity is guided by certain core values that we endeavor to install among all ranks of the NCC. These include the following: -

a. A sense of patriotic commitment to encourage cadets to contribute to national development.
b. Respect for diversities in religion, language, culture, ethnicity, lifestyle, and habitat to instill a sense of national unity and social cohesion.
c. Abiding commitment to learn and adhere to the norms and values enshrined in the Indian Constitution.
d. Understanding the value of a just and impartial exercise of authority.
e. Ability to participate in community development and other social programs.
f. A healthy lifestyle free of substance abuse and other unhealthy practices.
g. Sensitivity to the needs of poor and socially disadvantaged fellow citizens.
h. Inculcating habits of restraint and self-awareness.
i. Understanding the values of honesty, truthfulness, self-sacrifice, perseverance, and
j. hard work.
k. Respect for knowledge, wisdom and the power of ideas

Celebration of Republic Day











Experience of the Army Attachment Camp Army Cantt Abohar (4th Dogra Regiment)

It was a privilege to attend the Army attachment camp with the [4th Dogra Regiment]. Upon arrival, the atmosphere of the cantonment was electrifying. A regimented life replaces the easygoing life of a student. The Indian Army is a time-bound environment, immediate and profound. The schedule is the heart and soul of Fauji life. We were taught the real value of time management and every minute was accounted for. At 4:00 am, our day began well before dawn. We had to be ready and report on the ground for Physical Training (PT) and morning drills. Around 08:30 am after the intense morning workout We headed for breakfast. The meal was always nutritious and disciplined, reminding one to replenish the body for the day's activities. We had technical training from 09:30 am to 01:30 pm. This was a session on weapon training (INSAS, SLR, and LMG), map reading, and understanding build craft. [FC].

03:00 pm to 05:00 pm was the time for gaming and sports. In the army, physical fitness is also built through camaraderie. We engaged in various sports like football, volley ball, or basket ball. This was the best time for team building and bonding with the soldier. The day concluded around 8:00 pm with a formal dinner. It was time-bound (strictly) and allowed a moment of reflection on the hard work that had gone into the day.

· We learned the mechanics of real combat weapons- how to strip, clean, and reassemble them.

- The live firing session was the real test of nerve and concentration. Feeling the recoil of the rifle was a moment of pure adrenaline.
- Interaction with the soldiers during the evening games gave us insight about them. We learned that unit pride and mental toughness are required to serve at the borders.

The camp was not easy. The "ragda" (punishment) in the heat, along with the lack of luxury, was physically draining. However, this is where the growth happened. I learned that the body can do much more than the mind believes. I evolved from a boy/girl with excuses into a cadet with a "can-do" attitude. The army attachment is more than just a training program: it is a lesson in character. I realized that unity and discipline are the pillars of a strong nation. On my return from the camp, I was filled with a sense of purpose, a keen intellect, and an indomitable passion to join the Indian army and wear the uniform with pride.

"You sweat more in peace. You bleed less in war."

Jai Hind.

















My Experience as an NCC Volunteer



RITIKA
Batch - 2023
University School of Law

"If I die in a war zone,

Box me up and send me home.

Put my medals on my chest.

Tell my mom I did my best."

The National Cadet Corps (NCC) is often regarded as a symbol of discipline, cohesion, and leadership. The Basic Leadership Camp (BLC) and ATC experience have proved transformational for me, helping me develop not only my personality but also the overall vision of life.

"Push your limits today to lead tomorrow."

The Basic Leadership Camp (BLC) served me as a first step into leadership. There I learned what it means to be responsible for my actions and others; what it takes to work as a united team, to guide a group, to take prompt decisions, and to be confident under pressure. Above all, this training camp taught me the importance of unity. Even though I've learned many things there, none could match the sense of unity that we developed during the training. Time went so fast that I didn't even notice the end.

I had gone there alone, leaving my university; however, by its end, I made many new friends and unforgettable memories. On the last day, it was very hard for me too.

"Some goals are so worthy,

It's glorious even to fail."

I attended two Combined Annual Training Camps (CATC) at 6 Punjab NCC Battalion, BN Malout, and both were truly wonderful experiences. Each camp helped me grow in confidence, discipline, and teamwork.

On the very first day, during the opening ceremony, commanding officer Col. Bhupinder Singh Mann motivated us with his inspiring words. He encouraged all cadets to actively participate

in every competition, to build confidence, and to ensure that we leave the camp having learned something valuable. His words left a strong impact on me and motivated me to give my best.



Throughout the camp, I participated in various activities such as drills, cultural programs, and debate competitions. These activities improved my capabilities as well as enhanced my communication skills, with cadets from various states participating. This camp taught me new insights and developed a deep respect within me for different cultures.

I was awarded the rank of Senior Under Officer, so I felt honoured because it showed my leadership, dedication, and commitment to my duties. This position provided me an opportunity to guide, oversee tasks, and assist other cadets.

My bonding with fellow cadets was memorable. Participating as a team and sharing laughter during the cultural program transformed every instance into an unforgettable memory. On the closing day of the camp, it seemed that we had become collective members of the same family. Departing from the camp was emotional; yet, the wisdom, unity, and insights I acquired will be with me permanently.

Role of National Service Scheme (NSS) in Higher Education of Punjab



NARINDER KAUR
NSS Coordinator

The National Service Scheme (NSS) is one of the most important programs of youth development in India. NSS was started in 1969 by the Government of India in the year of Mahatma Gandhi's birth centenary to build the personality and character of the students through their contribution to the community in a voluntary manner. The motto of NSS is "Not Me but You," with the idea to practice selfless service and social responsibility. NSS has become a significant platform in the context of higher education in Punjab, where it provided a platform for linking academic learning with community service. It is very important for the formation of responsible citizens, awareness among the students, and their qualities as the leaders of the future.

The National Service Scheme (NSS) is a policy-oriented program established on the philosophy of service to the community by youth. The Government of India, Ministry of Youth Affairs & Human Resource Development, had introduced it. The concept of the scheme slowly but steadily developed during the post-independent era.

NSS has grown in all educational institutions in the country at the 10+2 and higher level ever since its launch. NSS and higher education have influenced and enriched each other in the past years. However, there have been some apprehensions over the last few years that students who are smart academically and have demonstrated their merit are not interested in taking part in NSS activities and programs. It has been a matter of serious concern to the policyholders, coordinators, and program officers and is a crucial topic of debate for educational stakeholders. Various events, such as workshops and seminars, have been organized to motivate students, especially those in higher education who excel academically, to participate in NSS programs.

The idea of incorporating students in the national service in India can be attributed to Mahatma Gandhi, who had always pleaded for social responsibility among students. He held the view that students should not only excel in their academic pursuits but also serve society and the country. He said that the primary responsibility of the students was to inculcate their social commitment and play an effective role in the welfare and upliftment of the community.

One of the states in India, Punjab, has a well-developed higher education system comprising universities, colleges, technical institutions, and professional education centers. Most of these institutions have established NSS units, providing students with opportunities to participate in community service and nation-building activities. Prominent universities like Panjab University, Punjabi University Patiala, Guru Nanak Dev University, Guru Kashi University, and Central University of Punjab actively promote the NSS program. There are around 120 affiliated colleges at Panjab University involved in NSS; thousands of NSS volunteers are engaged in various social service activities in the state every year.

Personality development is one of the main contributions of NSS in Higher education. In modern education, in addition to classroom learning, students' values, leadership, communication skills, and

social sensitivity are also nurtured. The students get to know the concepts of teamwork, discipline, problem-solving, and decision-making in the context of NSS activities. They become confident as they plan events, initiate campaigns, and engage community members. All these experiences are in addition to school learning and they prepare students for future professional and social roles. The volunteers regularly work in adopted villages and urban communities for issues that include sanitation, literacy, health awareness, environmental protection, social welfare, etc. These activities provide opportunities for students to have direct experiences with challenges in society and how they can work together to solve problems. Community involvement is one way to support a better connection between the education system and society, thereby making higher education more relevant and useful. Another important aspect of the NSS activities are health and hygiene awareness programs, blood donation camps, medical check-up camps, awareness camps on vaccination, and awareness campaigns on drug abuse, which are organized by colleges & universities very often. Such initiatives are particularly important in Punjab where drug abuse and public health issues are big problems that require constant attention.

The Swachh Bharat Mission has also enhanced the cleanliness and sanitation initiatives of NSS and organizes cleaning campaigns in educational institutions, villages, public places and heritage places. These events create an understanding among students about cleanliness and public health and also improve their social responsibilities. Cleanliness campaigns provide students with an understanding of the significance of keeping the environment clean and motivate them to be active participants contributing to the development of the nation.

One of the important achievements of NSS in higher education is promotion of social harmony and national integration. Punjab is a culturally diverse state, and NSS is an opportunity for students of different cultures to serve the society together for common objectives. The students are provided with opportunities to get an insight into diversity and to strengthen the values of unity and brotherhood by organizing National Integration Camps, youth festivals, special camps, and cultural exchange programs. These activities enhance social solidarity and foster a more inclusive society.

NSS also promotes the employability of students. Communication skills, leadership, teamwork, and social awareness are the skills that are increasingly sought by employers. The students acquire these skills while participating in NSS activities. Students are taught project management, event organization, public speaking, and community engagement, which are all applicable to the workplace. Therefore, the NSS helps in the development of students' careers in addition to social development.

Though it has achieved some success, NSS in Punjab is struggling with some problems. Sometimes programs are not as effective as they could be due to the limited financial resources, poor infrastructure, and challenges with continued community involvement. The students also have a problem balancing their academic commitments with the activities of NSS. Moreover, there is a requirement of more monitoring, evaluation, and documentation of NSS projects to assess the long-term impact of the NSS project. These challenges can be overcome by providing more funds, technology, and institutional cooperation to make NSS programs more effective. This shift is highlighted in the National Education Policy (NEP) 2020, where experiential learning, engagement with the community, and holistic education are taken center stage. NSS is a perfect fit with these objectives, as it coordinates academic development with social service. The scheme offers students opportunities for practical learning experiences, which lead to their intellectual, emotional, and ethical development. With the implementation of the principles of NEP 2020 in Punjab's higher education institutions, the NSS program is likely to gain greater prominence in the future.

National Service Scheme in Higher Education: Nurturing Leadership, Social Accountability and Community Engagement



DR. MUZAFAR AHMAD DAR
NSS Programme Officer
Faculty of Sciences, Humanities and Languages

The purpose of higher education is not limited to excelling only in the academic domain; rather, universities and colleges are expected to shape students into responsible citizens, socially cognizant individuals, and capable leaders. In this background, the National Service Scheme (henceforth NSS) has appeared as one of India's prominent youth programs. Right from its establishment in 1969, NSS, through a voluntary service, became a driving force in connecting the students with society. Its guiding slogan, **'Not Me But You'** replicates the essence of collective welfare and selfless service. In universities and colleges, NSS works as a link between the classroom education and the applied social experience. Among the students, it fosters leadership, grows social responsibility, and endorses meaningful community engagement.

In higher education, one of the aims of NSS is to develop the students' lives through the service of the community. Although textbooks provide theoretical knowledge, NSS empowers students to comprehend the realities of life beyond the campus. While participating in social activities, students learn teamwork, compassion, discipline, and the value of service. They are stimulated to work for the welfare of society by looking beyond their personal interests. Thus, due to this practical orientation, NSS becomes an indispensable element of the education system.

One of the aims of the NSS is to develop leadership qualities among the students. Contemporary society needs young leaders who are organized, confident, and skilled at solving problems, and to develop these qualities, NSS provides an ideal platform. Through NSS, the students who come as volunteers organize various awareness campaigns related to literacy, environment, cleanliness, blood donation, and sometimes special camps in the adopted villages. Such campaigns and activities require proper planning, cooperation, coordination, communication, and decision-making. In these circumstances, the students naturally grow, when they take responsibility and guide teams to complete these activities.





Leadership only based on authority is different from the leadership developed through NSS. The latter one is rooted in empathy, service (seva), humbleness, and coordination. NSS teaches its volunteers that a true leader listens to others, takes care of the people, and inspires others to work for the mankind. They give preference to responsibility rather than privilege. Later on, when these students become public servants, teachers, entrepreneurs and administrators, these lessons remain valuable throughout their life.

The cultivation of social responsibility in higher education is another important dimension of NSS. In the present world, human society is facing various challenges like poverty, illiteracy, health issues, unemployment, environmental degradation, gender inequality etc. Through the help of NSS, students are being sanitized to find the solutions of these issues. With the help of fieldwork and the interaction with the local population, students understand the problems faced by marginalised groups. This awareness leads to the growth of empathy and civic responsibility among NSS volunteers.





For example, by participating in literacy campaign, an NSS volunteer learns the importance of education for the social development. The involvement of a student in a health awareness programme helps him/her to understand the importance of hygiene and preventive care. Besides, the involvement of an NSS Volunteer in a tree plantation drive generates the environmental consciousness. Therefore, through these participations, NSS converts the students from passive spectators into active contributors to society. It further helps them to understand that citizenship is not only about demanding the rights but also performing of duties and responsibilities.

Another strength of NSS is the community engagement. Since higher education institutes often remain isolated from the communities around them, NSS helps to break this barrier by bringing the students into direct contact with rural and urban areas. The villages and local areas are being adopted by universities and colleges, and these students are undertaking developmental activities. The NSS special camps are an essential part due to their transformative nature. These camps usually last several days, and students engage in community life and collective work. During the days of the special camp, volunteers live together, work together, and do service (seva) together. They also undertake activities such as cleaning, tree plantation, organising free medical

camps, educational and cultural programmes and conducting surveys, etc. Through these special camps, students learn cooperation, coordination, simplicity, and adaptability. They return with a stronger friendship, greater maturity, understanding of social issues and a deeper sense of determination.

In the twenty-first century, the significance of NSS in higher education has increased further. The contemporary world faces intricate challenges such as social, economic, and digital inequality; mental health; climate change; disaster management; and social polarization. To overcome these issues, NSS volunteers can play a vital role through various activities like awareness campaigns, disaster relief efforts, digital literacy drives, and other community support programs. Besides, NSS volunteers have shown strong dedication and courage during emergencies like pandemics, floods, earthquakes, and public health crises. Not only this, but the NSS also promotes national integration and democratic values among its volunteers. Under the one common purpose of 'service to society,' the volunteers from different regions, religions, and languages work together. This unique experience reduces bias and strengthens 'unity in diversity,' and volunteers learn cooperation, tolerance, and admiration for differences. The constitutional values such as justice, equality, dignity, and fraternity are being appreciated and admired by these volunteers. Thus, NSS not only contributes to individual growth but also strengthens the entire nation.





NSS remains one of the most effective tools for value-based higher education in India. It fosters leadership by giving students ample opportunities to organize and serve society and the nation. It shapes social responsibility by revealing them to real social challenges. By linking society with the university and college campuses, it strengthens community engagement. It also shapes the young minds into confident, compassionate, and responsible citizens. In today's world where education is measured only by degrees and employment, NSS reminds us that the true purpose of higher education is to develop human character and social commitment. In short, NSS endures to stimulate generations of students and contribute to the building of a better society by nurturing leadership, responsibility, and service (*seva*).

Experience as an NSS Volunteer



JASHANDEEP KAUR
Batch - 2022
University School of Law

The National Service Scheme (NSS), a central sector scheme under India's Ministry of Youth Affairs and Sports launched in 1969, focused on developing student personalities through community service. With the motto of "Not Me but You." There are various camps that the NSS conducts, and each of them broadly falls into one of these four categories:

1. Cleaning
2. Afforestation
3. Stages show or process creating awareness on social problems, education, cleanliness, etc.
4. Inviting doctors for health camps.

The best part about NSS is that it gives us the opportunity to talk to people from the different social strata- the poor, the rich, the needy, the humiliated, the successful ones, the strugglers, and many more. It is beneficial to both students and society in various ways. NSS helps the students grow both individually and as a team. It is the best platform to overcome the fear. It makes the students confident, develop leadership skills, and gain knowledge about different people from different situations. The time I spent at NSS was beneficial. It helps me to improve my communication skills and confidence. It helped me to develop discipline, teamwork, and leadership and gave me opportunities to step out from my comfort zone, understand the real social issues, and deal with those. My journey in NSS has made me more responsible, confident, and socially aware and also changed my way of thinking. It will always remain one of the most memorable and valuable experiences of my life as a student.



JOGESH CHAND
Batch - 2023
University School of Law

The National Service Scheme (NSS) serves as a platform for social service and also acts as a powerful link between the students and the society. It teaches responsibility, discipline, empathy, and the spirit of working for the welfare of others. As an NSS volunteer, I have realized that genuine education is nothing if it does not serve mankind. Let's join hands and work towards a better tomorrow! Under the guidance of our coordinator Dr. Narinder Kaur Mam and along with our department P.O. Dr. Priyana Mam, we are encouraged to strengthen our hands in works that are not only useful answers to society but can also create awareness and a positive change in our society.

Amongst the other numerous activities of the NSS, the importance of blood donation and tuberculosis (TB) awareness is significant. These are not mere activities, but they are a great social responsibility. Donating blood is one of the most generous things you can do. One unit of blood can be a saviour, and it can help more than one person in an emergency. A lot of people are reluctant to donate blood because of fear or misinformation, but the fact is that donating blood is safe, easy, and very much lifesaving. It provides hope to patients, accident victims, and people undergoing surgery. NSS volunteers promote awareness and participation in such camps.

TB is, therefore, an area of focus in social welfare activities as well. Although TB remains a major health problem in many regions of India, it is curable if diagnosed and treated adequately. As it is, many people don't know the symptoms, causes, or how to prevent it. NSS volunteers are very instrumental in disseminating the right information to the students and the masses. Through awareness camps, rallies, and debates, we raise awareness that early treatment, good food, hygiene, and regularly taking medicine are the way to win over TB. An alert society begins with its youth, and the youth must cultivate alertness.

The sanitation drive is a very crucial NSS activity, too. A clean environment has a healthy mind and body. When streets, campuses, parks, and public places are clean, we all reap the benefits. With the help of cleanliness drives, students gain the importance of hygiene and discipline as well as civic sense. Such campaigns serve to reinforce the message that it's not only up to the government to provide cleanliness but also every individual citizen has responsibility for it.

At the end of the day, for the NSS, it is not an organization alone; NSS is a movement of commitment towards service, a movement of commitment towards awareness, and a movement of commitment towards humanity. I am proud to be an NSS volunteer of the unit University School of Law at Guru Kashi University.

Awards



S. Gurlabh Singh Sidhu honoured with the **Punjab Achievers Award** for excellence in global education 2026



Vice Chancellor Prof. (Dr.) Balraj Singh received the **Excellence in Education Award** on behalf of Guru Kashi University - 2026



Revati Prakash and Arya Ashok first prize green sustainability hackathon challenge 26-27 at ICAFAI university Jaipur.



Suraj Kumar, Nitish Kumar, Neeraj Kumar Pandey, and Sunny Kumar secured First Position at North Zone Anveshan 2025.



Dr. Manita Paneri received scientist award at International Conference "word congress on clinical molecular diagnostic an health care Science 2026



Aadesh Thakur , Anjali Kumari, Ansh Preet Kaur and Armandeep won gold medal at Tech Business Idea Pitch, EDIT Ahemdabad 2026

Shining Stars in Sports



BHAJAN KAUR
GOLD MEDALIST
Final World Archery Olympic Qualifier Turkey, June- 2024



RISHABH YADAV
WORLD RECORD HOLDER
Correr-High, World Ranking No. 4 - 2025



SIMRAN KAMBOJ
SHINING STAR
The Indian Women's Beach Kabbadi Team



KADAM YOSHASHRI LAXMAN
SILVER MEDALIST (FENCER)
The Senior Women's Epee Team Bangkok Open Fencing Championship- 2026



GURINDERVIR SINGH
CREATED HISTORY WITH 10.09 Sec. in 100 METER RUN
World Relay Championship 2026



GYANESHWARI YADAV
SILVER MEDALIST
Commonwealth Games 2026, Glasgow in Weightlifting (53 kg)



HIMANSHI TOKAS
GOLD MEDALIST
India's First-Ever Junior World No. 1 The 2025 Asian Judo Championship - 2025



NEHA SHARMA
GOLD MEDALIST
Selected in U-23 World Wrestling Championship- 2025



NAOREM MINA DEVI
World Championship at Tbilisi, Georgia - 2025

Research Co-Curricular Activities



Students attended session on "Idea to Start-up, Start-up to Commercialization and Intellectual Property Rights & Patents" at Central University of Punjab, Bathinda.



Students visited Central University of Punjab, Bathinda, to attend the E-YUVA Centre inauguration, research fest and innovation-focused sessions.



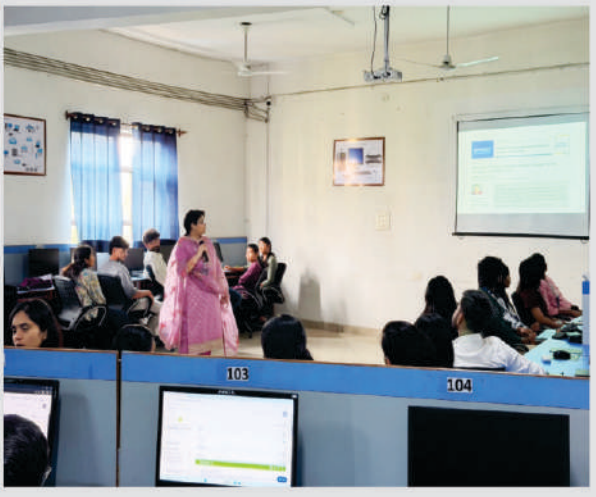
RCCA Representative Harshit motivated **Physiotherapy** students to enhance their skills and broaden their learning through active involvement in research and co-curricular initiatives.



RCCA Representative Jajveer inspired **Physiotherapy** students to actively explore research and co-curricular opportunities.



RCCA Representatives Lovepreet and Madhu encouraged the students of the **University School of Law** to participate enthusiastically in research-oriented and co-curricular activities.



Dr. Manita Paneri conducted hands-on training titled **"Publish or Perish: Mastering the Art of Research Manuscript Writing,"** equipping participants with essential skills for effective scholarly writing and publication.

GKU's Global Community: A Vibrant Spirit on Campus

























Explore more, wonder deeply & Rise higher










- Jass & Raju

ਇਹ ਹੈ ਪ੍ਰਗਟ ਹਮਾਰੀ ਕਾਸ਼ੀ

GKU

Graphics Inputs	*Events Inputs*	*Designing & Layout*
Dr. Sunny Arora	**Lavlin Sachdeva**	**Baljeet Singh Mallan**
Director IT	Deputy Director Public Relations	Designer, Marketing Department

GURU KASHI UNIVERSITY

NAAC A++ GRADE ACCREDITED UNIVERSITY

TALWANDI SABO, BATHINDA - 151302, PUNJAB (INDIA)



info@gku.ac.in

www.gku.ac.in

+91-99142-83400, 99142-86400

Helpdesk@gku.ac.in

www.gkuonline.in

+91-70093-88001, 70093-88002

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